

she

Shines™

SUMMER 2007 ● FREE

celebrating the aspirations and accomplishments of women

seaside

share it
trust it
smile

listen to Ida Lewis

view the bay up close

wear fishcutters' boots

eat at Aunt Carrie's table

take a marine biology class

play like a child on the beach

special insert: ywca summer programs ● volume 3, number 2 ● www.sheshines.org

BLAIR

june

● **June 1 - November 3, Coastal Growers Market:** All locally grown vegetables, flowers, herbs, plants, baked goods, and crafts. Rain or shine on Saturday mornings at Casey Farm in Saunderstown. www.coastalmarket.org

● **June 1 - July 14, Go Figure:** Reception on June 1 from 7-9pm. Featuring the work of Linda DiFrenna. IMAGO Exhibits, 16 Cutler Street in Warren. Gallery hours noon-4pm, Tuesday through Saturday.

● **June 2, International Yacht Restoration School Launch Day:** Students will launch and sail the boats they restored. Ceremony begins at 10:30am. www.iyrs.org

● **June 6, Lighthouses of Narragansett Bay:** Sunset public lecture cruises at the Bay Center. 5-8 pm. Call 272-3540 x133.

● **June 9, 6th Annual RI Sustainable Living Festival & Clean Energy Expo:** 9am -9pm at Center for Sustainability in Coventry. Workshops on wind, solar, natural building, composting, and more. Children's programming. Green shopping. www.livingfest.org

● **June 11, Healthy Mondays at the Paw Sox:** Hosted by Rhode Island Hospital. Free DermaScan screenings and blood pressure checks. Pawtucket's McCoy Stadium at 7:05pm. www.pawsox.com

● **June 12, Gender Differences in Communications:** 8-9:30am at Warwick Chelo's. www.leadingwomen.biz

● **June 16, Strawberry Festival:** Strawberry shortcake at Smith's Castle, 55 Richard Smith Drive in Wickford. Call 294-3521. Rain date is June 17.

● **June 21, Summer on the Refuges:** US Fish and Wildlife service guide will explore the habitat and history of the refuge. Wear comfortable shoes and bring binoculars for a leisurely hike. Ninigret National Wildlife Refuge in Charlestown. Call 364-9124.

● **June 22 - 23, Providence Ready to Relay for Life:** Hope High School Track. Call Beverly Johnson at American Cancer Society, 234-2633.

● **June 23 - 24, Narragansett Art Festival:** Fine art by 100 artists from New England. Veteran's Memorial Park in Narragansett. Call 789-7713.

● **June 25 - August 31, Biomes Marine Biology Center:** Open Monday through Friday from noon-4pm. 221 Shady Lea Road in North Kingstown. www.biomescenter.com



secret gardens by the bay

One of over 15 secret gardens to tour on June 16. This one is located in Cranston. Presented by Edgewood Garden Club, a self-guided tour from 10am - 4pm. Garden tour \$15. Boxed lunch \$10. For tickets call Patty at 461-2017. photo courtesy of Edgewood Garden Club

july

● **July 4, Annual Fourth of July Parade Picnic:** Continental breakfast, picnic lunch, restroom facilities, and seating for the historic Bristol parade at Linden Place in Bristol. Call 253-0390.

● **July 7, River Glow:** Begins at dusk in downtown Westerly-Pawcatuck, floating bonfires glow on the Pawcatuck River. Live music, food booths, fire jugglers, stilt-walkers, and life-size puppets. Call 596-7761.

● **July 8 - 9, 26th Annual Snug Harbor Shark Tournament:** Ladies and Junior Awards presented. Contact Elisa Jackman at Snug Harbor Marina, 783-7766.

● **July 10 - August 28, Movies on the Beach:** Big screen movies at Misquamicut

Beach on Tuesdays at 8:15pm. Call for feature movie information, 596-7761. Free admission and parking.

● **July 20 - 22, 29th Annual Hot Air Balloon Festival:** Features hot air balloons, carnival, crafters, kite and ultralight plane exhibits. At URI Athletic Fields in Kingston. Call 783-1770.

● **July 21 - 22, Warren Quahog Festival:** Fresh seafood, chowders, stuffed quahogs, clamcakes. Arts and crafts vendors, live musical entertainment. Burr's Hill Park in Warren. Call 410-0045.

● **July 28, Misquamicut Music Festival Concert & Fireworks:** Concert and fireworks. 6pm. Rain date July 29 at 6pm. State Beach, Atlantic Avenue in Misquamicut. Call 322-1026.

august

● **August 2, Main Street Stroll:** Special events include opera, parades, wine and food tasting. From 6 to 363 Main Street in East Greenwich. Call 886-8605.

● **August 3 - 5, Charlestown Chamber of Commerce 23rd Annual Seafood Festival:** Rhode Island's seafood, lobsters, steamers, chowder, fish & chips, clamcakes, corn on the cob, and raw bar. Amusement rides, rock wall climbing, children's shows, bungee jumping, boat, kayak, and lobster raffle. Call 364-4031.

● **August 5, Ice Cream Social & Teddy Bear Picnic:** Old fashioned ice cream social, picnic on lawn, band, parade of Teddy Bears. Kinney Bungalow at Sunset Farm, 505 Point Judith Road in Narragansett. Call 788-0823.

● **August 5, Atwater-Donnelly:** Award winning duo of traditional American and Celtic folk songs, capella pieces, hymns, dance tunes, and original works. 6-7pm at Peace Dale Village Green. Free. Rain location is the Neighborhood Guild. Call 789-9301.

● **August 10, Ida Lewis Distance Race:** Race sets out at 3pm. It begins and ends in Newport. 160 nautical miles on the coastal waters of Block Island Sound and Rhode Island Sound. Ida Lewis Yacht Club, Wellington Avenue in Newport. Call 846-1969.

● **August 11, 332 Annual Narragansett Indian Tribe Pow Wow:** Cultural/traditional tribal activities. Old Mill Road, Route 2 in Charlestown. Call 1-800-287-4225.

● **August 11 - 12, Block Island Arts Festival:** Artists display and sell arts and crafts overlooking Great Salt Pond. Narragansett Inn, Ocean Avenue on Block Island. Call 878-2623.

● **August 15 - 19, Washington County Fair:** County fair with country music, giant midway, animal shows, grange and 4H exhibits, crafts, children's games, and more. Washington County Fairgrounds, Route 112 in Richmond. Call 539-7042.

