

## Turning tragedy into action



**IN HIS MEMO-**  
**RY:** Louis Maseмини holds a photo of his son, Louis Ryan Maseмини, and grandson Carmen. Ryan died of an overdose in 2019. His father has worked on legislation aimed at preventing similar deaths. (Sun Rise photo by Rory Schuler)

### Father's grief leads to push for new prescription accountability law

By RORY SCHULER

this to happen to another family again."

#### The bill

In his last hours of consciousness, Louis Ryan Maseмини left a note for his father, on a small rectangle of yellow paper. "Life is cruel. Dad, I love you."

Louis Maseмини now visits his son, twice each day at St. Ann Cemetery in Cranston. He goes to the grave once in the morning and once in the afternoon.

"His doctors continue to enjoy their families while I have to visit my son in the cemetery," Maseмини said. "Ryan's son, Carmen, has been robbed of a father because of this addiction. I never want

Pending state legislation aims to increase the penalties for doctors who over-prescribe addictive narcotics.

The elder Maseмини worked with his local legislative delegation to craft a bill, now primed for approval by both the state House and Senate by the end of this week. And by next year, it may be officially called "Ryan's Bill."

RYAN - PAGE 8



**LINED UP:** Carts and empty aisles await a community hungry for a new grocery shopping option. Market Basket says the Johnston store should be ready to open by August. (Sun Rise photo by Rory Schuler)

## Market Basket set to open in August

### Pandemic, global supply chain issues delayed Johnston ribbon-cutting

By RORY SCHULER

Hundreds of mint condition carts are pressed into seven perfect rows.

The wide aisles are lit, but the shelves are empty.

Market Basket Operations Manager David K. McLean walked down an aisle to the front of the store.

"This store is 80,000 square feet," he said. "We're hiring and we've had a great turnout of ap-

plicants."

More than 400 job seekers have applied to work at the store.

McLean said the company is looking to fill 300-350 jobs.

More than 200 applicants have already been hired, and many have started training at the newly opened Warwick location.

Market Basket's parent company had expected the Johnston store to be Rhode Island's first.

When the site was chosen, at the former BJ's Wholesale Club location, the company announced the new store as Market Basket's first Ocean State penetration.

"We had four stores going when the pandemic hit," McLean said. "No one knew what was happening."

Disruptions in the global supply chain hit the company hard as it attempted to proceed with the new store openings.

Steel products became scarce. Microchip shortages delayed the arrival of functioning equipment. Roof insulation became a hot commodity, and the cost of all building materials skyrocketed.

McLean expects the Johnston location will finally open some time in August, though an official date has yet to be set.

Contracted tradesmen toiled at the ends of every aisle, implementing the remaining finish-

ing touches.

"We expect to open within that timeframe," McLean said. "We still have some town, state and federal permits to secure."

Outside, the parking lot still needs its stripes.

Screens flash advertisements and computer prompts along a row of 18 registers. McLean said the Johnston location will be a full-service store.

MARKET - PAGE 11



Broccoli

## Longtime Mohr library employee, founder of Cranston theater company, suspended in wake of sexual assault allegations

By RORY SCHULER

A Johnston library employee has been suspended with pay after allegations of sexual assault were reported against him at the Cranston theater company he founded.

Johnston police are investigating the allegations.

Kevin Broccoli, a Johnston resident, has admitted in a statement posted online to having "inappropriate relationships" with "other people" he "had working relationships with."

He has refused to step down from his post as artistic director of the Epic Theatre Company, which has led to the resignation of three top-staffers at the organization.

Johnston Mayor Joseph M. Polisenia said that "out of an abundance of caution," police have confiscated Broccoli's town-owned work computer, and he has been "officially suspended with pay" pending the outcome of a criminal investigation.

LIBRARY - PAGE 13





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**CIMIGLIA'S CORNER:** Jane Cimaglia (seated), a popular resident at The Bridge at Cherry Hill, is joined by Walk with Cops officials led by Chief Joseph P. Razza during last Thursday's season opening inside War Memorial Park. (Sun Rise photos by Pete Fontaine)

# Walk with Cops is back

By PETE FONTAINE

Johnston Police Chief Joseph P. Razza was standing in a shaded area of sun-drenched War Memorial Park wearing a wide smile on his face.

That's because the veteran law enforcement veteran was thrilled with what was about to transpire inside of two hours last Thursday morning.

"It is truly a delight to get back out here and start re-engaging with our valued seniors through this program," Razza exclaimed. "It is also refreshing to interact with the public as they enjoyed being outside and recreating in the park."

Razza was speaking about the unique and unmatched Walk with Cops program, initiated a quarter century or so ago when former Chief Richard S. Tamburini took over as the leader of the Johnston Police Department.

The program features senior residence officials busing their residents to Johnston War Memorial Park for breakfast in the open air and some exercise, namely, taking a stroll around the track with members of the JPD.

"We encourage everyone, young and old, to come out on Thursday morning at 9:30 and join us as we engage in conversation and stroll around our town's beautiful park," Razza explained. "The Walk with Cops program is special to each and every member of the JPD. This weekly program that Chief Tamburini founded is a tried-and-true way for us to get to know and meet the individuals who reside in assisted living communities throughout Johnston."

It's also highly popular with staff members of award-winning senior retirement and assisted living facilities such as The Bridge at Cherry Hill, which was well represented on opening day by Executive Director Maryann Grace and Dining Room



**POCASSET PALS:** Retired Sister Bea Rogers (left), Gloria Riley (center) and Sister Connie Gagnon came to the Walk with Cops season-opener last Thursday from their independent senior residence Anchor Bay at Pocasset and even took in the complete walk around War Memorial Park escorted by JPD officials.

Supervisor Ann Marie Cardilli, who pushed resident Yolande Ouellet around the park during last Thursday's first seasonal walk.

Likewise, two retired sisters and a friend from Anchor Bay at Pocasset in Johnston were the newcomers to Walk with Cops. The program was sadly cancelled last year because of the COVID-19 Pandemic.

Nuns Sisters Bea Rogers and Connie Gagnon, as well as their fellow resident friend Gloria Riley, came from the independent living center on Old Pocasset Road and enjoyed the day's camaraderie and caloric creations that included everything from donuts and coffee and McDonald's famed Egg McMuffins.

Although the JPD command, headed by Razza and Deputy Chief Mark Vieira, was on-hand and helped serve the breakfast and coffee, District I Councilwomen Linda Folcarelli led the long list of volunteers during what the Chief called "a very

successful and satisfying opening day for everyone that joined us today."

Likewise, Corrine Felix – who recently retired as Activity Director at The Bridge – was on hand and helping make sure every attendee had enough to eat and tended to those second and third refills of coffee before joining the traditional walk around the park.

"I absolutely love doing this," Linda Folcarelli said while arranging special and donated prizes for the season-opening raffle. "This is my third year and the Walk with Cops never ever gets old."

Folcarelli, a one-time civilian staffer at the police department, helps coordinate Walk with Cops, as part of the Department's Community Policing Division now headed by Capt. Joe Salvatore.

Walks with Cops is a free program for seniors and is held every Thursday, beginning at 9:30 a.m., weather permitting, in Johnston War Memorial Park, located off Route 6, Hartford Avenue.

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# Johnston Senior High School announces fourth quarter honor roll

## High Honors

Mohammed Abaherah  
Kevin Almeida  
Benjamin Annicelli  
Kayla Aquilante  
Joyce Armstrong  
Gabriella Athaide  
Ashlyn Banno  
Allison Benoit  
Kevin Biscelli  
Trinity Blondin  
Gianna Brodeur  
Melanie Capraro  
Isabella Carbone  
Georgiana Cardullo  
Dariana Carrascoza  
Grace Centracchio  
Vincent Chan  
Kyomi Chiang Gonzalez  
Patricia China  
Sofia China  
Trista Clark  
Janet Clements  
Elise Connors  
Jessica Council  
Glorianna Crichlow  
Charles Curci  
Kelly Dargy  
Courtney Dias  
Jullia Droukas  
Maxwell El Hage  
Willson El Hage  
Gezelle Fernandez  
Victor Fragoso  
Kebba Gaye  
James Guilmette  
Mackenzie Hanna  
Lauren Hill  
Charlene Hohlmaier  
Emma Homenick  
Aliyah Hunt  
Emily Iannuccilli  
Kyle Iannuccillo  
Siera Jeetan  
Emily Klein  
Lucio La Terra Bellina  
Talia Laflamme  
Savhanna Larivee  
Nina Lautieri  
Caleb Lee  
Kaitlyn Little  
Cassie Magnone  
Audry Mahony  
Peyton McClish  
Ariana Medeiros  
Vanessa Melgar  
Ava Melo  
Jaylen Molina  
Bailey Morin  
Eliyahna Negron  
Ayomide Olagundoye  
Olaitan Olagundoye  
Lilian Oliva Garcia  
Sebastian Orozco  
Ava Palma  
Lexie Palma  
Emily Patenaude  
Nicholas Petrillo  
Morgan Pouliot  
Melanie Privitera  
Isabella Ragosta  
Candace Raposo  
Nicholas Reagan  
Hannah Reedy  
Rafael Rivera  
Dylan Robbins  
Brynn Roche  
Diana Rosales  
Kevin Saker  
Lana Salamone  
Derek Salvatore  
Justin Salvatore  
Raylin Santos

Kasem Sasa  
Lily Scuncio  
Makayla Scuncio  
Katelyn Simeone  
Andrea Solorzano  
Skyler Stone  
Carl Taglianetti  
Branden Testa  
Grace Thomas  
Joseph Thomas  
Jackson Troxell  
Cameron Tum  
Jacqueline Urizar  
Caitlynn Zinni  
Catrina Zinni  
Total High Honors: 97

## 1st Honors

Joseph Acciaro  
Logan Brennan  
Hailey Brown  
Macenzie Buddenhagen  
Ian Michael Cabrera  
Jael Cea  
Michael Cepeda  
Orlando Chavez  
Raymond Cimino  
Rebecca Clements  
Jeremy Council  
Enaijah De La Cruz  
Diana DeCosta  
Antonio DeFalco  
Devin DelSanto  
Alexia DiLorenzo  
Emily Feinstein  
Cameron Ferrara  
Maya Ferreira  
Makaila Fosu  
Valeria Gomez  
Serenity Gonzalez  
Riley Guenette  
Gianna Halliwell  
Laila Harrington  
Nicholas Harrington  
Shannon Hartley  
Susana Huezo  
Jada Irons  
Aiden Lariviere  
Karen Lastor Rojas  
Johnatan Lopez  
Jacob Mainey  
Chelsea Maranhao  
Isabella Marciano  
Brooke Marcotte  
Samantha Marcotte  
Elana Marfeo-Bellini  
Mouhamadou Marone  
Maylin McAteer  
Manee Men  
Ashley Mendoza  
Jethro Mensah  
Jessica Mercado Anez  
Gabriela Mercado  
Carlos Monteiro  
Michael Mousseau  
Natalia Munoz  
Andrea Muriel  
Brendon Norris  
Gabrielle Nunez  
Derek Papa  
Preston Penn  
Joshua Philbrick  
Juliana Pires  
Emily Pistocco  
Shannon Pistocco  
Xavier Pol  
Kaylee Poole  
Sean Reth  
Nicholas Rianna  
Yandery Rodriguez  
Steffi Rotella  
Phoenix Russell  
Lexianna Santos

Athena Sin  
Marlon Soto  
Jacob Spinella  
Jayden Testa  
Hailey Thomas  
Alejandra Torres Morales  
Lena Torti  
Cameron Vanstone  
Melanie Vessella  
Kylie Viveiros  
Patrick Waldron  
Danielle Warren  
Nathen Zalisk  
Total 1st Honors: 78

## 2nd Honors

Santiago Aguilar  
Amelia Akkaoui  
Abdullah Alam  
Lolaoluwa Alarapon  
Sebastian Aleman  
Ryan Allen  
Aliza Almonte  
Abigail Andres  
Tori Antunes  
Kaylee Atkinson  
Jenna Aucone  
Ryan Audino  
Sarah Bandoma  
Courtnei Beaulieu  
Kalina Bonetti  
Fabricio Brun  
Stephanie Bruno  
Emily Buddenhagen  
Samuel Cambranes  
Yasleiny Campos  
Sophie Cardullo  
Nicholas Carlino  
Alex Cavanaugh  
Michael Chavier  
Jonas Chuk  
Christopher Civetti  
Abigail Clesas  
Stefania Cogean  
Elyssa Collins  
Haley Connors  
Talia Conti  
Juliana Correia  
Yohani Cortez  
Ashlee Costa  
Phillip Costantini  
Jazelyn Couture  
Nicholas Cronan  
Carprece Daigle  
Charley Davis  
Alyson DeLaRoca  
Samantha DiMaio  
Briana Dominique  
Sam Dominique  
Linda Echeverria  
Yasmin Elias  
Alberto Estrada  
Alexia Evangelista  
Landon Faucher  
Alex Fedorchuk  
Dominique Ferrazzano  
Scott Ferreira  
Nicholas Flanagan  
Joseph Forte  
Elijah Foss  
Ashley Galeas  
Joshua Galeas  
Stanley Garcia  
Sarah Gasbarro  
Angela Gonzalez  
Jasmin Guerrero  
Jonathan Guilmette  
Brandon Hall  
Grace Harley  
Jennifer Hutchings  
Ariana Iasimone  
Michalina Irons  
Rachel Ixcotoyac

Syani Jimenez  
Isabella Johnson-Viola  
Hannah Kelly  
Faith Khang  
Adam Klein  
Hendria Konah  
Fujiy Kue  
Gavin Lapan-Brayall  
Ayesha Laredo  
Thadeus Leomensah  
Theodore Leomensah  
Stephanie Lindo  
Anthony Lisi  
Genesis Luna-Olivo  
Isabella Maggiacomio  
Cameron Mattson  
A'amani Maxie  
Samuel McLellan  
Giuliana Melise  
Jeremy Melise  
Logan Melo  
Milana Melvin  
Jiana Mitsoulis  
Sarah Monahan  
Givonni Monteiro  
Michael Morris  
Jacob Muller  
Ilyman Musa  
Joyce Nsalambi  
Elijah Odhiambo  
McKayla Osinger  
Edgar Pacheco-Ortiz  
Natalie Packer  
Kylie Paliotta  
Tara Paliotta  
Alexis Pannone  
Evin Paquette  
Sofia Paris  
Alyssa Pascale  
Ava Pastore  
James Pastore  
Antonio Patrone  
Jianilda Perez Figueroa  
Iris Perez  
Alessandra Pesare  
Anthony Petronelli  
Kelsey Phouthakoun  
Allan Pineda  
Jenna Poland  
Hailee Quinn  
Donavin Quinones  
Malakai Quinones  
Alily Ramos Cruz  
Joshua Ramos-Ortiz  
Hunter Remington  
Madeline Reyes  
Sophia Ribezzo  
Anthony Rini  
Ariana Rivera  
Denise Robinson  
Jahaziel Rodriguez  
Katie Rodriguez  
Justin Rogala  
Janzel Roquez  
Caitlyn Savard  
Ryan Schino  
Shanna Scopelliti  
Ariel Shelly  
Andrew Sia  
Julia Sidoti  
Joseph Silvia  
Shane Simeone  
Christian Sonner  
Sheyla Soto  
Matthew Sou  
Gabriella Thomas  
Khadijah Touray  
Jeremy Urena  
Jhonny Valdez  
NeAri Vasquez  
Joseph Vento  
Nicolas Viau  
Tori Viau

James Ward  
Hailey Weedon  
Dominic Whitten  
Thomas Zednik  
Luming Zheng  
Total 2nd Honors: 155

## 3rd Honors

Ferlandi Aguilar Lopez  
Alana Aucone  
Elias Badway  
Zachary Bernier  
Mark Brouwer  
Evan Buratczuk  
Victoria Butler  
Emily Cabrera  
Kylie Caroselli  
Jacob Carr  
John Carreiro  
Morgan Carrier  
Evan Correia  
Landon Costello  
Tru Crowl  
Timothy Davis  
Gabriel Daya  
Armando DeCosta  
John DeRensis  
Angelina Dureault  
Jennelle Fernandez  
Medjina Filidor  
John Ford  
Melissa Garofalo  
Anthony Gawlik  
David Gravier  
Akram Hassan  
Hao He  
Logan Hemstreet  
Jake Hicks  
Dineishka Hunt  
Shahmeer Jamil  
John Lapinski  
Christopher LaPlante  
Isaiah Letran  
Dylan Lussier  
Gregory Manni  
Gabriella Marandola  
Michael Marfeo  
Ayden Martins  
Dylan Martins  
Alicia McCoy  
Jennifer Mejia  
Samir Melgar  
Joel Menezes  
Dylan Moore  
Kelsy Noriega  
Gregory Panarello  
Abigail Patnaude  
Jade Penn  
Angelina Pennacchia  
Michael Peruginio  
Mario Pi  
Andres Pineda  
Jonathan Pineda  
Kenneth Privitera  
Christopher Ragosta  
Michelle Recinos  
Abigail Salas  
Oseas Salazar  
Melissa Sauret  
Anthony Sevigny  
Shylah Soto  
Dillon Stubbs  
Parker Sylvia  
Jalene Tavares  
Dariel Urena  
Danielle Valenti  
Arianna Velasquez  
Victoria Venditelli  
Landen Vincent  
William Vizcaino  
Djocelle Volcy  
Total 3rd Honors: 73

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# Town's new Clean Team hits the streets

By RORY SCHULER

A group of Johnston kids are on a mission. And they may be coming to your neighborhood next.

Ruth Charbonneau has owned a house in the Waterman Avenue area for almost seven years.

She and her family have noticed a specific area of the neighborhood that is consistently littered with trash.

Charbonneau's son, Drake Rouleau and some of his friends in the community started a project they call "Clean Team."

"A lot of the kids involved are huge advocates for the environment and decided it was time to take action," Charbonneau said. "The 'Clean Team' will be scouting different neighborhoods in Johnston every month, in hopes to create a positive example for other members of the community."

Despite the heat, the youngsters have been out collecting trash others tossed out their car windows.

"Although it was very hot, our first cleaning session this week was a total success!" Charbonneau said. "The kids are very excited for our next 'Clean Team' adventure."

