

PAYING TRIBUTE TO THOSE WHO SERVED

Veterans, Johnston thanks you

By RORY SCHULER

George M., a retired Sky Soldier, wore his black 173rd Airborne Brigade hat with pride, sitting as straight as he could in the first row of seats arranged in Johnston's War Memorial Park.

The High School Marching band approached; their instruments warm and their heels clicking on the pavement.

George shivered a little in the cool autumn air.

As a resident at Morgan Health Center in Johnston, George was driven to the park in a small bus to attend Wednesday's Veterans Day Recognition Ceremony.

The nurses accompanying George and around five other veterans who live at the skilled nursing and rehabilitation center offered George and his fellow veterans blankets. He refused. They all refused the blankets.

George has a hard time talking. But his hat, his posture and the attention he paid during Wednesday's memorial service spoke volumes.

The nurses felt uncomfortable sharing George's last name, but the partial identification was no problem. George wears his hat because he's proud.

He's a proud Vietnam War veteran. Airborne.

The soldiers of the 173rd Airborne Brigade are known as "Sky Soldiers." They're still a proud fighting outfit, and serve as the U.S. Army's Contingency Response Force in Europe, providing rapid forces to the United States European, Africa and Central Commands.

George served his country, and lived, returned home, lived some more, and now he's surviving.

He deserves some thanks. Those gathered in the park Wednesday were there to thank him.

George wore a bright red sweatshirt and stepped from the bus to his seat with the aid of a walker. Hanging on the crossbar of his metal walker, a tiny American flag flapped in the morning breeze.

Veterans Day is about giving thanks to those who served our country.

On Wednesday morning, the town's top officials delivered gratitude from the park's cement stage.

"And once again to the veterans, I cannot thank you enough and I mean



SKY SOLDIER: Veteran George M. was driven to Johnston Memorial Park on Wednesday for a Veterans Day Recognition Ceremony. He had a prime seat for the Johnston High School Marching Band performance. (Sun Rise photos by Rory Schuler)

DAD, THANKS:

Johnston Mayor Joseph M. Polisen addressed the crowd Wednesday morning, and shared stories about his late father, Joseph Anthony Polisen, a Korean War veteran. At right, many Johnston firefighters attended the ceremony.



CEREMONY - PAGE 9



RESTORED MAXIM: The morning's Honor Guards prepped their flags next to the old Hose No. 1 Maxim fire truck. (Sun Rise photo by Rory Schuler)

Memorial Park's newest shrine dedicated to firefighters

By RORY SCHULER

Johnston officials dedicated a new memorial at War Memorial Park Wednesday morning.

Christopher Correia, the town's director of Recreational and Community Services, took the stage to switch gears after a Veterans Day Recognition Ceremony.

"I would now like to direct your attention to the right, for the dedication of the Johnston Hose No. 1 Volunteer Firefighters Memorial, which was installed this past couple of weeks," Correia told the crowd. "This firefighter memorial was brought to us by retired Johnston Fire Department Chief Alan Zambarano."

Correia asked Johnston Mayor Joseph M. Polisen to return to the stage.

"By the way, Chief Zambarano was my boss," said the former state senator, nurse and fire department rescue medic. "I used to salute him, and answer his orders. And when I became the mayor, he's shaking his head, and says, 'Are you sure you can do that?'"

Polisen paid tribute to the two men behind the park's newest memorial — Zambarano and Michael J. Placella, Jr.

"(Chief Zambarano) also came to me after the passing of Mike Placella," Polisen recalled. "Mike was a great guy; very active in the Thornton Hose 1 Volunteer Association. And they wanted to do something that obviously, all of those men, many of them served our country,



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CHARLESTOWN, RI

Charlestown Senior Center
 100 Park Lane
 Tues. Nov. 23rd @ 10:00AM

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. 16th @ 1PM
 Thurs. Dec. 2nd @ 1PM

NORTH PROVIDENCE, RI

North Providence Mancini Center
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 Wed. Nov. 17th @ 10:30AM
 Wed. Dec. 1st @ 1PM

WARWICK, RI (IN PERSON)

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 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

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 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

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BACKYARD SPACE

By Lucas Maguire
 Special to the Sun Rise

M31 The Andromeda Galaxy

Andromeda is the closest galaxy to our own Milky Way and is 2.5 Million Light-Years away from Earth. It contains an estimated 1 Trillion stars and spans 220,000 Light-Years. In 964, a persian astronomer by the name of Abd al-Rahman al-Sufi discovered Andromeda and noted it as "A Nebulous Smear". In 1785, Charles Messier cataloged it as M31, Andromeda.

This past weekend celebrated one full year of picking up Astrophotography as a hobby. I have learned a lot along the way and have met many new friends both local and cross continental that love all things astronomy. I look forward to sharing all of my images, and am eager to improve my skills and take better astro photos.

This past weekend I was able to set up after a Month of not imaging. I set my scope to my first Deep space target from last year, M31. Because I shoot with a Monochrome (Black and White) camera, I need to shoot through different filters to capture different wavelengths of light. For M31, I used my Luminance (UV/IR - all visible light), Red, Green, and Blue filters to create an LRGB image. It took me two nights to gather all of the images needed to stack them together and used an astronomical image editing software to calibrate, stack, and edit my image to bring out all of the detail. EDITOR'S NOTE: Lucas "Luc" Maguire captured this image from his backyard in Johnston. He will be submitting his deep space images to the Sun Rise for publication each week. Maguire's photography can also be found at his Instagram account @oceanstateastro and his Twitter feed @OceanStateAstro.

(Image courtesy Luc Maguire)

Police start food drive for Operation Stand Down RI

With Thanksgiving fast approaching, the Johnston Police Department has started a food drive for Johnston's own Operation Stand Down Rhode Island.

Johnston Police are collecting canned and boxed food items at JPD headquarters to support our veterans in need, according to the department's Facebook page. Any assistance is greatly appreciated, just stop into the front foyer to make a donation in the drop-off box.



Ricky Salzillo Memorial Game Dinner returns in 2022

By PETE FONTAINE

One of Rhode Island's most successful and ageless fundraising dinner traditions will be back in 2022 after a year's hiatus due to the COVID-19 crisis.

"We are proud — and happy to announce — that the Ricky Salzillo Memorial Game Dinner is coming back!" said Steven M. Placella, a Johnston-based attorney and one of the event's founders. "We are hoping to sell out again so we can continue our scholarship program and charitable giving for important non-profits."

Back in 2020, for example, the Salzillo Memorial Game Dinner resulted in 10 \$500 scholarships for Johnston High School graduating seniors.

Likewise, donations were made to the Race for Matt & Grace, ALS Rhode Island and the Oncology-Hematology Departments at Hasbro Children's Hospital, the latter through Johnston Memorial Cancer Events.

"In 2020, a total of \$11,000 was given out, either as scholarship stipends or to these organizations," Placella explained. "In prior years, in addition to providing the annual scholarships, contributions were made to the Johnston Recreation Department for the creation and betterment of targeted facilities at Johnston War Memorial Park."

Proceeds from the ongoing tradition, which people will attest is like a huge family reunion in Johnston, the dinner has also resulted in donations to Friedreich's Ataxia Research Alliance, the J. Arthur Trudeau Center and Rhode Island Military Organizations.

"So," as Placella said with a smile on his face, "get your tickets now; we're hoping to sell out again this time around."

The dinner is set for Sunday, Feb. 6, 2022, and will begin at 12 noon at its long-time home inside the famed Kelley-Gazzerro VFW Post 2812 located on 1418 Plainfield St. on the Johnston-Cranston line. Tickets are \$35 per person.

When asked why organizers scheduled the unique event for Sunday, Feb. 6, 2022, Placella quipped: "We have intentionally chose this Sunday in February because there are no NFL games that day, as it is the Sunday between Championship Sunday and the Super Bowl."

Placella then announced that "once again Frank and Nick Fede — former Johnston residents, JHS grads and long-time owners of Kingstown Liquor Mart on Post Road in North Kingstown — will again sponsor and provide a seemingly endless array of raffle prizes that are always a center point and highlight of the afternoon."

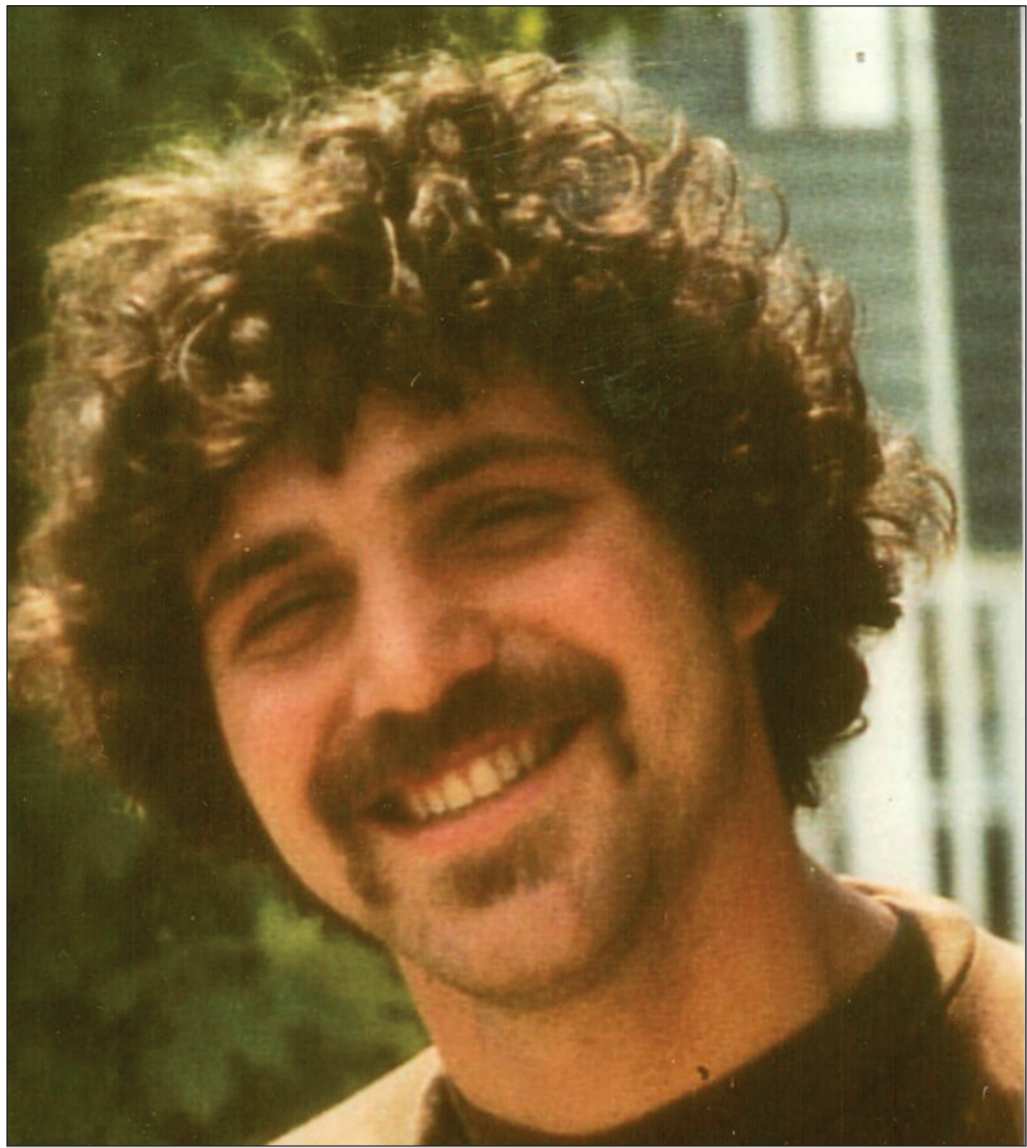
"They come up with coolers, grills ... even small refrigerators and racks full of wine and liquor," said Vin LaFazia, a key member of the organizing committee. "People are always amazed with the raffle prizes they get for the dinner."

Moreover, Placella said, "Greg Spirito, formerly of Spirito's and now of Cozy Caterers, will prepare, cook and serve another great dinner as he has in year's past. The menu will include chopped antipasto, venison chili, wild boar spit-zatta with mushrooms, pasta with venison meatballs and sausage and venison meatloaf with potatoes."

"We're inviting everyone to come to this event and catch up with friends, meet new ones and remember our beloved brother Ricky whose life was cut much too short," Placella went on. "For sure, he'll be looking down on us — as always — hoping for another successful event that will help others, just like he did before he was tragically killed in an auto accident in April, 1976 when he was just 24 years old."

Thus, Placella said, tickets are priced at \$35 per person and can be purchased at the Johnston Recreation Department office in person or calling 401-272-3460, The Kelley-Gazzerro Post at 401-942-9500, or Placella at 401-255-3478.

