

SOLAR FARMS SHADED

Project denied by ZB after nearly 8-hour hearing

By RORY SCHULER

The neighbors — through their lawyer and their own experts — made a persuasive argument. And for now, it seems a proposal for five new solar farms in has been defeated in Johnston.

On Thursday, April 28, hundreds of Johnston residents gathered at the Johnston Senior Center to participate in a public hearing over Cranston-based Green Development's proposal to build five solar fields on more than 324 acres of mostly wooded land in a residential zone of the town's western end.

By early Friday morning, the meeting was still in session. Approximately 8

hours after the opening gavel, the meeting finally concluded.

"I think all the residents and homeowners who live near these five proposed solar panel projects are very relieved and happy with the results and are especially grateful to board members Richard Lobello and Richard Fascia for opposing all of the applications," said Winsor Avenue homeowner Wayne J. Forrest. "I think they showed how important it is to preserve the quality of life in Johnston, not only in these rural neighborhoods, but across the whole town."

■ SOLAR - PAGE 8



PACKED HOUSE: Johnston residents packed the Senior Center Thursday night, April 28, for a marathon Zoning Board meeting. Ultimately, the concerned residents scored a victory as the board was unable to approve proposals from Cranston-based Green Development to build five new solar fields. (Sun Rise photo by Rory Schuler)

COFFEE ANGELS:

Tony and Elizabeth Phouaykoumpa stand against one wall in their Johnston coffee shop. A pair of brilliantly colored, painted angel wings frame the Scituate couple as they hold a framed bit of appreciation from the Providence Postal Customer Council. Their first (of two) location opened in 2018 in Cranston. (Sun Rise photo by Rory Schuler)



Latte Love gets stamps of approval

By RORY SCHULER

Ceramic mugs and saucers clinked. The hiss of a steamer released a steam cloud, and the owner's face appeared from behind the espresso machine. There were guests in the dining room of Latte Love in Johnston. The owner and always-brewing barista was still mixing morning drinks for a long line of customers. The guests would have to wait for a few more minutes. The customers came first.

The coffee shop proprietors stood against the wall, a pair of brilliantly colored angel wings framing the couple as they held a framed bit of appreciation.

They're used to compliments on their café lattes and cappuccinos from customers who frequent their Johnston and Cranston coffeehouses.

However, this is the first time the U.S. Postal Service has reached out to express their appreciation for the pair's entrepreneurial hard work and small business dedication.

"As part of our community outreach program, each month we select a local business or organization to recognize for their commitment to the community," according to Providence Postmaster's Office Customer Relations Coordinator Kerry Cimaglia.

On Monday, April 18, a Postal Service delegation descended on the proprietors' newest location at 557 Killingly St. Their mission was to recognize "the owners of the new Latte Love coffee shop in Johnston with a special stamp dedication," Cimaglia said.

■ LATTE - PAGE 6

Joe Polisena Jr. announces bid for mayor

By RORY SCHULER

Johnston Mayor Joseph M. Polisena introduced his son to an overflow crowd in an empty storefront in Town Hall Plaza. Joe Polisena Jr. announced his candidacy for mayor, in front of friends, family, local politicians and key community representatives.

The elder Polisena is finishing his final year in office and hopes his son will next occupy the mayor's office, once this last term has expired. Polisena Jr. currently serves as Vice-President of Town Council, and recently left his job as an attorney working in Gov. Dan McKee's administration. Joe Polisena Jr. delivered

the following remarks Monday night:

"I want to thank all of our distinguished guests for attending, but more importantly I want to thank all of you for attending. That's because today isn't just about me. Today is about you, it's about us and the transformation our town has made. Every single one of you has played a part in that transformation. No matter how big or how small, every one of your contributions mattered to help improve our town. And today, I hope to continue forging our town forward as I announce my candidacy for Mayor of the town of Johnston. Too often, many elected officials get caught up in issues that matter to few

while ignoring the needs of many. The trending topics on social media seem to take hold of headline news while the daily struggles we all experience get ignored. I pledge to each and every one of you, your daily struggles will never be ignored.

When it seems like everyone else is focused on the latest headline that has no impact on you, your family, or your finances, I want you all to know that I'll remain focused on issues like how you can keep more of your hard earned money, how to improve your quality of life, and how to make sure your hard work and success is rewarded, not penalized.

■ JOE JR. - PAGE 4



THREE JOES: Joe Polisena Jr., his son Joseph Polisena III, and Johnston Mayor Joseph M. Polisena pose for a three-generation snapshot following the middle Joe's candidacy for Johnston mayor. (Sun Rise photo by John Howell)



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Johnston Sun Rise



AMY'S ARMY: Winsor Hill Elementary School Principal Dr. Amy Burns, Susan Parillo and Brianna Bielecki are joined by some of the students who helped raise a stunning amount of \$1,350 that will benefit the Ukraine Red Cross. (Sun Rise photos by Pete Fontaine)

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CLASSIC COLLECTORS: This is one of the many groups of Winsor Hill students who participated in the recent "Walk for the Ukraine" that raised \$1,350 that will help people in the war-ravaged country.

LOS ANGELES

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FANTASTIC FJUNDRAISERS: Students at Winsor Hill Elementary School stopped during their recent and highly-successful "Walk for the Ukraine" to have this photo taken.

Winsor Hill walks for Ukraine

By PETE FONTAINE

Few schools, if any, meet challenges like Winsor Hill Elementary School in Johnston.

Perhaps the well-maintained school's slogan — "Winsor Hill Cares" — epitomizes that theory which includes the administration, faculty, staff and students of the always-active school that's located at 100 Theresa St.

Take what transpired when students in Nicole Esteves' fifth grade class expressed a heart-felt interest to help the war-ravaged country of Ukraine.

Almost as soon as the class brought its concerns to Principal Dr. Amy Burns, what many people described as a special act of human kindness — as well as the school's credo "Winsor Hill Cares" — the wheels of an extremely profitable program began turning into high gear.

Moreover, there was extra incentive from the famed Feinstein Foundation and its founder Alan Shawn Feinstein that was seeking support for the Ukraine in hopes of rallying leadership schools to come together in support of the Ukraine.

"Dr. Burns jumped at the idea," was the word all over Winsor Hill. "She loved the idea for the opportunity to make a difference for people of all ages in the Ukraine."

Enter Susan Parillo, Winsor Hill's health/physical



PROUD PACK: This is yet another group of Winsor Hill Elementary students who recorded a special success story during the school's "Walk for the Ukraine." (Sun Rise photos by Pete Fontaine)

education director, who along with the school's iconic food cupboard coordinator/teacher Dina Needham thought a Walk for Ukraine would be ideal.

Thus, Winsor Hill Art Teacher Donna Pringle had students make sunflowers that adorned the school prior to the walk and on display by everyone, dressed in all types of garb that resulted in what Parillo

called "a sea of yellow and blue all in and around our school" and during the late afternoon walk.

At the outset of the unique campaign, Amanda Veitch — who serves as tireless president of Winsor Hill's PTO — helped distribute what she called "permission slips" from the Feinstein Foundation that allowed students to solicit and collect donations for

the famed foundation that will directly benefit the Ukraine Red Cross.

As equally impressive is the philanthropic foundation, that's featured in many schools throughout the state, issued a challenge that would match Winsor Hill's donation up to \$1,000 in form of a grant to the Johnston elementary school.

"This is a wonderful op-

portunity to for our school community and it allows our students to do some good for an important cause," a message on the collection sheet read. "Please help the cause by filling in the pledge sheet with donations from your family, friends ... relative and even neighbors."

The event turned into what many people emphasized "was yet another spe-

cial success story as well as an excellent example of Winsor Hill (School) Cares!"

Parillo, who has helped coordinate countless events at Winsor Hill, announced last week that the Walk for Ukraine raised \$1,350 and thus resulted in a \$1,000 Feinstein Grant that will benefit the entire community of the award-winning Johnston elementary school.

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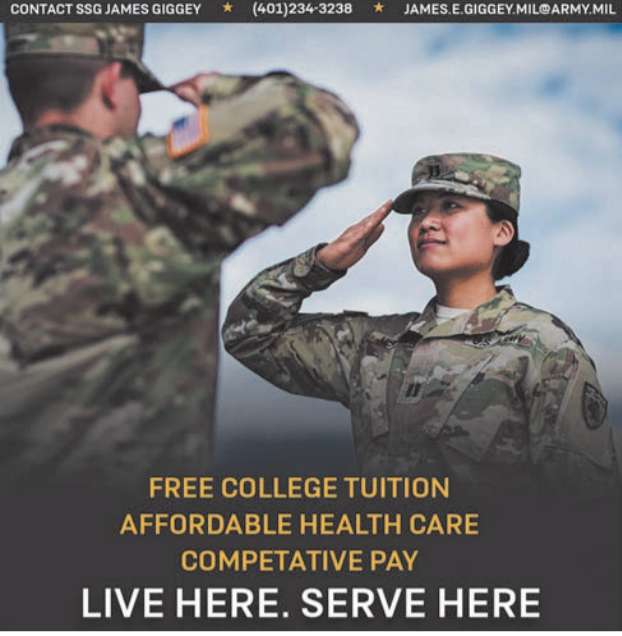
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JOE JR. STARTS THE RACE: Joe Polisen Jr. officially announced his candidacy for Johnston mayor on Monday night. (Sun Rise photo by John Howell)

“A Life-Changing Experience.” —Stage Whispers




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 —Edward McMillan-Scott, former Vice-President of the European Parliament

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 —Paul Skousen, professor and author

“I believe the transcendent.
Shen Yun is a good antidote to the pandemic.”
 —Philip Lancaster,
 Managing broker at Rock Point Real Estate



■ **Joe Jr.**

(Continued from page 1)

And that’s what this campaign comes down to. Staying focused on the fundamentals: stable taxes through economic development; continued investment in public education; supporting our police and fire for strong public safety; and high quality public works services of trash pick-up, snow plowing and road repairs.

These aren’t the so-called hot topic issues, you’ll never see them trending on social media and they’ll never be the leading story on the news, but, I believe, these are the types of issues that matter the most to you, and these are the issues I’ll always prioritize, no matter what outside noise tries to come through.

It’s not about more government or less government, it’s about smarter government. Knowing when to get involved and when to back off, knowing when to invest and when to conserve. Knowing that we shouldn’t go looking for problems to fix, instead, we should be quickly reacting to problems that arise.

During the beginning of COVID, I proposed a first in the state ordinance to grant emergency outdoor dining licenses restaurants. That’s my vision of smart government: a quick reaction to a sudden problem.

When I was pushing for the town to increase our school facilities bond an additional \$20 million, so we could take advantage of every incentive. That is an example of knowing when to invest.

There isn’t one sole thing that qualifies me, nor anyone else, for this job. It’s the totality of past experience that matters. And I’ve tried to make myself as well rounded as possible with legal, educational, and most importantly, practical experience. This position isn’t something I’m owed or something I deserve. This is something I must earn. And earning it starts and ends with you, the residents of this town.

Success will be achieved through strength: Strength to make tough decisions. Strength to face criticism and not back down. And strength to always stand up for you, the people of Johnston. I will never abandon my principles of common sense to appease a loud minority.

And that leads me to a message, I as a moderate, Centrist Democrat, must deliver to all Democrats: Stand up. Stand up and take a stand against the loud minority who wake up in the morning seemingly looking to be offended. Stop thinking they represent the majority. They don’t.

In 2019, one of my favorite studies came out, from Pew Research Center; it’s regarding Twitter. I cite it all the time and I’m going to cite it again now. Its conclusion, simple, but telling: 10 percent of users account for 80 percent of Tweets.

What does this mean? It means America, Rhode Island, and Johnston for that matter, isn’t Twitter. It isn’t Facebook. And it isn’t cable news. We cannot continue to abandon our constituency, and all notions of common sense, for the sake of trying to appease an extreme minority. We cannot judge people of the past by the standards of today. We cannot pigeonhole groups

within groups. And we cannot continue to cancel, shun and ostracize those who have a different opinion than we do. What has it gotten us? A smaller tent.

It’s undeniable that our big tent we’ve always been known for has shrunk to a tent of costal communities and urban cores. Look at Rhode Island — draw a line down the middle of the state.

The western, inland half is red, and the urban, coastal half is blue. And it’s no secret, over the past decade, the trend in Johnston continues to move toward. However, before you make your own assumptions, there’s another trend I’d like to share with you. With the new census data out, Johnston is leading the state with another trend: the highest Latino population growth per capita. It’s a 141 percent increase in the same 10 years of the political trend I just previously mentioned. So, if you can’t see the correlation, it’s because you’re purposely not looking.

We have to abandon our faculty lounge politics and instead, reach out to working people. Working people, not defined by what they do, but how they do it. Up at dawn, working all day, coming home exhausted in the evening, struggling to find quality time to spend with family and friends. Those are the people we must speak to. Not with elitism or condescension, but with a common-sense message of economic freedom. Embracing our cultural differences and even our big tent political diversity, but also understanding we all share the same common goals: economic and social freedom, strong unions, who helped many of us here today reach the middle class, good schools, safe communities, fair taxes, and an opportunity for our children to lead to a life better than our own. Most of our conflicts are based on a failure to communicate rather than a contest of values.

I want those who feel disillusioned and exhausted by both the extreme left and the extreme right to know I hear you and I share your disappointment, disgust and fatigue. Democrats, Independents, and yes, even Republicans. While we have some beliefs scattered across the political spectrum, if we embrace our core values of moderate, common-sense principles, we can make unity less of a talking point and more of a reality.