Events are listed in the calendar as space allows. Submissions for the calendar may be e-mailed to sheshines@mac.com, faxed to 769-7454, or mailed to She Shines, 514 Blackstone Street, Woonsocket, RI 02895.

June 8th
World
Ocean
Day



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how to

contribute. *She Shines* welcomes letters to the editor, articles, poetry, stories, graphics, photos and calendar events. Contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. Only original contributions will be considered and may be edited due to space limitations. Include contact information including name, e-mail, address and phone number. Images provided electronically must be high-resolution.

submit cover art. The cover is reserved as a gallery of art in keeping with the theme of *She Shines*. For consideration, send in a photo by e-mail attachment or mail. This is a wonderful opportunity for local artists to show their work. A biography is published in conjunction with the "Artist Canvas" section of *She Shines*.

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seaside



Jean Bambara and Amy Wright, take *She Shines* on a tour of Save the Bay, see page 10. Bambara graduated from Roger Williams University with a bachelor's degree in marine biology. And Wright has a bachelor's degree in geology from University of Massachusetts Amherst and a master's degree in marine science from University of South Florida. photo by Agapao Productions

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special insert

YWCA Northern Rhode Island: summer programs

subscription form ✂

She Shines is a free publication in Rhode Island and southeastern Massachusetts. To receive a subscription, fill in the form below. *Donations are appreciated and help to support this local magazine of women's issues.*

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Thank you!

summer is a fun time to . . .

Some days the sea just calls. I rise early, drive to the beach, and watch the sunrise. Similarly at day's end, I skirt the waves as they caress the sand. I believe the senses are heightened along the shoreline.

Summertime is for fireworks, fairs, flowers, farmstands, friends, family, and food (cookouts/picnics).

In this summer edition of *She*



Shines, the natural world is up close. And the recreational and economical demands upon our environment seem to require a delicate balance. Save the Bay's educators spoke of these issues as "tradeoffs".

Many occupations relate to the sea. Inside you will find a marine biology professor, marine ecologist, captain, aquarist, seafood restaurant proprietor, and other surprising connections.

Enjoy this vacation time of year. Myself, I look forward to fishing with my dad. It is exciting seeing the ocean boil with a school of fish.

Take care,
Lisa

Lisa Piscatelli is aboard Save the Bay's boat, Swift. See page 10. For the companion article, see page 11. Sue Tuxbury transplants eelgrass, a needed source of food and shelter for marine life. photo by Agapao Productions

share a "seaside" moment

DISCOVERY: This picture was taken at the beach on Martha's Vineyard last summer. My husband found a small sand crab and my three year old daughter, Delaney, found it just too tempting. Story on page 18. submitted by Linda Kent-Farinha of Preston, CT



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arms back bikini breast chin ears eyebrows legs neck nose shoulders toes underarms unibrow upper lip

The painting on the cover of *She Shines* is entitled *A Day At The Beach*. It is the second in a series of beach paintings. "I love working with primary colors here, bright and playful as a perfect summer's day. In this piece I used a complimentary underpainting in the sky of orange/reds which gave the final layer of blue greater depth," Cynthia Blair says. Soft pastel is her favorite medium. Blair also designs websites. Visit www.CynthiaBlair.com.

photo of Cynthia Blair
by Agapao Productions



drawn to things outdoors

Cynthia Blair's garden of dreams



Cynthia Blair is a pastel artist - portraits, animals, flowers, seascapes and landscapes. "I'm drawn to things outdoors," she says.

In her own garden at sunset, the colors fall together. Her absolute favorite piece is *Evening Falls Softly in the Garden of Lost Dreams*. She loves doing these kinds of florals and gets up close to focus in.

She paints from looking at photos, but this supports the feelings and thoughts of actually being there. Each painting takes up to 10 to 20 hours. She paints three to four hours a day and plans her work about a month ahead. "It comes together in my mind. I sit with it and kick it around in my head," she says.

"For women, your own work is often last," Blair says. She usually works at night on her counter top under great lighting while listening to books on tape. In preparation, she works with Photoshop - tweaking the colors and details.

"I'm usually known for doing the boats," she says. Blair sailed all her life on a little Sunfish. "Just you against the water," she says. She spent her childhood summers at a beach house.

And she was always drawing as a child, mostly horses. Later at Rhode Island School of Design, she learned technique.

Now she is at a distinct point in her life, a personal evolution. She is looking for deeper meaning. She wants to find out where she fits in and discover her purpose. "I'm still metamorphasizing," Blair says.

She hopes for good health, thus allowing many more years to write her story. She wants to do what she loves, from the uniqueness of her soul.

Presently Blair is working on a scene from Block Island, a boat and a moon. ❖❖❖

- Lisa Piscatelli, *She Shines*

this is what a feminist looks like

by Anna Lisa Vust

Some people believe the stereotype of a feminist as being a man-hater or even a bra-burner. On the contrary, I am a feminist and far from being those stigmatized labels. It has taken me awhile to fully understand why I am a feminist but it all started my freshman year of college.

In the summer before my freshman year at the University of Massachusetts Dartmouth, I had to take math and English tests which are a requirement for all new undergrads. While I was registering for the test, a question asked if I wanted to take a women's studies class. I was interested and curious, so I answered yes.

I took Introduction to Women's Studies in my first semester of freshman year. The class opened my eyes to many things that I had not known before. It gave me a chance to learn about oppressions which women face, women's issues, and learn what feminism means. This class had such a profound effect on me which was why I decided to become a women's studies minor.

After that class, I was able to take many more women studies classes which focus on theory, history, culture and literature of women. Each class taught me more and more about women and feminism. Women studies classes present such interesting topics and provide different ways of thinking.

While in college, I became vice-president of Feminist Majority Leadership Alliance, University of Massachusetts Dartmouth Chapter, which is a nationally recognized student group that promotes

feminism and gives students a voice to raise issues that they care strongly about.

An issue we cared strongly about was pay equity. The wage gap in our country is outlandish. We decided to have pay equity bake sales to inform people of the gap.

From being a part of the alliance, we created a sisterhood who supported each other. I have made terrific friendships from my women studies classes and from being a part of the alliance. As a feminist, I have become an activist who is not afraid to stick up for what I believe in. My most memorable experience was Take Back the Night in September 2006 where I helped lead a march through campus at night to take a stand to end violence.