RICKY REMEMBERED: The late Richard D. "Ricky" Salzillo was "loved by all and never had a bad word to say about anyone," and will once again be remembered on Feb. 6, 2022, during a memorial game dinner, which has been a Johnston fundraising institution since its inception back in 1976.



SALZILLO SUPPORTERS: Among the dedicated volunteers who will bring back the Ricky Salzillo Memorial Game Dinner on Sunday, Feb. 6, 2022 are, from left, Jim Hunter, Steven Placella, John Graham and Vin LaFazia. Tickets are \$35 each and on sale now at various locations.



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LOVE PARADE: St. Rocco School's students walked up and down the church isles holding photographs of veterans they loved during a prayer service Wednesday morning. (Sun Rise photos by Rory Schuler)

Prayers for our veterans

By RORY SCHULER

The students of St. Rocco School in Johnston walked down the church isles holding photographs of veterans they loved.

The solemn march of respect paid tribute to the men and women who serve the nation.

"We respect them," said student Brianna Moosey as she welcomed the worshippers who attended the Veterans Day Prayer Service in St. Rocco Church Wednesday morning. "We thank them. We honor them. We are proud of them. We pray to God to watch over these special people, and bless them with peace and happiness ... thank you to all who serve this country."

St. Rocco students left their usual school uniforms at home Wednesday, each paying a dollar to "dress down" in red, white and blue, to commemorate Veterans Day. The funds raised were donated to veterans' charities.

Student Kate Gorgievski stood behind the lectern and read the celebrants in a prayer:

"Dear Lord, today we honor our veterans, worthy men and women, who gave their best when they were called upon to serve and protect our country. We pray that you will bless them for their unselfish service in the continual struggle to preserve our freedoms, our safety, and our country's heritage, for all of us. Give us all the creative vision to see a world which, grown weary with fighting, moves to affirming life of every human being and so moves beyond war. Hear our prayer, O Prince of Peace, hear our prayer. Amen."

Poetry readings were delivered by fifth-grader Samaira Dhamija, sixth-grader Matthew Beauregard, seventh-grader Alivia Poulin, and eighth-grader Marcos Diaz.

Students Alex Diaz Negron and Adrian Perez folded an American flag.

More students helped carry five other flags, each representing a branch of the military — the U.S. Army, Navy, Marine Corps, Air Force and Coast Guard — to the front of the church.

Deacon Bob Troia, a Deacon at Saint Rocco Church for more than 40 years, spoke to those gathered.

"We have to continue to pray for our men and women in the service, those in blue, our firefighters, and all of those who give themselves to public service," Troia told the audience. "Pray for them every day."

Troia, a veteran himself, served in the U.S. Army.

"What is our freedom?" He asked the crowd. "Right here. You are in some place that if we didn't have freedom, we would not be able to be here. This is freedom. This is what I worked for. This is what all these men have worked for, and women. So continue to pray for them. And



FIVE STURDY BRANCHES: St. Rocco School students helped carry five other flags, each representing a branch of the military – the U.S. Army, Navy, Marine Corps, Air Force and Coast Guard – to the front of the church. (Sun Rise photos by Rory Schuler)

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

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Prayer

(Continued from page 4)

you for giving yourself.” Troia reminded the students to work hard for their nation. “Our country is a great country, but it’s only great if we work for it,” he said. Student Sydnee Walsh-Cirelli ended the service with a closing prayer: “Thank you to all who served this country. To those who have fought for freedom; to those who laid down their lives for others; to those who have borne suffering of mind or of body; to those who have brought their best gifts to times of need. We entrust them and their families to you, Lord Jesus, and ask you to continue to watch over them, and over their dear ones through Christ Our Lord, Amen.”

Veteran’s Prayer

Everlasting God, thank you that your ear is always attentive to our prayers. Hear our prayer for our military veterans today. Give them clear minds and peaceful hearts as you bless them for their service to us. May your divine love spread throughout their soul, saturating their whole being that they may be built up in your likeness. Strengthen them through your limitless mercy and grace. Blessing and glory, wisdom and thanksgiving, honor, power and strength, be unto you our God forever and ever. Through Jesus Christ, our Lord, Amen.



WE SALUTE YOU: St. Rocco School held a Veterans Day Prayer Service Wednesday morning.

ANIMAL TALK

By Karen Kalunian

Local Adoptable Loveable



Photo credit: Karen Kalunian

DJ needs a loving home

This young boy has a sad story but we are hoping to find him a happy home! DJ was found outside fending for himself so he is a little shy but you can tell he wants to be loved. He will take some time, love and understanding in his new home so he is best suited for a patient person who will let him blossom on his own time. DJ is a handsome young Tuxedo with a lovely black and white coat and light golden, green eyes. Like many cats who are found outside DJ has feline leukemia virus or FeLV which the folks at the rescue can tell you more about. Please think about giving this young boy the chance he so deserves! DJ is available for adoption at Pawswatch at the Community Cat Care Center in Johnston. You can email the for more information at communitycatcarecenter@gmail.com or call 401-603-0368. If you've been wanting to help an animal in need, DJ is that boy!

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



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VOLUNTEERS WITHOUT FEAR: Town officials introduced a new memorial at War Memorial Park Wednesday, paying tribute to Johnston's Hose No. 1 Volunteer Firefighters.

Hose

(Continued from page 1)

and came back, they got jobs, some of them came on the Fire Department, others had their own businesses. But they served their town. And they volunteered. They volunteered as volunteer firefighters, the old days, they had the old ambulance that was a Cadillac, believe it or not. And the old fire truck."

A fully restored Hose 1 truck was on scene in the park. The police and fire departments' Honor Guards prepped their flags behind it prior to Wednesday morning's ceremony.

"We really appreciate what you've done," Poliseña said. "As I've said, the countless members who volunteered, but most importantly for my dear friend Mike Placella who used to come visit me, and we would talk politics, and we were going to save the world, but I guess nobody was listening. But he's just a dear friend and I know he's watching down, and he's got to be proud of this."

Placella, a Johnston native, died in July. He worked as a manager at Verizon for 30 years before retiring, and served in the U.S. Army Air Corp during World War II, according to his obituary.

Placella also served as the President of the Johnston Hose 1 Volunteer Fire Department.

In lieu of flowers, his obituary requested donations to the Johnston Hose 1 Veterans Memorial. Donations were handled by former Chief Zambarano.

The new memorial consists of a pair of benches facing a stone monument.

"Please take some time and take a look at it," he asked the crowd. "It's a time to reflect, I think, when people are walking the park, they can just kind of sit down on the bench and look at what many of the volunteer firefighters did, who served our country by the way, and served our country admirably. I want to once again, he's not here, but I know he's watching ... and of course,

I want to thank Chief Zambarano, who did this really, for what was done even before he was a volunteer firefighter."

Zambarano began as a volunteer firefighter, then joined Johnston's professional department full-time, and worked his way up through the ranks.

"And became our chief, and was a really good chief, and a really good boss," Poliseña said. "Thank you so much Chief."

Poliseña urged the crowd to spend some time at the memorial.

"Please, take a look at it," he said. "It's beautiful. Quite frankly, I was shocked looking at it myself. It just came out so well. This is once again to recognize those firefighters who volunteered their services, but also served our country."

The Johnston Hose No. 1 Volunteer Fire Department was incorporated more

than 70 years ago on July 6, 1950.

Its mission was to "provide free housing for equipment and personnel and to foster good will between citizens and fire personnel."

Poliseña invited Johnston Fire Chief Peter J. Lamb to the stage.

"If you haven't looked at the firefighters' memorial, I'd just call your attention to one thing," Lamb told the crowd. "There's an emblem on the seat. It's called the Maltese Cross."

Lamb delivered a fire-fighting history lesson.

"And what that really means, that goes back to the days of knighthood, when there were knights in armor and all that stuff," Lamb explained. "They'd get in these battles. And one of the weapons was fire. And the knights of St. John that settled in Malta never got involved in the battle. They would just go help any-

one who was threatened or injured by fire. And it's interesting a lot of people don't know that. It's called the Maltese Cross and it is in stone, because it will be there forever."

The Knights were also known as the Order of Knights of the Hospital of Saint John of Jerusalem, a medieval and early modern Catholic military order.

"As you look at my firefighters in the crowd, every one of them is wearing the Maltese Cross, because they will help anybody who is threatened or injured by fire," Lamb said. "I got to meet Mike Placella on several occasions. He was truly a character. And he is smiling down today upon us, there's no question about it. My firefighters have taken up the old Maxim truck, and we're going to bring it with us to events just like we did today, and we're going to keep that station alive."



HISTORY LESSON: Johnston Fire Chief Peter J. Lamb explained the significance of the Maltese Cross, a medieval symbol often displayed on firefighters' uniforms, and on the Johnston War Memorial Park's newest monument. (Sun Rise photos by Rory Schuler)



Tri-County holds mural contest

Tri-County is holding a contest to secure an artist to paint a mural for our new North Providence Food Bank.

To enter, submit a picture or other representation of your proposed mural via email to dbanno@tricity.org.

Multiple entries are allowed.

The contest ends on Dec. 15. If you have questions, call 401-519-1901.

The mural will be painted on an indoor wall composed of white cinder blocks.

The final painting will

measure 7 ft x 7 ft.

All paints and supplies for the finished mural will be provided by Tri-County.

The entry must include the artist's name, contact info, and an estimated cost of paints/supplies necessary to fully complete the full sized mural.

Tri-County may ask you to modify some or all of your entry.

The entry must include the Tri-County logo and Agency name as it appears with this notice.

The entry should be in a style that relates to all

generations.

The mural should depict something relevant to a food bank such as an orchard, a farmers market scene, a food tree/food pyramid, or any other nutrition or healthy food related idea. You are only limited by your imagination.

The winning entry and mural shall become the property of Tri-County Community Action Agency; however the winning artist will have the right to use photographs of the mural and promote it as their original work.

FROM THE JOHNSTON LIBRARY

'Observations of phenomena in the present open a new window into the past'

By **JON ANDERSON**
Special to the Sun Rise

Our ideas about the past are constantly changing. New evidence floats to the surface or is dug up after decades or eons. Observations of phenomena in the present open a new window into the past. From tales passed down, through speculative fiction, biography and history, to carefully researched social theory, there is a spectrum of different amounts of observation and imagination we can use in the quest for truth.

The Dutch historian Rutger Bregman was disturbed by the view many carried away from Golding's "Lord of the Flies," and set himself to find a factual account of boys left to their own devices. The story he wrestled to find, in the second chapter of his book "Humankind," is more optimistic.

It takes a kind of faith to believe you can understand more and to keep searching. Bregman discusses similar questions others have debated, such as whether World War II bombing raids broke people's spirits, or only galvanized powerful instincts to fight

and to help one another.

A popular new nonfiction book is "The Dawn of Everything," by David Graeber and David Wengrow. It's yet another take on the entire history of human existence, challenging old assumptions.

The authors, like Bregman, wonder about the classic, possibly oversimplified debate associated with Rousseau and Hobbes, regarding good and evil, and freedom and order. It may be yet another incomplete view, but the authors bring out new voices, and paint pictures of an ancient past that is vivid and inspiring.

Singers also tell their own truth. In the music of the 1930s and 1940s you can hear the rumble of ideas that changed society decades later. The 50s continue that evolution or revolution, and are the topic for Tom Shaker and Lloyd Kaplan in their final installment of "Songs of the Decades," at the library this Tuesday night at 6:30 p.m.

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

Bring in the dough! Johnston Senior High throws Doughraiser

By **Victoria Winsor**
Special to the Sun Rise

With the holidays right around the corner, Johnston Senior High School's student council is working diligently to prepare for upcoming school dances and activities.

In order to keep such events affordable for students, our Student Council has partnered with UNO's Pizzeria and Grill

on Putnam Pike in Smithfield.

On Wednesday night, friends, family, and students of Johnston came together to support their local high school.

Student council received 25% of the total bill for any purchases made from 11:30 a.m. to 10 p.m. with the coupon present. The coupon was able to be used for both dine in and takeout.

A special thanks goes out to all members of the community who came out to show their support as we raise money for upcoming school events.

Editor's Note: *Victoria Winsor serves as the Class of 2022 Senior Student Council Representative. Members of the Johnston High School Student Council regularly submit articles for publication in the Johnston Sun Rise.*

Interested in taking better photos?

(A Beginners Class)

Have you ever wished you knew how to take better pictures? Now you can learn the basics. Here is an opportunity to learn from the experts in this seminar for beginners. The Johnston Senior Center will be offering a new 5-week photography class with Steve McGrath Photography! The class will consist of 3 classroom sessions along with 2 "on Location" shoots (transportation provided). Bring your camera (or yourself, Camera will be provided) and learn when and how to use its special features. Also covered will be basic composition and best use of light for different situations, such as plant, people, and landscape photography. I know you will enjoy this fun new class! If you ever wanted to be a shutter bug, this is your chance! Space is limited, therefore Please contact the Center at 401-944-3343.

