

Meet your Neighbor Lincoln Resident Maryann Shallcross Smith

> On Page 10-11 Meet Your Neighbor Mary Ann Shallcross Smith. On Page 12-13 an update from Gloria Gemma Foundation. And much much more! Thank you to all the Lincoln Residents that submitted content!

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We are excited to bring you your first issue of *Neighborhood Living* and hope you will enjoy the monthly publications to follow. N2 Publishing is the leading provider of specialty publications for residents of exclusive communities across the nation. Our objective is to turn neighborhoods into communities with our monthly neighborhood magazines. This publication is a social newsletter, and it is designed to reflect the social activities and interests within and throughout Lincoln.

Neighborhood Living is provided free of charge to you as a homeowner. The cost of producing, printing, and mailing each newsletter is covered by the advertising partners that you see in each issue. We are very diligent about screening our advertisers to ensure that they can provide the types of services that you may need or want as a homeowner. If you currently utilize a business that does excellent work, please let us know, as they may want to reach out to your neighbors as well. Also, if you own or run a business and would like information on reaching your neighbors each month, contact me for advertising information or to simply list your business for free in the resident business guide. Each publication you will see is unique to your neighborhood, and the publication will reflect who you are as a community. A typical publication will include social event information specific to the residents of Lincoln upcoming meeting information, fun and free social events put on by N2, town issues and ideas, activities and club information, business information, pictures, personal stories, and articles

(mostly written and photographed by your neighbors), along with other information specifically tailored to your neighborhood.

Along with the magazine, we will host various free events to bring the community together for social events: free dinners and socials at top restaurants, spa reviews, golf tournaments, and more.

We will communicate to you the various events we are hosting through the newsletter and emails. If you wish to be included, please email me at brandon.sabbag@n2pub. com. The events and publication are designed to increase social connections between residents and to develop a true sense of community. By providing a well-designed publication full of stories and photos, we have seen N2 neigh-

borhoods increase attendance at social events and allow residents to widen their circle of friends. I'd like to personally thank all of our business sponsors who partnered with us, making the magazine free to all residents, as well as the residents who contributed to the first issue. *Neighborhood Living* magazine would not exist without the both of you! I look forward to meeting each of you at our upcoming neighborhood events and hope you enjoy the magazine!

s- Blessings,

ies Brandon ss 860-984-0235 es Brandon.sabbag@n2pub.com

TYPES OF ARTICLES YOU WILL SEE IN THE PUBLICATION

Since this magazine is about you and your neighbors, we want and need your involvement. We are looking for several types of articles to be submitted each month. Please take a few minutes to get acquainted with the types of articles we normally include in the publication. If you have any other article or story suggestions, please email me.

If you or a family member would like to be featured for any of the stories, just email me at brandon.sabbag@n2pub. com and I will send you the simple details of submitting the information.

Pictures - We love pictures! This includes photos of parties, graduations, family events, kids playing, holiday gatherings and more! One of the best parts about your new newsletter is the involvement from residents. Pictures are an easy way to help support the look of the newsletter, as well as bring smiles to your fellow residents. Digital photographs with high quality capability are the way to go here - the more pixels the better! Simply send an attachment of the pictures in an email to brandon.sabbag@n2pub.com.

Neighborhood News -

This section features any activity going on in the neighborhood or surrounding area such as parades, block parties, barbecues, neighborhood clean-ups, school picnics, fundraisers, pool parties or golf events. We want to let you know what is going on and what has happened with these social events!

Business Beat – This is a popular section where we highlight you as a business owner. Yes, you must be a resident of the neighborhood. It is an opportunity to let your neighborhood know the specifics of what you do, and services you

can offer, as well as a background of who you are and where you are from.

Classifieds – Do you have something that is for sale and would like to get rid of it? Just send an email to brandon. sabbag@n2pub.com with your contact info and description of the item.

Kids To Kids - Make your kid the rock star of the neighborhood as we profile a junior member of the community each month.

Family Spotlight – This is where we get to spotlight one of the neighborhood families each month. Have you always wished you knew your neighbors better? Well, here is a great way to get to know them. Each family is able to tell us whatever they would like, but some popular questions

to answer include: How long have you lived in the neighborhood? Where is your hometown? What's your education? What are your hobbies and interests? What is your career?