After I graduate from college in May 2007, I want to continue being an activist and hopefully work in a field which involves women. I hope to further along my conscious raising efforts to inform people about feminism and women's issues. I have many memories from being a women's studies minor and I am thankful for all the opportunities that have been given to me.

As a female college student, I like to live by a quote from Carol Hanisch which is, "The personal is political," from her essay *Feminist Revolution*. To me it means that many political issues become personal because I care about them a great deal.

Not only has feminism become a part of my identity, but it also taught me how to create social change. I am a feminist because I firmly believe in the economic, social and political equality for all people.



Editor's Note: The definition of feminism closed the spring issue of *She Shines*. Here, Anna Lisa Vust explains why she is a feminist. She is shown at work in the Women's Resource Center at the University of Massachusetts Dartmouth. As a senior, Vust majors in psychology and minors in women's studies. She loves traveling, meeting new people, activism, cooking and spending time with friends and family. Vust is from Hopedale, Massachusetts. photo by Agapao Productions

pay equity

visit ywca.org for more facts

- In 2004, women earned 77 cents for every dollar men received. That's \$23 less to spend on groceries, housing, child care and all other expenses for every \$100 worth of work done.
- Although young women between the ages of 25-34 start out on a level playing field as their male counterparts they can expect to earn less over the course of their lifetime. According to the Bureau of Labor Statistics, women fresh out of college or graduate school get paid 84.5 percent of what their male peers earn. The wage disparity increases, as women get older.
- The median annual earnings of women vary widely by race, ethnicity and geographic location. National data shows that in 2004, the median annual earnings of Asian American women were \$35,975, White women were \$31,223, African American women were \$27,730 and Latina women were \$23,444.
- When women's paychecks fall short, the incomes of families shrink. America's working families lose a staggering \$200 billion of income annually to the wage gap - an average loss of more than \$4,000 each for working women's families every year because of unequal pay, even after accounting for differences in education, age, location and the number of hours worked.



Asked about their favorite menu items: Laura Foy, left, "Our apple pie a'la mode or clamcakes dunked in ketchup." Elsie Foy, middle, "Our lobster sandwich on our homemade white bread." And Amy Foy, right, "Our homemade cinnamon raisin bread." photo by Agapao Productions

America's classic clamcakes in Rhode Island

Aunt Carrie's restaurant has served seafood since 1920 - so named because six children, and many nieces and nephews kept calling out Carrie Cooper's name. Now in the fourth generation, Amy and Laura, work along side their mother Elsie Foy.

Located down the road from Point Judith Lighthouse, Aunt Carrie's is described as the birthplace of the clamcake. Although the building may have grown, its counter area and front dining room are the original structure.

As the owner of the restaurant, Elsie Foy puts in countless numbers of hours seven days a week. Whether it's office work, cooking behind hot fry-

olaters, being a surrogate mother to her young staff, or washing dishes late at night after everyone has gone home, she does it all. "She truly is the backbone of the restaurant," Amy Foy says.

Smiles abound as its reputation is formerly recognized. The America's Classics award this year is presented to Aunt Carrie's from The James Beard Foundation. They present a bronze medallion and certificate to regional restaurants that offer good, down-home food and unmatched hospitality for generations.

"I think what keeps people coming back year after year to Aunt Carrie's is the nostalgia we offer them . . .

I think my grandparents and greatgrandparents would be very proud of my mother for everything she has accomplished over the years and maintaining the same values and ideals they had when starting the business. That is something we hope to pass down to future generations," Amy Foy says.

The people that encompass the history of Aunt Carrie's include: Carrie and Ulysses Cooper, Gertrude and William Foy, Bill Foy and other relatives. To see photos, visit www.auntcarriesri.com. But to taste the food, visit 1240 Ocean Road in Narragansett. ❖❖❖

- Lisa Piscatelli, *She Shines*

a quote from
herstory



Ida Lewis
1842 - 1911

“There’s a peace on this rock that you don’t get on shore. There are hundreds of boats going in and out of this harbor in summer, and it’s part of my happiness to know that they are depending on me to guide them safely.”

Ida Lewis was born in Newport. Her skills were in swimming, boat handling and as a light keeper. She was credited with saving 18 lives during her 39 years living at Lime Rock. Her gravestone inscription says, “The Grace Darling of America, Keeper of Lime Rock Lighthouse, Newport Harbor. Erected by her many friends.” The Rhode Island legislature officially changed the name of Lime Rock to Ida Lewis Rock in 1924. And in 1995, the first of the new Coast Guard Keeper-class 175-foot vessels was named the *Ida Lewis*. ❖❖❖

For more information on Ida Lewis, see www.lighthouse.cc/limerock/history.html and *The Lighthouses of Rhode Island*, by Jeremy D’Entremont. photo courtesy of D’Entremont

••••• sights and sounds for the she spirit



Actress Marilyn Murphy Meardon portraying Ida Lewis. Photo by Agapao Productions, with thanks to Vic and Jeff of the Little Rhody Boat Club.

one-woman shows

Marilyn Murphy Meardon performs as the Queen and a lighthouse keeper

Marilyn Murphy Meardon performs two one-woman shows - Queen Elizabeth I and Ida Lewis. And these roles couldn’t be farther apart in their presentation.

The Queen’s performance is a very fast and intense dialogue in full Renaissance dress. There is a simple set with props - gold cloth covered stool, old book, pen, quill, ink jar, mug and frog.

Ida Lewis is a modest, quiet woman. This play assumes that people want to hear about the rescues. In her conversational presentation, it is around 1905.

“When I think about her, she just had such a feel, because some of the feats that she accomplished, the rescue that got her the notoriety, made a name for her, made her the heroine - she had to go against these humongous waves in this huge huge storm in order to get there and rescue these two soldiers. She was just like as one with the sea. She just knew. Her body knew,” Meardon says.

With Ida, there is no set or props. It is a natural dialogue. Meardon wears her Aunt Liddy’s black dancing shoes, that are vintage late 1800’s.

These performances are well researched allowing

her to entertain real questions from the audience. Meardon says she is often asked, “When did I die? I’m not dead.” This is a play in the present.

“I really enjoy the question and answer period. That’s really the best. Fun to engage. Stimulating. I never know what the questions are going to be. So there’s that edge to it,” Meardon says.

“Both of these shows came to me,” she says. An invitation from the Women Writers Project at Brown University for the role of Queen Elizabeth I. The role of Ida Lewis was requested from the Master Gardeners of America.

