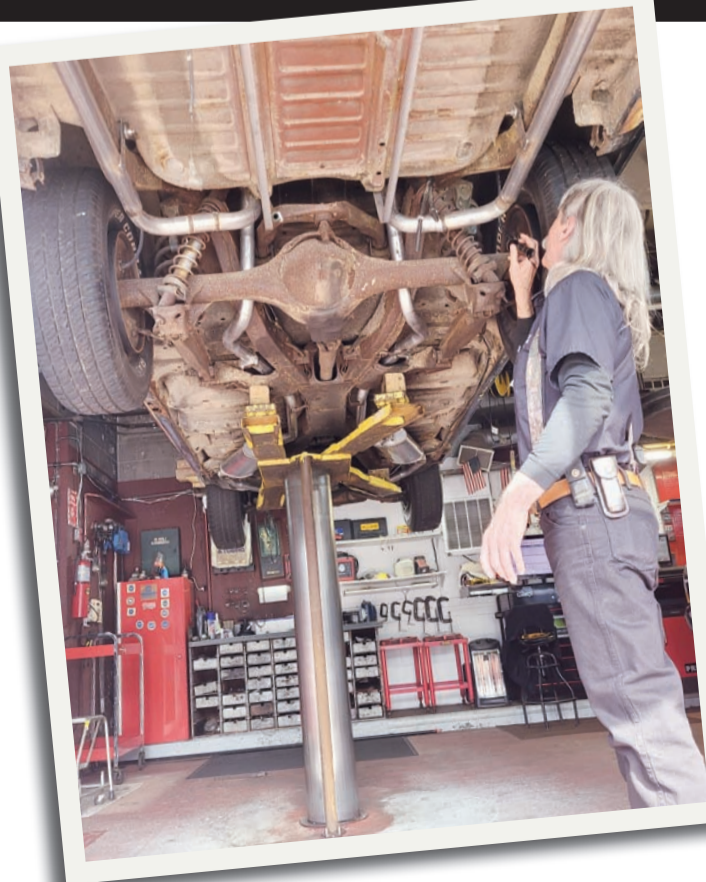


Pumping The Brakes

CLINIC CLOSSES: Dave Carrara has been twisting wrenches in Johnston for more than 40 years. On May 12, he plans to close his Atwood Avenue shop, Carrara's Auto Clinic, forever. Here he stands underneath a '62 Cadillac Coup deVille he's restoring for a client. Carrara plans to spend more time hunting, fishing and playing with his grandchildren. (Sun Rise photos by Rory Schuler)

Closing the garage doors for good



By
**RORY
SCHULER**

Dave Carrara stood underneath the crusty '62 Cadillac Coup deVille undercarriage, holding a cup of coffee in one hand and a tiny black flashlight in the other.

His sagebrush mustache, camouflage suspenders, pistol tucked into the back of his black denim jeans and long, pale hair inspire shades of Sam Elliott mixed with a splash of Ted Nugent.

"I'm going to sit down, because I'm an old man," Carrara said last week in the lobby of his small business, Carrara's Auto Clinic, Inc. at 1225 Atwood Ave. "That's why I'm retiring."

After more than four decades operating in Johnston, Carrara's garage doors will close forever in May. He hopes to sell the property — a prime piece of main drag real estate — possibly to a developer. Buyer interest has already been fierce.

"If junior here wanted to take the place over then we wouldn't close it," he said, putting his feet up in a soft, worn waiting room recliner, and looking toward his 44-year-old son Jay, who stood in the gateway between the lobby and the garage.

Jay looked down at the ground for just a second and then corrected course, meeting his father's gaze. It's complicated. In family, and business, it's always complicated.

Winsor Hill's got heart

By PETE FONTAINE

To say there's a lot of healthy hearts and love inside Winsor Hill Elementary would be an understatement.

Perhaps first and foremost is the annual Kids Heart Challenge, that has become a tradition at the Johnston school that both raises money for the American Heart Association and gives students the opportunity to help other kids make memories that last a lifetime and start a life-long journey of caring for others.

Banking on key learnings for near 45 years in America's schools, the Kids Heart Challenge also focuses on whole body wellness, helping students improve their own health and better their character while raising life-saving donations for the American Heart Association to help children facing health issues.

This explains why Donna Tringali, Youth Marketing Director for the American Heart Association (AHA), made a special visit to Winsor Hill School to attend a fun and cheer-filled school-wide assembly and present Principal Kelly Montalbano and Health & Physical Education teacher Susan Parillo with the prestigious Kids Heart Challenge Banner.

HEART - PAGE 13

JFD & JSC team up to keep seniors healthy

By PETE FONTAINE

A new collaborative effort between the Johnston Fire Department and Johnston Senior Center will help the town's seniors stay healthy.

The initial event took place last Thursday morning at the entrance to the JSC's spacious multi-purpose room for a program that will go a long way toward keeping Johnston's senior citizens on top of their blood pressure.

The Johnston Fire Department Blood Pressure Screening Event is the brainchild of new Johnston Fire Chief David Iannuccilli and Battalion Chief-EMS-Local 1950 President Keith Calci. It is free and will be held every second Thursday of the month from 9:30 a.m. to 12:30 p.m. at the JSC.

"The Johnston Fire Department has returned in full force to the Johnston Senior Center!" exclaimed JSC executive Director Richard J. DeFino Jr. "Members of the JFD will provide Blood pressure screening, oxygen level testing, and provide seniors with a registration card to keep handy should they need emergency service as well as a free emergency refrigerator card."

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JHS Panther of the Week



POTW: This week's Panther of the Week is Gavin Lapan-Brayall. Gavin was nominated by Mr. Oliver Reid. Gavin is a senior who plans on going to RIC next year to study film. Mr. Reid said "Gavin is a dedicated student who is hard working and completes all his projects. He is always helpful to others and is extremely modest." (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.

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Say you saw it in the Johnston SunRise



SMILING SERVICE: JFD Battalion Chief Tom McCormick adjusts a blood pressure monitor to the arm of Gloria Renzi during last Thursday's unique and first-ever Blood Pressure Screening Event at the Johnston Senior Center. (Sun Rise photos by Pete Fontaine)



DELIGHTFUL DUTY: JFD Rescue Lt. Joe Pingitore enjoys a lighter moment with Bob Balmforth during last Thursday's inaugural Blood Pressure Screening Program.

■ **Blood**

(Continued from page 1)

Last Thursday morning a steady stream of seniors took advantage of the unique offering and at certain times there was only a brief wait to see Battalion Chief Tom McCormick and Rescue

Lt. Joe Pingitore, who welcomed seniors with a smile and were ready to answer all their questions.

"We are thrilled with the response today," DelFino emphasized. "The members of the JFD are great. More importantly, they are patient and willing to help. I am looking forward to continued collaboration with them." DelFino also related: "Chief Iannuc-

cilli and I are on the same page as to how we assist this population creating the safest and healthiest opportunities possible. It's great to have the JFD back here at the Center."

When asked if he plans to collaborate with other town entities, DelFino quickly replied: "Y-E-S!"

"Our goal is to make the JSC a second home for our seniors," he went on. "We

have plans for more collaborative efforts with entities that will make the JSC the hub for many activities and groups in Johnston."

He then announced the April Blood Pressure Screening will be held on Thursday, April 13, from 9:30 a.m. to 12:30 p.m., and urged people to call the JSC at 401-944-3343 or JFD at 401-351-1600 for more information.

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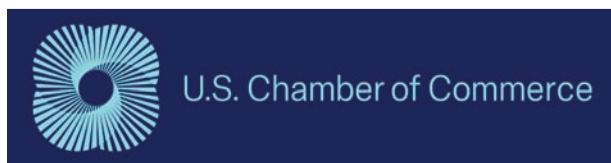
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LINKED LEADERS: Johnston Mayor Joseph Polisenia Jr. is joined by new JSC Executive Director Ricard DeFino and new JDTC Chairman Joe Ballirano, who was unanimously elected to his new role. (Sun Rise photos by Pete Fontaine)

JDTC reorganizes; Joe Ballirano named chairman

By PETE FONTAINE

"I love this town ... I live and work here and care about what happens to it!"

Those were the words of attorney Joseph R. Ballirano last Thursday night after being unanimously elected Chairman of the Johnston Democratic Town Committee (JDTC).

Ballirano, who has represented the town in some capacity for 29 of the last 30 years, continued amid applause: "Johnston is not San Antonio, Texas or New York City; we are a small community, we all know each other so we need to keep it a great place to live!"

He also emphasized: "I just hope I can do as well as Richard DeFino did for the Democratic Party."

DeFino, who has worn many hats and enjoyed successes in Johnston and the state throughout the years, made his final remarks to the JDTC during a fun-and-food-filled special session inside the famed Maria Ss Della DiFessa Society off Lafayette Street in Johnston.

The meeting, which people like long-time JDTC member Fred Iafrate called "a very special night," began with salad, delicious pasta with broccoli and chicken parmesan din-

ner prepared by another dedicated long-time JDTC member, former State Rep. John Carnevale, who now performs many important duties at the DiFesa Society.

There was also a special election of Flora Turchetti and Frank DiMaio as the newest members of the JDTC who were recommended by District 2-Town Council Vice President Lauren Garzone.

DeFino, who chaired the JDTC for the past 14 years, also issued a heartfelt thank you to around 50 members, headed by Mayor Joseph Polisenia Jr.

"I'm not going away," DeFino mused. "I'm handing the reins to my food friend Joe Ballirano. We've been good friends and political allies since the early 1980s, when I served as chairman of the Johnston School Committee and Joe served as President of the Town Council."

Recently, DeFino led his position as Johnston Municipal Court Administrator where he worked alongside Ballirano who served as prosecutor for the past 10 years. Meanwhile, DeFino has since assumed the position as the Executive Director at the Johnston Senior Center.

JDTC - PAGE 15



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WARM WELCOME: Lauren Garzone (center) Vice President of the Johnston Town Council, is joined by Flore Turchetti and Frank DiMaio, who were elected the newest members of the Johnston Democratic Town Committee.

POLICE LOG

BENCH WARRANT

Around 6 p.m., Feb. 27, Johnston Police Patrolman Matthew D. Murphy was driving south on Route 295 just before the Route 6 exit, when he saw a gray Ford Escape "traveling at a high rate of speed."

Murphy clocked the vehicle moving at 75 miles per hour in a posted 65 mph zone. When the vehicle took the Route 6 West (Hartford Avenue) exit and turned left onto Hartford Avenue, he initiated a traffic stop.

Police identified the driver as Richard E. Cooke Jr., of 440 South Main St., Apt. 1, Woonsocket. After running the vehicle's plates, Murphy discovered they did not match the vehicle. Instead, they matched a green 1997 Honda.

Police then checked Cooke's criminal background and discovered an active Superior Court bench warrant. Murphy asked Cooke to step out of the vehicle. He complied and was handcuffed, secured in the police cruiser and transported to Johnston Police Headquarters.

The vehicle was towed from the scene. Cooke was processed, allowed to use the phone, advised of his Constitutional Rights and held pending transport to the ACI.

Cooke was issued citations for Speeding (1 to 10 MPH in Excess of Posted Limit) and Improper Use of Registration.

At 6:59 p.m., Feb. 23, Johnston Police Patrolman Matthew D. Murphy was driving east on Hartford Avenue near the

intersection with Atwood Avenue when he spotted a white Honda Accord speeding.

"I clocked the vehicle at 40 miles per hour in a posted 30 miles per hour zone," Murphy wrote. "I also observed the vehicle to have a tinted plate cover obstructing the view of the vehicle's rear registration plate."

Murphy followed the car for about a half mile as it maintained the 40 mph. He initiated a traffic stop and identified the driver as Pedro Ventura, of 123 Wesleyan Ave., Apt. 2, Providence.

After checking Ventura's record, Murphy discovered he had an active Superior Court bench warrant for failing to appear at a court hearing. He placed Ventura under arrest and transported him to Johnston Police Headquarters. His vehicle was towed from the scene.

Ventura was processed, allowed to use the phone, advised of his Constitutional Rights and held pending transport to the ACI.

He was issued citations for Speeding (1 to 10 MPH in Excess of Posted Limit) and Visibility of Plates.

SHOPLIFTING

Around 3:15 p.m., Feb. 23, Johnston Police were dispatched to a store in town for the report of a shoplifting incident. On the scene, Johnston Police Patrolman Christopher Rotella spoke to someone at the store who told him a suspect had

placed "numerous jewelry, make-up and shaving items totaling \$144.29 in her purse and exited the store without paying." Police redacted the name of the business from the incident report prior to public release.

Store representatives told police that they would provide surveillance video as evidence of the crime.

The suspect, identified as Rebecca M. Dansereau, 8 Putnam Ave., Apt. 2FL, Johnston, allegedly fled the scene in a red 2001 Audi registered to someone else (the name is redacted from the report).

North Providence Police were unable to locate the vehicle and informed Johnston Police. Police checked the suspect's listed home address, but Dansereau was not there. The case was forwarded to the Johnston Police Detectives Division for further investigation.

On Feb. 24, Johnston Police Detective David T. Slinko Jr. reviewed the incident report and drafted an arrest warrant/criminal complaint, charging Dansereau with a misdemeanor shoplifting charge.

Eventually Dansereau was arrested by North Providence Police, and at 11:59 a.m., Feb. 25, Johnston Police responded to North Providence Police Headquarters to transport Dansereau to Johnston Police Headquarters.

She was processed and later released with a Third District Court summons. She was issued a No Trespass Order from the store.

THEY CALL IT 'TRANQ'

Study finds new drug on rise in Rhode Island

By DAN HOLMES

On the streets, it's known as "Tranq."

A powerful, long-acting sedative originally designed for veterinary use, Xylazine has been appearing increasingly frequently in local opioid busts, often alongside the better known adulterant Fentanyl. Though not actually an opioid itself, the tranquilizer can mirror symptoms of fentanyl overdose, including fatal respiratory depression - when mixed with opioids, the risk of death increases even more significantly. Even non-fatal use of the drug leads to gangrenous skin lesions which have been compared to leprosy, and frequently lead to amputation.

The kicker? It is still not scheduled on the federal level and there exist few restrictions governing its sale for "veterinary" purposes.

"Because it isn't scheduled by the FDA, there isn't any rapid testing available to identify it," explains Warwick Police Department Deputy Chief Michael Lima. "That means that even though we've known it's out there, it has taken quite a while before we've been able to get reliable information about how widespread the use is."

"There's no easy way to visually identify it either. The only upside is that it seems to be a lot less likely than Fentanyl to cause an accidental overdose from officers breathing it in or making physical contact with it."

Xylazine can only be reliably identified using advanced confirmatory toxicology tests, which are beyond the scope of most local narcotics departments. Test strips commonly used to de-

tect Fentanyl are also unable to test for the drug.

A study recently released by Brown University and Rhode Island Hospital found the contaminant in nearly half of the samples they have collected over the past two years. Known as testRI (Toxicological and Ethnographic Drug Surveillance Testing in Rhode Island), the study tested drugs and paraphernalia collected from locations throughout the state, providing important data about Rhode Island's ongoing opioid epidemic.

Certain communities appear to have been particularly hard hit by the new drug, with Providence accounting for nearly half of the Rhode Island Xylazine market. Put together, the cities which comprise Rhode Island Overdose Action Area #7 (Warwick, Cranston, West Warwick, and Coventry) account for 17.5% of Xylazine sales in the state.

According to RIDoH, this region has remained below its "red alert" weekly threshold of 12 overdoses presenting at emergency rooms, although it still experiences a high rate of EMS calls for opioid overdoses (including 8 in the past week). The testRI study was the main subject of the Governor's Overdose Prevention and Intervention Task Force on Wednesday, March 8.

Many of the recovered samples had been marketed on the street as heroin or methamphetamine, but an increasingly large number of samples had been pressed to look like name brand pills, most commonly Percocet.

Roughly 60% of counterfeit pills analyzed by testRI included Xylazine; all of them tested positive for Fen-

tanyl. Mixing the drugs not only increases the potential for overdose, it also inhibits the efficacy of Narcan (Naloxone), the emergency treatment administered in cases of opioid overdose.

"Narcan (naloxone) will reverse the effects of opioids, but has not been documented to reverse xylazine's sedating effects," testRI said in a statement. "If a person overdoses from a substance cut with xylazine they might still be sedated after Narcan administration."

The medication was first synthesized in the 1960's by German drug manufacturers, and has since gained popularity for use as an analgesic and muscle relaxant for large livestock, including horses and cattle. Comparatively cheap and powerful enough to knock out even the largest barnyard patients, Xylazine quickly found success on the international veterinary market.

It has proven particularly popular among farmers and veterinarians in Puerto Rico, which appears to be where the black market for Xylazine began.

Its emergence in the continental United States traces to Philadelphia, where users can often be seen wandering streets in a disoriented, zombie-like state. These individuals frequently display unusual gaits due to the drug's muscle relaxing effect.