Precious Pets - Here is an award winner! If you have a pet and want them to be



famous, just get them in the Precious Pets section. Pets are our pride and joy so let us know who they, and you, are! Past famous animals have been turtles, rabbits, birds, horses, dogs, cats, a pig and much more, so have fun with this one.

Resident Recipe – This

is where you can let some of your cooking secrets out to the public! All that is required are

the ingredients and preparation advice, but a photo is always nice too! This really spices things up a bit from the ordinary mac and cheese.

Yard Of The Month - If you have an outstanding yard or garden or know a neighbor who does, we want to know about it. All you have to do is snap a picture and email it to us. Please include names and the address so we can



Whether you are 4 or 40, a ballerina or a football player, this section is for you! Sports are a big part of most people's lives and we would like to highlight some great athletes from the neighborhood.

all your hard work.

Athlete Spotlight –

New Arrivals - This is a new section designed to Volunteer Spotlight - We want to recognize the welcome new babies into the neighborhood, as hardworking volunteers of the neighborhood. This well as congratulate those proud parents. Please is a chance to let others know about your passion include basic birth information along with those for an organization. Giving back to the community precious baby photos! is a big deal and we want to recognize you for it!

Kids' Corner - Send in your child's poem or artwork! Our goal is to help your neighborhood have the best newsletter possible. We always keep your needs in mind, so if you know of anyone, or if you want to fill one of these articles yourself just make sure you let us know.

Living Spaces – If you have decorated a room in your house and would like to showcase it with the neighbors, please let us know!

Recognize Your Kids –

another way to

congratulate your

recognize or

kids about any

sport, academic,

or other activity

achievement?

Use your news-

give you the proper credit for

letter. This should include pictures along with what they achieved. Examples include: black belt, honor roll, straight As, scholarships, state champs, volunteer work, graduation, music, theatre or just simply wish them a happy birthday.

Travel Tales - If you or anyone you know has gone

rience, then this is the place to be. This gives your

friends and neighbors the chance to feel your expe-

rience and see if it would be a good fit for their own

vacation! Pictures can be included as well.

on a vacation and would like to share their expe-





A famous Native American proverb states: "Tell me a fact, and I'll learn. Tell me a truth, and I'll believe. But tell me a story, and it will live in my heart forever." Story-telling is powerful because it activates our brain and gives us a connection between cause and effect. To make saving and planning more relevant to your children, tell a story of how they can use what they earn and turn it into a long-term financial foundation.

We all have had a first job, maybe it was babysitting, dog walking, or working at the local ice cream stand. These jobs allowed us to

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SECURITIES AND ADVISORY SERVICES OFFERED THROUGH LPL FINANCIAL, A REGISTERED INVESTMENT ADVISOR. MEMBER FINRA/SIPC. earn our own spending money. Through work, we learned how to make money but oftentimes not how to maximize our savings for the future. Give your children the opportunity to learn about what a Roth IRA can do:

1. Power of early saving: In saving, there is one thing that is almost always true: you can't make up time. This is usually referred to as the time value of money.[1] Any money you have in hand now will be more than you will have later due to its earning potential. Both of our children started their first job at age 15, and each opened up a Roth IRA. We agreed that they could put in a percentage of their earnings, and we would match their contribution. This way, they were systematically saving and still had their own spending money. Over time, the amount saved early will outpace a later start by their peers.

2. Tax-deferral for life: An incredibly powerful aspect of the Roth is that the account grows tax-deferred. While in the Roth, there are no taxes, and when you take it out, you pay no taxes on the qualified withdrawals. There are some caveats to this: you must have had the account for at least five years and be over age 59 1/2 or disabled or use the money to buy your first home. [2]

3. Down payment: You can use funds from a Roth IRA for a down payment for a first home. After our oldest son graduated from college, he planned to purchase a home. He was able to access the funds from his Roth to help with the down payment. Before proceeding, make sure to meet the parameters laid out by the IRS, including qualifying as a first-time homebuyer and using up to \$10,000 for the purchase. [3]

4. Create a legacy: Another incredibly useful feature of the Roth is that you are not required to take required minimum distributions (RMDs) from the account. In a traditional IRA, you are required to start taking distributions at age 70 1/2. With no requirement to take distributions from a Roth, any funds left in the account can be passed down to other generations, allowing them to take federally tax-free distributions for their lifetime. The younger the beneficiary, the greater the impact.

