



Pagan Pride Day returns to Memorial Park

By RORY SCHULER

Dust off your moon alter, the Rhode Island Pagan Pride Day (PPD) festival will return to Johnston on Aug. 26.

"Johnston Memorial Park has been one of our top choices because of its access to public transportation and being somewhat centrally located in the State," said Director for Rhode Island Pagan Pride Darrell Moore. "Since we want to invite people from across the state, it is important that we are as accessible as possible."

The PPD event has been held in Johnston's War Memorial Park "on and off since 2008." The festival was last held in the park in 2018, the year after Moore became PPD Local Coordinator (LC). After taking a several-year pan-

demical hiatus (from 2020-2022), event organizers were eager to throw another celebration.

Johnston Mayor Joseph M. Polisena Jr. said he and the town will always welcome a diverse mixture of organizations to the park, as long as they follow department protocol.

"While I can't say I'm into paganism, they've obtained a permit by paying the proper rental fee and having the requisite insurance needed to host an event," Polisena said earlier this week. "This event has happened in the past, pre-COVID, with no issues."

The mayor and PPD organizers say there have been no problems holding the event in Memorial Park in the past.

■ PAGANS - PAGE 10

HARVEST MOON: A moon alter set for a past Pagan Pride Day in Johnston. (Courtesy image)

Hungry? A chest full of hope opens in Johnston



A BIT OF HOPE: Jenn Capracotta and Jen Fantozzi have fully stocked the Hope Chest they placed along Memorial Avenue next to Marian J. Mohr Memorial Library. The co-founders of Plates With Purpose have also opened a second Hope Chest in North Providence.



By RORY SCHULER

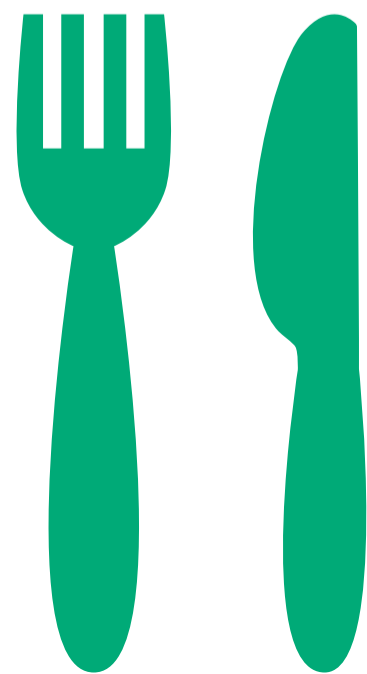
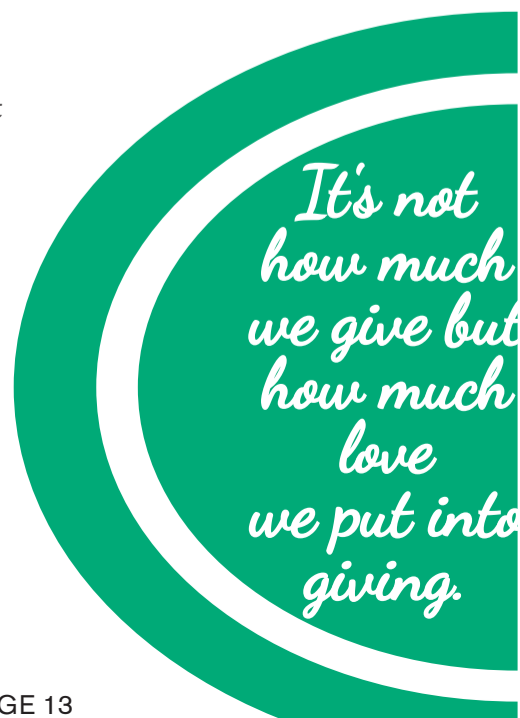
Some of your neighbors are hungry, but a little bit of hope has popped up along Memorial Avenue in Johnston.

"It's not how much we give, but how much love we put into giving."

Those words are painted across the Hope Chest, open and newly stocked by Jennifer Capracotta and Jennifer Fantozzi, Plates With Purpose co-founders.

The nonprofit organization "selected Johnston as home to one of its two community food cabinets" in an attempt to raise awareness and address food insecurity in the Ocean State.

"According to 2021 data from Census Reporter more than 7% of Johnston residents live below the poverty level," Plates With Purpose explained in a press release. "Drilling down to children and seniors over 65 years old, the statistics jump up slightly for children at 10%, and inline for seniors at 7%."



■ HOPE - PAGE 13

'Senior Spotlight'



MORE THAN JUST THE RECEPTIONIST: Johnston Senior Center staff member Cathie Jeffrey goes way beyond answering phone and welcoming visitors. The gym and nutrition enthusiast also shares her knowledge with a group of members, teaching them stretching and strengthening exercises. From left to right, Vin Delisi, Jerry Allaire, Richard Giusti and Carmino DeRobbio listen to Cathy's guidance. (Photo courtesy Richard J. DelFino Jr.)

Cathie Jeffrey helps JSC members stay limber

By **RICHARD J. DELFINO JR.**
Special to the Sun Rise

The Johnston Senior Center Spotlight this week shines on a staff member Cathie Jeffrey.

Cathy, a retired school teacher, joined the team here at the JSC some 10 years ago. Like many other retirees, she wanted the opportunity to continue in a "helping way" and be able to contribute her skills, abilities, and knowledge to this group of older

adults. To say that Cathie is the JSC receptionist would not do justice to the many responsibilities she assumes over the course of a day. Cathie receives and welcomes visitors and all others who enter the building.

Many caretakers of older adults feel very comfortable having Cathie escort their friends and loved ones to their destination in the building.

One great example of Cathie's willingness to "help out" can be seen

three days a week when she volunteered to work with a group of men who were discussing their need to "loosen and strengthen" their muscles.

Cathie, who is a gym and nutrition enthusiast, now shares with the group a series of stretching and strengthening exercises. The feedback from those participating has been great.

Cathie is also the "Center's Conscience" when it comes to healthy eating and the principles of healthy

living. Cathie is a great example from our team of dedicated staff who can be counted on to perform the tasks associated and necessary to enrich the quality of life of our members.

Editor's Note: Richard J. DelFino Jr. serves as Executive Director of the Johnston Senior Center, at 1291 Hartford Ave., Johnston. The Johnston Sun Rise regularly publishes a senior profile, called "Senior Spotlight," submitted by the senior center.

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SCAN FOR MENU

Saint Rocco's feast opens Thursday

By PETE FONTAINE

"Another opening, another show, it's curtain time, so here we go!"

At 5:30 tonight (Thursday, Aug. 17), in fact, the fun, fantastic food and fellowship that have earmarked the Church of St. Rocco's Annual Feast for decades will open its 83rd edition at 927 Atwood Ave. in Johnston.

"Our great cooks are ready!" exclaimed Richard Montella, who has long chaired the ambitious undertaking that benefits St. Rocco's Church and School. "We'll have everything from our signature doughboys to Italian foods and pastries and people can enjoy beer and/or wine and excellent entertainment tonight through Sunday."

Moreover, Harold Fera's famed Rockwell Amusements has set up those thrill and chill rides and games of chance on the church grounds next to the sparkling white cathedral tent the parish rented from Pranzi Catering and a host of women's auxiliary booth offerings and the sweet shop, all topped with excellent entertainment.

"We maintain a party atmosphere with live entertainment all four days," Montella went on. "Tonight, we'll have St. Rocco's School alumni Christina Rodi Caparalli and Derek Capobianco in the spotlight treating guests to their terrific musical talents."

The feast will continue through Sunday and will run tomorrow from 5:30 until 9 p.m. and Saturday from 6 to 10 p.m. The feast begins at 1 p.m. on Sunday and continues until 8 p.m.

Tomorrow, Montella said, "people can hear the sounds of DJ Eddie the Fixer and Saturday marks the return of a feast favorite Gemini. The Rhode Island Veterans Band will play on Sunday afternoon with Ambrosiani closing out our entertainment Sunday evening."

Likewise, there will be a total of 19 food offerings include the signature doughboys made from fresh dough provided by Don DePetrillo of The Original Italian Bakery, doughboys, hot dogs, hamburgers or cheeseburgers, French fries, onion rings, chicken wings with sauces, clam cakes and calamari.

The 2023 sandwich offerings are sausage, meatballs, parmigiana, eggplant, broccoli rabe and provolone and steak. For dinner, there's macaroni with meatballs, sausage or chicken parmigiana and Saturday's special Polenta. The menu also includes tripe and of course delicious homemade pastry and ice cream bars.



VALUABLE VOLUNTEERS: St. Rocco's Feast Chairman Richard Montella (left), Joe DiBenedetto, Cliff Esposito and Tom Carrant enjoy a lighter moment while setting up the 83rd annual feast and festival that opens tonight, Thursday, Aug. 17.

AWESOME ADDITION: This is the new Italian American flag that Alex Paliotta hung up last Friday to replace the former banner that was showing its age in recent years and may be one of the most recognized parts of the St. Rocco's Feast. (Submitted photo)

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TALENTED TROUPE: The Al Testa Trio, which is part of the Classics Five Quintet and put on a night of magical music last week inside The Bridge at Cherry Hill includes from left: Jim DeLillo, Stan Holtzman and singer-leader leader Al Testa. (Sun Rise photos by Pete Fontaine)

Al Testa Jazz Trio serenades the Bridge at Cherry Hill

By PETE FONTAINE

Al Testa, who now lives in North Providence, started playing the horn when he was only nine years old and at age 72 is still going strong and regarded as one of the state's all-time most talented musicians.

Meanwhile, Stan Holtzman began playing music at age 10 and now at age 75 the East Providence resident continues to entertain audiences throughout Rhode Island and nearby Massachusetts by way of his electric piano.

Testa and Holtzman were joined by South Kingstown native Jim DeLillo, now 73, an accomplished electric bass player who has been part of the state's music scene since his high school and college years.

Collectively, they make up the Al Testa Jazz Trio that treated residents at The Bridge at Cherry Hill to a night of musical magic replete with many memories of yesteryear through such legendary songs like "Georgy Girl," first recorded by The Seekers, and "You'll Never Walk Alone," which was written by the famed Richard Rodgers.

For about two hours, the fun-loving trio treated residents to a night of musical magic inside The Bridge's jam-packed Bistro in Johnston because ol' man weather forced the summer concert indoors.

But the location really didn't matter, as the personality-plus showmen treated residents to a night of magical music they'll remember for quite some time.

In fact, many members of the audience tapped their feet to the special sounds that Testa on his Flugelhorn and trumpet, Holtzman on the electric piano and DeLillo's electric bass sent echoing through The Bridge's Bistro.

In the middle of it all was Joan Stanzione, popular Activities Director at the Bridge, who has lined up California Karl, another talented trouper whose repertoire includes Elvis Presley skits, for Tuesday, Aug. 29 and will bring back then incomparable James Michael who dazzled residents for several weeks.

As for last week's concert, Testa added his personality to the program not only with his singing and horn but also announcing each song title to the attentive and applauding audience.

So, for the second time this summer, Joan Stanzione Productions — as several people called the summer concert series — added to the ongoing list special social events that have been a trademark of the Century Park Community in Johnston.

SPECIAL SOUND: Legendary songs like "Georgy Girl" echoed through the Bistro at The Bridge of Cherry Hill last week through the Flugelhorn trumpet of band leader Al Testa.



SUN RISE SCOOPS

Sun Rise Staff Reports

Aug. 18 -20

Annual Grecian Festival

On Fri., Aug. 18, thru Sun., Aug. 20, The Annual Grecian Festival will be held at the Assumption of the Virgin Mary, Greek Orthodox Church, 97 Walcott St, Pawtucket. The festival takes place all weekend, with food, entertainment and much more. The festival begins at 5 p.m. on Fri. and runs through 9 p.m. on Sun. Check times and days for entertainment and events by going to www.greekfestivalri.com or by calling 401-725-3127. A free shuttle service will be available throughout the weekend across the street of Pawtucket City Hall.

Aug. 29

Food Truck Tuesday

On Tues. evening, Aug. 29, Johnston's War Memorial Park will once again fill with food trucks.

Partnering with PVD Food Truck events, June's inaugural event was followed by another on Tuesday, and a third on Tues., Aug. 29. The fun starts at 5 p.m. and runs through sunset.

The night's entertainment featured Super Chief Duo. The pair played to a packed lawn following an event introduction by Eric Weiner, founder of PVD Food Truck Events.

Past vendors peddling cuisine-on-the-go included A Mano Pizza, BBQ y Mas, Big Dog Eats, Blount Clam Shack Food Truck, Chicked Out Nuggz, Cultro, Friskie Fries, Gonzalez Food Truck, La Guaguita Del Sabor, Mac N Cheese Please, Pit Stop, The Grub Guru, Del's, Jerry's Food Concessions, Kona Ice, Pop-pin Minis RI, and the night's featured truck, Shishkaberrys of New England.

PVD Food Trucks counted 835 people at June's first Food Truck Tuesday.

Sept. 7-10

Our Lady of Grace Feast & Festival

Our Lady of Grace Church in Johnston has set the dates for it's the annual Italian Feast and Festival 2023 in honor of La Madonna Della DiFesa.

The 2023 festival will begin on Wed., Sept. 6 with a 6 p.m. mass followed by a candlelight procession and rosary. He said the carnival rides on Rockwell Amusement's Midway along with games and all food booths will open Thurs., Sept. 7 at 5 p.m. Known as one of Rhode Island's most popular summertime events the Italian Feast and Festival will continue through Sun., Sept. 10, with a grand raffle drawing for \$7,000 in prizes.

"Admission is always free," Father Gower said. "We're bringing back the Big Top and all events will be held rain or shine."

Also, the 2023 Fest and Festival will have a first on Sun., Sept. 10, when The Most Rev. Richard D. Henning, D.D., S.T.D., Bishop of Providence, will be the main celebrant and homilist at the 10:30 a.m. mass with Father Gower serving as Celebrant.

Sept. 11

Square Dancing

On Mon., Sept. 11, Swing Squares is hosting a free, first class on square dancing from 7 - 9 p.m. at the Oaklawn Community Baptist Church (in the hall at the back of the church), 229 Wilbur Ave., Cranston. Swing Squares is also seeking new members. No partner, special clothing or experience required. Contact: Lisa Breault (401) 524-7610 for more information. Great way to stay in shape, make friends and have fun!

Sept. 11

The Comedy Course

Mon., Sept. 11 at 7 p.m., The Comedy Course is returning for a 6th year, every Monday night for 6 weeks. Three instructors, with over 100 years of combined stage experience, will guide you on a 6-week journey from writing your first joke to performing your debut comedy routine. You will learn the dos and don'ts of standup comedy and have fun

doing it. The course is \$200 per person. The place: TBD. Instructors include: Joe Hebert, Coleen Galvin and John Perrotta. Class size is limited. Call John Perrotta at 401-639-7726 to reserve your seat, now. Payment options are available.

Sept. 13

NAMI-RI: Fall "Family-to Family" Course and Support Groups

The Rhode Island Chapter of the National Alliance on Mental Illness (NAMI-RI) is now accepting registration for their Fall session of which begins Wed., Sept.13, at 6:30 p.m. This is a free, virtual, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidence-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

Sept. 19

The Ocean State Toastmasters Open House

On Tues., Sept. 19, from 6 - 8 p.m., The Ocean State Toastmasters will hold an open house at the Proclamation Brewery, 298 Kilvert Street, Warwick. Come and find out why the Ocean State Toastmaster's Club (OSTM) is a place to learn, grow, have fun and practice leadership, problem solving, storytelling and public speaking skills. RSVP - Please. For more information call 401-359-3197, go to oceanstate.toastmastersclubs.org or email oceanstatetm.20@gmail.com.

The Warwick-based Ocean State Toastmasters, 99 James P. Murphy Industrial Highway, Warwick, meets the 1st and 3rd Tues. of each month from 6:30 - 7 p.m. there is informal networking and from 7 - 8:30 p.m., the Toastmaster meeting begins which includes testimonials, presentations, conflict resolution, blog post.

Sept. 23

Annual Race for Matt & Grace (Named for Johnston's Matt DiIorio).

The race was started in Sept. of 2010 by Katie Hopkins and her brother Patrick in honor of their cousin Grace Hopkins who was diagnosed with FA September of 2008. The race was called "The Race For Grace" with about 70 participants, according to the event's website. At the after party for the race in 2012, Katie and Patrick announced they were changing the name of the race to "The Race for Matt and Grace" to honor the fight of both families.