The drug's sedative and dissociative properties can lead users to remain still for so long that blood does not circulate to limbs, increasing risk of tissue damage, ulcers, and possible amputations. These risks are aggravated by the possibility of infection

at injection sites. After the testRI report was first released earlier in the year, Sen Jack Reed cited its findings about Xylazine as particularly concerning. "We worried about fentanyl... and now we have tranq to confront," Reed said in a press conference at the time.

■ TRANQ - PAGE 6

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- 5/4 & 6/22: **Lemongrass**-Warwick
- 5/6: **Iconic Restaurant** at the **Kelley Gazzero Post** in Cranston
- 5/20: **Carriage Inn**-North Kingstown
- 5/20: **The Comedy Park**-Cranston-*The Induction of Poppy Champlain into the RI Comedy Hall of Fame*
- 5/28: **Pub on Park**-Cranston
- 6/4: **Fresco**-Cranston
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SUN RISE SCOOPS

Sun Rise Staff Reports

Polar Plunge

On March 25th, Johnston schools will host its Special Olympics Polar Plunge. Show your support by joining Johnston coaches, teachers, staff, and students as they unite and participate in the Annual Unified Champion Schools Plunge on Saturday, March 25, at Roger Wheeler Beach in Narragansett.

Pay to Pour

The Second Annual Brown Avenue Elementary School will host its Pay to Pour event on March 29, and the Sarah Dyer Barnes Elementary school will host its inaugural Pay to Pour event soon (date to be determined).

The students will collect donations for Special Olympics RI and on the day of the event and receive a cup of ice water to pour over faculty/staff volunteers of their choosing.

Help by sponsoring a student from one of these two schools.

More at Mohr Library

Art-Smart classes for ages 5 to 8 and for 8 to 12 are full. Please let the library know if you are interested in these classes in

case they can make more spots available.

For High School Students, the library will host a Yoga class, sponsored by Tri-County HEZ, at 2 p.m. on Mondays.

West Bay RI is providing beginning American Sign Language classes at Mohr Library starting Wednesday, March 8 at 1 p.m. The classes will continue each Wednesday, except the first Wednesdays of the month. The instructor will cover letters, numbers and simple phrases. All are welcome to this free class.

Mohr Library will participate in this year's "Read Across Rhode Island" programming to read and discuss "True Biz," a bestselling book which the publisher calls "an unforgettable journey into the Deaf community and a universal celebration of human connection." Upcoming dates are to be decided. Let the library know of your interest and request the book soon!

The library will host a 3-part book discussion of Prince Harry's popular memoir, "Spare," on Thursday nights at 6:30 p.m., on April 6th, 13th and 27th.

Regular storytime for preschoolers will be offered later in March, at 10:30 a.m. on Wednesdays. Contact the library for more information.

SCOOPS - PAGE 8



OPEN TRACK: Starting April 3, taxpayers will be allowed to utilize the JHS track, on weekdays, from 6 a.m. to noon.

Johnston High School track opens to the public

Johnston Mayor Joseph Polisena Jr. has announced designated hours for public usage of the Johnston High School track.

Polisena's administration said the JHS track will open for public use starting April 3.

"To avoid conflicting with school activities and athletics, the track will open for public usage on weekdays starting (April 3)" from 6 a.m. to 12 p.m., according to a press release. "This access is limited to the track only in an effort to preserve the field for sports programs."

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Kerry Louise Cotter



Stacey Kendro



Caren Lioce



Haley Star
Jacqueline DiMera
LaDiva Jones



Tranq

(Continued from page 5)

"The good news is that the Brown team is on it - they're trying to find out the ramifications of its use, and ways to deal with it and treat it. So we're in the game."

The recommendations for addressing Xylazine are similar to those for Fentanyl: emphasizing the public health nature of the crisis. According to Dr Megan Ranney (deputy dean of the university's School of Public Health) insists that "increased access to non-stigmatizing treatment is a key to reducing overdose and promoting recovery for people affected by this disease," adding that the focus should not be "criminalizing the folks who are affected by substance use disorder, but providing pathways to treatment, and getting folks out of the cycle of abuse and overdose."

Opinion

EDITORIAL

Banking system faces another crisis of confidence

Any realistic parent will be sure to impart this classic piece of wisdom to their children: "There is no such thing as a sure thing."

And as we've recently come to learn from the crisis experienced by Silicon Valley Bank (SVB), that logic clearly holds true for investing in so-called low-risk U.S. treasury bonds as well.

Unfortunately, the result of SVB's historic collapse — caused by a combination of factors that include a lack of foresight on behalf of the bank's leaders, a lack of meaningful regulation from the federal government, volatile market conditions

of the past three years and panic-induced bank run that might not have even happened in the pre-social-media era — will result in continuing public unrest about the places in which they trust to handle their money. Even a bank that seems to be booming, it seems, is no sure thing when it comes to securing your finances.

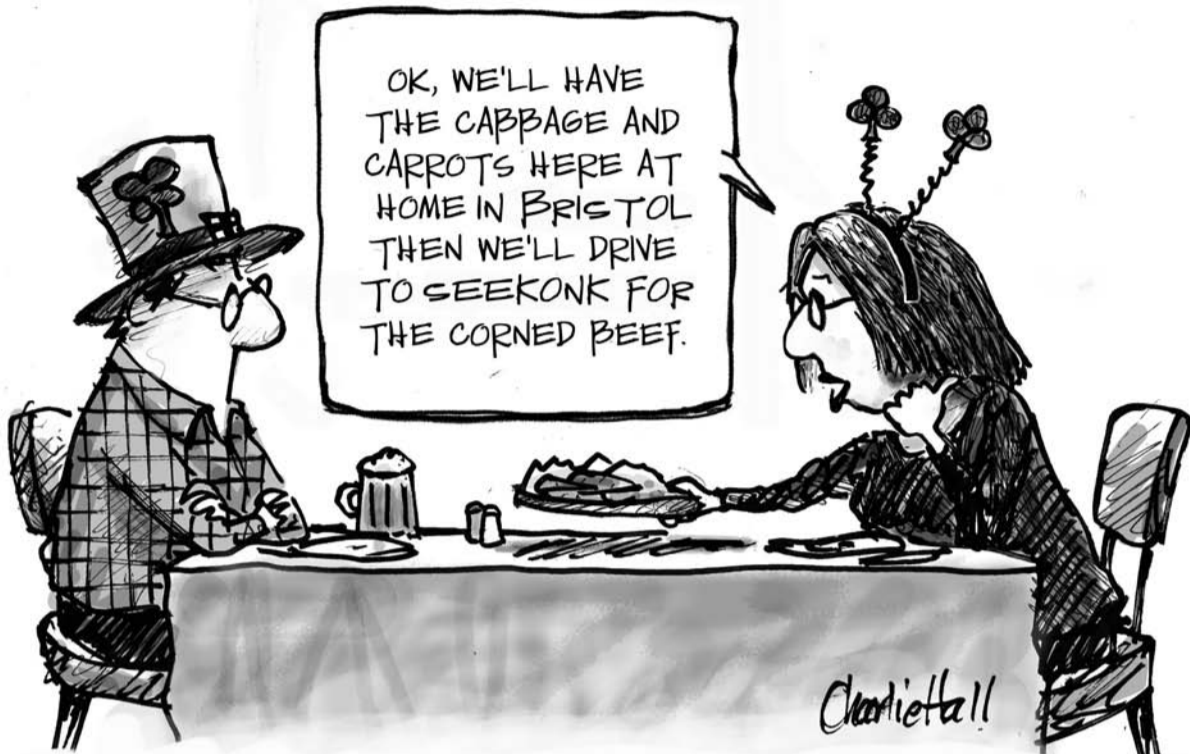
Older Rhode Islanders understand the precarious nature with which our entire financial system balances all too well. Just over 30 years ago, the state saw the largest financial crisis since the Great Depression. That was brought on by classic Rhode Island corruption and grift. Although the same factors cannot be blamed for SVB's collapse and the damage it has wrought and will continue to bring, the end result of increasing public unrest and lost trust will occur nonetheless.

There is a lesson to be learned from this event — though few free-market advocates will want to consider it. Regulation is so often seen as the boogeyman of productive capitalism; stymying profits and kneecapping growth. But in the case of holding our financial institutions accountable for the millions of lives they are tasked with protecting through the responsible shepherding of their money, perhaps it is unwise to leave them to their own devices when deciding how to gamble with their clients' dollars.

As for the public concern, if you have less than \$250,000 in a big bank or local bank or credit union, your money is federally insured even if the bank goes under. For business owners with more than \$250,000 to consider, you might look into diversifying where you keep your money to spread out the risk a bit, and keep a watchful eye on your bank's stock price and behavior. The worst thing anyone can do, as we have just seen, is withdraw everything out of panic.

Perhaps the only sure thing in life is that panicking is never the answer.

ALTHOUGH OK'D IN ALL OTHER NEW ENGLAND STATES, RI'S BISHOP WILL NOT GRANT GENERAL DISPENSATION FOR ST. PATRICK'S DAY



LETTER

'Every community has a role in ending housing crisis'

Thank you to the Johnston Sun Rise, Warwick Beacon and Cranston Herald for your focus on the complexities and need for urgency surrounding Rhode Island's homelessness crisis (Editorial: "In regards to housing, something has to give," March 12, 2023 edition).

At Crossroads, we know that housing is the only proven solution to end homelessness. We also have experience with the barriers that exist in our state when trying to build more affordable housing.

It is reassuring to see Speaker Shekarchi, the General Assembly, and the McKee Administration making housing a priority once again this year.

The Speaker's new housing package - which was unveiled earlier this month - puts forward solutions that aim to address the complexities, burdens, and barriers that often prevent developments from moving forward. I agree with the paper's editorial that these new housing proposals on their own will not eliminate all the red tape, but the Speaker's housing package sends a clear signal that every community has a role to play to end the housing crisis.

The data shows that our economy is stronger when everyone has access to safe, affordable and permanent housing. I applaud the Beacon and Herald for providing our community with comprehensive coverage of this important issue and offering a perspective that champions action on this crisis.

Karen Santilli
Chief Executive Officer, Crossroads Rhode Island
Cranston Resident

SABINA MATOS ANNOUNCES RUN FOR DAVID CICILLINE'S CONGRESSIONAL HOUSE SEAT



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■ Scoops

(Continued from page 6)

There are afterschool activities nearly every day, including varied programs for middle and high-school age kids and crafts for younger kids.

For adults, the crochet group continues to meet Fridays at 10 a.m.

The Library is located at 1 Memorial Ave. in Johnston. Call 401-231-4980, email info@mohrlibrary.org, or visit their website at mohrlibrary.org.

Rhode Island Philatelic Society Stamp Show

The Rhode Island Philatelic Society hosts its annual stamp show, the state's largest annual postage stamp show and bourse from 9 a.m. to 3 p.m., Saturday, March 25, at Pilgrim Lutheran Church, 1817 Warwick Ave., Warwick. Free admission, free parking, handicap access, free appraisals, door prizes and special show cachet, stamp dealers, kids area with free stamps. Please bring a food item for the Pilgrim Church food pantry. Call 401-821-8658 or email cbrowning4@cox.net for more information.

Steps for Vets

Operation Stand Down Rhode Island will help host the Steps for Vets Walk-a-Thon in Warwick.

Join them for a walk full of fun, food trucks and music to support our local homeless veterans and their families from 11 a.m. to 2 p.m. on Saturday, April 15 (rain date April 22).

Registration begins at 10:30 a.m. at the Warwick City Park Beachfront. All are invited to attend. Walkers can register at osdri.charityproud.org/EventRegistration. Register by March 23 to secure a T-shirt.

Reach out to beley@friars.providence.edu with any questions. The cost is \$25 per person, and includes drinks/snacks and a T-shirt. Children under 10 are free.

St. Francis Xavier Academy Scholarship Applications

The St. Francis Xavier Academy Alumnae Association is accepting scholarship applications from Jan. 1, until July 31.

Forms are available on our two Facebook pages, by mail at SXA, P.O. Box 20452, Cranston, 02920, or contact a board member.

Coed Middle School Volleyball

Johnston students currently in sixth, seventh and eighth grade are eligible to play Coed Middle School Volleyball in this year's spring season. Students can register now. Space is limited. The fee is \$70 per individual (\$35 for each additional sibling). Checks and money orders should be made payable to JYSA. (Refunds will not be issued without a doctor's note and are subject to a partial refund.)

The dates for 12 sessions of volleyball: April 3, 5, 17, 18, 24, 25, 26, and May 4, 5, 8, 9, 10 (from 2:15-3:45 p.m. at the Johnston Indoor Recreation Center).

Students can register at the Johnston Recreation Office, 1583 Hartford Ave., Johnston, between 8:30 a.m. and 4:30 p.m., Monday through Friday. For more information call 401-272-3460 or email johnstonrec.com.

JRTC Fundraiser

The Johnston Republican Town Committee (JRTC) will hold a fundraiser at 6 p.m. on Sunday, May 7, at the Kelley Gazzo VFW Post 2812, 1418 Plainfield Pike, Cranston.

"Join us for laughs, silent auction, cash bar and a good time," according to the JRTC. "Please bring your own food/snacks."

Tickets must be purchased online in advance (\$35 each). Silent auction winners must pay with a credit card. Tickets are non-refundable. The show is for adults 18 and over. For more information email info@johnstonri.gop.

Johnston Senior Center highlights

The Johnston Senior Center is better than ever. Offering more exercise programs and trips every week; Hi Lo Jack, Monday & Wednesday and Poker on Wednesday. Arts & Crafts, on Monday, Mar Jong on Thursday & Quilting on Wednesday, Tia Chi on Tuesday. The Senior Center also has a book Club the last Tuesday once a month.

There is no charge for Senior Center activities. They offer Bingo on Thursday and Friday. Lunch is served daily at 12 p.m. (with a suggested donation of \$3).

A Social worker/Medicare Counselor is also provided 5 days a week. Contact Madeline Ravenelle at 944-3343.

Feel free to come in for a tour of the facility at 1291 Hartford Ave.

Soul of '71 Scholarship Fund

The Johnston High School Class of 1971 is raising donations for The Soul of '71 Scholarship Fund at the Rhode Island Foundation. A generous donor has offered a \$4,000 challenge! The donor will match all gifts to the Fund up to a total of \$4,000. The Class of 1971 initiated the fund on the occasion of its 50th reunion in 2021. Each year a scholarship will be awarded to a Johnston High School Senior planning to attend a college, university, trade or technical school. Donations are tax according to your filing status. To donate, go to the following website: www.rifoundation.org/funds/soul-of-1971-scholarship-fund.

Low Income Home Energy Assistance

More than 1 in 4 US households struggle with their home energy bills. The Low Income Home Energy Assistance Program (LIHEAP) can help keep the heat on. The Tri-County LIHEAP Program helps to cover the cost of home heating bills for those that qualify.

Visit www.tricountyri.com for more information about the LIHEAP program, and other weatherization programs that can help to reduce your home energy bills. To submit an application for LIHEAP, or to see if you qualify, contact them at 401-

519-1913. The Tri-County LIHEAP program has locations in North Providence and North Kingstown.

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 designed 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.

Explore the 'Woony' on a hike

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

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

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

Johnston Neighborhood Watch

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

build community resiliency.

Modern Architecture in RI

Rhode Island is famous for its historical buildings but modern architecture has earned a place here as well. On Tuesday, March 21, Catherine Zipf will explore the history of local Modern landmarks and their architects. Catherine is an architectural historian and director of the Bristol Historical Preservation Society. Her illustrated talk begins at 7:30 p.m. It is a free Zoom program sponsored by the East Greenwich Historic Preservation Society. For more information and to register for this virtual event go to info@eghps.org

Tri-County Accepting New Patients

Tri-County Health Centers, located at 1126 Hartford Ave., Johnston and at 33 Maple Ave. in North Providence are both accepting new patients. Tri-County Health Centers provide comprehensive primary care services, behavioral health counseling and treatment, and substance use treatment for people of all ages. Contact: 401-519-1940 for an appointment.

Youth Ushers Program

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

Edgewood Yacht Club Open House

The Officers and members of the Edgewood Yacht Club will host its Annual Open House on Sunday, March 19, from 12 to 5 p.m. The Clubhouse, located at 1 Shaw Avenue in Cranston, has over 130 years of tradition on Narragansett Bay. Members will be available to offer tours and information regarding yearly social activities within the Club. The Edgewood Sailing School will have staff on hand during the Open House for inquiries about Youth and Adult Sailing Programs. Light fare and refreshments will be available

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.

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Community served through IBPO Local 307 fundraiser

A game dinner filled with wild boar, venison, and rabbit, served up by the International Brotherhood of Police Officers Local 307, also had a huge helping of community service on the menu.

Last month, members of Local 307 hosted their annual game dinner at Rhodes on the Pawtuxet in Cranston to raise funds for various charities, including sports and police organizations. The event, put together by Sgt. Joseph Scichilone, Sgt. Arthur Petteruti, and other members of the Johnston Police Department, saw more than 200 tickets sold.