5. Flexibility: Often, a Roth IRA may provide more flexibility than other types of accounts, such as a college savings 529 plan, since funds can be used for both retirement and college expenses. With drawals should be limited to the contributions made to the plan in order to avoid paying any taxes on the distribution. Be aware, however, that the distributions taken from the Roth IRA will cour as untaxed income on the following year's FASFA, thereby potentially reducing eligibility for need-based financial aid. Even if you distributions from your Roth IRA aren't included in your taxable income, you do have to report them separately on the FAFSA.

If you are like most people, you look back and wish that you had been taught more about money and saving. Begin with changing yo family's money story through teaching your kids about the Roth IR

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual



HOME AWAY I ALL GAME DATES ARE SUBJECT TO CHANGE

1	This information is not intended to be a
	substitute for specific individualized tax
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LINCOLN NATIVE HELPED CHANGE THE FACE OF CHILD CARE





In 1972, Lincoln native Mary **Ann Shallcross Smith was** a new mother to her first child. Keith. She made a decision that allowed her to stay home with her baby and eventually helped change the face of child care in Rhode Island. Mary Ann opened a home childcare service. She enrolled in courses in early

childhood and education to better serve children and families and, in 1995, earned her doctorate degree in education (Ed.D.), leadership, and human development studies from Nova Southeastern University.

Today, most know Dr. Mary Ann Shallcross Smith, Ed.D, as "Dr. Day Care." They might not know that Mary Ann was a pioneer in after-school childcare in the state. She and a colleague opened their first school-based after-school program in Lincoln in 1987. Since then, not-for-profit Kids Klub expanded into more school districts, and Mary Ann opened Dr. Day Care Learning Center that could accept infants and toddlers. She also manages the Therapeutic Child Care Services (TCCS) program that provides the foundation for children to learn, socialize, and play alongside their typically developing peers.

Mary Ann's impact is not limited to just the families she serves. Mary Ann also founded the group Rhode Island Business Owners of Child Care Association (BOCA) to advocate for child care and education with childcare owners across the state. This group works with state regulatory agencies to help shape the future of the childcare business in Rhode Island. An author of children's books and a lifelong learner about the latest trends in building healthy children and families, Mary Ann Shallcross Smith truly makes a difference.

It all started with a desire to help families meet their need for safe, nurturing child care. "Kids Klub got started in 1987," Mary Ann recalled recently. "Two parents working outside the home was getting very popular for economic reasons. They needed child care." As a home caregiver herself, Mary Ann knew first-

hand that parents endured long waiting lists for the few home caregivers like herself.

"Lincoln put out an RFP (Request for Proposals) for after-school programs," Mary Ann said. "You had to be nonprofit. I didn't even know what a 501(c)3 program was," she laughed. "It wasn't like you could Google it. You had to open up a book and read about it. A good friend of mine, a colleague who ran a nursery school up the street in Lincoln ... we met for coffee and we put the 501(c)3 together."

Coincidentally, her business decision in 1987 also helped with her own childcare challenges at the time. "Believe it or not, my daughter was the perfect age," Mary Ann said. Her daughter, Amy, was in fourth grade in 1987. "She was the age when I was doing home-based daycare, and she couldn't even come into the numbers for home-based care." Mary Ann came up with an idea to offer a quality, licensed, educational childcare program in her daughter's neighborhood school, thus meeting an important need for her daughter's care and the community.

Once Mary Ann finished the RFP, she had to pres ent it to the school department. "I picked Lincoln. I was born and raised there. I had my kids there. And luckily enough, we were chosen to be the provider of after-school care. I ran the program for a very long time." The advent of after-school programs meant that children like Amy and her friends had a safe, entertaining, and educational place to be between the time school ended and the time parents returned home from work.

"Today, I've grown to nine Dr. Day Cares and seven Kids Klubs, the nonprofits," Mary Ann said. She has developed a highly qualified staff of directors and caregivers.

Dr. Day Care Learning Centers provide care for children ages 6 weeks through 12 years old, with unique programs for infant, toddler, preschool, and school-age children. Dr. Day Care offers quality care and education 52 weeks of the year at locations in Cumberland, Foster, North Providence, Pawtucket on Concord St., Pawtucket on Thornley St., Providence, Smithfield, South County, and West Warwick.

