



NEW JUDGES: Joseph Polisena Jr. swore-in three judges on Inauguration Night, Jan. 9: Judge of the Johnston Municipal Court, David aRusso; Frank Manni as Auxiliary Judge; and Priscilla Facha DiMaio, Probate Judge. Town Council member Robert Civetti is seated on the right, watching the oath being delivered following his vote against the appointment of aRusso, now former Judge Jacqueline M. Grasso's replacement. (Sun Rise photo by Rory Schuler)

Johnston judge swap follows political split

By RORY SCHULER



JOHNSTON JURIST: In this 2016 file photo, Attorney Jacqueline M. Grasso sits in her 1310 Atwood Ave. law office. Grasso served as Johnston's Chief Municipal Court Judge for a decade prior to her replacement last week. (Sun Rise FILE photo)

"Judge Jackie" is no longer on the bench. In Johnston, your robe may hang by a thread if your father holds the wrong sign on Primary Day. "I've got just one question," said the judge's father, Joe Grasso. Earlier this week, he asked repeatedly: "What did we do wrong? What did I do wrong?"

Attorney Jacqueline M. Grasso served as Johnston's Chief Municipal Court Judge for a decade, following a similar decade-long judgeship in Bristol. In December, she discovered she no longer had the support of incoming Johnston Mayor Joseph M. Polisena Jr. (then still mayor-elect), and would likely be replaced by the town's Housing Authority executive director.

The decision to remove Grasso from the bench triggered the lone "nay" vote during the new mayor's Inauguration Night ceremony on Jan. 9.

During the packed-house event, Johnston's Town Council briefly convened for reorganization and a series of votes on new appointments.

Town Council Member Robert J. Civetti cast the

JUDGE - PAGE 10

Shining sunlight on Johnston's solar projects

By RORY SCHULER

Solar projects have created a dark fissure in Johnston.

On one side of the issue, whole blocks of Johnston residents have banded together to fight solar expansion in their mostly rural neighborhoods. They've won the support of Town Council District 5 representative Robert J. Civetti.

On the other side of the debate stand the rest of Town Council and Johnston's former and current mayors Polisena.

Civetti says he's been won over by the arguments of residents living next door to proposed solar array sites. He has backed an ordinance aimed at stopping solar development in Johnston neighborhoods. The ordinance died last week, for lack of a second, following a public hearing.

The former mayor and the current mayor have reported accepting thousands of dollars from employees of the two solar companies proposing large solar field developments in Johnston's District 5. Both have accepted numerous donations from employees of Rhode Island solar companies who have been pitching the development of wooded land zoned residential, and construction of large industrial solar arrays (some spread over acres, with thousands of panels).

Both ex-mayor Joseph M. Polisena and his son, current mayor Joseph Polisena Jr., have argued aggressively in favor of supporting solar development projects as town policy.

The two latest proposals — one by Cranston-based Green Development, and the other by Warwick-based Revity — have fallen in Civetti's district (5), a vocal opponent of large solar

SOLAR - PAGE 9

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



Maria Vallone shares her passion for Italy

By EMMA BARTLETT

Johnston Senior Center Italian teacher celebrates 40 years since founding cultural exchange program

Maria Vallone has a passion for Italy and the Italian language. The now retired teacher of 34 years started the first Italian exchange program at Newton North High School in Massachusetts and will celebrate its 40th year at an awards celebration in Florence, Italy, on Feb. 10.

PROGRAM FOUNDER: Maria Vallone will return to Italy in early February for an awards celebration to commemorate the Italian exchange program that has been going on for the last 40 years. (Cranston Herald photo)



ITALY - PAGE 15

Warm up with our CD Special!

4.50% APY* 14-MONTH CERTIFICATE



Visit www.cranstonmecu.org or call 401-463-3010 for more information.

LIMITED TIME OFFER



*APY-Annual Percentage Yield. Rates are subject to change without notice and may change monthly. Minimum balance to open is \$500. Fees may reduce earnings on the account. Other conditions may apply. Federally-insured by National Credit Union Administration. We do business in accordance with the Fair Housing Law and Equal Opportunity Credit Act.

JHS Panther of the Week



POTW: This week's Panther of the Week is Cam Vanstone. Cam was nominated by Mr. Matthew Nerney and Mrs. Lauren DeSilva. They said that Cam has a consistent positive attitude and is doing great in all of his classes. He is always cheering, smiling, and respectful. Cam is a senior and on the basketball team. He is also a high honors student. (Photos submitted by Matt Velino, Johnston High School Assistant Principal)

Editor's Note: This is the newest installment of an ongoing weekly series highlighting Johnston's amazing students. Staff at Johnston High School will be nominating students and submitting a caption and a photo for publication. You'll find each week's winning Panther on Page 2 of the Johnston Sun Rise.

24/7 EMERGENCY SERVICE

- Home Heating Oil
- Heating Service Repair
- Heating Equipment Installation

401-475-9955
www.GlowOil.com

Enter Beacon Communications Valentine's Day Contest...

Find Cupid's Arrow hidden in this week's pages. for a chance to win a **Mystery Date Night package.**

Arrow shown actual size

SPONSORED BY:

- SHOWCASE CINEMAS
- BANK NEWPORT SKATING CENTER
- Pat's Italian Restaurant
- RIEVOLUTION AMERICAN BISTRO
- SAM'S INN

MAIL YOUR ENTRIES TO:
Beacon Communications, c/o Valentine's Day
1944 Warwick Avenue, Warwick, RI 02889
Entries must be postmarked by February 6th – Winners will be notified that week.

Name: _____
Address: _____
Email: _____
Phone: _____

I found the arrow on page: _____

Entries may also be dropped off at:
Beacon Communications, 1944 Warwick Ave., Warwick
or The Reminder, 5 Coventry Shoppers Park, Coventry



ON THE COURT: Cam Vanstone, this week's Panther of the Week, is a senior basketball player and high honors student. He's often a crowd favorite at JHS basketball games.

Ricky Salzillo Memorial Game Dinner returns

By PETE FONTAINE

It seems like excitement is running rampant everywhere in and around Johnston and Cranston these days.

One reason, in particular, is that one of the town's most special and time-honored traditions will be back on Sunday, Feb. 5 inside the well-appointed Santa Maria DiPrata Hall located at 34 Walnut Grove Ave. in Cranston.

It's called the Richard "Ricky" Salzillo Memorial Game Dinner that began back in April 1976 in honor of the then 24-year-old Class of 2010 Johnston High School graduate who was killed in a Feb. 10 of that year in an automobile accident on Route 295.

However, the COVID-19 Pandemic has forced postponement of the dinner in each of the last three years, but organizers are bringing it back in hopes of continuing the highly successful Salzillo Memorial Scholarship and raising additional funds for Hasbro Children's Hospital ALS, Needy Veterans, FARA (Friedreich's Ataxia Research Alliance) and the Race for Matt and Grace, just to name a few important non-profits.

As they've done through the years, Steven M. "Steve" Placella, Vin LaFazia and brothers Fede, Frank and Nick, who own and operate Kingstown Liquors in North Kingstown, are again leading what promises to be one of the most memorable dinners ever.

For starters, as Placella related, "there will be no NFL football played on the day of the dinner as Feb. 5 is between Championship Sunday and the Super Bowl."

In what is a new twist this year, as Placella said earlier this week: "Old friend Ralph DeFusco of Ralph's Kitchen and Catering will handle this year's menu and that means we'll all be treated to some great food."

People who have been to previous Salzillo Memorial Game dinners will concur the event is unlike any other and features fine food, classic camaraderie and a robust raffle with prizes ranging from small propane grills to camping refrigerators to furniture racks filled with choice wines and liquors all under the work of the Fede brothers.

This year's event will also be different than previous dinners, as seating will be limited 200 people at a cost of \$40 each as compared to what once was a crowd of nearly 300 people plus.

That's because the Santa Maria DiPrata Hall has less seating than the Kelley Gazzo VFW Post where the event was held for years.

So, it's all systems go and Placella announced that "only 22 tables with 10 people each will be sold this year and as has been the case in past years we're expecting to have another sell out. Also, please remember no tickets will be sold at the door."

Thus, what began as a mighty memorial at the Ruffstone Tavern in honor of a big, muscular, talented and enormously popular man that has become a treasured tradition and led to building the Salzillo Fitness Court, lights for the basketball court inside War Memorial Park and big bucks for the scholarships awarded annually to JHS grads is back after a three-year hiatus.

If you'd like to be part of what has been called "an extraordinary "large family reunion" please call Pacella at 401-946-0404, 401-255-3478 or LaFazia at 401-233-2564 to reserve one of only 22 tables that will be sold.



FUNDRAISING FRIENDS: Vin LaFazia (left), who has been a co-chairperson for many previous Ricky Salzillo Memorial Game Dinners, is joined by Ralph DeFusco of Ralph's Kitchen and Catering fame who will prepare and cook this year's food fest inside the Santa Maria DePrate Hall in Cranston. (Submitted photos)



SUPER SPONSORS: The brothers Fede – Johnston natives Frank and Nick who own and operate Kingstown Liquors on Post Road in North Kingstown – will continue to coordinate what people who have enjoyed previous Salzillo Memorial Game Dinners will attest is the most unique raffle ever.

REDISCOVER THE BRIDGE AT CHERRY HILL!

Have you been thinking about Senior Living but don't know where to turn?

The Bridge at Cherry Hill has been Johnston's most trusted name in Senior Living for over 25 years. Whether you are tired of chores around the house or you are in need of daily assistance, The Bridge has you covered!

We have spacious assisted living apartments along with all the services and amenities you need for a healthy, secure lifestyle.

ASK ABOUT OUR MOVE-IN SPECIALS!

Ask About Our Reduced Rates CALL TODAY

Call 401.233.2880 to learn more about our campus and services.

CherryHillBridge.com
1 Cherry Hill Road
Johnston, RI 02919



Coming soon:
Smithfield and Newport, RI

Great rates are here.

4.50%
ANNUAL PERCENTAGE YIELD*
15-MONTH CD
(NEW MONEY ONLY)

3.00%
ANNUAL PERCENTAGE YIELD**
MONEY MARKET ACCOUNT
(\$10,000 NEW MONEY REQUIRED)

If you're looking to save more money, we have two great rates on two great ways to help you do just that.

Visit any one of our 18 locations (soon to be 20!) to get started today or call **1-800-377-4424**.

Centreville Bank
centrevillebank.com/GreatRates

*15 Month CD: Annual Percentage Yield (APY) is accurate as of 1/9/2023 and requires Personal Premium Checking or Personal Premium Money Market Account to qualify. If the Personal Premium Checking or Personal Premium Money Market Account is closed, the interest rate and APY will default to the interest rate and APY effective at account opening. Regular Rate for non-premium customers is 4.25% APY. New Money only. New money is defined as money not on deposit with Centreville Bank within the last 30 days. Minimum opening deposit of \$1,000. Penalty will be imposed for early withdrawal. Fees may reduce earnings. Minimum balance to earn interest \$1,000. This is a limited time offer and may be withdrawn at any time. **Personal Premium Promotional Money Market Account: Annual Percentage Yield (APY) is accurate as of 1/9/2023. APY guaranteed for first 6-Months after account opening, after which the APY is subject to change without notice. Required minimum opening deposit of \$10,000 New Money only. New Money is defined as money not on deposit with Centreville Bank within the last 30 days. Minimum daily balance to earn interest is \$10,000. Fees may reduce earnings. Personal accounts only. This is a limited time offer and may be withdrawn at any time.

EQUAL HOUSING LENDER | NMLS#402947 | MEMBER FDIC



Advertise in our newspapers and reach over **32,000 homes** in Cranston, Coventry, Johnston, Warwick, West Greenwich & West Warwick

www.cranstononline.com
Cranston Herald **JOHNSTON Sun Rise**

SINCE 1954
The REMINDER
R.I.'S FIRST WEEKLY SHOPPING GUIDE

WARWICK BEACON

Call **732-3100**
for more information

BEACON COMMUNICATIONS

1944 WARWICK AVENUE, WARWICK, RI 02889 | P: 401-732-3100 | F: 401-732-3110



CLASSIC COACH: Coach Bernie Marshall, who has been added to the super staff at Christina Rondeau's Kickboxing/Fitness Center in Johnston, is well school in senior programs. (Submitted photo)

Coach Bernie Marshall joins Kickboxing-Fitness Center

By **PETE FONTAINE**

World Kickboxing Champion Christina Rondeau has helped train and teach countless students during her years of ownership at her well-stocked Kickboxing-Fitness Center in Johnston.

Moreover, she has added Coach Bernie Marshall — who is steeped with 30 years of fitness work — to her outstanding staff.

“Coach Bernie’s passion over the last three decades has been fitness,” offered Becky Rhodes, a spokesperson for Rondeau. “She is skilled in teaching Zumba and Pound Classes to kickboxing and Senior Fitness.”

Perhaps even more impressive is that Coach Bernie is 64 years old and will tell you she is in the best shape her life and has no plans — none whatsoever — of slowing down any time soon.

“It really is your fountain of youth!” Coach Bernie exclaimed. “It keeps you young, it is so important to keep your body moving.”

Thus, after pausing she went on: “I teach women and men well into their 60’s and 70’s; age is only a number and I find that those who take kickboxing classes are the most fit seniors.”

Coach Bernie teaches fitness classes four days a week, and in between each class she recently takes one herself.

“If is my fountain of youth and I couldn’t imagine doing anything else!” She said.

Anyone who’d like more information about Coach Bernie’s programs or any other classes at Christina Rondeau’s Kickboxing/Fitness at 1408 Atwood Ave. in Johnston, call 401-996-5425.

AG: Jury finds Johnston man guilty of physically abusing 4-month-old in 2017

Rhode Island Attorney General Peter F. Neronha announced Thursday morning that a Johnston man has been found guilty in Providence County Superior Court of physically abusing his four-month-old son in 2017, according to a press release from his office.

On Jan. 11, following the conclusion of a five-day jury trial before Superior Court Justice Daniel A. Procaccini, the jury found Jean Diaz De La Rosa, 27, of Johnston, guilty of two counts of first-degree child abuse, according to Neronha's office.

De La Rosa is expected to be sentenced at a later date in Providence Superior Court.

"This Office prosecutes thousands of cases every year, and yet there are some that still leave one searching for words," Neronha said. "We talk often about protecting our state's most vulnerable residents. Are there any more vulnerable than a four-month-old child? A child who should have been loved, and cared for, especially by his parent. Yet this child was abused by that parent, physically, severely, repeatedly. Jus-

tice has arrived yesterday, and deservedly so. I am enormously grateful to the jury for its guilty verdict and look forward to sentencing in this case. The Hasbro Children's Hospital staff, the Department of Children, Youth, and Families and the Johnston Police Department all did fine work here, and I am grateful to them as well."

According to the press release, at trial, the prosecution "proved beyond a reasonable doubt that in February 2017, the defendant physically abused his four-month-old son, causing multiple serious injuries."

"On Feb. 13, 2017, members of the Johnston Police Department responded to a report of suspect child abuse following an evaluation of the defendant's son at Hasbro Children's Hospital," according to the press release. "Following their evaluation, medical personnel at the hospital determined that the defendant's four-month-old son suffered from seven fractures in both of his legs including a significant fracture to the child's left hip and right tibia, and three additional fractures in his shoulders. Doctors at the Aubin

Child Protection Center at Hasbro found that the 10 fractures were indicative of child abuse and that two or more traumatic incidents occurred."

Hospital staff also alerted the Rhode Island Department of Children, Youth, and Families (DCYF) of suspected child abuse, and the infant was subsequently placed into DCYF care, according to the AG's office.

"Cases involving the physical abuse of children are some of the most heartbreaking that the men and women of the Johnston Police Department investigate," said Johnston Police Chief Mark Vieira. "Our thoughts are with the victim and his family at this time, and hope that this verdict can bring a sense of justice to them, following an incredibly traumatic experience."

Special Assistant Attorneys General Jonathan Burke and Meagan Thomson and Johnston Police Detectives Brian Loffredi (retired), Christopher DeCesare (retired), and Michael Edwards of the Johnston Police Department led the investigation and prosecution of the case.

JOHNSTON POLICE LOG

NO TRESPASS

Around 7:35 a.m., Dec. 7, 2022, Warwick Police were dispatched to Walmart at 650 Bald Hill Road for a "subject to eject."

Upon arrival at the scene, Warwick Police officers met with a store employee who told them "a customer caused a disturbance by trying to buy an item that was marked down for donation when repeatedly told not to do so," according to the incident report.

"She stated that the customer recorded all interactions and threatened (to) put it on the internet if she did not get her way," Warwick Police Officer Robert J. Canis-Langlais wrote in the report. "(The employee) stated that they would like (the customer) trespassed from this location."

Police identified the woman, Roberta Cronan, 34, of 29 Ostend St., Johnston.

"She was told to leave the store and was given a No Trespass Order," police said.

DUTY TO STOP

Johnston Police responded to the report of a motor vehicle crash around 10:05 a.m., Dec. 20, 2022.

At the scene, Johnston Police decided to charge Steven S. Hatton, of 20 Sheridan St., Apt. 2, Johnston, with Duty to Stop-Damage to an Attended Vehicle and Driving with a Suspended License (second offense), according to an incident report written by Capt. Michael J. Babbitt.

Hatton was released with a Jan. 6 District Court date. Hatton also received a traffic citation for Operating Without Evidence of Insurance.

BREAKING & ENTERING

Around 10:30 a.m., Nov. 23, Johnston Police responded to a report of a break-in "in progress."

After arriving on the scene, Johnston Police Patrolman Merrick A. Cook met with the complainant, the owner of the property, who reported observing a black Mercedes Benz parked in front of his residence.

The man also told police that he "saw a male subject exit the vehicle and enter his property," Cook wrote in the incident report.

The witness told police "that he had met the subject in the past, however, did not know his name and had not seen him in two years."

Cook noted all exterior doors and windows were locked, but he found a broken side window. The property owner gave Cook a key to the building.

Cook opened the front door.

"As I went to enter the front door, the male subject in question opened the door and was immediately taken into custody," Cook wrote.

The man identified himself to police as Stephen F. Dibenedetto, of 168 Alverson Ave., Apt. 3, Providence, the registered owner of the vehicle parked in front of the caller's residence.

Cook noted that he is familiar with Dibenedetto "from previous contacts."

The property owner told police that "he did not wish to file a criminal complaint against Dibenedetto and wished him to be trespassed from the

properties," Cook wrote in the report.

Around 2 p.m. on Nov. 25, Johnston Police Patrolman Christopher Rotella was dispatched back to the address for "a report of a barricaded door."

After arriving on the scene, Rotella spoke to the property owner, who filled him in on the previous trespass.

Rotella and another officer entered the building and located Dibenedetto, "hiding in the basement of the building." He was immediately taken into custody, according to police.

Police noted a broken rear window through which the suspect entered. Police said it was the same broken window used to enter the property two days earlier.

"Mr. Dibenedetto stated that he was looking for 'a place of solitude,' to get away from the world," Rotella wrote in the arrest report. The subject was placed in the rear of a police cruiser and transported to the Johnston Police Department.

The property owner decided to press criminal charges this time.

Dibenedetto was charged with one count of Breaking and Entering without Consent and one count of Willful Trespassing.

Dibenedetto was processed and held pending arraignment, according to police.

He was arraigned later that day and held "due to being a bail violated."

Dibenedetto was remanded to the ACI, where he awaited an arraignment in Third District Court.

AGING DISGRACEFULLY

'Cuz gettin' old is gettin' old

Sat. Jan. 21- The ISLANDER, Wrvk. 5pm
 Sun. Jan. 22- TWIN OAKS, Crn. 12:30pm
 Thurs. Jan. 26- CHAPEL GRILLE, 5pm
 Sun. Jan. 29- COPPERFIELDS, Jnstrn. 12pm
 Sun. Feb. 19- HAVERSHAM, Wstrly. 12pm
 Sun. Feb. 26- VALLEY C.C. Wrvk. 12pm

Reservations, More information at
AGINGDISGRACEFULLY.NET



Starring Doreen Collins and Charlie Hall

GOULIN STORAGE
STORAGE CONTAINERS FOR RENT
 Stationary at our Johnston location or mobile at your location for a monthly rental fee.
401.837.0048 or 401.626-8737
 Call for our pricing & incentive programs for long term use.
VERY COMPETITIVE RATES, FAST, RELIABLE COURTEOUS SERVICE
YARD DEBRIS, JUNK REMOVAL and MORE!
 10, 15, 20 & 30 yard containers placed at your location
 Call for pricing and availability.
401.626.8737 or 401.837.0048

Watch Your MOUTH
 by Rochelle Rhodes, D.M.D. and David McFarland, D.D.S.
THE BLOODY TRUTH
 Among the most common causes of bleeding gums is gingivitis (gum disease), which results from the buildup of plaque at the gumline and leads to inflammation. If not treated, gingivitis can lead to periodontitis (advanced gum disease) and additional problems. Other common causes of bleeding gums are brushing too hard, using a toothbrush that's not soft enough, improper flossing, and taking certain medications such as blood thinners. Ill-fitting dentures, faulty dental restorations, or an undiagnosed health condition or illness may also result in bleeding gums. If you've just started flossing, it's common for your gums to bleed, but it should clear up within a week or two. Hormonal changes during pregnancy can also lead to temporary gingivitis and bleeding gums.
 Even though plaque is the number one cause of gum disease, other factors can contribute to its taking hold on your teeth. Hormonal changes, medications, certain illnesses, bad habits, and even a family history of dental disease can all play a part. However, diligence in home care and regular professional visits go a long way to lessen the impact gum disease has on your mouth as well as overall health. DENTAL ARTS GROUP offers a full range of services to meet all your oral health care needs at 1136 Hartford Ave., Johnston. Call 401-521-3661 for an appointment.
 P.S. Chronic bleeding gums while performing routine tasks like brushing your teeth and flossing are a sign of periodontitis.
www.dentalartsgroupri.com

iii RISLA
College Planning Center
APPLY FOR FINANCIAL AID
FREE HELP WITH FAFSA
SCHEDULE YOUR FREE APPOINTMENT
collegeplanningcenter.org

HILL'S TAVERN & GRILL
GOOD FOOD AND DRINK
Saturday, January 28 • 1 pm - 4 pm
GRANITEVILLE REUNION
If you've lived or went to school in Graniteville in the '60s, '70s, or '80s
ALL WELCOME
- Live from Key West Florida -
ROB BENTON
 Admission \$10.00
Sunday January 29
2 pm - 6 pm
417 Putnam Pike • Chepachet, RI

GLow Oil

heat your home for less

401-475-9955

www.GlowOil.com

Everyday Low Prices
on Heating Oil and
Service Repair

Become a Published Author with Dorrance. We want to read your book!

