

Thursday, January 20, 2022

Rep. Langevin will not seek reelection

By ALEX MALM

Rhode Island will have at least one new congressperson next year following Warwick native and Bishop Hendricken graduate Congressman Jim Langevin, 57, decision he wouldn't be seeking re-election. Langevin is serving his eleventh term.

"I have not come to this decision lightly, but it is time for me to chart a new course, which will allow me to stay closer to home and spend more time with my family and friends," said Langevin in a Providence Jour-

nal op-ed published online Tuesday.

Langevin has been in public office for 37 years, he noted in the op-ed. Langevin was first elected to the 2nd Congressional District for Rhode Island in 2000.

"It has been the privilege of a lifetime to represent Rhode Islanders as a delegate and secretary to the Rhode Island Constitutional Convention, as State Representative, as Secretary of State, and now, as a United State Congressman," said Langevin.

But as Langevin noted his dreams of public service weren't originally as an elected of-

ficial but rather as in law enforcement. That was until a revolver was accidentally fired in the police station where Langevin was a Police Explorer.

"Nearly 40 years ago, a tragic accident left me paralyzed. My dreams of becoming a police officer were crushed, and I was forced to dream new dreams, and relearn how to perform almost every daily task," said Langevin. "Yet during my hour of need, Rhode Islanders rallied behind me, and I was inspired to



U.S. Congressman Jim Langevin

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STRESS TEST: Jessica Gormley, Practice Manager for Tri-County Community Action Agency, at right, gave Anthony Meleo, of Johnston, a PCR test for COVID-19 from the free testing trailer stationed in the Johnston High Parking lot. (Sun Rise photo by Rory Schuler)

Town steps up, distributes nearly 10,000 COVID tests

By RORY SCHULER

Anthony Meleo drove through the Johnston High Parking lot and parked outside a simple white trailer parked near Atwood Avenue.

Jessica Gormley, Practice Manager for Tri-County Community Action Agency, exited the trailer and walked down a small set of stairs, wearing protective gear from eye to ankle, her clear plastic face shield pulled down like a welder's mask.

Meleo said he has been feeling lousy for the last week; he's barely eaten a thing for days.

He's hoping — like so many Rhode Islanders — that following a COVID test he may find an answer to his ailment.

The swabs circled the inside of Meleo's nostrils. He thanked Gormley for her car-side manner and drove away. The next car slid into place.

TESTS - PAGE 9

Is merger Rx for a healthy Ocean State?

Merger would hurt Kent, severely impact communities

By MICHAEL DACEY



The next two months will see several decisions made that will alter the healthcare landscape in Rhode Island forever. The proposed merger of Lifespan and Care New England (CNE) is under review by the Federal Trade Commission and the RI Attorney General's office. If either decides to oppose it, the RI state legislature will have to decide if it wishes to intervene and effectively take over governance of both systems or let them seek other alternatives.

This merger proposal would form a healthcare monopoly that would decrease quality of care, raise costs, cause the loss of at least 1,000 well-paying jobs, cause extremely destructive effects on several local economies, and will not rescue CNE even as it

The first of two virtual public hearings will be held today on the proposed merger of the state's two largest health care systems. Combined they would constitute more than 75 percent of the state's health care providers.

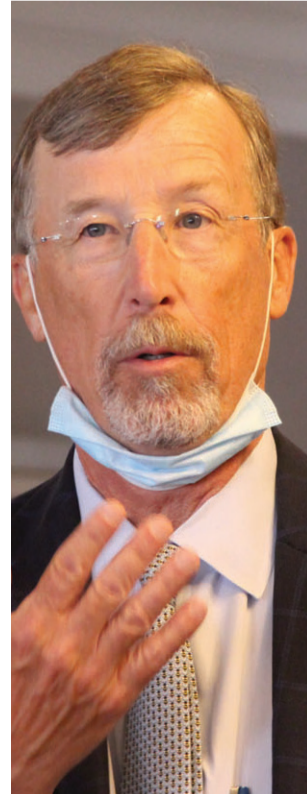
Lifespan, the largest of the two, operates Rhode Island and Miriam Hospitals. Care New England operates Kent, the state's second largest hospital in addition to Women and Infants and Butler hospitals. Merger of the two systems has been talked about for years. There have been discussions and after the planned acquisition of CareNE by Partners came apart three years ago, then governor Gina Raimondo urged the merger of Lifespan and CareNE. It wasn't pursued. However, with the pandemic the two systems developed a cooperative and trusting relationship that kindled merger talks. On November 16, 2021 the Attorney General and the RI Department of Health declared the merger application complete, thereby starting a 120-day clock to reach a decision. Critical to the success of the application is the Federal Trade Commission ruling on whether the merger of the systems meet anti-trust regulations. To gain perspectives on what this merger means to Rhode Islanders and the institutions, we asked Dr. Michael Dacey, who grew up in Warwick climbed the ranks at Kent where he was president and COO before becoming Executive Vice President of Riverside Healthcare System based in Newport News, Va. four years ago and Dr. James E. Fanale to comment. Dr. Fanale's career also has its roots in New England. He is the president and CEO of CareNE, a leadership post he has held since 2018.

The first of the public comment meetings is today from 5 to 7 p.m. and the second Wednesday, from 3 to 5 p.m., Jan. 26. Meetings are accessible on the RIAG web site: www.riag.ri.gov/about-our-office/divisions-and-units/civil-division/public-protection/healthcare and the RIDOH web site: www.health.ri.gov/programs/hospitalconversionsmerger/.

The deadline for a decision approving, approving with conditions, or denying the transaction is March 16, 2022.

Merger will improve quality, service, access to care

By Dr. JAMES FANALE



Care New England is proposing to merge with Lifespan, and together in an academic affiliation with Brown University, will form the first Integrated Academic Health System (IAHS) in Rhode Island.

The goal of the merged entity will be to improve quality, access, cost, equity, academic medicine and spur tremendous growth in research and economic development in the state. Much has been written about the past history of such mergers and the effect on prices and quality.

However, we feel very strongly that this proposed merger is far different than other mergers. And, it's important to point out that a combined system's size (approximately a \$4 billion company) is vastly smaller than competing systems

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Police seek hit and run suspect

By RORY SCHULER

The Johnston Police Department is seeking the public's assistance in locating a suspect involved in a hit and run crash.

Around 4:45 p.m., Jan. 12, Johnston Police responded to the Shell gas station at 1396 Hartford Ave. for a crash report, according to police.

"Through the course of their investigation, it was determined that the man pictured above struck another vehicle and then left the scene without identifying himself," police said. "He was driving a black Ford F-150 truck with orange lettering on the side."

Anyone with information that could lead to identifying the suspect is asked to contact Johnston Police Lt. Michael Babbitt at the Johnston Police Department, 401-757-3144.



WANTED: Johnston Police are seeking the public's assistance in locating a suspect (top) involved in a hit and run accident. The unidentified man drove this truck (bottom). Anyone with information can contact Johnston Police Lt. Michael Babbitt at 401-757-3144. (Photo courtesy Johnston Police)

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

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JOHNSTON Sun Rise

JOHNSTON Sun Rise. Another warehouse pitched for Johnston. NorthPoint pledges at least \$75 million and more than 280 jobs at proposed 'I-295 Commerce Center'. Johnston girls' Team of the Year. Long COVID lines, traffic pit at Atwood pharmacy vs. deli.



GRAND GROUP: Among the people who took part in the Grand opening of Strawberry Fields Early Learning Academy are, from left: Mayor Joseph Polisena, Owner Dr. Jessica DiRocco, her husband Daniel DiRocco, grandparents Gregory and Janice Mangiante, Director Kennedy Vescera and Education Coordinator Arionna Silva. (Sun Rise photos by Pete Fontaine)

Once again, there's a doctor in the house

Strawberry Fields Learning Academy hosts Grand Opening Ribbon Cutting Ceremony

By PETE FONTAINE

Johnston's newest business — Strawberry Fields Learning Academy — is the result of a two-year work-in-progress that despite being interrupted by COVID-19. The pandemic, however, could not stop owner Jessica DiRocco from realizing her dream.

DiRocco, a nurse practitioner who is steeped with vast experiences in education and day care areas — just to name a few — and her husband Daniel DiRocco bought the property at 700 Greenville Ave., which was once the home/office of Dr. Joseph Barone.

"I have always felt passionate opening up in Johnston," DiRocco told an audience of family, friends, supporters and Mayor Joseph Polisena prior to the Grand Opening Ribbon Cutting Ceremony. "It was important to me as I was born and raised here and hoped to serve the town and surrounding communities."

To say that DiRocco delivered and has built what many of the day's guests concurred is "a facility that will provide an exceptional educational experience for children in a state-of-the-art setting," would be an understatement.

Strawberry Fields Learning Academy has seven classrooms — all of which are impressively named from "Seeds" to "The Strawberry Field" — employing a staff of 16 people including six lead teachers, eight teacher assistants, Education Coordinator Arionna Silva and Director Kennedy Vescera.

Moreover, people were highly-impressed when DiRocco said, "I feel the Montessori method of education is a unique and effective way to support early childhood growth and development and with the support of my family we have been able to make this vision possible."

To which Silva added: "It is the mission of Strawberry Fields to provide the highest quality of early childhood education in a warm, enriching and nurturing learning environment while promoting a progressive approach to educate the whole child as they socially, emotionally and cognitively develop to become independent, self-motivated learners."

Vescera, who also issued a warm and wonderful welcome as she addressed the Grand Opening gathering of more than 60 people, offered: "Dr. Jessica DiRocco and her husband Daniel had a vision to build and open a Montessori-inspired childcare center, allowing children to receive the highest quality of early childhood education in a safe, fun and nurturing environment in Johnston and surrounding communities."

"Because of their dedication, hard work and support of their staff, their vision has become a reality," Vescera said. "It is often said in childcare that while we try to teach our children what life is all about, it is actually our children who teach us all about life. It is through our children that we are (reminded) to slow down and find wonder in small things; and see the world through a different lens."



SUPER SNIP: Mayor Joseph Polisena and Dr. Jessica DiRocco make it official by cutting the ribbon during the grand opening of Johnston's newest business.

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■ Langevin

(Continued from page 1)

give back to the community that gave me so much by pursuing a career in public service. Encouraged by my family's unending love and my faith, that 16-year-old from Warwick became the first quadriplegic ever elected to Congress."

Following the announcement made by a number of elected officials made statements.

One of those includes House Speaker K. Joseph Shekarchi, who met Langevin almost 40 years ago while working for former Warwick Mayor Frank Flaherty's campaign.

"I've been proud to be Jim's friend throughout his decades of public service, during which he has been a relentless champion for Rhode Islanders," said Shekarchi in a statement. "After becoming the nation's youngest Secretary of State, he has been a proven fighter in Congress for more than two decades. Jim has been a trailblazer for Americans with disabilities, serving as a national leader on issues of disability rights and inclusion. Jim is a highly respected voice on issues of national security, particularly cybersecurity."

For about half the time Langevin was in office, so was Congressman David Cicilline who said in a statement Tuesday "The story of Jim Langevin will forever be remembered as one of perseverance and a dedication to public service. It is one that will inspire our colleagues in government today and the future leaders of our state and nation for generations to come."

The thanks for Langevin's time in office didn't just come from Democrats on Tuesday.

"Today is the day to thank Congressman Jim Langevin for his endless work on behalf of individuals with disabilities," State Rep. Barbara Ann Fenton-Fung tweeted on the behalf of her husband, former Mayor Allan Fung and herself. "Countless adults, like our sister Arlene, have so many more doors open to them thanks to his efforts. We thank him for his decades of service to Rhode Island, and wish him nothing but the best of health and happiness as he looks to what lies ahead."

While Lanegivin has voted on numerous bills

throughout his time in Congress, he said that there was one that stood out to him most.

"Looking back, I'll always be most proud of my vote for President Obama's Affordable Care Act, which lowered health care costs for everyone and secured coverage for millions of uninsured Americans," said Langevin. "It is the most significant piece of legislation I ever supported."

And Langevin pointed out that there is a moment during his time in Congress that he will always remember.

"I'll always cherish the moment that I became the first Congressman in a wheelchair to preside over the House of Representatives as Speaker Pro Tempore, as we marked the 20th anniversary of the Americans with Disabilities Act," said Langevin in an op-ed.

With the first open congressional seat in the Ocean State since 2010, speculation began immediately as to who may run.

Last year Dylan Conley, a Johnston town attorney and the Providence Liquor Board Chair ran against Langevin in the Democratic Primary.

On Tuesday afternoon Conley told the Beacon "I will speak with family and trusted friends to discuss the possibility, but I was not planning on running prior to this announcement."

State Sen. Sam Bell, when asked if he has any intentions of running said "definitely considering it."

Sen. Josh Miller from Cranston has also been mentioned as a possible candidate for the seat.

"I have gotten several calls. I will continue to listen to those giving me a wide range of feedback on the potential of running statewide versus how impactful I feel I can be in the RI senate," said Miller.

Numerous other names have been thrown out as possible candidates as well.

On Tuesday, Shekarchi said in a statement it wasn't the day to talk about who may be running.

"Today is a day to recognize his personal achievements and accomplishments, not for future political speculation. I wish Jim all the best in his



LOCAL & FEDERAL: In August, Johnston Mayor Joseph M. Polisena shakes hands with U.S. Rep. James Langevin at an event on Belfield Drive touting floodplain improvements in Johnston, aided by the USDA, in a cooperative effort with town and state officials. (Sun Rise FILE photos)

future endeavors," said Shekarchi.

On the Republican side of the aisle former state rep Bob Lancia announced his campaign last February. Lancia ran against Langevin in 2020 receiving 41.5 percent of the vote.

In his Op-Ed, Langevin thanked many people including the Rhode Island Congressional Delegation, friends, supporters, staff, and his family, as well as the 80,000 plus Rhode Islanders.

"But most of all, I want to thank the people of Rhode Island, for putting their faith and trust in me to be your voice all these years. I will cherish the time I was blessed to serve you." said Langevin.