"We invite you to join the families of FA patients Matt DiIorio, Grace Hopkins, and Alex Fielding on Sept. 23, 2023, at Rhode Island College in Providence for the 13th Annual Race for Matt & Grace," declares Matt's friends and family. "This daylong event features a 5K, 1.5 Mile Fun Walk and an after-party with food and live entertainment."

You can sign up at their website: give.curefa.org/event/fara-5k-or-race-for-matt-and-grace-2023/e489319.

Race registration runs from 8:30-9:30 a.m., followed by a speaking program and the race fires off at 10 a.m.

Sept. 30

Pilgrim High School Class of 1983

Sat., Sept. 30, Pilgrim High School Class of 1983 will hold its 40th Reunion at Quonset Tavern by the Green, 615 Cal-lahan Road, North Kingstown. For more information, please email pilgrim-class1983@gmail.com or visit our Facebook page Pilgrim High School Class of 1983. Hold the date!

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JOHNSTON POLICE LOG

OBTAINING MONEY UNDER FALSE PRETENSES

Around 4:45 a.m., Jan. 10, Johnston Police Patrolman Derek Parascandolo responded to a local business to investigate a report that an employee was not at his post and a cash register drawer was empty.

"While canvassing the area for the employee, later identified as Brian Bueno, I observed a sign on the door indicating that he would return," Parascandolo wrote in the incident report. "He returned shortly after stating that he 'was sorry' and that he had to run an errand for the owner and that everything was 'ok'."

Around 6:15 a.m., later that day, the store manager called police to tell them that the employee had been "scammed" and that he broke into the store office, opened a safe and took \$2,697, as well as \$50 from the register. The store manager alleged that Bueno, 18, of 180 Leonard Jenard Drive, Pawtucket, then deposited the money into the Bitcoin machine located within the business.

The manager told police that employees do not have access to the office or the safe, and that they are not given safe keys. The manager told police "that this has happened in the past to the business (located in the City of Providence) and since then, there has been training given to the employees on this 'scam,'" Parascandolo wrote in the report.

Bueno allegedly told police that he received a phone call around 2 a.m. from a person identifying themselves as the owner of the business. He told police that the caller knew the entire layout of the business and that he convinced the employee he was "in an emergency on the highway with a flat tire and that he would be there as soon as possible."

The caller told Bueno to take the money from the register and the safe; they allegedly told the employee to break the door to the manager's office when he discovered it was locked.

Bueno allegedly broke the door open by hitting the handle with a fire extinguisher. Police report that the caller gave Bueno "specific instructions as to where the safe keys were and how to exactly pass the timer on the safe," Parascandolo wrote. "He advised that once he obtained the money he then left the business, responded to the (information redacted by police) and deposited the cash into the Bitcoin machine."

A representative of the business told police they would like to "pursue a criminal

complaint against whoever is responsible for the incident as well as having charges pressed against Brian, if possible, for breaking into the office as well as the safe," according to the incident report.

The report was forwarded to the Johnston Detective's Division for further investigation. Johnston Police eventually issued an arrest warrant for Bueno on a felony charge of Obtaining Property by False Pretenses/Personation.

Around 5 p.m. on June 16, Johnston Police Patrolman Derrick Palazzo responded to the Cranston Police Department to pick up Bueno, who was picked up and held on the active Johnston arrest warrant.

The prisoner was transported to headquarters where he was processed and later arraigned before Justice of the Peace Frank Saccoccio. He was released on \$5,000 personal recognizance bail with a Sixth District Court date on Sept. 18.

FORGERY & COUNTERFEITING

Around 3 p.m., June 12, Johnston Police Patrolman Bryan Yepes responded to a local business following the report of a man attempting to cash a fraudulent check (police did not identify the business in the redacted arrest report). According to the reporting party, the check stock and writing on the check did not match past checks by the account holder.

Police identified the suspect as Yosmar Rodriguez, 20, of 191 Cranston St., Apt. E17, Providence.

The caller told police they wished to file a criminal complaint. Rodriguez was taken into custody, handcuffed and transported to Johnston Police Headquarters where he was processed and charged with Forgery and Counterfeiting in General and Obtaining Property Under False Pretenses. He was secured in a cell pending arraignment.

Rodriguez was arraigned later that day and issued \$2,500 surety bail on the new charges, however he was held without bond as a bail violator. He was transported to Men's Intake at the ACI, according to police.

ASSAULT

Around 11:55 p.m., July 14, Johnston Police Patrolman Matthew A. Lonardo was dispatched to a parking lot following reports of "individuals fighting."

On the way to the scene, dispatch informed Lonardo that one of the suspects involved in the fight had been struck in the face by a gold chain necklace. Upon arrival, police found the suspect was bleeding, but from "minor superficial lacerations to his face."

Two individuals on the scene were identified as Claudio A. Cabrera Mesa, 45, of Providence, and Anthony J. Cabrera Alfonso, 24, of Pawtucket, who told police they were attempting to buy a gold chain necklace, but the seller tried to sell them a fake gold chain necklace.

They allegedly told police that the seller told them he had a knife, "which led to the two throwing punches at (the victim) and hitting (the victim) with the gold chain necklace," according to the arrest report.

The seller told police that he was jumped and "whipped with a chain as well as punched" by the men and he would like to file a criminal complaint.

A Johnston Rescue responded to the scene and provided treatment to the victim for his injuries.

Cabrera Mesa and Cabrera Alfonso were taken into custody and both charged with Simple Assault and Battery and Disorderly Conduct.

They were transported to Johnston Police Headquarters, booked and later released with Third District Court summons.

SHOPLIFTING

Around 4:26 p.m., April 18 Warwick Police responded to Best Buy at 24 Universal Boulevard, for a shoplifting report. Upon arrival police spoke to a loss prevention associate who told them that a white man stole Channel 600 Watt Amp, valued at \$149.99, two days earlier.

The store provided surveillance footage showing a man open the amp box, remove the amp, return the box, conceal the amp underneath his shirt and inside his pants and left the store without paying.

Footage also shows the man enter a dark Hyundai and revealed the vehicle's registration plate number. Police identified the driver as the registered owner of the vehicle using his DMV photo and an "open source search."

Best Buy informed police they would like to pursue a criminal complaint. Police identified the alleged shoplifter as Michael A. Kohler, 36, of 37 Westcott Road, Scituate. Warwick Police secured an arrest warrant charging Kohler with Shoplifting.

Around 8 p.m., June 10, Warwick Police Officer Keara M. Enos responded to the Johnston Police Department to pick up Kohler who had been detained on the active warrant. He was transported to Warwick Police headquarters, photographed and fingerprinted.

Kohler was later released on a Third District Court summons.

SHOPLIFTING

Around 2:15 p.m., June 17, Johnston Police Patrolman Bryan Yepes responded to a store in town following a shoplifting report (police did not identify the business in the redacted arrest report).

Dispatch advised Yepes that the suspect fled the scene on a motorcycle and was heading south on Atwood Avenue. Rhode Island State Police (RISP) located the suspect, who had crashed his motorcycle at the intersection of Atwood Avenue and Simmonsville Avenue.

Police identified the suspect as Allen A. Vanleeuwen, 59, of (last known address) 785 Washington St., Coventry.

The store's loss prevention employee told police that Vanleeuwen entered the store, selected a Milwaukee nail gun, removed it from the box and concealed it underneath his sweatshirt prior to walking past all points of sale without attempting to pay for the item. The employee also found more empty nail gun boxes in the area where the suspect was spotted on surveillance.

"While later on scene at the accident, the (three) nail guns were recovered from Mr. Vanleeuwen's bag which was on his person at the time of the accident," Yepes wrote in the arrest report.

Business representatives told police they would like to pursue a formal criminal complaint and have Vanleeuwen trespassed from the property.

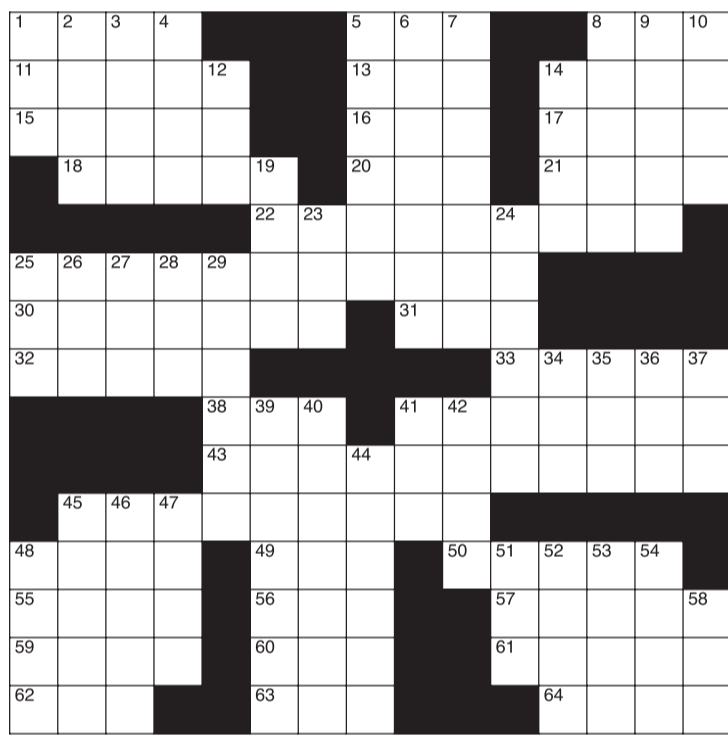
Johnston Police charged Vanleeuwen with misdemeanor Shoplifting.

WARRANT ARREST

At 5:41 p.m., May 7, Johnston Police Patrolman Matthew D. Murphy spotted a white Mercedes traveling west on Plainfield Street with "unlawful heavy window tint on all its windows," according to the arrest report.

Murphy initiated a traffic stop and identified the driver as Jeilyn Kennedy Avarista, 22, of 40 East St., Apt. 1, West Warwick. Dispatch informed Murphy that the

CROSSWORD PUZZLE CORNER



CLUES ACROSS

1. Civil rights organization
5. Calendar month (abbr.)
8. Monetary unit of Burma
11. Twyla __, US dancer
13. Everything included
14. "Antman" actor Rudd
15. Italian city
16. Nowhere to be found
17. Mild yellow Dutch cheese made in balls
18. Turkish officer
20. Perform on stage
21. Ribosomal ribonucleic acid
22. Canadian coastal provinces
25. Furnishes anew
30. Edible mollusk
31. No seats available
32. Garden figurine
33. Two-legged support
38. Rest here please (abbr.)
41. In a silly way

CLUES DOWN

43. One from the Golden State
45. Photographers
48. Native religion in parts of China
49. Dickens character
50. Broadway actress Daisy
55. Ancient Greek sophist
56. Undivided
57. Daniel __, French composer
59. Nocturnal S. American rodent
60. Rusty
61. Jewish spiritual leader
62. Patti Hearst's captors
63. Popular global holiday (abbr.)
64. Tall, slender plant

CLUES ACROSS

4. Type of acid
5. Winged nut
6. Arouses
7. Things are served on it
8. San Diego ballplayer
9. Currency and a Chinese dynasty
10. __ mater, one's school
12. Exclamation that denotes disgust
14. Hairstyle
19. Supreme ancient Egyptian god
23. They __
24. Connecting line on a map
25. Mock
26. One point north of due east
27. Chinese philosophical principle
28. Type of tree
29. Persuade to do something

CLUES DOWN

34. A place for travelers to rest
35. National Gallery of Art designer
36. Panamanian province
37. Field force unit (abbr.)
39. Whalers' tool
40. Simply
41. Nigerian City
42. Not one
44. Obstruct
45. Political plot
46. Manila hemp plant
47. Dough made from corn flour
48. Fishes by letting the bob fly
51. Swiss river
52. Plant that makes gum
53. A French abbot
54. One point east of northeast
58. Get free of

ALL
DONE
BY
KINDNESS



Opinion

EDITORIAL

Address homelessness crisis now, not when temperatures plummet

If you've never been left outside in the cold without a place to go, or a bed to sleep in, consider yourself lucky. For an increasing amount (and an all-time record number of) Rhode Islanders, that is their day-to-day reality.

And although it may be easy to forget about the unsheltered when temperatures stay above 60 throughout the evenings, now is exactly the time when progress must be made in order to make proper preparations for when the colder weather comes, and being out of doors becomes a deadly proposition.

State leaders, including Governor Dan McKee, House Speaker Joe Shekarchi, Senate President Dominick Ruggerio, and Housing Secretary Stefan Pryor, should be regularly meeting with homelessness advocates and

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

housing support agencies throughout the summer to prepare for a fall and winter season that is barreling down

the track, because the evidence suggests that more people than ever will be at risk when it does.

The numbers speak for themselves. The amount of people living without permanent shelter increased by 370% between 2019 and June of this year, according to the Rhode Island Coalition to End Homelessness. That count, which is likely vastly underestimated considering how difficult it can be to identify the homeless and how people can fall in and out of homelessness rapidly, showed that the 1,810 people without access to housing constituted a 15% jump from last year and a 65% jump from 2020.

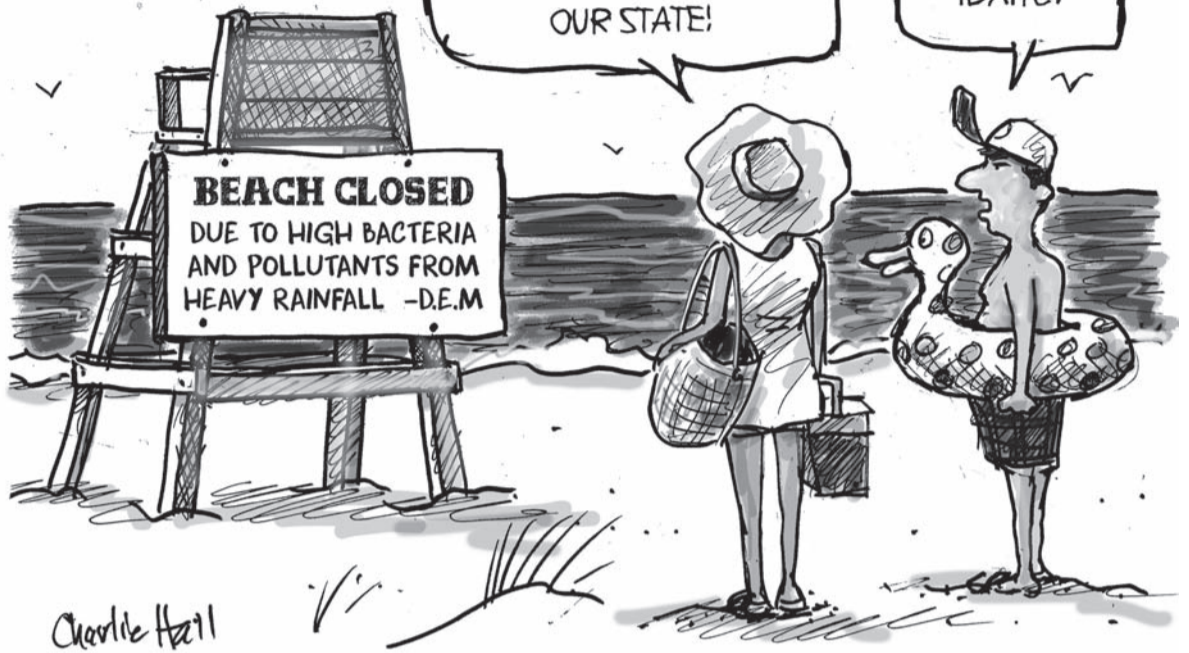
The problem is not going away, and the numbers say it is getting worse. And yet, recent news has shown more emphasis on breaking up homeless encampments rather than figuring out how to account for the chilling fact that there are far more unhoused people in Rhode Island today (at the low estimate) than there are shelter beds; almost by a two to one margin.

There is no magic bullet or simple solution to this, but we are advocating for more regular and serious dialogue to be had among state leaders who are charged with providing a quality life for all Rhode Islanders, particularly the ones most at risk.

Warwick has demonstrated an imperfect and temporary, but perhaps nonetheless replicable model, utilizing the Motel 6 on Jefferson Boulevard to house more people — and each time the state has come to them asking to increase the number of beds, the City has obliged. It's not ideal, but it surely has to be better than scrambling for a solution during the height of winter, as happened last year with the Cranston Street Armory.