Kids Klub provides quality care and education for children in kindergarten through 12 years old. Kids Klub operates before- and after-school programs and full-time programs during school vacations, summer break, and when school is not in session. They offer field trips and enrichment programs. Kids Klub's nationally accredited programs operate in schools in the North Providence School Department and North Smithfield and Woonsocket school districts.

Kids Klub and Dr. Day Care Learning Centers have come a long way since Mary Ann first opened her home daycare, so she could stay home with her own baby. "It was two women entrepreneurs doing daycare in their homes who knocked on the door and said, 'We have a growing population; we really need it," she recalled. Seeing the array of before- and after-school programs that help today's working families, it is hard to comprehend how rare that was just a few decades ago. "When I started, there weren't many," Mary Ann reflected. "Today, 30 years later, almost every school department has a before- and after-school program."



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making a difference

By Carol Ann Donnelly, communications manager and survivor

May is Empowerment Month at the GLORIA GEMMA FOUNDATION!

Cancer survivors are forced to ride an emotional roller coaster during surgeries and cancer treatments, and when the ride ends, they don't always recognize the person staring back at them in the mirror. These surgeries and treatments cancer patients go through to beat their diseases can cause long-lasting and often permanent changes to their physical appearances.

Changes range from scars to changes in body shape, hair, skin, and nails. Survivors disembark from the cancer ride with skin that once radiated a natural glow and appeared to be pore-free to sallow-looking skin that is sensitive to the purest and natural health and beauty products. Clothes don't fit the way they used to, and the beautiful, full-bodied locks, prior to the cancer diagnosis, are now a limp mop of mousy brown and gray hair.

It is completely unfair, but it is the reality. Another reality is that people want to look good because it makes them feel good. When we feel good, we are more confident and happier, and when we are happy, our bodies release good hormones, like endorphins. We also stand a little taller and think a little clearer, which leads to making better choices. That's why the Gloria Gemma Foundation has dedi-

cated May as Empowerment Month. "Our goal is to empower people all year long through our education programs and support services," said executive director Maria Gemma. "But May is a perfect month to really focus on empowering the people we serve because we host our annual fashion show in May."

The fashion show to which she is referring is the Our Heroes Fashion Show, at Rhodes on the Pawtuxet in Cranston. For ten years, the foundation has produced this program to enable survivors to recapture their beauty and confidence through a fun and magical evening for everyone who attends. The foundation also has classes scheduled in May that are all about empowerment. For example, GiGi Gravel, a women's empowerment coach and second-degree black belt in taekwondo, will teach a self-defense class that goes beyond how to neutralize an attacker and teaches women to live into their true potential and achieve their goals. The foundation has also scheduled professional stylist Jill Marinelli and local photographer, artist, and stylist LuLu Locks to do a class that empowers women through fashion. Like all of Gloria Gemma's programs, these classes are free.

"These classes are part of our Knowledge is Power campaign that we began at the beginning of the year. We provide credible information and resources on our website, focusing on a different topic each month," Gemma said.

The Gloria Gemma Foundation has always provided education to help the people they serve live their best lives. With knowledge comes empowerment, and we want to empower people to live healthfully.



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kids condections bubblictor resident Jeremy Morin

The LJLRC races Hot Wheels, Matchbox, and Johnny Lightning die-cast cars on the second Sunday of every month at the McColl YMCA located at 26 Breakneck Hill Rd., Lincoln, RI. Doors open to the public at 8:30 a.m., and they welcome all ages! They also have lots of tables with die-cast cars for buy, sell, and trade for the serious die-cast collectors or those just looking to buy cars for racing on the club's tracks. The Lincoln Johnny Lightning Race Club also raises money for local charity A Wish Come True out of Warwick, RI, with their Hot Wheels Monster Jam races every month. If you are interested, please visit the club's website at www.ljlrc.com; also, you can contact club president Jeremy Morin at 401-248-1625. Also, "like" the Lincoln Johnny Lightning Race Club on Facebook!









Our law firm helps many families save assets from loss for payment of nursing home expenses. Many people are surprised that we can save a significant amount of assets, even when the need for a nursing home admission is imminent. Actually, our most dramatic saves are when the individual has

already been in the nursing home for quite some time. As we like to tell our readers, it is never too late to take steps to save some assets.