Trusted by authors for nearly 100 years, Dorrance has made countless authors' dreams come true.

Our staff is made up of writers, just like you. We are dedicated to making publishing dreams come true.

Complete Book Publishing Services

FIVE EASY STEPS TO PUBLICATION:

1. Consultation
2. Book Production
3. Promotion
4. Distribution
5. Merchandising and Fulfillment

Call now to receive your **FREE** Author's Guide

888-459-3344

or www.dorranceinfo.com/beacomm



Now's the Right Time

GENERAC
PWRCELL

Take advantage of the new 30% Solar Investment Tax Credit (ITC) with PWRcell, Generac's fully-integrated solar + battery storage system. PWRcell will help you save money on your electric bill and be prepared for utility power outages. Plus it's compatible with most existing solar arrays.

SAVE
30%

WITH THE SOLAR TAX CREDIT*

Call to request a free quote!
(833) 779-2532

Purchase a PWRcell and Receive a Free Ecobee Smart Thermostat Enhanced – valued at over \$189!*



*Scan the QR code for promo terms and conditions.

*Consult your tax or legal professional for information regarding eligibility requirements for tax credits.

Solar panels sold separately.



Weighing the choices

28 schools featured at upcoming School Choice fair

By EMMA BARTLETT

According to Ed Bastia, the time for school choice is now. Bastia is a member of the Rhode Island Families for School Choice, a group that believes parents should have access to all forms of quality educational options for their children and should be empowered to select the best educational option that meets the needs of their children. The organization, in partnership with the American Federation for Children (AFC) will host an all school fair on Jan. 22 at the Crowne Plaza (801 Greenwich Ave., Warwick) from noon to 3 p.m.

Many people hear the term 'school choice' but don't understand what it is. Hera Varmah, who's the event's keynote speaker, said the term has been politicized and partisan.

"In the fight of school choice, a lot of parents hear that it's a bad thing," said Varmah, adding that school choice can be anything from a non-traditional school to a scholarship program.

Varmah, who worked as a fellow for the AFC and now serves as the organization's communications and events assistant, said more parents throughout the country understand what school choice is; however, word needs to continue being spread.

Bastia said Rhode Island has never had an all school fair and the Jan. 22 event will feature 28 schools, which include a variety of charter, private, religious based, technical, online and virtual options. There will be program demonstrations, snacks, raffles, a photo booth, face painting, a balloon person and DJ. Rhode Island Families for School Choice originally planned to host the all school fair last year, however, the event was postponed due to an uptick in Covid cases.

Varmah will deliver the event's keynote address. As someone who's the product of school choice, Varmah will share her story of how her parents wanted a value-based education for her. Specifically, she will share how her brother, who's now a chemical engineer, failed the second grade twice.

"If he had stayed in a public school, he would not be where he is today," Varmah said in a Jan. 9 interview.

Hearing from someone who's gone through a school choice program can be beneficial to parents, which Varmah hopes helps individuals once they hear from her. Her message to Rhode Island families is to keep up the fight for school choice because every voice is needed. School choice didn't happen overnight; it included organizations getting involved to help parents speak their mind – whether it's at a local school board or state legislator – about education.

Bastia hopes Varmah's speech creates a fire under people and motivates them. He added that he doesn't think parents in Rhode Island believe their legislators work for them. Instead, the thought is because these people are in office, you just go along with what they say. Instead, parents should contact elected officials and say the time is now and that they want more school choice options.

Bastia expressed that there is limited school choice in Rhode Island as compared to other states. For starters, charter seats are limited and based on a lottery, there are a few technical seats assigned out of district and – while there are private and religious based schools – parents have to pay out of pocket and that is not always an option for struggling families.

He added that the state has an education corporate tax credit program that is not very well known and assists students engaging in school choice. According to Bastia, the program allows eligible corporations to divert some of their tax obligations away from the state and contribute them to a scholarship granting organization which then disburses those funds in the form of a tuition assistance payment for tuition at a non-public school.

Bastia said many people and businesses want to participate in this program but availability is limited. The program began in 2006 and was capped at \$1 million. In 2013, the monetary value was increased to \$1.5 million and has remained stagnant since. Meanwhile, he said the Rhode Island Department of Education reports spending \$2.4 billion on education each year.

CHOICE - PAGE 8

LEGAL NOTICES

JOHNSTON ZONING BOARD MEETING AGENDA
Thursday, January 26th, 2023
at 6:30 PM
Johnston Senior Center
1291 Hartford Avenue

Notice is hereby given that the Zoning Board of Review will hold a meeting on January 26th, 2023 at 6:30 pm, at Johnston Senior Center, 1291 Hartford Avenue. All persons interested in the following proposals are requested to be present at this time. The assembly facilities are accessible to the handicapped. Persons requiring special accommodations shall call the Zoning Office at least 48 hours in advance of the meeting (401) 231-4000 ext. 4117. Persons utilizing TDD equipment may contact the Town through "Relay Rhode Island" at 1-800-745-6675. The agenda for the evening will be as follows, subject to change:

New Business

Petition of C & T Motors, c/o Juan Castillo, Applicant, Xavier Investments, LLC, Owner, for 577 Killingly Street, AP 13 Lot 170, zoned B-2. The petitioner is seeking a Special Use Permit for automotive repair in accordance with subsection 9 use code 7 of the Table of Uses and a Special Use Permit for automotive sales in accordance with subsection 10 use code 10 of the Table of Uses.

Petition of Paul Giarusso, Owner/Applicant for 41 Tartaglia Street, AP 27 Lots 60, zoned R-20. The petitioner is seeking a Special Use Permit 340-75, Dimensional

Variance 340-74 and 340-63 for relief from merger.

Petition of Karen L. Esposito, Owner/Applicant for 42 Tartaglia Street, AP 27 Lot 94, zoned R-20. The petitioner is seeking a Special Use Permit 340-75, Dimensional Variance 340-74 and 340-63 for relief from merger.

NOTE: If a Case has not been called for a hearing by 10:30 p.m., the Board, at its discretion, may continue the Case to a subsequent or a special meeting. The Agenda and Minutes are available for review at ClerkBase on the Town's web page or Monday through Friday between 8:00 a.m. and 3:00 p.m. at the Building Office, 100 Irons Avenue, Johnston.

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

1/12, 1/19, 1/26/23

Planning Board
Regularly Scheduled Meeting
Tuesday, February 7th, 2023
6:00 P.M.
Johnston Senior Center
1291 Hartford Ave., Johnston, RI 02919

I. CALL TO ORDER & ROLL CALL

II. APPROVAL OF MINUTES

III. OLD BUSINESS
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: Relief Energy LLC.

IV. NEW BUSINESS
PB 22-61 – Atwood Avenue 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.

PB 22-56 – Hang 10 Car Wash – Public Hearing on the Master Plan Submission for a Minor Land Development with Unified Development Review. Zoned B-2 and R-15. Located at 8 Putnam Avenue AP 38 Lots 158, 159 & 164. The applicant is seeking to develop a car wash. A special use permit is required in accordance with use table Subsection 9. Number 11 for a car wash in a B-2 zone and a use variance is required to operate in the R-15 Zone. Other variances may be required.

PB 23-02 – Advisory Opinion on a request to rezone 369 Greenville Avenue from R-40 and R20 to R-15. A Public Meeting.

V. COMPREHENSIVE PLAN – Discussion – No presentation this meeting

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

VI. ADMINISTRATIVE REPORT & SPECIAL ITEMS

VII. ADJOURNMENT

1/19, 1/26, 2/2/23

Opinion

EDITORIAL

Airline infrastructure shouldn't be left 'up in the air'

If the past couple of weeks have taught us anything, it's that we shouldn't take for granted the infrastructure that keeps us safe on the ground — but we should also remain keenly aware of the infrastructure that keeps us safe while in the air.

Air travel is a hugely important part of Rhode Island's economy, with Warwick's airport responsible for transporting thousands of people each week and opening up our state to commerce from around the country. RIAC's success translates to success for Rhode Island.

That's why the recent troubles that beset Southwest Airlines — T.F. Green's most popular airline — and the FAA's computer glitch that grounded thousands of flights a week ago, raise legitimate questions about how secure and reliable this most-important form of transportation truly is.

If reports regarding the FAA's Notice to Air Missions (NOTAM) system are correct, and the issue stemmed from a simple corrupt database file, then the obvious question to be asked revolves around the age and reliability of the electronic technology that manages these most crucial safety systems. That is a problem which can be resolved with better awareness, better maintenance, and more targeted, strategic funding. If the problem stemmed from something more nefarious, such as a cyber attack (for which there has been no official evidence to support at this time, at least not reported by official sources), then it's an entirely different situation outside the realm of any municipal government.

What Rhode Island can do locally, at least, is ensure through keen diligence and oversight that Green Airport and RIAC are doing everything possible to keep systems updated and as modern as possible, so other similar incidents cannot occur within our own state.



ON AIR UPDATE: The state should ensure that tech infrastructure at the Rhode Island T.F. Green International Airport in Warwick (above) is up-to-date and cutting edge, following disastrous delays caused by a corrupted computer file last week. (*Sun Rise* file photo)

LETTERS

'An inexcusable lack of leadership'

At the Town Council meeting last Tuesday, an ordinance modification was presented for a public hearing and a vote. This ordinance (2023-1) would modify the Table of Use Regulations to prevent large scale solar arrays from being built in residential areas. Commercial solar arrays in industrial areas would be permitted; accessory solar installations to power individual houses would be permitted. Moreover, existing projects, such as the group of five proposed projects off Winsor Avenue and Greenville Avenue, would be unaffected.

Over a dozen taxpayers spoke for more than an hour before the Council with impassioned pleas to approve the ordinance. These residents went on the record to oppose construction of commercial solar arrays in residential areas. Not one person spoke against the proposal.

This ordinance was championed by Councilman Robert Civetti - he has been trying for months to get it out before the Council. During the meeting,

Council President Robert Russo asked a few questions, mostly about legal issues, but the other three council members (Vice President Lauren Garzone, Linda Folcarelli, and newly-elected Alfred Carnevale) said nothing. No questions, no opinions.

When Councilman Civetti made a motion to hold a vote on the ordinance, the other four council members sat silently; there was no second. Without the second, there was no vote.

This issue matters to the residents of Johnston. The fact that most of our elected representatives won't even make their opinions known - they wouldn't even allow a vote to put them on the record - is truly shameful. We elect them to represent our interests. It's time they actually step up and at least tell us they don't care. Sitting silently while residents passionately plead cases for the character and future of the town is an inexcusable lack of leadership.

Chris Dibble, Johnston

'This plan is way out of scale for our neighborhood'

I am writing about the proposed 14-unit development on Wychwood Place.

This plan is way out of scale for our neighborhood.

The street is narrow, 18 ft. wide and steep. Our infrastructure can barely keep up with water already rushing down hills and into basements.

Serrel Sweet Road, Harris Avenue and George Waterman Road already flood when it rains or snows.

At the Planning Board meeting on Jan. 10, Johnston state Rep. Deborah A. Fellela (District 43) and many neighbors turned out to express their opposition.

We also had 137 people sign a petition against this proposal. The builder still needs approval from the Town of Johnston, Narragansett Bay Commission, Providence Water Supply Board, DEM, and DOT.

I encourage sewage, water runoff management, and traffic be studied carefully because of the impact this plan will have on our community.

This development needs to be smaller and made up of single-family homes to fit the character of our neighborhood and not overtax our already stressed infrastructure.

Elaine Parrillo, Johnston



FULL MEETING: The Johnston Planning Board meeting on Jan. 10, drew a full house at the Senior Center. (*Sun Rise* photo by Rory Schuler)



JOHNSTON Sun Rise

<p>Publisher John I. Howell Jr. - JohnH@rhodybeat.com</p> <p>General Manager Richard G. Fleischer - RichardF@rhodybeat.com</p> <p>Advertising Director Donna Zarrella - DonnaZ@rhodybeat.com</p> <p>Editor Rory Schuler - RoryS@rhodybeat.com</p> <p>Sports Editor Alex Sponseller - AlexS@rhodybeat.com</p> <p>Journalists Pete Fontaine</p> <p>Classified Advertising Ashley Medeiros AshleyM@rhodybeat.com</p> <p>Circulation Leslie Paz</p>	<p>Credit Manager Lynne Taylor</p> <p>Bookkeeping Leslie Paz</p> <p>Production Manager Lisa Bourque Yuetner - LisaB@rhodybeat.com</p> <p>Production Staff Monique Rice - MoR@rhodybeat.com</p> <p>Advertising Representative Natalie Payette - NatalieP@rhodybeat.com</p> <p>Spotlight Profile Writer Jennifer Coates - JenniferC@rhodybeat.com</p> <p>Tel: 401-732-3100 Fax: 401-732-3110</p>
---	--

All advertising and editorial material in whole or in part designed and/or composed by Beacon Communications is copyrighted and may not be reproduced without express permission of the publisher. Beacon Communications shall not be liable for errors and omissions in or failure to insert any advertisement for which it may be responsible beyond the cost of actual space occupied by the item in which error or failure to insert occurred. Beacon Communications is a member of the New England Press Association, The Rhode Island Newspaper Group and The North Central Chamber of Commerce. Johnston Sun Rise is owned and operated by Beacon Communications. Editorial offices are located at 1944 Warwick Avenue, Warwick, RI 02889. Paid subscriptions are available for \$74 per year. Web site: www.johnstonsunrise.net

SUN RISE SCOOPS

Sun Rise Staff Reports

Call for Nature Poetry

Notable Works Publication and Distribution Co. Inc. has sounded a 'Call for Nature Poetry. The submissions deadline is Feb. 15.

"We're reaching out to key educators, writers and libraries in Rhode Island as a reminder of our call for nature poems, which will end in less than four weeks!" according to a press release from Notable Works. "We've stopped in personally at several RI schools and libraries and appreciated the warm welcome received. We'd be grateful for any added help in spreading the word about our call for poetry, or to send in your own poems."

In collaboration with Crosswinds Poetry Journal, Notable Works will be publishing a large number of poets in "Voices of the Earth, the Future of our Planet III," planned for release in late spring of 2023. Poets accepted for publication will receive a complimentary copy, as will public libraries in Rhode Island. The publication will include poet biographies and a resource guide of Rhode Island environmental agencies, along with contact information for those wishing to volunteer and take the next step.

For guidelines and to submit your poems, visit: notable-works.org or e-mail Noreen Inglesi at noreeninglesi@cox.net. Funding provided in part by a grant from the Rhode Island State Council on the Arts, through an appropriation by the Rhode Island General Assembly, a grant from the National Endowment for the Arts and private funders.

Audubon Summer Camp Scholarships

Audubon summer camps engage children in nature - all summer long. Kids get outside exploring fields, forests, ponds, streams, and the coast of Narragansett Bay. Campers enjoy hikes, live animal visits, ponding excursions, netting at the shore, messy crafts, games, and more! Friendships are made as kids discover the natural world together and are engaged with creative camp themes and hands-on science. It's what summer should be: tons of outdoor fun!

Audubon believes that EVERY child should have the opportunity to attend summer camp, so the organization offers generous scholarships for camps in Bristol, RI and Seekonk, MA.

For more information and to apply for Audubon camp scholarships, visit audubonsummercamp.com or call 401-949-5454 (ext. 3014).

Camp registration opens to the public on Feb. 11.

Audubon camps are located in Bristol, RI, and Seekonk, Mass.

The Audubon Caratunk Wildlife Refuge, Seekonk: From the big white barn to the meandering trails and crystal-clear brooks, Caratunk Wildlife Refuge in Seekonk, MA is a perfect destination for outdoor exploration, ponding, and nature discovery. With nearly 200 acres of natural habitat, the location provides a safe and inviting environment for hikes, hands-on science, and plenty of outdoor fun! Caratunk is located just minutes from Providence, Central Falls, and Pawtucket, Rhode Island.

Audubon Nature Center and Aquarium, Bristol: A gateway to Narragansett Bay, the Audubon Nature Center and Aquarium in Bristol is a popular camp destination for families in the East Bay area. Campers have opportunities to explore the 28-acre McIntosh Wildlife Refuge, the Audubon Palmieri Pollinator Garden, fresh and saltwater wetlands, fields, forest, and the shore of Narragansett Bay. The location provides a safe and inviting natural environment for hands-on science,

marine life discoveries, field explorations, and plenty of outdoor fun!

NAMI-RI: Registration open for Family-to-Family course

The Rhode Island chapter of the National Alliance on Mental Illness is now accepting registration for our next virtual Family-to-Family course which begins Thursday, Feb. 2, 2023. This is a free, 8-session educational program for families, significant others and friends of people with mental health conditions. It is a designated evidenced-based program, which means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. NAMI-Rhode Island's Family-to-Family course is taught by trained family members who have lived experience with a loved one, and includes presentations, discussions and interactive exercises. For more information on the Family-to-Family curriculum and registration requirements, visit namirhodeisland.org or call 401-331-3060 or email beth@namirhodeisland.org.

1916 Commemorative Committee Meeting

The 1916 Commemorative Committee will sponsor a lecture at 7:30 p.m. on Feb. 3 at the RI Irish Ceilidhe Club (50 America St., Cranston). This year marks the 25th anniversary of the Good Friday Agreement which brought to an end most of the violence in the North of Ireland. Ciaran Quinn, the Sinn Fein representative for North America will discuss the agreement's potential for Irish unity. He will also point out the challenges of the British government that continues to cover up its actions during the conflict and the current state of play on Brexit. The downstairs pub will be open from 6 p.m. serving drinks and pub grub. There will be music after the lecture which is open to the public.

Community Barn Dance

Warwick Center for the Arts (WCFA) is offering a community barn dance in its gallery on Jan. 21 from 7 p.m. to 10:30 p.m. The event will feature live folk music, a caller and contra and square dancing. At 7:15 p.m. there will be an opening session/beginners dance lesson. No experience is necessary. Individuals should wear comfortable clothes and non-street shoes. This event is \$10 for WCFA members, \$12 for general admission and \$8 for students. Tickets are sold at the door. Visit warwickcfa.org for more information. The facility is located at 3259 Post Road, Warwick. Parking is located at 3273 Post Road.

April's 401Gives

Rhode Island's largest single day of giving to support and uplift the state's nonprofit sector raised \$3.1 million for 507 organizations in 2022. Now, it's back!

After a record-breaking year that saw more than 13,000 Rhode Islanders come together to make donations totaling \$3.1 million in support of hundreds of local nonprofits, 401Gives is gearing up for a return on April 1 with sights set higher than ever. Nonprofits who wish to participate and raise funds for their work are invited to register now and can do so at 401gives.org. Already, 208 nonprofits have signed up, putting this year's pace ahead of 2022.

Powered by United Way of Rhode Island, 401Gives was created as a unified day of giving to both support the state's nonprofit community and uplift the vital work of a sector that touches nearly every Rhode Islander. It provides an easy way for people to donate directly to any of hundreds of nonprofits and has led to more than \$6.6 million in donations since mak-

ing its inaugural appearance in 2020.

Upon registering, nonprofits will see an option to participate in 401Gives' Mentor/Mentee program, which is being piloted for the first time in 2023. Organizations that have participated in 401Gives in prior years can choose to mentor a nonprofit that has signed up for the first time and indicated they would like a mentor. The deadline for the Mentor/Mentee program is Jan. 18 and mentor/mentee matches will be contacted soon after.

New and returning nonprofit are invited to attend any of a number of 401Gives trainings and workshops geared toward sharing insights and best practices. A schedule of sessions and how to sign up can be found at 401gives.org/info/trainings. Additionally, the trainings page features a library of helpful on-demand videos, and a toolkit for organizations can be found at 401gives.org/info/nonprofit-toolkit.

For more information about 401Gives, or if there are questions, contact Caitlynn Douglas at (401) 444-0720, or email 401Gives@unitedwayri.org.

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 Woony hikes. The Explore the Woonasquatucket Recreation Series is made possible with support from REI Co-op.

More hikes have been planned for future dates:

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 Glocester.

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 Glocester 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.

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.

Choice

(Continued from page 6)

Bastia, who's now retired, used to work full-time as a business administrator for the Diocese of Providence. Even though he doesn't have children in school, he advocates for school choice because "it's the right thing to do for all the young families in the state and neighborhood."

Bastia would like to see an increase so more businesses can take advantage of it — which will help

students.

"From a financial perspective, every one of those students enrolled in a non-public school on the back of a tax credit scholarship is one less student in the public sector," Bastia said.

Varmah added that there's this thought that if parents are given different options, then they will leave the public schools. Growing up in Florida, Varmah said while she participated in school choice, she had friends who remained in public schools. If schools feel that their families are going to leave, then the

real question is why does the school think this will happen if parents are given the option to choose and what do they need to fix?

The AFC "seeks to empower families, especially lower-income families, with the freedom to choose the best K-12 education for their children" and works in states across the country to help parents find the options available to them. They also push for legislators to pass more programs that fund students, not systems. AFC's communications team is finding ways to go around schools and talk about school choice.

They are now focusing on areas like Iowa and Nebraska to inform the public and let them know about different program options.

The group hopes to ignite a spark that will get more families involved so that they will not be afraid to reach out to their elected officials and demand more educational options for their children. Bastia and Varmah are excited for the upcoming event on Jan. 22. While there is no charge for admission, registration is requested at edchoiceri.org/events.