As summer winds down, the desperation of people living out of doors will increase. Some will rely on lighting camp fires to keep from freezing, and any number of disasters could occur. State leaders must put their heads together now, when it's warm, to figure out how best to ensure everyone experiencing homelessness has, at the very least, a reliable, safe, and warm place to go when the winter begins.

FACT: RHODE ISLAND HAS LOST 213 BEACH DAYS SO FAR THIS YEAR....



GUEST OP

Empowering schools to help prevent suicide in young people

Suicide is the second leading cause of death among youths 14-18 years after unintentional injuries, according to research from the Centers for Disease and Prevention (CDC).

The Department of Behavioral Healthcare, Developmental Disabilities & Hospitals (BHDDH) and the Southern Providence County Prevention Coalition (SPC) coordinated by Tri-County Community Action Agency, are joining forces to tackle this growing public health crisis among teens.

Staff from SPC will be collaborating with educators and/or support personnel in the coalition's area middle and high schools who have direct contact with students to help them recognize the signs of mental health distress and whether a student is at risk for suicide.

Columbia University, the University of Pennsylvania, and the University of Pittsburgh — supported by the National Institute of Mental Health (NIMH) — developed a screening tool to decrease suicide risk among adolescents with depression.

The Columbia Lighthouse Project, also known as the Columbia-Suicide Severity Rating Scale (C-SSRS), is a unique evidence-based tool that supports suicide risk assessment through a series of simple questions that anyone can ask. Answers to the questions will identify

risk, assess severity and immediacy of risk and gauge the level of support the person needs.

"Have you wished you were dead or wished you could go to sleep and not wake up? Have you actually had any thoughts about killing yourself? Have you been thinking about how you might do this? The responses help us connect the person being assessed with the appropriate resources to care for them," says Patricia Sweet, Director of the SPC Prevention Coalition, who is overseeing the project.

The Southern Providence Prevention Coalition will be implementing the program at the start of the 2023-2024 school season in September. For more information about this life-saving initiative and to enroll in the training, contact Patricia Sweet, Director of the Southern Providence Prevention Coalition, at 401-510-1903.

The Southern Providence County Prevention Coalition advocates for change through planning, development and implementation of effective prevention strategies by raising awareness of substance use and promoting safety and wellbeing. The SPC Coalition includes the towns of Cranston, North Providence, Johnston, Scituate and Smithfield.

For more information, contact Patricia Sweet by email, at psweet@tricityri.org.

AND DOWN IN FLORIDA...





<p>Publisher John I. Howell Jr. - JohnH@rhodybeat.com</p> <p>Advertising Director Donna Zarrella - DonnaZ@rhodybeat.com</p> <p>Editor Rory Schuler - RoryS@rhodybeat.com</p> <p>Sports Editor Alex Sponseller - AlexS@rhodybeat.com</p> <p>Journalists Pete Fontaine</p> <p>Advertising Representative Christine Peabody - ChrisP@rhodybeat.com</p> <p>Classified Advertising Ida Zecco - Classifieds@rhodybeat.com</p>	<p>Circulation Leslie Paz</p> <p>Credit Manager Lynne Taylor</p> <p>Bookkeeping Leslie Paz</p> <p>Production Manager Lisa Bourque Yuetner - LisaB@rhodybeat.com</p> <p>Production Staff Monique Rice - MoR@rhodybeat.com</p> <p>Spotlight Profile Writer Jennifer Coates - JenniferC@rhodybeat.com</p> <p>Tel: 401-732-3100 Fax: 401-732-3110</p>
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AG: Warwick man, former Johnston school admin, charged with child molestation

Sun Rise Staff Reports

Last week, Rhode Island Attorney General Peter F. Neronha announced child molestation charges against a Warwick man, Woonsocket teacher and former Johnston school administrator.

According to a press release from Neronha's office, Steven Porricelli, 52, of Warwick, has been charged in Kent County Superior Court with multiple counts of second-degree child molestation following his arrest on May 27.

On July 14, Neronha's office charged Porricelli "by way of criminal information, with five counts of second-degree child molestation," according to a press release from the AG's office. "As alleged in the criminal information, the defendant sexually assaulted a victim, under the age of 14, multiple times at a home in Warwick on or about May 19, 2023."

The Warwick Police Department con-

ducted the investigation. Porricelli is scheduled for a pre-trial conference on Aug. 18, in Kent County Superior Court.

According to Johnston school officials, approximately a decade ago Porricelli worked for the Johnston public schools for a short while, as an administrator at the Nicholas A. Ferri Middle School.

"Mr. Porricelli hasn't been with the district for over 10 years," recalled Johnston Superintendent Dr. Bernard DiLullo Jr. "There were no problems and he returned to teaching in Woonsocket on his own."

Recent published reports indicate Porricelli was working for Woonsocket schools, as a gym teacher, at the time of his arrest. The Woonsocket schools' superintendent did not reply to a request for comment.

According to Brian Hodge, spokesman for the AG's office, the charges are not connected to the defendant's career as an educator.

"The charged incidents did not take

place at a school nor with a student," Hodge explained last week. "Please note we are limited in what we can say as it is a pending case, and one involving a minor."

On Thursday, Aug. 18, 2011, the Johnston Sun Rise published a story reporting Porricelli's hiring as the Ferri Middle School's new assistant principal.

According to the article, Porricelli taught physical education and English in Woonsocket and had served as the vice principal at Woonsocket High School prior to his 2011 hiring in Johnston.

Porricelli told the Sun Rise that he was "most looking forward to dealing with the students."

"The [middle school] age level was the most difficult when I was a student," he said. "It's a turning point, whether good or bad, and I had always wanted to return to that age level."

The Johnston School Committee approved a one-year employment contract for Porricelli.

"I can't speak for the school department as they are a completely separate entity from the town, but it's my understanding this individual hasn't been employed by the Johnston School Department in over a decade," Johnston Mayor Joseph Polisena Jr. said last week.

When asked if Johnston Police received or investigated Porricelli for any incidents while he was employed at the middle school, Johnston Police Chief Mark A. Vieira replied with the following: "As indicated in the AG's press release, the Warwick Police Department conducted the investigation which led to Mr. Porricelli being charged with multiple counts of second-degree child molestation. The Johnston Police Department had no involvement in this investigation."

Porricelli pleaded not guilty at his arraignment on Aug. 4. Associate Justice Luis M. Matos set bail at \$30,000 and set a Sept. 15 pre-trial conference court date, according to court records.

Rhode Island Monthly's **best** OF RHODE ISLAND

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NEW PROBATE JUDGE: On Tuesday night, Johnston Town Council approved the appointment of Frank J. Manni below, as the town's new Probate Court Judge "on an interim basis for the current two year term, which expires on January 13, 2025." Manni was named Johnston's Auxiliary Judge in January and will replace Johnston Probate Judge Priscilla Facha DiMaio, who was placed on leave following criminal charges filed by Rhode Island Attorney General Peter F. Neronha and the Rhode Island State Police (RISP). The AG announced charges against five defendants, including DiMaio, whose appointment to the bench was recommended by Johnston Mayor Joseph M. Polisena Jr., and endorsed by a Town Council vote, during his inauguration in January. Polisena and Town Council President Robert V. Russo placed DiMaio on leave pending the adjudication of her case. DiMaio has been charged with one count of attempting to obtain money under false pretenses over \$1,500, and one count of providing a false document to a public official, in an alleged scheme to pilfer valuable property from a dead Cranston man's estate," which prosecutors say included "collections of sports cards with an estimated value of more than \$1 million and firearms worth more than \$100,000." DiMaio has pleaded not guilty to the charges. Her replacement, Manni, stood smiling and shook hands on the way out of Tuesday night's monthly Town Council meeting. (Sun Rise photo by Rory Schuler)



iii RISLA College Planning Center

JOIN US FOR THE ANNUAL COLLEGE FAIR

- 6 PM to 8 PM
- Tuesday, September 19, 2023
- The Warwick Mall
- Free Admission & Parking

This event is an opportunity to meet with several local and regional college representatives.

REGISTER FOR THE EVENT AT collegeplanningcenter.org



Advertise Today!
To place your ad, call 732-3100

Police Log

(Continued from page 6)

driver had an active warrant issued by Cumberland Police Department for Distribution of Obscene Material.

Avarista was asked to step out of the vehicle and handcuffed. She was transported to Johnston Police Headquarters. Her vehicle was towed from the scene. Avarista received a citation for Unlawful Installation of Windshield and Window

Sunscreen Material. She was held pending pick up by Cumberland Police.

WARRANT ARREST

Around 1:45 p.m., June 9, Johnston Police Patrolman Nicholas A. Crowe was on a fixed traffic post at 1025 Plainfield St., when he spotted a black Toyota Camry pass by with "heavy window tint on all four passenger side windows," according to the arrest report.

Crowe initiated a traffic stop and identified the driver as Felix Calderon, 26, of 3 Dawley St., Coventry.

A background check revealed Calderon had an active Superior Court Bench Warrant for passing counterfeit bills out of Central Falls.

Calderon was asked to exit the vehicle, handcuffed and transported to Johnston Police Headquarters. He was then transported to the ACI and held until the next available court date. He

received a citation from Johnston Police for Violation of Inspection Laws.

WARRANT ARREST

Around 6:09 p.m., June 14, Johnston Police Patrolman Mathew D. Murphy was at a fixed post near the intersection of Hartford Avenue and Bishop Hill Road when he spotted a white Jeep Cherokee with Massachusetts plates "traveling westbound on Hartford (Avenue) at a high rate of speed."

Murphy clocked the vehicle at 48 mph in a posted 35 mph zone. He initiated a traffic stop on Hartford Avenue just over the Scituate town line.

Police identified the driver as Leidy Laura James, 32, of 177 Howell St., Providence. A background check revealed an arrest warrant issued by Cumberland Police. James was arrested and transported to Johnston Police Headquarters until Cumberland Police responded to take custody.

WARRANT ARREST

At 6:16 p.m., June 10, Johnston Police Patrolman Matthew D. Murphy was on a fixed post at 2880 Hartford Ave., when he spotted a brown Hyundai Sonata pass his location traveling east.

He clocked the vehicle at 45 mph in a 35 mph zone and initiated a traffic stop. The driver pulled over at Cumberland Farms, 2643 Hartford Ave.

Police identified the driver as Michael A. Kohler, 36, of 37 Westcott Road, Scituate.

Following a background check, Murphy discovered Kohler had an active arrest warrant issued by the Warwick Police Department. Police asked Kohler to step out of his vehicle. He was informed of the warrant, handcuffed and transported back to Johnston Police Headquarters.

Johnston Police cited Kohler with Speeding (1 to 10 mph in Excess of Posted Speed Limit). He was held pending pickup by Warwick Police.

LEGAL NOTICES

PUBLIC NOTICE

Notice is given that on or soon after August 25, 2023 a 2007 Toyota Camry sedan vin #4T1BE46K47U513521 that is in After Hours Towing LLC storage yard located at 7148 Highway 101 N GRAY COURT SC 29645; Ph.8644495378 / 8643861366, will be sold at auction. Anyone with interest to this vehicle can contact After Hours Towing LLC at number above.

8/10, 8/17, 8/24/23

SCOOP OF THE WEEK

Thursday, Aug. 17, through Sunday, Aug. 20

St. Rocco's Feast

St. Rocco's Feast will make its 83rd annual appearance on Thursday, Aug. 17, through Sunday, Aug. 20, at the Roman Catholic Church's new-look grounds at 927 Atwood Ave. in Johnston.

The fun, food and games will be preceded by St. Rocco's Triduum of masses began Monday, Aug. 14 at 7 p.m. and was celebrated by Rev. Patrick Ryan who was recently ordained this past July and was a Seminarian at St. Rocco's in 2020.

The Very Rev. Christopher Murphy from Our Lady of Providence Seminary were expected to celebrate Tuesday's mass and Rev. Jeremy Rodrigues was scheduled to host Wednesday's mass, followed by the annual candlelight procession.

The annual St. Rocco's Feast Mass will be celebrated on Sunday, Aug. 20 at 11 a.m., and organizers say this year the church will welcome Bishop Richard G. Henning for the annual procession following mass."

There will be live entertainment throughout the feast, which will again be highlighted by Harold Fera's famed Rockwell Amusements, offering rides and games for children and adults of all ages.

PROUD PARISHIONERS: Among those members of St. Rocco's Church who'll work at the fun and food fest are Rev. Angelo N. Carusi, Mitchell Parillo, Barbara Blanchard, Ralph Ciunci, Elijah Mitchell, Rich Montella, Gabrielle Campanelli, Emo Sabitoni, and Alex Paliotta. (Sun Rise photo by Pete Fontaine)



Scoops

(Continued from page 5)

Oct. 15

Central Falls High School Class of 1963 Reunion

Sun., Oct. 15, from 12 - 4 p.m., Central Falls High School Class of 1963, will hold a 60th Class Reunion at Chelo's Banquet Hall, 2225 Post Road, Warwick. Tickets: \$60 for buffet and dancing. Please send checks to: Patricia (Guillette) Mannix, 111 Col. John Gardner Road, Narragansett. Please include maiden name and phone number on check. For more information email or call Patricia Mannix patriciamannix@gmail.com - 401-789-0451; or Nancy Dube Brazeau at nancybraz@gmail.com (401-789-0304).

Oct. 22

St. Francis Xavier Academy Alumnae Association (SXA) Homecoming

A celebration for the class of 1973 will be held on Oct. 22, with an 11 a.m. Mass at St. Timothy Church, 1799 Warwick Ave., Warwick, immediately followed by lunch at the Crowne Plaza, 801 Greenwich Ave, Warwick. The class of 1973 will celebrate their 50th anniversary. Gold rosaries will be blessed and distributed to graduates during Mass. Scholarships will be announced during lunch. For more information contact Margaret Mathias, 401-232-9006.

Nov. 7 - 9

Resorts Casino Hotel in Atlantic City

From Tues. to Thurs., Nov. 7-9, AARP Chapter 2210 will offer a trip to Resorts Casino Hotel in Atlantic City. The tour includes 2 nights' accommodation, 2 meal credits (up to \$20 value each) & \$20 slot play. Bus pickup from Exit 19 Park & Ride on Hopkins Hill Road at 7 a.m., return time is approximately 6 p.m. Cost is \$299/person (double occupancy), \$279/person (triple occupancy) or \$399/person (single occupancy). For more information call Maureen at 401-828-5188. Final payment is due by Sept. 21.

NAMI-RI Offers Family Support Groups

The RI chapter of the National Alliance on Mental Illness (NAMI-RI) offers free support groups for families and friends of loved ones who are struggling with their mental health. The groups are led by trained facilitators who also have lived experience as family members themselves. The group meetings last about 1.5 hours, and everyone who participates in the meeting gets a chance to share. The other members of the group try to offer help and resources, when appropriate, based on their own experiences. More information and full schedule can be found at namirhodeisland.org, or call 401-331-3060. No pre-registration for these monthly groups is necessary.

- First Thursday at 6 p.m. IN PERSON ONLY at the Rochambeau Library in the Community Room, Rochambeau Library, 708 Hope Street, Providence (NEW-starts Aug.)
- Second Tuesday at 5 p.m. IN PERSON ONLY at the Middletown Public Library in the Community Room. Middletown Library, 700 West Main Road, Middletown.
- Third Tuesday at 6:30 p.m. MEETS VIA ZOOM ONLY. Please call 401-331-3060 or email info@namirhodeisland.org for the Zoom link.
- Fourth Wednesday at 6 p.m. IN PERSON ONLY at the Hope Valley Grange, #71116 Main St, Hope Valley.

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 deductible 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 apply 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.

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 collaborating 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.

Help OSDRI restock their pantry!

Operation Stand Down Rhode Island needs your help. Their food pantry needs a major restocking. See a list of needed nonperishable items in the photo.

Like many people, OSDRI's clients have been faced with some real obstacles these past couple of years. With your help, they pledge to always be there to give a hand up for veterans and their families in need.

Items can be dropped off Monday through Friday, from 9 a.m. to 4 p.m., at OSDRI's main office, 1010 Hartford Ave., Johnston. If you have any questions or would like more information, call the OSDRI office at 401-383-4730.

Johnston Youth Soccer opens 2023 registration

Registration has opened for Johnston Youth Soccer's

2023 fall season (which runs from the end of August through the beginning of November). The league is now accepting registrations, according to a flyer posted by the Johnston Recreation Department.