How we go about accomplishing our goals differs from client to client. The level of assets, the type of assets, the financial history, and the family relationships all have an impact on how we are able to save assets.

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Generally, one of the methods we like to use in accomplishing our goals is to make sure our client has a good team in place. What do we mean by a team? That depends upon the client, but almost always, it includes an experienced tax advisor. Whether this is a CPA, enrolled agent, public accountant, or other adviser is not as important as whether this person can provide the tax advice necessary to protect our clients from possible adverse tax consequences.

In addition to a good tax advisor, most clients benefit from working with a good financial advisor. Since our objective in saving assets is to have them available at some point in the future to provide for supplemental benefits for our client, making sure that the saved assets are intelligently invested in the interim is extremely important.

For clients with real estate, it might be helpful to have a real estate advisor. Whether this means a broker, an appraiser, or a real estate manager would depend upon the circumstances.

Certainly, we want to make sure there is an experienced legal advisor on the "team" as well. Of course, that's where we like to think that we come in.

The above are just examples of what I mean by putting together a team. Depending upon the circumstances, other advisers might make an important addition to the team.

Sometimes, the client already has a good team put together, and other times, we may need to assemble such a team. But, having the team assembled is just the beginning. The real test is how well the team can work together to address the clients' needs. While having good legal advice is very important, depending upon your circumstances, you may be much better served by having a comprehensive team approach to solving your problems, and especially so if the team works well together.

So, let me end this article with a question. Who's on your team?



Yield: 8 Servings Prep Time: 0:15 Total Time: 1:05

Ingredients

31/2 tbsp. unsalted butter (at room temperature), plus more for the pan 11/2 c. whole milk 4 large eggs 1/3 c. plus 1 rounded tbsp. granulated sugar 2 tsp. pure vanilla extract 1/2 tsp. kosher salt 12 slices white sandwich bread (we used Pepperidge Farm) 16-oz. pkg. small raspberries 16-oz. pkg. small blueberries

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recipe of the month

Mother's Day BREAKFAST-IN-BED French Noast Bowls

Directions

1. Heat oven to 350°F. Butter four 1-cup oven-safe bowls or baking dishes.

2. In a large pitcher, measuring cup, or bowl, whisk together the milk, eggs, 1/3 cup sugar, vanilla, and salt.

3. Remove the crusts from the bread, then spread one side of each piece with the butter. Cut each piece in half to make two triangles. Arrange some of the bread, buttered-side up, around each bowl or baking dish. Top with the berries, then repeat, making sure to keep the bread around the edges of the dish.

4. Pour the custard mixture over the bread and berries (about 2/3 cup per dish). Sprinkle with the remaining rounded tablespoon of sugar (about 1 teaspoon per dish) and place the bowls on a rimmed baking sheet.

5. Cover the dishes loosely with foil and bake for 20 minutes. Uncover and continue baking until the custard is set and the bread is lightly golden brown, 30 to 35 minutes more.

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Redecorating your home can be an overwhelming task, especially if you don't know where to begin. Painting is one of the simplest ways to breathe new life into your space, and best of all, you can do it yourself! By following a few easy tips, your walls will have a flawless fresh coat in no time.

Prep

The prep work that goes into painting is perhaps the most important step. Be sure to wipe down your walls with a damp towel to remove any dust or debris. Remove all nails and picture hangers, and fill the holes with putty. Remove all switch plate and outlet covers. Doing these things before you begin will keep you from having to stop and address issues along the way.

Tape

Though it can be tedious, taping off crown molding and other trim will keep you from creating a mess that you'll have to clean up later. Be sure to purchase a high-quality painter's tape that will adhere well and prevent paint from leaking through.

Cover

Covering flooring and furniture is essential. Purchase a drop cloth or use old bed sheets to prevent dripping paint on anything that can't be cleaned easily. After you're finished with your painting project, the clean up will be much easier.

Prime

Though it adds an extra step, using a high-quality primer will cut down on the number of coats you will need to paint because the paint will adhere better to a primed surface. It will also help mask any imperfections and make the painted surface more durable.

