

## Packed with memories, veteran's house saved

A tree nearly totaled his home, but a small group of dedicated workers helped salvage the building, and the 91-year-old living inside

By RORY SCHULER

Earlier this week, Bernard "Bernie" Pavia knelt down to play with his trainset.

He laid the track out in a circle at the trunk of his bright white Christmas tree, and crawled up close to the locomotive like a curious child sneaking up on Santa Claus.

A year ago, a fallen tree made his Forest Drive home practically uninhabitable. He nearly lost all his possessions as melting snow leaked through the roof and down his walls, saturating more than nine decades of memories.



**I THINK I CAN:** Bernie Pavia kneels down to play with his trainset in his newly remodeled living room. The Korean War veteran's Johnston home was nearly totaled when a tree fell on it last Christmas. A small group of dedicated workers helped salvage the house, and Pavia's spirit. (Sun Rise photo by Rory Schuler)

HOME - PAGE 12



**WILD TENURE:** The town turkey made a clean getaway right in front of Mayor Joseph Polisenena several years ago. Turkeys were just the beginning. (Sun Rise FILE Photos)



**BIG SHOT:** Mayor Polisenena pretends to give Town Clerk Vincent P. Baccari Jr. an injection, with the giant inflatable syringe. As a former nurse, Polisenena was a community leader helping to get the residents of Johnston vaccinated during the pandemic. The town and its aging population was hit particularly hard by the pandemic.



## Outgoing Mayor Polisenena leaves lasting legacy

### 'They would laugh at this town ... Not any more'

By RORY SCHULER

Johnston Mayor Joseph M. Polisenena took to the lectern Dec. 12 to address Town Council one last time while in office.

"This town, at one time, they would laugh at this town," Polisenena told the five-member council. "Not any more. People, they want to move into this town."

In private, Polisenena loves to tell stories of Johnston's crooked, mob-infested past. Seated in his Town Hall office, which he says was emptied of furniture before he moved in, the outgoing mayor often recalls the dyer fiscal situation he inherited and managed to turn into a massive budget surplus.

Outspoken and unafraid of wielding his own brand of small town political intimidation, Polisenena has been praised by fellow office-holders throughout the state as the mayor who kept FM Global in Johnston, lured Citizens Bank and hooked onto a giant Amazon robotic processing facility, which when it opens promises to be the largest building ever constructed in Rhode Island.

#### Mayoral Legacy

Polisenena will swear-in his son, Mayor-elect Joe Polisenena Jr., in a ceremony Jan. 9.

Weeks ago, the elder Polisenena said he believes he may be the first father to swear his son into office in Rhode Island municipal government history. Unable to find another example, he thinks it may be the lone example in New England, and possibly the country.

The American political sphere has no shortage of family dynasties, though instances of a direct father-to-son mayoral transition may be unprecedented. At very least, it's a rare situation.

The elder Polisenena, a former firefighter, ambulance crew member, nurse, state senator and now outgoing four-term mayor thanked the Johnston Town Council for their cooperation implementing his unmistakably pro-business agenda.

"We just worked together so well ... Working together, I always say that this town is blessed with the council they have," Polisenena said. "I really thank you all from the bottom of my heart. This will obviously be my last council meeting."

Mayor-elect Polisenena Jr. is the sitting Town Council Vice President.

#### Developing Story

The departing mayor leaves several projects initiated, but unfinished.

MAYOR - PAGE 8

**MAYORAL LEGACY:** At left, in tears, now outgoing Johnston Mayor Joseph Polisenena passed the lectern to his son, Mayor-elect Joe Polisenena Jr. after General Election night's victory was clear.





*You are cordially invited to attend the*

# *Inauguration*

*of*

*Mayor-Elect Joseph M. Polisena, Jr.*

*and the*

*Members of Town Council*

*and School Committee*

*on Monday, January 9, 2023*

*6:30 pm*

*Johnston High School Auditorium*

*Reception Immediately Following*



# Josie celebrates 100 years in her Johnston home

By RORY SCHULER

Johnston born and bred, Josephine “Josie” Celentano turned 100 years old in the same Binghampton Avenue home where she was born.

“I’m an old bag,” she laughed, seated at her dining room table, an inflated shining gold balloon “100” hanging behind her. “I worked hard all my life.”

Celentano was one of nine brothers and sisters. Only she and baby sister Alice Macera, now 88 (the youngest Celentano sibling), survive, out of five boys and four girls.

Josie Celentano was the seventh child.

She loves linguini and “pickies” (snacks like chips and dip).

The fresh centenarian credits “staying active” and a little sangria for helping her live a long happy life.

“I like to add a little soda to my sangria,” she said. “I have no complaints. When I have my lunch, and a little sangria, I’m like a queen sitting here.”

Celentano enjoys word puzzles, like crosswords and word searches. She considers herself a bit of a card shark. She said she always wins at solitaire.

Celentano said it was smooth sailing until she hit 98 years old. Then her hearing started acting up. Now she gets a little frustrating asking friends and family to repeat themselves.

“I feel good,” she said. “Except two weeks ago, when I fell.”

Celentano took a tumble and broke two ribs. She recuperated fast, in time for a birthday party in her honor on Sunday, Jan. 1.

“I didn’t expect anybody to come,” she said. “I figured it would be nice and quiet.”

Celentano drank mimosas on her birthday.

“We had a nice time,” she reports. About 25 friends and family packed her Binghampton Avenue home, where she’s lived her entire life.

Born on Jan. 1, 1923, Celentano recalls a barn and chicken coops behind her home. One time the boys slaughtered a 500-pound pig outside. They used to hunt and bring the game home for her mother to cook.

Every Friday night, she recalls her father — Ralph “Jimmy Baldy” Celentano — and his friends playing cards out back. Her mother Rose (Montefort) would fix them snacks.

Rose and Ralph were Italian immigrants; her father from Sicily, her mother from outside Rome. They moved from New York and New Jersey to Rhode Island, where they settled down in Johnston. They were 10 years apart in age, but both died at age 95.

Josie Celentano is the first of her family to reach 100 years old.

If you want to live as long as Josie, simply follow her advice:

“I say work hard. We all worked hard in this house. And drink a little sangria.”



**HAPPY BIRTHDAY:** On Jan. 1, Josephine “Josie” Celentano turned 100 years old in the same Binghampton Avenue home where she was born. (Sun Rise photo by Rory Schuler)



**BIG PARTY:** On Sunday, about 25 friends and family packed Celentano’s Binghampton Avenue home, where she’s lived her entire life, for a 100<sup>th</sup> birthday celebration. (Submitted photos)



**ALL DRESSED UP:** About 80 years ago, Josephine “Josie” Celentano got all dressed up for a relative’s wed-

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# Nicholas A. Ferri Middle School wins \$10,000 prize

By RORY SCHULER

The faculty at Nicholas A. Ferri Middle School has been celebrating a \$10,000 prize for computer coding.

According to teachers Alysa Atkin and Kerri Ruggieri, the prize money was awarded "as part of the 10th Hour of Code."

"Code.org partnered with DonorsChoose to award \$1 million to U.S. schools to help more students get access to computer science," the pair wrote in an email. "Two schools were chosen for each state; one high school and one middle school."

Cranston High School East won the award as well. Ferri raked in the middle school prize for the Ocean State.

"Since computer science is a newly added class here at Ferri, we knew we wanted to take advantage of this great opportunity," Atkin and Ruggieri said. "With our application, we stated that we wanted computer science to be available to all students in grades 6-8. Our plans for expanding computer science include using the Code.org curriculum which focuses on problem-solving, web design, game creation, and developing apps."

The faculty hopes to propel their computer programming classes forward with the newfound funds.

"Not only will we use the Code.org platform, but we are going to purchase coding robots to provide even more ways to express inventive ideas and experience the power of programming," the teachers said.



**PRIZE WINNERS:** Prior to Christmas break, Ferri Middle School students participated in the Hour of Code event. See page 5 for more photos. (Submitted photos)

## ANIMAL TALK

By Karen Kalunian

Local Adoptable Loveable



Photo credit: Karen Kalunian

# Diamond

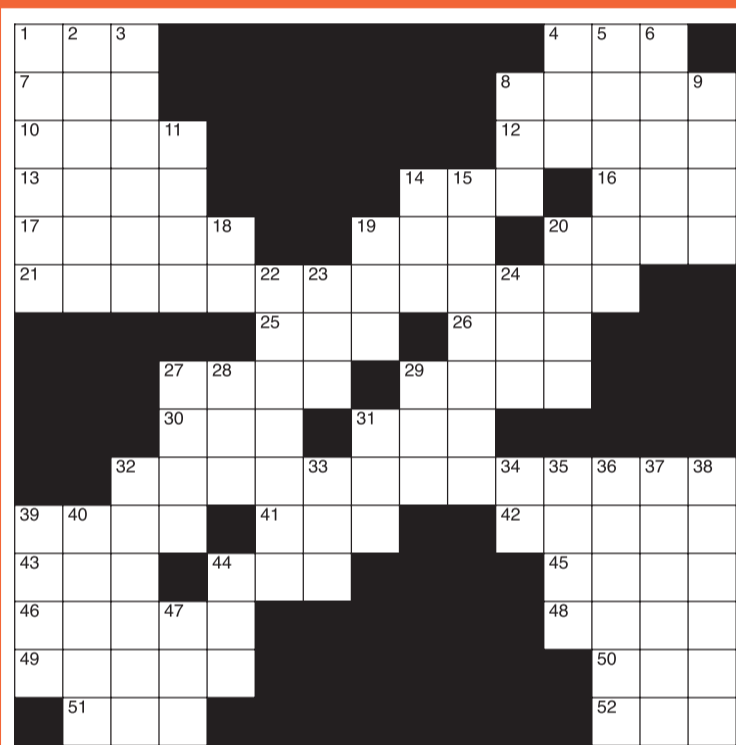
This beauty certainly has the right name, Diamond! She shines bright like a diamond both in her eyes and her gorgeous black coat. She also has a small white spot on her chest that looks like a diamond! She is a young, only two years old and recently had kittens that have all been adopted. Now it's her turn to find a perfect loving home where she will get love and attention. If you have been in search of a beautiful companion, please go meet Diamond at Heart of RI Animal Rescue League at 44 Worthington Road Cranston, RI. They are open Wednesday-Friday 12-2 and Saturday 10-2. You can also call 401-467-3670 for more information. Diamond is ready to shine in your home!