I would like to thank my family for all of their support, but most importantly my wife, Samantha. Not only are you a great wife, but you are an amazing mother. We’re about to go on a journey together. It’s going to be tough. Times will get hard. You’ll see and hear things you don’t like. But always know there isn’t anyone else I would rather take the journey with than you.

So, in closing, I think it’s undeniable the progress we’ve made over the years. But it’s not only about where we’ve been or where we are now, more importantly, it’s about where we are going. And I would ask all of you for your support. Because I know, when we work together, Johnston thrives. Thank you.”

Editor’s Note: Are you running for office in Johnston? Announce your candidacy in the Johnston Sun Rise. Email Editor Rory Schuler at ro-ris@rhodybeat.com, with candidate information, announcements and photos.

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 Johnston Mayor Joseph M. Polise-
 na introduced his
 son to an over-
 flow crowd in an
 empty storefront
 in Town Hall
 Plaza on
 Monday night.
 Joe Polise-
 na Jr.
 has officially an-
 nounced his can-
 didacy for mayor.
 (Sun Rise photo
 by Rory Schuler)



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POSTAL APPRECIATION: From left to right, Providence Postmaster's Office Customer Relations Coordinator Kerry Cimaglia, Postal Customer Council Board Member Carol Osso, Newport Postmaster Jim Bourque, Latte Love owners Tony and Elizabeth Phouaykoumpa, Providence Postmaster Jeanne Jackson, former Johnston Post Office Manager Kyle Pelopida (now Corliss Park Manager), and current Johnston Post Office Manager Ryan Laboissonniere, pose for a photo to recognize the two booming Latte Love coffee houses in Cranston and Johnston. As part of a community outreach program, each month Providence Postal Customer Council selects a local business or organization for recognition of outstanding "commitment to the community." (Sun Rise photo by Rory Schuler)

■ **Latte**

(Continued from page 1)

Wrapped in plain brown paper, the postal brass brought a gift — a framed set of real espresso drink-themed 'Forever' stamps offset by an enlarged set. The stamps were issued to commemorate four Latte Love staples — the Café Mocha, Café Latte, Espresso straight-up and the Cappuccino.

A small brass plaque under the glass declared: "Espresso Drinks, presented to Latte Love Customer Excellence by Providence Post Office, Providence Postal Customer Council, April 2022."

Latte Love owners Tony and Elizabeth Phouaykoumpa were practically speechless as the large group of the region's top postal service

managers packed a section of the dining room to present the framed nod of business appreciation.

"The two owners took a chance and opened their second location during the peak of the pandemic," Cimaglia said. "Against all odds, they have continued to provide superior customer service to the community all while overcoming many challenges including restrictions, forced closures and staffing shortages."

Tony and Elizabeth Phouaykoumpa opened Latte Love Coffee House at 11 Comstock Parkway in Cranston in December 2018. Two years later, just before the pandemic locked us down and up-ended lives, they gambled on opening their second location in Johnston.

"We have no regrets," Tony Phouaykoumpa said, smiling behind the framed stamps.

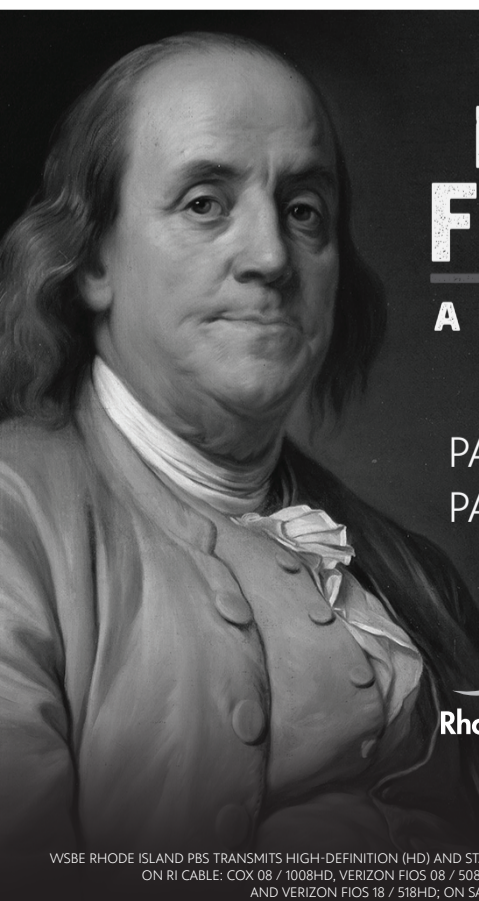
"I thought this was a very special thought," said Elizabeth. "It's very special and it makes us want to work harder."

Both agreed that "business has been great." "We're picking up new customers every month," Elizabeth said, preparing to get back behind the counter.

"The pandemic was tough at times," Tony explained. "There were so many things going on; so many mandates; and staffing issues are still tough."

The couple lives in Scituate and truly love crafting drinks and meals for their growing loyal clientele.


"We don't regret anything," Tony repeated. "It's so nice to get a little recognition," Elizabeth said. "It hasn't been easy."



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AMAZON RISES



SKELETON ON THE HORIZON: The metal skeleton of Johnston's future state-of-the-art Amazon robotic fulfillment center has appeared on the horizon. You can watch progress from the parking lot of Market Basket (below), or from the side of Hartford Avenue (above). (Sun Rise photos by Rory Schuler)



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by Rochelle Rhodes, D.M.D. and David McFarland, D.D.S.
CHOOSING THE BEST BRUSH
With so many options available, choosing the right toothbrush for your specific needs can be daunting. Follow these easy guidelines to pick the best brush. Consider the size of the brush head: the best size for most adults is one that's one inch long and half an inch wide. Choose a brush with good grip for better control. Bristles come in soft, medium, and hard; for most people, soft bristles are the safest choice. Straight bristles can do more harm than good, so always go for rounded bristles. Most importantly, choose a brush that's ADA or CDA approved—this ensures that the bristles are safe and secured, the handle is sturdy, and the brush helps reduce plaque and gum disease.
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(401) 233-0054

Solar

(Continued from page 1)

The proposal pitted the local sustainable energy company versus homeowners in several Johnston neighborhoods. Green Development struck a deal with private landowners and had offered to donate three of the parcels to the Johnston Land Trust, and lease the land back from the town to construct and maintain the solar fields for decades, before decommissioning the arrays and reverting the land back to Land Trust stewardship.

"We are certainly disappointed in the outcome of the vote of the zoning board, as Green made a conscious effort to ensure the design of the projects satisfied all of the town's zoning and subdivision regulations, while complying with the town's comprehensive plan," said Bill Fischer, President of True North Communications and spokesperson for Green Development, LLC. "Green spent a significant amount of resources, energy and time to assemble a well-versed team of experts — who did a tremendous job at the hearing — giving zoning board members the evidence they needed to approve the project. Unfortunately, the town lost the opportunity to protect hundreds of acres of land for generations to enjoy as public space. Not to mention, the financial benefits the proposal was providing the town for the next 25 years."

Neighbors worried about a reduction in home values and the destruction of the natural habitat surrounding residential neighborhoods. The fields were proposed for a residentially zoned land, but required special use permits from the Johnston Solar Board to advance the project.

The Johnston Planning Board had previously granted approval to Green Development's master plans for the five new solar fields. Thursday's Zoning Board public hearing had been continued from the committee's monthly March meeting because residents opposing the project hired legal counsel to fight the proposal.

"Attorney Matt Landry put on his case with two experts," said one of those witnesses, land use expert Sam Shamon. "His main point was that the solar farm is not a public utility and therefore could not be considered for a special use permit."

Matthew J. Landry, of the Providence law firm Blish & Cavanagh LLP, has been on the case for about a month, and was hired by a group of concerned abutters.

Shamon testified that solar farms are not consistent with the town's Comprehensive Plan and therefore should be denied. Shamon also noted that the applicant would clear cut approximately "40 percent of existing trees and that would have negative impact on neighboring residents."

While the meeting room was packed with residents, lawyers, experts and board members, numerous calls to end the meeting were defeated.

"The zoning board denied attempts to continue the hearing," Shamon said early Friday morning. "Even though the time was almost midnight the board keep me hearing going no matter how late it goes."

Of the 324.86 acres proposed for so-

lar development, approximately 133.15 acres would have been surrounded by fencing, with solar panels occupying around 41 percent of the acreage. A substantial area would have been cleared of trees, and some topography altered.

"To be clear, no one at the meeting was opposed to solar energy, but it should be located on commercial or industrial land or on rooftops," Forrest said. "I think the hope now is that town officials will follow this path going forward, not overdevelop every piece of available land, and not lessen the value of these neighborhoods and properties that residents have worked so hard for."

Two weeks ago, District 5 Town Councilman Robert Civetti asked solicitor William J. Conley Jr. draw up a solar development moratorium. The west-end resident and council representative has been vocal regarding his opposition to the project's pitched location, mixed within residential neighborhoods.

"The residents worked diligently as a team to fight this proposal and at the end of the day, I believe that the members of the Zoning Board made the correct decision," Civetti said this week. "In my opinion, the matter never should have even made its way to the Zoning Board since it was not in compliance with the Town's comprehensive plan nor was it allowed under the Town's zoning ordinance."

Conley insisted the moratorium would not affect the pending Green Development proposal, since it had already cleared the all-important first Planning Board master plan approval hurdle last month.

Civetti was willing to let the courts decide the issue. The moratorium may still face a vote of Town Council. Civetti and others have also called for updates to the town's aging Comprehensive Plan, which says little about solar development.

"I have full faith in the zoning board for making their decision based on the evidence and testimony in front of them," said Johnston Town Council Vice-President and mayoral candidate Joe Polisena Jr. "As I said from the beginning, whether for solar or for housing, everyone would have an opportunity to be heard — that's democracy in action. The end result is a win for the housing advocates."

Polisena Jr. and his father, current mayor Joseph M. Polisena, have both noted that the land will likely be developed no matter the town's decisions regarding the solar farms. The Polisenas argue that solar fields would be far less taxing of town resources than new housing developments, for example.

"Our plan would have ensured these properties never became housing developments and we worked in a spirit of cooperation with the Land Trust and the town to ensure these acres would be protected and accessible to the public, on day one," Fischer said. "Anyone who believes this area is currently designated as open space is misinformed and quite frankly anyone utilizing the land for recreational purposes is trespassing on private property. We continue to believe in the merits of the project and although we are disappointed in the outcome, we are not dissuaded from evaluating our



GREEN'S CASE: Kevin Morin, of Green Development, and their attorney, John O. Mancini, argued for solar field project special use permit approval before the Johnston Zoning Board at a public hearing on April 28. (Sun Rise photo by Rory Schuler)

options moving forward."

Neighbors are calling for a third option beyond solar and housing — land preservation. The problem is, the land in question is under private ownership, and can be developed according to Johnston's planning and zoning laws. If the owners want to develop, the western end could become more densely populated. Many Rollingwood Avenue and Winsor Avenue residents have insisted they'd rather have families living next door rather than industrial solar panels.

"Real estate expert James Houle testified that in his opinion the project would result in a diminution of property values," Shamon said, recounting the meeting's final hours. "During the public comment period numerous residents stated that the project would negatively impact their enjoyment of their property they implored the board to turn down the petition."

Ultimately, after almost eight hours, the Zoning Board was split.

"When came time to vote one member moved to approve," Shamon said. "Three voted to approve and two said no. The motion failed because they needed four to approve."

The meeting was adjourned after 2 a.m.

"What a night, huh?" Forrest said Friday morning after getting some sleep.

Project abutter Chris Dibble and his wife Bonnie pooled resources with several neighbors to hire Landry to help fight the solar proposal. One of the fields was proposed for construction just 200 feet from their property line, with an access road a mere 50 feet from their house.

"It is reassuring that the board recognized that these projects are neither permitted nor appropriate for the areas proposed," Dibble said after the meeting. "Special Use Permits have standards that need to be met. These standards include compatibility with surrounding areas and no degradation of neighbors' enjoyment of their property. These standards were not met, so it was good that the board recognized this fact."

Zoning Board Vice-Chairman Anthony Pillozzi voted to approve the solar fields.

"We have to follow the law and the statute permits solar farms," he insisted during an interview Monday evening. "The expert testimony was overwhelming on both sides."

The five proposed solar projects included — a 1.0 Megawatt solar field, called, GD Johnston Elmgrove II, at 25 Elmgrove Ave. (AP 51 Lot 4, zoned R40); GD Johnston Harilla I, a 2.25 MW solar field at 28 Harilla Lane (AP 51 Lots 9 & 11, zoned R40); GD Johnston Winsor I, a 4.0 MW solar field at 46 Winsor Ave. (AP 60 Lot 4, zoned R40); GD Johnston Winsor II, a proposed 8.0 MW solar field at 86 Winsor Ave. (AP 60 Lots 2, 20, 86, zoned R20 & R40); and GD Johnston Winsor III, a proposed 24.0 MW solar field at 112 Winsor Ave. (AP 59 Lot 15, zoned R40).

"The legal arguments are compelling — the fact that this use is not actually permitted under the town's existing regulations," Dibble explained. "However, I think that the overwhelming show of opposition from the residents was the most powerful thing presented to the board. It was very clear that the only people in the room in favor of the projects were the Green Development representatives. No residents got up to speak in favor of the projects."

Civetti noted the absence of most of the town's elected officials throughout the proceedings examining the solar farm proposal.

"Since this was such a big proposal and something that could impact the entire Town I thought that we would have seen and heard more from our elected officials since we are in office to represent the people of this Town," Civetti said Tuesday.

Will Green Development take their case to court and challenge the Zoning Board decision with litigation?

"All of our options are being evaluated," Fischer said.

"If they appeal it, let a judge decide," Pillozzi said.

