



CAPTURE THE SUN: Applicant Revity Energy LLC wants to build solar fields on seven Central Avenue lots at 1252-1262 Central Ave. The land is zoned R-40. (Sun Rise photos by Rory Schuler)

Another solar field pitched for a Johnston residential zone

By RORY SCHULER

Another solar project has been pitched for a residential Johnston neighborhood.

The Johnston Planning Board was expected to hold a public hearing on the preliminary plan application at a meeting scheduled for the evening of Tuesday, Dec. 6. That meeting, however, was cancelled, due to expected lack of quorum, according to Johnston Town Clerk Vincent Baccari.

"Everything will be carried to the Regular Jan. 10, 2023 meeting," Baccari wrote via email on Tuesday.

The solar field has been pitched by applicant

SOLAR - PAGE 5

CIVETTI: 'Let's close the hole and stop these projects from further destroying our neighborhoods and our town'



Civetti

RI POT PROHIBITION ENDS

Customers line up to buy recreational cannabis legally in Warwick

By RORY SCHULER

Russ Matuszek sat behind the wheel of the Canna-Bus, a free-wheeling trolley parked outside the RISE dispensary.

"If they need us, we're here," said the driver, leaning forward in his seat, looking out into the road at the steady line of traffic waiting to turn right off Jefferson Boulevard and into the RISE parking lot. An additional parking lot was available next door, but mostly unused at 10 a.m. Thursday.

For the time-being, the shuttle was empty. Rain was in the weekend forecast, however, and Matuszek predicted his services would be in great demand on Saturday.

Matuszek works for Newport Travel. The company was contracted by the operators of

RISE, to shuttle prospective customers to and from the pot shop.

On Dec. 1, RISE — formerly Summit Medical Compassion Center — opened to the general public, offering adults the opportunity to legally purchase over-the-counter recreational cannabis for the first time in Rhode Island.

Business was brisk around the Jefferson Boulevard building. Caribbean Vibe, a steel drum band, opened the day. Mayor Frank Picozzi was invited to cut the ribbon for the official opening, but he said 5:25 a.m. was just too early for him.

Inside, showing identification an employee using a code card opened a door to a room cordoned to separate medical and recreational users. Recreational users were ushered to

display screens where they could choose from more than 70 products offered from the Warwick store.

Jade Gonzales was one of many employees ready to assist consumers.

She knows Rhode Island, having attended Johnson & Wales University, and is now working in New Jersey for Green Thumb Industries, the company that owns RISE. She and high ranking Green Thumb executives from across their national network of retail cannabis operations traveled to Warwick for the welcoming party.

Growing Industry

RISE dispensaries and their partners "currently have 78 dispensary locations in 13

POT - PAGE 11



DRUMMING UP BUSINESS: Bernell Henry of the Caribbean Vibe Steel Band entertained customers on the opening day of recreational marijuana sales at the RISE shop, formerly the Summit Compassion Center, on Jefferson Boulevard in Warwick. (Johnston Sun Rise photos)

Chief Razza named Emergency Manager of the Year

In recognition for excellence, dedication and accomplishment in emergency management, Johnston Police Chief Joseph Razza was recently presented with the Emergency Manager of the Year award by the Rhode Island Emergency Management Agency (RIEMA) and the Northeast States Emergency Consortium (NESEC).

"The recipient of this award, the gravity of who is part of this award, and all the backing that goes into it with all the state directors, is super meaningful," said RIEMA Director Marc Pappas, who presented the award. "Chief Razza has gone above and beyond in proving himself to be worthy of this prestigious award."

The award was presented by RIEMA in conjunction with NESEC — a 501(c)3 all hazards emergency management organization that develops, promotes and coordinates comprehensive all hazards emergency management and resiliency activities throughout the northeast.

Chief Razza serves as both police chief and as Johnston's emergency man-

agement director. According to Pappas, during the past year, Chief Razza opened the largest and most productive local Covid-19 vaccination center in the state.

"Chief Razza raised his hand and set up an amazingly effective vaccination site serving all of northern Rhode Island. His ability to pull together a team from the whole community in one united effort was outstanding and was the reason why that vaccination site was so successful," said Pappas. "There were countless vaccinations given at that site, and his vaccine site was one to emulate."

In addition to operating vaccination clinics, during this time period, Chief Razza also worked to complete Johnston's hazard mitigation plan, which is approved by FEMA. Pappas said that Razza was one of the most successful EMA directors for the state in being able to recover funding for COVID-19 operations. He added that the vote to present Razza with this year's award was unanimous.

RAZZA - PAGE 15



EMERGENCY MANAGER OF THE YEAR: Johnston Police Chief Joseph Razza is presented with the Emergency Manager of the Year Award by Rhode Island Emergency Management Agency Director Marc Pappas and Lieutenant Governor Sabina Matos for excellence, dedication and accomplishment in emergency management. (Submitted photo)

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Johnston Sun Rise

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HOLLY FAIR



GALASSO'S GROUP: The JHS Class of 2025 had one of the most interesting booths at last Saturday's Holly Fair that included reindeer food and toilet paper on a plunger. The group includes from left; Katie Loffler, Lucas Anderson, Selina Santanelli, Logan Martins, Bobbi Sue Trahan and Advisor Stephanie Galasso. (*Sun Rise* photos by Pete Fontaine)

Elves for Elders



A program coordinated by Seniors Rule to obtain gifts for seniors in facilities across RI who may not receive a gift for the Holidays

The tree located at customer service has stars with a senior's first name, gift request and size

Pick a star, purchase the gift, and return it to customer service with an appropriately sized gift bag.

Warwick Mall | 400 Bald Hill Rd. Warwick RI

♥ Nov 1 – Dec 11 ♥



CREATIVE CORNER: Christine Brewster (left) who owns "Create Outside the Box" and whose display included hand-crafted Disney-inspired mouse ears and more is joined by PTSO member Angela Niles at her unique booth.

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VETERAN VENDOR: Patricia "Pat" Hannagan, who is a co-founder of the Holly Fair that began 11 years ago, is all smiles at her Heavenly Beauty booth.

Holly Fair kicks off the holiday season

By PETE FONTAINE

This year's Holly Fair offered something special — and much more — for everyone!

Last Saturday's Johnston High School PTSO (Parent, Teacher, Student Organization) Holly Fair may have been the most creative fundraiser in the event's 11-year history.

Moreover, the day's rain didn't dampen the enthusiasm of shoppers or keep attendance down, as dozens of bargain hunters visited the many unique vendors that set up their stands inside the JHS cafeteria and first floor lobby.

"There are a lot of clever creations," a lady told her friend as they looked at the Class of 2025's booth that offered items like reindeer food, toilet paper, funny gifts and a plunger stacked with paper and topped with a decorative snowman.

Then there was Christine Brewster's "Create Outside the Box" that offered hand-crafted Disney inspired mouse ears, personalized crayons and more.

Perhaps Joann Fabella and Lynn Pezza had the most talked about display titled "Today & Forever Memories" signs with slogans of all kinds they made inside their Johnston studio.

One of their items, a colorful round sign read "Football is My Favorite Season" on the front, and showed Santa Claus issuing a Merry Christmas on the back.

Add to that Lia's Baked Goods, offering candy-covered apples and sweet treats made by Lia Anderson, whose staff Saturday included James and Alicia Anderson.

There were many more specialty selections along with custom jewelry, a variety of crafts, and a food concession featuring This Guy's Pizza, meatball sandwiches and chicken wings.

It may not have been the PTSO's biggest Holly Fair, but it may have been one of the best ever.

The variety included a display of Heavenly Beauty, which is owned and operated by Patricia Hannagan, who co-founded the event 11 years ago.

"Lance (Niles) and his committee did a great job," Hannagan offered. "This has always been a special pre-holiday event."

Niles, who is in his second year as JHS PTSO president, issued a huge "T-H-A-N-K Y-O-U" to the many different vendors that participated as well as "all Johnstonians who again supported the Holly Fair."

The 11th Annual Holly Fair was also anchored, in part, by the Class of 2023, who hosted Santa Claus — a.k.a. Joe Bloom — and offered home-baked goods and even personally stuffed animals, just to name a few items.

So, with another Holly Fair in the PTSO's books, Niles heaped words of thanks to all attendees and vendors while emphasizing, "In spite of the rain this was a special success that will again enable us to present two scholarships as well as provide a gift to members of the senior class."

He also offered: "Obviously this takes a lot of work and planning, but it's well worth it. Now, we'll take a break before we get back to planning for Holiday Fair 2023!"



SANTA'S STAFF: Joe "Santa" Bloom (standing center) is joined by his senior class friends who are, kneeling, from left: Mike Picerno, Talia LaFlamme and Stephanie Bruno (seated at the table). Standing: Jacob Muller, Hannah Calabro, Gianna Brodeur, Emily Klein, Ariana Medeiros, Taylor Powell, Faculty Advisor Peg Guilmette, Hailey Brown, Allison Benoit and Michelina Irons. (Sun Rise photos by Pete Fontaine)



VALUABLE VOLUNTEERS: Among the people who helped make Saturday's Holly Fair a huge success while also promoting the highly important Drug Prevention Coalition, which is an arm of the Tri-County Community Action Agency. PTSO President Lance Niles is joined by Rachel Salvatore, Tanya Martins, Karen Laflamme, Deb McHale, Tiffany DiBiasio, Angela Niles and Jennifer Irons.

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HOLLY FAIR

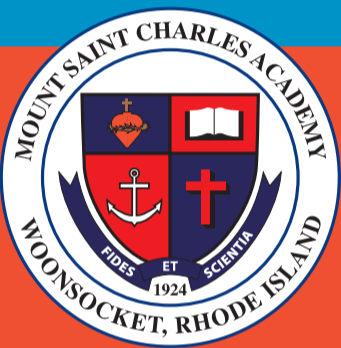


CLEVER CREATIONS: Joann Faella and Lynn Pezza are standing behind their "Today & Forever Memories" booth that featured everything from handmade signs for just about every occasion during Saturday's Holly Fair.



MISTLETOW MARKET: The Anderson's – Lia, Alicia and James Anderson – staffed the caloric creations at Lia's Baked Goods at Saturday's Holly Fair.

AN AWARD-WINNING CATHOLIC, COLLEGE-PREPARATORY, CO-ED ACADEMY FOR GRADES 6-12



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Solar

(Continued from page 1)

Revity Energy LLC for construction on seven Central Avenue "frontage lots for residential development and one larger lot for a solar field" at 1252-1262 Central Ave. (AP 43 Lots 70 & 95). The land is zoned R-40.

For town residents who oppose the project, it may be too late to take action.

"It looks to me like the project ... has already been approved at the Master Plan level by Planning in November 2021 and then at the Zoning Board level for issuance of a special use permit in November 2021," said Town Council member Robert J. Civetti.

Earlier this year, Civetti helped lead the opposition to a larger solar project pitched in his Town Council district; that project was ultimately voted down, but still lingers in court. Civetti has also been a vocal proponent of a local ordinance protecting residentially zoned neighborhoods from industrial solar fields.

"I can tell you that I along with many other residents in this Town are against the Town continuing to change residentially zoned property into industrial and special use property," Civetti said. "This project was unfortunately under the radar and not noticed by many until the recent advertisement for the Dec. 6 meeting. My email and phone was busy since you aired the agenda in last week's Sun Rise."

The new time and date for the rescheduled meeting has yet to be advertised.

"It is unfortunate that the residents may have missed the opportunity to stop this project since the zoning board already awarded a special use permit," Civetti said. "As in the past, I am not an attorney, but I do not believe that the Zoning Board has the ability to issue a special use permit calling this a public utility. I had a communication with representatives at RI Energy who indicated that their legal team believes that this is a private developer who is not a public utility yet they will try to generate and then sell to a public utility."