Helping Local Businesses Thrive & Survive

Thank You

GLOW OIL

for your continued loyalty



Call us at 732-3100 to advertise your business

Solar

(Continued from page 1)

fields in residential neighborhoods.

Civetti says his support of the neighborhood resident groups formed to fight the projects has angered both mayors Polisena; and the mayors have made him persona non grata in town politics. He doesn't expect their re-election support in two years.

The Green Development project was eventually voted down, but lingers in court. The Revity project faces final approvals, but will likely pass the town's Planning and Zoning Boards.

In 2022, Green Development pitched a plan to build five solar fields on more than 324 acres of mostly wooded land in a residential zone of the town's western end. On April 28, hundreds of Johnston residents gathered at the Johnston Senior Center to participate in a public hearing on the proposal. The meeting drug into the early morning hours of the next day.

Applicant Revity Energy LLC wants to build solar fields on seven Central Avenue lots at 1252-1262 Central Ave. The land is zoned R-40.

Both mayors Polisena have stated publicly that they favor solar development in residential neighborhoods over new housing construction, because solar taps the town coffers less than homes, with families (and subsequently needed roads, fire and police protection, and possibly children to add to the town's student body).

Currently, the town's zoning laws allow for solar development in residentially zoned areas via special-use permit. Civetti, and the more than dozen residents who spoke at last Tuesday's Town Council meeting, support tightening up the town's zoning laws and revising Johnston's Comprehensive Plan, last tweaked in 2007, to close the "loophole."

"That just added more fuel to the fire," Civetti said. "This kid just won't let solar go. And I'm not. It's something we don't want. Put it at the landfill. Put it up in industrial areas. I'm fine with that. Don't put it behind these people's homes ... People, just, they buy in a residential area for a reason."

On Nov. 1, 2022, Palsena Jr. addressed the town's pending solar projects.

"I think you need to look at each individual project on its own merits," Polisena Jr. said during a mayoral forum hosted by the Johnston Sun Rise prior to the General Election. "And I think that the abutting residents and the residents within the surrounding area should have the final say, as what happened in the specific case you are talking about." (Polisena Jr. referred to the Green Development project. An appeal of the town's zoning decision has yet to be decided in court.)

Over the past year, Palsena Jr. has commented extensively on his views regarding solar energy versus additional housing developments in town.

"I am a big supporter of renewable energy," Polisena Jr. said during the November forum. "In the year 2100, my son will only be in his 70s. I think that's something that we really need to move on. But I will say, and again the residents in that area didn't want that and I respect their decision, but that doesn't mean that residents in other areas would not prefer solar to increased homes. And one thing that I just would like to address, and I try to have this conversation with people, when they see woods, they think open space. And it's not. Most of it is zoned residential ... The town, nor anyone else has the legal authority to stop any developer or any contractor to build houses — they have to conform within the lot specifications — on that residential property."

Polisena Jr. did not attend the Jan. 10 Town Council public hearing on the solar ordinance. He was sworn-in as mayor the night before.

"I would prefer non-residential development, just because the burden is less on the tax system as a whole," Polisena Jr. said during the Nov. 1 forum. "Less cars driving on the road; particularly when you're talking about solar. It's less children in the school system. It's not to say I'm against new families moving into Johnston, but I do think that the town is full. And I think that the state has a huge need to build housing, but they need to look to western Rhode Island. I think Johnston is actually the dividing line, where if you go east of Johnston, there's not a lot of area to build. However, you go west of Johnston, there's plenty of land for residential homes."

Polisena Jr. has accepted in thousands in campaign contributions from employes of the solar development companies with projects pending in Johnston. Between 2019 and 2022, Polisena Jr. reported accepting at least \$15,000 in campaign donations from employees of just two known solar companies with pending projects in town.

On Dec. 22, 2021, Polisena Jr. declared a \$1,000 campaign donation from Mark DePasquale, CEO & Founder of Green Development. That same day, John McCauley, of Cranston, identified as a Green Development employee, also donated \$1,000 to Polisena Jr.'s mayoral campaign.

On Nov. 18, 2021, Brian McGovern, of Revity Energy, donated \$1,000 to Polisena Jr.'s campaign fund, according to campaign finance reports available online, posted by the Rhode Island Board of Elections (BOE).

On that same day, Corey Palumbo donated \$1,000, Ralph Palumbo donated \$1,000 and Ryan Palumbo donated \$1,000. All three men are identified on Polisena Jr.'s campaign finance reports as employees of Revity.

On Dec. 7, 2021, Cheri Riccio, of North Scituate, another Revity employee, donated \$1,000 to Polisena Jr.'s campaign fund.

Ralph Palumbo donated another \$1,000 to Polisena Jr.'s campaign on Aug. 23, 2022. On that finance report, his employer is listed as "Renewable Energy." According to the company's website, he serves as Revity's president.

Back in 2020, several of those same Revity employees made earlier donations to Polisena Jr.'s campaign account. On Oct. 1, 2020, Lindsay McGovern donated \$1,000; Corey Palumbo, \$1,000; Ralph Palumbo, \$1,000; and Ryan Palumbo, \$1,000; Cheri Riccio, \$1,000.

The earliest stages of the proposed Revity solar farm off of Central Avenue were tentatively approved by the Planning and Zoning boards in November 2021.

Polisena Jr. has reported solar energy employee contributions as far back as 2019, while he was preparing to run for his second term on Town Council. DePasquale donated \$500 to his campaign fund on May 8, 2019. On that same date, McCauley donated another \$500.

The Palumbos, of Revity, also started their making donations to Polisena's campaign fund back when he was on Town Council. On May 8, 2019, Ralph Palumbo donated \$1,000 (though his employer is identified as Southern Sky Renewable Energy on the campaign finance report).

Late Tuesday evening, Polisena Jr. was asked how much, if any influence these contributions had in shaping his views regarding solar energy developments in Johnston's residentially zoned neighborhoods.

Polisena Jr. replied: "Yes, the same company that's donated to me recently got their last 3 projects denied before our town boards. So zero influence, as it should be."

"I believe that promises were made to developers that the solar would get passed in Johnston," Civetti said earlier this week. "And I've been told that the reason they came to Johnston was because our zoning ordinance is so open and flexible, that they could get it approved in Johnston and there wouldn't be any issues."

As of Dec. 31, 2022, Polisena Jr. had \$179,415.48 total cash in his campaign account, according to the BOE.

The Johnston Zoning Board will meet at 6 p.m., Tuesday, Feb. 7, at the Johnston Senior Center, to hold a public hearing on the preliminary plan application by Revity to "create seven road frontage lots for residential development and one larger lot for a solar field" at 1252-1262 Central Ave. The land is zoned R-40.

"Luckily there's no woods behind my house, but I can feel for the people up there," Civetti said.

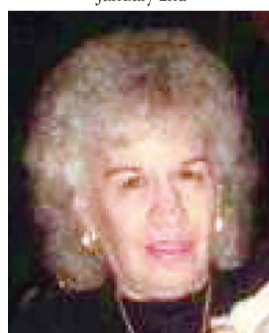
Editor's Note: All Rhode Island candidates for public office are required by law to file regular campaign contribution reports. The reports are public and easily viewed online. For a searchable database of candidate financial reports, go to www.ricampaignfinance.com/RIPublic/Filings.aspx.



PACKED HOUSE: Johnston residents packed the Johnston Senior Center on Thursday night, April 28, for a marathon Zoning Board meeting that lasted beyond 2 a.m. Ultimately, the concerned residents scored a victory as the board was unable to approve proposals from Cranston-based Green Development to build five new solar fields in residential western Johnston neighborhoods. (Sun Rise photo by Rory Schuler)

Elaine Meo Perry

Birthday Remembrance
January 2nd



You are not forgotten sister
Nor ever will you be.
As long as life and
Memory lasts,
We will remember thee.

Your loving sisters,
Genevieve, Geraldine,
Carolyn & Patricia

To place an obituary,
please call 732-3100

QUINN FUNERAL HOMES

Family Owned and Operated Since 1857

FOUR CONVENIENT LOCATIONS
Thomas & Walter Quinn Funeral Home • WARWICK 738-1977
Tucker-Quinn Funeral Chapel • GREENVILLE 949-1370
Fagan-Quinn Funeral Home • NORTH KINGSTOWN 295-5603
Potvin-Quinn Funeral Home • WEST WARWICK 821-6868



FUNERAL DIRECTORS
Michael F. Quinn, Patrick J. Quinn,
Jerome D. Quinn, Christopher P. Quinn,
Michael J. Quinn, Stanley G. Larson,
Paul C. Potvin, John H. Grover,
Steven A. DiLorenzo, Alex D. Manasas

www.QuinnFuneralHomes.com

Judge

(Continued from page 1)

"nay" vote to appoint aRusso as "Judge of the Johnston Municipal Court." Civetti said his vote was not against aRusso, but against removing Grasso, a jurist with decades of "unblemished" legal experience in the Ocean State and beyond, to Massachusetts and federal courts.

"Per Charter I believe the appointment of the judges in town is the responsibility of the Town Council," Civetti said via text message on Jan. 6, three days before inauguration night. "Judge Grasso has been a judge I believe for over 20 years in the state of Rhode Island and to the best of my knowledge has an unblemished record. Therefore I'm not quite sure why the Town Council would take any action other than to reinstate her to the position. She has done an exemplary job and I see no reason to do anything other than to reappoint her to the position that she has served so well."

Despite Civetti's lone "nay" vote, aRusso's appointment was confirmed by Town Council (4-1).

The New Mayor

When asked why he supported replacing Judge Grasso with David aRusso, after supporting her past two appointments, Polisena Jr. replied:

"I don't have the authority to appoint judges. With that being said, David ARusso is extremely qualified and Johnston is lucky to have him as a judge. As a former police officer, housing authority director and attorney, he has extensive criminal justice experience, knowledge about the town itself and legal experience to do an exceptional job dealing with residents and listening to their perspectives."

However, according to Grasso, Polisena Jr. sent her a text message on Dec. 19 requesting a meeting and the pair met on Dec. 21. During the meeting, Polisena Jr. told her what she already knew; that she would not be reappointed.

"After I was informed I met with her as a professional courtesy," Polisena Jr. said.

When asked who informed him, he replied: "It was a collective decision made by the majority of the council."

December Meeting

Jacqueline Grasso, often called "Judge Jackie" by co-workers at the courthouse, family and friends, had been expecting an appointment to her sixth two-year term. Technically, her current term runs through February (however, since aRusso has been sworn-in, Grasso is no longer Johnston's chief judge).

As Town Council Vice-President, Polisena Jr. had supported her appointment to her last two terms, Grasso said, adding that she was informed of the move by her incoming replacement, aRusso, a longtime family friend.

Soon after aRusso broke the news to Grasso in her Atwood Avenue law office, she received a text message from Polisena Jr. (on Dec. 19). Then she met with the mayor-elect two days later.

The brief meeting provided little

clarity, according to Grasso.

Grasso said she told Polisena Jr. that she already knew he wouldn't be supporting her re-appointment. She said she was disappointed to hear it from aRusso.

"I already know, and I don't appreciate the way I found out," she recalled telling the then-mayor-elect.

According to Grasso, Polisena Jr. said there was a problem with court hours. She said that problem had been fixed. And that was about it.

The now former judge provided the following statement:

"I understand that there's been a change in the appointment of chief municipal court judge," Jacqueline Grasso recalled from her meeting with Polisena Jr. "I would have appreciated finding out the appropriate way. However I was called into a meeting with the mayor-elect, who by the way does not appoint me, and was told that I wasn't being reappointed. I expressed my interest in serving the town another two more years. I sent a letter of intent to be reappointed to all the Town Council people. I'm appointed by the Town Council in accordance with the enabling legislation. And I advised the mayor-elect and his chief-of-staff that I'll leave it up to the council. And if I have the votes, fine. If I don't have the votes, life goes on and I wish the best for David aRusso."

When asked about the Dec. 21 meeting, Polisena Jr. said, "After I was informed I met with her as a professional courtesy."

Civetti said the process behind Grasso's replacement was problematic.

"Why did he bring her in and tell her he's not reappointing her?" Civetti asked. "And why are my colleagues saying I need to do what the mayor wants me to do? And that's when I ... say, why have a town council? If our town council isn't going to perform the roles and responsibilities we're put there to do, why be there?"

Signs of Trouble

Searching for the reason behind her removal from the bench, Grasso and her father have been able to piece together a small town political conspiracy, stemming from 2022's soggy Primary Day election.

Forbidden from politicking by the jurist's code of ethics, Grasso said she'd never personally campaign for an elected official, but her father has been involved with Johnston politics for years. He collected signatures for Polisena Jr.'s runs for Town Council. He belongs to the town's 55-member Johnston Democratic Town Committee (JDTC).

And on Primary Day, Grasso stood outside, in the rain, holding signs for candidates endorsed by the JDTC.

"What 86-year-old disabled veteran did you find at any of the polling places, with a sign in the rain, but me?" Grasso asked. "With his (Polisena Jr.'s) sign, along with others. I had James Diossa's sign, and District 5 (Civetti) ... What did I do wrong? All endorsed candidates. This is what they want to sell to the people, with them four rubber stamps he's got there? Nah, I'm done. And they take it out on her. I don't want her involved."

By "rubber stamps," Grasso meant



OFFICIAL TOWN GREETINGS: Attorney Jacqueline M. Grasso holds an official town of Johnston citation she received from now former Mayor Joseph Polisena, Jr. and now former Councilman Richard Delfino III looks on, in this 2016 file photo. (Sun Rise FILE photo)

the other four Town Council members: President Robert V. Russo, newly named Vice-President Lauren A. Garzone, Linda Folcarelli, and newly sworn-in member Alfred T. Carnevale.

Former Friends

In 2016, now former mayor Joseph M. Polisena visited Grasso's new office at 1310 Atwood Ave. He congratulated Grasso and posed for a photograph, which was published in the Johnston Sun Rise.

Grasso has been now been practicing law for more than 25 years in Massachusetts, Rhode Island, and federal courts. She practices general law, and maintained her private practice while working Wednesdays as Johnston's Chief Municipal Court Judge.

Grasso also previously served as an adjunct professor at the UMass-Dartmouth School of Law.

Then-mayor Joseph Polisena, the new mayor's father, and now former Town Councilman Richard Delfino III, the son of the former JDTC Chairman and Johnston Court Administrator Richard Delfino Jr., showed up at Grasso's practice to "deliver the town's greetings" and pose for photos.

Grasso said her relationship with former Mayor Polisena, and his son, newly inaugurated Polisena Jr., had been solid for years; until the fall of 2022.

The Vote

During the Inauguration Night council meeting, Town Clerk Vincent Baccari called the meeting to order and called the vote to reorganize. Russo was unanimously re-elected as council president. Garzone was unanimously elected vice-president. And then the duties of the president were passed from the Town Clerk, back to Russo, and then handed off to Garzone (so Russo could make a motion to approve aRusso's appointment as

municipal court judge).

"Since I have been in office I believe we are now on our fifth municipal judge," Town Council President Robert V. Russo said Wednesday, in a written statement. "All of our judges have been fantastic including Judge Grasso. Unlike Superior and District court judgeships, which enjoy a lifetime tenure, municipal court judges serve at the pleasure of the respective city or town councils and there is no inherent guarantee of longevity. I think the council's new judge selection, David aRusso, makes a good fit to this position. He is a lifelong resident of Johnston, a former captain on the Johnston police department, an attorney and former Executive Director of the Johnston Housing Authority. Clearly his experience will allow him to bring a good perspective to those that appear before him seeking fairness in having their legal issue adjudicated."

Garzone seconded Russo's motion. Council voted 4-1. No discussion occurred in public session.

Two more votes were made, to appoint Frank Manni as Auxiliary Judge of the Johnston Municipal Court and Priscilla Facha DiMaio as Probate Judge of the Johnston Probate Court. Those two appointments passed unanimously.

Following the votes, Polisena Jr. swore-in all three judges.

Small Town Native

Jacqueline Grasso, a Johnston native, had relocated to Bristol several decades ago. She served around 10 years on the bench in Bristol, and then moved back home to live with her father after her mother died.

The position was open in Johnston, she interviewed and was appointed. She said court was running smoothly, and she was a bit blind-sided by the decision to remove her from the bench.

She has a booming law practice,

885 OAKLAND BEACH AVE, WARWICK
401.737.2895 IGGYRI.COM

FREE
\$10 GIFT CARD
FOR EVERY \$50
GIFT CARD PURCHASE

IGGY'S COMBO

12 CLAM CAKES
2 PINTS OF CHOWDER
2 FOUNTAIN DRINKS

\$24.99 PLUS TAX

With coupon only. Not valid with Online, GrubHub and DoorDash orders. May not be combined with any other offer. Not valid at Boardwalk. Exp. 1/31/23

IGGY'S COMBO

ANY 2 DINNERS
INCLUDES CHOWDER OR SALAD, 6 CLAM CAKES,
6 DOUGHBOYS

\$39.99 PLUS TAX

With coupon only. Not valid with Online, GrubHub and DoorDash orders. May not be combined with any other offer. Not valid at Boardwalk. Exp. 1/31/23

EXPRESS ONLINE ORDERING FOR TAKE-OUT @ IGGYSRI.COM

IGGY'S RI
IGGYSRI.COM

Judge
(Continued from page 10)

however, and said she'll be fine. Grasso said she still considers aRusso a family friend, and bears no ill-will toward Johnston's new judge. "I wish him the best," Grasso said. "It's normal practice, when somebody's position's coming up for renewal, the council members ... we do get a letter from that individual asking to be reappointed," Civetti said. "I received a letter from Judge Grasso. I received a letter from the Probate Judge, Judge DiMaio. That's normal practice." As the New Year neared, Grasso attempted to reach out to members of Town Council. She said one member ignored her call, and another said she wouldn't be supporting her reappointment.

The Law

Civetti pointed to state legislation, approved in 1964, which created a "Police Court in Johnston." "To me, it's all about the legislation," Civetti said earlier this week. "My background ... I'm an auditor. I'm all about transparency, following the rules." According to Enabling Statute 1964 Chapter 120 of Rhode Island Public Law (RIPL), "the Town Council appoints judge(s)," not the mayor. The judge's term should also begin Feb. 1, according to statute.

"My opposition against the appointment of David aRusso ... wasn't against David aRusso, it was against replacing our current judge," Civetti said. "You have a judge sitting as a judge, for over 20 years in the state of Rhode Island, unblemished record, I wanted somebody on the council to give me an explanation of why are we replacing the judge. My opinion, if somebody's doing their job, they're doing it well, you have no issues, why replace them? And I would even say the same ... for any town directors, whether you have a change of administration or not. If that person's doing their job, they're representing the town to the best of their ability and doing what they're supposed to, then why do you replace them? So obviously, I wasn't in the loop of what was happening, and that we were going to replace the sitting judge. But when I found out about it, obviously I was in total opposition."

On the Outs

Civetti said the Grasso's had a major liability; their fairly recent association with Civetti. Joe Grasso held one of Civetti's campaign signs on Primary Election day, outside of several town polling places. He also held a sign for Gov. Dan McKee. Both Civetti and McKee were endorsed by the Johnston Democratic Town Committee (JDTC). Joe Grasso, a member of the town committee, said that every member of the committee had been instructed to campaign only for endorsed candidates. "That's what I did," Grasso said. "What did I do wrong?" He asked again. Grasso said he was approached by Polisena Jr. as he held a sign for McKee. The pair exchanged words, and Grasso said he's been on the outside ever since. There was also an issue with campaign yard signs, according to Joe Grasso. At one point, he had been displaying a large campaign sign for Polisena Jr. outside his daughter's Atwood Avenue law practice. Then suddenly the sign disappeared. Polisena Jr.'s campaign told him they needed the sign for a different location. Grasso said he almost called police when the sign first went missing.

Then when he heard the campaign took it back, he was further confused by the situation.

Former Neighbors

Grasso has known aRusso since he was a kid. He used to live next door to Polisena Jr. He says he'd sometimes plow the younger Polisena's driveway during winter storms. He insists he played by the rules, and only supported endorsed candidates, but the new mayoral administration has decided to penalize his family because he didn't fall completely in line.

The Polisenas and McKee were once close political allies. The Johnston Democratic Town Committee endorsed McKee early in the race. Polisena Jr. worked in the governor's office. Then, his employment ended. Sources dispute the nature of Polisena Jr.'s exit from his statehouse post. Polisena Jr. has said on-the-record that he resigned to focus on his private practice.

Now former mayor Polisena has publicly stated McKee's policies became "too left-wing," so he withdrew his support. McKee has not commented publicly on the matter.

Shortly after the JDTC endorsed McKee, the governor/mayors relationship dissolved, but the endorsement remained in place.

McKee did not attend Polisena Jr.'s Inauguration Night ceremony. Instead, his primary opponent, Helena Foulkes, attended the event, and was seated with town, state and federal elected officials.

Joe Grasso said one of his neighbors, in District 5, also displayed a Civetti lawn sign, and he later discovered the sign was attributed to him (though Grasso does not dispute he supported Civetti's campaign, he insists he had nothing to do with his neighbor's lawn sign).

The riff between the Polisenas and McKee, and the solar dispute between the Polisenas and Civetti, both occurred after the JDTC made their endorsements.

Guilt by Association

Civetti, a baseball coach in town for decades, forged a relationship with the Grasso family at the town's baseball diamonds, and at church on Sunday mornings. Joe Grasso has also long been very active in the town's youth sports; he used to drive aRusso to hockey practice.

Grasso and Civetti say they've known each other around two years.

Civetti said he feels badly that his loose association with the Grasso family has possibly cost Jacqueline Grasso her judge position. The position came with a \$15,000 annual stipend and required at least one full day of court per week, depending on the number of cases before the court.

Why has Civetti been politically black-listed in Johnston? He says his falling out with the Polisenas has a one-word answer: "solar" (see accompanying story, "Shedding sunlight on Johnston's solar projects").