TWO IF BY SEA: In August, Phou Vongkhamdy, U.S. Sen. Jack Reed and U.S. Rep. James Langevin stand near a poster, featuring a photo of Johnston Mayor Joseph M. Polisena in a boat.

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Opinion

EDITORIAL

A simple way to save lives

Blood — much like other things we take for granted until we don't have them, such as functioning plumbing and heating — is one of those great equalizing factors in life that transcends all other societal labels.

If you need blood, and you can't get any, you're in a world of trouble.

This is a hard fact that is underscored currently by a national blood shortage that is also threatening our local communities. We have less than a third of the supply of blood deemed prudent at our disposal for use in local hospitals, which poses a great threat to many thousands of people who may need that blood in the wake of any type of medical emergency.

• WHERE TO WRITE:
1944 Warwick Avenue
Warwick, RI 02889
RoryS@RhodyBeat.com

The reasons for this shortage are not hard to ascertain. People are preoccupied, overworked, stressed, and simply trying to get by in the midst of our current health crisis that continues to sicken, hospitalize and quarantine thousands of Rhode Islanders each day. Taking an hour to donate blood is something that can be easily pushed aside in light of other priorities — surely, enough people will step up to fulfill this need if you aren't able to, right?

Unfortunately, such wishful thinking does nothing to bolster our blood supply. It is one of those problems that can only be met through selfless decisions made by many thousands of people to go through a slight inconvenience for the greater good — a theme that, we admit, has become increasingly common in a world of mask wearing and pleas to safeguard neighbors through changing your own behavior and norms.

But donating blood, we argue, has a far more tangible impact. It is a simple transaction, scientifically biological in nature but symbolically so much more profound. As the slogan states, to donate blood is to donate the gift of life to somebody you will almost definitely never meet or even be aware exists.

There are even incentives to give blood, in the form of large gift cards and monthly prize drawings through the Rhode Island Blood Center, that is more than worth the slight inconvenience and even slighter discomfort one must go through to give this most incredible gift.

It is during times of particular hardship that we must ask for even more from those in our communities, and of ourselves, to contribute towards these kinds of causes that safeguard other people and prevent needless suffering. The world is in a difficult spot right now, but it will only become more difficult if this blood shortage persists and further deteriorates.

Make a donation appointment today by going to ribc.org or by calling 401-453-8383.

Congressman Jim Langevin, first quadriplegic elected to Congress, will not seek re-election

EDITOR'S NOTE: U.S. Congressman Jim Langevin (D-RI) issued the following statement Tuesday after announcing he will not be seeking re-election. Langevin's Congressional District includes Johnston, Cranston and Warwick.

For the last 37 years, I have woken up every day with one goal in mind: serving the people of Rhode Island. After all, I love this state, and I love the people who live here. It has been the privilege of a lifetime to represent Rhode Islanders as a delegate and secretary to the Rhode Island Constitutional Convention, as State Representative, as Secretary of State, and now, as a United States Congressman.

I know that the last several years have been difficult for Rhode Island families. The COVID-19 pandemic has inflicted unimaginable loss upon so many. Our democracy has been tested in ways we never could have guessed. At times, it has felt like the fabric of our nation was coming undone at the seams. But no matter the challenge, we've always been in this fight together.

Nearly 40 years ago, a tragic accident left me paralyzed. My dreams of becoming a police officer were crushed, and I was forced to dream new dreams, and relearn how to perform almost every daily task. Yet during my hour of need, Rhode Islanders rallied behind me, and I was inspired to give back to the community that gave me so much by pursuing a career in public service. Encouraged by my family's unending love and my faith, that 16-year-old from Warwick became the first quadriplegic ever elected to Congress.

Like I promised when I first ran for office, I have done my best to stand up for you and your families. But after serving the people of Rhode Island for over 3 decades — including 11 terms and nearly 22 years in Congress — today, I am announcing that I will not be a candidate for elected office this November.

I am so proud of all that we have been able to accomplish together. I worked tirelessly to protect and advance the rights of Americans with



FLOODPLAIN FRUITION: Phou Vongkhamdy, Rhode Island State Conservationist with the USDA Natural Resources Conservation Service (NRCS), addressed the crowd at a press conference on Belfield Drive in Johnston in August. U.S. Rep. James Langevin (D-Rhode Island), center right, attended the event, which was touted as a cooperative local, state and federal project.

disabilities, and I've worked across the aisle to invest in job training, apprenticeships, and career and technical education.

I spoke up for our nation's foster youth, who are too often forgotten and left behind, because every child deserves a permanent, loving place to call home and the opportunity to succeed.

I led the efforts in Congress to strengthen our cybersecurity, and I stewarded dozens of Cyberspace Solarium Commission recommendations into law, including the establishment of the first-ever National Cyber Director.

I fought to defend our national security and advocate for Rhode Island's local shipbuilders, who produce the world's finest nuclear submarines right here at home in Rhode Island's Second District. I have sought to procure the finest, cutting-edge technologies for our Soldiers, Sailors, Airmen, Guardians, and Marines, so that our women and men in uniform never enter a fair fight.

I also worked to fulfill our promises to our warfighters once they returned home, protecting the ben-

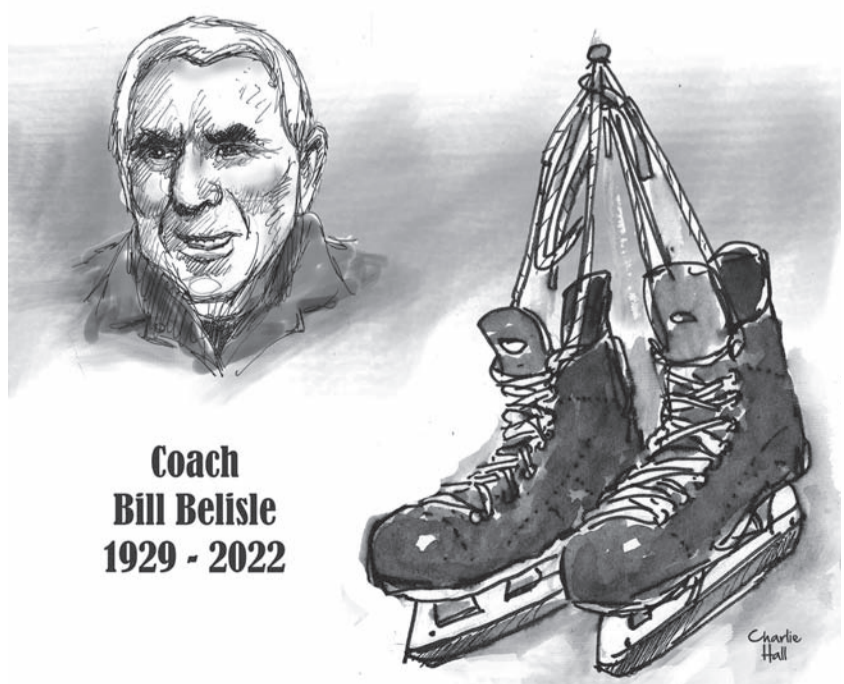
efits they've earned and investing in mental health care, improving the VA system, and ending veteran homelessness once and for all. I always worked to serve them as well as they served us.

And when the COVID-19 pandemic struck, I helped secure billions of dollars in relief for Rhode Island, to keep our people healthy, our small businesses afloat, and our schools open. I am eternally grateful for our frontline healthcare workers and emergency personnel who have sacrificed so much throughout this crisis.

Looking back, I'll always be most proud of my vote for President Obama's Affordable Care Act, which lowered health care costs for everyone and secured coverage for millions of uninsured Americans. It is the most significant piece of legislation I ever supported. And I'll always cherish the moment that I became the first Congressman in a wheelchair to preside over the House of Representatives as Speaker Pro Tempore, as we marked the 20th anniversary of the Americans with Disabilities Act.

I have not come to this decision lightly, but it is time for me to chart a new course, which will allow me to stay closer to home and spend more time with my family and friends. And while I don't know what's next for me just yet, whatever I do will always be in service of Rhode Island. I want to thank my colleagues in the congressional delegation, Jack, Sheldon, and David, for their enduring friendship and support. I could not have asked for better colleagues to work with on behalf of our great state. I also want to thank the dozens of dedicated staff members who have served in my office, as well as my friends and my entire family, especially my mom, brothers, and sister for standing by my side every step of this journey.

I am so grateful to each of you. But most of all, I want to thank the people of Rhode Island, for putting their faith and trust in me to be your voice all these years. I will cherish the time I was blessed to serve you. Thank you, Rhode Island.



**Coach
Bill Belisle
1929 - 2022**

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Veteran Gloucester officer on unpaid suspension following Johnston arrest

By RORY SCHULER

A veteran Gloucester police officer remains suspended without pay following his December arrest in Johnston.

Around 11:30 p.m., Dec. 6, Johnston Police officers responded to a single family residence for a report of an altercation between a male and a female, according to Johnston Police Chief Joseph P. Razza.

"Upon their initial investigation and interviewing the victim, the suspect was identified as David Hebert," Razza wrote in an emailed response.

Hebert, 54, of Dayville, Connecticut, has been a patrolman in Gloucester for 22 years, according to Gloucester Police Chief Joseph DelPrete.

Hebert will remain suspended without pay, "pending the adjudication of the criminal charges by Johnston Police and any department issues that may come about resulting from his behavior in Johnston," DelPrete said Tuesday.

According to Johnston Police, the victim in the case told responding officers that Hebert illegally entered a garage that is attached to the residence and as a result, an argument ensued.

"During the argument, the suspect vandalized property belonging to the victim and the victim also indicated that they were assaulted," Razza said. "As a result of the on-scene investigation, it was also determined that an additional individual was assaulted and based on probable cause, the suspect was arrested and charged."

Hebert faces multiple criminal offenses, including a felony charge of Domestic Breaking and Entering without Consent, and misdemeanor charges of Domestic Simple Assault & Battery, Domestic Disorderly Conduct, Domestic Vandalism/Malicious Injury to Property and Simple Assault or Battery.

Hebert was arraigned Dec. 7 at Third District Court and released on \$5,000 with personal recognizance and a No Contact Order was issued. His next court date is Feb. 28 at Third District Court.

"I'm not releasing the report at this time as the matter has not been adjudicated," Razza said.

Johnston Police arrest B&E suspect

By RORY SCHULER

Johnston Police have made an arrest after seeking the public's assistance in identifying and locating a suspect involved in a breaking and entering case.

On Jan. 6, Johnston Police Officers responded to a Plainfield Pike residence and met with a homeowner who reported that they had just returned home to find a man inside the residence damaging the property, according to police.

The man was described as a white male wearing black jogging pants, a blue hooded sweatshirt, a gold necklace and sneakers, police said.

"Once confronted, the suspect immediately fled the scene," police said.

Johnston Police Chief Joseph P. Razza said an arrest has been made in the case.

Donald Iasimone, 36, of 1164 Plainfield St., Johnston, has been taken into custody and faces a felony charge of Breaking & Entering Dwelling House without Consent, and Vandalism, a misdemeanor.

Iasimone was arraigned on \$5,000 with surety and is being held as a Superior Court Violator, Razza said. His next court date is April 11.

CHRISTOPHER COLUMBUS AND THE KNIGHTS OF COLUMBUS

It is somewhat true that in 1492 Columbus did discover America. He came to America with three ships, the Nina, the Pinta and The Santa Maria. He was a Christian, Catholic Man, who had a crew of questionable characters. Did you know that Queen Isabella of Spain released prisoners from jail to serve on these ships?

They were not to his liking, but he had no choice. When he came to America, he became friendly with the Native Americans, but he also brought them diseases from Europe. There were many confrontations between the Natives and his men. Raping women, and other unsettling behavior. Columbus could not control his men, when he left the Island, he returned to Europe with only two ships, one was destroyed in the storm. As a result, he left thirty-eight men behind. When he returned on a second trip, he found all his thirty-eight men had been killed. He did his best to calm the natives, he left a second time returning to Europe all the while, clinging to his Catholic Faith. He was imprisoned in Spain, for the ruthless behavior of his men. Being a man of great faith, he was able to keep his faith while in prison and once released made a third trip to America. Many terrible things happened on these trips, yet he continued to hold true to his religious beliefs.

The main reason for Spain funding these trips was to get gold from the different Natives and Islands, but for Columbus it was to explore the vast new world.

In the late 1800s the Knights of Columbus was established, named after Christopher Columbus. This is the largest Catholic organization in the World. "For more than 130 years, the Knights of Columbus has been protecting the financial future of Catholic families and providing charity to those on the margins of society," said Knights of Columbus CEO Carl Anderson.

"That founding principle of helping those in need is at work in every aspect of our business, guiding our corporate governance, our professional agency force, our investments, and our day-to-day business operations. It is this continued commitment to our foundational, Catholic principles that is the key to our ethical, sustainable and successful business model."

The Knights of Columbus' principles of Charity, Unity, Fraternity and Patriotism serve as the basis of the Order's core values which are Integrity, Professionalism, Excellence, and Respect. Internally, the Order abides by a Code of Ethics and Conduct that demonstrates how the core values guide employees and contractors in difficult situations.

The Knights of Columbus is honored to have picked Christopher Columbus as the Man to whom they look to for inspiration for their own faith in God.

We appreciate the support of the following organizations:

- The Italo American Club of Rhode Island
- St. Bernado Society
- Sons of Italy
- Young Pannesse Society
- Rosario Society
- Prata Society
- Italalian War Veteran
- Piava Lodge #364 Sons of Italy

Peter Lombardi, Jr
Past President of The Italo American Club
4th Degree Knights of Columbus
Presently Chairman of The Renovation of The Italo American Club

ANSWER TO THIS WEEK'S PUZZLE:

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Columbus Day
Parade
Washington, DC
October 12, 2021
Hosted By

The Knights
of
Columbus



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**Johnston
Sun Rise**

Sun Rise Scoops

By Meri R. Kennedy

Theatre by the Sea announced local auditions

Theatre By The Sea announces Non-Equity Adult Auditions for its 2022 Summer Season. Seeking strong non-union singers, dancers, actors, and actor/musicians. We are especially seeking mature character actors for featured roles throughout the season. Performers must be available for all rehearsal and performance dates. Local talent is strongly encouraged to audition for the following productions: Million Dollar Quartet to be presented from May 25 – June 18; Footloose to be presented from June 22 – July 16; Cinderella to be presented from July 20 – Aug. 13; Kinky Boots to be presented from Aug. 17 – Sept. 11.