**TEAMWORK:** Drake Rouleau and his friends have founded the "Clean Team," and plan to scout Johnston neighborhoods where litter is out of control. (Photos courtesy Ruth Charbonneau)



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# ANIMAL TALK

By Karen Kalunian

Local  Adoptable  Loveable



April

Photo credit: Hillary Gillinder

It may be July but this girl's name is April and she's looking to join your family! April is a fun-loving girl, who is smart, playful, loves belly rubs and sits politely for yummy treats. She loves everyone she meets, she is just a puppy only six months old. April likes other dogs too! She is a Catahoula/Cur mix so she is a medium size breed with a gorgeous coat of many colors and big brown eyes that will steal your heart! For more information about April please contact the folks at Cenla Alliance For Animals via email: [heather.cafa@gmail.com](mailto:heather.cafa@gmail.com) Whoever adopts April is truly in for a great time and lots of puppy kisses!

 If you have been looking to adopt or know of an animal in need, please contact Karen directly at [animaltalk1920@gmail.com](mailto:animaltalk1920@gmail.com) 

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## BACKYARD SPACE NGC 1499, The California Nebula

By Lucas Maguire  
Special to the Sun Rise

In the constellation Perseus lies an emission nebula stretching 100 light-years long. The California Nebula gets its name from its similar shape to the State of California and was discovered by E. E. Bernard in 1884.

It lies roughly 1,000 light-years from Earth and has a low surface brightness which can make it tough to observe visually.

The H-alpha and H-beta gasses that make up the nebula are illuminated by a nearby energetic O7 Star, Xi Persei. Under dark skies and an H-alpha filter you may be able to observe with a rich-field telescope.

This image was a composite of two images stitched together to create a two-panel mosaic. The California nebula is far too big for my telescopes field of view that I had to take it in two separate frames!

Each panel contains 65 images that were stacked and processed in an astronomical editing software then stitched together to create this panoramic image of NGC 1499. This Image was taken back in January 2021 from my Backyard in Johnston.

### Gear used:

Imaging telescopes or lenses: William Optics Zenith 73 II  
Imaging cameras: ZWO ASI533MC-Pro  
Mounts: Celestron Advanced Avx  
Guiding telescopes or lenses: William Optics 50mm Guidescope rotolock William Optics 50mm F/4 Guide Scope  
Guiding cameras: ZWO ASI120MM-Mini ASI120MM-Mini  
Focal reducers: Williams Optics Flat73A  
Software: Adobe Phosotshop CC, NINA 10.1, SharpCap, PHD2 Guiding 2.62 PHD2.62, Siril 0.9.10 Windows, Deek Sky Stacker  
Filters: Optolong Lextreme  
Dates: Jan. 7, 2021  
Frames: 62x180" (3h 6')  
Integration: 3h 6'  
Avg. Moon age: 23.32 days  
Avg. Moon phase: 37.67%

*EDITOR'S NOTE: Lucas "Luc" Maguire captured this image from his backyard in Johnston. He will be submitting his deep space images to the Sun Rise for publication each week. Maguire's photography can also be found at his Instagram account @oceanstateastro and his Twitter feed @OceanStateAstro.*

## Fresh Faces to lead the JSHS Student Council

By CHARLIE CURCI  
JHS Student Council  
Vice President

Each year, the Johnston Senior High School Student Council works tirelessly to put together entertaining events for our students to enjoy.

From our spectacular homecoming season to our amazing winter ball, the Student Council plans it all.

Four particular students stand above the rest for their contribution to these efforts, and they are the student council officers.

On June 15, 2021, in Room 117 of Johnston Senior High School, these individuals, elected and chosen by the student body, were sworn into office.

First, Rebecca Clements was elected to the office of President. Clements will

be responsible for presiding over all Student Council meetings, as well as acting as an official spokeswoman and representative of the club.

Next, Charles Curci was chosen for the office of Vice President. In his role as Vice President, Curci will be responsible for assisting the President and performing any and all duties of the President if she is unable to do so herself.

Curci is also responsible for making the council's weekly agenda as well as sending informational articles to the Johnston Sun Rise to help inform the community of what is going on throughout the school.

Melanie Capraro was chosen as the Recording Secretary. As Recording Secretary, Capraro will be responsible for keeping the minutes and taking attendance at meetings.

She will also be keeping track of which class has the most participation in spirit-related events throughout the school year.

Finally, Janet Clements was chosen for the office of Corresponding Secretary. As Corresponding Secretary, Clements will be responsible for acting as the official correspondent of the council.

She is responsible for sending all thank you notes and letters to those who assist us in making our events as special as possible. She will also be on the lookout for any new faces who would like to lend a hand.

The Johnston Senior High School Student Council looks forward to having an excellent 2021-22 school year, and being able to enjoy all the normal activities that take place at JSHS as we emerge from this historic pandemic.



# Nick Cronan wins Russo Law Scholarship

By PETE FONTAINE

To say that Nicholas "Nick" Cronan will rank among the all-time best students in the 53-year history of Johnston High School would be an understatement of huge proportions.

Just ask Robert V. Russo, a highly-accomplished attorney and distinguished JHS alum who serves as president of the Johnston Town Council.

"Nick Cronan is a marvelous example of the type of person and student this country needs to bring cohesion back to a fractured society," Russo said. "Nick was president of his class for four years, was a member of Students Against Dangerous Decisions, served as a Panther Cub where he would tour the elementary schools and serve as a role model for younger students and is an A student in Honors level classes and is well liked by his peers."

It is those credentials and other impressive qualities – and the fact that Cronan has an interest in pursuing a career in the legal field – Russo recently awarded the highly-active President of the JHS Class of 2021 with the now prestigious Robert V. Russo Law Scholarship.

"The recipient of this scholarship has to have an affinity for the law and law related fields and Nick will be majoring in criminal justice when he enters Johnson & Wales University in the Fall and would like to eventually go on to law school," Russo said.

Russo, like his brother Greg who heads up the Science Department at JHS, has given back to his alma mater on countless occasions and has been awarding the law scholarship for



**PRESIDENTIAL PACK:** Nicholas Cronan, president of Johnston High School's Class of 2021, accepts the prestigious Robert V. Russo Law Scholarship from the Town Council President who has been awarding the grant – in form of giving back to his alma mater – for the past seven years. (Sun Rise photo by Pete Fontaine)

seven years.

"My brother believes it is important to support students that have attended his alma mater and feels it is his way of giving back to the community that he takes tremendous pride in serving our town," Greg Russo said. "Our family has also been giving a scholarship for many years with the 2021 grant going to Lala Olagundoye."

The son of Gloria Butler, Cronan maintained a 4.3 GPA (Grade Point Average) and earned memberships in the National and Rhode Island Honor Societies, was a member of JHS' famous Float Committee that ranks among the most unique student groups for its extraordinary coordination that has upheld the tradition of homecoming unlike another school in the state, and as noted the Panther Cubs, who provide mentorship for younger students.

"I thank Mr. Robert Russo for awarding me this

esteemed scholarship," Cronan said in a sincere tone of voice and with a smile on his face. "It has always been a goal of mine to be well-rounded both inside and outside of the classroom, and Mr. Russo's generosity and success have encouraged me to continue pursuing my hopes and dreams for the future. I would also like to thank my Student Council Advisor and teacher Greg Russo for his continued support and dedication the past four years, which have enabled me to keep reach for the stars."

Meanwhile, Greg Russo – who has been a driving force behind the storied successes of countless events through years at JHS – continued: "Nick's leadership skills were evident in all aspects of high school from preparing the annual Homecoming floats, participating in the Battle of Classes, serving as a mentor to students at Thornton Elementary

Scholl and planning all the activities for his class."

Throughout a busy student schedule, which includes serving as a busser at Luigi's Restaurant and Gourmet Express since 2019, Greg Russo emphasized: "Nick performed all tasks readily and with a smile. He was always the first to roll his sleeves up to get the job done. The scholarship is an effort to reward Nick for his community involvement and academic achievements and to celebrate the success of alumni from Johnston High School as were my brother and his family."

So, Cronan's memorable milestone 12-year ride has reached the end and as he told his classmates, their beloved families and friends of JHS during his commencement address when he thanked everyone from administrators and classmates during an impressive and at times tear-jerking Commencement Address: "I would like to take a moment to thank you for all the tireless efforts and countless hours spent to ensure that his night would be possible."

"Here, in person, one final time as your Senior Class President, looking at the many bright, smiling faces that have made our class so respected and loved by many."

And a class headed by Cronan, a talented teenager who led his class with dignity and respect despite disappointments and countless cancellations due to the COVID-19 Pandemic, held just about every office for his class from his days at Nicholas A. Ferri Middle School to his final days on Chery Hill where he will no doubt rank as one of the most prolific Panthers of all time.



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## Renzi graduates from Naval Academy

Michele Renzi, daughter of Mark and Donna Renzi of Johnston, graduated from the U.S. Naval Academy on May 28.

"Her sixth grade history teacher Mr. Jackson once asked her what she was going to do serve this country," Donna Renzi said. "His question actually framed her whole future."

U.S. Sen. Jack Reed, D-RI, wrote Renzi a letter of recommendation for entrance into the Naval Academy.

She had already graduated with honors from LaSalle Academy in 2017, where she was fortunate enough to be part of their state and national championship cross country and track teams.

Renzi volunteered many hours at Kent County Hospital and St. Robert Bellarmine Church.

Now 22 years old, Renzi will be heading to the U.S. Naval Base in Yokosuka, Japan, to serve on the USS Higgins this October after completing her training in Virginia and California.

Renzi's goal is to become a foreign affairs officer with the U.S. Navy and hopefully contribute back something meaningful.

Graduation was held at the Marine Corps Stadium in Annapolis, Maryland.

"It was the culmination of a weeks long celebration of parades, drills, awards and gatherings," said Donna Renzi.

The in-person ceremony was live, and eight guests were allowed to attend, per midshipman.

U.S. Vice-President Kamala Harris delivered the commencement address.

"The Blue Angels were able to do their fly over tribute despite the threat of thunderstorms," said Donna Renzi. "Michele's father and brother affixed Michele's new shoulder boards after the ceremony and all three of her siblings were there to watch her put on her officers Ensign cap for the first time and then witness her first salute."

Donna Renzi said it was a "beautiful graduation after the tough time that her class and the rest of the world had endured through COVID-19."

This year, the Naval Academy graduated 778 men, and 306 women, for a total of 1,084 in the Class of 2021.

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## Ryan

(Continued from page 1)

Louis Ryan Massemmini, who went by his middle name, Ryan, was a 1997 Johnston High School graduate. He died on Jan. 8, 2019, nearly two weeks after swallowing 27 oxycodone pills.

"My son Ryan was diagnosed with Huntington's disease ... at the age of 35," Massemmini wrote in a letter to Rhode Island legislators. "Huntington's disease (HD) is a fatal genetic disorder that causes the progressive breakdown of the nerve cells in the brain."

The disease causes involuntary muscle movements, and can trigger incredibly painful symptoms. Ryan also had colitis.

His primary care doctor prescribed a long list of medications.

"HD is known as a family disease because every child of a parent with HD has a 50/50 chance of inheriting this faulty gene and there is no cure," Massemmini wrote. "Ryan knew this all too well. Ryan watched his mother slowly deteriorate from the disease for 10 years and finally succumb to the disease and pass away."

### Painful inheritance

After losing his mother, Ryan decided to undergo medical screening for the illness.

"He tested positive for the disease," Massemmini wrote. "Physicians began treating Ryan for the illness and he was not the same person. The advised treatments were various medications including Opiates. He soon became dependent upon these medications to function."

Massemmini gradually noticed worrying changes in his son's behavior.

The family had lived in Johnston for decades, but eventually relocated to a home just over the town border in Cranston.

"This once active member of society, who graduated with an accounting degree from Bryant College, was now having behavioral changes," Massemmini wrote. "He began sleeping most of the day and would be up all night. These changes became alarming to me and I asked Ryan if he needed all these medications. He said he did and told me, 'Come to the doctor with me.'"

For his next appointment, Massemmini accompanied his son to the doctor's office. "So, I went with him to the physician, and asked the physician if he needed

all these medications," Massemmini wrote. "The physician replied, 'Yes he does.' Believing the physician, I was still concerned and became alarmed when I would see Ryan always leaving the house carrying a backpack. When I confronted him about carrying the backpack, he would reply, 'That's my medication and I need it.'"

### Suicidal thoughts

Massemmini said his son started thinking about suicide. Later, the grieving father discovered suicidal tendencies were one of the side effects of several of the many medications his son was prescribed.

"My son said to me, 'I'm suicidal,'" Massemmini recalled while sitting at his kitchen table. "I thought he was busting my balls. But I found out, all that medication for Huntington's disease caused suicidal thoughts."

Massemmini bent over a stack of documentation. One at a time, he flipped papers around to prove elements of his son's story.

He turned over a gray piece of paper containing a long list of his son's prescribed medications, including Klonopin, Adderall, Effexor, trazodone, simvastatin, mesalamine, omeprazole, Ventolin, testosterone gel. Then, another - oxycodone.

"This continued dependency on these medications turned him into an addict," Massemmini wrote. "This physician's constant prescribing of these addictive Opiates was a major contributing factor in this dependency. My son passed away due to the dependency on these medications and eventual accidental overdose of these medications."

On Dec. 8, 2018, Ryan attempted suicide for the first time, swallowing a near fatal dose of medication.

He was admitted to Roger Williams Medical Center, and recovered.

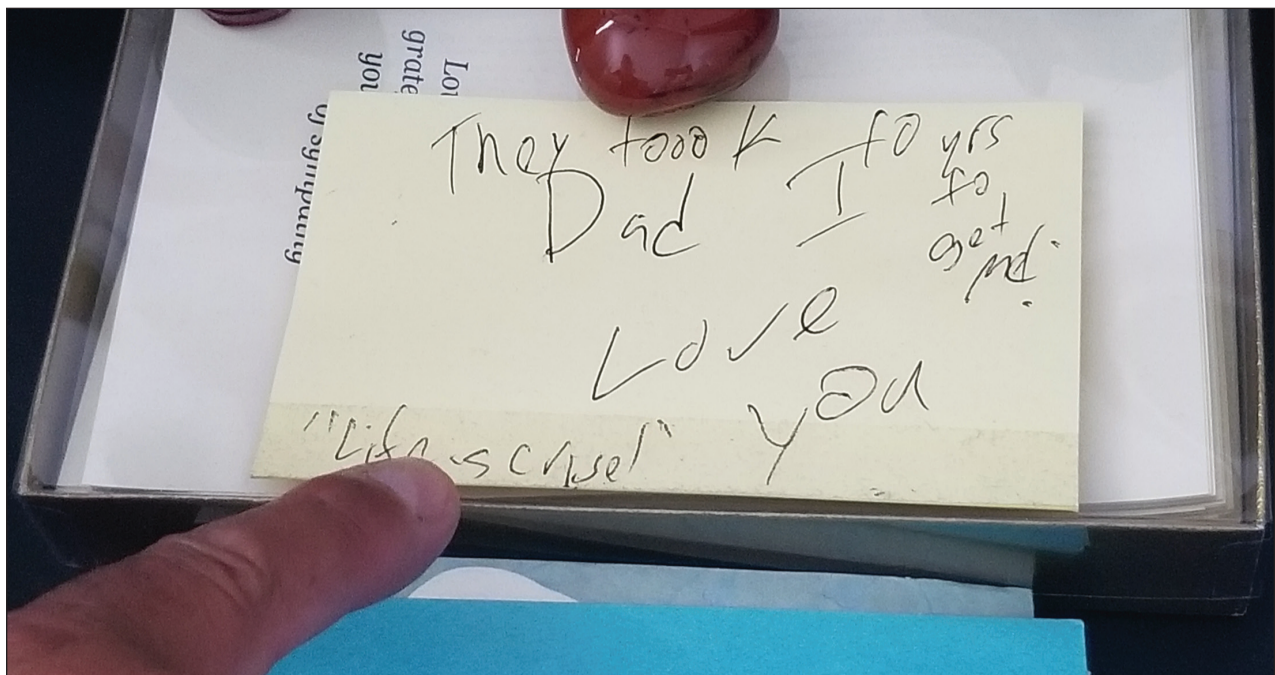
### Medical miscommunication

Prior to his release, doctors at the hospital provided paperwork advising Ryan to stop taking Oxycodone.

Soon after, he went back to his primary care physician, who, for some reason, refilled his Oxycodone prescription.

The primary care physician's name has been omitted from this story at Massemmini's request, pending active litigation.

"I don't care if the lawyers offer me \$100 million,"



**FINAL MESSAGE:** In his final hours, Louis Ryan Massemmini left this note for his father. "Life is cruel," it reads. "Dad, I love you." (Sun Rise photo by Rory Schuler)

Massemmini said. "It's still going to court."

A couple weeks after the first near-fatal overdose, while sitting in his Cranston home, Massemmini heard his son's bedroom door open.

"My son told me he was going out, to go watch the game," Massemmini recalled. "I think the Patriots were playing that night. I asked him to stay home. He said, 'Nah, I'm gonna go.'"

Later, Massemmini received a call from state police that his son was found unresponsive in his car, parked along Interstate 95 south.

"They got a call from someone driving by," Massemmini said. "I went to see him at Kent County Hospital. He was all messed up. He took 27 oxycodones. Twenty-seven. Then on Dec. 28, they called me from the hospital and said he turned for the worse."

Massemmini's son was transferred to Rhode Island Hospital. Doctor's told the distraught father that Ryan may not survive.

"I don't know if this happens often," Massemmini said, his calm, typically confident voice trembling deep inside his chest. "This here was absolutely wrong. We need to show these doctors if you do something wrong, you're gonna pay."

### Legislative remedy

Last Wednesday, the Rhode Island House of Representatives voted to approve legislation introduced by state Rep. Deborah A. Fellela (D-Dist. 43, Johnston) that attempts to address the opioid epidemic by creating stiffer penalties for irresponsible prescription practices.

The bill (2021-H 5098A) would grant any licensing board responsible for governing the professional

conduct of individuals with the authority to prescribe controlled substances the authority to fine licensees if they are found guilty of unprofessional conduct or violating any provision of the general laws, according to Fellela.

The bill is aimed primarily at discouraging reckless overprescribing of opioid painkillers.

"In many cases, opioid addiction begins with prescribed painkillers," Fellela said. "The ramifications of reckless over-prescribing has led to an epidemic that has harmed society and torn families apart. This legislation provides some serious consequences for the handful of physicians who are neglecting to prevent addiction."

### Lifelong friendship

Fellela has known the Massemmini family for decades.