The Central Avenue land proposed for development is a mixture of pasture and former residential plots. A few apparently unused structures remain on the parcels.

A new home is under construction at 1266 Central Ave. A pair of

large solar fields are already generating electricity just around the corner, on Peck Hill Road.

"As you know the Town has a stale outdated comprehensive plan that is currently being worked on," Civetti said. "We need to put a halt on all these projects until the comprehensive plan can be updated and approved. I believe that developers currently see an opening in Johnston and a hole in our comprehensive plan and zoning ordinances which is why they come here. Let's close the hole and stop these projects from further destroying our neighborhoods and our town."

The town ordinance "amending Article II and Article III of Section 340 of the Town of Johnston Code of Ordinances," which "amends the definitions and Use Table regarding Solar Energy Systems" has been referred to the Planning Board for an "advisory opinion."

The Planning Board also plans to host a "discussion" on the town's Comprehensive Plan at their next meeting. Plan consultants Weston & Sampson were expected to attend the meeting.

Civetti encouraged his fellow Johnston residents to attend the next Planning Board meeting and speak their minds.

"I hope that residents will show up ... to the planning meeting and let their voices be heard," Civetti said. "If it is too late to stop the project it may not be too late to place restrictions on the development and ensure that proper steps are taken to protect the surrounding homes (for example, adequate buffer zones)."

The Johnston Planning Board includes Chairman John Laurito; Vice-Chairman Joseph Lembo; Members Christine M. Cunneen, George Lazzareschi, Gina Sabitoni-Arakelian, Laura-Jean Ferranti; and Alternates Robert Pingitore. Attorney Joseph R. Ballirano serves as the board's solicitor.

At their last monthly meeting, on Nov. 2, the Planning Board heard from project manager, Jenna Shea of DiPrete Engineering.

Lembo made a motion that to approve the site plan, saying that it had been reviewed in accordance with the requirements the town's Zoning Ordinances, and the town's planning department staff believes the Master Plan application "conforms to all the requirements."

Approval was unanimous, but conditional, requiring the "receipt of any required permit from RIDEM and the approval of a Special Use Permit to operate a solar field."



SHINE ON: Applicant Revity Energy LLC wants to build solar fields on seven Central Avenue lots at 1252-1262 Central Ave. The land is zoned R-40. Below, several solar arrays have already been constructed around the corner on Peck Hill Road. (Sun Rise photos by Rory Schuler)



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Johnston Sun Rise hosts holiday essay contest

Editor's Note: The Johnston Sun Rise has sent a copy of this letter to the principals of Johnston's elementary schools. We thought we'd also share it with our readers. Parents, if your child is interested in entering this contest, please, ensure we receive their submission. You can drop them off at our 1944 Warwick Ave., Warwick office or email them to the editor (rorys@rhodybeat.com).

Dear Principal,
The Johnston Sun Rise weekly newspaper is looking to introduce its readers and the community to youthful perspectives on the meaning of the holidays with an essay contest.

I'm reaching out to the principals of each elementary school in Johnston. There will be winners in three categories: Most Creative, Most Humorous and Most Heartwarming.

Submissions should be no longer than 100 words. Winning entries will be published in the Dec. 22 edition of the Johnston Sun Rise.

Winners will be selected by the Beacon Communications staff (publishers of the Johnston Sun Rise, Cranston Herald and Warwick Beacon).

The prizes will include free tickets to a plethora of local events: from bowling and tickets to the Warwick Mall Carousel, to the Providence outdoor skating rink and tubing at Yagoo Valley.

Unfortunately, we don't have a lot of time.

If your students would like to compete, please spread the word in your school. The deadline for entries is 3 p.m. on Dec. 15.

Prizes will be awarded the week following publication, and we hope to come to the school to take photos of the winners for our New Years edition.

Essay entries can be collected by each school's main office, and I will pick them up on Dec. 15. Entries can also be emailed to me directly, at rorys@rhodybeat.com.

Rory Schuler
Editor

The Johnston Sun Rise



LIT UP: Gary Marandola has flipped the switch on the Christmas light display outside his Atwood Avenue home. He estimates the display has "around 50,000" lights. When asked if he sees a big jump in his electric bill during the holiday months, he answered, "I do not see the bill, my wife pays it and we always have a credit!" "I do not have a collection box so it's none of anyone's business!" Marandola joked. "I add to it every year and I'm sure the bill will go up with the people in control now ... Merry Christmas!" Look for more photos from the display in next week's edition.

Editor's Note: The Johnston Sun Rise would like to publish photos from the best light displays around town. If you or your neighbor has gone all out, please shoot a photo and send it to the Sun Rise. You can send it via Facebook, or email the Sun Rise Editor, Rory Schuler, at rorys@rhodybeat.com. If we get enough entries, we'll devote a few pages to them in print.



Tis the Season

Watch for

What Kids Wish for at this Time of Year

HOLIDAY CONTEST

The Johnston Sun Rise with the support of its sponsors have invited elementary school students to share their aspirations and stories about the holiday season.

Prizes range from passes to Showcase Cinema, Roger Williams Park Zoo, the carousel at Warwick Mall to outdoor skating at Bank Newport City Center

Prizes will be awarded for the most creative, humorous and heartfelt submissions. Winning entries will be published in the December 22nd editions.



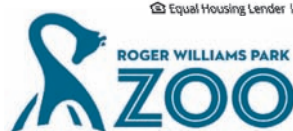
Schools in Warwick, Cranston and Johnston have been invited to participate.

Additional information is available by contacting Ashley at Beacon Communication 401.732.3100.

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Display your love and support of a place made for memories.



PAYING TRIBUTE: Neighborhood Health Plan of Rhode Island President and CEO Peter Marino (on left) presents a \$1,500 donation to Operation Stand Down Rhode Island on behalf of the organization's Military Employee Resource Group and other employees who are veterans (seen gathered around check). Included in the photo is Operation Stand Down Rhode Island Case Manager Sherry Elderkin (seen behind check – gripping top). (Submitted photo)

Neighborhood Health Plan of Rhode Island pays tribute to veterans and military families

In recognition of National Veterans and Families Month in November, Neighborhood Health Plan of Rhode Island (Neighborhood) paid tribute to military veterans and their families in a variety of ways.

Each of the initiatives — from a donation to Operation Stand Down Rhode Island to a Thanksgiving Food Drive for the Rhode Island National Guard Military Family Program, to learning opportunities — was designed to engage the organization's employees in celebrating and thanking military service members and their families.

"We owe so much to our veterans, those currently serving and to their families for the sacrifices they've made to protect our country," said Peter Marino, president and CEO of Neighborhood. "I am incredibly proud of the many ways our employees step up every year during Veterans and Families Month to pay

homage to them."

Neighborhood kicked off its tribute initiatives with a "shout out ceremony" at its offices earlier in the month. The event, which convened employees from across the organization, centered around a \$1,500 donation made to Operation Stand Down Rhode Island on behalf of Neighborhood's Military Employee Resource Group (ERG) and other employees who are veterans.

The ceremony — preceded by a special annual luncheon for Neighborhood's veterans — drew hundreds of Neighborhood staff who took the opportunity to recognize their colleagues who are veterans and to celebrate the donation to Operation Stand Down. Those attending also learned about the symbolic elements displayed on the POW MIA Remembrance Missing Soldier table in Neighborhood's café that is part of the

organization's tradition of honoring those who served and never returned home.

Neighborhood also held a Thanksgiving food drive to support the Rhode Island National Guard Military Family Program Holiday Assistance Food Baskets Drive. In true Neighborhood spirit, the giving initiative generated food to fill to the brim 50 Thanksgiving food baskets for Rhode Island military families.

To round out efforts to pay tribute to veterans and military families during the recognition month, Neighborhood's Military ERG held a "Lunch & Learn" — "A Marine's Life: From Footprints to Fleet" — on the mission, structure, history and values of the United States Marine Corps. The event provided a perspective of personal experiences of life in the fleet as well as the post-service challenges many military veterans face.

DEM advises towns to ID potential snow disposal sites to prevent water supply contamination

With the region's temperature cooling and snowfall likely in the coming weeks, the Rhode Island Department of Environmental Management (DEM) is reminding businesses, households, community groups, and state and local government agencies to begin preparations for snow disposal, according to a DEM press release.

DEM has developed guidelines to assist organizations with selecting and preparing snow collection sites to minimize impacts on the environment and public health.

Snow collected from roads, parking lots, bridges, and sidewalks may contain harmful contaminants such as road salt, sand, pollutants, and litter that can compromise water supplies. To minimize the risks, DEM advises organizations to:

Locate snow collection sites near or on permeable (porous) surfaces in upland areas away from water resources and wells. This will allow snow-melt to filter into the soil, leaving behind sand and debris. The latter should be removed as soon as possible, but no later than springtime.

Prepare and maintain snow collection sites to maximize their effectiveness. Installing a silt fence or sediment barriers on the down-sloping side of the site, maintaining a vegetative buffer between the site and adjacent water bodies, and clearing away debris before and after using the area for snow disposal are effective preparation techniques.

Under normal winter conditions, store and dispose of snow only in upland areas and not in or near waterbodies or wetlands. DEM's Snow Disposal Policy includes guidance on emergency disposal of snow under extraordinary circumstances when upland snow storage options are exhausted.

For more information, contact Jennifer Stout in DEM's Office of Water Resources via email at Jennifer.Stout@dem.ri.gov or at 401-222-4700.

For more information on DEM programs and services, visit www.dem.ri.gov. Follow them on Facebook, Twitter (@RhodeIslandDEM), or Instagram (@rhodeisland.dem) for timely updates.

ANSWER TO THIS WEEK'S PUZZLE:

H	A	S	H	U	S	E	R	S	H	U	M	S
I	N	C	A	C	O	X	E	S	A	R	A	K
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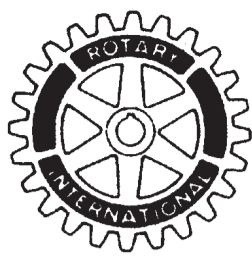
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Watch Your MOUTH
by Rochelle Rhodes, D.M.D. and David McFarland, D.D.S.
SUDDEN TOOTH PAIN
Sudden extreme tooth pain may have several causes, but it is most often caused by a cavity or cracked tooth. Both expose the sensitive, inner layers of the tooth that are normally protected by enamel. As a cavity forms, you may experience sudden pain when eating or drinking. A cavity or crack can allow bacteria into the pulp of the tooth, where it can become infected and lead to an abscess or other problems. An old or loose filling can also expose the vulnerable layers of the inner tooth and can cause sudden pain. Sudden tooth pain is your body sending a message that something is wrong and needs attention. Ignoring the pain means you also ignore the underlying problem, and treatment becomes a more serious undertaking. Be smart! For excellence in dental care from a caring staff committed to your comfort, well-being, and sunny smile, call DENTAL ARTS GROUP for an appointment Monday-Thursday 8a.m. to 4p.m.; Friday 8a.m. to 12p.m. Emergencies are also welcome at our full-service, state-of-the-art dental office located at 1136 Hartford Ave., Johnston. You can reach us at 401-521-3661.
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Thurs. Dec. 15- WHITE'S, Westport 12:30
Fri. Dec. 16- COURTHOUSE CENTER, Kingston 7:30pm Tix: courthousearts.org
With Charlie Hall and Doreen Collins
Reservations, Dates, Bookings at AGINGDISGRACEFULLY.NET

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Grant applications are due by **January 31, 2023**

Applications and additional information are available on www.WarwickRotaryRI.com
Community - Grants

'Once a panther always a panther' Alum come together for 40th JHS reunion



FROM 1982 to 2022: (From left) Lisa DeQuattro-Zuercher, Louis Verrocchio and Lisa DeGiulio attended the Johnston High School 40th Class Reunion on Oct. 28.

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interest in civic and community events. Experience in news reporting and/or training is preferred, but not required.