"We would like to thank the more than 230 people who bought tickets to support our fundraiser, with special thanks going out to Chief Mark Vieira and Deputy Chief Matthew LeDuc for attending," said Johnston Police Sgt. Joseph Scichilone. "We'd also like to thank Dad's Place Cigar Lounge, Rhodes on the Pawtuxet, DiFazio Construction, Rhode Island Energy, and the Cranston, Cumberland, Scituate and Providence Police Departments."

Dinner was prepared by Ralph's Catering, a longtime supporter of the event. The meal was comprised of seven courses, with selections such as antipasto with venison bruschetta, venison chili, pasta with venison meatballs and sausage, a rabbit course, wild boar with peas, venison teriyaki and meatloaf, and more.

At the dinner, a donation of \$750 was made on behalf of the union to the Steven Shaw Memorial fund. Stephen Michael Shaw was a Providence Police sergeant who was killed in the line of duty on Feb. 3, 1994. In addition to the union's donation, an anonymous donor also contributed \$250 to the fund.

Funds raised will also allow IBPO Local 307 to sponsor a Johnston Little League team for the season.

WORKING TOGETHER:

Members of the International Brotherhood of Police Officers Local 307 present Robert Shaw (center), the father of late Providence Police Sgt. Steven Shaw, with a check for \$750 to the Steven Shaw Memorial fund.

Pictured from left are Sgt. Remy Mendez, Lt. David Loffler, Sgt. Arthur Petteruti, Robert Shaw, Sgt. Joseph Scichilone, Detective James Seymore, and Officer Mario Mennella. (Submitted photo)



Obituaries

Marcia Dame

Marcia (Barden) Dame, 90, a lifelong Johnston resident passed away Thursday, March 9, 2023. She was the beloved wife of James A. Dame, Jr. Born in Johnston, the daughter of the late Eugene and Marion (Arnold) Barden. Mrs. Dame was a file clerk at RI Hospital Trust Bank for 4 years before leaving to raise her family. She was a secretary and bookkeeper for many years for the Dame Farm. She was an avid reader, Boston Red Sox fan, loved knitting and knitted prayer shawls for North Scituate Baptist Church where she was a long-time member. She loved to travel and her greatest joy was spending time with her family and at her beach house in North Kingstown.



In addition to her husband James, she was the mother of James A. "Jay" Dame, III and his wife Darlene of Johnston, Robin L. Pino and her husband Michael of Johnston and Amy L. Brush and her husband Russell of Johnston. She was the sister of John D. Barden of Johnston. She was the loving grandmother of Kristen, Justin, Samantha, Benjamin and Ethan; great-grandmother of 9.

Visitation will be held Wednesday, March 15, 2023 from 4-7pm in the TUCKER-QUINN Funeral Chapel, 643 Putnam Pike, Greenville. Relatives and friends are invited to her funeral service Thursday, March 16, 2023 at 10am in North Scituate Baptist Church, 619 West Greenville Road, North Scituate. Burial will be in Greenville Cemetery, Smith Avenue, Greenville. In lieu of flowers, donations to Hopehealth Hospice and Palliative Care, 1085 North Main St., Providence, RI 02904 or North Scituate Baptist Church, P.O. Box 427, North Scituate, RI 02857, will be appreciated. For Online Condolences visit, www.TuckerQuinnFuneralChapel.com

Maryann Vita

21st Birthday Remembrance
MARCH 16, 2002 - AUGUST 11, 2020



Wishing I was spending your 21st birthday with you. In my heart, I am. Rest in peace "Little Miss Sunshine." Loving you and missing you!
Grandma Elaine

Maryann Vita

Happy 21st Birthday
2002 - 2023



Forever loved, forever missed.
Love, Grandma Gallucci

Maryann Vita

Happy 21st Birthday
2002 - 2023



Missing You On Your Birthday, Daughter

It hasn't been easy in any way
Losing a daughter as dear as you...
You were precious in every way
And ever so wonderful.

You always loved your birthday...
It meant a lot to you.
The joy and happiness it brought
Are still quite memorable.

Your birthday brings mixed feelings
As I look back and reminisce...
I'm sad you're no longer here with me -
Yet somehow, I feel an inner peace.

You're dearly loved and dearly missed...
You live forever in my memories...
Nothing can ever take that from me.
I cherish my memories on your birthday,
And always will.

Love ~
Mom and Dad and Michael

BIRTHDAY REMEMBRANCE and CARD OF THANKS VINCENT PATRICK CONFREDA 03/17/1929 - 01/21/2023



(POP)
"Our Lucky Charm"
Born
St. Patrick's Day
March 17, 1929

HAPPY BIRTHDAY IN HEAVEN
Your Life Was A Blessing
Your Memory A Treasure
Loved Beyond Words
Missed Beyond Measure

The Confreda Family cannot express how sincerely thankful we are for all the outpouring love, support, and ongoing prayers from our dear family and friends. It has given us so much strength during this extremely difficult time and is keeping us all "Farmer Strong."

A very special thank you, also, for the wonderful care Pop received by so many, especially his knowledgeable doctors, passionate nurses, personal aides, and savvy therapists. He loved to keep them all on their toes with his "farm" stories, endearing charm, and of course,

his love for making people laugh.
To everyone who participated in Vinny's services, thank you for honoring his life so beautifully. What a tribute to him and the legacy he leaves...
We remain forever grateful to all of you!

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Obituaries

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

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

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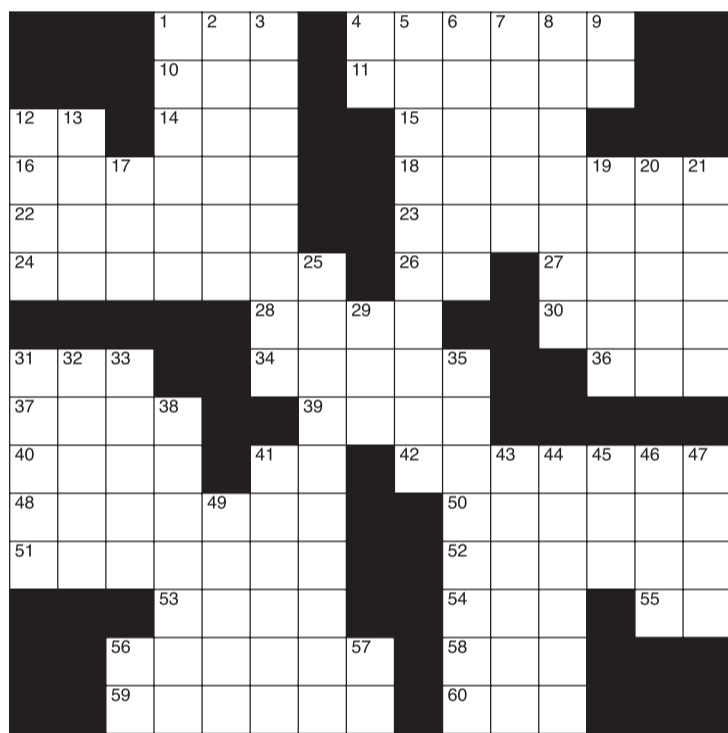


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CLUES ACROSS

- 1. Belonging to a thing
- 4. Pass or go by
- 10. Partner to cheese
- 11. Subjects
- 12. U.S. State (abbr.)
- 14. Bits per inch
- 15. Forest-dwelling deer
- 16. Illinois city
- 18. A salt or ester of acetic acid
- 22. Wholly unharmed
- 23. Cuddled
- 24. Bane
- 26. Global investment bank (abbr.)
- 27. Oh my gosh!
- 28. Arrive
- 30. Famed Spanish artist
- 31. Home of "Frontline"
- 34. Group of quill feathers
- 36. Keyboard key
- 37. Army training group
- 39. Detail
- 40. Pole with flat blade

CLUES DOWN

- 1. Stain one's hands
- 2. Nocturnal hoofed animals
- 3. Back condition
- 4. Popular movie alien
- 5. City of Angels
- 6. Peaks
- 7. Infantry weapons
- 8. Left
- 9. Atomic #99

- 12. Told a good yarn
- 13. Vale
- 17. Resistance unit
- 19. Aquatic plant
- 20. Bluish greens
- 21. About some Norse poems
- 25. Reinforces
- 29. Egyptian mythological goddess
- 31. Supportive material
- 32. Subatomic particle
- 33. Expired bread
- 35. Cereal grain
- 38. Goes against
- 41. Walkie ___
- 43. One who does not accept
- 44. Beliefs
- 45. Indicates near
- 46. Brazilian NBA star
- 47. Grab quickly
- 49. Romantic poet
- 56. College dorm worker
- 57. Set of data



FIRST VISIT: Coadjutor Bishop Richard Henning recently made his first Rhode Island high school visit to Bishop Hendricken. (Sun Rise photo)

New Coadjutor Bishop of Providence meets Hendricken community

By DAN HOLMES

Bishop Hendricken High School may have just signed their highest profile athlete ever, but fans shouldn't expect to see the green and gold jersey reading "HENNING #9" on the field any time soon - unless, perhaps, the football team tries for a "Hail Mary"...

The honorary jersey was presented to new Coadjutor Bishop Richard Henning, who made his first visit to a Catholic high school in the state on Friday, March 3. The soon-to-be 9th bishop of the Diocese of Providence celebrated Mass for the Feast of St Katharine Drexel, concelebrated by Hendricken president Fr. Robert Marciano and a number of other priests from the local community.

This was the prelate's second visit to the Warwick area, following his celebration of Mass at St. Kevin Church on Sandy Lane for the anniversary of the Station nightclub fire. He has made one other school trip so far - meeting students and teachers at St Phillip's in Greenville - but Hendricken was his first high school visit (a scheduled appearance at the Prout School was canceled due to a snow day).

In his homily at that Mass, Bishop Henning indicated that he was initially apprehensive about the new job, but that the sight of the Rhode Island flag helped to reassure him. "To see on a state flag that ancient Christian symbol, the anchor, the symbol of hope, with the word written right there beneath it - in my prayer, I thought 'I'm going to live in a state of hope,'" he said. "It was a great comfort to me at a time with a lot of emotions."

Roger Williams initially designed the Seal of Rhode Island as a reference to St Paul's Letter to the Hebrews, which describes the theological virtue of hope as "an anchor of the soul, sure and firm." The symbol has endured, with "Hope" serving as the shortest state motto in the

US.

Bishop Henning put his growing knowledge of Rhody trivia on full display in his homily at Hendricken, which he delivered in what has become his trademark style: holding a microphone and strolling casually in front of the congregation.

RI landmark woven into homily

"As I've been exploring Rhode Island, I recently viewed one of your landmarks for the first time - the Superman building," he said, referring to the derelict Industrial National Bank Building, which serves as the state's tallest building. The homily used the Man of Steel as a moral case study, arguing that what makes Superman a superhero is not his remarkable abilities but the good works to which he applies them.

Powers of flight and super speed would probably have come in handy as the new bishop completes his whirlwind tour of the Ocean State, but he appears to be making good time all the same, with an appearance scheduled at the Faith Formation Convocation to be hosted at Bryant University on Saturday, March 18.

"One of the most pleasant surprises about Rhode Island has been just how human the scale here is," the bishop explained. "All of the communities here have such a close bond with one another and with their priests and civil leaders. Everybody seems to know everyone else."

"It also doesn't hurt that you can get anywhere you need to in twenty minutes," he added with a laugh.

In his greeting, Fr. Marciano welcomed the new bishop to the "finest Catholic high school in the nation," though he quickly added that he was sure there were "great schools back in Long Island as well."

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■ **Bishop**
(Continued from page 10)

Indeed, one of those schools counts the new bishop among its alumni - he grew up in Rockville Center, later returning to serve as the auxiliary bishop of that diocese in 2018. Prior to the promotion, the then-Monsignor Henning was involved with a number of pastoral and academic positions throughout the Long Island area, in addition to serving on committees with the United States Conference of Catholic Bishops. Much of his ministerial work has focused on outreach to Hispanic Catholics; in addition to Spanish, he is fluent in Italian. He holds degrees from St John's University in Queens and the Catholic University of America, as well as a doctorate from the Angelicum (the Pontifical University of St Thomas Aquinas in Rome).

The bishop's biography notes that growing up on Long Island left him with an abiding interest in sailing and boating, something which may have influenced his choice in an episcopal motto: "Put Out Into The Deep." If nothing else, living in the Ocean State should afford the seafaring prelate with ample opportunity to engage in this pastime (and perhaps even a means of visiting home, as Rhode Island and Long Island share a maritime border).

For now, however, he has been busy enough learning to navigate his new diocese. "I'm still in 'meeting mode,'" he said. "One of the big advantages of being a coadjutor is that it gives me time to visit as

many places as I can and get to know the local Church. Everyone has been extremely welcoming."

Appointment as Coadjutor Bishop

Pope Francis appointed Henning as Coadjutor Bishop of the Diocese of Providence on Nov 23, making him the first coadjutor the diocese has had since the appointment of the late Bishop Robert Mulvey in 1995. The appointment was made following the retirement of former Auxiliary Bishop Robert C. Evans, who was required by the Code of Canon Law to submit his resignation upon turning 75 in September. Since retiring, Bishop Evans has remained active in local ministry, including providing pastoral care at Kent Hospital and administering the sacrament of Confirmation.

A coadjutor bishop performs similar functions to an auxiliary bishop, with the principal difference being right of succession: upon the retirement of the current bishop, a coadjutor automatically ascends to the *cathedra* and assumes full leadership of the diocese. Bishop Thomas Tobin had requested that a coadjutor be assigned in order to ease the transition when he submits his own letter of resignation upon turning 75 this April. The Pittsburgh native has served as the Bishop of Providence for the past 18 years, previously holding the title of Bishop of Youngstown, Ohio. Although many bishops continue serving after reaching 75, Tobin has requested that his resignation be accepted as

quickly as possible; the haste has led independent Catholic media outlets like *The Pillar* to speculate that undisclosed health problems may be involved.

At the time of the original announcement in November, Bishop Tobin thanked both the pope for accepting his request and the Diocese of Rockville Center for "sharing such a good, talented, and faithful bishop" to serve as coadjutor. "Bishop Henning is fully prepared to assume the leadership of the Diocese of Providence when that time comes," Tobin said at the November press conference. "And I pray that will happen in the very near future!"

For his part, Bishop Henning has expressed enthusiasm about his new home, which he says he began researching immediately after being informed of the appointment by Archbishop Christophe Pierre, the Apostolic Nuncio to the United States. The nuncio travelled to Providence on Jan 26 for a Mass of Reception, during which he formally presented the papal bull installing Henning as coadjutor. More than 40 other bishops and archbishops were present for the liturgy, including Cardinals Timothy Dolan (of New York) and Seán Patrick O'Malley (of Boston).

Making RI connections

According to Christian Kabbas, Hendricken's Communications Director, one of the focuses for the Hendricken reception was to help the new bishop immerse himself in that proud Rhode Island tradi-

tion of "knowing everyone else."

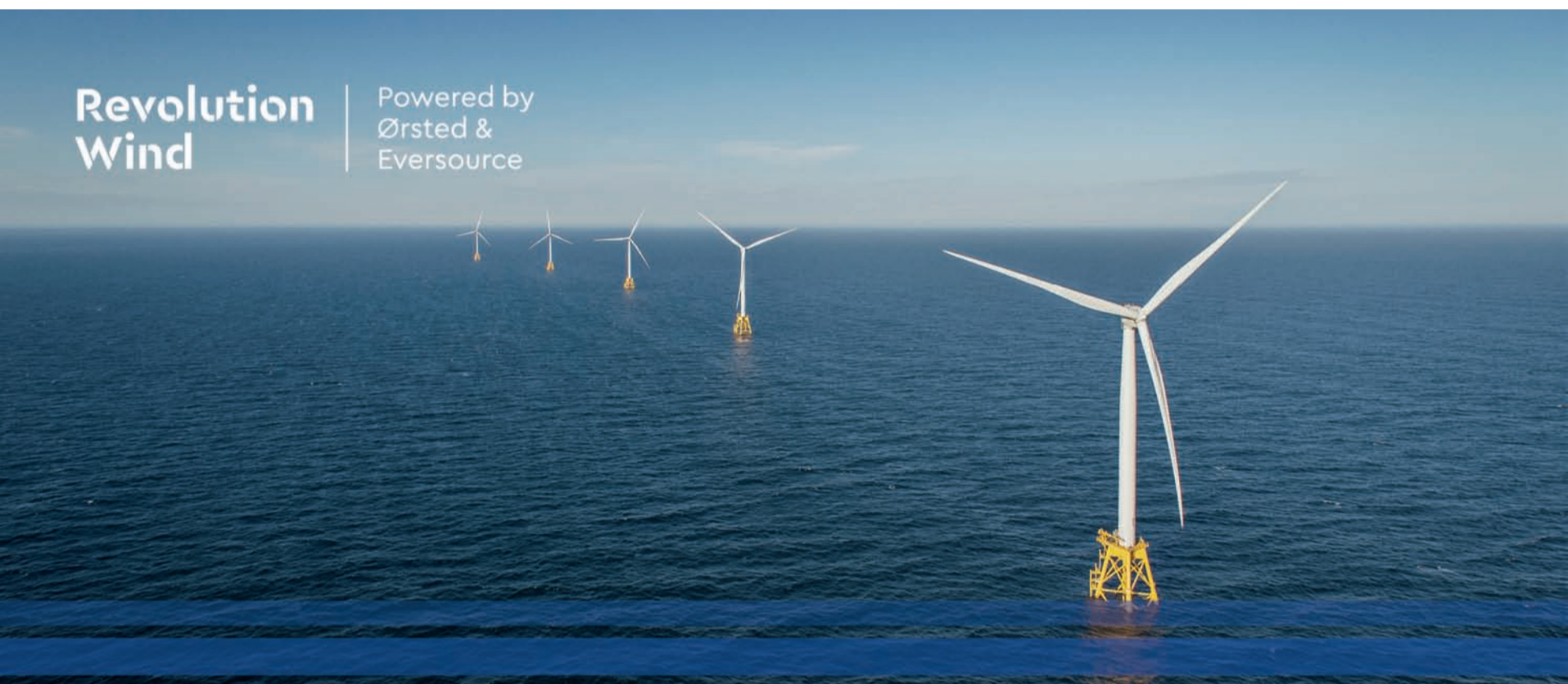
"At the reception Mass, the bishop mentioned that he was hoping for opportunities to get to know the people who make up his new diocese," Kabbas said. "Fr. Marciano wanted to make use of his own community connections to bring together some local leaders and facilitate that introduction."

