

Storm smashes newly dedicated bridge

By RORY SCHULER

When Joseph J. Vinagro and his family gathered to dedicate the footbridge at Memorial Park, around three weeks ago, everyone gathered to celebrate expected the bridge to last for years.

Unfortunately, the high winds brought by Wednesday night's storm toppled a tree onto the bridge, landing on top of the bridge and smashing the railings.

"We're working on what's next," said Christopher Correia, Director of Johnston's Recreational and Community Services.

The bridge was named the Nina Vinagro Memorial Bridge in memory of the late family matriarch.

More storm photos on Page 9

In June, workers from JR Vinagro Corp., a Johnston-based construction company, used a crane to lower the new bridge into place, along the walking path around the pond at War Memorial Park.

The old bridge had fallen into disrepair, and was sorely in need of replacement.

■ BRIDGE - PAGE 15



STORM DAMAGE: Christopher Correia clears remaining small pieces of wood off the surface of the Nina Vinagro Memorial Bridge, after a tree fell on it during Tuesday night's storm. (*Sun Rise photo by Rory Schuler*)

JHS celebrates 54th Homecoming

By Rebecca Clements
Student Council President

This past weekend, Johnston Senior High School held their 54th annual Homecoming.

The Homecoming events start the Monday before with the first day of spirit week at school. This year, the JHS Student Council chose Pattern Day, Pirate Day, Western Day, First Responder Day, and Blue and White Day, which is held on the Friday of spirit week every year.

On Friday, JHS held their first outdoor Pep Rally. This was a great success, allowing the students to still have the experience of a Pep Rally despite the necessary changes.

On Friday night, each class held their overnights to finish building their floats.

On Saturday morning, the floats arrived at 8:30 a.m. to be judged at 9 a.m. The parade started at 10 a.m. going down Atwood Avenue, then turning onto Hartford Avenue, and



■ **GLORIOUS MARCH:** The Johnston Senior High School held its 54th annual Homecoming last weekend. (*Sun Rise photo by Pete Fontaine*)



■ **NO TRICKS:** Jarrod C. Lewis hopes to provide an open house not only his son can enjoy, but anybody else's child who may fall on the autistic spectrum. (*Sun Rise photo by Rory Schuler*)

Local business hosts sensory friendly trick or treating event

By RORY SCHULER

Jarrod C. Lewis wanted to provide an open house his son could enjoy, and anybody else's child who may fall on the autistic spectrum.

The owner of J. Christopher Real Estate Group works out of a stately historic style Cape Cod transformed into a distinct office space, full of hallways and unique rooms.

Friday night, the home will be transformed into a sensory friendly haunted house for au-

tistic children in the area.

In conjunction with the Autism Project, Lewis plans to take visitors on a tour from outsiderspace to Hogwarts.

"The haunted house will be a spooky factor of one out of ten," Lewis said, giving a tour of his offices.

"The kids will walk around and knock on doors, and get to trick or treat inside. It's going to be a safe, controlled atmosphere."

On Friday, Oct. 29, the real estate group will host the sen-

sory friendly trick or treat inside its offices at 986 Hartford Ave. in Johnston.

"This will be a great opportunity for some peanut-free, indoor trick or treating on Halloween weekend," according to a statement from Johnston-based The Autism Project.

Lewis explained his connection to the organization.

"My son's autistic," he said, standing in the foyer of the home. "He was diagnosed

■ **TREAT - PAGE 10**

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And we'll all float on, okay



By PETE FONTAINE

Johnston High School's 2021 Homecoming will long be remembered as a super showcase of community spirit at an all-time high. It began with Mayor Joseph M. Polisena, whose pride shined bright and included welcoming Gov. Dan McKee who was highly-impressed with the goings-on, and trickled down the talents of countless JHS students and extended into wall-to-wall people lining Atwood Avenue and Memorial Drive to watch Johnston's highly-acclaimed Homecoming Parade.

Moreover, the parade — which is known as the only float, music and people-filled school event presented by school students in the state — attracted a larger-than-life audience that included adults, moms and pops, Proud Panthers on Cherry Hill and scores of youth football players and cheerleaders who showed how much they missed not having the event last year because of COVID-19. Perhaps even more unique was that various parts of the parade were led by JHS grads and alumni who continue to show love for their community in various ways from the Mayor's

office to department leaders at JHS. "This is always special!" exclaimed Matt Velino, a teacher who introduced his nephews Luca and Mason Andreozzi to the Panther Blue and White traditions. "Today is like a who's who in Johnston ... everywhere." The same held true for John Troino, who watched the parade and marveled at the colorful creative floats with his grandson and ECC student Lorenzo, who added: "Another great show of Johnstonians putting their best feet forward."

Joseph P. Razza, Police Chief Class of 1987 "It was an honor to march at this year's JHS Homecoming Parade, a parade that was not short on community spirit, as Panther Pride was abundant," said Razza. "Unfortunately, we lost out last year due to COVID, but this year's parade coupled with spectacular weather, made for a phenomenal day. Being a proud 1987 JHS grad ad now the town's Chief of Police, it was extremely rewarding and special for me to be part of this time-honored tradition. My hat and thanks goes to all that planned, donated their time and

participated in this truly spirited community event."

Robert V. Russo, Town Council President Class of 1983 "As a proud graduate of the Class of 1983, it always is a joy to attend the annual Homecoming festivities," Russo began. "Evolving as a graduate to now a member of town government for the past 27 years it brings extra pride to be a part of Homecoming. This year was extra special because it was the first homecoming since COVID-19

ALUMNI - PAGE 5

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■ Home

(Continued from page 1)

traveling up Memorial Drive back to the school. The floats then stayed until halftime of the football game, which started at 1 p.m. against Pilgrim High School. At halftime, our Homecoming King and Queen were announced. The winners were Queen, Glorianna Crichlow and King, Jose Gonzalez.

■ Alumni

(Continued from page 3)

and it was great seeing the large crowd watching the parade.” Russo, whose brother Greg Russo chairs the JHS Science Department and serves as Student Council Advisor, added: “It has been an honor being allowed to continue to serve my community and watch it grow and prosper. Hopefully, the school bond passes and we can build the best school system in the state. We need to provide our children the most advanced learning environment possible to compete in this ever-changing, complex world.” Robert LaFazia, School Committee Chairman Class of 1971 “We just celebrated our 50th Class Reunion,” the long-serving school leader offered. “As JHS grads we all look forward to Homecoming, especially the parade that shows of the skills and talents of today’s students who displayed unique talent and creativity in all four floats. It is also an honor to march in the parade with our town officials each and every year. This

To end the event-filled week, we held the Homecoming dance outside on the athletic field. The dance was DJ’d by JHS senior Joey Accairdo. The Student Council provided drinks and snacks for the students to enjoy. The dance was a great success and allowed as many students as possible to attend and get the Homecoming Dance experience. Also, the float winners were announced at the end of the dance with the

Juniors placing first, followed by the Sophomores, Seniors and Freshmen. The JHS Student Council would like to thank all the faculty, staff and members of the community who volunteered their time to help make all of our recent events a success. Go Panthers! **Editor’s Note:** *Members of the Johnston High School Student Council regularly submit articles for publication in the Johnston Sun Rise.*

is always special!” Bernard DiLullo, Jr., Ed.D Superintendent of Schools Even though he’s not a JHS graduate, but a Classical High School alum, Dr. DiLullo loves and is always proud to wear, promote and showcase Panther Blue and White. “The homecoming celebration was great and kicked off by the Battle of the Classes followed by Spirit Week and the Pep Rally,” he began. “These events fueled the students’ excitement for the Homecoming. The weather was perfect for the parade and evening’s dance. It was great to see all the supporters along the parade route cheering on the band, marchers that included Mayor Polisenia and state and town leaders.” Dr. DiLullo, who like many town officials marched the entire parade, went on: “The floats that were entered drew cheers from the crowd along the route. Congratulations to the Junior Class for entering the winning float. All four entries were impressive and showed our students’ creativity and cooperation to create such impressive pieces of work. Also, a special

thank you to the Johnston Lions Club in providing alumni and school community a delicious breakfast as they have done through the years.” Greg Russo, Science Department Chair Student Council Advisor Class of 1976 “Homecoming is special — always — because Johnston has so many traditions associated with it that makes it unique among schools in Rhode Island,” said Russo, a.k.a. Mr. All-Time Proud Panther. “When one encounters people that come to the school or view the floats on Homecoming Day, it’s great to hear all the reflections and remembrances that alumni have.” The tireless, long-time and highly-popular teacher, also offered: “When they see the floats that have been an integral part of our tradition it especially rekindles many happy memories. Despite all the changes and even some people that have discouraged our students, the students and parents have carried on. This year it was especially evident with the wonderful job that all the classes did in their preparations for the day.”

ANSWER TO THIS WEEK’S PUZZLE:

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Watch Your MOUTH
by Rochelle Rhodes, D.M.D. and David McFarland, D.D.S.

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Veterans Day recognition ceremony

On Wednesday, Nov. 10, at 10 a.m. join in for a celebration of veterans, the Marine Corps’ birthday, the 100th anniversary of the Tomb of the Unknown Soldier and the dedication of the New Johnston Hose 1 Volunteer Firefighter’s Memorial, hosted by Mayor Joseph Polise-na, the town of Johnston and the Parks & Recreation Department at Johnston War Memorial Park. Members of the public are encouraged to attend and refreshments will follow.

Veterans Day 5K returning at Cranston’s Park View

Park View Middle School has announced the return of its Veterans Day 5K Run/Walk and 1-Mile Kids’ Run after a year’s hiatus due to COVID-19. Last week, organizer and educator John Macera announced the eighth annual event – which draws runners, walkers and many cheering fans, in addition to a multitude of volunteers – is now scheduled for Thursday, Nov. 11. Established in 2013, the Veterans Day 5K quickly became a Park View community favorite. The event benefits Park View and Operation Stand Down RI. “We were devastated to have to cancel the 5K event last fall,” Macera said. “However, we’re thrilled to be able to get right back to it in November. Each year the event supports Operation Stand Down, which helps our local veterans, and we look forward to being able to give that support again this year.” In the past, the event has raised as much as \$20,000. The planning and fundraising processes begin ahead of the event itself, and Macera noted that the organizers are looking for volunteers

and sponsors for the event, which will be held at Roger Williams Park. For more information about sponsoring this year’s event, donating, or volunteering for the event itself, contact Macera at jmacera@cpsed.net. Additional information and a registration link can be found at www.pview.cpsed.net. **Tour the Johnston Historical Society**

Just a reminder that Tuesdays from 6 to 8 p.m. are open hours at the Johnston Historical Society. Tour the museum! Tour the Elijah Angell House! Ask all the questions you ever wanted to ask about Johnston history! All are welcome. Contact the Johnston Historical Society at 943-6961 or at johnstonhistorical1825@gmail.com. To learn more, visit johnstonhistorical.org or facebook.com/johnston-historical.

