



The Prudence Wave

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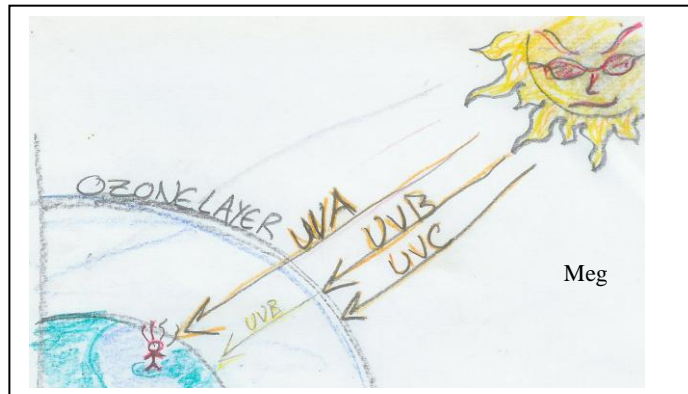
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Why Mr. Golden Sun Is Out to Get You

By Clare, Medford High School 10th grader

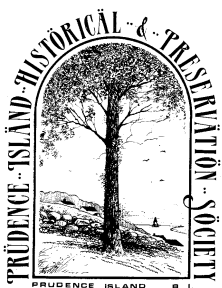
Picture this: you're on your way home from a fun-packed day at the beach full of swimming, relaxing, and sunbathing. Everything's fine and dandy as you stroll along...until you notice your arm's unusual color. You quickly examine the rest of yourself and come to the conclusion that you're as red as a lobster. Panicking, you rush home and tear the house apart searching for the aloe. But it's too late, the damage is done. That horrible disappointment that will ruin your weekend has begun: the sunburn.

Sunburns are the worst; I think we can all agree. But what's the cause of this vacation-destroyer? Of course it's our sun (the traitor), but specifically the ultraviolet (UV) radiation emitted from it is the villain. This radiation can be divided into three sections: UVA (95%), UVB, and UVC radiation. Most of these rays don't pass through our atmosphere beyond the ozone layer, (which is rapidly being depleted by human activity), but those that do are harmful to anyone. That's right, *anyone*.



As a pale person, I tend to burn pretty much every day I'm in the sunlight. But today I would like to clear up a common misconception for the sake of pale people everywhere. I shall now quote from the World Health Organization: "It is a popular misconception that only fair skinned people need to be concerned about overexposure to the sun. Darker skin has more protective melanin pigment, and the incidence of skin cancer is lower in dark skinned people. Nevertheless, skin cancers do occur with this group, and, unfortunately, they are often detected at a later, more dangerous stage. The risk of UV radiation-related health effects on the eye and immune system is independent of skin type." So basically, Meg, you have to take back *years* of pale jokes.

See SUNBURNS on p 13



PIHPS Board
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Young Historians

The First Farnham Farm Day Camp *By Aribella, PJSF kindergartener*

The camp was at the T-Wharf. Meg and Katey Bearse took me for a walk to find different kinds of leaves. We had to avoid Poison Ivy! I saw a Monarch butterfly caterpillar on the plant they love—Milkweed! We gathered leaves. Some stems, like cherry and bayberry, were scratch and sniff. We pressed the leaves behind paper and rubbed them with colored pencils. When we were done, we went on a seaweed hunt on the beach. We also found crabs, not just seaweed.



The Penny Jar Band Concert

A fundraiser for the PISF

August 4 at 7:00 p.m.
at the Union Church

They are a fantastic band that plays
international folk music.

The Prudence community is invited to join the band in one song called "Come on up to the House."
If you would like to learn the song — to sing or to play along with The Penny Jar Band. contact Grace McEntee (gmcente@aol.com or 683-0298)

PJSF Open House *By Marina, PJSF 10th grader*

On Sunday, July 1st we had our first open house for the school. It was a huge success!! There were people who came that have been on island for 30 years and had never seen the inside of the school. It was packed, we could barley move. The whole point of the open house was to introduce islanders to the school, share our work from throughout the year, and to thank the people who generously donated to the school. We got sooo many compliments on the newspaper and our work.

