



# The Prudence Wave

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## Ticked Off

By Clare, PISF Junior

Carnivores beware, there's a new enemy in town and it's smaller than your fingernail with a craving for your blood. That's right folks, scientists are now pointing their fingers at the infamous Lone-Star tick as the cause of a rare meat allergy that is slowly becoming more and more common. Just when you thought you couldn't hate ticks any more I present to you more fuel for your fire of tick hatred.

This new development is highly unique and very mysterious. Scientists are still unsure whether it's the tick's saliva, some sort of pathogen the tick is carrying, or the bite itself that triggers the allergy. What they do know is that once the patient has been bitten, they are found to have antibodies to a sugar known commonly as alpha-gal. This sugar is naturally found in mammalian, or red meat. When red meat is ingested by sufferers the breaking of the bonds formed by the antibody .....



See ticks continued on page 3

Tick Drawing by Meg, PISF senior



PIHPS Board  
Members Support  
Young Historians

# PISF Summer Program Schedule

The Prudence School will be open for business this summer!

## DANCE CAMP: July 7-11 from 9-9:45 am for Budding Ballerinas, 10 am to 3 pm for Dazzling Dancers

The Budding Ballerina camp will be open to children ages 3-5 and focus solely on ballet basics. Children ages 6-13 are invited to join our Dazzling Dancer camp, where we will be exploring ballet and jazz, focusing on technique and choreography. All levels of dance ability are welcome. The week will culminate in all campers performing in a fabulous recital for family and friends, which will feature music from Frozen and Rio 2.  
This Camp costs: Budding Ballerinas: \$40 and Dazzling Dancers: \$125 for the week.

## Science Technology Engineering Math CAMP: July 14-18 from 9 am to 12 pm

This summer take part in a hands-on learning adventure. As a scientist you'll be using technology to explore the world around you in a fun and engaging way. You will build your own seismograph, build a one-of-a-kind functional robot, explore the fun of chemistry and more! Kids will be able to take home all completed projects. This camp is open to kids ages 9 – 16 and costs \$100 for the week.

## ART CAMP: August 11-15 from 10 to 2 pm

Learn to paint! Landscapes & Seascapes; Still lifes based on the nature of PI; Fantasy Self-Portraits; Painting 'found objects' from the shore Watercolors, Acrylics, Oil Pastels  
Open to ages 6 and up  
This camp costs \$150

## PI CHORUS: August 11-15 from 3-5 pm

This camp will focus on creating Prudence Island's very first kids chorus. The kids will learn to sing in harmony with a final performance for friends and family. This camp is open for ages 6 (going into 1<sup>st</sup> grade) through 18. This camp is FREE!

Each camp is limited to a certain number of kids and will be filled on a first come first serve basis.

Contact Lindsay at [faith.lindsay@gmail.com](mailto:faith.lindsay@gmail.com) or 401-742-1150 to register for the camps.

## TUTORING:

Our certified teachers will be available for individual tutoring or packet assistance upon request.  
Contact us at 401-742-1150 or [faith.lindsay@gmail.com](mailto:faith.lindsay@gmail.com) for further information.

## OPEN SCHOOL HOURS:

The schoolhouse will be open free of charge on Wednesdays from 8am to 10 am. This is a great time for families to utilize our library, play in the playground and have computer access. Parent supervision is required at this time.

*Ticks continued from page 1*

and this alpha-gal sugar carbohydrate releases histamines. These histamines are the cause of the allergic reaction.

What makes this phenomenon even stranger is the fact that the allergic reaction is delayed for up to eight hours. That's what makes it so dangerous and bewildering before the discovery of this condition. Many had no idea that the meat they had eaten hours before was what triggered the reaction. Many scientists have come to believe that the reasoning behind the delay is that the alpha-gal sugar is mostly in the animal fat which takes a few hours to digest.

