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Rhode Island Edition

June 2009



**CLEAN,  
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today's buyers'  
market guide

special issue  
**MEN'S  
HEALTH**  
handbook

**THE DALAI  
LAMA**  
a special visit to  
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Local News • Health Briefs • Community Calendar

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Deborah Beauvais  
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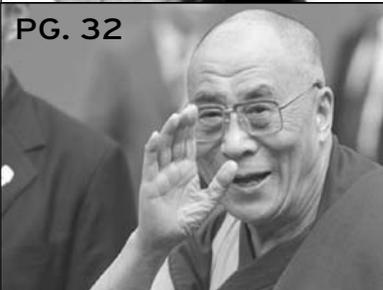
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*Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.*

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## HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 401-709-2473 or email [info@rinaturalawakenings.com](mailto:info@rinaturalawakenings.com).

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Email articles, news items and ideas to: [info@rinaturalawakenings.com](mailto:info@rinaturalawakenings.com).

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# letterfrompublisher



I take the same walk every day. I love to start my day with a two-mile walk, and I always go the same way. Recently, construction on my street caused me to change my walking route. Suddenly the sidewalk was torn up and I could either walk in the street and take my chances with traffic, or change my direction. It started me thinking about how sometimes it's good to shake things up and try a different course. I found those first few days of going a different way to be exhilarating – there was a whole new world

out there simply by going left instead of right.

Change is inevitable. It is life itself. The universe is a fluid place where the planets are constantly moving. Here on earth the wind, tides, seasons and temperatures move in magical concert to create our wondrous planet and all that lives on it. It shouldn't be of any surprise that we change too. Each of us, at any given moment, has ever-changing thoughts and actions from the moment we were born until this present moment. And just one minute later, we are different. Older, more experienced, stronger, weaker...different.

There is comfort in the same path, knowing the way, being familiar with the twists and turns. I realized on this new course that it has been a year since I left my job to start this magazine. It was a job I had held for 12 years, where I was comfortable with what I was doing and I left it behind to begin a new life of publishing. Scary as it is, there is a knowing feeling that it is the right thing to do.

Sometimes we are so overwhelmed with the changes around us we try to grasp the familiar and hold on to it in a futile attempt to gain control. While it is certainly worthwhile to maintain stability, we must accept that change happens and it is our response to that change that may be the key to our happiness. If we are to spend our lives holding on to a moment, we will live in the past and miss so much that is here in the present. As long as we are looking behind us, we are not looking ahead. We should try to approach each new moment with the excitement of a child. Try new things, learn more, grow more, change more. Appreciate the special moments in your life and cherish them. By embracing the changes in your life, you may actually create more of those cherished moments.

Some change is not a choice, and you have to look hard to see what lesson you were meant to learn. Losing friends and family close to you, losing your job or your home, to things out of your control can be so painful. Still, the next breath you take, everything changes. It can all be for good. Cherish your past happy moments and look to the new ones you will create. I have met the most amazing people in this new journey with *Natural Awakenings* and have already grown in ways I would not have previously imagined. While this was a change I chose, it could easily have been a change chosen for me had I overstayed my welcome in my old life.

The construction is now nearly complete. I can resume my regular walk. There are more hills that way, so it is better exercise, but I will remember that sometimes it is good to turn left instead of right.

This special issue is dedicated to men's health. I'm fortunate to have some wonderful men in my life, and am grateful for that. My father, my husband, even my past relationships, I love them all. They are kind and good people who have been an important part of my life as I have changed and grown. My wish for them this month: Be healthy, be well, find peace.

Maureen Cary, Publisher



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## SUBSCRIPTIONS

Subscriptions are available by sending \$25 (for 12 issues) to the above address.

*Natural Awakenings* is printed on recycled newsprint with soy-based ink.



## Summer Retreat Promises Inner Calm and Renewal

Seeking some stress relief? Consider joining a group of spiritual leaders from Rhode Island in a week long retreat to the Samadhi Buddhist Meditation Center near Prague, in the Czech Republic this summer. Scheduled dates are July 9-16 or August 6-13.

According to retreat organizer Kathy Black, the seven day retreat consists of various types of meditation practices and instruction, yoga practice, guided walks, a day of silence, basic Buddhist teachings and one-on-one spiritual consultation with Bhante Wimala.

The Center was founded by Wimala, an internationally known Buddhist monk and spiritual teacher. In March, Wimala visited Rhode Island promoting a message of inner peace and spiritual transformation around the world. The Center is located in the village of Tupadly near the town of Melnik. There's a refurbished 136-year-old castle located in the middle of the Kocorine Natural Forest Reserve, an hour's drive from Prague.



Price for food and lodging for the week is \$600 (does not include airfare. Donations accepted for teachings). Contact Kathy Black at 401-286-5259 or at [KathyBlackOnline@cox.net](mailto:KathyBlackOnline@cox.net). Visit [BhanteWimala.com](http://BhanteWimala.com).



## Festival Advances Sustainable Living Practices

The 2009 RI Sustainable Living Festival & Clean Energy Expo takes place June 6-7 at Camp Hamilton in West Coventry. The event is hosted by The Apeiron Institute for Sustainable Living and features workshops, live music, green vendors, kid's activities, art, hikes, alternative energy cars and more. Attendees will walk away with increased knowledge that will help them use our natural resources without compromising the environment and that help them make a difference for the environment every day, according to Art Handy, Sustainable RI Coordinator.

Free parking is at the Western Coventry Elementary School, 4588 Flat River Road (Route 117), in Coventry. A free bio-diesel shuttle runs back and forth all day long between the festival site and the school.

Cost for one day pass is \$25; two day pass is \$40. Advanced tickets are available at discount prices online. Visit [LivingFest.org](http://LivingFest.org).



## Outdoor Dining with Local Flavor

Bliss Natural Grocer is now offering dinner Wednesday-Saturday evenings throughout the summer. Sample menu includes Aquidneck Farm burgers on Bristol Bakery bread, cheese from Narragansett Creamery and fresh vegetables from Greenview Farms. Patrons may bring their own alcoholic beverages.

"People have been asking for dinners – it's a popular request," says Lisel Woods, co-owner. Woods says they have nice outdoor seating suitable for casual dining with fine food. Seating is available on first come, first serve basis.

Bliss Natural Grocer is located at 311 Broadway, in Newport. Visit [BlissNaturalGrocer.com](http://BlissNaturalGrocer.com). Call 401-608-2322.

## OOOPS!

In last month's News Briefs we incorrectly advertised the website for My Angel Candle Company. The correct web address is [MyAngelCandleCo.com](http://MyAngelCandleCo.com).

See ad, page 31.





## Hotter than Yoga, Cooler than Flamenco

Learn to Zumba on Friday evenings and Saturday mornings at Sedona Fitness and Spa for Women, 876 West Main, in Middletown. "We brought in Zumba because it's the

newest craze in the fitness world," says owner Mary Ellen Di Julio. "I believe it breaks down the barrier for women to join a class. Many women feel they need to get fit first before they can join a class. Zumba is a fun class anyone can do."

The routines feature interval training sessions where fast and slow Latin rhythms and resistance training are combined to tone and sculpt the body while burning fat. Classes are \$10 per session. Discounted class cards are also available.

Classes are 5-6 p.m. on Fridays and 10-11 a.m. Saturdays. Contact 401-841-0077 or SedonaMiddletown@cox.net See ad page 29.

## Animal Care and Education Center Grand Opening

Help raise money for homeless animals by participating in the Heart & Sole Walk for the Animals 10:30 to 1:30 p.m. June 7 at Glen Park on Glen Road, in Portsmouth. Enjoy a variety of festivities throughout the day. Funds from the walk help provide care for over 1800 animals annually at The Potter League for Animals.



The League will also hold a ribbon cutting ceremony at 10 a.m. June 20 for the new green animal care and education center at 87 Oliphant Lane, in Middletown. The celebration includes tours of the building, obedience demonstrations, displays and children's activities throughout the weekend. The 19,500 square foot facility features an adoption center with home-like animal housing, training and behavior center and an education center. The building is currently undergoing LEED certification through the U.S. Green Building Council.

Visit [PotterLeague.org](http://PotterLeague.org).

## Garden Photography Presentation at the Newport Flower Show

Barbara Bourgette will be giving a slide presentation called Garden Photography – A New Way of Seeing, at 11 a.m. June 27 at the Newport Flower Show. The presentation is a non-technical talk on basic garden photography. Bourgette will share many tips and tricks to get better photos and the importance of using the camera as a garden tool.

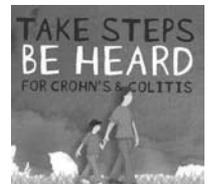


The objective, she says, is to learn basic composition and how to choose the right day and time to photograph flowers. Bourgette is a horticultural photographer and owner of Natural Images.

The Newport Flower Show is located at Rosecliff Mansion, 548 Bellevue Avenue, in Newport. Visit [NewportMansions.org](http://NewportMansions.org). See ad page 17.

## Annual Walk Raises Funds for Crohns & Colitis

Help raise funds to fight crohn's disease and ulcerative colitis during the Take Steps for Crohn's & Colitis walk at 3 p.m. June 13 at Colt State Park on Hope Street, in Bristol. This is the nation's largest event dedicated to finding cures for digestive diseases.



Participants will enjoy a casual two to three mile stroll through Colt State Park to raise money for crucial research. The event includes live music, food and kids entertainment. More than 1.4 million American adults and children are affected by these digestive diseases.

To register, call 781-449-0324, ext. 14. To donate, visit [JSchenckExerciseSolutions.com/crohns.html](http://JSchenckExerciseSolutions.com/crohns.html). See ad page 15.



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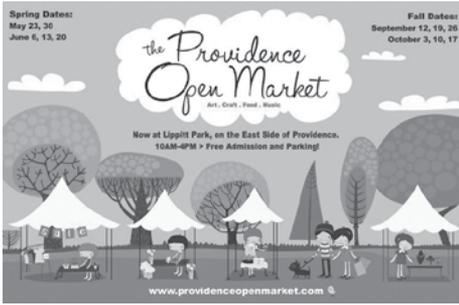


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## Providence Open Market Spring Schedule and New Location

Visit the Providence Open Market on Saturdays 10 a.m. to 4 p.m. May 30, June 6, 13 and 20, at its new location at Lippitt Park at the juncture of Hope Street and Blackstone Blvd., in Providence. Admission and parking are free.

This is the city's only open-air market to shop for handmade artisan goods and fine art. The Market features a different group of artists every week ensuring that each visit will be unique. This year the Providence Open Market is committed to partnering with community-based art organizations. Their goal is to give Providence a unique and casual meeting place to shop for healthy food, art, handbags, jewelry, accessories and much more.

Visit [ProvidenceOpenMarket.com](http://ProvidenceOpenMarket.com).

**H**e is a wise man  
 who does not grieve  
 for the things  
 which he has not,  
 but rejoices for those  
 which he has.

— Epictetus

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## newsbriefs

### National Trails Day Cleanup



The Appalachian Mountain Club and REI Cranston are organizing a cleanup at Narragansett Trail in the Ell Pond/Long Pond area, North Road, in Hopkinton. The event is in recognition of National Trails Day and will take place at 9 a.m. June 6.

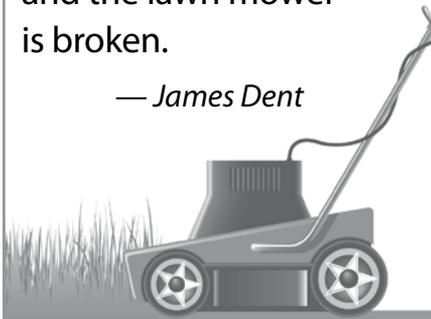
The American Hiking Society's signature trail awareness program, National Trails Day, inspires the public and trail enthusiasts nationwide to seek out their favorite trails to discover and learn about trails while participating in educational exhibits, trail dedications, gear demonstrations, instructional workshops and trail work projects.

Trails Day also provides an opportunity to thank volunteers, land managing agencies and outdoor-minded businesses for their support in developing and maintaining trails.

To register, call REI Cranston Customer Service at 401-275-5250.

*A perfect summer day is  
when the sun is shining,  
the breeze is blowing,  
the birds are singing,  
and the lawn mower  
is broken.*

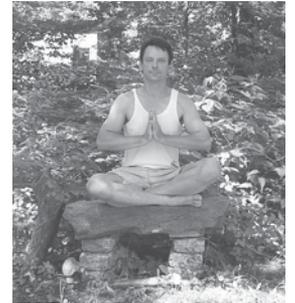
— James Dent



### 700 Voices Camp Out Goes National

Long-time Kundalini yoga instructor Bret DuBack has produced several concerts over the past few years, featuring some of the brightest names in the increasingly popular kirtan world. After the success of last year's 700 Voices, DuBack will bring this year's concert to a global open-air arena. Held at the World Peace Sanctuary in Wassaic, New York July 10-13, participants will camp out throughout the weekend, honoring both kirtan and yoga as the natural allies they are.

"The theme for 2009 is peace through yoga's many different styles," says DuBack. "This weekend is designed to allow beginners and advanced students to obtain the peace within that will allow world peace." Four major styles will be offered. Mantra and meditation will be led by such artists as Wah!, Guru Ganesha Singh & Narinjin, Durga Das & Mira, Sat Kartar, and Shantala.



Gates open at 3 p.m. July 10 at the World Peace Sanctuary, 26 Benton Road in Wassaic, New York (near Kent, CT). Call 860.482.9076 and visit [700voices.com](http://700voices.com) or [BretDuBack.com](http://BretDuBack.com). **See ad, page 27.**

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## Nature's Viagra

Watermelon, America's all-time summer favorite, delivers more than just a juicy cool-down. According to a Texas A&M University study, the summer fruit may enhance libido in much the same way that Viagra does.

"The more we study watermelons, the more we realize just how amazing a fruit it is, in providing natural enhancers to the human body," says Bhimu Patil, Ph.D., director of Texas A&M's Fruit and Vegetable Improvement Center, in College Station. Bhimu and his fellow researchers have discovered that a special nutrient in watermelon, called citrulline, has the ability to relax blood vessels, similar to the action of common male sexual enhancement drugs.