Interested candidates can e-mail their resume to johnh@rhodybeat.com

By PETE FONTAINE

The Johnston High School Class of 1982 celebrated its 40th Reunion inside Alpine Country Club on Oct. 28. The event attracted nearly 90 alums who turned back the hands of time and – as other members of other classes have proven time and again – upheld the ageless theory that “once a Panther always a Panther!”

The reunion was a fulfilled, boisterous celebration, as some people observed, and was the result of wonderful work done by Carol Beaulieu, Lisa DeGiulio, Pat (Tessa) Mitchell, Michael Mosca, Leslie (Kelly) Tente and Kevin Vigeant of the Host Committee.

JHS alums caught up with one another during the reunion that included delicious food and entertainment from the late 70s and 80s by Luke Penchan Entertainment.

Attendees had the opportunity to participate in a friendly competition which was entitled “JHS 80s Trivia” which pro-



vided many laughs and classmates challenging each other to remember names of JHS staff members and important moments during their undergraduate days on Cherry Hill.

Perhaps the trivia game highlight came via a “friendly reminder” that the Class of 1982 won the annual Homecoming Float competition three years in a row; a feat that may still stand.

Likewise, as many alums chatted with old friends and reminisced about the old days at JHS, they took time to

reflect upon their beloved classmates who have since passed and whose photos were nicely displayed on a memorial table amid flowers and candles.

As further proof that the Class of '82 was special, alums were treated to beautifully decorated JHS Class of '82 theme cookies and chocolate pops to take home s courtesy of Occasions by Kay a.k.a. Kayley Campagnone who is the daughter of '82 grad Donna Delana-Moore and her husband Keith

REUNION - PAGE 13

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HAPPY TO BE BACK TOGETHER: (From left) Keith Moore, Gary W. Maddocks Jr. and Richard Ferruccio celebrate on their reunion night.

Opinion

EDITORIAL

Pot panic goes up in smoke

Although we're only about a week into the state's foray into the recreational marijuana industry, it's telling enough already that the world hasn't come to a cataclysmic end in a fiery crash of destruction.

If anything, the apt description of the first week of legal pot sales to anyone 21 and older would be to say it's been pretty uneventful. One of the five operating retailers visited by the Beacon during the initial opening suggested that facilities were prepared for a surge in customers that didn't actually materialize.

It's not really a surprising result for anyone who has been looking at the subject of recreational marijuana legalization through a neutral lens.

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

For years now, responsible adults who enjoy the recreational high offered to them by cannabis have been able to

hop just across the border and secure marijuana legally from stores in Massachusetts. They have, for years, taken that legally-purchased weed, carefully secured in its sealed container, back to the comfort and safety of their homes in Rhode Island, where they have enjoyed it responsibly and without incident.

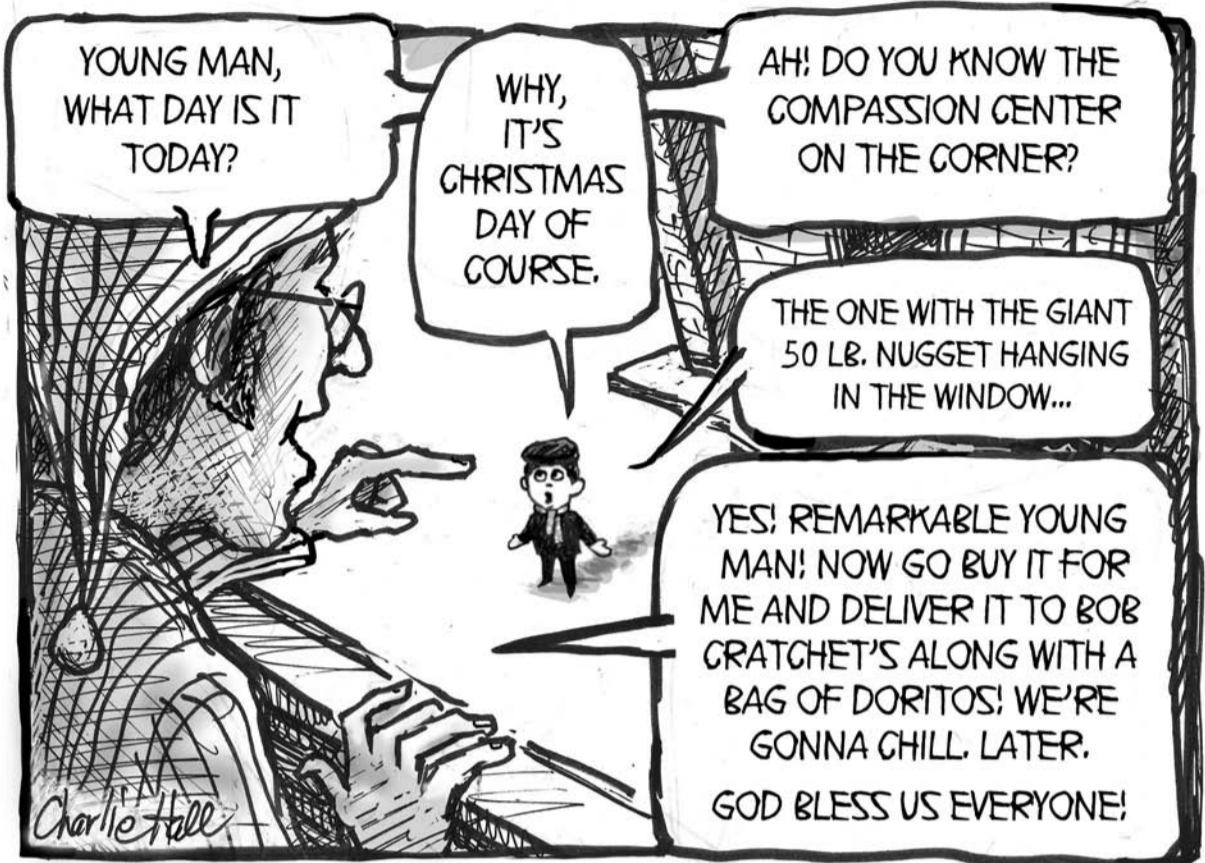
Those wishing to instill a fear-based moral panic over the evils of recreational marijuana have ignored this reality for as long as it was politically expedient to do so — and some continue to cling to conflicted scientific studies (for which you can cherry pick any handful of in order to serve whatever argument you want to bolster) in order to ignore the fact that most people engage in this activity in a safe and responsible way.

Of course, there will be incidents where people partake in a way that is irresponsible. There will be highly-publicized cases in the coming weeks and months where someone gets into a car accident while smoking a joint in their car, and those cases will be used to leverage the same old tired arguments that we have opened a Pandora's Box of chaos all for some meager tax revenue.

As we have said in the past, such an argument cannot hold water in a world where drunk driving incidents occur by the dozen in our state each and every week. The burden of responsibility has always been on the individual to exercise caution and care for their fellow residents, whether the drug is legal or not. At least, in this system, the state is capturing revenue that was presently being sent out of state, where we hope it will actually do some good and generate positive outcomes for the communities that decide to allow such businesses to operate.

We are cautiously optimistic that Rhode Island's embracing of legalizing marijuana for recreational use will become a forgotten part of life as usual in the not-so-distant future, and all of the bountiful energy being utilized by anti-pot alarmists will be put towards any one of the far more worthy causes of concern in our society.

NEW RI MARIJUANA LAW PUTS A NEW SPIN ON "A CHRISTMAS CAROL"



LETTERS

National Honor Society members give time to their community

By Talia Laflamme
Special to the Sun Rise

Johnston Senior High School's National Honor Society has already completed many accomplishments this school year.

Within the last couple of months, the group has dedicated their time in bettering their community through a variety of events and opportunities.

Members volunteered over the summer checking in donors at the high school's annual summer blood drive, which brought in over a hundred potential donations.

Towards the beginning of the school year, the National Honor Society passed out water bottles and directed

people during the Race for Matt and Grace, which raises funds and awareness for Friedrich's Ataxia (FA).

A new contribution of the group this year has been their involvement with Woonasquatucket River Watershed Council, whose mission is to create positive environmental, social and economic change by revitalizing the Woonasquatucket River, its Greenway and its communities by attending and participating in their events.

In continuation with beautifying our environment, the group met at Johnston Memorial Park, where they raked leaves and discarded litter.

A major contribution the group was able to accomplish in the month of November was their annual Turkey

drive. Members would ask students during homeroom if they would like to make donations. The turkey drive went on for approximately three weeks, in which the proceeds were used to purchase grocery store gift cards to donate to local churches in the community.

The group has many more upcoming events and will continue to dedicate themselves as honorable individuals.

Editor's Note: Talia Laflamme serves as Corresponding Secretary for the Johnston High School Student Council and National Honor Society President. The Sun Rise regularly publishes updates submitted by the JHS Student Council.



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MEMORIAL PARK REMEMBRANCE

'Nothing better than to hear children singing during the Christmas season'

By PETE FONTAINE

"Out of tragedy can come good things," Rev. John P. Soares from St. Thomas Roman Catholic Church in Providence told an overflow, standing room-only crowd Sunday evening inside Highland Memorial Park Cemetery's beautiful Mausoleum. "We have to remember the good times we shared with our lost loved ones."

Thus, Highland Memorial Park Cemetery's 21st Christmas Remembrance ceremony accomplished that and much, much more courtesy of five dozen talented students who make up the national award-winning Johnston High School Concert Chorus.

After giving a warm welcome, Joseph Swift — who doubles as president of the spacious cemetery and Johnston Lions Club — heaped words of praise upon the Matt Gingras-directed JHS Concert Chorus for once again making this tradition extra special.

"It's obvious these students have learned their lessons well," said Swift. "You won't find many kids who are willing to give up a Sunday night for a memorial service or similar events."

To which Gingras, who was accompanied on the piano by Jen Navarro, and along with Chairman Ron Lamoureux, has developed the JHS Music Department to rank among the best school programs in Rhode Island.

"This is what our (JHS) Music Department loves to do," Gingras offered before directing the impressive sounding chorus for what many people concurred were six stunning numbers. "We strive to spread community spirit with our concerts."

Sunday's Christmas Remembrance ceremony did that and more, and Swift let it be known, "these talented kids really make this (annual) event special; we can't thank them enough and their parents who brought them here tonight."

Swift also added: "For me, and I'm sure the people here tonight will agree, there's nothing better than to hear children singing during the Christmas season."

The entire 60-member Concert Chorus, which also shined last night during the JHD Music Department's Winter Concert, opened Sunday's program with "Glow" per Eric Whitacre and "A Light of Hope, Song of Peace" by Mark Burrows, and Andy Beck's "Yes, Virginia."

From there, Gingras called upon the newly created Aca' Panthers — a.k.a. the chorus' acapella group — that sang "Mary, Did You Know?" by Roger Emerson and Peter Wilhousky's "Carol of the Bells."

The group's Treble Choir completed the impressive program with "Tundra" by Ola Gjelo.

Swift then invited everyone to go outside for the annual lighting of three trees, which were adorned with 1,000 ornaments placed by people in remembrance of their loved ones.

The night was concluded with the JHS Concert Chorus singing a stunning rendition of "Silent Night" that even more than the hot chocolate added a certain warmth to the night's chilly temperatures.



DYNAMIC DUO: JHS Concert Chorus joins Jen Navarro, who provided music from her piano, during Sunday night's Christmas Remembrance at Highland Memorial Park Cemetery. (Sun Rise photos by Pete Fontaine)



SUPER SINGERS: At left, around 60 undergrads, who are part of the JHS Music Department, delivered a first-class special performance for Highland Memorial Park Cemetery's annual Christmas Remembrance ceremony.



MEMORIAL MEN: Highland Memorial Park Cemetery President Joe Swift (left) joins Rev. John P. Soares of St. Timothy's Church in Providence prior to Sunday's Christmas Remembrance ceremony.