Twenty years ago when my mom was diagnosed with a beef allergy her allergist was perplexed and fascinated. Never before had he had a patient that had acquired a beef allergy after a lifetime of meat eating. When we heard a story about this on the radio about a year ago a light bulb turned on and we both made the connection. She had all the signs: her delayed reaction occurred after a barbeque where she had a hamburger, and she was always around ticks on her visits to Prudence. Since the discovery thousands of people claim to have the allergy all over the country, but mostly concentrated in the "tick belt" region of the south and up the east coast.

Like most allergies there is yet to be a cure, but some have been reported to slowly grow out of it. However, many become increasingly more severe with each interaction with meat. You may be in luck though, because not everyone gets the allergy. So far researchers have no evidence as to why, but it may have to do with blood type or genetics. But since you can never be too safe, next time you're out taking a stroll through the woods be sure to put on extra bug spray and be wary of tall grass because if you get bitten you might be in for a lifetime of chicken, fish or vegetarianism.

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## Endangered African Animals

By Shelby, PISF 4<sup>th</sup> grader

Did you knoww there are lots of animals endangered in Africa? My aunt Robin went to Africa and saw some of them. (We will tell you all about Robin's exciting trip in the June edition of The Prudence Wave). I am going to tell you about seven of the most endangered. The Addox is the most endangered animal in Africa because of drought and being hunted. They are mostly seen in the desert areas. There are only about 300 of them left. The mountain gorilla is endangered because it is hunted too and there is about 680 of them left. The pygmy hippoponamous lives in swamps and forests and they're small compared to regular hippos. They are hunted so there are only about 2,000 of them left. The black rhinoceros is hunted for their horns. The cheetah is endangered because some of them are losing their habitats. There are about ten to fifteen thousand of them left. Cheetahs are also the fastest animal on the planet. The African lion is endangered because some of them are losing their habitat, just like the cheetah. Female lions hunt more than male lions. There are about 20,000 lions left in Africa. The African elephant is the largest land animal. They are endangered because they are hunted. Those are just a few of the endangered animals in Africa. I hope their populations rise. One way you can help them is to donate money to an organization like the AWF (African Wildlife Foundation) or Wildlife Direct.

### SPRING CLEANING??

The **PIVFD** is now accepting donations for the **Firemen's Fair** which will be held on August 16, 2014.

Call Rick Cornell at 401-241-8781 to arrange for pick-up at your home or you can drop off items at the Fire Station.

Thank You!!





## *Our Trip to Plymouth*

By Aribella, PISF 1<sup>st</sup> grader

On our field trip we went to Plymouth. In Plymouth the first thing we did was go to the Mayflower. It was a copy of the Mayflower, and it was called the Mayflower 2. My favorite was the captain's quarters because it was big and it had these cool compasses and fancy little writing feather pens and ink. There were over a hundred people on the Mayflower, and it took them a couple months to get there from England.

After we went to the Mayflower we went to the Wampanoag village. The Wampanoag are Indians that live where the colonists went. When we came into the village we saw a person that was making a canoe. He made a canoe by cutting down a big log and then burning it, making a hole inside it. Then we walked on a little path and saw a person cutting down old corn stalks to make room for new corn. Did you know that to keep birds from eating the corn seeds they encouraged the kids to play on a little wooden thing sort of like monkey bars? There was this little hut that they built out of animal skin and tree bark. On top of the hut there were three holes. The holes make it so they can have three fires inside the hut to keep them warm during the winter. When we went there, there was only one fire because it was the spring and they only use three fires in the winter. Inside the hut there were these little benches. On top of the benches to make them comfy they put animal skin.

Then we went to the colonist's village. The first house we went to we walked in and we thought there was only one person home but there was really another person behind the chimney. The people weren't like you and me. They were colonists from a long time ago and they talked differently than us because they came from England. In the village there were small houses with brick chimneys on top. Their houses were mostly made out of logs. They looked like small cottages. They weren't like our bigger houses because they didn't have many supplies. I hope we can go there again sometime. You would like Plymouth Plantation too!



