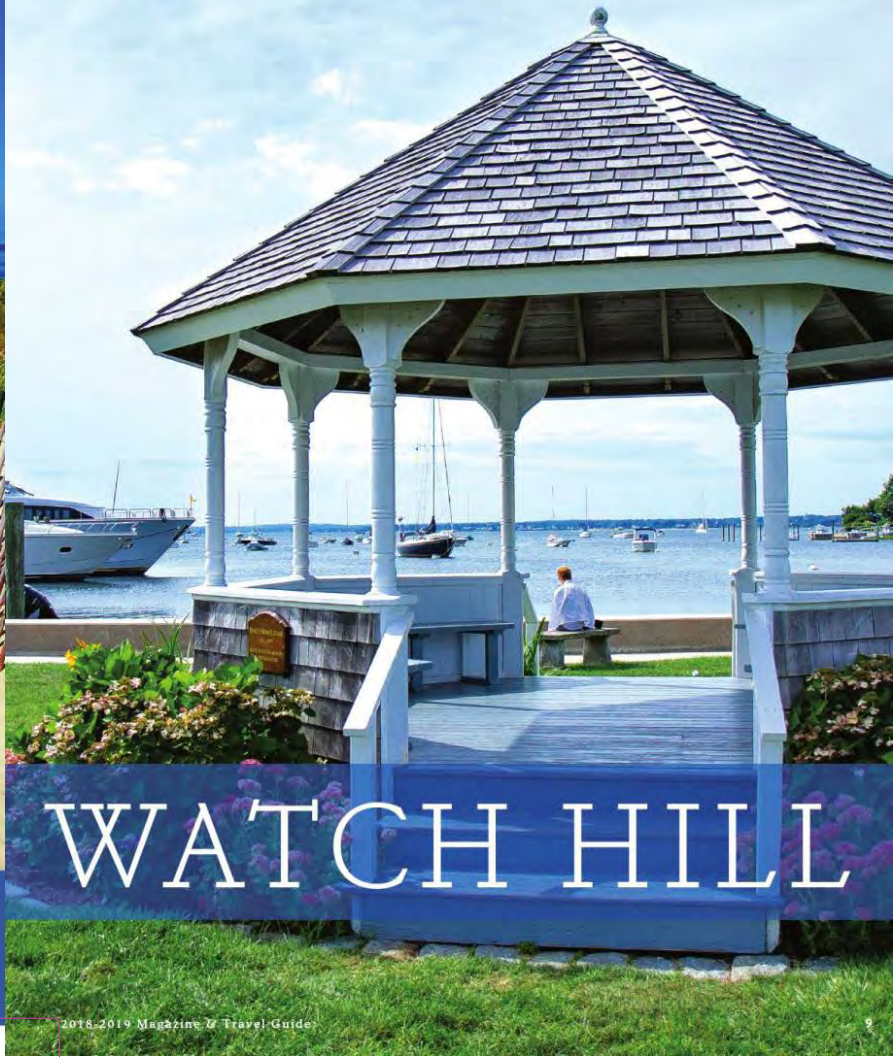




Picturesque and refined, Watch Hill is a classic, New England seaside retreat

ABOVE: NAPATREE POINT / NINO TRAVATO PHOTO



WATCH HILL





LEFT: ROCKING CHAIRS AT THE OCEAN HOUSE / JAMES J. MACKIN PHOTO

BELOW: PHOTO COURTESY OF THE WEEKAPAUG INN

RIGHT: CHIP RIEGEL PHOTO

ousel's original beauty, retaining the hand-painted ponies' real horse-hair manes and tails and their unique agitate eyes.

The carousel is located at the end of Bay Street, the main thoroughfare through town. Here, you'll find shops, eateries and a village green where families picnic and bands play free summertime concerts. From this grassy knoll, you can watch the sun sink dreamily over the horizon, the light bouncing off the hulls of the yachts and sailboats gliding across the harbor.

In Watch Hill, you're never far from surf and sand. Next to the carousel, Watch Hill Beach is perfect for families seeking serene waters and soft sand. Sunbathers are treated to sweeping views of Fishers Island Sound, Watch Hill Light House, and Architectural Digest-worthy homes.