I even made a new friend that day, his name is Jim Grant. He is a friend of Joe Bains. They went to school here when they were kids and have been friends ever since then. I heard many great stories about their childhood and their school experience out here. Jim is a really cool guy. I'm glad Joe introduced us.



Raya's artistic rendering of the Open House

CSI: PI Movie By Meg, PJSF 4th grader

The movie making process has been a long path that is ultimately the most rewarding and enjoyable project our school has worked on together. We started in January and would work on it every Thursday, whether we were writing out the plot, or filming, or just working on costumes. In the beginning I was a bit intimidated by the amount of work and effort it would take, not to mention that Raya's past movies set such a high standard. We started on a plotline. Roles were appointed. And the worry that sat in my gut like a rock grew heavier. I was appointed director - very scary. Marina is in charge of the sound, and got to use the clapper: the envied prop of us all. And the youngsters are our actors. Raya plays the tough and fashionable Detective Jazz, Aribella plays the well spoken, magnifying glass bearer Detective Snowdrop, and Shelby is our sassy and logical forensic scientist, Doctor Lily. As soon as the girls were dressed in their smart outfits they were in character, examining possible evidence around the classroom and trying to figure out the culprit. They are naturals. Glenn Young, our visionary, gives them one thought to keep in mind and the goal of the shoot, and then they are off, improvising like they were born to do it. Every shoot I would have to hold my breath to keep from laughing aloud and messing up the whole thing, although more times than not, I failed, falling into fits of hysterical laughter at the scenes. Though we didn't really know it, we were including an English course, computers and technology, acting class and art, all in the two-hour sessions of working on CSI:PI. Those two hours are so much fun it was almost criminal.... Pun intended. We had so many thoughts and ideas it was hard to decide which ones to roll. Now we are nearing the finish line, and all I can think is I don't want it to end, yet I can't wait until the premier (Red Carpet, dress accordingly) to see what we've worked on for the past seven months. I think life will be kind of dull after that. At least until next year's movie ;)



The Premiere Red Carpet Showing will be August 16
at Farnham Farm at 7pm.

There will be two additional showings on August 17 at 7pm and 8 pm.

Tickets are free, but donations are gladly accepted

Call Jen Young at 683-5756 or jenyoung2526@gmail.com to reserve your seats

July 4th Chaos at Sandy Point By Alex, Bristol 8th grader

What is usually a quiet beach was one of the busiest places on the island this past Independence Day. Sandy Point, for those who have not visited, is a long, rocky, and shell-y beach with a shallow, partly-manmade cove good for less experienced swimmers. There is a big dock that completes the cove for jumping off of and a small dock for the not-so-daring and for boats to drop off people and their belongings. On a normal day during summer the beach will probably have one full family and on the dock some older kids will be hanging around. The numbers of people steadily increased starting July 1st. As one or two umbrellas grew to a party tent and five or more umbrellas, it was obvious the island was going to be full to bursting with visitors.

The beach's capacity reached its maximum and the Sandy Point population peaked on the 4th, when the Island Parade rolled, biked, and marched patriotically down Narragansett Avenue. By the end of that week, most renters were heading home on the 10 boat Sunday morning. By the following week things were back to normal at Sandy Point, and peace was restored.