"It was such a tragedy," she said Wednesday morning. "When you lose someone you have to talk about it. It's hard to bury a child."

Her grieving friend approached her after he lost his son.

Massemmini had filed a complaint with the Rhode Island Department of Health, which ultimately decided Ryan's doctor was guilty of several charges of neglect.

However, the levied punishment was almost as infuriating as the crime.

"What did this physician get?" Massemmini asked. "He was charged a \$1,250 fee and got probation for one year."

Massemmini's fist hit the table. He fell silent for a minute.

"If it's right, it's right," Massemmini said. "If it's wrong, I'll go to the moon to make it right."

Fellela wanted to help.

"I just felt, I had someone in my district who my kids grew up with, who had an opioid addiction," she recalled. "Something should have been done. The doctors had told him to get off that medication. He was having suicidal tendencies. He should have been off it."

She's hoping her bill will help future families in similar struggles.

"Now, possibly, maybe, a doctor will think twice," Fellela said. "I think, in effect, they will have to be more mindful prescribing

these drugs. It may make a doctor think twice about prescribing.

"If this saves one child, I think we're doing something good."

### The fine print

While no fine would be allowed for a first offense, second offenses could result in fines of up to \$1,000, and subsequent offenses could result in fines up to \$5,000 each, according to Fellela's description of the legislation.

Perhaps, more importantly, rather than a "fee," doctors found to have acted unprofessionally will instead face a "fine."

"This bill has created a fine," Fellela explained. "Before it was a fee. By making it a fine, it tightens up the language a bit. A fee is a little bit less. When you say 'fine,' it means more of a disciplinary action."

The bill also allows the Board of Medical Licensure and Discipline to recover more of its administrative costs from proceedings if a licensee is found guilty of an offense, raising the cap from \$10,000 to \$30,000.

The bill additionally strengthens other sanctions against doctors found guilty of unprofessional conduct, and allows the board to revoke medical licenses indefinitely.

Following last week's House approval, the bill was slated to move to the Senate this Thursday.

The state Senate had already passed similar legislation introduced by Sen. Joshua Miller (D-Dist. 28, Cranston, Providence).

Fellela expects "no hiccups" in ultimately passing the law.

### Ryan's Bill

Next year, she plans to reintroduce the legislation and have it renamed "Ryan's Bill."

"I think we'll keep moving forward," Fellela said. "I think we can make it stronger. We need to look more at licensing. Some of these doctors are repeat offenders."

Stiffer penalties, legislators hope, may help to avoid some tragic ends.

"This bill gives more accountability to the doctors, and a little bit of closure to the families who lose someone to addiction," Fellela said.

Over the past two years, Massemmini has worked hard to affect change in state laws governing the medical profession. He has successfully turned his grief and anger into legislation.

"With the passing of 'Ryan's Bill,' I hope to stop unnecessary and dangerous over prescribing of Opioid medications by incompetent physicians," he wrote. "Physicians need to take the time to treat patients' diseases without relying on just prescribing addictive medications as a panacea. With the passage of Ryan's Bill, I hope the stricter fines and not fees will be a deterrent to discourage physicians in this dangerous practice."

### The note

Massemmini stood from his kitchen table, stacked the medical paperwork and fastened the loose sheathes with a paperclip.

The still-grieving father walked to a closed door, and carefully turned the knob.

"This was my son's room," he said, opening the door.

Massemmini stumbled a bit while walking in, blinded by an intense beam of light leaking through a partially opened curtain.

He turned right to what was once a desk, but has been turned into a small shrine.

On the wall above hangs a crucifix. Underneath, rows of sympathy cards have been carefully arranged like dominoes.

Photos of his smiling son look back at their father.

A tiny polished red rock weights down the yellow piece of paper, pinning it to the center of the shrine.

The note is Massemmini's final message from his son.

"What does this say?" He asked, bending down to read the scribbled handwriting. "They took 10 years to get me." What does that mean?"

Massemmini has read and reread the note a thousand times before. But it still triggers confusion and pain.

"Life is cruel," he continued reading the note aloud. "Life is cruel. I go to the cemetery twice a day, while this SOB is at home talking to his children. My son was such a good kid. I want people to know how good he was. He was a great kid. Now he's gone."

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E.W.



# Opinion

EDITORIAL

## A celebration of community spirit

The pandemic has continued to fade, summer is in full swing, and one of our most cherished holidays has arrived.

Love them or loathe them, nothing says "Fourth of July" quite like a fireworks display. And the skies above our communities figure to be shining brightly in the nights ahead.

Warwick's traditional display at Oakland Beach returns Saturday, July 3, with a rain date of the following day. Starting at approximately 9 p.m. and lasting roughly 40 minutes, the show can best be viewed from the seawall or from City Park.

In Cranston, for the first time in several years, the softball field on Atwood Avenue – next to the old police station, in Rhode Island terms – will play host to a fireworks display on the Fourth thanks to the nonprofit Cranston Cares and its various sponsors. The organization honors the memory of Sgt. Adam DeCiccio, an Army veteran and Cranston native who passed away late last year.

We applaud the organizers and sponsors of this event for making it possible, and we look forward to the show. It's a sorely needed chance for members of our community to gather together in celebration, make memories and look forward to the weeks ahead.

There'll be more local fireworks, too, with the return of St. Mary's Feast in mid-July. After last year's celebration was all but canceled because of COVID-19, residents of Knightsville and beyond are rightfully thrilled to see the return of this summer staple in Cranston. We can't wait to join in.

We'd be remiss, though, if we didn't address an issue we've raised before – the smaller, unauthorized fireworks displays sure to be going off throughout the city in the nights to come.

It's been a few years now since Rhode Island legalized the sale and use of ground-based and handheld fireworks, such as sparklers and fountains. Many other types of fireworks, of course, are readily available elsewhere in New England, and those pyrotechnics wind up in Ocean State backyards and block parties.

Everyone deserves the chance to celebrate, especially after the year we've had. But we ask all residents of our communities to please temper that revelry with a sense of safety, civic responsibility and common sense.

Keep in mind that in densely populated neighborhoods, a mishap carries the risk of homes and lives lost if a blaze were to break out.

Show respect for the emergency personnel who would be tasked with responding to such a disaster – and who would race to the scene if you, or someone else at your party, were burned or otherwise injured.

Remember to be respectful of neighbors. Don't forget that the sights and sounds of fireworks might affect the most vulnerable among us – seniors, those dealing with post-traumatic stress disorder, even pets – in deeply negative ways.

This year, more than ever, the Fourth of July is special for all of us. After the year-plus we've been through together, let our celebration of the American spirit truly be a celebration of community spirit as well.

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OP-ED

## Celebrate veterans by lowering drug prices

By ELLIE BEARGEON

As the nation prepares to celebrate another Independence Day, there is a lot to be grateful for this year. Thanks to new leadership in Congress, a new vaccine against COVID-19, and front-line American workers, the pandemic death toll is finally shrinking and life is returning to normal for millions.

American veterans like me understand what it's like to fight on the front lines. We willingly serve the country to make sure that everyone in America can enjoy peace, freedom and security even as we often struggle with injury and other challenges.

I enrolled in the U.S. Army right after high school and spent six years as an aircraft refueler. During my deployment to Iraq, I began to experience increasingly debilitating lower spine issues. Today, I am finishing out my service stateside while continuing to manage my injuries and preparing for civilian life.

I still get physical therapy and mental health care at the Providence VHA as well as the prescription drugs necessary to manage my injury. Not having to worry about healthcare coverage and paying for high priced prescription drugs has enabled me to focus on other endeavors and earn a bachelor's degree from Rhode Island College. Now, I'm on my way to earning a graduate degree at Clark University.

As a veteran, I've been proud to contribute and fight for American values, but I've also learned that sometimes fighting for change is better than protecting the status quo. Health care is a great example.

The ridiculously high price of prescriptions in the United States threaten the health of millions of Americans who need medicines, but can't afford them because drug corporations have been allowed to hike prices at will. Whether it's new drugs like the Alzheimer's treatment that just launched at \$56,000 per year or insulin, which has been around for a hundred years, drug corporations' monopoly power to set and raise prices leaves Americans with no choice but to pay two to four times more for medicines in the United States than people in other countries.

As a veteran getting my coverage and prescriptions from the VHA, I didn't have to struggle to get affordable medicine. But millions of other veterans and their families do because most veterans don't get their healthcare from the VHA. Two-thirds of veterans have private insurance, one in 10 have Medicaid and around 6 percent of veterans have no coverage, including an estimated 5,007 in Rhode Island.

A third of veterans coming home struggle to pay bills and access health care even as they are managing complex health care needs related to their time in the military. Brain injuries, mental illness like depression and PTSD (post-traumatic stress disorder), musculoskeletal injuries, service-connected hearing loss - these are all common conditions for veterans.

Yet many can't get the treatment they need to recover, even when they have coverage. About 40 percent of people with private insurance still can't afford prescriptions, including millions of veterans who need treatment for common service related health issues

described above. The price of prescription medicines is increasing faster than any other medical good or service, largely unchecked by Congress.

As long as Congress does nothing to stop the drug corporations from raising their prices much faster than the rate of inflation, drug corporations will remain the most profitable industry in America while millions of people are forced to skip doses, get into debt or forgo treatment altogether because of inaction.

As President Biden pointed out earlier this year, we know how to address the problem: require price negotiations in Medicare. In fact, we have a great existing model in the VHA that shows how negotiating drug prices can make medicines much more affordable for the nation and for pa-

tients. The federal government's own research shows that negotiated drug prices in VHA, the Department of Defense, and Medicaid are half of what drugs cost in Medicare, where negotiations are prohibited.

Drug price reforms that would enable Medicare to negotiate lower prices and then extend those prices to everyone, like the Lower Drug Costs Now Act in the House, are common sense measures that would benefit everyone - including veterans.

We're counting on our leaders in Congress - particularly Sens. Whitehouse and Reed - to fight for the change we need by lowering drug prices and liberating Americans from pharmaceutical price-gouging.

*Ellie Bargeon, a veteran, resides in Cranston.*

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## Watch Your MOUTH

by Rochelle Rhodes, D.M.D. and David McFarland, D.D.S.

### AN UNEXPECTED SOURCE OF ORAL HEALTH

Breastfeeding may not necessarily be suitable for every mother or every infant, but if you are on the fence about deciding what is best for you and your child, you should know that breastfeeding can have significant benefits for your baby's oral health. Because breast milk is more easily digested than formula by most babies, more nutrients and vitamins that are vital to tooth and bone development are able to be absorbed. Breastfed babies are also far less likely to experience baby bottle tooth decay (also known as "bottle rot"). Of course, breastfeeding cannot eliminate tooth decay and you should start brushing your child's teeth as soon as they erupt. Taught early enough, healthy habits turn into healthy lifestyles. Begin with proper brushing and flossing techniques and a tooth-friendly diet. Continue with regular professional care and cleanings for a beaming smile that will last a lifetime. If you would like more information on how to get your child's dental experience off to a good start, we welcome your call at DENTAL ARTS GROUP, 401-521-3661. We have both children and adults as patients here at 1136 Hartford Ave., Johnston, because everyone, regardless of age, deserves a winning smile. Office hours are Monday-Thursday 8a.m. to 4p.m.; Friday 8a.m. to 12p.m. P.S. According to an American Dental Association study, children who were breastfed are less likely to have tooth alignment issues when they are older.

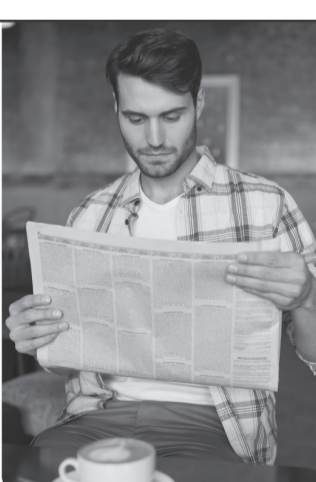
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# SUN RISE SCOOPS

By MERI R. KENNEDY

## July 4 fireworks in Cranston

A local nonprofit organization dedicated to the memory of an Army veteran from Cranston is planning a Fourth of July fireworks display at the Atwood Avenue softball field.

The display, put on by Cranston Cares, will begin at 9 p.m. on Independence Day. It is the first community event for the organization, which is dedicated to the late Sgt. Adam DeCiccio, who passed away in December.

The sponsors for the fireworks display include Nardolillo Funeral Home, BORI Graphix, the St. Mary's Feast Society, Freeway Carwash & Laundry, Cushman Landscaping, Elmwood Sports, Northeastern Tree, Mike Lombardi Injury Law, National Gold, Soul Source Restoration, Desmarais Plumbing, Carpiato Group, Pepsi Cola Bottling Company, Evergreen Turf Management, Newport Lemonade, Allstate Lock, Joe & Son's Service Inc., Northwestern Mutual, 39 West Restaurant, the Dumpster Company & John Galego, the Thirsty Beaver, Century 21 and Taylor Swanson, Allstate Insurance, Innovation Fitness, and Action Public Adjusters and Cesar Loaiza.

## Johnston Senior Center back in action

The dining room at the Johnston Senior Center is now open daily, Monday to Friday, at noon. For reservations, call Brenda at 944-3343, ext. 109.

A trip to Myrtle Beach is planned for six days and five nights, Sept. 12-17, at the price of \$998 per person (double occupancy) and \$1,287 for single occupancy. Contact Ellen at 944-3343 for further information.

On a weekly basis, the center offers the following activities.

**Mondays:** Walk away the pounds from 9-9:30 a.m. and crafts at 10:30 a.m.

**Tuesdays:** Bocce from 9:30-11 a.m. and Tai Chi at 1 p.m.

**Wednesdays:** Quilting at 9:30 a.m., bocce at 9:30 a.m., Zumba from 10-10:45 a.m. and Chair Strong & Fit at 11 a.m.

**Thursdays:** Walk away the pounds at 9:30 a.m., bocce from 9:30 to 11 a.m.

**Fridays:** Line Dancing from 10-10:45 a.m. and Zumba from 11-11:45 a.m.

## Johnston Youth Basketball Clinic

Johnston Parks and Recreation, in conjunction with the Providence Pirates, will host a six-week basketball clinic beginning on July 7 and ending on Aug. 11. Clinics will be held at the Johnston Memorial Park basketball courts.

Grades 3-6 (coed) will meet from 6 to 7 p.m. and grades 7-9 will meet

from 7:15 to 8:15 p.m. The cost is \$75 per player and checks should be made payable to JYSA. The price includes a T-shirt.

For more information and to register, visit [johnstonrec.com](http://johnstonrec.com).

## St. Mary's Feast kickoff event

The St. Mary's Feast Society will host a kick-off to this year's festival on Wednesday, July 14, from 6 to 10 p.m.

The event, which will be free, will be held at the Feast Society's building at 15 Phenix Ave. It will feature entertainment from Lance Mantia's The Rewind Party. There will be a cash bar and food.

This year's St. Mary's Feast from July 14-18. The feast's fireworks display is scheduled for July 18 at 10 p.m.

For more information, visit the St. Mary's Feast Society Facebook page.

## Help the Historical Society

The Find on 6, located at 2953 Hartford Ave., is now accepting consignment items on behalf of the Johnston Historical Society. That means you can donate some gently used white elephant items and, if they sell, the society gets 60 percent of the proceeds! Each person may bring two boxes of goods at a time, Wednesday through Friday, 11 a.m. to 4 p.m.

Appropriate items include antiques, collectibles, vintage clothing or handbags (in good condition), jewelry, kitchenware, furniture, etc. Nothing broken or soiled.

## Summer concerts returning at Garden City Center

Your favorite summer tradition is back at Garden City Center!

Join in on Wednesday nights in July and August for good tunes, family fun and memories that will last well beyond the dog days of summer as part of the shopping center's Summer Concert Series.

Garden City will be making these concerts even more exciting than ever, so stay tuned for more details in the coming weeks!

As of now, the schedule includes Funk Night featuring XS BAND on July 21; Tropical Night featuring The Copacetics on July 28; A night on the boardwalk featuring Elton John vs. Billy Joel on Aug. 4; and '80s night featuring Fast Times on Aug. 11.

As always, the concerts are free of charge. To learn more, follow Garden City Center on Facebook or visit [gardencitycenter.com](http://gardencitycenter.com).

## Garden City SWEAT

Every Saturday, Garden City Cen-

ter will present its new fitness series, Garden City SWEAT. Each week, they will be bringing you outdoor group workout classes led by instructors from local fitness community, including CORE Studios and Haven Fitness. They mix it up with different styles and intensities, so there's something for yogis, HIIT-lovers and everything in between.

Plus, a lucky participant in each class will win a \$50 gift card to either lululemon or Athleta. Spots are limited. Register and learn more at [gardencitycenter.com/sweat](http://gardencitycenter.com/sweat).

## Greek Festival dates announces

The dates of the 35th annual Cranston Greek Festival have been announced as Sept. 10-12, 2021. More updates will follow.

## Friends of the Mohr Public Library

Friends of the Mohr Public Library is a nonprofit corporation dedicated to Mohr Library.

Members of the Friends plan and run book sales and carry out other fundraising activities to allow Mohr Library to increase services and programs.

The Friends welcome new members who are willing to provide support through donations, membership dues, or volunteering their time.

To find out more, contact the library director at 231-4980 (press 7).

## Mental health education

Anxiety, depression, bipolar disorder, schizophrenia, obsessive compulsive disorder, borderline personality disorder, post traumatic stress, suicide - all are topics many people prefer not to discuss, so the heartbreak and stigma continue.

If you have a loved family member or a friend who is struggling with a mental health issue, then the Rhode Island chapter of the National Alliance on Mental Illness can help. NAMI-RI ([namirhodeisland.org](http://namirhodeisland.org)) provides free and virtual education, support and resources. It is currently accepting registrations for its upcoming Family-to-Family course.

For more information, call (401) 331-3060 or mail [beth@namirhodeisland.org](mailto:beth@namirhodeisland.org).