Auditions will be held on Saturday, Jan. 29 and Sunday, Jan. 30, at URI – Fine Arts Building, 105 Upper College Rd, Kingston, RI 02881. Parking and entrance behind building.

Beginning this week, auditions are by appointment only. Space is limited. Those who audition may only attend one audition session.

Proof of Covid Vaccination and a valid ID are required and temperatures will be taken prior to admittance.

Auditionees should bring a current headshot and resume stapled together back-to-back. An accompanist will be provided but will not transpose – a cappella is not encouraged. Actor/Musicians interested in Million Dollar Quartet, should sign-up for a non-dancing appointment and prepare a brief demonstration in the style of the role you are seeking. These auditions are for adults only (18 years and older).

They are operating at a very strict, limited capacity. Those auditioning may not enter the building until 15 minutes prior to their scheduled session. Masks will be required at all times, unless instructed to remove it during your audition. Once your audition is complete, you will be asked to leave the building immediately.

Additional information and character breakdowns are available at www.TheatreByTheSea.com. Please email casting, tbts@gmail.com with any questions.

Theatre By The Sea is an equal opportunity employer that is committed to equity, diversity, and inclusion in the workplace. Performers of all ethnicities and backgrounds are strongly encouraged to attend this audition.

Johnston Senior Center services

If you need any help with heating, housing, etc., during this cold winter or humidity or any other time, contact the Johnston Senior Center Social Services Department by calling 944-3343. Madeline or Amy will be happy to help you.

Johnston Senior Center has plenty of activities coming up

Johnston Senior Center Updates. Activities and classes are being held daily. On Mondays, Walk away the pounds, Aerobics & Boot Camp, Arts & Crafts and Hi Lo Jack. Tuesday, Wednesday, Thursday and Fridays will be Walk Away the Pounds and on Wednesdays they offer Quilting, Zumba and Fit and Strong as well as Poker and Hi Lo Jack. Thursdays there will be Mar Jong, Boot Camp and Yoga and on Fridays Line Dancing and Chair Yoga.

Paint & Wine Night with Lorraine will take place on Jan. 26 at 6 p.m. The cost is \$20 per person.

Space is limited so call the center to register for this event. 401-944-3343. A Valentine Party and Luncheon will be on Feb. 14.

Reminder from Parks & Rec

Just a reminder of some of the rules and regulations at Johnston Memorial Park. There are no dogs allowed in the park or walking tracks. Dogs are allowed in the nature trail across the street from our parking lot; No smoking or tobacco use, No bikes, scooters, skateboard, etc. are allowed on the walking track that surrounds the pond. They may be used on the center path of the park, Please do not feed the ducks, birds, or any wildlife,

Please keep the park clean by using the available trash barrels, Absolutely no alcoholic beverages on town property. No vehicles allowed in the park; No swimming or boating in the pond; No open flames or charcoal grills. Gas grills are permitted; Fireplace use is prohibited, For your safety, please do not climb trees or fences; The park closes at 10 p.m. Recreation Department organized activities may continue; No overnight parking; No foul language or loud music; Field use is by permit only

Also, please be mindful of parking. Please display a handicap placard if you park in a handicap space. The area behind the office is reserved for employees. If you have any questions, please call 401-272-3460.

The restrooms at Johnston Memorial Park are now closed for the Winter will reopen in the Spring.

Newest Donation Center for Big Brothers Big Sisters

Big Brothers Big Sisters of Rhode Island (BBBSRI) opened a new Donation Drop-Off Center at 993 Oaklawn Ave. on Dec. 1. BBBSRI's main headquarters has been located on Pontiac Ave. for 12 years. With its headquarters moved to Providence this November, BBBSRI had to find a new location for its Cranston Drop Off Center.

Residents are encouraged to drop off bagged clothing and textiles at the new location, 993 Oaklawn Avenue (next to Gasbarro's Liquor Store plaza) Monday – Saturday, 9 a.m. – 5 p.m. The location is staffed with an attendant during these hours. During off-hours, residents can conveniently drop bagged items into one of BBBSRI's green donation bins located in the parking lot.

BBBSRI makes donating easy. In addition to our Donation Center, residents can also schedule a free curbside pick-up at their home or drop their bagged cloth in bins throughout the state. Visit BigBrothersBigSisters.org / DonateRI.org to schedule your pick-up online or find your nearest bin.

Big Brothers Big Sisters of Rhode Island creates and supports one-to-one mentoring relationships that ignite the power and promise of youth. If you are interested in mentoring a child, donating to support our program, hosting a clothing drive, hosting a clothing fundraiser for your school or group, or more, visit www.BigBrothersBigSisters.org, call (401) 921-2434, or email events@BigBrothersBigSisters.org.

Tour the Johnston Historical Society

Just a reminder that Tuesdays, 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 231-3380 or at johnstonhistorical1825@gmail.com, www.johnstonhistorical.org or www.facebook.com/johnstonhistorical.

Mindfulness Meditation

Mindfulness Meditation will be held at the Warwick Center for the Arts, 3259 Post Rd. 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: www.warwickcfa.org or 401-737-0010.

Friends of the Mohr Public Library

Friends of the Mohr Public Library is a 501(c)3 non-profit corporation dedicated to Mohr Library.

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

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

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

News from the Mohr Memorial Library

Mohr Library is currently accessible to the public during reduced hours but continues to offer curbside pickup and other services during its regular schedule. Services include curbside delivery; reference help by phone, email or in person; recommendation lists and one-on-one help to explore interests in reading, viewing and listening; printing from home or your device; use of computers and copier; and a free notary public, evenings and Saturdays by appointment.

Johnston Community Library Book Club

Children ages 8 to 10 can meet online, by invitation, Thursdays at 3 p.m. to hear readings and discuss books with library trustee and volunteer Denese Carpenter.

Interested in other time or want to suggest a book for discussion? Let them know.

Parents can learn more about sign-up procedures by contacting Library Director Jon Anderson. Email info@mohrlibrary.org or call 401-231-4980, ext. 7.

Did you know?

King Numa Pompilius, the second king of Rome, is responsible for adding both January and February to the Roman calendar. He did this so the calendar would be equivalent to a lunar year. Even so, it only had 30 days.

Finally, Julius Caesar added the 31st day to the month and completed it to the full month of January we practice now! (Source: January Fun Facts)

Contact Meri at 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

TOWN OF JOHNSTON ZONING BOARD OF REVIEW MEETING AGENDA

Thursday, January 27th, 2022 at 6:30PM

Johnston Senior Center
1291 Hartford Ave.
Johnston, RI 02919

Because of COVID-19 and the current executive order, the Zoning Board will adhere to the following procedures:

- The applicant must advise the Zoning Office 24 hours in advance of all individuals attending on the applicant's behalf. The attendee's name and phone number will be required.
- All applications are scheduled for a specific time. All parties are advised that the hearing for a specific case may start later than advertised but in no situation will the application be heard prior to the time posted. If you arrive prior to the case being called, you must wait in your car or outside the senior center and remain socially distant.

- No one will be admitted to the Senior Center until the specific case, for which they are attending the meeting, is called.

- All individuals, upon entering the senior center must register, giving name, address and phone number. Staff will screen all who enter the meeting.

- A face mask must be worn at all times. When a person is recognized to speak, the individual, upon arriving at the podium, may remove the mask to speak to the board. The mask must be put back on before walking away from the podium.

- All individuals must maintain the minimum of six (6) foot social distancing.

- No furniture may be moved by an attendee.

Additionally, the general public may be permitted subject to conditions listed above and subject to maximum allowable space per Executive Order 20-58. Updated: EXECUTIVE ORDER 22-01. Anyone may participate in the meeting electronically as follows:

Via Computer: <https://us02web.zoom.us/j/89225681046?pwd=S3gxRENQSnZYNDRlNWoybDR3dGp6dz09>

Via Telephone: Or One tap mobile :
US: +13017158592, 8922568104 6#,,, *829613# or +13126266799, 89225681046#,,, *829613#
Or Telephone: Dial(for higher quality, dial a number based on your current location):

US: +1 301 715 8592 or +1 312 626 6799 or +1 646 558 8656 or +1 253 215 8782

Meeting ID: 892 2568 1046
Passcode: 829613

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

New Business
File 2022-1 – Petition of Melissa Korsak, Applicant for Forest Hill Drive, AP 39 Lot 256, zoned R-15. The petitioner is seeking a Dimensional Variance for a Proposed Single-Family Dwelling.

File 2022-2 – Petition of Johnston Asphalt LLC, Applicant for 100 Allendale Avenue, AP 36 Lot 77, zoned Industrial. The petitioner is seeking a Special Use Permit Section 340-75 for Installation of Two Hot Mix Asphalt Storage Silos.

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 Zoning Board Agenda and Minutes are available for review at ClerkBase on the Town's web page or Monday through Friday between 8:00 a.m. and 3:00 p.m. at the Building Office, 100 Irons Avenue, Johnston.

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

NOTE: New items that have not been called for a hearing by 10:30 p.m. may be rescheduled for a subsequent or a special meeting at the discretion of the Board.

1/13, 1/20, 1/27/22

Obituaries

In your time of need, the *Johnston SunRise* will print your loved one's full obituary for a small charge. The paper also places the obituary on our website, johnstonsunrise.net.

Should you desire our services, kindly inform your funeral director, or call Amanda Nardolillo at (401) 732-3100 or email AmandaN@rhodybeat.com for additional information. Obituary prices start at \$60. You may include the obituary in any of our other newspapers for half price.

-Thank you



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PROUD PROPRIETORS: Daniel DiRocco and his wife Dr. Jessica DiRocco are joined by Johnston Mayor Joseph Polisena during the official grand opening of Strawberry Fields Learning Academy at 700 Greenville Avenue in Johnston.

Strawberry

(Continued from page 3)

Although they weren't part of the speaking program, Gregory and Janice Mangiante — DiRocco's grandparents — were perhaps the proudest and most smiling people at the Grand Opening that included a post-ribbon cutting collation catered by famed Pranzi Catering of Cranston.

Meanwhile, as Mayor Polisena has said time and again during his storied tenure offered during a speech that included words of praise for the DiRoccos while thanking "Jessica and Daniel for choosing to build and open this beautiful business in Johnston" and also emphasizing "as I have said on many occasions, it is the small businesses that drive a town's economic engine."

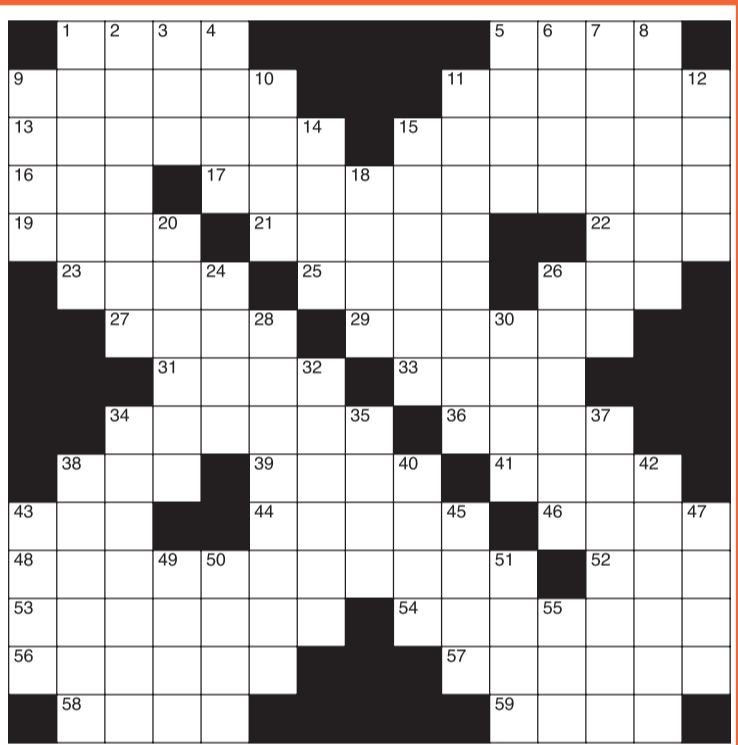
The Mayor, who noted he was at the Johnston Town Council meeting when the couples' license was unanimously approved, then turned back the hand of time to 1966 and asked the audience how many people remember The Beatles.

"As John Lennon and Paul McCartney sang in one of their famous recordings that is certainly appropriate here today; Strawberry Fields Forever," said Polisena with a sincere smile on his face and musing prior to presenting Dr. DiRocco a special proclamation noting "the gold seal on this citation is not real gold."

Polisena then read the Official Commendation that read, in part: "Be it hereby known to all that the Mayor's office and Citizens of Johnston hereby offer sincere congratulations to Strawberry Fields Early Academy upon the Grand Opening and I would like to express the hope for success and best wishes now and in years to come."

Daniel DiRocco then handed the Mayor and his wife an oversize pair of scissors to cut a long, red ribbon thus making it official that — as several supporters suggested while recanting a little history about the one-time home/medical office: "Once again there's a doctor (Jessica DiRocco, DNP, APRN, FWP-BC) in the house here at 700 Greenville Ave. in Johnston!"