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Opinion

EDITORIAL

Tax increase not the answer

The property owners of Johnston do not deserve a tax increase.

The residents have been sold commercial development after commercial development, all with the promise of "future financial stability."

Then, last month, the voters of Johnston took a leap of faith in their elected officials, when they voted overwhelmingly to approve a \$215 million school construction bond.

The School Committee, however, has approved and shipped a district budget off to Town Council, unbalanced by a nearly \$1.4 million deficit.

Last year, facing a very similar deficit, the town consented to contributing \$1 million more to the school budget. The transaction led to the town's first property tax increase in four years.

Now, in his final year as Johnston Mayor, Joseph M. Polisena insists the school will not receive a penny more than level-funding.

In a letter to voters prior to the April 5 referendum, signed by Polisena, each member of Town Council and each member of the School Committee, the town's elected officials promised no tax increases loomed over Johnston's thinning, formerly tree-filled horizon.

"Based on the dynamic expansion of our commercial tax base, we will not need to raise any residential property taxes to pay for this School Construction," insists the letter. "No Increase in Homeowner taxes is required to pay for this School Construction."

But will a tax increase be necessary to fund the schools before shovels split the dirt?

The mayor's son, mayoral candidate and Town Council Vice-President Joe Polisena Jr., has also pledged to vote against a tax increase, if proposed. Will his fellow Town Councilors follow suit?

School Committee Chairman Robert LaFazia and Johnston Schools Superintendent Bernie DiLullo said the district will need to take a careful look at the budget.

"We will have to review the entire budget to determine the cuts that we must make," DiLullo said. "We always try to avoid making cuts that will directly affect children as their programs are essential."

It's monumentally difficult to determine which school line items are "essential." Will there be layoffs?

Which "non-essential" tool can your child learn without?

GUEST OPINION

'The residents worked diligently as a team'

By Robert J. Civetti
Special to the Sun Rise

I would like to thank the residents of the Town of Johnston that focused on this matter for the past three months. Although most of the residents were from District 5 there were also several residents from other Districts that got involved. At the walk-through of the property with the applicant, we had residents attend from all over Town. This proposal if it were approved could have had a detrimental effect on the entire Town of Johnston and that is why I am glad to see so many residents get involved and let their voices be heard.

The residents worked diligently as a team to fight this proposal and at the end of the day, I believe that the members of the Zoning Board made the correct decision. In my opinion, the matter never should have even made its way to the Zoning Board since it was not in compliance with the Town's Comprehensive Plan nor was it allowed under the Town's zoning ordinance.

Attorney Matthew Landry from Blish & Cavanaugh did an excellent job presenting the case for the residents as did his expert witnesses. The taxpayers were able to begin speaking and expressing their concerns at about 1 a.m. I thought that the residents remained very professional and calm when stating their concerns to the Zoning Board. We were already almost seven hours into the meeting and emotions were running high. However, the residents maintained composure and let the members of the Zoning Board hear how if this project was approved they would be directly affected.

As Attorney Landry indicated in his presentation, one of the positions of the abutters was that Subsection 5 of the Table of Use Regulations titled "Public Utility Uses" did not apply in this instance. I also agree with that position based on the research and communications I had throughout this process. Setting that aside, Chapter 340-75 of the Town's Zoning Ordinance titled "Special Use Permits" was referred to numerous times by the abutters.

Section B of 340-75 specifically states that "in granting a special use permit, the Zoning Board shall require that evidence of the satisfaction of the following criteria be entered into the record of the proceedings," and then lists seven items. I believe that the residents, legal counsel, and the expert witnesses testifying on behalf of the abutters were able to provide sufficient evidence to the Zoning Board that these criteria could not be satisfied.

I once again want to thank the residents of the Town of Johnston that came out to let their voices be heard. During this process, I met so many terrific people who care about OUR Town of Johnston. I spent more time talking with some of these folks than I did talking with my wife over the past three months. As an elected official I took an oath to abide by the laws and ordinances of the Town of Johnston and the Laws of the State of Rhode Island. I vowed to serve the residents of the Town of Johnston to the best of my ability. As long as I am in office I will do my best to stand by the taxpayers of the Town of Johnston and always do what I believe is in the best interest of all residents of the Town of Johnston.

I understand that I cannot always make everyone happy, but I will always try to make a decision that is in the best interest of the Town of Johnston as a whole. The interest of one or two individuals or special groups should never take precedence over what is in the best interest of the Town overall. I am not against solar energy but I am against placing these solar farms in the middle of residential neighborhoods.

These solar arrays should be placed in industrial areas, on rooftops, and as stated on Thursday night, I believe the developer should look to place these panels on top of the areas of the landfill that are already capped and closed.

One comment that I would ask that you correct in your article ("Too little, too late? Town Council considers solar field moratorium," April 21) is where you stated "The west-end resident and council representative faced mounting pres-

sure from his constituents to stop the solar project." There was never any pressure from the residents placed on me. When this project was first proposed I met with the residents to see what their thoughts and concerns may be.

We all agreed that this was not the place for a large solar farm project to be located. These industrial projects belong in industrial areas, not residential neighborhoods. The residents surrounding these proposed projects bought their property in R40 zones for this reason. I am a firm believer that we have zoned areas in our comprehensive plan to keep residential and commercial use separated. We should not be violating those zones so that individuals can profit on the backs of the residents of the Town of Johnston.

This was never about feeling the pressure but it was about sticking by our approved Zoning Code and ensuring that the landscape of the Town of Johnston is not altered so that others can get a financial benefit. This is not the first project I have opposed which involved a requested zone change and I assure you that it will not be the last if more surface. I vow to always stand up and do what is in the best interest of the residents of this great Town of Johnston. I hope that more people will get involved and take an ownership interest in this Town since this is OUR Town. Please do not sit back and let things happen. If residents are opposed to something they need to come out and let their voices be heard. Sitting back and saying nothing is not what concerned citizens of OUR Town of Johnston should be doing.

I believe the only elected officials that spoke on behalf of the people and urged the planning and zoning boards to preserve the quality of life for the residents were myself, Senator Frank Lombardo and Representative Greg Costantino. I thank the Senator and Representative for taking the time to support the residents of the Town of Johnston.

Thank you for your time. Stay safe and be well.

EDITOR'S NOTE: Robert J. Civetti serves as a member of Johnston Town Council, representing District 5.

LETTER

'Firmly against some ... traffic control measures'

As a resident of Simmonsville, I understand the concerns cited in last week's article ("Drive Like Your Children Live Here," by Rory Schuler, April 28 edition).

However, I am firmly against some of the proposed traffic control measures. I'm not saying nothing should be done to address the speeding problem; rather, we need to ensure that the actions taken are reasonable for all members of the community.

Like it or not, Simmonsville Avenue is, by definition, a state highway. This puts it in the same class of roadway as Plainfield Pike and Atwood Avenue, and is intended to handle a high volume of through traffic. This makes ideas like speed bumps and one-lane pinch-points unsuitable.

Adding even more signage warning drivers to slow down would clearly be overkill. "Speed limit 30", "Drive like your children live here", "Slow down", and "Pedestrian crossing" signs are posted on virtually every pole. The more common these warnings become, the less likely drivers are to change their behavior. An overabundance of signs becomes 'road noise'.

Any actions taken should not place additional

burden onto those drivers who already follow the speed limit and drive with caution. Therefore, reducing the speed limit should be avoided. It would only punish those who obey it.

Banning large trucks is a reasonable recommendation. In fact, there is already a "No Thru Trucks" sign posted at the intersection with Plainfield. This may just be a matter of asking RIDOT to post the same sign at the intersection with Atwood.

One does not need to look far to see why speeding solutions need to be vetted before becoming a reality. A recent commute to Providence's East Side tallied up eleven speed bumps in each direction. That's twenty-two every day. The result? A single-digit-speed commute, backache, and new rattle coming from my car's suspension.

So while it would seem great at first to treat Simmonsville Avenue as a side street, it would be unfair to the community as a whole. Additional enforcement and remediation are clearly needed, but be careful what you wish for.

James Hobson
Johnston



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SUN RISE SCOOPS

By Meri R. Kennedy

Pasta Dinner Benefits Homeless

The St. Mary's Feast Society will hold a special pasta and meatball dinner to benefit the family, created around MAE Organization For The Homeless' signature meal, pasta and meat sauce. The event will be held from 6:30 to 10:30 p.m. on May 14. Tickets are \$25 per person and a table of 10 is \$200. Tickets are available at the Feast Society located on Phenix Ave. in Cranston.

Bring your family for a hearty pasta dinner complete with garlic bread, salad and dessert! They will have Italian music, a photo booth and awesome raffles!

Pre-K Lottery

The RI State Pre-K lottery is now open. This lottery will run until July 6 so you know a child who would be 4 before Spt. 1 may qualify. To apply, visit www3.ride.gov./PKL.

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 the 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. 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.

Art Show for Animals

Donate animal-themed art to the Community Art Show which will benefit the Defenders of Animals, Inc. The third annual art show will take place on May 14 from 3 to 5 p.m. at the Governor Sprague Mansion at 1351 Cranston St. Defenders of Animals invites you to enjoy free food, wine, music, raffles and animal-themed art by local artists. 100 percent of proceeds go to Defenders of Animals. Tickets are

\$25 per person and available at defendersofanimals.org. Show by Margy Feldhuhn. For more information, call 401-461-1922.

Driving for a Cure

Please join the Cranston Country Club for the Gregory Rubino Memorial Golf Tournament on June 25. The club is "Driving for a Cure" at Cranston Country Club, and all proceeds go to benefiting the Lung Cancer Research Foundation. Spots are filling up fast so please register now to secure yours. Learn more and register at grubinomemorial-golf.com.

URI Music Department and Notable Works' Spring 2022 Concert

This event will take place in URI's Recital Hall within the Fine Arts Center on May 15 at 3 p.m. and features the American Band, Directed by Brian Cardany. The American Band will be honored at this event by the RI Music Hall of Fame. The main focus of this event is to illustrate how Rhode Island is dealing with the climate crisis, highlighting revitalization efforts in our communities, as well as practicing current outreach strategies to connect to a wider and more diverse workforce, while broaching the question: "What can each of us do to work together to help build a more sustainable future?" This performance is free and open to the public; however, donations for Notable Works will be graciously accepted. CDC State Covid-19 guidelines will be followed. Complimentary refreshments will be provided following the concert. For more information, please call 401-874-2431 or visit www.uri.edu/music/events/notableworks.org.

Johnston Senior Center back in full force

At the Johnston Senior Center, all exercise classes have resumed, and new classes have been added too. Call the center for information.

Arts Scholarships for youth now open to register. Do you know a student aged 11 - 14 who loves to create and to perform? Encourage them to apply to our ARTS Scholarships 2022 program! Applications and guidelines are now available at ppacri.org/artsscholarships.

The ARTS Scholarships 2022 program, sponsored by the Textron Charitable Trust and the PPAC Annual Fund with support from WPRI 12 and Ocean State Charities Trust, offers young artists an opportunity to participate in local summer arts education program that will broaden their experience in their chosen area of study.

Qualified students must be aged 11 - 14 by June 1 of this year and reside in and attend school in Rhode Island.

Rhode Island Senior Softball League

The Rhode Island Senior Softball League, who has over 350 players on 20 teams, is currently seeking players ages 50 and over for the upcoming season.

The season will run from the beginning of May until the end of September, including playoffs, and no games will be scheduled on July 4. Games are played on Sunday, double headers.

Masks and/or pitcher's screen will be mandatory, and the league will use the same 11 fields as it did last season. Fields are located in East Providence, Cranston, Johnston, Woonsocket, North Kingstown, Barrington and Western Cranston.

Visit www.leaguelineup.com/welcome.asp?url=riseniorsoftball for more information. Please fill out player inquiry form, the commissioner will contact you.

Consider donating blood

The Rhode Island Blood Center is in need of blood donations. Individuals wishing to donate must book an appointment at the donation center; walk-ins are only accepted if safe distancing allows at the person's time of arrival.

Nearby areas to donate include The Shops at Greenwood, which is located at 615 Greenwich Ave., in Warwick. Sign up by visiting www.ribc.org.

Walk and Talk at Rocky Point

Come join the "Rocky Point Pacers" for a walk around Rocky Point every Tuesday and Thursday mornings at 9 a.m., weather permitting. They meet at the gate on Rocky Point Avenue. Get some sunshine and burn off some holiday pounds.

Prepare RI High School Internships Program

Calling all RI public high school juniors: The 2022 PrepareRI High school Internship Program is accepting applications to participate in on-site/in-person, PAID summer experiential learning internships with local employers across the state.

This program will help you earn, learn, and connect with employers across Rhode Island. Applications will be reviewed on a rolling basis. Visit <https://skillsforri.com/prepareri> for more information.

Apple Fest Scheduled

The 34th Annual Apple Festival has been scheduled for: Saturday, Sept. 10 and Sunday, Sept. 11 from 10 a.m. to 5 p.m., both days.

The event will be held at the Johnston Memorial Park - 1583 Hartford Ave. in Johnston. Register: members.nrichamber.com/.../the-34th-annual-apple

Johnston Senior Center offers 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.

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.

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).

Mohr Library events

Fridays at 5 p.m., we have a craft and discussion program for adults who love young adult books, books which often feature young protagonists finding their place in the world. The first book to be discussed is "Vassa in the Night," which reimagines a slavic folktale in modern-day Brooklyn.

The Rhode Island Tree Council is offering their Tree Stewardship classes at our library Thursday nights from 6-8 during May, plus Saturday June 4 from 10 to noon to plant a tree on our lawn. There is a charge of \$50 for members and library cardholders. Register with the Rhode Island Tree Council at 401-764-5885 or at www.ritree.org.