Trunk or Treat

St. Robert’s Bellarmine will be holding a Trunk or Treat event on Saturday, Oct. 30, from 1:30 to 3:30 p.m. at the church, located at 1804 Atwood Ave. in Johnston. The public is invited to the event with free admission, food, music, games and crafts. Prizes will be awarded for “Most Creative,” “Funniest Costume,” “Best Saint Costume” and “Best Decorated Trunk.” If you would like to enter your decorated car, contact Dina Veiga at srbccd2020@gmail.com or Kathleen Rubino at krubino67@comcast.net by Oct. 27.

Youth basketball opens for registration

Youth basketball registrations are now being accepted at the Recreation Depart-

ment in Johnston. Please visit johnstonrec.com for more information, and to download/print the forms. Forms and payments can be dropped off at the recreation office at Johnston Memorial Park, Monday through Friday, 8:30 a.m. to 4:30 p.m. Checks and money orders preferred. They do not accept credit card payments. Please remember if a player is interested in playing travel basketball, they must be registered with the rec program.

Bingo is back

Bingo games have returned to the Johnston Senior Center. At 2 p.m. on Thursdays and Fridays, Johnston Senior Center members can try their luck on the Bingo cards again. During the pandemic, the games had ceased, and were badly missed. Last week, a successful Dress-Down fundraiser resulted in free Del’s Lemonade for participants.

Johnston Senior Center updates

Things are once again in full swing at the Johnston Senior Center. The following is list of classes and activities held daily. On Mondays, Walk away the Pounds, Aerobics & Boot Camp, Arts & Crafts and Hi Lo Jack. It is Walk away the Pounds and Bocce on Tuesdays, and on Wednesdays it will be Bocce, Quilting, Zumba and Fit and Strong as well as Hi Lo Jack and Poker. On Thursdays it is Walk away the Pounds, Bocce, Marg Jong, Yoga and Bingo, and on Fridays it is Line Dancing, Zumba and Bingo.

Co-ed volleyball

The Johnston Parks and Recreation Department is currently accepting registrations for the co-ed middle school volleyball program. It is open to Johnston residents currently in the sixth, seventh and eighth grade. The program will be held at the Johnston High School gymnasium. Participants will meet three times per

week for four weeks. For more information, pricing and times/dates, please visit johnstonrec.com. **Confreda’s Fall Festival** The Fall Festival is back at Confreda Greenhouses & Farms, located at 2150 Scituate Ave. in Cranston. This year’s festival theme is “Rhode Island Strong.” The activities include hayrides, the Corn MAiZE, the Animal Backyard and Pumpkin Patch. For full information on the Fall Festival, visit confredas-fallfest.com.

Winter Survival Backpack drive for RI’s homeless population

From now until Sunday, Nov. 7, the Rhode Island Dream Center will be collecting items for its Hope for the Homeless Winter Survival Backpack drive for Rhode Islanders experiencing homelessness. This year during Thanksgiving, organizers will be distributing 300-400 backpacks filled with winter essentials for the state’s homeless community. Items needed include winter hats (adult), winter scarves (adult), winter gloves (adult), new socks, full-size body wash, combs, full-size shampoo, feminine hygiene products, deodorant, razors, face masks, hand sanitizer, toothpaste, toothbrushes and body wipes. Items should be brought to 330 Park Ave. in Cranston by Nov. 7. To learn more, visit ridreamcenter.com.

Tomorrow Fund Fantasy Ball

The Tomorrow Fund’s 33rd annual Fantasy Ball will take place on Saturday, Nov. 6 at Rhodes on the Pawtuxet in Cranston. All proceeds will benefit The Tomorrow Fund, the only local nonprofit organization that provides daily financial and emotional support to children with cancer and their families who are treated at The Tomorrow Fund Clinic at Hasbro Children’s Hospital. Join in for a lavish and

magical evening of dinner, dancing, spectacular live and silent auctions featuring getaways, sports memorabilia, artwork, fine wine and so much more. This year’s theme, “Arabian Nights” reminds us of just how magical children are. While respecting and keeping in mind everyone’s safety and health who will be present at this year’s Fantasy Ball, we will be requesting all attendees to either have been vaccinated or have received a negative COVID test result within 72 hours prior to the event. Former and current Tomorrow Fund patients will be in attendance; we would like to keep a safe environment not only for you but for our Tomorrow Fund Children. Due to advances in treatment, 8 out of 10 children battling cancer will win their fight- but all 10 children and their families need help beyond medical care and for this reason The Tomorrow Fund exists. To date, over 2,000 children and their families have received financial and emotional support from The Tomorrow Fund. Together we can make a better TOMORROW for the children and their families who need our help. For more information about The Tomorrow Fund and the upcoming Fantasy Ball, contact our office at (401) 444-8811 or visit tomorrowfund.org.

Saturday Drop-In Crafts at Mohr Library

This week, the Marian J. Mohr Memorial Library will resume Saturday hours from 9 a.m. to 5 p.m. Do some crafts in the library or take some home. The library is located at 1 Memorial Ave. in Johnston.

Mindfulness Meditation

Mindfulness Meditation will be held at the Warwick Center for the Arts, 3259 Post Road in Warwick, on the first and third Mondays of each month. It is free and open to the public. Their mindfulness meditation is led by Paulette Miller. The sessions offer a

westernized, secular version of Vipassana, also known as insight, open-hearted, and analytic meditation. Sessions often include guided breathing meditation, movement meditation, loving-kindness meditation, and music meditation. The meditation exercises are guided and no experience is necessary. For further information, visit warwickcfa.org or call (401) 737-0010.

Rotary Touch a Truck event in Garden City

Bring the family to the Rotary Club’s Halloween Touch a Truck event on Sunday, Oct. 31, from 10 a.m. to 1 p.m. in Garden City Center. The suggested donation is \$10 per family and advanced tickets are encouraged. Bring the kids to climb, explore and touch their favorite big rigs, fire trucks, police cars, buses and more. This Rotary fundraising event includes Touch a Truck, face painting, balloon animals and more. Halloween costumes are encouraged. The purpose of the Cranston Rotary club is to connect people who then work together to solve community problems, provide humanitarian aid, and promote goodwill and peace. The club provides scholarships for Cranston high school seniors, Thanksgiving baskets to CCAP families, and supports the community.

Did you know?

Daylight Saving Time concludes at 2 a.m. on Sunday, Nov. 7, 2021, when the clock will “fall back” one hour. Days continue to get shorter and Wednesday will be the last day the sun sets later than 6 p.m. until March 11. (Source: Fall Fun Facts)

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.



Request for Bids Town of Johnston

Video Surveillance System-Senior Center

The Town of Johnston is requesting bids for a Video Surveillance System-Senior Center. Bid specifications are available at the Johnston Town Clerk’s Office located at 1385 Hartford Avenue, Johnston, RI 02919 beginning October 29th, 2021 weekdays between the hours of 8:30 am to 4:30 pm. Specs are also available on the Town’s website at www.townofjohnstonri.com. There will be a mandatory pre-bid conference at the Senior Center, 1291 Hartford Avenue, Johnston, RI 02919 on November 2nd, 2021 at 10:00 am. Sealed bids will be accepted until 10:00 am, November 8th, 2021 at the Johnston Town Clerk’s Office at the above address and will be opened publicly at that time. The Town of Johnston reserves the right to reject any or all responses or parts thereof, to waive any informality in them, or accept any bid deemed in the best interest of the Town. The Town of Johnston will offer interpreters for the hearing impaired provided the request is at least three (3) days prior to scheduled bid opening by calling (401)553-8830.

Joseph Chiodo, CPA
Finance Director

10/29/21

PLANNING BOARD MEETING
Tuesday November 2nd, 2021;
6:00 P.M.
Johnston Senior Center
1291 Hartford Ave.
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AGENDA

I. CALL TO ORDER & ROLL CALL
II. APPROVAL OF MINUTES
III. NEW BUSINESS

PB 20-44 - Mill Street Apartments
- Public Hearing on a proposed conversion of a mill building to a 16-unit residential building. Located at 634 Mill Street AP 4 Lot 311 - Property is zoned - PD. Applicant: Geranskye Real Estate, LLC

PB 21-47 - Central Avenue Solar/Residential - A Public Meeting on a Major Land Development Master Plan for a proposed seven lot subdivision and solar field. Located at 1252 to 1260 Central Avenue AP 43 Lots 70 and 95. Property is Zoned R-40. Applicant is Revity Energy.

PB 21-42 - NorthPoint Stonehill - Public Meeting on a Major Land Development Master Plan for

a proposed warehouse facility. Located at off of Stonehill Drive between the Home Depot and the BJ’s AP 44 Lot 66. Property is zoned B-3. Applicant NorthPoint Development.

PB 21-29 - Belknap Farm Drive Extension - Public Meeting on a Master Plan of a proposed 20 lot Major Subdivision. - AP 48 Lots 10 and 232 - Property Zoned - R-40. Applicant: Boulder Farm Development.

PB 21-30 - National Development Group Self-Storage - Public Meeting for a proposed Major Land Development of a self-storage facility. Located at 1357 Hartford Avenue AP 20 Lot 24. Property is zoned - B-2. Applicant: National Development Group.

PB 21-44 – Hartford Ave Self Storage - Public Meeting for a proposed Major Land Development of a self-storage facility. Located behind 1347 Hartford Avenue AP 20 Lot 81. Property is zoned - B-2. Applicant: National Development Group.

PB 21-46 - Advisory Opinion to the Town Council on the request

to abandon a portion of Rome Avenue, a paper street.

IV. ADMINISTRATIVE REPORT & SPECIAL ITEMS
1. Comprehensive Plan Update

V. ADJOURNMENT

The Planning Board Agenda and Minutes are available for review at ClerkBase on the Town’s web page or Monday through Friday between 8:00 a.m. and 3:00 p.m. at the Planning Office, 100 Irons Avenue, Johnston. Items not heard by 9:30 p.m. may be continued to the next Regular Meeting or a special meeting at the discretion of the Board. Facilities are handicap accessible. Interpreter services may be requested from TTD (401) 792-9642 at least 72 hours in advance.