## I Can Fix your Head!

By Marina, PISF junior

My motivation to write this paper was the headache I had while writing it. I guess you could say it was the perfect time to get a headache. I now know how to fix them and make them go away. Headaches are such a pain, literally. There are so many ways to make headaches go away without having to put horrible medications in your body. I'll get to that part later though.

Headaches are classified into two major categories, primary and secondary. Primary headaches are caused by an over activity of pain-sensitive nerves in the head. Secondary headaches are symptoms of an underlying disease; it could be an infection, concussion, a hangover, a stroke, or meningitis. There are also tension type headaches and migraine headaches. Tension type headaches are the most common type of headache. They can be caused by certain medications or emotional and physical stress can trigger them. They can last as little as thirty minutes or maybe even linger for days. This type of headache is more common in women than it is in men. Migraine headaches are the second most common headache. They are also more common in women than in men. Migraines can last from four hours or even last seventy hours, that sounds awful! These headaches come with sensitivity to light and sound.

Now, the important part of the article is how to make these horrible headaches go away. There are tons of herbs that can help, here are some of them. You can take butterbur extract or capsules to help. You can use magnesium. Magnesium is a natural calmativ; it relaxes muscles and gently dilates blood vessels. Studies show that people with frequent headaches often have low levels of magnesium in their cells. Riboflavin also prevents migraines. A good way to relieve a tension headache is ginger. Just drink some ginger tea and it will help. Ginger reduces inflammation and relaxes tense muscles. Getting rid of headaches can be as simple as taking a bath! All you need to do is add lavender oil to the water. Adding lavender essential oil to the tub enhances the calming effect. If you would rather make it simpler, you can just wrap your head in a cool cloth with some lavender essential oil on it. There is also peppermint, which is a great way to get rid of a headache. Massaging peppermint oil into your temples and forehead is as effective as taking an ibuprofen, clearly peppermint is the way to go! Last but not least, let's not forget violets. If you remember from my last article, they are great for headaches.

There are so many ways to cure headaches without putting bad stuff into your body. If none of these remedies work for your headache then I truly am sorry for your head, it must hurt pretty bad. I have not tried any of these yet, but I will say the peppermint one sounds like it would be my favorite, the scent is quite lovely. I hope this is helpful to anyone who gets a headache!

## Interesting Fact of the Month

By Clare, PISF junior

George Harrison wrote  
"Here Comes the Sun" in  
Eric Clapton's garden!

*All Dolled Up*

By Julianna, PISF freshman

About two weeks ago, I took my first trip **ever** to NYC! Between the beautiful skyscrapers, the billboards, and the hundreds of people roaming the streets, it was love at first sight. Even the trash smells better there!

Anyway, I went to New York for a very special reason- AKA, IMATS. IMATS stands for the International Make-up Artist Trade Show. I've never seen so much lipstick in one building in my entire life. It was heaven. The trade show which travels only once yearly to major cities like Sydney, Australia and London, England, was held in a MASSIVE building, right on the water. Inside, tons of make-up companies set up camp for the weekend in a booth all their own. Kellie January and I excitedly made our way through the aisles and aisles of make-up booths that is IMATS. In fact, a lot of the booths had model's standing nearby decked out with body paint and creative costumes.

After a much needed break and a bite to eat at the event's cafe, Kellie and I took a seat at 'The Battle of the Brushes'. Battle of the Brushes is a competition for college students in which they do amazing cosmetic make-up like you see in the movies when there are monsters or aliens. This year's theme was The World of Comic Books and Graphic Novels. Believe me, the winner totally deserved it!





## Where is this??



Where is this historic Prudence Island location?

We will tell you the location in the July edition of The Prudence Wave

The April “What are These?” were adorable star mushrooms that we found right near the “Real” Pulpit Rock in the desert.