Around the corner, you'll find one of Watch Hill's most stunning landscapes, the Napatree Point Conservation Area, a 1.5-mile-long peninsula in the Block Island Sound. Scale the

While lovely any day of the year, Watch Hill truly comes alive in summer. When the calendar turns to June, stilletos and brogues are exchanged for flip-flops, days are spent reclining on sun-drenched beaches, and evenings are capped off watching the sunset dip below the harbor.

Since its earliest summer-resort days, Watch Hill has lured city folk weary of the 9 to 5 workday to its calm, sparkling shores. Little has changed over the years. The town retains its handsome, shingle-sided cottages, some of the loveliest stretches of shoreline in New England, and a charming harborside village where balmy afternoons are spent shopping,

lunching with friends, and listening to the happy, sing-song melodies of the carousel and its jousous, young riders.

A National Historic Landmark, the famous Flying Horse Carousel is the oldest one of its kind in the United States, dating back to approximately 1867. Having seen a lot of history on these shores, it's rather a shame the horses can't talk. The 20-horse carousel was abandoned in Watch Hill by a traveling carnival in 1883. At that time, it was powered by a horse and a hand-cranked organ provided the music. The carousel was badly damaged during the New England Hurricane of 1938, but was successfully recovered and repaired. Subsequent restorations have faithfully maintained the car-

sandy dunes, pausing at the top for a picture-worthy, 360-degree view. Then stroll the peninsula's length to the promontory or follow one of the narrow, brambly trails into the interior where you'll likely come across the ruins of Fort Mansfield, a coastal artillery installation that was in operation from 1901 to 1926. To learn more about Napatree's flora and fauna, join one of the free guided nature walks held every Saturday through Labor Day. The walks are led by Napatree Point Conservation Area naturalists and last approximately two hours. Meet at the entrance to Napatree next to the Misquamicut Beach Club at 9 a.m. For more information, visit thewatchhillconservancy.org.

East Beach, an undeveloped three-mile oceanfront property east of the Watch Hill Lighthouse, is a popu-

lar spot for fishing, swimming, boating, off-roading (permits required) and camping (20 campsites available by reservation only). Here, crowds are thinner and there's plenty of room to spread out. To get there, walk down Bluff Avenue and proceed along the public right of way, a narrow, easy-to-miss path. Parking is limited; look for the paid parking lot on Larkin Road.

Standing at the tip of Watch Hill Point, the Watch Hill Lighthouse can be seen from most of the surrounding shoreline. Built of gray Westerly granite, the current lighthouse was constructed between 1855 and 1856, replacing an earlier 1807 structure commissioned by President Thomas Jefferson. It's accessible by foot only, as on-site parking is reserved for senior citizens and those with disabili-



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THE BEST IN COASTAL DINING



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SEASIDE TERRACE

Spa-inspired breakfast and lunch offerings along with a sunset cocktail menu.

COAST

Our fine-dining establishment with a seasonal menu that changes nightly to reflect the freshest flavors and ingredients.



from page 11

ties. To get there, walk along Larkin Road, then turn down a private street that runs the length of the peninsula to the Lighthouse. The Lighthouse is open 8 a.m. to sunset throughout the year. An on-site museum is open Tuesday, Wednesday and Thursday afternoons from 1 to 3 p.m. in July and August and through the week after Labor Day.

One of the most recognizable structures in Watch Hill is Ocean House, a luxury hotel known for its summery, yellow façade, picturesque views of the Atlantic, and for being a favorite hangout of local resident and musician, Taylor Swift. It's also the only hotel in Rhode Island to have earned the distinctive five-diamond rating from AAA Northeast. Open year-round, Ocean House plies guests with every conceivable amenity, from a championship croquet lawn to a Secret Garden Champagne Bar. There are five outstanding dining venues that are open to the public. The resort's calendar is packed with events open to both guests and visitors, including monthly Farm and Vine dinners with notable chefs, the Croquet and Keel Vodka Cocktails Summer Kick-off party on June 21 and traditional New England lobster boils/BBQs on Monday (and select Friday) nights throughout the summer.