10/15, 10/22, 10/29/21

**Office of the Town Clerk
Town of Johnston
1385 Hartford Avenue
Johnston, Rhode Island 02919
(401) 351-6618**

Notice is given pursuant to Rhode Island General Law § 3-5-17 that the Johnston Town Council, sitting as the Liquor Licensing Commission under Title 3 Chapter 5 of the Rhode Island

General Laws of 1956, as amended, shall hold a Public Hearing on **Monday, November 8th, 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 liquor license and also, **if granted, said license shall also be considered for renewal for the 2021-2022 license term.**

Applicant: Meliza E. Ferruolo
Business Name: The Chicken Coop Kitchen and Bar, LLC
Location: 1463 Atwood Avenue, Suite E
Johnston, RI 02919
License Type: Class BV Full - Liquor License

Remonstrants are entitled to be heard before the granting of the 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.

10/22, 10/29/21

COLLECTIBLES

Timing It Right to Strike While the Iron Is Hot



By Travis Landry
Auctioneer & Specialist
Bruneau & Co. Auctioneers
Cranston, RI

There is always going to be stuff in your life that is truly priceless for sentimental reasons. Regardless of it being worth ten dollars or ten

thousand you are never going to get rid of it. But if you're a collector, one of the first things that is best to understand is everything is replaceable. Now obviously if you collect original artwork or unique one-of-a-kind items your exact something or other you might not be able to get back, but always something by the same artist or manufacturer. This rule is really well suited for those in the world of collectibles as in comics, toys, trading cards, figurines etc. The type of item where you can easily replace the same item back in your collection. These markets can be volatile and have recently experienced a major price hike due to the pandemic earlier this year. Especially when it comes to Modern comics, trading cards, and 1980's and 1990's toys. The market has already slightly dipped compared to

six months ago but is still vastly different compared to a pre COVID world. For example, pre-pandemic Amazing Spider-Man #252 in CGC graded 9.6 condition was a \$150.00 to \$200.00 comic, now it's a \$500.00 comic. Six months ago, it had sold for as high as \$885.00. Still higher than before, but definitely headed in a downward direction.

So, keep this in mind when it comes to managing your own collection. You might have a comic you paid \$150.00 for you might be able to get \$500.00 or more for now. If you want it again you can always buy it back. The saying never changes buy low, sell high, then repeat. But when it comes to selling your collection, it is always in your best interest to work on a consignment basis than selling outright. That way it's a team effort and the best possible result for the day is achieved.



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Zumba is just the beginning

PUMPING IRON:

The Johnston Senior Center is swinging back into full action, with a full slate of activities.

On Wednesday morning, a class of local seniors was sweating away to Zumba lessons from instructor Fran Golombiewski, who teaches dance at the center. Typically the class is full, but attendance has been waning in recent weeks. Golombiewski said she hopes more members will turn out for class once again.

The Senior Center has a growing list of daily activities. (*Sun Rise photos by Rory Schuler*)



Johnston Senior Center Activities Schedule

Monday:	9 a.m.	Walk away the Pounds
	10 a.m.	Aerobics
	10:30	Arts & Crafts
	12:30	Hi Lo Jack
Tuesday:	9 a.m.	Walk away the Pounds
	9:30	Bocci
Wednesday	9 a.m.	Walk away the Pounds
	9:30	Bocci
	9:30	Quilting
	10 a.m.	Zumba
	11 a.m.	Chair — Fit & Strong
	12:30	Hi Lo Jack
	12:30	Poker
Thursday	9 a.m.	Walk away the Pounds
	9:30	Bocci
	9:30	Mah Jong
	10 a.m.	Boot Camp
	11 a.m.	Yoga
Friday	2 p.m.	Bingo
	9 a.m.	Walk away the Pounds
	10 a.m.	Line Dancing
	11 a.m.	Chair — Fit & Strong
	2 p.m.	Bingo

Call the Senior Center at 401-944-3343 for more information or to register for classes.



ROOM FOR MORE: The Zumba classes at the Johnston Senior Center are usually full. There's room for more members, and lots of other activities as well.

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Wrath of the storm



CLOSE CALL: A “very large” fell in Louis J. Spremulli’s yard, and into his neighbor’s yard, during the storm. Spremulli lives at 21 Deer View Road. *(Photo courtesy Louis J. Spremulli)*



LOOK UP: Emily Lauren submitted this photo of a massive tree limb hanging over Gano Avenue off George Waterman Road. *(Photo courtesy Emily Lauren)*

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• Sun. Nov. 7- GEORGE'S of Galilee 12:30

• Sat. Nov. 20 - FIREMENS HALL, East Greenwich

• Fri. Dec. 3 - COURTHOUSE Center for the Arts

• Sat. Dec. 11- CARRIAGE INN, No. Kingstown

For reservations and details go to...

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(Or call 288-1188)



With Charlie Hall and Doreen Collins

NOT TOO SPOOKY: Jarrod C. Lewis, owner of J. Christopher Real Estate Group and father of a child on the autistic spectrum, tries out several different light combinations in search of sensory-friendly decorations for a trick or treat event he'll host on Friday night. (Sun Rise photos by Rory Schuler)

■ **Treat**
(Continued from page 1)

about five and a half years ago, and as parents, we didn't know where to start."

Lewis looked for advice and found The Autism Project.

"They specialize in helping parents," he said. "We've tried to help them back. Every quarter we take a portion of our commissions and make a donation."

Lewis and J. Christopher Real Estate Group have been holding benefits for years, but like every fundraiser, his business has had few options over the past 18 months of the pandemic.

Finally, the climate seemed right for another event. He said the "sensory friendly" event will avoid "su-

per flashy lights and loud music."

"There will even be a peanut-free option," Lewis said. "We'll even have different people in separate rooms bagging up the peanut-free treats. My son is also deathly allergic to peanuts."

Lewis offered an open invitation to any local parents "whose children are on the spectrum."

The event will take place from 4:30 to 8 p.m. Friday, Oct. 29. Parking is available behind the building.

The organizers promise to try to accomodate any visitor's special needs.

"If any of the kids needs to be taken throgh one at a time, we can do that," Lewis said. "We're stocking for 100 visitors. If we get 20 percent of that, we're good."

Parents with questions can call 401-830-6906 or email info@jchristophergroup.com.

Fire safety tips from an expert



FIRE TIPS: Firefighter Mike Grenga of the Smithfield Fire Department came into TOTS' TOWN INC., Child Care Center located at 29 George Waterman Rd., Johnston on Monday, Oct. 25, to discuss fire and Halloween safety with the children. (Submitted photos)



MEETING WITH A HERO: Fire-fighter Mike Grenga of the Smithfield Fire Department poses with TOTS' TOWN student Daniel Ponce (above) and AvaRae Coro (at right)..



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Medicare Annual Election Period is from **October 15 to December 7**

Learn more about your Medicare options. Join me for a virtual or in-person meeting. An RSVP is required for virtual and in-person events.

CRANSTON, RI
Alpine Country Club
251 Phippen Orchard Road
Wed. Nov. 10th @ 6PM

CHARLESTOWN, RI
Charlestown Senior Center
100 Park Lane
Tues. Oct. 26th @ 1:30PM
Tues. Nov. 23rd @ 10:00AM

GLOCESTER, RI
Glocester Senior Center
210 Putnam Pike
Mon. Nov. 1st @ 1:30PM

KINGSTON, RI
Kingston Congregational Church
2610 Kingstown Road
Wed. Nov. 10th @ 10AM

CRANSTON, RI (VIRTUAL)
Universal Wealth Management
Thurs. Nov. 11th @ 1PM
Mon. Nov. 22nd @ 2:30PM

NARRAGANSETT, RI
Narragansett Community Center
53 Mumford Road
Tues. Nov. 2nd @ 1PM
Tues. Nov. 16th @ 1PM
Thurs. Dec. 2nd @ 1PM

NORTH PROVIDENCE, RI
North Providence Mancini Center
2 Atlantic Boulevard
Fri. Nov. 5th @ 10:30AM
Wed. Nov. 17th @ 10:30AM
Wed. Dec. 1st @ 1PM

WARWICK, RI (IN PERSON)
Greenwood Credit Union
2700 Post Road
Tues. Oct. 26th @ 10:30AM & 2PM
Tues. Nov. 2nd @ 10:30AM & 2PM
Tues. Nov. 9th @ 10:30AM & 2PM
Tues. Nov. 16th @ 10:30AM & 2PM
Tues. Nov. 23rd @ 10:30AM & 2PM
Tues. Nov. 30th @ 10:30AM & 2PM
Tues. Dec. 7th @ 10:30 AM & 2PM

MIDDLETOWN, RI
Holiday Inn Express
855 West Main Road
Wed. Oct. 27th @ 2PM
Thurs. Nov. 18th @ 10AM

CRANSTON, RI (IN PERSON)
Universal Wealth Management
945 Reservoir Avenue
Fri. Oct. 29th @ 10AM
Fri. Oct. 29th @ 2:30PM
Mon. Nov. 1st @ 10AM
Mon. Nov. 1st @ 5:30PM
Fri. Nov. 5th @ 10AM
Fri. Nov. 5th @ 2:30PM
Mon. Nov. 8th @ 1PM
Mon. Nov. 8th @ 5:30PM
Fri. Nov. 12th @ 10AM
Fri. Nov. 12th @ 2:30PM
Mon. Nov. 15th @ 1PM
Mon. Nov. 15th @ 5:30 PM
Fri. Nov. 19th @ 10AM
Fri. Nov. 19th @ 2:30PM
Mon. Nov. 22nd @ 1PM
Mon. Nov. 22nd @ 5:30PM
Fri. Nov. 26th @ 2:30PM
Mon. Nov. 29th @ 10AM
Mon. Nov. 29th @ 5:30PM
Fri. Dec. 3rd @ 2:30PM
Mon. Dec. 6th @ 5:30PM

FOR ADDITIONAL IN-PERSON OR VIRTUAL DATES AND LOCATIONS VISIT US AT: UNIVERSALWM.COM/EVENTS



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TTY: 711

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call the phone number to the left. For virtual events, you will receive information about how to join online once we receive your RSVP.

When attending in-person events, all staff and guests are required to follow state and federal COVID-19 safety guidelines. For more information, visit reopeningri.com.

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A woman with long brown hair and glasses, wearing a black turtleneck and black pants, stands outdoors in front of a grey metal building. She is smiling and holding a gold trophy with a wooden base in her right hand. In her left hand, she holds a large, white cutout of a cartoon dog with black spots and a black outline. The background shows a brick building with windows and some trees.

FROM THE JOHNSTON LIBRARY

Our careers can help to define us all

By JON ANDERSON
Special to the Sun Rise

Last week I wrote about a book by Michael Spitzer, “The Musical Human,” that traces music from the present time back to the development of work and social behavior, showing how integral music is to existence.

Work can be just as important to who we are.

In a book called “Work: A Deep History, from the Stone

Age to the Age of Robots,” James Suzman describes constructive activity in various species, and builds a narrative out of archaeological evidence, and modern-day observations, to contemplate the increasingly adaptive behavior we use to survive and to fill our time with purpose.