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

[animaltalk1920@gmail.com](mailto:animaltalk1920@gmail.com)



## CROSSWORD PUZZLE CORNER



**CLUES ACROSS**

- 1. Basics
- 4. Swiss river
- 7. Constrictor snake
- 8. Building occupied by monks
- 10. Discount
- 12. Deal a blow to
- 13. Relating to the ear
- 14. Thyrotropin
- 16. Loud, unpleasant noise
- 17. Large intestines
- 19. Move with a curving trajectory
- 20. Witnesses
- 21. You need both to live
- 25. Dash
- 26. Network
- 27. Dig
- 29. C. European river

- 30. Supplement with difficulty
- 31. Corporate executive
- 32. Carroll O'Connor's onscreen wife
- 39. No variation
- 41. Airborne (abbr.)
- 42. "Heidi" author
- 43. Affirmative
- 44. Pie \_\_\_ mode
- 45. W. Asian country
- 46. Grotesque or bizarre
- 48. Delicacy (archaic)
- 49. Textile
- 50. Denial
- 51. Electronic data processing
- 52. Attempt

**CLUES DOWN**

- 1. Engulf
- 2. Waterside hotel

- 3. Printed cotton fabric
- 4. Defensive nuclear weapon
- 5. One who follows the rules
- 6. Lace up once more
- 8. Fire byproduct
- 9. Hankerings
- 11. Outer
- 14. One-time aerospace firm
- 15. Seafood
- 18. Commercial
- 19. Epoxy hardener (abbr.)
- 20. Samoan monetary unit
- 22. Type of gland
- 23. Arrest
- 24. Check
- 27. Past participle of be
- 28. Alias

- 29. A major division of geological time
- 31. Kids programming channel (abbr.)
- 32. Joked
- 33. Helps little firms
- 34. Roman numeral 50
- 35. Impressive in size or scope
- 36. Domineering leader
- 37. A person who delivers a speech
- 38. One after 89
- 39. Young hawk
- 40. The scene of any event or action
- 44. A team's best pitcher
- 47. Integrated data processing

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**NEW SKILLS:** Ferri Middle School students participated in the Hour of Code event. The school won a \$10,000 prize to further fund the program. (Submitted photos)

**GRANDPA'S TRAIN DEPOT**

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**Watch Your MOUTH**

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

**DENTAL ANTIBIOTIC PROPHYLAXIS**

Our mouths are full of bacteria, and sometimes a dental procedure will allow bacteria to enter the bloodstream where it can travel elsewhere in the body and cause infection. Antibiotic prophylaxis for dental work means taking antibiotics preventatively before a procedure to avoid the risk of infection. For most patients and dental treatments, antibiotic prophylaxis is not necessary, but it is recommended for high-risk patients. For dental procedures, a high-risk patient is usually someone with a heart condition or other condition that increases the risk of infection elsewhere in the body. Heart patients who are at high risk of endocarditis (inflammation or infection of the heart valve) should always take prophylactic antibiotics prior to any dental procedure.

Prevent and protect – two key words crucial for success in our quest to achieving the healthiest bodies possible. For compassionate dental care, including preventive care, complete restorations, cosmetic dentistry, and regular cleanings, our primary goal at DENTAL ARTS GROUP is to treat our patients with the best, most up-to-date, gentle dentistry possible. Office hours are by appointment Monday-Thursday 8a.m. to 4p.m.; Friday 8a.m. to 12p.m., at 1136 Hartford Ave., Johnston. Please call us at 401-521-3661.

P.S. Heart patients at high-risk for endocarditis include those who have had a prosthetic heart valve replacement, a heart transplant with abnormal valve function, and some congenital heart conditions.

[www.dentalartsgroupri.com](http://www.dentalartsgroupri.com)

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# SUN RISE SCOOPS

## Sun Rise Staff Reports

### Explore the 'Woony'

You can "Join the Woony Team!" "Please donate to the Woonasquatucket River Watershed Council to help us continue to restore the Woonasquatucket River and Greenway," the organization asks. "Your donations also provide cultural, educational, and recreational opportunities for youth, adults, and families. Thank you!"

Pre-registration is required for the hikes. The Explore the Woonasquatucket Recreation Series is made possible with support from REI Co-op.

More hikes have been planned for future months:

**Hike the Stillwater Scenic Trail at 10 a.m., Saturday, Jan 7:** This roughly 2 mile round trip walk will follow along sections of the Woonasquatucket, including Stillwater Pond. You'll see some of the buildings remaining from Stillwater Village, some remnants of the railroad spur that served the mill complex, and pass by dams that created these ponds - reminders of RI's thriving industrial past.

**Hike Olivia's Forest Hike at 10 a.m., Saturday, Jan. 21:** This is a short, 0.7 mile hike, but it is delightful and has some tricky spots to traverse. So, wear your hiking boots and get ready to enjoy the serenity of this quiet, peaceful, lovely path.

**Hike Steere Hill Conservation Area at 10 a.m., Saturday, Feb. 18.** Join them on this a casual 3-mile hike through the woods and meadows of the Steere Hill Farm Conservation Area in Gloucester.

**Hike Fort Wildlife Refuge in North Smithfield at 10 a.m., Saturday, March 4.** Located near Primrose Pond, this 3 mile hike is very near the northernmost part of the Woonasquatucket River Watershed. This loop trail is part of an Audubon site, so wildlife abounds.

**Hike Heritage Park Conservation Area at 10 a.m., Saturday, March 18:** This is a lovely, wide path with rolling hills. On the walk through this section of the Gloucester Land Trust's 447 acre property, the group will amble through beautiful forest land, pass majestic rock ledges and loop up and around Steere Hill before heading back.

**Hike Connors Farm Conservation Area at 10 a.m., Saturday, April 1.** Located in Smithfield, Connors Farm is a 2.9 mile loop trail that passes by cranberry bogs, small brooks and ponds and features a picnic area at the top of a look-out spot. It's a beautiful rocky terrain, with ups and downs - there will be some uphill traversing on rocks.

For more details and to register, visit WRWC.ORG/EVENTS.

## Johnston Historical Society Events

Unless otherwise noted, all events take place at the Johnston Historical Society Museum Barn, 101 Putnam Pike, Johnston, and are free and open to the public. Events are subject to change.

**BY APPOINTMENT:** Please note Both the Johnston Historical Society museum and the Elijah Angell House are open by appointment. The Johnston Historical Society always welcome visits by interested individuals or groups. Just shoot them an email at johnstonhistorical1825@gmail.com, or leave a message at 401-231-3380 to set one up. To see photos of past events, visit the Johnston Historical Society Facebook page at www.facebook.com/johnstonhistorical.

### More at Mohr Library

Mohr Library offers special activities for middle-school and high-school age kids most afternoons. For more information contact Young Adult Librarian Marissa Galonski at 401-231-4980 or email marissa@mohrlibrary.org.

Marian J. Mohr Memorial Library is now open Saturdays from 9 a.m. to 5 p.m., Friday 9 a.m. to 6 p.m., and Monday through Thursday from 9a.m. to 8 p.m. The library is located at 1 Memorial Avenue in Johnston. Visit their website: mohrlibrary.org.

### Neighborhood Watch

The 2022 season of Johnston's Neighborhood Watch has officially kicked off. This Neighborhood Watch brings together residents who want to make their neighborhood safer by working together with members of the police department. The program pairs residents with Johnston Police officers in an effort to open up communication, meet other neighbors and create partnerships that help build community resiliency.

### Consider donating blood

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

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

### Caregivers

Are you caring for someone with dementia who exhibits difficult to manage behaviors? You may be eligible to participate in a research study seeking advice and feedback from caregivers about what types of supports are needed. Enrolled participants will be compensated for their time. The study will take place (video call) through Rhode Island Hospital's Neuropsychology Program. If interested, contact the study coordinator Dr. Kim Chapman at 401-829-4310.

### OLLI Classes for Adults 50+

The Osher Lifelong Learning Institute (OLLI) at the University of Rhode Island continues its reg-

istration for the fall semester. OLLI at URI provides classes for adults aged 50 and better. Students can enjoy a variety of classes, in person and via ZOOM, simply for the joy of learning - no tests, no grades. Learn more about OLLI by visiting uri.edu/olli or call the office at 874-4197.

A few selections for the upcoming semester include Conversational Italian, Digital Photography, Broadway Musicals, and a special course, "Who Really Killed Michael Jordan's Father?" OLLI classes meet at 210 Flagg Road with ample parking right outside the door.

### Walk and Talk at Rocky Point

Come join the "Rocky Point Pacers" for a walk around Rocky Point every Tuesday and Thursday morning at 9 a.m., weather permitting. They meet at the gate on Rocky Point Avenue.

### PrepareRI Internship Program

The 2023 applications are now open for the PrepareRI High School Summer Internship Program. If you are, or have, a rising senior this summer, this paid opportunity is an excellent one for college or career resumes. Students attend a one week paid (\$15/hr.) boot camp which prepares them for interviews and work-related skills as well as helps them to determine things like their strengths and weaknesses, and then are matched to a full-time, paid (\$15/hr.), five-week summer internship that gives them hands-on, real world work experience in a possible career interest. Hundreds of students across RI participate in these internships and the application process is a multi-phased process including submitting essays, a resume, participating in an orientation and interviews. It is an amazing opportunity for all students. If you are in need of appropriate work clothes, technology or transportation, PrepareRI will work with you.

### Youth Ushers Program

Are you a high school student aged 16-18 who loves theater? If so, you can learn about professional theater and see shows for free - plus earn community service hours. It's easy and fun! For details visit gammtheatre.org/youthushers. Roles include: scanning tickets, directing patrons in the lobby and the theater, stuffing and/or passing out programs, seating patrons and answering patron's questions. In return, you have the option to earn community service hours and see Gamm productions for free! Please contact the Volunteer Coordinator, Lauryn Sasso at 401-723-4266 x 163 or volunteer@gammtheatre.org with any questions. Performance Dates: Faith Healer, Jan. 12 - 29, 2023, Bad Jews, March 2 - 26, 2023, The Children, April 27 - May 14, 2023.

**Editor's Note:** Send submissions to rorys@rhodybeat.com. Photos in jpg format are accepted and news can include community events, promotions, academic news and nonprofit events. Email today and see your news in our column in the Johnston Sun Rise. Please include a daytime telephone number in case we require any further information.



## Public Notice Town of Johnston Public Hearing

Pursuant to the Rhode Island General Laws § 45-24-53 Public Notice is hereby given of a Public Hearing for the consideration of:

**Ordinance 2023-1; (Formerly known as Ordinance 2022-10) - An Ordinance in amendment of Article II, section 340-4 and Article III, Section 340-8 of the Town of Johnston Code of Ordinances. Said Ordinance proposes to add definitions of Accessory Solar Energy Systems and Solar Energy Systems and also proposes use regulations for Accessory Solar Energy Systems and Solar Energy Systems for each zoning district.**

**THE PUBLIC HEARING WILL BE HELD ON:**

**January 10th, 2023 AT 7:00 PM**

**AT THE JOHNSTON MUNICIPAL COURT BUILDING  
1600 ATWOOD AVENUE, JOHNSTON, RI 02919**

The proposed Ordinance may be altered or amended prior to the close of the public hearing without further advertising, as a result of further study or because of the views expressed at the public hearing. Any alteration or amendment must be presented for comment in the course of the hearing. Said proposed Ordinance is available at the office of the Town Clerk for examination.

The meeting place is accessible to the handicapped in conformance with R.I.G.L. 42-46-2. Individuals requesting interpreter services for the hearing impaired must notify the Office of the Town Clerk at least 72 hours in advance of the meeting date.

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

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

# johnstonsunrise.net LEGAL NOTICES

### Public Auction Legal Notice

To: COMMERCE INSURANCE CO. 580 MYRICKS ST E.TAUNTON,MA, A PUBLIC AUCTION WILL BE HELD AT 100 SOUTH STJOHNSTON,RI ON JANUARY 14, 2023 AT 900 AM. THE VEHICLE A 2011 NISSAN VIN # JN8AZ1MW1BW178874 BELONGING TO THE ABOVE . THE AUCTION BEING HELD IS TO SATISFY TOWING AND STORAGE AND FEES.