## PISF Wish List

- Craft clay
- Toilet paper and Paper Towels
- Wall Clock
- White Christmas lights (We need these to decorate for the prom and will happily return them after the event)



## April Fools.....

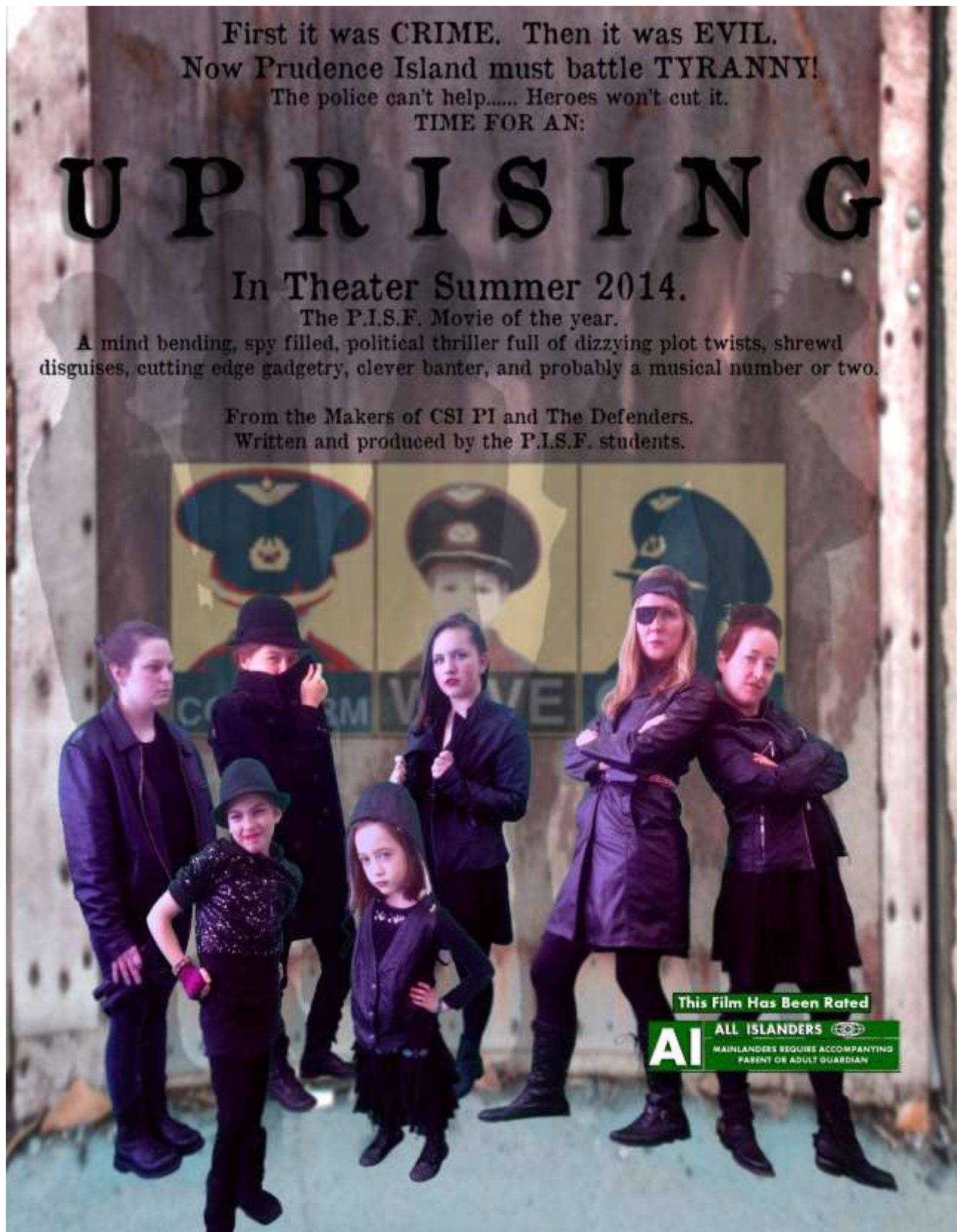
Our intriguing islander last month was a funny joke.