He observes the weaving of nests by birds, and the specialized, social behavior of insects, and the crafting of sharp-edged,

flint ovals unchanging over eons until up to an apparently sudden profusion of technology.

Along the way, Suzman questions many assumptions about the development of human agriculture and industry, and the nature of work and its place in our lives. From his studies of the foraging people of the Kalahari and his observations of mechanized society, he contributes to a new understanding of work’s necessity to our spirits.

In every culture, work is both natural and necessary. We’ll have more chance to contemplate that in the context of music, in the continuing series of conversations, Tuesday nights at 6:30, on popular music of the thirties and forties, moving from “Buddy, can you spare a dime” through the call to arms and purposeful industry. Please let us know if you’d like to come to these events by calling 231-4980 or emailing info@mohrli-

brary.org to register.

And please request the books I mention or any others that interest you, or tell us something that could help us make a recommendation, because that’s the purposeful work that’s necessary to us.

Editor’s Note: Jon Anderson serves as the Marian J. Mohr Memorial Library Director. Watch for his column weekly in the Johnston Sun Rise.

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spotlight on BUSINESS

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By JENNIFER COATES

The great and iconic French impressionist painter Vincent van Gogh is attributed with coining the phrase: “Great things are done by a series of small things brought together.” These words could accurately describe the years of small things that have added up to a create a 28-year “success story” for the local, family-owned business, Jain’s Laundry. Small things that have made life so much easier for the hundreds of patrons who have been bringing their laundry to this longtime business in Johnston for years and years.

Small things like automatic front doors so customers don’t have to prop a door open every time they come in and out of this convenient laundromat. Small things like a vending machine of detergents, softeners and laundry bags for those who needed more than they thought.

Small things like a change machine on-site, newly installed high-capacity dryers, a comfortable seating area to wait between loads and rows and rows of machines so there is never any need to “take a ticket”!

Best of all, but hardly a “small thing,” is the presence of Kaushal Jain who came to America with her husband Sripal Jain from Meerut, India many decades ago. Through hard work, dedication and sacrifice, they have truly fulfilled the American dream of small business ownership. A testament to their diligence is also their remarkable 28- year old son, Akshay, who obtained a Master’s Degree in Bio-Technology at Harvard University. Through small things come great and remarkable results.

Jain’s Laundry is a self-serve laundromat, but it also offers all the convenience of a washfold, same-day service. Here, the rates for this wash-fold service are unbeatable. For an



Kaushal Jain is a familiar face at the family-owned business that she and her husband have operated for over twenty-eight years ~ here, she is ready to transfer a pile of wet clothes to one of the laundromat’s modern dryers

incredible .69/pound, Kaushal will wash, soften, dry, and even fold your laundry – all in one day.

This recession-busting price also covers the cost of the softener, bleach, soap and hangers! The math is simple enough – ten pounds of dirty clothes, dropped off in the morning and ready to go by day’s end – all for less than \$7.00. In our cost-conscious world, these prices are unmatched.

If you are more the “do-it-yourself” type of person, you will also find a room full of coinoperated washers and dryers. There are large capacity machines available for all size loads, from 25 pounds to 65 pounds. The top loading machines are

available here for only \$2.00 per load compared to \$2.50 in most other places.

Jain’s Laundry also has dryers that spin both clockwise and counter-clockwise. This prevents items such as blankets and comforters from bunching up in the middle and stops them from getting tangled up, twisted and wrinkled.

Jain’s Laundry is found in the Plaza 44 shopping plaza on Route 44. It is open seven days a week - from 8:00am to 9:00pm, Monday through Friday, and 7:00am to 8:00pm on Saturday and Sunday. For more information, call 401-231-7019.

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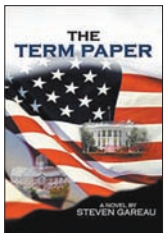


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THE TERM PAPER

by Local Author **STEVEN GAREAU**



Sam Garrison wrote “The Term Paper” during his four year commitment to the USAF. His written radical views at that time exposed the two party system in the United States.

Sam finds himself and his friends being tracked down by government officials 20 years after writing what he thought was a benign yet radical term paper exposing flaws in the structure of a government. Suddenly connected to 4 students with a similar theory Sam finds himself faced with an individual that will silence him at any cost.

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BROKEN BRIDGE: Christopher Correia, Director of Johnston's Recreational and Community Services, clears remaining small pieces of wood off the surface of the Nina Vinagro Memorial Bridge, after a tree fell on it during Tuesday night's storm. *(Sun Rise photo by Rory Schuler)*

■ Bridge

(Continued from page 1)

Vinagro stepped up and volunteered to replace the bridge. His company forged it out of recycled materials, and saved the town around \$100,000 Johnston Mayor Joseph M. Polisena said in June.

The tree likely fell late Tuesday night, landing in the center, its top limbs reaching the traffic lanes of Memorial Avenue. The railing was crushed under the weight of the tree, but substructure held.

"If it wasn't the new bridge, I think it would be in the water," Correia said as he picked up small pieces of wood from the bridge surface. "The railing and aesthetics will need to be addressed, but at least nobody was hurt."

Johnston Police informed Correia after they discovered the toppled tree, which had been growing on the edge of the Memorial Park pond.

Early Wednesday morning, the tree was cut into pieces and removed.

"We've been working here since early this morning," Correia said. "It might not look pretty for a while, but we'll get it open again."



ANIMAL TALK

By Karen Kalunian

Local  Adoptable  Loveable



Photo credit: Laurel Leaf Photo

Meet Dozer

Just look at this adorable face! You have to meet this boy in person to appreciate how special he is! Dozer is so cute everyone will want to snuggle him. He is an 8 year young Bulldog/Boxer mix with the best doggie personality ever! He is said to go to bed at 10:00pm and wakes up at 8:00am, but he does snore. If he sounds like the love of your life please contact our friends at Hotel for Homeless Dogs via their website at www.newenglandhumanesociety.com Dozer will be waiting to shower you with kisses!

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SUPER SUPPORTERS: Among the Johnston Lions Club members and friends who put on the annual Johnston High School Homecoming Breakfast Saturday are, from left: Joe Sabetta, David Civetti, Tina Ferro, Joe Swift, Robert Civetti, Carol Savage and Al Savage. Missing are Wendy Buono and Anthony Andreoli. (Sun Rise photo by Pete Fontaine)

Lions Club hunts down game day breakfast

By PETE FONTAINE

The Johnston Lions Club, many people will attest, may be small in numbers but is huge in heart.

That surfaced again Saturday when the JLC maintained its terrific tradition of sponsoring and hosting the always well-attended breakfast after Johnston High School's annual and awesome Homecoming Parade.

"This is always special," said Dr. Bernard DiLullo Jr. as he and School Committee Chairman Robert LaFazia enjoyed coffee and some of the eight-item breakfast. "This is another terrific turnout."

It has been that way for more than a decade, Johnston Town Councilman Robert Civetti, who doubles as JLC treasurer, explained.

"Members and friends of the Johnston Lions Club have donated their time and re-

sources to the JHS student Council for over 15 years and counting," Civetti said.

Years ago, the JLS began assisting the Student Council by serving breakfast prior to the annual Homecoming game. However, as time evolved the Club became the sole sponsor of the event and now purchases the food, prepares it and serves JHS students, alumni and their families.

"This is quite the breakfast," was a common cry among countless people who took in the event. "Great menu, great attendance, classic camaraderie ... it's like one huge family reunion."

As the annual line of march went on, JLC members prepared scrambled eggs, cheese omelet, French toast sticks, hash brown patties, cinnamon rolls, Danish and a choice of coffee or tea.

The JLC members and friends who were instrumental in the success of Saturday's

breakfast were long-time Club President King Lion Joseph, Vice President Joseph Sabetta, CPA; Treasurer/Councilman Robert J. Civetti, CPA; Secretary David Civetti, long-time member and past president "Big Al" Savage, Wendy Buono, Tina Ferro, Carol Savage and future Lion Anthony Andreoli.

Saturday's breakfast, though, isn't the only event the JLC does to benefit JHS students.

"We are proud of our (JLC) Scholarship Program," said Swift. "In June 2021, we awarded scholarships to 10 students who are now attending their respective colleges."

Those recipients for 2021-2022 are Kayla Aquilante, Leann delRio Franco, Giancarlo Espinal, Olivia Kline, Hannah Kline, Sarah Monahan, Yuvia Morales, Olaitan Olagundoye, Katelyn Simeone and Skyler Stone.

"The scholarships are primarily from the

Johnston Lions Armand Muto Scholarship Fund," Robert Civetti, noted. "The fund was established in memory of Armand Muto back in 1985 and we have presented grants between \$150,000 and \$175,000 since that time."

Likewise, the fund is managed by the Rhode Island Foundation and each year the JLC awards scholarships to eligible applicants who must be Johnston residents and graduating high school students who will attend a higher education institution. The scholarships are also renewable through their senior year of college.

"These awards are primarily funded from earnings of the Johnston Lions Armand Muto Scholarship Fund and also from revenue raised by the Club's fund-raising activities," Robert Civetti explained. "Also, the awards have totaled between \$4,500 and \$6,000 on an annual basis."

Superintendent delivers COVID-19 school data update

By RORY SCHULER

After an initial outbreak at Winsor Hill Elementary, Johnston Schools are reporting low rates of COVID-19 infection among students and staff.

"This evening I'm going to present a report on how we're doing in terms of the COVID pandemic," Johnston Schools Superintendent Dr. Bernard DiLullo Jr. said at last Wednesday's School Committee meeting. "I do have the case numbers in Johnston as of Oct. 19, 2021 ... from the Rhode Island Department of Health (DOH). I'll go through each school."

DiLullo detailed the number of cases reported at each school, by staff and students, over the past seven days and just prior to the beginning of the school year, on Aug. 29.

He began with the Brown Avenue Elementary School at 14 Brown Ave.

"Brown Avenue, in the past seven days, had fewer than 5 cases," DiLullo told the School Committee. "Since Aug. 29, they had fewer than five cases, and they had zero teacher cases."

The Early Childhood Center attached to the Nicholas A. Ferri Middle School experienced similar infec-

tion case rates.

"Early Childhood Center, in the past seven days has had zero cases," DiLullo said. "Since Aug. 29, they had fewer than five cases. In the past seven days, they've had zero teacher cases. And since Aug. 29 they've had fewer than five teacher cases."

The Graniteville Preschool at 6 Collins Ave. has also reported very few cases so far this year.