The local notables in attendance included political figures (Reps Thomas Noret and Camille Vella Wilkinson, as well as former Cranston Mayor Allan Fung), business leaders (Ron and Pete Cardi), and civil servants (including Warwick Public Schools Superintendent Lynn Dambush and Warwick Neck Elementary School Principal Frank Galligan).

"We have a very close relationship with Fr Bob (our chaplain) and with the Hendricken community, so we were honored to represent the City of Warwick at such an important event," said Warwick Fire Department Chief Peter McMichael. These sentiments were echoed by the Chief of Warwick Police, Col Brad Connor, who said the department strives "to be present at events that are so important to the local community."

Perhaps nobody was as excited as the Hendricken students themselves, although the reasons might not have been exclusively spiritual: at the conclusion of the Mass, Bishop Henning informed them that the diocese had granted students a dress down day.

"Bishop Tobin asked me to pass that along," he said, then smiled. "I don't have that kind of authority yet."



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THANKFUL TROOP: From left to right, Deakin Reyes, Nick Scuncio, state Rep. Deborah Fellela, Scoutmaster Rob Simmons, Mike Pezza and Luke DaPonte pose for a photo after receiving a state grant to fund a trip to the Big Apple. (Submitted photos)

Scouts to embark on Big Apple voyage

On Thursday, March 9, state Rep. Deborah Fellela presented the Scouts in Troop 20 Johnston with a \$1,000 grant to fund their upcoming trip to New York City. The troop's goal is to visit Ellis Island, the Statue of Liberty as well as the 9/11 Memorial Site. The scouts will be working on their American Heritage badges during the trip.

SCOUTS HONOR:

From left to right: scouts Jamison DeAthos, Ryder Dieringer and Franco Marraffino will be among the group traveling to New York City to work on their American Heritage badges.



STATE FUNDING: State Rep. Deborah Fellela presents a grant for \$1,000 to the Scouts in Troop 20 Johnston.



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PIE PRIVILEGE: Thomas Laughter was among the Winsor School students who had the honor of “pieing” John Batista and Josh Rampone (right) during last Friday’s Kids Heart Challenge assembly. (Submitted photo)



DUCT DUTY: Madison Wheaton, an elementary school health teacher, was teacher all smiles after students duct-taped her to the wall during last week’s assembly. (Submitted photo)



PERFECT PRIZE: Winsor Hill School Physical Education-Health Teacher Susan Parillo, Principal Kelly Montalbano and Donna Tringali of the American Heart Association proudly hold the prestigious Kids Heart Challenge banner during last Friday’s schoolwide assembly.



HAPPY HEARTS: Winsor Hill School teacher Briana Bielecki is all smiles while joining smiling students during last Friday’s standing-room-only assembly. (Sun Rise photo by Pete Fontaine)

■ **Heart**

(Continued from page 1)

Parillo emphasized Winsor Hill’s staff and students “blasted our goal this year and raised nearly \$6,700” for the AHA during the event.

Tringali, who like many adult visitors were overwhelmed with the student’s enthusiasm last Friday, issued a heartfelt thank you to Parillo and stressed how the Winsor Hill kids learned about the importance of physical activity and its positive impact on heart health when they participated in a number of jump rope activities.

“(Winsor Hill) students also help the American Heart Association by collecting donations in support of the organization’s mission to build healthier lives free of heart disease and stroke for all,” Tringali continued. “Students’ efforts during the assembly (raised) \$5,672.49 during the recent Kids Heart Challenge.”

Parillo announced that Winsor Hill students Nevaeh Luti and Blake Fitzgerald each raised over \$1,000, while Emma McVeigh was just behind them with over \$800.

And for that Parillo said with a smile: “They are now recognized as the Winsor Hill School’s Heart Ambassadors.”

Last Friday’s assembly was also highlighted with the famed and ageless “pie in the face” courtesy of John Batista and Josh Rampone, who had been involved in the school as teacher candidates with Mrs. Parillo.

Yet another cheer-filled portion of the assembly came courtesy of Madison Wheaton, a health education teacher in the elementary school, who agreed to be duct-taped the wall inside the Wizards jam-packed gymnasium.

“Ultimately,” Parillo declared, “this even was a reminder that we can all be heart heroes by supporting a community campaign like this and making some great memories while doing it.”

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By JENNIFER COATES

When the plans were being drafted for Briarcliffe Gardens, a memory care assisted living residence tucked away on Old Pocasset Road, just off Central Avenue in the shady woods of Johnston, owner Akshay Talwar, and his team poured over every detail. Every design decision was based on thorough dementia research and experience. Every detail, from the amount of light that bathes the community rooms to the patterns on the floor to the placement of furniture, was carefully calculated, all with the intent of enhancing the quality of life and the safety of the residents of this busy center.

As soon as one walks through the doors of Briarcliffe Gardens, these research-based design features are immediately apparent. Nothing here looks haphazard or unplanned. Visitors and residents alike experience a "sensory journey" as they tour the residence. There is a feeling of spaciousness, light and openness here which appeals to all the senses and which dispels the feeling that one is in a secured environment.

To start, Briarcliffe Gardens is built entirely on one floor with dining and living spaces in the center, forming the social core, much like one's own kitchen. On any given day, this warmly-lit open space area is filled with residents who are being guided through crafts, games or socialization experiences. In adjoining rooms, it is not uncommon to see residents engaged in therapeutic activities such as seated yoga, tai chi, pet and music therapy.

The single-occupancy bedrooms all have outside windows and line the perimeter of this common center space. Numerous skylights provide diffuse sunshine during daytime and natural and artificial lighting are balanced to create a seamless transition between daylight and nightfall. The colors, light and air temperatures throughout are all coordinated in a concerted effort to comfort residents who might be prone to agitation or



This state-of-the-art Memory Care Assisted Living Residence in Johnston provides compassionate care to those with Alzheimer's Disease, dementia and other memory-loss conditions. Check out this theater, complete with comfy lounge chairs.

irritability.

As the tour continues, one will find a 24-hour retro-design diner, a movie hall, specially adapted recumbent bikes, a Wii gaming center, a hair salon/barber, a sunroom for meditation and, in the spring/summer, a courtyard with fruit-producing trees, walking path and patio. The caregivers and administrators of this progressive memory care center have considered every aspect of their residents' lives and work diligently to anticipate their every need.

From the time when the first ground was broken on Briarcliffe Gardens, this state-of-the-art memory care assisted living residence's primary mission has been to provide a secure,

nurturing and vibrant community for its many residents.

When family members are considering a possible long-term stay for a loved one who suffers from health concerns like Alzheimer's Disease/Dementia, Briarcliffe Gardens offers so much more than exceptional care. It exemplifies everything that a memory-care residence should be ~and can be ~ in this modern age.

To schedule your personal tour of Briarcliffe Gardens, call 401-944-2450. For more information, you can also visit them at www.briarclifferi.com or visit their Facebook page, Briarcliffe Gardens Assisted Living.

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Recognizing the champs



THE CHAMPS: At its last monthly meeting, the Johnston School Committee presented proclamations to the JHS Boys Basketball Team for winning the State Division II Championship. (Sun Rise photo by Rory Schuler)

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JDTC

(Continued from page 4)

During his closing statement DelFino thanked former Mayor Joseph M. Polisena for leadership, trust and friendship along with his son, the new mayor, who he said "in a very short time has proven to be an effective leader and rising star in the Democratic Party."

Also, DelFino wanted it known: "It has been a privilege to lead this great group; I have every confidence that Joe Ballirano will do a fine job."

To which Ballirano offered: "I'm looking forward to working with Mayor Polisena Jr. and all elected officials to keep the Democratic Party as strong as possible."



THE HAPPY HOST: Former State Rep. John Carnevale, who is now helping expand the Di Fesa Society expand its programs and facility, welcomes Johnston Town Council President Robert V. Russo, School Committee Chairman Bob LaFazia and Vice Chairman Joe Rotella to last week's JDTC reorganizational meeting. (Sun Rise photo by Pete Fontaine)

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Sports

CES names Cresta new ring announcer

Johnston resident 1st woman to hold position for company

By ALEX SPONSELLER

Local fitness celebrity and social media content creator Margaret Cresta has been named the ring announcer for the upcoming CES Boxing event that is taking place on March 25 at the Park Theatre in Cranston.

Originally from Boston, Cresta relocated to Johnston in 2020 and has developed a large social media presence since then for her fitness instruction as well as her sports broadcasting resume, which includes a previous stop at CES during the outdoor boxing event at Cranston Stadium and working for NESN's Dirty Water program as well.

"What an absolute honor it is to represent CES and push for more women in sports," Cresta said in a statement. "I could not be more excited to challenge myself with this new opportunity."

"It was an unexpected call, but a great one. Any time that she can get out in front of a group of women and inspire them, to show them that they can be game changers in their careers and in sports, she really thrives on these opportunities. Margaret does not stop, she's at it 24/7. She's always focused on bettering herself and any step she takes is to better herself while helping someone else out," said president and founder of Challenge Sports Events Brendan Griffin.



CRESTA - PAGE 17

STEPPING THROUGH THE ROPES: Johnston resident Margaret Cresta. (Submitted photos)

Panthers grab awards

The Rhode Island Basketball Coaches Association recently unveiled their awards for the 2022-23 season and a handful of Johnston players were honored. Derek Salvatore and Anthony Corsinetti were named to the Division II First Team while coach Mike Bedrosian was named the Division II Coach of the Year. Salvatore and Corsinetti were also named to the Division II-A First Team while Neri Vasquez made the second team. Pictured is Salvatore playing defense earlier this winter season. (Photo by Alex Sponsor)



Hawks enjoy big weekend

We had a few big games this past weekend at Beacon Communications as we wind down the winter season.

Bishop Hendricken enjoyed a successful few days, as the basketball team won the Open State Championship over rival La Salle after falling to the Rams in the Division Championship just two weeks prior. The hockey team also pulled off a huge 2-1 comeback win in the Frozen Four semis over Warwick to punch its ticket to this weekend's state title game against La Salle.

After watching the Division Championship loss against the Rams, I have to admit, I was a bit wor-

My pitch



by ALEX SPONSELLER SPORTS EDITOR
ALEXS@RHODYBEAT.COM

ried for the Hawks entering Sunday's game at URI. The Rams were bigger, stronger, dominated the paint, and had enough flash to get the wild win over the Hawks when they squared off at RIC.

PITCH - PAGE 17

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■ Pitch

(Continued from page 16)

The Hawks adjusted for Sunday's game, though, and would pick up yet another title.

Although Hendricken used a number of big shots to neutralize the La Salle forwards, the hero of the game for the Hawks was MVP Mike Paquette, who transferred to Hendricken last year from Cranston West.

Paquette is an undersized guard that thrives on grit and playing with a high motor. I remember his sophomore year for the Falcons, he seemed like he was going to have a bright future as an up-perclassman.

He then jumped to Hendricken. I also remember doing a season preview for the Hawks prior to the year last season, and coach Jamal Gomes told me something to the effect of, "We hope he finds a way to contribute."

By season's end last year, he was the team's starting point guard and was key in winning the title. This year, he took another step forward and became one of the best point guards in the state.

Sidenote: Between Paquette, Johnston's Derek Salvatore and West's Mar-

cus Chung, we had a ton of talent at the point guard position this year.

Paquette put on a show at URI on Sunday, finishing with 15 points and scoring two key 3-pointers in the final three minutes to put the game away for the Hawks. He was a solid passer, perimeter defender, tone setter, he did it all on Sunday and deserved the MVP.

Eze Wali and Azmar Abdullah scored all the headlines for the Hawks throughout the season, and deservedly so. Each of them is a multi-time champion, 1,000 point scorer, and will certainly be named all-state. They were the two biggest reasons why the Hawks took the floor on Sunday.

Well, on Sunday, it was Paquette as well as Matthew Brock, who exploded for 17 points, who carried the team to yet another title.

Next year will be fascinating for the Hawks. If we're being honest, Hendricken was not the most talented team in the state this year, it was La Salle. Even last year, the Hawks probably on paper should not have won the way they did.

They will be losing Wali, Abdullah, Paquet, Brock, Devin Lynch. It's going to be a totally new starting five, a new roster, a complete reset. As crazy as it may seem, I still bet on the Hawks to find a

way into the championship mix, they always do.

Then, in hockey.

The Warwick co-op was enjoying a big bounce back year after winning just one game last winter. It took the fourth seed into the playoffs and dealt the Hawks their lone loss of the season.

It looked like the Militia was going to repeat that feat midway through the third period when they held the 1-0 lead. Hendricken's championship experience shined through in the final minutes though, getting a pair of goals to skate away with the shocking win.

Before we dig into the Hawks, let me give one last shout out to Warwick. I spoke on this last week in my column, but this team is so, so important for the city.

As the numbers continue to dwindle for Warwick public schools, it is becoming increasingly clear that co-ops are the likely solution moving forward. Some sports are just fine, but many are not.

As much as we all love inner-city rivalries, we should also embrace unity and seeing what the two schools can accomplish when they work together. In just two seasons, this co-op went from

being a bottom feeder to a full blown contender.

Warwick could have absolutely won on Sunday and had it got the job done, anything could have happened from there. Not to mention the roster will still have plenty of kids returning. The Warwick co-op is just getting started.

Then the Hawks, wow.

As you can probably tell by now, I am a huge believer in experience. Talent is important, as is depth, but experience at the high school level is paramount.

Warwick performed extraordinarily well for such a young team, but the difference in the third period was experience. The Hawks never worried and were laser focused. They knew the exact plays they were going to run and how they had to be executed. The Militia just seemed to be caught off guard a bit, it just struggled to regain control when the pendulum swung back the other direction.

Up next is La Salle, who should have been in the championship last season but fell short. On paper, this matchup is a pick em', but again, I'm going with big game experience, so I am going Hendricken.



READY TO RUMBLE: Johnston resident Margaret Cresta.

■ Cresta

(Continued from page 16)

Cresta has mounted over 300,000 followers on her social media pages and has her own app called SWEAT ENRGY, a fitness channel that provides instruction, meal planning among other items.

CES founder Jimmy Burchfield was also excited to introduce her in her new role, saying, "This young lady here, I think you're going to love her. She's going to be our official boxing ring announcer and I'm honored to have that on our stage."

Her goal has always been to help others reach their potential and views sports broadcasting as a way to further develop her fan base.

"She loves being a creator and part of sports broadcasting is being able to create and inspire. Sports broadcasting really goes hand in hand with getting more

eyes on what she's doing and inspiring those people. If people want to live healthier, follow that lifestyle, she has those products and they can follow those workouts," said Griffin.

There have only been three other women to serve as ring announcers in professional boxing, so Cresta is joining rare company. Her hiring is also fitting, as March is Women's History Month. Cresta is looking forward to this new experience and having another chance to inspire those around her, especially women.

"She's not only providing for the fighters, but she's also providing for the fans and making sure that she's entertaining them and it's a good product. There's a little pressure on her back to go out and do good things," said Griffin. "What she sees in these opportunities is a chance to pave a path forward for others in the future. She uses these as ways to motivate people and push them to be better."

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RI's greatest high school hockey team

For generations March has been Rhode Island high school hockey playoff time and since I saw virtually every Rhode Island high school state hockey title series from 1964 to 2018 occasionally, at this time of the year, I'm asked, "What was the all-time best Rhode Island high school hockey team you ever saw?"

Certainly, the powerhouse Mt. St. Charles hockey program developed by the late, legendary coach Bill Belisle in the 1980's and 90s is Rhode Island's most famous high school hockey program. But when it comes to one team competing in one high school season - the most dominant R.I. high school team I ever saw was the 1966 Cranston East team.