1/5/23

**Planning Board Meeting  
Tuesday, January 10, 2023  
6:00 P.M.**

Johnston Senior Center  
1291 Hartford Ave., Johnston, RI 02919

### AGENDA

**I. CALL TO ORDER & ROLL CALL  
II. APPROVAL OF MINUTES  
III. APPROVAL OF 2023  
SCHEDULE OF MEETINGS  
IV. OLD BUSINESS**

**PB 17-36 - Residences at Hopkins Pond - Request to Modify Final Approval of a Major Land Development. Public Meeting to discuss the request of the Association to modify the Final plan by**

eliminate and/or relocating guest parking. A.P. 44 Lot 26 located between 620 Central Avenue and I-295. Applicant: Residences at Hopkins Pond condominium Association.

**PB 21-47 - Central Avenue Solar/ Residential - A Public Hearing on a Preliminary Plan application to create seven road frontage lots for residential development and one larger lot for a solar field. The property is located at 1252 - 1262 Central Avenue AP 43 Lots 70 & 95 - Zoned: R-40. Applicant: Revity Energy LLC.**

**PB 21-30 - Hartford Ave Self Storage I - Public Hearing for a proposed Major Land Development and Unified Development Review for a self-storage facility. Located behind 1357 Hartford Avenue AP 20 Lot 25. Property is zoned - B-2. Applicant: National Development Group. The Applicant is seeking a Special Use Permit to allow the self-storage facility, dimensional variances to the yard requirements and possibly other variances.**

**PB 21-44 - Hartford Ave Self Storage II - Public Hearing for a proposed Major Land Development and Unified Development Review**

for a self-storage facility. Located behind 1347 Hartford Avenue AP 20 Lot 81. Property is zoned - B-2. Applicant: Commonwealth Investments Group LLC The Applicant is seeking a Special Use Permit to allow the self-storage facility and may seek dimensional variances to the yard requirements and possibly other variances.

**PB 21-25 - Vel-Tree Minor Subdivision - Substitution of Bond.**

### V. NEW BUSINESS

**PB 22-09 - FedEx Distribution Facility - Public Meeting on the proposed expansion of parking facilities in accordance with Section 340-27. Located at 6 Green Earth Avenue AP 31 Lot 62.**

**PB 22-60 - Bird's Eye Vue - Public Meeting on a Master Plan submission for a Major Subdivision creating 8 lots. Located westerly of 17 Wynchwood Place AP 38 Lots 310 & 338. Property is zoned R-10 and R-15. Applicant: Robert E Moll.**

**PB 22-59 - Advisory Opinion to the Town Council on the Petition of Robert Cardillo to rezone 180 & 184 Shun Pike from R-40 to Industrial. Council Petition 2022-**

**CP-167. Assessor's Plat 33 Lots 27 and 84.**

**PB 22-61 - Rustic View Condominiums - Public Meeting on a Master Plan submission for a Major Land Development creating 28 dwelling units. Located at 1765 Atwood Avenue AP 47 lot 38. Property is Zoned R-7. Applicant Churchill & Banks, LLC.**

### VI. COMPREHENSIVE PLAN - Discussion

**PB 22- 57 The Johnston Comprehensive Plan - Presentation and discussion by/with Weston & Sampson, plan consultant.**

### VII. ADMINISTRATIVE REPORT & SPECIAL ITEMS

### VIII. ADJOURNMENT

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



# Opinion

EDITORIAL

## A brave new world for local politics

This week will mark a historic one for local inaugurations, representing both the swearing in of new top political officials in some communities and totally new practices for others.

In Johnston, outgoing mayor Joseph Polisena turns over the keys to the corner office to his own son, Joseph Polisena Jr. — a generational first for the town where the Polisena family has reigned since the elder Polisena was sworn in as mayor 16 years ago. All eyes will now be upon his successor to see what priorities and governing style he will take with him to Town Hall.

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

In Cranston, four women will

again be sworn in to the nine-person City Council, a high-mark for female representation that was set back during the lockdown-marred days of the pandemic. And on Monday the council elected Jessica Marino president. She is the first female Cranston City Council President. It will be interesting to see how the council (which contains a mixed group of Democrats and Republicans) is able to work with Mayor Ken Hopkins moving forward.

In Warwick, this week's inauguration marked the last of two year mayoral terms, as voters approved 4-year terms with a limit of two consecutive terms in November. Voters also approved a limit of six two-year terms for council members. Picozzi himself made a bit of history, too, running unopposed for mayor in the city for the first time in 20 years.

Adding to the fun, the city welcomes a majority of three brand-new members to the school committee, and it will be interesting to see how the committee is able to mesh together in the coming months and years. The committee meets for a first time on Jan. 10 with the election of a chair being the first order of business.

As always seems to happen with the coming of a new year, there are plenty of reasons to feel optimistic and hopeful about the potential and opportunities that lay ahead. A fresh calendar means a fresh start, and in many of our communities there are eager, fresh people representing the interests of the people they sought to serve.

We will continue to keep an open ear and open mind for what decisions they make, and hope that continued progress and collaboration remains the highest priority for all.

## Student exchanges bring lifetime bonds

Memories bridge distances.

That was evident last Monday when Gordon Wilmot called with the news that Alejandro Camara, two of his children and a granddaughter would be arriving at his Warwick Neck home that afternoon. I haven't seen Alejandro, who lives in Bolivia, in more than three decades.

But time can't erase some things and Alejandro's smile and love for music are two of them. I was looking forward to reconnecting and according to Gordon's calculations he expected the former Rotary exchange student we had both hosted for four months would pull in from Virginia around 4:30. That didn't happen. Alejandro and members of the family were driving from West Virginia and they pulled in much later, exhausted after a 12-hour drive and ready for dinner and sleep.

Alejandro was one of many foreign students we hosted over the years. They came from Asia, South America, Europe and Africa. Through connections with International House, some stayed for a week or less while others like Elena Muyo from Spain lived with us for a year attending Pilgrim High School. She's an extension of the family. I attended her wedding in Spain and we stay in touch especially at this time of year.

With the risk of repeating the story, one of the most enigmatic visitors we hosted was Ken Nishimura from Japan. He was a journalist and we signed up for the program expecting one of our reporters would be welcomed to Japan, which didn't happen. Ken's English was limited and while it seemed like a great idea for him to write about comparisons between our countries it wasn't practical. Nonetheless, Vets High School agreed to take him in for about three weeks for a story. Ken looked young for his age and was befriended by many students. He also hit it off with the staff although we would look bewilderedly at one another trying to figure out what he was saying.

Reporter Joe Baker had the knack of deciphering what he wanted, which in most cases was to attend a rock concert. We soon learned he was writing concert reviews for his paper in Japan. Joe decided the best thing he could do for Ken and for all of us was to find him a car. That wasn't difficult, since we saw the ads before being published in the paper.

### This Side Up



by  
JOHN  
HOWELL

Joe found Ken a burgundy Chevy Impala for \$150.

Soon, we didn't see that much of Ken. He would roll in early in the morning, be around for dinner and then off to another concert.

One Friday afternoon, I received a frantic call from Ken. He was stumbling over his English and kept repeating, "I no put in P." I had no idea what he was trying to tell me.

"I put in 'R.' I hit house...Police come." Finally, I got the picture. He had arrived at our driveway to find it blocked by a trash can that had been emptied earlier in the day. Ken got out to move it, but instead of putting the car in park, put it in reverse. The car came to a stop when it hit our neighbor's house.

Nothing as dramatic happened when Alejandro visited. There was less of a language barrier and while he loved music, Alejandro stuck close to home to play his charango, an instrument about the size of a ukulele with far more strings made from an armadillo shell. He was good and while staying with Gordon or it could have been the Earl Pearsons, who also hosted him for four months, he was under the spotlight at the Warwick Musical Theatre as a guest performer. Alejandro returned to Bolivia where his musical talent made him a national celebrity. He performed at concerts throughout South America and made numerous recordings. And as I learned last week at some point he was appointed to serve in the Bolivian consulate in Miami for a year.

The job entailed a lot of paperwork. "I much prefer music to politics," he confided.

Alejandro's visit served to inspire both Gordon and my children to become exchange students. Jack went to

France, Ted to Spain. It was through Ted's visit with the Muyo family that we met Elena and she ended up spending a year with us.

"My son Gordon left as a Rotary Exchange student to Mexico," Gordon writes in an email. "He lived with a Mexican family there for a year, absorbing the culture and making international friends. Having mastered the language that year, he eventually became a missionary in Costa Rica for five years, and the Pastor of his own church in Aguascalientes Mexico for the past 26 years. He is married to a wonderful Mexican lady. So... Alejandro's visit in 1972 eventually led to a lifetime profession for my son."

But why this family pilgrimage to United States and Rhode Island after all these years? Alejandro was not passing through the state and thought it would be nice to renew acquaintances. He purposely brought family members here to meet us.

On Tuesday, Mayor Frank Picozzi welcomed the group to Warwick — inviting them into his office where they took photos and Alejandro told of staying with the Wilmots and attending Toll Gate. That night Gordon and his wife Marilyn hosted a dinner where the extended Wilmot family and friends joined Alejandro and his family.

Arriving late, Alejandro's son, Cesar, pulled me aside to explain how this spur of the moment trip to this country came about. Unknown to Gordon and me, sometime in the recent past Alejandro was diagnosed with prostate cancer and successfully underwent treatment. While undergoing treatment Alejandro told his family he wanted to see us at least one more time. When the opportunity arose, his children didn't let it slip away.

I now understood Alejandro's tear-filled eyes and extended hug on seeing him after all these years. After dessert we gathered in the living room. Alejandro played the charango and Cesar the guitar. His daughter Lucero sang. It was a concert that transformed into a sing along. Gordon repertoire was impressive and Alejandro and his family quickly tuned in after Gordon opened with opening chords.

While memories bridge time, music can bring us together. Alejandro has been doing that for as long as I've known him.



**A CHORUS:** Forty years after spending a year in Warwick as a member of the Rotary Club student exchange program, Alejandro Camara and members of his family returned to see his host families. Here they are pictured in the home of Gordon and Marilyn Wilmot after a sing along of popular Spanish and American songs: Gordon Wilmot, his daughters Sarah Perrone and Sue Cabeceiras, Sue's husband Kevin, Carola, Alejandro's granddaughter, Alejandro, his daughter Lucero, his son Cesar and Marilyn Wilmot. (Beacon Communications photo)



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**CITIZENS CAMPUS OPENS:** Representatives from federal, state, and local governments joined Citizens Financial Group Chairman and CEO Bruce Van Saun for a ribbon cutting and flag raising ceremony to kick off the opening of the more than 420,000 square foot Johnston Campus. The facility was heralded at the time as the largest commercial construction project of its kind in Rhode Island. Johnston Mayor Joseph Polisena is just right of center in the photo. (Sun Rise FILE Photo)

## ■ Mayor

(Continued from page 1)

He has critics, but his son cruised into office winning two-thirds of the General Election vote, over two independent opponents. No Democrats stepped up to challenge Polisena Jr. in last year's primary. No Republican challenger entered the race to challenge the mayor's son in the General Election.

"Keep up the good work doing the people's business," Polisena told the Town Council in early December. "We've all dealt with the so-called malcontents. They're all over. We don't own them in this town; they're all over the place ... Like I always say, there's certain people in this town, they could have a rare disease, and they'll be building a hospital that cures their disease, and they'll be out in front of the hospital picketing. But like I said, that's not just in Johnston, that's in every community ... When you stop and think and you look at Amazon."

Almost every large parcel of undeveloped land in Johnston has been cleared for construction, or at least considered for development, under soon-to-be-former Mayor Polisena's watch.