*SunriseScoops@aol.com. Photos in jpg format are accepted and news can include community events, promotions, academic news and nonprofit events as well as virtual events. Email today and see your news in our column in the Johnston Sun Rise. Please include a daytime telephone number in case we require any further information.*

# LEGAL NOTICES

## PLANNING BOARD MEETING Tuesday July 20th, 2021; 6:00 P.M.

**SPECIAL MEETING  
Johnston Senior Center,  
1291 Hartford Ave.,  
Johnston, RI 02919**

A Special Meeting of the Johnston Planning Board will be held July 20th at 6:00 PM at the Johnston Senior Center 1291 Hartford Avenue. In addition, the meeting will be on ZOOM so that those unable to attend the meeting in person may participate electronically. Please connect to the meeting in one of the following ways:

**Via Computer:**  
<https://us02web.zoom.us/j/87030281331>

**One tap mobile:**  
+13017158592 then enter Meeting ID and Passcode

**Via Telephone:**  
+1 301 715 8592 or +1 312 626 6799 or +1 646 558 8656 or +1 253 215 8782 or +1 346 248 7799 or +1 669 900 9128 or 833 548 0282 (Toll Free) or 877 853 5247 (Toll Free) or 888 788 0099 (Toll Free) or 833 548 0276 (Toll Free)

Meeting ID: 870 3028 1331

Passcode: 164020

**NOTE: Please check out the "ACCESS INSTRUCTIONS for e-meetings held via Zoom" on the Town's web page under Meetings & Events. <https://www.townofjohnstonri.com/>**

## AGENDA

### I. CALL TO ORDER & ROLL CALL

### II. APPROVAL OF MINUTES

**III. Old BUSINESS  
PB 21-03 - Proposed Retail Distribution Facility - Preliminary Plan and Public Hearing of a Major Land Development with Unified Development Review - Located at 2120 Hartford Avenue AP 54 Lots 39, 40, 42, 54, 61, 75, 89, 90 and 93 - Zoned B-3 - Applicant: Bluewater Property Group - Engineer: DiPrete Engineering.**

A public hearing on the Major Land Development and Unified Development Review application to develop a six-story retail distribution facility with a ground floor area of approximately 823,522 square feet, and a total area of approximately 3,864,972 square feet. The applicant is seeking approval of the major land development Preliminary Plan and the granting of and reaffirma-

tion of dimensional variances from certain provisions of the Zoning Ordinance pursuant to Unified Development Review. The applicant is also requesting waivers from certain requirements of the Land Development & Subdivision Review Regulations and is requesting that the Final Review be delegated to staff.

### IV. ADMINISTRATIVE REPORT & SPECIAL ITEMS Bishop Heights Subdivision - Call of the Improvement Guarantee

### V. ADJOURNMENT

7/2, 7/9, 7/16/21

**Office of the Town Clerk  
Town of Johnston  
1385 Hartford Avenue  
Johnston, Rhode Island 02919**

## SECOND HAND DEALER NOTICE

Notice is given pursuant to Rhode Island General Law 5-21-2 that the Johnston Town Council shall hold a Public Hearing on Monday July 12, 2021 at 7:00 p.m. at the Municipal Court Building, 1600 Atwood Avenue, Johnston, RI. The purpose of

the Public Hearing is to consider the following application for a Second Hand Dealer License. This meeting will also be available virtually via Zoom in the following manner:

go to <https://zoom.us/join>  
Enter the Webinar ID:  
886 3930 5996  
Password: 919615  
Or dial in by phone:  
833 548 0282 (Toll Free)  
877 853 5247 (Toll Free)

Applicant: Full Circle Recycling, LLC  
Trade Name: Full Circle Recycling  
Location: 23 Green Hill Road  
Johnston, RI 02919  
License Type: Second Hand Dealer License- (Expansion of existing Business License)

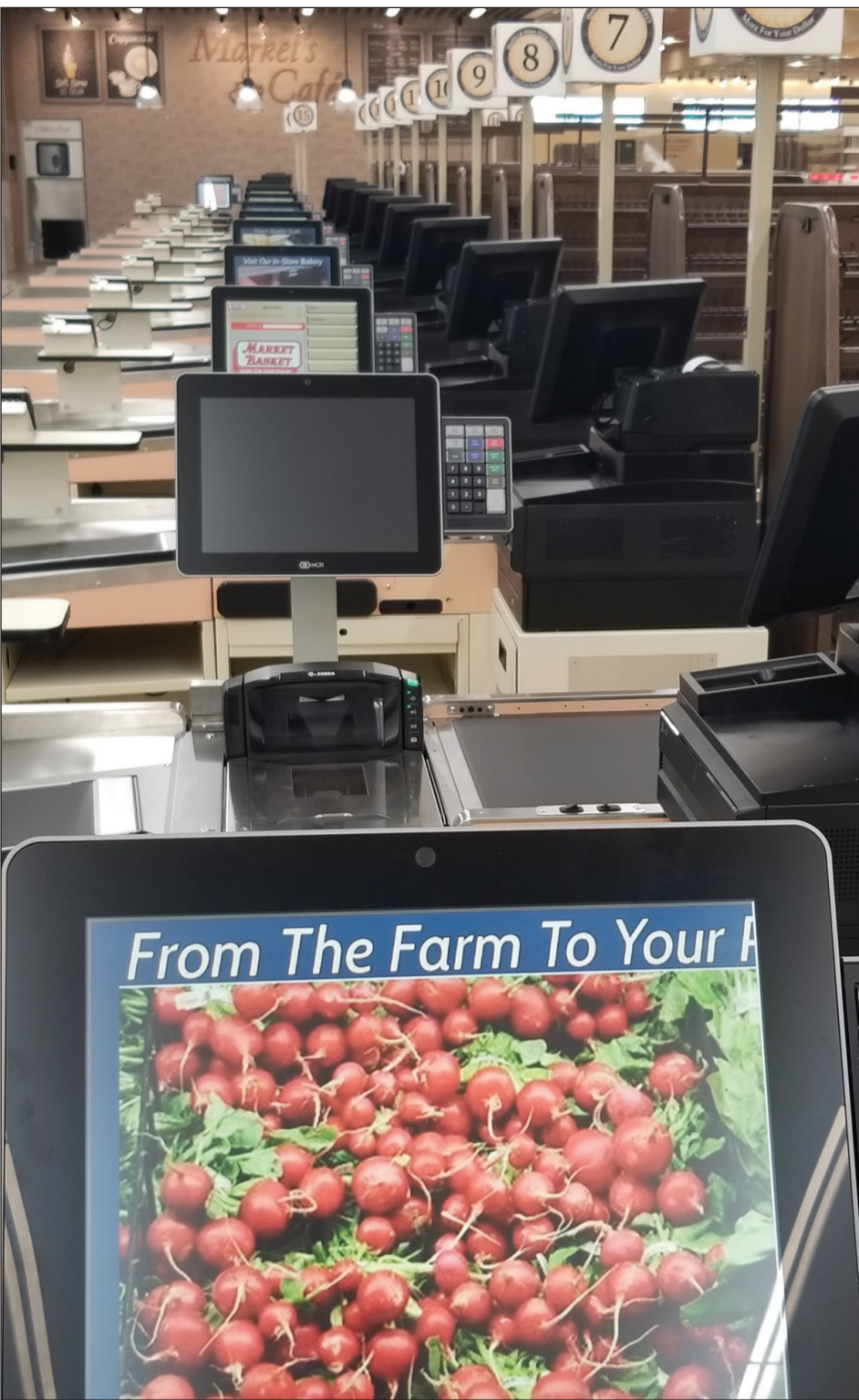
Per Order:  
Johnston Town Council  
Robert V. Russo, Council President

Individuals requesting interpreter service for the hearing impaired must notify the Office of the Town Clerk seventy-two hours in advance of the meeting date.

Vincent P. Baccari, Jr.,  
Town Clerk

7/2/21





**EMPTY CHECKERS:** The full service Johnston store will feature more than 18 registers, each with a bagger, and no self checkout option. (Sun Rise photo by Rory Schuler)

**Market**

(Continued from page 1)

"Each register will have a bagger and a checker," he said from the manager's overlook second story balcony. "With helpers, just here, up front, we could have about 50 people working per shift."

There will be no self-scanning terminals.

A marketplace will feature prepared foods from Niji Sushi, Abon' Danza brick oven pizza, subs and paninis, a burger grill and bakery.

All food will be prepared on-site, McLean said.

A dining area will provide seating for 55 people, with free wifi and plenty of receptacles for plugging in dying electronics.

The aisles are extra wide, so customers pushing carts can push through and browse with ease.

The produce department is huge, with a section for organics, and other health food options. All cut-fruit will be dissected on site, fresh and preservative free.

"We prepare our cut fruit every day," McLean said, entering the back of the store.

"When this store opens, the fields will be producing," he said. "It will be the perfect time of the year."

During the summer season, Market Basket buys

most of its produce from farms throughout New England and parts of Canada.

The company has jumped through multiple hoops to become one of the few dealers of Certified Angus Beef products.

"We're now one of the top sellers of Certified Angus Beef in the country," McLean said. Only 20 Market Basket stores, including Johnston, have completed the brand's arduous certification process.

Trained butchers will split sides of beef into New York strips, T-Bones and cowboy cuts on-site.

"We're proud we went through the vetting process," McLean said as a worker made adjustments to the steak display case.

He expects about 20-25 percent of the Johnston new-hires will become full time career associates.

The store provides profit-sharing options for its employees.

"To pay a man or woman a weekly paycheck is all fine and good," McLean said, reciting the late store founder's philosophy. "But to set them up for the years beyond, that's very important to this company."

Every manager in the chain started as a part-time associate, McLean said. The store promotes from within.

"Do you want to work for a company, or do you

want to work with a company," he said. "It makes all the difference in the world. We want our associates to work with us."

A trailer has been set up in the parking lot's lower level, for applicants to submit paperwork and sit for interviews. The company is still accepting applications for employment at the Johnston location.

"We believe in having respect for our employees, the customers, and the tradesmen," McLean said. "We're all on the same bar. And as long as no one gets greedy, the bar won't tilt."

Several years ago, BJ's Wholesale Club vacated the new Market Basket building, but relocated to a distant hill still within the town limits. The new BJ's location can be seen through a window in the Market Basket dining room.

Efforts are also underway by town officials to lure a Costco to the town. McLean said he welcomes the competition.

"Competition is good for all of us," he said. "We're looking forward to having the citizens of Johnston and surrounding communities come in to look around. The town of Johnston has been incredible to work with."

Market Basket owns and operates 85 stores in New England. The Johnston location will be No. 86.

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**POULIOT MASTERPIECES:** Above, graduating senior Alex Pouliot has created a portfolio of digital works. They will be one of the first seniors to graduate receiving a certificate with a gold seal for successfully fulfilling the requirements of the Two-Dimensional Art Academy, in addition to their diploma. They will attend RIC for Art in the fall. Below, Kerry Murphy, JHS Fine Arts Co-Chairwoman (left), receives a grant check from state Rep. Deborah Fellela. (Submitted photos)

# JHS Art Department wins state grant

Johnston High School's Art Department has been steadily growing its focus on technology in relation to the art studio. Grant Funding from the RI Legislature, sponsored by state Rep. Deborah Fellela, provides an opportunity for students to create on an iPad and for teachers to document and share student work. The grant also allows for the purchase of display materials in the form of mats to frame artwork produced in Digital Art classes. The \$500 grant allows for greater use of the Adobe Suite program used in Digital Art. Adobe Suite is the gold standard in graphic design and illustration fields. Therefore, this funding supports school to career connections. Work will be exhibited in person in an annual art show as well as online, allow-

ing young artists to share their artistic vision with the school community and beyond. Kerry Murphy's objective, as Visual Arts Chairwoman, is to support the exciting work being done by art teachers, Mike Harwood and Matthew Nerney, as well as the students in their classes. "We want to enhance both teaching and learning through state of the art technology equipment and programs," Murphy said. "We are now proud to offer a Digital Art Academy pathway. Students take a prescribed selection of courses to prepare for challenging real world work experiences — both in visual art and technology. They can graduate with a certificate and gold seal recognizing their specialization, in addition to their high school diploma."



# Blue-green algae bloom in Georgiaville Pond in Smithfield

The Rhode Island Department of Health (RIDOH) and the Rhode Island Department of Environmental Management (DEM) are advising people to avoid contact with Georgiaville Pond in Smithfield due to a blue-green algae (or cyanobacteria) bloom in the pond. Blue-

green algae can produce toxins, including microcystins, that can harm humans and animals. All recreation, including swimming, fishing, boating and kayaking, should be avoided. People should not ingest water or eat fish from Georgiaville Pond. Pets can also be affected

by exposure to the algal toxins and thus owners should not allow pets to drink or swim in the water. The advisory will remain in effect until further notice. It is possible that blue-green algae blooms may be affecting other waterbodies in Rhode

Island. People are advised to avoid contact with waterbodies that exhibit bright green coloration in the water or at the water surface and/or dense floating algal mats that form on the water's surface. The water may look like green paint, thick pea soup, or green cottage cheese.

To report suspected blue-green algae blooms, contact DEM's Office of Water Resources at 222-4700 or DEM.OWRCyano@dem.ri.gov and if possible, send a photograph of the reported algae bloom. For further information visit: [www.dem.ri.gov/bluegreen](http://www.dem.ri.gov/bluegreen).

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# News \$4M federal grant to boost job training, workforce development

In an effort to create job opportunities and career paths for workers while strengthening Rhode Island's economy, U.S. Senators Jack Reed and Sheldon Whitehouse and Congressmen Jim Langevin and David Cicilline today announced \$3,962,000 to support, modernize, and diversify Registered Apprenticeship Programs in Rhode Island.

The Rhode Island Department of Labor and Training (DLT) received a State Apprenticeship Expansion Equity and Innovation (SAEEI) Grant to support its Apprenticeship FOWARD Project, which will modernize and expand Registered Apprenticeship Programs, and increase the diversity of programs and participants. The SAEEI funds will continue the highly successful Apprenticeship Rhode Island partnership between DLT and Building Futures, a non-profit organization centered on the model, and will support strategic Registered Apprenticeship

Programs (RAPs), recruit 500 new apprentices, and provide no-cost technical assistance to employers in creating new apprenticeship models.

Apprenticeships provide an on-ramp to job-training and career path, where participants earn as they learn. Rhode Island's apprenticeship programs that will benefit from this grant include: construction, health care, manufacturing, green/plant-based industries, and business services, including information technology. These apprenticeships help people achieve traditional professional licenses including electricians, pipefitters, and HVAC technicians and also open opportunities to non-traditional apprenticeships in industries not typically associated with apprenticeship programs. This federal grant will support the traditional and non-traditional apprenticeship programs and expand awareness and use of these powerful tools for workforce development.

## Library

(Continued from page 1)

It is unclear where the alleged sexual assault occurred and whether Johnston Police will have jurisdiction in the case, according to Johnston Police Chief Joseph P. Razza.

"We have to see if the people involved will speak to us, if the victims will come forward, to determine if a crime has occurred," Razza said on Monday. "The mayor took swift action out of an abundance of caution."

Polisena and Razza said Johnston police are investigating the matter because Broccoli is both a town resident and town employee.

Polisena called a meeting Friday, with Razza, a deputy police chief, a human resources representative and the town's solicitor, William J. Conley Jr.

He said Broccoli's employment at a library in town presents immediate concerns, and prompted a quick response.

"There are children who go in and out of that library," Polisena said Monday morning.

On June 24, Broccoli released a statement in response to the allegations. The statement was sent to people affiliated with the theater.

"While I do not know who the person is that has spoken to the staff, I do know that over the years, I have absolutely made mistakes in regards to starting inappropriate relationships with other people I had working relationships with, and as an Artistic Director, I should have known better," Broccoli wrote. "Professionalism dictates that any interaction I have with someone working with the company, even while consensual, involves that person having to navigate whether or not engaging with me will be useful in some way and/or whether not engaging with me will hurt them in some way."

Broccoli serves as the artistic director for the Epic Theatre Company in Cranston.

The theater has halted all productions. Executive Director

Megan Ruggiero, Associate Artistic Director Angelique Dina, and General Manager Lauren Pothier have all resigned from their posts at the theater, following the allegations and an internal investigation.

Ruggiero posted a statement online, following her resignation.

"Without getting into detail about the investigation to maintain the privacy of this survivor, I can say the claim was quite severe and truly horrified me," Ruggiero wrote. "My heart goes out to this survivor and any others who may come forward as a result of this news. I am disappointed in myself for not picking up on this and not being able to come to this individual's aid sooner."

Since the theater is a nonprofit, without a fully functional Board of Directors, Ruggiero said they did not "have the ability to request a vote for removal."

"Instead, we made Kevin aware of the allegations, our investigation, and our desire for him to step down from his position," she wrote. "Though Kevin told us he will be remaining at Epic to accept responsibility, hold himself accountable, and swiftly try to install new leadership to carry on the company, we still felt uncomfortable remaining in our positions. For me, doing that would have felt complicit in a way and not truly taking a stand for the survivor and potentially others, which based on our investigation, I believe do exist."

Broccoli posted his statement early Friday morning, after meeting with Pothier and Ruggiero late Thursday night.

Pothier and Ruggiero requested a meeting with Broccoli "as soon as possible to discuss and urgent matter," according to Broccoli's online statement.

"It sounded very serious, so I said I would meet with them at the theater and we all started a conversation around 11:30 p.m.," Broccoli wrote. "They informed me that someone — I don't know who — had come to them to tell them about an in-

teraction with me that that person felt was inappropriate. I do not want to underplay it, so I will say that this person felt that due to the power dynamic of me as an Artistic Director, they felt as though they were not in a position to deny me consent in whatever that interaction was."

Broccoli founded Epic Theatre Company in 2006, according to the biographical information posted on Epic's website.

Broccoli also currently holds the Guinness World Record for most monologues performed in a 24-hour period.

Prior to his suspension, Broccoli worked as a "fiction specialist" at Johnston's Marian J. Mohr Memorial Library, 1 Memorial Ave.

Broccoli said he did not resign from his post at the theater because "whoever was in charge of Epic once we went public with this would inevitably face a storm of criticism."

"In a sense, they would be asked to clean up a mess caused by me, and I didn't think that was fair. My suggestion was to have Megan, Lauren, and anyone else on staff resign, and that I would make myself available to face that criticism on my own."

Dina has also posted a statement online, explaining her decision to leave Epic.

"I stand in solidarity with survivors," she wrote. "I do not tolerate abuse, assault, or violence. I have resigned from my position of associate artistic director at Epic, but if anyone needs help or support, do not hesitate to contact me, Megan Ruggiero, or Lauren Katherine Pothier."

Attempts to contact Broccoli for further comment have not been successful.

Attempts have also been made to contact Dina, Pothier and Ruggiero, but have not been successful.

Cranston Police Major Todd Patalano said that Cranston police are not actively investigating the allegations.