PJ 4th of July Parade By Jessie, Bristol 3rd grader and Raya, PJSF 2nd grader

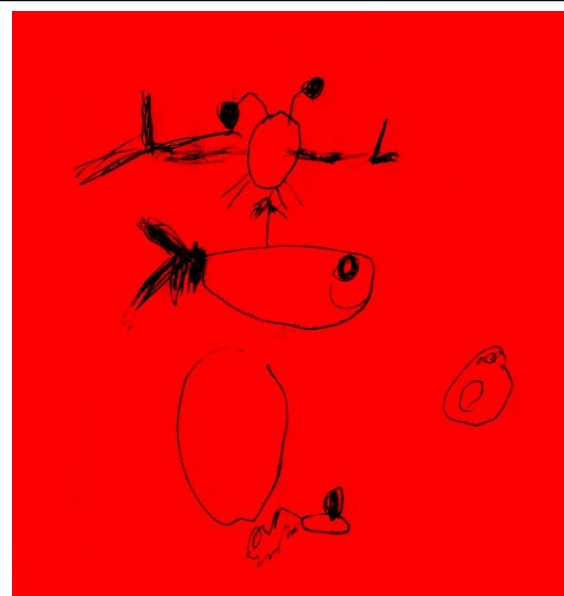
First we (Raya\Jessie) met at Marcy's and got in the cop car. Then we went to the parade. Then we started to go! We started to throw candy! We were the head of the parade. We saw a lot of trucks like fire trucks. There were a lot of floats. Then we got to the end and it was a surprise there was a lot of people. Near the colony we emptied out all of our candy and toys we got the rest.



Ocean Scene
by Angel Age 4

Under the Sea By Emma, Age 4

Starfish, I haven't named him yet, but he's eating a mussel. I call him purple though, the other picture has a lot of holes, because I put a lot of holed in there with my pen. I drew a crab, and a whale, and a baby frog, like me when I was in mama's belly. That was me with no hands or legs! Then I drew a penguin face and a treasure chest at the bottom of the water. The animals in my picture have an adventure; they go on a quest to hunt for something. They haven't eaten in such a long time so they go looking for food, like squid - they go hunting for squid. They find the squid underwater really deep. The squid is not happy that they found him, and the whale and the crab and the baby frog eat him. There was a jellyfish that stings the crab! The crab's friends try to help him, but nothing helped. So they go look for something to help him, on their adventure they find a baby dolphin. The baby dolphin's name is Fry. Fry likes to hop in the water, and he likes his new friends. They all try to help the crab. They feed him clown fish, and that helps the crab get better because all his friends are helping him and that makes him happy. And everyone lives happily ever after!!



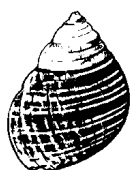
Children's Theater Camp
Performance

Please come support our young
island thespians on August 3 at
12pm at Farnham Farm.

The children work extremely hard writing
and performing an original play each year

Periwinkle Printing

Screenprinted Fashions



0294 Narragansett Ave.
Prudence Island
RI 02872

Eliza Volkmann 401-742-4641

Visit our tent at the
Prudence Island Market
Saturdays, 8:30-11
on the PIA lawn



Island Market By Meg, PJSF 11th grader

Bright and early every Saturday morning, Island crafters, farmers, gardeners and bakers gather at the PIA to sell their products. Pat Rossi sells her grass fed meat and wondrous goats milk cheeses, as well as some vegetables and eggs. It is always nice to crack an egg into the frying pan and see how healthy and yellow it is. Kendra sells lovely sea glass jewelry and ornaments, the sea glass gleaned from our very own beaches. Allison and Spencer sell bouquets of beautiful flowers picked from their extraordinary garden. My mother, Eliza, sells island T-shirts, towels and bags, which she printed herself with island logos and Christian encouragement. Stephanie sells fabulous best selling baked goods that I have sampled and supremely enjoyed. Vicky is there with their engraved products and other items that make great gifts. I know for a fact that every customer helps each of these local venders. We look forward to seeing both new and old faces every week.

Game Night and Movie Night at the PIA By Alex, Bristol 8th grader

In the summer, Tuesday and Wednesday nights are eventful at the PIA, to say the least. On Tuesdays, the PYO (Prudence Youth Organization) hosts Game Night, where island children ages 10 to 18 can come to play an array of games for free. (Kids younger than 10 are still welcome, but they have to be accompanied by an adult.) Game Night goes from 6:30pm to 9:30pm. There are a bunch of board games like Cranium and Sorry, and a basketball court outside that also makes for an excellent ultimate Frisbee court. (It's BYOF: bring your own Frisbee.) Additionally, there are arts and crafts like friendship bracelets. Best of all, there is a DIY sundae bar where you can make your own sundae for only \$3.00! So pop in next Tuesday night to join us in our games, or bring your own to share!