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Full time pay for represented Licensed Electrician in Rhode Island \$87,220 per year

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Johnston has lots of stories and we want to help you share them

Send your stories and photos to

Rory Schuler, Editor

RoryS@rhodybeat.com

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submissions are not guaranteed to be published



STAND UP: Johnston Mayor Joseph M. Polisenia introduced former U.S. Air Force Captain Erik B. Wallin, executive director of Johnston's Operation Stand Down Rhode Island (OSDRI). (Sun Rise photo by Rory Schuler)

Free speech, a freedom worth exercising

By RORY SCHULER

Johnston Mayor Joseph M. Polisenia used part of his time at the lectern Wednesday morning to rail against elements of the Culture War.

"I'm very concerned with the so-called cancel culture that's out there nowadays," Polisenia warned the crowd gathered for Johnston's Veterans Day Recognition Ceremony. "I'm sure that this is probably one of the days that is their target. But we can't allow that. Tell the cancel culture to go away. They want to get rid of all the days that we celebrate, all the days that we cherish. Really. So, I'm hoping that those so-called politicians in Washington wake up and stop catering to the cancel culture."

Polisenia labeled "those Washington politicians" a bunch of "frauds."

"They have zero respect for our veterans and our military," Polisenia said. "Those people must be thrown out of office in next year's election. They have no respect for this country, and have zero respect for our veterans; especially the men and women who wear uniforms and are protecting us each and every day."

He praised the strength of the country's fighting men and women.

"You know, the world is a very frightening place," Polisenia said. "But what keeps us strong is our enemies know that all the branches of our military are the best in the world, and would deliver a crushing defeat to our enemies if need be. For it is fear from our enemies that keeps our country strong. Our military are always ready; willing to defend our freedoms and defend our country, no matter where or when."

Polisenia speaks his mind, in private and in public. Free speech has long been one of his hallmarks.

"I want to thank our veterans past and present for what they have done," Polisenia said. "And for those who continue to protect us. America is America because of our veterans. Not because of those politicians in Washington, who embrace our flag only on days like Veterans Day, and then of course they have what we call convenient amnesia after."

Johnston's mayor, serving his final term, is almost never apologetic about speaking his mind.

"Because I'm allowed to say what I said ear-

lier about the politicians in this country — this is a great country by the way, there's no other better country," he said. "That's why people are coming in and fighting to come in."

Following his initial remarks, the mayor handed off his spot on stage to a veteran who has dedicated his life to helping other veterans — former U.S. Air Force Captain Erik B. Wallin, executive director of Johnston's Operation Stand Down Rhode Island (OSDRI).

"We have called, very proudly, Johnston home for almost 25 years," Wallin told the crowd. "Mayor, you said it best. We hear elected officials talk about never forget, or leave no veteran behind. Nice words, but useless when they're not backed up by action."

Wallin's agency feels at home in Johnston, in large part due to the aid and attention paid to OSDRI by the town's institutions.

"And I have to say, as an organization that serves over 2,500 veterans across this state, Mayor, the town of Johnston backs those words up every single day. It comes down from your office, and it runs through your chief of police, Chief Razza, Chief Lamb of the Fire Department, Chris Correia, DPW, Bob Parker, all the way down to every element of the municipality, they are here for our veterans. They are always here for Operation Stand Down, and thereby, by extension, you are serving the entire veteran community in the entire state. So thank you very much to all of you here in the town of Johnston."

Next at the lectern, Jane Deptula, former commandant and New England Division Chaplain of the Department of RI Marine Corps League, discussed the history of the now century-old Tomb of the Unknown Soldier.

The Marine Corps veteran reminded the crowd that the Tomb "turned 100 years old this month, November, 2021."

"For the first time in nearly 100 years, as part of Tomb of the Unknown Soldier Centennial Commemoration, the public will be able to walk on the unknown tomb plaza, and lay flowers in front of the Unknown Soldier, on 9 and 10 November," Deptula said. "That was yesterday and today. This is a rare opportunity for the public to walk next to the tomb, a privilege otherwise given only to the sentinels of the Third U.S. Infantry Regiment, the Old Guard."

Warwick Rotary 5k Turkey Trot Thanksgiving Day Thursday, November 25th



8:00AM - Warwick City Park Ball Fields
Race Day Registration begins at 7:15AM

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Family (2 adults + 2 students): \$50.00 | Virtual Runner: \$20.00

Registration: WarwickRotaryRI.com

All participants will receive a commemorative T-shirt

This year's t-shirt design and size will only be guaranteed for registrations received and paid by November 1, 2021.

Entries are non-refundable

In consideration of this entry being accepted, I myself, my heirs, executors and administrators wave and release any and all rights and claims for personal or other damages against officials, walk/run sponsors, the City of Warwick, the Rotary Club of Warwick RI, Rotary Foundation DAF, Warwick Rotary Charitable Fund Account # 421 or their agents.



■ Ceremony

(Continued from page 1)

it from the bottom of my heart," said Johnston Mayor Joseph M. Polisena. "I look at my father's picture every day in my office in his uniform, and I just say, 'Dad, thanks. Dad thanks.'"

Polisena's father, Joseph Anthony Polisena, served in the Korean War. His name has been engraved on a stone slab to the left of the stage, with other soldiers who fought in Korea, defending the South from the North.

"I always mention my father," Polisena told the crowd. "My father was a Korean War veteran — very young when he signed up. In fact his name's on the wall over there. And as I said, he never talked about what he did. He was decorated; had many medals and was very proud of serving his country. And I'd ask him questions about his experience in Korea, and he would tell me that although he was extremely proud to serve, it was a difficult time for him and for the soldiers that served along side of him."

Polisena exercised some of the rights secured for him by America's veterans — chiefly, his First Amendment right.

"And of course, as I say every time I speak, and talk about my father, he would get extremely upset when he would hear the politically correct saying 'it was a Korean Conflict,'" Polisena recalled. "He'd say to me, 'Hell no, it wasn't a conflict, it was a war!' And I'd say, 'alright pop, you're right, you're right.'"

Polisena spent most of his time on stage Wednesday thanking the nation's veterans.

"Most importantly, I'd like to thank the veterans that are here," Polisena said. "Because if the veterans didn't do what they do, I wouldn't be here and I wouldn't be able to speak. Veterans Day is a time when we recognize those men and women who serve."

When you see a veteran that you know, or you see a person that you don't know that's in uniform, a man or woman, thank them, say 'thank you very much for what you do.' They don't look for any accolades. But they deserve the accolades."



THANK THEM: A small bus from the Morgan Health Center in Johnston transported a handful of veterans to Wednesday morning's ceremony. (Sun Rise photos by Rory Schuler)



VISIT THE UNKNOWN: Jane Deptula, former commandant and New England Division Chaplain of the Department of RI Marine Corps League, discussed the history of the now century-old Tomb of the Unknown Soldier.

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SUN RISE SCOOPS

St. Robert Bellarmine Holiday Bazaar

A fundraising Holiday Bazaar featuring food, a straw game, raffles, a silent auction, and many vendor tables will be held at St. Robert Bellarmine Church Hall, 1804 Atwood Ave., Johnston, on Saturday, Nov. 13 from 9 a.m. to 4:30 p.m. and from 6 to 7:30 p.m.

Proceeds benefit St. Robert's Food Shelf, which provides food to all neighbors in need, regardless of religious affiliation. Join us for fun and fellowship while helping our neighbors. For general information, contact Sandy at 946-3262 or Terry at 331-7075.

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/johnstonhistorical.

Youth basketball opens for registration

Youth basketball registrations are now being accepted at the Recreation Department 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.

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.

For the Kids at Thirsty Beaver

The For the Kids toy drive, which supports the U.S. Marine Corps Toys for Tots campaign and the Rhode Island Dream Center, is returning at the Thirsty Beaver in Cranston this year.

There are three ways to donate – an in-person collection event scheduled for Nov. 30, an Amazon wishlist, and a monetary donation component.

The in-person event will be held from 5:30 to 10:30 p.m. on Tuesday, Nov. 30, at the Thirsty Beaver, located at 288 Atwood Ave. in Cranston. Miss Rhode Island USA Jonét Nichelle, Miss Teen RI Sophia Ledoux, and Santa and Mrs. Claus will be on hand.

To learn more, email info@forthekidstoydrive@gmail.com or visit forthekidstoydrive.com.

7th annual Fez-tival of Trees

On Thanksgiving weekend, the Rhode Island Shriners will host their seventh annual Fez-tival of Trees. The event will take place on Saturday, Nov. 27, from 11 a.m. to 5 p.m., and on Sunday, Nov. 28, from 11 a.m. to 4 p.m. at Rhodes on the Pawtuxet, located at 60 Rhodes Place in Cranston.

There is a suggested \$2 donation for adults at the door, and children 12 and under are admitted at no cost. There will be tree and wreath displays, free children's activities, table raffles, a 50/50 cash raffle, penny socials, a holiday marketplace featuring crafters and artisans, refreshments at Mrs. Claus's Café, musical entertainment and more. Tree and wreath raffle drawings begin at 3 p.m. each day.

The event is the largest fundraiser for the Shrines each year. To learn more, visit rhodesonthepawtuxet.com.

Finding help and hope through NAMI-RI

The mission of the Rhode Island chapter of the National Alliance on Mental Illness (NAMI-RI) is to offer education, resources and support to all whose lives are touched by mental illness; to advocate at every level to ensure the rights and dignity of those with mental illness; and to promote research in the science and treatment of mental illness.

Currently, NAMI-RI is offering free and virtual programs for schools, families and community members.

For more information on NAMI-RI and its programs and services, or to become a volunteer, visit namirhodeisland.org, call (401) 331-3060 or email info@namirhodeisland.org.

Pet food drive

Defenders of Animals will be hosting a pet food drive throughout the month of November. Please bring all donations to the Warwick Animal Hospital, located at 1950 Elmwood Ave. in Warwick. Drop off is Monday-Friday and ask for Tonya.

Spirit of Giving Drive

The Regina Coeli Society of St. Mary's Church in Cranston is sponsoring the 2021 Parish Outreach Campaign, which will benefit the Children's Friend Spirit of Giving Drive. Any new, unwrapped toy can be dropped in the collection boxes at the entrance of the church. Gift tags are also available on the Christmas tree in the vestibule. All gifts should be unwrapped. The drive continues through Nov. 14.

The next meeting of the Regina Coeli will be held on Wednesday, Nov. 17, at 7 p.m. at the St. Mary Civita Hall, 15 Phenix Ave., Cranston. All members are asked to bring canned goods for donation to the food pantry.

Ocean State Artisans Holiday Craft Show

Ocean State Artisans will host its 30th annual Holiday Craft Show from Friday, Nov. 26, to Sunday, Nov. 28, at its new location at 1276 Bald Hill Road in Warwick. The event runs from 9 a.m. to 4 p.m. on Friday and Saturday, and 10 a.m. to 4 p.m. on Sunday. Admission costs \$3, with \$1 off with a

canned food donation. To learn more, visit oceanstateartisans.com.

Little Free Pantry to offer Christmas help

The Little Free Pantry is now accepting applications to apply for Christmas help. The goal is to provide one to three items per child, with the value of your gifts ranging from \$5 to \$40. The organization does its best to help as many as it can, but does not guarantee help. Those who self-identify that they need assistance, living in Coventry, Cranston, Scituate, Warwick and West Warwick, are welcome to apply.

Please include your name and a picture/copy of a recent utility bill in your name (your photo ID will be required at pick up). Please block out account numbers – the organization only needs to verify the address and name.

For each child up to age 17, include the child's first name, age, gender and a wishlist or a list of likes (of mixed value, maximum \$40 per item).

For additional information, visit the "Little Free Pantry, Warwick, RI" Facebook page.

Celebrating RI artists

Warwick Center for the Arts is hosting its 35th Annual RI Open through Nov. 20.

The RI Open is WCFA's annual exhibit of original artwork created by artists who live or work in Rhode

Island. Each year, the organization looks forward to this opportunity to celebrate the creativity and artistic vision of Rhode Islanders. All media will be presented, such as drawing, painting, mixed media, sculpture, photography, digital arts and textile arts.

The exhibit is free and open to the public. For more information, visit warwickcfa.org.

Did you know?

Mark your calendar for Dec. 21, 45 minutes after sunset. The Star of Bethlehem will shine for the first time since 1226 (weather permitting). During this Christmas season, we will be able to enjoy an astronomical event that has not happened in 800 years: the alignment of the planets Jupiter and Saturn, better known as the Star of Bethlehem, which according to Christian tradition was followed to reach the birthplace of Jesus Christ. This is a rare phenomenon, with a special meaning in this Christmas season. (Source: Astronomy 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.