Less than two years after taking office, in April 2008, Mayor Polisena attended the groundbreaking for FM Global's new Corporate Headquarters Office on Central Avenue.

Then-Governor Don Carcieri attended the ceremony to mark the start of construction on the four-story, 340,000 square-foot facility.

"This is a great day, not only for Johnston, but for the state," Polisena said at the event. He told the crowd that he once helped herd cows in the field as a teenager.

"If I had a couple of more FM Globals, I'd have more hair, and it would be less gray," Polisena joked. "They are good corporate citizens."

A month later, work stopped at the site following controversy tied to the planning, zoning and permitting process.

"The town had to issue, by law, a stop order, which we did," Polisena told the Johnston Sun Rise in May 2008. "When all is said and done, FM

Global will prevail. [The town of Johnston] has dotted all our 'i's and crossed our 't's."

Polisena was right. The situation was resolved in court, and in September 2009, Polisena attended the building's opening and dedication. He called FM Global "the crown jewel of Johnston."

Polisena told the crowd he was "speechless" when he stepped inside the building's foyer. The project cost \$154 million.

"It was just a pile of dirt," Polisena recalled at the dedication. "I'm proud and honored to be here, despite hitting some rough spots - and there were some."

FM Global remains one of Rhode Island's largest private companies and one of the world's largest commercial property insurers.

### Education Overhaul

Polisena often touts Johnston's consistently climbing bond rating and a growing multi-million dollar town budget surplus. The town's about to start the most ambitious school renovation project in Johnston history, building a new elementary center, new early education center, and extensive middle and high school face-lifts.

The town easily passed a \$215 million bond to cover the school project, and the mayor insists the tab will be covered by tax payments from online retail megalith Amazon — the town's newest crown jewel.

Polisena rarely misses an opportunity to give his son credit for the school project. He says it was his son's idea to plan renovations of the town school facilities simultaneously, taking advantage of a generous state reimbursement formula, which may ultimately cover as much as half the project cost.

Planners hope to start construction later this year, eventually close the town's small elementary schools, and demolish, re-purpose or sell the buildings.

### No Field Left Behind

Even large swathes of residentially zoned land have been made available to "green energy" companies looking to build industrial solar arrays, angering and mobilizing entire neighbor-

hoods.

Polisena, a self-professed early-riser, recounted a recent trip to another example of Johnston's recent economic success — the Ocean State's second Market Basket, which opened on Hartford Avenue in 2021.

"I was in Market Basket yesterday, and I had about eight people come up to me," Polisena recalled. "And I go early, pick up my coffee milk, because 99 cents versus 2.89 at other places ... and people come up and say, 'Thank God you put this in.' We all did. And they appreciate that ... And Citizens Bank."

Polisena's proud of the sprawling Citizens Bank Corporate Campus on Greenville Avenue — constructed on a large undeveloped plot of land west of Interstate 295. The complex includes ball fields and walking trails.

In August 2018, Citizens invited political office-holders from across the Ocean State to cut the ribbon on the \$285 million project.

"Rhode Island is open for business and we welcome you, the business men and women, as well as the corporations that want to make Rhode Island their home," Polisena told the Sun Rise in 2018. "When you come to Rhode Island and dip your toe in the business climate, you will end up investing your dollars in our great state. I am very excited about Citizens Bank making Johnston their new home. This project is living proof of what happens when the town, state and a private corporation work together for good, sound economic development."

Polisena worked in concert with the state to open up that section of town and build an on-ramp to the passing Interstate. The project kept thousands of jobs in Rhode Island.

Four years later, at the Dec. 12, 2022 Town Council meeting, Polisena provided a glimpse into a few projects that may loom on the horizon.

"We have a for-profit hospital coming in," Polisena said. "For-profit means they pay taxes. We have a medical facility going up there. And I've also been approached where a person wants to put (in) \$60 million just in equipment, in diagnostic equipment. And it's all because of what you all do here. They know that this is a no-nonsense town. We get things done. We do things the right way. And as

I said, because everyone thinks ... online ... it's a conspiracy theory because boards don't meet. Well, people get sick."

Throughout the town, following the restoration of the Chief Rainone Gym and the construction of the \$3.5 million Daniel E. Mazzulla Jr. Indoor Recreation Center, youngsters will compete in state-of-the-art athletics facilities and keep the tally on electronic scoreboards donated by Polisena — each scoreboard bearing the mayor's name.

The town's also constructing three new buildings — using American Rescue Plan Act (ARPA) funds — to house the vehicle fleets of the Department of Public Works, Police and Fire departments. Polisena has informed Town Council that the remainder of the town's approximately \$9 million in ARPA funds will be used to make improvements to Johnston's youth athletic fields.

Polisena took great pride in keeping Town Hall open every business day throughout the COVID-19 pandemic.

### Wild Life

Johnston's a town where reputations stick.

Since Polisena took over the biggest office in Town Hall in 2006, Johnston has become the go-to Ocean State municipality for business development.

Johnston has also developed a "wild" reputation, following Polisena's battles with local wildlife infringing on the town's bustling business district.

An insurgent war waged by a small flock of turkeys in 2018 generated news stories for weeks.

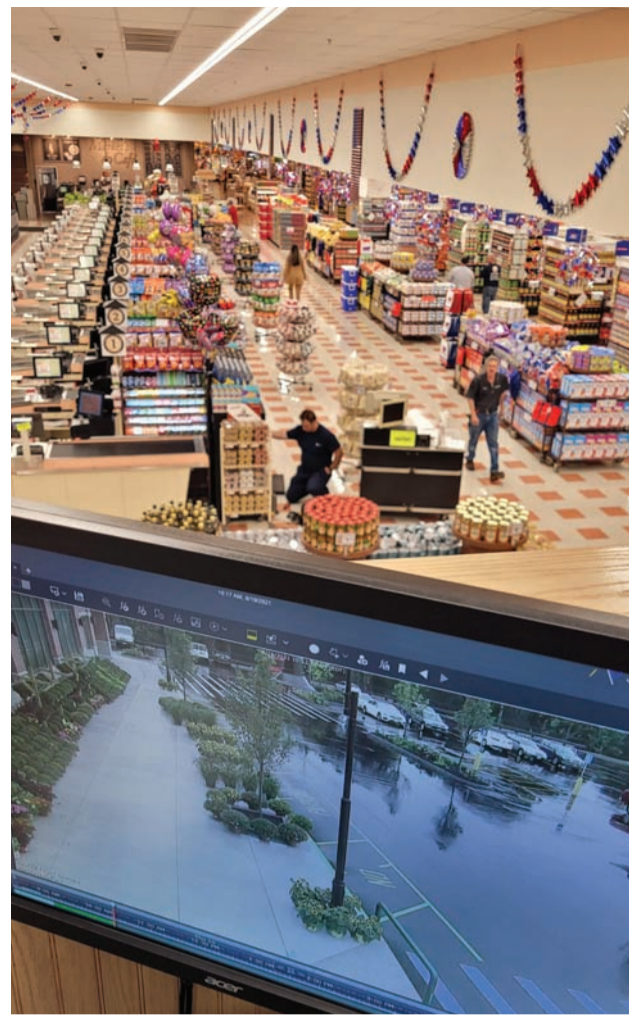
"I've told my wife at least ten times, do not serve turkey for Thanksgiving," Polisena the Johnston Sun Rise. "I said we can have chicken, we can have lasagna, just don't serve turkey on Thanksgiving, anything but turkey."

A couple years later, a steer roamed the streets of Johnston, eluding its owners and local animal control officers, and tormenting town officials. Eventually the steer was captured and resettled on a rural farm in North Kingstown. Then, in June 2021, a donkey broke loose and was spotted running down Hartford Avenue.





**FAREWELL ADDRESS:** Johnston Mayor Joseph M. Polisena took to the lectern Dec. 12 to address Town Council one last time while holding office, during the board's final meeting of 2022. (Sun Rise photo by Rory Schuler)



**MAYOR'S BASKET:** Mayor Polisena helped lure the Ocean State's second Market Basket to Johnston. It opened on Hartford Avenue in 2021. He now stops there every day for a coffee milk.



**MAYOR'S MARK:** Johnston Mayor Joseph Polisena contributed an official electric scoreboard for the newly renovated Chief Raignone Gym. It's at least the second scoreboard the mayor has funded in town. The scoreboard inside the Daniel E. Mazzulla Jr. Indoor Recreation Center also bears his name. (Sun Rise FILE photo)



**KEY EXCHANGE:** North Providence Mayor Charles Lombardi accepts the keys for Calef Elementary School from Johnston Mayor Joseph M. Polisena after an accord was reached between the two communities in 2017. (Sun Rise FILE photo)



**BUILDING WITH A VIEW:** Pictured above is the exterior of FM Global's worldwide headquarters, located at 270 Central Ave. (Sun Rise FILE Photo)

**Mayor**  
(Continued from page 8)

"You heard of the horse with no name?" Polisena during a 2021 interview with the Sun Rise. "We have a jackass with no name."  
The donkey escaped and its whereabouts remain unknown.

**Different Styles**

The elder Polisena somehow speaks bluntly, but with a sharpened edge. Without hesitation, he roasts his detractors and loves to crack wise when he's in command of a meeting.  
His son, however, speaks softly and can often be hard to hear over the coughs and whispers of the audience during public session. The incoming mayor-elect pledges to work with everyone in town — the contrasts in style and public demeanor of the father mayor and his mayor-elect son are vivid.

"I really feel I'm leaving (Johnston) in competent hands," Mayor Polisena said while delivering his outgoing Town Council address. "I think my

son will do a great job. He's got a different style than me. I think you all know that. And you probably like his style better than mine."

Polisena wept on General Election night, as he introduced his son, the new mayor-elect.

On Dec. 12, he passed the baton.

"God bless you all," Polisena told Town Council, which included his son, seated to the mayor's right. "I wish you all the best of luck. The people of Johnston are lucky to have each and every one of you on the council. And the same thing goes for my son Joseph, you're going to do a good job. I'm very proud of you, I think the people put their trust in you. You won by overwhelming numbers, which is great."

Town Council President Robert V. Russo thanked the mayor for his years of commitment to Johnston.

"As a senator and as a mayor, you've been here a long time," Russo said. "It was the collaboration of everybody working together that brings in these businesses; brings in people; keeps the tax rate steady. There's a lot going on ... there's a lot of cooperation that goes on; a lot of hard work."

On Jan. 9, following an inauguration, the transition will become official.

**Elaine Meo Perry**

1936 - 2014



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**Johnston Sun Rise**

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B	O	A		A	B	B	E	Y				
S	A	L	E		S	M	I	T	E			
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E	D	P							T	R	Y	



WITH HIS PAL: Gertie (left) and Yeti together. (Submitted photo)

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# Cranston woman works with state veterinarian, RIVMA to educate pet owners about brucella

By EMMA BARTLETT

Brucella isn't a common household term, but Cranston resident Jen Cowart has been trying to raise awareness about the illness ever since her family's Shih Tzu, Yeti, was diagnosed with the disease this past fall. Cowart has been working with the state veterinarian and the Rhode Island Veterinary Medical Association (RIVMA) to spread word while also shining the light on the importance of pet insurance.

Yeti came to Cowart's family of five from a Texas rescue after their former Shih Tzu, Bella, passed away from cancer in April of 2021. At the time, Yeti was roughly two years old and had been used for breeding. As a dog that had spent his whole life in a cage, he wasn't house-trained and didn't know how to act like a dog. While he'd always been skittish since the family adopted him, he started showing signs of pain in September of 2021 and would shake and cry.