■ **Pot**
(Continued from page 1)

states," according to the company's website.

Customers tapped computer screens at kiosks, to make selections from wacky hybrid strains like Watermelon Szkitlles, Animal Mints, Face Mask, Sour Tsunami and Scooby Snacks. Many were grown by city-based cultivators, like Mammoth and Hangar 420.

Gonzales said customers should leave the store with the three Hs, "happy, high and hungry."

Warwick has become the Ocean State's cannabis growing capital, hosting 28 of Rhode Island's 65 licensed cultivators (West Warwick has five and Cranston has six).

Police Cooperation

The Warwick Police Department coordinated efforts to ensure the opening went smoothly. "The opening of the RISE facility to recreational sales that occurred on Dec. 1 was closely coordinated with our Traffic Division and Detail Office to ensure that there were no traffic or parking issues," said Warwick Police Chief Col. Bradford E. Connor. "The traffic in and out of the facility was steady, but less than anticipated so there were no reported issues or concerns throughout the first few days of operation."

Local police departments issued warnings to drivers, reminding them that operating a vehicle under the influence of cannabis is illegal.

Warwick Police posted a message on the department's Facebook page: "Driving under the influence of alcohol and/or drugs is a crime. Remember don't drive high. Some of the effects of marijuana are: Altered senses (for example, seeing brighter colors), altered sense of time, changes in mood, impaired body movement, difficulty with thinking and problem-solving, impaired memory, hallucinations (when taken in high doses), delusions (when taken in high doses)."

"We're closely monitoring the effects of the new legislation on impaired driving but it is too soon yet to measure the effect," Connor said.

Johnston Police Chief Joseph P. Razza has been steadfast in his opposition to the legislation, and open about his concerns regarding enforcement of DUI laws in connection to cannabis intake by drivers.

"My position has not changed since the last time I made comments regarding the recreational use of marijuana," Razza said Tuesday. "It still creates challenges for law enforcement and the safety concerns that we have for the motoring public throughout Rhode Island. Furthermore there is no real test for those who are driving while impaired and the department has not made any arrests for those driving under the use of recreational marijuana. Law Enforcement will continue to monitor these challenges and take the appropriate measures necessary to protect those who utilize our streets and highways."

Patient Penetration

Green Thumb Director and CFO Anthony Georgiadis stood in the lobby watching customers peruse the menu and await their turn to check out with one of a long row of budtenders.

"We mostly operate in the Midwest and Northeast," Geor-

giadis said over the drone of a hundred different conversations, music and a few giggles. RISE purchased Summit in 2021. "This location had nice patient penetration; it was set up well."

The Warwick dispensary (Unit E2, 380 Jefferson Boulevard) is Green Thumb's first retail shop in Rhode Island.

On Tuesday, Georgiadis said "things are steady at the store."

"The team is doing a nice job of continuing to service the medical patients with the same TLC as we did before while also accommodating the adult use consumer," he added. "It's still early to comment formally on sales but I'd say they are going as anticipated."

RISE also operates six stores in Massachusetts: Amherst, Dracut, Chelsea, Boston, Maynard and West Springfield.

The state has four other open and operating retail locations: Thomas C. Slater Compassion Center, 1 Corliss St., Providence; Greenleaf Compassionate Care Center, 1637 West Main Road, Portsmouth; Aura of Rhode Island (formerly Pinnacle Compassion Center, Inc.), 1136 Lonsdale Ave., Central Falls; and Mother Earth Wellness LTD, 125 Esten Ave., Pawtucket.

Rhode Island Gov. Dan McKee signed the Rhode Island Cannabis Act into law on May 25, legalizing and regulating recreational adult-use cannabis in the state.

"The reality is that prohibition does not stop cannabis use," bill sponsor Sen. Joshua Miller (D-Dist. 28, Cranston, Providence), chairman of the Senate Health and Human Services Committee, said in May. "Since Rhode Islanders can already access cannabis just across the state border or on the illicit market, we experience all the challenges without any of the safeguards or resources that our neighboring states have. With this bill, we are ending prohibition in a way that is safe, keeps revenue in Rhode Island, and is as fair and equitable as we can possibly make it. This bill has been years in the making, and is a collaborative effort to address concerns about protecting medical use, ensuring fair governance and recognizing that we cannot make this transition without taking action to make whole the communities and individuals who have been punished for decades under prohibition."

The legislation also included automatic expungement of prior civil or criminal marijuana possession charges. The law made possession and home-growing of cannabis legal for adults age 21 and older, and in-store sales stating Dec. 1.

"This bill successfully incorporates our priorities of making sure cannabis legalization is equitable, controlled, and safe," McKee said in May. "In addition, it creates a process for the automatic expungement of past cannabis convictions. My Administration's original legalization plan also included such a provision and I am thrilled that the Assembly recognized the importance of this particular issue. The end result is a win for our state both socially and economically."

Hefty Sales Tax

The legislation set a 20 percent tax rate (7 percent sales tax, a new 10 percent cannabis tax, and a 3 percent tax for the town/city where the cannabis is sold).

For example, 3.5 grams of pre-packaged Watermelon Szkitlles costs \$50 before tax, and \$60 after taxes are applied (\$3.50 state sales tax, \$5 state cannabis tax

and a \$1.50 for the city of Warwick).

Warwick's lawmakers applauded the end of cannabis prohibition in the Ocean State.

"The bill represents a strong foundation from which to build the safe, equitable regulation of cannabis for adult use," House Speaker K. Joseph Shekarchi (D-Dist. 23, Warwick) said in May. "We are proud that this legislation prioritizes the participation of people most impacted by the past enforcement of cannabis laws both through automatic expungement and the creation of a licensing structure based on social equity."

Outgoing Senate Majority Leader Michael J. McCaffrey (D-Dist. 29, Warwick) called it "a truly momentous day for Rhode Island."

"Ending cannabis prohibition helps us right past wrongs while creating new opportunities for all Rhode Islanders," McCaffrey said. "This is the right move, at the right time, for our state."

Next Shop to Pop?

State law allows for 33 retail cannabis shops statewide. Towns and cities were required to include a referendum on the General Election ballot on November in order to restrict sales in their respective municipalities.

Voters rejected cannabis sales in Barrington, East Greenwich, Jamestown, Little Compton, Scituate and Smithfield. Voters approved the referendum in Johnston, Bristol, Burrillville, Charlestown, Coventry, Cumberland, East Providence, Gloucester, Hopkinton, Lincoln, Middletown, Narragansett, Newport, New Shoreham, North Kingstown, North Providence, North Smithfield, Richmond, South Kingstown, Tiverton, Warren, Westerly, West Greenwich, West Warwick and Woonsocket.

Current Town Council Vice-President and Johnston Mayor-elect Joe Polisena Jr. said the town has yet to hear from prospective proprietors.

"No, haven't heard from any potential shop owners yet," Polisena said Tuesday.

Warwick and Cranston did not hold referendums, so the cities may see future proposals for cannabis retail shops. On Monday, the Warwick City Council granted first passage to an amendment to its zoning ordinances allowing retail outlets for cannabis by right on a section of Route 2.

McKee and the Rhode Island Department of Business Regulation's Office of Cannabis Regulation granted the Ocean State's five previously licensed medical marijuana compassion centers state approval to begin "selling adult use marijuana on or after Dec. 1."

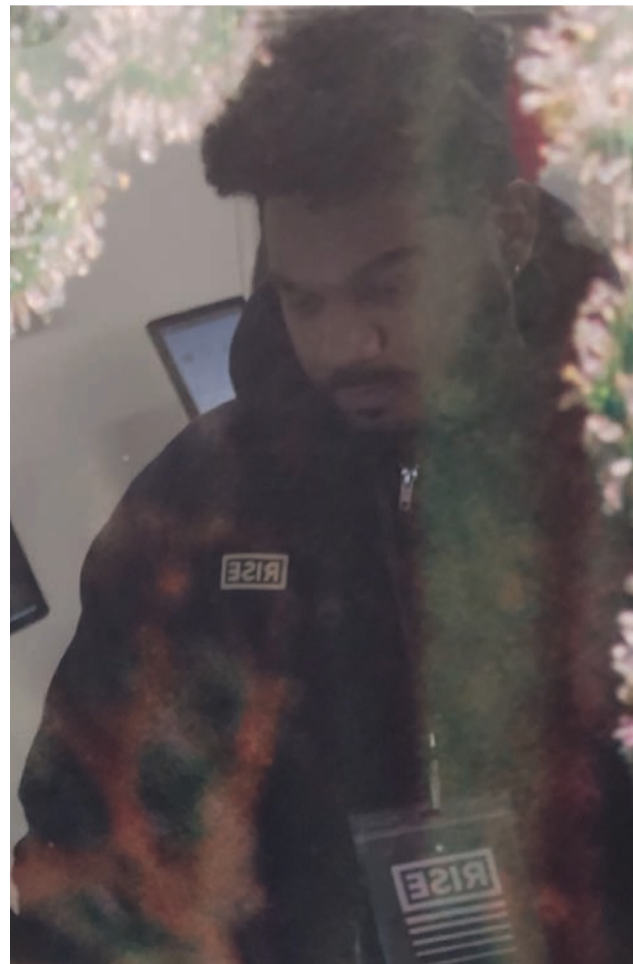
The new iterations have been granted "hybrid retail licenses," which allow the shops to "sell both medical marijuana as well as safe, well-regulated and competitively priced marijuana products to Rhode Island adults over the age of 21." The licenses were issued in early October.

"This milestone is the result of a carefully executed process to ensure that our state's entry into this emerging market was done in a safe, controlled and equitable manner," McKee said. "It is also a win for our statewide economy and our strong, locally based cannabis supply chain, which consists of nearly 70 licensed cultivators, processors and manufacturers in addition to our licensed compassion centers."

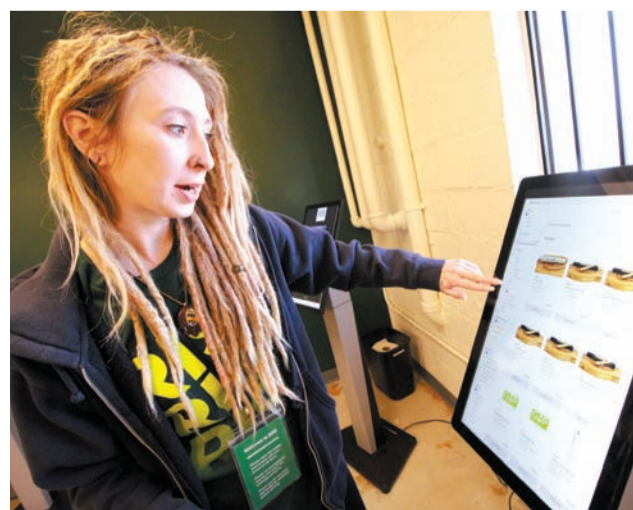
With reports from John Howell.