The price includes a jersey, socks and insurance (\$75 for an individual 4-year-old clinic, \$60 for each additional sibling; \$85 for U6-U14 individual, \$75 for each additional sibling).

The 4-year-old clinic will be held on Saturday mornings. Under 6 co-ed will hold practice on Tuesday and games on Saturday. The U9 Boys and Girls will practice on Wednesday and play games on Saturday. The U12, U14 Boys and Girls will practice Thursday with Saturday games (ages as of Sept. 1, 2023).

"Please help spread the word and refer friends to play," organizers ask Johnston residents. "If we do not have enough players for an age group, we will need to make a co-ed league."

You can register in person at the Johnston Recreation Office in Memorial Park, Monday through Friday, from 8:30 a.m. to 4:30 p.m. (or mail forms and check to 1385 Hartford Ave., Johnston RI, Attn: Johnston Recreation Department).

Sponsors and volunteer coaches are still needed. Go to www.johnstonrec.com for more information.

BankRI Food Drive Now through Aug. 18

With the issue of hunger in Rhode Island on the rise in recent months as a result of the end of pandemic-related emergency benefits and increased costs, BankRI has kicked off a month-long food drive at all 21 of its branches. The collection will continue through Friday, Aug. 18.

In Johnston, the bank's local branch is collecting food to benefit the emergency food program at Tri-County Community Action Agency, which serves residents of Johnston, North Providence, and Smithfield.

Editor's Note: Send submissions to Sun Rise Editor Rory Schuler at rorys@rhodybeat.com or Front Desk Coordinator Ida Zecco at idaz@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.



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.

- Thank you



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ANIMAL TALK

By Karen Kalunian

Local  Adoptable  Loveable



Snowball

Photo credit: Ten Lives Cat Rescue

Snowball is an eight year old blue eyed beauty! The rescue believes that he may be a Flame Point Siamese but cannot be totally sure, either way he is so handsome! He is a gentle soul who enjoys a quiet home, Snowball is a mellow boy. Snowball is also a diabetic so he does require insulin twice daily so please keep that in mind. If you have another mellow kitty Snowball does like other cats too! If you have fallen in love with Snowball's photo and think you might be his perfect match please contact Ten Lives Cat Rescue via their website www.tenlivescatrescue.org or email hello@tenlivescatrescue.org Snowball is ready to roll right into your life!

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



Jack

Photo credit: Lynn Martin

Jack is a big fluffball who can't wait to be part of a family! He is a little shy when you first meet him but once he warms up, then he is comfortable! He is a three year old Retriever mix with a beautiful cream colored coat and he is oh so handsome! Jack would love to have a fenced in yard so he can run and play, so please keep that in mind. He also wants to be your one and only prince so that he can soak up all of your love and attention! He is available at the RISPCA. Please contact them for more information about how you can meet this gorgeous boy! Call 401-438-8150 or visit www.rispca.org



HOT TAKE: The Beltane Fire was hosted by Horn and Cauldron with many members of RI PPD in attendance. (Photo courtesy Chris Mayer)

■ Pagans

(Continued from page 1)

"This is the United States and as long as it doesn't promote violence or hate, I don't believe in censoring anyone's faith, even if I don't agree with it," Polisenia explained. "As long as they don't cause an issue in the park, which they never have before, they'll continue to have a home for this event in Johnston. I wish them the best of success for their upcoming event."

The event has been scheduled for 10 a.m. to 5 p.m., Saturday, Aug. 26, and organizers have circulated a press release promising "a vibrant and inclusive celebration of spirituality, diversity and community."

"This family-friendly and free annual event, organized by Rhode Island Pagan Pride, aims to promote understanding, reduce discrimination, and foster a sense of unity among all individuals interested in, or curious about, Pagan traditions," according to PPD planners. "Rhode Island Pagan Pride Day welcomes people from all walks of life who honor, revere, or worship Deities found in pre-Christian, classical, aboriginal, or tribal practices. The event also embraces those who practice shamanism, magical arts, earth-based spirituality, and modern religions inspired by pre-Christian traditions."

While Johnston may remain a heavily Catholic town, with more residents of Italian ancestry than almost any other town in the nation, residents representing all faiths live and work nearby.

This year's celebration has a theme, or focus — "Many Paths, One Community."

Although many of the town's residents may not follow the path to paganism, PPD organizers hope for tolerance and active participation from across the Ocean State.

"We recognize that many folks may not have transportation, so being on the public transportation lines, and minimizing driving times for those driving from other areas of the state is important," Moore explained. "We choose to be outdoors as we honor na-

ture, and want to have paved paths for those who may have mobility challenges."

Pagan Pride Day is an event affiliated with the Pagan Pride Project, "a global organization working to reduce discrimination against Pagan religions," according to organizers.

"RI PPD has not experienced any protests or resistance from the Town of Johnston," Moore said. "The Parks and Recreation Department has been very cooperative and easy to work with."

Polisenia had a message for any other groups interested in renting out Memorial Park, the home of the upcoming Johnston Farmers Market from 9 to 12 a.m. on Aug. 26, the return of the mayor's Food Truck Tuesday initiative on Aug. 29, and the Johnston Apple Fest on Sept. 9-10.

"To anyone interested in hosting any event at the park, just contact the recreation department for booking availability and proper paperwork," Polisenia said.

Moore praised the town's booking process.

"To obtain a permit to use the park, we fill in an application with the Parks and Recreation Department," Moore explained. "We work directly with their staff to find a date that the park is available, and then provide a \$1 million liability insurance policy prior to the event."

PPD attendees will be able to "watch or participate in public rituals as well as enjoy live professional music, dance, and spiritual art."

Like most Memorial Park events, vendors will line the walking path and food trucks will offer dining options.

"Learn a new skill or strengthen an existing one through workshops, learn about different Pagan groups, feel rejuvenated by partaking in healing work, and discover new tools and other goods that enhance your practice," according to the PPD press release. "Come celebrate our community and expand your understanding of what it means to be Pagan. Whether you describe yourself as a reconstructionist, eclectic, or any other term, or even if you are not Pagan at all,



BOUNTIFUL FUTURE: A harvest altar was set for a past RI PPD in Johnston.



OPEN DEBATE: A panel discussion took place during RI PPD 2018, also held in Johnston's Memorial Park. From left to right, Darrell Moore, Gail McHugh, Raven Morgaine, Matt Aurnyn, Robbi Packard, Jeanne Mickelson-Coonfield and Dayna held a lively conversation at the last RI Pagan Pride Day. The event will return to Johnston on Aug. 26. (Courtesy photos)

■ Pagans

(Continued from page 10)

you are warmly welcome to come learn about the diversity of beliefs in our state and how these beliefs enrich our lives and the world. Or just come to hang out and have fun!"

Organizers promise festival-goers "will have the opportunity to engage with local businesses, artisans, and spiritual practitioners, as well as explore various aspects of Pagan spiritualities and beliefs."

PPD organizers are hopeful the community will be as accepting and accommodating as they've been for past events. Members of the organization often still face stigma related to their beliefs.

"Although religious freedoms are protected under the First Amendment of the U.S. Constitution, many Pagans still face discrimination as they are often stereotyped," according to PPD's

press release. "Facing such risks as unemployment, being passed over for promotions or housing, treated unfavorably in school, and even child custody threats, many Pagans choose to keep their faiths private."

In 2022, Coventry town officials "prejudicially" refused to grant a zoning permit to the Horn and Cauldron Church of the Earth, a RI PPD sponsor. The American Civil Liberties Union (ACLU) helped the small Wiccan church fight the decision.

"The town officials attempted to prevent them from worshiping collectively on private property," according to PPD planers. "The ACLU, who represented Horn and Cauldron for that case, will be speaking about our religious freedoms at Rhode Island Pagan Pride Day this year."

From the tip of the State House dome to the pond at Memorial Park, the Ocean State has a long history of providing safe haven to

religious outcasts from less tolerant communities.

"Rhode Island was founded on religious freedom, which is represented by the Independent Man 'Hope' at the top of the Rhode Island State House, and the inscription on the South Portico 'To hold forth a lively experiment that a most flourishing civil state may stand, and best be maintained with full liberty in religious concerns,'" according to the PPD press release. "One of the key objectives of Rhode Island Pagan Pride Day is to provide accurate information and dispel misconceptions surrounding Pagan religions."

The event "aims to foster tolerance, acceptance, and appreciation for these spiritual paths."

"Rhode Island Pagan Pride Day is about education: informing the public about our faiths, and also bringing fellow practitioners together to learn from one another," Moore said.



PAGAN PEDDLERS: Vendors will pack Memorial Park, and visitors of all faiths are encouraged to turn out and learn a little bit about Pagan Pride.

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ARTS & CRAFTS



ARTS, CRAFTS, TILES & CARDS: The Johnston Senior Center is looking for a Mah Jongg instructor to help guide growing JSC gaming trend. (Photo courtesy Richard J. Delfino Jr.)

Senior Center searches for Mah Jongg instructor

By **RICHARD J. DELFINO JR.**
Special to the Sun Rise

On a Thursday morning each week, just after 9 a.m., members start arriving at the Johnston Senior Center, stop for a coffee and a muffin, then file into a room off the dining area, usually reserved by arts and crafts groups.

They begin setting up and distributing game tiles and cards as they prepare to

play Mah Jongg (pronounced MA Shong).

The game developed in the 19th century in China has spread throughout the world since the early 20th century. There are regional variations of the game found throughout East and Southeast Asia.

Most people are unfamiliar with the game, as well as its rules and strategy. Once people have given the game a try,

they appear very drawn to it and committed to learning this game that some compare to the card game "Rummy."

As the game attracts more curiosity and interest by members here at the JSC, the Center is attempting to locate a Mah Jongg instructor to share information in the hope that we can attract more players.

It is one more opportunity here at the Johnston Senior Center that offers some

social interaction, which also keeps the mind sharp. Anyone who wants more information is invited to call or visit our center.

Editor's Note: Richard J. Delfino Jr. serves as Executive Director of the Johnston Senior Center, at 1291 Hartford Ave., Johnston. The Johnston Sun Rise regularly publishes a senior profile, called "Senior Spotlight," submitted by the senior center.

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Johnston Senior Center Highlights

From the staff ...

The Johnston Senior Center is better than ever. We are offering more exercise programs and trips every week. We also have a book Club on the last Tuesday once a month. A Social worker/Medicare Counselor/Ship Counselor is also provided 5 days a week. Contact Madeline Ravenelle at 944-3343 Please come for a tour of the facility.

The Senior Center Club meets the last Tuesday of the 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 Notary (Algeria Vaughn-Bayley) will be on the premises, 9:30 a.m. to 1 p.m., Monday through Thursday, free of charge.

Weekly Events

- Monday — Arts and Crafts
- Monday & Wednesday — Hi Lo Jack
- Tuesday — Quilting
- Wednesday — Poker
- Thursday — Mar Jong
- Thursday & Friday — Bingo

Offering more programs and trips every week: Please note: Ballroom Dancing will not return until September.

Trips

- Thursday, Sept. 14: "The Carpenters" Whites of Westport, 10:30 a.m., \$79.00pp
- Monday- Wednesday, Sept. 17-19: "Atlantic City Gambling Tour to the Tropicana Casino Resort," \$299 pp DO (single add \$130) \$50 Meal Credits/\$30 Slot Play TBA
- Thursday, Oct. 5: "Aidan Keene Tribute Legends," 10:30 a.m., \$79 pp
- Monday, Oct. 16: Maine (Portland) \$429pp DO. See Beautiful Historic Waterfront, Lighthouse, Quaint Kennebunkport. 2 nights lodging, 4 Meals \$95 pp
- Tuesday, Oct. 17: Newport Playhouse, "Ghost of a Chance" Lobster Fest, 10:30 a.m. (no price)
- Tuesday-Thursday, Nov. 7-9: "Turning Stone Resort Casino" \$339 pp DO (single \$479) \$80 Casino Free Play or Bingo Bucks \$30 Meal Credits

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THE HOPE CHEST:

Johnston's Hope Chest stands along Memorial Avenue next to Marian J. Mohr Memorial Library, erected by Plates With Purpose, a local nonprofit. Anyone in need of food is encouraged to stop by and help themselves. Those with extra food are encouraged to donate shelf-stable items.



Hope

(Continued from page 1)

Johnston's Hope Chest stands along Memorial Avenue next to Marian J. Mohr Memorial Library.

The goal is simple: "To provide easy and safe access to nonperishable items to individuals and families who need them."

"Jen and I are thrilled to announce that the installation of the Plates With Purpose Hope Chest is complete," Capracotta recently wrote in a message sent to Johnston Mayor Joseph M. Polisenia Jr. "The cabinet has been fully stocked with non-perishable items available to any and all members of the Johnston community that may find themselves in need of a helping hand. We also encourage those that find themselves having a little extra, to donate to our Hope Chest."

"This project has been a labor of love for us and we are excited to begin supporting our neighbors in town," Capracotta wrote.

The Hope Chest initiative is the latest from Capracotta and Fantozzi, who founded Plates with Purpose, a Rhode Island-based nonprofit "with a mission to empower independently-owned restaurants to give back to the communities they're part of," according to the organization.

The pair of philanthropists strive to "bring different groups together."

"Community involvement is something we try to build into all of our work," Capracotta said. "The Hope Chest offers a way for a community to rally for their neighbors who have trouble keeping a steady supply of food in their cupboards."

She also notes that the Hope Chests offers "a message to those neighbors that there are generous and kind people who care about them and support them."

"Since December 2020, the team of two has partnered with eight restaurants and distributed more than 6,100 fresh and balanced meals in North Providence, Warwick, Cranston, West Warwick, Narragansett, Pawtucket, and Newport," according to a press release distributed by Plates With Purpose. "Selecting Johnston as a community for the hope chest was not a coincidence — the nonprofit has been seeking a local restaurant to partner with as part of its core meal delivery program."

Capracotta's father, a resident of Johnston and retired master carpenter, designed and built the blue and white cabinet himself, skipping "no functional or decorative detail."

The shelves are now stocked and the Hope Chest is open.

"The Hope Chest is an extension of our core meal delivery program," Fantozzi said last week. "The

model is fairly simple: through funds raised, we are able to pay local, independently-owned restaurants for balanced and prepared meals. These meals are distributed throughout the community each restaurant is part of. The catalyst for the Hope Chest was to meet individuals where they are. We know there are too many households struggling to meet their basic food needs and our hope is that this new option allows residents to bridge the gap between paychecks, SNAP benefits, etc."

Polisenia Jr. worked with Capracotta and Fantozzi to secure the location next to the library and courthouse.

"Plates With Purpose is a non-profit that partners with municipalities to install Hope Chests for those who are economically disadvantaged," Polisenia explained. "Those who need it can discretely pick up non-perishable food items at their convenience. The shelves can be stocked by anyone at any time. We are hoping there is a community effort to help keep the shelf full for as long as possible. As we all know, with inflation still high, some people are struggling to afford basic necessities like food."

According to the press release, "raising awareness is at the heart of the nonprofit's mission and great care is taken to prioritize areas of focus and how to reach communities."

"If anyone is interested in stocking the shelf, they can do so at their convenience," Polisenia added. "We ask that it be stocked with non-perishable food items only. This chest is not the first of its kind. Plates With Purpose has Hope Chests at other locations in Rhode Island, with the closest being in North Providence." (A second Hope Chest has been placed in North Providence, at the entrance to the North Providence Housing Authority, 945 Charles St.)

Both Hope Chests have been packed full of shelf-stable groceries.

"The name — Hope Chest — just came to us," Fantozzi recalled. "Everything we do is done with the hope that we can make a difference. One of our guiding principles is to eliminate the stigma often associated with not being able to afford or access basic human necessities such as food, and we want the community to focus on the goodness and avoid labels that might deter someone who could really benefit from this."

Back to their motto, "an important message" that welcomes Hope Chest visitors: "It's not how much we give, but how much love we put into giving."

"The two co-founders consider themselves fortunate to experience this sentiment every day because no matter the size of the donation or the hours volunteered, the impact of its donors is significant," according to Plates With Purpose. "In addition to expanding its core program (meal distribution) into new communities across the state, the duo plans to make Hope Chests available to other communities."

CHIP IN

Donations can be made online at www.plateswithpurpose.org or checks can be made out to Plates with Purpose and mailed to PO Box 114121, North Providence, RI 02911. For more information, email plateswithpurpose.ri@gmail.com.