How does it work? When consumed, the body converts the citrulline to arginine, an amino acid that works wonders on the heart and the circulation system by boosting nitric oxide, which in turn relaxes blood vessels, conferring basically the same effects Viagra does in the treatment of erectile dysfunction. Although watermelon may not be as organ-specific as Viagra, it is still a great way to relax blood vessels. Even better, watermelon has none of the drug's side effects.



## PHOSPHATES ALERT

New research suggests that a diet high in inorganic phosphates, found in a variety of processed foods, including meats, cheeses, beverages and bakery products, might speed the growth of lung cancer tumors and may even contribute to development of such tumors in individuals predisposed to the disease.

Source: American Thoracic Society, 2008



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## Paws N' Go

### Celebrates Four Years of Pet Care

Today, many people are faced with transitioning from one career to another. It is usually under stressful circumstances, such as job loss. Many people opt for new training and others for establishing their own firms. For Ashley Gentes, owner of Paws N' Go Dog Walking & Pet Sitting, when one door closed, she realized quickly that there were other doors already open to her.



Ashley Gentes started Paws N' Go Dog Walking & Pet Sitting in July 2005. She happened upon the pet sitting business by accident.

Gentes first worked as a nanny for a local family. When taking the children outside, she would naturally bring the dog outside to play with other dogs in the neighborhood. Soon those neighbors began asking her to take their dogs out, too.

"I didn't think much of it at time because I enjoyed doing it and I love animals," says Gentes. Then the family for which she was working told her that their own business would be closing and they had to let her go.

"While doing some online research I came across an e-book about pet sitting I was surprised to learn that people actually made a living as a pet sitter," she says.

"I always loved animals and always wanted to work with them," she says. "My clients must notice because they comment that their dogs seem more relaxed and peaceful when they come home."

Pet services are a growing field in an economy where most traditional jobs are being lost. Gentes' services include dog walking, pet sitting, overnight care, pet taxi and "Paws at the Park." She services cities within Massachusetts and

Rhode Island. While her main income is dogs and cats, she has also looked after other animals such as rabbits, birds, gerbils and fish. Paws N' Go is insured and bonded.

Pet owners have hired Gentes for a variety of reasons, mainly because they want their animals to be taken care of at home and not at a kennel or another unfamiliar place. "It takes away the hassle for the pet owner, and the trauma for the animal," says Gentes. Animals, she said, are assured not to be exposed to sickness and parasites, they are happier in their own home environment and pet owners have peace of mind knowing that a professional is taking care of a loved one while they are away.

When a client hires Gentes, she provides a list of services that goes beyond just walking and feeding a family pet. "My services naturally include playtime and personal attention," she says, "but also keeping their litter boxes and personal spaces clean, and even watering plants and bringing in the mail if clients would like me to."

Not surprisingly, Gentes is a big supporter of pet adoption and spay and neuter programs. She offers a discount to pet owners who have adopted or rescued an animal. It's her way of saying thank you for saving a life, she says. Gentes works with pet rescues and uses her web site to promote a variety of programs.

To celebrate the company's four year anniversary, Gentes is offering new clients \$4 off of three or more scheduled visits.

To book an appointment, visit [PawsNGoPetSitter.com](http://PawsNGoPetSitter.com) or call 401.996.1465. **See ad, page 17.**





## BLACK RASPBERRIES FIGHT CANCER

Not only are black raspberries packed with vitamins, minerals and cancer-fighting phenols and phytochemicals, but freeze-drying them concentrates these compounds, increasing the berries' cancer-fighting properties tenfold.

Source: Ohio State University, 2008



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## Colorful Diet a Secret to Stronger Bones

Mounting evidence increasingly suggests that a diet rich in fruits and vegetables can help keep bones strong, especially as people age. The latest comes in a Framingham Osteoporosis Study, led by the USDA Human Nutrition Research Center on Aging at Tufts University. Collaborating researchers, tracking changes in bone mineral density of more than 600 male and female volunteers with an average age of 75, found that those eating a diet rich in fruit and vegetables had healthier bones.

The researchers attribute these benefits to several nutrients found in plant foods, especially carotenoids, such as carotene, lycopene, lutein and zeaxanthine. These plant pigments give fruits and vegetables their yellow, orange and red colors. It appears that carotenoids also protect bones from mineral loss through mineral resorption into the blood stream, a metabolic process that weakens bones.

Source: USDA Agricultural Research Service; published in The American Journal of Clinical Nutrition.

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To find more happiness in your work, pause to remember what it is you love about what you do, and you will be a happier, more productive employee. A recent study by the University of Alberta demonstrated how a shift in thought was all that was needed to drop employee absenteeism by 60 percent and turnover by 75 percent in two Canadian long-term healthcare facilities.



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at the end of the day,  
you should smell  
like dirt.**

— *Margaret Atwood*

## Lose Anger, Lose Weight

Men who are angry and hostile pack on more pounds over time than women or their less angry, more laid-back peers, suggests a French study, which found that the more hostile a man's personality, the more his body mass index (BMI) increased during an extended period. The researchers noted that hostility could affect weight in many ways; for example, hostile men may be less likely to follow dietary health guidelines, tend to exercise less and are more likely to be depressed—all factors known to contribute to unhealthy weight gain.



Researchers reviewed data on 6,484 men and women participating in a U.K. study of socioeconomic status and health. Participants ranged in age from 35 to 55 at the study's outset. Results culled over a 19-year period showed that, while the relationship between BMI and hostility remained constant for women, hostility seemed to accelerate weight gain over time in men.

Source: American Journal of Epidemiology, 2009.

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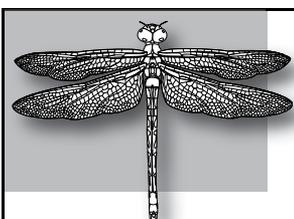
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## WHAT BUSINESS CAN DO FOR

# Health Care

By Dr. Tadeusz Sztykowski



When it comes down to it, Americans are fairly unhealthy people.

Two-thirds of our adult population is overweight or obese. Heart disease, high blood pressure, high cholesterol, type 2 diabetes, and other lifestyle-related conditions are prevalent, too. From a purely economic perspective, our ill health as a nation, and the ineffectiveness of our current health care system, translates into billions of dollars in costs to American businesses. Obesity alone costs our country an estimated \$9 billion a year in additional health and disability insurances. Even back pain, which many people don't even think of as a disease, racked up a price tag of more than \$100 billion last year.

If we want to help American workers get healthy, businesses must help turn around the health care system as we know it. Seeking out healing modalities that address the whole person is the key to preventative medicine, the key to well being, and to strong, healthy workers.

According to the World Health Organization, *health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.* But Americans, in general, tend not to think of well-being this way. They are more likely to think of health in terms of not being sick. We tend to ignore the minor symptoms in our bodies, hoping they will go away. But when things are out of balance for too long, the body will start to break down—and that's when we start to see evidence of chronic disease.

If we want to help the American work force get its health back, we must return to the fundamental definition of health, and start basing all of our diagnoses, treatments and medical methodology on that definition. To leave out part of that definition is to fail in our health care. And this is why Western medicine is flawed and why we need to look at what is working in Classical Chinese Medicine (CCM).

Western medicine works beautifully with acute illnesses or when dealing with traumatic bodily injuries. It is totally reactive—it looks for the obvious problem, hones in on that

problem and tries to fix it, typically with drugs or surgery. But the majority of health issues are not acute or traumatic. Using observation, tests and old-fashioned trial and error, CCM is able to discern the effects of hundreds of different stressors on the body, with the understanding that it is a single functioning unit, not a group of separate organs and systems. The diagnostic methods used in Classical Chinese Medicine are geared toward discovering not only the symptoms of disease, but the underlying imbalance which caused the disease to manifest in the first place. So, the heart of this medicine is prevention.

Western medicine, with its scientific complexity and attention to microscopic detail, tends to be unreachable to the average person. The average patient puts an enormous amount of trust in his doctors and in the system itself, and at the same time feels powerless to understand or control what is happening in his own body. When medications and surgeries fail to cure his condition, he believes that there's nothing more to be done for him, and that he must accept the imbalanced and often painful state of his body as "normal." He becomes disempowered. On the other hand, CCM requires not only that the patient show up to be treated, but that they become an active participant in their own recovery.

If we want to improve our Health Care System in America, what is needed is to integrate Eastern modalities and ways of thinking which have proven effective over the course of millennia. The key is to change our strategy from one of *reactive* treatment focused on a single condition or disease, to one of *proactive* prevention which addresses the body as an integrative whole. Once we accomplish this, we will be able to provide Americans with the high quality of health care they deserve—without the enormous price tag.

In Latin, the word "doctor" translates literally as "teacher." If American doctors could learn to see themselves as teachers, rather than providers, it would go a long way toward empowering their patients and fostering the ideals of both prevention and personal responsibility in order to help patients achieve what they want most for themselves: good health and long life.

This is also where employers come into the picture. We can be relatively sure that insurance companies and pharmaceutical companies will not encourage a strategy of prevention within the current health care system, because they're in the business of treatment of disease—but employers are in a unique position, because although they are enmeshed in the current system they are more its victims than its beneficiaries. Therefore, businesses can and should strive to create a culture of wellness among their employees—and, in doing so, change the look of their own bottom line and the entire American health care system.

*Dr. Sztykowski was born in Poland and graduated from Medical School in Gdansk in 1982 and obtained board certification on Obstetrics and Gynecology in 1987. In 1990, Sztykowski graduated from the New England School of Acupuncture in Massachusetts. Since then, he has successfully treated more than 10,000 patients and taught at various institutions around the country, including Brown University Medical School, the American Heart Association and the Brain Injury Association.*



## Summer Kickoff Get Outdoors Day Invites Family Fun

The 2009 Get Outdoors Day (GO-Day), on June 13, builds on last year's pilot program to reconnect thousands of Americans, especially urban youths, with the great outdoors. Scores of expert-guided fishing, kayaking, rafting, hiking, mountain

biking, wall climbing, geocaching (GPS-based treasure hunting) and wildlife activities will introduce people to their city, state and national parks and nearby wildlife refuges.

Metropolitan areas, accessible by public transportation and walking, encourage GO-Day visits by those unfamiliar with available recreation in public lands and waters. It's the perfect start to affordable, summer-long fun.

See events list at [NationalGetOutdoorsDay.org](http://NationalGetOutdoorsDay.org). Locate various parks online by searching "Find a state park" and "Find a national park" or "Find a wildlife refuge."



## Fossil Fuels Dip Banner Year for Renewable Energy

The new numbers are in. The U.S. Energy Information Administration reports that generation of non-hydro renewable energy was 17.6 percent higher in 2008 than in 2007. Much of the rise was

spurred by the wind and solar sectors, which jumped 51 and 36 percent, respectively; in 2008, the United States became the world's leading generator of wind energy. Wind, solar, geothermal and biomass now collectively account for about 3 percent of total U.S. generation. At the same time, coal and natural gas production are down, just over 1 and 2 percent, respectively.

Wind and solar power are estimated to grow 25 percent in 2009, according to Ken Bossong, of Sun Day Campaign, a Maryland-based nonprofit that promotes related technologies. President Obama's goal is to double U.S. renewable electricity generation in three years, supported by provisions in the stimulus package.

Clean Edge, which tracks clean-tech markets, shows that such a move is productive. Globally, solar, wind and biofuels saw a 50 percent growth in revenue between 2007 and 2008. For the first time, a single sector, wind, had revenues exceeding \$50 billion worldwide.

Source: [GreenBiz.com](http://GreenBiz.com) and [CleanEdge.com](http://CleanEdge.com)



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# Trail Fixes

## How to Treat Your Buddy's Bumps, Bites and Burns

by Richard H. Pitcairn

North America is blessed with 44,000 walking and hiking trails, offering everything from spectacular scenery and magnificent vistas to cascading waterfalls and beautiful wildflowers. To unleash enjoyment of the great outdoors with your dog, take along these first-aid fixes, which work for both humans and pets.

The recommendations come from Richard Pitcairn, doctor of veterinary medicine and author of *Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats*. He recommends tucking remedies into the backpack, so you're ready to handle any lacerations, punctures, poison, burns, insect bites or heat stroke that happen along the way. They are a quick, safe way to counter any unpleasant side effects from adventurous romps.

### Injury: Lacerations and Tears

**Quick Fix:** Flush out the cut with clean water. Remove obvious debris like sticks, hair and gravel. Apply calendula lotion. Add six drops calendula tincture to one ounce (two full tablespoons) of water; saturate gauze pads and tape them in place. Wash minor wounds that do not need professional care with soap and water and dry carefully. Clip hair from the edges of the wound.

**Homeopathic Remedy:** Apply *Hypericum/Calendula* ointment twice a day until healed.

### Injury: Insect Bites

(Bee, hornet and wasp stings; centipede, scorpion and spider bites.)

**Quick Fix:** Rub in a drop of nettle extract (*Urtica urens* tincture or glycerin extract) directly on the sting. Using a dull knife, holding it perpendicularly to the skin, scrape across the area of the sting a few times. This will grab the stinger and pull it out without pain. Do not try to grab the stinger with your fingers or tweezers, because that will squeeze more poison into the wound.

**Homeopathic Remedy:** Administer internally for all insect bites, give *Ledum 30c*, one pellet every 15 minutes, for a total of three treatments.

### Injury: Poison

(From ingesting dead animals, toxic pond water or plants.)

**Symptoms:** Vomiting, excess salivation, tears and frequent urination and defecation; muscle twitching, trembling and convulsions; and severe vomiting.

**Quick Fix:** Mix five teaspoons of activated charcoal granules in one cup of water. Spoon-feed one-quarter of a cup up to one cup. Call the National Animal Poison Control Center at 888-426-4435.

**Homeopathic Remedy:** *Nux vomica 30c*, two pellets, whole or crushed. Place on the tongue every 15 minutes, for a total of three doses. Discontinue if symptoms worsen.