"The Graniteville School, in the past seven days, has zero cases," DiLullo said. "Since Aug. 29, they've had fewer than five cases. In the past seven days they've had zero teacher cases. And since Aug. 29, they've had zero teacher cases."

The Sarah Dyer Barnes School at 24 Barnes Ave. has reported only a handful of cases.

"Sarah Dyer Barnes, in the last seven days, has had fewer than five cases," DiLullo said. "Since Aug. 29, they've had fewer than five cases. And there have been zero teacher cases since Aug. 29."

The Thornton Elementary School at 4 School St. has reported just slightly higher infection numbers.

"Thornton Elementary School has had fewer

than five cases in the past seven days," DiLullo said. "They've had 5-9 cases since Aug. 29, and they've had zero teacher cases since Aug. 29."

The Middle School has been successful at helping to keep case numbers low.

"Nicholas Ferri has had zero cases in the past seven days," DiLullo said. "Again this is from Oct. 19. They've had 5-9 cases since Aug. 29. And they've had zero teacher cases, both in the last seven days and since Aug. 29."

The High School, at 345 Cherry Hill Road, has had fewer than 10 total cases since school began.

"Johnston Senior High School in the past seven days has had zero cases," DiLullo said. "We've had 5-9 cases since Aug. 29. They've had zero teacher cases, both in the last seven days and since Aug. 29."

DiLullo discussed Winsor Hill Elementary School last. The school, at 100 Theresa St., experienced an early outbreak, which led to a one-day closure at the school on Tuesday, Sept. 14.

The number of infections at the school, however, has been going down ever since.

"Winsor Hill has had zero cases in the past seven days," DiLullo told the School Com-

mittee. "Since Aug. 29, Winsor Hill has had 20-24 cases. They've had zero teacher cases in the past seven days, and they've had fewer than 5 teacher cases since Aug. 29."

DiLullo sent out a special thanks to a pair of school nurses who helped to contain the September outbreak at Winsor Hill.

"I also want to thank Valerie Jacavone and Lori Autiello for their work at Winsor Hill," DiLullo said last Wednesday. "They've been spending many long hours contact tracing since that school was hit particularly hard with positive cases, in addition to their work. The regular school nurse has been absent from her job because of medical issues. They both have gone above and beyond their duties. So I thank both Valerie and Laurie."

Jacavone serves as the primary nurse at Graniteville, and helps to lead the district's nurse cohort. Autiello serves as a district nurse, and co-chairs the district-wide nurse's group.

DiLullo also offered an update on the hiring process for a distance-learning teacher, whose chief responsibility would be to help keep students out on quarantine on-track until they can return to

school.

At our last meeting I proposed that we hire a distance learning teacher for students who are on quarantine," DiLullo told the School Committee. "We have been successful in doing that. That teacher will be starting on Nov. 8, to work with students who are on quarantine."

DiLullo clarified the current quarantine guidelines in the school district.

Currently the quarantine status in Johnston is seven-day quarantine, depending on when the student tested positive, or when they showed symptoms," he explained. "So, it's seven days. After the fifth day students can get a test. If the test is negative, they can return after the seventh day. If they don't get a test, they are required to stay out for 10 days."

The district has been following guidance from the Rhode Island DOH.

Roughly half of eligible students in the district have been fully vaccinated against COVID-19.

As far as vaccination rates go, Johnston High School, as far as eligible students, 55.4 percent of our eligible students have been fully vaccinated," DiLullo said. "And at Ferri Middle School, 49 percent of our eli-

gible students have been vaccinated."

State and local officials are eagerly awaiting new vaccination guidance for students under 12 years old.

DiLullo informed the School Committee that the district has set a tentative date for a second school vaccination clinic.

"The tentative date is scheduled for Nov. 10 from 5 to 9 p.m.," DiLullo said. "There will also be a flu vaccination clinic held on Oct. 28 and Nov. 18 at the Ferri Middle School from 4 to 7 p.m."

Early Thursday morning, DiLullo contacted the Sun Rise with some updated COVID-19 counts in some of the town's schools.

"These are numbers from the opening of school Sept. 1," DiLullo wrote via email Thursday. "Winsor 30, Brown 3, Early Childhood 2, Thornton 8, Ferri 15 and Barnes 4."

When asked about numbers at the High School, DiLullo responded just before deadline.

"The high school had 10," he replied.

Editor's Note: The Rhode Island DOH was also expected to release new data sets this week. Watch for an update in next week's edition.

Sports

Pats shut out Panthers

Johnston falls in pivotal DIII match

By ALEX SPONSELLER

The Pilgrim football team traveled to Johnston and picked up a 14-0 win in a pivotal Division III matchup last Saturday afternoon.

It was a defensive battle throughout with each squad making big stops throughout the 48 minutes.

Ahead 7-0 with less than three minutes remaining, Pilgrim would drive the ball 91 yards and punch in a score from Danny Halliwell to take the late 14-0 lead. Johnston would get one last chance in the final minutes, but Pilgrim's Brady Burke would haul in an interception in the end zone to ice the game.

"We had to go 91 yards, but we used all of our hard work to drive it down their throats and to punch it in the end zone. It felt great to be able to do what I could to help this team and bring us success as a whole," said Halliwell, who also rushed for Pilgrim's first touchdown in the opening quarter.

"We had no reason to get away from the rushing game because we were gaining some pretty good yardage. We stuck to the gameplan, chewed some clock and held onto the lead. Today was about just sustaining the lead and keeping up with the running game," said Pilgrim head coach Blake Simpson. "That was big. Again, we wanted to rely on the running game to keep the clock going. Hats off to our offensive line, who had its struggles in the early part of the season but has really come together."

Johnston had a few scoring chances in the game. With 1:06 remaining in the second quarter, the Panthers would drive to the Pilgrim 14-yard line, but the Pats would hold them on fourth down. Pilgrim would also make another big stop in its own zone in the third quarter, as well a stop at its own 9-yard line to set up the final offensive drive in the fourth.

"It was crucial for our defense to have a performance like that. They've been giving



WIDEOUT: Johnston's Aiden Lariviere battles a defender off the line of scrimmage. (Photos by Alex Sponseller)



Homecoming bash

Many locals gathered at Johnston High School last Saturday afternoon to celebrate the school's Homecoming Day prior to kickoff at the Panthers' football matchup against visiting Pilgrim. Many of Johnston's student-athletes made the trip to take part in the festivities. Pictured at left is the Johnston football team enjoying a ride on its float prior to kickoff. For more photos of the fun, check out page 19. (Sun Rise photos by Pete Fontaine)



SUPER SPIRIT: Members of Johnston high's cheerleading squad enjoying pre-parade festivities before joining in the line of march.



COACH'S CORNER: Eric Barboza (left), a coach with Johnston Panthers Youth Football, and his son are joined by George Lazareschi – who is president of the Rhode Island Italo-American Club. Also pictured is his son Sloan, who also coaches with the group, during Saturday's homecoming parade.



TEAM SHOT: The Johnston soccer team. (Photos by Alex Sponseller)

Panthers honor seniors



SENIOR LEADERS: The Johnston seniors gather for a photo on Senior Night.

CCRI runs at Franklin Park

Two CCRI Cross Country runners travelled to Franklin Park in Boston, MA to compete in the Franklin Park Open 5k Sunday October 24th. The two competitors for CCRI were: for the Knights Nathan Bedford (Rumford, RI) and for the Lady Knights Nicole Dioh (Woonsocket, RI).

Bedford placed 16th overall in the race and was 6th out of 15 runners in his age group. Bedford's time was 19:35 for the 5k race. For the Lady Knights, Nicole Dioh placed 50th overall and was 3rd out of eight runners in her age group. Dioh ran a season-best time of 24:42 for the 5k race.

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Vespe to head Saltwater Anglers

No Fluke



BY CAPTAIN
DAVE MONTI

Greg Vespe of Tiverton, Rhode Island has been appointed executive director of the Rhode Island Saltwater Anglers Association (RISAA) by the board of directors. He replaces Steve Medeiros who passed away suddenly on Sept. 12, 2021.

RISAA represents over 7,500 recreational anglers and 28 affiliate clubs in Connecticut, Massachusetts and Rhode Island.

Vespe is a long time fisherman and RISAA member who chaired the Education Committee, responsible for the organization's monthly seminars. He served in the US Navy prior to holding the general management position for RI Rehab and most recently worked for the VNS of Newport and Bristol County. He will start his new position at RISAA on Nov. 15, 2021.

Rich Hittinger, acting RISAA board president, said, "We are very happy to have selected Greg for the job. Through our discussions it is obvious he has a great love for this organization and he will help lead RISAA to become even a greater force to benefit recreational fishing interests in Southern New England."

Greg Vespe said, "No doubt this is a life changing time for me. To be able to serve RISAA and the recreational fishing community as executive director is a chance of a lifetime. Rhode Island has such an extraordinary saltwater fishery and this opportunity to share my passion with RISAA members and the community at large is something I can't wait to get started on. Steve Medeiros left such a legacy and his passing saddened us all. I know he would be heartened by seeing how hard the board and its members have all worked to keep the ship righted and to continue on with his work and vision. I pledge to serve the best I can in his footsteps continuing to take the Association to great heights."

Hittinger said, "Greg Vespe, the



TAUTOG JUNKIES: Chris Deacutis, North Kingstown, with a 23-inch tautog he caught fishing with Hal Walker, Wakefield and Walt Galloway, West Greenwich. They trio caught their ten fish boat limit in three hours.

Rhode Saltwater Anglers Association was always delighted to have you as an active board member, and now, we look forward to working with you as our new Executive Director."

Underwater tautog fishing video

Angler Eric Duda of Tiverton is a very good fisherman. He out fishes most with precision, always with the highest regard for the fishery resource.

This weekend he fished in 25 feet of water in the Sakonnet River for tautog. He caught his limit and then settled down to another pastime of his, underwater photography, capturing what goes on at the bottom once you lower your bait.

Duda said, "We lowered the camera and shot a video titled "Video of Tog Fishing" which is now posted on YouTube at <https://youtu.be/00jpU4zg6GM>. Amazing how many scup attack the bait even on the

way down! No wonder why we lose our bait so quickly. The video includes a segment on caching and reeling up a 17-inch tautog."

Where's the bite?