The '66 Thunderbolts, which competed in the 1965-66 high school season, not only rolled to the state title, but also captured the New England High School tournament which, at the time, was played at the old Boston Garden.

I remember sitting in the press box at the old Garden watching the Thunderbolts defeat St. Dominic's of Lewiston, Maine, 8-2, in the title game of the 1966 New England tourney.

The New England title game was the climax of a season in which the Thunderbolts posted a 29-0-1 record against Rhode Island and New England high school competition. The only slight blemish on the record was a tie against Burrillville in an Interscholastic League game on a night several Thunderbolts were sick with flu.

It was a different time, a time when high school hockey was king in Rhode Island. In those days official R.I. Interscholastic League games were only played in two locations, the old R.I. Auditorium on North Main St. in Providence and Mt. Charles' Adelard Arena in Woonsocket. Most of the games were played at the Auditorium. The high school state tournament games routinely packed the Auditorium's 4,000 or so seats.

At a time when it was unusual for one team to place more two players on the Providence Journal's first team All-State hockey team, four Cranston East players, Joe Cavanagh, Rich McLaughlin, Dan DeMichele and Curt Bennett were members of Journal's 1966 seven-player first team All-State squad. Another Thunderbolt, Ted Bryand, earned second-team All-State honors. The five All-Staters were all seniors.

Four years later in 1970, Cavanagh while playing for Harvard and Bennett while playing for Brown, would be named first-team collegiate All-Americans. To this day it is one of the few times two graduates of a public high school hockey program have gone on to be named to the same collegiate All-American hockey team.

I believe nine players from that 1966 Cranston East team eventually went on to play Division I college hockey.

"It was a special team at a special time in our lives" Joe Cavanagh, a three-time Harvard All-American and a member of the U.S. Hockey Hall of Fame, said about the '66 Thunderbolts. "It was unique because we all grew-up playing hockey together in the same

Then & now



by
JOHN GILLOOLY

city," Cavanagh added.

Today, Joe Cavanagh, is a leading Rhode Island attorney. A managing partner of the firm of Blish & Cavanagh, he has practiced law for five decades. Cavanagh and his wife Carol raised a large family in Warwick, several of their children became outstanding high school and college student/athletes.

David Cavanagh, Joe's younger brother who was a junior forward on the '66' East team, also went-on to play hockey at Harvard. A few years after graduating from Harvard, David became an ordained Roman Catholic priest. The Rev. David Cavanagh spent decades serving as a parish priest and pastor throughout Massachusetts. Today Father Cavanagh is retired from his pastoral duties, but is active in Opus Dei, a Catholic ministry and he lives in Newton, Mass.

Following his outstanding collegiate hockey career at Brown, Curt Bennett, went on to play 12 years in the National Hockey League. He was one of the first U.S.-raised hockey players to enjoy a long and successful NHL career.

Today Curt Bennett, after a post-hockey career in commercial real-estate in the Atlanta, Georgia area, lives in Wailuku, Hawaii and owns a company that builds decorative waterfalls around the country.

John Bennett, Curt's young brother and a junior forward on the '66' East team, followed his older brother to Brown where he enjoyed a successful collegiate hockey career before attending med school. Today Dr. John Bennett lives in Miami, Florida.

Rich McLaughlin also went on to enjoy a successful collegiate hockey career at Brown followed by a long career as an executive with Amica Insurance. After raising a family in Warwick, today McLaughlin and his wife Karen split time between homes in Warwick and Florida.

Dan DeMichele joined Joe Cavanagh at Harvard after both of them attended prep school for a year following graduation from Cranston East. DeMichele, not only enjoyed an outstanding hockey career at Harvard, but he also was one of the Ivy League's top baseball players. Today after a business career while living in the Southwest part of the country, DeMichele lives in Arizona.

Greg Fiske, the starting goalie on the '66 team, attended URI after East and never played organized hockey again. But Fiske, a journalism major at URI, was active on the RI sports scene for decades after his hockey playing days, serving as a copy editor in the

Providence Journal Sports department. Today he is retired living in Cranston.

Ray Tiernan, a sophomore forward, on the '66 team, also went onto play hockey at Brown before attending law school. Sadly, Tiernan passed away in 2020 after raising a family and a enjoying a 40-year distinguished law career in the Washington, D.C. area. Also Ted Bryand, who teamed with Curt Bennett to form the starting defensive tandem in '66' passed away about 30 years ago.

Dave Holdridge teamed with Dave Cavanagh and John Bennett on the second line during the championship '66 season. Holdridge, grew-up in the Edgewood section of the city as did the Cavanagh brothers, the Bennett brothers, DeMichele and Tiernan.

The second defensive unit in '66 was composed of senior Bill Greene, who went on to play at the University of New Hampshire and sophomore Ashley Atherton, who later played at the University of Connecticut. Frank Caparco, who was a sophomore forward/defenseman, on the '66 team, recently was inducted into the R.I. Interscholastic League Hall of Fame in recognition of a 40-year career as a high school and collegiate hockey game official and coach.

Ron Davis, was a sophomore forward on the '66 team who went on to become an All-Stater on future Cranston East teams. Randy Moore was a sophomore hockey and football star in '66. I believe sophomore John McGarry was the back-up goaltender during that 65-66 season.

I couldn't find an official roster of the '66 team so I probably missed somebody who made a contribution to the success of that 1965-66 season. If I did, I apologize.

These days R.I. high school hockey doesn't possess the cachet it did decades ago. Today young hockey players who dream of taking their game to the Division I collegiate level tend to spend their high school years playing 40-50 games a season in Junior Hockey programs around the country or playing at out-of-state prep schools.

Today if a Cranston East male student wants to play on an Interscholastic League hockey team, he would play for a three-school co-op team that includes students from Cranston East, Cranston West and Scituate high schools. That team has posted a 2-10-1 record during the first three months of the 2022-23 R.I.L. Division II regular season.

Times have changed, but this March hundreds of students will take part in the R.I. Interscholastic League hockey playoffs. When they do, they will become part of an almost 90-year tradition.

The best team I saw in 54 years of watching those tournaments was the 1966 Cranston East Thunderbolts.

John Gillooly was a national award-winning sportswriter/columnist during his five-decade career with the Providence Journal. He is the author of two books "PRIDE on the MOUNT -More Than a Game" published in 2004 and the recently published "FRIDAY NIGHT THUNDERBOLTS - Why High School Football Matters to America's Future" (Oct. 2022).



LOCAL LEGENDS: East's Curt Bennett (above) and Joe Cavanagh (below) during the 1966 season. (Photos courtesy of the RI Hockey Hall of Fame)



TODAY: Here are some recent photos of Curt Bennett (left) and Joe Cavanagh (right).

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Tap, tap, tap ... spring tautog fishing has been great

By CAPT. DAVE MONTI

On April 10th last spring the water temperature at Narragansett Beach was only 45 degrees. Dave Henault of Ocean State Tackle, Providence, said, "The water is too cold for tautog. The temperature has to be around 50 degrees for the spring tautog bite to turn on. Let's hope the water warms a bit this week."

"I generally start fishing in the spring for tautog in mid-April when the water temperature hits 52 to 58 degrees. I will start in 30 to 40 feet of water but as the water warms I will move to lower water, as low as six to fifteen feet," said Jeff Sullivan, a tautog sharpie who mates for Capt. Kurt Rivard and is an associate at Lucky Bait & Tackle, Warren.

"If you like fall tautog fishing you have to give spring tautog fishing a try. Particularly with the new one trophy fish regulation, large size tautog can be caught in the spring easier than ever before. So what's not to like. They are the first and last species I target each season," said Sullivan.

Regulations

There will be new regulations for tautog fishing this year in Massachusetts, similar to the Rhode Island 2022 regulations. "I think the new more conservative tautog regulations worked well in Rhode Island last year. We have had a positive response from members and with RISAA's leadership we were able to get similar regulations in Massachusetts," said Greg Vespe, RISAA Executive Director. "It's refreshing to see Massachusetts take steps to join RI in being proactive in protecting these slow growing fish that are quickly becoming the backbone of the New England fall fishery. With no change to the bag limit and everyone still allowed to catch a trophy and set their own, club or state record it's hard to find a negative with this change. It's responsible management at its best."

Rhode Island and Massachusetts will have the same trophy fishing regulations that RI had last year. Anglers were allowed just one trophy fish, 21 inches or larger, the minimum size is still 16 inches and a ten fish boat limit applies for private recreational vessels.

The spring season runs from April 1 to May 31 and allows for three fish/person/day, the season reopens Aug. 1 to Oct. 14 with a three fish/person/day limit and then jumps to five fish from October 15 to December 31. In Massachusetts anglers are allowed to take one fish in the spawning season of June and July (as noted in RI the season closes for June and July). At press time Rhode Island has not finalized 2023 regulations.

Find structure to find tautog

Tautog can be fished from shore or boat and in both cases they like structure (rocks, wrecks, bridge piers, dock pilings, mussel beds, ledges holes and humps along the coast). So, no structure, no tautog.

"Generally I fish in boulder fields in the spring or where broken bridges and pilings are in the water. Those spaces are often hard to access and can be dangerous bringing your vessel close to submerged structure unless you know the area well but it is a per-



NEWPORT TAUTOG: Jigs outperform any bait rig for Jeff Sullivan. Shown here with at 13 pound tautog caught off Newport. (Submitted photo)

fect area to fish from a kayak," said Sullivan. "I also like mussel or oyster beds in the spring. They are generally in low water and I like to bounce my jig off the bottom and because they are generally in low water the jig is very productive."

Soft baits good in spring, but crabs are still preferred by some

Spring tautog baits have historically been soft including clam worms and clams. However, I have found green crabs with their shells broken off to expose the crab meat is a very tempting bait. You end up feeding a lot of fish but once they put on the feed bag the bite increases exponentially.

"My bait of choice in the spring are Asian crabs," said Sullivan. "They are kind of soft early in the season so you have to stack more than one on a hook. Don't get me wrong worms work too, but often times it is hard to get your worm past the scup even in the early season. And, working at a bait shop I know how expensive clam worms are now."

Preferred rigs or jigs

"I jig all the time unless conditions such as deep water, heavy structure, etc. dictate a traditional rig. The jigs I use are generally 1/2 to 3/4 of an ounce with my favorite colors being white and orange. I think that these colors tend to get more attention when down at the bottom of the water column below," said Sullivan.

As an alternative, when on heavy structure in spring or fall I prefer to use an egg sinker rig that has reduced bottom tie ups by 50 percent. The egg sinker slides on a small piece of monofilament adorned with red and white beads which has a two-way swivel on each end, a pre-snelled lazar sharp hook is at-

tached to the end of the swivel and hangs down about eight inches. The aim is to work the hook and crab right down between rocks and bottom structure.

Where's the bite?

Striped bass. "There has been holdover striper activity in local salt ponds and rivers with alewives beginning their run enhancing activity. Anglers are also finding some white perch. March is often the best month for targeting white perch," said Declan O'Connell of Breachway Bait & Tackle, Charlestown, RI. "We have seen a ton of bait, small Atlantic menhaden in the Providence River. Birds have been working the past couple of weeks and three dolphins were spotted off Sabin Point by a customer. The water is warm and the bait is plentiful," said Littlefield of Archie's Bait & Tackle, Riverside.

Fresh water fishing has been good as not many have fished ponds in Rhode Island and Massachusetts that were stocked in fall and early winter. "Customers continue to catch trout in area ponds. It has been a mild winter and fresh water fishing has been great," said Littlefield. For licenses and trout/salmon waterway stocking information in Rhode Island visit www.dem.ri.gov/fishing, and in Massachusetts www.mass.gov/service-details/trout-stocking-report.

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.noflufishing.com.

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Carrara's

(Continued from page 1)

Imperfect World

In a perfect world, the shop would stay in the family; a lasting entrepreneurial legacy. Carrara's quick to dispel a classic American myth; we don't live in a perfect world.

"There's a part of me that wishes very much that he would take this garage and keep it going, but there's a bigger part of me that's very gratified by how he took what he learned and made himself better," Carrara said, reasoning with himself. "He doesn't have to work as hard as I do. He doesn't have to get dirty. He doesn't have to hurt himself. He doesn't have to be here until 10 o'clock at night, because this job needs to be finished."

"Jay doesn't have to do any of that stuff, and that's because of what he learned and how he used it," Carrara said, looking to his son, Jay, who's 44 and works for AAA. "So ultimately that's good."

Jay Carrara reached out to the Johnston Sun Rise without his father's knowledge. He thought 44 years in business in Johnston deserved a story. He was right.

At 67, Carrara said he's worked hard enough and it's time to spend his remaining hours with his grandchildren rather than your broken transmission.

"Doing business for yourself has changed dramatically throughout my lifetime," he said slowly, sternly, with a distinct, deliberate and informed matter-

of-fact cadence. Carrara has a seasoned mechanic's convincing manner of speech — developed over the years, explaining complicated automotive issues to penny-pinching laymen.

He tells the story of his business in chopped-up flashbacks — vivid illustrations ripped from the volumes of his memory. The tale jumps across the decades, but always lands back in the present, and his decision to close up shop.

Benny's & Dave's

He got his start tweaking engines for Benny's Automotive Center after graduating from high school. Benny's opened a garage attached to its Smithfield location, across the street from the A&W Root Beer stand. Eventually, Carrara was transferred to another Benny's and then went to work for a few smaller shops.

He sees parallels between Benny's, the quintessential Ocean State small business start-up success and eventual failure story arc, and his own little auto clinic.

"Benny's is probably the most sorely missed business this state has lost," said Carrara, their former faithful employee. "They had 29 stores, in Rhode Island and eastern Connecticut ... great operation, great people ... kind of sort of like this. The grandfather started it, father kept it going and the kids threw up their hands and said this is just way too much work and effort and responsibility."

Dave's father Peter, a music teacher, helped sway his son into owning his own business. They had hoped to pass it

on to Dave's son, Jay. When Jay passed at the chance, Carrara decided the sun had set on his small proprietorship.

"And (Benny's) kids were smart enough, for themselves and their families, to cash in when the writing was on the wall," he said. "That's kind of the same as us."

Gearhead Rising

Guns 'N Roses' "Sweet Child O' Mine" started to play in the background over the garage radio. Slash's whining guitar riff filled the shop's waiting room with a somber heavy metal nostalgia dating back to the same year Carrara bought the garage outright from the building's former owner, in 1987.

"The old man came to me and said I want to open up a garage," Carrara recalled. "There was a lot of different things that happened before we ended up here, but we ended up here. I came to work. Dad went back to the music studio waiting for the point where we were making enough money for him to be able to come here and get a paycheck. He lasted about 8 years. Being in business isn't all that much fun a lot of times. It was tough. There wasn't a boatload of money. He was frustrated by it. He left. He sold me all of it for a dollar and walked away."

Carrara dates the beginning of his auto clinic back to Oct. 15, 1979, when his son was about a year old. It took some time to land a permanent brick-and-mortar location, but once he had his own place, there was no looking back.

He credits his entrepreneurial spirit with his "inability to work for anybody else."

"My dad opened it with his dad Peter when I was a small child, and several lifetimes and a family full of relationships in the Johnston community exist because of it," said Jay Carrara.

The prodigal son stood next to his father's glass display case full of tiny, die-cast classic cars.

"My entire career and credibility is built on everything that I grew up here learning," Jay admitted. He's proud of his own success, but he's also proud of his father's decades spent cultivating a small seed, watching it grow and waiting for fruit. The fruit kept them alive.

The garage has survived "as amazing changes in the Johnston landscape and culture" transformed the neighborhood, Jay Carrara recalled.

Bikes or cars?

Dave Carrara had loads of mechanical experience, and in the beginning, specialized in fixing Hondas.

Initially, the business began in that niche.

He dabbled in drag racing and motorcycle club racing.

"I was brought up on stock cars, so quarter-mile straight lines just never really did it for me to any great degree," Carrara said.

"We were going to fix Hondas," he recalled. "We waited and not much happened."

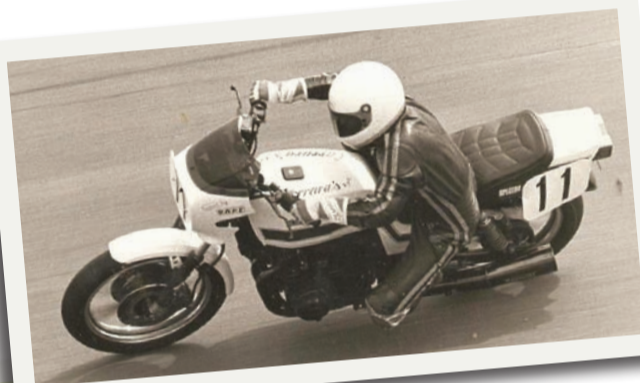
■ CARRARA'S - PAGE 24



LIKE FATHER: Jay Carrara works on a car in his father's garage in 2002. Although he won't be taking the business over, Jay spent countless hours working side-by-side with his father. (Submitted photos)

GARAGE DAYS:

(Below) Peter Carrara helped to inspire his son to buy a shop and spend the past four decades fixing cars along Atwood Avenue. After eight years, he sold his share of the business to his son Dave for \$1.