The family brought Yeti to the vet, however, when they arrived, he exhibited no pain. The vet gave him anti-inflammatory medication and he seemed okay. A month later, the same pain occurred and he returned to the vet and was given more medicine; this pattern continued for 14 months.

After a serious episode in September, the family obtained an MRI in October which showed that Yeti had spondylitis (an infection of vertebrae) which is caused by several things: an untreated UTI or brucella – a breeder dog disease that is common in the south. Fur-

ther testing confirmed it was brucella. Cases of brucella's return to the U.S. started in 2019 and the disease is becoming more prominent due to relocation of southern dogs during hurricanes and shelter capacity. According to a 2021 article from the American Kennel Club, 1 percent to 9 percent of dogs in the United States are infected with brucella – with most cases in the south. The article states that "Surveys of stray dogs in Central and South America report as much as 20 to 30 percent incidence, raising concern for widespread exposure as more dogs are imported from these areas to U.S. shelters." Dogs may cross into the states as strays and pass the disease along to others. Some states will euthanize dogs that have brucella, however, Rhode Island is not one of those states. The disease results in reproductive failure in dogs and is transmittable to humans – especially young children, the elderly and those who are immunocompromised. Signs of brucella for female and male dogs include a decrease in activity, appearing depressed, back pain and enlarged lymph nodes. Brucella can be diagnosed by a vet through blood screening tests and any other tests needed for confirmation.

## Dogs should be quarantined

Since brucella is a reportable disease in Rhode Island, the family contacted the state veterinarian and the Rhode Island Department of Health. Cowart said the family is required to keep Yeti and their other dog, Gertie (who is at low risk of being infected), home on permanent quarantine. The dogs can only leave the house to go to the vet or the groomer (where they have to be groomed by themselves). The family can't travel with their dogs, take them to another house or have them around other dogs.

The resulting treatment is also expensive and a lot of work. Yeti receives injections and IV fluids every day for a week with three weeks off – this process is ongoing for the foreseeable future. Since the care is so involved, the vets taught the family how to administer the medicine at home.

Cowart wants to spread word about the disease because, while she has a daughter who fosters dogs and family members who work with rescues, no one had heard about brucella. Therefore, she worked with the state vet on creating an information sheet to educate people about the illness.

"This is a rare disease, but I feel like there are people like us going back and forth to vet ongoing unexplained pain," said Cowart.

Cowart said the state vet, until five years ago, hadn't seen a brucella case in Rhode Island. According to State Veterinarian Scott Marshall, there are two known cases in RI.

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# Toys for Tots



**SANTA'S STAFF:** JFD members kneeling, Firefighters Chris DeFino and Patrick Brockway. Standing: Don Roberts, Jon Pistachio, Santa, Assistant Chief David Iannuccilli and Sal Martira were among the people who helped make the 12th annual Toys for Tots Party the "biggest and best ever." (Sun Rise photos by Pete Fontaine)

## ■ Yeti (Continued from page 10)

"I would assume that there are likely more cases that have not been correctly diagnosed but I trust that veterinarians will report it once a diagnosis is made," said Marshall.

Marshall has been the state veterinarian for 16 years and has seen fewer than six cases in RI during his tenure.

"That said, there were two cases in 2022 and one in either 2021 or 2020; so it seems like there is a trend that there are more. I would caution that this may be a statistical blip and cases may even out over time. We will need time to see if this is just a blip or if there is an actual trend. I can also state that the last three cases were associated with dogs imported from out of state by rescue groups," Marshall said.

As to whether Marshall believes rescue animals going to out of state homes should be tested for brucella before leaving their state that will bear watching.

"At this time with the known incidence of this disease being so low it is not something that DEM is contemplating requir-

ing of rescue dogs by enacting regulations. That position may need to change if we determine this disease is becoming more prevalent in that population of dogs. I would encourage rescues to screen for this if they have the financial resources to do so. Keep in mind that all rescues are required to spay and neuter all dogs and cats prior to adoption, and spaying/neutering is one of the tenets of management of known positive animals for those animals that treatment is attempted. Spaying and neutering greatly reduce the likelihood that an infected dog will transmit the infection, but it does not completely eliminate the risk since blood and urine contain small amounts of infective bacteria," Marshall said.

Cowart feels like people need to be more aware of brucella. If Yeti had been tested for brucella before leaving Texas, he would not have been allowed to leave the state. While the family loves him and would do anything for him, if they knew he had the disease when he was offered to them, they would not have said yes. Cowart said the family is lucky to have had pet insurance, but there are other pet adopters and foster parents out there who may have health conditions or financial constraints who may unknowingly bring a dog with this disease into their homes.

Cowart also wants to raise awareness of the importance of pet insurance. While the family would have done the MRI for Yeti, she doesn't know if they would have been able to afford the treatment without the insurance. Cowart's brother had given her recommendations on insurance companies when the family first got Yeti and Gertie, and through her own research she chose a company where there was no cap on what you could submit in expenses each year.

Today, at four years old, Cowart said Yeti is a different dog.

"Even though he was skittish as a rescue, we didn't realize how much this was impacting him," she said. Now he's affectionate, plays and doesn't hide as often.



**A NEW FAMILY:** Yeti on his gotcha day. (Submitted photo)

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**TEAM EFFORT:** N.E. Building & Restoration LLC Owner David Rosati, North Eastern Tree Service Regional Manager Matthew Cook, Project Manager Chanya Sae-Eaw, New Englanders Helping Our Veterans President & Founder Jim Collins, Bernard "Bernie" Pavia and North Eastern's Director of Health & Safety John Lynch, pose for a group photo in front of Pavia's salvaged home. The house on Forest Drive in Johnston is inhabitable once again. (Sun Rise photos by Rory Schuler)

**Home**  
(Continued from page 1)

Pavia, a veteran of the Korean War, has been suffering the past two years, since old age claimed his longtime girlfriend Fran, and then, soon after, a storm stole his home.

"I'm so lonely lately," he said, tears filling up the pouches under his eyes and spilling down his lightly creased cheeks. "But I'm so grateful for all of you."

Pavia reached toward his newfound benefactors; a crew of contractors, tree service professionals and a fellow veteran on a mission to help aging veterans who may not have anyone else.

"Last Christmas, one of these trees came through Bernie's roof and just totaled his house," said Jim Collins, president and founder of Burrillville-based New Englanders Helping Our Veterans. "We had to wait for warmer weather, but now Bernie has a new rubber roof, a new upstairs, new wiring, new walls, and a new ceiling."

The project's almost complete and Pavia has a home again.

He erected his Christmas tree and started working on his train. He's still lonely, but the old house is starting to feel like home again.

"You'd never know he was in his 90s, but when this happened, Bernie aged 10 years," Collins recalled. "Now that we're almost done, he gained his 10 years back, plus five."

N.E. Building & Restoration LLC Project Manager Chanya Sae-Eaw and Owner David Rosati have spent hundreds of hours helping Pavia restore his home of more than 60 years to livability.

They handled the typical contracting responsibilities, but according to Collins, went far above and beyond, helping Pavia restore his fading memories.

Sae-Eaw helped Pavia find rolls of unused wallpaper hidden among his belongings. Together, they pieced together enough wallpaper to cover a living room wall.

"It was like putting a puzzle together," Sae-Eaw said.

Pavia and his first wife, Roberta, first hung the yellow floral print 40 or 50 years ago. Memories are embedded in that wallpaper; memories Pavia wasn't ready to forget.

When Collins first met Pavia, the 91-year-old veteran was attempting to save a small family of cats. Several months later, when they next saw each other, the Johnston man was all by himself, carrying buckets of snowmelt from his living room and spilling them outside.

The encroaching snowmelt kept the spry veteran working day and night; sending him outside in freezing temperatures while bearing heavy buckets of water and walking across an icy path. He counted the trips — 18 buckets per hour.

Collins brought in huge plastic garbage cans and helped hook up a sump-pump to mechanically drain the water outside.

A series of Band-Aid ap-

proaches finally led to architectural healing. Collins helped find Rosati to handle the contracting. He sought out the services of Cranston-based North Eastern Tree Service, to help clear the property of dangerous hanging limbs and towering dead trunks — John Lynch, the company's director of health and safety, and Regional Manager Matthew Cook were on-scene Tuesday, amid the buzzing of chainsaws and plops of heavy wood hitting the rain-soaked earth.

Collins and Rosati helped Pavia deal with the insurance company. They fought growing mold inside the home and fixed up a temporary living space in the basement. Pavia refused to relocate to a hotel, despite his insurance company offering to pick up the tab.

"If he stayed at a hotel, he might not be here right now," Collins said. "He'd be too depressed. He wants to live in his neighborhood, where he takes his walks and knows all his neighbors."

In the 1950s, Pavia joined the United States Army Air Forces (USAAF) and said he reached the rank of staff sergeant by the end of his service. He also served in the National Guard.

"I wish I still had my uniforms," Pavia said with longing. "I threw them out a long time ago."

Those who meet Pavia are usually surprised to learn his age. He walks with bounce and talks with passion. The past two years, though, he'll admit, have not been easy.

"I have a hard time climbing the stairs," he said Tuesday morning. "Some days it's tough getting out of bed."

"Well, you've had a lot of stress over the last year," Collins told him.

Pavia has no problem getting down on his knees to inspect the train track and the stubborn engine.

He picked it up, spun a wheel underneath and smiled.

"It doesn't work right anymore," he laughed. "Just like me!"



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**PROACTIVE BUZZING:** North Eastern Tree Service workers clear Pavia's property of dangerous hanging limbs Tuesday morning, in an effort to prevent future storm damage. (Sun Rise photos by Rory Schuler)

**HOME REHABILITATED:** New Englanders Helping Our Veterans President & Founder Jim Collins points out a few worrisome tree limbs to Korean War veteran Bernard "Bernie" Pavia at his Forest Drive home. A tree nearly totaled the house last Christmas. Collins, and N.E. Building & Restoration LLC Owner David Rosati, left, and Project Manager Chanya Sae-Eaw helped see the project through to the end. (Sun Rise photos by Rory Schuler)



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# LOCAL BUSINESS SPOTLIGHT

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6 Weeks - 12 Years Old

By JENNIFER COATES



The talented staff at Dreamland Learning Center work diligently to make sure that everything is arranged to encourage optimal learning, fun, and play, including these colorful, cozy and constantly sanitized spaces.

For young children, life is about playmates, hands-on learning, and adventure. It is about friendships and familiar routines; it is about engaging in organized activities which also allow for spontaneity and incidental learning; it is about sensory experiences that involve movement, creativity, music and so much more. For young children, they can find all of these things ~ and more ~ at Dreamland Learning Center in Johnston.

Dreamland Learning Center is part of a network of childcare centers throughout the region which make parents and caregivers alike happy, and, with all the programming and fun it is known for, make children happy too! Children ages six weeks through age 12 are welcome here. This family of centers truly embrace the words of Nelson Mandela: "Education is the most powerful weapon which we can use to change the world" ~ which they do one child at a time.

Every space in this center is thoughtfully planned and designed to be developmentally appropriate and purposeful. Child-size furniture makes each room look comfortable and adapted to the needs of pint-sized early learners while shelves are filled with toys and walls are strewn with art projects. Centers are set up for imaginary play, arts & crafts, building, science, music and story time. The outside playgrounds provide the perfect place for youngsters to run off all that childhood energy. The after-school room is complete with long tables for homework and study time.