CANNA-BUS: Russ Matuszek sat behind the wheel of the Canna-Bus, a free-wheeling trolley parked outside the RISE dispensary. Matuszek works for Newport Travel, a company contracted to shuttle prospective customers to and from the pot shop. (Sun Rise photo by Rory Schuler)



BUD WORTH FRAMING: Brandon Montero, a RISE Patient Care Specialist (PCS), is reflected in a giant portrait photo close-up of a cannabis bud, its shimmering trichomes – tiny, glandular appendages on the surface of cannabis flowers, which generate most of the plant's cannabinoids, terpenes and flavonoids. (Sun Rise photo by Rory Schuler)



ARRAY OF PRODUCTS: Danielle Horn who works for RISE out of state was in Rhode Island to help coordinate the opening of recreational sales from the RISE store in Warwick. The store offers 22 products. She was excited to see the state, visiting Rocky Point Park and planning to see Newport. (Johnston Sun Rise photos)

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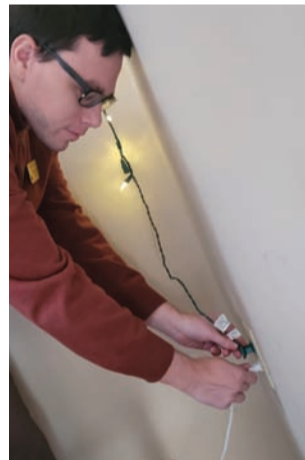
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LIGHTS ON:
 The Johnston Senior Center flipped the switch on its Christmas tree last week. Assistant Director Denise Bell grabbed the lunch crowd's attention as Director Matt Bolton readied the plug. The lights went on, the crowd delivered a light cheer, and the day's BINGO game commenced. (Sun Rise photos by Rory Schuler)



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Miscellaneous Highway Materials
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Town of Johnston is requesting bids for Miscellaneous Highway Materials. Bid specifications are available at the Johnston Town Clerk's Office located at 1385 Hartford Avenue, Johnston, RI 02919 beginning December 8th, 2022 weekdays between the hours of 8:30 am to 4:30 pm. Specs are also available on the Town's website at www.townofjohnstonri.com. **Sealed bids will be accepted until 10:00 am, December 21th, 2022** at the Johnston Town Clerk's Office at the above address and will be opened publicly at that time. The Town of Johnston reserves the right to reject any or all responses or parts thereof, to waive any informality in them, or accept any bid deemed in the best interest of the Town. The Town of Johnston will offer interpreters for the hearing impaired provided the request is at least three (3) days prior to scheduled bid opening by calling (401) 553-8830.

Joseph Chiodo, CPA
 Finance Director

12/8/22



HOLIDAY DIRECTION:
 Director Denise Bell, Director Matt Bolton and Center Supervisor Jacqueline Bell-Conroy pose for a photo in front of the Johnston Senior Center's main Christmas tree.

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Reunion (Continued from page 8)

Moore, JHS Class of 81. When the party was winding down it apparent the evening was as great

success and people were abuzz about getting together again for the 45th reunion.



40 YEARS: The class of 1982 gathers outside the front of Johnston Senior High School for a photo.



CELEBRATING 40 YEARS: The Johnston High School 40th Class Reunion was held on Oct. 28 at Alpine Country Club on Pippin Orchard Road in Cranston.

Tips to prevent stolen packages

As the holiday season approaches, the Rhode Island Police Chiefs' Association provided tips to prevent theft for members of the public who are expecting package deliveries in the coming weeks.

According to the National Neighborhood Watch, nearly one in four adults in the United States has reported having a package stolen at least once. RIPCA shared the following tips from the National Neighborhood Watch to help prevent package theft:

Consider getting a P.O. box at your local post office or having packages delivered to your office

Set up notifications to track your packages

Install a security camera in the area(s) outside your home where packages may be delivered

Require a signature upon delivery to ensure packages are never left unattended

Reschedule delivery or ask for a package hold when on vacation

Research potential home security technology and locking device options to protect and monitor packages

Ask your neighbors to grab your packages for safekeeping until you return home

Sign up for the United States Postal Service "Informed Delivery" service, where you can get a daily email with a picture/scan of the mail you will receive that day. To sign up, click here.

If you believe you have fallen victim to package theft, you should do the following:

Confirm with your delivery company that your package was actually delivered

Identify which package was stolen and what the contents of that package were

Contact the police immediately and report your package as stolen

If you have a security camera on your home, give a copy of the video to police

Report the package theft to the applicable carrier:

- United States Postal Service
- UPS
- FedEx
- Amazon

According to Johnston Police, the department will be on patrol throughout the holidays, especially in residential districts, utilizing marked and unmarked vehicles.

"Should you see something, please call us to report any suspicious activity," said the department.

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By JENNIFER COATES

When Jessie Jacavone and Ken Marandola, the founders of Security Solutions, pledge “we will get the task done right, on-time and on-budget,” you can be sure they are good for their word. These managing partners and longtime friends first incorporated Security Solutions with one overarching goal in mind ~ to provide their customers with the best service, the latest technology, the best expertise, and the most competitive prices in the security industry. This fast-growing company has delivered on that promise.

Security Solutions is a North Providence-based surveillance, networking and access control company that is in the business of protecting people, buildings, campuses, assets, and so much more.

A quick perusal of Security Solutions’ website illustrates the breadth of services the company offers to their residential and commercial clients. Every relationship begins with a consultation tailored to the client’s specific needs. In this meeting, the design is laid out, the budget is drafted, the timeline is determined, and the terms of the contract are agreed upon. Jacavone and Marandola are deeply involved in the entire process.

After these details are hammered out, the team goes to work. Security Solutions employs highly experienced and trained technicians who install their state-of-the-art equipment, whether it is the security gate of a private neighborhood or the complicated network of cables needed to retrofit an office building or the multiple cameras needed to provide the 24/7 surveillance to a shopping plaza.

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Today, Security Solutions services home and business owners from across the state and the country. They will secure your home with the same dependability and commitment they do with their large-scale clients including the Providence Convention Center, Care New England and the Amazon Fulfillment Center in Plymouth, MA.

One of their satisfied customers writes: “I was very impressed with everything about Security Solutions. I was looking for a quality alarm system where I could feel safe and secure. This company came through. Everyone was very professional and considerate at

listening to what I was looking for and needed. They arrived on time and installed the system quickly. They went over everything with me until I could operate the system on my own. I highly recommend.”

Owners Jessie Jacavone and Ken Marandola have invested their time, experience, knowledge, and personal resources into building this constantly evolving company. With the high stakes involved in protecting your personal assets, these devoted professionals take their work very seriously. Their team will work hard for you.

Security Solutions is located at 1 Waterman Ave in North Providence. The team here can be reached at 401-424-5388. To learn more, visit their informative website at www.kmss-us.com.

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HOME BASE NO SHAVE: Members of the Johnston Police department were proud to recently participate in Home Base No Shave, a Red Sox Foundation and Massachusetts General Hospital Program dedicated to healing the invisible wounds for veterans of all eras, service members, military families and families of the fallen through clinical care, wellness, education, and research. The department posted photos from the event on their Facebook page. (Photos courtesy the Johnston Police Department Facebook page)



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Razza

(Continued from page 1)

"It was also during this time that Rhode Island experienced the blizzard of 2022, and not only did the chief cover his town, but he went over and above and reached out to us at the state's emergency operations center to offer himself if we found ourselves short staffed," said Pappas. "Chief Razza understands partnerships and team effort are the way to manage a disaster. He is a true leader as a police chief and as an emergency management director."

Lieutenant Governor Sabina Matos, who helped present the award, echoed Director Pappa's sentiments.

"It is always pleasure to work with Chief Razza," she said.

While admitting that understanding RIEMA's usage of acronyms might be the most challenging part of his job as director, Razza said he was "flabbergasted" to receive such recognition.

"I am truly honored, but more than that I'm truly humbled. Quite frankly, I've learned this through my predecessors, and it's a position that requires a lot of work," said Razza. "You don't know when it's going to be used, but I will tell you this, it's integral to any community that they have an emergency director who can do what they need to do in a crisis."

Having worked closely with the chief during vaccination clinics and other emergencies, Mayor Joseph Polisena was quick to praise the chief's outstanding work and dedication.

"Chief Razza has done an incredible job as our EMA director, and quite frankly he is the best EMA director in the state. He has worked hard and he has kept the people safe, whether it was during the pandemic or whether it was through floods, he has done a great job," said Polisena. "There is no one else that's better than Chief Razza when it comes to EMA and being a police chief. He's the very best, and the residents of this town are extremely lucky to have him."

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CLUES ACROSS

- 1. Chop up
- 5. Ones who utilize
- 10. Sings with closed lips
- 14. South American hummingbird
- 15. Serves as a coxswain
- 16. Liquor distilled from coconut or rice
- 17. Spur
- 18. Senile
- 19. Tanzanian people
- 20. Cruel
- 22. Boxing's "GOAT"
- 23. Yokels
- 24. London soccer team
- 27. Chinese chess piece
- 30. Supervises flying
- 31. 007's creator
- 32. Shaft horsepower (abbr.)
- 35. A spider makes one
- 37. Liquefied natural gas
- 38. Opaque gem
- 39. Brazilian palm
- 40. Periodical (slang)
- 41. You might step on one
- 42. Marvin and Horsley are two
- 43. Partner to cheese
- 44. Unpleasant smell
- 45. Field force unit (abbr.)
- 46. Fashion accessory
- 47. Cool!

CLUES DOWN

- 1. Not low
- 2. Small water buffalo
- 3. A mark left behind
- 4. Archaic form of have
- 5. Fiddler crabs
- 6. Popular Hyundai sedan
- 7. Depart
- 8. Making over
- 9. Midway between south and southeast
- 10. Arabic masculine name
- 11. Type of acid
- 12. Popular 1980s Cher film
- 13. Outdoor enthusiasts' tools
- 21. Chinese city
- 23. "Star Wars" character Solo
- 25. The bill in a restaurant
- 26. Old, ugly witch
- 27. Burn with a hot liquid
- 28. To claim or demand
- 29. "A Doll's House" playwright
- 32. Involuntary muscular contraction
- 33. Pea stems (British)
- 34. Double or multiple fold
- 36. No longer is
- 37. Lakers' crosstown rivals (abbr.)
- 38. S. American plant cultivated in Peru
- 40. Cloth or fabric
- 41. Flanks
- 43. Disfigure
- 44. Angry
- 46. Baltic coast peninsula
- 47. Large, flightless birds
- 49. Plants of the lily family
- 50. Medieval Norwegian language
- 51. Polio vaccine developer
- 52. Not soft
- 53. Exchange rate
- 54. Voice (Italian)
- 57. Baseball's Ruth
- 58. Famed guitarist Clapton
- 59. Take a chance
- 61. Wife
- 62. Elaborate handshake

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'9 to 5: The Musical'



WAITING FOR NEWS: (From left) Doralee (played by Kaelyn Boss), Judy (played by Becky Minda) and Violet (played by Lia Del Sesto McAlpine) are at the hospital waiting to hear news about their boss Franklin Hart. TOP: Franklin Hart (played by Ron Martin) dictates a message while secretary Doralee (played by Kaelyn Boss) records what he has to say. (Photos courtesy of Karen Gail Kessler on behalf of The Community Players)

By EMMA BARTLETT

For three nights a week since the beginning of September, the cast of Community Player's latest production "9 to 5: The Musical" have been preparing for their December performances. The show opened last week in Pawtucket's Jenks Auditorium with final shows this coming weekend. With a cast of 15 actors and actresses, Cranston and Warwick residents – Lia Del Sesto McAlpine and Ron Martin – took on lead roles.

Based on the 1980 movie, "9 to 5: The Musical" tells the story of three female secretaries conspiring to take control of their company and learn there's nothing they can't do – even in a man's world.

Martin, 54, who plays Franklin Hart – the boss of Consolidated Industries – said his character is a sexist, egotistical, lying, hypocritical bigot.

"I hope the audience has an enjoyable experience and will learn a bit about the male hierarchy," said Martin in an email interview.

Hart finds himself in a sticky situation with the three secretaries that results in a surprise ending. Martin, who has several singing numbers, brings his character's creepiness to life through his rendition of "Here for You."

The three women – Judy, Doralee and Violet – all have a bone to pick with Hart and fantasize the way they'd get their revenge.

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Sports

Panthers have title hopes this winter

JHS hoops confident with big senior core

By ALEX SPONSELLER

The Johnston boys basketball team will be tipping its season off this Friday night and is already looking poised to make a deep run in Division II.