On Wednesday nights the PYO hosts Movie Night from 7:00pm to around 10:30pm (it depends on how long you stay or how long the movie(s) are that specific night.) Most nights, as long as enough movie-goers show up for it, there are 2 movies: a G or PG rated movie for younger viewers at 7:00pm, and later, around 9:00pm, a PG13 rated movie is shown. A different DVD is shown each and every time so there is bound to be one you haven't seen. And for all your movie junk food cravings, the PYO Snack Shack is open, offering candy, chips, drinks, and popcorn for prices usually ranging from \$0.25 to \$1.00. Everything you need to watch a good movie with friends!

If those reasons aren't enough to sway you to come to Movie or Game Night, there is still one more thing: all profits of sundaes and movie snacks go to the PYO kids' trips and activities. So come on down to the PIA on Tuesdays and bring your game face, or come on Wednesdays and bring your movie-viewing eyes and ears. Even better, come to both!

Where is this??

Where is this???

We will give you the answer in the September edition of The Prudence Wave!

Last month's 'Where is This?' :

This was an old fire hydrant from the South end of the island used on the old Navy Base.

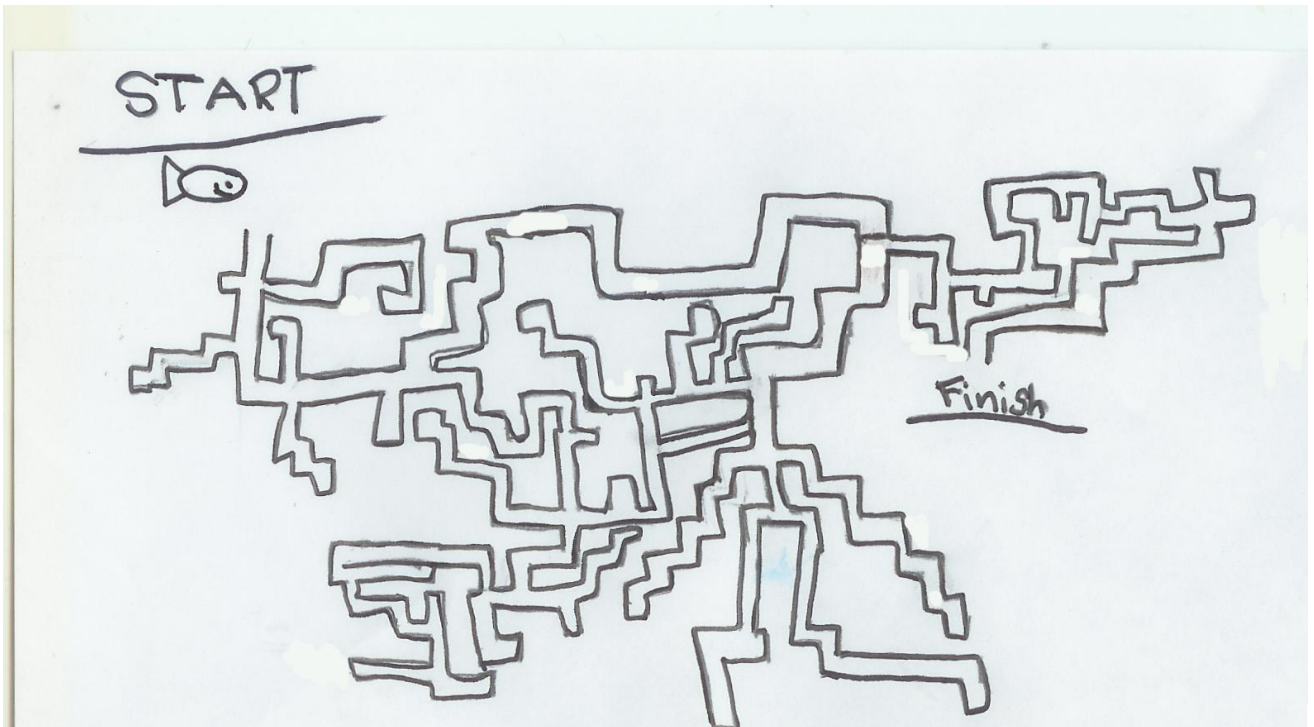
PISF Wish list

- Volunteer to clean the school
- garden gate builder
- Someone to organize school library
- Humming bird feeder
- Hand soap
- Black and Color Ink for HP HSC 2110 printer
- Manila File Folders
- Sea Monkeys !!!!!

NBNERR Block Party
By Meg, PISF 11th grader

NBNERR held a fabulous family friendly fiesta Saturday, July 21 at the field next to the museum. There was incredible ice cream, a boisterous band playing beautiful ballads. There was a craft area, where kids could create creatures of colossal cleverness, including multi-colored piggies, and clams, and puppies, all with googly eyes and fuzz balls and egg cartons. Then there was the painting station, both water color and acrylic choices. I didn't personally participate in that part, but I spotted quite a few competent artists present. There was a popular Face Painting place, where