"As for signs etc. I guess you would have to ask my colleagues on the Town Council why they feel it necessary to replace a judge with a great track record and unblemished record," Civetti said.

Town Council members Folcarelli, Garzone and Carnevale did not respond to requests for comment on this story.

"I've yet to hear from any of my colleagues why we'd replace Judge Grasso, other than, what the administration wanted," Civetti said on Monday. "And again, by state legislation, it has nothing to do with the administration. Unfortunately I've heard from one of my colleagues in past that their job is to do whatever the mayor tells them to do ... Why we even have a Town Council is beyond me."

FREE INTERNET
Qualify today for the Government Free Internet Program

YOU QUALIFY for Free Internet if you receive Medicaid, SNAP, WIC, Housing Assistance, Veterans Pension, Survivor Benefits, Lifeline and Tribal.



maxsip
CONNECTS

CALL TODAY (877) 403-0193

Bonus offer: 4G Android Tablet with one time co-pay of \$20

ACP program details can be found at www.fcc.gov/affordable-connectivity-program-consumer-faq

CROSSWORD PUZZLE CORNER

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15				16				
17					18									
19					20				21					
				22				23						
		24	25					26				27	28	
29	30							31				32		33
34					35	36					37			
38				39							40			
	41		42						43	44				
			45					46						
		47	48					49				50	51	52
53						54				55	56			
57												58		
59					60							61		

CLUES ACROSS

- 1. Not invited
- 6. Whale ship captain
- 10. One point south of southwest
- 14. Small cavity in a rock
- 15. Recidivists
- 17. City of Angels hoopster
- 19. A way to mark with one's signature
- 20. OJ trial judge
- 21. Rice cooked in broth
- 22. One point east of due south
- 23. One point east of southeast
- 24. Complements an entree
- 26. Grouped by twos
- 29. Disfigure
- 31. Woods
- 32. Political action committee
- 34. Longer of 2 bones in the forearm
- 35. Kin groups
- 37. Philippine Island
- 38. Contrary to
- 39. Bluish-gray fur
- 40. Comprehend the written word
- 41. Natural depressions
- 43. Felines
- 45. Breathe noisily
- 46. Taxi
- 47. Pancake made from buckwheat flour

CLUES DOWN

- 1. Green and yellow citrus fruit
- 2. A bright color
- 3. Thicket
- 4. Journalist Tarbell
- 5. A place to work or relax
- 6. Sharp mountain ridge
- 7. Helicopter
- 8. Mimic
- 9. Suggests
- 10. More musty
- 11. Large, flightless rail
- 12. Make beer
- 13. Soviet Socialist Republic
- 16. People who can account for you
- 18. Taunt
- 22. South Dakota
- 23. Cover the entirety of
- 24. Kids' favorite visitor

- 25. A way to save for retirement
- 27. Fencing swords
- 28. C. China mountain range
- 29. Type of sandwich
- 30. Team
- 31. Paddle
- 33. Partly digested food
- 35. Most cagey
- 36. Shoppers make one
- 37. Cathode-ray tube
- 39. Food supplies
- 42. Backbones
- 43. Concern
- 44. Blood group
- 46. Broadway songwriter Sammy
- 47. Dutch colonist
- 48. Full-grown pike fish
- 49. Deity of a monotheistic cult
- 50. Type of bread
- 51. S. Nigerian people
- 52. Scottish tax
- 53. Young women's association
- 54. Brazilian city
- 55. Hide of a young animal
- 56. Midway between north and northeast

CHERRY HILL MANOR

WE'RE HIRING!

NURSES AND CNA'S

2 CHERRY HILL RD
JOHNSTON, RI
401-231-3102

UP TO \$5,000 SIGN-ON BONUS!

SCAN THE QR CODE TO APPLY TODAY!

Brilliant Basement Waterproofing, LLC
 Over 36 Years Combined Experience
 Fully Transferable Written Lifetime Guarantee, Sump Pumps, Pumps Eliminated in Most Homes Crawl Spaces, Yard Drainage
*written details available upon request
 HIC. 0653192 • RI Lic. #43473
 CALL US
401-541-5985
PR0564
 www.brilliantbasementwaterproofing.com


RI'S NICEST BANKRUPTCY LAWYER
SAFE & SIMPLE PROCESS
ATTORNEY MARK BUCKLEY
 The only bankruptcy lawyer in RI who is a CERTIFIED FINANCIAL PLANNER™
 30 Years Experience

ANSWER TO THIS WEEK'S PUZZLE:

U	N	B	I	D	A	H	A	B	S	W	B	S		
G	E	O	D	E	R	E	P	E	A	T	E	R	S	
L	O	S	A	N	G	E	L	E	S	L	A	K	E	R
I	N	K	I	T	O	P	I	L	A	L	A	W		
S	I	D	E	S	E	B	E	S	E	B	E			
S	C	A	R	O	A	K	S	P	A	C				
U	L	N	A	C	L	A	N	S	C	E	B	U		
B	U	T	V	A	I	R								
B	A	S	I	N	S	C	A	T	S					
B	L	I	N	I	A	A	R	P	E	S				
G	O	U	N	D	E	R	T	H	E	K	N	I	F	E
S	E	C	E	S	S	I	O	N	I	N	T	I	S	
A	R	E	S	T	O	N	P	E	A	K	S			

467-6800
RI-Bankruptcy.com
 • Free Consultation
 • Senior Discount • Payment Plans

ADVERTISE TODAY!
Call 732-3100

GRANDPA'S TRAIN DEPOT
STORE CLOSING

Everything must go!
 1415 Warwick Avenue, Warwick • 463-7803

Rewriting the Rules of Retirement

 Retirement comes with more time for the things you love. A reverse mortgage can help you fund them.
 ✓ Pay off your existing mortgage to eliminate monthly payments ¹
 ✓ Get additional income tax-free cash to use for what matters most ²
 ✓ Continue to own your home just like a traditional mortgage
 Contact **Carol Miller**, your local Reverse Mortgage Specialist.

 (401) 406-1247 (Cell)
 carol.miller@longbridge-financial.com
1. Property taxes, homeowners' insurance, and home maintenance required. The home must be your primary residence. 2. Consult a financial advisor and appropriate government agencies for any effect on taxes or government benefits. Branch Office: 1 International Blvd, Suite 900 Mahwah, NJ 07495. NMLS #957935. Licensed by Rhode Island Third Party Loan Servicer License 20193879LS, Rhode Island Lender License 20153084LL, MA Debt Collector License DC957935, Mortgage Lender License, with reverse mortgage authority ML 957935.



BEST HAT: Tziyva Reyes won the prize for best hat of the day. She actually made the hat and had a complete outfit. (Photo by Steve Turten)

Mad Hatters roam the halls of JHS

Fundraiser earns money for Rachel E. Carson Scholarship

By **RONALD LAMOUREUX**
 Special to the Sun Rise

Dress Down Day Fridays are regular occasions at Johnston High School, but Crazy Hat Day was a major Dress Up Day! JHS kids made donations Tuesday to Friday. For their donation of at least \$2 they got a pin that

allowed them to wear a hat on Friday. Many kids donated well over \$2.

The JHS students donated a total of nearly \$400. We set up refreshments on Friday for the teachers who came over to donate. (This is pretty typical, but we had to do more than the status quo.) We had one table with Hostess Snacks (yes we had Twinkies!!!),

HATS - PAGE 13

ENROLL TODAY!

Build your story at the WACTC
 wactc.warwickschools.org

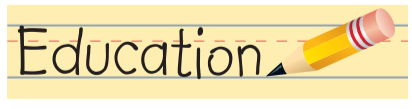
Do you know we offer...

- *ELECTRICITY
- *CHILD DEVELOPMENT/EDUCATION
- *BUSINESS MANAGEMENT & MARKETING
- *ELECTRONICS
- *GRAPHIC DESIGN & MULTIMEDIA
- *CULINARY & BAKING ARTS
- *AUTOMOTIVE TECHNOLOGY
- *AVIATION
- *HEALTH OCCUPATIONS
- *CYBER SECURITY, IT, CISCO NETWORKING
- *ENGINEERING DRAFTING & DESIGN
- *MARINE TRADES
- *CONSTRUCTION TRADES
- *COSMETOLOGY
- *DATA ANALYTICS
- *LIFESAVER
- *STUDIO 107, AV TECHNOLOGY

Open House Thursday, March 2, 2023
6:00 - 7:45
 575 CENTERVILLE RD, WARWICK, RI 02886 (401)734-3150

Warwick Area Career & Tech Center How to Take Control of Your Education and Build Your Own Story

Every student who decides to build their story – and potentially, their career – at the Warwick Area Career & Tech Center is able to take advantage of the unique benefits the program offers. Hands-on, project-based learning is the norm here, as are opportunities to learn both in and out of the classroom. Warwick Area Career & Tech Center students clock 1400 hours or more working in their chosen field,



focusing on the skills and ideas that interest them. For half a day, every day, they work along side teachers who are also accomplished experts in their fields – master electricians, award-winning chefs, advanced certified technicians, and accomplished artists are all part of our staff

of mentors. For the other half of the day, students are enrolled in traditional core academic classes, ensuring they have a well-rounded education. In addition, many students report back that they use those academics skills to help them excel in their chosen career-oriented coursework and projects. For more information please call us at 734-3154 or visit our website at wactc.warwickschools.org



CRAZY CAPS: From left to right, Ricsa Soth, Joshua Galeas, Willson El Hage and Phoenix Russell pose for a photo on Crazy Hat Day. (Photo by Stacy Landi)

Hats

(Continued from page 12)

fruits, juice & coffee, and candy for our sweet-toothed staff.

We also set up a table with toast (wheat, white, pumpernickel, rye, Italian, and English muffins) and two kinds of bagels.

In this one morning the faculty and staff donated over \$300. Our total for the week was \$714.

The money raised will help fund the Rachel E. Carson Scholarship.

Rachel was a senior when she unexpectedly passed on Jan. 14, 2018. She was a sweet kid that played bass clarinet in the band, wrote skits for and acted in our Friday Night Live shows,

and was an exceptional student. She especially loved science, music and nature.

Her parents named her after famed ecologist Rachel E Carson.

Many of our students sang and spoke at her Celebration of Life ceremony and those same students vowed to create a scholarship in her name.

We awarded the first Rachel E. Carson Scholarship in the spring of 2019.

The Johnston School Music Association (JSMA) is the steward of the scholarship fund and continues to raise money each year to remember an incredibly kind, funny, and generous person that left us way too soon.

Editor's Note: Ronald Lamoureux serves as Johnston High School Music Director.



MAD HATTERS: From left to right, Lauren Dixon, Jackson Troxell, Ronald Lamoureux, Benjamin Monahan, Katelyn Loffler, Detinee Costa, Trinity Blondin and Eliyanha Negron pose for a photo on Crazy Hat Day. (Photo by Stacy Landi)

Gas prices up 1 cent, still lower than last year

Rhode Island's average gas price is up 1 cent from last week, averaging \$3.25 per gallon. Monday's price is 12 cents lower than a month ago, and 10 cents lower than January 16, 2022. Rhode Island's average gas price is 5 cents lower than the national average.

"Gas prices locally are in a bit of a winter lull, and supplies of oil and gasoline are sufficient to meet demand," said Diana Gugliotta, Director of Public Affairs for AAA Northeast.

AAA Northeast's January 16 survey of fuel prices found the current national average to be 2 cents higher than last week, averaging \$3.30 a gallon. Today's national average price is 13 cents higher than a month ago, and is the same price as this day last year.

Advertise Today!
Call Natalie at
732-3100

Join us for a fun-filled night!

LIVE MUSIC DANCING RAFFLES & DINNER!

Rhode Island Jubilee
Saturday January 21, 2023 · 6:00 pm
Crowne Plaza - Warwick, RI

CELEBRATING 20 YEARS OF MATTY FUND PROGRAMS, TICKETS AND MORE INFO: RIJUBILEE.ORG

EPILEPSY FOUNDATION
New England

The Matty Project

Seriously Nice™ New Destinations

Charleston	Raleigh-Durham
Cincinnati	Jacksonville
Columbus	New Orleans
Los Angeles	Orange County
Norfolk	Tampa
Pittsburgh	

[Book a Flight](#)

Breeze
Find out more at flybreeze.com

Rhode Island
T. F. Green International Airport

JANUARY AND FEBRUARY WINTER SALE

Lingerie You'll Love

Shop a stunning selection of lingerie to support and flatter your figure. We offer complimentary bra fitting service to ensure a perfectly comfortable fit.

Enjoy personal shopping service.
During the current Pandemic, we recommend that you call for an appointment.

Ruth's Lingerie

106 ROLFE ST. | CRANSTON | 401-941-5155 | www.ruthsofri.com

Get the Medicare Benefits You Deserve

- ✓ Medical
- ✓ Vision
- ✓ OTC
- ✓ Dental
- ✓ Hearing Aids
- ✓ Gym Membership

Plans Starting at \$0 Premium

Call Today (401) 542-2600

Meet with a local agent at 22A Lark Industrial Parkway, Greenville, RI 02828
Representatives are Member Agents of WeCanHelpYou.Org • A 501(c)(3) non-profit organization providing complimentary Medicare education and enrollment services

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

LOCAL BUSINESS SPOTLIGHT

Broadway Tire & Auto Service

For expert auto repairs & maintenance work, every season

BROADWAY TIRE
Premier Automotive Service

1307 Hartford Ave.
Johnston, RI 02919
401-450-0122

Broadwaytireri.com
M-F 7:30 - 5pm
Sat. 7:30 - 1pm

By JENNIFER COATES

What do you get when you take countless years of combined experience in the automotive repair industry and combine them with the latest in cutting edge equipment, a talented team of technicians and a conveniently located destination in Johnston? You get the newest installation of a family-run chain of auto repair businesses, Broadway Tire & Auto Service.

Broadway Tire & Auto Service is a longstanding tire and service station which first opened its doors nearly eight decades ago. The Hallenbeck family purchased this landmark business in 2014, retaining its brand name and pouring all the time, expertise, experience, and energy they had into it to make it the well-established business it remains to this day. At that time, Broadway Tire existed only at its 588 Broadway location in Pawtucket. Some years later, the second repair shop was opened on Warwick Avenue in Warwick, and recently, the Hallenbecks proudly announced that they have expanded yet again in Johnston.

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

The success of all three Broadway Tires begins with their technicians, all of whom were hand-selected for their skill, their talent, their commitment to their work and their trustworthiness.



Check out Broadway Tire & Auto Service on Hartford Avenue for all your repair needs, from tire rotations to oil changes to engine repairs and so much more. Call today to keep your vehicle on the road safely this winter!

To keep up with the ever-growing advances in the industry, these technicians are regularly trained and taught, and then implement this knowledge using the shop's sophisticated equipment. The Hallenbecks spared no expense when they invested in top-of-the-line computer diagnostic systems.

Today, Broadway Tire & Auto Service is a one-stop destination for all your auto repair work, from tire rotations and installations to oil changes, brake repairs, wheel alignments, batteries, heating and A/C, belts & hoses, air filters ~ the list goes on and on. If you need a basic tune-up or to purchase new tires, you are all set! Need your vehicle inspection? You

are in! (Vehicles of every make and model are serviced here).

Broadway Tire & Auto Service is the former home of Midas Brakes on 1307 Hartford Avenue. To learn more, to get a quote, to check out their inventory of tires, to get helpful car care tips, and to schedule an appointment, visit them at their informative website www.broadwaytireri.com. Call them at 401-450-0122. Hours are 7:30am ~ 5:00pm, Monday - Friday; 7:30am ~ 1:00pm on Saturdays.

If you live in Pawtucket, you can find them at 588 Broadway (401-725-3535) or if you live in Warwick, visit them at 1184 Warwick Avenue (401-884-2211).

FULL & PART-TIME POSITIONS AVAILABLE

Dreamland Learning Center
280-1400

1253 Hartford Ave.
Johnston, RI 02919

NOW ENROLLING
6 Weeks - 12 Years Old

BEACON COMMUNICATIONS

- WARWICK BEACON
- CRANSTON HERALD
- JOHNSTON SUNRISE
- THE REMINDER
- RI NEWSPAPER GROUP

DONNA ZARRELLA
ADVERTISING DIRECTOR

DonnaZ@rhodybeat.com
p 401-732-3100

1944 WARWICK AVENUE, WARWICK, RHODE ISLAND 02889

THE PRESERVE AT BRIARCLIFFE
Supportive Independent and Assisted Living

BRIARCLIFFE

CALL 401.944.2450 TO SCHEDULE A PERSONAL TOUR

Convenient to US Hwy 6 and I-295 in Johnston, RI
54 Old Pocasset Road | briarclifferi.com

★ **Lowest \$ In Town** ★

New State-of-the-Art Equipment - Same Old Prices!

WASH • DRY • FOLD Drop Off Service
only 79¢ per lb.
Includes Softener, Bleach, Soap & Hangers
Same Day Service

Jain's Laundry
Plaza 44 • 39 Putnam Pike • Johnston • 231-7019
Hours: Mon.-Fri. 8am-9pm; Sat. & Sun. 7am-9pm

Your *Target Audience* is reading...

Make sure they'll be reading about YOU!

For information about advertising on this page, call **732-3100** today.

BEACON COMMUNICATIONS

- WARWICK BEACON
- CRANSTON HERALD
- JOHNSTON SUNRISE
- THE REMINDER
- RI NEWSPAPER GROUP

NATALIE PAYETTE
ACCOUNT EXECUTIVE

nataliep@rhodybeat.com
p 401-732-3100

1944 WARWICK AVENUE, WARWICK, RHODE ISLAND 02889



AMERICAN AND ITALIAN STUDENTS TOGETHER: Professoressa Maria Vallone with both Newton and Florentine students in New York City in 1984. (Submitted photo)

Italy
(Continued from page 1)

Residing in the Garden City section of Cranston, Vallone grew up in the city and lives in the house that her father built when she was a teenager. A 1962 graduate of Cranston East, Vallone grew up speaking Italian with her Sicilian grandmother; she added that her grandfather started the first macaroni factory in Providence after coming to the country. Today, Vallone teaches Italian at the Johnston Senior Center.

In college, Vallone obtained a degree in education from the University of Rhode Island and her master's of arts in Italian from Middlebury College through the University of Florence. After working as an English teacher at the junior high level, she assumed her position as an Italian teacher at Newton North High School. She recalled that upon arriving at the school, there were many languages – Russian, Chinese, Spanish, German and French – being taught and all the language courses had exchange programs. Vallone said the high school's other languages influenced her to start the Italian exchange.

"So once I got there in '71, it took us 10 years to convince the Italian government to accept an American school to come and study," said Vallone.

She vividly remembers the day in 1981 when her department head, David Phelan, walked to her classroom door waving papers saying 'we got it.' Newton North High School had been paired with Florence's Liceo Gramsci. Over the years, Vallone recalled the assistance she received from Emilio Mazzola who worked at Newton North.

The first group of 17 exchange students visited Florence in 1982. With Vallone as the sole chaperone, the group's exchange families greeted them upon their arrival in Italy. During the students' month-long stay, they studied six days a week at Liceo Gramsci and took trips to cities and small towns (Rome, Venice and San Gimignano) with Vallone.

Today, upwards of 1,000 Newton North High School students have traveled to Italy over the last 40 years; and Vallone's students still remember the trip's impact.

"My vision of Italy was very, very different than the city of Florence," said Lucia Grazizno, one of Vallone's former students who attended the 1984 Italy trip.

Grazizno is a child of Italian immigrants and grew up with Italian as her first language. She said the Italian exchange was an amazing experience and it was interesting

that she could speak to them in the language that she spoke with her family.

"She's [Vallone] ignited a lifelong passion for learning about our heritage," Grazizno said.

In the 80s, Newton North High School students took Italian from tenth to twelfth grade and could go on the exchange for multiple years if they had the finances to do so. After the American students visited Italy in the spring, students from Florence came to the states in the fall and stayed with the families of Vallone's students. Vallone's Italian counterpart in this experience was Prof. a Clara Vella who would travel to America with her Italian students.

Karen Ashworth, another one of Vallone's students who traveled to Italy in 1984, recollected on having the Italian students would try different American foods and snacks like Coco Puffs and fluff when they stayed in Newton. Since they didn't have the processed foods that America has, the Italians found it strange. Their expressions were priceless and they said the snacks were terrible, chuckled Ashworth.

Grazizno stayed with Silvia Anichini her junior year and the next year Anichini stayed with Grazizno's family in the U.S.

"And we have continued to be friends all of this time. I just talked to her yesterday," Grazizno said in a Thursday interview.

Grazizno said the experience is different from study abroad since individuals are completely immersed with a family.

"In high school you're much more impressionable and really starting to take those first steps on your own," Grazizno said, adding that it's an incredible way to test independence and build confidence.

Today, Grazizno and Ashworth live in the Newton area with Grazizno working as a marketing executive and Ashworth working as a nurse practitioner.

Both agreed that the experience was extremely positive and had a huge impact on their education. Meanwhile, Vallone's impact has been multi-generational. Grazizno said her two siblings had Vallone as an Italian teacher including a niece and nephew and at least 10 of her cousins. Additionally, Florentine students from the 1982 trip have written to Vallone saying they are waiting for her to return to Italy to meet their children.

Vallone added that students from the 1982 Italian group still socialize together. She received a phone call several weeks ago and, when she picked up, all she heard was "Maria, Maria." One of the Florentine

students from the 1982 group had called and had sat down to dinner with other members of that group. They all passed the phone around asking her who they were to see if she could recognize them 40 years later.

As for the impact the Italian exchange had on her life, Vallone spoke about how important it is for students to learn about their heritage and where it began.

Ashworth fell in love with the language in school and said it sparked an inner fire in her. Italian was her best class and the language stayed with her throughout the years.

She's heard from people that back in the day some Italian families who immigrated to America didn't want their kids to speak their native language. Since there was discrimination against Italians, families wanted their children to fit in and be accepted which called for integrating and learning English and the American culture. For some individuals, speaking Italian at home was scolded. With Vallone coming to the Newton school system, Italian became a course offering and it was seen as acceptable to learn and celebrate.