Captain Harrison Tug isn't a real islander, just a creative made up character.

The smarmy pirate was actually our buddy Joe Bains dressed in an amazing costume.







## *Life on the PI Navy Base*

By Meg, PISF senior

We can still see the ruins of the South End Navy Base, but the sailors stationed there remain a mystery to many. Who were they? What did they do? How did the Islanders feel about them being on Prudence?

From various islanders and sailors I gathered the following information to try and picture what it must have been like, way back when.

As I mentioned in the previous article, the base was built and put into business during World War II. After the war was won, the base was put in the hands of a few caretakers, until the Korean War. Then it was reopened and put back into business until 1974, when it was finally shut down and handed over to the RIDEM.

During its existence, there were a series of Commanding Officers and Executive Officers (1<sup>st</sup> and 2<sup>nd</sup> in command, respectively) in charge of the Base. The atmosphere of the Base often was radically different depending on the CO or XO. One may restrict islanders from visiting while another might encourage it.

One CO was Commander Stevenson, a well-liked and well-respected man who brought his wife and three children to live on the base with him during their stay from 1965 to 1969. (The Officers' barracks were the two matching white buildings that are right down the street from the NBNERR museum and lab.) His three children, Sandy, Sue, and Fred attended the Prudence Island School and later commuted to Portsmouth High School. Interestingly, they commuted taking one of the Navy's boats that would go straight across the bay to Portsmouth.

Most of the sailors stationed here were fresh out of the academy and only 17 or 18 years old. Commander Stevenson urged his "Boys" to hang out with the Islander crew rather than off-islanders, keeping the kids closer to home and also away from mainland troubles. However some of them would still get into a little trouble now and then. There was one sailor who robbed Marcy's Store of money for a car. Cars were a hot commodity for the Sailors, who wanted to cruise around meeting eligible Prudence ladies. This fellow, who was known by most as "Truck" attempted to escape custody by stealing a Navy boat from the T-Wharf. He was, of course caught and served time in the Naval Prison for his misdemeanors.

Along with hostilities, there were of course some romances between sailors and Islanders. John Canario, one of Prudence's core citizens, met his lovely wife Olive on the Base. He was one of the Civilian workers and she was Commander Stevenson's secretary.

My Aunt Susan as well met her husband Tom on Prudence. He was a young sailor in charge of food inventory and ordering meals. Susan and her friend drove to the Base to see if any of their other Island friends were there. Instead they encountered the young Tom and *his* friend trying to start their old car in order to attend a bonfire. The two ladies offered the dashing gentlemen a ride, "And the rest," my Aunt says, "is history."

Most of the sailors stationed on the base were more to guard the base and its cargo rather than manual labor. 30 or so civilian workers were either shipped in on the navy boats from off-island or hired from Prudence to do most of the heavy-lifting and remedial work, as it were. The workers would load and unload the ammunition from the ships, drive the loaded trucks to the bunkers, and put together the naval mines.

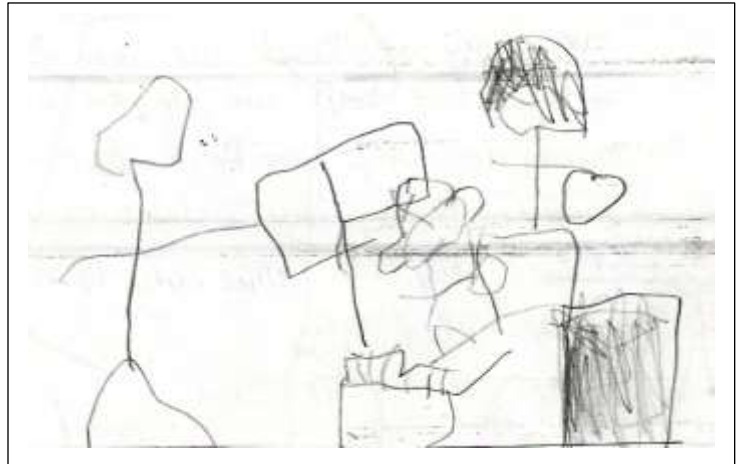
Fred Stevenson remembered to me a chilling tale. When they were unloading some ammunition from the barge and into the truck, seven 250 pound bombs fell from their pallet and into the bay. Divers had to retrieve them, carefully of course, and luckily the bombs remained dormant.

