

ABOUT TOWN

Dating violence topic of library workshop

The Friends of the Jamestown Library will host a workshop on teens and dating violence on Thursday, Oct. 16, at 7 p.m. The workshop will be presented by the Women's Resource Center of Newport & Bristol Counties.

The goal of this workshop is to bring a message about dating violence to a very vulnerable population. Statistics show that some 25 percent of high school aged teens experience physical violence in their dating relationships. Thirty-five percent of teens think that jealousy, violence and possessiveness are signs of love. Sadly, 70 percent of teens will not intervene to help a friend after seeing a violent situation.

Participants will compare and contrast healthy and unhealthy relationships and they will learn about the warning signs of abuse and the cycle of violence. Finally, teens will learn what to do if they or someone they know ends up in a dangerous dating situation.

Parents and community members are also invited to listen and learn about this important issue.

The Women's Resource Center of Newport & Bristol Counties was incorporated in 1977 by a group of local women who

recognized the need to provide a place for victims of domestic violence to learn, to grow and to make good educational and vocational choices.

The Friends of the Jamestown Library support quality services in the community through fund raising, volunteerism and serving as advocates for the library's programs. For more information about this and other programs supported by the Friends of the Library, call 423-7280 or visit the Web site at www.jamestownri.com/library.

Women's wellness day to feature TV chef

Mary Ann Esposito, host of the popular television cooking show *Ciao Italia*, is the keynote speaker at the upcoming Women's Wellness Day scheduled for Saturday, Oct. 25, at the Village Inn in Narragansett.

Mary Ann will demonstrate two recipes from her two most recent cookbooks and speak about the important role food, cooking, and sharing time around a table play in a happy, healthy life. Her presentation will include a tasting, questions from the audience and a book signing.

After Esposito's presentation, attendees can choose from more

than a dozen lectures on diverse and important health topics including heart health, menopause, diabetes, sleep, and nutrition, which will be offered throughout the day. In addition, there will be presentations on finances, yoga, meditation, and life coaching.

Attendees can shop the more than 20 exquisite vendor tables, where items like artisan jewelry, specialty cosmetics, fine stationery, cooking items, and organic bath products will be for sale.

This event is sponsored by South County Hospital. For more information, visit www.schospital.com.

Advance reservations and registration are required. The cost is \$40 per person and includes morning coffee and biscotti, all presentations, lunch, access to free health screenings, free chair massage and much more. Space is limited and is by reservation only. Registration must be received by Monday, Oct. 20. Call 788-1647 for more information.

Retired enlisted at Brewski's Restaurant

The next meeting of TREA, Chapter 79, will take place on Saturday, Oct. 11, at 1 p.m. at Brewski's Restaurant, 10 Maple Ave. in Middletown.



Swiggart-Wayt marry in New Hampshire

On Sept. 13, 2008, Carolyn C. Swiggart of Darien, Conn. and John Wayt, III of Jamestown were married at Tamworth, N.H.

The Rev. Thomas Cleveland, a family friend, performed the Episcopalian ceremony at the Wonalancet Union Chapel. A reception followed at Kilmarnock, the summer home of the Wayt family.

Swiggart is an attorney and will retain her name professionally. She has a matrimonial and general law practice in Darien. In addition to being a member of the Advisory Committee of the American Bar Association, she is on the Executive Committee of the Connecticut Bar Association's Family Law Section. She is a daughter of Margaret P. Rudisill of Darien and Edward L. Rudisill of La Jolla, Cal.

Wayt is chairman of Seven Branches Farm, LLC, and oversees his family's national real estate holdings. He is a son of Mr. and Mrs. John A. Wayt, Jr. of Cumming, Ga.

The couple enjoys off-shore sailing, and divide their time between Darien and Jamestown.

BIRTHS

Flanagan

A daughter, Mariah Haley Flanagan, was born Sept. 9, 2008, at Tipler Army Medical Center in Honolulu, Hawaii, to Amber (Wika) and Brandon J. Flanagan, currently stationed at Naval Station Pearl Harbor, Hawaii.

Grandparents are LeAnn Allen of Olathe, Ks., Brian Wika of Lake Mary, Fla., Catherine Piwoni of Davie, Fla. and Jamestown, and

Jay Flanagan of St. John, USVI, formerly of Jamestown.

Black

A son, Seamus Martin, was born on June 4th at Newport Hospital to Jennifer (Weeden) and Jason Black of Jamestown.

Proud grandparents are Donna Weeden of Celebration, FL, also Ronald and Beverly Black of East Greenwich.

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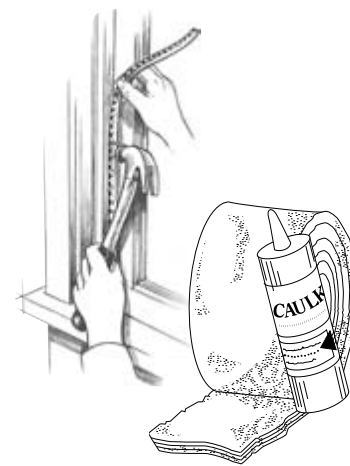
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