## Injury: Heat Stroke

**Symptoms:** Excessive panting, rapid heart rate and/or passing out.

**Quick Fix:** Move to well-ventilated, shady area. Offer water to reduce dehydration. Cool body and head with water. Apply continuously to cool the body as much as possible. Place ice packs around the body and head during transport to the veterinarian.

**Homeopathic Remedy:** Place two pellets of Glonoine 30c on the tongue. Administer Dr. Bach's Rescue Remedy formula: two drops in the mouth every 10 minutes until you arrive at the veterinarian.

## Injury: Burns

(Chemical, electrical, campfires.)

**Symptoms:** White skin or scorched fur.

**Quick Fix:** Saturate gauze with *Urtica urens*; six drops to one ounce of water. Keep moist by adding more solution. Bandage if necessary.

**Homeopathic Remedy:** Administer Dr. Bach's Rescue Remedy. (Reference: [BachFlower.com/Rescue\\_Remedy.htm](http://BachFlower.com/Rescue_Remedy.htm).) Give internally, two drops on the tongue every 30 minutes.

*Richard H. Pitcairn, Ph.D., doctor of veterinary medicine, is a founding member of the Academy of Veterinarian Homeopathy, where he teaches professional and advanced courses on the practice. Visit [DrPitcairn.com](http://DrPitcairn.com).*



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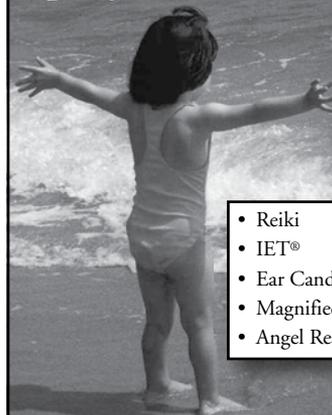
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## FINDING THEIR PLACE ON THE MAT:

# How Yoga Benefits Men

By Chris Belanger

**Most men think yoga is for women.  
It's time to think again.**

For the majority of its 5000+ year history, yoga – originally created to help people meditate longer – was practiced *almost exclusively by men.*

So what happened? In general, Western men gravitate towards team and competitive sports and shy away from individual and contemplative pursuits. Many men also feel that yoga is not compatible with their religious beliefs.

Additionally, early yoga television shows and books were primarily geared towards women interested in the latest fitness fads. Unfortunately, even today, stereotypes surrounding yoga requiring super flexibility, youth, perfect fitness, grace and femininity are propagated by magazine covers and television shows. As the fog of mystery surrounding yoga lifts and the practice becomes main stream, men are finding their way into yoga classes at studios, gyms and

community centers across the country. According to the 2008 “Yoga in America” study released by Yoga Journal, approximately 4.4 million men, including a number of professional athletes, are hitting the mat.

The Sanskrit word yoga means union. In yoga we unite the body, breath, mind and soul, creating a complete workout. While there is no such thing as a typical class, students can expect to stretch and tone muscles, cultivate concentration and clarity, and to bring peace and self acceptance. More than that, and in light of some men’s ideas about religious incompatibility, many find that yoga provides them with a deeper connection to their faith.

A standard yoga session should

address the body completely from head to toe. Yoga primes the body and mind for the challenges of everyday life and the rigors of other forms of exercise, as many sports often only work one side of the body or a specific muscle group. In addition to enhancing the breath, strengthening the body and improving balance, yoga stills the mind – improving concentration at work as well as on the golf course, tennis court or ball field. Perhaps most importantly, yoga brings an overall balance to everyday life, leading to increased happiness and wellness. Yoga has even been found to be a valuable tool for returning war veterans. For inspiring, personal testimonials, take a look at [YogaForVets.com](http://YogaForVets.com).

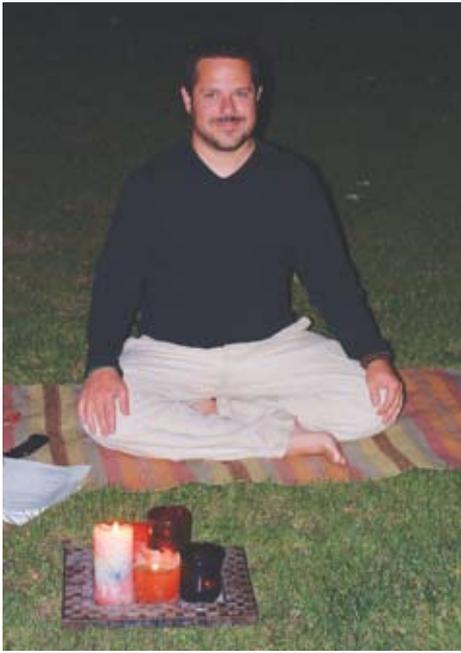
Yoga can be found at dozens of venues throughout Rhode Island, and practices run the gamut from gentle relaxing/restorative experiences to heated vigorous/power based classes. Many studios offer a variety of styles and provide for all ability levels. Scanning through this magazine, a google search, or a visit to [YogaFinder.com](http://YogaFinder.com) are all great places to begin the yoga journey. Visit [ABC-of-Yoga.com/info/yoga-styles.asp](http://ABC-of-Yoga.com/info/yoga-styles.asp) for a

***To men who are still resistant, we say “Let go of the ego, erase the stereotypes.” If yoga doesn’t click the first time—go again. Yoga is not something to try once and say “it’s not for me.”***

comprehensive list and brief description of many yoga styles. This will help those new to yoga find classes suited to one’s specific needs and personality type.

While there are numerous styles of yoga to choose from, they all follow a similar pattern: a period of centering to transition into the yoga experience, breath work to raise or lower energy in the body, warm-up movements, a balanced posture experience, and a period of relaxation (often joked about as being the best part of yoga.)

For men, yoga is particularly appealing because it is affordable, requires little to no investment in clothing or equipment. It can be practiced at any age, by any body type. There is no need to be flexible – yoga creates flexibility.



Chris Belanger

To men who are still resistant, we say "Let go of the ego, erase the stereotypes." If yoga doesn't click the first time - go again. Yoga is not something to try once and say "it's not for me." Generally speaking, it takes about four tries with various teachers or studios before a student finds a class that fits them.

Create space to experience yoga at least one hour per week and the benefits will become evident. Yoga is not an event, it is a practice. Be patient and be rewarded.

Chris Belanger leads a men's yoga class, suitable for beginners on Wednesdays at 6:15 pm at the Village Wellness Center in Warwick. Contact Belanger at [wholeofthemoonyoga@hotmail.com](mailto:wholeofthemoonyoga@hotmail.com). Also, visit [wholeofthemoonyoga.com](http://wholeofthemoonyoga.com).

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# Men's Health Handbook

## Expert Advice for the Male Physique

by Vera Tweed

We asked top integrative physicians who specialize in heart health, sexual wellness and prostate protection to share their best natural healing tips for men. Here's what they have to say.



**Dr. Stephen Sinatra is a cardiologist specializing in preventive medicine for more than 20 years. He has authored numerous books on natural health, including *Reverse Heart Disease Now*, and is co-author of *Sugar Shock!***

### Building a Strong Foundation

When asked about the key to staying healthy, Sinatra doesn't hesitate: "The most important things are staying trim and eating a diet that is not inflammatory, which means staying away from sugars." By sugars, he doesn't just mean what's on the dessert menu or the white stuff you may put in your coffee. Beer, wine and all alcoholic drinks, breads, bagels, crackers and pastas are all sources of concentrated sugar, as far as the body is concerned; they all disrupt the network of hormones that determines whether or not you like what you see in the mirror. Controlling your sugar intake, advises Sinatra, is the most important thing you can do nutritionally to stay out of intensive care down the road.

Testosterone, insulin, adrenal and thyroid hormones are some of the key players that determine the health of your heart, the size of your waistline and your ability to function well in the boardroom, as well as the bedroom. "We used to think these hormones were all individual players," remarks Sinatra. "They're not. They work collectively."

Although the interplay of hormones is complex, there is a simple underlying principle: When levels of one are suboptimal, the others also suffer. Sinatra says the answer to the riddle lies in weight control; not by following fad diets, but by understanding a few key cause-and-effect relationships and acting accordingly.

**Insulin:** This hormone holds a key to body weight, diabetes risk, heart disease and other conditions. Here's how it works: When you eat, food is converted to blood sugar, or glucose. The pancreas then produces insulin to deliver the glucose to cells to be used

as energy. High-sugar foods and drinks lead to skyrocketing glucose levels, which shift insulin production into high gear. When this high-sugar/high-insulin cycle repeats frequently, cells become overwhelmed with blood sugar and stop accepting it, a condition technically called insulin resistance. Weight gain, increased risk for heart disease and diabetes are among the results.

**Thyroid:** Hormones produced by the thyroid gland regulate metabolism, and iodine is a key nutrient required to produce sufficient amounts of hormones. The combination of toxins in today's environment and reduced levels of naturally occurring iodine in our food result in many American men and women having an underactive thyroid or slow metabolism, which can contribute to insulin resistance and obesity.

**Adrenal Hormones:** Produced by the adrenal gland, these hormones are necessary for healthy function of the thyroid gland and stable energy levels.

**Testosterone:** Excess weight, lack of exercise, insulin resistance and inadequate levels of thyroid and adrenal hormones all contribute to low levels of testosterone. In turn, low testosterone typically leads to further weight gain, low energy, low libido and other sexual difficulties. "Weight loss is the most important factor, because when you lose weight, you improve insulin sensitivity, sparing the burden on your other hormone systems," comments Sinatra. Cholesterol and blood pressure generally improve at the same time.

**The Heart Solution:** Sinatra also recommends taking coenzyme Q10 (coQ10), L-carnitine, magnesium and D-ribose to support energy production in the heart (see sidebar). These supplements feed mitochondria, specific components within our cells that are responsible for generating energy. Mitochondria are more concentrated in the heart than in any other organ, so their optimal function is critical. "When I treat men who have heart disease with mitochondrial support, I hear from them and their wives that their libido and erectile potency improve, as well," says Sinatra.

**Dr. Jeremy Groll is the chief of reproductive endocrinology and infertility at Wright-Patterson Air Force Base, in Ohio. This award-winning researcher specializes in treatment of infertile couples and is the author of *Fertility Foods*.**

### Having Children

"Fertility is perceived to be a female problem, when in fact, a large percentage is due to male factors," says Groll, who estimates that men are responsible for up to 45 percent of delays in conception. Unlike women, who are born with a fixed number of eggs, men make sperm continuously, so their state of health and lifestyle can continually affect whether or not pregnancy occurs.

He explains that it takes roughly three months for each sperm to develop and mature, so it may take that long to expect results from supplements or lifestyle changes. He notes how the following key components can hinder male fertility:

**Obesity:** Fat cells send signals to the brain that hinder production of sex hormones, thus interfering with libido and sexual performance, as well as fertility.

**Diabetes:** This disease damages nerves, causing problems for sexual function.

**Testosterone injections or steroids:** Although both raise levels of testosterone in the body, they decrease natural testosterone production in the testes, which is necessary for fertility.

Good Health Starts Here	
by Dr. Stephen Sinatra	
Health Goal	What Men Can Do Naturally
Healthy insulin function and weight control	Eat hormone-free (preferably organic and free-range) lean meat, fish, nuts, fermented soy foods such as miso, and plenty of fresh vegetables and fruits. Limit alcoholic drinks, breads and pastas. Avoid trans fats and sodas and don't add sugar to tea or coffee. Eat desserts rarely, if at all. Walk at least a mile a day and strength train twice a week.
Healthy testosterone levels	Exercise regularly and participate in any sports you enjoy, such as golf, tennis, skiing or fishing. Eat foods that keep blood sugar levels in check. Also, keep the other hormones in good shape.
A healthy heart	Try the following supplement regimen: <ul style="list-style-type: none"> <li>• CoQ10, up to 100 mg daily</li> <li>• L-carnitine, 1g daily</li> <li>• Magnesium, 400 mg daily; look for magnesium citrate, glycinate or taurate</li> <li>• D-ribose, 5-10 g daily</li> </ul>
Support adrenal function	Try the following supplement regimen: <ul style="list-style-type: none"> <li>• N-acetylcysteine (NAC), 500-600 mg daily</li> <li>• Alpha-lipoic acid (ALA), 100-200 mg daily</li> <li>• Selenium, 100-200 mcg daily</li> </ul>
A healthy thyroid	Season food with seaweed supplements or kelp: Use enough to get 1 mg of iodine daily. Instead of conventional table salt, use sea salt, which is rich in minerals.

**Too much exercise:** Strenuous exercise, 10 hours or more a week, can lower sperm count. But, 30 minutes of moderate aerobic exercise, five days a week, plus strength training twice weekly, can improve fertility.

**Smoking and drinking:** More than six drinks per week and any amount of smoking can hinder male fertility. Avoid both.

**Selenium:** Too much or too little selenium can decrease fertility. The recommended daily dietary allowance of 55 mcg, in total, from food and supplements, is considered optimal.

**Saw palmetto:** This herb can hinder sperm production.

To improve a man's fertility, Groll recommends taking these supplements:

- Carnitines: 2 g daily of L-carnitine and 1 g daily of acetyl-L-carnitine
- CoQ10: 100 mg twice daily
- Lycopene: 2 g twice daily
- Zinc: 250 mg twice daily
- Vitamin C: 90 mg daily; 120 mg daily for smokers
- Vitamin E: 22-23 IU (international units) daily

**Dr. Anil Minocha is the director of digestive diseases and nutrition at the University of Mississippi Medical Center, in Jackson. A gastroenterologist and nutritionist, he is the author of *Natural Stomach Care*.**

### Stopping Heartburn

"Heartburn is a symptom of reflux," advises Minocha. "Reflux occurs in everyone, every day," he adds, although not everyone experiences the unpleasant burning sensation in the center of their chest that may rise up to the throat. He explains that heartburn is usually caused by acidic gastric juices moving up from the stomach into the esophagus. Minocha recommends these remedies:

**After meals:** To stop heartburn, chew a mixture of roasted fennel and cumin seeds.

**Between meals:** Eat a cup of unflavored yogurt twice daily. Choose yogurt with a high bacteria count and at least three types of live bacteria; look for fresh yogurt carrying the Natural Yogurt Association's Live and Active Cultures seal.