Julianna and I helped the artistically inclined intern, Whitney, paint faces. There were numerous requests for a goatee and mustache, as well as aquatic animals. Then there were the awesome Island Olympics, where there were quite a few games, including a wonderful watermelon eating contest. There was so much going on and so many kids having a great time, I really can't wait for next year's party.

Summer Mazes



By Maia, Coventry 5th grader



By Raya, PISF 2nd grader

*Island Events*Special August Events

- Children's Theatre Camp- Monday to Friday 9am-3pm @ Farnham Farm
- Theatre camp performance- Friday, August 3rd 1pm @ Farnham Farm
- Union Church sale- 9:30-11am, August 4th
- Potluck- movie 7pm Hope Brown Center, August 4th
- Farnham Farm day camp- 9-11am, August 6th
- Conservancy 25th Anniversary trail walk 11am FF meeting, Free ice cream & silent auction 1pm- August 11th @ Farnham Farm
- CSI:PI Incident at Sand Point red carpet PISF movie premier, August 16th 7pm @ Farnham Farm (contact Jen Young at 683-5756 to reserve your tickets)
- CSI:PI Incident at Sand Point movie showing August 17th 7 and 8pm @ Farnham Farm

(contact Jen Young at 683-5756 to reserve your tickets)

On-Going Island Events

- Bingo-Friday nights 8:15 @PIA
- Island Market- PIA lawn, Saturdays 8:30-11am
- PYO Game Night- Tuesdays 6:30-9:30pm @ PIA
- PYO Movie Night- Wednesdays 7:00pm (G movie) & 8:30pm(PG movie) @ PIA
- Farnham Farm Day camp- Mondays (see details below)
- Yoga- Sundays 4pm @ Farnham Farm
- Stitch & Chat- Monday, Thursday & Saturday 10-12 @ HBC
- Movie- Monday 1pm @ HBC
- Internet Café- Monday, Thursday & Saturday 10-12 @ HBC
- Union Church Services- Sunday 9:15 @ Union Church
- Our Lady of Prudence Sunday Mass- Sundays 9am

Farnham Farm Day Camp

- ***July 9th: Plant Pressing/Leaf Rubbings** (9-11 AM)
- ***July 16th: Seining** (9-11 AM): Be prepared to get wet!
- ***July 23rd: Plankton Tow** (9-11 AM)
- ***August 6th: Night Hike** (7:30 PM - 9:30 PM)
- ***August 13th: Salt Marsh Exploration** (9-11 AM) Be prepared to get wet and muddy!

Contact Katey Bearse @ 633-5628 for further information and to reserve your spot.