*See Navy Base continued on page 11*

*Pirate Adventure*

By Memphis, PISF kindergartener

A long time ago there was a boy named Memphis and he made a Lego ship with Katie. He made a Lego captain and a Lego pirate. They went to Marsh Island and they stole some gold. They went back to the ship and they sailed away. The end.

**Prudence Island****Realty****Fred Stevenson ABR CRS****401-965-0850**

Memphis and Aribella  
working on the Mayflower 2

*Navy Base Continued from page 10*

The business that went on around the Base was more or less top secret. There was a fence all across the island to keep civilians out, a patrol that secured the shoreline, and gates barred the roads. However the gates were usually loose enough for a stowaway to wiggle through and sneak onto the base to visit pals or simply see what's up. And as everyone knows, gossip and tales travel through Prudence like wildfire.

At first, Islanders were upset by the sudden construction of the navy base. It would bring unwanted attention, and change the atmosphere, as well as bar a significant portion of the island from the islanders. Change is always loathsome at first. Despite this, the Sailors and Islanders learned a somewhat peaceful coexistence, brought together by parties and other such island activities.

In 1973, Commander Stevenson was reassigned and the South End Navy Base was closed down. Now a State Park, we can only look at the ruins and listen to the stories of those who lived during that age of Prudence to imagine what it must have been like.



## The Amazing Violet

By Marina, PISF junior

Violets are amazing! They are so useful in many ways and are so easy to find. There are so many kinds of violets but this particular kind you can find right out in your yard and eat them, that's what Jen and I do here at school when they bloom, usually from April to May. These tiny little plants grow low to the ground to be about four inches in height. The flowers, which are violet-blue or white, grow to about three-fourths of an inch across. The flowers have a sweet scent. The leaves to the plant are heart shaped and slightly toothed around the edges. The germination process takes about ten to twenty days. In order to germinate they need darkness.

Violets are so good for you. I had no idea they were so useful medically, I just thought they tasted great! You can eat them candied, raw; you can make a violet mousse, and even violet ice. You can use them fresh or dried. Violets are rich in minerals and abundant in vitamins A & C. violets can be used internally or externally. With violets, you can make syrups, tinctures, salves, creams, and more. You can make a cough syrup and a sore throat gargle. Or you can simply chew the fresh leaves to soothe a sore throat. They can also be used to relieve sinus and lung congestion. Violets are so cool that they have a "cooling" nature. They are slightly sedating and are suggested for people suffering from anxiety, insomnia, and high blood pressure. What's even cooler than that is that the flowers and leaves, used in British herbal medicine, are used to treat breast cancer and stomach cancer.

I tend to get tons of headaches and lucky for me I just found a new way to get rid of them without having to take Advil. Yay for me. By drinking violet flower tea, headaches can be relieved. Also, a violet extract, which is more effective than a tea, is a safe and non-toxic way to reduce a fever. Chewed violets and some honey can sometimes soften callouses and tough skin. Even the mucilage in violets is useful; it will ease the pain of inflammation. Back in the day, Romans would scatter violet leaves and flowers in their banquet hall, while they drank viola wine and they wore head garlands made of the flowers. They thought it would prevent headaches and dizziness from the drinking. In France today, violets are used to treat a hangover. For such a tiny little plant they sure can do a ton. I certainly had no idea they were so useful. Next time you're outside look for them and try one if you haven't already. They taste so good and do magical wonders for your body.