For flavoring, add banana, which feeds friendly bacteria,

or sweeten with stevia. Don't eat the yogurt with other food, fruit or sugar, because their ingredients will stimulate digestive acids that destroy the good bacteria.

**Aloe vera juice:** Drink a cup twice daily.

**Chamomile tea:** Drink this tea anytime, instead of soda.

**Ginger tea:** Brew your own. Cut a one-inch slice of fresh ginger root and boil it for 20 minutes, add honey and drink it twice daily.

**Dr. Omer Kucuk is an attending staff physician in the Harper and Detroit Receiving Hospitals at the Detroit Medical Center. He was also a medical oncologist and researcher at the Karmanos Cancer Institute, in Detroit.**

### Maintaining Prostate Health

"Use common sense and have a healthy lifestyle," advises Kucuk. It turns out that the same diet, exercise and weight control that will keep a man healthy in all other aspects will also reduce the risk of prostate cancer.

Lycopene, abundant in tomatoes, offers additional protection. "Lycopene is more available in cooked tomatoes, such as tomato sauce, paste or juice," notes Kucuk, "but fresh tomatoes are also beneficial." Based on research to date, he recommends eating two servings of tomatoes daily, as well as three other vegetables, plus fruits. Plus, he notes, "Tomatoes also contain other compounds that have a synergistic effect, which makes the lycopene more effective."

For benign prostate hyperplasia, saw palmetto and nettle root extracts have been found to reduce nighttime bathroom visits and other symptoms safely. Saw palmetto also has been used effectively by itself to treat the condition. But, if you are trying to have a baby, avoid saw palmetto.

**Reduce risk of prostate cancer:** Try 5 mg of a tomato extract, such as LycoMato (sold in supplements and used in some lycopene studies).

**Treat benign prostate hyperplasia:** Try 320 mg of saw palmetto extract daily, alone or in combination with 240 mg nettle root extract daily. Expect results in about six weeks.

*Vera Tweed is a freelance health journalist and author of User's Guide to Carnitine.*



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## Gleeful Frugalistas

### Help to Make Ends Meet

These days, online browsing turns up an abundance of websites and blogs showing people how to make the most of what they have, rather than bemoan what they had. Some examples are Dollar Stretcher at *Stretcher.com*, *AllThingsFrugal.com* and *FrugalMom.net*. Tips range from refinancing a mortgage to gas and grocery shopping to frugal fashion. Many are based on good old common sense—backyard gardening, line-drying laundry, clipping coupons and borrowing movies from the library. But, original new ideas can surprise even veteran budgeters—such as swapping clothes and furniture, as well as DVDs. Local frugal living groups, too, are growing in popularity.

"I recently heard a phrase: 'Never waste a crisis,'" says Kellee Sikes, of Kirkwood, Missouri, who was interviewed for a *New York Times* story about the trend. She now uses organic cloth napkins until they get threadbare, become cleaning rags, and then end up in a composter. "I love it," she adds. "This is a chance for us to reexamine what's important."



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- Lesley Fountain



## Recycling Center

### National Cosmetics Packaging Recycling Programs

Cosmetic and personal care product maker Origins now accepts empty glass and plastic jars, bottles, tubes, lipstick covers and caps from any cosmetic brand for recycling. Simply drop them off at any of the company's 450 retail and department store counters.

All materials collected through the Return to Origins program will be recycled or used for energy recovery. The program accepts only primary packaging; no paper boxes or plastic wrapping will be accepted. Neither will it take sample or trial-size packages, applicators, like sponges, or tools, like tweezers.

Aveda launched a similar recycling program for rigid caps last year; it recycles the caps into new packaging.



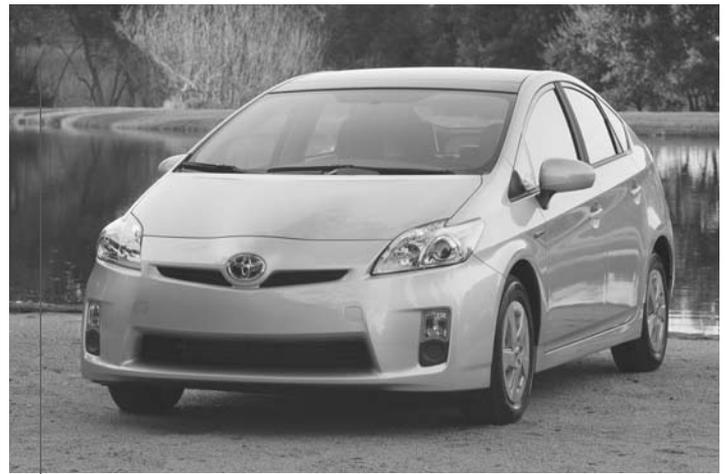
# CLEAN COOL CARS

Today's Buyers' Market Guide

by Jim Motavalli

While 2009 is shaping up as the most challenging year in the history of the auto industry, the new car shopper can take advantage of the opportunity to step into a wealth of intriguing models, sweetened by a buyer's market. Even long sought-after hybrids are crowding dealers' lots. If you can't get highly advantageous financing and steep discounts in this climate, you're not trying.

The environmentally conscious showroom shopper can revel in the widest selection of hybrids ever available, from both domestic and foreign carmakers. Plug-in hybrids, with 30 to 40 miles of electric cruising range, and totally battery-powered electric vehicles are on the way. This year's Detroit auto show demonstrated that the industry is finally evolving to become both leaner and greener. That's something to celebrate.



## ● Four-Door Family Cars: Honda Insight and Toyota Prius

New on dealer lots, Honda's Insight is giving Toyota and its all-new Prius a run for the money. The \$19,800 Insight (not to be confused with an earlier, tiny, two-door model of the same name) is the most affordable hybrid on the market. It sports a four-cylinder engine and nickel-metal-hydride hybrid battery system, generating 98 horsepower. It shares a roofline with the Prius, and is clearly aimed at Toyota's runaway success (600,000 sold in the U.S. since 2000). The Insight is smaller than the Prius, without as many features, but it delivers 40 miles per gallon city and 43 mpg highway. The kicker is that the LX Insight is priced below the least expensive 2010 Prius. Most customers will probably order the EX, which for \$21,300, adds an upgraded audio system, cruise control and heated door mirrors (\$23,100 with navigation).

The all-new 2010 Toyota Prius is slightly bigger and more powerful than the 2004-2009 second-generation model, and offers better gas mileage than its predecessor—50 mpg combined. Prices for five levels of standard equipment options start at \$21,000-\$22,000 (level five is \$27,270). Available whiz-bang extras include a solar roof, sensors that keep it in its own lane and park-itself technology.

## ● Sports Car: Tesla Roadster

Everything about the Tesla Roadster is outsized—from price to performance—except the car itself, which is tiny. Based on a British Lotus, with a smaller footwell than that typically found in American cars, the two-seat Roadster is a rip-roaring performance car, delivering 0-to-60 mph in four seconds. The 248 horsepower comes not from a V-8 engine of yore, but from an electric motor and a micro-processor-controlled lithium-ion battery pack, with 6,000 individual cells.

The Roadster has the best cruising range of any battery car, at 244 miles. A brief, but vivid, test drive proves that the hype is true—the car pins your back to the seat and raises the hair on your arms. The price is eye-opening, too, at \$109,000, but a more affordable Model S sedan is on the way.



### ● Economy Car: Ford Focus

The Focus available today, starting at \$16,400, is already a partial-zero emissions vehicle, meaning that its tailpipe emissions are cleaner than 90 percent of all cars and trucks on the road. Assuming Ford survives, the next Focus, available late next year, will manifest a total redesign, with the whole Earth in mind.

Europe got a new Focus in 2005, but the United States, in a cost-cutting move, has been soldiering on with the C1 design, introduced in 2000. The latest, 2011 model, is a world car; it must appeal to fuel-stingy Europeans, as well as highway-oriented Americans.

The new C3 Focus will be slightly larger, with more attention paid to its carbon footprint, through the use of light-weight metals and other materials, improved fuel economy and emissions. The four-cylinder engine could support efficient direct injection, in which fuel directly enters combustion chambers, and cylinder deactivation, in which two or four cylinders are shut off at cruising speeds. A hybrid version is possible; a clean, diesel option, hugely popular in Europe, where it provides tax advantages, is likely.

### Car of the Future: Chevrolet Volt ●

The Chevrolet Volt is in a race against time: Will this state-of-the-art green sedan reach production before General Motors as we know it disappears? One hopes so, because its Voltec propulsion system is truly innovative. Specs confirm that the four-cylinder gas engine exists only to generate electricity for its electric motor, and is not connected to the wheels.

If claims on the order forms are true, the Volt, scheduled to appear in late 2010, as a 2011 model, will have a 40-mile all-electric range, perfect for the average roundtrip of 33 miles. With the gas engine, it has a whopping range of 640 miles. The Volt could be cheaper—price is estimated at \$40,000—but a \$7,500 federal tax credit will bring that down to \$32,500. The Volt is understandably GM's number one priority.

*Note: Vehicle prices may vary.*

*Jim Motavalli is a freelance writer, speaker and author who specializes in environmental news. Connect at [JimMotavalli.com](http://JimMotavalli.com).*

### ● Family SUV: Ford Escape Hybrid

Only one family-friendly, fuel-efficient, hybrid sports utility vehicle comes courtesy of an American company—the Ford Escape Hybrid, which debuted in 2005 and was updated in 2008. The deal here is that drivers get to combine 30 mpg from a hybrid drive train with the 177 horsepower of a V-6.

The 2.5-liter, four-cylinder engine attaches to two electric motors and a fuel-saving, continuously variable transmission (CVT). Regenerative braking turns energy from the car's motion into electricity that recharges the battery. Escape prices start around \$27,000, but buyers may well consider adding the optional Sync audio system; its voice interface and ability to play any USB-enabled device is unparalleled.



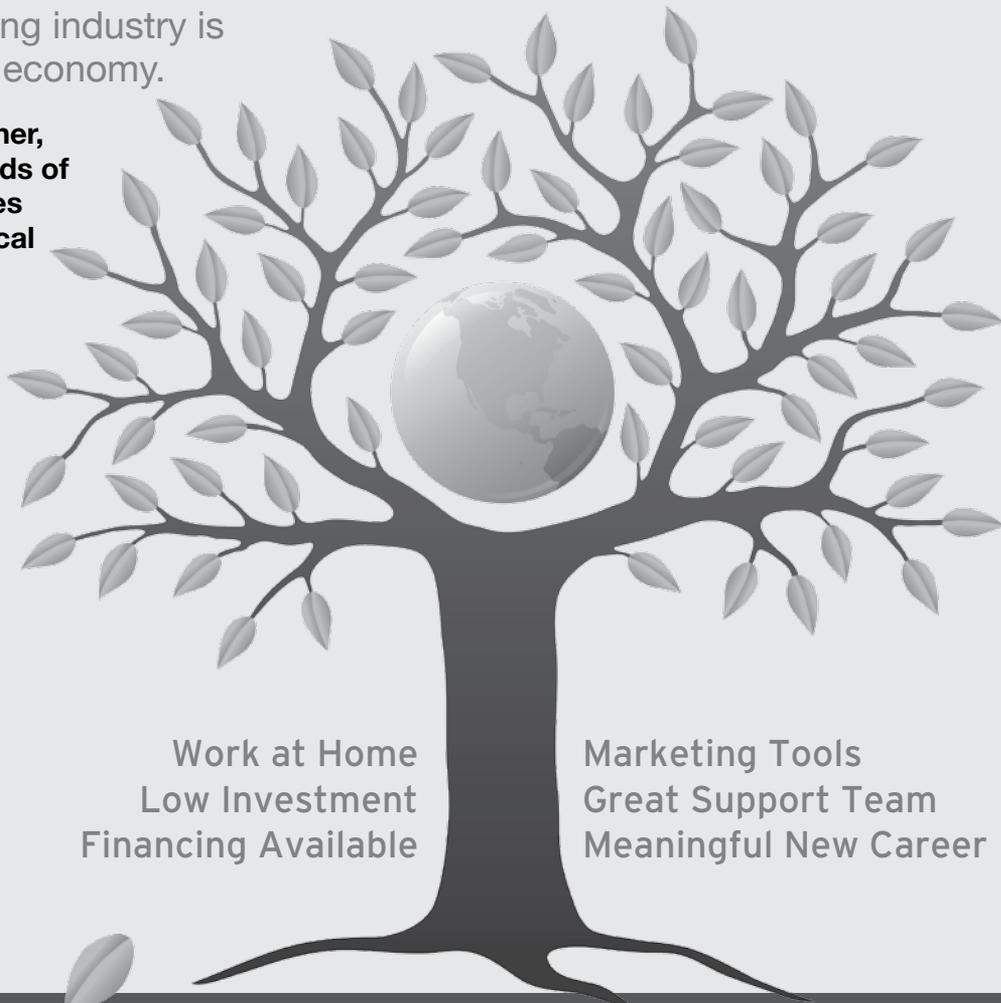
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## Testing Testing

Good News for People and Animals

The Environmental Protection Agency has announced that it is reducing its reliance on animal testing to assess human risk of chemical toxicity. Instead, the EPA will focus more heavily on new tools available through advances in molecular biology, genomics and computational modeling.



It's part of the agency's move to use better, cheaper and faster ways to screen thousands of chemicals for human risk, including the impact of long-term exposure. Former testing costs that could be in the hundreds of thousands of dollars will now drop to about \$20,000. This will facilitate, for example, screening individual food-use pesticides for endocrine disruption, as may be required by the end of this year. Also, "For people who are developing green chemistry, this may allow them to look for an alternative chemical and profile that chemical," at a doable cost, advises Robert Kavlock, director of the EPA's computational toxicology program.

Kavlock believes that useful applications will be active within two years. He notes that animal testing will still be used for some things for the foreseeable future, but in smarter ways.

Source: *GreenBiz.com*.