For teens, there is a Dungeons & Dragons group meeting each week. Call or email to leave your contact information for Emilie.

For middle-school and high-school-age kids, there are things to do almost every day after school.

Kids can drop in any time between 1 and 5pm April 22, Friday, for crafts and activities based on "The Bad Guys" series of books by Aaron Blabey. A major motion picture based on these books will be released on that day.

Storytime for ages 2 to 5 is scheduled to begin May 4 at 10:30 am. Call to register.

During all hours, the Children's Library has scavenger hunts, I Spy games and craft kits to do in the library or take home.

Every day, we offer help with computers and technology, either on the spot, by offering to schedule one-on-one sessions, or by trying to find the right class for you.

Through June, Providence Public Library will send one of their specialists to Mohr Library for one-on-one "Digital Navigation" help, by appointment Fridays between 10 am and 1 pm. Speak with one of our librarians.

Mohr Library offers public wifi and computer use, printing and copying at a small charge, faxing at \$1 per page, free scanning, and free notary when available. Contact us to print from your device or from home.

Our book drop is available to return books from any Rhode Island public library or to donate like-new books. Our Friends' Book Sale is ongoing whenever we are open.

Email info@mohrlibrary.org or call 231-4980.

Did you know?

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. (Source: May Fun Facts)

Send submissions to 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

Public Auction Legal Notice

Form of notice under RI General Laws 39-12.1 to 12.1-5

TO: Unlimited Auto Sales LLC 839 S. Washington St, No. Attleboro, Mass. A public auction will be held at 635 Potters Ave, Providence, RI on May 14, 2022 at 900 AM. The Vehicle a 2012 HONDA VIN # 1N4BL2EP5CC254183 belonging to the above. The auction being held is to satisfy towing and storage fees.

5/5/22

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

Flea Market License- Public Hearing

Notice is given pursuant to Section 272-2.1 of the Town of Johnston Code of Ordinances, that the Johnston Town Council shall hold a Public

Hearing on Monday May 9, 2022 at 7:00 p.m. at the Municipal Court Building, 1600 Atwood Avenue, Johnston, RI. The purpose of the Public Hearing is to consider the following application for a Flea Market License. Remonstrants are entitled to be heard before the granting of such license.

Applicant: Danya Izzo
Trade Name: Plainfield Pike Flea Market
Location: 2111 Plainfield Pike, Johnston, RI 02919
License Type: Flea Market License-

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

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

Vincent P. Baccari, Jr.,
Town Clerk

4/28, 5/5/22

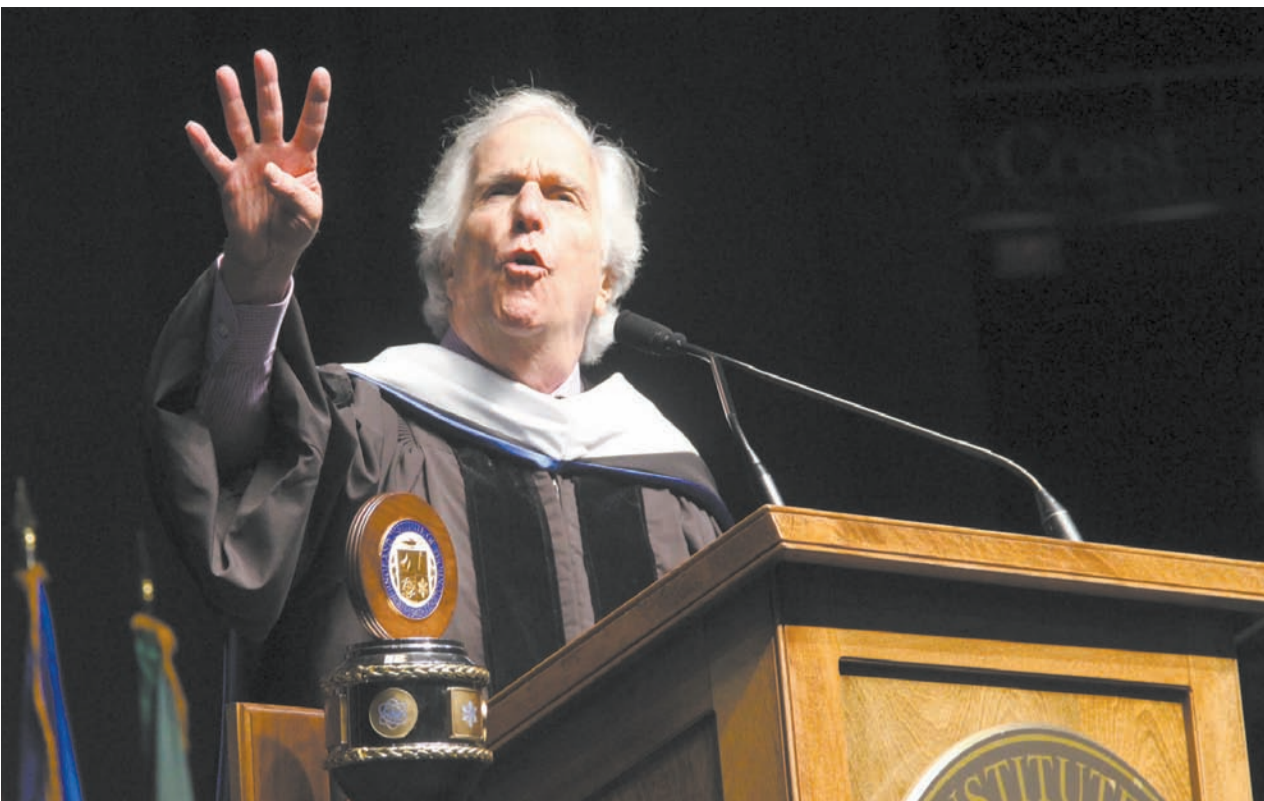


Legal Notice Town of Johnston Notice of Abandonment

Notice is hereby given pursuant to Rhode Island General Laws § 24-6-1 that Buck Hill Road as described in Johnston Town Ordinance 2022-6 has ceased to be useful to the public and is hereby abandoned. Ordinance 2022-6 an Ordinance in abandonment of Buck Hill Road was adopted at a public hearing at the April 11th, 2022 meeting of the Johnston Town Council and is available for review in the office of the Town Clerk.

**Johnston Town Council
Robert V. Russo
President**

**Attest:
Vincent P. Baccari, Jr.
Town Clerk**



The Fonz and a commencement crossroad

I came to a stop across from Crossroads, the former Providence YMCA building, and waited for the light to turn green to get onto the on ramp to Route 95 south.

It was Sunday, the scene awash in sun and the temperature edging into the 60s. I had just heard that Emmy award-winning actor, director and author Henry Winkler would deliver – or I should say, perform – an inspiring message to New England Institute of Technology graduates at the Dunkin' Donuts Center. My window was open. I was breathing in the sweet smell of spring. The road was empty. But I wasn't alone. On my left barely eight feet away and sitting on the cement wall to the highway embankment was a man who looked to be about Winkler's age. He had long hair, just like the actor. He was unshaven, not like the actor. He was overdressed for the day in a jacket over a plaid sweater. He held a limp piece of cardboard. Nothing was written on it. I gathered he had just arrived at this post to see what he might collect for the day.

Another man, who looked to be the same age and similarly dressed, stood on the other side of the road.

"Beautiful day," the man nearest to me yelled. He wasn't talking to me, but that didn't matter.

I echoed his declaration and we locked gazes. It was like he suddenly realized I was there. He smiled. I smiled. "This is just beautiful," he emphasized looking up into the clear blue sky. I nodded in agreement. The guy to my right joined the chorus.

"Got a twenty," the man to my right said. He wasn't asking for money. He was announcing his good fortune. The man to my left was smiling again. "You know I got a ten," he answered if that was a significant achievement. He read my confused look. "Getting tens is harder than twenties," he said.

My mind reeled back to commencement and Winkler's performance. His speech was funny, yet thoughtful and inspiring. I wondered if it could be life changing.

New England Tech has a tradition of bringing in luminaries as graduation speakers whether stars from the silver screen, the media, government or the arts. I imagine honorariums for such speakers are high on top of paying travel expenses and making arrangements. It has to be worth it. Conferring honorary degrees on nationally recognized personalities – Winkler is a second time NEIT commencement speaker so he wasn't put through the ritual again – surely trains a media spotlight on the institution. There's more to it than that. A big name commencement speaker is a graduate's bragging rights. Might those speeches also be indelible and become guideposts for living?

Winkler described himself as hopeless when it came to geometry, a course he needed to pass to move on but

So cool

Emmy Award-winning actor Henry Winkler who achieved fame for his iconic role as Arthur "the Fonz" Fonzarelli in the TV series Happy Days was the keynote speaker at New England Tech's commencement Sunday at the Dunkin' Donuts Center. Winkler, above, said as a student he failed geometry not once but four times. Elizabeth Z. Chace, (right) entrepreneur, community leader and noted philanthropist received a doctorate of humane letters, honoris causa for her lifetime of work. At left, teachers of electrical technology congratulate Keaton Wajer upon receiving an Associate in Science Degree. (Sun Rise photos)

This Side Up



by JOHN HOWELL

he kept failing no matter how many times he took it. He had the audience. They laughed, perhaps relating to the challenging courses they once faced. Then came the punch to the educational system: "How they (students) learn is not how we (educators) think they should learn."

But Winkler was not out to bash the educational system or call for reforms. His focus was on the capped and gowned graduates before him.

He told them to build upon their accomplishment. "If you have done it, why not go out and do it again." He told them they have no time for negative thoughts or to doubt themselves and that the town, the state, the country and the world is looking to them. Then he made it personal.

"I depend on you on every one of you to do the best you can," he said pointing to the graduates in an inclusive swing of his arms.

"Be the best you can possibly be...you are your destiny and no one can get in your way if you say no."

The audience was with him. They cheered their approval.

Commencements are uplifting events filled with the excitement of completion and the trill of taking the next step. I felt it as I waited for the light to turn green. It was not dulled by my encounter with the two men outside Crossroads. While their lives must not be easy and they have regrets, they were not indulging in self-pity or putting on a show to gain the pity of others. Quite simply they were celebrating another day...and it was beautiful.

It was renewing to have heard the "Fonz" Fonzarelli from the TV series "Happy Days" and to be included in the conversation, albeit all of about 20 seconds before the traffic backed up behind me, of two men who haven't allowed their circumstances to drag them down. They said "no" to negativity.

2022 New England Institute of Technology graduates from Johnston:

AS Degree

Amber Bulpitt, Armanis B. Damian (potential June graduate), Erika Y. Lemus-Rivera (with Honors), Luis M. Montenegro (potential June graduate), Martina Z. Pereira (with Honors; potential June graduate), Kaylyn E. Santamaria, Joshua J. Tonucci (with Honors), Anthony W. Vargas (with Honors)

BS Degree

Christina A. Babcock (potential June graduate), Kenneth T. Medeiros, Carolyn A. Piette (with Honors), Sabrina F. Rodriguez, Alec Warneke

MS Degree

Akshitha Pothan (with Honors)

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- Thank you



BREWING REVOLUTION: The Linesider Brewing Co. has launched "Sestercentennial," and the Moniker Brewery has introduced a brew called "First Blow for Freedom." Behind these beers, 250 years ago, a British vessel was burned, an early act of defiance preceding the official start of the American Revolution and four years before the signing of the Declaration of Independence. (Sun Rise photo by Rory Schuler)

REVOLUTIONARY BREWING

Three new Gaspee-themed beers celebrate Sestercentennial

By RORY SCHULER

Almost 250 years ago, a revolution was brewing in Warwick. Now the taste of revolutionary brewing will be available on-tap and canned.

As the Gaspee burning Sestercentennial approaches, three breweries have crafted commemorative beers to mark the occasion. "We wanted to do something exceptional for the 250th, something that hadn't been done before," said Gaspee Days Committee Vice President Karen Kenney. "I reached out to a dozen local breweries and received responses from Linesider, Moniker and Apponaug breweries. The three of them all belong to the Brewers Guild and were able to connect, collaborate and coordinate their individual ideas and styles so that they would each be unique to the 250th."

Apponaug Brewing Company, located in the Pontiac Mill, 334 Knight St., Warwick will be releasing "Hannah's Revenge." The Linesider Brewing Co., 1485 South County Trail, East Greenwich, has launched "Sestercentennial." And the Moniker Brewery, 432

West Fountain St., Providence, has introduced a brew called "First Blow for Freedom."

"All of the names are Gaspee references," Kenney said. "Apponaug will be brewing an American IPA (India pale ale). Linesider will be brewing a golden ale and Moniker will be brewing an American Wheat beer."

O'Rourke's Bar and Grill, at 23 Peck Lane, in Historic Pawtuxet Village, has Moniker's "First Blow for Freedom" on-tap.

"They are excellent," said Parade Marshal and President of the Pawtuxet Rangers Ron Barnes, a Johnston resident. "They are not made with Narragansett Bay water, (fortunately) but they were very good."

Historians have tracked America's earliest recorded beer brewing back to 1587, and the nation's first commercial brewery was built and operated by the Dutch West India Company in 1632 in Lower Manhattan, New York.

"The styles are conducive to the time period as well as the ingredients used," Kenney said. "The label ideas and artwork are so amazing and we are so proud of each one and are thrilled to have been able to associate

our name on each."

The breweries have also pledged to hand some of the profits back to the Gaspee Days Committee.

"They each donated 10 percent of each barrel brewed to the GDC and (the beers) will be available for purchase at the Block Party," Kenney said.