Johnston Library Director Jon Anderson declined comment, referring calls to Town Hall.

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											63		

**CLUES ACROSS**

1. Absence of difficulty
5. Preserve a dead body
11. Gratitude
14. The act of coming together again
15. More cushy
18. Visionaries
19. Fish-eating bird
21. Indicates near
23. NY Mets legend Tommie
24. Icelandic poems
28. Pop
29. Hammer is one
30. Senses of self-esteem
32. Trigraph
33. Not around
35. Electronic data processing
36. Driver's licenses and passports
39. Snake-like fishes
41. Military flyers
42. Raincoats
44. Type of community
46. Feature of worm's anatomy
47. In the center
49. Laid back
52. Jewelled headdress
56. In slow tempo
58. \_\_\_ Falls
60. Saying things again
62. Periods in history
63. Hyphen

**CLUES DOWN**

1. Body part
2. Mimics
3. Expel or eject
4. Sea eagle
5. Subdivision of cenespecies
6. Dialect of Chinese
7. Mr. T's character on "The A-Team"
8. Consumed
9. Chinese dynasty
10. NFL great Randy
12. Ireland
13. Palm trees
16. Fungal disease
17. Willis and Jerry are two
20. Affirmative!
22. Potato state
25. "The First State"
26. A way to develop
27. Associations
29. Woman (French)
31. Sunscreen rating
34. Brew
36. Mosque prayer leader
37. Indigo bush
38. Burn with a hot liquid
40. Jr.'s father
43. Scad genus
45. Morning
48. Length of a straight line (abbr.)
50. Double curve
51. Small thin bunch
53. Worn by exposure to the weather
54. Mars crater
55. Humanities
57. Of the ears
58. "To the \_\_\_ degree"
59. Residue
61. It keeps you cool

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# Sports



STATE CHAMP: Johnston's Lala Olagundoye, who took home another state title. (Photos by Alex Sponseller)

## High school sports season comes to a close

The spring high school sports season wrapped up this past weekend, marking the end of what was a memorable year of interscholastic sports.

The spring season always seems to go by the fastest and this year was no different. Seems like just yesterday that I was covering my first few baseball and softball games and seeing our teams get into action while also wapping up the third season. It has all been kind of a blur, really.

Now that the spring is officially over, let's take one last look at how things played out and some of the biggest storylines to digest moving forward.

First, the Bishop Hendricken outdoor track and field team won the state championship at Conley. It is never really a surprise when the Hawks win, they have had the most success of any team on the track over the course of the past two decades.

Hendricken's track program is one of the best in the country and continues to churn out collegiate athletes left and right. Hendricken is always deep

### My pitch



by ALEX SPONSELLER  
SPORTS EDITOR  
ALEXS@RHODYBEAT.COM

in talent and has an outstanding program led by coach Jim Doyle. It is one of the most steady teams throughout the state.

One aspect of this team and program that I find interesting and not talked about enough is its ability to transform athletes of other sports into state champions ... seems like more than half of the team considers track to be their second or third sport.

For them to be as dominant as they are every year is special, so although it is no longer thrilling per se, it is impressive to watch. Keep an eye out for the kids on that roster as a handful will be doing big things in

PITCH- PAGE 17

## Olagundoye wins outdoor title

By ALEX SPONSELLER

The Rhode Island Outdoor Track and Field State Championships were held this past weekend at

Conley Stadium in Providence and many locals made some noise on the big stage.

Johnston's Lala Olagundoye continued to cement her place as one

of the state's best track athletes by winning the triple jump. She also finished second in the high jump

TITLE- PAGE 15

## Panther grapplers compete at states

FROM STAFF REPORTS

The Rhode Island High School Wrestling State Championships were this weekend and a handful of local grapplers shined on the big stage at the Providence Career & Technical Academy.

Bishop Hendricken finished second with 176 points while Cranston West took seventh as a unit.

Johnston's Antonio Bracey finished sixth at 152 pounds for the Panthers.

Cranston West's Chris Gomez finished second in the 138-pound division while teammate Landon Giampietro

PANTHERS- PAGE 17



ON THE PODIUM: Johnston's Antonio Bracey competes in the state championships last weekend at the Providence Career & Technical Academy. Bracey took home a sixth-place finish in the 152-pound division which earned him a spot on the podium. (Photos by Alex Sponseller)

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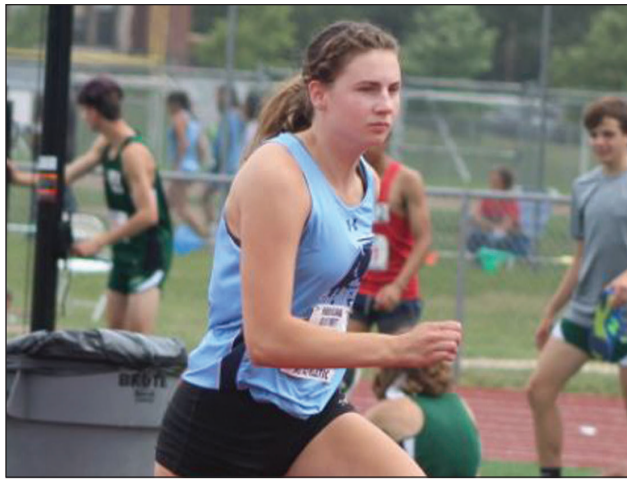
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**HIGH JUMP:** Johnston's Brynn Roche, who took fifth place in the high jump.

**Title**  
(Continued from page 14)

as well as fifth in the long jump. Olagundoye wraps up a historic career at Johnston as arguably the best track athlete to ever put on the Panthers uniform. She also wrapped up state title in high jump and long jump at the indoor championships a few months ago.

Brynn Roche also finished fifth in the high jump for the Panthers while teammate Taylor Powell took eighth in the 200 dash.

The Bishop Hendricken boys team won its 26th title with a first place finish. The Hawks finished with 119 points while second-place La Salle finished with 64.

"We have been fortunate the last two years they have well-rounded teams. We had a couple guys that could throw, our sprinters, our jumpers, our distance runners were all outstanding. It's rare to have such a strong combination working at once," said Bishop Hendricken coach Jim Doyle.

Stealing the show for the Hawks was three-sport athlete Brandyn Durand, who won the 200 dash and was part of the 400 relay team's victory.

"I can't say enough about him. How dedicated and committed he was to track both during the indoor and the outdoor season. It was a remarkable success. He was an All-Stater in football, was just named Gatorade Player of the Year for baseball and will probably be All-State there, and he's All-State for track. He is the best athlete the school has had since Rocco Baldelli. He is that significant of an athlete," Doyle said.

Also coming up big for Hendricken were the distance runners, the throwers and Matt Maroney in the pole vault.

"Our distance runners were fantastic, Evan Reynolds did his job. What I love about Evan is that he is so committed to the team. Him, Evan McGregor, Ryan Dyer, they were significant. They came up big. We had a couple of throwers like John Fay who stepped up. Matt Maroney won the pole vault after competing in wrestling. It was a great story," said Doyle.

After returning from last year's lost season due to the pandemic, Doyle was proud of his team and felt that his athletes appreciated the moment more than years past.

"Last year, I felt bad for those seniors. We had a lot of seniors that did not get the opportunity. Then this year with the juniors that are now seniors, it was even worse for them because they had a shortened cross country season, a shortened indoor season, no nationals. These guys were so loose, and their performances reflected that," said Doyle. "They were just grateful to have the opportunity to compete again. I'm happy for them."

Here is a look at some of the local results from the day:

**BOYS**

Bishop Hendricken's John Fay won the hammer throw while teammate Matt Maroney took first in the pole vault.

Hendricken's relay team of Joel Felix, Kamalie Pemberton, Brandyn Durand and Jake Kopech finished first in the 400. Durand would also win the 200 dash for the Hawks.

Evan Reynolds placed second in the 1,500 run for the Hawks while Durand placed second in the 100 dash. Ryan Dyer finished second in the 800 meter run. Reynolds also finished second in the

3,000 run.

Hendricken's Matt Steele finished third in the long jump while teammate Cam Hughes finished third in the shot put. Hendricken's Amuchin Timbo finished third in the triple jump for the Hawks as well.

Josiah Nhar placed third for Hendricken in the high jump while Evan McGregor took third in the 1,500 run for the Hawks.

Pemberton later took fourth in the 100 dash while McGregor placed fourth in the 800 run. Kopech placed fourth in the 200 dash.

Andres Andujar took fifth in the long jump for the Hawks,

While Cameron Chinn took sixth in the javelin throw and teammate Alex Morin placed sixth in the shot put. Steele finished sixth in the triple jump for the Hawks.

Hendricken's relay team of Steven Hauser, Josh Breard, Andrew Frezza and Wilson Jablonski took seventh in the 3,200 while Dyer placed seventh in the 1,500 run.

Andujar later went on to finish eighth in the high jump.

Hendricken's Jude Ibarra finished ninth in the shot put while teammate Levi Wurster took ninth in the triple jump.

Hendricken's relay team of Dyer, Hauser, Jacob Naiefeh and AJ Monteiro finished ninth in the 1,600.

Pilgrim's Aidan Viveros took 10th in the shot put

West's relay team of Kris Degaitas, Makai Teixeira, Alex DelNigro and Michael Conti placed fifth in the 400. Degaitas also finished fifth in the 110 hurdles for the Falcons.

West's relay team of Shawn Robbins, Peter Morales and Nate Quero took ninth in the 3,200

DelNigro finished 10th for West in the long jump.

**GIRLS**

Pilgrim's Dasani Stewart finished second in the triple jump.

Toll Gate's Samantha Larrivee took fifth in the discus throw while Pilgrim's Emmanuelle Degos took fifth in the 3,000 run.

Stewart finished sixth in the long jump while teammate Janelle Mixner placed sixth in the javelin.

Hannah Horace placed eighth in the hammer throw for Toll Gate as well as eighth in the shot put.

Emma Corcoran placed ninth in the javelin for Pilgrim.

The Cranston West girls finished sixth while Johnston took ninth place overall.

East's Samantha Sainristil finished second in the discus for the Thunderbolts. West's relay team of Mikaya Parente, Lindsey Hobin, Ailani Sutherland and Quiana Pezza took second in the 400.

Parente took third for West in the long jump, while Hobin finished third in the 100 hurdles. West's Juliana Bucci finished fourth in the discus while Parente took fourth in the 200 dash.

East's Bethanie Jean-Phillippe took fifth in the javelin while Parente went on to take fifth in the 100 dash.

East's relay team of Aislinn Baxter, Zoe Catrambone, Madeline Baxter and Stella Loezos finished seventh in the 3,200. Sutherland placed eighth in the 100 dash for West.

Maia Riccio finished 10th in the javelin for the Falcons while Sutherland finished 10th in the 200 dash. East's relay team of Loezos, Aislinn Baxter, Mikayla Johnson and Isabella Acevedo finished 10th in the 1,600.

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# 'I let out a holler that is still vibrating around Newport'

By CAPT. DAVE MONTI

Last Friday Greg Vespe of Tiverton caught a 15-pound 8-ounce, 31.5-inch summer flounder (fluke) while fishing off Newport with his friend Capt. BJ Silvia of *Flippin Out Charters*. The State of Rhode Island record is 17 pounds, 8 ounces. So this is a big fish. A trophy catch for any angler.

Greg Vespe said, "My rod just got heavy, no nibble or classic kind of tap tap, the whole thing loaded up. For a second I thought I had a lobster pot line, then you could tell it was definitely something alive and it came up relatively easily the first 40 feet. When it realized it was hooked it decided to fight, and what a fight. Even though my drag was tight she went all the way back down to the bottom and bulldozed for a bit. Finally she started to come back up. When we saw it BJ was ready with the net and he didn't miss, one scoop and she was in the boat! I let out a holler that is probably still vibrating around Newport."

Greg caught the fluke with a fairly rare/hard to find deep purple squid body Capt. BJ fluke rig tipped with a six inch gulp and a teaser up above the rig tipped with a squid strip. The reel was a Diawa Saltist (40) spooled with 40-pound braid and a 30-pound monofilament top shot. The rod was custom built by Ted Zack of Aquidneck Island Rod Builders, a MHX 70 carbon fiber blank.

Summer flounder (fluke) fishing in Rhode Island runs from May 1 to December 31. The minimum size is 19 inches with a six fish/person/day limit.

## Conserving and Restoring America the Beautiful

A preliminary report to the National Climate Task Force titled "Conserving and Restoring America the Beautiful" was highlighted to recreational fishing stakeholder leaders last week at a National Oceanic & Atmospheric Administration (NOAA) listening session.

The report was an integrated agency effort between the De-

partments of Commerce, Interior, Aquaculture and the Council on Environmental Quality to address the nation's 30 by 30 plan. The 30 by 30 plan aims to conserve 30 percent of U.S. lands and waters by the year 2030. It is part of President Biden's Executive Order on climate change which focuses on reducing pollution, promotes a greener environment and tackles the climate crises.

According to the U.S. Geological Survey, right now about 12 percent of the land in the U.S. is in conservation. Studies show that roughly 23 percent of America's ocean is currently strongly protected, with the vast majority of ocean protections found in the western Pacific Ocean.

Two initiatives are suggested in the report to address baseline data (where are we now in regard to a goal of 30 percent) and how do we measure progress toward that goal.

In regard to developing a baseline an American Conservation and Stewardship Atlas was recommended. And, an America the Beautiful Annual Report was recommended to measure progress.

To bring NOAA's work in conservation to light, a list of initiatives (or Authorities/Acts) that already work toward conservation were highlighted. They included the National Marine Sanctuaries Act, Coastal Zone Management Act, Magnuson-Stevens Fishery Conservation and Management Act, Marine Mammal Protection Act, Endangered Species Act and the Antiquities Act (if co-management prescribed by proclamation).

At last Thursday's meeting I raised the concern of some recreational anglers when marine sanctuaries were rolled out by past administrations many felt the process was not inclusive and the initial suggestion was to exclude all fishing.

NOAA staff at the meeting outlined how this process has and will be inclusive of all state holders. In regard to excluding fishing Russell Dunn, NOAA National Policy Advisor for Recreational Fisheries, responded to my question, "This is not an effort to re-



**BLUEFIN BITE GOOD:** Rowan Alexander of Charlestown with the Bluefin tuna she caught when fishing with her fishing partner, her father, Eric Weybrant. They were fishing southeast of Block Island.

strict activity but rather to conserve." Dunn referenced page ten of the *Conserving and Restoring America the Beautiful Report* that says "Notably, the President's challenge specifically emphasizes the notion of "conservation" of the nation's natural resources (rather than the related but different concept of "protection" or "preservation") recognizing that many uses of our lands and waters, including of working lands, can be consistent with the long-term health and sustainability of natural systems."

Key questions for future NOAA engagement include: What baseline conservation actions are currently effective? What criteria should we use to identify and select areas for additional conservation and restoration? Are there areas — new areas or enhancements of existing areas — that meet these criteria? and How should we support and collaborate with stakeholders?

Watch for NOAA public input sessions on the *Conserving and Restoring America the Beautiful* report.

## Where's the bite?

**Striped bass and bluefish.** Striped bass fishing in the upper Providence River has slowed, however, some slot fish are still be caught there. The mid-Bay, East Passage is yielding fish live lining and chucking Atlantic menhaden as well as trolling with tube and worm. Matt Conti of Snug Harbor Marina, South Kingstown, said, "There is an early a.m. bass bite on the Southwest side of Block Island. Anglers are hooking up with eels and trolling umbrella rigs."

**Black sea bass, scup and summer flounder (fluke).** Matt Conti of Sung Harbor said, "When wind and tide are in line anglers are doing well, catching all their keepers in an hour or two." Angler Greg Vespe of Tiverton is reporting a fluke bite off Newport where he caught a 15-pound, 8-ounce fluke last week (see above story). We fished north and south of the Newport and Jamestown Bridges Sunday and Monday and managed to hook up some keeper fluke, black sea bass and

scup. When conditions are right anglers are catching keeper fluke along the southern coastal beaches with shorts mixed in.

**Bluefin tuna.** Angler Eric Weybrant and his daughter Rowan Alexander fished for bluefin tuna Saturday, said, "The BFT bite is still strong SE of Block Island. We started trolling West of the Gully about 6:30 a.m. and worked East. Nothing happening for us in a couple hours but there were some reports on the radio of people catching at the Mud Hole, the Gully, and Coxes. We ended up moving over toward Coxes starting on top of the SW corner then finally found fish a couple miles South."

*Dave Monti holds a captain's master license and charter fishing license. He serves on a variety of boards and commissions and has a consulting business focusing on clean oceans, habitat preservation, conservation, renewable energy, and fisheries related issues and clients. Forward fishing news and photos to [dmontifish@verizon.net](mailto:dmontifish@verizon.net) or visit [www.noflukefishing.com](http://www.noflukefishing.com).*

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**HITTING THE MAT:** Johnston's Carlos Monteiro at states.

## ■ Panthers

(Continued from page 14)

took third at 152 pounds. Noah Polion later finished third at 182 pounds for the Falcons.

Cranston West's Cameron Davis finished fourth in the 113-pound division for the Falcons while teammate Luke Montefusco took sixth at 132 pounds. Cranston East's Eneas Castillo took sixth at 138 pounds.

Bishop Hendricken's Nick Fine won the 195-pound division, along with

teammate Adolfo Betancur, who won the heavyweight division.

Nathan Reid finished second at 182 for Hendricken while Noah Sclama finished second for the Hawks in the 152-pound division.

Matt Maroney took home third place for the Hawks at 145 pounds while teammate Spencer Fine finished third at 160 pounds. Hendricken's Dante Silva also placed third at 170 pounds.

Tyler Keaney finished fourth for Hendricken at 138 pounds, while teammate Tyler Dellegemine finished sixth at 220 pounds.

## ■ Pitch

(Continued from page 14)

the college ranks. Congrats.

The next team that I found compelling competing this past weekend was the Pilgrim softball team, which fell in the Division I State Championship against Coventry at Rhode Island College.

Prior to the start of the season, new Pilgrim coach Carlos Rodas was telling me that the team had a lot to prove as it was one of the youngest rosters it had featured in a while. About half of the starters were underclassmen, with even a couple of freshmen being relied on.

One of those youngsters was starting pitcher Alyssa Twomey, who had one of the best postseason runs of the tournament.

Between shutting out St. Ray's and then Coventry on Friday night, and coming up with key home runs against North Providence earlier in the playoffs and then again on Friday, there were times where she put the team on her back.