The Panthers went 9-9 and reached the postseason in 2021 and will be returning some key members of its team. Returning to the floor for Johnston will be St. Joe's-commit Derek Salvatore, as well as Anthony Corsinetti, who were key contributors in the back court last year.

Also set to make an impact are Neari Vasquez and Cam Walker, who will be starting in the front court.

The Panthers had an impressive offseason, going 7-3 in summer league against Division I competition and practicing together at the rec center nearly every day. Now, with the official season closing in, Corsinetti feels that the atmosphere at practice reflects the urgency the team has to get into the championship mix.

"So far, our practices have been very competitive and that's a good sign. Being competitive is key because if we are not competing in practice then we will not compete in games.



BREAKING OUT: Johnston's Neari Vasquez drives to the basket at practice earlier this week. (Photos by Alex Sponseller)

■ PANTHERS - PAGE 19



Holly Fair helpers

The Johnston boys basketball team gathered to assist in this year's Holly Fair celebration at the school. The Panthers arrived to the school at 7 a.m. to help each vendor set up in the cafeteria prior to the event. Pictured is the team that day, which included: Chris Civetti, Jayden Testa, Michael Carlino, Cam VanStone, TJ Leomensah, Branden Testa, Davian Nunez, Omar Grullon, Ryan Audino, Anthony Corsinetti, Anderson Villa, Armani Arias, Neari Vasquez, Derek Salvatore, Cam Walker, Camani Batista. (Submitted photo)



SENIOR YEAR: Derek Salvatore looks to shoot.



LAYUP: Cameron van Stone goes for a layup at practice.

■ Panthers

(Continued from page 18)

We are off to a great start," said Cor-sinetti.

"In Division II, I think that we have the strongest team. We've got to show that this year," added Walker.

Coach Mike Bedrosian is also confi-dent in his core four.

"Derek and Anthony are the defini-tion of leaders. We're very spoiled to have those guys. This team has a lot of experience from last year, includ-ing Cam Walker, who started six games for us and Neari Vasquez, who we're expecting to take a big jump this year," said Bedrosian. "We had a great summer league and we went 7-3 against some of the top teams in the state, including Division I teams. That got us a lot of respect. Then in the fall Derek and Anthony did a great job getting the guys to-gether and they were working at the rec center every day. That should roll

right into this season. The vibe at practice has been much different than last year."

Now, after years of playing togeth-er from the youth level up, the Pan-thers feel that there is no reason they shouldn't be able to take home a title.

"The chemistry was built, especial-ly between me and Derek, since we played together and we were young-er over a lot of years. As leaders, we've got to drive this team and push this team to achieve our goals," said Vasquez.

Johnston will be taking on Division I powers Smithfield and La Salle in non-league games to start its season this weekend. Bedrosian said that scheduling such a tough opening weekend was intentional, and Salva-tore is excited to see the Panthers make a statement early on.

"We can't wait, we're really excit-ed," said Salvatore. "We're looking forward to it because those Division I matchups will only help us in pre-paring for our Division II schedule."

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DRIVE TO THE HOOP: Johnston's Anderson Villa (left) and Anthony Corsinetti drive to the basket at practice earlier this week.

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Pre-Season Non-League
Friday, December 9th vs. Smithfield (home) 7:00pm
Saturday, December 10th @ LaSalle 4:00pm

Regular Season Begins
Tuesday, December 13th @ Toll Gate 7:00pm
Thursday, December 15th vs. Middletown (home) 7:00pm
Monday, December 19th @ Cranston West 7:00pm
Wednesday, December 21st vs. Hope (home) 7:00pm

-- HOLIDAY BREAK • EAST BAY TOURNAMENT (TBA) --

Tuesday, January 3rd @ Tiverton 7:00pm
Thursday, January 5th vs. PCD (home) 7:00pm
Monday, January 9th @ Times 2 Acad. 7:00pm
Wednesday, January 11th vs. Shea (home) 7:00pm
Friday, January 13th @ Tolman 7:00pm
Tuesday, January 17th vs. Coventry (home) 7:00pm
Thursday, January 19th @ S. Kingstown 6:00pm
Monday, January 23rd vs. Chariho (home) 7:00pm
Wednesday, January 25th @ Pilgrim 7:00pm
Friday, January 27th vs. Burrillville (home) 7:00pm
Tuesday, January 31st @ Rogers 7:00pm
Wednesday, February 8th vs. Mt. Hope (home) 7:00pm
Friday, February 10th @ St. Raphael 7:00pm
Tuesday, Friday 14th vs. Lincoln (home/Sr. Night) 7:00pm

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Melvin earns LEC award

FROM STAFF REPORTS

Rhode Island College freshmen Haley Oliver (Coventry) and Milana Melvin (Johnston) were recognized by the Little East for their respective performances in women's track & field at the Springfield Season Opener on Saturday, Dec. 3.

Oliver was named both the Little East Track Athlete of the Week and Rookie Track Athlete of the Week. She finished first in both the 1,000m (3:18.06) and the mile (5:33.07).

Melvin was named the Little East Rookie Field Athlete of the Week. She finished ninth in the shot (9.09m) and 12th in the weight throw (8.12m).

Head Coach Timothy Rudd's team finished fourth (seven teams) with a team score of 58.0. Springfield took home the crown with 236.50 team points.

In upcoming action, Rhode Island College see action at UMass Boston's Beacon Invite, held at the Track at New Balance (Boston, Mass.) on Saturday, Dec. 10

(9:30 a.m.).

The Rhode Island College 4,000m distance medley relay squad and freshman Ryan Hazard (Wakefield) were recognized by the Little East for their respective performances in men's track and field at the Springfield Season Opener on Saturday, Dec. 3.

The quartet of freshman Dante DiGregorio (Smithfield), freshman Juan Reyes (Providence), sophomore Mahari Nayte (Providence) and sophomore Justin Dorsey (Warwick) was named the Little East Men's Track Relay Team of the Week. They placed first in the 4,000m distance medley relay (11:13.25).

Hazard was named the Little East Rookie Field Athlete of the Week. He finished first in the shot (14.46m) and fifth in the weight throw (14.05m).

Rudd's team finished second (seven teams) with a team score of 82.50. Springfield took home the crown with 272.0 team points.

Leaders Day keeps spotlight on climate ready fisheries

By CAPT. DAVE MONTI

Senator Sheldon Whitehouse's 13th Annual Energy, Environment and Oceans Leaders Day (EEO Day) held Friday, Dec. 2, 2022 was a big success.

The purpose of the workshop is to recognize Rhode Island environmental leaders and update the community on recent developments in the environment, energy, oceans and climate change arenas. News at the workshop included Senator Whitehouse announcing that he will likely be elected chairman of the Senate Budget Committee (this bodes well for Rhode Island).

I asked, via prewritten questions, about NOAA Fisheries funding for climate ready fisheries initiatives and NOAA Fisheries' inability to move fast enough to meet climate challenges so far. I pointed to the fishing industry's disappointment that for two years in a row NOAA's requested \$10-million in special funds for climate research initiatives was reduced to \$1-million.

Senator Whitehouse said his new anticipated role on the Senate Budget Committee should put him in a good position to advocate for such climate related funds.

As in the past, Senator Whitehouse gathered top policy makers, implementers, Senate and administration climate leaders to serve as panelists. The audience was comprised of Rhode Islander leaders working in environment, oceans and to stem the tide on negative climate impacts in a variety of areas.

Two speakers I would like to highlight include Greg Gerritt who received the Senator's EEO Leaders Day Service Award for his work as an environmental and economist activist. Mr. Gerritt is the former Administrator for the Environment Council of Rhode Island and leads the RI Compost Initiative and is a founding member of such organization as the Friends of the Moshassuck, the Green Party of the United States and the Environmental Justice League of RI. Congratulations Mr. Gerritt, on an award well deserved.

Another EEO Day panelist was Jane Lubehenco, former top NOAA Administrator and Under Secretary of Commerce for Oceans and Atmosphere who now serves as Director for Climate and the Environment White House Office of Science and Technology Policy. Ms. Lubehenco related that "Funds for fisheries climate change impacts such as shifting fish stocks are available in the Coastal Resilience bucket in the Infrastructure Bill" passed by congress in Nov, 2021. Director Lubehenco said, "Climate related funds for fishing ports and the shipping industry are also available in the new law."

Earlier at the workshop Senator White-

house related that the spirit of climate initiatives originally funded in the "Build Back Better" bill (that did not pass Congress) will be carried over in 2022 Senate work.

Another highlight of the Leaders Day was the "Fireside Chat with the Three Climateers of the Senate"... Senator Sheldon Whitehouse, Senator Martin Heinrich of New Mexico and Senator Brian Schatz of Hawaii. The trio related policy making they engaged to insure climate stayed on the front burner of the nation in past administrations and their roles to insure climate change policy roles out in the present administration. It was like listening to athletes in a locker room after a big game on how they really won the game.

I was honored to be invited to attend EEO Day and thought it was a great success along the 100 other positive comments that were made on Facebook and Twitter that day after the event.

Congratulations Senator Whitehouse on another very successful EEO Day. Thank you for being the climate leader you are.

Where's the bite?

Striped bass fishing has slowed quite a bit but there are some fish still around. Jeff Sullivan of Lucky Bait & Tackle, Warren said, "Saturday I saw a 30-pound striped bass under the dock at Ft. Adams looking for squid and there are still some fish on the surface in the Bay."

"Anglers are catching bass that are chasing bait along the coastal shore and in the estuaries," said Declan O'Donnell of Breachway Bait & Tackle, Charlestown."

Ed Lombardo fly expert and guide said, "I fished most days last week and caught both striped bass and hickory shad in the Narrow River near Sprague Bridge, however, the water is starting to cool so holdover fish will start to move up River."

Tautog fishing is still good when anglers are able to get out as most have pulled their boats out of the water and high winds and cold make fishing unpleasant some days. "Customers are hooking up with keeper tautog at the Kettle Point Dock and at the broken bridge at the mouth of the Seekonk River," said Littlefield of Archie's Bait & Tackle, Riverside. Joe Castaldi of Quaker Lane Bait & Tackle, North Kingstown, said, "The tautog bite is still strong but it is in water 80 feet or deeper."

Sullivan of lucky Bait & Tackle, said, "Tautog fishing is spotty as the bite has moved deeper to as much as 100 feet of water."

O'Donnell of Breachway Bait & Tackle, said, "The tautog bite is still on for anglers fishing for them at this time ... both from shore and boats."



AWARD WINNER: Greg Gerritt received Senator Whitehouse's EEO Leaders Day Service Award for his work as an environmental and economist activist. (Submitted photo)

"Cod fishing off Newport and the Sakonnet has been good. We targeted and hooked up with some nice eight pound market size fish off the Sakonnet River this weekend in 85 to 90 feet of water," said Jeff Sullivan of Lucky Bait & Tackle.

Freshwater fishing for salmon and trout exploded this week in stocked ponds. "Simmons Mill Pond in Little Compton is producing 16 to 24-inch salmon stocked by DEM along with trout," said Sullivan. "The largemouth bass bite has slowed with cooler water so anglers have slowed down their retrieve to catch largemouth."

"Customers are catching trout at Silver Spring Lake, North Kingstown," said Joe Castaldi of Quaker Lane Bait & Tackle. "Watchaug Pond has been producing trout and salmon for customers," said O'Donnell of Breachway Bait & Tackle. "Customers are still catching some salmon and trout at Willett Avenue Pond," said Littlefield.

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.noflufishing.com.



THE PERFECT TIE: Senator Sheldon Whitehouse said, "A special shout out to my friend Congressman Jim Langevin who gave me the perfect tie for EEO Leaders Day!" A tie depicting a wind farm.

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US men's soccer so close, but still so far

The US men's national soccer team had a solid run in the World Cup the past few weeks and would see its chances at gold come to a close when it fell 3-1 to the Netherlands in the round of 16.