Paint

Use a new, angled brush to paint along taped edges. When you are ready to paint with a roller, make sure your roller is free of any dust to ensure a smooth surface. Avoid painting in a straight up and down pattern, and instead, paint in a "zig-zag" pattern to allow for more even distribution of paint. Once your final coat has dried, peel back your painter's tape and enjoy your new wall color!

Make Your Yard



lawn & garden By N2 Staff Writer, Elizabeth McCabe

Are you bewildered by bugs in your backyard? Has your lawn become infested with mole mounds? Or perhaps Japanese beetles have decided that your lawn is their living room. Don't let your luscious

No More Moles

If you have seen mole activity in your yard, it's time to take action. Don't let mounds and raised ridges ruin your lawn. Say goodbye to moles by setting traps or consider using castor oil to encourage moles (as well as voles) to beat it. Be careful not to overwater your lawn either. An overwatered lawn can create moist soil, which moles love when building their empire.

Say Sayonara To Japanese Beetles And Grubs

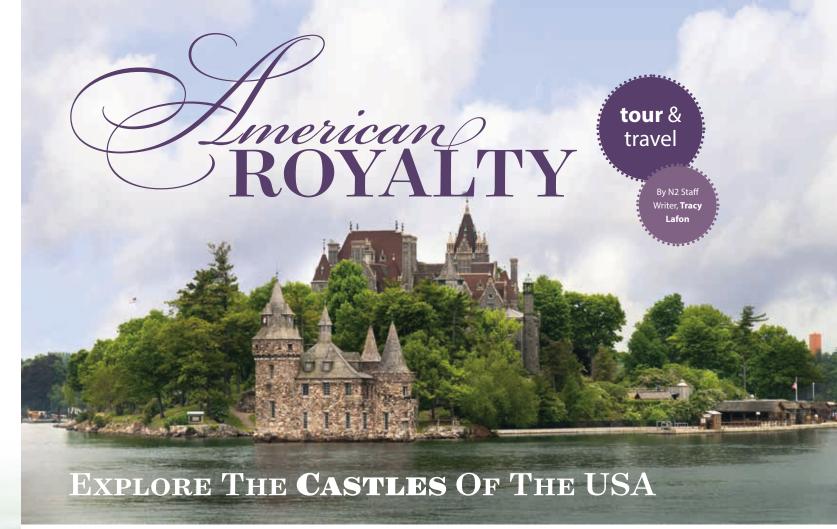
If you see Japanese beetles and grubs on your lawn, don't delay take action today. Simply spray your lawn with two tablespoons of liquid dishwashing soap diluted in one gallon of water. Soak your soil, and beetles (as well as other bugs, such as grubs) will surface, creating a feast for feathered friends. Repeat once each week until the problem is remedied.

Be Brave And Build A Bat Cave

If you're serious about parting with mosquitoes encroaching on your property, you might just consider building a bat house. Bats can consume 600 mosquitoes per hour, which is welcome news if you're tired of itchy bites and cutting your outdoor plans short. Bats are highly recommended for organic pest control without the use of harmful chemicals. Houses for these nocturnal creatures should be built out of nontoxic wood, such as cedar or plywood, and be placed 15 feet above the ground in a sunny spot.

Consult with your local garden professional to help you get (and keep) a luscious lawn free from pesky pests. Keep in mind that it





Iconic moats, drawbridges, stone walls and spiral towers usually Boldt Castle - Alexandria Bay, NY invoke images of mystic European castles, but there are actually Accessible by water from both the USA and Canada, this majestic, royal castles open for exploration right here in America. partially completed and restored impressive estate has it all: While you won't need a scepter, velvet robe or glass slippers, you towers, arches, a stone gazebo, guest houses, private docks and can experience royal life by visiting these American castles: yacht house, indoor pools and even a maiden's room at the top of the tower. The island also offers a gift shop, a sprawling park Hearst Castle - San Simeon, CA and a restaurant.