Ashworth loved how Vallone taught the students about Italian culture, food, communication at the dinner table and camaraderie. She said Vallone expanded traditional lesson plans and would bring in Italian food to try. Vallone's influence of Italian language and culture encouraged her to connect with others who had a passion for Italy.

In 2007, Ashworth reconnected with an Italian friend through email. The two communicated for several years and, in 2009, the exchange students joined Facebook, connected with each other and created a group on social media.

"To reconnect was such a gift and to know these friendships so many years past you pick up where you left off 30 years later," Ashworth said.

Vallone will be in Italy for two weeks in February, and the Florentine students who were here in 1982 will meet her at the airport. The Feb. 10 reunion and awards celebration will include hundreds of people, and some of Vallone's Newton North High School students will make the trek to Italy for the occasion along with the school's 40th year of exchange students. The mayor of Florence, President of Toscana and Ambassador from the United States to Florence will be present. Vallone and Vella will each make speeches, and a student from each exchange will talk at the event; Grazizno and Ashworth will watch the event virtually.

SCITUATE OIL CO., INC.
 **944-9666** Call for Current Prices
 • C.O.D.
 • Residential
 • Commercial
 • Discount Fuel Oil
 • Heating Assistance Vendor
 – SENIOR CITIZENS DISCOUNT –
 Gift Certificates Available • M/C & Visa • Lic. #172

www.FieldingMfg.com
Micro & Miniature Parts Specialists
 Fielding Manufacturing Inc.
 780 Wellington Avenue
 Cranston, RI 02910
WE ARE GROWING & HIRING FOR THE FOLLOWING:
MACHINE PROCESS TECHS
GENERAL MACHINIST/TOOL MAKER
QA INSPECTOR
 Call or send resume
401-461-0400 X232
accounting@fieldingmfg.com

 **HOME LOAN INVESTMENT BANK**
Rates Worth Your Interest!
Soaring Savings | **3 Year CD**
4.00% APY¹ | **4.25% APY²**
NEW LOCATIONS!
3803 Post Rd Warwick, RI 02886 | **187 Wickenden St Providence, RI 02903** | **2381 Post Rd Warwick, RI 02886**
¹ Annual Percentage Yield (APY) is effective as of 11/7/2022 and subject to change thereafter. \$60,000 minimum daily balance is required during each monthly cycle period to earn interest. Other fees and/or charges may apply and could reduce earnings.
² Annual Percentage Yield (APY) is effective as of 11/7/2022 and subject to change thereafter. \$1,000 minimum daily balance is required during each monthly cycle period to earn interest. Fees could reduce earnings. Substantial penalties for early withdrawal.

GREENVILLE
Foot and Ankle Specialists
Quality, patient-centered care for the entire family

We Welcome Dr. Battey
formerly practicing in Johnston for over 35 years.
 Now available to see patients in our Smithfield office.
 **Dominic J. Roda** DPM, FACFAS, CWS
 **Michael A. Battey** DPM, FACFAS
 **David M. Colannino** DPM, FACFAS
The most advanced surgical and non-surgical treatments from board certified doctors.
 • Heel Pain • Bunions
 • Fractures • Hammer Toes
 • Orthotics • Diabetic Foot & Wound Care
 • Sports/Overuse Injuries • Flat Feet & More
SAME DAY APPOINTMENTS AVAILABLE
 Call or visit our website for an appointment today.
949-3220
www.greenvillefootandankle.com
 41 Sanderson Rd., Suite 104 • Smithfield, RI 02917

Sports

Johnston boys hockey co-op in DII battle

By ALEX SPONSELLER

The Johnston/North Smithfield/ North Providence boys hockey co-op is in the middle of a tight playoff race in Division II and entered the week with a 3-5 overall record, which is good for third place in DII B.

The co-op had a tough go last week, finishing 0-2 in its two contests. The team's losing streak hit five games after it dropped the puck on a 3-0 start prior to the holiday break. South Kingstown shut it out 4-0. Goalie Michael Tremblay finished with 19 saves in the loss.

Coventry took a 3-1 decision over the co-op when they faced off on Friday night in West Warwick. Kayden Artuc put Johnston/NS/NP up 1-0 in the first period, but the Oakers would tie the score in the second before adding two more goals in the third to skate away with the win. Tremblay finished with 28 saves in net.

The team won its season opener 4-1 against PCD/St. Ray's back in December. Logan Whitton, Camden Governo, Gianluca Albanese and Gansett Champagne all scored in



MIDSEASON GRIND: Justin Espinal (12) and Hayden Dube (16) battle Coventry last week. (Photos by Alex Sponseller)



Panthers past and present

The Johnston girls basketball program had some fun last week when it welcomed current and former players back to the school to play in its alumni game, which returned after multiple years away. The game featured former Panthers from every decade since the 1980's, with the earliest being a 1986 graduate. There were former players from further back in the stands watching the action as well. Pictured at left are those who participated in the game. (Submitted photo)

Prepare for power outages today

WITH A HOME STANDBY GENERATOR

\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

Contact a Generac dealer for full terms and conditions

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(401) 922-9007



GENERAC®

FREE
7-Year Extended Warranty*
A \$695 Value!

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

Mental toughness more important than any skill

During Monday's night's NFC Wild Card matchup between the Dallas Cowboys and Tampa Bay Buccaneers, we saw history as Cowboys kicker Brett Maher became the first to ever miss three extra point attempts in one game. The Cowboys got the win, so the misses did not play a factor ultimately, but they served as a reminder of how much one's mentality comes into play in sports.

Kickers have the hardest job in football beside the quarterback in my opinion. Football is a team sport, but there are so many times that one kick can make or break a game. If the blocking is there, the snap is on point, the hold is secure, it truly comes down to the kicker doing his job. Just about any other scenario in football, it comes down to all 11 guys on the field. When it comes to kicking, it often comes down to that one, singular player.

Kickers have it easy in that their position is not physical. They aren't taking contact most plays and even when they do, there are certain protections and penalties that ensure that they do not get obliterated. From a health standpoint, kickers have the most forgiving position on the field. Mentally, though, what a daunting job they have.

Sure, after the game, Maher and company downplayed the pressure and essentially said it was just a rough night in the office. Just a few poor kicks, nothing more.

In a playoff game, on the road against the greatest quarterback of all time? No way, Maher felt the pressure all night and folded. I'm not trying to be harsh, but that is what happened.

To my original point, though, it shows how important mental toughness is in sports. Every athlete has a job to do regardless of the sport, and to perform under pressure is what makes sports exhilarating whether you are the person on the field or the spectator watching it unfold.

Last week I was at Pilgrim covering a college signing event. Cross country coach Scott Bayha was speaking regarding runner Ian Bubar, who was committing to Division II Stonehill. Bayha told a story on when the Stonehill coach first reached out inquiring about Bubar and said, "I know he can run, but what kind of person is he?"

Now, in this scenario, it seems that the coach was curious about the maturity, the intangibles, that sort of thing. How one handles pressure though is such an important

My pitch



by
ALEX
SPONSELLER
SPORTS EDITOR
ALEXS@
RHODYBEAT.COM

question, too.

If I was a college recruiter and was doing research on prospective athletes, other than grades, my first question would be, "How does he/she handle pressure?"

At the high school level, I believe that is when the gauge is at its most accurate. Personally, I do not believe that someone can develop mental toughness, I really don't. I'm not saying that an athlete can't improve their mental toughness or learn ways to cope with pressure, but plain and simple, you are either born mentally tough or you are not. At the high school level, you really see the DNA of an athlete.

Working hard, staying in shape, being healthy are all paramount when training to be a high-level athlete. When separating the good ones from the great ones, it comes down to the things that you can't teach, and mental

toughness is at the top of that list. Maher is mentally tough, you don't get to the NFL without mental toughness, but he certainly had a lapse on Monday night. It will be interesting next week to see how he rebounds when he steps up to kick.

Speaking of the NFL playoffs, I must admit, it will be a bit refreshing not seeing the Patriots or Tom Brady this year. For the past 22 years, one or both of them have been deep in the playoffs or have had a chance to make a run. The Pats missed the playoffs and the Bucs clearly were not that team this year. The game on Monday was not competitive.

Obviously, there have

been years when the Pats and Brady have been eliminated early. But this is the first time that they both truly are afterthoughts in the race.

Am I saying it is more interesting without them? No, but once in awhile it is fun to see what the field can do. It also signals the end of an era in the league.

Bill Belichick will be back next fall and although retirement is on the table for Brady, it feels like he is returning.

At this point, though, it seems like the NFL is no longer theirs. They are now just a small part of the organization and are no longer at the top of their respective positions.

It took more than two decades to reach this point, but we are finally here.

Brady and Belichick can absolutely reach the top again, I'm not implying that their careers are over, but they are no longer the ones to beat. As disappointing as it is for New Englanders, it is also a bit surreal. That era of dominance is finally over.

As much as I love to see the hometown team dominate, I also appreciate the bigger picture and the reality of what is going on around me. The Brady-Belichick reign is finally over, and I am looking forward to seeing what's next for the league as much as I am going to miss the past.

Melvin shines for RIC track & field

FROM STAFF REPORTS

Freshman Milana Melvin (Johnston) finished 15th in the weight throw (9.37m) and 16th in the shot (9.04m) as the Rhode Island College women's indoor track and field placed seventh (seven teams) at the Tufts Jumbo Invitational on Saturday afternoon.

RIC placed seventh place (seven teams) with a team score of 26.0. Tufts won the event with a team score of 190.5.

Graduate Melissa Mejia (Providence) finished second in the weight throw. Graduate Melissa Mejia (Providence) finished second in the weight throw (14.39m).

Freshman Haley Oliver (Coventry) finished third in the 3,000m (10:46.41) and eighth in the 1,000m (3:23.63). Sophomore Samantha Sainristil (Providence) placed third in the weight throw (14.26m) and 12th in the shot (9.43m).

Sophomore Hayley Chartier (North Scituate) finished fourth in the weight throw (13.74m) and 11th in the shot (9.43m). Freshman Valeria Uribe Calderon (Central Falls) placed 12th in the triple jump (9.14m) and 14th in the long jump (4.15m).

Freshman Sasha Sainristil (Providence) placed 12th in the long jump (4.28m) and 27th in the 200m (31.76). Freshman Audrey Turcotte (Smithfield) finished 12th in the 600m (2:22.02).

Freshman Amanda Hebert (Coventry) placed 17th in the 1,000m (3:40.04).

In upcoming action, Rhode Island College will compete at the University of Rhode Island Invitational on Saturday, Jan. 21.

RIC men finish fifth at Tufts

Sophomore Mahari Nayte (Provi-

dence) won the 600m as the Rhode Island College men's track and field placed fifth (seven teams) at the Tufts Jumbo Invitational on Saturday afternoon. RIC placed fifth (seven teams) with a team score of 55.0. Tufts won the event with a team score of 159.0.

Sophomore Mahari Nayte (Providence) placed first in the 600m (1:21.52) and fifth in the 1,000m (2:36.72).

Junior Michaelson Soloman (Providence) finished first in the weight throw (17.16m) and 17th in the shot (8.96m). Freshman Ryan Hazard (Wakefield) placed second in the shot (14.96m) and eighth in the weight throw (13.75m). Hazard set the program record in the shot.

Freshman Jaden Saunders (Smithfield) placed third in the high jump (1.90m), ninth in the triple jump (12.53m), 12th in the long jump (5.76m) and 23rd in the 200m (25.45). Senior Edward Garofalo (Newport, R.I.) finished third in the triple jump (12.93m) and 10th in the long jump (5.81m).

Freshman Dante DiGregorio (Smithfield) finished fourth in the 800m (2:15.23) and 17th in the mile (4:58.41). Junior Matt Taylor (Smithfield) placed sixth in the 800m (2:30.21).

Freshman Shamus Culhane (North Kingstown) finished seventh in the weight throw (13.92m). Freshman Brandon Mota (West Warwick) placed ninth in the weight throw (13.66m).

Senior Andre Solomon-Messier (North Providence) placed ninth in the 3,000m (9:23.10) and 17th in the 1,000m (2:54.68).

Freshman Juan Reyes (Providence) placed 11th in the 400m (54.67) and 28th in the 200m (25.69). Junior Christopher McCarthy (Cranston) placed 11th in the weight throw (12.96m).

Business Card DIRECTORY

This Week's Featured Business...

Weatherproof Home Improvement

Roofing • Siding • Windows

Dennis 732-9218

Fully Licensed/Insured Reg #31803
Family-Owned/Operated

Raymond Pezzullo Law Offices

FAMILY LAW
LANDLORD/TENANT LAW
WILLS
DEBT COLLECTION
401-275-0669
1200 Hartford Avenue • Suite 117
Johnston, RI
CREDIT CARDS ACCEPTED

DePietro Roofing, Inc.
RESIDENTIAL/COMMERCIAL
ROOFING SPECIALISTS
CALL FOR SPECIALS!
Quality Work • All Phases of Roofing
No Job Too Small
Call John 573-9328
FREE ESTIMATES • INSURED • REG. #22850

Advertise in the Johnston SunRise's
Business Card DIRECTORY
for only
\$18 per week
(12 week commitment)
Add the Warwick Beacon or Cranston Herald
for an additional \$9 per week.
Call 732-3100

Free Estimates Fully Insured
Interior/Exterior • Residential/Commercial

Levine Painting
Prompt, Reliable, Quality Work
• Wallpaper Hanging • Power Washing • Staining
401-736-0600
RI Reg. #7140 www.levinepainting.com



DIVISION II SHOWDOWN: Johnston/NS/NP's William Connell (27) and Kayden Artuc (18) battle against Coventry. The Oakers would come back to get the 3-1 win.

**3 Chances to Win
\$10,000
for just \$100**



Odds of winning 1 in 333 for each ticket

First Prize \$10,000

**Second Prize
\$750 Voucher
for Pinnacle TV**

**Third Prize
\$500
Gift Certificates**



Tickets available at the
**Warwick Beacon
1944 Warwick Ave. and
Greenwood Credit Union
2669 Post Rd., Warwick**

All proceeds to benefit non-profits supported by the Warwick Rotary Club



LEADING SCORER: Nathan Gravel looks to take a shot.

■ Battle

(Continued from page 16)

the win. The team then blew West Warwick out 8-1 the following game to improve to 2-0.

Champagne and Brandon Boudreau led the way with two goals each while Alex Pickering, Whitton, Governo and William Connell added scores as well. Johnston/NS/NP's third win came

against Cranston in a 3-1 showing. Nathan Gravel had a hat trick to lead the way while Jaxon Boyes added two assists. Gravel leads the team with five goals this winter and seven points overall. Tremblay has started every game in net and boasts a 2.52 goals against average and a .885 save percentage.

The co-op will next take on Narragansett/Chariho this Saturday night for another big Division II showdown.



SEA BASS: Black sea bass regulations are likely to become more conservative this year as the recreational harvest limit has been reduced about ten percent coastwide. (Submitted photo)

Some fishing regulations to tighten

By CAPT. DAVE MONTI

Recreational fishing regulations for summer flounder (fluke), black sea bass and scup will likely become more conservative for 2023. Harvest limits could be reduced by as much as 10 percent coastwide.

NOAA Fisheries announced their approval of the Atlantic States Marine Fisheries Commission and Mid-Atlantic Fishery Management Council's recommended 2023 summer flounder, scup, and black sea bass specifications. In Dec. 2021, the Council and Board adopted revised quota allocations for the commercial and recreational sectors of these three fisheries as part of the Commercial-Recreational Allocation Amendment (Amendment 22).

What these coastwide reductions mean for regulations in each state remains to be seen. Reductions will be worked through this winter via individual state fishing governing bodies. For example, in Rhode Island the RI Marine Fisheries Council process is expected to finalize regulations late March or the first week of April.

Last week the RI Department of Environmental Management announced two workshops to discuss fishing regulations. A workshop on many recreational (and commercial) regulations has been set for Tuesday, Jan. 31, 5 p.m. at the URI Bay Campus, Corless Auditorium. You can join in person or online at <https://us02web.zoom.com/j/86986411283?pwd=ZnJYM1pYlZlUkVpN1R6cmJTRWt5UT09>.

The purpose of this workshop is to provide the public with regulatory proposals currently under consideration by the Division and to afford opportunity for feedback and/or additional proposals.

No striped bass or bluefish changes are expected, and more than likely it will be status quo for tautog in Rhode Island based on Massachusetts adopting the trophy fish regulations already in place in Rhode Island.

Jan. 31 agenda items include 2023 commercial menhaden management, recreational and commercial tautog management, recreational and commercial bluefish management, recreational and commercial striped bass management, recreational black sea bass management, recreational scup

management, recreational summer flounder management as well as "Definitions and General Provisions".

A second meeting has been scheduled for Feb. 6, agenda items include the Research Pilot Aggregate Program, Summer Flounder Exemption Certificate Program possession limit and Information pertaining to Federal Lobster Electronic Tracking.

For meeting details and Marine Fisheries information visit www.dem.ri.gov/natural-resources-bureau/marine-fisheries.

Seasonal commercial trap closure to protect right whales
Massachusetts' seasonal commercial trap gear closure goes into effect on Feb. 1, 2023 (see map). The closure includes all waters under the jurisdiction of the Commonwealth north and east of Cape Cod.

The state closure does not extend into those southern state waters in Lobster Conservation Management Area 2. This state closure was extended in 2021 to include state waters north from Scituate to the New Hampshire maritime border. The closure remains in effect until May 15 but may be rescinded before or extend past that date based on the observed presence or absence of right whales in state waters.

The purpose of this closure is to protect seasonal aggregations of right whales from potential entanglements in buoy lines. Compliance with this closure is critically important to the Commonwealth's right whale conservation strategy.

DMF will be partnering with the Massachusetts Environmental Police and a small group of commercial trap fishers to remove any lost or abandoned gear remaining in the closure area after this date. To assist us in this, DMF is requesting fishers contact DMF if they observe any lost or abandoned gear and provide us with information regarding the location, i.e., latitudinal/longitudinal coordinates or the TD's (LORAN coordinates) of this gear. Please e-mail any such information to conservationsolutions@mass.gov.

RI commercial license renewal period extended
The Rhode Island Department of Environmental Management (DEM) is announcing today that it

will extend the renewal period of commercial fishing licenses previously set to expire Jan. 13, until Jan. 31, 2023. DEM is experiencing a license renewal backlog as it continues to transition from combining several outdated licensing systems into one modern computing platform called Rhode Island Outdoors (RIO). The platform is designed to handle nearly all the agency's outdoors licensing and permitting services.

While DEM continues to integrate data from the old IT systems to the new, it is asking users to renew by mail or in person at the DEM Office of Boat Registration and Licensing located at 235 Promenade Street, Room 360, Providence, RI, 02908 or call 401-222-6647. Office hours are Monday through Friday, 8:30 AM to 3:30 PM.

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 Jan. 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; and in Massachusetts visit www.mass.gov/freshwater-fishing-information.

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 and the Island Current at 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 or visit www.noflukefishing.com.

BUSINESS SERVICES

Contractors

LENNY POTVIN
Custom Woodworking & Remodeling
Specializing in:
Cabinetry • Kitchens
Kitchen Refacing
Home Repair
All phases of
Interior Woodwork
40+ Years Experience
Lenny 822-0824
Reg. #235

Electrical

Valco Electric
Residential Specialist
Electrical Upgrades
Trouble Shooting & Repairs
Prompt & Courteous Service
401-921-3143
Lic. #A3990 AmEx/Disc/MC/Visa Insured

Flooring

EAST COAST WOOD FLOORS
Installed • Sand
Finish • Refinish
Insured • Senior Discounts
Cell 265-3644
Reg. #15124

Gutters

Warwick Seamless Gutters
Gutter installation on new and existing homes
Cut and drop service available at your home or project
Leaf guards & gutter cleaning
Call Mike
401-265-1570

Handyman

John's Construction
Handyman Services
Painting • Windows
Carpentry
942-1729
15% OFF next project with ad.
Reg. #24655 ~ Insured

Home Improvements

Weatherproof Home Improvement
Interior/Exterior Painting
Roofing • Siding • Gutters • Decks
Dennis
732-9218 Reg. #31803

Landscaping

Professional Services
Lawn Care
Aerating • Dethatching
Ornamental Tree & Shrub Trimming
Tree Thinning for Storm Damage Prevention
Removals and Stump Grinding
Licensed Arborist-Insured
401-924-2999

To place your ad, please call Ashley at **732-3100**

Masonry

CEMENT MASONRY WORK
Chimneys • Floors • Patios
Driveways • Steps • Walkways
Repairs • Free Estimates
Ron 397-1891
Cell 639-2942
Reg. #6326 Licensed & Bonded

Oil Tank Removal

Why wait for your oil tank to leak?
Old oil tanks removed
Licensed RI Waste Transporter
Drum Disposal
Newton B. Washburn, LLC.
Insured • Reg. #27176 • #RI877
401-647-9606

Painting

T & T Painting
Interior & Exterior Painting
Book Now For Fall
Carpentry Repairs
Free Estimates
Fully Insured - Reg.#3469
401-944-0336

Painting

STEVEN G. RUHLE PAINTING
Interior & Exterior
Small Exteriors
Neat, Clean Workmanship
639-0967
Free Estimates
Reg. 12067 - Insured

C & J Painting
Interior/Exterior
Powerwashing
Free Estimates
Jason • Craig
378-8525 • 743-2554
Reg. #22833 Insured

Plastering

Harold Greco Jr. Plaster Perfection
ALL Small Repair Specialist
Emergency Water Damage Repairs
Historic Restorations
Painting
Senior, Veterans & Cash Discounts
Integrity & Passion
ALL MAINTENANCE
Reg. #4114 ★ Member BBB ★ Est. 1948
Call now! **738-0369**

Plumbing & Heating

DAVIDSON'S PLUMBING & HEATING
Water Heaters
Free Estimates
Remodeling • Repairs
New Construction
MP #1696 **737-4679** MPF #6470

E.W. FLAGG Plumbing & Heating
New & Old
Installations • Repairs
Water Heaters
Commercial & Residential
739-6155 MP #01896

Rubbish Removal

House Junk Removal
Garages • Basements
Small Demolitions
Reliable Service
Reg. #2983 & Insured
286-0505

Winter Cleanups
House - Cellars - Yards
Garages - Moving?
Anything hauled away, some for FREE!
30 yrs. - Reliable Service!
741-2781 Lic. #37379 - Insured

RhodyLife

RHODYBEAT.COM

Woodland treasures



**“We currently don’t have any legal protections for forests like this”
Nathan Cornell**



By DAN HOLMES

Nathan Cornell considers it the finest stand of beeches in Rhode Island.

