

**A** Jamestown business has been spotlighted as one of the most environmentally friendly fitness establishments in the country.

A story in the July issue of Fitness Management tells of Jamestown Fitness Center's owner Barbara Lundy's concerns for the environment and, in particular, the island's fresh water problems and its bans on water use during long, dry periods.

The article outlines the various steps Barbara took while constructing her center on Southwest Avenue. These include the building of a swale which captures runoff water and allows its release to a wetland behind the structure and a rain barrel is used to water potted plants.

Inside, she installed water-saving heads on all four showers and all sinks, and the toilets use 1.6 gallons per flush. The men's room has the first waterless urinal on the island.

Beyond the water concerns, Barbara said that she has energy-saving lights and the building is well insulated. She also purchases environmentally-friendly cleaning products and buys recycled paper towels and toilet paper.

Here on our small island, Barbara Lundy and her Jamestown Fitness Center show the world what real environmentally-sensitive initiatives mean whether establishing a new center in the world of fitness or any other business.

Great job, Barbara!

## The Walrus Says

By Jim Munro



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With the Jamestown Philomelian Library's middle school book group meeting early next month, it's time for members to pick up and read their copy of "Green Glass Sea" by Ellen Klages, the 2007 winner of the Scott O'Dell Award for Historical Fiction.

Please call or visit the library to reserve a copy of the book or reserve it online [www.jamestownri.com/library/](http://www.jamestownri.com/library/). All children entering middle school in the fall are welcome to join. Visit the library or call 423-7280 to register or just come ahead anyway.

The discussion on the book will be on Friday, August 10, at 3:30 p.m. in the museum room.

According to the publisher, the plot takes place in 1943, when 11-year-old Dewey Kerrigan is traveling west by train to live with her scientist father amidst much secrecy. Over the next couple of years, Dewey gets to know eminent scientists, tinkers with mechanical projects and becomes friends with a budding artist who is as much a misfit as she is and all the while has no idea how the Manhattan Project is about to change the world.

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Will someone please inform the ProJo that Jamestown is not in South County!

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The Kathy Brownell Follies is in intense rehearsal for this year's appearance in the Jamestown Community Chorus' 18th annual Talent Show on Aug. 16.

This will be the 17th year the troupe will delight the island audience. Although it has its act together, the performers have yet to come up with a title for it. Kathy did offer a hint, though, "You never know what a strong wind will blow in."

In addition to Kathy, the follies in made up of Alexa Furtado, Elaine Flynn, Denise O'Dwyer, Marilyn Tolleson, Carolyn Jacques, Jim Feeney, Sharon Reardon and Julie Lutyens.

"We're all looking forward to it," Kathy said.

Break a leg, gang!!

Raffle tickets, the winners to be drawn during the talent show, will go on sale Aug. 4 at businesses throughout town. Tickets are \$1 each and six for \$5 and are also available from chorus members or at the door on the 16th.

Ticket sellers will be located in front of McQuade's on Saturdays, Aug. 4 and 11, and Sundays, Aug. 5 and 12, all from 11 a.m. to 3 p.m.

There will also be a table set up near the East Ferry Deli on Saturday, Aug. 11, from 9:30 a.m. until 3 p.m.

Proceeds from the show and raffle benefit future programs of the chorus, donations of choral music to the library, a music scholarship for a Jamestown student and the chorus' participation in

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the Rhode Island Festival Chorus, founded by the island singers and their director, B.J. Whitehouse. SING ON!!!

Michael Vick should be incarcerated in an animal cage in a shelter. Nah, that would be too good for him.

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If Fluffy leaves home, Dr. Joshua Hatch of the Jamestown Animal Clinic tells in his Pet Tip of the Week how you'll get him back quicker. "A missing pet can be a stressful event for a family.

"A few precautions now may help get your pet back quickly and safely. First, make sure your pet has some identification like tags or a collar with a current phone number on it. Make sure you have a recent photo of your pet so you can put up flyers and let local animal hospitals, dog officers, and shelters know what your pet looks like.