Commissioned by newspaper giant, William Randolph Hearst, this estate is one of America's most recognizable and toured Castello di Amorosa - Calistoga, CA castles. It features 56 bedrooms, 61 bathrooms, over 100 acres The newest addition to American architectural royalty is a Tusof gardens, a movie theater, exotic animal zoo and both indoor can castle built in 2007. Located in Napa Valley, this castle was and outdoor pools. The Neptune pool is surrounded by Roman built by fourth generation vintner Dario Sattui and features an statues and a temple front. In its heyday, the castle hosted famous on-premise winery. The estate remains faithful to 12th-century architecture, featuring a moat, drawbridge, a knight's chamber, guests of American royalty such as Charles Lindbergh, Clark Gable, Franklin D. Roosevelt and Joan Crawford. chapel and even a torture chamber. The 300-year-old iron maiden and other authentic torture devices are an intriguing draw for **Biltmore Estates - Asheville, NC** many visitors as well.

Perched high in the Blue Ridge Mountains sits America's largest privately-owned home; the stunning 175,000-square-foot Chateau Laroche - Loveland, OH castle was built for George Vanderbilt and wife, Edith. It has 33 After fighting in World War I and being officially declared dead, veteran Harry D. Andrews returned to "life" and America, where bedrooms, 43 bathrooms and 65 fireplaces. It is not simply the size or the architecture that are so impressive, but the exquisite he built a castle in honor of a time he believed knights were noble treasures held within. Priceless art, sculptures and tapestries and warfare was civilized. Andrews was a longtime Boy Scout are found in every room. The house is open year-round but the leader and upon his death, willed the estate to his troop known as Christmas tour is renowned by all who visit. the Knights of the Golden Trail.

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healthy living By N2 Staff Writer, **Elizabeth McCabe**

Do you feel glued to your **DIGITAL DEVICE?** Would you rather go without sleep than go without your smartphone? If so, you're not alone. In today's digital age, many individuals find themselves addicted to their smartphone.

According to Apple, people unlock their iPhones a staggering 80 times each day. Think that's a lot? That doesn't even compare to the number of times that people touch their smartphones. One research firm found the average user clicks, taps or swipes his or her smartphones 2,617 times each day. Fortunately, steps can be taken to help put technology in its proper place. Smartphones don't have to impede on family time, drive time or sleeping time. With a few helpful tips, your smartphone won't have to rule your life anymore.

Disconnect With Do Not Disturb

One way to put your digital device down for a timeout is to put it on silent or do not disturb. Attention creates desire – the more time that you spend on your smartphone, the more you will become addicted to it. Why? Blame it on dopamine. This brain chemical is released when you receive news on your phone or seek out information. By taking a technology break, you will also help break the chemical reaction in the brain that takes place from each encounter with your smartphone.

Out Of Sight - Out Of Mind

One of the easiest ways to disengage with your smartphone is to place it out of sight. The farther your smartphone is from you, the less you will be tempted to check it. Place it in a drawer for a designated time period or even put it on the opposite side of a room.

Engage In Real "Face Time"

Having friends on Facebook or followers on an Instagram account is no substitute for authentic face-to-face relationships. While you may have a high quantity of "friends," they may not be highquality friends. By engaging in real face time with people, you will feel happier and genuinely connected. It's hard to replace an addictive behavior without having a suitable substitute. Building genuine friendships and relationships outside of your smartphone is definitely the way to go.

Life is too short to be stuck to a digital device while real life passes you by. Take a break from your smartphone each day. Experience the truth that less is more.



Mother's Day Weekend at Revive the Roots 11:00 am 375 Farnum Pike, Smithfield, RI [Map]

Revive the Roots at the Mowry Commons invites you to join them for a day in nature on May 12 and 13 from 11 a.m. to 5 p.m. to enjoy live music, shop their plant sale, meet their sheep, experience the outdoor Cobb oven, win prizes at their raffle and much more! Proceeds benefit Revive the Roots, Mowry Commons, and the community gardens. For more information, visit www.revivetheroots.org, or check out Revive the Roots on Facebook.

For information: www.revivetheroots.org

Garden Party & Open House

by Providence Athenæum

The Richmond Fountain is about to flow again! You, along with your family, friends, and neighbors, are invited to a spring garden party ar open house at the Athenæum. Join us to watchExecutive Director Ma Burriesci restart the 145 year-old fountain and toast the occasion wit processo and live jazz from the Antonio Forte Trio.

Tours of the library will be offered at 2pm and 3pm. The fountain will be restarted and our glasses raised at 2:30pm. All are welcome and al ages are encouraged. A drop-in children's art activity will be offered. Light refreshments will be provided.