ROCKETS: Dave Carrara built bikes and traveled across the country with Carraras Motorcyle Racing. This photo, circa 1983, shot at Daytona Motor Speedway in Florida, shows off a Kawasaki GPz750 "Tuned by Dave" and raced in the AMA.



MANY CELEBRATIONS:

June Carrara (Dave's wife), stands with her daughter-in-law Michelle Carrara, and grandson Diamantino to celebrate the 40th Anniversary of Carrara's Auto Clinic on Oct. 15, 2019.



COUNTLESS CLASSICS:

In the early 1980s, Carrara bounced back-and-forth from racing bikes and fixing cars. Countless classics have passed through the Atwood Avenue business, off to new owners. And Dave Carrara helped keep them all on the road. At certain points, the business blended cars and motorcycles.



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ANIMAL TALK

By Karen Kalunian
Local Adoptable Loveable



Photo credit: Karen Kalunian-Animal Talk

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LITTLE PANTHERS: Teagan O'Connor, Emma Vasconcelos, Taylor O'Connor and Ava Vasconcelos posed for a photo at the ECC last week. They were among members of the Johnston student body who helped to support the Special Olympics by wearing a "Choose to Include" Panther Pride T-shirt. Check next week's edition for more photos from the event. (Submitted photos)



SPECIAL SUPPORTERS: Valentina Delgado, Lincoln Smith, Lily Metz and Alexander Betancur posed for a photo at the ECC last week.

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An Art Adventure Out West



If you are a long-time reader of mine, you will know that one of my passions outside of antiques and collectibles is contemporary art. A couple weeks ago I flew out to Los Angeles for art week, a time when there are multiple art fairs and gallery openings packed within a four-day period.

You are never going to be able to see everything, so making a soft itinerary is a requirement if you want to have a somewhat successful trip. Some fairs focus on secondary works, others design, but for my friends and I our focus is on emerging and mid-career artists. This focus brought us to Frieze and the Felix Art Fair.

Some background contexts first, Frieze is the main attraction and largest fair which took place at the Santa Monica airport,



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

a very cool venue. Frieze features everything from emerging early career artists to modern masters like Pablo Picasso, Marcel Duchamp, and Andy Warhol. It is where the biggest galleries in the art world show, but also tenured and reputable smaller galleries from across the world that exhibit obtainable good art. For Los Angeles, this is a relatively new event in terms of contemporary art having only been the fifth year of the show compared to the New York show which is entering its eleventh year. LA has been a rapidly growing scene, so it was time to finally go experience it firsthand. While Frieze was enjoyable, my favorite experience was at Felix.

The Felix Art Fair took place in The Hollywood Roosevelt Hotel which was an incredibly fun viewing experience. Galleries were set up within hotel rooms spanning two complete floors and the ground level cabana rooms around the pool and bar. Bonus points that this was also the hotel we stayed at,

making it a fun time morning and night - you never knew who you would get to talk to! The main love of Felix though is that even if you are novice collector there is art of every price point. One of my favorite works there was an installation of twelve small paintings, each priced at \$500. They were all sold out by the time I saw them, otherwise one would have come home.

Traveling to LA was great, but the beauty of art is you do not need to travel across the country to see it. If you are reading this and want to spice up your collection with some contemporary art, go to an upcoming local fair. It is a great entry point into the contemporary art world - You never know what you might like and come home with!

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Carrara's

(Continued from page 21)

His father helped him move into the business — everything packed into the back of a 1973 Datsun pickup truck.

"We moved in with that Datsun full of stuff and we had \$3,000 of real money to start the business," he remembered. They bought the garage off a man Carrara described as a "real honest to goodness hoodlum."

"So here we sit, three grand in the bank, no business," Carrara recalled. "A couple of tool boxes, a bench press, a tire machine, an old fashioned bubble balancer ... nothing to do. I'm looking through the Journal, I see a '73 Honda CB750 for sale for a thousand bucks. I say to my old man, 'Pop, I could probably get two grand for that bike. It looks decent.'"

They bought it. Parked it outside. And "like flies to honey," people started coming through the door, asking "Do you fix motorcycles?"

"The first time they asked me I said no," Carrara said. "The second time somebody asked me I said no. The third time somebody asked, I said, 'Of course we do.' And we began fixing motorcycles."

Every morning, throughout the early 1980s, Dave Carrara and his family pushed 30 bikes out of the small garage onto the surrounding lot. And every night, they pushed those same bikes back into the building.

Eventually, the shop would drift back to fixing automobiles. They eventually invested in a dealer license and even rented U-Haul trucks from the site. The business grew and contracted, then swelled and shrunk again over the decades.

Ultimately, the clinic found its clientele, and they rewarded stellar mechanical service with loyalty.

'The Shelf'

"My first actual memory of this place is sitting right there," Jay remembered, pointing toward a window ledge they affectionately call "The Shelf." "This rack wasn't here. You'd sit there on Thursday nights and wait."

He'd wait for his dad to finish work for the night. There was no timecard to punch. The workday was over when the work was finished.

Carrara's Auto Clinic has been a AAA Approved Repair Shop for the last 20 of its 44 years. Dave Carrara showed off his magnetic Automotive Service Excellence (ASE) badges, neatly arranged on a tool chest in the back of the garage.

Dave Carrara said he thanks and appreciates "the literally thousands of customers for whom he's worked over the years."

"As he closes up, he wants to say 'thank you' to the over 200 current clients who he serviced in 2022 with their approximate 500 different vehicles," Jay explained, speaking for his dad after the interview ended. "He also appreciates their kind words of congratulations and well wishes upon retirement."

Memorial Day

Dave Carrara has set May 12 as his last day of service. Then he plans to take a nice long break.

"It will be the longest Memorial Day holiday on record," he joked, standing underneath the Cadillac he's been restoring for a client. "This place is for sale and some folks are coming in to take a tour."

The garage sits on a half-acre of land along heavily trafficked At-

wood Avenue. A local broker's handling the sale. Carrara's asking \$799,000 for the business and the land. He's hoping the sale will help fund his retirement.

"If it sells, it sells," he said, walking through the garage.

He hates to say goodbye, but he's finished. The business is finished.

"To get a real technician in here, you probably need to pay \$35-40 an hour," Carrara explained. "It's not here; believe me when I tell you it's not here. The days of (a business) going from one guy to the next — I saw it myself in other garages I worked in — where the older generation would move on and the younger generation would move in; they kept it going, kept it working ... That's over. It's not going to happen."

After May 12, Carrara plans to spend more time in the woods, hunting and fishing.

And he's done keeping his kids, and grandchildren, waiting. The work is done.

Carrara's son simply won't have to work as hard as he did, for so little. That's the new American Dream.



TINY CARS: Dave Carrara stands over a small glass display case in the lobby of Carrara's Auto Clinic at 1225 Atwood Ave. in Johnston. He shared some memories from the early days of the business as he's getting ready to retire. (Sun Rise photo by Rory Schuler)



LOTS OF HELP: Dianne Malcuit, Carrara's Office Manager and U-Haul Coordinator, posed for a photograph in 2016. Over the years, Dave Carrara counted on help from Malcuit, his wife June, and his son Jay. (Submitted photo)



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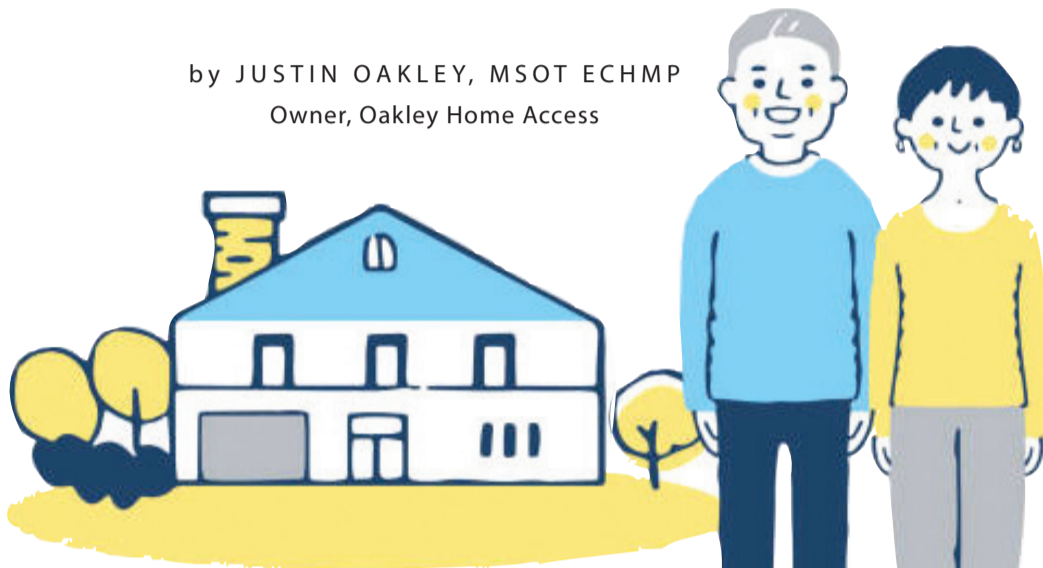
Thursday, March 16, 2023

Johnston Sun Rise

RHODYBEAT.COM

Home SAFE Home

by JUSTIN OAKLEY, MSOT ECHMP
Owner, Oakley Home Access



It's the American Dream. You work hard for years and years to save up some money, purchase that dream home, and raise a family there. It's laying down solid roots in a place that means something to you. Residents of Rhode Island work hard to live where we do.

The growing trend has been for people to remain in their homes as they age. The National Council on Aging reports that seventy-five percent of adults (60+) intend to live in their current home for the rest of their lives. There is no escaping the fact that we are all human and we age. As the years pass, things that were once taken for granted like getting up and down the stairs and getting around in the bathroom, become more challenging. For many, assisted living facilities ranging from three to five thousand dollars per month are simply unaffordable.

As the population shifts towards remaining at home, fall prevention must become a high priority, not only amongst healthcare professionals but also anyone with older loved ones living independently in the community. One in three older adults fall each year and seventy five percent of these falls occur at home. It is vital to understand the importance of how the person interacts with the environment, especially as their abilities decline.

Many older adults aren't aware of how simple home modifications that can help their ability to stay in their home. Typical homes are "Peter Pan Houses," meaning they are designed and constructed as if the occupants never change. Simple upgrades in these homes can match the individuals changing needs. Grab bars can be strategically placed in the bathroom to assist with bathing and toileting. Stair lifts or handrails can assist with climbing and descending the stairs.

■ HOME SAFE HOME
- continued next page

HAZARDS IN THE BATHROOM

Of all the household areas that we encounter during our daily routine, the bathroom is the area in which 80% of falls occur for the population of adults 65 years and older. Luckily, all dangerous aspects of the bathroom can be modified in a way which promotes independence, maximizes mobility, and reduces the risk of falling. Here we will highlight some of the hazards within the bathroom.

SLIPPERY SURFACES Bathrooms often have smooth tile surfaces and slick bathtub floors. Although they are easy to clean, they also are a frequent culprit of falls.

LOW TOILET SEATS Toilets are many times as low as 14-15 inches which is exceedingly difficult to stand up from when you have reduced leg strength.

DIMLY LIT ROOMS Many bathrooms do not have adequate lighting which is only reduced with the presence of steam from a hot shower.

LOW BLOOD PRESSURE Hot showers may feel great on a cold New England morning, but the negative effects on blood pressure can cause dizziness and loss of balance.

NO PLACE TO REST Many showers and bathrooms have no place to take a seat and rest at the vanity or in the shower. This can cause fatigue which leads to falls.

REACHING OVERHEAD Placing your arms overhead to wash your hair, adjust the shower head, or reach for high shelving can create losses of balance leading to falls.

GLASS SHOWER DOORS While they can be attractive, sliding or swinging glass shower doors are one of the most dangerous household items. We at Oakley Home Access are anti-glass doors. They reduce access for entering/exiting a shower, and allow less space for caregivers to assist their loved ones. Also, shower doors have handles that offer a false sense of security: They are tempting to utilize for stabilization during entering/exiting the tub or shower, which commonly leads to falls. Finally, glass can be very dangerous because some doors can break if we lean or fall into them.

SUCTION CUP GRAB BARS While readily available and inexpensive, suction cup grab bars are a dangerous misconception. These bars often come loose during hot showers and offer no support in a falling situation. They literally indicate on them to not utilize for weight bearing. Grab bars should be securely anchored with specialized hardware as well placed properly.

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RJ Connelly III

Government Programs to Help Seniors

Senior Benefit Programs That Can Help in These Inflationary Times

LEGAL ADVICE

by DON DRAKE
 CONNELLY LAW OFFICES, LTD.

“Despite what we are hearing from our political leaders, inflation continues to eat away at the budgets of those on fixed incomes,” stated professional fiduciary and certified elder law Attorney RJ Connelly III. “While there are no easy answers on how to address these problems, what we do know is that many seniors could find some relief through a multitude of government programs that are under-utilized by this age group. A couple of examples include the Supplemental Nutrition Assistance Program (SNAP), where it is estimated that 14 million adults over the age of 60 qualify for assistance and nearly 45% of seniors may qualify for the Medicare Part D Low-Income Subsidy drug program.”

“Aside from cutting back on unnecessary expenses, which many seniors have already done, retirees or those near retirement should look to existing government programs to possibly qualify to receive assistance and reduce the anxiety many older Americans feel living on a fixed income,” said Attorney Connelly. “The National Council on Aging (NCOA) works with thousands of national and local agencies to provide tools, resources, advocacy, and best practices for every aging American to have health and financial security. In fact, the NCOA has an online BenefitsCheckUp tool that could help find assistance for those who deserve it.”

The Online Benefits Check Up

If you complete the benefits check-up online, NCOA will send a confidential report to your mailing address listing the help available to you and how to apply for it. In fact, since 2001 this program has helped millions of older adults receive help paying for medicine, food, utilities, and more. There are more than 2,000 benefits programs in the check-up system, including those in categories such as, food and nutrition, health care and medication, housing and utilities, income, in-home care and aging in place, disability services, skilled nursing facilities and other long-term care environments and more.

“The online BenefitsCheckUp site helps older individuals find federal and state assistance programs for which they can qualify,” said Attorney Connelly. “This website, developed by the NCOA, is newly revamped and permits error corrections and the addition of information if answers need to be

revised. Once completed, the online Individualized Eligibility Results report can be saved in a PDF format to email to yourself, your elder law attorney, or share and discuss with a trusted family member who can help obtain these benefits.”

Sharing the Information

Now this question, why is it a smart move to provide this eligibility information to your elder law or estate planning attorney? “Well, suppose you already receive disability benefits through Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), or other programs,” stated Attorney Connelly. “For those already receiving assistance, especially SSI, adding other government assistance programs could result in unintended and negative consequences that can render an individual ineligible for benefits they already receive. Making your attorney aware of this can help you stay safe and protect very important benefits that may be difficult to get back if they are lost.”

Educating Seniors About These Benefits

For many seniors, just a few hundred dollars in monthly assistance could make a world of difference. Sadly, many do not know how to access these programs, and some are reluctant to seek help for any number of reasons.

“Participation rates in government assistance programs are at an all-time low, with somewhere around six of ten eligible seniors participating,” stated Attorney Connelly.

“That means that 40 percent of seniors could live more comfortably by taking advantage of these programs. Many older adults lack the awareness that these benefits exist, and if they do, the application process for many programs can be cumbersome and extremely complex. Then, there is a perceived stigma about receiving government assistance and other misconceptions that contribute to lower participation rates.”

To reduce stress and live your best life with more resources at your disposal, explore the NCOA’s BenefitsCheckUp website and learn what programs are available to help you. They can make the difference between thriving or just surviving.

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HOME SAFE HOME

Holistic Approach

A holistic approach should be taken when exploring fall prevention. Staying active through physical outlets such as yoga and Tai Chi is strongly recommended. Such ac-

tivities can help increase balance and in turn reduce the risk of falls.

Regularly reviewing your medications with your local pharmacist or physician is a great way to be aware of side effects that may cause a loss of bal-

ance, dizziness, or fatigue. These fall prevention strategies, when combined with a safe home environment, can greatly improve the success of aging in place.

As an occupational therapist, it is my passion to keep people safe

in their homes through environmental modifications based on their unique physical capabilities. There are hundreds of products available to assist with improved home accessibility and safety. A home safety assessment performed by a healthcare professional can raise awareness of overlooked hazards in the home such as loose area rugs, poor lighting, lack of handrails on stairs, or cords running across walkways.

So whether it’s your home or an older loved one’s home, take a look around. When entering, is there something to hold onto while traversing all those steps? Are there grab bars installed by the toilet and in the bathtub? Are there clear walkways and stairways? The answers may surprise you. We often become complacent in our homes and many don’t realize the fall risks that exist.

It is easy for us to understand why the majority of our community wants to stay in their beloved homes while they age. It’s the memories, the roots, and the commitment to creating a comfortable home.