CROSSWORD PUZZLE CORNER



CLUES ACROSS

- 1. Breathe noisily
- 5. ___ Nui, Easter Island
- 9. Reddish browns
- 11. Simple shoes
- 13. Produce alcohol illegally
- 15. Home to famed golf tournament
- 16. Tax collector
- 17. Famous people
- 19. Urban area
- 21. Units of syllable weight
- 22. Pituitary hormone (abbr.)
- 23. Dismounted
- 25. Actor Damon
- 26. Vietnamese offensive
- 27. Retail term
- 29. Netted
- 31. Partner to carrots
- 33. Witnesses
- 34. Caulked
- 36. Satisfy
- 38. R&B performer ___ Lo
- 39. Monetary units of Macao
- 41. Give advice, explain

- 43. Possesses
- 44. Turn back
- 46. Gentlemen
- 48. One who fertilizes
- 52. Italian monk title (prefix)
- 53. Parties
- 54. Type of horse
- 56. Cuts in half
- 57. Raises
- 58. Expresses contempt or disgust
- 59. Ancient Italian-Greek colony

CLUES DOWN

- 1. Illinois city
- 2. One of the original disciples chosen by Christ
- 3. Young form of a louse
- 4. Type of powder
- 5. Finger millet
- 6. Share a common boundary
- 7. Assumed as a fact
- 8. Provide clear evidence of
- 9. Invests in little enterprises
- 10. A way to be

- 11. Monies given in support
- 12. Fashion accessory
- 14. Steal
- 15. Becomes less intense
- 18. Geological times
- 20. Hooray!
- 24. Monetary unit
- 26. Male reproductive organs
- 28. Earnings
- 30. Close by
- 32. Small integers
- 34. Fixed in place
- 35. Used to treat Parkinson's disease
- 37. Large, imposing building
- 38. A rooflike shelter
- 40. Stiff, hairlike structure
- 42. Print errors
- 43. To show disapproval
- 45. Body of traditions
- 47. Without
- 49. ___ Clapton, musician
- 50. Dangerous illegal drug
- 51. Infrequent
- 55. Sound unit

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HURRY!
THIS SIGN-ON BONUS ENDS
MARCH 1, 2022



SPECIAL STONEMAN: Even the sign located on the front lawn of Strawberry Fields Early Learning Academy at 700 Greenville Avenue in Johnston was specially built for Johnston's newest business that features seven uniquely named classrooms for children age six weeks to five years. (Sun Rise photos by Pete Fontaine)



TEST OF PATIENCE: Jessica Gormley, Practice Manager for Tri-County Community Action Agency, helped test for COVID-19 from the free testing trailer stationed in the Johnston High Parking lot. (Sun Rise photos by Rory Schuler)

■ Tests

(Continued from page 1)

More testing options have finally become available across Rhode Island. State testing sites have been packed — appointments booked days in advance. Results have been slow to return.

However, it appears, the logjam has started to break.

The COVID-19 pandemic slowly crept over the Ocean State in its first 18 months; intense occasional waves of sickness lapping at our shores. Then the virus changed, and over the last two months infection rates have spiked drastically. The occasional deadly bursts of virulent sea spray have been replaced by a giant thin tidal wave of Omicron — more easily transmissible, widespread, but less lethal.

Johnston Mayor Joseph M. Polisena and city officials planned to visit senior residences and assisted living facilities to hand out hundreds of rapid tests on Wednesday.

Then at 10 a.m. on Saturday, Jan. 22, Polisena and Rhode Island Gov. Dan McKee will be handing out more than 9,000 tests at the Johnston Police Department.

“The event will be for Johnston residents only,” Polisena said Tuesday afternoon. “Cars can just drive through. They will line up in the high school parking lot; pull onto Cherry Hill, enter the Police parking lot on Cherry Hill and exit on Atwood.”

The virus has hit Johnston hard. The Rhode Island Department of Health ranks the town third on a list of the state’s towns and cities with the highest rates of

infection, death and hospitalization.

Recognizing the desperate need for tests in town, Polisena said he first wanted to target Johnston’s senior population.

On Wednesday, between 11 a.m. and 4 p.m., he and members of Johnston Town Council planned to visit and distribute at-home COVID-19 testing kits at Amie J. Forand Housing, Cherry Hill Apartments, Claiborne Pell Manor, Allegria Court, Simmons Village Apartments and Cedar Spring Terrace.

Polisena planned to hand out nearly 900 tests on Tuesday.

“A lot of the seniors have preexisting conditions and a lot of them have no transportation,” Polisena said. “We’ll probably hand out about 850-900 tomorrow; that will fluctuate. I think it’s important for people to test themselves; especially for seniors. People want to know if they’re positive or not; so they can self-isolate and self-quarantine. This is such an insidious disease, this Omicron.”

In the meantime, the Tri-County Community Action Agency will staff the testing trailer in the high school parking lot, Monday through Friday, 9-11 a.m. and 2-4 p.m.

Those who would like an appointment at the free test trailer need to call 401-519-1940.

Meleo said he called Tuesday morning and booked an appointment at the trailer when it opened for its afternoon shift the same day.

“I called Tri-County and they took care of me,” Meleo said.

Tri-County is offering PCR (polymerase chain reaction) testing at the trailer. Polisena said the town has “worked out an agreement” with the organization to offer free testing all week long.



TEST TRAILER: The Tri-County Community Action Agency will operate the testing trailer in the high school parking lot, Monday through Friday, 9-11 a.m. and 2-4 p.m.

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Attention Rhode Island Licensed Electricians

You owe it to yourself to not let another year pass by without speaking with IBEW Local 99 about your future

IBEW Local 99 had labored hard for over 100 years to provide every opportunity for all RI Licensed Electricians and RI Indentured Apprentices that are available to you, regardless of affiliation. At IBEW Local 99, we will continue to promote safe projects and industry growth that will keep that momentum going for all who work in the trade for many decades to come.

It is time for you to **guarantee** yourself and your family:

Prevailing wage on **every** project you work on

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No deduction from your paycheck for your amazing retirement annuity

No deduction from your paycheck for all the cutting edge education you wish

Membership in an organization to **advocate** for you on every level

If your boss has told you joining the Union is a bad idea for you...

no worries, just insist they compensate you with the wages and benefits you are clearly worth, or come talk to Local 99 when you have decided to live better.

It is your choice to join with us or not, but the conversation will benefit you greatly

myfuture@ibew99.org

401-946-9900

Doctors recommend monoclonal antibody treatment (MABS) for COVID-19.

Many people start feeling better the next day.

Monoclonal antibodies are proteins that fight viruses, such as the virus that causes COVID-19. The treatment is fast, easy, and highly effective. It helps keep you from getting sicker and being hospitalized.

The earlier you start treatment after your symptoms begin the more effective it is, so get tested as soon as you have COVID-19 symptoms.

IF YOU TEST POSITIVE, ASK YOUR DOCTOR IF MABS IS RIGHT FOR YOU.

Visit covid.ri.gov/treatment to learn more.



ANIMAL TALK

By Karen Kalunian
Local Adoptable Loveable



Photo credit: Savannah Joseph

Joey

Spunky, smart, playful, fun and adorable! Those are just a few of the words that describe Joey! He is a three year old Terrier mix who always has a smile on his face and is ready for life's adventures. Joey is looking for a home that is active and would love a fenced in yard where he can run and play. He is available for adoption at Hotel for Homeless Dogs located at 44 Martin Street Cumberland, RI. They are currently showing pets by appointment only so please contact them via their website www.newenglandhumanesociety.com or email them at contact@newenglandhumanesociety.com Joey can't wait to meet you and steal your heart!

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



WOOF you be my VALENTINE minis!

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ANIMAL TALK JOIN OUR PAGE



SUPER SPECIAL SERVERS: Dr. Bernard DiLullo, Superintendent of Schools in Johnston, was on hand to show support for last Friday's JHS Music Department Crazy Hat Day that featured coffee, juice and pastry items served by students Maya Ferreira, Mackenzie Hanna, Destinee Costa and Trinity Biondi.

Crazy Hat Day kicks off JHS scholarship clothing drive

By PETE FONTAINE

WANTED: Gently-used men's, women's and children's clothing. All donations will be graciously accepted and will benefit the Rachel E. Carson Memorial Scholarship that's presented annually to a student at Johnston High School.

If either JHS Music Department Chairman Ron Lamoureux or Choir-Chorus Conductor Matt Gingras were to place an advertisement, it most likely would have read something like the lines above to help fund the prestigious scholarship that is supported by the Music Department's unique Savers FunDrive.

"A good deal of what we do at this time of year is in Rachel's memory," Lamoureux said of the once highly-popular and late JHS music student who passed away on January 14, 2019, after being stricken with leukemia. "This is Rachel's fourth anniversary and we want it to be a record-breaking FunDrive."

That's why the JHS Music Department is again holding the Savers FunDrive that last year brought in 4,037 pounds of gently used clothing and the tidy sum of \$1,084.25 for the scholarship.

Although the drive has been going for a while, the Lamoureux-Gingras tandem — as well as adult volunteers who make-up the Johnston Schools Music Association — are making a last-minute push in hopes of surpassing this year's goal of collecting 5,000 pounds of clothing.

"Savers is paying just a bit less than (last) year," Lamoureux explained while noting "the drive will end next Wednesday (Jan. 23) and we'll deliver the clothing to Savers in Warwick the next day, so we really want to hit the 5,000 pounds goal in order to match the earnings from last January. We have about one ton right now but are going to need a good push in the next couple of weeks to his the goal."

Anyone who would like to make a clothing donation should call Lamoureux at 401-233-1920 Ext. 2102 for a pick-up. People are also used to drop items off at Johnston High School during school hours.

Last Friday, the Music Department celebrated its annual Crazy Hat Day which brought in an almost equal distribution of donations from the JHS faculty, staff and student body that Lamoureux said "is a bit more than we did for our kick-off day last year and we're encouraged that we can end up with more in the scholarship fund that we collected last year. We'll keep collecting money for the scholarship until our annual luncheon on Feb. 13."

He also announced that the JHS Music Department Calendar Sale which was originally scheduled to be held in February has been moved to March in support of the PTSO (Parent-Teacher-Student Organization) that will conduct its annual Calendar Raffle next month.

BOUNTIFUL BAGS: JHS music students Kasem Sasa and Mohamed Abaherah, wearing their Crazy Hats, are standing behind one of the many bags filled with gently used clothing that will generate money for the Rachel E. Carson Memorial Scholarships Fund. (Photos submitted by the JHS Music Department)



■ Dacey
(Continued from page 1)

simultaneously weakens Lifespan. The combination of the two systems would give control over almost 80% of hospital capacity and the majority of the state's physicians to a single organization. The FTC uses a point system based on market share to determine if a merger would be anticompetitive and illegal. Generally, they oppose any merger with a value over 2,500 or an increase of 200 points. The result for Lifespan/CNE is a value of 6,300 and an increase of 2,800 points! The combination would clearly be a monopoly. Presently, both systems compete in numerous areas of medicine and surgery and this competition makes both organizations better. It drives improved patient access, better service and raises the overall quality of care. Even Pittsburgh, whose medical system is often held up as the model for Rhode Island by merger supporters, has two strong vigorously competing health systems. The proposal would have numerous destructive economic effects: The only way to make the combined system even remotely viable is to severely consolidate services, mostly into Providence. This would hit Kent Hospital especially hard, and I strongly believe that Kent would see a brutal reduction in both its workforce and in the types of programs that many have worked so hard to grow over the years. Inpatient capacity at Kent would fall, critical services such as emergency cardiac care would be scaled down dramatically and hundreds of jobs would be lost from Kent alone. This

would severely damage the Warwick, West Warwick, Cranston and North Kingstown economies and no "guarantees" from health system executives to the contrary would dissuade me of this view. There are just too many ways around those types of promises. Damaged also would be access to care by the underserved populations of Woonsocket served by Landmark Medical Center and large underserved sections of Providence served by Roger Williams and Fatima hospitals. But the worst thing of all: It will fail in the end. Lifespan does not have the financial resources to see to its own needs and the capital requirements of CNE. Years of losses have prevented CNE from making needed investments in medical technology and the basic buildings, plant and other equipment so vital to good patient care. Most health systems aim to invest at least as much each year as is depreciated on their financial statements. Last year, CNE invested only 72% of this amount. This underinvestment in the physical structure and technology of the hospitals is a multiyear story, resulting in the age of CNE facilities approaching twice the national average. Just before I left CNE four years ago, we estimated that the system would fall almost half a billion dollars short of what it required for such investments over the coming decade. I've looked carefully at Lifespan's recent financial statements, and they don't come close to being able to meet that type of need. Nor will the debt markets be able to help. CNE's credit rating is very deep into junk bond territory and Lifespan is barely investment grade. The combination will be too weak, even with many layoffs, cost

reductions and consolidations, to be able to borrow what is needed. This is especially true with interest rates rising and inflation raging. The combination of Lifespan/CNE will fail to rescue CNE and severely weaken Lifespan. So, what then is the solution? One approach that has been suggested is that if the FTC denies the merger application, the state use its regulatory authority to effectively take over governance of a combined system and guarantee that it would not act in an anticompetitive manner. No one knowledgeable about healthcare seriously believes that Rhode Island government would be successful in this effort. A much better course would be to divide CNE. Place Women & Infants and Butler with Lifespan in order to facilitate formation of a larger academic medical complex. Separate Kent, those parts of the CNE medical group not tied to Women & Infants or Butler and most of the other parts of the system into a separate entity. Even after all the debts and assets have been settled, the Kent component would still be a very desirable acquisition and many health systems on the east coast would be eager to acquire and invest in it. This would preserve competition, create a unified academic medical center in Providence and allow health care in the state to succeed as the pandemic wanes without the loss of possibly thousands of jobs. In the end, whatever is done should strengthen the states' healthcare institutions and improve the care of our family members. A Lifespan/CNE merger would do just the opposite.

■ Fanale
(Continued from page 1)

in Connecticut and Massachusetts whose sizes range from \$9 billion to \$16 billion. Rhode Island deserves better than a disjointed system that cannot serve as an economic engine in its current arrangement. A few notes on why this proposed merger is so incredibly good for The State of Rhode Island:

- It creates the first integrated academic system in RI and allows these two systems, who frequently share patients as services are largely complementary, to have an integrated health record, which alone will reduce duplication of services, resources, time and costs.
- The Office of the Health Insurance Commissioner (OHIC) currently limits hospital rates so the merged entity does not have the capacity to increase costs above the OHIC cap. Other states do not have an OHIC, and in a publication released last year in Health Affairs, it was demonstrated that OHIC rate caps have worked to limit the rise in costs. This is a key reason why

this merger would be vastly different than others, as others have this concern about cost that is uniquely disallowed here.