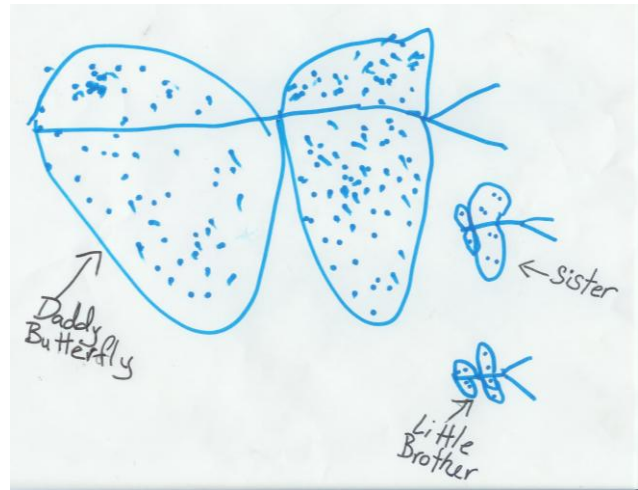


Open Monday – Saturday 10am - Noon

Butterfly By Aribella, PJSF Kindergartener

This is a picture of a butterfly family. The Mommy butterfly is out getting flowers for breakfast/ lunch. She likes butterfly bushes best. The Daddy protects the little ones from dangerous predators like birds who like to eat them because this butterfly is the kind that isn't poisonous. All kinds of animals like to eat them. Birds, maybe snakes (I don't know). There are spotted butterflies with blue spots. Their Aunts and Uncles live in a different place, not the same house. They like to visit their Aunts and Uncles but the daddy took up too much room on the paper. If I drew all of the cousins and aunts and uncles then there wouldn't be any room on the paper. They have 100 cousins. There are so many. There are so many cousins I don't know what all of their names are, but to name a few there is Choc-Chip, Doc, Brownie, Chocolate Sprinkles, and just Choc. Then there's Cream Cheese and Crackers. That's all the ones I remember. They all go on vacation in winter on their island. They go someplace where winter is warm and they can have all the nectar they want.

The End



Saturdays at the Homestead Library

Book Reviews With Joe Bains

June 23, 2012 through September 1, 2012

10:30 AM – Noon

6/23/12 – Maytum's Paragraphs on Early Prudence Island

6/30/12 – The Unpublished Works of Charles Maytum

7/07/12 – The Unpublished Writings of Halsey Chase

7/14/12 – Other Authors of Prudence Island Related Books

7/21/12 – Books with a Prudence Island Connection

8/04/12 – Prudence Island Poets & Poems

8/11/12 – Prudence Island Newspapers & Journalism– I

8/18/12 – Prudence Island Newspapers & Journalism – II

8/25/12 – Academic Papers & Theses about Prudence Island

9/01/12 – Technical Reports on Prudence Island

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flying, we are open

Chowder & Stuffie Cook-Off *By Dale, 6th grader*

The Chowder & Stuffie Cook-Off was held on Saturday, the 14th of July, sponsored by the PIA.

There were 4 chowder contestants 2,3,4,5. There were also 8 stuffie entries 11,12,13,14,15,16,17 and 18. Voted by the people who came and sampled each entry. The winner of the chowder was #5, Mary and Don Bennett. The stuffie winner was #18 Bob and Paulina Elser.

My personal favorite chowder was #2 and stuffie was #16 with maple bacon.

The children's activities were face painting and a dunk tank, and for the adults there were raffles.

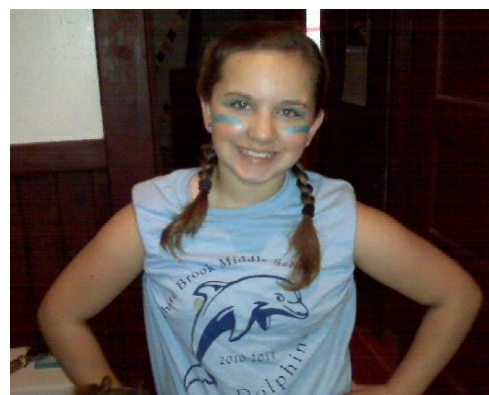
Everyone had a good time and all of the entries did excellent.