Mostly performed in libraries and schools, these plays have universal appeal. Audiences are fully engaged.

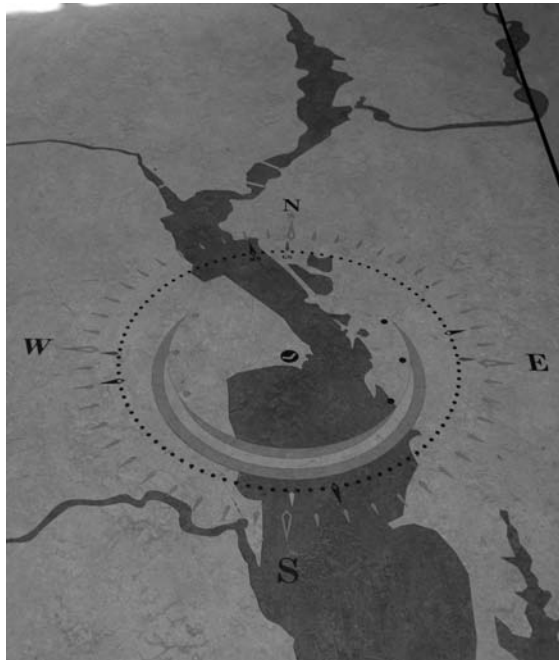
“The character I might like to develop sometime is the Irish Pirate Queen Granuaile. We call her Grace O’Malley,” Meardon says.

Look for a performance of Queen Elizabeth I at the Barrington Public Library on September 6th at 7:30pm. ❖❖❖

- Lisa Piscatelli, *She Shines*

where bay and community come together

Open dawn to dusk, 100 Save the Bay Drive in Providence is a public access point connecting bay and community. This former municipal landfill located at Fields Point was transformed in 2005. Now as the Save The Bay Center, right, it provides classrooms and community meeting spaces. As a green building, it has a vegetated roof to reduce storm water runoff. Its southern orientation maximizes natural daylight and uses additional energy efficiency features. This six-acre site captures, filters, and retains storm water. Other improvements include: a salt marsh, coastal buffer, and stone structure to reduce wave energy.



Amy Wright, left, is an educator and United States Coast Guard licensed captain aboard Swift. "Some kids that live right here in Providence have no experience with the bay," she says. Save the Bay is shown within the compass rose and depicted on the lobby floor, center. Abby Wood, top right, is an educator. Lead Captain Eric Pfirmann, bottom right, is safety checking a donated boat.



Jean Bambara, above, is an educator and aquarist. She was handed a Hake fish, brought back from the Alletta Morris, left. Providence's Classical High School students as part of their urban ecology program work with Save the Bay. On this day they surveyed the shoreline. Other students planted vegetative buffers. Through programs and activities that increase environmental awareness, Save the Bay works with thousands of students each year. More at www.savebay.org.

photos by Agapao Productions



Sue Tuxbury is in charge of Save the Bay's eelgrass restoration project. A marine ecologist, Tuxbury is training to participate in a triathlon that will be held in June. She will lead a team who will swim a mile, bike 27 miles and run 6.2 miles in an effort to raise money for leukemia and lymphoma research. photo by Deborah L. Perry

diving in

Sue Tuxbury wants to tell you about eelgrass

Sue Tuxbury is a marine ecologist. She studies how things in the sea are related to one another and to their environment.

A self-described vagabond, Tuxbury once spent six weeks on a schooner traveling east from Bermuda to Tobago and then to St. Thomas. On it she studied sailing and oceanography. She has also volunteered with the National Park Service at the Cape Cod National Seashore, working to protect coastal wetlands. She conducted endangered bird surveys while living in the Arizona desert and worked on a fishing vessel recording fish and inadvertent mammal catch.

While working on her master's degree at Florida Atlantic University, Tuxbury studied the effects of light pollution on turtle hatchlings. "I've always been attracted to turtles, they are prehistoric and seem so majestic to me," she says.

"Under a natural situation, the ocean and the open horizon are always lighter than the natural vegetation behind the hatchlings," she says. "Most nesting

beaches have been manipulated, no more horizon behind them; instead there is a lot more light, city glow. Turtles get misoriented and head the other way. They just wander around and become . . . prey or they become dehydrated when the sun comes up."

Tuxbury works at Save the Bay. The non-profits mission is to restore and preserve Narragansett Bay.

Tuxbury oversees the agency's eelgrass restoration project. Eelgrass beds are a primary source of food and shelter to an abundance of marine life and are an indicator of the health of the bay.

From May through September, she spends a great deal of her time underwater. It is here in her scuba gear that she transplants eelgrass from locations in Newport and Jamestown to other locations in an effort to improve the bay.

"My best dives have been at King's Beach in Newport. There are beautiful eelgrass beds, lobster, big tautog and flounder. It's nice clean water," she says.

Transplanting eelgrass takes a team and includes student volunteers from Rocky Hill School in

Warwick, Toll Gate High School in Warwick and Davisville Middle School in North Kingstown.

In order to transplant eelgrass, divers go into the water with a small garden trowel and dig patches of grass. They fill up a bag with eelgrass and swim to the surface. From here the bag is handed off to a kayaker. The kayaker heads toward shore with a full bag. A land/sea interfacier brings the eelgrass up to sorters on the shore. They sorters count the shoots and put them in bundles of 50. This takes place over the course of two days. Eelgrass is then transplanted a few days later at a site that is accessible only by boat and done at low tide to ensure the safety of divers and boaters. Fifty individual shoots are planted at a time in a checkerboard pattern.

"This is a great job, says Tuxbury. "I'm a project manager and I get to combine public outreach with science." ❄️❄️❄️

- Deborah L. Perry
She Shines

seeing seaweed

a Roger Williams University professor and her students find answers and insights in Narragansett Bay

by Reza Corinne Clifton



In a Roger Williams University research lab, Professor Marcie Marston and her students look at flasks of marine phytoplankton from the bay. From left to right, Christine Logue, junior marine biology and chemistry major; Christopher Amrich, sophomore biology and chemistry major; Jacqueline Urankar, junior marine biology major; and Marston. photo courtesy of Roger Williams University

This summer, when you take your first plunge into Rhode Island’s cool ocean waves, or as you’re looking down during a lazy sail ride on the bay - take a look at your surroundings and take a long look at that seaweed. Is it the same color you remember from last year? From the year before that? What about from ten, twenty or thirty years ago?