LEGAL NOTICES

JOHNSTON ZONING BOARD MEETING AGENDA
Thursday, November 18th, 2021 at 6:30 PM
Johnston Senior Center
1291 Hartford Avenue

Notice is hereby given that the Zoning Board of Review will hold its monthly meeting on November 18, 2021 at 6:30 pm, at Johnston Senior Center, 1291 Hartford Avenue. All persons interested in the following proposals are requested to be present at this time. The assembly facilities are accessible to the handicapped. Persons requiring special accommodations shall call the Zoning Office at least 48 hours in advance of the meeting (401) 231-4000 ext 4117. Persons utilizing TDD equipment may contact the Town through "Relay Rhode Island" at 1-800-745-6675. The agenda for the evening will be as follows, subject to change:

New Business
File 2021-39 – Petition of Revity Energy, Applicant for 1252-1260 Central Pike, AP 43 Lot 95 & 70, zoned R-40. The petitioner is

seeking a Special Use Permit -340 Subsection 5.1 Electric Power Substation- for a Proposed Solar Farm.

Prior to adjournment the board shall convene as the Board of Appeals and hear the following matter:

File 2021-40 Jose Cabral & Denise Vieira, Owner; 49 Highland Avenue; AP 16 Lot 560; R-15 Zone; Appellants petition to the Building Officials violation notice- 302.5 Ripm Rodent Harborage.

NOTE: If a Case has not been called for a hearing by 10:30 p.m., the Board, at its discretion, may continue the Case to a subsequent or a special meeting. The 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 Building Office, 100 Irons Avenue, Johnston.

Per order of the Zoning Board of Review
Thomas Lopardo, Chairman

11/5, 11/12/21



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Senior Center holds spooky Halloween sing along party



SINGING ALONG: Emily Laport, Bob Balmforth and Doreen Balmforth enjoy the Johnston Senior Center sing along. (Submitted photos)

On Friday, Oct. 29 members of the Johnston Senior Center began their day with music and entertainment by Joyce Martin. You could hear the members singing along with Joyce through the entire building, as she strummed on her guitar and sang some old time tunes. The seniors enjoyed themselves as they snacked on cookies and milk, which were passed out by the dining room volunteers. Some were dressed in costumes celebrating the day. Others came to visit with friends and enjoy spending time together in a fun and festive atmosphere. Bright yellow flowers were given to those who wore a costume. A lunch of Clam chowder, baked fish, red bliss mashed potatoes and zucchini was served.



NEXT ON STAGE: Bob Balmforth, Joe Fanning and Shirley Martin share the microphone.



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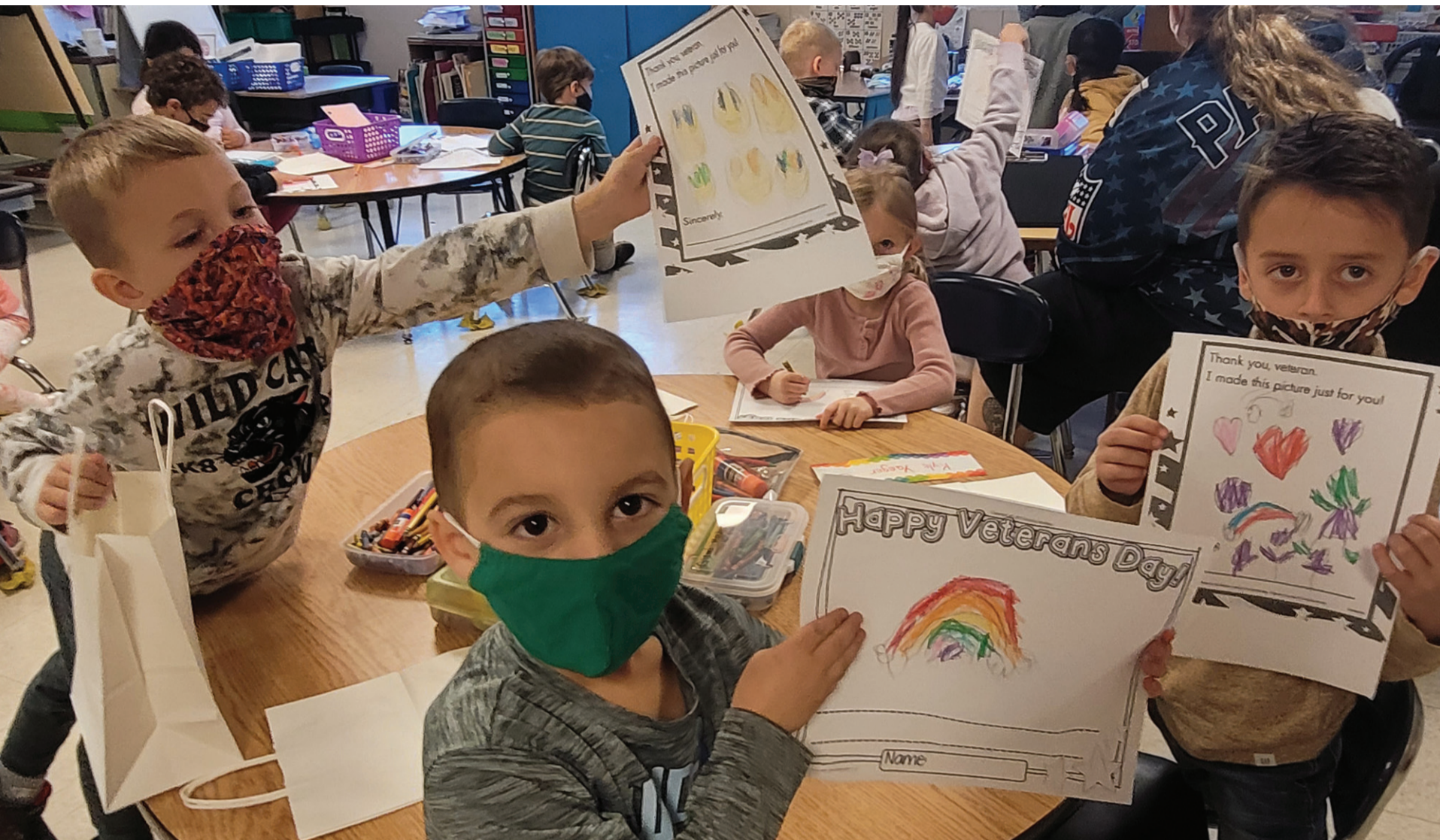


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Cranston, RI
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 Universal WM Healthcare
 945 Reservoir Avenue

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 Greenwood Credit Union
 2700 Post Road

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 11/18/2021, 1:00 PM
 Universal WM Healthcare
 945 Reservoir Avenue

Cranston, RI
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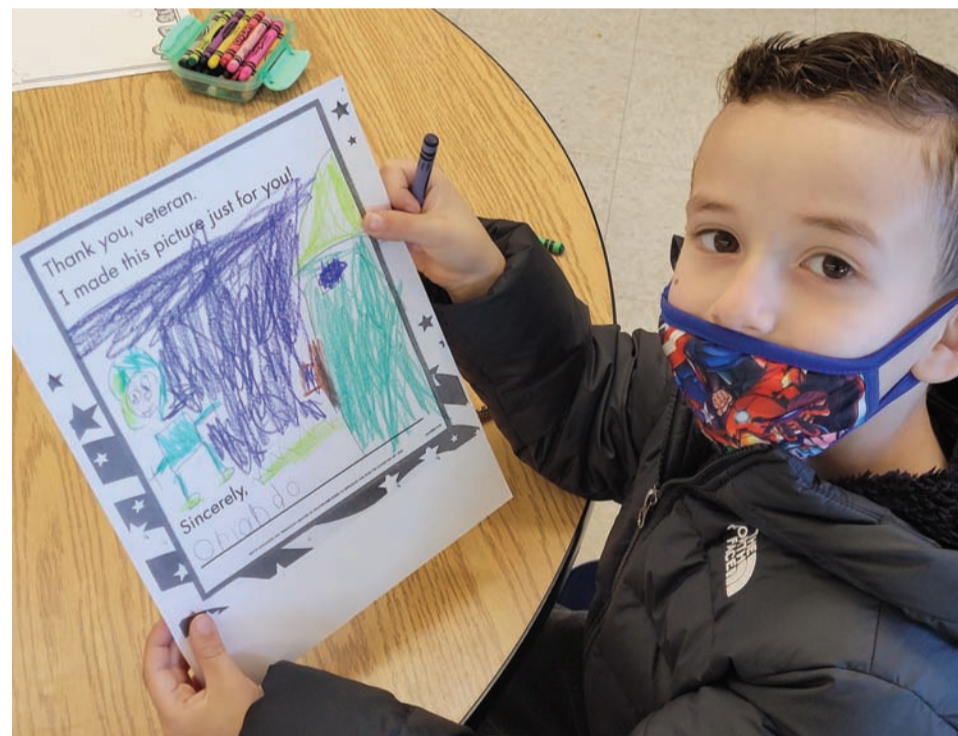
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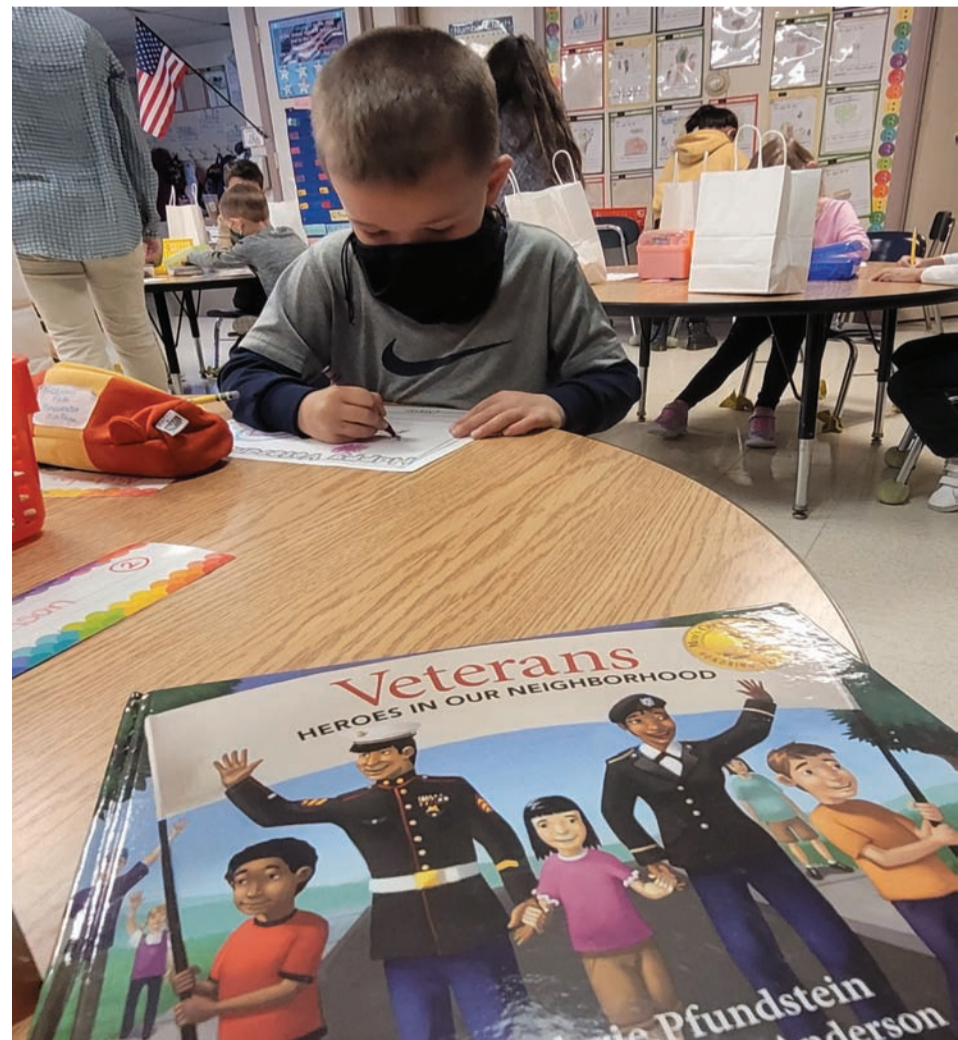
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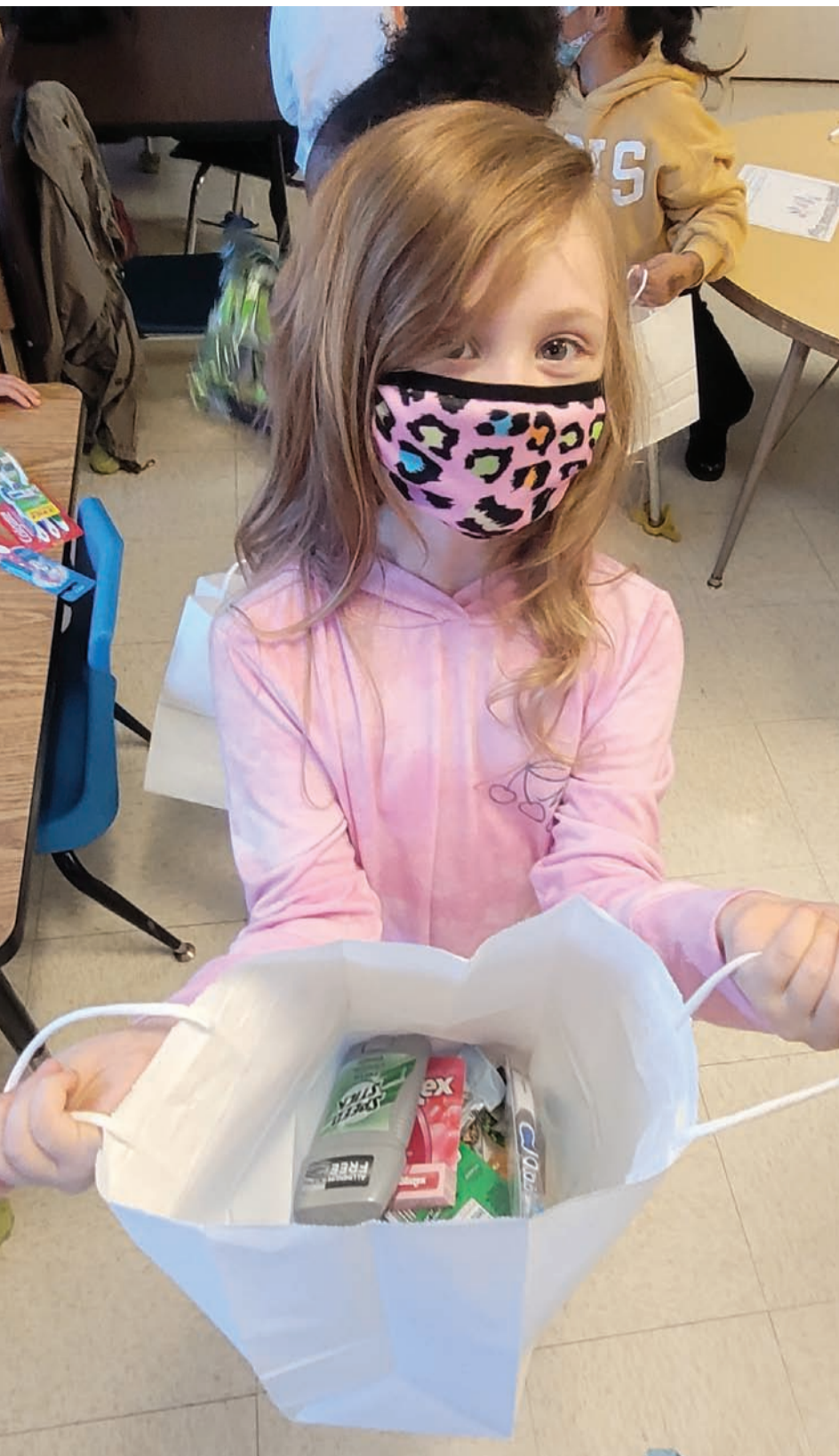
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THANK YOU ART: Barnes School student first drew pictures for veterans, and then attached the drawings to the bags full of goodies.