Striped bass, bluefish and false albacore. Striped bass fishing has been good along the coastal shore. Pattie Ferrara of Ray's Bait & Tackle said, "We had a good striped bass bite off Pt. Judith this weekend." John Littlefield of Archie's Bait & Tackle, Riverside, said, "We had some decent size school bass to 24-inch in the Warren River near the old American Tourister plant. Squid was working well for anglers as we have a lot of it in the water. The best bass bite seems to be right around 6 p.m. to 7 p.m." Tom Giddings of the Tackle Box in Warwick said, "We have not seen as much bluefish as in past weeks but the striped bass are in the upper and mid Bay. One of our customers caught a 32-inch striped bass on a clam worm at the Rocky Point Dock in Warwick last Saturday. Other customers are live lining Atlantic menhaden or using it chunked up with success. There are bass schooling in the Bay pushing bait up on grassy areas, in Pawtuxet Cove, Warwick" "There are bass scattered throughout Narragansett Bay but there is so much bait around they are difficult to catch. However, the bite has been good off southern coastal breachways. There are a few false albacore and bonito around too but not heavy concentrations of them," said Dave Henault of Ocean State Tackle, Providence

Tautog fishing continues to be very good. Anglers in the Bay and off Jamestown and Newport are doing well. This weekend we limited out with ten fish per boat a couple of times when fishing recreationally off Newport. Allan Peters on the RISAA blog said, "Fished General Rock with my brother Saturday. Only two other boats there. One anchor drop and on the fish from high to low tide then left for home. Many fish over 5 pounds." Pattie Ferrara of Ray's Bait & Tackle said, "Customers are catching their limit of tautog off Newport, this weekend was pretty good." Dave Henault of Ocean State Tackle said, "The tautog bite is excellent in the lower Bay off Newport, Jamestown and Pt. Judith. Tautog are being caught on rock piles in the upper Bay too." Tom Giddings of the Tackle Box said "Customers are catching tautog at Rocky Point and doing pretty good." "Tautog fishing out in front of Newport is on fire. Customers are reaching their limit there with a



CATCH & RELEASE: Greg Vespe with a 40-pound striped bass caught and released safely this year. (Submitted photos)

lot fewer shorts mixed in. The bite in the Bay at such places like Rocky Point, Connecticut, Sabin's Pont and Colt State Park is good for tautog too. We had a customer catch a 23-inch, 5.5-pound tautog at Kettle Point, East Providence this week. However there are a lot of shorts mixed in. The ratio is at about 7 short to 1 keeper tautog," said John Littlefield of Archie's Bait & Tackle.

Squid fishing was very good at Newport, the Goat Island Causeway and FT Adams area said John Littlefield of Archie's Bait & Tackle. "The squid bite is on and off depending on the day but places yielding squid for customers include the Sakonnet River, Newport and Jamestown," said Dave Henault of Ocen State Tackle.

Freshwater fishing has been fair. "High winds this week kept angler off the water a bit." said John Littlefield of Archie's Bait & Tackle. Dave Henault of Ocean State Tackle said, "Customers are using Power Baits to catch trout at stocked ponds, like Only Pond at Lincoln Woods." "The freshwater bass bite has been good for anglers with both natural baits like shiners and top water lures both working for anglers," said Tom Giddings of the Tackle Box.

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@verison.net or visit www.noflukefishing.com.

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TOUGH DEFENSE: Johnston defenders Noah Lavergne (right) and Ryan Schino (left) during the team's game against Pilgrim last week at home.

■ Panthers

(Continued from page 18)

up 30 points a game, so for them to allow zero points to a tough Johnston team is huge," said Simpson.

The Johnston defense was also stout, coming up with multiple stops of its own, including an interception from Aiden Lariviere in the opening drive of the second half.

"If we had that (defensive performance) in some prior games this year,

things may be different. It's a seesaw - our defense is coming together but it's a little late, but at the same time you want your team to be playing its best at the end of the season. Now, we need to play defense like that and get our offense going. You have to take something from a loss, and for us to hold an offense like that to seven points until late, it's a feather in our cap," said Johnston head coach Joe Acciardo.

Like Pilgrim, Johnston has been an explosive offensive team to this point this season. However, Acciardo simply felt the Pilgrim defense outplayed the Pan-

ther offense in the loss.

"They went man which we don't see much. They just played better than we did, they were better than we expected. Usually we can run our plays and make it work, but they've got a lot of athletes," said Acciardo.

Moving forward, Acciardo hopes that the Panthers will see this game as a confidence booster despite the final score.

"These kids played with a lot of heart. What they can take out of this loss is that they can play four quarters with the top teams," Acciardo said. "The sky's the limit, we've got athletes. It is just about

getting better regardless of what the score is. We just need to keep getting better."

Pilgrim will now likely enter the playoffs as the second seed behind Narragansett. Halliwell has his sights set on the opening round of the postseason and hopes to get a crack at the cross town rival Toll Gate Titans.

"Our defense had a great week of practice this week. It felt great to (help) our seeding this week and we're hoping to have a chance to play Toll Gate in the first round," Halliwell said.



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Celebrating Seniors!

The myths and misconceptions about older adults are too numerous to count. They range from false ideas about seniors and technology to the stereotype that older adults are lonely and grumpy. Spend time at a senior center or a retirement community, and you'll see otherwise.

National Senior Citizens Day is August 21. One way you can honor and celebrate the older adults in your community is by helping to bust some of the most common myths about aging.

Myth #1: People get grumpy as they grow older.

Fact: According to research from Stony Brook University, happiness actually begins to increase at age 50. People tend to be more content with life and in touch with who they are by that milestone. Happiness continues to improve throughout the next several decades.

Myth #2: People feel old by the age of 60.

Fact: Not so, says a 2009 Pew Research study. Their research showed that 60 percent of adults age 65 and older feel much younger than they actually are. Many older adults stated they felt 10 to 20 years younger. A positive attitude might have something to do with it. The seniors who said they felt younger than their birth date also expressed gratitude for all their blessings in life.

Myth #3: People who are older have poor health.

Fact: While there are some undeniable physical changes caused by aging, poor health isn't solely due to age. Experts say lifestyle is the determining factor in aging with success. A few tips for aging well include staying socially connected, exercising, and committing to a healthy diet. Not smoking and managing stress also help.

Myth #4: Older adults can't learn new things.

Fact: There are so many misconceptions and outdated ideas about learning and aging. Some say the brain shrinks, making it more difficult to adapt and learn. Others say physical changes like hearing and vision loss make learning tough during senior years.

While seniors with vision or hearing loss might learn differently, they are still able to expand their mind and grow. Research shows that seniors' brains might actually find ways to compensate and work around some losses in cognitive function.

Myth #5: Seniors can't master social media.

Fact: Sixty percent of older adults use the internet, say experts from Pew Research. Searching for information on health issues, sending and receiving emails, and shopping online are a few of the most popular uses. Social media is another. Older adults make up the fastest growing demographic on some social media platforms, including Facebook.

Myth #6: Advancing age make people stubborn.

Fact: This myth may be the result of older adults not conforming to family members' wishes or expectations. Families often say a senior loved one is stubborn when what the senior is actually trying to do is maintain their independence and stay in control of their decisions.



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RETIREMENT SPARKS

by ELAINE M. DECKER

A Burst of Joy on Facebook

There are more than a half dozen reasons why I’ve stayed on Facebook for more than a decade. But this summer it brought me unexpected new joy. I originally joined Facebook for networking for not-for-profit business reasons. I was the newly installed Executive Director of a federation of NFP agencies. Rather than risk their reputations by making mistakes or violating Facebook protocol on my initial activity, I joined under my own name.

Since I still use my birth name that quickly led to re-connecting with old friends who found me. I promptly learned that people share all sorts of routine information on the site. Photos of the previous night’s meal are just one popular example. Imagine my surprise when one day some friends’ postings were anything but mundane. They can best be described as providing me with unexpected bursts of joy.

As I scrolled through my news feed on that particular day, two photos that were not too far apart in the feed caught my attention. They were anniversary shots of friends who had each found their soul mates later in life. One couple lives in my neighborhood in Connecticut. The other is in New Jersey and is part of what I think of as my extended family. Though many couples marry in their twenties or early thirties, later marriages seem to be more and more common. My current husband and I married later in life.

I was gob smacked at how deliriously happy these two couples clearly are. Their obvious joy created a similar burst of joy in me, so much so that their photos brought me to the verge of tears. Of all the reasons I stay on Facebook despite the rancor that frequently erupts, photos like these are a key reason I check in at least once a day to see what’s going on in the Facebook world.

My husband and I never had children with either of our marriages. Photos of adorable grandchildren are among

the most frequent postings on Facebook and another top reason I log in. I claim that I live vicariously through the offspring of others. I used to get that only with holiday cards that had the latest family photos. Now I get them all the time online. Shots of family pets, also popular, easily catch my attention, too, especially cats that were adopted from shelters. Those of my friends who don’t have their own offspring are almost guaranteed to have pets that might as well be human. Their photos are in fierce competition for likes and shares with those of toddlers, preteens and teenagers. Ditto for accounts of their birthday celebrations.

Speaking of those celebrations, one of Facebook’s features is providing daily reminders of friends’ birthdays. I usually post a short greeting on their feed, even if I don’t know them well. I consider it a friendly thing to do and most of them seem pleased and acknowledge the greetings.

Someone who found me early on was my best friend from our New Jersey grammar school. We went our separate ways in high school. Not because we had a falling out. We just had different interests and followed different paths. For example, I joined the band; she joined the rifle club. We were coming up on our 50th high school reunion and we wound up working together to spearhead



our events, even though I now live in Connecticut. Previously, Facebook had also been useful for planning my college reunions and some other activities.

A more pedestrian benefit of Facebook networking is finding people and services for

various needs. I’ve obtained recommendations for cleaning services that way. Other folks’ searches have turned up dog walkers. My own most recent request was for a wagon to help transport my saxophone, folding chair and music stand from a parking lot to an outdoor band shell for weekly practice.

Bursts of joy on seeing special anniversary photos. Pictures of new grandchildren. Shots of cuddly family pets. Those are some of the things that keep my on Facebook. Let’s hear it for vicarious pleasures!

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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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SENIOR ISSUES
by LARRY GRIMALDI

Who was Benjamin Rush?

On a recent walking tour of historic Philadelphia, we stopped a signpost marking the Christ Church Burial Ground, the final resting place of Benjamin Franklin. I also discovered that Benjamin Rush, also a Declaration of Independence signatory, is buried there. Since I had an office in the Benjamin Rush Building in Cranston (a former holding cell for alcoholics) working for the state Department of Elderly Affairs, I was curious to find learn more about this early American patriot. I discovered that Rush was a man of many talents. During his lifetime, He was a physician, politician, scholar, social reformer, humanitarian, and pioneer in the fields of mental health and addiction. He was a Colonial Renaissance Man, rivaling the life and careers of Benjamin Franklin.

In addition to being a Pennsylvania delegate to the Continental Congress and ratifier of the Constitution, Rush had served as the Surgeon General of the Continental Army. Eventually, Rush became a professor of chemistry, medical theory, and clinical practice at the University of Pennsylvania. In 1965, his 18th century groundbreaking studies of mental illness earned him the title of “father of American psychiatry” from the American Psychiatric Society.