It may not be the same seaweed. It may be a type of red seaweed that appeared relatively recently in Rhode Island’s waters, or perhaps another variation all together. Additionally, there may be other implications besides finding different colored plant and slime between your toes and in your bathing suit. “There are lots of examples of invasive species that have come in and eliminated local species. They have ruined lots of coral reefs, fish, and other organisms,” said Marcie Marston, Ph.D – associate professor in biology at Roger Williams University in Bristol.

“They can take over and alter ecosystems . . . make it like a big monoculture,” she continued during a recent interview for *She Shines*. She refers primarily to findings on about an invasive seaweed that arrived and altered parts of the Mediterranean Sea. “Picture a big forest with all the diversity in the plants, animals, and organisms. Now imagine it as one big cornfield,” illustrates the 12-year Roger Williams University professor who, several years ago, joined colleagues at the university and abroad in tracing the movement of the then new-to-Rhode Island seaweed.

The curious discovery was made by an undergraduate student at the university, who found samples of it doing research for a class. When the student tried searching for it in a research guide of Rhode Island seaweed, it was not included.

Marston, one out of three women in the 14 member department, does not hesitate to reveal that it was the findings of an undergraduate student that caught the attention of her and her other advanced-degree colleagues and professors. Unlike the biology departments at many other colleges and universities, “Roger Williams University does not have a masters or Ph.D level program,” explains Marston. Therefore all the research done there is

by undergraduates, and “undergraduates,” boasts Marston, “have contributed to great knowledge of the [Narragansett] Bay.”

The kind of knowledge Marston talks about is not limited to predictions of water systems with loss of native traditions and indigenous cultures. It also contributes to a local understanding of more current problems, like the ecological consequences of dumping sewage in Narragansett Bay. “Especially because it’s the bay and therefore Rhode Island - focused,” explains Marston, the research conducted is applicable to our immediate human needs.

But like those who encourage producing art for art’s sake rather than to package and sell life’s lessons and messages, Marston also encourages science for science sake. “My approach to teaching is allowing the students to see how science works; to ask the questions and learn about what we don’t know.”

And many asking the questions are women. “More than half of our students,” explains Marston, “or maybe 60 - 40 are women.” In addition, most of the students that have worked and researched very closely with Marston, she reflects, have been women. Yet this is a difference you see in biology and medicine, explains Marston, where unlike engineering or physics, these two sciences and fields see more women than men.

Read more about Marston and the red seaweed findings in Roger Williams University’s magazine, *The Bridge*, Spring Edition 2005, at www.rwu.edu/depository/bridge/Bridge_spring05.pdf.



Reza Corinne Clifton is the publisher and editor of www.RezaRitesRi.com, a news and events website for Rhode Island’s ethnically, artistically, and socially diverse.

She also regularly contributes articles and photographs to several print and online publications, and works as a community development specialist at the Urban League of Rhode Island.

photo courtesy of Clifton



safety first

get ready for summer fun

“As the mercury rises, people get more and more enthusiastic to get out in the sun and enjoy the warm New England summer while it lasts,” says Lynne Palmisciano, MD, a specialist in pediatric emergency medicine at Hasbro Children’s Hospital and physician with the Injury Prevention Center at Rhode Island Hospital. “But it’s important to remember to celebrate safely. Remember to protect yourself from the sun, be mindful of water safety, and eat and drink healthfully. Keeping some important tips in mind will help you make the most of your summer.”

sun: Wear tightly woven fabrics and a large brimmed hat to protect your head, face, ears and neck. Dermatologists recommend a sunscreen of at least an SPF 15. And protect your eyes with sunglasses.

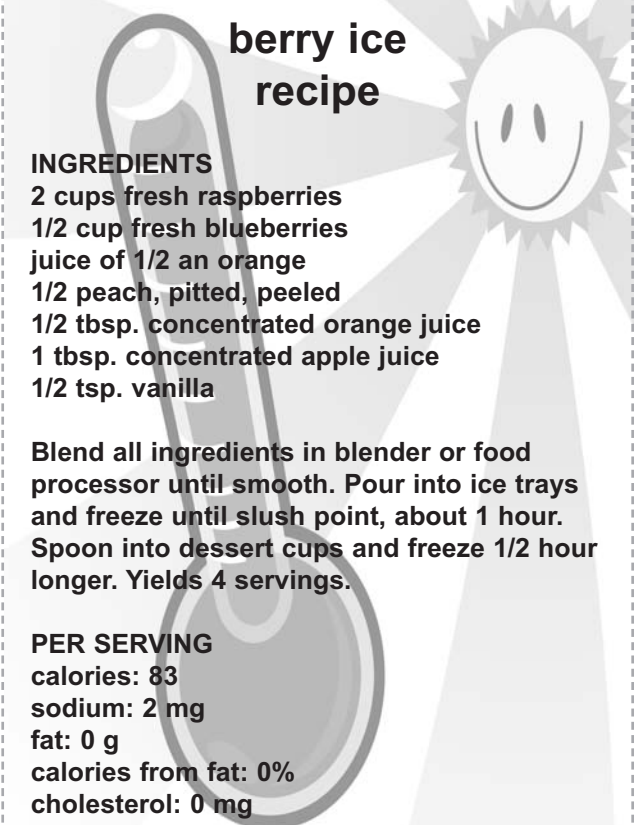
beach: Swim where lifeguards are present. Currents can change quickly. If you are not an expert swimmer, stay close to the shore or in waist-level water.

pool: The most effective safety measure is to watch children all the time when they are at the beach, near the pool, or any container of water. Drain portable wading pools immediately after use.

outdoor: Avoid the bees by not wearing flower scented body sprays, deodorant, soap, and lotions. Reduce mosquitoes in your yard by emptying containers of standing water. After being outdoors, wash all clothing and inspect your body for ticks.

food: Keep cold foods cold, keep hot foods hot, and make sure everything is clean. Cold food should be stored below 40°F, hot food above 140°F, and food safety begins with good hand washing.

water: Drink enough water to keep hydrated at work and at play. Six to eight 8-ounce glasses of water are recommended on a daily basis.



berry ice recipe

INGREDIENTS
 2 cups fresh raspberries
 1/2 cup fresh blueberries
 juice of 1/2 an orange
 1/2 peach, pitted, peeled
 1/2 tbsp. concentrated orange juice
 1 tbsp. concentrated apple juice
 1/2 tsp. vanilla

Blend all ingredients in blender or food processor until smooth. Pour into ice trays and freeze until slush point, about 1 hour. Spoon into dessert cups and freeze 1/2 hour longer. Yields 4 servings.