Please join us and invite your friends! We look forward to seeing you the garden (rain or shine).

DATE AND TIME

Sun, May 20, 2018 2:00 PM - 4:00 PM EDT

LOCATION

The Providence Athenaeum 251 Benefit Street Providence, RI 02903

	Eggs and Issues Breakfast with Speaker of the House Nicholas A. Mattiello 5/16/2018
	Wednesday, May 16, 2018 7:45 AM - 9:15 AM EST
	Kirkbrae Country Club
	197 Old River Road
	Lincoln, RI 02865
or it	
r	Speaker Mattiello's focus i on improving the state's economy and job climate and providing tax relief for Rhode Islanders. Join fellow Chamber members as we hear the Speaker discuss issues that are being debated at the State House this year. After his presentation, there will be plenty of time for Q and A. " If you don't think it is your business to be involved in government, always remember that the government is involved in your business."
nd	Southern New England Women's Expo
att	Sunday, May 6, 2018 11:00am
h	15th Annual Women's Expo
	Seminars, Fashion Shows, Beauty Pavilion, Cooking Demos, Wine Tast-
	ings, Book Signings, Live Entertainment, Shopping.
	PRE-REGISTER www.snewomensexpo.com
	Two For One \$10.00 You buy one – you get one free!
	Four Pack \$20.00
in	Single Admission is \$10.00 at the door on the day of the event
	@ Twin River Casino
	-

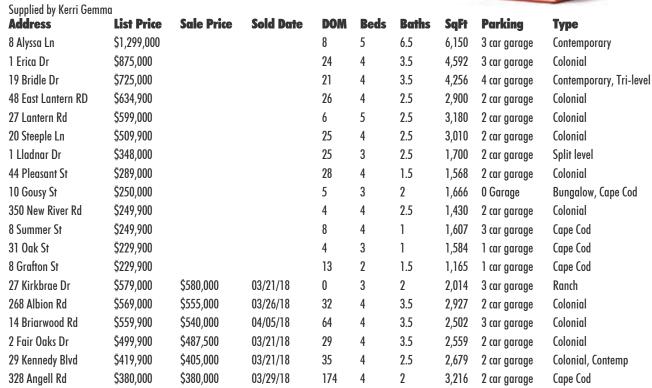
Strictly Sinatra presents The Rat Pack Spring Show

Saturday, May 26, 2018 8:00pm

Strictly Sinatra presents The Rat Pack Spring Show 5/26/18, doors 7pm, show 8pm, all ages, \$21 and \$16 reserved seating. @ Twin River Casino

Real Estate RESOURCE

The information contained herein has been obtained through sources deemed reliable by Neighborhood Networks Publishing, Inc., but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification.



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PUBLISHING

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Classifieds

 To place a FREE classified, please email **brandon.sabbag@n2pub.com** by the **8th** of the month. Please include a detailed description of the item for sale, price, and contact information in 40 words or less.

HOUSEMATE WANTED: A person who hates sugar to share a house with. Please call The Gingerbread Man at 555-9876

SUITS FOR SALE: I have outgrown many of my clothes. Would make great Halloween costumes. Contact Spiderman at 555-1111

NEIGHBORHOOD REEF SALE: Many of us on Coral Way will be having a reef sale on Friday. If you are interested in participating, find Nemo and let him know. No sharks allowed. **HOUSE SITTING:** The Princess and I will be leaving the marsh next month and would like someone to watch over the place. If anyone is interested, call Shrek at 555-5555

BRIDGE FOR SALE: I've decided to retire from the business and sell the Brooklyn Bridge up in New York. Price negotiable, must pickup. Call Tony at 550-5000

FREE TO GOOD HOME: Skunk family raised from an abandoned litter in our backyard. Absolutely adorable creatures! Must take whole lot, glands still intact. Call 555-7772

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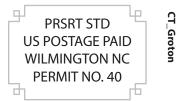
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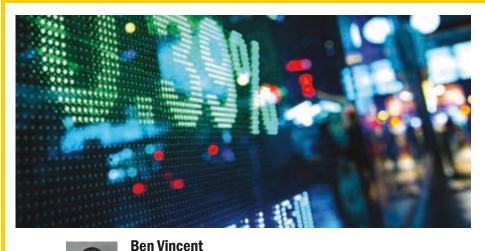
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