SUPER HEROES: Barnes School kindergarten students read books like "Hero Dad" and "Veterans: Heroes in our Neighborhood" leading up to Veterans Day.



IN THE BAG: Kindergarten classes at Johnston's Sarah Dyer Barnes School packed bags of goodies and toiletries for veterans this week. (Sun Rise photos by Rory Schuler)

Kids learn lessons of gratitude while packing bags for veterans

By RORY SCHULER

You're never too young to learn gratitude. The kindergarten classes at Johnston's Sarah Dyer Barnes School packed bags of goodies and toiletries for veterans this week. "Each student designed and drew a picture for a veteran," said teacher Jen Pavao. "Then they packed them with snacks and other things for the veterans at OSDRI." The classes ultimately packed more than 40 bags, which were then delivered to Operation Stand Down Rhode Island (OSDRI). "Between both classes we were able to make 46 bags," said teacher Olivia Soares. Several students packed bags for neighbors or family members who served, and took the bags home with them to deliver in honor of Veterans Day. "I think they need to know why we have Thursday off," Pavao said on Tuesday morning, as the children crafted their drawings and packed the small white paper bags. "This helps them learn that there were older men and women who fought in wars and that's why we have the privileges we have as Americans." In preparation for Veterans Day, the children read illustrated picture books like "Hero Dad" and "Veterans: Heroes in our Neighborhood." "By doing this, they also learn about doing something good for someone else," Pavao explained. "This is about bringing kindness to someone who needs it." Little Samuel Howland said he was packing bags for his Uncle Zach and Grandpa Jim. Student Mackenzie Roy sat smiling in Soares classroom drawing with crayons. She pointed to her picture. "The only one who protects us from the bad guys is this guy here with the hat," she said. The students brought in the snacks and toiletries, donated by their families. "We asked them, and a lot of the children have veterans or members of the military in their family," Soares said. "We talked about how they fight for our country and to keep them safe."

Turn to Page 15 for more photos.

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PROTECT YOUR HOUSEHOLD 

spotlight ON BUSINESS

Donna Zarrella

Advertising Manager at Beacon Communications

By JENNIFER COATES

in management, marketing, and media sales for as long as she has, there was little wisdom and knowledge she couldn't contribute. Over those years of accumulated experience, Zarrella learned what made people on both sides of the "sales" job successful, and she has emulated those qualities in her own professional associations. Dependability, integrity, sincerity, decisiveness, approachability, directness, passion for your product and good old-fashioned friendliness are all attributes Zarrella embodies.

Since taking over the managerial helm in April of 2019, Zarrella has been committed to building the team at Beacon Communications whose reach includes the Cranston Herald, the Warwick Beacon, the Johnston SunRise and The Reminder, among many other publications. When Beacon Communications purchased the Coventry-based Reminder in 2018, Zarrella was promoted to the Manager of Operations there. The Reminder is a weekly publication that has been serving its community for over 65 years. Today, in the role of Advertising Manager, she continues to focus on building the ever-important relationships within the two teams at Beacon Communications, but also on those in the business communities which are so important to the survival of news publications everywhere.

Donna would like to extend her gratitude to all the readers and businesses who are invested in these papers. She reminds them that "We are all in this together, trying to do the best we can."

Donna Zarrella can be reached at Donnaz@rhodybeat.com or at 401-732-3100.

If there is anything that Donna Zarrella knows, it is that relationships are important, and that people matter. Donna Zarrella is the Advertising Manager at Beacon Communications, a longstanding publishing company in Rhode Island. Over the course of her illustrious career, Zarrella has built enduring relationships with her colleagues, clients, and co-workers ~ and it is the time and effort she has put into these relationships that have earned her the irrefutable reputation she enjoys now in this ever-changing business. The people in her life ~ both those within her professional circle and her close friends and family ~ are what have kept Donna going through times of personal trial... and times of great success.

Zarrella, who was promoted to Advertising Manager at Beacon Communications in April of 2019, has been in the marketing and sales world for most of her professional life. Though she held many jobs in her younger years and while she raised her two children (David, now 35 and Danielle, aged 32), her real career began as the Marketing Director of the Lincoln Mall, followed by a tenure as the Marketing Director of Garden City Center. When she hit a crossroad in her career in 2004, she serendipitously met Richard Fleischer, Beacon Communications' General Manager (OMIT & Publisher). It didn't take long for Fleischer to recognize Zarrella's many talents and what her years of experience could bring to this Rhode Island mainstay.

From 2004 until today, Zarrella remains a true beacon of light at this publishing company. Having worked



Meet Donna Zarrella, the Advertising Manager at Beacon Communications, who has been helping businesses throughout Rhode Island's diverse towns and cities for over 16 years. She is available to answer your advertising questions at 401-732-3100.

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BAGS OF KINDNESS: The teachers dropped off 46 bags with Operation Stand Down Rhode Island in Johnston. The agency will distribute the bags to local veterans. (Submitted photo)

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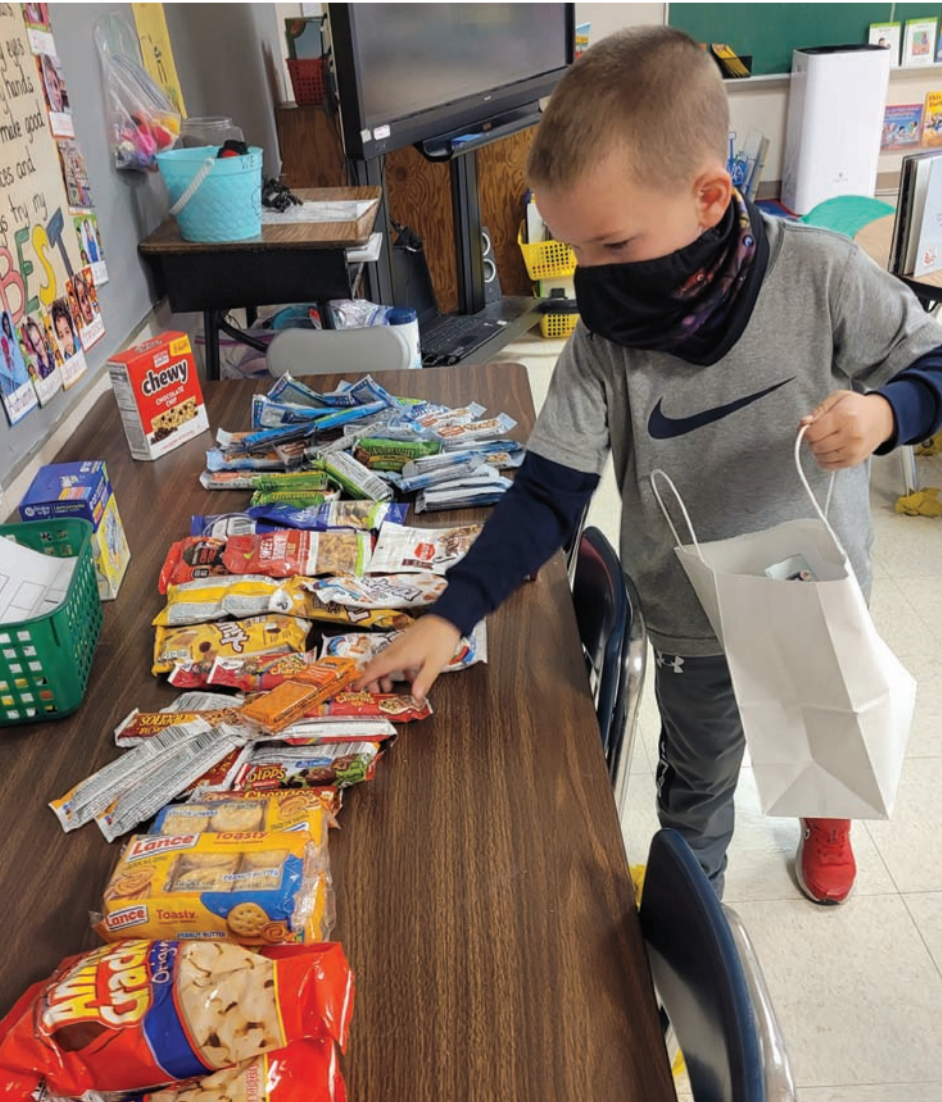
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LEARNING GRATITUDE: Kindergarten students at the Barnes School drew photos for veterans (above) and then attached them to bags packed full of goodies. (Sun Rise photos by Rory Schuler)



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Neighborhood Health Plan of Rhode Island is a health plan that contracts with both Medicare and Rhode Island Medicaid to provide the benefits of both programs to enrollees.

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Do you have all the right stuff(ing) in your retirement recipe?



Jeffrey H. Massey
 Certified Financial Planner™
 Massey and Associates, Inc.

I am certain each of us has a family recipe that has been passed around; perhaps for generations. My favorite is my mom's bread stuffing. I am salivating as I write this! I can't wait for Thanksgiving to make it again! If you'd like to get my mom's recipe, simply email me at info@masseyandassociates.com and put **STUFFING** in the subject line, and I would be honored to share it with you.

As you know, a recipe is like a road-map in that it tells us exactly what we need to do to get what we want or where we want to go. Of course, if you don't follow the recipe and perhaps leave out one of the items; you know what happens. You taste it and perhaps say or think, gee, this doesn't taste the same as when mom made it? Can you relate?

When it comes to retirement, there is no one way to structure or plan



for your retirement. The recipe that is great for you may not work at all for another family member, your best friend, or your neighbors. The goal with retirement planning is to work the "recipe" for your specific situation to achieve the retirement lifestyle that is a good fit for you and of course, your spouse if you are married.

So, what are the main ingredients that really must be in every retirement plan? Yes, I first said that everyone's recipe is likely to be different, however, there are certain elements of every retirement plan that must contain three specific elements: safety, liquidity and growth for the future. Within those three elements is where the plan can be dramatically different for each person or couple.