PER SERVING
 calories: 83
 sodium: 2 mg
 fat: 0 g
 calories from fat: 0%
 cholesterol: 0 mg

Excerpt from “Summer Health Spectacular” printed with permission of Lifespan. Visit www.Lifespan.org for more information on skin cancer prevention, safeguards for reducing drowning, dealing with summer insects, and poison safety tips. Illustration © 2007 iStock International Inc.

smile

I want to learn to live in the moment.. just not this moment. Some other moment. Like a moment on the beach.



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the water connection

balancing life



Water sustains the balance of life on our planet. We are connected in a never-ending cycle through water – in the ocean, on land, in our bodies, and in the air. Freshwater plays a particularly important role, not only for all of us who drink it, but for the ocean as well. Drop by drop what we do to help conserve freshwater helps protect this blue planet we call home. We need the ocean and the ocean needs us to protect it, in part by ensuring that the freshwater running into it is ample and clean.

THREE FOR ME:

1. become water wise

Learn the source of the water from your tap, how it's cleaned, and what "down the drain" means once water leaves your home and enters your local watershed. Take a water audit to learn how much water you use.

2. water conservation starts at home

- Shorter showers (5 minutes uses 30 gallons of water).
- Run your dishwasher only when it's full.
- If you must water your yard, do so in the early morning or late evening.
- Plant native species suited to your climate (reducing the need for water, pesticides, and fertilizers).
- Sweep your steps, driveway, and sidewalk instead of hosing them done.
- Go gray. Water that has been used for baths and showers, washing veggies, and boiling food can be used again for other purposes. That gray water can be used for plants indoor and out.
- Build or buy a rain barrel to save the rain for a non-rainy day.

3. sea savings

If you're in the market for new appliances, buy energy star rated appliances or the most efficient appliances on the market. Invest in appliances that save energy and reduce climate change, conserve water, and save money.

THREE FOR THE SEA:

1. wastewater or wasted water

Learn what happens to your "wastewater" after it leaves your home. Not all sewer systems and wastewater treatment plants remove toxic cleaners and other harmful pollutants that can make their way to your local streams, rivers, and eventually the ocean, harming animals along the way.

2. flush for the fish

Be careful of what you flush down the toilet. Old prescriptions, unused or contaminated medications, and even soaps with anti-bacterial ingredients, can be more dangerous than you might realize.

3. protect your drinking water protect our ocean

Be aware that every pathway eventually leads to the sea. That means that dangerous contaminants such as left-over paint, gasoline, dirty car oil, and mineral spirits should never be dumped down a drain or placed where they can run into our water supply and our ocean.

Excerpt is printed with the permission of The Ocean Project. Visit www.theoceanproject.org for more information on ocean conservation through education, action and networking. Visit www.seastheday.org for personal action ideas. Illustration © 2007 iStock International Inc.

"The average person needs only two quarts of water a day, yet the average American uses approximately 100 gallons of water each day in the winter, and even more in the summer."

– Seas the Day

express yourself in *She Shines*

contribute:

She Shines welcomes letters to the editor, articles, poetry, stories, graphics, photos and calendar events. Contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. Only original contributions will be considered and may be edited due to space limitations. Include contact information including name, e-mail, address and phone number. Images provided electronically must be high-resolution.

submit cover art:

The cover is reserved as a gallery of art in keeping with the theme of *She Shines*. For consideration, send in a photo by e-mail attachment or mail. This is a wonderful opportunity for local artists to show their work. A biography is published in conjunction with the "Artist Canvas" section of *She Shines*.

advertise:

Visit sheshines.org to view the advertising media kit or call Lisa Piscatelli at 769-7450.

upcoming themes:

Fall issue is "fountain of knowledge" with content due by 7/2.

Special issue honoring the 2007 YWCA Women of Achievement is "improving the lives of children and youth" with content due by 9/3.

Winter issue is "hearth and home" with content due by 11/5.

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“Ahhhh . . . summer.
Get out and play!”

photo of Mollie by Deborah L. Perry



“Hear and see the stories of so many **AMAZING WOMEN** in our community who make a difference in education, healthcare, business, politics, and the arts.”

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Deb Ruggiero

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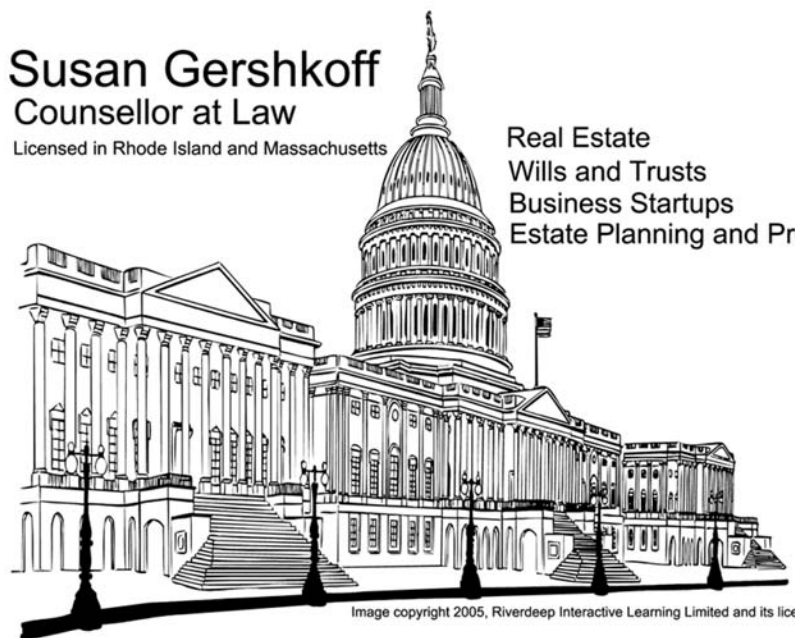


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Rhode Island does not have a procedure for certification or recognition of specialization by lawyers.

home

by Heather Sullivan



Page Sonnet Sullivan at Sandy Point Beach in Portsmouth. Pictured here at age two, she is now almost four years old. She is the daughter of Heather and Jonathan Sullivan.