This run of success that the team experienced kind of summed up the bigger picture of American men's soccer in my eyes. It's so close, but still, so far.

The women's national teams over the past three decades have been hugely successful and many of the players have become household names. Alex Morgan, Hope Solo, Abby Wambach. Women like these have been some of the most recognizable names in US sports.

The men's side, however, has never really gotten over the hump. Sure, it has had some good years, including this one, but for some reason the team just has never made the leap.

This year's World Cup excited US fans as much as I have maybe ever seen. Admittedly, I am not a huge international soccer follower. I watched the box scores and read the AP articles, but that was about it. I hate to say it, but a lot of it was because I sensed that the team would be eliminated sooner rather than later.

It was great to see so many fans engaged and when the US beat Iran, it began to feel like maybe this squad had a chance to make a memorable run. The team has only reached the quarterfinals once, the final eight. It seemed like maybe a similar result was possible.

Not this time, though.

This run and the overall experience encapsulated where the US men stand in this country. The interest is there when the stakes are high, we are hoping to see them take that next step into the world's elite, but they miss by just a smidge. It feels like one big run could catapult men's soccer into the national spotlight, this year felt like we were on the brink of it. Unfortunately, it just did not work out.

Winning is what it is going to take. Until the team makes a big run, one in which it is an actual threat of winning the whole thing, it is going to remain a secondary sport in this country which is a shame to see. Soccer is the most popular sport in the world and you see how avid many countries are.

I was in Spain on a high school trip during the 2010 World Cup. I spent a week in Madrid, and I'm telling you, it was electric throughout the city. I've been in Boston for the Red Sox playoffs, I have been to Foxboro for the Pats, the TD Garden for the Bruins. None of those touched the energy of Spain during the World Cup. That was a nationwide event and not a single bar did not have it on the TV with screaming fans, not one street corner did not have people partying, celebrating.

To expect that for the US in our lifetime may be a bit much. Those countries

My pitch



by
ALEX SPONSELLER
 SPORTS EDITOR

ALEXS@
 RHODYBEAT.COM

train their kids from the time they can walk and devote countless assets toward the success. Sure, we offer soccer to kids at the youth level, but it is just different, it is far more intense.

To one day see soccer catch on in the US is a dream of mine. Again, it's not because I am a massive soccer fan. I just had the opportunity to see a major soccer country like Spain in the middle of the sport's biggest event and how it operated. Did I also mention Spain won it that year? Unbelievable.

We'll see what happens in the next four year until the next one. The US will be one of three countries hosting it, so maybe that will catch the eyes of those at home. I would love to see another major sporting event give us something to celebrate here.

I have to give a shout out to the Cranston West boys basketball team, which hosted a media day this past Sunday.

The team was in full uniform, getting its pictures taken. It invited the media to attend to interview coaches and players as the season approaches. I took the time to head down there to throw together a preview.

When talking to new coach James Sweeney, he was saying that an emphasis of his this season will be exposure ... helping as many people see his team and enjoy the show. The team was also in the process of shooting a promotional video for the upcoming season to hype its fans.

I wish that more teams did things like this. As a media member, it makes life much easier and my goal is always to see as many teams as possible each season. To have more teams have media days, utilize social media, hype up the community, it really is a great thing, especially for my own selfish reasons as a media person.

With winter sports kicking off in the next two weeks, I encourage all of our teams to follow suit. Even if it is as simple as running a social media page, it is a great help to get the world out see information be spread. Not just to us here at Beacon Communications, but all the local media in the state of Rhode Island. Hats off to the Falcons for giving us all a hand.

RIC swimming takes 8th

FROM STAFF REPORTS

Junior Olivia DeLuca (Providence) notched a second place finish as the Rhode Island College women's swimming team placed eighth (eight teams) at the Bridgewater State Invitational on Saturday afternoon.

Rhode Island College finished in eighth place (eight teams) with a team score of 188.0. Bridgewater State finished first with a team score of 758.5.

DeLuca finished second in the 200-yard butterfly (2:50.97), third in the 400-yard IM (5:33.80), sixth in the 200-yard freestyle relay (1:57.71) and seventh in both the 200-yard medley relay (2:18.60) and 500-yard freestyle (6:12.84).

Junior Meghan Laflamme (Smithfield) finished fifth in both the 50-yard freestyle (27.51) and 200-yard backstroke (2:36.70), sixth in both the 200-yard freestyle (2:18.00) and the 200-yard freestyle relay (1:57.71) and seventh in the 200-yard medley relay (2:18.60).

Junior Rebecca Fyrer (Cranston) finished sixth in both the 200-yard IM (2:48.09) and the 200-yard freestyle relay (1:57.71), seventh in the 200-yard medley relay (2:18.60) and 10th in the 1,000-yard freestyle (13:45.47).

Junior Marta Matzko (Rumford) finished sixth in the 200-yard freestyle relay (1:57.71), seventh in the 200-yard medley relay (2:18.60), 11th in the 200-yard backstroke (2:56.14), 13th in the 100-yard breaststroke (1:32.09) and 18th in the 50-yard freestyle (30.98).

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THE PROVIDENCE BILTMORE: AN ICON OF RHODE ISLAND HISTORY



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

National Register of Historic Places, and this year the hotel celebrated its 100th birthday with a huge party hosted by the new owners, Graduate Hotels.

Built in the neo-Federal Beaux-arts style by the same architects who designed Grand Central Terminal, the Biltmore was the pride of Providence. Modern for 1922, it was the most luxurious hotel in the city and hosted celebrities, politicians, and even mobsters who preferred the very best accommodations around. It featured a rooftop garden with chicken coops, a drugstore, a print shop, a carpenter, an upholsterer, a photo lab, six different restaurants, and hot springs in the basement – talk about amenities! While the hotel itself fell on hard times and changed owners many times over the years, major community efforts in the 1970s propelled the preservation of this Rhode Island landmark into the 21st century.

As usual, I was inspired to write this by a consignment that recently came into the auction house. It is the (one and only!) original hand-painted canvas mural that hung behind the bar in the Falstaff Room of the Biltmore since 1934. When major renovations began after its purchase in 2017 by AJ Capital Partners, a Chicago-based firm, the mural was taken down and salvaged by our consignor - What an amazing piece of art and history to save!

The mural is immense. At over 23 feet long, it extended the entire length of the bar. We are fortunate to also have an original postcard from the Biltmore featuring of the mural in

all its glory. Titled "Falstaff and his Friends" and painted by New England artist Robert Charles Haun in 1934, it was the perfect showpiece for the Tudor-inspired décor of the Falstaff Room. For those who don't know, Falstaff is a famous Shakespearean character known for his indulgent, boastful ways and drunken good times – not bad company to have for a night at the bar!

It's great to see that while so much has changed inside over the years, the Biltmore's façade (for the most part) has stood the test of time. Luckily, pieces of history like this mural have been saved and preserved for future generations of Rhode Islanders to see and enjoy. Perhaps you will be the one to take this iconic piece of Providence Biltmore home in 2023? The auction is January 9th at Bruneau and Co Auctioneers!

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■ Players
(Continued from page 16)

"I play Violet," said Cranston's Lia Del Sesto McAlpine in an email interview. "She is a smart, savvy, hardworking widow and mother of a teenage son. She has been with the company, Consolidated Industries, for 15 years and has never been given the opportunity to move past a supervisor position; being passed over for promotions by others that she has trained. She is a victim of the 'old boys' network."

Del Sesto McAlpine, 48, hopes audience members leave happier than when they came in with a feeling that anything is possible if you're willing to take a risk.

"My favorite part of preparing for any production is working with and getting to know the cast," Del Sesto McAlpine said. "The whole process of coming together at the beginning not knowing each other, not really knowing the music or script and then at the end having this amazing show and wonderful friendships formed is truly a special and gratifying experience. I love the experience of putting a show together as much as performing it."

Martin added that his favorite part of preparing for the production was growing the mustache for his character.

Martin and Del Sesto McAlpine have been in a number of other Community Players Productions. Martin has been in "Sly Fox" and "Mamma Mia!" and Del Sesto McAlpine has been in "Evita," "Chorus Line," "Chicago" and "Annie," "Jesus Christ Superstar," "A Grand Night

for Singing" and "The Sound of Music."

The play includes many comedic aspects, whether it is through song, a character's expression or line delivery. The musical numbers are well performed, and the audience had extra cheers for Becky Minda's rendition of "Get Out and Stay Out." Audience members will find themselves rooting for Judy, Doralee and Violet – even if they don't take the most ethical (or legal) approaches in dealing with Hart.

Performances will take place at Jenks Auditorium (350 Division St., Pawtucket, RI 02860) on Dec. 9, 10 and 11. Friday and Saturday shows are at 7:30 p.m. and the Sunday matinee commences at 2 p.m. Tickets are \$25 for adults and \$18 for students (with a valid ID). Discount rates are also available for all performances for groups of 20 or more. Tickets can be purchased online at thecommunityplayers.org or reserved at (401) 726-6860. Visa and MasterCard accepted.

The play was directed by Cranston's Marcia Zammarelli with music direction by Esther Zabinski of Foxboro and choreography by Leslie Racine Vazquez of Warwick. The production features Gloucester's Kaelyn Boss, Bristol's Tracy DiiBon Coffey, Woonsocket's Kerry Lynn DeMinicosta, Coventry's Jonathan Hart, Fall River's Malique Jelks, Charlestown's Karen Gail Kessler, Providence's Tom Lavallee, Pawtucket's Angelina Manfredi, Warwick's Ron Martin, Cranston's Lia Del Sesto McAlpine, Providence's Becky Minda, West Warwick's Luis Rodriguez, Rumford's Lisa Taylor, Warwick's Leslie Racine Vazquez and Uxbridge's Ben Zabinski.



FANTASIES: Violet (played by Lia Del Sesto McAlpine) fantasizes about how she would take out her revenge on her boss Franklin Hart (played by Ron Martin).



Justin Hartley and Barrett Doss star in 'The Noel Diary' on Netflix. (Photo by KC Bailey for Netflix)

NETFLIX

THE NOEL DIARY

(Nostalgic Romance)

If "Violent Night" is not your cup of Christmas cheer, you may want to go in the opposite direction and watch the nostalgic, romantic, tear-jerker, "The Noel Diary" on Netflix.

Justin Hartley, the heartthrob from TV's "This is Us" stars as Jacob Turner, a single best-selling author who has been estranged from his deceased mother (he didn't even go to her funeral) and father who abandoned them.

The family homestead has been left to him, so he has to clean it out and sell it. He reconnects with his next door neighbor who suggests that he reconcile with his father.

An attractive young lady connects with him. She's looking for her birth mother who used to be his nanny.

Off they go on a road trip to find her mother and reconnect with his father.

She is engaged to a real jerk, while he is a diehard bachelor.

See it at the

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Movies

You can see where this one is going. Of course, there's only one room available at the inn. In fact, you could write the ending.

Note: Local actress Marilyn Busch has a speaking part in the opening scene, playing Turner's fan and getting his autograph.

TROLL

(NORWEGIAN MONSTER FILM)

You've got to take this cliché-ridden Norwegian monster film as a complete takeoff of America's "King Kong" and Japan's "Godzilla" and just enjoy the silliness.

Nora and her father love to climb the mountain peaks of Norway. While sitting on the top of the high

mountains, her father tells her fairy tales about trolls that once lived there.

When Nora grows up, she becomes a paleontologist. Her father starts believing all the troll stories and is considered insane.

They part. Years pass. Strange events begin happening in the mountain when the government decides to build a tunnel through the mountains. A troll is responsible. The government calls Nora in to investigate. They don't believe or accept her findings.

Find the troll and kill it! Call in the army. Oslo is threatened to be destroyed.

Who will save the day? Why Nora, of course.