Rush was born on January 4, 1746 in Byberry Township, a few miles outside Philadelphia. After his father’s death in 1751, he and his brother Jacob were sent to live with their aunt and uncle to pursue an education. After completing his early education, Rush enrolled in the College of New Jersey (now Princeton University,) graduating at the age of 14. From 1761 to 1766, he apprenticed under Dr. John Redman. With Redman’s encouragement, Rush studied at the University of Edinburgh in Scotland from 1766 to 1768, where he earned his medical degree.

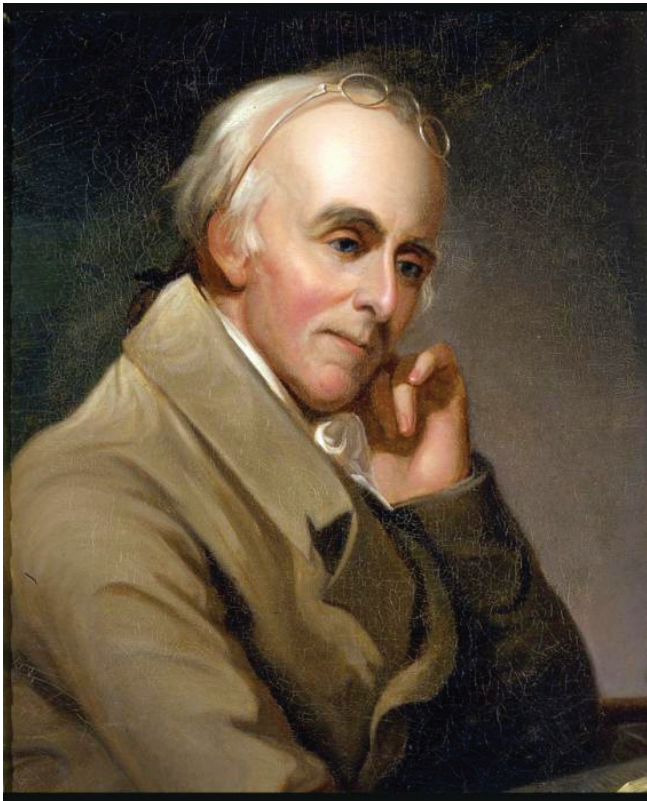
He returned to Colonial America in 1769 and opened a practice in Philadelphia. Rush was also tabbed as a Professor of Chemistry at the College of Philadelphia. During his academic tenure, he published the first American chemistry textbook, wrote several books on medical education, and found time to pen several noted essays on patriotism.

Rush was appointed to the staff of Pennsylvania Hospital in 1783 and became Professor of Medical Theory at the University of Pennsylvania in 1791. He found time to serve as treasurer of the U.S. Mint from 1797 to 1813. A founder of Dickinson College in Carlisle, Pennsylvania, he was elected to the Royal Swedish Academy of Sciences in 1794.

Benjamin Rush was prominent voice for social reforms. In addition to his role in the founding the nation, he was an original member of the Philadelphia Society for Alleviating the Miseries of Public Prisons.

Rush was an early and vocal opponent of slavery. While in Edinburgh, he was appalled at the sight of 100 slave ships in the Liverpool harbor. His horror prompted him to write “An Address to the Inhabitants of the British Settlement in America, Upon Slave-Keeping.” Rush argued that black people were not intellectually or morally inferior.

Ironically, he read a paper for the American Philosophical Society in 1792 advancing the theory that the ‘color’ and “figure” of blacks was derived from a form of leprosy and that with treatment they could be cured and become “white.” Despite his anti-slavery pronouncements, Rush purchased a slave named William Gruber and still owned Gruber when he joined the Pennsylvania Abolition Society in 1784. Rush was an opponent of capital punishment.



Consistent with medical practices of his day, Rush was a proponent of blood-letting and bodily purges using calomel purge solution (mercury chloride used today in fungicides), and other toxic substances. He eventually admitted that two treatments, sweats in vinegar-wrapped blankets accompanied by mercury rubs, and cold baths were ineffective and potentially harmful. Despite his failures, Rush was acclaimed for establishing a public clinic to treat low-income and public works laborers who contracted typhus, typhoid, and cholera from mosquito breeding grounds during the draining and re-routing of Dock Creek, a Philadelphia tributary of the Delaware River.

Perhaps his most significant contributions made to modern medicine were in mental health. Rush published one of first clinical papers about mental illness and suggested treatments in, “Medical Inquiries and Observations, Upon the Diseases of the Mind,” in 1792. While he sought to categorize different forms of mental illness, he incorrectly theorized that many mental diseases were caused by disruptions of blood circulation or sensory overload. In an attempt to cure patients, Rush treated them with a centrifuge spinning board to improve circulation and inactivity/sensory deprivation, where the patient was secured in a “Tranquilizer Chair,” heads enclosed in a sensory deprivation device. He also ad-

vocated blood-letting, purging with calomel, and (in somewhat contradictory treatments to his progressive thinking) coercion, restraints, some physical punishment, chains and dungeons. Unfortunately, these were the practices of the time.

While at Philadelphia Hospital, Rush lobbied the facility to address the appalling conditions for mental health patients. He convinced the state to build a separate mental health ward, opened in 1792. Rush is also a pioneer in the field of occupational therapy and touted its value as an effective treatment for mental illness.

In an exceptionally revolutionary and prophetic theory of addiction for the 18th century, Rush declared that alcoholism was a disease and a form of mental illness. He believed that the powerful effects of alcohol caused a person to lose control and render them powerless against the disease. The analysis was in direct conflict with the era’s popular belief that alcoholics were sinful, morally weak, and lacked the will power to defeat the addiction. This concept of addiction as a disease is now recognized medical fact. The American Psychiatric Association’s seal contains an image of Benjamin Rush. His contributions to medicine, diagnosis and treatment of mental illness and addiction, and his scholarly compassion are worthy of recognition.

Rush died from typhus fever on April 19, 1813. His gravesite inscription reads, “Well done good and faithful servant. Enter thou into the joy of the Lord.” Well done indeed!

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

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AN APPLE A DAY

Crunchy Carmel Apple Pie



Ingredients for the Pie

- 1 pastry crust for a deep-dish pie 9-inch (homemade or store-bought)
- 1/2 cup sugar
- 3 Tbsp. all-purpose flour
- 1 tsp. ground cinnamon
- 1/8 tsp salt
- 6 cups thinly sliced peeled apples
- 1 recipe crumb topping (see below)
- 1/2 cup chopped pecans
- 1/4 cup caramel topping

Ingredients for the Crumb Topping

- 1 cup packed brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup quick cooking rolled oats
- 1/2 cup butter

Directions for Crumb Topping:

1. Stir together brown sugar, flour, rolled oats.
2. Cut in 1/2 cup butter until topping is like course crumbs. Set aside.

Directions for the Pie

1. In a large mixing bowl, stir together the sugar, flour, cinnamon and salt.
2. Add apple slices and gently toss until coated.
3. Transfer apple mixture to the pie shell. Sprinkle crumb topping over apple mixture.
5. Place pie on a cookie sheet so the drippings don't drop into your oven.
6. Cover edges of pie with aluminum foil.
7. Bake in a preheated 375 oven for 25 minutes. Then remove foil and put back in for another 25 to 30 minutes without foil.
8. Remove from oven. Sprinkle pie with chopped pecans then drizzle with caramel on top.
9. Cool on a wire rack and enjoy warm or at room temperature.

Recipe courtesy of Marsha Brooks, Good Morning America Apple Pie Contest 2001

Shredded Apple Pork

- 1 cup apple butter
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar
- 2 tablespoons minced garlic
- 2 tablespoons whole grain Dijon mustard
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 medium apples, cored & chopped
- 1 medium onion, chopped
- 6 boneless pork chops



In small bowl, whisk together apple butter, vinegar, brown sugar, garlic, Dijon mustard, salt and pepper.

Place chopped apples and onions in slow cooker. Add pork chops and pour apple butter mixture over top.

Cook on low for five to six hours covered. Shred pork with two forks in cooker, and let meat marinate on low in sauce for 20 minutes uncovered. Serve warm over rice or mashed potatoes.

Caramel Apple Popcorn

- 6 cups popped popcorn, buttered and salted
- 3/4 cup roasted salted peanuts
- 1 package (10 ounces) Caramel Apple Candy Melts candy
- 1 bottle (2.5 ounces) Spider Mix Sprinkles

Spread popcorn and peanuts on parchment paper-lined cookie sheet.

In disposable decorating bag, melt candy in microwave at 50 percent power for 1 minute; remove bag and knead. Continue melting candy for 30-second intervals at 50 percent power until completely melted. Snip off end of bag and drizzle melted candy over popcorn. Immediately top with sprinkles. Let stand until candy has hardened, about 20 minutes. Break into pieces to serve.



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Poached Apples with Cranberry Sauce

- Ingredients:
- 1/3 cup canned or homemade whole cranberry sauce

1/4 teaspoon grated orange zest

1/8 teaspoon nutmeg

3/4 cup water

1/2 cup orange juice

1/3 cup sugar

2 Golden Delicious apples



- Directions:
1. In small bowl, combine cranberry sauce, orange peel, and nutmeg; set aside. In medium saucepot, combine water, orange juice, and sugar; heat to simmer.

2. Peel apples and cut in half lengthwise; remove core and slightly hollow out middle of each half to make a small depression. Place apple halves in simmering water mixture, cover and cook until just tender-15 to 20 mins. Drain & fill centers with reserved cranberry mixture.

Cider-Baked Chicken and Sausage

The sweet-tart flavor of apple cider is used as a marinade for this hearty dish. Prepare the marinade in the morning before dashing out the door, place it in the refrigerator, and its ready to pop into the oven for dinner when you get home.

- Ingredients:
- 1 large onion, cut into eighths

1 large lemon, sliced into rounds

2 cups apple cider

1/4 cup olive oil

1/4 cup chopped fresh sage, plus more for garnish

2 Tbsp. apple cider vinegar

2 tsp. Dijon mustard

2 bay leaves

1/2 tsp. salt

1/2 tsp. freshly ground black pepper

4 chicken legs

4 chicken thighs

1 12-ounce package chicken-apple sausage

2 large apples, each sliced into eighths

1 lb. small, red skinned potatoes, halved

1 jalapeño pepper, stemmed, seeded, and finely chopped

2 tablespoons chopped fresh cilantro (optional)

Directions:

1. Place a gallon size heavy-duty zip-top bag into a large bowl. Place the onion and next 9 ingredients into the zip-top bag, combining well. Add the chicken and chicken-apple sausage to the marinade. Close the bag, place in the refrigerator to marinate for at least 4 hours or up to 24 hours.