OPEN FOR ALL: Plates With Purpose have stocked the Hope Chest on Memorial Avenue in Johnston with shelf-stable groceries. If you're in need of a few extra items, stop by and help yourself.

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By JENNIFER COATES

Dreamland Learning Center, a creative and cheerful childcare center in Johnston, is a bright and welcoming place where learning is fun and where every space was designed to enrich the growing minds of the many children who come here. This learning center was opened in 2015 and has been evolving and expanding ever since to meet the needs of today's modern family ~ even, and especially, as we have weathered some challenging days.

The mission of this early learning community is to "provide quality care that will enable each child to explore and discover the infinite possibilities available to them through the power of learning. Our environment was created to enhance a child's natural curiosity and desire to learn.

At our center, situations are designed to help children prepare to make the social, emotional, cognitive, and physical adjustments they will need in life. We believe children learn best from their own experiences. In a positive learning environment, we help promote self-awareness, perceptual motor skills through planned activities and give children the hands-on experience they need for total growth and development."

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



Come tour Dreamland Learning Center on Hartford Avenue to see where all the magic happens in spaces just like this ~ and so much more! Enrollment forms for children ages 6 weeks to 12 years old are available on their website at www.dreamlandlearningcenter.com.

work for those who need a designated area to study. The curriculum and staff-to-child ratio requirements here meet the strict standards of the state while all staff are licensed and CPR certified. The staff here work as a team with one goal in mind and that is to enrich the lives of the children over whom they have been given this special stewardship. In fact, the whole facility is Bright Star® rated for excellence.

The team at Dreamland continue to be vigilant in their efforts to stave off all illnesses. You can be assured that your child is in a safe, secure, and happy place!

If you are looking for childcare this fall then come visit this

constantly growing and evolving learning center. Dreamland Learning Center is now accepting enrollment for children ages 6 weeks through age 12 years of age (enrollment forms can be found online). The center is located at 1253 Hartford Avenue. To answer your questions or concerns, call 401-280-1400 or visit their informative website at www.dreamlandlearningcenter.com. Hours are 7:00am to 5:30pm, Monday through Friday.

Be sure to check out the other Dreamland Learning Centers in West Warwick (401-828-8200) and Pawtucket (401-655-1000).

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Sports

JYF ready for kickoff

By ALEX SPONSELLER

After a successful season last fall, the Johnston Youth Football and Cheer program is ready to take another step forward this upcoming season and make some noise.

The Panthers saw three teams go undefeated in the regular season last year and reach the Super Bowl. With 160 football players and 90 cheerleaders, the program is strong once again as it boasts one of the healthiest feeder systems in the state.

"I'm looking forward to (the season) a lot. We have a lot of great kids, a lot of great parents and we have exciting teams. The goal is to have all these kids learn football skills and football knowledge so they can carry it on to the high school level. We want to see all of these kids be successful playing football. Just to see these kids mature and advance to the next level," said new JYF president Gary Young.

"This is super exciting, especially at this level. This is a big jump for them in these middle school years, they start to understand the complexities of the game a little bit more.



GETTING STARTED: Players huddle prior to practice earlier this week as JYF gets set for opening day. (Photos by Alex Sponseller)

JYF - PAGE 17

TERRIFIC TRIBUTE:

Among those members of the Hopkins family who hosted the 11th annual memorial scholarship golf tournament, at Gloucester Country Club are Scott, Shawn, Joe, Jim, Shane and Chris Hopkins. (Sun Rise photos by Pete Fontaine)



Hopkins golf tourney enjoys another big year

By PETE FONTAINE

Hopkins hospitality unlimited! That was on display – in many ways – last week when upwards of 80 people turned out at Gloucester Country Club to show their everlasting love and respect for the late James Sr., Eileen and Colleen Hopkins.

In fact, for the 11th time in as many years, the community – as people emphasized – again showed unbelievable support for another successful Hopkins Memorial Scholarship Fund Golf Tournament.

"Not even the rain could put a damper on today," James "Jim" Hopkins Jr. said about the marvelous me-

HOPKINS - PAGE 16



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Rondeau to be inducted to Martial Arts HOF

By PETE FONTANE

Christina Rondeau is living proof of that adage that Good Things Come in Threes.

The Johnston businesswomen, who owns and operates famed Christina Rondeau's Kickboxing-Fitness at 1481 Atwood Avenue, will again be inducted into the prestigious Martial Arts Hall of Fame.

The Woonsocket native, who has been in business for more than three decades, will be inducted into the highly acclaimed Hall of Fame during ceremonies in Orlando, Fla. in November for the third time in her illustrious career.

Rondeau, who is a 5th Degree Black Belt, will be accompanied to the Grand Hall of Fame event by her Lead Trainer/Black Belt Becky Rhodes and Trainer/Black Belt Bernadette Marshall.

"Everyone is excited and thrilled for Christina," Rhodes, who is also the community relations director at Rondeau's Kickboxing, offered. "It's yet another great honor and without question is certainly well-deserved for her many outstanding contributions to the field of Martial Arts."

Meanwhile, Rondeau, who has won many state, national and world kickboxing titles and ranks among the

best teachers and physical fitness women in the nationals ranks, said with excitement ringing in her voice: "This could very well be our biggest and most extraordinary trip to the Grand National Martial Arts Hall of Fame event!"

Why!
For starters, Rondeau recently nominated Rhodes and Marshall for induction into the Martial Arts Hall of Fame which, as several students at Rondeau's Kickboxing and Fitness Center said this week: "Will bring even more prestige to an already first-class facility and business in Johnston."

Meanwhile, Rondeau - who has been in business for more than 32 years - this week received more praise and accolades from the national level of Martial Arts.

"We are excited to have one of the nation's leading women and combative pioneers of the Martial Art World from the great state of Rhode Island," said Martial Arts Hall of Fame Coordinator Jim Thomas. "Christina is one of the most positive Martial Artists in our industry."

Which speaks volumes about why Rondeau and her team that includes Rhodes and Marshall have been invited to put on a seminar and share some of her methods of operations with other inductees and alumni during her visit to the national event in Florida.



AWESOME AWARD: For the third time in her storied career, Johnston businesswomen and Woonsocket native Christina Rondeau will be inducted into the National Martial Arts Hall of Fame. (Submitted photo)



CHLOE'S CORNER: Chloe Shackelford (center), granddaughter of Cranston Mayor Ken Hopkins, joins Jen Malloves, her mom Katie Shackelford, Laurie Chapman, Sue Beaulieu, Louis Hopkins, Brianna Puglia and Nora Warburton at the registration table prior to last week's scholarship fund golf tourney.



FRIENDLY FACES: Brianna and Renny and Chris Lussier are all smiling before teeing off in the 11th Annual Hopkins Memorial Scholarship Fund Golf tournament.

Hopkins

(Continued from page 15)

memorial for his late father, mother and sister: "Kudos to the whole staff here at Gloucester Country Club. Greens Superintendent Nick Johnson, new pro Shane Drury ... along with our volunteers made today one that will be remembered for a long time!"

That's because students like 2023 Johnston High School graduates Charles Curci and Catrins Zinni are the beneficiaries from what many people concurred "is more like a huge reunion" and is made up of many people who've been long-time friends with many members of the Hopkins family.

The day began with the sold-out field of 68 golfers registering with nearly a dozen lady members of the Hopkins family while Jim "Coach Hop" and his brothers greeted everyone with handshakes and hugs and gave each golfer a travel mug and memorial tourney hat.

Likewise, every golfer had his or her choice of a brown bag lunch - turkey, ham or Italian grinder - the fun-filled event concluded with a delicious chicken parmesan, pasta, salad and

dessert dinner by Jay's Catering and mega-prize raffle.

"On behalf of our family, a heartfelt THANK YOU for the continuing support of the tournament," Jim Hopkins offered: "Dad, mom and our sister was certainly looking down at us smiling; we raised a total of \$3,000 for our family scholarships."

Every year the tourney enables the Hopkins family to present two \$500 scholarships - one to a boy and girl at JHS - and as Jim Jr. said, "Now we have funds for future scholarships because of the unbelievable support shown here today."

Golf-wise, Jake Shackelford, Eric Barros, Josh Oliveira and Justin Heyward tied for first place with the foursome of John Graham Tom Mooney, Jim Hunter and Dennis Perry. Ken LaForce, Eric Barros, Shawn Hopkins and John Graham won closest the pin while Ted Heffner had the longest putt.

Meanwhile, Joe DiLorenzo took home the prestigious "Closest to the Mayor Kenneth Hopkins sign that's dedicated to now popular Cranston Mayor Ken Hopkins, a one-time Johnston Panther and former coach at Rhode Island College who also played in the mighty-memorial event.



FAMILY FRIEND: John Graham (left), who has been a long-time friend of the Hopkins family, served as the official greeter to Cranston Mayor Ken Hopkins at last week's highly successful scholarship fund golf tourney.

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AT THE LINE: Tyler Franco goes through a blocking drill.



ON THE RUN: Nicholas DiCarlo chases down a ball carrier.

■ JYF
(Continued from page 15)

It makes you excited because you can do a little bit more," added Sloan Lazzareschi, who coaches the JV program and is the league commissioner.

As always, the Panthers are looking to have fun on the field while also keeping a stable program that translates to the high school level.

"We have a great relationship with the high school program and head coach Joey (Acciardo), we have a great relationship with the parks and recreation director (Mike Bedrosian). There's a strong bond between the youth and high school

program and we're looking to facilitate that even more," said Young.

Not only is the league looking to help the kids build their games on the field, but it is also looking to use the sport as a tool to guide them off the field and into the future while making the town proud.

"Johnston is a very close knit community which makes it nice because you already know everyone. Football is big here in Johnston. It's a big event, a big sport, it makes it great. We always have big numbers but this year was exceptional," said Lazzareschi. "The biggest thing is that these kids learn commitment, discipline and structure. Those are the things that you carry with you throughout life."

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New cod and haddock regulations

By **CAPT. DAVE MONTI**

NOAA Fisheries has established recreational fishing measures for Gulf of Maine cod and haddock and Georges Bank cod for the 2023 fishing year. All measures are effective Aug. 14, 2023 through April 30, 2024 unless or until they are replaced by new measures for 2024.

Gulf of Maine Cod and Haddock Recreational Management Measures for the 2023 fishing year are one cod/person/day with a 22-inch minimum size from Sept. 1 to Oct. 31. Haddock private anger regulation are ten fish/person/day with a 17-inch minimum size; and a fifteen fish/person/day limit with an 18-inch minimum size for the For Hire industry. The open season for haddock is May 1 to Feb. 28.

Georges Bank Recreational Management Measures for cod (south of Cape Cod including waters off Rhode Island) for the 2023 Fishing Year are five cod/person/day with a minimum size of 23 inches with a season from Sept. 1 to April 30. The season did open on Aug. 1 but closed Aug. 14 as these new rules were not ready.

Recreational fishing estimates could be 30 to 40 percent lower
"Switching the sequence of questions resulted in fewer reporting errors and recreational angler effort estimates that were generally 30 to 40 percent lower than estimates produced from the current NOAA survey design. However, results varied by state and fishing mode," said Evan Howell, Ph.D., Director of the Office of Science and Technology for NOAA Fisheries.

Howell facilitated an online public meeting Monday, Aug. 7 where he presented key findings of a pilot study conducted to evaluate potential sources of bias in NOAA Fisheries' recreational Fishing Effort Survey (FES) questionnaire design.

The results of NOAA's reassessment of how they estimate recreational effort could impact recreational harvest limits, possibly increasing then. How much of an increase would vary by region and species.

The FES is a household mail survey administered from Maine to Mississippi and in Hawaii by a NOAA Fisheries' contractor. It collects private recreational fishing trip information for each resident of a responding household.

The results of the pilot study and future large-scale follow-up studies will be used to gain a clearer understanding of the differences in effort estimates between the current design and a revised design that changes both the question order and increases the frequency of sampling.

The Pilot Study report, "Evaluating Measurement Error in the MRIP Fishing Effort Survey," can be found on NOAA's MRIP Reports site through search.

Where's the bite?

Striped bass and bluefish. "The striped bass usually leave for a couple of weeks at the end of July and beginning of August and that was the case last week. However, they are back now with slot size to 40 pound fish being caught at Brenton Reef, Newport. This weekend we caught a 23-pound bluefish. They were on the surface with a school of striped bass," said Jeff Sullivan of Lucky Bait & Tackle, Warren. "Water temperatures dropped last week and in return we've seen a pickup



PLENTY OF FISH IN THE SEA: Many full limits this week of black sea bass and summer flounder (fluke) by youth and adult anglers on Pt. Judith Frances Fleet party boats. (Submitted photos)

in the striped bass action. The Charlestown Breachway has been consistent in the outgoing tide if you're participating in the drift rotation. Otherwise, the Breachway and pond are producing on the incoming tide especially morning and evening. Lots of bait getting pushed in and strippers have been getting air born chasing them. Joe Baggs sand eel baits have been working well as well as live eels," said Declan O'Donnell of Breachway Bait & Tackle, Charlestown.

John Littlefield of Archie's Bait & Tackle, Riverside, said, "It is hit or miss with striped bass and bluefish in the Providence River. They are being caught but things are a bit spotty. However, customers are catching them out in front with two nice fish taken from shore at Beavertail, Jamestown."

Tautog fishing opened Aug. 1 with a three fish/person/day limit, 16-inch minimum size. Only one of the three fish can be a trophy fish, 21 inches or larger. There is a ten fish per boat limit. O'Donnell said, "Tautog fishing reopened, and anglers are having success from shore with some nice size fish coming from the tip of the Charlestown Breachway."

"Anglers are catching tautog, but it is still spotty in the Providence River," said Littlefield of Archie's Bait & Tackle. Sullivan of Lucky tackle said, "The tautog bite is remarkably good in 10 to 40 feet of water considering how warm the water is. Right now, it is an inshore bite, but four to eight pound fish are being caught."

Fluke, black sea bass and scup. "Anglers are catching keeper fluke in the Bay, but they are working for them. However, the scup bite has been phenomenal at Rocky Point and Colt State Parks, Sabin Point, Lavin's Marina and just about everywhere. A customer fishing off Prudence Island caught 78 nice

scup." Sullivan of Lucky Bait & Tackle said, "The black sea bass bite is improving with anglers fishing in 50 feet of water catching an occasional keeper summer flounder and black sea bass at the same time. The fluke do seem to be in deeper water now."

O'Donnell of Breachway Bait & Tackle said, "Fluke fishing has been holding up well along the beaches with some nice sized keepers mixed in with a good number of short fish. Out around Block Island inshore rock piles are producing some good sized black sea bass."

Blue crab fishing has been very good. Littlefield of Archie's said, "One Hundred Acre Cove, Barrington has been the hot spot for crabbing. One customer caught 30 shorts and a dozen keepers there last week with the largest being 9 inches. Customers are also catching them a Sabin Point."

Offshore. Warm water continues to enhance the bite in our region. "The bluefin and yellowfin tuna bite two miles south of the Block Island Wind Farm has been outstanding. White marlin and hammer head sharks are south of the Island too. We heard a report of a tarpon being caught off Cape Cod this week. So, things are crazy," said.

O'Donnell said, "The tuna bite southeast of Block Island remains pretty consistent with bluefin being caught on the jig and a few yellowfin on the troll a little farther out."

Freshwater fishing continues to improve as things have cooled off a bit. "The largemouth seem to have an appetite for frogs this time of year with spinner baits and jigs working based on conditions, but overall, the bite has been very good," said Sullivan. "Lincoln Woods has been producing well for customers. Most are using shiners fishing early morning or later in the day," said Littlefield.