- The merged entity makes substantial and significant pledges to improve quality, equity and access. These pledges are specific, with measurable outcomes that can be tracked and enforced.
- A recent report commissioned by Brown University demonstrates the extraordinary economic development that such an IAHS will produce, similar to what has been seen in other cities such as Pittsburgh, Boston and Worcester.
- There are currently over 3,000 job openings between Care New England and Lifespan. To say that there will be a reduction in work force of 1,000 is not a factual statement whatsoever.
- The COVID-19 pandemic has strained health care as we know it in the region. Bringing these two organizations together will ensure that they work together to be able to effectively shoulder the burden of the next catastrophic event or pandemic.
- The merger also brings financial

resilience to both organizations allowing them to succeed in their core missions to serve our community. There is a lot of debate about the pros and cons of the proposed merger. I encourage everyone to think critically about who they listen to when gathering facts in order to formulate their own opinion. Current healthcare, finance and quality experts, who are living day in and out in these systems, are telling the truth. There is a website where dozens of experts currently working in these disjointed systems have created briefs on how this would affect their work: www.HealthierRI.com.

Folks who are not involved in the current backend, or maybe think that past experience or experience in another state might deem them qualified to opine, can seem irresponsible in their statements to those of us who have been working for years to strategize the best health care and economic solution for Rhode Islanders. We strongly feel that approving the merger will clearly improve the quality, service and access to health care and economic success of the Ocean State.



HEALTHY MERGER?
Care New England operates Kent Hospital, at right, the state's second largest hospital in addition to Women and Infants and Butler hospitals. (Beacon FILE PHOTO)

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With Doreen Collins and Charlie Hall

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By JENNIFER COATES

A cold arctic blast swept through New England last week to remind us that winter is here and that we have entered a new year with a real punch! As put 2021 behind us and begin a new, more hopeful season, it is time to start over again! There are resolutions to set, long-postponed special events to plan, and new marketing goals to establish for 2022. Now is the time to get the word out about your business with increased resolve and with attention to what will stay in the minds of potential customers.

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Sports



ATTACK THE RIM: Johnston's Kevin Veader last week. (Photos by Ryan D. Murray)

We will never see another Bill Belisle

The Rhode Island hockey community recently lost perhaps its most notable member, as former Mount St. Charles coach Bill Belisle passed away at the age of 92 last week.

Belisle coached the Mounties for four decades and guided them to an astonishing 32 state championships in that period. He would finish his career with over 1,000 wins and become the winningest high school hockey coach in the country.

From there, he would be inducted into a handful of halls of fame, with the biggest being the US Hockey Hall of Fame.

I am not a native Rhode Islander and Mount is not in the Beacon Communications coverage area, so my exposure to the Belisle family has been minimal. As an outsider looking in and someone who is a sucker for sports history, my mind was blown when going through his resume and accolades throughout the course of the past week.

Prior to his passing, I was well aware of his presence in the local hockey community. I knew of all the state titles, I knew that his name stretched beyond the borders of Rhode Island.

However, when reading the fine print, I was amazed.

In terms of on the ice accomplishments, how one

My pitch



by
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team could win 26 consecutive state championships is beyond me. Especially in hockey in Rhode Island. The Ocean State has some of the country's best teams and always has. Between Mount, La Salle, Hendricken, Burrillville, some of the older Cranston powerhouses, Mount went head to head with some fantastic clubs and had unprecedented success.

Belisle also had the team remain elite across four decades. Although the championship streak was snapped, the team never truly fell off and is still enjoying success in this next generation, much because of the bar that he set. The longevity, the consistency, the caliber of performance, incredible.

Then we get into the off the ice stuff. When speaking to some of our locals that knew him and the program, the one thing that was consistent was the

■ PITCH - PAGE 14

Visiting West tops Panthers

By RYAN D. MURRAY

The Panthers fell to the Cranston West Falcons 60-53 on Friday night during a Boys Division II Basketball showdown in a packed John-

ston High School gymnasium.

Marcus Chung, a junior, led the Falcons with 17 points while Joe Domenico, a senior finished with 15, and Hudson Carvalho, a junior, 10.

Anthony Corsinetti, a junior, led the Panthers with 16 points while Hunter Remington, a senior, and Derek Salvatore, a junior, chipped in 13 points apiece.

■ PANTHERS - PAGE 15

'A legend'

Local hockey coaches remember Bill Belisle

By ALEX SPONSELLER

The Rhode Island hockey scene lost a giant last week, when former Mount St. Charles coach Bill Belisle passed away at 92 years old.

Belisle coached the Mounties for over four decades and collected 32 state championships in that span. The Mounties won 26 consecutive titles in the middle of the run.

More than 20 of his players would go on to the NHL, including first overall picks Brett Berard and Brian Lawton. Belisle would be inducted into numerous halls of fame including the US Hockey Hall of Fame, most notably.

"Let's face it, he's a legend in Rhode Island high school hockey. Win or lose he was always graceful and always gave compliments to the other coaches and players. He would always say, 'The kids worked hard, worked well.' He just loved being around the sport. He meant a lot to Rhode Island hockey," said Warwick coach Mike Boyajian.

"The impact that Coach had was second to none. Rhode Island always had a rich history of hockey, but the mystique of Mount hockey elevated the state even more. What they were able to do for 26 straight years was impressive, they were getting every team's best game every time someone stepped into their building.

To keep those kids focused every day to motivate and

■ BELISLE - PAGE 14



DYNAMIC DUO: Coaches Dave (left) and Bill Belisle receiving a plaque from the RIHL. (Submitted photo)



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RIC stays unbeaten

Junior guard Antonia Corsinetti (Johnston, R.I.) registered 16 points as Rhode Island College won its seventh straight game in a 72-52 victory over Southern Maine in Little East women's basketball action played at The Murray Center on Saturday afternoon.

The Huskies jumped out to an 8-0 lead with 4:22 left in the first quarter as sophomore center Victoria Harris (Altus, Okla.) converted a layup. The Anchorwomen held the visitors

scoreless for the remainder of the frame, embarking on a 12-0 run, to hold a four-point lead after 10 minutes.

A junior forward Neleesha Meunier (Leominster, Mass.) layup capped a 16-point run, in which the Huskies were held scoreless for 6:45, as RIC built a 16-8 advantage in the opening stages of the second quarter. USM sophomore guard Michelle Rowe (Gorham, Maine) made a layup in the final seconds of the stanza to send

the Huskies into halftime trailing by eight, 29-21.

USM got within five points on three occasions in the third quarter, but RIC went into the fourth frame still holding an eight-point, 50-42, advantage.

The fourth and final quarter was all RIC, as the Anchorwomen outscored the Huskies, 22-10, and built a game-high 22-point, 70-52, lead on senior center Willcia McBorough's (Providence, R.I.) layup in the final seconds of play.

■ Pitch

(Cont. from page 13)

mentioning of how much he enjoyed being around the kids.

There are times when coaches like Belisle are remembered by their athletic achievements. It's fair, especially when you accomplish what he did. But sometimes that drowns out the impact these titans make as mentors and teachers. Not only did Belisle love the kids, love teaching the game, but he just loved being part of the community up on the hill. Generations of kids still speak of his mentorship that has been passed down to their kids. You don't coach a school for 40 years without leaving a tremendous impact.

We may never see anything like the Belisle Mounties again. An elite program for nearly half a century, a team that is a

title favorite year in and year out. The program that he built is remarkable and is still among the best in the state today, years after he retired.

Congratulations on a historic legacy, Coach Belisle.

This past Friday, the Hendricken hockey team hosted the Mounties at the Thayer Arena for a big Division I clash, and the Hawks would run away with the 5-2 win to continue to roll this winter season.

It's still early on, especially considering how much the pandemic has effected the schedule with postponements. So far though, I have been excited with this race and feel that next month is going to be thrilling to watch.

To this point, La Salle is undefeated, but the Hawks rolled to a lopsided exhibition win a few weeks back. That means that Hendricken must be the favorite, right?

Well, East Greenwich beat Hendricken 3-2 to insert itself as a contender as well. Although Mount has gotten off to a shaky start, it would be unwise to count it out. Meanwhile, Burrillville has a good unit, as does Smithfield. Warwick and Cumberland

are also two teams that by season's end could be factors.

Division I hockey is always fun to keep up with in the state, but this year seems to be even better than the norm. The powerhouses have been beating up on each other while those teams that are considered a level below are holding their own and giving them a reason to be respected. The next few weeks will be telling, but now with an actual sample size to judge things on, it really appears to be anyone's division to grab hold of. It's crowded at the top.

Lastly, I need to touch on the Patriots one last time now that their season has come to an end.

I must say, although I am satisfied with what the team accomplished overall, that performance on Saturday was discouraging.

Buffalo was the favorite, as it should have been, but to come out and be pummeled in all three phases in the playoffs? Very, very disappointing.

The defense was totally exposed after some doubt began creeping in the last few weeks, the lack of firepower on offense reared its ugly head, and the special teams unit did not make

any sort of difference. The coaches failed to adjust throughout, and the Pats never really put up much of a fight. The game was over by halftime.

Again, this season was a success. After failing to reach the playoffs the year before, the team won 10 games, found what appears to be a capable young quarterback to build around, and regained some confidence that was lost.

That said, there is still plenty of work to do and to consider this team a contender going into next year is impossible. The defense is officially old and slow, and although Mac Jones will improve with experience, this offense is still in dire need of some artillery. The two tight ends brought in were OK, but not real difference makers. In today's NFL, a strong rushing attack just isn't enough and the Pats found that out the hard way.

This season was a step forward and I believe New England will be a playoff contender next season. This team needs some work before we can consider it to be back in the elite, the Super Bowl contenders. It was a solid season, but a frustrating end.

■ Belisle

(Continued from page 13)

push them to be the best is a true testament to both Coach and (his son) Dave Belisle," added Cranston coach Matt Brannon.

By the end of his career, Belisle led the nation with over 1,000 wins and would hand the program over to Dave. Mount has enjoyed perennial success since, winning last year's title as a co-champion.

Belisle and his teams are remembered for their competitiveness and ability to rise to the occasion each year, regardless of who was on the roster.

"There were times that their team was not as powerful as some others, but they always found a way to get it done. He was a determined man, he didn't want to lose. But he was a gentlemen, as was his entire family. We'll miss him," said Boyajian.

Having success year after year also made the Adelard Arena one of the scariest - but most special - places in the state to play for opposing teams.

"As a player, having the opportunity to play against them in the early 2000's when they were at the peak of their dominance is something I'll never forget. I had walked into that arena so many times as a kid playing youth games there, but playing the Mount was a completely different story as a high school player," Brannon said. "You see all the banners hanging on the wall, for a second you are taken back by the history and start to think, 'Imagine if we beat them tonight,' and before you

knew it, they were up 1-0 and reality set in that it was going to be a long night."

Even in the later portions of his career, Belisle carried that drive with him.

"My first game as head coach six years ago was against them. I'm 32 (years old), first game against the Mount, nervous as can be. My boys practiced hard all week, opening night. I know Mount wants to start the season strong and make a statement to the rest of the league. We are down 3-1 with about five minutes left and we score two goals to tie them. Here I am thinking I'm going to be the greatest coach, this is easy. I go over to shake Coach Belisle's hand and he says, 'Good work, kid, it's only going to get harder from here,' Brannon said. "We play them weeks later, I warn my guys, 'They are coming in here to blow you out.' They score three goals in the first five minutes and I said to my guys, 'You didn't believe me. I warned you this was coming!'"

Although his wins will be remembered, so will his impact on the generations of players that he worked with.

"Just working hard, win with class, do everything the right way, no nonsense and respect the game. Respect the game and do things the right way," said Bishop Hendricken coach Mike Soscia of what he learned from watching Belisle. "I can't even imagine coaching that long and doing what he did. It's unfathomable, it's pretty impressive. Watching all of the guys that went to the pros, talking to the alumni, it's impressive. People will always talk about Coach Belisle."

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POINT GUARD: Derek Salvatore looks to make a play.



IN THE PAINT: Ryan Schino works his way toward the hoop.

■ Panthers

(Continued from page 13)

Johnston jumped out to an early 6-2 advantage after Remington and Salvatore buried back-to-back 3-pointers.

Midway through the first frame, West grabbed its first lead at 13-9 when Domenico and Anthony Veltri sank two consecutive 3-point shots.

Remington answered with a trey before Salvatore closed the quarter with a layup, which gave the Panthers a 14-13 lead.

Johnston upped its advantage to 17-13 when CJ Ragosta buried a trey to start the second quarter.

Down the other end, Carvalho made a layup while he was fouled, and then the junior added a free throw and completed the 3-point play and pulled the Falcons within 17-16.

Next, Jaymien Aponte made a bucket after an inbound pass and gave the Falcons an 18-17 lead. West contained the one-point margin through the remainder of the quarter and headed into halftime leading 32-31.

Veltri opened the third frame with a 3-pointer, and then Domenico made a layup and extended the Falcons lead to 37-32.

Johnston, though, would even the score at 43 when Corsinetti and Jayden Testa drilled a pair of 3-pointers.

Nonetheless, West finished the third frame on a 5-0 run with Carvalho scoring by way of a 3-point play, and Chung a steal and a breakaway layup, which built West a 48-43 cushion.

The Falcons increased their lead to 57-45 midway through the fourth frame

when Chung sank a trey and Aponte, a layup.

Johnston closed the game on an 8-3 run, but it was too little too late and the Falcons escaped with a 60-53 triumph.