Twomey did not look like a sophomore out there, she looked like a seasoned upperclassman that was getting ready to head to the next level. Even on Saturday when the Oakers pulled off the 7-4 win, Twomey recovered from a four-run first inning to pitch a solid game the rest of the way.

Pilgrim has been one of the top Division I clubs over the course of the past decade and it appears to be going nowhere. Somehow, Pilgrim has its pitcher for two more seasons, a crop of other young players that stepped up to the plate, and a strong middle school program over at Vets. Pilgrim is just getting started.

I spoke a little about Cranston West baseball last week and about its big upset over Bishop Hendricken. I am going to circle back to them one last time.

When looking at West's record, the box scores, all of it, the Falcons did not exactly blow you away on the surface. But the thing about this team that was consistent, was that it was a tough out each game.

It did not matter the opponent, the Falcons held their own each day which made it impossible to project their performance heading into the postseason. Sure, West ultimately came up short against North Kingstown, but the fact that they were able to put the state's top program away

on the road was incredible.

West will be graduating a handful of key pieces. I wouldn't go as far as to say that they will be rebuilding next year, but they certainly will have a few new faces as most teams do. It will be interesting to see what kind of momentum that Falcons can gain from this run.

Another West program that impressed me was the girls outdoor track and field team.

In the three years that I have been in Rhode Island, the West girls have always been regulars in the top-10 at these state-wide meets. The Falcons always seem to have excellent relay teams, sprinters and hurdlers. Not that their throwers aren't impressive, because they are, but the track side of the equation is super consistent.

This past weekend the girls took home a sixth place finish as a unit. Anytime a public school cracks the top-10 is a nice story, but for West to reach sixth place and finish inside the top-10 is something that is overlooked by many, including myself at times.

Another team that made a splash on the track was the Johnston girls.

Once again, this is my third year of covering sports in Rhode Island, and Johnston track typically has been an afterthought besides Lala Olagundoye, who has been one of the town's best athletes of all time and took home another title at states.

The Lady Panthers wound up cracking the top-10 with a ninth place finish overall. Maybe this performance will help springboard the Johnston girls to also being a mainstay atop the standings on the track.

There are far too many stories for me to touch on here, and the ones I mentioned were the ones that were freshest on my mind. Overall, this was a busy but fun spring season and it feels like an accomplishment to have made it through.

To complete 10 months of sports during a pandemic, and to do it with only a few hiccups, it is fantastic and much credit belongs to the league, coaches, schools, athletes and parents. With COVID-19 nearly in the rear view, let's remember to never take the little things for granted and aim for a pleasant summer, and an even better fall coming up.

We are just about back to normal, so let's be safe these next couple of months and put our best foot forward for September. Can't wait to get back at it.

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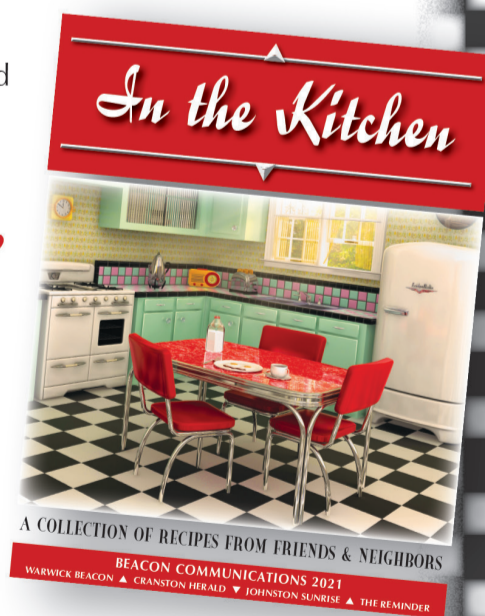
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# A lasting image



## Through Memory Project, local students provide portraits to orphaned children abroad

By **STEPHANIE BERNABA**

**T**he National Art Honor Society at Cranston High School East recently completed a project that touches children without families on the other side of the world.

Jill Cyr, visual arts program supervisor for Cranston Public Schools and sponsor of the National Art Honor Society's Cranston East chapter, has been working with junior and senior students on portraits for The Memory Project, a nonprofit that provides original art to orphaned children in countries experiencing conflict, extreme poverty, or both.

This year, 11 portraits were created by Cranston High School East students who have achieved both an advanced level of art education and have maintained an academic average of B+. The students, after receiving a photo, age and the favorite color of a child living in an orphanage by The Memory Project, were tasked with creating a portrait that would be hand-delivered to the child by the organization.

This academic year proved challenging because most students were learning from home. Students completed their projects remotely with the assistance of Jill Cyr, via Google Meets instead of in-person meetings. Students chose their mediums, either traditional (paint, pencils, pastels, etc.) or digital, and submitted their completed pieces to Cyr.

Each submission to The Memory Project carries a \$15 fee per piece, which the group was unable to raise this year due to COVID-19 restrictions. Cyr explained that in the face of this difficulty, she appealed to the Thunderbolt Alumni Association, who awarded her group a mini grant of \$165 to cover the project's fees.

Artwork was then shipped to The Memory Project founder, Ben Schumaker, who, under normal circumstances, hand-delivers the art to the children. He explained he was unable to bring the items himself this year due to the pandemic, and that the organization chose to ship students' portraits via DHL instead.

Schumaker founded the project in 2004, explaining it was his hope to have it continue to grow in as many U.S. schools as possible, but that the organization has had to scale back significantly due to the pandemic.

This year, he said, he worked with organizations running six orphanages in India.

Cyr described herself as passionate about the project, adding: "When I think about this organization, it tugs at my heartstrings."

"These kids don't have technology to capture their likeness," she said, making the finished products highly valuable to their recipients. "Once the students understand the main purpose of the project, they're so driven to create that portrait for that child."

Completing this project allows participating students to receive community service hours that count towards their inductions into the National Art Honor Society. They are required to perform 10 hours of service per school year.

Rising senior Mathilda Corcoran said she chose to create a traditional drawing of her child, 12-year-old Pinky, in graphite and colored pencil. She explained it was a challenge to ensure the portrait captured the child accurately. Corcoran explained that creating the art felt comfortable and relaxing for her.

Maria Silva, a second rising senior who completed her portrait in pencil, said, "I wanted to make sure the features looked right and the portrait resembled the child I was drawing because I wanted him to see the picture and be able to see himself."

The child she drew was Raji, 14, from India.

"I'm really happy that my artwork would be shared with someone else," she said, "because I've never really had anyone else own something that I've done."

Participants receive a video at the conclusion of the project that highlights the art created by students all over the country and the children who received it. Cyr explained that due to privacy concerns, there is no direct contact between her students and the children who receive their art, but that the gesture is greatly appreciated by all recipients.

Cyr intends to participate in this project with her juniors and seniors during the 2021-22 school year.

## RhodyLife

**SMILING FACES:** (Top) Cranston High School East class of 2021 National Art Honor Society member Christy Pak's digital portrait of Ramiza, a young lady living in an Indian orphanage. The Memory Project, a nonprofit organization, facilitates the creation and delivery of original portraits to children affected by conflict and poverty in countries all over the world. (Center) Pinky, 12, of India, in graphite and colored pencil, created by Cranston High School East rising senior Mathilda Corcoran, under the direction of Jill Cyr, National Art Honor Society chapter sponsor. Corcoran shared that she found the process of creating the portrait comfortable and relaxing. (Bottom) An original piece of art created by Cranston High School East rising senior Maria Silva of Raji, 14, of India. Jill Cyr has headed up portrait creation for The Memory Project since 2017. Participating juniors and seniors receive community service hours for the completion of this project. The art pieces were delivered to the children this year via DHL due to pandemic-related restrictions. (Courtesy of Jill Cyr)



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By JENNIFER COATES



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After years of working alongside one another, Jon merged his construction business with Adam’s company in 2016. Today, they co-own Seaberg Construction, a successful roofing and siding company which installs, replaces, protects, and repairs roofs, siding, windows, and doors in homes just like yours across the region.

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Adam and Jon are the “face” of Seaberg Construction and as such, they care personally about every step of the process when working with their customers. From the first call, they come to your home and, after an information-sharing consultation, leave you with a free estimate of what your home improvement project involves. One thing these professionals promise is that they will never use aggressive sales tactics to pressure their customers into any commitment. They are just two genuine, honest professionals who want to help and to deliver high-quality products with premium workmanship.

While at your home, you can see samples of roofing and siding products, including the top-rated Owens Corning brand. Some of the many options they offer include architectural, asphalt shingles (which come with a lifetime guarantee), classic vinyl siding, Advanced Composite Siding, wood shingles and stone siding. They specialize in custom trim work. There is a wide assortment of options for color, products ~ and budget. Every project comes with a five-year workmanship warranty.

Once the choices are made, Adam and Jon stay on top of all the scheduling and construction, using crews that are dedicated and hard-working. For these two business owners,

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# Sizzling Meals Made for Summer

## FAMILY FEATURES

Summertime, for many, represents an opportunity to enjoy freshly cooked meals while enjoying time outdoors. Taking your dishes from ordinary to extraordinary starts with chef-inspired recipes that call to mind the flavors of the season.

Whether you're a steak enthusiast who enjoys nothing more than a tender cut or a summer burger connoisseur looking for a fresh twist on tradition, these recipes call for high-quality beef from Omaha Steaks. Created by Omaha Steaks Executive Chef David Rose, the New York Strips Oscar-Style complement the thick, juicy, marbled flavor of the steaks with sauteed asparagus, bearnaise sauce and jumbo lump crab meat. Or turn your attention to Fried Lobster Po Boy Burgers with pimento remoulade sauce for a tempting way to combine two summertime favorites – seafood and burgers.

Visit [OmahaSteaks.com](http://OmahaSteaks.com) for more summer meal inspiration.



Fried Lobster Po Boy Burgers

## Fried Lobster Po Boy Burgers

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: about 20 minutes

Cook time: about 20 minutes

Servings: 2

### Pimento Remoulade:

- 1/2 cup mayonnaise
- 1 1/2 tablespoons minced pimentos
- 1 tablespoon Dijon mustard
- 1 tablespoon minced bread and butter pickles
- 1 pepperoncino (seeded and minced)
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 3 dashes hot sauce
- kosher salt, to taste

### Fried Lobster Tails:

- Vegetable oil, for frying
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika

- 1 large egg
- 1 tablespoon water
- 2 dashes hot sauce
- 1/4 cup potato chips, finely blended in food processor
- 1/3 cup panko breadcrumbs
- 1 tablespoon minced flat leaf Italian parsley
- 2 Omaha Steaks lobster tails (5 ounces each)

### Cheeseburgers:

- 1 pound Omaha Steaks premium ground beef
- salt, to taste
- freshly ground black pepper, to taste
- 2 tablespoons unsalted butter, at room temperature
- 2 brioche buns
- 2 slices yellow cheddar cheese
- 3 leaves romaine lettuce, shredded

To make pimento remoulade: In small bowl, mix mayonnaise, pimentos, mustard, pickles, pepperoncino, paprika, garlic powder, black pepper, lemon juice and hot sauce until well incorporated. Season with salt, to taste.

To make fried lobster tails: Preheat grill to 400 F and add oil to 10-inch cast-iron pan about 1/2-inch deep.

In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well incorporated. Set aside.

In separate medium bowl, whisk egg, water and hot sauce. Set aside.

In third medium bowl, whisk potato chips, panko breadcrumbs and parsley until well incorporated. Set aside.

Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.

Toss halved lobster tails in flour mixture first, egg mixture second then potato chip mixture third, coating thoroughly.

Fry lobster tails 3-4 minutes on each side until golden brown and cooked through. Close grill lid between flipping.

To make cheeseburgers: Preheat grill to 450 F using direct heat. Form ground beef into two 1/2 pound patties, each about 1/2-inch thick.

Using thumb, make dimple in center of each patty to help cook evenly.

Season both sides of burger with salt and pepper, to taste. Spread butter on each cut side of buns.

Grill burgers 4-5 minutes per side for medium doneness.

Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese. Remove patties from grill to clean plate. Place buns cut sides down on grill grates and toast 20-30 seconds, or until well toasted, being careful to avoid burning.

To assemble: Place desired remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.

## New York Strips Oscar-Style

Recipe courtesy of Omaha Steaks

Executive Chef David Rose

Prep time: about 30 minutes

Cook time: about 3 1/2 hours

Servings: 4

### Sauteed Asparagus:

- 1/2 pound jumbo asparagus (about 1 bunch), blanched in salted boiling water
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 2 tablespoons minced shallots
- salt, to taste
- freshly ground black pepper, to taste

### Bearnaise Sauce:

- 1/4 cup white wine vinegar
- 2 tablespoons minced shallots
- 1 tablespoon chopped tarragon
- 3 egg yolks
- 2 tablespoons water, plus additional for boiling, divided
- 2 dashes hot sauce
- 12 tablespoons unsalted butter, melted
- salt, to taste
- freshly ground black pepper, to taste

### Jumbo Lump Crab Meat:

- 1 pound jumbo lump crab meat
- 2 tablespoons kosher salt

### New York Strip Steaks:

- 4 Omaha Steaks Private Reserve or Butcher's Cut New York Strips (10 ounces each)
- salt, to taste
- freshly ground black pepper, to taste
- water
- 4 tablespoons grapeseed oil
- 4 tablespoons unsalted butter
- 3 garlic cloves
- 2 fresh thyme sprigs

To make asparagus: Cut asparagus stalks into 1/4-inch pieces. Heat large pan over medium-high heat and add olive oil.

Add garlic and shallots to pan; lightly saute about 20 seconds, or until fragrant.

Add asparagus to pan; saute about 2 minutes until lightly browned. Add salt and pepper, to taste.

To make bearnaise sauce: In small saucepan, bring vinegar, shallots and tarragon to boil then reduce to simmer 3-4 minutes until reduced by about half. Cool to room temperature.

Bring medium pot half full of water to slow boil.

In small bowl, whisk egg yolks, vinegar reduction, water and hot sauce until well incorporated.

Place bowl over pot of boiling water and continue whisking ingredients until it starts to emulsify and becomes

sauce-like. Alternate whisking on and off heat every 30 seconds to prevent eggs from scrambling.

Gradually add melted butter, continuously whisking until sauce becomes rich with ribbony consistency and sets up. Season with salt and pepper, to taste. If too thick, add 1 tablespoon water at a time and whisk to desired consistency.

To make crab meat: In medium bowl, lightly toss crab meat with salt until well coated.

To make steaks: Pat steaks dry with paper towels and season heavily with salt and pepper, to taste. Bring steaks to room temperature.

Place sous vide immersion circulator in pot of water and set to 5 F below target doneness.

Place seasoned steaks in sous vide bag or zip-top bag and cook 2 hours.

Remove bag and remove steaks from bag. Pat steaks dry with paper towels.

Warm large cast-iron pan over high heat and add oil. Add steaks, butter, garlic cloves and thyme leaves. After about 1 minute, steaks should start to brown.

Flip steaks and baste with butter until caramelized. Remove steaks from pan and rest 7-8 minutes.

To assemble: Place asparagus on bottom of plate. Top with steaks (whole or sliced), crab meat and bearnaise sauce.

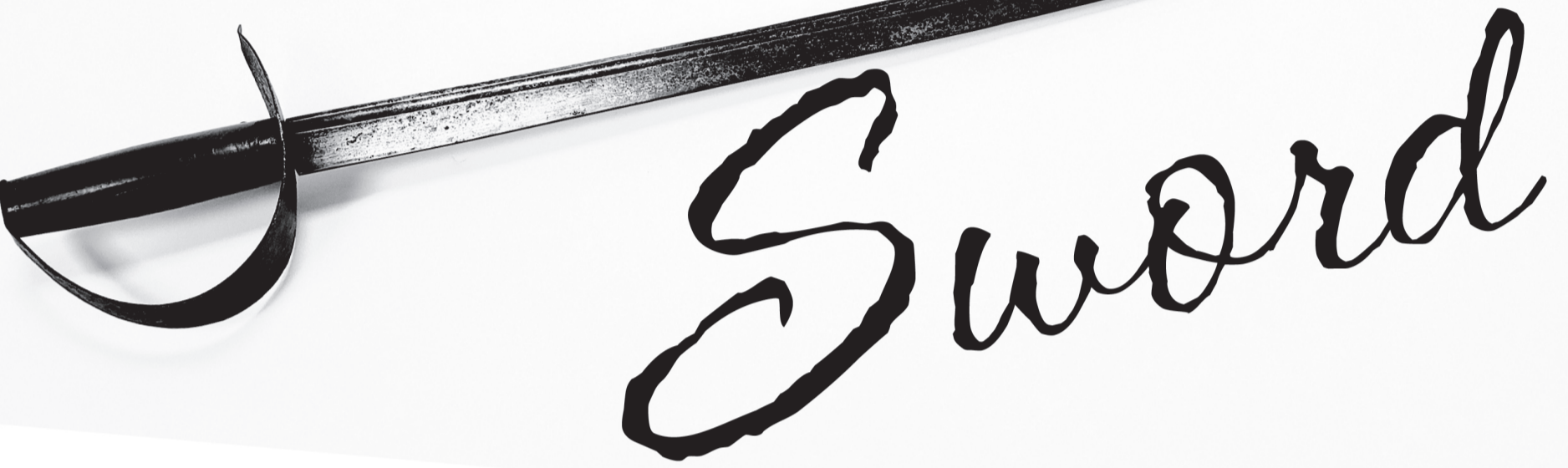


New York Strips Oscar-Style

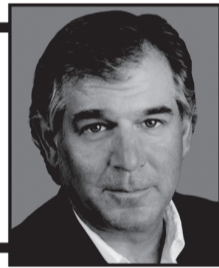


# COLLECTIBLES

## A Simple American-made



People sometimes disregard simple swords that are not ornate and washed in gilt or made from precious metals. I used to feel that way till I saw a simple hanger in a private collection last year with a provenance to April 19, 1775, that I mentioned it in a blog back in December. An imported blade, a simple iron hilt, and a bone grip. Functional but not eye grabbing to most. Last week I took in another that while similar to the identified April 19 sword is still a bit different. American-made swords were not all crude during the 18th century. There many I have seen that equal if not rival European makers. I have mentioned some of the American silver hilted swords in past articles by the Boston maker



**By Joel Bohy**  
*Historic Arms & Militaria*  
 Bruneau & Co. Auctioneers  
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William Cowell Jr. But this one and its simple form I find fascinating.