Real Estate Transactions

ADDRESS	SELLERS	BUYERS	DATE	SALE PRICE
COVENTRY				
8 Manor Dr	Chofay, Robert	Forcelli, Jeffrey	7/24	\$370,000
31 Milton Ln	Shelton, Jack W and Shelton, Mildred F	Gouveia, Marilou	7/24	\$175,000
CRANSTON				
11 Iris Dr	Murad, Muwafa and Tawfeq, Zina	Juarez, Edy	7/24	\$550,000
16 Bowen St	Ellinwood, Kim L	Ford, Bryan D	7/28	\$150,000
21 Lexington Ave	New England Pro-Cleaners	Lastor, Aneida A and Lastor Gutierrez, Harry A	7/28	\$325,000
32 Vallone Rd	Arnaud, Joan M	Moss Home Solutions LLC	7/26	\$230,000
38 Coulters Rd	Forleo, Stephen V	Dgl Investments LLC	7/27	\$330,000
38 Orlando Ave	Next Level Renovations LL	Gruetzke, Robert C and Gruetzke, Joseph T,	7/27	\$432,000
43 Denver Ave	Kondaur Capital Real Prop	Comprehensive Community A	7/28	\$340,000
45 Windsor Rd	Decesaris, James V and Decesaris, Marian J	Longo, Brian	7/24	\$100,000
53 Peerless St	Gomes, Melanie	Urizar, Rudin F and Ruiz, Dereck T	7/24	\$315,000
54 Salem Ave	Rainone, William C and Rainone, Susanna	Alvarez, Liznette	7/24	\$320,555
60 Boxwood Ave	Fallon, Jody	Deware, Michelle L and Bobola, Eric T	7/24	\$277,600
60 E Bel Air Rd	Tufano, Mark T and Tufano, Kelly L	Vecchiarino, Kyle and Vecchiarino, Angela	7/26	\$560,000
63 Community Dr	Gonzalez, Christopher and Cruz, Karelyn	Mazza, Frank	7/28	\$350,000
88 Betsey Williams Dr	Ros, Picheth and Ros, Chhenghong	Balakrishnan, Christopher and Girard, Jessica	7/28	\$440,000
95 Oakland Ave	Corens, Peter D	Corens, Gabriel F and Portero, Carolina S	7/25	\$450,000
100 Plantation Dr	Marvin J Klar Lt and Klar, Lynn G	Rioux, Michael	7/28	\$410,000
100 Wayland Ave	Gooding, Cheryl A	Gooding, Ethan T	7/26	\$481,000
113 Carlton St	Duran, Eduardo M and Pizarro, Steven	Wallace 3rd, Hardy	7/25	\$580,000
483 Pontiac Ave	Ancris LLC	Vetiaque, Aggee and Vetiaque, Sophonie	7/25	\$465,000
547 Park Ave	Cardoso, Sara P	Rosa, Yolanda O	7/25	\$595,000
EAST GREENWICH				
1 Russell Way	Dungan, Kyle and Dungan, Danielle	Morse, Justin and Uddin, Amy	7/21	\$1,060,000
15 Blueberry Dr	Janina H Dymsza Lt and Dymsza, Valerie A	Tres Design Build LLC	7/27	\$516,000
15 Harwood Rd	Megules, Karl and Megules, Jennifer	Stefanidakis Rt and Stefanidakis, Charles K	7/26	\$995,000
20 Juniper Dr	Khan, Tariq M and Khan, Zara	Crevier, Alissa and Schabowsky, Christopher	7/24	\$1,150,000
25 Franklin Rd Lot 5	River Farm Place LLC	Rodrigues, Toni-Marie and Tamayo, Harold	7/28	\$529,000
37 Main St Lot 5	Dantas, Gregory M	Stencel, Thomas R and Stencel, Katarzyna	7/28	\$319,000
60 Deep Meadow Ln Lot 60	Roby, Mark S and Roby, Joan M	Toubman, Gary B and Toubman, Susan B	7/26	\$7,300,000
70 Fox Run	Pare Jr, Edward D and Pare, Donald M	Zarenski, Andrew T and Sliva, Danielle	7/27	\$1,195,000
102 Vistas Ct Lot 102	Hong, Leang and Hong, Nathalie	Chelo, Glenn	7/21	\$570,000
135 S Pierce Rd	Heller, Lanie C and Murray, John	Wei, Zhi	7/24	\$377,500
500 Carrs Pond Rd	Rmac T and Us Bank Na	Rmac T and Us Bank Na	7/24	\$777,525
JOHNSTON				
1 Earl Dr	Jwp Investments LLC	Duran, Evelyn P and Duran, Roberto D	7/31	\$700,000
4 Bella Woods Ct	Durgee, Mark	Polisena Jr, Joseph M and Polisena, Samantha S	7/25	\$675,000
14 S Fairview St	Browning, Zachary S and Manchester, Ryan J	Lar Investments LLC	7/25	\$215,000
18 Harding Ave	Perez, Ronald A	Resendes, Spencer T and Scott, Ashley M	7/26	\$385,000
22 Niverville St	Agarwal, Kavita	Badeau, Adam	7/28	\$466,000
125 Central Ave	Demoranville, Chrissie J	Fasshauer, Jillian M	7/31	\$420,000
125 Central Ave	Ri Hsng And Mtg Fin Corp and Balzano, Gennaro L	Johnston Town Of	7/31	\$1
1603 Plainfield Pike Lot E2	Sitko 4th, William P	Marianetti, James A	7/27	\$248,000
WEST GREENWICH				
95 Breakheart Hill Rd	Page, Jill K	Roy, Lisa M	7/24	\$370,000
WEST WARWICK				
4 Starling Way Lot 4	Cartus Financial Corp	Macedo, David J and Macedo, Susan M	7/28	\$589,900
4 Starling Way Lot 4	Oliver 3rd, Eddie and Oliver, Charline	Cartus Financial Corp	7/28	\$589,900
10 Winthrop Ave	Brennan, Xcindy A	Champigny, Paul H and Sangermano 3rd, Peter J	7/27	\$329,000
13 Centre St	Elmwood Realty LLC	Balderas, Milvia R	7/28	\$340,000
25 Harmony St	Eacueo 2nd, Michael A	Knight, Jenna L	7/31	\$340,000
25 Kulas Rd	West Warwick Town Of and Gilchrist, Ian	Harbor Heights LLC	7/28	\$2,459
26 Park Blvd	Kowal, Pauline G and Jimmis, Karen J	Gray, Jessica and Gray, Jaden	7/31	\$320,000
30 Queen Ave	Goddard Mariette Est and Goddard, Lauren	Spain Environmental Inc	7/31	\$363,000
31 Laramee St	Belluscio, James F and Belluscio, Dale R	Usselman, Kimberly and Mottl, Thomas	7/27	\$385,000
57 Village Ct Lot 57	Belanger Sr, John K	Annette R Wright Lt and Wright, Carl S	8/1	\$210,000
131 Legris Ave	Elmwood Realty LLC	Ramirez, Oscar	7/27	\$387,000
526 Providence St	Vasquez Props	Morris, Selena L	7/27	\$2,932

Samara Joy performs at Newport Jazz Festival

By STEPHANIE BERNABA

Few musical artists possess the soul required to illuminate the entire history of a genre with their harmonies. Samara Joy, the 23-year-old jazz vocalist carrying nearly a century's worth of history in her voice, may be the exception.

Joy, whose surname is McLendon, began her jazz career just a few short years ago at Purchase College, State University of New York. As a child growing up in the Bronx, Joy had always been surrounded by music.

Her paternal grandparents, Elder Goldwire and Ruth McLendon, founded the Philadelphia gospel group The Savettes. Her father, Antonio Charles McLendon, is a vocalist and bass player known for touring with gospel artist Andraé Crouch.

Joy studied the greats alongside her family, having to weave to navigate her grandfather's view that music only belonged in church, first sang in church herself, but later joined the jazz band at Fordham High School for the Arts in the Bronx.

It was during high school Joy garnered her first accolade for her deep and melodious voice, winning the Jazz at Lincoln Center's Essentially Ellington High School Band Festival. The competition was designed to elevate musicianship, broaden perspectives, and inspire performance.

In 2019, she won the renowned Sarah Vaughan International Vocal Jazz Competition.

At the tender age of 23, at the 2023 GRAMMY Awards, Samara Joy won Best Jazz Vocal Album for her debut LP "Linger Awhile," and a second GRAMMY for Best New Artist.

Samara Joy has developed a fan base of all ages, including Hollywood stars like Regina King and music heavyweights like Anita Baker.

She has also amassed quite a following from Gen Z on TikTok. Joy currently has 607K followers and over 5 million likes.

Featured on Popsugar.com in February 2023, the website dished on the history and popularity of the vocalist, sharing a conversation she had with Essence Magazine about her favorite jazz standard. Joy shared that her favorite was "Round Midnight" by Thelonious Monk.

The version that Joy sings, however, features alternative lyrics written by Jon Hendricks and only sung once publicly by Carmen McRae.

"Those lyrics haven't been recorded that much – so even though it's a song that a lot of people know, this is a different take on it," Samara said.

Joy also considers herself a lifelong learner of the greats, including Billie Holliday, Ella Fitzgerald, and, of course, Sarah Vaughan.

As the first Gen Z jazz star, Joy has a lot of history – and possibly the future of jazz – on her shoulders.

In podcasts from Fast Company and NPR, Joy shared that she expressed that was more than sure that she did not see her success or subsequent GRAMMY Awards coming.

In an interview with Elysa Gardner of The New York Times in December of 2022, Joy shared, "Sometimes I honestly don't believe this is happening. I see pictures of this glammed-up girl, but I'm just me."

Joy exudes the presence of an old soul, coupled with a voice that draws in jazz newcomers while simultaneously stirring the souls of those who grew up on standards.



Samara Joy performs with her band on the Quad stage at the world-renowned Newport Jazz Festival on August 6. This is Samara's second appearance at the Festival.

Joy debuted at the Newport Jazz Festival in 2022. She spoke with Ken Abrams of What's Up Newport about her first appearance, and how much it means in the world of jazz.

"...being here and seeing the stages and comparing it to behind the scenes and onstage footage that I've seen on YouTube...this is actually the place, this is real. It's surreal and I'm grateful to be here," she said.

Joy definitely appeared more comfortable in her skin on August 6, performing on the Quad stage at Fort Adams State Park.

Wearing a white dress and a bright smile, she appeared genuinely touched and excited to be on stage in Newport once again.

Joy sang *If You Never Fall in Love With Me* from her self-titled debut album, *Stardust*, a Bing Crosby cover, and also one of her favorites, *Chega de Saudade*, *Tight, Reincarnation of a Lovebird*, *Guess Who I Saw Today/Lately*, *Linger Awhile*, and *Sweet Pumpkin*.

The magic of Joy is that a listener could close their eyes as she sang and see all the Jazz greats who came before her. Her music is both complete technically and transformative, reinvigorating the classics.

In the spirit of reinvigoration, Joy has on occasion rewritten lyrics to her favorites, including instrumental interludes, to suit her mood or experience, sometimes gleaning inspiration from the fiction she reads.

For anyone who is a neophyte to jazz or Samara Joy's velvety take on the genre, *Can't Get Out of this Mood*, is the perfect icebreaker. The song, recorded around 50 times since 1942, has been covered by Sarah Vaughan, Johnny Mathis, Nina Simone, Tony Bennett, The Four Tops, and Mary Wells, among others.

Joy's *Someone to Watch Over Me* is also a great choice, as it features Joy's impressive range, vocal dexterity, and euphonious lilt.

Samara Joy's album "Linger Awhile" is available online for streaming. Amazon Music features an Amazon Original Deluxe Edition which features *Lush Life*, an Amazon Original recording, previously popularized by Sarah Vaughan, Nat King Cole, John Coltrane, and Lady Gaga.



A large crowd cheers for Samara Joy after opening her set at the Newport Jazz Festival on Sunday, August 6. Samara has won multiple accolades in the jazz world including two GRAMMY Awards in 2023.

Peds, Mario, and computer driven cars

New inventions are promoted every day, and I welcome the joy of progress. One of the first things I appreciated is the progress from wearing nylon stockings that were held up by a garter belt, to pantyhose. In the 60s, with miniskirts dominating the fashion world, it was very difficult to wear the former as the contraption might be viewable if the hem was too high. That is when pantyhose became popular and replaced the antiquated hook and latch device. The major problem I had was that both the nylons and the pantyhose were easily ruined. As a clumsy person by nature, my fair share of pantyhose was spoiled. I was ecstatic when NOT wearing them came into fashion. My conservative nature bucked the trend for a while, preferring to continue to wear them rather than go bare legged. Even when pants took over my wardrobe, I wore peds on my feet so it looked like I was wearing pantyhose, right up until that extremely hot, fateful day

on Friday, July 31, 1996 when I threw caution to the wind and took them off because of the heat, never to be worn again. I was quite a maverick that year, and it never felt so good!

It had been quite the challenge to keep track of all the warranties and manuals for the many household appliances dominating the kitchen counter. As the number of inventions multiplied to include a microwave, food processor, waffle griddle, air fryer, blender, slow cooker, rice cooker, convection oven, bread machine, and juicer, the very long kitchen counter more resembled a shelf of appliances at Walmart, with the exception that there was no coffee maker because I am a tea drinker. Their instructional booklets filled two drawers in the kitchen, places that could have held goodies like M&M Peanuts and Mike & Ike candies. Alas, instead of treats, paperwork and verbiage occupied this valuable space, UNTIL the world wide web

Life Matters



with LINDA PETERSEN

came about, and all those documents could easily be found online just by googling. Now those drawers hold healthy, snacks such as crackers and peanut butter, organic coconut fig energy squares, and raisins, not quite as exciting as I would like under non-dietetic circumstances.

I was around when the game Pong was invented, and a favorite memory is me and Hubby playing it in the game room of the hotel we stayed at on our honeymoon. Yes, on our honeymoon, and my favorite memory

was playing Pong. For hours. I loved the burgeoning video game field, and soon learned to appreciate *Spaced Invaders* and *Pac-Man*. Who would have thought that following a little, blinking ghost icon as it runs away from munching maniacs would be so much fun? Nintendo was the first game system we purchased, mostly for the children, but I also enjoyed the action of *Mario Bros.* game. To this day, it is still my favorite, (I have played *Super Mario Bros.*, *Super Marios Bros. 2*, *Super Marios Bros. 3*, *Dr. Mario*, *Mario is Missing*, *Mario's Time Machine*, and *Super Mario Bros.: the Lost Levels*.) However, as the games progressed, they also became more intricate and difficult to play. My son could easily whip through any of the levels, but my skills were less impressive, and would be accompanied by groans, screeches, leg kicks, arm punches and grunts, almost turning it into a form of exercise. The technology I am most

excited about is on the newest cars. They have advanced driver assist, automatic emergency breaking, mobile aps and smartphone technology, parking assist, 360-degree cameras and blind spot monitors, and active health monitoring to detect a range of health conditions such as heart rate, blood pressure and oxygen levels. Of course, my biggest excitement is for autonomous vehicles that are capable of driving themselves. Using radar sensors, and complex algorithms, these cars reportedly operate safely. My son who lives and works in California bragged about the Apple Computer driven cars. A study was done, and these cars were safer than people driven cars. In over a year's time, they were only involved in 2 accidents, and one of the accidents was not the car's fault. Being blind, Francis welcomes this progress, and, if I ever win the lottery, having one would be a wonderful treat.

Catnip Junkies bring a New Orleans vibe to the Blue Room

By ROB DUGUAY

The music from New Orleans has always had its own unique quality. Along with the city being the birthplace of jazz, the essence of “The Big Easy” has a knack for seeping into other musical styles. It also has a knack for influencing other musicians to bring that peculiar flair to their own local area. This is part of the mantra for the Catnip Junkies who have been bringing their swingin’ sound all over New England. On August 18 at 7:30pm at The Blue Room in the heart of Pawtuxet Village on 2197 Broad Street in Cranston, folks will get to experience the band’s New Orleans inspired music. It’s part of Catnip Junkies’ monthly residency at the venue and it’s bound to get people dancing.

I had a talk with Beth Silvia from the band ahead of the show about how Catnip Junkies started, having a wide-ranging artistic background, utilizing a flexible set up and making the streets of New England a little more like the streets of New Orleans.

Rob Duguay: First off, what’s the origin story behind how Catnip Junkies started?

Beth Silvia: Well, I went to New Orleans for my first time about 10 years ago and I felt like my soul went home when I heard the music on the streets, I fell in love. My background is in musical theater and I’ve been in a duo for 30 years, just doing acoustic rock. I’ve played for seniors, I’ve played for kids and I’ve done voice in college, so when I came home I knew that I needed this music in my life. I reached out to find like minded folks in every way possible, I made some friends at renaissance faires that were interested in starting a band that kind of had a swing, jazz, New Orleans feel. Then I chased down some horn players in Providence one night from the Extraordinary Rendition Band, but when the pandemic happened everything was reevaluated.