"If your pet is micro-chipped make sure that information is current, too. If you do put up flyers, offer a small reward to guarantee every kid in the neighborhood is looking for your pet! Start looking for your pet by walking around your neighborhood on foot. Most pets do not stray far from home and if they are injured you are more likely to find them if you are not in your car. Carry a blanket or towel with you in case they are injured so you can move them without getting bitten or scratched yourself."

WOOF!

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Does anyone remember the name of the seagull Red Skelton impersonated?

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As the heat settles in this month there'll be a lot of talk about the "dog days." You may hear that it signifies sultry days "not fit for a dog," or that it's the weather when dogs go mad.

Actually it's the days defined as the period from July 3 through Aug. 11 when the Dog Star, Sirius, rises in conjunction (or nearly so)

with the Sun.

As a result, some felt that the combination of the brightest luminary of the day (the Sun) and the brightest star of night (Sirius) was responsible for the extreme heat of the middle of the summer. According to the ancients other effects were droughts, plagues and madness.

Sounds right.

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Some of that madness, and indeed panic, will be seen in the media as Aug. 1 ushers in the first day of the hurricane season in New England.

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My mama done told me.....

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Another moment of mirth with Beth: Our 5-year-old grandson couldn't wait to tell his grandfather about the movie we had watched on television, "20,000 Leagues Under the Sea." The scenes with the submarine and the giant octopus had kept him wide-eyed.

In the middle of the telling, my husband interrupted Mark, "What caused the submarine to sink?"

With a look of incredulity Mark replied, "Grandpa, it was the 20,000 leaks!!"

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Be true!

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Call in your stuff for this column to 423-0383 or 829-2760. You can e-mail us at [jtnwalrus@hotmail.com](mailto:jtnwalrus@hotmail.com), or drop your items off at the Jamestown Press office.



## Ruben in summer scholars program

Molly Alyssa Ruben of Jamestown is a summer participant in the Hackman Scholars Program at Franklin and Marshall College in Lancaster, Pa. Ruben, a junior, majoring in American studies and psychology, is the daughter of Michael Ruben and Kelly Easton, of Jamestown.

## Film crew visits island farms for national project

YERT, Your Environmental Road Trip, is a year-long eco-expedition through all 50 states exploring the landscape of America's unique approach to environmental sustainability. Founders Mark Dixon, Bob Evans and Julie Dingman-Evans will visit 50 states in 52 weeks. Their journey brought them to Jamestown last week to visit the Dutra Farm and the Watson Farm.

Eager to learn all they could about a small family dairy operation and Rhody Fresh, the cameras rolled at the Dutra Farm as the team learned the history, the current operation and what Joe and Jessie Dutra are doing to remain viable moving toward the future. They spoke at length about Rhody Fresh, the importance of keeping dairy farms sustainable in Rhode Island and the overwhelming support from Jamestown and the state as a whole.

Walking through the fields, Joe Dutra explained the value of the pastures, rotational grazing and the harvesting of corn and hay to feed their 100+ Holstein cows. Standing on the back edge of the horizontal silo, taking in the views of pastures, corn fields and sail boats on Narragansett Bay, Jessie spoke of the importance of keeping a sustainable working farm that can be passed on to their son Joey, who is 4 years old.

The next stop on their environmental road trip took the YERT team across North Road to the Watson Farm. Don and Heather Minto spoke to them about the importance of having small farms in the community and how fortunate we are in Jamestown to have so many working farms making up our landscape. Most communities don't have that, Don said.

They spoke at length regarding how they manage the land and their philosophy of raising grass-

fed beef. Farmers committed to grass-fed livestock are part of a movement to raise animals good for the farm, the environment and the consumer. It is a win-win situation with the driving force being the health benefit for the consumers.

Most of these farms are doing direct sales through farmers markets and other direct marketing. Don explained the importance of selling local. The Minto's have been selling their products locally for 28 years. Don said "Farmers who shorten the distance between the farm gate and the consumers table are enhancing the farms viability while being sensitive to the environment. Direct marketing cuts down on fossil fuel consumption and it connects people to the land because they know where their food is coming from."

Currently, the Land Trust and the town are working toward the permanent protection of the Dutra, Neale, and Ceppi Farms.

For more information about YERT and to follow them on their road trip visit [www.YERT.com](http://www.YERT.com).

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