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The red-cedar-shingled, Cape Cod-style Weekapaug Inn may be smaller than its big sister, the Ocean House, but it's no less luxurious. The historic hotel overlooks serene Quonochontaug Pond and is abuzz with activity. There's a monthly Brewmaster's Social Series, a three-course, family-style dinner hosted by a well-known



LEFT: WATCH HILL IS HOME TO NUMEROUS BOUTIQUES AND SPECIALTY SHOPS / PEGGY FEIGENBAUM PHOTO

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Transients Welcome • Slips available in Watch Hill Harbor
Builder of the Watch Hill 15 Racing Sloop

brewmaster; the annual Kite Fly-Inn, which marks the launch of the summer season; and a popular Fourth of July clambake. Enjoy three restaurants as well as light bites served on the lawn.

For additional accommodations in Watch Hill, look to the Harbour House Inn, a 100-year-old, 12-room guesthouse in the heart of Watch Hill, or the Holdredge House and Cottage Rentals, a family-owned vacation compound consisting of a main house and two cozy cottages ideally located.

Watch Hill's natural beauty is a year-round attraction, and there's much to enjoy after the sun has set on summer. After Labor Day, the crowds have gone and the temperatures are still comfortable enough for leisurely strolls. On fall weekends, you can meander into town for a cup of coffee or a bite to eat, as businesses remain open and parking is plentiful.

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DOWNTOWN



DOWNTOWN WESTERLY/PAWCATUCK IS A THRIVING HAVEN FOR ART, MUSIC, FOOD AND CULTURE.

FAR LEFT: FAYE PARENTEAU PHOTO

FAR LEFT INSET: PETER WEBER PHOTO

LEFT: RENEE TRAFFORD PHOTO

BELOW: PETER WEBER PHOTO

W N

WESTERLY, RI & PAWCATUCK, CT





TOP: YOUNG ARTISTS WORK IN WILCOX PARK / CRAIG ROGERS PHOTO

LEFT CENTER: PATRONS ENJOY BRIDGE RESTAURANT ON A SUNNY AFTERNOON / SETH JACOBSON PHOTO

BOTTOM: COUPLES DANCE AT THE KNICKERBOCKER / PETER WEBER PHOTO

On the eastern side of the Pawcatuck River, you have Westerly, RI; on the western side, Pawcatuck, CT. Otherwise, they're indistinguishable—two towns, two states, one community. There's a fun, have-you-been-there buzz surrounding downtown Westerly-Pawcatuck, which has a well-deserved reputation as a hip downtown district with bustling restaurants, thriving small businesses and art spaces. The new blends seamlessly with the old, complementing downtown's historic architecture (there are 55 structures listed on the National Register of Historic Places), parks and the picturesque Pawcatuck River.

A vibrant arts scene enlivens downtown. Art galleries showcasing the works of local and national artists are vital hubs of activity, with monthly show openings and special performances. A year-round, outdoor gallery was added in September 2017, when skilled sign painters and mural artists known as the Walldogs joined local artists to create 15 original, outdoor wall murals during the five-day Bricks and Murals Festival. The frescoes celebrate downtown Westerly-Pawcatuck's history and culture, with art dedicated to the town's Italian heritage, its historic mills and more. (For names and locations of the murals, view the sidebar on the facing page.)

The Knickerbocker Music Center is a legendary downtown arts venue that's been given new life. Built in 1933, the Knickerbocker Café, as it was then known, hosted local and national bands, blues acts mostly, with some of the greats—Stevie Ray Vaughan, Big Joe Turner, Leon Russell and Johnny Copeland—playing its stage. Now a non-profit, the Knick is once again swingin', with live

included Christine Ohlman, longtime vocalist for the Saturday Night Live Band, and Deer Tick), free jazz and swing dance lessons on Let's Dance Wednesdays, and acoustic and open mic nights. For more information, visit knickmusic.com.

Another great venue is Perks & Corks, a unique wine and coffeehouse that has plenty of comfortable seating as well as live music six nights a week.

If your sights are set on some retail therapy, you're in luck, as dozens of trendy shops line downtown streets. Shoppers can peruse everything from antique and consignment stores to jewelry and clothing boutiques, with quaint gift shops, toy stores, purveyors of home goods and furnishings, and a large, independent bookstore rounding out the experience.