Heather Sullivan received her bachelor of arts and master of arts in English from the University of Rhode Island. Her work recently appeared in the premiere issue of *Balancing the Tides: A Newport Journal*, 2006. In May 2006, Sullivan's poem *Clouds on Stems* was chosen as the Block Island Poetry Project's "Poem of the Month." Heather has taught writing at University of Rhode Island, Salve Regina University, and Brown University. She is currently working as a general educational development teacher/adult education coordinator for An Even Start in Newport. photo courtesy of Heather Sullivan

The ocean rocks me softly
in her lyrical embrace,
and when I try to leave this place,
she lures me back like the moon pulling in the tide.

Each June,
my body washes up at Surfer's End
to rejoin my soul, which lives there year round;
it refuses to follow me
when summer recedes into autumn's auburn leaves.

My soul is driftwood, sea glass
with edges rubbed smooth by salt mist.
My heart is a shell,
a conch shell,
whispering the breath of the ocean,
whispering *home*.

As a child, I built my kingdoms here
with sand dripping through the hole my fingers made;
those cool wet grains created turrets, gables,
as the real St. George's castle peered down from the hilltop.

I knew that princesses lived inside those stony walls
and knights with silver swords
and the Queen of Newport.
To my right
Hanging Rock was the cliff
where my dreams perched like gulls awaiting flight.

The dunes became the fortress where I'd hide,
fenced in by sea grass,
to play *Store*,
buying periwinkle shells with pebbles,
selling starfish for mussels whose halves were still joined and
folded into one another like heart-shaped lockets.
My pail's plastic handle imprinted my palm
with the weight of the day's treasure,
as my flip flops *slap slapped* against sandy heels,
echoing the waves, lapping the curve of the shore.

I race toward Mom lying on a flowered sheet,
eyes squinting, looking my way.
She brushes the sand from my cheeks,
touches my chin, kisses my face.
I smell melted coconuts rising from her skin,
as the wind makes ribbons with her hair.
Peace moves softly around us
and it feels as warm as the towel she wraps around me.

And now, I watch my daughter heading for the water's edge,
shovel in hand, the sunlight flashing,
the frothy surf pounding the rocks.
She stops and turns, this tiny mermaid in her scaly green bikini,
sequins twinkling, eyes glinting: *Mommy, let's dig!*

My mind snaps a picture;
I will look at it later when I close my eyes,
for now it is time to build new kingdoms. ✨

fishcutters

“I felt like I had already lived the day, seen the storm chased over the horizon and the waves calm to a heavy rise and heave.”

by Dawn Paul

The Sullivan girls, four in a row, standing on the line, knives ready. The flounder tumbling out of the hold and onto the conveyor belt. Tons of it. How many tons did we gut and filet, the Sullivan girls in our black rubber aprons and boots? Long red hair tied back off our faces - we never wore those hairnets. The fish-slimed workgloves with the nubbly grips on the fingers. The fishermen's boots thigh-high on our short legs.

Every morning, pulling the workgloves out of the cold bleach buckets. Lining up at the grinder to sharpen our knives. Climbing up the metal steps to our places along the cutting plank, the water running clean down the gurry gutter. Sneaking a cigarette and laying it up on the girder above our heads when Roland came by.

“Where’s your hairnet, Sheila?”

“Oh, did I forget it again? Tomorrow for sure.”

“The board of health man sees that butt up there he’ll close me down.”

“He won’t see it, Roland. I’ll be sure of that.”

The fun we had. Real work. Not like looking after the summer people’s brats. The time Peg found a ladies’ wristwatch in the stomach of a big flounder. A cheap thing it was, the face all rusted, stopped at two-thirty.

“Do you think that’s two-thirty in the morning or afternoon, Peg?”

“I think the lady was swimming at the wee hours, and who knows what else this flounder got?”

“Is that a pair of silk panties you’ve got in that one, Sheila?”

By the end of the week it was: Mrs. Sullivan, I heard your Peg found a solid gold watch in a flounder down at the factory. So well-made it was still running! For days we called down the line: Still running, is it, Peg?

When that hurricane ran up the coast - still strong when it hit New England - the boats that didn’t make it into port, rode it out at sea. No fish to cut. We showed up in the morning, still pouring rain that day, and Roland sent us home. Instead we walked out to the old jetty to watch the waves break. They were rearing up as they came ashore, the wind peeling back the crests. They’d run up against the seawall and the next one would come

tumbling in before the first had a chance to slide back down. Sloshing along Front Street in those big boots, Front Street full of water up to the curbstones.

The boats started coming in at noon when the wind slacked off. The holds were full, the ice melted days ago. It was hot. That close heat that comes in with hurricanes, like the storm has delivered air from some tropical place. What a mess, those fish. Almost rotting off the bone, some of them. When they came down the belt, the smell would knock you over. I’ve never seen so many fish. Thousands of dull eyes staring up, fins gone soft and sticky. We eased our knives along the backbones, trying to keep the rotting filets in one piece. For nights afterward, I dreamed of those mountains of fish coming down the line, their eyes on us as we raised our knives.

All that night we worked, racing against the rotting of the fish. Bright lights overhead and our cigarettes soggy in wet hands. At nine o’clock, Roland brought in a tub of beef stew and strong coffee in thermos jugs to keep us going. My legs ached from standing. I raised and broke a blood blister in the soft spot between my right thumb and index finger.

We finished as the light was coming up over the harbor. I cut my last fish, swept the gurry off the board with the back of my knife and dropped my gloves into the bleach bucket. We lined up at the sink to wash the fish guts off our hands and arms. I was slow and stiff, sour-stomached. We hung up our aprons, too tired to talk, barely able to raise our arms to the hook.

I stepped out the factory door into the morning. The wind was coming from the west, dry and clean. It was hurrying the clouds along, herding them out to sea. The sky left behind was sharp and blue. We trudged down Front Street - the Sullivan girls, Connie Pulos, the two LeFrenier sisters - scuffing our boots and rolling our shoulders to take out the stiffness. We held our torn, blistered hands out to each other, comparing.

The Coffee Shoppe wasn’t open but Mary was inside slicing pies for the day. We stood at the window and waved, and she came out from behind the counter to unlock the door.



“You poor things, working all night. Dear God. I’m still boiling the potatoes for homefries. But I can fix you some eggs and jonnycakes.”

We lined up along the counter on the round stools, rubbing the kinks out of our necks while Mary scrambled eggs and dropped jonnycakes onto the griddle. She brought us our plates and mugs of hot coffee. We bent our heads down and ate. The eggs were warm and soft and the jonnycakes buttery, soaked in syrup. When our plates were empty, Mary refilled our mugs and we started to talk.