When we couldn’t play out much, we decided to put a lot of rehearsing and energy into the Catnip Junkies. I would say the band as it is now was born of the pandemic and it really struck me during that time how much live music brings a joyful energy to people in person. We decided to make it our mission to bring that awesome, joyful feel of the streets of New Orleans to the streets of New England and it became our mission. We started playing anywhere we could for anyone we could and little by little over the past three years we’ve managed to get ourselves a full season. We’re playing some really great shows like The Big E, Bristol Porchfest and Autumnfest in Woonsocket and now we’ve been collaborating with The Blue Room to do a New Orleans themed night once a month.

RD: That’s very cool. Going from having a background in musical theater to doing live music in the way you’re doing it with Catnip Junkies, do you feel that you’ve



CATNIP JUNKIES

had to do any adaptation or has it been quite seamless for you with this particular project?

BS: My background is very eclectic. I took formal vocal training in college and I did musical theater for a long time. I was playing in rock and blues bands during that time as well, so I’ve been able to take all of the things that I’m passionate about and forge it into Catnip Junkies. I’m also influenced by the musician Meatloaf in the way he has drama on stage, so our band is a full on show. We have dancing, we have tap dancers, we have dancing that’s choreographed between two of us, we have a lot of drama and it’s very theatrical. It’s really just a mashup of everything I love, that New Orleans vibe, musical theater, dancing and it’s a celebration of all that so I’m in the pocket right now.

RD: Catnip Junkies are also affiliated with a group of artists and performers called The Bourbon Street Jubilee, so what makes this group different from the band? Is it more like a collective and a collaborative?

BS: The Bourbon Street Jubilee is our roadshow, we’ll take it into a theater or a place with a stage setting and we play all the music live so it’s like a vaudeville show featuring Catnip Junkies as the live music. We add friends and acquaintances who are sideshow acts like sword dancers, glass walkers, comedians and whatever else we’re providing for the next gig. The Bourbon Street Jubilee is just an extension of us, it’s like an expansion pack.

RD: That makes sense, I get that. With the Catnip Junkies being a brass band and making the streets of New England like the streets of New Orleans a mission of the band, do you feel that you have an advantage when it comes to accessibility and being able to

play in various settings?

BS: Yes, for sure. We literally have people who play with us from time to time to have a larger band, but we’ll take the six of us and we’ll be on a stage with all the bells and whistles or we can pair down into a street band set up. We’ll pull a wagon and we’re actually going to be playing in between all the bands at the Rhythm & Roots Festival in Charlestown this year in this way, which is inspired by both Honk! In Boston and Pronk in Providence. This is one of our ideas to truly bring a street feel, us just pairing down and being mobile. When we pair down, there’s six or eight of us that can walk anywhere and play a set right where we are.

We can also bring the whole kit and caboodle with the suitcase drums, a trap table full of percussion instruments, the slide and the tap board. We have a few choices to choose from.

RD: What can people expect from Catnip Junkies’ upcoming show at The Blue Room on Friday?

BS: This time around it’s going to be six of us, along with a tap dancer. We are very interactive, we like to pull the audience from time to time, we have jokes and there’s lots of banter going on. We go into the audience no matter how big or small the room is and we march around and people are welcome to follow us because we always encourage it. New Englanders can sometimes be a little reluctant to let loose, so we kind of give them permission to participate. Sometimes we’ll walk out into the street and play around out there, people will start dancing with us and they’ll follow us back in, which is really fun.

You can expect a lot of toe tappin’, good vibes in the room. It’s going to be a very happy and energetic show.

JERSEY BOYS



AUGUST 9 – SEPTEMBER 10

TBTS’s

“Jersey Boys”— Oh What A Night!

Theatre Review by DON FOWLER

It is the music of Frankie Valli and the Four Seasons that brings us back to see “Jersey Boys” whenever it is within driving distance.

The story of four guys from Jersey growing up, getting in trouble, and finally becoming one of the top rock and roll groups ever before crashing and splitting up is interesting and well told, but it is the music that is the driving force behind one of the most popular musicals to ever hit the stage.

The success of the show falls on the shoulders, or I should say Voice, of the singer/actor who plays Frankie Valli.

Theatre-by-the-Sea has found a winner in Zane Zapata, a Jersey native with a degree in Musical Theatre from the Manhattan School of Music who dreamed of playing Valli since his mother took him to see “Jersey Boys” when he was 12 years old.

Zapata has the pipes to belt out Valli’s classic, “My Eyes Adored Her” and the falsetto to kill “Sherry”.

He is backed by three capable singers/actors and a cast that is right on the mark in the fast-paced, demanding show.

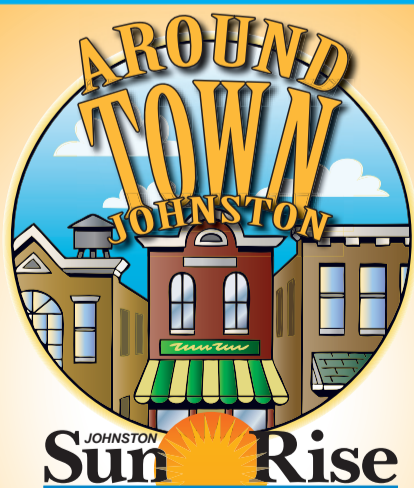
The show comes alive after we quickly go through the early years leading up to the Four Seasons’ first big hit, “Sherry”, packing the remainder of the first act with a slew of Valli’s big hits, including “Big Girls Don’t Cry”, “Walk Like a Man”, and “Dawn”.

Valli’s big comeback hit, “My Eyes Adored You”, gets a powerful interpretation, and one long, positive and well-deserved response from the audience.

“Jersey Boys” is one of those shows that you can see over and over. If there is a believable and talented person in the role of Frankie Valli, the audience will eat it up.

Zapata fills the bill, giving Bill Hanneby and crew another “Whatta Night” experience for his audiences at Theatre-by-the-Sea.

“Jersey Boys” plays through September 10. Call 782-8587 for tickets.



We want to hear from you

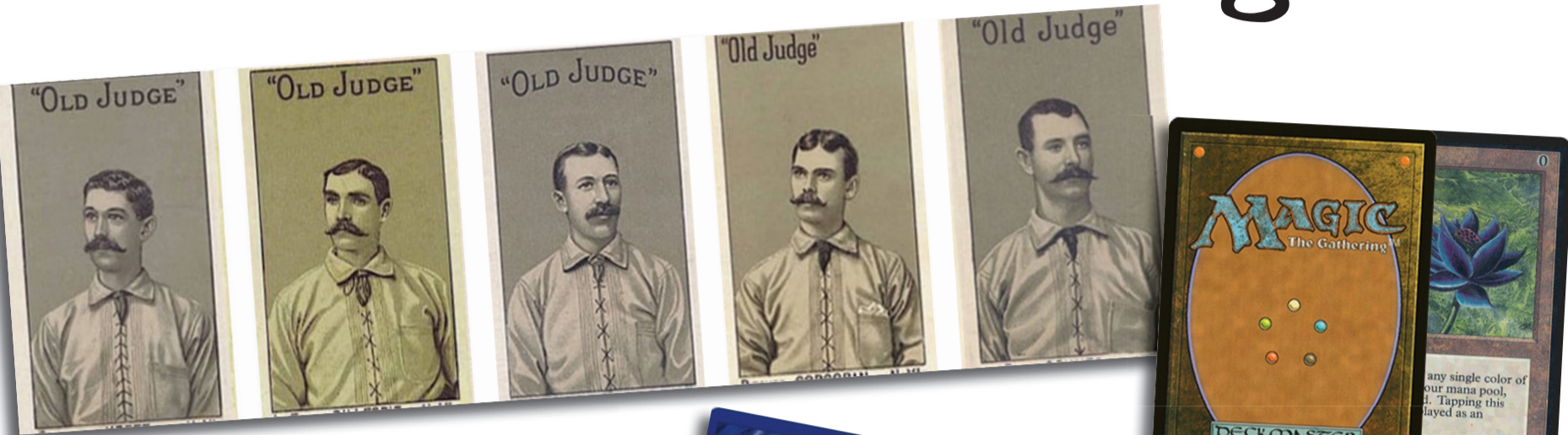
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From Trade Cards to Trading Cards



to Trading Card Games



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

new level of excitement and detail to trade cards, and the subject matters they depicted also grew in variety. The Victorian Era saw trade cards become more visually appealing with big, bold images on one side of the card with advertisements generally found on the reverse. This led people to start trading and saving the cards to collect entire sets for their scrapbooks.

...And when were the first sports trading cards made?

Multiple sports and teams were featured on trade cards in the late 1880s, but Goodwin Tobacco is largely credited with producing the first single-player cards (like we know today) in 1886 with the Old Judge baseball card set. The cards were printed on paperboard and designed to protect cigarettes while displayed in their packaging. As a bonus, baseball was a newfound and very popular sport at the time, so these cards appealed to men (tobacco's target audience) and increased cigarette sales, as all the guys wanted cards of their own.

It wasn't long before other industries saw the opportunity to create baseball cards to sell their products. Tobacco companies were joined by manufacturers like Cracker Jack, the American Caramel Company, Goudey Gum, and more. This opened up the market to target children, which only furthered the collectible craze up until WWII when the war effort limited the usage of paper for frivolous purposes. Very few sets survived the prewar era, which is why these trading cards are some of the most valuable sports cards on the market today.

...And when were trading card games introduced?

It wasn't until 1993 that trading cards evolved into TCG

when Magic: The Gathering came to the market. Like their ancestors, trading card games were brightly printed on cardstock and are intended for collecting. Building the perfect set to play with as a matter of strategy was the intended goal, and before long other collectible card games like Pokémon and Yu-Gi-Oh were introduced as well.

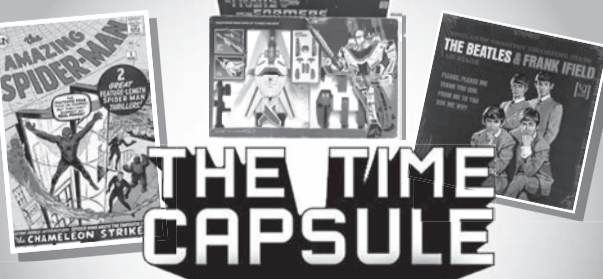
Trading card games succeeded in a time that saw the popularity of collecting sports cards fade, as the sports card market of the early 1980's and 1990's became oversaturated with many cards in production, thus decreasing their rarity and the need to trade among collectors.

...And what's next for collectible cards?

Trade cards, trading cards, and trading card games have always embraced the spirit of the times in which they thrived. From industry in the Victorian Era, professional sports in the early 20th century, to science fiction and fantasy in the late 20th century, each captured the interest of the general public and fueled their popularity. What's next for us and trading cards in general remains to be seen!

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Barbie™ MANIA!



RETIREMENT SPARKS

by ELAINE M. DECKER

Barbie Mania is running rampant. Her movie launched the same weekend as the mega hit Oppenheimer, creating the phenomenon dubbed “Barbenheimer.” Their weekend sales set records. Barbie had the highest-grossing debut of 2023 during the fourth-largest U.S. box office weekend of all time. Mattel, Inc. officially debuted Barbie in 1959 at the American International Toy Fair in NYC. That was the year I entered high school, so I never owned a Barbie doll and I don’t plan to see the movie.

Five actresses graced a Time magazine cover in July; they share the Barbie role. They’re all tall and thin but only one looks anything like the iconic doll. My husband said the cover reminded him of the sixties British model, Twiggy. Other than the tall and thin of it, I didn’t see Twiggy at all. I made a gangly Twiggedy Ann doll for my broher-in-law’s niece when I was in college. The doll had short, yellow yarn hair and a pink button nose and looked more like Twiggy than the women on the Time cover.

The quintet of actresses on that cover were selected to represent incarnations of Barbie over the decades. She began in Palm Springs and evolved to the White House, reflecting changing ideas about girls. You can still find classic blonde Barbies, but there are also Black, LatinX, Asian and trans ones. She’s been said to have an ingratiating smile and impossible curves, not to mention ample boobs. I don’t know if the actresses meet all those criteria, but based on the Time photo, at least three have the boob thing covered.

It’s not just in theaters that the movie has caused Barbie Mania. Retailers have hopped on the Barbie bus, too. Their merchandise and store displays are drenched in pink and fuchsia. Medical techs are now padding around their facilities in fuchsia Crocs. Can pink hair be far behind?

The doll I remember most from my childhood is Ideal’s Toni. I have one in my collection. She pre-dated Barbie by about a decade. The original Toni had long blonde hair and long thin legs, but she wasn’t a fashion doll. Home hair perms appeared in the early 1950’s. The Toni brand was especially popular. It was promoted with the Toni doll and Tonette, a home perm kit for little girls, just like their mother’s.

My mother permed her hair at home. When Tonette came out, she

decided to perm mine, too. Have you ever smelled the curling solution from the fifties? If so, you’ll know that this was a “miser loves company” move on my mother’s part. More about that later. If the smell wasn’t bad enough, the kinky curls it left me with added injury

to insult. I have a school picture to prove it.

The beautiful Toni doll made my experience with Tonette worthwhile. The Ideal Toy Company made the doll from 1949–1953. The other saving grace is that they also provided little paper dolls. I was very much into those. I searched for some on eBay, but the only ones available seemed to all be laser cut reproductions.

I have a real Toni doll in her original dress. I sold the blonde one, but I still have a brunette. Why would I settle for repro paper ones? The doll was one of the most popular ever made. They generally sell for up to \$50 if they’re in good condition in nice dresses. Even without Barbie Mania, vintage Barbies fetched several thousand dollars, especially if they were very old or were in an unusual outfit. They’re probably worth more now.

Smelly home perms weren’t the only torture my mother subjected me to. She had a home beauty treatment to take care of the mustache that Brunettes have on their upper lip. Never mind that I was too young to have noticeable hair there. In another example of “miser loves company,” when my mother bleached her own mustache, she had me do mine. We made a paste, probably with amonia and peroxide. I don’t recall exactly. It smelled terrible, burned like hell, and my mustache looked the same when I was done.

I’ll bet Barbie never had to bleach her mustache. Ken would probably have been too preoccupied staring at her boobs to notice a mustache anyway.

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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*

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The Smaller Appetite



ACCORDING TO DON
by DON FOWLER

I remember back when I was younger, buffets were the rage in Rhode Island.

All you can eat was the challenge to see how many lobsters you could consume at Custy's, how many bowls of chicken could fill our stomachs, along with those great French fries, salad and pasta at Wright's Farm, and how many times you could go back for a clean plate at a Chinese buffet.

In later years it was the cruise buffet, where you had to try everything laid out before you three times a day, saving room for the mid-night buffet.

And there were those restaurants, like Marchetti's, where the goal was to eat a pound of spaghetti, and the Rocky Point Shore Dinner Hall, where the clam cakes kept coming a mile a minute,

"All you can eat" became "All you care to eat", as I got older, and my appetite diminished.

I discovered that a small number of restau-

rants, like Sam's Inn and Governor Francis Inn in Warwick offered a smaller appetite section on their menu.

While the portions are smaller, you usually get the bread and soup or salad accompanying the meal, all for a reduced price.

Styrofoam boxes are the big item at restaurants, where seniors order a regular dinner and save half of it for the following day.

Often, when Joyce orders a meal with a pasta side, she will ask the waiter to box the pasta before bringing it to the table. (Take the extra bread; they only throw it away.)

As a kid, I hated leftovers. Today, I look forward to them.

The microwave oven was the world's greatest invention, allowing all of those leftovers to be at our table in minutes.

While we may have smaller appetites, we can save money by ordering smaller meals and boxing our leftovers for another day.

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"Many families are looking for ways to deliver professional care for their loved one without moving them into a nursing facility. Home care offers a way to extend their stay at home, the place where they are most comfortable and at peace and feel safe," said Caroline Rumowicz, the Director of Saint Elizabeth Home Care, formerly Cathleen Naughton Associates.

More and more, seniors are

planning to remain in their home for as long as they can. And home care is one of the tools to make that possible.

Services cover a wide range including physical, occupational and speech therapy, nursing, bathing and personal care, meal preparation and light housekeeping, shopping, assistance with exercise, transportation and errands and, of course, companionship.

Rumowicz told the story of a client from Narragansett who retired from the Coast Guard and still loves the ocean. A Certified Nursing Assistant cares for him in the morning beginning with a drive to Dunkin Donuts to pick up a coffee. Then they ride to the beach together. After, she takes him to the YMCA where he participates in a group exercise class.