“They look really impressive this time of year because the leaves turn a metallic, coppery-gold color that stands out against the white bark,” he explains, motioning towards a grove of the old-growth forest near the Community College of Rhode Island. Fog billows eerily from a swamp behind the grove, tracing a frosty rime upon trees which were ancient when the Knight Campus was still the Knight Estate.

“They’re 200 years old, at the very least,” Cornell says. “There are a few trees in here that are probably closer to 300.”

It’s rare to find trees of such an advanced age in Rhode Island, where most forests are less than a century old. That’s part of the reason Cornell is working so hard to track them.

The Warwick native and local Lorax is one of the co-founders of the RI Old Growth Tree Society, a non-profit dedicated to “locating, documenting, and advocating” for the oldest terrestrial ecosystems in our state. He says the last of these is by far the most critical.

“We currently don’t have any legal protections for forests like this,” he said of the six acres nestled between CCRI and the campus of Kent Hospital. “At least, none that are being utilized.”

According to Cornell, the General Assembly gave the DEM the authority to create protected zones in the Natural Areas Protection Act of 1993. Areas which were identified as ecologically significant, including old-growth forests, would be protected from future development. In the three decades since the law was passed, however, the agency does not appear to have ever used it.

IN A BEECH FOREST: Nathan Cornell has identified a stand of beech trees in the woodlands of the CCRI Knight Campus. (Beacon Communications photos)



Giancarlo Esposito as Leo Pap in episode "Red" of Kaleidoscope. Episodes may be watched in whatever order you choose. (Photo by David Scott Holloway/Netflix © 2022)

NETFLIX

KALEIDOSCOPE

*** 1/2

(Clever Heist Movie)

Giancarlo Esposito stars as the leader of a mixed-bag gang he recruited to rob his former partner, no arch enemy, of \$7 million in bonds that are hidden in a secure safe underwater.

The series is identified by a variety of colors and shown out of order. We jump from the members of the gang years, months, days, during and after the heist, which takes a while to follow, but is done cleverly.

They are pursued by a relentless FBI agent, who slowly gets closer to their clever planning.

There is violence, close calls, deceit and death. Is there a mole?

Netflix has a 12-minute segment that wraps the series up in chronological order. You may wish to view it that way.

WHITE NOISE

** 1/2

(Weird, Satirical, Absurdist Comedy)

There are some very funny moments in this absurdist comedy about the fear of death and how one family deals with it, but it is

See it at the

with
Joyce & Don
Fowler

Movies



a bit too disjointed and far out for general audiences.

Adam Driver plays a college professor of Hitler studies, married to a woman taking part in an illegal clinical study on death anxiety (Greta Gerwig).

They have four eccentric children who spend their time arguing and discussing obscure subjects.

The best line in the movie is "Family is the cradle of the world's misfortunes."

Their first misfortune happens after a nearby train crash that causes an "airborne toxic event" that calls for the evacuation of their town.

After a disastrous road trip, they end up at a Boy Scout Camp where more absurd events happen.

When they return home Jack discovers that his wife, Babbette has had one major discretion, which explains her odd behavior.

The movie then goes complete-

ly downhill.

If you like weird, you may enjoy its absurdity.

THE PALE BLUE EYE

*** 1/2

(Eerie Mystery)

This eerie mystery takes place at West Point in the winter of 1836.

Retired and widowed detective Augustus Landor (Christian Bale) is summoned to solve the mystery of who hanged a young cadet and cut out his heart.

Landor makes the acquaintance of another cadet, poet Edgar Allen Poe (Harry Melling). They become friends and Poe joins him in the investigation.

A second cadet is hung and castrated.

A doctor, his wife and daughter become involved in the investigation, and the situation becomes a bit eerie, leading to secrets being revealed and a weird ending.

Beech

(Continued from page 21)

"The Protection Act is still on the books," Cornell said. "We just want it to be used to protect these rare environments."

Although the Department of Environmental Management estimates that forests cover as much as 59% of the state's land area, the overwhelming majority of these are second-growth, having sprung up on abandoned farmland reclaimed by trees after the state's economy turned away from agriculture in the mid-19th Century.

The differences between primeval and modern forests isn't merely historical, however.

"This is an ecologically unique place," Cornell explains. "The ecosystem here has been preserved intact since before European settlers arrived. It's a totally different forest than the kind that we're used to now, but this is what the entire region would have looked like a few centuries ago."

Compared to Rhode Island's modern woodlands, these primeval forests feature a heavier canopy

and decreased undergrowth. "The older trees grow taller and block light from reaching the forest floor, so you won't find much in terms of briars and vines." The ancient ecosystems also lack many of the invasive species common throughout the rest of the state. "You won't find many worms in old-growth forests," Cornell says. "Many people don't realize that the majority of worms in North America were introduced from Europe."

More importantly, their isolation has given these forests a chance to avoid potentially catastrophic diseases. The reason that the leaves on that stand of beeches still gleam like copper foil is because the trees appear to have been spared from the spread of beech leaf disease, which ravaged Rhode Island's forests over the summer.

Cornell has explored most of those forests, searching for old-growth trees and thickets. His organization is affiliated with the Old Growth Forest Network, a growing directory of primeval woodlands throughout the country. So far, only one old-growth forest in Rhode Island is officially registered in the OGFN: Oakland Forest in Portsmouth.

"It was part of the grounds of a former Vanderbilt estate, which was what ended up keeping it protected," Cornell says. "It's really common in New England to find ancient forests that survived because they were part of some private estate."

A similar backstory likely explains the survival of the forest near CCRI: the Knight family maintained extensive farmlands and natural preserves throughout the area which now makes up the Rhode Island Mall and highway connector.

It's more difficult to determine how another local forest discovered by Cornell might have escaped development.

There's a beech forest in between the Pontiac Mill complex property and the Airport Connector to Route 95. "It's really difficult to access, but you can see it from the highway entrance ramp," he says.

Both of these locations are among the six forests which Cornell's organization has requested be declared Natural Area Preserves. Also on the list are Warwick's Dawley Farm and a section of Cranston's John L. Curran State Park.

"The forest in Curran Park isn't quite as old as this one," Cornell says, leaning on a massive tree topped by the "stag antler" branches typical of old-growth oaks. "Most of the trees there are probably between 100 and 150 years old. But they have a really incredible diversity: beeches, birches, oaks, sassafras, hornbeams, and way more. And of course, that attracts all of the animals that like those trees."

Some of the areas which the Old Growth Tree Society has requested protection for are actively being logged, such as the Great Swamp Management Area in South Kingstown.

"A lot of people hear 'management' and they assume that means its being protected," he says. "They don't realize that 'management' usually means 'logging.'"

A bill, which Cornell helped to author is expected to be introduced by Warwick Rep Evan Shanley later this month to mandate that identified old-growth forests be accorded the designation of Natural Area Preserve, together with updates for the 30 year old provision to save these woodland treasures.



ANIMAL TALK
By Karen Kalunian
Local Adoptable Loveable

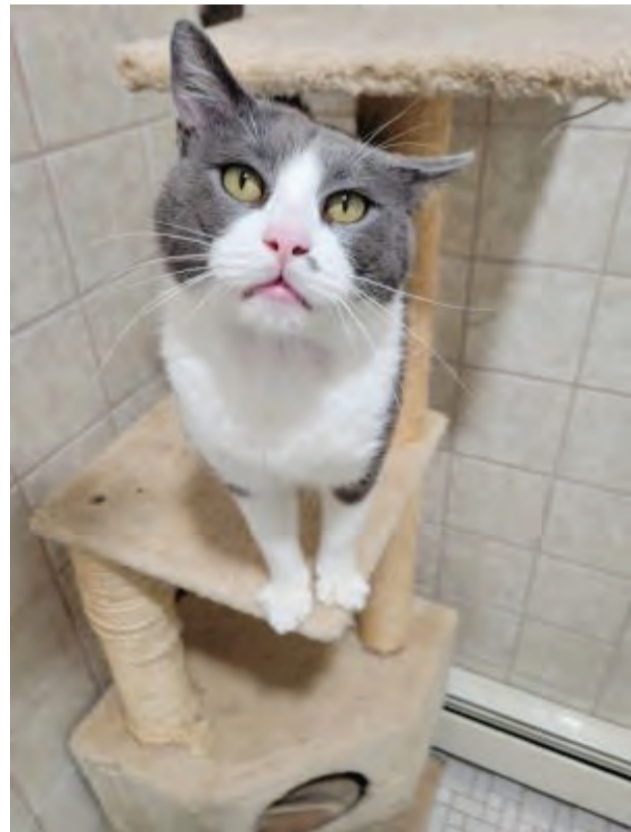


Photo credit: Scruffy Paws

Elvis

Elvis totally has the looks and wants to swoon you too, just like his namesake! He is a six-year-old boy who was found outside fending for himself but now has been getting lots of love and attention at Scruffy Paws. Elvis has a gorgeous gray and white coat accented by his shiny light green eyes. He is best suited for an adult only home. If you've been looking for a new best friend, please contact Scruffy Paws via their website at www.scruffypawsanimalrescue.org There you can view more information and fill out an adoption application. Elvis will be waiting to win you over with his good looks and purr-fect purrs!

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



COLLECTIBLES



The Importance of Previewing an Auction



With the rising popularity of internet shopping and online auctions, society has become increasingly confident with technology and the virtual marketplace. Digital platforms have gotten better with product descriptions, photographs, and even secure payment options. In 2023, it has never been easier to bulk up our collections without leaving the comfort of our zzhomes. Don't get me wrong, it's amazing and I love it! I do plenty of my own bidding from my couch, but this article is here to remind you about the importance of previewing an auction (or an item) in person before placing your bids (if given the opportunity). Previewing an auction gives you the chance to get up close and personal with the items available. Whether it is art, comic books, furniture, clothes, toys, or jewelry there is a big benefit letting your five senses investigate. Sure, you can see photos online, but are your color and brightness settings correct on your screen? Were the color and brightness settings correct on the camera that took the photos? Truth is that the only way to guarantee what you see is to see it for yourself! Even scent is important for textiles like clothing and furniture – you never



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

know where somethings been until you've smelled it! Previewing in person also allows you to get better acquainted with the establishment and the people working the auction. Sometimes you just know when something feels legit – or doesn't. First impressions, overall impressions, and lingering impressions all matter! Introduce yourself and ask questions, get to know the people running the show. They'll probably be happy to meet you too! Now that I've reminded you about the benefits of previewing, let me give you some advice on what to bring to an auction preview. Some items I never forget are a loop to see fine details and small print, a tape measure for any measurements I

may need, a pen and paper for any notes I have, and of course my cell phone, so I can research on the spot any random fact to make an educated decision. It might seem like a lot to carry around, but if these items help me make smart buying choices they are certainly worth the extra baggage!

Depending on the auction and the auction house, previews may be open or require an appointment, and can span anywhere from a few days or a few hours before the auction begins. Make sure you read the details in each auction description to know where you need to be and when, ready to research, bid, and win!

BRUNEAU & CO.
AUCTIONEERS
Antiques - Fine Arts - Unusual Objects
401-533-9980 - Bruneauandco.com

HIGHEST CASH PAYMENT FOR YOUR
Gold, Diamonds, Coins,
Jewelry and Other Valuables.
Old Costume Jewelry Accumulations

We make house calls during the pandemic

Military Items,
Musical Instruments,
Oil Paintings,
Collectibles, Anything Unusual.

GOLD AND DIAMONDS • SAXOPHONES
NESTING BOWLS-CLEAR & COLORED-HIGH PRICES!
SAFE ONE-TO-ONE BUYING AT OUR CONVENIENT LOCATION
50 Years in Business. Established 1970 • Licensed and Bonded

Aable Jewelers
and Antique Center

1615 Warwick Avenue • Warwick
At Hoxsie 4 Corners (Gateway Shopping Center)
738-6099

OPEN:
Mon.-Sat.
11AM-5PM

R.I. Lic. #90304

YOUR AD HERE

Appears in the Warwick Beacon,
Cranston Herald, Johnston Sun Rise and
The Reminder

All 4 papers for one low price!

CALL FOR MORE INFO
732-3100 / 821-2216

New England
Coin Exchange

We buy coins, currency, jewelry and other collectibles.

1053 Park Ave., Cranston 401-339-2934
www.necoinexchange.com

Of truth and superstition

Faith Healer, a modern masterpiece by the acclaimed Irish author Brian Friel brings together the stories of an erratic, itinerant faith healer with those of his embittered but loving wife and his weary stage manager. In lyrical monologues, the characters deliver conflicting versions of "the fantastic Francis Hardy's" performances, while slowly revealing a terrible event at the story's center. The play, now running at The Gamm Theatre, 1245 Jefferson Blvd. through Jan. 29 explores truth and superstition, and the role of the artist in society. Tickets: 401-723-4266 or gammtheatre.org/faith . Regular \$55-\$65; Child/Student \$20; Rush \$30; Pay-What-You-Wish Fridays; Discounts for groups of 10 or more. Here Tony Estrella as cast in the role of Frank. (Photo by Cat Laine)



Gamm's profound 'Faith Healer' holds you spellbound

Theatre Review
by **DON FOWLER**

Brian Friel's profound and imposing tale of faith healer Frank Hardy (Tony Estrella), his wife Grace (Jeannine Kane) and his manager Teddy (Brandon Whitehead) is told in a series of monologues, with the actors attempting to explain their relationships, motivations and actions to the audience.

The three characters travel the small towns of the British Isles offering a "show" built around Frank's ability, or failure, to heal everything from gout to broken fingers.

As the three tell their stories, we realize that they are not always in sync. Are they lying? Are they merely seeing things dif-

ferently?

Frank is a complicated man. If you believe Grace, he has driven her to madness. She claims Frank has humiliated her. Frank sees her as an occasional roadblock to his "artistry."

Frank knows that his talent doesn't always work, but "occasionally a miracle happened."

Long soliloquies require talented, experienced actors who can grab audience members and hold their attention for long periods of time.

Estrella and Kane have long been known for their ability to work together as a team. In "Faith Healer" they ARE a team; they are just not on the stage at the same time.

After 20 years in Seattle, Whitehead

landed at Gamm, where he proved his talents as a Shakespearean actor. The role of Teddy provides both comic relief and poignancy. Whitehead has perfect timing, being able to change the mood with a simple gesture, an inflection, or a swig of beer.

All three actors are members of Actors Equity and have their roles controlled so well that you don't know when they are telling the truth or merely unsure of the past.

Director Donna Hughes adds subtleties to the play that draw you closer to the action. The characters are in constant motion. The smell and sight of the smoke of the stage cigarettes and the smell of actual beer fill the room.

Profanity is used once, and it shakes you.

"Faith Healer" runs two and a half hours with one intermission, and it never drags.

Audience members will take different things from this play. Personally, I recall the days when faith healers filled the Providence Civic Center.

I did a story in the mid-seventies about Katherine Kullman who "cured" a lame man, luring him to get out of his wheelchair and walk.

I talked with his nurse after the "show." He told me that the man could always walk. He just didn't want to.

Such might have been the power of Fantastic Frank Hardy.

"Faith Healer" is at Warwick's Gamm Theatre through Jan. 29. Call 723-4266 for reservations.



INVEST IN YOUR COMMUNITY.

Shop Locally!

WET LEAKY BASEMENT?
 • PUMPS INSTALLED • UNDER FLOOR DRAINAGE
 • FOUNDATION & BULKHEAD REPAIRS • MOLD REMEDIATION
 LET A PROFESSIONAL SOLVE YOUR BASEMENT WATER PROBLEMS

(401) 516-3641
www.DivConServices.com

Diversified Services RI Reg. #9386

CRANSTON PAINT & WALL COVERING
 INTERIOR AND EXTERIOR PAINTING

NOW BOOKING INTERIOR WINTER PROJECTS and EXTERIOR SPRING PROJECTS
 "Products and Services From One Source"
946-5070 or 265-5095
cranstonpaintri.com
 386 ATWOOD AVENUE, CRANSTON, RI
 ALL MAJOR CREDIT CARDS ACCEPTED RI REG. #37080

GRAHAM INSURANCE, INC.
 PROUDLY SERVING THE COMMUNITY SINCE 1970

Vincent S. Podmaska
 Agent, Vincent S. Podmaska Insurance Agency
vinny@grahaminsuranceinc.com

1465 Atwood Avenue • Johnston, RI 02919
 Tel: 401-273-8700 • Fax: 401-273-0477

PROPANE FILLING STATION

621-8129 Call Phil

ALL PROPANE TANKS FILLED HERE

- Open 7 days a week
- Open all year
- English & Spanish

Be Safe - GRILL!

904 Manton Ave. • Providence (IN FRONT OF STOP & SHOP)
Phil.Johnston32@gmail.com • www.jfcpropane.com

Place Your Ad Today

Reach **LOCAL** Customers!

ONLY **\$16⁵⁰** PER WEEK
 (10-week commitment)

3.42"x2" ad • FREE COLOR WHEN AVAILABLE

Olga Fedorenko, NP
 has joined the medical practice of

Greenville Primary Care
 located in Smithfield, RI.

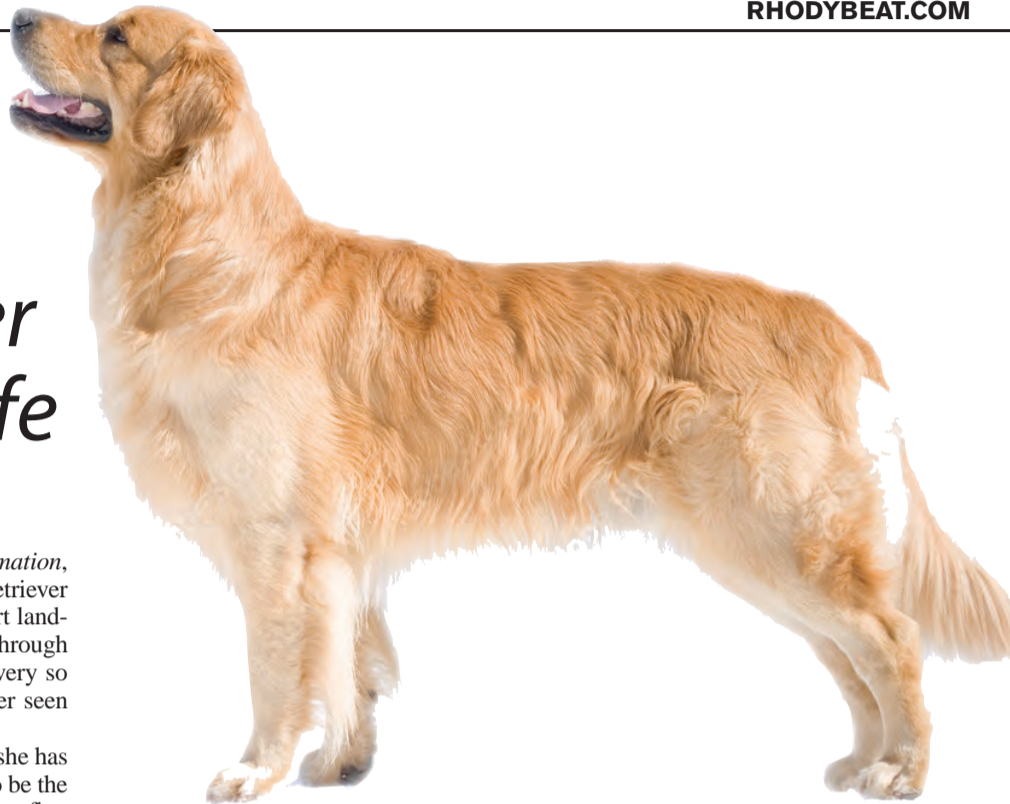
She will be accepting new and former patients.

Please call for an appointment
(401) 349-4303

Run, Molly, Run

What a Golden Retriever Can Teach You About Life

by MELANIE SUE HICKS



Two years ago, while writing my memoir, *Incongruent: Travel, Trauma, Transformation*, I stood in a New Mexico desert and visibly watched happiness unfold. My Golden Retriever Molly, the usual solemn old soul of a puppy, was running at full speed. Across the desert landscape, her long legs in a fully extended gallop. She circled the cactus and zig zagged through scrub brush. She ran straight out and back in close, stirring the dust around my legs. Every so often she would stop and look back at me, with puffed out ears and a smile I had never seen previously. And then she would begin again.

On the third day of this ritual, something clicked. This is the first time in her entire life she has been able to do what she is built to do. The first time she has had the space and freedom to be the complete creature she is made to be. Born in a kennel, moved to the tiny apartment of her first owners, then landing with us where she has a backyard only big enough to make a few strides with those long legs before hitting a fence.

I stood frozen in awe—of her speed, her grace, and her sheer delight. It was a living metaphor for my own life. Of the daily fight to live the precise life I was meant to live, to be the person I am made to be.

It's easy to stay in the safe lanes of life. To live a life dictated by societal or family expectations and norms, steering clear of the discomfort that is growth. But we can't let that happen! Finding a version of life that is our full authentic selves is the only way to live with a sense of purpose and direction. Pursuing your dream life will fill you with zest, energy, and a passion for the day ahead.