New PISF Student *By Julianna, PISF 8th grader*

Coming from a public school with over five hundred kids....seeing the schoolhouse for the first time and being able to count the students on only one hand was very different.

I am really excited to be attending the school here on the island because I can work at my own pace and get learning opportunities that I wouldn't have on the mainland at my old school. On the island I can do swim classes with the other students and we are also working on getting me into a gymnastics program off-island!!! I'll also get to focus on subjects that interest me and apply to my personal goals.

Another plus about the school house is that I can go to school with my little sister even though we have an 8yr difference between us! I love science and I'm ecstatic because I will be able to work with other students with hands-on studies and I will also do some work by myself with particular subjects that intrigue me. I have many reasons why the school house on Prudence is for me but my favorite thing is that I have no limits to what I can accomplish here.



Welcome to Julianna, our new
PISF 8th grader

PISF SUMMER PROGRAMS

The Prudence Island School Foundation will be offering the following programs this July and August.

- **Tutoring:** Reading, Math, and Math packet
- **Newspaper Club:** Thursdays from 10 - 12.

We invite all island children, ages 5-18 to join us in writing articles for the PISF newspaper.

*All children under age 10 must be accompanied by an adult.

- **Toddler Group:** Thursdays from 9-12

We invite children and their parents to come play in the schoolyard.

If you have questions about any of the programs or would like to sign up for reading / math help, please e-mail us at:

theprudencewave@aol.com. You can also call Jen or Eliza at the school: 683-1857.

Intriguing Islander of the Month

Jessie Mosher

By Dale 6TH Grader and Jessie 3rd Grader

Jessie Mosher was born on December 22, 1923 in Malden Massachusetts. She attended the schools Lindon Grammar Elementary, Browne Junior High, and Malden High. Her favorite subject in school was band class - she played the trumpet.

Her favorite sport as a kid was ice skating. Her favorite color is blue.

What she did for a living was a baker for the Saugus (Mass) High school and a nurse for the McFadden Manor Nursing Home.

She was introduced to the island by her best friend Lois Davies. What she likes to do on the island is watching the moonrise across the Narragansett Bay from her house. Her favorite activity is swimming at Bristol Colony Beach. What she likes to do most on her free time is to crochete.

Jessie has 4 children - Carol, Linda, Jimmy and Pam. She has 8 grandchildren - Timothy and David Lynch, Karen Gorewitz, Susan Barrett, Michael and Alyce Mosher, Pam Moormann and Debbie Bossio. She has 7 great grandchildren by the names of Dale Cushman, Jessie Barrett, Angel Gorewitz, Tyler Skane, Tristan and Melinda Moormann and Mackenzie Lynch. Jessie Mosher also had 3 dogs(Bow, beagle; Debbie, German shepherd; Dusty, cocker spaniel).

She loves it when her children, grandchildren, and great grandchildren come and stay on the island during the summer.



Prudence School Cookbook and Cupcake Fundraiser



The Homestead Plat Improvement Association will be sponsoring a used cookbook sale to benefit the restoration of the Prudence Island School building. We will be selling cookbooks at the Farnham Farm Harvest Fair Yard Sale on August 25. The students will also be decorating and selling cupcakes at the event. Please come by our table and support the school.