Everyone has a different perspective when it comes to taking risks or preferring safety. By properly implementing a plan that contains all three elements, you are stacking the deck in your favor for a successful retirement. The major difference from one person's plan to another's is the amount of money that you put into each of these three elements. The challenge with asset placement within these three elements is that you cannot achieve all three with a single asset placement. However, you can typically get two out of three.

Let's start with this comment: every choice you make as to where you should place your assets will have both pros and cons. It's up to you to weigh each choice with the pros and cons and decide which is most comfortable for you.

In the safety category your choices are bank or credit union money, backed up by the FDIC or NCUA, insurance products that are backed by the financial strength and claims paying ability of the insurance company. Another option is US government securities like T-bills and bonds that are backed by the full faith and credit of the United States. A ten-year US government bond is currently paying only 1.6% (yahoo finance, n.d.), as of the time of this writing. In this category, you will get safety and a certain amount of liquidity, but you will not get much growth. Therefore, although the safety category is critical to a retire-ready recipe, you will not

have much in the way of growth at the current rates of interest, which are historically very low.

Lastly, there are insurance-based products that do offer the ability to earn much higher rates of return than the bank, credit union or the government securities. Some of these options are very liquid as well. There are important details to consider when this type of option is recommended to you.

Moving on to category number three - growth. This is a very important element to have in your plan. These are your investments in the stock market. I will concede that you can also invest in bonds, however, the challenge with bonds is that their face value will go down as interest rates rise. As the Fed is likely to soon start its tapering plan to reduce the \$120 billion per month that they have been pumping into the economy to keep rates low to stimulate the economy, this will likely lead to the Fed raising interest rates in 2022. The Fed will raise rates to keep inflation in check. So, it won't be much of a surprise to see interest rates going up which will drive down the face value of bonds. We prefer to use bond alternatives for money that historically would be recommended to be in bonds.

In the growth category, you will also have liquidity as you can sell your investments to get money out of the market, however, you will not have safety in this category.

So, there you have it! A retire-ready recipe that includes three main ingredients: safety, liquidity and growth. This is how we customize a retire-ready plan.

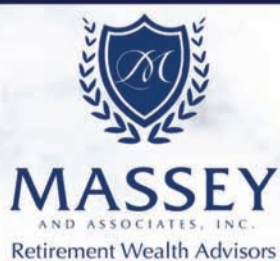
I wish you and all your friends and family a wonderful Thanksgiving!

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How to account for a rising cost of living



METRO

Cost of living is a significant component of financial planning. The cost of living may dictate where people live and work, and a high cost of living can influence how individuals spend their free time.

Data from Statistics Canada indicates that consumer prices rose 4.1 percent and 5.3 percent in August 2021 in Canada and the United States, respectively. As Canadians headed to the polls in late September, a survey from Abacus Data found that 38 percent felt reducing their cost of living was a key factor affecting their vote. Similarly, a 2020 survey from TD Ameritrade found that 47 percent of Americans feel that cost of living is the biggest threat to their financial security and long-term investments. It's worth noting that the survey was conducted prior to the pandemic. Since the onset of the pandemic, cost of living has increased considerably.

Though the fight against a rising cost of living can feel like an uphill battle, individuals can take steps to prepare for such increases.

• **Apply lessons learned during the pandemic.** A recent Pew Research Center analysis of U.S. government and Eurostat data found that roughly 9.6 million workers in the United States lost their jobs in the first three quarters of 2020. That period coincides with the onset of the COVID-19 pandemic. When forced to confront sudden and unexpected job losses, millions of individuals learned how to get by on less income. Cost-saving measures adopted during the pandemic can be continued or reimplemented, helping individuals to combat higher energy costs and other rising expenses.

• **Look for a new job or fresh income streams.** A rising cost of living is a concern for people from all walks of life, but it may be especially concerning for retirees or individuals with costs like childcare that can be hard to pare back. In such instances, individuals can look for new a job or fresh income streams. According to the Q3 2021 CNBC | Momentive Small Business Survey, 50 percent of small business owners say it's gotten harder to find qualified people to hire compared to a year ago. And nearly one-third of survey respondents indicate they have open roles they have not been able to fill for at least three months. Individuals can explore local employment opportunities in an effort to find a new, more lucrative job that can help them combat a rising cost of living. Others who want to remain in their jobs can look for part-time work to supplement their existing income.

• **Consider relocating.** The pandemic forced many companies to transition from in office working to remote working overnight. That trial by fire could have lasting results. A 2020 survey of 317 Chief Financial Officers and leaders in the finance industry found that 74 percent will move at least 5 percent of their previously on-site workforce to permanently remote positions after the pandemic ends. The survey, conducted by Gartner, Inc., also found that nearly one-quarter of respondents will move at least 20 percent of their on-site workers to permanently remote positions. That could make it possible for millions of working professionals to relocate to regions with a lower cost of living than their current towns or cities.

The cost of living might be on the rise. But individuals can combat that increase in various ways. MM21C515



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Pink Out!

Scribbles Academy, at 678 Killingly St., in Johnston held a "Pink Out" day recently. The daycare encouraged students and staff to wear pink to help raise breast cancer awareness. Each Scribbles Academy class was awash in pink. (Photos courtesy Michelle Della Morte)



Lena Lourenco



COLORFUL CREW: From left to right, Kanaan Reed, Mariah Schiavulli, Angelina Santos, Skylar Charron and Franklin Collins wore pink to daycare to help raise breast cancer awareness.



Ryleigh Charron



Noah Bruzese



Opinion

EDITORIAL

Test scores confirm challenges ahead

The release of RICAS standardized test scores across Rhode Island have demonstrated in a most shocking way that our worst fears regarding COVID's effect on education have proven true.

With few exceptions, districts across the state saw significant decreases in proficiency in both math and English language arts (ELA), with only 33 percent of students statewide meeting or exceeding expectations in ELA and 20 percent meeting or exceeding expectations in math. Warwick, Cranston, and Johnston each score lower than the state average overall, sometimes by as much as 9 percentage points.

Perhaps the more striking numbers relate to growth, which show that about half of students are in the "low" percentile of growth for ELA and more than 60 percent of students ranked in the bottom of growth for math. This shows that not only are scores abysmal now, they aren't showing signs of improvement year over year.

Of course, the glaring anomaly contributing to these most recent scores cannot be ignored. The pandemic has not only disrupted the traditional means of education for our young people across the state, it has completely decimated the possibility of having a normal school experience for the entirety of the 2019/2020 and 2020/2021 school years.

The recent testing proves what education experts have been saying since schools shut down in the spring of 2020 — that there is no substitute for consistent, in-person learning. Remote learning, while it may have its benefits in certain situations, cannot be expected to produce the kind of educational outcomes that we must expect from our districts, nor should teachers be asked to deliver those results when forced to compartmentalize lesson plans into a purely digital curriculum. It simply isn't fair or realistic.

Young students are suffering from an inability to properly learn critical, fundamental skills such as reading and language comprehension due to their teachers and peers being masked, unable to do things like see lips move and learn proper phonetics. Teachers have been unable to utilize model-based learning to reinforce basic mathematic principles because these implements cannot be properly sanitized and used throughout a classroom.

The physical challenges of the pandemic are not the only contributor to these outcomes. Students have been caught in the midst of a terrifying period of existence for the past 20 months, which has had profound psychological and emotional impacts that are likely to leave hidden scars for years to come. It hardly seems surprising that we would see the results of all of these factors in our most recent test scores.

But we must not take these alarming numbers as a sign that all hope is lost. It must be used as inspiration for improvement and the impetus to invest in our schools. We must hire more math and ELA interventionists to assist students who are struggling, and focus on supporting programs, teachers and administrators who prioritize student achievement.

This moment also emphasizes the importance of resisting anti-scientific fear mongering regarding vaccines. Getting your child vaccinated is one of the surest ways to get back on track towards a normal, mask-free education.

There is certainly a long road ahead to improve our educational outcomes, but we must not dwell in despair if we are to meet those challenges head-on.

OP-EDS

Guard's continuous activation required support of employers

By MAJ. GEN. CHRIS CALLAHAN

Since COVID-19 took hold in the United States in March 2020, the term "unprecedented" has been used countless times to describe never-before-seen events and challenges. To add to the applications of the term, we apply a number: 595. This is the number of continuous days your Rhode Island National Guard (RING) was activated to support the State's pandemic response.

The COVID-19 pandemic response has been the largest, most sustained, and complex domestic activation in the 383-year history of the Rhode Island National Guard. The response involved the activation and dedicated service of over 1,000 individual Service Members from our Army and Air National Guard.

I could not be more proud of our Service Members who worked tirelessly in every area of Rhode Island's response which included the teamwork and dedicated support of the entire state. We thank the incredibly skilled and dedicated healthcare professionals who, from day one, have been on the front lines of the fight against COVID-19. Their selfless service has been nothing short of heroic. It's been an honor serving our communities and work-

ing in support of the RI Department of Health, Emergency Management Agency, Department of Education, and all of our state agency partners.

The RING's 595 continuous days of activation required the support of another group we want to thank: our employers. The pandemic response was 595 days our activated Service Members had to step away from their places of employment. Each one of those missed days required our employers to cover shifts and colleagues to take on added workloads in their absence. That is no small feat particularly given the direct impact the pandemic had on the business and education sectors. We estimate our employers cumulatively lost approximately 1.72 million work hours or almost 215,000 work days during the activation of hundreds of members of the Rhode Island National Guard. That is a tremendous amount of support from the employers and industries across Rhode Island.

Most of our Service Members serve part-time in the Rhode Island National Guard and are employed primarily throughout Rhode Island and the other New England states. They are educators and doctors, EMTs and mechanics. They are financial analysts, retail managers, customer service representatives,

and electrical engineers. Members of the RING come from every community; their careers and professions are as diverse as Rhode Island itself.

Only through the sacrifice of our employers has the Rhode Island National Guard been able to assist the State response to COVID-19. This is an unprecedented demonstration of support to your employees and our Service Members during a domestic activation. On behalf of the Rhode Island National Guard, thank you. We could not have done it without you.

Maj. Gen. Chris Callahan is the Commander of the Rhode Island National Guard, a member of Governor Dan McKee's Cabinet and is the primary military advisor in the employment of the National Guard during peacetime and emergency domestic activities. He analyzes requirements to ensure high levels of personnel, training, and equipment readiness within the RING. He mobilizes staff and allocates resources to meet federal missions. He provides technical expertise in aviation, logistics, budgeting, public affairs, and operations. MG Callahan is responsible for 3,100 military personnel, over 90 state employees, equipment and property totaling over \$293M, and a combined budget in excess of \$123 million.

Honor Flights recognize our veterans, and you should, too

By REP. JULIE A. CASIMIRO

On Saturday, Oct. 30, a large crowd gathered at Rhode Island T.F. Green International Airport in the early morning hours. We were not there to catch flights to locations across the country or to pick up loved ones from overnight travels. Instead, we were all there to show our thanks and appreciation for a small portion of our population who have literally made our way of life possible — our dear veterans.

Honor Flight Zulu brought 65 veterans of World War II, the Korean War and the Vietnam War

to Washington D.C. to visit the memorials erected in their honor and memory. For most who make the trip, they have never been to the monuments in our nation's capital dedicated to their sacrifices and bravery and it is an extremely moving experience for all that are involved.

George Farrell and the Rhode Island Fire Chiefs Association deserve our thanks for organizing the Honor Flights and making sure that our veterans receive the gratitude and recognition that they so thoroughly deserve.

As Veterans Day approaches, I hope everyone takes the time to honor

and value the sacrifices our veterans have made to establish and protect our way of life.

This was my first Honor Flight send-off and I know that it will not be my last. The outpouring of support, appreciation and gratitude I witnessed as the veterans were escorted to the flight gate was a truly heartwarming experience. I urge everyone to take part in these important events that demon-

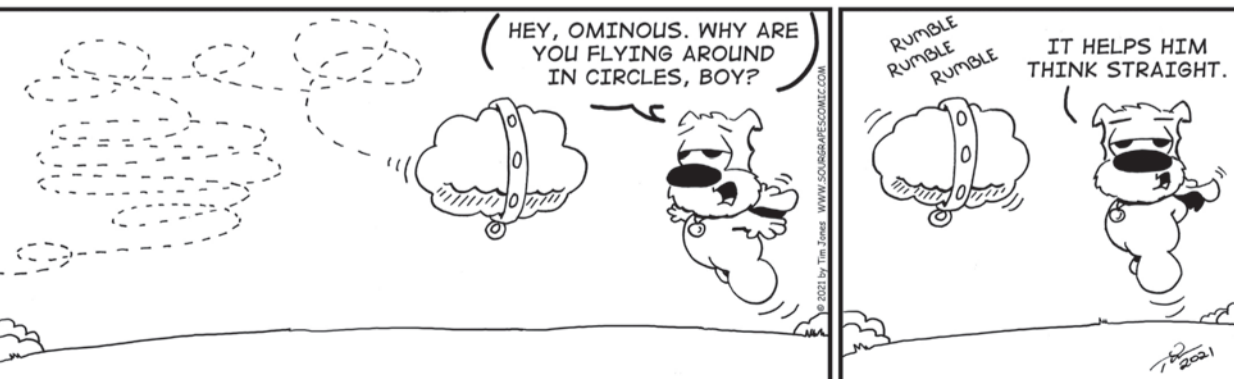
strate to our veterans how much they and their sacrifices mean to us all.