Foodies will find plenty to Instagram in the town's restaurants and cafes, pizzerias, wine bars and pubs. Food culture here is rich in the region's ethnic heritage, with Italian, Indian, Thai, Irish, Mexican, Asian and English influences. Seafood is plentiful and fresh thanks to downtown's proximity to the ocean. Regionally sourced oysters, clams, lobsters, scallops and fin fish can be found on just about every restaurant menu. Or for the catch of the day, stop by a local seafood shack, where everything in the display case was brought in fresh from the docks that morning. Sweet-tooth cravings have met their match in downtown Westerly-Pawcatuck with shops peddling all manner of sugar-high-inducing treats, including hand-crafted chocolates, donuts, ice cream and pastries.

The Westerly Library is a true community treasure. The Memorial and Library Association of Westerly,

BRICKS & MURALS

THE CHORUS OF WESTERLY, 137 Main St., Westerly, at Dick's World of Wines

CONGRESSIONAL MEDAL OF HONOR RECIPIENT CORPORAL JAMES A. BARBER, 31 Friendship St., Westerly, at the Agway building



CULTURA ITALIANA, 100 Main St., Westerly, on the side of Avie's Ski and Sports

THE GRANITE INDUSTRY OF WESTERLY, 39 High St., Westerly, at Shield Martial Arts

THE GREAT NEW ENGLAND HURRICANE OF 1938, 29 West Broad St., Pawcatuck

HISTORIC MILLS OF PAWCATUCK, 16 Mechanic St., Pawcatuck, on the Pawcatuck Workmen's Club



KNICKERBOCKER CAFÉ/ WESTERLY 1933, 35 Railroad Ave., Westerly, at the Knickerbocker Music Center

THE NEW LONDON STEAMBOAT COMPANY, 10 Canal St., best viewed from the intersection of High St. and Canal St.

PAWCATUCK RIVER, 38 West Broad St., Pawcatuck

SHORE LINE TROLLEY COMPANY, 21 Canal St., Westerly

WELCOME TO DOWNTOWN WESTERLY-PAWCATUCK, 87 Main St., Westerly, on the side of the Kars Automotive building

THE WESTERLY BAND, 42 High St., Westerly, at The Malted Barley

WESTERLY RAILROAD STATION, 31 Friendship St., Westerly, at the Agway building facing the railroad tracks



WESTERLY TELEPHONE CO., 15 Canal St., Westerly, on the 84 Tavern on Canal Restaurant

WESTERLY VS. STONINGTON, 8 Mechanic St., Pawcatuck, on C.C. O'Brien's Irish Sports Bar and Café

WILCOX PARK - A PARK FOR THE PEOPLE, 84 High St., Westerly

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BELOW: WILCOX PARK IS A BEAUTIFUL PERFORMANCE VENUE /
READ MCKENDREE PHOTO



from page 23

in 2017, was built in honor of the volunteer soldiers and sailors who fought in the Civil War. It originally held a bowling alley, gymnasium, art gallery, museum and meeting space and a collection of 5,000 volumes. Several decades and additions later, the library now houses approximately 183,000 items, including books, magazines, CDs and DVDs. It hosts events for all ages, from book talks and writer's workshops to children's storytimes and chess clubs. Tucked away within the library, the Hoxie Gallery features the work of local artists, with new exhibits every month.

Book in hand, stroll out the library doors and into Wilcox Park, a serene, 14-acre arboretum with native and perennial gardens, lovely shade trees, fountains, a fish pond and gazebo. The park

is an idyllic setting for casual strolls, picnics or family pictures, and hosts several community events throughout the year, including the Virtu Arts Festival, Summer Pops concerts, and the annual Garden Market Fair.

Running through the heart of downtown, the Pawcatuck River is perhaps the village's most defining natural feature. It's the serene yin to downtown's energetic yang, and provides a multitude of water-based activities, including fishing, kayaking and boating. A public boat launch can be found at the Main Street Boat Ramp, located between Union and School Streets; and kayaks and small boats launch from Pawcatuck's Donahue Park on Mechanic Street. Don't miss the annual River Glow event in August, when floating bonfires illuminate the river.



Built on a mile-long peninsula, Stonington Borough packs in the charm, with grand, historic homes and buildings standing shoulder to shoulder along narrow lanes, a walkable downtown, and stunning harbor views.

The borough's postcard-worthy views are best enjoyed from Stonington Point, located at the end of Water Street. From here, visitors can take in unencumbered panoramas of the Connecticut shoreline, Watch Hill, RI and Fishers Island, NY. Do as the locals do, and head to "The Point" to watch the sunset.