The Gaspee Days Block Party has been scheduled for 6-11 p.m., Saturday, May 28, in Pawtuxet Park, with live music performances by Salters Groove, RI Bucket Drummers, and Neal & The Vipers.

On June 9, 1772, a British tax-collecting ship known as the "Gaspee" chased a small packet sailing up Narragansett Bay from Newport to Providence, known as the "Hannah."

According to the Gaspee Virtual Archives (gaspee.org), "Capt. Benjamin Lindsey of the Hannah refused to drop anchor, even after warning shots were fired from the Gaspee. Dudingston ordered a chase, and the Gaspee pursued the Hannah up the bay. Crafty Captain Lindsey, thoroughly familiar with the bay and its tides, maneuvered the chase so that the Gaspee ran aground on Namquid

Point."

Lindsey quickly alerted John Brown, who "instructed his loyal sea captain, Abraham Whipple, to gather and prepare longboats."

As news of the Gaspee grounding spread, local revolutionaries gathered, boarded longboats, ambushed and burned the British vessel in the middle of the night — all made possible by a tiny boat named "Hannah."

"We named the beer 'Hannah's Revenge' after the flute Hannah that lured the Gaspee aground," said Tamara McKenney, "BrewEO" of Apponaug Brewing Company. "We just thought it was a fun name — a fun beer and a fun name to celebrate a 250th anniversary. That particular recipe is part of our experimental series."

Apponaug's "Hannah's Revenge," will be available Thursday, May 5, on-tap at the brewery's bar.

"They have some interesting labels," said Steve Miller, President of the Gaspee Days Committee. "They'll be out on the shelves in the liquor stores in the Pawtuxet area in the near future."

(Warwick Beacon reporter Alex Malm contributed to this report.)

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OBITUARIES

Joseph Carl Casali



Joseph Carl Casali

Joseph Carl Casali 84, of Scituate, formerly of Johnston, passed peacefully on April 26, 2022. Born in Providence, he was the son of the late Evelyn (Bof-fi) Loporchio and the late Anthony Loporchio. He is the beloved husband of Shirley (Franco) Casali for 62 years.

Joe was a graduate of LaSalle Academy and became the school's first all-state wrestler in 1957 at 115lbs. Upon his completion of High School, he then went on to enlist in the U.S Army, serving his country for 6 years.

Upon his honorable discharge, he was the owner and operator of Town Tire Co. in Johnston for many years. He then went on to work for the State of RI where he made many of his closest friendships. An avid sports fan, Joe coached many teams before serving as President of the Johnston Little League. He was a Johnston Lion and truly loved local politics.

Joe was a past member and former Chairman of the Johnston School Committee. He was an avid golfer and could often be found on the course with Shirley and friends or out to dinner afterwards at Twin Oaks. He loved his cars and was often seen driving in one of the many convertible Mercedes he would have in his life. Joe loved cigars, anything sweet, and dogs, especially Harry, who we know he is with today.

However, without question, his greatest joy always came from Sunday dinner with the entire family, all of us, at the house watching the ball game. Besides his wife Shirley, he is survived by his three children Anthony Casali (Anne), Dawn Coutts (Eddie), and Joseph A. Casali (Jaclyn). He was the grandfather to his beloved 6 grandchildren Nicholas (30), Mariel (26), Donald (32), Adam (29), Jack (14), and Ella (11).

Relatives and friends are invited to attend his Mass of Christian Burial on Friday at 10 am in St Robert Bellarmine Church 1804 Atwood Ave. Johnston. Burial will follow in St. Ann Cemetery Cranston.

Visiting hours are respectfully omitted. In lieu of flowers memorial contributions may be made to: Hope Hospice Palliative Care of Rhode Island 1085 North Main Street Providence, RI 02904. Visit NardolilloFH.com for online condolences.

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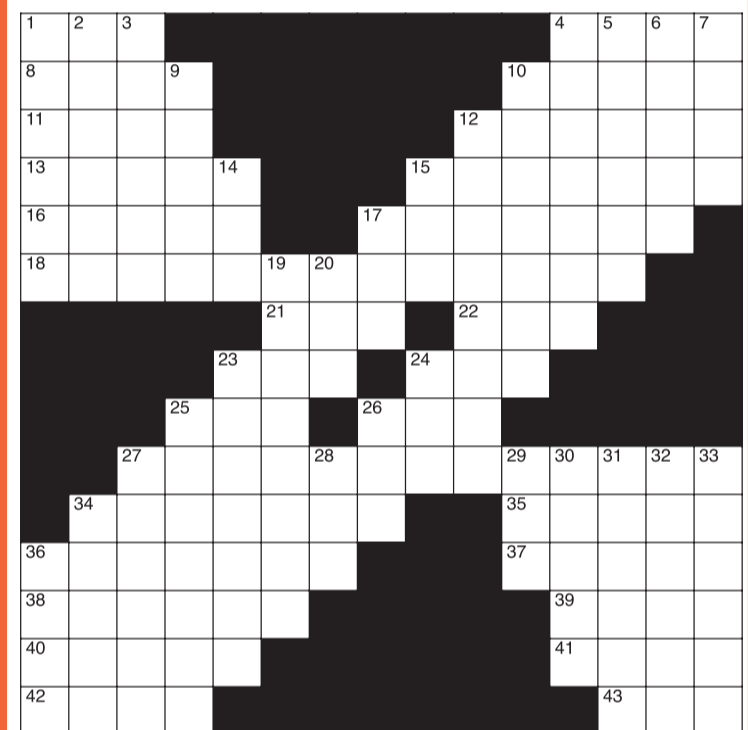
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- 1. A power of perception
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- 12. South American mammal
- 13. Occur as a result of
- 15. Slavic language
- 16. An electric underground railway
- 17. Transporting
- 18. A direction
- 21. Opposite of start
- 22. Mock
- 23. People love and hate it (abbr.)
- 24. A people of Myanmar
- 25. A Queens ballplayer
- 26. Southern Thailand indigenous person
- 27. Famed actress
- 34. Thin strips

- 35. Bluish greens
- 36. Ridiculed
- 37. Having the shape of a cube
- 38. Came down
- 39. Indian religious god
- 40. "Bewitched" actress Moorehead
- 41. Leak through slowly
- 42. Buzzing insects
- 43. Midway between south and southeast

CLUES DOWN

- 1. Skin condition
- 2. Earlier
- 3. Right away
- 4. Vomiting
- 5. Go to
- 6. "The Police" frontman
- 7. Bullfighting maneuver
- 9. Pacific island
- 10. A system of algebraic notation

- 12. A room used for the activities of a group
- 14. The longest division of geological time
- 15. Car mechanics group
- 17. A barrel of liquid (abbr.)
- 19. Bound to do
- 20. Explosive
- 23. Ridicules
- 24. Adult male
- 25. Military personnel
- 26. French and Belgian river
- 27. Found in the sea
- 28. A share lost in default (abbr.)
- 29. Type of medication (abbr.)
- 30. City on the Rhine
- 31. Animal disease
- 32. They're in martinis
- 33. Get away
- 34. Wampum
- 36. Lacking brightness

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Mother's Day Mini Market comes to Buttonwoods Brewery

By **ROB DUGUAY**

Mother's Day is happening this year on May 8 and sons & daughters all over will be doing something to show their appreciation for the matriarch of their family. This could be taking mom out for a nice meal or a fun event like a concert, stand-up comedy or theater performance. This could also be something as simple as getting her a gift, and if you haven't gotten one for mom yet then Buttonwoods Brewery on 530 Wellington Avenue in Cranston has the perfect opportunity for you. On the day before the annual celebration, they'll be putting on their Mother's Day Mini Market on their patio. Their first event of the year features local artisans setting up shop with plenty of beer to go around and it goes from 1pm to 6pm.

The vision behind the event is to make it a perfect place to get a last minute gift for the ones with a busy schedule and not a lot of free time. In the event that the weather won't cooperate, which it looks like it will but New England weather is notorious for being unpredictable, the mini market will be moved indoors.

"This year I wanted to create a little event that



would make our tasting room an appealing Mother's Day destination," says Buttonwoods Brewery's Tasting Room Manager Jennie Paquin. "It will be a great stop for last minute gifts, including fresh flower bouquets. As long as the weather cooperates, the market will be held outside so we can soak in some of that spring sunshine on the patio. In the event of rain, vendors will be set up inside in our cozy new tasting room. With our diverse tap list ranging from pilsners to saisons, IPAs to fruited farmhouse ales, along with other offerings available from our housemates Origin Beer Project, we are sure to find something mom will approve of."

The Tiny Acre Farm from Woodstock, Connecticut

will be selling fresh flower bouquets as part of the event. They plan on having a lot of different flowers to offer so be prepared for a wide variety to choose from.

"We're looking forward to the Mother's Day Market and excited to be in good company with the other rad artisans," Tiny Acre Farm co-owner Callah Racine mentions. "We'll have loads of flowers cut fresh from our farm in Woodstock. Think tulips, ranunculus, anemone, daffodil, hyacinth and pansy, the best of what Spring has to offer. We have a limited number of special arrangements available for pre-order on our website as well."

Based out of Providence, The Attic Project has handmade jewelry available for

purchase. The organization started out of an attic six years ago, hence the name, and some one-of-a-kind pieces are going to be on display.

"I actually haven't been making jewelry or done a show in a couple years since I have a full time job in finance," owner Kacey Silva says, "The Buttonwoods folks are my friends and they asked me to come be part of the Mother's Day Mini Market and I'm also a mother. I'm just going to make some fun, funky earrings for the event. Nothing crazy fancy or expensive, I typically use bright colors and geometric beads, wood and plastic vintage beads, etc. It'll be a fun event, it's not my first time selling jewelry for an event there and we always have a blast."

Other vendors that'll be present at the event will be Paper Moon Designs selling cards and stationary, stained glass works courtesy of Matty Lin and the Newport Pasta Co. having handmade pasta you can cook at home available for purchase. If you're hungry, the Broadway Dough Co. will be baking and slicing up neapolitan style pizzas to enjoy right at the brewery. Also the whole event is free admission so just show up and shop. Buttonwoods Brewery's Mother's Day Mini Market seems like an ideal way to get that gift for mom while enjoying a Saturday afternoon. For more info about the brewery, log on to buttonwoodsbrewery.com.

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Johnston Italian christening gets out of hand

In the Italian section of Johnston, near Morgan's Mills, a celebration was about to begin. The baby of 36-year-old Santo Riccitelli had just been christened and a large party had assembled to enjoy the knowledge that the child had now been welcomed into the Christian faith.

Traditionally, Italian christenings involve the baby being dressed in a long white robe which has been passed on for generations. Two godparents are chosen, gifts of crucifixes and rosaries are bestowed upon the child, and each guest is given five sugared almonds upon leaving the church.

Guests then assemble at the home of the child's parents where a large homemade feast is enjoyed. Serving food which has been purchased at a store is considered bad luck. At Santo's home that day of Jan. 26, 1896, the delectable feast awaited, complete with beverages, many of which were of the intoxicating variety.

Santo and his many relatives, friends and neighbors, including a 43-year-old man known as "Scarface Chintz" gathered that day at the bustling corner of Morgan's Mills where the atmosphere was alive with the sound of celebration.

The party went on until after dark. By that time, many of the attendees had imbibed a little too much. An argument

Back in the Day



by
KELLY
SULLIVAN

broke out and, before long, Frank Ricci secured a large club and swung in into the shoulder of 46-year-old Luigi Lafazia, bruising him badly.

When Luigi's brother Phillip saw what had transpired, he jumped in to help. This prompted Frank to ask 51-year-old Domenico Anchilla if he could borrow his revolver. Domenico gave him the

weapon and Frank fired a shot at Phillip. After the bullet skimmed across the right side of Phillip's head, just above his ear, Frank handed the gun back to Domenico and decided he should probably leave the celebration.

Someone in the party, or nearby, went to get the police. As it was his gun that had been used, Domenico panicked when he saw the lawmen and began to run. An officer pursued him but Domenico didn't stop running until he heard the officer fire two shots into the air.

Domenico was brought back to the party and gave the officer possession of the revolver. The police looked for Frank but he had fled too. A search for him went on until the next morning when he was located before dawn, hiding under a pile of cotton in the basement of the Morgan Mill. He was arrested without a fight and locked up at the Johnston jail.

Kelly Sullivan is a Rhode Island columnist, lecturer and author.

Chopped at Cherry Hill Manor

By Michelle Boucher
Special to the Sun Rise

Kevin Morgan and Vera Martini from the Cherry Hill Manor Activities team starred in Cherry Hill's rendition of "Chopped"! With two rounds and only 20 minutes, each contestant had to incorporate ingredients from the "mystery basket."

For the appetizer round, the basket held pie shells, cream cheese, asparagus and dill pickle flavored cashews. Vera went right to work, sautéing her asparagus and throwing together a delicious cream cheese sauce. She added bacon and crushed dill pickle cashews, and baked everything together on the pie shell to create a tasty asparagus "pizza."

Kevin wasted no time, and began cooking his ground meat. While that cooked, he prepared his asparagus and cream cheese sauce. Once all the ingredients were cooked, he put all the ingredients in a casserole dish with the pie shell, taco seasoning, and sprinkled crushed dill pickle cashews and baked it all together.

We quickly shifted into the dessert round, where Vera and Kevin opened their baskets to reveal prunes, honey, animal crackers and coconut milk. Kevin mixed all his ingredients to create his very own rendition of "Southern Ambrosia", complete with whipped cream, mandarins, grapes, shaved coconut as well as honey, coconut milk, prunes and crumbled animal crackers.

Vera whipped up a tiramisu of sorts, with lady fingers, mascarpone cheese, prunes cooked in butter, and topped with a crumbled animal cracker and drizzled with honey.