The curriculum and staff-to-child ratio requirements here meet the strict standards of the state while all staff are licensed, and CPR certified. The staff here work as a team with one goal in mind and that is to enrich the lives of the children over

whom they have been given this special stewardship. In fact, the whole facility is Bright Star® rated for excellence.

Parents and children who come to this busy and nurturing learning center on Hartford Avenue will find that the changes that were implemented to protect the health and safety of its students in the days of the pandemic are still in place. At the same time, the daily programming for the children who attend Dreamland is still packed with fun, activity, friendships, and play.

If you are looking for childcare this upcoming winter ~be sure to register for before and after school care for children

up to 12 years of age. Dreamland is even open during school vacation. For some school districts, transportation is provided to and from elementary school. Homework assistance and age-appropriate, supervised activities are always planned.

Dreamland Learning Center is now accepting enrollment for children ages 6 weeks through age 12. It is located at 1253 Hartford Avenue. For more information, call 401-280-1400 or visit their website at [www.dreamlandlearningcenter.com](http://www.dreamlandlearningcenter.com).

Be sure to check out the other members of the Dreamland family of childcare centers in West Warwick (401-828-8200) and Pawtucket (401-655-1000).

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# Sports



**FUN-FILLED FIELD:** This is the group of golfers who raised \$2,500 for Hasbro Children's Hospital during Sunday's Polar Golf Tourney. (Sun Rise photos by Pete Fontaine)

## JMCE's Polar Golf Tourney raises \$2,500 for Hasbro

By **PETE FONTIANE**

"It was a great way to start our events for 2023!" Judi Graham said with excitement ringing in her voice Sunday afternoon. "We're proud to be helping children who are battling cancer one stroke

at a time." That's the way Graham and other generous member of Glocester Country Club summed up the Johnston Memorial Cancer Events 8th Annual Polar Golf Tournament that Sunday raised the tidy sum of \$2,500 for Hasbro Children's

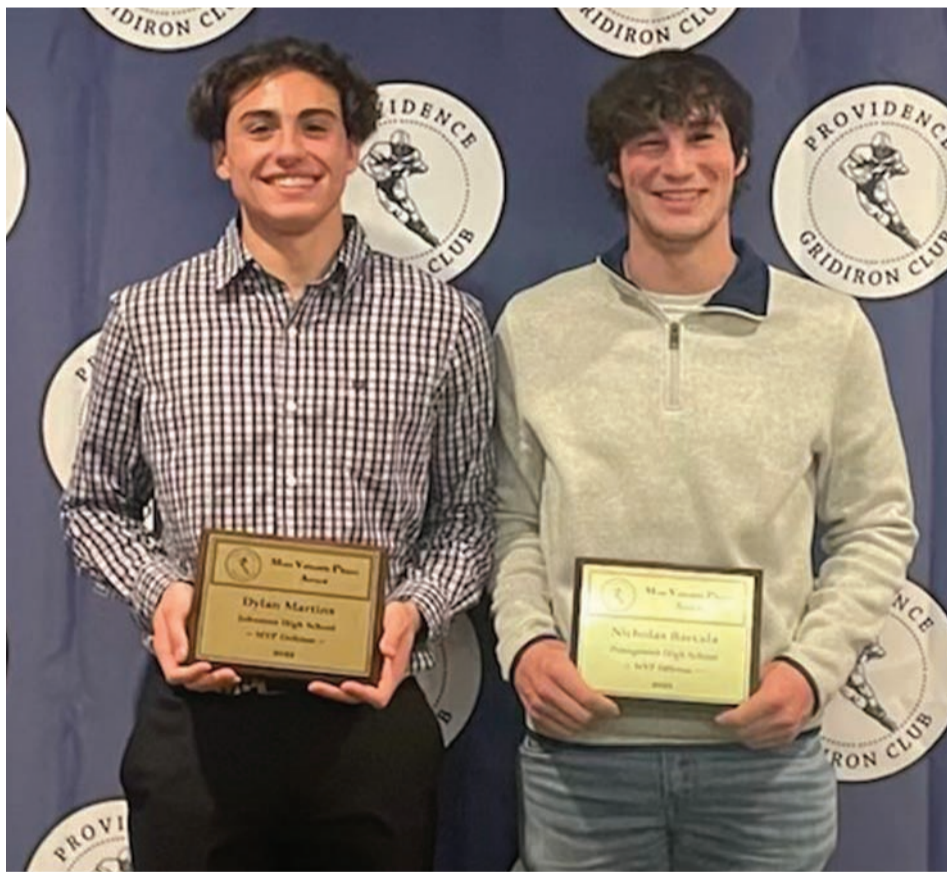
Hospital. With old man weather providing conditions that were par excellence after Saturday's rain, a total of 44 players teed it up at the historic nine-hole course which was founded back in 1929 while almost another dozen people ushered in

the new year by stopping by the club and making donations to the JMCE that will directly benefit the Oncology and Hematology Units at Hasbro Children's Hospital. As equally impressive that in recent

JMCE - PAGE 16

## Award Winners

A pair of Johnston football standouts received awards from the Providence Gridiron Club at the annual awards banquet. Dylan Martins was named Johnston High School's Defensive MVP while Nicholas Baccala won Offensive MVP for Ponaganset. Pictured are the two showing off their plaques at the ceremony. (Submitted photo)



## Panthers on the mat

The Johnston wrestling team stayed busy over the holiday break and competed in a dual match at East Providence High School last week. For more photos of the action, check out page 17. Pictured is Michael Picerno. (Photos by Leo van Dijk/rhodyphoto.zenfolio.com)



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**TOURNEY TOAST:** Judi Graham (left) and Linda LaFazia, who founded the annual New Year's Day Golf Tournament, offer a toast before tee-off Sunday.



**CHAMPS CORNER:** The team of Chris Adler and Anthony Carnevale staked claim to the Polar Golf Tourney title via score of 29 for three holes. (Submitted photo)



**GRAND GARB:** Amy Warner (left) and Lisa Adler are all smiles and decked out in warm-weather garb for Sunday's Polar Golf Tournament.



**POLAR PALS:** David and Chris Lahousse, Bob Moreau and Anthony Carnevale enjoyed a lighter moment before playing in Sunday's 8th Annual New Year's Day Polar Golf Tournament.

**JMCE**

(Continued from page 15)

years Gloucester Country Club has adopted Hasbro Children's Hospital as its designated charity and thus waives all fees to help boost the JMCE's annual donation.

Led by GCC President Cheryl Jason, golfers showed up wearing various golf and warm weather garb to maintain the Polar Golf Tournament code of shorts and a tee-shirt.

Likewise, people wearing all sorts of attire and enjoyed the JMCE's classic camaraderie and said "this has got to be the most unique New Year's Day tradition in the state."

Players could only use three clubs for the three-hole event that the tandem of Chris Adler and Anthony Carnevale won with a score of 29.

Sunday's fun-filled event began with freshly made hot coffee, donuts, Danish and cookies while renewing relationships that resembled an extra-large family or class reunion.

Meanwhile, golfers like David Graham – whose wonderful wife Judi founded the tourney with her long-time friend Linda LaFazia – was the unofficial winner of the most unique hat – a black derby – that has become his New Year's Day tradition.

Perhaps Mark Fogarty's tee-shirt best and silently summed up the 8th Annual affair that last year only took in \$1,000 and read: "Pretty good at bad golf shots," were the words imprinted in black letters on his grey tee shirt that many people concurred spoke volumes about the benefit bash which is all about fun and generous giving for children who are battling cancer at Hasbro Children's Hospital.



**SPECIAL SLOGAN:** Chris Fogarty is all smiles while showing off his super shirt prior to Sunday's Polar Golf Tourney.

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DISTANCE CONTROL: Dylan Martins looks to find his range.



FROM THE BOTTOM: Joshua Galeas works from his back.



TIE UP: Davon Cole gains control over his opponent.



TOP CONTROL: Luke Sharpless controls his opponent from the top.

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**RIGHT WHALE:** Right whale calf on surface. 'Right whales' got there name as they were the "right whale" to hunt—it moved slowly and would float after being killed. (Photo Credit: New England Aquarium)

# North Atlantic right whales still endangered

By **CAPT. DAVE MONTI**

NOAA Fisheries has released their five year review of the endangered North Atlantic right whales at North Atlantic Right Whale 5-Year Review | NOAA Fisheries. The report finds the population is continuing to decline and has not met many of the recovery criteria outlined in the North Atlantic Right Whale Recovery Plan. Based on the results of this review, NOAA Fisheries concludes the species should remain listed as endangered.

Under the Endangered Species Act, NOAA Fisheries is required to conduct a review of listed species at least once every five years to ensure that listing classifications of species are accurate. The review considered peer-reviewed literature, published reports, public comments, and new information that has become available since the release of the last 5-year review in 2017.

NOAA will continue to work with its partners to implement the actions called for in the Recovery Plan and Priority Action Plan to recover this endangered species. Progress on all ongoing work across the agency and in collaboration with partners and stakeholders to conserve and rebuild the population are tracked and communicated via the North Atlantic Right Whale Road to Recovery and Recovering Threatened and Endangered Species Reports to Congress.

### Right Whales in Trouble

As noted above the North Atlantic right whales are protected under the U.S. Endangered Species Act and the Marine Mammal Protection Act. Scientists estimate there are fewer than 350 individuals remaining, making them one of the rarest marine mammals in the world.

### Why these whales are called 'Right Whales'?

According to NOAA Fisheries, the right whale got its name because it was the right whale to hunt—it moved slowly and would float after being killed.

### Cape Cod Bay Seasonal Management Area in Effect January 1-May 15, 2023

NOAA Fisheries announced the annual opening of a Seasonal Management Area (SMA) in Cape Cod Bay to protect North Atlantic right whales starting on January 1, 2023. All vessels 65 feet or longer must travel at 10 knots or less

in this area to reduce the threat of vessel collisions with these endangered whales. The Cape Cod Bay SMA is in effect through May 15, 2023.

Because vessels of all sizes can strike and injure a right whale, NOAA Fisheries also encourages vessels less than 65 feet in length to slow down to 10 knots or less within active SMAs.

### Details and graphics of all ship strike zones in effect

<https://www.fisheries.noaa.gov/national/endangered-species-conservation/reducing-ship-strikes-north-atlantic-right-whales>

### New Right Whale Slow Zone South of Nantucket, MA - Effective through Jan 13

On Dec. 29, 2022, Protected Species Observers aboard a wind farm vessel detected the presence of right whales 33 nm south of Nantucket, MA. Mariners are requested to route around the areas or transit through these areas at 10 knots or less. The right whale Slow Zone is in effect through January 13, 2023.

### Fly tying class at the Saltwater Edge

Catching a striper on a fly you tied is undoubtedly one of the most rewarding experiences that saltwater fly fishing can offer. The Saltwater Edge, Middletown, RI is offering a Beginner Saltwater Fly Tying Class taught by professional fly tier Steve Cook. Cook is a great teacher of material management and the tying techniques needed to produce consistent and durable flies.

The course is being offered a second time on Feb. 4, from 9:30 a.m. to 12:30 p.m. Cost is \$75. To register visit the fly fishing page at [www.saltwateredge.com](http://www.saltwateredge.com).