Just a stone's throw away, the Old Lighthouse Museum is an ornate stone lighthouse and dwelling. Perched at the entrance to Stonington Harbor, the lighthouse guided ships across Fishers Island Sound between 1840 and 1889, when it was replaced by beacons on the harbor breakwaters. Purchased by the Stonington Historical Society in 1925, then opened as a museum in 1927, the Old Lighthouse Museum houses artifacts depicting the borough's agricultural and maritime history. Impressive views await visitors who climb the 29 circular stairs to the top.

Stonington and Mystic, CT are two of New England's prettiest coastal towns

STONINGTON

& MYSTIC, CT



FAR LEFT: MYSTIC'S FAMOUS BASCULE BRIDGE /
FAYE PARENTEAU PHOTO

INSET: STONINGTON HARBOR LIGHT /
SETH JACOBSON PHOTO

ABOVE: OLDE MISTICK VILLAGE /
FAYE PARENTEAU PHOTO

Learn about life in Stonington during the mid-19th-century at the Captain Nathaniel B. Palmer House. The grand, 16-room Victorian mansion, a National Historic Landmark, was built in 1852 by Captain Palmer and his brother Alexander Smith Palmer. Overlooking the upper end



LEFT: JONATHAN EDWARDS WINERY IS ONE OF SEVERAL LOCAL VINEYARDS / SUBMITTED PHOTO

RIGHT: VISITING WITH BELUGAS / COURTESY OF MYSTIC AQUARIUM



from page 27

vides striking views, particularly from the third-floor cupola. You'll learn about the Palmer family's shipbuilding connections, Antarctic explorations and day-to-day lives as you wander through well-appointed bedrooms and parlors. Open Friday through Monday afternoons with tours at regular intervals at 40 Palmer Street.

If you simply can't get enough Stonington history, the Historical Society offers walking tours several times per week during the summer. For information, visit stoningtonhistory.org.

Get back to nature at the Dodge Paddock/Beal Preserve located at the end of Wall Street. The approximately three-acre preserve features a short loop walk through a salt marsh meadow and along Little Narragansett Bay. Visit avalonialandconservancy.org for more information.

With its vintage shop fronts, colorful signs and awnings, Stonington Borough is a pleasant thoroughfare. Score a vintage treasure at one of the lovely antique shops, grab a bite at a cafe or waterfront restaurant, or treat yourself to something new at one of the fashionable clothing and jewelry boutiques.

lage Farmers Market. From 10 a.m. to 1 p.m. at the town docks, vendors peddle fresh, locally grown produce, baked goods, prepared foods, fresh-cut flowers, organic eggs, milk, meat and cheese and, of course, fresh seafood. From November to mid-May, the market moves indoors to the Velvet Mill.

Built by the town in 1888, the Velvet Mill was home to A. Wimpheimer & Brothers, Inc., a velvet manufacturer that closed its doors in the mid-1990s. More than a decade ago, a group of Stonington artists moved into the vacant building and began converting spaces into studios and galleries. Today, dozens of painters, printmakers, photographers, sculptors and fiber artists maintain studios here, which they open to the public twice a year during the Mill's Open Studios events (many also keep weekend and by-appoint-

ment hours). Other small businesses run the gamut from a custom pipe-organ builder to a Pilates studio. Bring your appetite, too, as food and drink can be had at an artisan bakery, brewery, and Woodfellas Pizza & Wings.

Nearby, the La Grua Center is Stonington's cultural hub. Named for former Stonington photographer Maurice La Grua, the non-profit hosts concerts, lectures, art exhibits, dance and yoga in its intimate, light-filled space. Visit lagruacenter.org for a full schedule.

Just a 15-minute drive from Stonington, Mystic's delightful downtown recalls the quiet small towns of yesteryear. Spend the day ducking into shops, raising a glass at a local pub or dining at a waterfront restaurant, where fresh seafood and views of the Mystic River top the menu. From a

bench in Mystic River Park, watch as boats sail under the famous bascule bridge, which raises and lowers every hour.

There's much ado in Mystic with several annual festivals celebrating local food, music and culture. The Mystic Outdoor Art Festival, the oldest of its kind in the Northeast, is held annually in August, followed by the Mystic Eats food festival in September and the Holiday Lighted Boat Parade in November.