Without our veterans, the world would look very different than it does today. To our veterans on Honor Flight Zulu and all others living in Rhode Island and abroad — thank you for your service!

Rep. Julie A. Casimiro, a Democrat, represents District 31 in North Kingstown and Exeter.

SOUR GRAPES

by Tim Jones



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COLLECTIBLES

Grandma's Hoard 20 Years Later



Before I go on my antique nerd rant, I will say there are exceptions to every rule. One of which that if an item is truly sentimental to you then value doesn't matter. You should keep it regardless. However, the vast majority of stuff that is preserved and passed down through the family is saved due to "value". The reality of it though is ninety percent of what Grandma used to keep in the China cabinet has no value today; and so, begins the rant. Occupied Japan porcelain, Noritake, Depression Glass,



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

Hummels, Department 56, old newspapers, LIFE magazines, the list can go on forever! There are so many things that have been saved

through time and collections built of valueless garbage. But hey, what are you going to do. Now again, within every class of valueless collectible there is the one percent rarity that is still worth something, maybe a few hundred. But the vast majority of it would be better well served letting your child or grandchildren blow it away with a BB gun.

Markets have changed so much over the past twenty years that if you don't stay in the loop, you can get lost fast. You hear so many collectors and dealers say the antiques market has been turned upside down, and it's the truth. While you might have a large amount of stuff not worth much, there is always still a hidden gem to be found. The biggest mistake you can ever make is prematurely throwing stuff away. Grandma could have a rare cereal box worth \$2,000 that was forgotten in the basement. Or she might have an unreal collection of Barbie dolls from when she was a kid. That's the stuff you want to look for, and so much more! When handling an estate, it is always best to consult with an auction house. That way it eliminates any outright selling, and everyone is working with the common goal of making the most possible money. It can never hurt to have someone working for your best interests.



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LEADING THE WAY: Johnston's Joey Acciaro picks up some yards. (Photos by Alex Sponseller)

Panthers edge Middletown 22-20 in quarters

By ALEX SPONSELLER

The Johnston football team won a 22-20 thriller over visiting Middletown in the Division III Quarterfinals last week at home. The Panthers led 22-14 late in the

fourth quarter, but Middletown would throw a touchdown pass with just three seconds remaining in regulation to set up the 2-point conversion. Middletown had success running the ball throughout the evening,

so the Johnston coaching staff made the practical call at the goal line. "Send the house," said head coach Joe Acciaro. "We figured they'd go with the big guy, they

■ PANTHERS - PAGE 24



KERI'S KORNER: Keri Salinger (center), who helped organize OLG's first corn hole Tournament, is joined by Vito Georgio, Mike Pennacchia, Chris Civetti, Robert Civetti and Joe Grasso in front of one of 16 boards used in the event. (Sun Rise photos by Pete Fontaine)

OLG hosts corn hole tourney

By PETE FONTAINE

With Rev. Peter J. Gower, the words are always church and community.

That was again evident last weekend at Our Lady of Grace Church, as the popular priest hosted two impressive events designed to continue connecting proud parishioners with the Roman Catholic parish in Johnston.

Saturday, following the 4 o'clock mass, people filled Fioretti Hall for an old-fashioned ham and bean supper prepared by parishioners that also featured one of OLG's famous raffles.

Sunday, OLG hosted an event featuring unique and highly-popular games that are played at various levels and are even televised nationally on ESPN.

"The weather couldn't have been any better," said Father Gower while welcoming parishioners under Sunday's sparkling sun and 56 degree temperature. "The teams rolled in all with different motives; some came to

■ OLG - PAGE 23

JMCE makes heartwarming donation to Hasbro

By PETE FONTAINE

Perhaps it was fitting that the Johnston Memorial Cancer Events annual donation to Hasbro Children's Hospital was held in front of the fireplace inside picturesque Gloucester Country Club in Chepachet.

The reason? The JMCE, which is made up of a close-knit group of friends who enjoy playing golf and raising money for the highly-acclaimed Providence-based hospital, have been writing an ongoing, heartwarming story that Monday morning resulted in another extraordinary donation of \$37,500 that will help children who are battling cancer.

"On behalf of the children and families who rely on Hasbro Children's Hospital, THANK YOU to everyone who give so much," offered Michele Brannigan, Senior Gifts Officer/Campaign Manager. "And a special thank you to Gloucester Country club for their continued generosity."

Speaking with sincerity in her voice and her eyes filling up with tears of joy, Brannigan went on: "The Johnston Memorial Cancer Events team always comes



FANTASTIC FUNDRAISERS: Among the group of close knit friends who make up the JMCE are: Vin LaFazia, Linda LaFazia, Debbie Johnson, Phyllis Gelsomino, Ed Duff, Michele Brannigan, Joe Grasso, Cheryl Jason, Judi Graham and David Graham. (Sun Rise photos by Pete Fontaine)

■ JMCE - PAGE 22

Elks set for annual Hoop Shoot

By PETE FONTAINE

How'd you like to have your son and/or daughter's name and picture displayed in the Naismith Basketball Hall of Fame in Springfield, Ma?

If so, considering entering your son and your daughter into the oldest and most prestigious youth basketball competition that is celebrating its 50th anniversary season.

The official name is the Elks National Hoop Shoot, a foul-shooting contest that begins at the local level sponsored by lodges throughout a state and winds up with the national championship that this time around will be held April 29-May 1, 2022 inside the famed Wintrust Arena that's home of the WNBA Champion Chicago Sky.

But before any contestant can think about a national title, boys and girls ages 8-13 begin competing at the local level, advancing to the district finals then onto a berth in the regional finals with those winners advancing to Chicago for the finals.

"Our hoop shoot has been developing gritty kids for nearly a half century," offered Steve Lagesse, who is again chairing the Rhode Island Elks competition. "All our lodges are proud to sponsor this free throw shooting contest for boys and girls ages 8 to 13."

Lagesse, who has served as the RISEA

competition for a number of years and is a Past Exalted Ruler at the famed Tri-City Elks on West Shore Road in Warwick, announced that Lodge 14's Hoop Hoot will be held this Sunday, Nov. 14, at the Cranston YMCA at 1225 Park Avenue in Cranston beginning with registration at one o'clock.

"There is absolutely no entry fee," said Lagesse. "The contest is single elimination meaning that only the highest shooters move on to the next level. There will be three age groups for boys and girls and each contestant will take 25 shots to determine who moves on to the district finals.

Those age brackets are 8 and 9, 10 and 11 and 12 and 13 that will move up with six local champions who will move on the District Championship on Dec. 19 at Smithfield High School. Lagesse also announced that the 2021-22 state finals will be held on Jan. 15 at the Cranston YMCA.

The Regional Hoop Shoot will be held in South Portland Maine from March 10-13, 2022 with winners moving onto the National Hoop Shoot finals in Chicago.

If a boy or girl moves to the New England Finals in Maine and qualifies for the finals in Chicago, travel and lodging expenses are provided by the highly-acclaimed Elks National Foundation.

"We're looking forward to this Sunday's Hoop Shoot," Lagesse said after the East Providence Elks Shoot last Saturday at the



STEVE'S SUPER STAFF: Steve Lagesse (left), long-time State Director for the RI Elks Annual Hoop Shoot, is joined by Lodge 2337's Shoot Director Janice Godfrey, State Trustee David Seel, Exalted Ruler Lucy Fontaine and her husband Emile Fontaine during last Saturday's East Providence Elks Shoot. (Warwick Beacon photo by Pete Fontaine)

Pawtucket Boys and Girls Club. "Who knows, one of our boys and girls might wind shooting their way to the National Hoop Shoot in Chicago."

JMCE

(Continued from page 21)

though for the families at Hasbro Children's Hospital. Despite the challenges of the past two years, this group has remained steadfast in their commitment to our patients."

Brannigan also wanted it known: "The JMCE is an incredibly-valued partner to us, and we are so grateful to everyone who supports their events. Linda, Judi and the whole committee have created a very special community of caring supporters."

Monday's check presentation was Part 2 of the JMCE's commitment to Hasbro, the first which was for \$100,000 to renovate two kids' rooms. It was a five-year pledge that extraordinary non-profit was able to complete in three years."

Also, as Linda LaFazia said

Monday: "The check this morning was a second check for our additional five-year commitment for an additional two rooms. Again, we are fortunate that with the help of our wonderful major sponsors, the families' support and all the great people who step up and support us, we are approximately \$10,000 away from our second goal of \$100,000."

Vin LaFazia, who chairs the JMCE's golf events and serves as an organizer for the Ricky Salzillo Memorial Game Dinner, said: "We are extremely fortunate to have sponsors like David and Judi Graham - Graham Builders - who have been major sponsors for over 13 years. We couldn't accomplish what we did without them."

LaFazia also touted major donors like Brian Cavanaugh of Cavanaugh Company, who has donated over \$10,000 in the last two years along with Gloucester

Country Club and its members who wave the day's fees for the Co-Ed Memorial Golf Tournament that's held in September.

"There are few, if any groups like the JMCE," said Joe Grasso, a committee member whose late wife Frances is one of six people for whom the tournament is played in memory of. "It's absolutely amazing ... incredible ... what this group has accomplished through their tireless dedication and extraordinary organization of a Polar Golf Tournament, the grand-daddy golf event at Connecticut National in Putnam, Ct. that draws up to 150-plus players and the Co-Ed Memorial event."

The JMCE also hosts its events in memory of the late Sal Gelsomino, Laura DeAngelis, Anna Mazzulla, Raymond Johnson and John Furia.

Perhaps Judi Graham said it best while helping serve coffee



MIGHTY MEMORIAL: Ed Duff, president of Gloucester Country Club and Hasbro Children's Hospital executive Michele Brannigan are joined by Debbie Johnson, Phyllis Gelsomino and Joe Grasso, whose late spouses are remembered through the JMCE's annual golf events.

and assorted pastries Monday at GCC prior to the check presentation. With her always-special smile on her face, she said: "It's all for the kids!"

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Local softball players donate gift cards to veterans

FROM STAFF REPORTS

The Girls USA Softball League of Rhode Island honored our local veterans in an all-star way with a donation of nearly \$7,000 in gift cards to Operation Stand Down RI on **Nov. 9 at OSDRI headquarters (1010 Hartford Avenue, Johnston, RI).**

OSDRI Executive Director Erik Wallin accepted the donation from USA Softball of RI Youth State Commissioner, David Ethier. "OSDRI relies on gift cards throughout the year to assist our veterans with groceries, gas, and clothing. As we head into the holiday season, this become particularly important in order to guarantee that our low-income veterans

are able to provide a Thanksgiving meal and a Christmas holiday to their families," said Erik Wallin, Esq., Executive Director of OSDRI.

The gift cards will be distributed during OSDRI's annual Thanksgiving and Christmas giving programs. Dave Ethier, a decorated Vietnam Veteran, started the donation drive at the beginning of the fall Softball season and was met by unfettered support from the girls in the league. Ethier emphasizes that this donation drive was not about him but instead an opportunity for the kids in the league to develop an appreciation for those who have served their country.

Ethier served with the 2/12 Infantry, 25th Infantry Division from 1969-1970. He was

wounded in combat three times and as a result has three Purple Hearts and a Bronze Star with a V for Valor device.

The gift cards were collected from league teams during the Fall Fast Pitch softball season which runs from the first Sunday in September to until the middle of October. The league is made up of teams from RI, Mass and CT with players ranging in age from 7 to 18.

"OSDRI believes that every day is Veterans Day and we provide year round support to Rhode Island veterans to ensure they are not forgotten. This would not be possible without support from people like Dave and the girls of the USA softball league of Rhode Island. We can't thank them enough," said Wallin.



HELPING HANDS: Erik Wallin and Dave Ethier. (Submitted photo)



SUPPORTING SPONSOR: Sunday's fun-filled Our Lady of Grace Corn Hole tournament even featured a sponsor – J.J. Duffy Funeral Home – and the people above who enjoyed the successful event. The group includes: Norm Bessette, Betsy Riley, Joe Clarke, PJ Williams, Nick Williams and Rev. Peter Gower.

■ OLG

(Continued from page 21)

win it all while others came to support friends and just have a good time."