## Dreaming Big

China Vies to be World Leader in Electric Cars

Chinese leaders have adopted a plan aimed at turning their country into one of the leading producers of hybrid and all-electric vehicles within three years, and becoming the world leader in electric car and bus production after that. To some extent, China is making a virtue of a liability; it's behind other countries in production of gas-powered vehicles. By skipping the current conventional technology, China hopes to get a jump on the next.

The Chinese government is offering electric car purchase incentives to taxi fleets and local government agencies, with plans for consumer tax credits. Research subsidies for electric car designs are rising rapidly. The state electricity grid has been ordered to set up electric car charging stations in China's three largest cities, Beijing, Shanghai and Tianjin. Anticipated hurdles include serious problems with rechargeable lithium-ion batteries currently manufactured in China and the hefty cost of China's current battery pack and electric motor technology.



Source: *The New York Times*

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## Fabulous Father's Day

### Do-It-Yourself Gifts for Under \$10

by Helen Coronato

Father's Day is a good time to remind Dad of how special and loved he is. With a little ingenuity, toddlers to teens can skip commercial products and commemorate the day with memory-making ideas that go easy on their piggybank and the Earth.

#### Toddlers

**Hand Print** ~ Capture the attention of little hands, as well as their shape, by mixing one cup of applesauce with one and a quarter cup of cinnamon in a bowl. Knead well, shape into a ball and roll out on a counter. Gently push your child's hand down to make an imprint. Let dry completely.

**Workshop Storage Containers** ~ Wash and dry used baby food jars. Have your toddler paint the outside of the jars, using equal parts glue and paint and then, while they're still tacky, help him or her cover the jars with bits of tissue paper. Next, apply another coat of the paint/glue mixture.



While drying, paint caps. Together, sort screws, nails, bolts and other small items into different jars, fastening one item from each jar to the top of the cap, using a strong adhesive (adult job).

#### Preschoolers

**Laptop Montage** ~ Remind Dad of home while he's at the office by creating a picture montage for his laptop computer. Help your preschooler choose a selection of digital family photos and program the screensaver to show him how much he's loved.

**High Seas Adventure** ~ If Dad dreams of a sailing adventure, create his own personalized fleet. Cut a piece of construction paper into a triangle to make the sail and decorate with markers and stickers. Along the longest edge, punch three holes and weave a plastic straw through. Anchor the bottom of the straw with a small ball of Play-Doh. Attach the anchored sail to the top of a plastic lid, such as the cover of a large yogurt container. Make several boats of various sizes and shapes.

#### Elementary Students

**Month-long Fun** ~ Because Father's Day is June 21, brainstorm 21 simple things Dad likes to do, have and eat. Print out a blank June calendar on recycled paper and fill in his favorites, so he can look forward to, for example, a game night in his honor on a Tuesday, a fresh pack of gum on a Thursday and pizza at six on a Saturday night. Have children assemble needed supplies and info before June 1, so that the daily gifts are ready to give.

**Baked Treat** ~ Help your child measure out all ingredients, store each in a sepa-

rate sealed food container, and then wrap everything in a box topped with the recipe. When Dad unwraps the ready-to-go recipe, he's all set for an easy-bake treat with his little one.

#### Twens

**Cherished Memories** ~ Organize children to scour the house for small conversation pieces that symbolize Dad. Maybe a golf ball, if he shares his passion for the sport with the kids; a fork, if family barbecues are a specialty; or his favorite weekend baseball cap. Place items in a box with a handmade note thanking Dad for the memories, for who he is and all that he does.

**Plant Family Roots** ~ Contact a local nursery to find the best types of trees to plant in your area. Or, visit the Arbor Day Foundation at [ArborDay.org/shopping/giveatree](http://ArborDay.org/shopping/giveatree) to learn how you can have a tree planted in Dad's honor in a national forest.

#### Teens

**Good Vibes** ~ Give dad the gift of relaxation, motivation or stimulation with a personalized music mix. Fill his iPod or burn CDs with labeled musical themes, such as *TGIF – Music for the Weekend* or *Traffic Tranquility – Soothing Sounds for the Morning Rush*. Enjoy researching some of Dad's favorite tunes and introducing him to some new sounds, too.

**Value Dad's Counsel** ~ Tear out, trim and recycle used pages from a discarded notebook and turn it into a new keepsake. Have your teen brainstorm a list of questions he wants to ask Dad; everything from, "What was your favorite thing to do when you were my age?" to "If you could change one decision in your life, what would it be?" Have your teen type each question onto a mailing label, attach one question per blank page and invite Dad to share his answers.

*Helen Coronato is a mother, author, speaker and consultant. Her latest book, Eco-Friendly Families, is packed with concrete advice, useful tips and fun strategies for families who want to go green. Visit [HelenCoronato.com](http://HelenCoronato.com) for more eco-living tips.*

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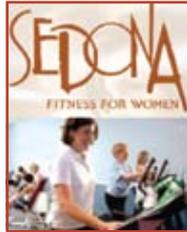


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When I was a boy of fourteen, my father was so ignorant  
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at how much he had learned in seven years.

— Mark Twain, "Old Times on the Mississippi" Atlantic Monthly, 1874



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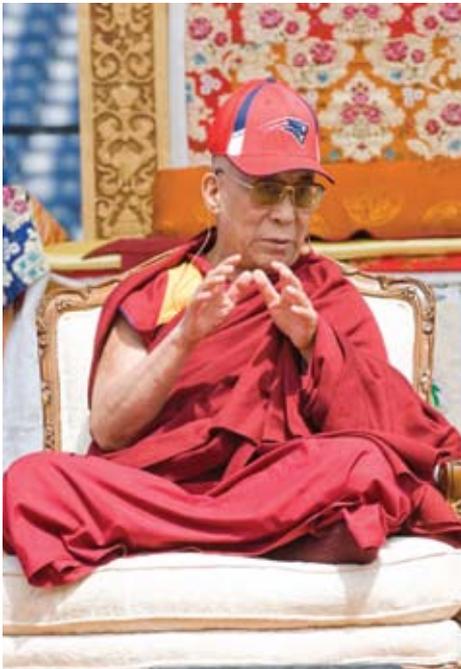
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# HIS HOLINESS THE 14<sup>TH</sup> DALAI LAMA OF TIBET



By Linda Hogan



**On May 2, His Holiness  
THE 14<sup>TH</sup> DALAI LAMA  
spoke before a large  
crowd at Gillette  
Stadium in Foxboro, MA.**

**Here is one woman's  
commentary on her  
experience:**

Excited to be part of the press team covering the visit of His Holiness the Dalai Lama to New England, I woke early May 2, surprised to hear rain beating on my roof. I arrived early to Gillette Stadium in Foxboro, MA and joined the gathering crowd.

Tibetan merchants from all parts of the United States had traveled here, too. They gathered with their various goods, but with higher aspirations than mere sales. "No matter what happens," said one musician from Colorado, "being in the presence of His Holiness is priceless."

The Tibetan Association of Boston, made up of Tibetans and supporters of Tibetan independence, organized and hosted the event. They provided a large display of Tibetan art and historical information as well as a station to make prayer flags. These individual flags are then strung together to make the traditional string of prayer flags seen flying throughout Tibet and India. It is thought that each time the wind blows, the prayers are sent out into the universe. Nawang Khechog, world famous flutist, played as part of the program.

There was an air of anticipation and impatience as the lines formed in the rain for the first part of the Dalai Lama's presentation. People of all ethnicities filed into the stadium and it reminded me of Dharmasala, India, home of the Dalai Lama, and home to a majority of Tibetans in exile, where I spent a month this past October with some fellow travelers. Within Dharmasala is a peaceful convergence of Buddhists, Muslims, Christians, Jews and those of other religions. They strive to live as the Dalai Lama teaches, in love and compassion, and it is what I strove to learn during my own visit there.

The Dalai Lama was escorted into the stadium as the rain clouds parted. He looked older and more tired than when I had seen him six months earlier, but his smile was the same and went straight to my heart. His teachings on the Four Noble Truths of Tibetan Buddhism were enlightening, but it was the second half of the day and his talk, "The Path to Peace and Happiness," that struck a chord with the crowd.

The diversity of the crowd itself also struck a chord with many people "It was as if a peaceful blanket was covering the stadium while His Holiness was here," one Massachusetts woman commented. "There was a shift in the whole crowd when he appeared."

“Tolerance is something that just emanates from him,” another woman commented. “It gives me hope that we, as a population, have the capacity to evolve emotionally and spiritually.”

Unlike other events where large groups gather, the crowd was a markedly peaceful one, even in light of long lines at the entrance and exits. “There wasn’t the usual irritability and rush that you find at, say, a sporting event,” commented a Rehoboth man. “People were actually making room for each other and helping others get to where they needed to go.”

Exiting between the newly made prayer flags blowing our blessings of hope, love and peace out into the world, I too, felt that same feeling of kindness, kinship and optimism. It was what we had all come for, and what we hoped would stay with us so that, like His Holiness the Dalai Lama, we could shift the consciousness of others in the face of adversity and emanate hope and happiness wherever we go.



Photographs by Stephen Fowler

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Richard Bartlett, DC, ND is the author of *Matrix Energetics: The Science and Art of Transformation* (Atria Books/Beyond Words) and *The Matrix Energetics Experience* (April 2009, Sounds True).

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## Monday

**Johnston Farmers' Market** – 2-6pm. July 20 – October 26. Memorial Park 1583 Hartford Avenue 222-2781.

**Whole Foods** - University Farmers' Market – 3-7pm. June 4 – October 29. 601 North Main St Providence 621-5990.

**East Greenwich Framers' Market** – 3-7pm. June 22 - October 26. Church Street and Rector Street 886-9889.

## Tuesday

**Blackstone River State Park Farmers' Market** – 2-6pm. July 14 to October 27. Visitor Center Route 295 North in Lincoln 222-2781.

**Marina Park Farmers' Market** – 2-6pm. May 5– October 27. Marina Park, South County Hospital exit off Rt. 1. 2 Salt Pond Rd Wakefield 295-0912.

**Whole Foods** - Garden City Farmers' Market – 3-7pm. June 2 – October 27. 151 Sockanosset Cross Road Cranston 621-5990.

**Providence/Wickenden Farmers' Market** – 3-6pm. June 16 – October 27 Parking Lot of Doyle Realty. Brook St and Alves Way Providence. 635-4274.

**Woonsocket Farmers' Market** – 4-7pm. July 7 – October 27. St. Ann Arts & Cultural Center 82 Cumberland St Woonsocket 863-6509.

## Wednesday

**Brown University Farmers Market**–11am-2pm. Sept 9–Nov 11. Wriston Quad at the corner of Thayer and George Streets Providence 863-6509.

**Haines State Park Farmers' Market** – 2-6pm. May 6 – October 28. Haines Memorial State Park

Metropolitan Park Dr And Park Ave East Providence 222-2781.

**Whole Foods** - Waterman Farmers' Market – 3-7pm. June 3 – October 28. 261 Waterman St Providence 272-1960.

**Barrington Farmers' Market** – 3-6pm. June 17– October 28. Ace Hardware 156 Country Road.

**Fruit Hill Farmers Market** – 3:30-6pm. July 8–October 14. Lot A Rhode Island College, Mount Pleasant avenue and College Road jenmickz@cox.net.

## Thursday

**Providence / Capital Hill Farmers' Market** – 11am-2pm. July 23 – September 24. RI Department of Administration's front lawn Smith & Francis St Providence 222-2781.

**Middletown/Aquidneck Grange Farmers' Market** – 2-6pm – June 18–October 29. Aquidneck Grange 499 East Main Road Middletown 847-2202.

**Cranston Armory** – 4-7pm. June 4 – October 29. Next to Cranston St Armory. Parade and Hudson St Providence 863-6509.

## Friday

**Goddard State Park Farmers' Market** – 9am-1pm. May 1 – October 30. Goddard State Park 345 Ives Rd Warwick. 222-2781

**Pastore Complex Farmers' Market** – 10am-2:30pm. July 24 – September 25. RI Department of Labor and Training 1511 Pontiac Ave Cranston 222-2781.

**Providence/Downtown Farmers' Market**– 11am-2pm. June 12 – October 30. Washington St along Burnside Park. Kennedy Plaza & Exchange Terrace Providence 863-6509.

**Colt State Park Farmers' Market** – 2-6pm. May 1 – October 30. Colt State Park. Hope St and Asylum Rd Bristol 222-2781.

**Portsmouth Farmers' Market** – 3-6pm – May 8–November 20. The Green Grocer 934 East Main Road 683-0007.

## Saturday

**Providence/Broad St Farmers' Market** – 9am – 1pm. July 11 – October 31. Algonquin House 807 Broad St Providence 863-6509.

**Providence/Hope Street Farmers' Market** – 9:30am-12: 30pm. June 6 – October 31. Lippitt Park, Hope Street and Blackstone Blvd.

**South Kingstown / URI Farmers' Market** – 8:30am – 12:30pm. May 2–October 24. URI, Keaney Sports Complex Parking Lot Keaney Rd And Rt 138 South Kingstown 295-0912.

**Coastal Growers Farmers' Market** – 9am-12pm. May 16 – November 7. **Casey Farm** 2325 Boston Neck Road Saunderstown 295-1030.

**Scituate Farmers' Market** – 9am-12pm. May 2 – October 17. **Village Green, Scituate Art Festival Grounds** West Greenville Rd And Silk Lane North Scituate 647-5547.

**Pawtuxet Village Farmers' Market** – 9am-12pm. May 9 to November 21. Rhodes on the Pawtuxet Parking Lot 60 Rhodes Pl Cranston 751-6038.

**Burrillville Farmers' Market** – 9am-12pm. May 16 – October 10. Levy School 135 Harrisville Main St Harrisville 568-9940.

**Sakonnet Growers' Market** – 9am – 1pm. June 27 – October 3. **Pardon Gray Preserve** Rt. 77 And Lafayette Rd Tiverton 624-7490

**Richmond Farmers' Market** – 9am-12:30pm. May 16 – October 31. Richmond Town Hall, Route 138 at Route 12, Richmond 339-4282

**Aquidneck Growers' Farmers' Market** – 9-1pm – June 6–October 24. Newport Vineyards and Winery 909 East Main Road Middletown 848-0099.