But how do we find that joy? Let's start small, with some simple Molly recommended tips for living the life of your dreams:

1. Seek Out New Experiences Daily. If there is one thing I learn every day from my Golden, it is the excitement of trying new things. Molly is the kind of pup that will race you to the car door in anticipation of any new sights, smells, or experiences she can have. Her excitement is not only palpable, but infectious. It is a daily reminder for me to get out of my rut and find adventure in the uncomfortable.

Tapping into the power of new things can be difficult. It can be hard to step out of your comfort zone and experience something different. However, there are so many benefits to taking those risks. By trying new activities, you can discover hidden talents and interests which could open the door to a new job, a new hobby, or a new group of friends. Finally, taking risks can help you to become a more well-rounded person. It allows you to grow your understanding and tolerance of others. And it can light up your soul and allow us to live the fullest version of ourselves.

2. Hang Your Head Out the Window. We have all seen it; the tongue waving, the hair blowing in the wind; the endlessly happy smile on her face. Yep, that is a dog with her head out the window just taking in the view.

When you chase your dreams, you feel alive and happy. You're more likely to achieve your goals by boosting your motivation and passion for the life you are building. Pursuing your dreams, taking in the full beautiful view of life around you will absolutely lead to a more fulfilling and satisfying life.

3. Prance Your Way Through Life. Like most Golden Retrievers, Molly doesn't just walk from place to place, she prances. The lightness in her step is nearly mesmerizing for its joyful symbolism. Remember a day when you felt like that? Maybe you achieved that goal you had been working so hard for. Or had a wonderful interaction with a friend or loved one. Or perhaps you just felt beautiful in your own skin. Those days are magical.

We all have a version of Molly's prance in us. And the more often we can harness the power of that joy, that prance, the better our life will be. Seeing life through that lens has a plethora of benefits. From building confidence and self-esteem, to feeling more in control of your life and your destiny. When you have healthy self-esteem, you feel good about yourself regardless of your accomplishments or failures. All these factors lead to a happier and more fulfilling life.

The routines of daily life can chip away at our true joy if we let them. Taking a cue from Molly helps us keep our perspective in check. She reminds us that life is as simple or complex as we allow it to be. And most importantly, she reminds us that what happens to us is out of our control, but how we find joy in this life is our choice each and every day.



Melanie Sue Hicks is an adventure seeking, social impact advocate dedicated to helping others overcome fear and live their dharma. Her debut memoir *Incongruent: Travel, Trauma, Transformation* hits shelves March 2023. As an empathy driven author, and education, non-profit and workplace expert, she has been interviewed and published in more than two dozen magazines and websites including Forbes.com, Marie Claire, Authority Magazine, See Beyond Magazine, Thrive Global, The District, and Doctor's Life Magazine.



Now Open
BRAND NEW
Memory Support
Neighborhood

Our brand new, safe
and secure memory
support neighborhood
is now open!

Boasting 22 private apartments, beautiful courtyard with walking path, cozy living room with fireplace, state-of-the-art IN2L (It's Never Too Late) system combines touch screen computers with intuitive, picture-based software, fully-trained staff, and so much more.

Now scheduling
VIP TOURS
by calling 401-421-6610.

AnchorBay™
AT POCASSET
INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE

12 Old Pocasset Lane
Johnston, RI 02919
401-421-6610
AnchorBayPocasset.com





Anderson
Winfield
Funeral
Home

**PRE-PAID IMMEDIATE
CREMATION SERVICE**
\$2,155.00

This service includes:
gathering and collation of vital statistic information,
one person transfer of remains to funeral home,
use of facilities for state mandated 24-hour waiting period,
preparation of remains (not embalming),
cremation container, transfer of remains to crematory, and crematory fee.
Also includes opening Irrevocable Trust Account
to hold funds for time of need

Route 44 • Greenville, RI
(401) 949-0180
andersonwinfield.net

Banned Words and PHRASES 2023

B And Just Like That

N

A E The Proof is in the Pudding

My 2023 list of banned words and phrases includes some from my readers and from other writers. As in previous years, some of my choices also appear on Lake Superior State University's list. Here are my ten entries for 2023.

The first phrase to be tossed aside is one that I can't believe I haven't banned before this year. I searched my spreadsheet history to be sure. That phrase is "**nothing burger**." It caught on as a favorite of Donald Trump, Jr. during the 2016 campaign season, but I've been hearing it a lot now. I don't appreciate it no matter who is using it, including you, dear reader. I'm sure you'll come up with a suitable substitute.

Some expressions on this year's list have out-lived their useful lifespans. Here are two obvious candidates: "**The proof is in the pudding**" and "**At the end of the day**." The speakers are never talking about puddings and "the day" being referred to can happen at any hour, including in the morning. It's more likely the end of a discussion, not a specific time frame. The "pudding" expression sounds like something President Biden would say. I hope he finds an equally folksie replacement.

I'm also exhausted hearing the expression "**It is what it is**." I confess. I use it myself when I'm worn out. Simply put, this expression is a tautology. If it were up to me, I'd ban all over-used tautologies.

I don't normally ban the names of actual celebrities. I'd planned to break with precedent this year and ban Johnny Depp and Amber Heard. I was exhausted hearing updates on their legal battles. As it happens, they settled just before the end of 2022, but I have an even better replacement to ban. Please media folk, stop covering **Kanye** (or **Ye**) in 2023. Trust me, there's nothing about his life that we can't live without hearing.

The next banned word earned a slot on this year's list because of its overuse. A reader can't be sure what facts are behind a "**trauma**," so it will no longer be available. As the *New York Times* pointed out back in February, 2022, if everything is considered to be "trauma", is anything really? I don't think so.

A reader submitted "**And Just Like That**" for this year's list. I confess I'm not familiar with that phrase, but I trust her judgment. I Googled it and discovered it's the title of a show that's been streaming on HBO for about a year as a sequel to *Sex and the City*. The best advice I can offer about not using this phrase is to watch a few episodes and decide for yourself.



RETIREMENT SPARKS
by ELAINE M. DECKER

Now we have two metaphors from a list gathered by columnist Frank Bruni

that share a transportation theme of sorts. They're both entries on this year's list that could be considered politically inspired. The first is "**Choosing (or Staying in) Ones Lane**." Most of us have been tempted at some point to weigh in with our own opinions on someone else's discussion. If our intrusion is not welcome, we'll likely be told to stay in our own lane. We'll usually be well-served to take that advice.

Nothing Burger

The other entry of the transportation ilk is "**Under the bus**," which is where someone will occasionally get thrown if they're a convenient fall guy. They can also find themselves under the bus if they wander too far out of their own lane. Best to keep track of where you are in these types of conversations. Some folks are highly sensitive about those who cross lanes.

The last entry on this year's list could also be considered politically inspired and that's "**Gaslighting**." I'm surprised I haven't banned this sooner. It's a favorite psychological

Under the Bus

tool of controlling people who enjoy manipulating those around them. The speaker wants someone to believe they've engaged in some type of unwelcome behavior. It isn't always used for political reasons, but it's been a favorite ploy of Donald Trump. It ends this year's list not just as a word to be jettisoned, but more importantly as a behavior to be banned. I know. Good luck with that.

I considered banning "Quiet Quitting," until I realized that it, too, was more the behavior that I wanted to ban, not so much the phrase. I decided having one hopeless entry on the list was more than enough.

That completes this year's list of words and phrases that I'd like to stop hearing. If 2023 is anything like previous years, this will be a pipe dream. Maybe that's a phrase I'll ban next year.

Copyright 2023 Business Theatre Unlimited
Elaine M. Decker's books include Retirement Downsizing—A Humorous Guide, Retirement Sparks, Retirement Sparks Again, Retirement Sparks Redux and CANCER: A Coping Guide. Her essays appear in the anthologies: 80 Things To Do When You Turn 80 and 70 Things To Do When You Turn 70. All are available on Amazon.com. Contact her at: emdecker@ix.netcom.com

SAINT
ELIZABETH
HOME CARE

Formerly Cathleen Naughton Associates

Statewide
401-773-7401

- Visiting nurse services
- Home concierge services
- Geriatric care management

SAINT
ELIZABETH
ADULT DAY CENTERS

Formerly Cornerstone Adult Services

Apponaug, Warwick Neck,
South Kingstown & Bristol
401-739-2844

- Nursing care and CNA support during the day
- Engaging programs and activities
- Nutritional meals and snacks



Scan the QR code to visit our website or
email us at info@stelizabethcommunity.org



SAINT ELIZABETH COMMUNITY

- Adult Day Centers • Assisted Living • Home Care • Elder Justice
- Long Term Nursing Care • Memory Care
- Short Term Rehabilitation • Senior Apartments

stelizabethcommunity.org

A not-for-profit 501(c)(3), charitable organization and CareLink Partner

To Serve, Not To Be Served



AARP - RHODE ISLAND

by CATHERINE TAYLOR

logistics, contact Darlene Reza Rossi at drezarossi@aarp.org or 401-248-2674.

Make a Local Impact: Join our *Livable Communities Team* and work with local governments and community leaders to make Age-Friendly improvements to cities and towns throughout the state. To learn about existing efforts in Bristol, Central Falls, Cranston, Cumberland, East Providence, Lincoln, Newport, North Providence, Pawtucket, Providence, Warwick and Westerly and to join the team, contact Darlene Reza Rossi at drezarossi@aarp.org or 401-248-2674.

Tell Our Story: Have a background or interest in communications? Our *Communications Team* writes blog posts, articles and letters-to-the-editor for local newspapers and hyper-local web sites, enhances our social media presence, and more. Contact John Martin at jmartin@aarp.org or 401-248-2671.

Keep Our Volunteers Organized: Tech-savvy volunteers work closely with AARP Rhode Island office staff to help our volunteer teams communicate with each other, keep their assignments up-to-date, access resources and fill out expense reports. If you're interested in becoming a *Volunteer Portal Champion*, contact Rochelle Jennings at rjennings@aarp.org or 401-248-2663.

We also work closely with **Driver Safety** and **Tax-Aide**. We would love to meet you and tell you more about joining an AARP Rhode Island volunteer team. Give us a call or learn more at aarp.org/RIVolunteers.

AARP Rhode Island closed out 2022 in the happiest way – with a celebration to congratulate volunteer Shirley Bishop Harris of North Providence as the recipient of AARP Rhode Island's 2022 Ethel Percy Andrus Award for Community Service. It is the organization's most prestigious and visible state volunteer award for community service.

Shirley has been a shining star in our corps of volunteers, contributing years of service to AARP as a skillful leader of our Tech Team and a passionate legislative advocate on state and federal issues important to 50-plus Rhode Islanders. We are indebted to Shirley for the work that she does and the cheerful, efficient way that she does it. Our Zoom attendees enjoy Shirley's genuine attention and her spirited laughter; volunteer team members love working with Shirley, whose enthusiasm is inspiring and infectious.

The Andrus Award is a symbol to the public that we can all work together for the greater good. AARP has long valued the spirit of volunteerism and the important contributions volunteers make to their communities, neighbors, and the programs they serve. Shirley's service embodies the words of our founder, Ethel Percy Andrus, whose motto was, 'To serve, not to be served.'

Congratulations, Shirley. Our staff and the entire volunteer team thank you for all you do.

Indeed, AARP could not serve Rhode Islanders anywhere near as well as we do without Shirley and our entire roster of volunteers and volunteer team leaders. They are critical to the work and success of the organization. It is through the efforts of our volunteers that AARP has been able to

defend and improve Social Security and Medicare, fight for lower drug prices, press for increasing accessible and affordable housing, fight fraud and encourage the growth of Livable Communities that develop green and complete streets for users of all ages and abilities.

Our rich variety of programming also depends on the talent and enthusiasm of our volunteers, who produce a variety of fun and fulfilling virtual programs including the RI Healthy Cooking Demo, Everybody Dance!, Tai Chi, and the URI Master Gardeners series, as well as timely and topical webinars on Age-Friendly Communities, Housing, Transportation and more.

Volunteer leaders head up committed teams that work together on Smith Hill and in communities across the state to *get things done*. Many volunteers will tell you that the most gratifying part of volunteering is knowing they are making a tangible impact in their communities and in the lives of Rhode Islanders 50+, their families and their caregivers.

I invite you to start the year by looking at the work our volunteer teams do and the many volunteer roles and levels of commitment each team offers:

Fight for People 50-Plus on Smith Hill: In 2023, our committed *Advocacy Team* will push for state legislation to create affordable, accessible housing, support caregivers, improve long-term

care, lower the cost of prescription medicines, set up new retirement savings options and more. Contact Matt Netto at mnetto@aarp.org or 401-834-0524.

Produce Virtual Programs: Our tech-savvy *Virtual Program Production Team* volunteers run the Zoom platform for our exciting online programming, welcome attendees, take attendance and put resources in the chat box. If you have mastered the Zoom platform (or are eager to learn), contact Darlene Reza Rossi at drezarossi@aarp.org or 401-248-2674.

Deliver Community Presentations: Our *Speaker's Bureau* gives AARP presentations to community organizations – both in-person and virtually – on such topics as FraudWatch, Preparing to Care, and The Six Pillars of Brain Health. If you enjoy public speaking, setting up A/V equipment, outreach and scheduling, collecting and reporting data, or greeting people, contact Darlene Reza Rossi at drezarossi@aarp.org or 401-248-2674.

Represent AARP Rhode Island at Community Events: Our *Event Tabling Team* travels to health and senior resource fairs and partner agency conferences throughout the state to share AARP's trusted information and resources to the public. If you enjoy meeting new people, outreach and scheduling, or

IRS issues standard mileage rates for 2023

Business use increases 3 cents per mile



YOUR TAXES

by MEG CHEVALIER

The Internal Revenue Service issued the 2023 optional standard mileage rates used to calculate the deductible costs of operating an automobile for business, charitable, medical or moving purposes. Beginning on Jan. 1, 2023, the standard mileage rates for the use of a car (also vans, pickups or panel trucks) will be:

- 65.5 cents per mile driven for business use, up 3 cents from the midyear increase setting the rate for the second half of 2022.
- 22 cents per mile driven for medical or moving purposes for qualified active-duty members of the Armed Forces, consistent with the increased midyear rate set for the second half of 2022.
- 14 cents per mile driven in service of charitable organizations; the rate is set by statute and remains unchanged from 2022.

These rates apply to electric and hybrid-electric automobiles, as well as gasoline and diesel-powered vehicles.

The standard mileage rate for business use is based on an annual study of the fixed and variable costs of operating an automobile. The rate for medical and moving purposes is based on the variable costs.

It is important to note that under the Tax Cuts and Jobs Act, taxpayers cannot claim a miscellaneous itemized deduction for unreimbursed employee travel expenses. Taxpayers also cannot claim a deduction for moving expenses, unless they are members of the Armed Forces on active duty moving under orders to a permanent change of station. For more details see Moving Expenses for Members of the Armed Forces.

Taxpayers always have the option of calculating the actual costs of using their vehicle rather than using the standard mileage rates.

Taxpayers can use the standard mileage rate but generally must opt to use it in the first year the car is available for business use. Then, in later years, they can choose either the standard mileage rate or actual expenses. Leased vehicles must use the standard mileage rate method for the entire lease period (including renewals) if the standard mileage rate is chosen.

Notice 2023-03 contains the optional 2023 standard mileage rates, as well as the maximum automobile cost used to calculate the allowance under a fixed and variable rate (FAVR) plan. In addition, the notice provides the maximum fair market value of employer-provided automobiles first made available to employees for personal use in calendar year 2023 for which employers may use the fleet-average valuation rule in or the vehicle cents-per-mile valuation rule.

AFFORDABLE HOUSING OPTIONS FOR SENIORS

Providence Pawtucket
Warwick North Kingstown
Newport Middletown
Portsmouth Jamestown

Visit our website
www.phoenix-ri.com



Phoenix Property
Management, Inc.
401-739-0100



In Your Community

Thank You, AARP Volunteers!

What a year for AARP! Thanks to the dedicated volunteer teams who advocated at the State House, worked at the community level across the state and produced our exciting lineup of virtual programs. We say THANK YOU to all our volunteers who made a big impact in 2022.

Learn more about the many volunteer roles that await your talent and energy at www.aarp.org/RIVolunteers.

Let's start the new year working together for Rhode Islanders 50-plus.



Cooler Weather Means Cozy Family Food

FAMILY FEATURES

After families across the country began cooking more at home during the pandemic, that trend has continued as loved ones seek comfort in the kitchen in the form of their favorite recipes and time spent together.

In fact, according to the "Hunter Food News Study," cooking continues to change as more Americans come together at the dining table with recipe usage up 21% and dinners cooked from scratch up 14%. Around half (54%) of Americans are cooking more than they were before the pandemic, and 35% said they "enjoy cooking now more than ever," according to "Harvard Business Review."

If those closest to you are looking for home-cooked comfort, you can turn to satisfying family meals like Plant-Based Meatloaf Sandwiches or Chicken Souse. These hearty recipes make it easy for loved ones to involve everyone in the cooking process from preparing vegetables and hand-mixing meatloaf to seasoning chicken and simmering ingredients.

With 65% of consumers saying they're most likely to purchase a whole week's worth of groceries when shopping, according to research from Datassential, opportunities abound for families to enjoy delicious, comforting dishes together.

Find more family meal inspiration by visiting Aramark's Feed Your Potential website, fyp365.com.

Chicken Souse

Recipe courtesy of Aramark
Servings: 6

- 8 ounces boneless, skinless chicken thighs, cut into 1-inch pieces
- 1/8 teaspoon ground black pepper, plus additional, to taste, divided
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1 tablespoon vegetable oil
- 1/4 cup diced onion
- 1/4 cup diced celery
- 2 teaspoons minced garlic
- 2 cups chicken broth
- 1 cup peeled potatoes, cut into 1/2-inch pieces
- 2/3 cup canned diced tomatoes, undrained
- 1/4 cup tomato paste
- 3 tablespoons cider vinegar
- 2 tablespoons minced, seeded jalapeno pepper
- 1 1/2 tablespoons lemon juice
- 1 1/2 teaspoons minced, peeled ginger root

- 1 teaspoon kosher salt, plus additional, to taste, divided
- 2 pinches dried thyme leaves
- 1 small bay leaf
- 1 1/2 cups thawed mixed vegetables, drained

Season chicken with 1/8 teaspoon black pepper, garlic powder and onion powder. Cover and chill 2 hours, or overnight.

In saucepan over medium-high heat, heat oil. Add onion and celery; saute 2 minutes, or until tender-crisp. Add garlic and saute 30 seconds.

Add chicken and saute until browned. Stir in broth, potatoes, tomatoes, tomato paste, vinegar, jalapeno pepper, lemon juice, ginger, 1 teaspoon salt, thyme and bay leaf; heat to boil. Reduce heat. Cover and simmer 1 hour, or until potatoes are tender.

Stir in mixed vegetables and simmer 10 minutes. Remove and discard bay leaf. Season with additional salt and pepper, to taste.

Tips: Serve souse with griddled corn cakes and saltine crackers. Make vegetarian by replacing chicken with canned drained and rinsed black-eyed peas or red or white beans.



Plant-Based Meatloaf Sandwiches

Plant-Based Meatloaf Sandwiches

Recipe courtesy of Aramark
Servings: 6

- Nonstick cooking spray
- 1 1/2 pounds plant-based ground burger, thawed
- 1 1/2 cups cooked wild rice, chilled
- 1 cup diced onion
- 1 cup diced red bell pepper
- 2 teaspoons paprika
- 1 teaspoon granulated garlic
- 1 teaspoon rubbed sage
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground white pepper
- 2/3 cup barbecue sauce
- bread

vegan cheddar cheese sauteed onions

Heat oven to 375 F. Spray rimmed baking sheet with nonstick cooking spray.

In bowl, thoroughly mix ground burger, cooked rice, onion, bell pepper, paprika, garlic, sage, thyme, salt and white pepper until well blended without overmixing. Shape mixture into loaf on baking sheet. Spread barbecue sauce over meatloaf.

Bake 1 hour, or until internal temperature reaches 160 F.

Slice meatloaf into six pieces and place each piece on bread. Top each meatloaf slice with vegan cheddar cheese and sauteed onions then close sandwiches with top bread slices. Using panini press, griddle or frying pan, cook sandwiches until golden brown and cheese is melted.

Tip: Pairs well with potato salad.



Chicken Souse

GOOD SIGHT WORD SEARCH

D Y S Q B H L U Y M R H Q B I E G U D E
 N R U T A E N R O C V I S I O N C Q F I
 D G G P A T V Y I M I L V G L A S S E S
 I V N N O C A E P O F Y G R E A H I R P
 S M T O I M B S V B F O E I S P N L Q M
 O Y L T S I G O L O M L A H T H P O C G
 R O U O O C D O A B C I I G E A U C A Y
 D P M V D S E N P P T G M N R E Q F T I
 E I V S B R I R B T M Y S C L E R A A F
 R A S C I T A H O M O L L S Q M P O R S
 Y N U T E T O D A E G M R G P A P O A E
 B P Y R C F A I E T Y E E A F T F M C Y
 I O D O F A P M Y A F E Q T I U Q S T E
 F F E I V O T N G L I U S C R B E G O S
 O E C B Y S I N E I E I I I L I P A C H
 C E P L D F I C O O T A M I G S S Q Y C
 A H B E O I T Q U C N S V N C H E T S Y
 L M D C R I B S L C C U A E H G T T N D
 A F U O O S T N E M U R T S N I W S E C
 I S F N T L O L A L N I A C U I T Y L H

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- ACUITY
- AMBLYOPIA
- AQUEOUS
- ASTIGMATISM
- BIFOCAL
- CATARACT
- CONTACTS
- CORNEA
- DISORDER
- EYES
- EYESIGHT
- FOCUS
- GLASSES
- INSTRUMENTS
- LENS
- MYOPIA
- OFFICE
- OPHTHALMOLOGIST
- OPTICIAN
- OPTOMETRIST
- REFLECTION
- RETINA
- SCLERA
- VISION

Did you know?