As aging in place is on the rise, fall prevention is a vital way to help support living out the American Dream.



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I Became "The Fall Guy"



MY SIDE OF THINGS

by LARRY GRIMALDI

We've all heard the wistful observation, "No good deed goes unpunished." I can attest to the kernel of truth in that old saw.

Recently, I was washing the kitchen floor in our Fort Lauderdale winter refuge condo when my foot got caught in the leg of the table. I lurched forward to the floor and fell on my hip. A that moment, I became "The Fall Guy" and joined the legion of seniors with serious hip injuries. I sustained a small fracture in my right hip that required surgery to place stabilizing rod and had to endure a 12-day hospitalization. A physical and occupational therapy rehabilitation program was prescribed so that I can resume my activities as before the accident. I had therapy three times a day for a period of 10 days. I found myself relearning to perform routine tasks such as walking, bathing, or going to the bathroom. I was discharged using a walker. My goal is to graduate to a cane and eventually regain a normal walking gait.

The statistics on falls and seniors are frightening. According to the Centers for Disease Control and Prevention and the National Council on Aging, 28 percent, or three million people, over the age of 65 fall each year. A staggering 800,000 hospital visits are the result of these accidents; and, unfortunately, 32,000 seniors each year die from falls. Physical injury may not be the only repercussion of such an accident. In addition to temporary disability, the fall victim risks permanent disability, long-term loss of mobility, difficulty with tasks of daily living, loss or diminished independence, or social isolation. Any one or combination of these risks can affect a senior's lifestyle.

Most falls occur in the home. There are some prevention actions you can take to "fall proof" your home. Remove throw rugs. Wear non-skid shoes or slippers. Clear walking paths of obstacles. In your bedroom, make sure that your light switches are within reach of your bed. Make sure that your bedspreads do not touch the floor. Hip patients, such as myself, should beware if the edge of the bed is lower than the kneecap. Install

grab bars for the toilet and tub or shower. Place non-skid strips on the tub or shower floor and put a night light in (preferably light sensitive) the bathroom. Do not put towels on the floor outside your tub or shower. Use warm, not hot, water because some medications are sensitive to heat. In the kitchen, make sure you have good lighting and a chair to an rest on while you work or cook. Keep heavy and frequently used pots and pans on a countertop to avoid reaching. Reorganize the cabinets and refrigerator shelves for easy access to foods and supplies. If possible, use disposal plates and utensils. One web site even suggests ordering out temporarily while you recover from your fall. You may also consider subscribing to an emergency response system.

There are several resources available to Rhode Island seniors to help increase balance and strength and avoid debilitating falls. Many senior centers offer fall prevention programs. Contact your local center for information. You can also call The Point, the state's aging and disability resource center at 462-4444, or go to unitedwayri.org. Information can also be accessed by calling the Rhode Island Office of Healthy Aging at 462-3000, or by logging on to oha.ri.gov. The National Council on Aging can be reached at 1-800-424-9046, or by going to ncoa.org. The Centers for Disease Control and Prevention address is cdc.gov, or call 1-800-232-4636.

Give yourself every opportunity to stay safe and mobile. You deserve it. Don't become a statistic like me. Don't be "The Fall Guy (or Gal)" and be the victim of a tumble."

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

The Gift-Card Grift



AARP - RHODE ISLAND

by CATHERINE TAYLOR

AARP's mission is to empower people to choose how we live as we age. Financial security, including fraud prevention, is essential to that empowerment. Fraud is everywhere, but one of the fastest-growing scams involves gift cards.

A recent AARP survey found that more than a third of U.S. adults have been asked by a scammer to pay a fake fee, debt, or other financial obligation with a gift card. About a quarter of those targeted took the bait, bought gift cards and shared the numbers with the crooks, losing an average of \$200.

Unfortunately, older Americans are the most frequent victims.

"Criminals are most likely to convince people to purchase gift cards to 'pay fees' to claim sweepstakes winnings or 'pay upfront' for some product or service," says Kathy Stokes, director of fraud prevention programs at AARP. "Or they impersonate a friend or coworker to coerce their targets to do them a favor by purchasing gift cards."

If you read no farther, take note: "Gift card" is a Big Red Flag when it comes to recognizing and avoiding an online or telephone scam.

The sweepstakes scenario, AARP warns, was the most common tactic in gift card payment scams, as reported by survey respondents. Next most prevalent was being asked to pay in advance for a service or product, help a friend or colleague in need, or pay someone's phone or utility bill.

Con artists posing in scam calls as tech support experts or government agents might also demand urgent payment to supposedly fix a computer problem, satisfy a tax bill or clear up a bogus issue with your Social Security number.

No matter what the pitch, anyone asking you to pay them with a gift card is a scammer, according to the Federal Trade Commission (FTC).

Awareness is critical and Rhode Island is trying to do something about that.

AARP Rhode Island supports state legislation that would require Rhode Island retail establishments that sell gift cards to display a conspicuous notice at or near where the gift card is displayed that cautions the purchaser about prepaid card scams and provides information on how to report a suspected scam. We also support requiring retailers who sell gift cards to train employees on how to identify scam activity and what to do should they suspect a customer is a victim.

"We have seen an uptick in scam calls, especially ones targeted towards

seniors," says bill sponsor, Sen. Victoria Gu (D-Westerly, Charlestown, South Kingstown). "This common-sense legislation will help alert people to a possible scam *before* they go through with the purchase of a gift card and lose their hard-earned money."

AARP advocacy volunteers will testify on Smith Hill when the bill is heard in committee, sharing their encounters with gift card grifters. Will legislation end gift card scams? No. But it could make a significant difference.

A survey conducted by the AARP Fraud Watch Network, in collaboration with the University of Chicago-based AmeriSpeak Omnibus survey, found about 1 in 4 consumers who purchased gift cards to pay a supposed financial obligation were warned by a store employee that it might be a scam. Previous AARP research found that more than half of potential scam victims avoid losses when a third party intervenes.

I've said it here before and I will say it again. If you can spot a scam you stop a scam.

Online from AARP

Soaring monthly energy bills are taking a bigger and bigger bite out of family budgets. We're all looking for ways to cut costs by saving energy. Earlier this month, AARP Rhode Island hosted a free tele-town hall with experts from the Rhode Island Office of Energy Resources, who provided strategies for weatherization and energy efficiencies, and answered many energy-savings questions from callers. You can listen to the recording posted at www.aarp.org/RIreplays.

Finally, I am tickled to introduce yet another free AARP Rhode Island online Healthy Living monthly series. Laughter Yoga, debuting March 22 at 6 p.m., is the epitome of the notion that laughter is the best medicine. Our host, Larry O'Brien, says sustained, uninhibited laughter can not only change your mood, it changes your brain, releasing chemicals called endorphins. Larry explains the potential health benefits before encouraging participants to join in the laughter. Can't we all use a good laugh?

Find the tele-town hall call-in information and register for Laughter Yoga at www.aarp.org/RIEvents, where you will also find upcoming dates for our monthly Healthy Living lineup of RI Healthy Cooking Demo with Chef Mary Weaver, Everybody Dance! and Tai Chi/Qi Gong.

Stay safe and stay healthy, everyone!

Catherine Taylor is AARP Rhode Island State Director.

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The Laugh's On Us

Get more than a chuckle out of Laughter Yoga. According to our session leader from the Providence Laughter Club, laughing has the power to change your mood within minutes by releasing brain chemicals called endorphins. Explore the benefits of a good laugh by attending AARP Rhode Island's latest free monthly Healthy Living series – debuting online Wednesday, March 22 at 6 p.m.

Register at aarp.org/RIEvents.



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SENIOR RESOURCE GUIDE

In Praise of Soups—Stone, Bone & More



RETIREMENT SPARKS

by ELAINE M. DECKER

One of my husband's nieces changed her eating habits to have soup for dinner every night. She lost quite a bit of weight doing that. Jagdish and I enjoy soup. Sometimes he'll make it using one of those broths that come in boxes. More often, we'll have a can of something from Progresso. We try to get ones with lower sodium. For whatever reason, I've been eating less lately. I sleep more hours, so I often have just two meals a day. One might be soup. I've lost 15 pounds in about 5 weeks. I don't know if it's just lower caloric intake, or if it's that soup thing working. I've decided to praise the soup.

The soups my husband makes are always broth-like. He uses those boxes I just mentioned as his base. He adds various fresh vegetables, usually some ginger, and a few spices. Lately he's been requesting that I get the boxes that say "Bone Broth". The subtext says chicken or beef; we prefer the chicken, especially because that's usually available in low sodium.

I have no idea what prompted him to become a fan of bone broth, but it seems to be extremely popular now. Some people even drink it straight. I've made turkey soup from the leftover Thanksgiving carcass. But somehow seeing "bone" on a label creeps me out. The *Healthline* website says: "Bone broth dates back to prehistoric times, when hunter-gatherers turned otherwise inedible animal parts like bones, hooves, and knuckles into a broth they could drink."

"Otherwise inedible parts" sends a shiver up my spine. The site says bone broth "may" benefit the digestive system and help fight inflammation; no promises, of course. Be that as it may, my husband is now a devotee of the bone broth trend. By the time he finishes making his soup, it looks like any other broth and smells appealing, too.

The Progresso soups are great go-to options when neither of us wants to make lunch or dinner. This happens more often lately. There are several flavors of Progresso that we enjoy, like their Savory Chicken & Wild Rice and their Southwest Style Black Bean & Vegetable. Those are both reduced sodium varieties. Their Light group doesn't float our boats as much, but the calories range from just 130 (Savory Vegetable Barley) to 200 per can. The chain stores often have good sales on Progresso. If I pay attention, I can stock up at a reasonable price hoping to lose more weight on this "soup diet."

This brings me to my favorite part of this essay. You may have heard of egg drop soup or bird's nest soup. But have you ever heard of stone soup? I don't know if it comes to mind because "stone" rhymes with "bone" or if it's just because it's a fun story. You may be familiar with the tale of the stone soup. For those who are not, I hope you enjoy it.

A beggar came to the kitchen door of a farmhouse, carrying a rock. He asks the woman inside if he can borrow a large pan in which to make some stone soup. Curious, she hands him a pan, shows him where the water pump is, and offers to let him cook it on her kitchen stove. He puts the stone in the pot, fills it with water, and begins heating it. He tests it in a few minutes and declares: "It really needs just a pinch or two of salt and it will be fine." The woman hands him her salt bowl. He tests it again in a few more minutes. "If only I had one or two slices of onion, my stone soup would be even better." "I have plenty of onions," the woman says. "You're welcome to have one."

After considerable stirring and cooking, the beggar muses: "What would really make this stone soup wonderful would be a stick of celery." By now, the woman is complying with his wishes without even thinking about it. Finally, he comments that the only thing his stone soup needs to make it perfect is a carrot. Of course, a carrot appears in the woman's hand. More stirring and cooking. More sampling. Eventually, the beggar pronounces the soup ready to eat.

The woman produces two bowls and a ladle with which to serve the soup. They sit together at her kitchen table to eat the soup. The woman remarks: "I can't believe how good this soup is! And to think you made it with just a stone!"

To which I say: "I can't believe what delicious soup my husband makes out of bone broth!"

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

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Comfortably Aging in Place



Having lived in the same ranch house for 55 years, John Heck's grandparents wanted to make any and all necessary accommodations to allow them to peacefully age in place. Using his expertise as a home remodeler, Heck completed a variety of aging-in-place related projects in their house, including adding grab bars to the bathroom and other small comforts.

"I feel very lucky knowing my grandparents live in a one story and have my assistance making home adjustments to ensure that they can independently age in place," said Heck, owner of VIP Remodeling & Construction Services, LLC. "Many folks who ignore the fact that they are aging and need to make adjustments wind up injuring themselves and being uprooted from a more affordable, comfortable lifestyle and proximity to loved ones."

With the number of U.S. residents 65 or older growing baby boomers entering or approaching retirement need to be aware of how they can best prepare to age comfortably. According a HomeAdvisor's Aging-in-Place Report, more than half of homeowners who hire a professional for an aging-related home improvement are under 65 years old, with 10 percent younger than 50.

"Too many of us wait until we reach a health or financial crisis to plan for getting older," said Marty Bell, Executive Director of the National Aging in

Place Council. "We plan our careers, we plan to send our children to college, we plan our vacations, but we don't plan to age. And yet the evidence is there that those who do accept they are going to get older and make plans in advance have a considerably better later life."

Heck notes that even making small adjustments in a home over time, such as adding stair lifts and handicapped accessible and curbless showers, can make all the difference in aging safety.

The top aging-in-place related projects completed by homeowners according to HomeAdvisor's Aging-in-Place report include:

- **Adding a personal alert system:** Personal alert systems provide necessary security in case of an emergency accident or fall.
- **Adding grab bars:** Many accidents take place in the bathroom. Grab bars help folks safely enter and exit a bathtub or shower.
- **Building a disability ramp:** Adding a ramp offers accessibility to wheelchair or walker users.
- **Installing a stair lift:** A staircase lift can eliminate the risk of injury on one of the most dangerous parts of a home. Folks with mobility issues can access the upstairs level safely with this highly reliable added function.



How Are Homeowners Aging in Place?

HomeAdvisor pros share the top projects they are completing to help homeowners remain safe, independent and comfortable in their homes.



56%

of the homeowners who hired a professional to help them prepare to age in place were **younger than 65**

73%

of homeowners contacted a professional **themselves**

When they didn't their daughter was most likely to, doing so **5 times more often** than sons

School Memories

MEMOIRS

by SUSAN DEAN

“Nana, you won’t believe this!” my 16-year-old granddaughter, Abby, texted me.

“They tore down John Wickes! There’s nothing there but rubble! Now all our memories are gone!”

John Wickes Elementary School in Warwick closed in 2018, when Abby and her cousin Anthony were finishing fifth grade. It was bittersweet watching them graduate, as I grew up in their neighborhood and went to John Wickes, too. The only difference was that I was there from first grade through sixth. By the time Abby, her brother Michael, and Anthony got there it was PreK through fifth grade. There was no PreK or kindergarten in my day.

Walking into the school back in 2018, I noticed that very little had changed. I glanced through the windows across the small courtyard and through the windows on the opposite side where the gym was. I was immediately transported back to second grade. I remembered wistfully watching the girls in the gym running around in their Brownie uniforms after school, while I was in my line waiting for the bus to take me home. How I wished I could be a Brownie Scout, too! Eventually I did join the troop and I remember how excited I was to be on the other side of those windows, finally joining in the fun instead of heading home.

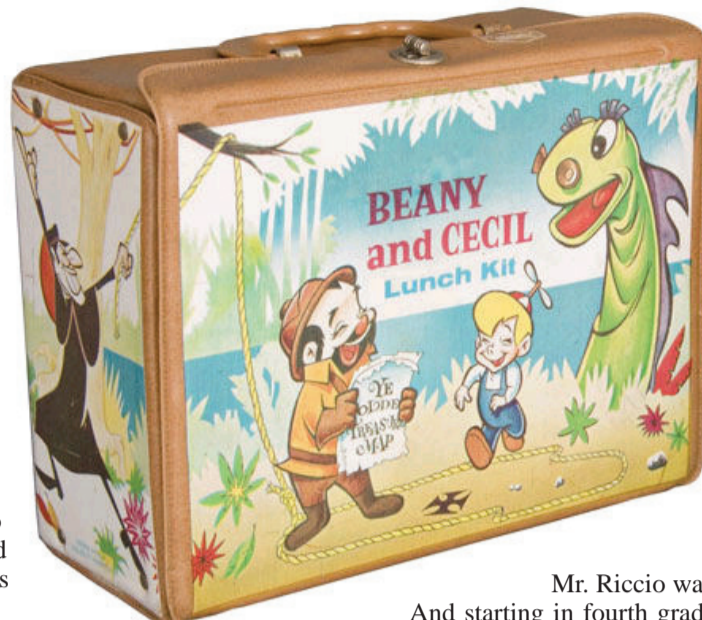
Back in those early days there was no cafeteria. We carried our new lunchboxes to school each September. I remember my pink and blue metal Cinderella lunchbox. My brother, Rob, carried a vinyl Beanie and Cecil - which, he tells me - he still has. Somehow...this doesn’t surprise me - Rob is the ultimate keeper of memories....

Rob remembers buying milk at three cents a carton. I remember bringing milk in my thermos. Rob remembers cream cheese and jelly sandwiches. I remember tuna fish and egg salad - all without refrigeration. Our mayonnaise and cheese-laden sandwiches sat in our coat closets all morning - with no thought given to the dangers of food poisoning. It’s a wonder we all survived! We had lunch at our desks because we were bus students. The kids who lived nearby walked home for lunch.

When I walked into the auditorium back in 2018 for Abby’s and Anthony’s graduation, it all looked the same. Even the piano - which, by the looks of it, may have even been the same one that was there when I was at Wickes in the 1960s! Except... everything looked much smaller. The stage - which seemed so huge when I was up there singing in holiday concerts, performing in ballet and tap dance recitals, and at my own sixth grade graduation ceremony - seemed tiny now. I felt transported back to my elementary school years, but in miniature.