The blade is English and marked with a running Fox on one side. This is the mark of the Samuel Harvey, a Birmingham, England sword maker working from 1748 to around 1800. Sometimes they are marked with "S.H." and the fox, and as we can see on this blade, just the fox. While arms historians haven't exactly been able to date the swords based on the mark, I would suspect this is one of the earlier Harvey markings. It has a single fuller near the spine and some of the forging marks can be seen on the blade. Could it have come from another sword, or were the blades purchased in bulk and shipped to the Colonies prior to the 1774 arms embargo and the outbreak of war? We know that many of the

makers here were using imported blades that were being shipped over from Europe.

The hand guard and knuckle bow are one piece made from flattened thin sheet iron, with a point at the quillon, then flaring out to protect the hand and narrowing for the knuckle bow with the tang of the blade peened over to secure this simple hilt to the blade.

The grip looks to be made from a fruitwood, probably cherry, which also helps verify its American-made roots. There are also three iron nails that may have helped keep the wooden grip from turning on the blade tang. Whether this feature is original or added later is hard to know for sure.



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# PRIME TIME

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## Summertime Safety

by RACHAEL MONIZ

As we transition to Summer, and Covid 19 guidelines ease, more and more people will be heading outdoors to enjoy spending time with friends and family. This is a momentous step forward after the past year of staying home and minimizing contact. One of the things that has been noticed in the medical community is that older people may have not maintained an exercise routine or adequate activity level and might have some issues with balance or coordination as they venture out.

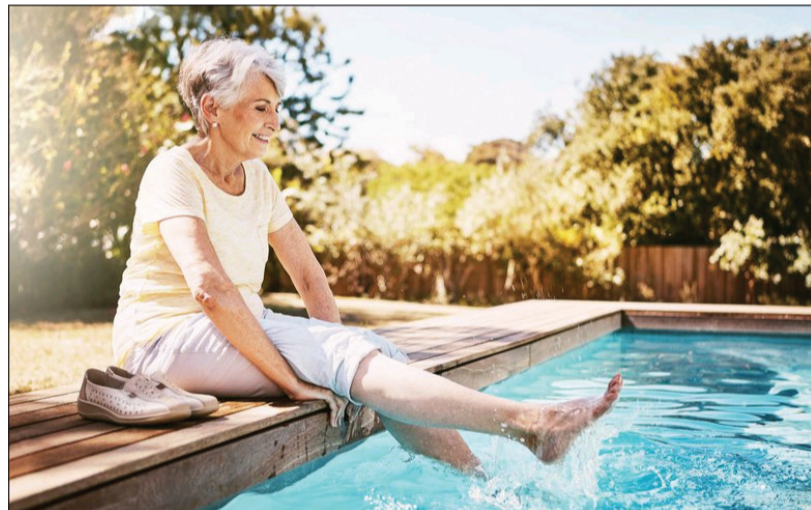
Being proactive and taking care of problems before they cause injury is the best plan. Installing grab bars, ramping system, or even a vertical platform lift for outdoor ease can be a big help.

### Some areas to focus on for increased safety include:

- Ensuring that shoes worn outdoors are supportive and comfortable. A non-slip, treaded sole is also an important feature for safe footwear.
- Having a pre-planned route which is even surfaced and clear of obstacles.
- If your loved one has balance issues, assist them with carrying packages or other items in the yard.
- Ensure that railings on porches or decks are securely fastened. If they have begun to get rusted or loose, bring in a professional to assess them for repair or replacement.
- Proper lighting helps to prevent falls. Walkways, porches, and doorways should have bright, unobstructed lighting.

- Surfaces that are slippery when wet should have anti-slip treads applied to aid in traction. These areas can include decks and tiles.
- Reminding your loved ones to always carry their cell phone or to wear a device that can contact emergency personnel is also a great idea.
- If stairs are difficult to manage, a ramp might be the answer.
- For wheelchair users, we can also install Vertical Platform Lifts to increase outdoor safety and mobility, These tools are perfect for use in smaller spaces where a ramp might not work.

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SENIOR ISSUES

by LARRY GRIMALDI

# A Journey In The Time Machine... June 1966 To June 2021

On June 13, our granddaughters Katharine and Sophia walked triumphantly up the stairs of the altar at the Cathedral of Saints Peter and Paul in Providence to receive their diplomas from St. Raphael Academy in Pawtucket. They became twin Saints alumni in a church named after two saints. Their graduation rekindled memories of my high school graduation from Classical High School in the Stone Age year of 1966. That trip in the time machine revealed some interesting similarities, as well as stark differences, stretched out across the 55-year time gap.

Classical and St. Raphael Academy are both city campuses. The predominant color for each school is purple and old brick buildings are essential to each campus. Classical High bricks, for reasons I've never discovered, were yellow. St. Raphael's building's bricks are standard red. Both schools featured a rigorous curriculum designed to prepare graduates for success at colleges and universities across the nation in a wide range of academic disciplines. At Classical, we were given quizzes on every subject every day. After surviving this four-year, daily testing gauntlet, my years of study at URI were considerably easier.

Both schools had successful athletic programs that produced numerous Rhode Island Interscholastic League championships. Classical excelled in track and field and weight events. St. Raphael has produced championship caliber teams in football, basketball, track, cheerleading, women's volleyball, and softball among others. Significant strides have been made since 1966 in evolution of women's athletic programs. Expansion women's sports at the high school level has no doubt enriched the high school experience for my grand-

daughters and countless other young ladies.

The five-decade span between my graduation and my granddaughters' graduations has produced a revolution in education. The laptop computer has essentially replaced pens, the Number 2 pencils, and lined pads. I suspect that the slide rule (a mystery I never solved) is virtually obsolete. In 1966, rudimentary, mammoth, first-generation computers holding the mysteries binary computation, coded with foreign languages such as Fortran and RAM (not the URI mascot) were housed in large, air-conditioned rooms guarded by highly trained Navy Seal types. Today, computers are smaller and faster, and are packed with more information than thousands of encyclopedias, all stored in the amorphous Cloud.

Cell phones have morphed from clumsy, large, boxy prototypes to sizes slightly larger than an index card. Their network range is expansive and "more powerful than a locomotive," (a MeTV reference the original Superman television series broadcast on black and white television sets). The age of flying cars cartooned in the futuristic "The Jetsons" television series is almost upon us. And that very thought gives me goosebumps and strikes terror in me. It wasn't too long ago that air conditioning was optional and you had to pay extra for an FM radio when you bought a new car. After five years, I'm STILL trying to figure out the dizzying array of buttons, dials, and nefarious signage on my car's digital sound system display screen.

In 1966, I wrote out each of my college admissions applications. My granddaughters filled out one online application that would be submitted to several colleges. When they chose their institutions of higher learning, virtually all of their cor-

respondence concerning their courses, housing, dining options, financial assistance, internships, etc. was conveyed via e-mail. They had the chance to visit several schools with their parents before making their college choice. My options were limited to local institutions.

For unknown reasons (again), we did not adorn caps and gowns for Classical's graduation. We received our diplomas clad in full tuxedo regalia, complete with white dinner jackets. The girls were dressed in their finest celebratory attire. I confess to feeling more stress relief than joy as I received my diploma. At times, my four years at Classical bore a startling resemblance to an educational basic training boot camp at the Camp Lejeune U.S. marine base. On the other hand, I have fond memories of friends I made at Classical; a few have friendships have lasted a lifetime. I am grateful for the lessons I learned about preparation, study habits, consistent effort, and scholarship.

I'm sure Sophia and Kailyn's high school memories will be richer than mine. Like me, they have forged lifelong bonds with some of their classmates. But they have also taken full advantage of their experience by achieving academic excellence and participation in athletic programs, community service, and other activities. They began their high school journey as girls and graduated as strong, confident, accomplished young women. I just wonder what it will be like for them in 2071, when they step into the time machine at their 50th high school class reunion.

Larry Grimaldi is a freelance writer living in North Providence. Comments can be e-mailed to lvgrimaldi49@gmail.com



ACCORDING TO DON

by DON FOWLER

# Remembering Turn-Of-The-Century Restaurants

I started out to do a single article on restaurants that we fondly remembered from way back to the mid-sixties to the end of the century.

So many restaurants have come and gone and so many readers reminded me of ones I had missed, that two additional articles followed.

To pay homage to more restaurants that we have uncovered and to remember some of the recent ones that are no longer with us, we have one final remembrance (I promise).

In 2000, we reviewed San Vivaldo and were treated to one of the finest Italian restaurants we have ever visited. Proprietor and chef Alfiero Bigazzi cooked to order for no more than 40 guests in his cozy restaurant at 570 Providence St. in West Warwick.

Osso Buco, Scallopine di Vitello, and other delights were followed by Tortino di Risotto and topped off with "Alfie's" home-made limoncello.

We remember Meatball Mikes on the corner of Gansett and Cranston St. in Cranston. They had great meatballs.

We enjoyed the chain Ted's Montana Grille in Cranston's Chapel View, especially their honest-to-goodness Buffalo Burger. We loved Chapel View's Bonefish Grille and their Bang Bang Shrimp appetizer. Unfortunately, they did not last long. On a trip to Bermuda we found the chain doing a big business on the island.

The Catfish Grille on West Shore Rd. in Warwick had both Cajun food and Cajun bands.

We miss Basset's salad bar.

The ultimate seafood restaurant was Horton's at six corners in East Providence. This is one that we really miss.

Lemi's at 38 Pontiac Ave., on the Cranston/Providence line, was an authentic Chinese restaurant. I chose a BBQ combination of roast duck and roast pig which was out of this world. Joyce met her match when she ordered sea cucumbers. The taste was mild, but the texture was mushy. We learned later that they are a Chinese delicacy, good for kidneys and other ailments. They are bottom feeders that eat decaying material.

We can't recall all the restaurants that have occupied the ground floor and top floor of the former Biltmore Hotel, but

our favorite was McCormick and Schmicks, which had great seafood.

We used to love the Rodizio Brazilian Steakhouse in North Providence, where the waiters would roam the restaurant offering a variety of meats sliced off their skewers.

Rick's Roadhouse on Richmond St. in Providence had great ribs. It is now a Mexican restaurant.

I used to stop at Fran's Place, a little shack still sitting empty on Allen's Ave. at the Cranston/Providence line. Owner Cheryl Mirabella closed it and opened Marabella's in the shopping center across from Governor Francis Inn, where she still serves up the best meatballs in RI.

The pandemic is responsible for too many restaurants closing their doors during the past year.

Some will, and have, recover and we need to do our best to support them.

Let us know your favorite restaurant, old or new.

The masks are off and the appetites are back.

So many good restaurants; so little time.

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# WELCOME SUMMER!

## Add Life to Outdoor Spaces

**FAMILY FEATURES**

Once the structural elements and hardscape features of your outdoor living space are in place, it's time to turn attention to the details that really bring the area to life.

Vibrant textiles like cushions, pillows and rugs can all soften the look of a space while adding colorful charm, but another effective place where you can introduce plenty of character is the landscaping.

Often, homeowners treat the landscape and the architectural components of an outdoor living space as distinct design elements. Making the landscape seamlessly integrate into the area not only transforms the way the space looks, it enhances the outdoor ambiance.

**Create Climate Control**

One of the first considerations is the functional benefits landscaping can bring for needs such as shade. Quaking aspens and birch trees are beautiful and fast-growing options, or for a more traditional look, some maple trees grow quickly and certain varieties create a dazzling display of color. Another popular option is the Bradford pear, but this tree can be brittle and is prone to splitting so choose it with care. Flowering trees such as the tulip tree or dogwood are other fast-growing options. If a tree is impractical for your space or simply not your style, you might instead consider large flowering bushes, such as the lilac or Rose of Sharon.

**Keep Prying Eyes Out**

When it comes to privacy, there is also a multitude of options. Ornamental grasses come in a surprising array of colors and looks, and many grow high enough to shield a private lounge or eating area. Alternatively, you could consider a lush climbing vine paired with a trellis. Dwarf trees and shrubs also lend privacy when planted in close proximity. Another stylish option is to put oversized planters into play. Fill them with the vegetation of your choice for an instant eye block topped with live plants. For an outdoor kitchen, make these vessels do double-duty by making them the basis for your herb garden.

**Set Boundaries**

If your outdoor space doesn't have a clearly defined perimeter, you can easily introduce borders using a line of shrubbery or bushes. Low-growing options can help maintain an open feel while adding some definition to the area. Creating specific boundaries not only lends an aesthetic touch, it can help guide traffic patterns; for example, encouraging visitors to keep to a stone path.

**Go Low Maintenance**

If you're leery of adding too much work with plants that need frequent care and attention, there are several options that require little effort. Succulents are a great way to add texture, interest and color to a planter or table-top pot. For more color, opt for low-maintenance perennials that require little water. After your initial planting and fertilizing, you'll need to water during dry spells in the summer, but for the most part, they'll require little extra attention through the year until it's time to trim them back for winter.

Consult with experts at your local nursery or garden center for advice on the trees and plants that work best in your climate zone, and find more tips for creating your ideal outdoor living space at eLivingToday.com.



## Enhance Your Outdoor Living Space

No matter the season or the region, outdoor living is more popular than ever, as homeowners look to “bring the indoors out” and create spaces that are true extensions of the home. The newest designs in outdoor living spaces do not simply feature the look of the indoors, but the functionality as well.

Regardless of the size of your deck – or budget – these simple tips from the experts at Trex can add interior function to your outdoor oasis:

**Absolute Al Fresco**

While grilling and al fresco dining are longtime hallmarks of backyard entertaining, outdoor kitchens are now finally living up to their name. From storing seat cushions to keeping drinks cold, today's outdoor kitchen accessories can make outdoor spaces look as put-together as the rest of the home. Among the newest advancements is the Trex Outdoor Kitchens collection, which features outdoor cabinetry and functional elements such as trash bins, ice chests and storage drawers that eliminate the need for back-and-forth trips inside the home.

**Railing Redefined**

Even railings have taken on a more functional role in today's backyards. One of the most popular trends is “cocktail railing,” which provides a flat surface for drinks and plates. By using a matching deck board to create a shelf for the top rail, you

can achieve a look that complements your home's deck while making great use of space.

**Lights, Please**

Lighting is another “bright” idea for adding versatility to the outdoors. Lighting systems that incorporate deck lighting and other exterior lighting work together to create an atmosphere that can be adjusted for any setting. By choosing which outdoor elements to highlight, it's easy to change the look of an outdoor living space without moving any furniture.

**Material Matters**

Just because people are spending more time on their decks doesn't mean they're willing to put in extra hours for maintenance. Wood alternatives, particularly wood-plastic composites, are especially popular due to their low-maintenance features. Unlike wood, composite decking such as Trex Transcend resists fading, staining, scratching and mold – and won't rot, warp, crack or splinter. No sanding, staining or painting is required, and food and drink spills wash off easily with soap and water. The latest generation of composite decking also features wood-grain patterns and rich, saturated colors that look and feel more natural than ever before.

For more information and outdoor living inspiration, visit [trex.com](http://trex.com).

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Gochujang-Glazed Chicken

# GET FOILED

## Learn why foil-packet cooking is hot, hot, hot

### FAMILY FEATURES

As the saying goes, big things come in small packages and that may explain the burgeoning popularity of foil-packet recipes. Minimal preparation and cleanup are easy trade-offs for the immense flavors you can create in these tiny containers, whether you prepare them in the oven, on the grill or over an open flame.

The secret to successful foil cooking is locking in the layers of flavor from each ingredient. It's surprisingly simple to create delicious, healthy dishes when cooking with foil. An ingredient like seasoned rice vinegar offers a wholesome alternative to many condiments and flavorings while giving your packet a big flavor boost.

With no artificial preservatives, flavors or ingredients and no high-fructose corn syrup, Nakano® Rice Vinegars are the perfect solution for building better-for-you foil-packet meals. With organic varieties and easy-to-read labels featuring real, recognizable ingredients, you can feel great about layering delicious flavor into your next foil-packet meal with rice vinegar.

Garlic seasoned rice vinegar delivers a boost of flavor to this Asian-inspired chicken, creating a sensational main dish. Add crisp fresh veggies tossed with organic rice vinegar and garlic as a side then finish the meal with a sweet take on a juicy fruit crisp.

Find more inspired ideas for healthy meals at Mizkan.com/Recipes.

### Gochujang-Glazed Chicken

Servings: 4  
Prep time: 10 minutes  
Cook time: 45 minutes

- 4 tablespoons Nakano Seasoned Rice Vinegar – Roasted Garlic
- 2 teaspoons gochujang (chile bean paste)
- 6 tablespoons maple syrup
- 4 teaspoons soy sauce
- 2 tablespoons, plus 2 teaspoons, olive oil
- 4 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 8 chicken thighs
- 4 cups fresh cauliflower, riced (use grater or food processor so cauliflower resembles rice)
- 1 1/2 cups fresh scallions, sliced
- 2 cups fresh sugar snap peas
- 3 sprigs fresh cilantro, for garnish

Heat oven or grill to 375 F.

In large bowl, mix together vinegar, gochujang, maple syrup, soy sauce, olive oil, mustard, salt and pepper to form marinade. Dip chicken in marinade and toss lightly until coated.

Lightly oil foil pouch and layer base of pouch with cauliflower. Add scallions and sugar snap peas then place chicken on top. Carefully pour remaining marinade over pouch contents (ensuring that liquid stays inside foil).

Seal foil packet and bake or grill 30 minutes. Open foil to create 2-inch long vent then bake or grill another 15 minutes, or until completely cooked. Garnish with cilantro before serving.

**Chef's tip:** For best results and added flavor, marinate chicken 30 minutes before preparing pouches.

**Substitutions:** In place of gochujang, red pepper flake paste can be made by mixing 1 tablespoon red pepper flakes with a few dashes soy sauce and 1 dash sugar. Alternatively, substitute 2 teaspoons sriracha for gochujang.



Bartlett Pear and Oat Crisp

### Bartlett Pear and Oat Crisp

Servings: 4  
Prep time: 10 minutes  
Cook time: 30 minutes

- 4 cups fresh pears, medium diced
- 4 tablespoons Nakano Seasoned Rice Vinegar – Mango
- 3/4 cup quick oats
- 2/3 cup brown sugar
- 1/2 cup, plus 2 teaspoons, all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 6 tablespoons butter, diced into 1/4-inch squares

Heat oven to 375 F.

Toss pears in rice vinegar and set into lightly greased foil pouch.