The residents watched everything unfold in the day room, and enjoyed a sampling of each contestant's concoctions from the appetizer and dessert round. Each resident had the title of "judge", voting on the best presentation and tastiest dish. After much consideration, the winner was revealed. By just a few votes, Vera was announced the winner and crowned victorious! The residents had a wonderful time watching the live cooking show put on by Activities and cannot wait for round two! Check out our Facebook page for more fun activities!



THE WINNER: Vera Martini shows off her winning plate.



CHERRY HILL CHOPPED: Residents look on while Kevin Morgan and Vera Martini go head-to-head in Cherry Hill Manor's own rendition of "Cherry Hill Chopped."



ASPARAGUS PIZZA & TACO PIE? At left, Vera Martini cooks asparagus while creating a cream sauce for her dish. At right, Kevin Morgan cooks ground beef to make his special rendition of a taco pie. (Submitted photos)

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By JENNIFER COATES

When a family-owned business has grown from its original site to three locations in three major cities in less than ten years, you can safely assume that this business is doing something right, something that brings customers back time and time again.

This is the success story of Broadway Tire & Auto Repair, a repair shop which first opened its doors nearly eight decades ago. The Hallenbeck family purchased this long-standing business in 2014, retaining its brand name and pouring all the time, expertise, experience, and energy they had into it to make it the well-established business it remains to this day. At that time, Broadway Tire existed only at its 588 Broadway location in Pawtucket. Some years later, the second repair shop was opened in Warwick, and today, the Hallenbecks proudly announce that they have expanded yet again!

The residents of Johnston can now officially welcome Broadway Tire & Auto Repair to their city!

The reputation of Broadway Tire has grown over time largely because of this promise: "Our goal is to become the premier tire and auto repair facility in the state with state-of-the-art facilities. We are dedicated to giving you the very best auto repair and tire service, with a focus on upfront and honest quotes, timely responses to issues, and quality parts and products." These guiding principles are what have kept this business growing and prospering.

The success of all three Broadway Tires begins with their technicians, all of whom were hand-selected for their skill, their talent, their commitment to their work and their trustworthiness. In addition to these key team members, the Broadway Tire "extended family" includes some employees who have been with the company for over 30 years, office manager Louise who



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has worked for Broadway Tire for 31 years and Dale, another manager, who has been with them since 1978. Their collective knowledge has contributed greatly to the longevity of a family-run company that has endured the test of time.

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Sports

Panthers roll to 8-1 start

By ALEX SPONSELLER

The Johnston boys volleyball team picked up where it left off last year and has jumped out to an 8-1 start this spring season.

The Panthers finished in first place in the Division III standings last year and have already topped some of the division's best clubs including Mt. Hope. Of the team's eight wins, seven came by way of shut-out.

Despite losing standouts Deremy Stubbs and Davian Ortiz from last year's club, this year's group has maintained its focus and has hit the ground running.

"We won the division last year but we lost two huge players. We have a very strong core that has been friends since elementary school in Jacob (Muller), Josh (Philbrick), and James (Guilmette). They have such a great chemistry, it makes it seamless. They're such a great combination," said



STRONG START: Johnston's James Guilmette and Josh Philbrick look to make a play. (Photos by Mike Zawistoski)

● PANTHERS - PAGE 18



JOLTIN' JAGS: This is the Nicholas A. Ferri Middle School boys' baseball team that will be seeking its second seasonal win today beginning at 5 o'clock at Wood Lake Park off Reservoir Road in Johnston.

Jags having fun on the field

By PETE FONTAINE

Even though they are only in grades six through eight, the 18 boys who are representing Nicholas A. Ferri Middle School in baseball this spring are steeped with plenty of history on the beloved baseball diamond.

Take two of the Jaguars captains – namely pitcher Anthony Vendetti and catcher Derek LaFazia – who have been teammates since their days dating back to when they played in the tee-Ball Division of the now 55-year-old Johnston Little League.

Likewise, there's a special bond – as well as classic camaraderie – on the Jags enthusiastic coaching staff.

That's because head coach Michael IaFrate, whose family name has been synonymous with Johnston athletics through the years, and assistant coaches Anthony Scamaglia and Derek LaFazia have also been part of the town's sports through the years.

Despite having an early season record of one win and three losses, the Jaguars have made man impressions on opposing coaches and players in the early going of their 2022 schedule.

"There's plenty of spirit and enthusiasm on that

● JAGS - PAGE 20

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BOUNCE BACK: Johnston's Joseph Centino and Kasem Sasa look to return a shot on Monday.



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RETURN FIRE: Johnston's Jacob Muller returns a shot.

■ Panthers

(Continued from page 17)

Johnston coach Greta Lalli. Lalli has also been excited to see the development of some of the other young players as well. "We've had some other great athletes step up. Guys like Sam Cambranes and Nick Harrington. These guys worked really hard and they've done a great job. Then out of the blue Joseph Centino has stepped up and filled the spot that

Deremy left. He is our secret weapon. To have that chemistry, I can't tell you how big of a relief that is," Lalli said. The Panthers' remaining schedule will be primarily rematches of previous games to this point. The team's lone loss came to Lincoln — who is currently unbeaten — and Johnston hopes to finish strong. "We definitely were not prepared for their intensity, their size, we were surprised and impressed at how good Lincoln was," said Lalli. "We've been telling the kids

all the time that you never know who was absent, who may have been hurt and is now back. You may have beat them 3-0 the last time, but you can't rest on that. We need to go into every match like the other team is just as good, if not better than us; we have to act as if we know nothing about them." Lalli added: "There isn't this big pressure to go out there and win every game. We just want them to play their game and have fun. That is when they play their best."

Portal shows warming water pushing fish north

By CAPT. DAVE MONTI

As the ocean warms, some fish species adapt by moving into cooler and deeper water so they remain in their preferred water temperatures. Those marine species that cannot move either adapt or perish.

On April 19, 2022 NOAA Fisheries released a new tool that can show the movement of hundreds of species due in part to climate change and warming water.

The tool, developed by NOAA climatologist Melissa Karp is called the Distribution Mapping and Analysis Portal, or DisMAP. The portal can help fish managers, researchers and fishers understand and respond to changes in marine species' distributions.

In an advisory announcing the Portal NOAA said, "Changes in marine ecosystems can have big implications for the sustainability of U.S. fishing... And, when species move outside of standard survey boundaries, it can impact estimates of abundance that feed into stock assessments."

Karp's portal uses NOAA Fisheries bottom trawl survey data. Stakeholders can use the portal's map-based visualizations to explore changes over time in the distributions of more than 800 species.

Remarkable shifts include American lobster, their distribution moved 122 miles north between 1974 and 2019. Back sea bass moved about 143 miles north, and expanded its range by about 39 miles, whereas summer flounder moved north by about 48 miles but acutely contacted its range by about 73 miles.

These changes in distribution and range have wreaked havoc with recreational harvest limits and regulations. For example a greater abundance of a species in our area like black sea bass means we will likely catch more. We catch too many and we may overfish, and when we overfish, fishing regulations become more conservative to prevent overfishing. Yet we have a great abundance of black sea bass in our waters.

We need to adapt our fishing laws to be more climate nimble to respond to climate impacts like fish distribution. We need enhanced climate research and more frequent stock assessments to figure out just what is happening to specie distribution and range changes so we can incorporate into more frequent stock assessments.

To link to the portal visit Distribution Mapping and Analysis Portal (noaa.gov).

License funds bolster recreational fishing

Last week the RI Marine Fisheries Council (RIMFC) approved the RI Saltwater Recreational Fishing License Program annual report. The report provides an overview of the license program including the number of licenses purchased and funds raised, how funds were spent in 2021 and the plans and initiatives planned for 2022.

A total of 53,869 license were issued in 2021, the second highest total ever in the program's eleven year history, and gross revenue for 2021 was \$353,685.

John Lake, DEM Supervising Marine Biologist responsible for the program, said, "Rhode Islanders continue to use saltwater fishing as a wholesome outdoor activity during COVID. We believe COVID has increased the number of licenses purchased in 2021 just as it did in 2020."

Funds in 2022 will be spent on enhanced recreational fishing data collection to improve overall precision of catch estimates as well as the construction of a Westerly Main Street boat ramp. Funds are also allocated to maintain existing ramps and public fishing areas, continue DEM recreational fishing staff support, fish stock assessment support on important finfish, and a RI

managed fishing access survey program. Public education, information and outreach programs are being supported in 2022 including the publication of the RI Saltwater Fishing Magazine and its minimum size and catch limit regulation insert.

Visit www.dem.ri.gov for a complete copy of the annual report.

Where's the bite?

Freshwater trout fishing continues to be great at area ponds that have been stocked. Tom Giddings of the Tackle Box, Warwick, said, "The trout stocking was exceptional this year, particularly the golden trout, which have been very large this year. The largemouth bass bite has been very not too." "Willet Avenue Pond, Riverside and Carbundle Pond, Coventry have been producing trout for customers. But just about any pond stocked is producing," said John Littlefield of Archie's Bait & Tackle, Riverside. For licensing and stocking information in Rhode Island visit www.dem.ri.gov/programs/fish-wildlife/freshwater-fisheries/index.php. For information on regulations, licenses and an interactive map on Massachusetts stocked waterways visit Freshwater fishing regulations | Mass.gov.

Tautog fishing improved this week with anglers catching keepers throughout the Bay and along the coastal shore. "Today (Monday) tautog fishing exploded at India Point. Anglers fishing with light jigs (1/2 ounce) were on fire," said Dave Henault of Ocean State Tackle, Providence. "We weighed in a ten pound fish that was caught in Narragansett. And the bite in Providence at India Point is good with fish being caught throughout the Bay," said Tom Giddings of the Tackle Box. Kayak angler Tom Houde said, "I did pretty good Sunday fishing for tautog on my kayak in the West bay. Landed three nice keepers but had to weed though a dozen shorts to get them." John Littlefield form Archie's said, "Keeper tautog are being caught at Kettle Pont, India point Park and at Colt State Park in the rocky shore area."

Striped bass. Striped bass fishing is improving daily with fish in the 20" to 25" range being caught along the coast and throughout the Bay with occasional keepers mixed in at Sabin Pont and Kettle Point. "One customer caught some nice fish off the Barrington Bridge at night with an incoming tide using worms," said Littlefield. Tom Giddings of the Tackle Box said, "Customers are catching school bass at Conimicut Point using sea worms." "The East Bay has been the ticket for striped bass fishing wit fish being caught from Poppasquash Point, Bristol all the way up to Providence. Fish to 38" and 23 pounds caught this week in the Providence River. Aglers are using soft plastics with success working them thought out the water column depending on where the fish are." Said Henault of Ocean State. East End Eddie Doherty said, "The herring run has been overflowing with fish that will produce forage for returning predators. Some school bass were caught off the beach at Mashnee Flats (Buzzards Bay) near Hog Island Channel and some undersized stripers have been entering the west end of the Cape Cod Canal on the east tide."

The striped bass regulation is the same as last year, one fish per angler per day from 28" to less than 35".

Scup. "Anglers are catching 15-inch scup off the fishing pier at Rocky Point State Park," said Giddings of the Tackle Box.

Dave Monti holds a captain's master license and charter fishing license. He serves on a variety of boards and commissions and has a consulting business focusing on clean oceans, habitat preservation, conservation, renewable energy, and fisheries related issues and clients. Forward fishing news and photos to dmontifish@verison.net or visit www.nofluekifishing.com.



TAUTOG BITE: Tom Houde with a string of keeper tautog caught when fishing on his kayak. (Photo by Michael Pahlas)

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Bus issue another failure in Warwick

I guess I will start my column off this week with continuing on last week's topic, which was the way that the Warwick School Committee continues to fail its student-athletes.

Since last week, I learned that one of the items on the agenda was budget cuts, and one of the proposed cuts would be the school's buses for athletic events. As of now, the cuts have not been made and it appears that buses will be available for the remainder of the spring season, but this is just another case of the school committee not caring about its athletes.

I mean, come on, is it really that difficult to offer kids a ride to the event? All kids need is equipment, uniforms, space and a way to get there. The rest will take care of itself.

Not all kids are old enough to drive themselves, even the kids that are, not all of them have licenses of vehicles. Many parents are not available in the afternoon immediately after school, some families can't afford cars and rely solely on public transportation. It's pretty obvious how important buses are for these athletes and the fact that they are on the chopping block is ridiculous.

There have already been issues with buses this spring season as well. Whether buses are not available, running behind, what have you, it is an ongoing issue. I have heard different officials say that it is a statewide problem, which perhaps it is, but I don't see every surrounding town and city suggesting we eliminate buses altogether.

It really is silly when you think about it. We have officially hit the point where the simplest items are being taken off the table. When have you ever heard of some of these issues? The city has mismanaged the budget so drastically over the past few years that it is now being forced to take measures that are absurd.

These topics are just so frustrating to have to keep an eye on. I feel sorry for the kids that are constantly being pushed and pulled. A few years ago, sports were almost taken away entirely and ever since, kids are being threatened with this

My pitch



by
ALEX SPONSELLER
SPORTS EDITOR

ALEXS@
RHODYBEAT.COM

and that, and the latest item is transportation. It never ends.

And you know what is a shame? Another subject that bores me to death is hearing people in the city talk about how private schools such as Bishop Hendricken and La Salle pry its kids away and how these transfers harm their numbers. Well, when seeing these shenanigans happen time after time, how can you blame families and kids for wanting to go elsewhere? Especially those families that can afford the tuition at these schools.