When Abby told me about the school’s demise and about our memories being lost, I told her that, no - we will always have our memories. I remember walking in as a terrified first-grader and seeing a gray-haired lady who looked older than my grandmother. I was wary of her steely stern looks and fervently and silently hoped that she wasn’t going to be my teacher. But she was my teacher, and I grew to love Mrs. Eastman for her kind and caring ways. I remember my delight when I learned to read - I remember the moment when suddenly the letters fell into place and made sense - like a lightswitch suddenly turned on. I remember Mrs. Eastman delighting in that moment, too.

The principal was Miss Handel - also gray-haired. I thought she was at least one hundred years old - she was probably no more than fifty, if that. My second grade teacher was Miss Petrarca, who became Mrs. Hagopian halfway through the year. Then third grade was Miss Flynn, who became Mrs. Dunne before the year was out. My first male teacher was Mr. Calicchia in 4th grade, then Miss Taylor in fifth. My clearest memory of that year was on a November day in 1963. We were at our desks quietly doing math after lunch when Miss Taylor was called out of the room. She came back with tears streaming down her face and told us that President Kennedy had been shot and killed.



Mr. Riccio was my sixth grade teacher.

And starting in fourth grade our music teacher was my Aunt Rosalie. I had to call her Mrs. Hill at school. I remember thinking how Aunt Rosalie was allowed to go into the Teachers Room with all of my teachers, and although I loved having her for music, I hoped that she and my teachers weren’t talking about me!

I asked my brothers, Doug and Rob, what they remembered about John Wickes. They reminded me about “Duck and Cover” drills. Five long rings of the bell meant you had to leave the building and walk to the edge of the school property - meaning in the event of a nuclear attack you had time to walk home - even if you were a bus student. Five short rings meant you had to crouch under your desk and clasp your hands together across the back of your neck. Not understanding the meaning of any of this at the time, I shudder now to think of the horror and fear gripping our

teachers and parents during the Cuban Missile Crisis - and how afraid they must have been for us about the state of the world we were growing up in.

Doug remembered throwing snowballs with his friend at recess, despite knowing the iron-clad rule against snowball-throwing. He and his friend tried to convince their teacher that they were merely playing catch. They got sent to Miss Handel’s office. For throwing snowballs. Times have truly changed.

Doug remembered that one of his teachers was also a magician. Mr Hargreaves performed his wizardry for us at assemblies. And Doug remembered that we had gym classes outside unless the weather prevented it. Then we were inside learning square dancing, which he and his friends truly hated, and I and my friends truly loved.

And Doug developed his love for music at Wickes, too. After three months of piano lessons in third grade he and his friend, who was learning the violin, were asked to perform a duet - playing “Silent Night” together at that year’s holiday concert. He later learned violin from Mr. Downs and Doug enjoyed music appreciation classes at Wickes, too, which prepared him for playing the bass in the orchestra when he got to Lockwood Jr. High.

Rob has a musical memory, too. He recalled that our mother often accompanied the dance recitals and music programs on the piano (yes, most likely that very same piano I saw in 2018!). One night she was playing away for a musical performance when all of a sudden the music stopped. Either her music fell to the floor while she was turning pages, or there was a page-turner who missed a cue.

And Rob remembers his third grade teacher, Mrs. Berger, leaving to have her baby and how he cried inconsolably over what seemed like and probably was a major loss in his young life. She didn’t return to school that year. Funny some of the things we remember...

We lived on George Arden Avenue in the area near Barre Court, next to a working farm. It’s all built up now where the farm and the woods used to be. There were a million kids in the neighborhood, it seemed back then. Doug decided in second grade that he was no longer going to take the bus to school. He knew the way through the back roads, and avoiding Main Avenue, he began walking alone - at seven years old. Eventually he had a horde of neighborhood friends walking with him to and from school, right through sixth grade.

All three of us remember the deep and enduring friendships we made during our years at Wickes. Friendships we still have to this day. Doug is still in touch with a friend who lived two houses away from us growing up. My youngest daughter’s friend now lives with her young family in the house that Doug’s friend grew up in.

Four of my five grandchildren live in Warwick - and three of them went to Wickes (the youngest of the Warwick four is a newborn). I remember telling Michael, now 18, how I went to Wickes, too, when he was about to enter kindergarten as a five-year-old. After telling him a bit about my years there, he asked me, wide-eyed, if Mrs. Eastman and Miss Handel were still going to be there!

Abby tells me that she and Anthony both sang in the chorus at Wickes, and that she learned to play both the recorder and the violin. She remembers having a bad asthma attack in second grade when an ambulance had to be called. She saw her teacher running out of the school and chasing after the ambulance on foot, when her teacher thought that Abby’s mother wasn’t with her. Abby’s teacher didn’t want Abby to make that trip alone. Abby also had pneumonia in second grade and she remembers the kindness of her teacher, who postponed a planned field trip until Abby had recovered and returned to school.

Abby’s fourth grade teacher lives across the street from my brother, Rob, and Abby visits her whenever Rob hosts a family event. Last summer she let Abby and her friend borrow her kayak for an afternoon. Abby remembers kindness, caring, friendships, and a love for learning - which she says carried her into her middle school and now her high school years.

It’s funny what we all remember. My brothers and I from our Wickes years in the 1950s and 1960s, and my grandchildren in the 2000s. Abby said it best - simply that she loved her years at Wickes. Doug, Rob, and I did, too. A small neighborhood school that didn’t change much over time. I told Abby that we’ll always have our memories, even with the building gone, and that it’s good to remember. And nothing can ever take that away.

PRIME TIME

With over 34,000 circulation in the West Bay area, this is the perfect place to reach seniors and caregivers.

To find out more about this valuable advertising opportunity, call 732-3100 or contact your sales rep!



American Irish Stew



Reprinted with permission from the American Institute for Cancer Research
Servings: 6

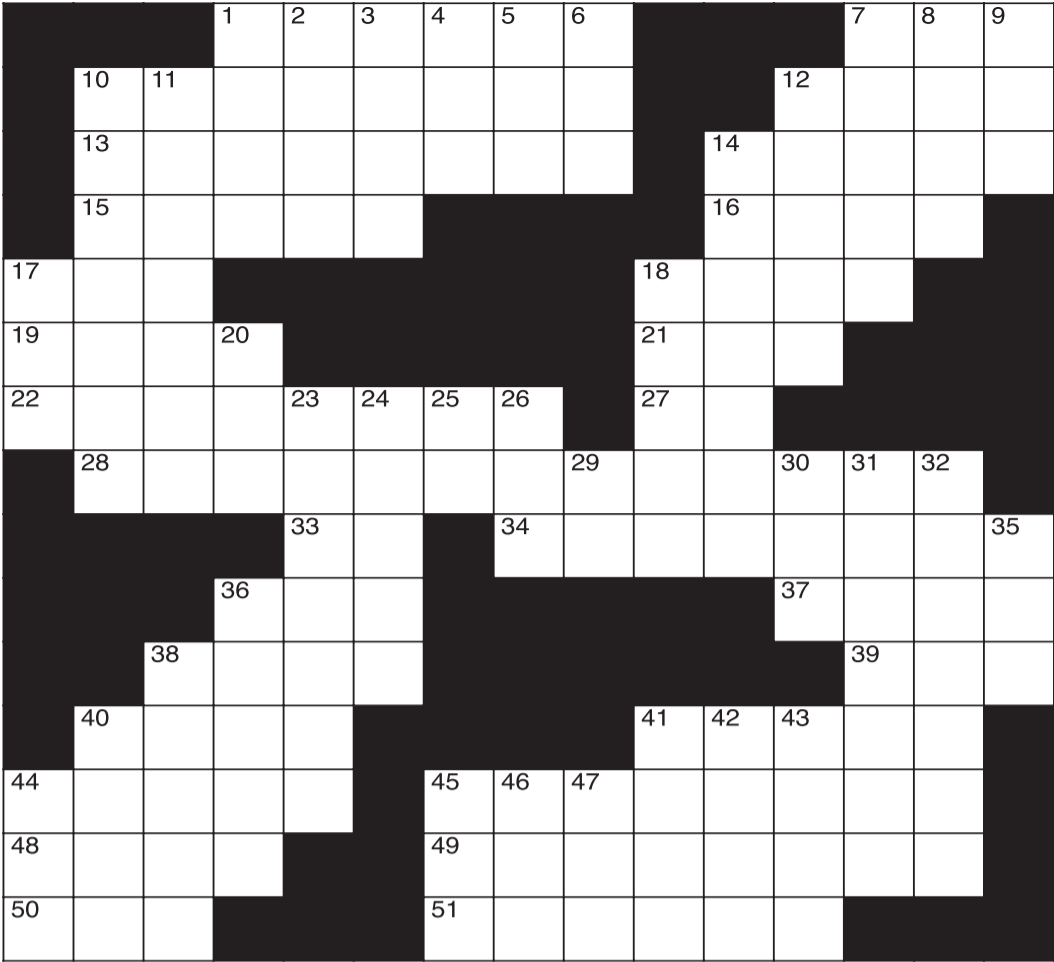
Turn your St. Patrick's Day celebration into a chance to enjoy this hearty stew with a rich Irish heritage

- 1 tablespoon extra-virgin olive oil
- 1 1/4 pounds beef, top round, cut into 3/4-inch pieces
- 3 cloves garlic, minced
- salt, to taste
- pepper, to taste
- 1 medium onion, coarsely chopped
- 3 medium carrots, peeled and cut into 3/4-inch pieces
- 2 medium parsnips, cut into large chunks (optional)
- 3 cups low-fat, reduced-sodium beef broth
- 4 medium russet potatoes, peeled and cut into large chunks
- 1 tablespoon chopped fresh rosemary
- 1 leek, coarsely chopped
- 2 tablespoons chopped fresh parsley



In large pot over medium-high heat, heat oil. Add beef and garlic. Cook, gently stirring until meat is evenly browned. Season with salt and pepper.
Add onion, carrots and parsnips. Cook 3-4 minutes. Stir in broth and bring to a boil. Reduce heat to low and simmer about 75 minutes, or until meat is tender.
Stir in potatoes and simmer another 30 minutes. Add rosemary and leeks. Continue to simmer, uncovered, until potatoes are tender. To avoid potatoes falling apart, do not overcook.
Serve hot and garnish with parsley, if desired.

Nutritional information per serving: 370 calories, 8 g total fat (2 g saturated fat), 43 g carbohydrate, 32 g protein, 6 g dietary fiber, 427 mg sodium.



CLUES ACROSS

- 1. Submit
- 7. When you hope to arrive
- 10. Ducks
- 12. Ancient Dead Sea region
- 13. Hatch
- 14. Genus of finches
- 15. Knives
- 16. Towards the oral region
- 17. Bitter-flavored beer
- 18. Brews
- 19. Hideouts
- 21. Where one sleeps
- 22. Unbroken view of a region
- 27. Hammer is one
- 28. Racing legend
- 33. Commercial
- 34. Understood by just a few
- 36. Global design effort
- 37. Portuguese folk song
- 38. Traditional woven cloth
- 39. Oil barrel (abbr.)
- 40. Cupbearer of the gods
- 41. Spiritual leader of a Jewish congregation
- 44. Dabs
- 45. Bedspread
- 48. Visionary
- 49. Prime Ministers
- 50. Criticize
- 51. Teeter

CLUES DOWN

- 1. Bird genus
- 2. A baseball team

- 3. Taxis
- 4. Baseball stat
- 5. Insecticide
- 6. Midway between east and southeast
- 7. Icelandic poems
- 8. Rocker Rundgren
- 9. Doctors' group
- 10. Inform wrongly
- 11. TVs used to have one
- 12. Long-__: donkeys
- 14. Weasel-like mammal
- 17. Payroll company
- 18. Conductance unit
- 20. Fifth note of a major scale
- 23. Prepares
- 24. Yellow-fever mosquitos
- 25. Partner to Pa
- 26. They __
- 29. Canadian province (abbr.)
- 30. Official
- 31. More colorless
- 32. Goodies
- 35. Sanders was one
- 36. Talkative
- 38. Rips apart
- 40. Chinese Muslim
- 41. Rapid eye movements
- 42. Song
- 43. Spent it all
- 44. Somber
- 45. Cycles per second
- 46. Naturally occurring material
- 47. 'Orange is the New Black' character

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SOCIAL SECURITY

by CHERYL TUDINO

SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

Protection from misleading advertisement and communications

Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. Section 1140 of the Social Security Act allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. You can review Section 1140 at www.ssa.gov/OP_Home/ssact/title11/1140.htm.

For example, the OIG may impose a penalty against anyone who:

- Sends misleading solicitations that appear to be from or authorized by Social Security.

- Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.

- Sends emails or text messages or makes telephone calls claiming to be from Social Security.

- Sells Social Security's free forms, applications, and publications without our written approval.

- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement or imposter communication, please let us know immediately. Try to capture as much information about the communication as you can.

Here's what you can do:

- For suspicious websites or social media accounts,

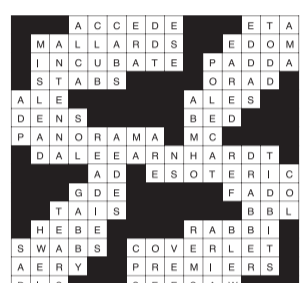
please take a screenshot of the page. Please note the website address or social media link – and how you came across it.

- For emails and text messages, please capture the entire message and any message links.

- For U.S. mail solicitations, please retain the complete communication, including the outside envelope and all inserts.

- For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at oig.ssa.gov. You can also call our fraud hotline at 1-800-269-0271 or send an email to OIG.1140@ssa.gov.



Uncorked!

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NEW ENGLAND
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YOUR TAXES

by MEG CHEVALIER

Free Filing Options for Eligible Seniors

Seniors and retirees who want to file their taxes for free or find free in-person tax help can look at a few programs available for eligible taxpayers.

In-person IRS help for seniors and low-income taxpayers

Eligible taxpayers can also have their taxes prepared in person for free, through these two programs:

- **Tax Counseling for the Elderly** - The TCE program prioritizes taxpayers aged 60 and older. TCE specializes in questions about pensions and retirement-related issues unique to seniors.

- **Volunteer Income Tax Assistance** - The VITA program is generally for people who make \$60,000 or less, people with disabilities and limited English-speaking taxpayers.

Taxpayers can go to the IRS Free Tax Preparation page of IRS.gov and use the available site locator tools to find a TCE or VITA site near them.

IRS Free File

- Many seniors and retirees can file their taxes for free with IRS Free File, available at IRS.gov/FreeFile. The program offers online tax preparation software for taxpayers with income of \$73,000 or less in 2022.

- Through this program, a public-private partnership between IRS and the Free File Inc, leading tax software providers make their online products available for free. This year, there are seven products in English and one in Spanish.

- Each IRS Free File partner sets its own eligibility standards based on income, age, and state residency. Taxpayers can browse each of the offers or use the IRS Free File Lookup Tool to find the right product for them.

- The program software supports the most common forms that can be filed electronically, including the Form 1040-SR for seniors over the age of 65.

- Program providers also offer state income tax return preparation, some for free and some for a fee. Taxpayers can use the lookup tool to find the right state product.

- All program products are enabled for mobile devices so taxpayers can use their smart phone or tablet to do their taxes.

Free File Fillable Forms While IRS Free File has an income cutoff, taxpayers with income over \$73,000 can use Free File Fillable Forms. Fillable Forms don't include guided preparation, so taxpayers need to be comfortable completing their own tax forms.

Certain veterans can use MilTax MilTax online software is available to certain veterans, regardless of income, and is offered through the Department of Defense. MilTax allows eligible taxpayers to prepare and file their federal income tax returns and up to three state income tax returns for free.

For additional information, please visit IRS.gov/FreeFile.

We're Gonna Be Great Grandparents



ACCORDING TO DON

by DON FOWLER

And we will be GREAT great grandparents!

Granddaughter Tara informed us over the Christmas holidays with what we thought was a Christmas card. It was an announcement of our upcoming status with a picture of our grandperson resting comfortably.

Joyce was third of a four-generation family and will reclaim the hour in July when Tara gives birth.

Husband Michael will be by her side during the delivery, a privilege I was denied during birth of our two children.

Times have changed. Not only are they present to watch the miracle of birth, they may even have the privilege of cutting the cord.

We had the experience of witnessing the sex of the child in the womb at an early age of development in a fairly new ritual called The Reveal Party.

Covid kept many of us watching the celebration via Zoom, leaving the mostly younger crowd to party all night long.

Reveal parties run from simple ceremonies to lavish affairs with cakes, streamers, balloons, fireworks and liquid refreshments.

Either blue or pink smoke emerges from a cake in a technique that only the baker knows in advance.

It's a boy, the blue smoke tells everyone, and cheers rise from Tara and Mike's back yard and dozens of homes across the country.

I didn't know the sex of my daughter and son until the doctor came into the waiting room to inform me.

Tara and Mike or already buying paint for the room and clothing for the boy soon-to-be-named.

It's a different world.

Next week his college will be revealed.

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