The course is designed to cover general terminology, tools, and management of common saltwater fly tying materials. Upon completing the class, you will be familiar with tying fundamentals and be able to tie three proven fly patterns that are ready to fish and effective in local waters. The Course is open to all ages, however children under the age of 16 must be accompanied by an adult.

### \$56,000 awarded for recreational access projects in MA

\$56,000 has been awarded in Massachusetts state grant funds to the Towns of Barnstable and Cohasset, and the City of New-

buryport for saltwater fishing access projects popular with the recreational fishing community.

The access funds, which were awarded by the Department of Fish and Game's (DFG) Division of Marine Fisheries (DMF), are provided through the collection of revenue from the sale of saltwater fishing permits, a portion of which fund construction and improvements to public access facilities in Massachusetts coastal communities.

The projects awarded Massachusetts saltwater recreational fishing grants were in the Towns of Cohasset, Barnstable and Newburyport.

### Where's the bite

Saltwater and freshwater licenses. Anglers are reminded to renew their licenses for salt and fresh water for 2023. Saltwater licenses renew annually on January 1 in coastal states, most coastal states have license reciprocity. For example, if you have a RI license you can fish in New York, Connecticut, Massachusetts and Maine. For fresh water licensing information and a list of trout stocked ponds in Rhode Island visit [www.dem.ri.gov/natural-resources-bureau/fish-wildlife/freshwater-fishing/freshwater-fishing-faqs](http://www.dem.ri.gov/natural-resources-bureau/fish-wildlife/freshwater-fishing/freshwater-fishing-faqs); and in Massachusetts visit [www.mass.gov/freshwater-fishing-information](http://www.mass.gov/freshwater-fishing-information).

Striped bass fishing in our salt ponds and estuaries is improving with recent warming trends. Anglers (including me) fishing the mouth of the Narrow River found striped bass starting to move to the upper reaches of the River rather than the mouth. Salt ponds are yielding hold over fish for anglers too.

Cod, tautog and black sea bass. Tautog and black sea bass seasons have ended. However, cod fishing south of Cape Cod is still open. Party boats fishing for cod this winter include the Frances Fleet at [www.francesfleet.com](http://www.francesfleet.com) and the Island Current at [www.islandcurrent.com](http://www.islandcurrent.com). Rates vary but are about \$135 per adult for a full day of fishing, call to check schedules and make a reservation.

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@verizon.net](mailto:dmontifish@verizon.net) or visit [www.noflukefishing.com](http://www.noflukefishing.com).



# COLLECTIBLES

## A Saturday Morning in Manhattan



Earlier last month on December 17th, Steve and I from the Bruneau & Co. Pop Culture department embarked on a journey to Big Apple Comic Con at the New Yorker hotel on 8th avenue in New York City. The purpose of this journey was to advertise our New Year's Day comic auction but more importantly get a feel for the comic market as we enter the New Year.

Big Apple Comic Con is no ordinary convention, it is a real convention. What I mean by real is instead of being clogged with knickknacks, t-shirts, and media glamour it is purely focused on vintage comics and comic art. It is where real collectors go to buy and sell comics, the main reason why we advertise our cataloged comic auctions there. What we observed was still a fun-loving group of collectors eager to fill their collection, but with a sharper, more conservative thought pattern. There is no denying prices are down from the peak the COVID pandemic caused last year and into early 2022. In some



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

cases, by over 50% when it comes to modern and other high population comic books. However, the overall market is still hotter than it was a decade or even 5 years ago.

If you are home relaxing this winter and happen to bump into that box of comics you've always had, you might want to take a second look. Even with the economy entering a downslide, the market for pop culture collectibles is still hot and viable. While the market may not be what it was last year, it is still smart to take advantage

of it before it gets any worse. When it comes to a comic collection it is pertinent to put it through the proper process. When utilizing the auction house your collection is managed properly, with the key books being pressed, cleaned, and graded before sale. Also remember it is not volume, whether you have 30 or 30,000 books, it only takes one to make it a great day. Stay warm this winter, but keep in mind we are always here to help.



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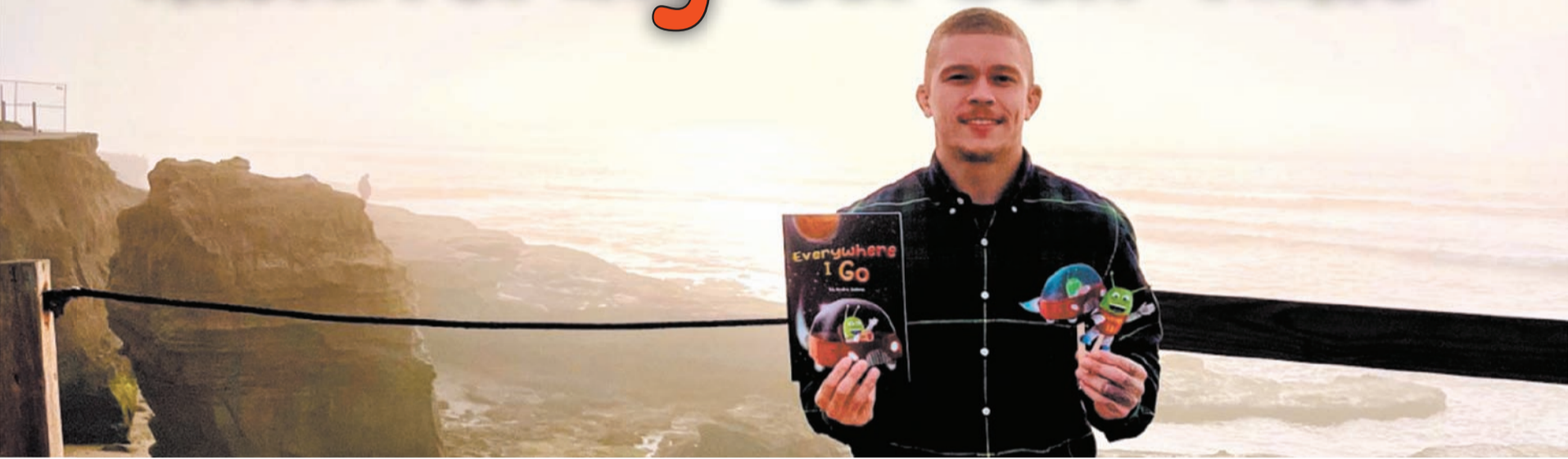
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# RhodyLife

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## A book with a message on monitoring screen time



**AUTHOR AND HIS PUPPETS:** With author Andre Collins are puppets of the characters from his book "Everywhere I Go." When Collins provides Zoom story time for kids, he uses puppets for the show.

By  
**EMMA  
BARTLETT**

Andre Collins has an important message to share with kids in his new children's book "Everywhere I Go" about a Martian named Martin.

Martin, who lives on a plain planet, leaves and discovers a colorful planet full of beauty. The planet's adults, however, cannot see him while they are paying attention to their phones. The book is meant to teach children the importance of monitoring screen time.

The Cranston native and current San Diego resident self-published the paperback in November and is now sharing the story of Martin with kids through in-person and Zoom story times.

Collins, 30, is an active-duty Navy sailor working at the Center for Naval Aviation Technical Training (CNATT). He grew up behind Cranston's William Hall Library and said the library was the place to go after school. He attended St. Paul School down the road followed by Bishop Hendricken High School where he graduated in 2010. Collins went on to the University of Rhode Island but left to go into the Navy where he spent nine years. During this time, he was deployed to over six countries and spent three years in Japan where he completed volunteer work with kids which he enjoyed. Looking to the future, Collins knew he wanted to work with kids, but was unsure in what aspect.

Fast-forward to 2020, Collins' book became a pandemic project. His initial idea was to write a book about his dog, however, the pandemic shed more light on the amount of screen time in his home and how it could potentially be a problem.

"My hope is that my book is a tool if your child or you find yourself in that limitless scrolling," said Collins.

Collins said the book's message is important. He looked up the average screen time of an American cell phone user and – while he couldn't find a definite answer – results ranged from two hours to seven and a half hours a day. As more technology is implemented into everyday life, Collins suggests this is "uncharted territory," and, when parents raise kids, they have to navigate how much screen time is enough. He added that if individuals find themselves in a continuous scrolling mode on their phone, they should take a break and go outside.

"Screen time to green time," Collins said.

Motivation was the biggest challenge Collins faced while writing "Everywhere I Go." When he first completed the book in 2020, he published an initial version on Kindle to get the story out there. Since then, the work has been improved – including the story and illustrations. Collins reached out to his friend Joseph Vasquez, who is currently in Marine Boot Camp, to illustrate the book; Vasquez is also a Rhode Islander and comes from Central Falls.

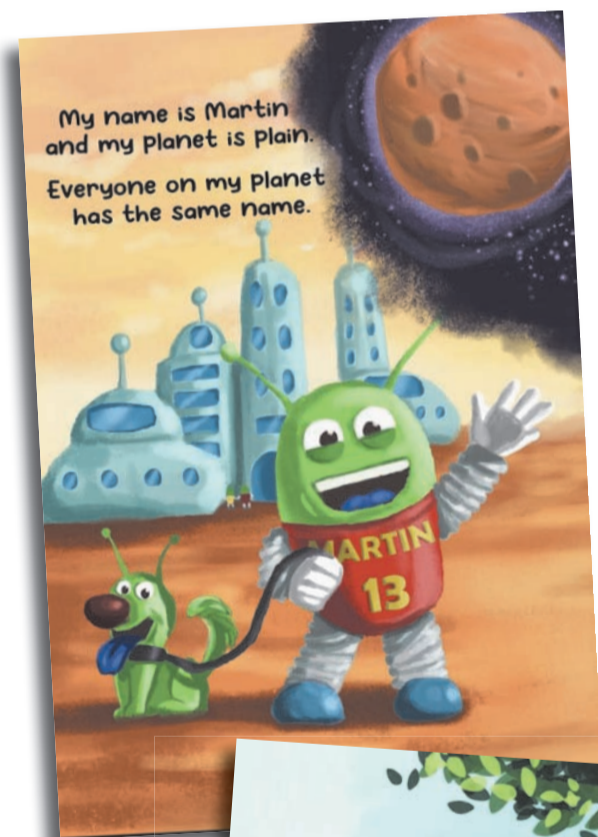
As for the virtual story times, Collins reads "Everywhere I Go" to students and will put puppets of each character on the screen while he's reading. He has the book memorized, but his wife will sometimes assist in the readings by holding the book behind the computer screen for him to read. Collins will have fun with the puppets by telling kids to either scream or give a thumbs up when Martin appears on the screen – Collins said he runs this idea by teachers.

Collins' favorite aspect of the book is Martin's character, and he plans to release three books for the series. His hope is for the first story to raise enough money so he can pay for the second book's illustrations. Overall, he'd like the project to pay for itself.

"Everywhere I Go" has also been awarded a Golden Wizard Book Prize which Collins is excited about. Based in the United Kingdom, this award is given to books that make readers' imaginations fly; it is a stamp of approval that proves authors have met the organization's high standards in creating an outstanding children's book that will be read over and over again.

Collins has also created contests via Instagram for readers to incentivize individuals to get outside. People who use the hashtag "#EverywhereIGo" and take a picture of the book in some location around the world will be entered into a contest.

Overall, Collins said if he makes one person happy or smile, he's done his job. To contact Collins for a book or Zoom reading, you can reach him at [andrecoll123@icloud.com](mailto:andrecoll123@icloud.com).