## Sunday

**Pawtucket Farmers Market** – 12-3pm. July 7 – October 25. Slater Mill 67 Roosevelt Avenue Pawtucket 863-6509.

**Fishermen's Memorial State Park Farmers' Market** – 9am-1pm. May 3 – October 25. Fishermen's Memorial State Park 1011 Point Judith Road Narragansett 222-2781.

**Harmony Farmers' Market** – 9-1pm – May 17–October 25. Grange 347 Snake Hill Road North Scituate 432-5183 or 432-5447.

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# calendar of events

NOTE: All Calendar events must be received by June 10th (for the July issue) and adhere to our guidelines. Visit [rinaturalawakenings.com](http://rinaturalawakenings.com) to submit Calendar events or email [info@rinaturalawakenings.com](mailto:info@rinaturalawakenings.com) for guidelines and to submit entries.

## TUESDAY, JUNE 2

**Lifetime Care** – 6:30-7:30pm. Learn to take action in a positive way. Free. Twin River, 305 Farnum Pike, Smithfield. 401-233-2211.

## WEDNESDAY, JUNE 3

**Self Love Workshop** – 7-8:30pm. This workshop will help you manifest a sense of self-love as we heal each other and the universe together with unconditional love. You will be guided to release all blocks interfering with your truth, and your purpose in life. Space is limited, call to Grace to reserve. \$10 or Gift of Love offering. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. [HealingHeartsRI.com](http://HealingHeartsRI.com).

## THURSDAY, JUNE 4

**Green Drinks** – 5:30-7:30pm. Environmental Networks monthly gatherings provide an opportunity to talk with people who are personally and/or professionally interested and involved in a variety of environmental, conservation and sustainability issues. Informal/fun time. Free. Green Drinks, Newport Acupuncture & Wellness Spa, 850 Aquickneck Ave, Middletown. [Kara@6square.com](mailto:Kara@6square.com).

**How to Survive on the Dance Floor** – 7:30-10pm. Think you have two left feet? Feel self-conscious while dancing? Build your confidence by learning simple steps and easy club dancing moves in a supportive environment. Perfect for the absolute beginner! No partner necessary. Special BONUS: Take home guide of dance steps covered. \$30/per person or \$49/you and a friend. Lisa Medley, Fusionworks Dance Academy, 333 Main St, 2nd Fl, East Greenwich. 401-826-2020. [SoulisticArts.com](http://SoulisticArts.com).

## Mark Your Calendar

### THURSDAY, JUNE 4

**Meditation Retreat** – 7-8pm. Interested in attending a Meditation Retreat in Prague this summer? (see news brief page 5). Join us for an information meeting in Cranston. Call Kathy Black at 401-286-5259 for details.

## FRIDAY, JUNE 5

**Book Signing with Roland Comtois** – 1-4pm. Come hear him speak and personally sign his new book “And Then There Was Heaven”. Positive New Beginnings, 873 Waterman Ave, East Providence. 401-432-7165. [PositiveNewBeginnings.com](http://PositiveNewBeginnings.com).

**Psychic Fair** – 5-9pm. Various vendors with their beautiful merchandise. Readers, Reiki and Reflexology all for \$1 per minute. Positive New Beginnings, 873 Waterman Ave, East Providence. 401-432-7195. [PositiveNewBeginnings.com](http://PositiveNewBeginnings.com).

**Be Transformed by the Renewal of Your Mind** – 7 pm June 5<sup>th</sup> - 1pm June 7<sup>th</sup>. Women’s Weekend Retreat. What would it be like if you could connect with the God Power within and have your prayers answered? What are the beliefs that block you from creating what you want in your life? There will be time for prayer, quiet reflection, small group sharing and play. \$165 lodging and food. Pat Hastings, Lasalette Retreat House, 947 Park Ave., Attleboro, MA. 508-222-8530. [simplyawomanoffaith.com](http://simplyawomanoffaith.com).

## SATURDAY, JUNE 6

**Eco-Depot** – 8am-1pm. Service for Rhode Islanders who wish to dispose of their household hazardous waste safely and properly. Servicing about 25 people every 15 minutes. Make an appointment to reduce waiting. Free. Melrose School Parking Lot, 76 Melrose Ave, Jamestown 942-1430 X241.

**Green Cleaners** – 10-11:15am. Local Herbalist and owner of Lily’s Garden Herbals. Kim Falcone will talk about household cleaners and how you can clean green in your home, your school and your workplace. Kim will also show you how you can make your own household cleaning products. Call or email Tracey to sign up. Free. The Food Co Op, 357 Main St, Wakefield. 646-361-1666.

## Mark Your Calendar

### SATURDAY, JUNE 6

**“Chat With a Celiac”** – 10:30-11:45. Question and answer session With Linda Monahan of the RI Celiac Society. 20% off any purchase and gluten free samples. Foodworks, 9 Cedar Swamp Rd, Smithfield. For more information, call 232-2410.

## SUNDAY, JUNE 7

**Celiac Support Group of Southeast New England** – 4-6pm. Gluten Free Buffet. Reservations are required. No walk-ins will be accepted. For further information, or to make reservations, call Kathi 401-624-8888. \$13.50. China Lake, 2732 County St, Somerset, MA.

**Full Moon Yoga at Sunset** – 7:45-8:45pm. We will experience a gentle interpretation of the Moon Salutation with adjustments for the weather. All shape, sizes, ages and abilities levels welcome! Bring a layer for our period of relaxation. Donations accepted. Under the trees in Pawtuxet Park, Warwick – Warwick side of Pawtuxet Village. Chris Belanger, RYT. [WholeOfTheMoonYoga.com](http://WholeOfTheMoonYoga.com).

## TUESDAY, JUNE 9

**Roland Comtois Channeled Messages for the Soul** – 6-8:30pm. This Mediumship Gallery Event is a reminder that death is not an ending but a beginning to a new journey. Roland M. Comtois is an internationally acclaimed spiritual consultant who

has touched millions of lives around the world with his channeled messages of love, light, healing and compassion. \$50/members or \$60/non members. New England Holistic Chamber of Commerce, Beneficent Church Roundtop Center, 300 Weybosset St, Providence. [NEHolisticChamber.org](http://NEHolisticChamber.org).

**10 Steps to Boundless Energy** – 6:30-7:30pm. Learn to take action in a positive way. Free. Twin River, 305 Farnum Pike, Smithfield. 401-233-2211.

## THURSDAY, JUNE 11

**East Greenwich Main St Stroll** – 5-8pm. Barbara Bourgette, owner of Natural Images by Bourgette will be participating in the stroll. Matted photographs for your home and office will be available for purchase. Stop by and say hello. Free. Natural Images by Bourgette, 232 Main St, East Greenwich. [BarbaraBourgette.com](http://BarbaraBourgette.com).

## FRIDAY, JUNE 12

**Introduction to Hand Reflexology For Family & Friends** – 6:30-9pm. Becoming a Reflexologist requires special training, and certification, but understanding the way Reflexology works will add a new dimension to foot therapy for your family and friends. Learn to apply the soothing, healing principles of Reflexology, make a foot scrub, and practice the technique. A ‘manual’ is provided, so you won’t forget the technique. \$49. It’s My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. [Its-My-Health.com](http://Its-My-Health.com).

**Guided Meditation Night** – 7-8:30pm. Come relax, renew and energize. \$10. Heavenly Hugs, 917A Warwick Ave, Warwick. 401-935-8451. [Heavenly-Hugs.com](http://Heavenly-Hugs.com).

## SATURDAY, JUNE 13

**Eco-Depot** – 8am-12pm. Service for Rhode Islanders who wish to dispose of their household hazardous waste safely and properly. Servicing about 25 people every 15 minutes. Make an appointment to reduce waiting. Free. Rhode Island Resource Recovery, 65 Shun Pike, Johnston. 401-942-1430 X241.

**Easter Seals Walk** – 9-12am. Easter Seals is the leading non-profit provider of services for individuals with autism, developmental disabilities, physical and mental disabilities and other special needs. All proceeds benefit local Easter Seals services. 5 K Family Walk. Rogers Williams Park Carousel, 1000 Elmwood Ave, Providence. 401-284-1000. [WalkWithMe.org](http://WalkWithMe.org).

**Yoga and the Luminous Body: A Fusion of Yoga and Shamanism** – 10am-1pm. With Ray Crist. This workshop is divided into three parts. Mind – the Chakra System, Body – Yoga Asana and Soul – Retrieval. \$40/pre register or \$45/at the door. Lotus Fire Yoga and Healing, 1140 Ten Rod Rd, North Kingstown.

**Therapeutic Touch Certificate Program** – 10am-6pm. Two day program. For anyone who has the desire to help and heal, Therapeutic Touch is one of the leading complimentary therapies used in most of the major hospitals today. Therapeutic Touch (TT) is a contemporary interpretation of several ancient healing practices in which the hands are used to facilitate the healing process. \$235. All That Matters, 315 Main St, Wakefield. [AllThatMatters.com](http://AllThatMatters.com).

**IET Class** – 10am-6pm. Complete workshop complements Reiki beautifully. Taught by Heidi G. \$195. Positive New Beginnings, 873 Waterman Ave, East Providence. 401-432-7195. PositiveNewBeginnings.com.

**Soul Collage® – Romancing the Soul** – 1-5pm. Easy, playful self-discovery process that is unlike anything you've ever experienced. Created by Seena B. Frost, it is an intuitive process which uses the art form of collage to acknowledge and honor all of you: your inner self, the people in your community, and the world around you – both natural and spiritual. \$55. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**The Art of Intimacy** – 3-6pm. This is a workshop that brings us back to love. Sourcing from Tantric and Taoist teachings Ray Crist offers ways to be in a relationship where intimate partners are mutually loved, held and admired. \$60/per couple pre registered or \$65. Lotus Fire Yoga and Healing, 1140 Ten Rod Rd, North Kingstown. 401-536-5655. LotusFireYoga.com.

**Waterfire** –Sunset. Fire sculpture installation that centers on a series of 100 bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown Providence. Free. Waterplace Park, Memorial Blvd, Providence. 401-272-3111. WaterFire.org.

## SUNDAY, JUNE 14

**Therapeutic Touch Certificate Program** – 10am-6pm. See June 13th for details. \$295. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

## TUESDAY, JUNE 16

**End Headaches Naturally** – 6:30-7:30pm. Learn to take action in a positive way. Free. Twin River, 305 Farnum Pike, Smithfield. 401-233-2211.

## WEDNESDAY, JUNE 17

**The Wednesday Society** – 7-8pm. Women networking with like minded women to support, inspire, motivate and propel one another to ultimate success. Round table forum with educational and motivational talk about living the life we love. Free. The Wednesday Society, Call or email for meeting location. 401-787-7290. TheWednesdaySociety.com.

## THURSDAY, JUNE 18

**Green Drinks** – 5-8pm. Environmental Networks monthly gatherings provide an opportunity to talk with people who are personally and/or professionally interested and involved in a variety of environmental, conservation and sustainability issues. Informal/fun time. Free. Location to be determined. Free. Green Drinks. 401-709-4071. BMott@TheOceanProject.org.

## FRIDAY, JUNE 19

**An Evening of Reiki** – 5-9pm. FREE REIKI INFO SESSION, 5-6pm – Learn how Reiki works and how the universal healing energy is being used to bring about positive changes with many aspects of life. MEET THE PRACTITIONERS, 6-7pm – Informal Q&A session where you can chat with others who have been attuned. REIKI SHARE, 7-9pm – Practitioners who have been attuned will be available for anyone wish to receive a treatment. \$5 – \$10. Joan Hobbs, 39 Carrington Street, Lincoln.

**Spiritual Cinema** – 7:30-9:30pm. \$5 pp/\$10 per family. Includes free popcorn. Concordia Church, 292 West Shore Rd, Warwick. 401-244-5797. ConcordiaChurchRI.com.

## SATURDAY, JUNE 20

**Eco-Depot** – 8am-1pm. Service for Rhode Islanders who wish to dispose of their household hazardous waste safely and properly. Servicing about 25 people every 15 minutes. Make an appointment to reduce waiting. Free. West Greenwich Town Hall, 280 Victory Hwy, West Greenwich 942-1430 X241.

## Mark Your Calendar

### SATURDAY, JUNE 20

**Sips & Sticks** – 9:30 –4pm Special tour, wine tasting, stitch & bitch at Westport Rivers Vineyards & Winery. Enjoy a day of knitting, sipping, shopping and fun. Departs from The Beauty of Yarn, 910 Smith St, North Providence. \$65 includes round trip transportation. For reservations call 354-0073

**Today's Children** – 10am-12pm. Have you found yourself saying "Children these days are not like they used to be?" Have you heard the terms Indigo, Crystal or Star Children? Have you been told that your child may have or has ADD/ADHD, Sensory Integration issues or displays behaviors along the Autism Spectrum? Do you want to know what you can do as their parent or other caring adult? Learn what research and literature has to say along with practical strategies and a clearer understanding of children today. (\$10 off for Parents). \$25. Heavenly Hugs, 917A Warwick Avenue, Warwick, RI. 401-935-8451. heavenly-hugs.com.

**Celebrate World Labyrinth Day** – 3-6pm. Celebrate Summer Solstice with a meditative labyrinth walk on World Labyrinth Day and add your intentions for a healthy planet with the millions who will walk that day worldwide. Discover the peace and focus gained from this mindful walk. Refreshments. Cris McCullough veriditas certified Facilitator. \$7. The Edward King House, 35 King St, Newport. 401-846-7426. TheEdwardKingHouse.com.

## SUNDAY, JUNE 21

**Healing Touch DANCE FESTIVAL** – 2-8pm. Dancing is healthy! Lose weight and have fun! Join us and dance all styles from ballroom, latin to hip-hop. Exciting performances of traditional, costumed dances from around the world. Grand finale 70's-80's dance party! Food and beverages available. Limited vendor opportunity. \$12. Healing Touch, Ivy Garden, 272 Cowesett Ave, West Warwick. 401-338-1338. healingtouch100@gmail.com.