For a day of wet-and-wild fun, head to the Mystic Aquarium, where you'll encounter beluga whales, sea lions and African penguins, as well as floor-to-ceiling tanks teeming with fish, turtles, sharks, stingrays and jellyfish. Don't miss the daily sea lion shows, a favorite with big and little kids alike.

Across the street, Olde Mistick Village is a collection of more than 40 distinctive shops and restaurants and a luxury cinema. Modeled after an 18th-century New England settlement, the village's brick lanes wind between small clusters of shops, manicured gardens, a duck pond and beautiful shade trees. Family-friendly events, including the Charity Chowder Cook-off and Cabin Fever Festival in February and the Taste of Mystic in June, attract a crowd. On Valentine's Day, the Village performs free wedding ceremonies. There are notable eateries, including the Jealous Monk, a German-style beer hall; Steak Loft, a traditional, family-friendly steakhouse; and Go Fish, an innovative seafood restaurant featuring a raw bar and sushi. Foodies will also love the Grey Goose Cookery retail shop, which car-

ries all manner of cooking equipment and accessories.

Venture out-of-doors at the Denison Pequotsepos Nature Center, which offers 10 miles of hiking trails through woodlands, wetlands and meadows teeming with birds and other animals. As you set out, you'll pass by outdoor flight enclosures that house several species of hawks and owls that can no longer live in the wild. Back inside the Nature Center's museum, the creature parade continues, with exhibits featuring live frogs, fish, turtles and snakes.

The Nature Center also oversees the 45-acre Coogan Farm Nature and Heritage Center on Greenmanville Avenue. The Farm hosts children's programs and camps as well as adult workshops that cover everything from beekeeping to cooking soups from scratch.

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Washington County, or South County as the locals call it, occupies the southernmost tip of Rhode Island. Here, you can put the city lights behind you and venture out into the great wide open. The region is home to 26 forest and wildlife preserves, the largest of which is the 14,000-acre Arcadia Management Area, which spans the towns of Richmond, Exeter, Hopkinton and West Greenwich. Outdoor enthusiasts are spoiled for choice, with miles of gravel roads for mountain biking and horseback riding; a variety of hiking trails; excellent fishing, canoeing or kayaking along the Wood River; and boating at Breakheart Pond. One of the park's most popular treks is to

continued on page 32



In Washington County, wide open spaces are their own attractions, villages and shops are rich in history, and county fairs and fishing derbies are everyone's idea of fun

HOPKINTON & RICHMOND

TOP: THE WASHINGTON COUNTY FAIR / SONJA LEMOI PHOTO

BOTTOM: THE RHODE ISLAND SCOTTISH HIGHLANDS FESTIVAL / COURTESY OF THE

from page 31

Stepstone Falls via the Ben Utter Trail. The easy-to-moderate, approximately 3-mile hike meanders along Falls River, through lush forest, over bridges and boardwalks and past the remains of an old gristmill before arriving at

relatively flat hiking trails make nearby Beaver River Park a popular destination with families, while the 2,375-acre Carolina Management Area is a scenic stretch of wilderness great for hiking, biking, cross-country skiing,

annual Huck Finn Day, sponsored by the Ashaway Sportsman's Club. Held every June at Crandall Field (188 Main St., Hopkinton), the main event is the daylong fishing derby for kids 12 and under (bamboo fishing poles and bait

Stepstone Falls, a delightful little waterfall that gently cascades over wide, flat ledges. For additional information about the Arcadia Management Area, call 401-539-2356.

In 2014, Richmond expanded its open-space acreage with the addition of the Hillsdale Forest and Wildlife Reservation, an 1,825-acre property that was donated to the State of Rhode Island. The estate includes a section of the Beaver River and miles of accessible trails, from which you can see the stone remnants of a once bustling textile-mill village. A playground and

hunting and fishing. In Hopkinton, you'll find an 18th-century settlement and Native American stone cairns within the Kenyon Crossroads (aka Tomaquag Trail) property. And for an Instagram-worthy photo, head to Horseshoe Falls in the Village of Shannock, where waters gush over a unique, U-shaped dam. For more information about the area's open spaces, visit richmondconservationcommission.wordpress.com/.