**MEET MARTIN THE MARTIAN:**

Martin lives on a plain planet and leaves to discover a colorful planet full of beauty. The planet's adults, however, cannot see him while they are paying attention to their phones. The book is meant to teach children the importance of monitoring screen time.





# RhodyHealth



## What Do I Need to Know About Breast Cancer?

### How common is breast cancer?

In the United States, breast cancer is the most common cause of cancer in women after skin cancers and is the second most common cause of cancer death in women after lung cancer. Based on the estimates from the American Cancer Society for the year 2022, around 287,850 women will be diagnosed with breast cancer and 43,250 women will likely die of breast cancer. On average, about 1 in 8 women (around 13%) in the United States will get breast cancer in their lifetime.

### Why is it important to detect breast cancer early?

The goal is to detect breast cancer through screening tests meaning before one develops any symptoms. Detecting breast cancer at an early stage is extremely important for two main reasons:

- When cancers are detected early, they are more likely to be cured and have a better long-term prognosis. For a localized disease which means when the cancer is still limited to the breast, the 5-year survival rate is nearly 99%. When the disease

is locally advanced meaning it has spread to nearby areas such as lymph nodes, the 5-year survival rate drops to nearly 86%. Unfortunately, when patients have stage IV or distant disease, the cancers become incurable, and the 5-year survival rate is nearly 29%.

- The other important advantage of early detection of breast cancer is that patients with early-stage tumors are less likely to need aggressive treatments such as chemotherapy and surgeries such as mastectomy which is the removal of the whole breast.

### How can breast cancer be detected early and should I be getting breast cancer screening?

Numerous studies to date have shown that regular mammograms are one of the best screening tests for the early detection of breast cancer. Mammograms are essentially low-dose X-rays that are used to look for abnormalities in the breast tissue.

Different international societies have different recommendations for breast cancer screening. In general, women above the age of 40 years should get a yearly mammogram. Certain women are considered high risk

### Staying Healthy



by  
MEDHAVI  
GUPTA, MD

Assistant Professor of Medicine,  
Brown Alpert School of Medicine  
Program in Women's Oncology,  
Women and Infants Hospital

for breast cancer because they have a personal or family history of breast cancer or have a known genetic mutation such as a BRCA gene mutation or received radiation therapy to the chest wall before the age of 30 years etc. These high-risk women are suggested to start breast cancer screening generally at the age of 30 years which is usually performed with a combination of mammograms and breast MRIs.

### What happens if my mammogram shows an abnormality?

In case any abnormality is detected on a screening mammogram, it's extremely important to find out whether it is cancerous or not. Patients are usually called to undergo additional im-

aging such as a repeat mammogram or an ultrasound. In case of a persistent abnormality, patients are typically suggested to undergo a biopsy which is sampling the area with a needle under imaging guidance.

### What are some of the symptoms related to breast cancer?

In case you develop any symptoms related to breast cancer which may include a lump in the breast/armpit, changes in the skin such as redness/swelling, changes in nipple such as discharge/retraction, pain in the breast/nipple, etc., it is critical that you bring it to medical attention at the soonest and get the appropriate diagnostic testing done.

It's critical that you go to a state-of-the-art facility for breast cancer screening and treatment. At Care New England Medical Group, we offer a wide range of imaging modalities for breast cancer including 3D mammograms or digital tomosynthesis, breast ultrasounds, breast MRIs, and biopsies. In addition, we have a wonderful team of breast surgeons, medical oncologists, radiation oncologists, pathologists, radiologists, and genetic counselors. We also participate

in several breast cancer clinical trials looking at newer treatment modalities.

Remember, screening mammograms save lives. Scheduling a mammogram is one of the best things you can do to take care of yourself.





# “The Magic Pillow for Sleep”



Best resting posture for sleep involves maintaining the head and spine in neutral. When in the supine (horizontal) posture, neutral positioning of the spine is achieved when the ears are in line with the shoulders, hips, knees and ankles. Therefore, it is NOT recommended for one to place only the head and neck on the pillow. To maintain neutrality of the head with the spine, it IS recommended to move the pillow down so that the shoulder blades are also on the pillow with the head and neck....”The magic pillow for sleep.”



**DR. ROBERT A. L'EUROPA**  
DC, PT

Proper placement of the pillow where the shoulder blades are supported on the pillow with the neck and head is the Single Most Important Factor in achieving prolonged comfortable sleep. This type of pillow placement and use insures healthy spine positioning during sleep and greatly lowers the probability of waking up with “a stiff neck.”

Selection of the firmness, shape and fabric, etc. is more of a personal choice. As long as the spine is kept in neutral, these other factors are less important. A cool temperature for the head and neck is recommended for facilitating relaxation. Material such as cotton transfers air well and

maintains relative coolness of the head and neck, is generally recommended to contact the skin directly.

Therefore, the “The Magic Pillow for Sleep” is truly more a personal preference and almost solely dependent on how the pillow is positioned. “The magic pillow” supports the head, neck, and shoulder blades while laying on your back (supine), keeping your spine in neutral.

However, the majority of people sleep on their side. The principle of maintaining a neutral spine is also applied to the side lying position. The ears, shoulders, and hips are maintained in a straight line with the pillow wide enough to fill the distance between the head and mattress, maintaining the head and spine in neutral. Don’t “curl up” or tuck the chin to the chest. The left side is the preferred side to lay on for improved cardiovascular and gastrointestinal function i.e. minimizes esophageal reflux.

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# 'Future Shock' is not something to celebrate

Written by Alvin Toffler, the book *Future Shock* came out in the 1970s as a warning about the cultural change that was about to take place. Many of the book's incredible predictions have come true. Advancing technology has taken over our culture, with cell phones, iPads, Facebook, and social media intrusively affecting all of us. Even toddlers are using tablets to learn the same basics they would have learned on Sesame Street. ("Near" Elmo is near the car. "Far" Elmo is far from the car.) Such technology is used for keeping the little ones quiet when families go out to dinner, as well as entertain them when riding in cars. Parents can use cell phones to contact children playing out on the streets with friends to tell them it is time to come home, the streetlights are on. No, wait. Children are not outside playing with friends, they are sitting

inside playing video games, singly sitting on the couch. The book has special meaning to me because long, long ago, when I was in Mrs. Casey's class at Veterans High School, my senior project was to do a movie based on the book. This was quite the project because it was way before "real" technology and the movie had to be shot with an 8mm movie camera and then hand spliced to make the final project. It was great fun finding futuristic scenarios. My favorite scene was shot at Newport Creamery where a young couple came in wanting to choose the traits of their future baby. Each of the mini doors to get to the ice cream was transformed, marked with physical characteristics, eye and hair colors, size, intelligence, nationality, and race, and, of course, sex. The acting couple excitedly looked at the options to choose the traits they wanted for

## Life Matters



with LINDA PETERSEN

their offspring. It was designed to demonstrate a way to pick out the perfect baby prior to actual conception. This was an inconceivable option at the time, but currently a scientific reality available to pre-parents who want to ensure that their offspring do not inherit sex-linked genetic disorders.

With such a futuristic system, parents could choose traits that they deem beneficial. A highly

intelligent, athletic, blond haired, blue eyed, outgoing, large build, male might be the ideal for some parents. Predictably, no one would choose to have a baby that would have limited intelligence, a huge nose, shy with a tiny frame. Ethically, this method of population choice is fraught with disastrous choices.

The perfect baby boy described above may grow up to want to do ballet and may hate his large stature, yellow hair and blue eyes which is the same as everyone else's. As an adult, he may have preferred to be a dark haired, tanned skin, brooding type, and blame his parents for their choices for him. Similarly, parents may have chosen a female with a long curly red hair, cute face, and slight frame who grows up to want to be a Sargent in the Marine Corps. Methinks taking orders from such an adult might raise some eyebrows. This is not

to say that that combination of traits does not happen in real life, but if it happens naturally, there is no added parental backlash for making the wrong choices and effectively "ruining" that child's life.

The bottom line is physical and intellectual advantages should not be so important that society cares more about these characteristics rather than the more varied, colorful options that currently exist to create a rainbow effect of different nationalities, strengths, and personalities. The person with Down Syndrome with lots of freckles, dark hair and lumbering gait who gets a strike while bowling on a team of Special Olympians should be celebrated just as much as a Rhodes Scholar on a basketball scholarship.

Variety is the spice of life and should be celebrated, naturally.

## 2022 – the arts recover from the pandemic

By DON FOWLER

Theatres reopened in 2022, most requiring masks and proof of vaccinations, but theatre and music lovers were finally able to get out of the house and see live performances.

People were able to see movies on a big screen once again, although there weren't an abundance of good ones. Thank the movie gods for Netflix.

Many restaurants reopened with precautions (keep your masks on until food and drinks appeared at your table). We noticed all new menus. Yikes. We also noticed all new prices.

New restaurants like the soul food sensation, Kin, opened downtown. An authentic and superb take-out Mediterranean restaurant, Enerjy, opened on the Warwick/Cranston line.

Trinity Rep was among the first to open its doors with a quirky play, "Tiny Little Things," about all of us needing to show a bit more empathy, love, and hope. The right message at the right time.

Then came Gamm with "An Octoroon" an overwhelming and thought-provoking play.

"An Officer and a Gentleman," kicked off PPAC'S ambitious season in February followed by a dazzling "My Fair Lady."

In March, the community theaters were ready to turn the lights on, and Pawtucket's Community Playhouse opened its 100th season.

Burbage came back with a funny and poignant play featuring five actresses, "Five Women Wearing the Same Dress."

FirstWorks had to deal with strict immigration rules as it returned to Vets with a concert from the international supergroup, Amadou and Marianne, appearing with the Blind Boys of Alabama. The premier arts group continued to provide high level entertainment for many community and school groups who had been denied the arts because of the pandemic.

The Art World was not overlooked as a Van Gogh exhibit, like something never seen before, opened at the Convention Center.

### Summer Entertainment

Summer arrived, and Rhode Islanders were ready for dining outdoor and attending music festivals, and outdoor concerts.

Kicking off classical concerts was the 47th season of Music on the Hill, held on the lawn of the Clouds Hill Victorian House Museum.

Theatre-by-the-Sea also opened its barn doors in June and had an entertaining and well attended summer season. Their production of "Kinky Boots" was a big hit.

The 40th season of the Rhode Island International Film Festival brought some of the film showings outside and to the drive-in.

Summer ended, as it welcomed a record crowd to R.I.'s greatest festival -- The Rhythm and Roots Labor Day Weekend Festival at Ninigret Park -- an event that almost didn't happen, when founder Chuck Wentworth had to give it up for health reasons. Connecticut's GoodWorks come to the rescue, working with Went-

worth, and a glorious weekend of Cajun, zydeco and roots music was enjoyed by thousands.

Back to school. Back to work. And back to a full schedule of the arts, with theatres buzzing with activity, bands and singers booked, restaurants filling up and lots of entertainment events.

Trinity challenged us with "The Inheritance", and gave us a more diverse "A Christmas Carol">

FirstWorks entertained us with the Bill T. Jones dancers.

We lost Larry Rachleff and Bramwell Tovey, the wonderfully talented leader of our fabulous RI Philharmonic but our wonderful orchestra continued to give us quality performances under acclaimed guest conductors and soloists.

Movies got better in December.

The year closed with Festival Ballet's outstanding production of "The Nutcracker," the best I've ever seen.

The scene is set for a banner year for the arts in Rhode Island in 2023.

They need our support!



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