I know that the issue that people have regards the recruitment and whatnot, but regardless, kids are seeking to enroll in private schools more than ever because of what they have to offer. I am rooting for the public schools, absolutely, but it's hard for me to not look at the school committee with a critical eye and point the finger for these issues. Kids and families are going to leave as the issues mount.

So, after two weeks of whining, I will finish with this plea to the Warwick School Committee:

Please keep sports and athletics off the table. When looking at some of the other proposed cuts, sports should be at the bottom of the list ... the most protected. I know that there is a budget that can't be exceeded, but that is no longer an acceptable excuse considering it is your own doing. It's been managed so poorly for so long that you are now backed in a corner, but please, do not claw your way out by messing with athletics.



BASEBALL BUDDIES: Christian Ferranti joins Ferri baseball team captains and catcher Derek LaFazia and pitcher Anthony at Wood Lake Park.



COACHES CORNER: The Nicholas A. Ferri Middle School boys' baseball team is led by head coach Michael laFrata, and assistant coaches Anthony Scamaglia and Derek LaFazia.

Jags

(Continued from page 17)

(middle school) team this spring," a rival coach offered after his team posted a recent victory over the Ferri force. "Then again, that's no surprise because it seems like all teams from Johnston are always up for the challenge at hand."

Meanwhile, several opposing players – whose team was also triumphant vs. Ferri – remarked: "When you play a team from Johnston you'd better be ready to play your best; that town always has plenty of (youth baseball) talent even at the middle school baseball level."

So, the Jaguars will be seeking their

second seasonal victory today at 5 o'clock when they take the field at Wood Lake Park, which is located off Reservoir Road in Johnston.

"We're ready!" exclaimed a Jaguar player earlier this week. "Our entire team will be up for another test."

And that includes Jacob Petite and Nick Testa, who are part of the Jags quad captain's corps along with Derek LaFazia and Vendetti.

The entire Jaguars roster includes: Nick Testa, Derek LaFazia, Jacob Petite, Ronnie Vento, Anthony Vendetti, Yadier Grullon, Dionis Calcagno, Javon Adamo, Alex Amaral, Ethan Bracey, Jacob Rankin, Ryan Waterman, Christian Ferranti, Aidan Neil, Luca Schroer, Luca Ricci, Jesse Geyer and Giovanni Celani.

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Passion for the Postal Service

Jeanne Jackson serves as first female postmaster



By EMMA BARTLETT

When Providence Postmaster Jeanne Jackson looks out her office window in the morning, she sees roughly 100 Postal Service trucks leaving the parking lot to make deliveries. Jackson has worked in the Postal Service for 36 years and has served as Providence's Postmaster since 2019. Out of the 31 postmasters, Providence has employed over the years, Jackson is the first female to hold the position.

Jackson oversees 159,723 delivery points within the 029 Zip Code area. There are 264 city routes and 20 rural routes under the City of Providence territory, and Jackson has 544 employees under her. Eight delivery offices and 16 retail units report to her.

Jackson grew up in Warwick and after graduating Toll Gate High School her dad – who served as a letter carrier and made his way up to Superintendent of Postal Operations of the Elmwood Post Office before retiring – suggested she take the test to be a postal worker. Jackson took the exam three times and came away with almost perfect scores on each occasion. A year after the exam, the Postal Service contacted her and she began her career as a letter carrier in 1985.

"At first I was scared. When I started it was a lot of men and there weren't a lot of females in the Postal Service," Jackson said, who now resides in Johnston. "I never ventured out to Providence, and I started in Providence."

As a letter carrier, Jackson said you watch the community's families, kids and businesses grow.

"When you start delivering mail to a customer, you see them through all the stages," she said.

Jackson went on to meet the love of her life, Tony, at work, but he unfortunately passed away 10 years ago in a car accident. During her decades of experience, there aren't many positions Jackson hasn't filled. After 13 years in the industry, Jackson transitioned to the administrative side of the Postal Service where she pursued roles in accounting and management. Her career took her throughout Rhode Island and Massachusetts and she has served as postmaster of Warwick and the first female postmaster of Franklin, Massachusetts.

Jackson was selected as Providence postmaster in 2019 and competed for the position against a number of individuals from in state and out of state. After a two and a half hour interview, Jackson learned she received the position two days later. She said her family was proud of her and was present during her swearing in ceremony at the Agawam Hunt Country Club.

While working in the Postal Service, Jackson went to

school at night and earned an accounting degree from Bryant University and a teaching degree from Johnson and Wales University.

She said one of her favorite parts of the job is community outreach, such as visiting schools and teaching students about the Postal Service or giving back to businesses that do excellent service to the community; Jackson will visit Hugh B. Bain Middle School and Hope Highlands Middle School this month.

She likes seeing workers rise through the ranks and is their biggest supporter.

"I always tell my people you have to be fair, truthful and honest," Jackson said.

Jackson has also seen a lot change after three decades in the industry.

"Everything was manual operations," Jackson said. "Then machines came in and started sorting mail."

Computers arrived by the mid to late 80s and vehicles transitioned from jeeps to long life vehicles (LLVs). Jackson said there will be a new vehicle by the end of 2023 which she described as looking "almost like a space mobile" with more windows and shelves for packages.

"If you work in the Postal Service you gotta be able to go with change and like change," Jackson said. "Change is happening every day."

Even when Jackson clocks out for the night, she is still on call.

"When I go home for the night, my job's not over," Jackson said, mentioning that her phone is on 24/7 in case she needs to be reached.

There have been a handful of times when Jackson has received a late night call. When she was the postmaster in Franklin, Massachusetts, a fire broke out at night next to the post office and blew out the building's windows. Jackson had to go over and make sure things were alright.

To say Jackson's family was a postal family is not an exaggeration. Clifford, her dad, began his career in 1960 and retired in the early 1990s. Her sister Karen Ritchie worked in the Postal Service as a Sales and Service Associate and retired two years ago. Her brother Clifford worked as a compliance analyst and her mother, Margaret, served as a telephone operator.

Jackson said the Postal Service is always looking to hire hardworking individuals. For more information, visit usps.com/careers.



PRIOR POSTMASTERS: When Jackson became Providence Postmaster in 2019, she received an award listing all the prior postmasters who held her position while she had been part of the Postal Service. At the bottom, Jackson's name was added in gold lettering. Jackson oversees the delivery of mail to residents with a 029 zip code. This includes areas such as Cranston, Johnston, Providence, Riverside and others. They serve most of Rhode Island's colleges including Brown University, Rhode Island College, Johnson and Wales and RISD.

WHIP UP A BOUNTIFUL WEEKEND BRUNCH



FAMILY FEATURES

Fresh air, warm sun and delicious foods make brunch a favorite weekend event. Set the stage (and the table) for an inviting experience with recipes that cover all the bases from snacks and desserts to a mouthwatering main course.

Tide the appetite of your guests with Spiced Grass-Fed Lamb Over Hummus served with toasted flatbread or tortilla chips before dishing out Overnight Apple Cinnamon French Toast Casserole for a simple centerpiece. Just as those delectable dishes are vanishing, pull Brown Sugar Pound Cake out of the oven and pair with sweetened whipped cream and fresh fruit for a sweet finishing touch.

Visit Culinary.net to find more ways to broaden your brunch menu.

Wake Up to a Wonderful Brunch

Perfect for any brunch occasion is a delicious dish that can be made a day in advance, simplifying your morning prep before guests arrive with growling stomachs.

Prepared the day before and chilled overnight, this Overnight Apple Cinnamon French Toast Casserole is ready to bake to perfection in the morning with a gooey interior and crisp exterior filled with mouthwatering flavor. Drizzle with glaze then dish out to loved ones for a delicious way to make brunch easy.

Find more breakfast and brunch recipes at Culinary.net.

Overnight Apple Cinnamon French Toast Casserole

Servings: 12

- Nonstick cooking spray
- 1 package (20 ounces) French bread, cubed, divided
- 1 can (20 ounces) apple pie filling
- 9 eggs
- 1 cup half-and-half
- 2 teaspoons ground cinnamon
- 1 cup powdered sugar, plus additional (optional)
- 2 tablespoons milk, plus additional (optional)

Spray 8-by-8-inch glass baking dish with nonstick cooking spray.

In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.

In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.

Cover with aluminum foil and chill overnight.

Heat oven to 325 F.

Remove foil and bake 50-60 minutes.

Let cool 10-15 minutes.

In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.



Overnight Apple Cinnamon French Toast Casserole

A Fresh, Flavorful Brunch Bite

Brunch is a perfect opportunity to entertain friends and family with delicious recipes that will delight their taste buds. For example, this smooth hummus is paired with tender New Zealand grass-fed lamb loin chops and fresh toppings for flavor in every bite.

Ready in less than 30 minutes, this Spiced Grass-Fed Lamb Over Hummus recipe is made using Atkins Ranch lamb, which is available at your local Whole Foods Market and hails from New Zealand where the animals are grass-fed 365 days a year and allowed to roam and graze freely over lush green hills and pastures. The result is a lean, finely textured, flavorful meat that tastes just as nature intended.

Visit beefandlambnz.com for more recipes, cooking tips and information.

Spiced Grass-Fed Lamb Over Hummus

Prep time: 15 minutes

Cook time: 5 minutes

Servings: 4-6

Lamb:

- 4 Atkins Ranch grass-fed lamb loin chops
- 1 teaspoon cumin powder
- 1/4 teaspoon salt
- 1 tablespoon extra-virgin olive oil

Hummus:

- 1 can (15 ounces) chickpeas
- 3 cloves garlic, chopped
- 1/4 cup tahini
- 3 tablespoons fresh lemon juice
- 1/2 teaspoon salt

- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 3 tablespoons olive oil

For serving:

- 1 Persian cucumber, small diced
- 1 small tomato, diced
- 2 tablespoons roasted pine nuts (or 2 tablespoons pomegranate seeds)
- parsley, chopped
- lemon wedges
- toasted flatbread or tortilla chips

To make lamb: Remove lamb from bone, dice meat into small cubes and transfer to medium bowl. Add cumin powder and salt. Toss to coat. Marinate while preparing hummus.

To make hummus: Drain chickpeas, reserving 1 tablespoon liquid. Rinse chickpeas under running water then drain.

In bowl of food processor, pulse chickpeas, chickpea liquid and garlic until chickpeas and garlic are chopped.

Add tahini, lemon juice, salt, cumin, paprika and olive oil. Mix until smooth paste forms. Taste and adjust by adding more salt, lemon juice or olive oil, as desired.

Transfer hummus to large platter and spread it out.

In large skillet, heat extra-virgin olive oil over high heat until hot. Add lamb and cook 30 seconds without moving.

Turn lamb over and cook 30-60 seconds, repeating until all sides are browned. Remove from pan and let rest 5 minutes.

To serve, place cucumbers and tomatoes in well of hummus then top with lamb, pine nuts and parsley.

Top with squeeze of lemon juice and serve with flatbread or tortilla chips.



Spiced Grass-Fed Lamb Over Hummus

Satisfy Cake Cravings with a Brunch-Worthy Dessert

Whether your brunch feast consists of bacon and eggs, pancakes and waffles or a combination of favorites, you can cap it off with a sweet treat for the perfect ending. After all, no celebration is complete without dessert.

Once the table is cleared of the main courses, dish out decadent bites of this Brown Sugar Pound Cake baked with high-quality ingredients like C&H Sugars to end the meal on a sweet note. Top with whipped cream and your crowd's favorite fruits like strawberries and blueberries or serve the toppings separately for a customizable treat.

Visit chsugar.com for more brunch recipe ideas.

Brown Sugar Pound Cake

Prep time: 20 minutes

Cook time: 1 hour

Servings: 8

- 1 3/4 cups all-purpose flour, plus additional for coating pan, divided
- 1 cup packed C&H Light Brown Sugar
- 1 cup (2 sticks) butter, softened
- 4 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- sweetened whipped cream, for topping (optional)
- fresh fruit, such as strawberries and blueberries, for topping (optional)

Preheat oven to 350 F.

Grease and flour 9-by-5-by-3-inch loaf pan. In large bowl, beat sugar and butter until fluffy. Beat in eggs one at a time. Add vanilla. In separate bowl, combine 1 3/4 cups flour, baking powder and salt. Gradually add to sugar mixture. Pour batter into pan.

Bake 1 hour, or until toothpick inserted in center comes out clean. Remove from pan and turn out on rack to cool completely.

Top with sweetened whipped cream and fresh fruit, if desired.



Brown Sugar Pound Cake

COLLECTIBLES



AMERICAN SOCIETY OF ARMS Collectors Meeting



By Joel Bohy
Historic Arms & Militaria
 Bruneau & Co. Auctioneers
 Cranston, RI

Connecticut. The horns are rare but pop up from time-to-time. Given that there were around 20,000 soldiers who came in and out of Massachusetts from April 20, 1775, to March 17, 1776, means that there were quite a few horns made. Most are from Massachusetts, Connecticut, and New Hampshire. The rarest being from Rhode Island. I also did a presentation talking about horn usage, then highlighted the eight horns showing details of each and talking about the service of the soldiers who owned them. At the end, I plotted the locations where each of the soldiers served on a British-made map of the Siege.

There were other goodies to see also. A display of 18th

and early 19th century naval cutlasses, powder horns made in the south and their characteristics, early military saddles, Kentucky-style rifles made in North Carolina, and even a huge display of Civil War-era medical tools. Even though some of it wasn't in my collecting or research area, it was enjoyable to see so much work and passion go into the displays.

I also had a chance to visit the American Revolution Museum at Yorktown. It is relatively new and hadn't had a chance to get to the area and visit it before last week, but it was one of the tours set up as a part of the ASAC meeting. They have some great historic objects and stories to tell and do a good job doing it. There have everything from early decorative arts to muskets, pistols, swords, and even some objects found during an archaeological project on the British ship *Betsy* scuttled during the Siege of Yorktown in the fall of 1781. If you get down to Colonial Williamsburg or Yorktown, Virginia, make a stop by to check it out.