## TUESDAY, JUNE 23

**Sound Bath Meditation Class** – 6:30-7:30pm. Facilitated by Jaime Poyant and Alan Stone. Utilizing Sound to deepen inner body awareness. Come and release the stresses of the week and reconnect with your true self. \$8. Free Spirit Sound Healing and Therapeutics. 420 Main St, Warren. 401-245-7979.



**Stress! Adapt or Perish** – 6:30-7:30pm. Learn to take action in a positive way. Free. Twin River, 305 Farnum Pike, Smithfield. 401-233-2211.

## WEDNESDAY, JUNE 24

**Intro to Tai Chi/QiGong** – 6:30-8pm. Experience the beauty of Full-Circle Tai Chi/QiGong, which enhances inner balance and physical integrity. This Art also improves coordination, provides stress relief and assists in everyday crisis management. Full Circle Tai Chi also provides so many additional benefits, that you really need to come and experience the introductory offered here. \$5. Heavenly Hugs, 917A Warwick Avenue, Warwick. 401-935-8451. heavenly-hugs.com.

## THURSDAY, JUNE 25

**Annual Members Art Show** – 4-11pm. Browse, enjoy and purchase watercolors,oils and multimedia work created by members and their instructors, Pat Caswell, Len De Angelis, and Byron Franklin. Free. The Edward King House, 35 King St, Newport. 401-847-6551. TheEdwardKingHouseSeniorCenter.com.

## FRIDAY, JUNE 26

**Prenatal Yoga Teacher Training** – 9am-4pm. This 28-hour training is designed for yoga teachers interested in learning how to help pregnant women enhance their experience during pregnancy, childbirth and beyond. Students will learn the anatomy and physiology of the growing fetus and how this produces changes in the mother's body during each trimester. CEUS: 28 CE credits for Yoga Alliance. \$375. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**Crystals 101** – 6-8pm. Learn the benefits and qualities of Crystals. \$35. Positive New Beginnings, 873 Waterman Ave, East Providence. 401-432-7195. PositiveNewBeginnings.com.

**Acupressure Techniques for Head and Neck** – 6:30-9pm. Acupressure is an ancient Chinese healing method that involves applying pressure to certain meridian points on the body to relieve pain using gentle but firm pressure of hands. A 'manual' is provided, so you won't forget the technique. \$49. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

## SATURDAY, JUNE 27

**Eco-Depot** – 8am-1pm. Service for Rhode Islanders who wish to dispose of their household hazardous waste safely and properly. Servicing about 25 people every 15 minutes. Make an appointment to reduce waiting. Free. \$5/television. Rhode Island Resource Recovery, 180 High St, South Kingstown. 401-942-1430 X241.

**Prenatal Yoga Teacher Training** – 9am-6pm. See June 26th for details. \$375. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**CPR Certification** – 10am-12pm. Learn how to save a life. It's easier than you think. This class will cover all you need to become proficient in this emergency medical skill. A nationally recognized certification card will be issued upon successful completion. \$55. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

## SUNDAY, JUNE 28

**Prenatal Yoga Teacher Training** – 9am-6pm. See June 26th for details. \$375. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**Colors of the Sea** – 2-5pm. Are you in pain? Have you suffered a tremendous loss? In this grief and wellness workshop, you will find your inner ocean of peace through writing, music and the colors of the sea. Sea glass is often called “mermaid tears”. Learn a powerful sea glass meditation and discover how the colors turquoise, aqua, cobalt, lavender and sea foam green can heal your life. \$55. plus \$20. materials fee. Circle of Light, 654 Metacom Ave, Warren. 401-245-0444. CircleOfLight444.com.

## MONDAY, JUNE 29

**Prenatal Yoga Teacher Training** – 9am-4pm. See June 26th for details. \$375. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

**Channeled Messages for the Soul** – 6:30-8:30pm. With Roland Comtois. Call to register. \$50. Positive New Beginnings, 873 Waterman Ave, East Providence. 401-432-7195. PositiveNewBeginnings.com.

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# ongoingcalendar

## Sunday

**Vinyasa Flow Yoga** – 10-11:15. Beat the winter blues with this powerful and effective yoga/flow, to enhance circulation, deep breathing, balance and strength. Feel the joy of yoga and movement connecting you with body, mind and spirit!. With Nicki Shea. \$60/Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**Meditations for World Peace** – 11:30am-12:30pm. Without first developing inner peace, would peace will remain impossible to achieve. We all have within us the potential for peace and happiness. Cultivating this potential creates the harmony we seek. Classes include teachings, meditations and discussion. Everyone is welcome. Drop-in to any class. \$8. Providence Meditation Center, 339 Ives St, Providence. 401-286-9760. MeditationInProvidence.org.

**Energy Fest** – 12-3pm. 4th Sunday of each month. Afternoon of Energetic Mini Sessions- Aroma tarot, Magnified Healing, Intuitive Massage, Psychic Readings, Reiki and more. Each session for 15 minutes. Life Coach first time consultations free, all others. \$10. Trinity Energetics, 24 Salt Pond Road, South Kingstown Office Park, Bldg H Ste 3, Wakefield, RI.

**Gaia's Hearth CUUPS Monthly Meeting** – 12:15-2pm. 1st Sunday of the month. We invite anyone who is interested in becoming part of Rhode Island's only CUUPS (Covenant of the Unitarian Universalist Pagans) to join us. Gaia's Hearth CUUPS is open to the public and welcomes members of the local RI, MA and CT community, no matter what your level, path or tradition is. Plans for open celebrations such as Yule / Solstice, Imbolc, Beltane, etc to be discussed. Free. First Unitarian Church of Providence, 1 Benevolent St, Providence. 401-533-7628. GaiasHearth.com.

**Group Hand Drum Lessons** – 2:30-4:30pm. Held frequently on Sundays. Lessons led by Alan Stone covering drum circle etiquette, cultural rhythms, and improvisation. Please call for specific dates. \$15. Free Spirit Sound Healing and Therapeutics, 420 Main St, Warren. 508-567-4498.

## Monday

**Noontime Meditation** – 12-1pm. Through learning to meditate we can train our mind to become peaceful and we shall be happy all the time, even in the most adverse conditions. Join us for a mid-day meditation to receive practical advice on how to enjoy a meaningful life through contemplation and meditation. Includes teaching and guided meditation. \$8. Providence Meditation Center, 339 Ives St, Providence. 401-286-9760. MeditationInProvidence.org.

**Environment Council of RI Meeting** – 5:30-7:30pm. 1st Monday of the month. Check website for schedule changes. Free. Environment Council of RI, The Department of Administration Bldg, Conference Room B, One Capitol Hill, Providence. EnvironmentCouncilRI.org.

**Breathing Meditation** – 5:30-7:30pm. 2nd and 4th Monday of the month. This class focuses on the Full Wave Breath technique, which is designed to restore your breathing mechanism to its natural open state. We will explore the breath as a tool to increase awareness, relax and rejuvenate, to stimulate the healer in you, and awaken you to your inner JOY. \$20/1st class \$15/additional. The Life Breath Institute, 378 Main St, East Greenwich. TheLifeBreathInstitute.

**Pilates** – 6-7pm. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

**Belly Dancing with Mahdia** – 6-7:15pm. Learn to enjoy your body for what it is. Get in shape and have fun while exploring the ancient art of Middle Eastern Folk & Cabaret Style Belly Dance-Raks Sharqi. \$60/Series of 6 \$13/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

**Drum Circle** – 6-7:30pm. 1st and 3rd Monday of the month. Through the use of a variety of hand-percussion instruments, wellness exercises, and the ancient art of drum circle jamming we will cleanse away the stress that we have built up and enhance our community supports and musical skills. \$20 per session. The Life Breath Institute, 378 Main St, East Greenwich. TheLifeBreathInstitute.

**Yoga Basics** – 6:15-7:30pm. Build a solid foundation for starting or continuing your yoga practice. We study the principles of alignment, breath, connection and deportment to create a yoga practice that is both challenging and enjoyable, and we explore how to bring this wonderful practice into our daily lives. \$42/6 classes SK residents, \$49/6 classes non-resident. \$10/ drop-in, \$13/ non-resident drop-in. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Rd, Peace Dale. 401-782-9511. MakeItSoYoga.com.

**Mixed Level Amrit Yoga** – 6:30-7:30pm. Class designed for students of all levels of experience. Will be tailored to suit the students present. \$60/ Series of 6 or \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**Power Vinyasa Yoga** – 7-8:30pm. Vigorous workout, not for beginners. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

**Women's Spirituality/Intention Group** – 7-9pm. 2nd Monday of the month. Dynamic and powerful group of women coming together to share intentions and dreams. We support one another through prayer all month. Open to all on the spiritual path who are seeking a deeper connection. \$15. Pat Hastings, Providence. 401-521-6783. womanoffaith@bluebottle.com or simplyawomanoffaith.com.

## Tuesday

**Full Wave Yoga Class** – 7-8:30am. This class is a combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing exercises to energize you. There will be 15 minutes of relaxation/breath meditation at the end of each class to rejuvenate. \$15/drop in or \$12/ series. The Life Breath Institute, 378 Main St, East Greenwich. TheLifeBreathInstitute.



## Happy Father's Day!

**Weekly Nia Classes** – 11:30am-12:30pm. Nia (Neuromuscular Integrative Action) is a fusion fitness and lifestyle practice that blends rhythmic music with carefully choreographed hour-long routines. Inspired by dance, the healing arts including yoga, and the martial arts. \$48/series of 4, \$14/one class. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.org.

**Freestyle Dance Fitness** – 12:15-1:15pm. The Anti-Aging, Low Impact, Energizing, Fun, Sassy, Expressive Activity Every Body Can Do. Join us to move your body naturally and fluidly, experience an easy alternative to “exercise”. Gentle stretching, guided and freestyle movement, relaxation, and range of inspiring music, supportive and judgment-free. Spring Session until June 16. \$40/4 classes. \$12. Lisa Medley, Fusionworks Dance Academy, 333 Main Street, 2nd Floor, East Greenwich. 401-826-2020. SoulisticArts.com.

**Basic Barre Technique** – 2-3pm. Anti aging ballet exercises to strengthen, poise, balance and control. 4 classes \$35/members or \$40 non members. The Edward King House, 35 King St, Newport. TheEdwardKingHouseSeniorCenter.com.

**Svaroopa Yoga classes** – 4-5:30pm. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Releasing these muscles benefits both your physical and emotional well-being. Space is limited – pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. 401-742-8020. lkorb7@aol.com.

**Herbal Education and Training Program (HEAT)** – 4-8pm. Every other Tuesday The preparation methods of salves, tea blends, creams, lip balms, tinctures, poultices, cordials and more! \$350-\$400 sliding scale. Farmacy Herbs, 28 Cemetery St, Providence. 401-270-5223. FrmacyHerbs.com.

**Basic Yoga** – 5:45-6:45pm. With Carla Joyce. Mixed levels, beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. VillageWellnessCenter@verizon.net.

**Restorative Yoga** – 6-7pm. Relaxing class with hot stones. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

**Figure Drawing Class** – 6-9pm. Bring your drawing utensils and paper to AS220 and sketch from a live model. \$6. AS220, 115 Empire St, Providence. 401-831-9327. AS220.org.

**Yoga Beyond Basics** – 6:15-7:30pm. Take your yoga practice to a deeper level. Learn how to move the body and breath to still the mind; find those inner connections that lead to healing and balance. All levels. Free. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Road, Peace Dale, RI. 401-782-9511. MakeltSoYoga.com.

**Introductory Amrit Yoga** – 7-8pm. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on a developing a strong foundation on which to develop a regular practice. \$60/Series of 6 \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**RI Sierra Club Monthly Meeting** – 7-8pm. 2nd Tuesday each month. Learn about how to get involved with the Sierra Club in Rhode Island. Covers grassroots conservation activities across the state. All are welcome. Free. Sierra Club, 17 Gordon Ave, Suite 208, Providence. 401-855-2103. RhodeIsland.SierraClub.org.

**Nia Class** – 7-8pm. Fusion fitness movement class that blends rhythmic music with easy to follow choreographed moves inspired by dance, soft and hard forms of the martial arts and the healing arts including yoga. Adapted to any level of fitness from beginner to advanced. Nia engages body, mind and spirit to deliver a fun whole body workout. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133. TheSpotOnThayer.com.

**Reiki Share** – 7-9pm. 3rd Tuesday of each month. For Practitioners and Non Practitioners interested in Reiki and energy therapies. Donations accepted. Trinity Energetics, Danica Connors, 24 Salt Pond Road, South Kingstown Office Park, Bld H ste 3, Wakefield. 781-962-6724. fourfoldhealing.com.

**A Course in Miracles Study Group** – 7-9pm. Learn how to bring miracles into one's life. Drop-in. \$5. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

**Medieval Arts & Music Night** – 7-10pm. Open workshop of The Society for Creative Anachronism. Anyone is welcome to bring a project, song or just a curiosity for the study of medieval arts and music. Free. The Artists Exchange, 50 Rolfe Sq, Cranston. 401-490-9475. Artists-Exchange.org.

**Weight Loss Program with EFT** – 7:15-8pm. 2nd and 4th Tuesday. Release the negative emotions that are sabotaging your goal weight. Learn to make better food choices and eat mindfully with Diane Stacy. \$20. Greenville Family Counseling, 3 Austin Ave, Greenville. 401-949-2917. ChoicesandPrevention.com.

**Hula Hoop Dance Class** – 8-9pm. Teaches the basics of hula-hoop dancing. Hoops provided. With instructor is Sasha Gaulin. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133. TheSpotOnThayer.com.

## Wednesday

**Kundalini Yoga** – 4-6pm. Great blend of exercise, stretching and meditation. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

**Westerly Arts Night** – 5-8pm. 1st Wednesday each month. Downtown galleries and studios open in unison to exhibit new works. Free. Artists Cooperative Gallery, 12 High St, Westerly. 401-596-2221. WesterlyArts.com.