“Time and a half, you know, for every hour after eight.”

“Look at Dot, she’s got fish guts behind her ear!”

“Did you see Roland, trying to get romantic with Julia around three in the morning?”

“He near got my knife across his ribs for that one.”

“That’ll teach him to get within knife’s reach, won’t it girls?”

We piled our money on the counter, plenty of extra for Mary, and headed home. People were starting the day, opening doors to the sun and sweeping up the storm litter. I walked along, my belly full, the sun on my head. I wanted to give the street a wink - I saw you waking up this morning, when you thought no one was looking. I felt like I had already lived the day, seen the storm chased over the horizon and the waves calm to a heavy rise and heave. I had money in my pocket and Julia’s arm across my shoulder. I carried Dot’s boots. She had taken them off in the Coffee Shoppe and her feet swelled so much she couldn’t put them back on. Peg was singing a song from the radio and I remember whistling, trying to make a harmony.



Dawn Paul is a New England writer and has created collaborative works with actors, dancers and visual artists. Her stories and essays have appeared in Seal Press anthologies about women and the sea and women’s solo wilderness adventures and recently in *The Sun Magazine*, *14 Hills*, *Talking River*, and *The Redwood Coast*

Review. Her new novel, *Still River*, is available through Corvid Press www.corvidpress.com. Dawn Paul’s photo courtesy of Paul. Fish photo © 2007 iStock International Inc.

my mother, me, and the sea

by Linda Kent-Farinha

There is no place that I feel closer to my mother than the New England shore. I lost my mother to breast cancer 15 years ago and my daughters never had the chance to meet their grandmother. But, as we walk the beach, look for shells, build sand castles, breathe in the salty air and my mother is there. As I dig my feet in the sand and look out upon the water, the warm sea breeze greets me and comforts me like a warm hug giving me relief from the hectic world that we live in. ❖❖❖

These are my daughters', Gabriella and Delaney, feet . . . washing off the sand after a day at the beach on Martha's Vineyard last summer. We rented a house with our whole family and spent our lazy days at the beach. The only thing that would get the girls off of the beach after we had too much sun was the promise of an outdoor shower. What else says summer? photo courtesy of Kent-Farinha





shining

with Deb Ruggiero

live with intent

As a child, what was your dream career?

"I guess early on I knew I wanted to be in the media . . . It's about making people aware. Let them talk. Let them raise their own consciousness. If they agree or disagree with me, then they're thinking."

Ruggiero graduated from Boston College and began her broadcasting career on-air at CBS and WMJX radio in Boston.

Later she transferred to the business side of communications in TV and radio sales management.

Describe your work today?

"At Providence College, I teach broadcast advertising which is how I make my living, putting together advertising and marketing campaigns for clients both in the nonprofit and the business world. I make a living by doing that. I make a life by doing the work that I do as a volunteer, host of the radio and TV show – Amazing Women, and by serving as a board member. I serve on a lot of different boards and I believe in the value of volunteerism." Ruggiero is the director of community development for Citadel Broadcasting. She is a founding board member of The Women's Fund of Rhode Island and serves on the funds philanthropic committee for The Rhode Island Foundation.

How does Jamestown shape you?

"I've made many important decisions in my life on the rocks at Beavertail." "Riding my bike . . . when you go around the island you could go from smelling the ocean to actually smelling the cow manure on one of the farms, to then smelling the honeysuckle. And it's just so amazing the different smells and the sounds you can hear on the island. You



Ruggiero is the creator and host of the radio and TV talk shows, *Amazing Women* (www.amazingwomenri.com). Every show closes with an inspiring quote from others. Her words end this edition of *She Shines*. interview by Lisa Piscatelli and photo by Deborah L. Perry

can actually hear the waves crashing, you can hear the seagulls, you can hear children laughing in a playground, and like wow all those sounds in one little place on the planet, how cool." Ruggiero has lived in Jamestown for almost 23 years. She is pictured sitting on the rocks at Beavertail State Park.

Do you enjoy more sunrises or sunsets?

"I like both. But really, I am a morning person. I love the sunrise. It's really a great time of the day for me. I just love 5 to 8am in the summer."

I hear you are a great cook and like seafood. Do you also fish?

"I don't fish . . . but I do love to go musseling. There's a lot of musseling in Jamestown. I love mussels with garlic and white wine."

Are you active with local interests?

"I am involved in politics. It's important to me. I am the chair of the Jamestown Democratic Town Committee. They just

voted me in in January. I've been on this town committee for a number of years. I do believe in social consciousness, community activism. It's about taking care of your community."

Tell me about your Providence connection?

"I've always lived with concrete under my feet and I love the city. It has such a heartbeat. It thrives and I love being in the city. Do I love Jamestown? Do I love this island? You bet I do. But I also enjoy the vibrancy of Providence." A Rhode Islander, Ruggiero's early days were spent on Charles Street in Providence though she grew up in Lincoln. Along with her home in Jamestown, she also has a condominium on Providence's East Side.

"Love the backyard with the pond and waterfall which are so beautiful, and the gardens." "Lasting memories of wonderful moments." "Being loved by someone gives you strength, loving someone gives you courage . . . there are lots of physical things that remind me of nature and love and life." Ruggiero's partner of 22 years recently passed away. Ruggiero is getting reenergized connecting with friends and family members. "I'm blessed with the support and the love and the compassion." "You learn from loss, you really do. And I do believe hope and grief are interconnected."

view the horizon

What's next for you? *"I very much try to find the sunlight and to live in the here and now . . . I believe life and destiny will unfold as it needs to . . . I don't know what the next step is right now, but I know when I think of it, I'll make it happen."*

find treasure

In the book "The Gift of the Sea", Anne Morrow Lindbergh symbolically reflects upon her life. What are your treasures?

"We all have choices and we can choose to live in the shadows, or we can choose to have hope and to try to live with grace."



Having cancer is hard.

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"After Ralph was diagnosed with cancer, he called me late one Tuesday night. He and his wife, Gerri, were still a little in shock. They had a lot of questions and they didn't know where to find the answers. So I helped them understand his treatment options. We also talked about what kinds of questions to ask his doctor and how clinical trials work. And then I helped him get in touch with a support group that is close to where they live. By the end of the call, I could tell they felt a little better. They said it was nice to know that someone's available any time, day or night."

Cathy — Cancer Information Specialist



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