2. Preheat oven to 450 degrees. Arrange the chicken pieces in a large roasting pan skin-side up. Pour all of the marinade, including onions and lemons over and around the pieces. Tuck the sausages, apples, and potatoes around the chicken. Cook for 1 hour and 15 minutes, turning sausages about halfway through to cook evenly. Arrange chicken, sausages, and potatoes on a platter and sprinkle with chopped fresh sage.

3. Prep Time: 15 Minutes (not including marinating)

Servings: 7

Recipe courtesy of US Apple Association



Caramelized Apple Pecan Coffee Cake

- Prep time: 40 minutes
- Cooking time: 1 hour 45 minutes
- Makes 12 servings
- 3/4 cup coarsely chopped pecans, divided

- Cinnamon Streusel Topping
- 1/4 cup packed light brown sugar

1 teaspoon ground cinnamon

1/2 tablespoon unsalted butter, melted

- Apple Filling and Topping
- 1/4 cup granulated sugar

1 large Granny Smith apple, peeled, cored and cut into 3/8-inch dice

1/2 vanilla bean, split lengthwise, seeds scraped out

- Coffee Cake Batter
- 1 cup all-purpose flour

1 teaspoon baking powder

1/4 teaspoon baking soda

1/4 teaspoon ground cinnamon

1/8 teaspoon salt

Pinch ground ginger

Pinch ground cloves

1/3 cup plain whole yogurt

1/4 cup unsweetened applesauce

1/3 cup packed light brown sugar

1/3 cup granulated sugar

1 large egg

3 tablespoons unsalted butter, melted and cooled

Preheat the oven to 350°F. Grease 9 x 1 1/2-inch round baking pan and set aside. Spread pecans on baking sheet or jelly-roll pan and toast in oven until lightly browned, about 10 to 15 minutes. Set aside to cool.

Streusel Topping: In medium bowl, combine light brown sugar and cinnamon. Stir in butter until well combined and mix in half of pecans. Set aside.

Apple Filling and Topping: In small heavy-bottomed saucepan, cook sugar over moderately low heat. Without stirring, shake pan to help sugar melt evenly, until melted and dark golden. Remove saucepan from heat and carefully add apples and vanilla bean pod and seeds (mixture will vigorously steam and caramel will harden). Cook mixture over moderate heat, shaking pan and stirring occasionally, until caramel is dissolved, liquid has evaporated and apples are tender but still hold their shape, about 10 to 15 minutes. Discard vanilla bean pod. Spread apples on sheet pan to cool.

Coffee Cake Batter: In large bowl whisk together flour, baking powder, baking soda, cinnamon, salt, ginger and cloves. In another medium bowl, whisk together yogurt, applesauce, brown sugar, granulated sugar, egg and butter until smooth. Pour wet ingredients into dry mixture and mix until well combined with large spatula. Fold in half the cooled apple filling and remaining pecans and pour into prepared pan. Sprinkle with half the streusel and top with remaining apple filling. Sprinkle with remaining streusel and bake until toothpick inserted in center comes out clean, about 25 to 30 minutes. Let cool 20 minutes and cut into 8 wedges. Serve warm or at room temperature.





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MEMOIRS

by SUSAN DEAN

The Wisdom

This has been a year of changes - especially with more than a year of Covid. Unprecedented upheavals and disruptions in our lives. We've had to find new ways to work and live. New rules to follow that affected every aspect of our lives, and often in such fundamental ways. So much we took for granted - smiling, hugging, and simple human interaction - so many parts of our lives weren't truly appreciated until they were taken away.

We spent the month of February this past year in Florida and it was midnight when we arrived home. We found our house, thankfully, still standing as we had left it - no water gushing from frozen pipes, nothing out of place, our cars sitting silently in the driveway, no stacks of newspapers or mail piled up. I went to sleep feeling content that night, our first night home.

But the next morning I opened up the bedroom blinds that cover the back window. The window that overlooks the backyard and the wooded expanse behind our back fence.

I gasped, "What happened to all the trees?"

Gone were the tall, stately maple trees - the majestic forest of ancient towering

canopies were reduced to stumps - freshly chopped. I loved those trees.

In talking with our neighbors later in the day, we found that they were just as dismayed and crushed as we were. Apparently, one of them several houses away had complained to the city about one of the trees that bordered our backyards. It was dead or dying and precariously hovering above their house. They asked the city to take it down. The city came one February day when no one was around and took down that tree, and then decided to remove them all. We saw the hollow, diseased stump of the dead tree, and then counted at least twelve more large round and golden healthy stumps - all that remained of the tall and stately old trees that started out as saplings so many years ago. Trees that grew into a magnificent green woodland that ruled the perimeters of our neighborhood.

Our next-door neighbors had a birdhouse attached to the tree behind their fence. We talked about how we used to love to watch the birds gather, how we could look up and see their nests and how the trees were home to so many different animals - providing food and shelter. Along with squirrels, we'd seen opossums, rabbits, turkeys, and

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of Trees

raccoons through the years, and even full-antlered deer on occasion. But mostly birds of all kinds that provided such a variety of colors and birdsong through the seasons.

We have a picture of the tree that was directly behind our house taken last fall. It shows an explosion of bright orange leaves painted against a brilliant blue sky. In summer it provided welcome shade in our backyard. In winter it was still hauntingly beautiful in its stark nakedness - its huge trunk gnarled with the wisdom of the ages, its long arms reaching skyward. In any season, always in motion, answering to the wind.

Our neighbors all said, had they been home, that they would have tried to prevent the all-out slaughter. They would have directed the tree company towards the lone dead tree that truly did need to come down and they would have argued against the rest.

Had I been there, I would have channeled my inner Henry David Thoreau and perhaps would have hugged my tree and stood my ground. I've never been much of a crusader or protester, but I think I would have tried to save my tree.

Every time I look out and see the stumps that are all that is left of the woods, it makes me realize how I took those trees, and espe-

cially the one that watched over our backyard, for granted.

Perhaps that is one of the big lessons of this Covid year. Everything we took for granted was taken away, and we truly didn't realize what we loved and appreciated until we lost it.

When I look at the tree stumps I will remember and I will remind myself to embrace each moment and to appreciate the blessings around me in a conscious way - I will notice. I will remain awake and aware of the wonder of it all.

And as Covid recedes and we can meet in person and socialize and smile at each other without masks - when we can hug again without fear - I will embrace it all with deep gratitude - knowing that nothing is certain or forever.

I like to think that the ancient wisdom of the trees survived and opened my eyes and heart to appreciating all things while I have them, and not only after they're gone, when I'm missing them.

I thank the trees for their presence all these years, and for the lessons they've imparted in their passing.

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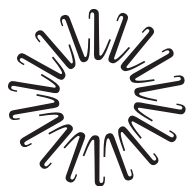
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YOUR TAXES

by MEG CHEVALIER

Expanded tax benefits help individuals give to charity during 2021

The Internal Revenue Service explained how expanded tax benefits can help both individuals and businesses give to charity before the end of this year.

The Taxpayer Certainty and Disaster Tax Relief Act of 2020, enacted last December, provides several provisions to help individuals and businesses who give to charity. The new law generally extends through the end of 2021 four temporary tax changes originally enacted by the Coronavirus Aid, Relief, and Economic Security (CARES) Act. Here is a rundown of these changes.

Deduction for individuals who don't itemize; cash donations up to \$600 qualify

Ordinarily, individuals who elect to take the standard deduction cannot claim a deduction for their charitable contributions. The law now permits these individuals to claim a limited deduction on their 2021 federal income tax returns for cash contributions made to certain qualifying charitable organizations. Nearly nine in 10 taxpayers now take the standard deduction and could potentially qualify to claim a limited deduction for cash contributions.

These individuals, including married individuals filing separate returns, can claim a deduction of up to \$300 for cash contributions made to qualifying charities during 2021. The maximum deduction is increased to \$600 for married individuals filing joint returns.

Cash contributions to most charitable organizations qualify. However, cash contributions made either to supporting organizations or to establish or maintain a donor advised fund do not qualify. Cash contributions carried forward from prior years do not qualify, nor do cash contributions to most private foundations and most cash contributions to charitable remainder trusts. In general, a donor-advised fund is a fund or account maintained by a charity in which a donor can, because of being a donor, advise the fund on how to distribute or invest amounts contributed by the donor and held in the fund. A supporting organization is a charity that carries out its exempt purposes by supporting other exempt organizations, usually other public charities. See Publication 526 for more information on the types of organizations that qualify.

Cash contributions include those made by check, credit card or debit card as well as amounts incurred by an individual for unreimbursed out-of-pocket expenses in connection with the individual's volunteer services to a qualifying charitable organization. Cash contributions don't include the value of volunteer services, securities, household items or other property.

100% limit on eligible cash contributions made by itemizers in 2021

Subject to certain limits, individuals who itemize may generally claim a deduction for charitable contributions made to qualifying charitable organizations. These limits typically range from 20% to 60% of adjusted gross income (AGI) and vary by the type of contribution and type of charitable organization. For example, a cash contribution made by an individual to a qualifying public charity is generally limited to 60% of the individual's AGI. Excess contributions may be carried forward for up to five tax years.

The law now permits electing individuals to apply an increased limit ("Increased Individual Limit"), up to 100% of their AGI, for qualified contributions made during calendar-year 2021. Qualified contributions are contributions made in cash to qualifying charitable organizations.

As with the new limited deduction for nonitemizers, cash contributions to most charitable organizations qualify, but cash contributions made either to supporting organizations or to establish or maintain a donor advised fund, do not. Nor do cash contributions to private foundations and most cash contributions to charitable remainder trusts

Unless an individual makes the election for any given qualified cash contribution, the usual percentage limit applies. Keep in mind that an individual's other allowed charitable contribution deductions reduce the maximum amount allowed under this election. Eligible individuals must make their elections with their 2021 Form 1040 or Form 1040-SR.

Keep good records

The IRS reminds individuals and businesses that special recordkeeping rules apply to any taxpayer claiming a charitable contribution deduction. Usually, this includes obtaining an acknowledgment letter from the charity before filing a return and retaining a cancelled check or credit card receipt for contributions of cash. For donations of property, additional recordkeeping rules apply, and may include filing a Form 8283 and obtaining a qualified appraisal in some instances.

The IRS also encourages employers to help get the word out about the advanced payments of the Child Tax Credit because they have direct access to many employees and individuals who receive this credit. More information on the Advanced Child Tax Credit is available on IRS.gov.

For more information about other Coronavirus-related tax relief, visit [IRS.gov/Coronavirus](https://www.irs.gov/Coronavirus).





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