Combine remaining ingredients in bowl and use two forks to combine ingredients until mixture becomes crumbly.

Pour mixture evenly over pears, seal pouch and bake 20 minutes.

Open top of foil and bake another 10 minutes, or until crisp and golden.

**Chef's tips:** For crispier crust, refrigerate crumbly mixture 30 minutes before baking. Serve with scoop of vanilla bean ice cream.

## 7 STEPS TO THE PERFECT FOIL POUCH

1. A 12-inch square piece of foil is a good starting point, but you may need to adjust depending on the recipe. Remember you'll need plenty of extra room around the ingredients for the heat to build up and cook the contents to perfection.
2. Use heavy-duty foil to avoid tears or poor seals that can spill ingredients and precious seasonings and juices.
3. Spread foil on a flat surface and add a light nonstick spray, if needed.
4. Place ingredients and seasonings in the center of the foil.
5. Bring long sides of the foil together over the food. Pinch together and make 1/2-inch folds straight across at least twice for a strong seal. Remember to leave plenty of open space between the foil and food.
6. Make 1/2-inch folds on each short end, folding toward food but leaving at least 1 1/2-2 inches between the seam and food.
7. Handle pouch with care to avoid piercing or tearing, and always use tongs to remove pouches from heat.

### Mediterranean Vegetables

Servings: 4  
Prep time: 20 minutes  
Cook time: 25 minutes

- 3 tablespoons Nakano Organic Rice Vinegar – Seasoned
- 1/4 cup olive oil
- 1 teaspoon salt, plus extra, to taste
- 1/2 teaspoon pepper, plus extra, to taste
- 1 tablespoon, plus 1 1/2 teaspoons, fresh parsley, chopped
- 1 1/2 teaspoons fresh garlic, minced
- 1 cup fresh zucchini, sliced into 1 3/4-inch long, 1/4-inch thick planks
- 1 cup fresh green pepper strips
- 1 cup fresh red pepper strips
- 8 fresh stalks asparagus, slicing off 1/4 inch from bottom of stalk
- 1 fresh portobello mushroom, sliced into 1/2-inch squares
- 1 cup fresh eggplant, diced into 1/2-inch squares

Heat oven or grill to 375 F.

In large bowl, mix together rice vinegar, olive oil, salt, pepper, parsley and garlic to create marinade.

Clean vegetables then place them in marinade in small batches. Toss to coat then place in foil pouch. Pour remaining marinade over vegetables and seal pouch.

Bake in oven or over indirect heat on grill 25 minutes. Add salt and pepper, to taste, after removing pouch from heat.

**Chef's tip:** Open pouch after 20 minutes of cooking and allow vegetables to crisp slightly under direct heat for remaining 5 minutes.



Mediterranean Vegetables



RETIREMENT SPARKS

by ELAINE M. DECKER



# Pandemic Statistics Interpreted Sex, Marriage & Sweatpants

Earlier this year, Time magazine ran a spread with 29 statistics about various activities related to the year many of us spent at home during the COVID pandemic. I noticed that some of those figures could help explain others, especially ones that otherwise might seem contradictory. This essay will interpret those relationships for you. I wrote this awhile ago. Now that the pandemic is getting under control, some figures are changing, which I've noted.

Let's start with sex and marriage. Unlike love, these apparently did not go together like a horse and carriage during sequester. Time reports that 44% of adults claimed their sex life declined in spring 2020. The tide may be turning. Sales of condoms are way up there this spring. Lack of sex didn't seem to have any impact on marriages last year, though, because divorce rates declined about 22%. This may be because therapists have been extra busy helping everyone keep the peace while sequestered at home.

I have an explanation for this, based on other statistics supplied by Time. Delivery of food via home-delivery apps was up on two measures. A whopping 40% of us who had never done so before tried out those services. Moreover, orders through one of them more than tripled vs. 2019. My guess? The meals were better than what spouses were used to being served, so they had no incentive to bolt the nest.

Let's get back to why sex declined. Some of that could have been the "Not tonight; I just got vaccinated" syndrome, but I doubt it. Other activities and changes in habits seemed to have replaced sex or discouraged it. There's no surprise that puzzle sales tripled in 2020. I was addicted to them for months. Some of those can be extremely frustrating. Not the best mood to be in for foreplay. Add to that having just finished a gourmet meal from Door-Dash, and your spouse can

forget about a happy ending.

I had at one point thought that the 10% increase in the use of residential electricity was in some way related to the decline in sex. I envisioned a lot more self-pleasuring with sex toys. Then it occurred to me that those are battery powered (so I'm told). This had me wondering about the sale of batteries during the pandemic, but Time didn't report on that. I did a quick search on alkaline batteries trends and best I can tell, they were juiced over the past year. Sex toys may have nothing to do with that. The kids were home and probably burned through batteries with their own toys.

If the increase in food delivery wasn't explanation enough, here's another item that could have contributed to a decline in sex: pajamas. That's right, pajamas. Online sales of those comfy clothes grew 143% in one month last spring. At the same time, sales of bras drooped 12%. Victoria's Secret sales were already down coming into 2020 and jammies sure weren't helping any. And when was the last time you read or saw anything about one of Victoria's Secret's angels?

The closure of barbershops may have led to some muddled sex roles. So many men grew their hair into ponytails. From a distance, it was difficult to tell if the person ahead of you was a man or a woman. Who's to say whether that added to confusion in a darkened bedroom?

Which brings me to underwear in general. With all the time spent at home, with not much exercise and lots more comfort food, is it any wonder that sweat pants replaced thongs or bikini briefs? (Time told us that 1 in 6 health clubs and gyms closed in 2020.) Of course sex was down but divorce was, too. Why? Who would want to go on the hunt for a new partner with a pandemic bod? You can hide it only so long under loose clothing. Sooner or later a new prospective partner is

going to want to see the goods.

It was enlightening to see the impact that the pandemic had on so many things in our daily lives. What started with a run on toilet paper eventually found its way to baking sourdough and adopting pets (hooray for that one!), and then to weddings being postponed or called off altogether. (Blame it on the sweat pants.)

It will be interesting to see which of these items recovers to pre-pandemic levels after we're back to so-called normal living. I know which trends I think will be permanent. I don't care what happens with pajamas. I'll still hibernate in Lanz flannel nightgowns. Beyond that, I'm keeping my expectations to myself. If you're wise, you will, too.

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 Elaine M. Decker's newest book is Retirement Downsizing—A Humorous Guide. Her other books include Retirement Sparks, Retirement Sparks Again, Retirement Sparks Redux and CANCER: A Coping Guide. Her essays appear in the anthologies: 80 Things To Do When You Turn 80 and 70 Things To Do When You Turn 70. All are available on Amazon.com. Contact her at: emdecker@ix.netcom.com

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## DID YOU KNOW?

Skilled nursing facilities and nursing homes are often mistaken as the same thing, but that's not necessarily accurate. According to AARP Medicare Plans, the difference comes down to the type of care each provides. Care at skilled nursing facilities is provided by trained registered nurses in a medical setting under the supervision of a doctor. AARP Medicare Plans describes this level of care as on par with the level of care patients would receive in a hospital. Nursing home care is provided largely by licensed practical nurses and nurse aids under the supervision of a registered nurse. Nursing home care tends to focus on custodial care, which emphasizes helping residents perform daily tasks. Some facilities may offer both. They may separate patients who need such types of care by designating certain floors or sections of the facility for patients with different needs.



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# NAVIGATING CARE

by RHONDA TADDEI

# Supercalifragilisticexpialidocious and Other Difficult Words

Most would agree supercalifragilisticexpialidocious is a difficult word. Many of you not only recognized it, but maybe even sang it. Unless you have young grandchildren, you may not have heard this word for many years, yet it rolls off the tongue easily. A song from the Disney musical of 1964, "Mary Poppins" has become part of our culture and remains well known. Having worked in health care for nearly forty years I've sadly observed many important difficult words we don't want to say, never mind attempt to discuss with our loved ones. These words might include, hospice, palliative care, advance directives and end of life. These difficult words and conversations are also important to begin to embrace as part of our culture.

In the book "New Perspectives on the End of Life", Steffen and Hinerman (2012) point out that death is inevitable and universal, but dying has tremendous variability. When someone has a brush with death it is often a major turning point in their appreciation of life. The trees seem greener, they take time to hear the music, smell the roses, be mindful of what and who are the most important parts of life. The rest of us often just go through the motions of pseudo-living day to day.

Birth and death are the only sure things in a lifetime. The beginning of a new life in our culture is typically full of preparations, celebrations, information gathering, doctor selecting, life style altering, furniture buying, baby proofing, name picking, God-parent choosing, and

all kinds of warm embraces for the upcoming honored blessed event. Soon to be parents may be nervous and afraid, but even when pregnancy wasn't planned; a healthy family and healthcare system rallies around the expectant mother to help

I have observed and participated in deaths swirling in chaos and pain, and others wrapped in comfort and love. Providing the latter is my passion as a nurse.

her usher a new life into the world.

Now let's look at the other sure thing; death. People really don't like this word, death. We have plenty of euphemisms for dying; pass away, pass on, depart this life, meet your maker, perish, kick the bucket, failing, breathed his last, just couldn't go on, and lost the battle. Imagine for a moment that a family and healthcare system embraced the dying, honoring their wishes and helping to usher the patient into their new world. The result would be far more understanding, and far less suffering, and ultimately a life, and death would be honored.

Certainly throughout my career I have observed and participated in deaths swirling in chaos and pain, and others wrapped in comfort and love. Providing the latter is my passion as a nurse. I know it is never easy to have these conversations with our patients and the ones we love. Physicians, through no fault of their own, had no real training in asking what is important to a patient at end of life. I have

spoken to some older physicians who were told in medical school to never say the words dying or death; it was forbidden. The unfortunate consequence is that we may end up prolonging suffering. We may do better to embrace the philosophy of Hippocrates who said "Cure sometimes, treat often, and comfort always."

Of course there will always be deaths that are sudden and tragic, but most people know when they are seriously ill, or have lived way beyond the usual life expectancy. I hope this article moves you to take control before there is a crisis. Arm yourself with information, ask questions, share what is important, reminisce with loved ones and talk to your health care professionals. You may find, like Supercalifragilisticexpialidocious, difficult words get easier once we say them out loud. We begin this journey the day we are born; while you are able, take the first steps to honor the end of life.

This article will be the first in a series about living until the end of this journey.

Rhonda Taddei RN, BSN, CHPN  
RTaddei@HopeHealthCo.org  
HopeHealthCo.org

*Rhonda started her nursing career in 1977 as a Nursing Assistant. Community education surrounding burdensome treatments vs. comfort care has become her passion.*

## Saints Peter & Paul Mausoleum now open

The Saints Peter & Paul Mausoleum completed and a dedication took place on Saturday, June 19. Bishop Tobin conducted the private ceremony with over 200 invited guests and owners in attendance.

The building opened to the public on June 21, and an open house was held on Saturday, June 26.

For contact information and more on our Diocesan Catholic Cemeteries, visit their website, [www.ricatholiccemeteries.org](http://www.ricatholiccemeteries.org).



## Grief During the COVID-19 Pandemic SUPPORT GROUP

Many people are experiencing grief during the COVID-19 pandemic. Grief is a normal response to loss during or after a disaster or other traumatic event. Grief can happen in response to loss of life, as well as to drastic changes to daily routines and ways of life that usually bring us comfort and a feeling of stability. Common grief reactions include:

- Shock, disbelief, or denial
- Anxiety • Distress • Anger
- Periods of sadness
- Loss of sleep and loss of appetite

Some people may experience multiple losses during a disaster or large-scale emergency event. Because of the COVID-19 pandemic, you might be unable to be with a loved one when they die, or unable to mourn someone's death in-person with friends and family. Other types of loss include unemployment, or not making enough money, loss or reduction in support services, and other changes in your lifestyle. These losses can happen at the same time, which can complicate or prolong grief and delay a person's ability to adapt, heal, and recover.

People cope with losses in different ways. If you need help dealing with your loss, join us here for are grief recovery support group the last Thursday of the month. 07/29,08/26, 09/30, 10/28, 11/18, 12/30 from 1pm-2pm  
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# FDA Approval of Aducanumab

## Alzheimer's Association Welcomes FDA Approval of Aducanumab

The Alzheimer's Association welcomes the historic FDA approval of aducanumab (Biogen/Eisai) for treatment of Alzheimer's disease.

"This approval is a victory for people living with Alzheimer's and their families," said Harry Johns, Alzheimer's Association president and chief executive officer. "This is the first FDA-approved drug that delays decline due to Alzheimer's disease. This means individuals may have more time to actively participate in daily life, have sustained independence and hold on to memories longer. We can experience longer — the relationships we hold most dear — our families and friends."

Aducanumab addresses Alzheimer's in a new way compared to currently approved drugs. This therapy slows progression of the disease, rather than only addressing symptoms. It is the first approved therapy of this type; it demonstrates that removing amyloid from the brain may delay clinical decline in people living with Alzheimer's. Amyloid is the protein that clumps into sticky brain plaques that are a hallmark of Alzheimer's disease.

"This FDA drug approval ushers in a new era in Alzheimer's treatment and research," said Maria C. Carrillo, Ph.D., Alzheimer's Association chief science officer. "History has shown us that approvals of the first drug in a new category invigorates the field, increases investments in new treatments and encourages greater innovation. We are hopeful and this is the beginning — both for this drug and for better treatments for Alzheimer's."

Eliminating barriers to access is our highest priority," said Joanne Pike, Dr.P.H., Alzheimer's Association chief strategy officer. "The Alzheimer's Association will do everything in its power to ensure access to the drug for all who will benefit. We know that infusion therapies have been made available under Medicare and insurance for conditions like cancer and multiple sclerosis, so it is reasonable to expect this for aducanumab."

Early diagnosis has demonstrated better health outcomes for individuals and their caregivers. The approval of this new therapy makes early detection and diagnosis even more critical to ensure individuals receive the most benefit at the earliest point possible.

"This therapy will be of great interest to many, but it is not the only important element of Alzheimer's treatment and care. The Alzheimer's Association has made it a priority to partner with health care systems, physicians, and the Center for Medicare and Medicaid Services to ensure early and accurate diagnosis, and access to treatment, care management and care planning," said Pike.

If you or a loved one is experiencing memory changes, the Alzheimer's Association strongly encourages speaking with a health care provider for a thorough evaluation, diagnosis and to discuss treatment options. For more information on diagnosis or to find a local health care provider, visit the Alzheimer's Association at [alz.org](http://alz.org), or the Helpline 24/7 at 800.272.3900.

"We are proud of what the Alzheimer's Association has done to accelerate the drug development process, so individuals will have access to more effective treatments faster," Carrillo said. "This new drug approval, and sustained progress in the research field, is due to years of investment, unrelenting dedication, and our vision of a world without Alzheimer's and all other dementia."

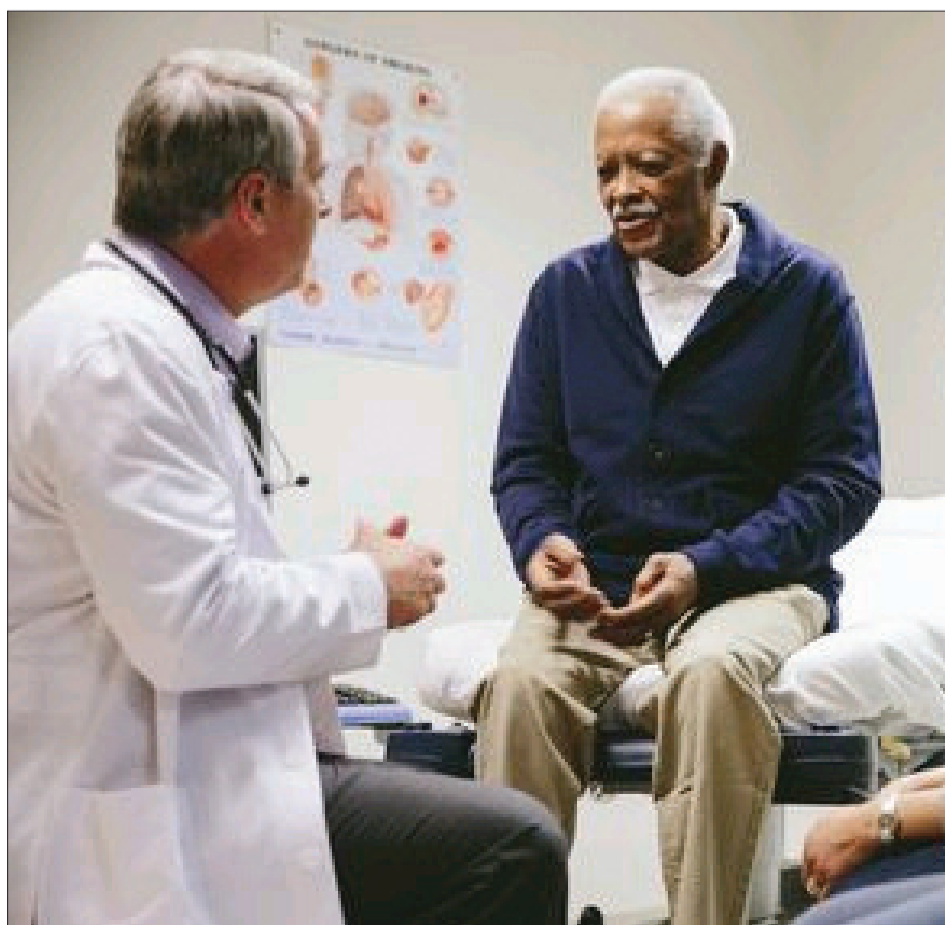
Driven by Alzheimer's Association advocacy, federal investment in Alzheimer's and dementia research funding is \$3.1 billion annually. The federal commitment, combined with unprecedented philanthropic support, provides the foundation for an optimistic view of the future — which is needed, because there is much work to be done.

At any given moment the Alzheimer's Association is leading the fight. Alzheimer's Association actions established foundations that have accelerated the drug development process and made advancements like this possible, including:

The Alzheimer's Association provided the initial seed money for the development of amyloid PET scans that made this clinical trial possible.

The Alzheimer's Association leads the IDEAS and New IDEAS studies to demonstrate the value of amyloid PET imaging for improving diagnosis and disease management.

*The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. For more information, visit [www.alz.org](http://www.alz.org) or call the 24/7 Helpline at 800.272.3900.*



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