Make that what everyone concurred was "a terrific time" during what Robert J. Civetti, a Johnston Town Councilman and OLG parishioner said was an excellent event that "was like a gathering of family and epitomizes Father Gower's mission to bring the church community together for special social times."

In short, as Civetti assessed: "The Corn Hole Tournament was a nice little fundraiser for the church and to spend time with Father Gower and some of the terrific parishioners that are members that are members here at Our Lady of Grace Church."

Although OLG's Festival Field was the site of a Corn Hole Tournament last year, that event was played to benefit the Alliance for Better Long-Term Care (ABLTC) and was co-chaired in part by Jen Burns and Kari Salinger who took part in Sunday's first-ever OLG Corn Hole Tournament.

Salinger, in fact, is no stranger to corn hole tournaments, as she and Burns – along with other ABLTC volunteers – hosted a highly successful event at Pocasset Bay that benefitted North West Links, another non-profit that helps with the all-important elder care.

So Sunday, the playing surface was OLG's back parking lot where some 16 corn hole boards were set up for 16 teams

of two-players each who enjoyed an afternoon of fun, food, friendly competition that Father Gower said "was a great success and many thanks to everyone who came to show their support and corn hole skills!"

Perhaps Joe Grasso, who has been an OLG parishioner for years, said it best: "This was without question vintage Father Gower. He again brought many of us together for fun and food, Corn Hole games and we even had a special sponsor."

Grasso was speaking about the J.J. Duffy Funeral Home of Cumberland that even provided a special banner that was affixed to a chain-like fence that bordered the day's playing surface.

"JJ Duffy was a great sponsor of our event," Father Gower wanted it known. "Mike Lombardi and crew supplied food and even hooked up many people with cups to take their drinks onto the tournament field."

Likewise, members of the competing teams as well dozens of interested spectators enjoyed what Father Gower described as a "great array of food from sausage and pepper sandwiches to baked macaroni."

For OLG, another success story that Salinger helped organize and featured some seasoned Corn Hole players like Mike Pennachia and Vito Georgio who defeated Civetti and his son Chris for OLG's coveted Corn Hole crown and braggin' rights until what many people Sunday said is sure to be bigger and better in 2022.

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■ Panthers

(Continued from page 21)

had success with him all night. That's what we had to do, bring it and slam it down."

The Panther defense did just that, stopping the rush just short of the end zone to claim the win and punch its ticket to the semis.

"We made the play when we had to, I'm proud of them," said Coach Acciardo. "It's everything that we talked about that we needed to do to win. Play four quarters, finish. That has been the key to our success, staying on course for four quarters and battling through adversity. Take your lumps and move forward."

Johnston receiver and defensive back Joey Acciardo had a career performance in the Johnston win, hauling in two touchdown passes and two interceptions.

"I'm very excited. There were mistakes that we can fix. We'll celebrate today but we need to get right back to work. We need to stay humble and not let our heads get big. I'm glad our team hung in there and played four quarters," Joey Acciardo said.

"I'm proud of him, I'm happy for him. This is his last time on this field, he talked about it. Being on this field since he was a peanut, I'm happy for him. He's a player, he's a gamer. I'm proud of him," added Coach Acciardo.

The Panthers would jump out to a 6-0 lead in the first half after quarterback Hunter Remington rushed for a 15-yard score. Joey Acciardo would also haul in an interception to keep Middletown scoreless at the break.

Middletown would rush for a score late in the third to take the 7-6 lead, but the Panthers responded and quickly got another touchdown on a 40-yard strike from Remington to Joey Acciardo to make it 14-7.

The Panthers faced some adversity midway through the fourth. After making a stop on defense on third down, the ensuing Middletown punt would roll and deflect off of a Johnston player's foot which was recovered, giving the Islanders possession deep in Panther territory. Middletown took advantage and scored to knot the score at 14-14.

Johnston answered the bell once again, marching downfield and getting another Joey Acciardo touchdown to take the 22-14 lead with 4:20 remaining.

"It's important. Mental toughness, being able to bounce back after a tough play, how you recover is what matters. We did a good job of regaining our strength and going back downfield to score," said Joey Acciardo.

With the win, the Panthers will take on top-seeded Narragansett on the road on Friday night.



ROLLING OUT: Johnston quarterback Hunter Remington rolls out to pass against Middletown.



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Hurd Auto Mall wins fall ball title

FROM STAFF REPORTS

The 2021 Johnston Little League baseball season came to an exciting end last week as a fall champion was crowned. In an epic title game on Saturday, November 6, Hurd Auto Mall came back in the last inning to defeat Stronger U Nutrition 12-11. It capped another successful year for the league, as they again navigated through the uncertainty of a pandemic to give kids a safe environment to learn, grow and have fun through America's Pastime.

Needing a win on Nov. 4 to keep their season alive against Stronger U Nutrition, Corey Ogden took the mound and took over the game. He pitched a complete game shutout, allowing just one hit and two walks while striking out seven batters. At the plate, Ogden was 4-for-4 with two runs scored and just a home run shy of hitting for the cycle.

Hurd Auto Mall jumped out to an early lead and continued to add runs with a balanced offensive approach. Nico Capobianco went 3-for-4 with a double and a team-high three runs scored while Jalen Johnson added two hits, two runs and a double. Gio Gauthier also crossed the plate twice in a game that saw Hurd Auto Mall score at least two runs in every inning for an 11-0 victory.

Game 2 between Hurd and Stronger U Nutrition was a tightly contested, back-and-forth battle where both offenses traded the lead throughout the contest.

The combination of Ryder Calabro, Nolan Pietros, Alex Soto and Fotis Fotopoulos powered Stronger U Nutrition's attack, as they began the game with four straight hits and each scored runs.

Hurd would come back to take the lead in the top of the third inning on an RBI hit from Adrian Young, but Stronger U Nutrition's fearsome top of the order quickly took it back in the bottom half. The foursome of Calabro, Pietros, Soto and Fotopoulos combined to reach base 10 out of 15 times in the game and scored nine of the 11 Stronger U Nutrition runs.

Down by two and down to its final three outs, Hurd Auto Mall stayed composed and rallied. Amani Morales doubled to start the sixth and Gauthier followed with a walk. With one out, Henry Healy fouled off multiple tough pitches and worked a walk to load the bases. Ogden drew a two-out walk to cut their deficit to one, and Johnson tied the game when he was hit by a pitch. Steven Palardy showed patience at the plate, laying off some close pitches to force in Healy as the go-ahead run with a walk.

Palardy then took the mound looking to stop the Stronger U Nutrition offense. He pitched 1 2/3 innings of perfect relief, retiring the side in order to seal a 12-11 victory. Palardy recorded the final out when he fielded a grounder and threw it to first baseman Vinny Tallo, who threw his arms up in excitement and began the Hurd Auto Mall celebration on the mound.



CHAMPS: Pictured is the Hurd Auto Mall team from left to right. Sitting: Steven Palardy, Corey Ogden, Giovanni Gauthier. Kneeling: Vinny Tallo, Henry Healy, Adrian Young. Standing: Coach Anthony Pannone, Amani Morales, Coach Eddie Pannone III, Jalen Johnson, Coach Eddie Pannone Jr., Nico Capobianco. Not pictured: Aiden Neil. (Submitted photo)

Knights earn All-Region honors

The CCRI Lady Knights Volleyball team had an excellent year finishing with a 7-3 overall record and earning their First Region XXI title since 2016. They recently received more very great news with three Lady Knights earning All-Region XXI honors. Freshman co-captain Outside Hitter Madison Capwell (Coventry, RI) and freshman Outside Hitter Savanna Martinez (Central Falls, RI) both earned First Team All-Region XXI honors. Freshman Middle Blocker Courtney Essex (South Kingstown, RI) earned Second Team All-Region XXI honors.

Madison Capwell earned First Team All-Region XXI honors while serving as one of the Lady Knights co-captains this season. Coming to CCRI from the perennial volleyball power Coventry High School Capwell transitioned very well into her college career as a leader for CCRI. Capwell led the Lady Knights with 98 kills and 2.45 kills per set which ranks her No. 65 in NJCAA Division III volleyball. Capwell also led CCRI with 128.5 points and 3.2 points per set, which ranks her No 57 in Division III. She was second on the Lady Knights with 26 aces and third on the Lady Knights with 118 digs. Maddie was one of the leaders both on and off

the court. Capwell had her best match when the Lady Knights needed it most in the Region XXI Tournament versus Massasoit CC where she scored 21 points with 16 kills, three aces and two solo blocks.

Savanna Martinez earned First Team All-Region XXI honors in her freshman campaign as well. Martinez came to CCRI from Central Falls High School which has a formidable program in the RIIL. Martinez was a very versatile player for the Lady Knights this season. She ranked second on the team with 139 digs and 3.48 digs per set. She ranked third on the team with 65 kills and 1.63 kills per set. She ranked third on the team with 86.5 points and 2.2 points per set. Savanna also did well from the service line where she had 20 aces on the season. Martinez's best match came versus Massasoit in their second meeting when she scored 20 points with a season-high 14 kills and added 4 aces. Martinez, like Capwell did a bit of everything for the Lady Knights this season and was arguably one of their most consistent players and was a vital key to their success this season.

Courtney Essex earned Second Team All-Region XXI honors in her freshman campaign. Essex ranked second on the team with 69 kills, and 1.73 kills per set. Essex was also ranked second on the team with 87 total points and 2.2 points per set. She was also second on the team with eight solo blocks while also adding 10 aces from the service line. Essex's best match came in their first meeting with Massasoit CC where she had 22 total points consisting of a season-high 19 kills and three aces, Courtney also played very well in the Regional vs the Warriors where she had 17 points with 14 kills, two aces and a solo block.

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- Simple shoe
- Woman (French)
- Abnormal rattling sound
- Able to change
- Future butterfly
- Used in cooking and medicine
- A street for nightmares
- French modernist painter
- Dishonors
- Integrated data processing
- Frameworks
- Apply new materials
- Where merch is displayed
- American figure skater Lipinski
- Cycles per second
- Oohed and ___

CLUES DOWN

- Dan Rather's old network
- Expression of sorrow or pity
- ___ fide (Latin)
- Sign of healing
- Warm-blooded vertebrate
- Model
- Of or relating to plants
- Plant of the heath family
- Where to weigh something
- Internal structure
- ___ Paulo, city
- South Slavic person
- A way to record
- Have already done
- As much as one can hold

- Auburn legend Newton
- Comedienne Gasteyer
- Beloved dog Rin Tin ___
- Midway between east and southeast
- Call it a career
- Former CIA
- American time
- Confederate general
- Soviet Socialist Republic
- Travel downward
- Made red-blue
- Vietnamese revolutionary Le Duc
- Capital of Italy
- Small bunches of flowers
- Calvary sword
- A distinctive, pleasant odor
- A well-defined track or path
- Cereal used to make flour
- Retrospective analysis (abbr.)
- Grayish white
- Engrave
- Famed men's basketball program
- Midway between south and southeast

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Try an Easy Tiramisu Dip because whether you're relaxing at home, having a small get-together with friends or joining your annual family gathering virtually, this dip is sure to spread culinary cheer.

The recipe starts with "easy," and it holds true to its name. With a short list of ingredients and only a handful of instructions, this is something you can whip up (literally) in just a few moments. Also, using minimal tools in the kitchen is always a plus for at-home chefs. The only appliance needed to make this recipe is a mixer.

The outcome is fluffy, rich and sweet with a hint of espresso. It's not overpowering, however, so little ones or non-coffee lovers can still enjoy this delicious dip.

This is also a unique dessert because it can be served cool or

chilled. If you are planning to take a sweet treat to a party this holiday season, this is nearly perfect. No oven time needed and simple to serve to kids and adults alike.

Serve with ladyfingers or fruit to bring that sweetness to a whole new level, and it's topped with a final sprinkle of cocoa powder to give it that extra appeal. You do eat with your eyes first after all.

Give this one a try and see the faces of your loved ones light up with joy this season. This creamy, tasty dip is sure to impress.

For more easy dessert recipes, visit Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

Scan to Watch the Recipe Video



Easy Tiramisu Dip

Servings: 4

- 1 cup heavy whipping cream
- 1 tablespoon espresso powder
- 4 ounces cream cheese, softened
- 8 ounces Mascarpone cheese
- 1/2 cup powdered sugar
- 1 teaspoon vanilla extract
- 2 teaspoons cocoa powder wafers or fruit, for dipping

In medium bowl, whisk heavy whipping cream and espresso powder until blended.

In large bowl, use hand mixer to beat cream cheese until smooth. Add Mascarpone cheese and beat until combined. Gradually add powdered sugar, beating after each addition. Add vanilla extract; beat mixture. Add espresso mixture; beat until soft peaks form.

Keep refrigerated until ready to serve.

Spoon mixture into serving bowl. Sprinkle with cocoa powder. Serve with wafers or fruit.



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