## Periwinkle Printing

Screenprinted Fashions



0294 Narragansett Ave.  
Prudence Island  
RI 02872

Eliza Volkmann 401-742-4641



## *Intriguing Islander of the Month*

By Raya, PISF 3<sup>rd</sup> grader



Have you ever wondered what Ginny Westwell's favorite flower is? Well now you can know this and much more. Ginny was born July 3<sup>rd</sup>. She grew up in Charlton Massachusetts, a small farming community. She went to high school in Charlton, and university in Massachusetts. Her sister rented a house on Prudence and invited the family. They fell in love with Prudence and bought a house here. Her favorite thing to do on Prudence is watching the sunset on Sand beach. Ginny taught at a few schools. One was Memorial School where she taught grades 3, 4, and 6. Her favorite subject to teach is science. Ginny's favorite book is "Gone with the Wind". Her favorite shape is a circle. She loves the fall because of the crisp weather. Ginny's favorite month is October and her favorite weather is a sunny and moderate day. Her favorite animals are dogs, especially pugs. Her daughter has a dog named Willy and it's a pug. Daffodils are Ginny's favorite flower, and one of the first flowers to bloom in Spring. Her favorite holiday is Christmas! Did you know that Ginny took banjo lessons in the fourth grade? I bet she's really good! I'm so happy I got to interview Ginny because she is so cool!



## *PI Prom*

*June 7 @ 6:30pm at Farnham Farm*



The Prudence Island School will be hosting the very first island prom!! All islanders are invited and encouraged to attend! Have some snacks, dance the night away, and take an authentic prom picture! (Ok, you don't have to dance if that makes you nervous....)

The theme of this soiree is *Embrace Your Decade*, as attendees are encouraged to dress in attire reflecting the styles of their high school graduation year.

We will have registration forms available soon to sign up for this once in a lifetime event. The form should be completed and returned to Steph Jenness, mailed to the school, or dropped off at the school house during school hours. Please contact us at The [prudencewave@aol.com](mailto:prudencewave@aol.com) with any questions.

**\*\*As this is a school sponsored event, only non-alcoholic beverages will be served and permitted at the Farm\*\***

*Scenes from Our Classroom*



Clay class at world renowned sculptor,  
Allison Newsome's studio



Polygon math project



Marshmallow peep science project



Portsmouth Art Guild project with Martha Antaya





Fire Safety Class



Physics light project



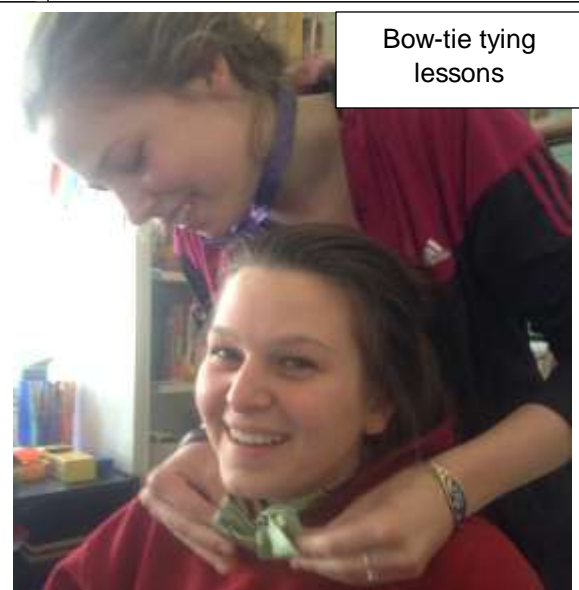
Easter egg hunt



Memphis's marbled egg project



High school education  
class and elementary  
reading lesson



Bow-tie tying  
lessons