"First three quarters we were right in it," Panthers head coach Mike Bedrosian said. "Fourth quarter, we got a little stagnant on offense and those are the kinks that we have to work out. But we'll be alright. We'll right the ship and we'll be okay."

"We're five games in and we have 13 games left," Bedrosian said. "We knew coming into the season that every game in Division II was going to be a battle. There's no layups in this league, whatsoever. We're 0-3 at home. So, whether it's at home or on the road, every game's going to be a battle. You see the discrepancies in the scores in Division II every night and they're all within ten points. So, it's very even and the kids know that, so they've got to bring it every game."

Johnston falls to 2-3 with the defeat. The Panthers played at Hope (1-2) on Tuesday night, but that score was unavailable at press time. Johnston plays again on Saturday at 1:45 pm against the Wizards (3-3) at West Warwick High School.

"It's been a tough year with Covid and all the guys rotating in and out, but we're starting to come together," West head coach Matt Fontaine said. "We're starting to value the stuff we're doing in practice and we're seeing it really come out in the game. So, it's nice to see the kids getting rewarded for it because they're the ones putting the work in and they're doing it every day, and they're the ones getting rewarded, so I'm happy for that."

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Over the past year you have seen me heavily mention Pokémon and Yu-Gi-Oh! cards when discussing the bull market of COVID. Within the world of TCG (Trading Card Game) those are the two that saw the biggest leaps in value since January 2020. However, the constant collectible that I rarely mention is Magic: The Gathering. Magic is the card game that started it all. It was created in 1993 by Richard Garfield working in collaboration with Wizards of the Coast. Magic was the first TCG, without Magic we wouldn't have Pokémon, Yu-Gi-Oh!, Duel Masters, or any other trading card game you can think of. In present day 2022, Magic: The Gathering is the most valuable TCG out there.

When Magic was released on August 5th, 1993, it was only available in a smaller test market not exposed to the entire United States. It was primarily found on the West Coast. This initial printing of the 295-card set was limited to 2.6 million cards sold either in 60 card starter decks or 15 card booster packs. This first printing is referred to as the Alpha set, and has a wider corner compared to the second printing. These are the most valuable Magic: The Gathering cards hands down. The second printing though is still extremely valuable in the grand scheme of life. Especially if you have the key cards referred to by collectors as the Power 9. Of the Power 9 the most valuable is the Black Lotus, which is the most valuable card in all of Magic. This second printing of cards is known as the Beta set.

What sparked my interest in writing this column is that at Bruneau & Co. Auctioneers we recently took in a very important collection of Magic: The Gathering trading cards. The group included approximately 400 cards of Alpha and Beta print in exceptional condition. The highlight being a Beta Black Lotus now graded CGC 9 Mint that will be estimated \$40,000-\$60,000 in our February 26th auction.

This gentleman is going to change his life with his personal collection he took care of since 1993. We graded a total of 146 cards which 40 of them required me to fly them down to CGC for one day overnight grading. It's going to be a serious auction to say the least.

When it comes to Magic and all collectibles being comics, toys, trading cards, coins, artwork, you name it! It is always in your best interest to work on consignment than selling outright. That way it is a team effort, the more you make the more the auction house makes. We want to get you the most --money possible!



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Magic The Gathering Ancestral Recall CGC 9.5 est. \$20,000-\$30,000 Minnesota to find, 1 of only 638 cards produced. Magic The Gathering Beta Black Lotus CGC 9 est. \$40,000-\$60,000

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Time to roll on



Roll-A-Way Disposal, which has served generations of RI and MA customers, up for auction Jan. 22

By EMMA BARTLETT

Thirty-eight years ago, Albert (Butch) Guevremont and his brother Ben began Roll-A-Way Disposal. "We started with \$10,000 and an old truck that probably shouldn't have even been on the road," said Butch chuckling as he sat at a table between one of his trucks and an assortment of tools and parts on the other half of the garage. His partners and friends Ed Prosser, Larry Defreitas and Jim Walsh were by his side and laughed along with him.

Roll-A-Way Disposal has been a long-time community staple that has served businesses and residents since the first day the company's one truck started running in 1984. After all this time, the company will close its doors through an auction on Jan. 22.

Growing up on Strawberry Field Road in Warwick, Butch initially got involved in the disposal business at age 12 when he started working locally for George Bates' company by picking up trash for an open body truck. Attending Lippitt Elementary School, Gorton Junior High School and Veterans Memorial High School, Butch quit high school and enlisted in the Navy at age 17. He served four years in the Navy, working as an engineman. When he had free time, he would leave his station at Newport and work part time for Bates. Butch went on to purchase a small company, Page Hauling, which he ran for many years with his ex-in laws. While working at Page Hauling, Butch realized there was a lot of construction going on at the time and thought there was a need for bigger dumpsters - this is when the idea for Roll-A-Way Disposal started.

■ ROLL-A-WAY - PAGE 19

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TEAMWORK: (Left to right) Larry Defreitas, Butch Guevremont and Ed Prosser are the three partners of Roll-A-Way Disposal. Butch's brother, Ben, had been part of the company but left in the 90s. (Beacon Communications photos)

Roll-A-Way (Continued from page 17)

Shifting his focus to the new company, Butch reminisced on the days of picking a name for the business and deciding whether to include hyphens in the name or leave them out; it was the beginning stages of a small empire.

Since then, Roll-A-Way has accumulated seven trucks and over 300 dumpsters. Eight family members have worked at the company - many of them putting in close to two decades of work. Butch's wife, Diana, worked in the company's office for 19 years and Ed Prosser - who joined the team in 1985 and grew up in the disposal business - had his son working at Roll-A-Way Disposal for some time.

Now, the disposal company's location is truly ideal. Located on 86 Knight Street in Warwick, the company's two land parcels are a couple miles from Route 37 and Route 295; the trucks only spend about two minutes on the main road before hitting the highway.

This business is not for those who like to sleep in.

Butch, Ed and Larry arrive at work between 4 and 4:30 a.m., usually working until 4 in the afternoon. While the days are always different, the company's consistent parts are delivering and picking up dumpsters - a process that goes on and on.

"Sometimes you leave in the morning and you're gone all day," said Larry, who used to work as a master technician for automobiles. Larry entered the company in 2003 and is Diana's cousin.

Diana has watched her husband and his partners work hard every day, recognizing the physical energy it takes to do this job day after day. As Butch and his partners sat around the table in the business's garage Thursday, they laughed and noted that they would cross their



FRIENDLY VISIT: Jim Walsh (left) stopped by the business to say hi to Butch Guevremont. Walsh, among other family, employees and customers was instrumental in the company's start up.

fingers and hope there weren't any breakdowns and flat tires when they were on the road. Larry pointed out that with seven trucks rolling all the time, there's always something to fix and they wanted to make it home in one piece.

Hard work and a lot of man-hours is key to the company's customer satisfaction. Roll-A-Way Disposal has always been prompt with delivering and picking up dumpsters; if someone called and needed a dumpster that day, Butch, Ed or Larry could send someone out to immediately respond to the customer's needs.

Diana also noted the partners treat their workers extremely well, providing gifts for Thanksgiving, a Christmas bonus, vacation time and extra compensation for working during the pandemic.

"It's a good company to work for," she said.

The company has grown each year since its inception and usually completes 40 jobs a day. Their busy season is from April to Halloween - in other words when there is no snow.

"We always used to say that after Easter we're going to go crazy," Larry said.

During the pandemic, the company saw a spike in business. Between people cleaning out their attics, basements and remodeling rooms or redoing roofs, Roll-A-Way Disposal trucks were constantly on the road. And while supply and demand shortages for parts stopped many individuals in this industry, the company had extra parts that allowed them to be ahead of the game.

Roll-A-Way Disposal has had an excellent run for 38 years. Now, it is only a matter of days before the auction. North Country Auction will lead an auction where items go to the highest bidder. Seven trucks, a couple acres of property, the company name and phone numbers are among those items that will be auctioned. The company tried for five years to sell the business and while there were several people interested in purchasing the company, the pandemic hit and changed things.

"We've got mixed emotions about going but I think the time has come," Butch said.

The company has tried for several years to recruit people to be drivers but no one inquired about the position. In the early years they could always find help, but now not so much. With Butch, Ed and Larry all above 60, age and health also play into their decision to sell.

But the partners are grateful for this chapter in their lives. They noted their unique partnership and how the three just click together, enabling them to have lasted for so long. If there is something that one person doesn't know, another has the knowledge - especially when it comes to fixing things. Between consulting each other on how to fix a truck and using each other's knowledge, the group has spent many hours being resourceful and working hard.

As for what's next, that is to be figured out.

"A little bit of rest and relaxation before the next adventure," Larry said.



A LOCAL EMPIRE: Roll-A-Way has seven trucks and over 300 dumpsters; and it all started with one truck.



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Thursday, January 20, 2022

Signs of Life

by SUSAN E. DEAN



January always brings thoughts of my mother. She would be 102 on January 28 if she was still with us. But not only memories of her during my growing-up years and beyond come to mind, but also, where is she now? Does she know that her grandchildren, who were young when she died, are all married with children of their own? Is she smiling now that I am a grandmother of four?

I was a single mother when she died - my status causing her pain and angst as in her mind divorce was something to be ashamed of, something that shouldn't be discussed. I suppose her thinking came from her own upbringing and generational mindset. Was she with me when I remarried? Watching over my wedding with a smile of relief and satisfaction that all was right with the world again?

I like to think that she is still with us. And I think she's sending us signs.

It started within days of her death in July, 1995. My cousin, also dealing with cancer, died fifteen hours after my mother passed. We envisioned them holding hands and helping each other cross over the bridge together.

During the trying days of the back-to-back funerals, a rosebush I had planted in the spring transformed itself from a lone, spindly stick into two full, bright pink roses, practically overnight. One for each of them. My mother loved pink roses and every time I saw those two delicate blossoms nodding in the summer breezes, I thought of her, and my cousin, too, both smiling at me, which, in turn, gave me a reason to smile in the middle of those difficult days. Once those two blooms had faded, my rosebush returned to its former shriveled, bare stick state and remained that way.

And it didn't end there. The following spring, my rosebush emerged from its winter rest as a sparse, reedy, thin stick again. It began to grow and change in the days leading up to my nephew's birth in June. And by the time my nephew was born, there were three full, bright pink roses. I took it as a sign that my mother was signaling her love for her fourth grandchild. A rose for each of them - my mother, my cousin, and for the sweet new baby who had just entered the world.

My mother had a Christmas cactus, which dutifully bloomed bright and beautiful every December. My brother adopted it and took it into his home after her death. But it didn't bloom that December, as it always had year after year. It bloomed on January 28, 1996 - my mother's birthday - the first one after her death that previous summer.

Flowers and plants are growing, resilient things. They remind me that life goes on, quietly, surely, unendingly, in spite of the seeming finality and separation of death. Were these truly signs from my mother?

Last year on my mother's birthday, my brother, Rob, was driving and thinking about our mother, who would have turned 101 last January 28th. A car pulled out of a side street and got in line in front of Rob. Rob glanced at the license plate of the car ahead of him and was shocked to read LMF - with no numbers - just the letters alone. Our mother's initials were LMF - Louise Mellor Falciglia.

Rob was astonished and immediately called me to share what he had seen.

"Was it a sign?" he asked me.

I truly think it was. Our mother loved monograms and had many of her possessions emblazoned with her LMF initials through the years.

My youngest daughter, Gretchen, who was nine when my mother died, was married this past December. She wore my mother's vintage dressy shoulder wrap over her sleeveless wedding dress en route to the ceremony.

Gretchen also wore a pin hidden beneath one of the folds of her gown. Her two older sisters had also worn the pin on their dresses when they were married. The pin is a white oval trimmed with gold and adorned with a delicate pink rose in its center. I had given the pin to my mother years ago on one of her birthdays, knowing her love for pink roses.

I also wore some of my mother's jewelry to Gretchen's wedding and I have a feeling that my mother was there. I could almost see her in my youngest granddaughter's smile - 4-year-old Emilia - our flower girl proudly performing her duties scattering rose petals for her Aunt Gretchen's walk down the aisle.

I like to think that life does go on and that there is a cycle to it all. There is life, death, and change. Flowers share their beauty with us for a time, go through changes, and die away, and circle back with new growth. Maybe we do, too.

Life signs after death? What are the chances that my timely flowering rosebush, a Christmas cactus blooming out of season on a significant date, and a random license plate were all meaningless coincidences?

Maybe this year there will be another nod from wherever my mother is - a sign that will let us know that she is holding us in her heart as we hold her in ours. I will send her love on her birthday and will keep my eyes, ears, and heart open to receive any messages that she is present, listening, and still loving us, too. Maybe even a rose will bloom in January - a pink one, of course.

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SMART CHOICES

for the New Year



California Turkey Wraps

Simple and delicious ways to enjoy healthier meals

FAMILY FEATURES

Leading a healthier lifestyle doesn't have to mean making dramatic changes. It means making smarter choices. Looking and feeling better starts by making conscious choices every day that may be small, but will add up in the end. Here are some simple tips and recipes that will help you make smarter food choices so that you can truly live better.

Add a Fruit or Vegetable to Every Meal. When you add a little bit here and there, before you know it you'll be eating your five cups of fruits and veggies a day without even thinking about it. Here are some simple ways to increase your intake:

- Lighten up your cheese omelet by adding fresh tomatoes, onions and avocado.
- Fill your sandwich with crunchy veggies such as green peppers and cucumber slices and add a pickle on the side.
- Keep mid-afternoon cravings at bay by stashing a bag of baby carrots or sugar snap peas in your office refrigerator for a healthy snack.
- Satisfy your sweet tooth by tossing a handful of frozen berries on top of your frozen yogurt.