Data from the Centers for Disease Control and Prevention indicates that as much as 5 percent of older adults living in the general community are suffering from clinical depression. Those figures are even higher among older adults who are hospitalized (11.5 percent) and those who require home health care (13.5 percent). The National Council on Aging reports that older adults are at an elevated risk of developing depression, though there's no single, specific cause increasing that risk. Chronic conditions, which the CDC estimates affect as much as 80 percent of older adults; decreased functional ability; reduced mobility; loneliness; and financial issues related to retirement are among the potential causes of depression in older adults. As difficult as depression can be, the NCOA notes that treatment has been found to be just as effective for seniors as it is in younger populations. Aging individuals or those concerned about an aging relative are encouraged to visit the American Psychological Association website at psychiatry.org to learn more about the many ways depression can be treated. TF232676

The Colors of the Calendar



MY SIDE OF THINGS
by LARRY GRIMALDI

January heralds a new catalogue of birthdays, anniversaries, graduations, and other significant life events. Even with the advent of electronic reminders, some people (me included) still jot down milestones and appointments on our 2023 printed calendars. While every month has its noteworthy events; I wondered if each had its own color. The answers were apparent in the birthstone of each month; and I also learned the significance of each stone.

Many of us think of January as white for snow or transparent for the icicles hanging precariously from rooftop eaves. We senior citizens can recall the bygone marketing ploy known as the January White Sale. In truth, the deep red Garnet is the birthstone for January. The word "garnet" is derived from words meaning "deep red" or "seed." Some sources link the deep red color to pomegranate seeds. Garnets are associated with trust, loyalty, and compassion.

February's color is popularly associated with red for Valentine's Day. Actually, February's gemstone is the purple Amethyst. In Greek and Latin, the word refers to "intoxication." Legend holds that wearing the stone prevents intoxication. (I'll leave it to you if you think this legend should be assigned to any other celebratory month). Amethysts symbolize courage and inner strength.

Many people view March as green in celebration of St. Patrick's Day. The birthstone for March is the light blue Aquamarine. The word "aquamarine" means "water of the seas" in Latin and is symbolic of seagoing legends and sailors. The color reflects the rhythm of a calm ocean and a sense of tranquility and peace.

April could be linked to bright spring shades of yellow, red, green, and the colorful pink of the cherry blossoms in Washington, D.C. It should come as bit of surprise that the birthstone for April is the clear or white Diamond. As you would expect, the diamond is a symbol of romance and enduring love. Many a

romantic couple no doubt views April as the ideal time to get engaged.

The birthstone for May is Emerald. The green emerald has the richness of new flora and fauna and derives its name from the Greek word "smaragdos" meaning "green stone." Emeralds signify friendship, faithfulness, and loyalty.

June's gemstone is the light purple Pearl. The word "pearl" is rooted in the Latin word "pirum" referring to its pear shape. This birthstone symbolizes purity, fidelity, and integrity and often adorns wedding ensembles. Pearls are the only organic birthstone formed inside the living organism of an oyster.

As June melds into the warmth of July, the deep red Ruby is the gemstone for this month. The word "ruby" is derived from the Latin word "ruber," meaning red. Rubies are associated with devotion, integrity, courage, and happiness.

Until I started researched monthly color designations, I was not aware that the gemstone for August was Peridot. In fact, I had never heard of this light green birthstone Unlike other precious stones, the origin of the word is cloaked in a bit of mystery. It appears that "peridot" comes from the Arabic word "fardat," meaning gem. It signifies growth, prosperity, love, loyalty, and protection.

You might think that September would be hued in bright red, orange, or even brown symbolizing the falling leaves of autumn. Like me, you are in for a surprise. The birthstone for September is the deep blue Sapphire. The name "sapphire" has its origins in both the Latin word "sapphirus" and the Greek word "sappherios," translated to deep blue or precious stone. The sapphire is believed to signify luck, loyalty, happiness, and love.

The birthstone for October is Opal.

Although you may associate October with rich fall color of an orange pumpkins or the pale tint of withered corn stalks. But the opal can be white, pink, or multi-colored. The origin of the word "opal" is believed to be rooted in the Sanskrit word "upala" meaning "precious stone" and the Greek word "opallios," meaning changing colors. The opal symbolizes imagination, fidelity, creativity, innocence, and hope.

When I think of November, the browning of a roasting Thanksgiving turkey and its enticing aroma come to mind. The traditional birthstone for this month is also warm...the warm yellow-orange Topaz. Legend holds that the word "topaz" is rooted in the Sanskrit word "tapas," meaning "fire" or "heat." Other references claim that the word can be traced to "Topazos," an ancient Egyptian island in the Red Sea where the stone was mined. This gemstone also symbolizes loyalty, constancy, faithfulness, and friendship.

December evokes images of red, green, white, yellow, or clear lights on the Christmas tree, Yuletide candle, Menorah, and other holiday decorations. In fact, December can claim multiple birthstones as its own--the Blue Turquoise, the Blue Tanzanite and Zircon, and the Blue Topaz." The term "turquoise" is derived from the words "pierre turquoise," meaning "stone of Turkey." According to legend, turquoise is associated with success, happiness, and tranquility.

Now you know the colors of the calendar. Perhaps you can put a sticker on each month to remind you of its hue. Happy New Year.

Larry Grimaldi is a freelance writer from North Providence. Many of his previous PrimeTime columns have been re-issued in the anthology, "50 Shades of Life, Love, and Laughter." Columns published in this book are used with the permission of Beacon Communications. For more information about "50 Shades of Life, Love, and Laughter;" or any of his other books, e-mail lvgrimaldi49@gmail.com

Thinking about selling or buying a home?
Let's discuss your specific goals
Donna DeLauro
Realtor with RE/MAX
Dedicated to providing quality service
Also proud founder of Mature Matters
Senior Real Estate Specialist



RE/MAX Real Estate Center
401-486-6044
donnadelauro@hotmail.com



Are You or a Loved One Living with Dementia?
Together, We Can Make Things Easier



Our highly trained and specialized group of Occupational Therapists and Speech Language Pathologists are ready to provide evidence-based clinical interventions in your home.

We can assist you with navigating the community services available and learning to adapt to the changes you are experiencing.

Our professional team can come to you with no out-of-pocket expense to participate, thanks to a grant from the Administration for Community Living (ACL). For more information, please reach out today!

401.490.7610 x 116
ADPIDementia@CareLinkRI.org
www.carelinkri.org

"This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$904,153 with 74% funded by ACL/HHS and \$319,926 and 26% funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government."

Social Security Cards Safer At Home



SOCIAL SECURITY
by CHERYL TUDINO
SOCIAL SECURITY
PUBLIC AFFAIRS SPECIALIST

Scams to steal your personal information are at an all-time high. The need to safeguard important personal documents such as your Social Security card continues to be very important.

A Social Security card is not an identification document. In many situations, you only need to know your Social Security number (SSN). Your physical card is not necessary for most business needs.

Do you need evidence for work? There are several documents you can use instead of your card. Other acceptable evidence includes the following:

- Birth Certificate.
- Permanent Resident Card or Alien Registration Receipt.
- Employment Authorization Document.
- Form I-94 or Form I-94A.

You do not need to show your physical card

to apply for certain benefits. You can simply provide your SSN for benefits like:

- Housing.
- Health insurance.
- Food assistance.

You should also know your physical card is not required as evidence for the Department of Motor Vehicles or Driver License (REAL ID). The only state that requires a physical card is Pennsylvania.

For all other states, other acceptable evidence includes:

- W-2 forms.
- Form SSA-1099.
- Non-SSA-1099 forms.
- Pay stubs.

Keeping your card at home reduces the risk of loss or theft – and helps you keep your information safe.

Accepting admissions in both the Assisted Living and Rehabilitation & Skilled Nursing
The Destination of Choice for Wellness and Eldercare



SCANDINAVIAN
communities

REHABILITATION & SKILLED NURSING



1811 Broad Street
Cranston, RI 02905
401-461-1433

- ◆ Short Term Rehab
- ◆ Respite Care
- ◆ Long Term Care
- ◆ End of Life Care

ASSISTED LIVING



50 Warwick Avenue
Cranston, RI 02905
401-461-1444

- ◆ Respite Suites
- ◆ Spacious One Bedroom Apartments
- ◆ Shared Apartments

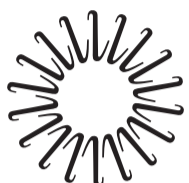
A Not for Profit Organization

CareLink Member

www.ScandinavianCommunities.org

BUSINESS PROFESSIONALS and SERVICE DIRECTORY

This Month's Featured Business...



Lifespan Laboratories*
Delivering health with care.®

- Complete range of the most advanced laboratory tests
- 50 locations - no appointment necessary

Call 401-793-4242 / 1-800-980-4244
www.LifespanLabs.org

*RIH Ventures d.b.a Lifespan Laboratories

DERMATOLOGY



ASPIRE®
DERMATOLOGY

Call 401.239.1800 for
Same Day Appointments
AspireDermatology.com

SENIOR HOUSING

Choose
Presidential
PLACE
Senior Housing Apartments
as your new home

70 Lincoln Avenue Cranston
www.presidentialapts.com
401-946-4868

The Community Builders, Inc.

Conveniently located to public transportation and nearby shopping plaza

MEDICAL PROFESSIONALS

To Advertise,
call 401-732-3100
for details

ADVERTISE HERE

Products and
Services
Designed to
Make Your
Life Easier

CALL 401-732-3100
TO LEARN MORE ABOUT ADVERTISING

Edgewood Village: All About Aging At Home



ACCORDING TO DON
by DON FOWLER

Over 40 members and volunteers gathered last month at the home of Carol Shelton to meet and greet each other and talk about the mission of their growing organization-Edgewood Village.

"It's all about aging at home. Our motto is *Aging Better Together*" said Barbara Schermack, a volunteer leader for the organization.

Edgewood Village is a "spoke" of "The Village Common of Rhode Island with other spokes in Westerly and Providence, and more in the works.

Executive Director Caroline Gangji is the full-time paid staff member who oversees the organization, with offices in Providence.

Volunteers man the phones, matching up other volunteers to provide services to their members.

Many of the volunteers are also members and take advantage of the services such as transportation to doctors, markets and other destinations, technology help with computers, new fangled phones, home care, and situations that seniors who chose to remain in their home often face.

"I called Member Services recently when

my front door was stuck and I couldn't get it open," Faith Fogle said.

Members are discovering similar interests and forming small groups. One group meets once a week to walk the paths at nearby Roger Williams Park.

"They have so many gifts to share with each other," Gangji said.

Members shared recipes of dishes they brought to the pot-luck dinner.

There are over 340 members statewide with the organization growing, mostly through word of mouth.

"We had a booth at the Edgewood Farmer's Market and recruited some new members," Board member Michael Moore said.

Members agreed that in addition to the satisfaction of helping their neighbors, they enjoy the camaraderie of meeting people of like interests and ages.

As both a member and a volunteer, help is only a phone call away.

For more information on joining and/or volunteering, call 441-5240 or e-mail edgewood@villagecommonri.org. Their website is www.villagecommonri.org.



Considerations for retirees thinking of working part-time

Retirement is an opportunity to wave goodbye to the daily grind. Retirees may focus on rest and relaxation, and many make travel a major component of their lifestyle.

According to a 2022 Gallup poll, Americans expect to retire at an average age of 66, up from 62 in 2022. However, most do not hold out that long; the average actual retirement age is 61. Canada used to have a mandatory retirement age of 65, but that mandate was overturned in 2009. Today, the average retirement age for Canadians is 64.4 for men and 63.8 for women, according to Statistics Canada.

Upon retiring, many retirees discover that they sorely miss getting out of the house and being productive through some sort of employment. Others may find it necessary to supplement their retirement incomes. There are a few things to know about working during retirement, particularly if a person is collecting government benefits.

- According to the Social Security Administration, those falling under full retirement age for the entire year (which was raised to age 67 for those born in 1960 or later) will be subjected to an SSA deduction of \$1 from your benefit payments for every \$2 you earn above the annual limit. For 2022, that limit is \$19,560. In the year you reach full retirement age, SSA deducts \$1 in benefits for every \$3 you earn above a different limit, but they only count earnings before the month you reach your full retirement age. For full retirement age reached in 2022 your limit on earnings for the months before full retirement age is \$51,960. After full retirement age, there is no limit on earnings.

- The Financial Consumer Agency of Canada reports that individuals between the ages of 60 and 65 who continue to work while receiving a Canadian Pension Plan (CPP) retirement benefit must still contribute to the CPP. Your CPP contributions will go toward post-retirement benefits. These benefits increase your retirement income when you stop working. However, if you continue to work while getting a CPP retirement pension and are between the ages of 65 and 70 years old, you can choose not to make any more CPP contributions.

- Keep in mind that if you are on Medicare, extra income could potentially trigger surcharges for parts B and D. It's beneficial to speak with a financial consultant to weigh the pros and cons of part-time work during retirement.

- Part-time work does not need to be daily work. Many retirees work according to how they feel. Some options include seasonal jobs, such as driving shuttles in national parks or working during the holidays in retail stores. Or you may use your expertise to consult or start a business.

- A number of people work part-time during retirement simply to get out of the house. Jobs that help you interact with a number of people can be beneficial, as socialization has been shown to benefit the mental health of seniors.

Working during retirement can supplement savings and provide structure that some retirees may be missing. TF232667

↑ ADVERTISE HERE ↑



Only \$40!

Reach more than 35,000 readers

/ ,sɪŋkrə'nisəti, ,sɪŋkrə'nisiti/

Synchronicity

(noun) the relation that exists when things occur at the same time

MEMOIRS

by SUSAN DEAN

What does it mean to be open? "Hear me out - have an open mind" is a phrase often used when someone is trying to get an unpopular idea across. Then there's the phrase, "She's got an open heart" to indicate a loving, caring person.

The alternative is a closed mind, a closed heart. And there may be many reasons for keeping ourselves insulated at times. Maybe we've been hurt and feel the need for self-preservation. Or maybe we're simply very set in our ways and find new ways of doing things threatening, or new ideas seem too far-fetched to be considered viable or possible.

I was in Europe recently and one of the books I brought along to read was about signs and synchronicities. Signs meaning messages from our deceased relatives and friends, angels, and spirit guides. Signs such as finding coins or feathers in odd places or in response to our thoughts and questions. Synchronicities such as hearing a deceased loved one's favorite song playing on the radio on the anniversary of their death. Coincidences that seem to be just too coincidental to be merely random occurrences.

One of the chapters in the book was on numbers - their sacredness and meaning. Not so surprising as many people have lucky numbers or preferred numbers when they have a choice. According to this book, the number eleven is particularly special - a sure sign that an angel is nearby.

The next day, after reading this chapter, we were walking outside a cathedral in Portugal. I looked down and saw a ten cent coin sitting on the cobble stone that made up the courtyard. I picked it up. About twenty minutes later, after meandering aimlessly around this very large courtyard, I looked down and saw a one cent coin. Both euros, but totalling eleven cents. Both coins were in my path when I could have chosen to walk anywhere as the courtyard was a huge open space. Eleven cents - the number eleven. Meaningful? An open mind and heart might say "yes" or at least "maybe". I silently thanked the angel I imagined might be walking with me that day.

Part of our trip included a visit to London before heading home. My grandfather was born in Huddersfield and I entertained the idea of visiting this town in Yorkshire to see if I could uncover any records of my grandfather's family. I began investigating this possibility while still in Portugal. It turned out that Huddersfield was a three hour train ride from London, involving a change of trains, and with no guarantee of finding anything useful I decided to try to call their city hall. A series of forwarded calls finally led me to a lovely man named Stan in the basement bowels of the local library. Stan was only too happy to help, giving me his private phone number, and telling me he'd "get right on the case". He said he'd need to break for lunch at noon, but would work steadily till then and would be back at his desk promptly at 1:00 to continue the search.

That night Stan sent me an email with several attachments including census records and my grandfather's baptism record. He was unable to locate any addresses of where the family had lived. Having records I could print out and also knowing that I could continue the search on my own online, and with no family home to check out, I decided that with only three days in London, an all-day two-train visit to Huddersfield wasn't necessary or feasible.

Our first day in London was spent exploring on foot. We were walking down Buckingham Palace Road and I looked up to see a bus approaching. It had one of those changeable electronic destination signs at the top of the windshield. As the bus

approached I saw that the sign said "Huddersfield" in bright yellow lights. Coincidence? What are the chances that I would be on that street, at that spot, at that time, when a bus bearing the name of my grandfather's birthplace - a place I'd spent the previous week investigating - would appear?

I never saw the name again on a bus or any other place during the rest of my time in London. And in speaking with the locals, I was told that no one ever goes to Huddersfield - it's an industrial city with no tourist value or attraction. So, why the bus? I'd like to think that maybe it was a winking nod from my grandfather - a smiling thank you from wherever he is - thanking me for my interest in his beginnings.

Several years ago my brother, Rob, was having lunch in a restaurant on the anniversary of our father's death. The restaurant TV was on and Rob recognized our aunt's voice. Our aunt was an actress who had done commercials and also had a small role in a movie. Not only was that particular movie playing on the restaurant TV, but the scene that included our aunt was playing as Rob looked up. Rob noted the time - 1:30 - which is about the time our dad had died on that day about thirty-five years before. Our aunt's name was Edna - our dad's name was Ed. I know that Rob's heart and mind opened up that day - and maybe that was the intent of the message hidden within this synchronicity.

My husband's brother, Bill, died recently. He was diagnosed with leukemia in June and spent the summer and fall in the hospital preparing for and receiving a bone marrow transplant. He was on a slow road to recovery, but took an unexpected turn for the worse.

Two nights after his passing we were flipping through channels and landed on a station playing old reruns of Saturday Night Live. We hadn't seen Saturday Night Live in years - old or current - but decided we needed something nostalgic. Not only was this particular episode originally aired on December 8, 1990 - Bill died on December 8th - but it also featured a host of actors who have passed in recent years. A nod from Bill, I wondered?

The next night we were watching local news and a story came on about recent ATM robberies in Concord, Mass. Why are we hearing about a problem in Concord, we wondered?

Often we see news about Fall River or New Bedford... but Concord?

Bill loved Concord and often said he "must have lived there in another lifetime" because he so strongly felt drawn to that area. Our routine for years was to meet there at least 2-3 times a year to bike, hike, and we often stayed overnight. The last picture of us with Bill in Concord is on our refrigerator - taken at dinner at the Colonial Inn - from a year ago - almost to the day that Bill died. Coincidence?

Then the next morning my husband, Dave, went to play his regular weekly tennis. A new guy walked onto the court - Dave had never met this man before. This man was wearing a Nichols College t-shirt. Dave was duly floored and asked him about the shirt. The man replied that Nichols was his alma mater. Bill graduated from Nichols, too. A small, rather obscure business school in Dudley, Mass.

There were several other instances during those four days

following Bill's death. Dave's GPS started talking to him by itself - noting an address of a friend. Dave has never programmed his GPS with this address - in fact, he's rarely ever even used GPS and didn't have it activated. He was shocked to hear it speaking to him on its own while he was driving. And our Alexa started talking to us spontaneously out of the blue when we were not even talking at all. This happened twice and had never happened before. Bill was a software electronics guy, well-versed in computers and technology. Was he sending us signs that he's still with us in spirit form from beyond our earthly physical plane?

It's easy to dismiss these signs and synchronicities and it's easy to stay close-minded about such things. But I prefer to open my heart and my mind to the possibility that there truly is something wonderful to believe in - that someone - whether it's those who've gone before us, or angels, or spirit guides - someone is sending us love and support and I am eternally grateful. When I take the time to notice, it makes my heart smile.



Let [MatchingDonors.com](https://www.matchingdonors.com) Help You

**FIND YOUR
LIVING
ORGAN DONOR
TODAY**

Search over
15,000+
Willing Donors

Many of our patients
receive their transplant
in just **6 months**

a 501(c)(3) nonprofit
organization
1-781-821-2204

MatchingDonors

advertise to
savvy seniors
PRIME TIME

Contact your sales rep to find
out more about this valuable
and cost effective advertising
opportunity

401-732-3100

National Walk Your Dog Month



January is Walk Your Dog Month. Get up off that sofa, get moving, and don't let those sub-zero winter temperatures drag you down. Dogs need plenty of exercise throughout the year and the best way to keep them active in winter is to take them for regular walks. Even a short walk around the block on a cold day makes a big difference. So, begin this year with a pledge — better health for you and your dog!

HISTORY OF WALK YOUR DOG MONTH

Walk Your Dog Month is a perfect time to blend exercise with bonding time for you and your pup. The Association of Pet Obesity Prevention released a clinical study in 2017, stating that 56% of dogs in the United States are obese. That equates to over 50 million dogs across the country.

Take a few extra steps to stay safe:

1

Warm up and cool down, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.



2

Pick the right clothes. Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.



3

Be extra careful around snow and icy sidewalks so you won't slip and fall. Wear sturdy shoes to give you proper footing.



4

Learn about the signs of hypothermia, a drop in body temperature that can cause serious health problems.



5

Check the forecast. If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.



What makes Catholic Cemeteries different?

The Catholic Cemeteries for the Diocese of Providence are “Holy Ground,” consecrated & designated for our faithful to carry out the sacred religious traditions of burial within our Church.



Memorialization Program

Catholic Cemeteries now provides options for you to memorialize the memory of your faithfully departed loved ones.

Various pieces of artwork and cemetery features are available for dedication. This includes picture frames and bronze emblems for crypt and niche fronts. Options for dedication include benches, flower vases, vigil light candles and memorial bricks as well as other features located inside & around our Mausoleums throughout our cemeteries.

FOR ADDITIONAL INFORMATION
Contact
Nick Rainone
Family Service Advisor
401-742-0796
nrainone@dioceseofprovidence.org



OFFICE OF CATHOLIC CEMETERIES | ROMAN CATHOLIC DIOCESE OF PROVIDENCE

80 Saint Mary's Drive, Cranston

Call today at 401-944-8383 • www.ricatholiccemeteries.org