**Full Wave Yoga Class** – 6-7:30pm. This class is a combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing exercises to energize you. There will be 15 minutes of relaxation/breath meditation at the end of each class to rejuvenate. \$15/drop in or \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. TheLifeBreathInstitute.com.

**Men's Yoga** – 6:15-7:15pm. With Chris Belanger. Gentle & Relaxing. Beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. VillageWellnessCenter@verizon.net.

**Breathwork** – 6:30-8:30pm. Last Wednesday of each month. Release blocked emotion or energy. Be more emotionally vital and present in your response to life. With Dayna Mondello. \$25. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**Northern Rhode Island Conservation District Monthly Meeting** – 7-8pm. 1st Wednesday of each month. Regular monthly board meetings are open to the public and all are encouraged to attend. Please call for directions and to be sure there has been no change in scheduled date or location. Free. NRICD Office, 17 Smith Ave, Greenville, RI. 401-949-1480. NRICD.org.

**Revive the Spirit of Abundance** – 7-8pm. 1st Wednesday of each month. A guided Prosperity Meditation while receiving Reiki. Free. Trinity Energetics, Danica Connors, 24 Salt Pond Road, South Kingstown Office Park, Bld H Ste 3, Wakefield, RI. 781-962-6724.

## Thursday

**Vinyasa Yoga** – 9-10am. With Usha Bilotta. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. VillageWellnessCenter@verizon.net.

**Hot Vinyasa Yoga** – 9-10:15am. Vinyasa--the linking of body and movement to breath--brings one's yoga practice to deep states of awareness and calm. Learn various sequences of these breath-synchronized movements to experience transformation in your yoga practice and ultimately your life. \$42/6 classes SK residents, \$49/6 classes non-resident. \$10/ drop-in, \$13/ non-resident drop-in. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Road, Peace Dale, RI. 401-782-9511. MakeItSoYoga.com.

**Svaroopa Yoga classes** – 9:45-11:15am. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Releasing these muscles benefits both your physical and emotional well-being. Space is limited, pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. 401-742-8020. lkorb7@aol.com.

**Gentle Pilates for 55 +** – 12-1pm. Includes classical Pilates exercises emphasizing body alignment, breathing, use of core muscles and humor. 4 classes \$35/members or \$40 non members. The Edward King House, 35 King St, Newport. 401-846-7426. TheEdwardKingHouseSeniorCenter.com.

**Zumba** – 5:30-6:30pm. What do you get when you combine Latino dance & aerobics? A great workout, a great time and lots of fun. Space is limited, reserve with Grace. \$15. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHeartsRI.com.

**Prosperity Project** – 6-8pm. Every other Thursday of the month, beginning June 11th. With Normand Rene Poulin. It takes 30 days for a new thought, habit or belief to take hold when consciously choosing to change a behavior, attitude or point of attraction. Tap into the collective power and dynamic energy and joyfully ride the wave of abundance – together. \$30/each or \$200/all 8 prepaid. Positive New Beginnings, 873 Waterman Ave, East Providence. 401-432-7195.

**Thursday Eve Meditation Group** – 6:30-8:30pm. Weekly Meditation Group, instruction on various methods and focus on relaxation and release of stress. \$10. Trinity Energetics, Sharon McMahon, 24 Salt Pond Road, South Kingstown Office Park, Bld H Ste 3, Wakefield, RI. 401-742-2354.

**The Dream Circle:** – 6:30-8:45pm. 5 weeks starting June 18<sup>th</sup>. THE DREAM CIRCLE is a playful, powerful, affordable, fun incubator for your dreams. This workshop combines a profound manifestation process with accountability and a format that offers dedicated time, joyful guidance, gentle structure, creative inspiration, and customized support. Tara Sage Steeves, Create Your Life!, Newport & Providence, RI. 401-569-7017. CreateYourLifeInc.com.

**Yoga Nidra (Guided Meditation)** – 6:45-8:15pm. All you need do is lay back and stay awake while specific body and breath visualizations are used to guide you gently and quickly into a deep peaceful meditative state. In meditation, intention is used to direct the mind into taking this peaceful awareness with you into your life. \$15. Santosha Yoga Studio, 14 Bartlett Ave, Cranston. 401-780-9809. YogaAtSantosha.com.

**Basic Yoga** – 7-8pm. With Carla Joyce. Mixed levels. Ask about our new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. VillageWellnessCenter@verizon.net.

**Mixed Level Amrit Yoga** – 7:30-8:30pm. Class designed for students of all levels of experience. Will be tailored to suit the students present. \$60/ Series of 6 \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**Providence Slam: Poetry Tag & Writers Workshop** – 7:30pm. Laid back, low pressure writer's group. A chance to share and talk about poems away from the stage. Free. AS220, Classroom Space- 2nd Floor, 115 Empire St, Providence. myspace.com/providencepoetryslam.

## Friday

**Women's Spirituality/Intention Group** – 7-9pm. 2nd Friday of the month. Dynamic and powerful group of women coming together to share intentions and dreams. We support one another through prayer all month. Open to all on the spiritual path. \$15. Pat Hastings, Providence. 401-521-6783. womanoffaith@bluebottle.com or simplyawomanoffaith.com.

**1st Friday Reiki Share** – 7-9pm. Bring a friend who is new to Reiki and introduce them to receiving some peaceful energy from those who have been attuned. All lineages and levels welcome. \$5. Lynne Lamarre, 39 Carrington St, Lincoln. 401-725-0566.

**Friday Night Live Presents The Open Stage** – 8pm. Last Friday of the month. Offering young people a positive, artistic environment, this new event gives local youth performers a forum to display their talents in front of a live audience. Audience members will have the opportunity to sign up for a 5-minute performance slot before each show. \$5. The Carriage House Theatre, 7 Duncan Ave, Providence. 401-273-9009. ChouseSchool.org.

## Saturday

**Full Wave Yoga Class** – 8-9:30am. This class is a combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing exercises to energize you. There will be 15 minutes of relaxation/breath meditation at the end of each class to rejuvenate. \$15/drop in or \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. TheLifeBreathInstitute.

**Zumba** – 9-10am. What do you get when you combine Latino dance & aerobics? A great workout, a great time and lots of fun! Space is limited. Reserve with Grace. \$15. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHeartsRI.com.

**Yoga in the Park** – 9-10:15am. Enjoy the simple gifts of sky, earth, and fresh air in a more profound and conscious way as we bring our yoga practice to the park just outside our studio. Please bring a towel or blanket. In case of rain, we'll meet at the studio. \$31/4 classes SK residents, \$38/4 classes non-resident; \$10/drop, \$13/non-resident drop. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Rd, Peace Dale. 401-782-9511. MakeItSoYoga.com.



**Citizens Bank Free Family Fun Day** – 9am-5pm. 1st Saturday of the month. The Environmental Education Center is open and free to the public. Join us for crafts, nature stories, animal discoveries, hikes and more. Free. Audubon Environmental Education Center, 1401 Hope St, Bristol. 401-949-5454. ASRI.org.

**Kripalu Yoga** – 9:30-10:30am. With Chris Belanger. Mixed levels, beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. VillageWellnessCenter@verizon.net.

**Saturday Morning Crafts** – 10am-12pm. Visit the Audubon Society of Rhode Island Environmental Education Center and make a fun nature craft to take home. Designed for children of all ages, they take just a few minutes. No registration is needed. Free with admission. Audubon Environmental Education Center, 1401 Hope St, Bristol, RI. 401-949-5454. ASRI.org.

**Beginners Yoga** – 10-11am. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on developing a strong foundation on which to develop a regular practice. \$60/Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

**Full Wave Yoga Class** – 10-11:15am. This class is a combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing exercises to energize you. There will be 15 minutes of relaxation/breath meditation at the end of each class to rejuvenate. \$15/drop in or \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. TheLifeBreathInstitute.

**Providence Open Market** – 10am-4pm. Open-air market featuring handmade artisan goods and fine art. Free admission and parking. Providence Open Market, Lippitt Park, Juncture of Hope St and Blackstone Blvd, Providence. ProvidenceOpenMarket.com.

**NIA** – 11am-12pm. Fusion fitness movement class that blends rhythmic music with easy to follow choreographed moves inspired by dance, soft and hard forms of the martial arts and the healing arts including yoga, the Alexander Technique and Awareness through Movement. Adapted to any level of fitness from beginner to advanced. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

**Rhode Island Orchid Society Monthly Meeting** – 12:30-2pm. Last Saturday of the month. Free. Rhode Island Orchid Society, Roger Williams Park Botanical Center, Greenhouse entrance, Providence, RI. 401-769-0369. RIORchidSociety.com.

**Grandmother's Empowerment Group** – 1-3pm. 1st Saturday of the month. Based on the book, The Grandmothers Speak: How to Find Balance in a Chaotic World, by Sharon McErlane. Group is run by Jane Henderson, by donation. All are welcome. "When the Grandmothers are Heard, the World will Heal," Native American Prophecy. The Healing Circle, Providence. 508-292-2798. ProvidenceHealingCircle.com.

**Tribe Earth Drum and Dance Circle** – 8pm-1am. Most often 2nd and 4th Saturday of the month. Summer schedule varies, please call for dates. Access your inner rhythm, release stress, enhance self esteem and most of all Celebrate Life. Adults/\$10 Children 12 and under/Free. Free Spirit, 420 Main St, Warren. 401-245-7979.

# communityresourceguide

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in the Community Resource Guide email [info@rinaturalawakenings.com](mailto:info@rinaturalawakenings.com) to request our media kit.



**A father is always making his baby into a little woman. And when she is a woman he turns her back again.**

—Enid Bagnold

## ALTERNATIVE HEALTH

### ALTERNATIVE HEALER AND TEACHER

Linda Hogan, CHHP, RM  
East Providence and West Warwick, RI  
401-949-0049  
[gaia\\_healer@yahoo.com](mailto:gaia_healer@yahoo.com)  
[naturalwaystowellness.com](http://naturalwaystowellness.com)

Certified practitioner and teacher of **Theta Healing, Tong Ren Healing and Shamanic Healing**. Linda is an experienced and compassionate holistic counselor and practitioner specializing in cancer and chronic disease.

### NATUROPATHIC & ALTERNATIVE HEALTH CONSULTANT

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401-651-1400 • [jeffdoff@yahoo.com](mailto:jeffdoff@yahoo.com)



Jeff Doff partners with clients who want to make their work life better. This can include making your job less stressful and more enjoyable, changing your job or career, and figuring out next steps after a lay off. Call or email to set up a complimentary phone consultation.

### PERSONAL & PROFESSIONAL DEVELOPMENT

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## classifieds

### FOR RENT

**PROFESSIONAL OFFICE SUITES** - Available in Lincoln. Ample parking near Route 95. Various sizes available, H & E included. Call Joseph at 401-632-7255.

### HELP WANTED

**DISTRIBUTORS** - Become an Acaiberri distributor. Health and nutrition interests preferred, but not required. Selling is also a plus. Potential distributors can contact Angelo at 401-497-0740, or email [acaiberri@cox.net](mailto:acaiberri@cox.net). Visit [acaiberri.com](http://acaiberri.com) for more information.

**FREE HELP WANTED LISTINGS:** In an effort to help connect good people with good jobs in our local healthy living business community, Natural Awakenings is offering free Help Wanted Listings over the next several months. Email your job listings in 35 words or less (job title, brief description, contact information) to [info@RINaturalAwakenings.com](mailto:info@RINaturalAwakenings.com) by the 15th of June.

### OPPORTUNITIES

**DISTRIBUTION SITE** - Offer your patrons the opportunity to pick up their monthly copy of *Natural Awakenings* magazine at your business location, and promote your events for free with 3 calendars listings a month. Contact [Classifieds@RINaturalAwakenings.com](mailto:Classifieds@RINaturalAwakenings.com).

**LEARN HOW TO IMPROVE YOUR HEALTH AND INCREASE YOUR INCOME** - Average people using a simple system. Learn how: 2 minute message. 800-526-8031 or [ChewsToLive.com](http://ChewsToLive.com).

**YOUR CLASSIFIED HERE** - For only \$1 per word. Reach readers all over the state. Distribution in over 400 locations. Contact [Info@RINaturalAwakenings.com](mailto:Info@RINaturalAwakenings.com).

### BUSINESS OPPORTUNITIES

**CURRENTLY PUBLISHING NATURAL AWAKENINGS MAGAZINES** - Be part of a dynamic franchised publishing network that is helping to transform the way we live and care for ourselves. As a Natural Awakenings publisher, your magazine will help thousands of readers to make positive changes in their lives, while promoting local practitioners and providers of natural, Earth-friendly lifestyles. You will be creating a healthier community while building your own financial security working from your home. Currently For Sale: Mobile, AL; Phoenix, AZ; Riverside, CA; Sarasota, FL, Tallahassee, FL, Atlanta, GA and Morris County, NJ. Call for details 239-530-1377

### Classified Ads

\$1.00 per word. Must be pre-paid. Email listing, including billing contact information by the 15th of month prior to publication to [info@rinaturalawakenings.com](mailto:info@rinaturalawakenings.com).

## COOKING PRODUCTS

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We offer a variety of ORGANIC facials, body treatments & massages. You can also have a spa manicure or pedicure, makeup application or lesson and waxing!! Spend an hour, spend the day...Treat yourself and that special someone for a couples massage, facial or body treatment. Gather your friends and have a spa party. Give us a call....book an appointment and relax....  
*See ad page 17.*

## DOG TRAINING

### SOLID K9 TRAINING

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Jeff Gellman, a nationally recognized dog trainer and whisperer, will show you the 4 most important things to get you the most out of your relationship with your dog using his own system of obedience

training, behavior modification, household management and exercise. Jeff is a real world at home dog trainer who does not use treats, clickers, choke chains, head halters, punishment or bribery. Based in Providence and traveling nationwide.

## MASSAGE

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## NATUROPATHIC PHYSICIANS

### PROVIDENCE WHOLISTIC HEALTHCARE

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Holistic family health care: your comprehensive natural medicine clinic offering diet and nutritional counseling, herbal and homeopathic medicines, and acupuncture. Optimize health and wellness naturally! *See ad page 19.*

### KERI LAYTON, N.D.

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