Choose Smart Staples. Many families have a set of go-to ingredients they purchase on each trip to the grocery store. It only takes small adjustments to your current grocery list to achieve a better-for-you mix of foods and beverages. Try these easy tips:

- Low fat or fat-free plain yogurt is an ideal choice because it's often higher in calcium than other dairy products and is a good source of protein and potassium.
- When buying deli sandwich meat, going all natural is a great way to cut down on additives and preservatives. For example, Hormel Natural Choice deli sandwich meats are free of preservatives and artificial colors and flavors so they taste the way meat is supposed to taste: fresh and full of flavor.
- Instead of drinking sugary sodas and juices, quench your thirst with tea. Whether you drink it hot or cold, unsweetened tea is calorie-free and loaded with antioxidants.

Lighten Up Lunch. Start a "Lunch Bunch" at work where members take turns bringing in a healthy lunch item for the group. Healthy lunch clubs are an excellent way to experience foods that are new and different and also good for you. Share recipes and make sure you know ahead of time about any food preferences or allergies that group members may have.

For more tips and recipes visit <http://www.hormelnatural.com>.

Chicken Tacos

Serving Size: 2

- 2 spinach or whole wheat tortillas
- 1 package Hormel Natural Choice oven roasted carved chicken breast strips
- 1/2 cup whole kernel corn, cooked, drained
- 1/4 cup shredded cheddar cheese
- 1/4 cup shredded lettuce
- 2 tablespoons low-fat ranch salad dressing

Layer each tortilla evenly with chicken, corn and cheese. Drizzle each with dressing; top with lettuce.

For child-size portion, use 1/2 spinach or whole wheat tortilla, 1 ounce chicken (size of average adult ring and little fingers) and 1 tablespoon each corn, cheese, lettuce and dressing.

Panzanella Salad

Serving Size: 4

- 8 slices Italian or rustic bread, 4 to 5 days old, crusts removed
- 3 medium tomatoes, coarsely diced
- 12 Kalamata pitted olives, quartered
- 1 medium red onion, minced
- 1/3 cup vinaigrette
- 12 large fresh basil leaves, shredded
- 1 (8-ounce) package Hormel Natural Choice smoked deli ham, cut into strips

Tear bread into pieces; soak in bowl of cold water 2 to 3 minutes. Drain; squeeze bread dry, removing all water. In large bowl, tear bread into smaller pieces with fork.

In small bowl, combine tomatoes, olives, onion and vinaigrette; stir gently.

Add vinaigrette mixture to bread pieces; mix well. And basil and ham; mix gently to combine.



Savory Smoked Turkey and Blue Cheese Salad



Panzanella Salad



Chicken Tacos

California Turkey Wraps

Serving Size: 4

- 4 9-inch burrito size flour tortillas
- 1/2 cup ranch dressing, divided
- 1 9-ounce package Hormel Natural Choice oven roasted deli turkey
- 1 tomato, thinly sliced
- 1 small cucumber, peeled, thinly sliced
- 1 avocado, peeled, sliced and drizzled with 1 tablespoon lime juice
- 1 cup alfalfa sprouts
- 1 cup baby spinach leaves or arugula

Lay tortillas on clean surface; drizzle each with 1 tablespoon dressing. Layer each tortilla with equal amounts turkey, tomato, cucumber, avocado, sprouts and spinach. Drizzle with remaining dressing.

Roll up tortillas tightly; cut in half diagonally. Secure each half with wooden pick.

Savory Smoked Turkey and Blue Cheese Salad

Serving Size: 2

- 1 8-ounce package Hormel Natural Choice smoked deli turkey, cut into strips
- 4 cups bite-size pieces red leaf lettuce
- 4 cups bite-size pieces romaine lettuce
- 6 ounces blue cheese, crumbled
- 1 tart, crisp apple, thinly sliced
- 1/2 cup candied pecans
- Prepared vinaigrette
- Freshly ground black pepper

In large bowl, combine first 6 ingredients. Add vinaigrette to taste. Season with pepper. Toss well.

Laura M. Krohn

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RETIREMENT SPARKS
by ELAINE M. DECKER



Banned Words & Phrases

As with previous years, many entries on my 2022 list of banned words and phrases come from our president. Trump gave us some whoppers; Biden is responsible for some real doozies. Trump's were often offensive; Biden's were frequently overused. We found ourselves thinking: "He always says that." Here's this year's list.

Let's start by banning the use of two proper names, except for the people who were given these names when they were born. The first is "Karen". For those who don't know (where have you been?), calling someone Karen, or "a Karen" is the latest way to insult a woman (usually white) who is self-centered and demanding. Instead hit them with the deets of what it is you don't like. Don't tip toe around by calling them Karen.

The second name is even more annoying: "Brandon". The phrase "Let's Go Brandon" has become a rallying cry for people who hate Biden. For those who don't know (again, where have you been?), somehow the president's name has morphed into "Brandon" as a way to troll him without directly insulting him. You hear this in the background at Trump's rallies and on certain right wing TV programs. It's just plain silly so cut it out.

As always, I have some political terms to put into 2022's dumpster, starting with "whataboutism". This not-so-clever way of deflecting attention away from one's own failings must end. A counteraccusation or new issue in the discussion doesn't absolve you of whatever misdeed you committed. Here's an idea. Try "I'm sorry" instead.

I'm also so over hearing the expression "sausage-making". I blame the Democrats for this one. Their budget process was so convoluted that legislators were reduced to defending it by apologizing for making us hear about the sausage-making. This did not help. I'm hopeful that the phrase and the process are behind us for 2022.

Here's a word to get rid of and replace with something that better explains what it was originally meant to convey: "defund". In most cities, the intention was not to drain 100% of the budget of the local police department so that there were no police. It was to shift funds from certain activities that were causing problems and invest in ones that could help with problem solving. In most cases, that meant more funding for mental health. Stop talking "defunding" and start talking solutions. How about: "Shift some funds" from street police to social workers trained to address mental health issues.

We can give conservatives credit for the next two items on this list. "Snowflake" is a descriptor that has fallen into ill repute on both sides of the aisle, but those on

the right seem particularly fond of it. It's been around for over a decade, but it really came into its own in 2021 to describe someone with an inflated sense of their own uniqueness or an undeserved sense of entitlement. The original Karen is probably a snowflake.

The far right gets credit for my ban of "false flag". The riots of January 6 illustrate why we need to trash this term. Spend some time looking at videos of that event. You'd need to credit someone with incredible skill in Photoshop to believe that the perpetrators responsible are correct in blaming others not seen in the videos. The rioters' claims are a "false flag": a deliberate misrepresentation of their own affiliations or motives.

Now let's share some Bidenisms that we need to ban. The first is a group of several that all mean about the same thing and get repeated until they send you to the TV mute button. We have four negatives: "not a joke/not kidding/all kidding aside/no really". For variety, try the positive: "seriously." Or "honestly." Or... you get the idea.

Another Biden favorite that gets overused is: "Here's the deal". Ordinarily there would be nothing wrong with this phrase. But in Biden's hands (or mouth), it's losing its luster. If he can just give it a rest in 2022, perhaps I'll let him have it back after the midterms.

The final Bidenism on my list is: "That's not hyperbole". Indeed, it's likely that whatever he just referred to was not hyperbole. As a figure of speech, a hyperbolic statement is usually not meant to be taken literally. I'm not always sure about what Biden has just said. Did he mean: take what I've said literally? Or was it a mild exaggeration? I want to know. No really.

And so this year's list of banned words and phrases comes to a close. I've given you some real gems to jettison going forward.

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

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Managing Costs of Assisted Living

As individuals age, various circumstances have to be reassessed. A current living situation may not be meeting the needs of a senior who may be having difficulty caring properly for himself or herself. Families often consider senior residences to provide welcoming and safe environments for their loved ones during the golden years of their lives. These facilities may range from independent living homes with minimal care offered to nursing homes that provide more intensive care when needed. Somewhere in the middle lies assisted living homes, which blend the independence of personal residences with other amenities, such as the housekeeping, medication reminders or meal services.

Assisted living can be a viable option when a person can no longer live alone, but such facilities come with a price. According to a Market Survey of Long-Term Care Costs conducted by MetLife, the national average for assisted living base rates was \$3,550 per month in 2012. In the 2015 Cost of Care Survey conducted by Genworth Financial, the assisted living, national-median monthly rate was now \$3,600 and it's only expected to grow. Affording these homes and apartments can be challenging for those with fixed incomes, but there are some strategies that can help.

The payment method that serves you best will depend on your unique circumstances, but there are options available.

- **Long-term care insurance:** Long-term care insurance is specialized insurance that is paid into and may cover the cost of assisted living facilities and other medical care, depending on the policy. The American Association for Long-Term Care Insurance says that only roughly 3 percent of Americans have this type of insurance, but it is something to consider during working years.
- **Personal savings:** Some people have the means to pay for assisted living with their own savings and retirement nest eggs. However, it's easy for savings to become depleted when facing a \$40,000+ per year bill.
- **Life insurance:** A financial advisor may advocate to pay for assisted living with a life insurance policy. Some companies enable you to cash out for 'accelerated' or 'living' benefits, which usually is a buy-back of the policy for 50 to 75 percent of the face value. Other third parties may purchase the policy for a settlement of a lump sum, again roughly 50 to 75 percent of the policy's face value, according to Caring.com, an online source for support and information about the needs of aging people.

- **Location:** Costs of assisted living facilities vary depending on location. It's possible to get a lower monthly rate simply by choosing a facility in a different state.
 - **Negotiation:** Not all prices are set in stone. Speak with a manager at the facility and see if there is any price flexibility or move-in incentives. You also may be able to get a lower rate by negotiating certain a-la-carte costs against all-inclusive pricing. Perhaps you do not need laundry or shopping services, and family members can fill in the gaps, reducing your bill.
 - **Veteran's benefits:** Many veterans are eligible for care benefits that can offset the cost of assisted living care.
 - **Rooms:** Opting for a smaller room or sharing a space can keep costs down as well. See if shared rooms are a possibility.
- Assisted living is a necessity for thousands of people. Explore the ways to finance this purchase. MM15C743



Consider the different options available to help pay for assisted living services.

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DID YOU KNOW?

According to Gallup's 2021 Economy and Personal Finance survey, the average individual in the United States is retiring earlier than many people might expect. Gallup found that the average retirement age was 62, which is two years earlier than the working respondents indicated they planned to retire. The average retirement age is worth noting, as studies routinely find that the greatest concern about retiring is not having enough money saved to meet needs. By recognizing your may retiring earlier than initially planned, you can make a concerted effort to save more money in the years ahead. TF222693

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SENIOR ISSUES

by LARRY GRIMALDI

For The Love of Food And Family

There was more than a bit of irony in reading *Taste-My Life Through Food* by actor, writer, producer, and noted foodie Stanley Tucci. I was recuperating from three December stays at Miriam Hospital for pancreatitis while undergoing CAT scans, MRIs, X-rays, endoscopies, gastrointestinal tubes and any other “oscopies” you can imagine. Although I was home for Christmas Eve and Christmas, I was unable to savor in my favorite meal of the year, La Virgilia (the Feast of the Seven Fishes). There must be hundreds of different family menus for the Christmas Eve La Virgilia gastronomic extravaganza, my personal favorite. Receiving *Taste* as a Christmas present took away some of the sting of a fishless and feast-less Christmas week.

Taste is much more than a cookbook. It’s a culinary journey through time and the Tucci family history, interspersed with recipes for classic Italian staples, such as Pasta on Aglio e Olio (spaghetti in olive oil), Frittatas (Italian omelets where you can allow your creative cooking instincts to throw everything in the refrigerator into the egg mixture), Spaghetti Bolognese, or a Ragu sauce. You can also learn the secrets of creating the perfect martini or how to craft a Negoni, an Italian martini. In any case, you will discover that the recipes you grew up with have countless variations in ingredients.

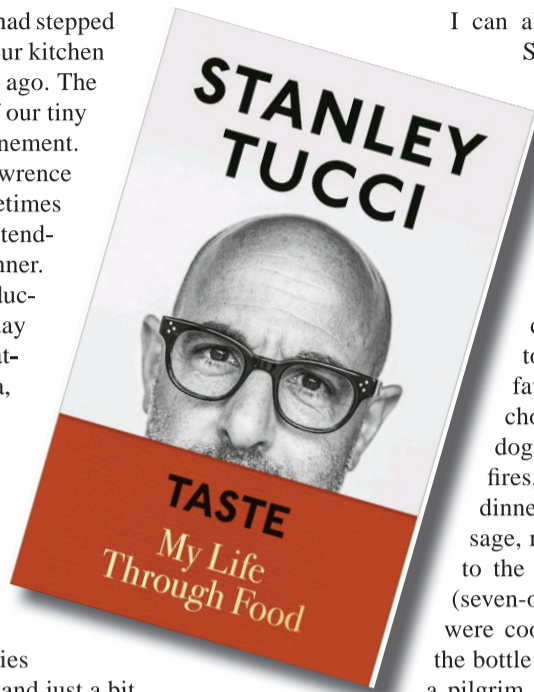
Taste is done with considerable humor, a hint of sarcasm, and an appreciation of food as a diverse and rich quilt in a cultural tapestry. It’s a virtuoso to food as performed by a full orchestra of food fanatics.

Reading *Taste*, I felt as though I had stepped into a time machine and landed in our kitchen on any Sunday more than 60 years ago. The kitchen table was the focal point of our tiny South Providence, Rhode Island tenement. My mother, Anne and father, Lawrence and my sister Maryann were sometimes joined by members of our large, extended Italian family for Sunday dinner. The bubbling gurgle and sweet, seductive aroma of the simmering Sunday gravy, gently caressing the meatballs, sausage, pork chops, braciola, and rolled up pig skin linger in my memory. Most times, my mother would let us devour one of the browned meatballs before it was immersed in the gravy to finish cooking.

I retired a few years ago and now make my own gravy, experimenting with different varieties of tomatoes, basil, oregano, garlic, and just a bit of hot pepper that we grow in our small garden on the side of the garage. *Taste* revealed the numerous variations of classic Italian staples that we all grew up with.