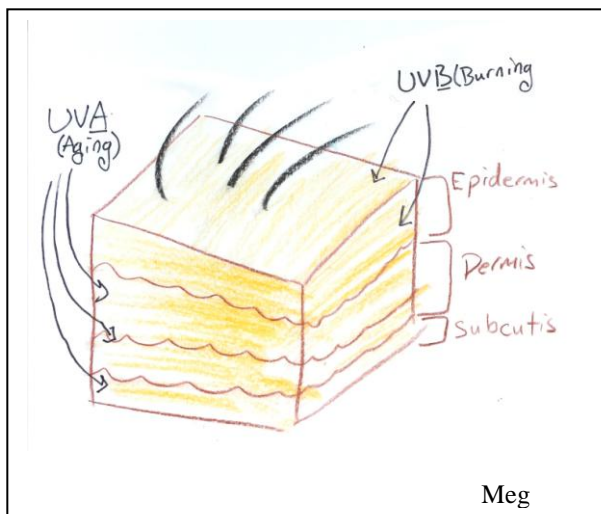
SUNBURNS cont. from page 1

UVC radiation you don't have to worry about because most is absorbed by the ozone layer. However, UVA and UVB can be troublemakers. Vitamin D is an essential if you feel like living, and UVB radiation can help you with that. Other than that UV radiation is usually not something you want trapped in your skin. UVB is responsible for the visible sunburns that you get after a day without sun block because it damages the outer layer of your skin and down to the epidermis. UVA reaches deeper layers of the skin and causes more serious and long-term damage such as skin cancer or wrinkling from skin aging.

Tanning has become a big issue lately, as more information about UV radiation is uncovered. UVA rays account for most of the rays in tanning, whether naturally or in a salon. A tan is actually damage to the skin's DNA which causes a mutation that makes the skin darker in an attempt to protect from further sun exposure. These mutations lead to damage, and worst of all, skin cancer. Though tanning salons are worse for this damage, natural tanning can be damaging too. That's why I *strongly* recommend taking the necessary precautions to save you from skin cancer, premature aging, cataracts and eye damage, and a weakened immune system.

How can you do this? Why, sun block of course! How do you know what type of sun block you need, though? The sun protection factor (SPF) will tell you that. SPF indicates how long it will take for UVB radiation to make the epidermis red in comparison to how long without it, i.e. SPF 30 would take 30 times longer to burn your skin than it would without it. SPF 15 protects against 93% of UVB rays, SPF 30 protects for 97%, and SPF 50 blocks 98%. It's recommended to use SPF 15 or higher to avoid UV radiation, SPF 30 for long-term use, and make sure it protects from both UVB *and* UVA rays. Don't forget to wear some cool shades to prevent eye damage such as cataracts.

I don't mean to sound like a nagging mother here, but now that you know why he's after you, don't you want to protect yourself from mean old Mr. Golden Sun?



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PI SF Art Camp

By Maia, Coventry 5th grader and Raya, PI SF 2nd grader

Art Camp was held at the Prudence Island School from June 25th through the 29th. Eliza Bearse, Rena Rinker, Jen Young and Debra Henault were the volunteers for the beautiful ocean mural that was painted by the children in the art camp.

The seahorses were created by Raya and Maia. First Raya got a piece of tracing paper. Second Maia found a seahorse on the computer and then she asked Marina to print it. Then Maia put the tracing paper over the seahorse paper and drew every detail. Next Maia traced it on to the wall. Finally she painted the seahorse purple, orange, blue and green.

The mural pictures were done by the following campers: Seahorses – Raya & Maia; Lighthouse – Julianna ; Turtle- Marina; Jellyfish – Raya, Max, Debra, Juliana, Aribella, Maia, Marina & Meg ; Osprey – Meg ; Airplane – Max ; Hermit Crab –Max ; Lobster – Debra ; Big Wave – Meg ; Sunset – Meg, Julianna ; Seaweed – Meg, Julianna, Chase and Reena. ; Octopus – Meg ; Mermaid – Julianna and Debra ; Eels – Shelby and Chase ; Little octopus – Shelby and Chase ; Dolphin – Reena ; Rocks – Raya and Julianna ; Anemones – Julianna and Raya ; Doves – Julianna ; Squids – Max ; Fish – Julianna, Raya, Aribella, Maeve, Max, Debra & Meg.

Ice Cream *By Jessie, Bristol 3rd grader*

The Ice Cream Poem

Vanilla ice cream with hot fudge
and chocolate sprinkles.

Mmmm, THAT'S GOOD