Just got back from the American Society of Arms Collectors (ASAC) meeting in Newport News, VA. ASAC is a group of collectors that have and share some amazing things. All sorts of antique arms and related artifacts were there on display for the members to see and learn from. There are also presentations on some of the objects in the displays. All of the folks are really passionate about their collecting fields, and it shows.

I worked with a couple of friends on a display of eight Siege of Boston powder horns identified to soldiers who were serving in the Siege from Massachusetts and

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Macintosh scores 'greatest male musical role' 'My Fair Lady' comes to PPAC

Theatre Review by DON FOWLER



Laird Mackintosh as Henry Higgins. - (Photo courtesy of Broadway World by Joan Marcus)

Canadian born actor Laird Mackintosh calls his role as Henry Higgins in "My Fair Lady" "the mountain top for an actor." Many actors and theatre lovers also agree with him that "My Fair Lady" is one of the best musicals ever written, and Henry Higgins the most coveted role.

Mackintosh was resting in his hotel room in Tampa, Florida, on his way to Durham, North Carolina, before opening the smash hit musical in Providence on May 11.

He was eager to talk about his favorite role in his favorite show. Mackintosh is a trained singer, having appeared on and off Broadway in "Phantom of the Opera," "Jekyll and Hyde" and "Mary Poppins" - plus "South Pacific" at the Stratford Festival.

"They just don't write 'em like this anymore," he said. "Adding music to Shaw's 'Pygmalion' was a stroke of genius producing one of the best scores for a Broadway musical. 'My Fair Lady' is more than a musical; it

is a play with music." "After all these years, every song is still a classic. Every song is remembered." Originally written for Rex Harrison, who was not a singer,

his lyrics are more a "song speech" according to Mackintosh.

Unlike the recent revival of "Oklahoma," the Lincoln Center production has changed very little from the original. Many from the original production have joined the production, traveling around the country and thrilling audiences with its engaging story and music.

"The musical is timeless and relevant. It is beautiful to look at. The orchestra even leaves the pit and joins the cast on stage for the opening of the second act."

"The relevance of the age-old problem of the have and the have nots, men vs. women, make the story as important today as it was in the last century," he said.

Mackintosh has played Providence twice before over ten years ago and looks forward to revisiting one of his favorite cities.

"That beautiful museum. I think it was called RISD. I'll never forget my visit there", he recalled.

"My Fair Lady" is at PPAC from May 11 to May 15. This is one not to miss. Call 421-2787 for reservations.

See it at the **Movies** with Joyce & Don Fowler

WARWICK SHOWCASE

THE UNBEARABLE WEIGHT OF MASSIVE TALENT ***

NETFLIX

"Grace and Frankie" are back for more funny half-hour episodes. The opening one finds Nick living with them after being paroled. Their former husbands are back living together. We'll see what the writers have in store for these odd couples.



Pedro Pascal stars with Nicolas Cage in The Unbearable Weight of Massive Talent in theaters now.

Nicolas Cage stars as himself in one of the most bizarre movies of the year.

He is an out-of-work, broke actor in a troubled marriage, living on his past glories. His agent books him at a birthday party for a shady drug dealer (Pedro Pascal) at his posh, guarded villa in Mallorca.

The two men bond and plan to make a movie. The CIA arrives, recruiting Nick to spy on his host, raising all sorts of guilt because he has come to like the guy.

The movie gets very silly as the CIA agents chase the two men around the island.

There are many references to Cage's former movies as Cage plays a fictional version of his real self.

If you are a fan, you will probably catch more than we did.

"Hatchling" is a Swedish horror film about a young girl who finds an egg that hatches a monster. We skipped this one, along with "Memory," yet another Liam Neeson adventure about a hired gun (Neeson) who has early onset Alzheimer's. Neeson was a great actor ("Schindler's List") who is pumping out these tough guy movies at an age when he should be enjoying retirement.

"Better Call Saul" is back for another season, with Jimmy/Saul getting his lawyer license back in #5, giving away untraceable phones to shady characters to get their business, getting involved with a Mexican cartel and hooking up with Kim. Meanwhile Mike is involved with the cartel when he's not babysitting his granddaughter. Season six finds him getting deeper involved.

"Pieces of Her" star Toni Collette is a wife/mother with a hidden past. Her older daughter starts probing after a shocking opening scene. This short series will hold your interest. Collette is terrific.

"Hold Tight," another Harlan Coben novel that Netflix likes to turn into short series, has a young high schooler dying from an overdose. His best friend is acting strangely and his mother starts probing as to what happened the night of Igor's death. Things get very complicated, as they usually do in Coben's novels.

AVON

THE DUKE
*** 1/2 Joyce *** (Don)
English Drama-Comedy

A bit long on the drama and short on the humor, this British film is based on the true story of Kempton Bunton, a rabble-raising senior citizen who is on trial for stealing a portrait of the Duke of Wellington from the National Gallery.

Jim Broadbent is completely charming as Kempton, a man who believes strongly enough in his principles to fight for free TV access for seniors.

Helen Mirren plays his nagging but faithful wife. There is a sad element to the film as the two seniors are mourning the death of a child in their own ways. Their son is still living with them in their modest home, and he plays a major role in the robbery.

After watching the trailers, I expected more humor, but the story is sad, as we get a glimpse of how seniors struggled in the sixties - living modestly and spending their evenings together watching TV while eating dinner on TV trays.

The fun part of the movie comes at the end when Kempton goes on trial, pleading guilty while expounding about everything that is wrong with the government. You'll be cheering for him.

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JESSICA L. PAPA, PT, DPT
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dealing with as a result of giving birth to your children or that you have begun to experience as you age.

How Pelvic Floor Therapy can Help Your Mom

I'm sure at this point you're wondering exactly how a pelvic floor therapist can help you or your mom with issues like incontinence or pelvic pain. Depending on your individual needs, your pelvic floor physical therapist can help you or your mom learn how to effectively release tension in the pelvic floor and engage and strengthen your pelvic floor muscles to help with bowel or bladder issues and prolapse. If you are having pelvic pain, your pelvic floor therapist may want to help to relax muscles that are tight and bound up in your pelvic floor to alleviate your pain.

And if you or your mom have diastasis recti (a.k.a. separated abdominals) or back pain as a result of giving birth, your pelvic floor therapist can help you reduce the pain and strengthen your core to make taking care of your little one that much easier.

The Gift that Keeps on Giving

Often after having a baby, women just assume that they will have to deal with incontinence or issues with their core for the rest of their lives. This could not be farther from the truth! A pelvic floor therapist can help women of all ages restore function to their pelvic floor and feel strong and healthy in their bodies so they can live life on their terms again.

This Mother's Day it's time to ditch the box of chocolates or the expensive roses and instead give your mom a gift that will help her keep up with all the busy demands of her life without her body slowing her down. You just may find that offering her a pelvic floor therapy session is the gift that she'll never forget!

As a Myofascial Release Expert and Doctor of Physical Therapy, Dr. Jess specializes in creating a world where the female body is celebrated at every stage. From childbirth to your twilight years, you deserve to be heard, loved, and respected - even by yourself.



We all know we owe our mothers a HUGE thank you for bringing us into this world. And sometimes finding that perfect gift to express our love is a tricky endeavor. From chocolates, necklaces, or that perfect bouquet of flowers, it can be overwhelming to find that perfect gift that adequately conveys your love for your mom without being too cheesy.

But if you really want to give your mom a thoughtful and life changing gift this year, you may want to consider gifting her a pelvic floor physical therapy session. In our healthcare system, issues related to the pelvic floor are not commonly discussed, but many women are suffering with pelvic floor related issues. Research performed by the National Institute of Health found that about 25% of women have pelvic floor dysfunction. And as we age this number increases to include about 50% of women by the time we are 80 years old. This is why your mom may appreciate a pelvic floor therapy session more than you can imagine!

You are probably wondering what on earth is pelvic floor therapy and why would my mom need that?! Let's dive in to understand why pelvic floor therapy is so important for women of all ages and how this is the gift that keeps on giving.

What is Pelvic Floor Therapy

Before we delve into the topic of pelvic floor therapy, it's important to understand exactly what makes up the pelvic floor. The pelvic floor is a group of muscles, nerves, fascia and organs like your bladder and uterus that sit within your pelvis. A major cause of disruption to the pelvic floor is pregnancy and giving birth. 24% of women who have had two children and 32% of women who have had 3 children report having issues with their pelvic floor. This is in part because giving birth can result in weakness in the muscles, incontinence, prolapse of certain organs, pelvic pain or some combination of all of the above. Hormonal changes related to menopause, obesity, repetitive heavy lifting or straining, and radiation treatments to the pelvic floor can also result in pelvic floor related disorders.

Pelvic floor therapy is a healthcare service that was designed to help treat these issues and many more! A pelvic floor therapist will evaluate and assess your individual needs to help you with any issue you may have been

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WHAT IS Rheumatoid Arthritis?



Rheumatoid arthritis is inflammatory arthritis caused by the development of antibodies that attack the joints which leads to pain and swelling. It is a chronic, relapsing disease that is more common in females. If untreated, it can lead to joint destruction and deformity. Rheumatoid arthritis is considered a systemic disease, meaning it can cause inflammation to other areas of the body as well. Joints that are commonly affected in RA are the hands (knuckles), wrists, and elbows. You can also develop pain in the feet, ankles, and knees. Rheumatoid arthritis spares the lower and mid-back but can affect the neck.

Symptoms of rheumatoid arthritis include joint pain and joint swelling affecting both sides of the body. This pain is worse in the morning and is associated with joint stiffness. This can be described as difficulty making a fist or holding a coffee cup in the morning. The pain improves with activity and throughout the day. Rheumatoid arthritis can cause inflammation in other areas of the body including the lungs, eyes, skin, gastrointestinal tract, and kidneys; which can lead to other symptoms besides joint pain, including shortness of breath, hoarse voice, eye inflammation, or rashes.

Diagnosis of Rheumatoid arthritis

The diagnostic criteria of rheumatoid arthritis include both symptoms, lab work, and imaging.

Symptoms include:

- swelling of multiple small joint
- swelling of large joint
- symptoms have been present for > 6 weeks

Labs

For signs of inflammation in the blood, there are 2



Staying Healthy

by
KELSEY RIGBY, DO,
KENT HOSPITAL
INTERNAL MEDICINE RESIDENT

tests that are commonly used:

- Sedimentation Rate (ESR)
- C- Reactive Protein (CRP)

These are nonspecific markers of inflammation and they can be elevated in the setting of any illness. These lab tests can also be used to evaluate for disease activity when undergoing treatment.

Other labs tests look at antibody production. This includes:

- Rheumatoid factor
- CCP antibody

In correlation with symptoms, these antibodies can point to a diagnosis of rheumatoid arthritis. Early in the disease, sometimes the lab tests will not be positive. Approximately 10% to 20% of patients diagnosed with rheumatoid arthritis have negative antibody tests.

Imaging

It is also important to look at x-ray imaging of the joints - especially the hands and feet. Rheumatoid arthritis causes destruction of the joint.

Treatment

The goal of treatment is to improve pain and swelling of the joints to prevent joint destruction.

Acute treatment

The acute treatment of rheumatoid arthritis works to treat the active inflammation in the joints. This is done with steroids such as prednisone. This medication works well in the short term to reduce swelling and pain associated with rheumatoid arthritis. It is used at the start of treatment and can be used during flares of the disease. Long-term steroid use, however, is associated with many side effects including infection, weight gain, diabetes and osteoporosis (weak bones), hair loss, high blood pressure, diabetes, and thin skin.

Chronic treatment

The focus of long-term treatment is to suppress the part of the immune system that is creating antibodies against the joints that leads to inflammation and destruction. This is done by using a class of drugs called DMARDs (disease-modifying anti-rheumatic drugs). Methotrexate is one of the most common drugs used, but there are other drugs in the DMARD class that can be trialed as well. In severe disease or when Methotrexate is not effective by itself, we add a class of medications call biologic- DMARDs. This is a newer class of injectable drugs that act by targeting very specific areas of the immune system. Examples of biologics include Humira or Enbrel.

Non-pharmacologic treatment with physical therapy and occupational therapy is an important part of treatment as well.

Osteoarthritis vs. Rheumatoid Arthritis

Osteoarthritis (OA) is joint pain due to wear and tear of the joint and break-down of the cartilage. It tends to affect the weight-bearing joints like the knee, hips, and back. It occurs with age, but there is also a genetic component as well. The most important way to prevent and treat osteoarthritis is exercise and weight loss. Strong muscles around the joint will help support the joint and prevent pain and damage.



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1450 Atwood Ave, Suite 10, Johnston, RI 02919
401.525.CASH (2274)
MON. 10AM-6PM • TUES.-SAT. 9:30AM-6:30PM • CLOSED SUNDAY

SEE OUR AD ON THE COLLECTIBLES PAGE

M&M's DINER
NOW OPEN at 7am!!
401-270-7371
Breakfast, Lunch & Dinner
1031 Plainfield Street
Johnston, RI 02919
Open Daily 7AM-8PM

3 EGGS & TOAST \$1.49
PASTA WITH 1 MEATBALL \$5.99
FISH & CHIPS \$7.99
1LB. T-BONE DINNER \$17.99

Place Your Ad Today



Reach LOCAL Customers!

ONLY \$15.00 PER WEEK

(10-week commitment)

3.42"x2" ad
FREE COLOR WHEN AVAILABLE

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