ANIMAL TALK
By Karen Kalunian
Local ♥ Adoptable ♥ Loveable



Photo credit: Karen Kalunian

Jenny

Jenny is just one of three special needs kitties currently available at the Warwick Animal Shelter. They all came in together needing medical attention and unfortunately Jenny had to have one of her eyes removed. That hasn't stopped her though, she's sweet, happy, a little shy but playful once she is comfortable. She is a gorgeous young Calico with the most stunning coat! Jenny is looking for a loving home where she gets all of the love and attention she so deserves. Please contact the Warwick Animal Shelter at 401-468-4377 and tell them you'd love to meet Jenny.

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



RhodyHealth

Total Knee Replacement for Athletes A Sports Medicine Perspective

Staying Healthy



by
ROBERT M. SHALVOY,
MD
Orthopedic Surgery & Sports Medicine
Care New England Health System
Associate Professor of Orthopedic Surgery
Alpert Medical School of Brown University

Will I still be an athlete after a knee replacement? What will I be able to do? Will I be better or worse? How do I know what is best for me? People with active lifestyles face these questions when considering a knee replacement.

Athletes commonly experience the symptoms of osteoarthritis as a result of knee injuries and surgery from years past. Things that use to be easy and pain free gradually become harder and more uncomfortable until they cannot be ignored any longer. The athlete comes to a crossroads where they need to decide to stop or modify their present activities or seek treatment for their arthritis. A knee replacement or Total Knee Arthroplasty (TKA) commonly becomes a part of the conversation. This is due in part to the fact that a knee replacement is a routinely successful operation that eliminates pain and restores function to a worn out joint. But the operation is not without its risks and success is dependent on commitment to the preparation and recovery process.

How Do I Know If It's Time?

Ask yourself the simple questions, Is my pain manageable? Can I do the things I want to do? If the answer is yes, you are successfully living with arthritis. If the answer is no, then your arthritis is not sufficiently managed. There are several treatment options available other than surgery that you may wish to explore before having a knee replacement. Alternatives to surgery include anti-inflammatory medication, injection therapy and physical therapy. Sometimes symptoms are due to other problems that are found in the knee like a torn cartilage or meniscus. In this case, a knee arthroscopy may be a reasonable solution. (These alternatives are reviewed in more detail elsewhere in the article.) If after considering and exploring these options your pain is still unmanageable and your activities still limited, it may be time to consider TKA.

What Can I Expect?

In a Total Knee Arthroplasty (TKA), an incision is made down the front of the knee and the muscles and tissues are retracted away to expose the joint. The surfaces of the bone that have worn down are leveled off to a smooth, flat surface and the replacement surfaces of metal and plastic are precisely fit and fixed to the bone. In doing so, the deformities and restrictions are corrected. The muscles and tendons are allowed to return to their normal position. The healing process begins and in the days and weeks to follow, the tissues will heal, and muscles regain their function. This requires time and work that only the patient can do. To be successful, you have to commit to taking the time to heal, working with rehab professionals and staying within a healthy balance of healing and exercise as outlined by your surgeon.

Returning to Sports

Eventually you will progress beyond basic rehab and start to focus on more complex and athletic activities. This takes on average 3 or 4 months for people to be able to perform all of their work type activities. Getting back to sport can take longer, on average 6 months with a more gradual progression. Tissue healing, restored muscle strength and full range of motion are basic requirements before considering sports activities. There is no getting around this and make take additional time. In making the transition to sports, your particular sport or activity may benefit from some additional "sport specific" therapy that trains the actions used in your planned activity. This brings us to the ultimate question of what sports are ok and what sports are off limits after TKA.

What Sports Are OK after Knee Replacement?

Traditionally, surgeons have balked at returning their patients to vigorous sports activities after knee replacement in favor of limiting stress in order to promote longevity of the artificial components. There is a limited amount of data or literature outlining the outcome of patients attempting to return to sports. Over time however, the design and quality of the component parts, improved surgical techniques and advanced rehabilitation programs have allowed for new levels of performance and function after TKA. This coincides with changes in patient's expectations and increased desires to maintain an active lifestyle including recreational and competitive sports activities. As a result, as the bar is being raised, the guidelines are evolving. It is important



to note that while the function of a total knee replacement has never been better, it has not reached the level of a normal knee that has not been replaced.

Always OK

Activities that have traditionally been recommended include walking, hiking, cycling, swimming, golf and tennis. These are activities that can be modified in intensity to match the patient's level of function and don't cause high levels of stress on the knee.

Sometimes OK

Activities that are more vigorous tend to involve twisting, cutting, and overall higher loads of stress on the knee. This would include rock climbing, running, skiing (snow and water), snowboarding,

softball, basketball and more. The first thing to consider is your ability level prior to surgery. If you haven't been able to do it before the time of your surgery, you are not likely to be able to do it after. Research shows that what you were doing before surgery is fairly predictive of what you will do after your recovery and rehabilitation. Achieving a full range of knee motion, adequate muscle strength, muscle endurance and balance are necessary to meet the demands of your sport but also serves to protect the knee and off load increased stress to the replaced joint that can cause it to wear out prematurely. Be aware that engaging in vigorous activities comes with an increased risk of injury from the sport and the possibility of more surgery including surgery to revise or modify the knee replacement as part of the treatment process. While it is thrill-

ing to return to a favorite sport without pain, it is wise to have an increased awareness of safety to keep you in the game.

It Takes a Team

Not all surgeons share the same outlook when it comes to returning to sports after a knee replacement. Make sure that your expectations are well aligned with your surgeon and your physical therapist before going to surgery. Get a second opinion if you have to. Consider a sports medicine expert who is well versed in total knee arthroplasty who can work with you to determine if knee replacement is the best option for you at this time and can work with you to achieve your goals. It really does take a team to have a successful total knee replacement and like many things, the key is in the preparation.

Want to know a secret?



Scars can have a HUGE impact on your body!

Even if the scar(s) you have right now aren't bothering you or don't seem to cause any issues, they can over time if left unchecked. Scars can put up to 2000 POUNDS of pressure, pull, and stress on the structures they are on and near.

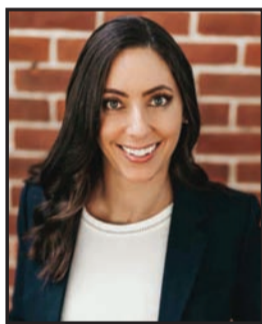
Take a C-Section scar, for example.

Do you know what lies deep to C-Section scars?

Your intestines. Your Bladder. Your Uterus. Your Rectum. Your Low Back. That's not even talking about the other organs close by...your stomach, appendix, liver, and kidneys.

Did you tear when you gave birth? If you had an episiotomy or tore naturally and needed stitches, you have a scar! Here are some of the things you might notice if you have even the tiniest of scars in your Lady Parts:

- Pain with sex
- Leaking urine or feces
- Can't hold back gas
- Pain with tampon insertion
- Pain with bowel movements



JESSICA L. PAPA PT, DPT
OWNER OF
ARANCIA PHYSICAL THERAPY

- Hemorrhoids
- Difficulty with orgasm
- Pelvic floor weakness

Because of how the pelvic floor muscles run, scars from childbirth can impact your sphincter control (think about it...do you have a hard time holding back urine or feces, or maybe even just gas? Do you leak a little or have full blown accidents that are beyond your control?)

Leaking can be embarrassing but

scars can also start to negatively impact your quality of life. Believe me, I've seen plenty of older women who wish they had taken care of things when they were younger instead of letting it get to the point where it's limiting simple, everyday activities like grocery shopping.

Scars can be released gently and safely by a specialist physical therapist and you can even learn how to do scar release for yourself. If this sounds like something you'd like to talk about, please reach out! I'd be happy to answer any questions you have, no matter how embarrassing.

Sincerely,
Dr. Jess

Learn how pelvic floor physical therapy can help eliminate toilet stress, ease your bedroom anxieties, prepare you for baby, guide you through postpartum & menopause, and put an END to pain!

Let's get you back to feeling confident, strong, and living your best life!
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Importance of Proper Body Mechanics

"I hurt my back picking up a pencil"

Proper body mechanics is the single most important factor in avoiding physical injury when performing activities of daily living. Best body mechanics emphasizes neutral positioning of the head and spine, wide diagonal stance and coupling of the opposite hand and foot. For example, when you reach or lead with your right hand, you first position your left foot forward as close as you can to the object. As the right hand approximates the object, the body is balanced by weight shifting into the left foot. This eliminates or minimizes strain on your lower back. When reaching to the floor level, lead the movement by lowering the hips while maintaining neutral position of the head and neck. As the right hand reaches to floor level, it is greeted by the left foot. This produces proper body mechanics of the spine and trunk minimizing intra-spinal disc pressure, spinal joint compression and muscle strain when performing the activities.

The body moves in multiple planes during an activity. These planes are combined to be viewed as diagonal plane movements which require balance of the upper and lower body from right to left during these movements or activities. Balancing forces from right to left means coupling the leading hand with the opposite foot whereby the opposite foot is placed next to the object that the hand is reaching for.

Example: Picking up a pencil with your right hand

Place your left foot next to the pencil then step back with your right foot. Maintain your ears over your shoulders with back straight. Begin the movement by bending and lowering the hips first, then reach with the right hand toward the left foot and pickup the pencil. By maintaining a wide base of support and implementing the opposite hand and foot rule, the center of mass of the upper body is always maintained inside the base of support, eliminating unnecessary strain on the spine.

The opposite hand and foot rule is fundamental for safe raking, shoveling, sweeping, reaching, and lifting.

Always couple the leading hand on the shovel, rake, or broom, etc. with the opposite foot by bringing the opposite foot forward. As the leading hand pushes and pulls on the handle, its forces are balanced by the forces of the opposite foot. The opposite hand and foot placement may initially feel awkward or uncomfortable but that is simply because (almost) everyone inherently does it where the same side hand and foot are forward (the WRONG way). This is mainly the reason why people develop back pain following activities such as shoveling, raking, twisting movements, etc. it is not inherent or reflexive to maintain proper body mechanics when performing these activities. Proper body mechanics must be learned and practiced.

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Trader Joe's made me a chef

By DON FOWLER

Joyce and I are the first to admit that we will never be gourmet chefs.

We need all the help we can get, and we found it at Trader Joe's.

Daughter Robin is one of the unique market's biggest fans, making frequent trips to the Warwick store on Route 2 for her favorite Trader Joe's brand candies, spices and "prepare your own" frozen meals.

Living in Edgewood, we are only a few minutes from their new Fox Point market on South Main Street.

We decided to check it out and walked out over a hundred dollars poorer and three huge bags of groceries richer.

In the bags were 10 meals and a few other delicacies.

The frozen meals come with simple ready-to-cook instructions and tasty ingredients, all separately bagged. Instructions not only tell how to cook, but they also spell out how long and when to add each ingredient.

It's like "Cooking for Dummies."

Last week we avoided dining out and takeout and prepared a week's worth of Trader Joe's meals.

Our favorite was paella. Mussels, shrimp and squid were mixed with rice and spices for a tasty treat, just enough for two people.

The next night we enjoyed pork dumplings, as good as any we've had in Chinese restaurants.

Shrimp Tempura filled the bill on Wednesday, followed by Spicy Spanish rice. We've found that Spanish rice can

be added to many meals as a substitute for potatoes or plain rice.

The prepared frozen food section is like a Chinese menu, with Kung Pao, General Tsao, Moo Shu and more. There are also ethnic foods I couldn't pronounce.

We topped the week off with delicious baked tilapia in their suggested lemon topping. A bowl of chopped veggies was added to the fish.

I also found some delicious Belgian waffles and onion soup with a thick gravy and loads of cheese.

We're going back this week to try more of their creative meals, packing our freezer for emergencies and "fine dining," perfect for two seniors and priced at a third of what it would cost us in a restaurant.



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