Although my wife Kathy is of French/Irish descent, she learned the secrets of making the perfect meatball from my Uncle Mike and solved the mysteries of preparing many Italian dishes from my Aunt Tillie (yes Tillie). In many cases, she had to decipher the true meaning of Aunt Tillie’s instruction to add “just a little of this-not a lot” or a “some of that.” After dinner we often spent Sunday afternoons visiting relatives (never showing up without some sweets for the coffee an’).

In a nod to tradition, we try to have Sunday dinners with my daughter and son-in-law and our 18-year-old twin granddaughters Katharine and Sophia (when they are home from college) and our 12-year-old grandson Nicholas.



I can also remember spending many a Sunday summer afternoon spent at Goddard State Park with the accompanying contingent of aunts, uncles, and cousins. Most of my relatives worked in those ubiquitous jewelry manufacturing plants and job shops that dotted the Providence landscape until the 1970s. Sunday was the only day off for factory workers like my mother and father. Unlike most families that chowed down on potato salad, hot dogs, hamburgers cooked over camp fires, we brought the entire Sunday dinner, macaroni and meatballs, sausage, roasted chicken and potatoes, etc. to the picnic table. The soda and beer (seven-ounce Narragansett “stubbies”) were cooled in a green metal chest with the bottle opener screwed onto the side. As a pilgrim New York Yankee fan in the unholy land of Red Sox Nation inhabited by my father and uncles, I strained to hear the Sunday doubleheader broadcasts of Mel Allen or Phil Rizzuto through the crackling static of my transistor radio.

Like my grandfather, many of our neighbors, who were related to one branch of the family or another, had summer cottages at Conimicut Point in Warwick. At least once a week, we would devour spaghetti with red clam sauce, thick with quahogs harvested from the cove that day. The clams in the sauce were what was left of the day’s bounty that my uncles or my father did not open and eat immediately after excavating them up from the mud flats. As you have guessed by now, food and family are a big part of my life. I thoroughly enjoyed *Taste* for its humor, honesty, texture, respect for tradition, and appreciation for the simple pleasures of life. For me, *Taste* was validation of the priceless gift of being surrounded by a loving, supportive family, seasoned with traditional Italian foods. I hope that my grandchildren will carry on these traditions and preserve and nurture their cultural heritage, Uncle Mike, Aunt Tillie, and my mother will be watching over them and smiling.

Larry Grimaldi, is a freelance writer and columnist for PrimeTime magazine. Comments can be directed to lvgrimaldi49@gmail.com.

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Alzheimer's Disease

10 Early Signs & Symptoms



Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking, and reasoning skills. There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in a different degree. If you notice any of them, please see a doctor.

1. Memory Loss that Disrupts Daily Life One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. *What's a typical age-related change?* Sometimes forgetting names or appointments, but remember them later.

2. Challenges in Planning or Solving Problems Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. *What's a typical age-related change?* Making occasional errors when balancing a checkbook.

3. Difficulty Completing Familiar Tasks at Home, Work, or Leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. *What's a typical age-related change?* Occasionally needing help to use the settings on a microwave or to record a television show.

4. Confusion with Time or Place People with Alzheimer's can lose track of dates, seasons, and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. *What's a typical age-related change?* Getting confused about the day of the week but figuring it out later.

5. Trouble Understanding Visual Images & Spatial Relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging dis-

| Signs of Alzheimer's/dementia |
|--|
| Poor judgment and decision-making |
| Inability to manage a budget |
| Losing track of the date or the season |
| Difficulty having a conversation |
| Misplacing things and being unable to retrace steps to find them |

| Typical age-related changes |
|---|
| Making a bad decision once in a while |
| Missing a monthly payment |
| Forgetting which day it is and remembering it later |
| Sometimes forgetting which word to use |
| Losing things from time to time |

ance and determining color or contrast, which may cause problems with driving. *What's a typical age-related change?* Vision changes related to cataracts.

6. New Problems with Words in Speaking or Writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock"). *What's a typical age-related change?* Sometimes having trouble finding the right word.

7. Misplacing Things and Losing the Ability to Retrace Steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over the steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over

time. *What's a typical age-related change?* Misplacing things from time to time and retracing steps to find them.

8. Decreased or Poor Judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean. *What's a typical age-related change?* Making a bad decision once in a while.

9. Withdrawal from Work or Social Activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced. *What's a typical age-related change?* Sometimes feeling weary or work, family and social obligations.

10. Changes in Mood and Personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious.

They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone. *What's a typical age-related change?* Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

What to do if you notice these signs? If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor. With early detection you can: Get the maximum benefit from available treatments - You can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer. You may also increase your chances of participating in clinical drug trials that help advance research.

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support and research. The Rhode Island



ACCORDING TO DON

by DON FOWLER

Classic Movies Never Go Out of Fashion

"They don't make movies like they used to," a friend complained to me. "All these superheroes and action movies are for the younger generation. And everything is R rated these days."

Many of us long for the good old days with actors like Cary Grant and Bette Davis, and films like *The Maltese Falcon* and *Seven Brides for Seven Brothers*.

Well, I've got good news for you. Oldies but goodies, dating back to the 1930's can be seen 24 hours a day, seven days a week on the Turner Classic Movies channel.

And they are shown straight through without ads. In between movies, experts offer comments on the movie and the actors and show short pieces about them.

If there is a movie shown at an inconvenient time, like three o'clock in the morning, you can record it for later viewing. If the phone rings, you can put it on hold.

Go on line at Turner Classic Movies and you will find a complete listing for the month. Listings include the year, the stars, the time, and a short description of the plot.

Here is a sampling of a few of the great movies being shown the week of January 24.

- Monday, Jan. 24- 2:30 p.m.- "The Dirty Dozen" the 1967 classic prison movie starring Lee Marvin, Ernest Borgnine and Charles Bronson.
- Tuesday, Jan. 25 at 6:00 p.m.- "Wait Until Dark"- The 1967 thriller starring Audrey Hepburn.
- Wednesday, Jan 26 at 8:00 p.m. "The Egg and I" -The 1947 perfect comedy starring Claudette Colbert and Fred McMurray.
- Thursday, Jan. 27 at 12:00 a. m. - "Places in the Heart" (1984) starring Sally Field and Ed Harris. This poignant film is one of the few movies that brought me to tears.
- Friday, Jan 28 at 4:30 p.m.-"The Fly" starring Vincent Price. This 1958 horror film set the standard for the genre.
- Saturday, Jan. 29 at 2:45 p.m. "The Birdman of Alcatraz". The 1962 film was Burt Lancaster's finest.
- Sunday, Jan. 30 at 4:00 p.m. "Arsenic and Old Lace" starring Cary Grant. This 1944 film is still one of the funniest movies ever made.

This is but a sampling of the movies shown around the clock. I watch them on Verizon Channel 230. They are also on Cox Channel 162.



Time to Declutter

Shared habits of organized people



The beginning of the year is an ideal time to get organized and set oneself up for productive months ahead. It's also a good opportunity to take inventory of seldom-used items and clear out as much clutter as possible.

The amount of stuff the average person owns can affect how easy or difficult it is for that person to get organized. In 2014, professional organizer Regina Lark estimated the average American home contains 300,000 items. And it's not just adults who love to collect and keep things, as kids contribute to the problem, too. British research, as published in The Telegraph, indicates the average 10-year-old owns 238 toys, playing with just 12 in a typical day.

All of these belongings contribute to disorganization and lost time. A study by Esure Home Insurance found looking for lost items accounts for 10 minutes of wasted time each day.

Getting organized can take perseverance. However, it is possible. Use these strategies to get organized in the months ahead.

- **Observe the 'one-in, one-out' rule.** Practice the rule of giving away or discarding one item per each new item that comes into your home. This approach can keep a cap on the new things you own.
- **Skip the freebies.** Resist the temptation to accept items that are being given away by family, friends, retailers, etc. Politely refuse these unnecessary items, which will only pile up.
- **Rent items rather than buying them.** Renting rather than buying is another way to stay organized. Avid readers can rely on the public library for their weekly reads. Instead of purchasing new formal wear to wear to a wedding, rent tuxedos, suits or evening gowns.
- **Make lists of what needs to be done.** Writing down tasks can help them become more manageable, and a list can also ensure a task is fully completed. Physically checking off a to-do list can be quite satisfying, providing motivation to finish the rest of the list.
- **Take a catch-up day.** Those who feel bogged down by a backlog of responsibilities can take a day off from work to catch up on chores and tasks. Fit a few things in over the course of the day.
- **Plan ahead for meals and other tasks.** Use the calendar to plan out the week or the month. When you know what to expect, instead of spending time figuring out what to make or which task to do each day, you can be more efficient about getting it done.

Getting organized is a common goal. It's entirely achievable with a positive attitude and some dedication. TF16C633

Did you know?

Each January 1, people all over the world make resolutions for the new year. Many of the same resolutions pop up on popularity lists each year. According to a study by GoBankingRates, which in December of 2015 asked 5,000 people what their New Year's Resolutions would be for 2016, the top resolutions included:

- Enjoy life to the fullest.
- Live a healthier lifestyle.
- Lose weight.
- Spend more time with family and friends.
- Save more, spend less.

A study by Thomas Cook UK, a United Kingdom-based travel company, indicated many people in Britain planned to cut back on social media as a top resolution as well. It should be interesting to see which resolutions play out upon the arrival of 2017. TF16C637

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No Tobacco '22: Lung Association Tips to Begin Your Journey to a Tobacco-Free 2022



Along with hitting the gym more often and starting a diet, quitting smoking tops many New Year's resolution lists. Quitting tobacco isn't easy, but 50 million ex-smokers in the United States are proof that it's achievable.

Tobacco use remains the nation's leading cause of preventable death and disease and is a serious public health threat. Nationally, nearly 40 million Americans smoke. In Rhode Island, the adult smoking rate is 13.3% and high school tobacco use rate is 33.3%. To encourage people to quit smoking, vaping and using all tobacco products in 2022, the American Lung Association is promoting "No Tobacco '22. To help people quit, the organization is sharing tips and resources through social media and Lung.org.

"More than 70% of smokers want to quit smoking and 40% will make an attempt this year, but only between 4 and 7% can quit without support. Smokers and tobacco users who want to quit should make a plan to be successful such as setting quit date, understanding smoking triggers, talking to a doctor about quit smoking medications and finding support through family, friends and cessation programs," said Jennifer Folkenroth, National Senior Director, Tobacco Programs, the American Lung Association.

The American Lung Association offers five tips to help Americans who are ready to commit to No Tobacco '22:

1. It's never too late to quit. While it's best to quit as early as possible, quitting tobacco use at any age will enhance the length and quality of your life. You'll also save money and avoid the hassle of going outside in the cold to smoke or vape. You can even inspire those around you to quit.

2. Learn from past experiences. Most people who smoke, chew or vape have tried to quit before and sometimes people get discouraged thinking about previous attempts. Instead, treat those experiences as steps on the road to future success. Think about what helped you during those tries and what you'll do differently in your next quit attempt.

3. You don't have to quit alone. Enrolling in a proven-effective cessation counseling program such as the Lung Association's Freedom From Smoking Program can increase your chances of successfully quitting and staying quit by 50%. In addition to enrolling in a program, enlisting friends and family to support you along your quit journey will help ease the process.

4. Talk to a doctor about quit smoking medications. Talking to a doctor about including cessation medication into your tobacco treatment plan can double your chances of quitting successfully. There are seven FDA-approved medications that are proven to help you quit. Just make sure to follow the directions and use them for the full duration they are prescribed.

5. Quit. Don't Switch. E-cigarettes are tobacco products, and the Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. Switching to e-cigarettes does not mean quitting. Quitting means ending your addiction to nicotine. Make sure your tobacco treatment plan includes the two components proven to work- behavioral counseling plus FDA-approved cessation medication.

The American Lung Association offers resources to help adults and teens to quit all tobacco products:

- Lung Helpline: Not sure where to start? Call the Lung Association's free Lung Helpline and Tobacco Quitline at 1-800-LUNGUSA, which is staffed with licensed registered nurses, respiratory therapists and certified tobacco treatment specialists. They can answer all your questions and connect you with the resources that are right for your quit journey.
- Freedom From Smoking® helps individuals create their

own unique quit plan, as well as tips and techniques to stay successful in the long run. Freedom From Smoking can be accessed online, at a group clinic and through a self-guided workbook. Those looking to quit smoking are encouraged to use the method that works best for their learning style, schedule and unique quit tobacco use plan.

• Not-On-Tobacco® (N-O-T) is a teen smoking/chewing/vaping cessation program for teens who want to quit. The 10-session program provides the tools, information, and support for teens to end their addiction to tobacco.

• Vape-Free Schools Initiative: The Vape-Free Schools Initiative provides school administrators and educators with training to offer an alternative-to-suspension program for students found vaping, smoking or chewing on school property, and a voluntary vaping/tobacco cessation program for youth wanting to quit for good. Learn more at Lung.org/vape-free-schools.

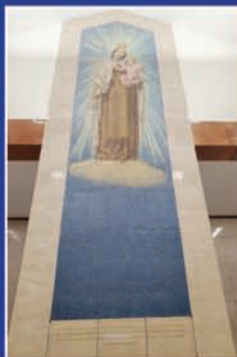
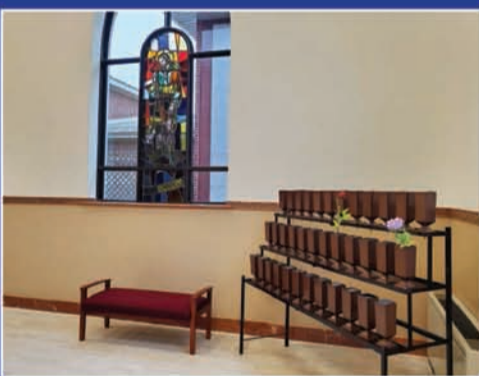
For more information about quitting smoking and vaping for No Tobacco '22, visit the American Lung Association website at Lung.org or call the free Lung Helpline at 1-800-LUNGUSA (1-800-586-4872). To speak with a local lung health expert, contact Jennifer Solomon at 516.680.8927 or Jennifer.Solomon@Lung.org.



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