If it's summertime in Hopkinton, it's time to get your lines wet, and little anglers can do just that at the 70th-ann-

ual Huck Finn Day, sponsored by the Ashaway Sportsman's Club. Held every June at Crandall Field (188 Main St., Hopkinton), the main event is the daylong fishing derby for kids 12 and under (bamboo fishing poles and bait

are provided), with plenty of games and good eats to be had, too. Visit ashawaysportsmansclub.org for more information.

The highpoint of every South County summer is the Washington County Fair. What began as a humble agricultural showcase in 1967 has become the largest fair in Rhode Island. And while it's all grown up, it remains true to its agronomic roots with vegetable and produce exhibits, livestock and dairy shows, and some good, old-fashioned farm competition, including scarecrow-building, rooster-crowing, and herdsman contests. Petrolheads can get their motors running watching the tractor and truck pulls, motorcycle rodeo, and lawn mower races (these are not your dad's lawn mowers!). There are carnival rides and kids' games galore, with pint-sized three-legged races and pie-eating contests. Adults can get in on the fun, too, with arm wrestling, tug-of-war and sunflower-seed-spitting competitions. There's live music and entertainment throughout the five-day fair, with past headliners including local boy and country music star, Billy Gilman. The 52nd Washington County Fair will be held Aug. 15 to 19 at 78 Richmond Townhouse Road, Richmond. Visit washingtoncountyfair-ri.com for ticket information and a full events schedule.

For a fair with Gaelic flair, get thee



THE OCEAN COMMUNITY REGION OFFERS UNLIMITED RECREATIONAL OPPORTUNITIES ALONG 57 MILES OF RIVERS FOR PADDLING AND FISHING ENTHUSIASTS AND NATURE LOVERS. GOLFERS HERE ALSO ENJOY A NUMBER OF BEAUTIFUL CLUBS.

FAR LEFT: LISA KONICKI PHOTO
LEFT: SCOTT BENJAMIN PHOTO

popular clam cake and fritter mix. The mill opens its doors to the public twice a year, with a summer tour weekend in July and an autumn tour weekend and clam cakes/chowder event in late October. An on-site shop is open Monday through Friday (hours vary seasonally) and products can be ordered online, kenyonsgristmill.com.

Down the road, the Hack & Livery General Store in Hope Valley is another local business rich in history. A black horse and the words "hack and livery" painted across the building's white façade pay homage to its early days as a livery stable. Inside, it's a true, old-fashioned general store with a little bit of this, and a little bit of that, from games and books and clothing and accessories, to home goods and décor, gifts and toys. But the big draw is the massive candy selection. More than half a dozen shelves and multiple counters are lined with large glass jars filled to the brim with just about every sticky, sweet, gummy, chewy treat you can imagine. The store is located at 1006 Main St., Hope Valley, 401-539-7033.

For another trip down memory lane, visit the Bell School House, a historic landmark and home to the Richmond Historical Society. Built in 1826, the one-room schoolhouse features period furnishings, text books, artifacts and rotating exhibits. Open by appointment; call 401-539-7676



a full day of live music, dancing and sport. Scottish culture comes alive with Celtic harp workshops, kilt-making demonstrations and country dancing, while might and muscles are put to the test as athletes hurl heavy objects (hammers, stones and pitchforks, among them) during the athletic competitions. But for a truly mesmerizing sight, don't miss the pipe and drum competition. Bands march in unison across the field, bagpipes wailing, drums beating, filling Richmond with Scottish song. Just try not to get goosebumps. The festival runs from 9 a.m. to 5 p.m. at the Washington County Fairgrounds. Visit riscoet.org for more information.

One of Rhode Island's greatest contributions to the culinary world is

surrounds the Johnnycake (everything from the spelling of the name to the proper preparation is up for debate), the one thing that's certain is the almost iconic status of the Johnnycake meal made by Kenyon's Grist Mill in Usquepaugh. The oldest manufacturing business in Rhode Island, dating back to 1696, Kenyon's uses a vintage 1886 grist mill and original granite millstones quarried from Westerly to produce its stonemound white-corn meal. When combined with boiling water (or milk), a bit of sugar and salt and cooked on a greased griddle, the humble corn meal is transformed into a flavorful patty that is topped, South County-style, with a heaping pat of butter. In addition to its Johnnycake meal, Ke-