The CNA provides care and companionship to the client who lives on his own since his wife passed. She attends to his health and wellness, provides a valuable check-in and offers the opportunity to

socialize and enjoy a much-loved activity.

In addition, many organizations, like Saint Elizabeth Home Care, offer specialized care for people experiencing memory-related conditions like Alzheimer's or motion and movement challenges from diseases like Parkinson's.

Home care is also a great resource for anyone recovering from surgery or an illness. In the comfort of their own home, patients can work on the recovery process and regain their strength and mobility.

Health insurance plans often provide coverage for home care. The amount varies by provider. Based on a client's eligibility, a care manager will work to coordinate the services they need as well as the frequency and scheduling.

No matter where a client is located, there is an agency that serves that community. For a complete list, visit: <https://health.ri.gov/healthcare/providers/homehealthagencies/>



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2023 State House Wins



AARP - RHODE ISLAND
by CATHERINE TAYLOR

Advocating for Rhode Islanders 50+ at the state and federal levels is a critical part of AARP's mission to empower people to choose how we live as we age.

To that end, I am very pleased to report that AARP Rhode Island achieved important victories in the 2023 Session of the General Assembly. These many improvements in fraud prevention, Medicare, prescription drugs, affordable housing and livable communities will make thousands of lives better in our state. They are:

- Gift Card Fraud Protects consumers from gift card scams by requiring retailers to post a notice warning how con artists impersonating a business or government agency invent phony charges or sweepstakes winnings and demand expedited payments via a gift card.
- Medicare Supplement Insurance Policies - Standards for Policy Provisions Ensures that Rhode Islanders 65 years of age and older applying for Medicare supplement plans are guaranteed coverage regardless of existing medical or health or care.
- Accident and Sickness Insurance Policies-Specialty Drugs Helps lower drug costs by capping a 30-day supply for prescription epinephrine auto injectors (epi-pens) at \$35 and not subject to any deductible.
- Housing Production Encourages development of affordable housing for low-income families by creating the Housing Production Revolving Fund is through the issuance of \$50,000,000 in housing bonds.
- Tenant and Landlord's Rights Guide Defines clarity and protections for both tenants and landlords by requiring the Secretary of Housing to create a written guide for consumers relating to their rights and duties.
- Towns and Cities-Zoning Ordinances Expands housing supplies by supporting the conversion of commercial property into residential or mixed-use developments allowable by specific and objective provisions of a zoning ordinance.
- FY24 Budget Appropriations for Priority Programs Provides funding for two key programs benefiting 50+ Rhode Islanders! \$250,000 added to the Livable Home Modification Grant Program, which provides low-interest loans for home improvements benefiting caregivers and those for whom they provide care. And \$250,000 is appropriated to the Aging and Disability Resource Center (ADRC, known in Rhode Island as The POINT) so that people will know, from a trusted source, where to find information on long-term care and support.
- Transit-Oriented Development Pilot Program Creates a transit-oriented development pilot program will encourage residential housing near convenient public transportation making neighborhoods more livable.
- Nurse Licensure 2 Compact Addressing nursing home staffing shortages by allowing nurses to hold a multi-state license so that they may practice across state lines without having to obtain multiple licenses.
- Substitute Teaching/Teacher's retirement Permits retired teachers and substitute teachers to exceed the 90-day cap on post-retirement employment if certain conditions are met, allowing retirees to work more and expands hiring options for schools facing teacher shortages.

I would like to thank and congratulate the members of AARP Rhode Island's Advocacy Volunteer Team who are largely responsible for this success on your behalf. The team works hard on Smith Hill lobbying legislators and testifying in hearings, in concert with the virtual support of hundreds of our 128,000 Rhode Island members who sign petitions, send emails to lawmakers and post committee testimony urging passage of specific bills. You might also find advocacy volunteers at community events informing the public on matters before the Assembly and how they will affect you.

I am proud of our team and the results they have delivered for Rhode Islanders 50+.

If you'd like to get involved in our work at the State House next year, contact Matt Netto, who leads AARP Rhode Island's advocacy efforts. Email him at mnetto@aarp.org or give him a call at (401) 248-2660.

Meanwhile, stay well, enjoy the rest of the summer and consider joining us at one of AARP Rhode Island's many exciting events, both virtual and in-person. Explore our wide-ranging schedule also at www.aarp.org/RIEvents.

Catherine Taylor is State Director of AARP Rhode Island.

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Using Estate Planning to Avoid the Probate Process

ELDER LAW

by DON DRAKE
CONNELLY LAW OFFICES, LTD. SPECIALIST

"I often meet people who are unaware that a well-crafted estate plan and specific trusts can help them avoid probate," explained RJ Connelly III, a professional fiduciary and certified elder law attorney. "The probate process can be lengthy and costly, not to mention that it becomes a public record. However, in most cases, probate is necessary, and it's crucial to clearly understand its workings."

Probate proceedings aim to authenticate the deceased's final will and transfer the estate's assets to the rightful heirs, per the decedent's wishes. The court supervises these proceedings to ensure the estate's debts are settled and the assets are distributed fairly among the heirs.

After a loss, families usually gather to review important estate planning documents such as a will, which should be professionally written. However, if there is no well-organized estate plan, the probate process can become lengthy if family members do not cooperate or cannot be located. In the ideal situation, family members should work together to gather information needed for the court. However, this can be a difficult and emotional process given the circumstances and the emotions involved.

Probate Court Proceedings

The petitioner (who is usually the estate executor or personal representative) initiates the process by submitting the deceased's death certificate and last will to the probate court. It's crucial to provide a list of creditors' names, contact information, and the heirs' details. If the estate is small or uncontested by heirs, the probate court process can generally be completed efficiently and rapidly.

Probate can be challenging, especially since the laws surrounding it are specific to each state. Different states have different valuation

thresholds that must be met.

For larger value estates, a substantial amount of paperwork is required to validate the will, determine asset distribution, settle disputes, pay off remaining debts, and finally close the estate by paying the decedent's final taxes. This process can be time-consuming and vulnerable to challenges from family members and creditors.

A checklist of documents to gather may include the following:

- ✓ Death Certificates
- ✓ Final Will
- ✓ Revocable trust documents
- ✓ Heir and beneficiary contact information
- ✓ Pre- and post-nuptial agreements
- ✓ Three years of federal and state income and gift tax returns
- ✓ Life Insurance policies
- ✓ Real estate deeds
- ✓ Titles to vehicles
- ✓ Statements of financial accounts
- ✓ Contracts and business agreements
- ✓ Other assets that are known
- ✓ Debts like credit cards, car payments, etc.
- ✓ Ongoing bills like mortgages
- ✓ Medical and funeral expenses

Probate Proceedings Without a Will

Attorney Connelly explained that if someone passes away without a will, their estate will be subject to their state's intestacy laws. This means who receives what will depend on their closest relatives, such as their spouse, children, parents, or siblings. However, it's important to note that not all property is subject to these rules. Any property that passes outside of a will is not subject to intestacy laws.

When property is placed in a living trust and beneficiaries are named, it will pass directly to them. This also applies to other properties, such as life insurance or retirement accounts

with a directly named beneficiary. However, any individual property without a beneficiary designation will be subjected to the probate process at the court's discretion.

There are some assets that will avoid the probate process under state property title, state contract, or state trust law.

Cost of Probate

Probate can be quite costly, especially in more complicated cases that may take years to resolve. This is why many people seek our services to develop an estate plan that minimizes probate proceedings. While the probate process can be frustrating for rightful heirs, it is necessary to comply with legal requirements. The cost of probate varies by state but typically involves administrative fees and legal expenses that can amount to five to ten percent of the estate's value. In some cases, costs can even reach up to twenty percent.

Additional expenses may include compensation for the executor, court fees, and probate bonds, which may be refunded after probate proceedings are completed. Beneficiary disputes are the most common reason for high probate costs, as ongoing litigation can be expensive. Preparing and filing the decedent's last estate tax return and any resulting audits may also increase the cost of probate.

How can one avoid the probate process? Create an estate plan with a revocable living trust to allow assets to pass outside probate. Depending on your situation, other types of trusts may also be recommended. It's crucial to keep the named beneficiaries on accounts that pass outside of probate up to date. Regularly reviewing your estate plan with our office can help reduce probate court interactions and simplify the entire process.

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MY SIDE OF THINGS
by LARRY GRIMALDI

You have not lived until you are standing in line at the Loftyhansa (name changed to protect the guilty) ticket counter in Frankfurt, Germany at 4:00 a.m. for a flight back to Boston. Especially since you are expecting to be home the day before and were not planning a side trip to Iceland in between the two cities! In other words, we ran the travel gauntlet from Bologna, Italy to Boston after our 10-day Greek Island cruise.

The tour through Trieste, Italy; Slovenia; Montenegro; Croatia; and Santorini and Mykonos in Greece was great fun. Each port was a step into the time machine of medieval Europe. Who could have sensed that my wife Kathy's lost luggage on flights from Boston to Rome and from Rome to Bologna to board our ship would portend impending travel doom?

Her luggage never arrived at the ship and yet she somehow managed to assemble a limited, but functional wardrobe from clothing in her carry-on bag and borrowed items from the wife of our travel companion. The cruise line pitched in by providing free laundry service.

We began our journey home with a bus trip from the cruise port in Ravenna, Italy to check-in at the Loftyhansa terminal in Bologna for a flight to Frankfurt, with a connection to Boston. We were assured that our luggage would not disappear into baggage Never-Neverland. That was the first hint of trouble.

The flight from Bologna to Frankfurt was delayed and we were forced to do the 100-gate dash through the airport to our Boston flight. Not being familiar with the Frankfurt airport, we asked a Loftyhansa gate agent to direct us to Gate 66. (The second non-truth). Following his instructions, we arrived at the gate only to find a lone janitor moping the floor. We don't speak German and he doesn't speak English, so our "conversation" was limited to frantic gestures and even more frantic attempts to verbally communicate our dilemma. When we finally found another gate agent, we were told that the flight was leaving from Gate Z66, not A66. This was an important piece of information that gate agent number one agent somehow forgot to tell us. Upon finally arriving at Gate Z66, we were informed that the flight had already left!

Since there were no more flights to Boston that day, we made arrangements to go home the next day on Icelandair via Reykjavik and then on to Boston. Loftyhansa gave us a voucher for a night's stay and dinner in a Frankfurt hotel. The only caveat was that we had to get up at 3:00 a.m. to catch the 7:05 to Iceland! We took the free shuttle bus from the airport to the hotel and scheduled a cab

ride (at our expense) to the airport the next morning. While trying to catch the shuttle, we were directed to the wrong stop! (I'm not making all of this up). When we finally got to the correct stop, we wondered if anyone bothered to give the correct information anymore. Of course, we were assured that our wayward luggage would be in Boston when we landed. (You can probably guess what happens next).

By the time we landed in Boston, we had slept for about four hours in the past 24. What happened then bubbled a cauldron of emotions ranging from frustration, to fatigue, to resignation that now BOTH our bags were somehow still in Germany!

You will forgive us if we didn't believe that any airline, at this point, would actually find our luggage and deliver it to our house. But that's what we were told. We rode the shuttle bus from Logan to South Station and boarded a train back to Providence. By the time our daughter, Kate, picked us up in Providence at 3:30 p.m. and chauffeured us home, total exhaustion had set in. I went to bed at 4:30 p.m. My body wanted to know if it was 10:30 a.m., 4:30 p.m., 8:00 p.m., or something in between. I told my body that I didn't care time it was; it was time to sleep.

This story ends with a minor miracle. Our luggage was delivered to our house the next day!

We have learned several lessons from this baggage nightmare. One, pack only what you really need and try to fit it all into a small carry-on and a backpack. Two, use one side of the suitcase for your clothes and the other side for your travel companion's. Three, book direct flights if you can. Four, bring enough cash and have enough credit to buy additional attire if needed. Kathy's uncle Johnny had the most practical travel advisory when he warned, "Bring half as many clothes and twice as much money." Five, if you do check a suitcase, be prepared to have it travel to parts unknown for an extended period of time. Lastly, realize that traveling may entail delays or other conundrums. Keep your sense of humor and stay calm. You will need both.

Happy wandering!

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: Reflections on Gratitude, Joy, Life's Oddities, and a Few Complaints!" available at Amazon.com or Stillwater Books in Pawtucket. Materials published in this book are used with the permission of Beacon Communications. For more information, e-mail lvgrimaldi49@gmail.com

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Simplicity



'Tis a gift to be simple, the song begins. A song I remember from Girl Scout camp - singing around the campfire on peaceful nights long ago.

Surrounded by tall, ancient trees that reached toward the star-spattered dark of the skies. Only the soft crackle of the fire and the symphony of the night insects to accompany us. Life did feel simple back then - free, joyful, immersed in nature with friends, learning, having fun. Life was simple at camp in mid-summer.

Not so, it seemed, once the bubble of insulated summer camp burst. Going home and leaving summer friendships behind. Dealing with parents, school, and the myriad of stresses and pressures of growing up. Camp was where I felt most connected to nature and where I felt most carefree all those summers years ago. Where life felt simple and uncomplicated and where all was always right with the world.

I encountered the song many times in my adult life, too, always starting with

'Tis a gift to be simple. Hearing it sung by church choirs and singing it myself in the chorales and choruses that I sing with, and then listening to my daughters sing it during their camp years - it always brought back memories of those summer nights in the woods by the lake - when life was simple - surrounded by firelight, starlight, nature in all its glory, and friends.

But there was college, marriage, three babies, and then divorce. Single motherhood, graduate school, and working two jobs. And then a second marriage, weddings, and then grandchildren. None of it seemed simple. Or was it?

I think there are two ways of looking at life. And I'm not referring to being an optimist vs. being a pessimist. I'm not referring to being angry or depressed during hardships, or glossing over life's challenges with a fixed smile pretending that everything is always rosy. Life is a mixture of good times and bad and no one is immune to experiencing difficulties. Hard lessons of sadness, grief, loss, sickness, disappointment, money and relationship issues - we all face problems - from small to severe - throughout our lives. There is a reason for this, I'm sure, but the "why" of it all is a topic for another day, another essay.

I'm talking about going through life blindly vs. going through life with eyes wide open in wonder and in awe. When I get up in the morning, my mood might be on the happy side if I am anticipating a good day, a fun day. Or a feeling of dread might engulf me if the day is doomed to be filled with unpleasant tasks or events. Or maybe I'm somewhere in-between, feeling luke-warm neutral.

But the first thing I see when I rise is the solid, old maple tree in my backyard - its

MEMOIRS

by SUSAN DEAN

leafy branches filling my window like a framed piece of art. The tree is huge and more than one hundred years old.

I see it in winter, bare

branches covered with snow. And in spring when its yellow and pale green buds appear. In fall it's a splendor of orange, red, and yellow. Colorful maple leaves drop one by one or in bunches depending on the windiness of the day, turning the yard below into an impressionistic fall collage.

The tree, so old and stately, simply stands there - solid, secure, everlasting through time, conversing with the wind - branches waving and leaves fluttering to the rhythm of nature's breezy whims.

No matter what my day looks like, the tree in all its seasonal splendor simply stands. A silent witness to all of my days as well as to countless days before my time - days belonging to others from years gone by.

The tree's growth processes and the chemistry of its existence are quite complicated, I'm sure, but my willingness to open my eyes and notice it and be awed by its majesty is what is simple. The simple act of being awake each morning to its beauty, rather than entering the day in a fog, blind to the simple gift of the day's presence.

There is so much in this world to be noticed, so much to wonder about, so much to appreciate beyond and in spite of our day-to-day trials. Flowers of every color and configuration grow from seed to blossom in a season. Miraculous.

Babies grow from microscopic cells to fully-formed human beings in a mere nine months. Every mature cell knows its specialty in order for this beautiful creation to survive. Even more miraculous.

Sunrises and sunsets paint the sky twice a day - leaving us breathless with the colors that nature's artists choose to start and end our days with. Clouds lazily parade across the blue expanse of the sky's canvas - creating nature's movies as familiar figures and forms pass by in their endless slow-moving display. Green worm-like caterpillars that we don't particularly admire turn into colorful masterpieces - light and airy butterflies that we love and appreciate - all in a matter of weeks. Sunlight on the ever-moving waves of the ocean - looking like a sea of a million sparkling diamonds. Complicated, yet simple. Because we get to simply see the perfect beauty of it all.

No matter what is happening in our lives, we can choose to be wide-awake and wide-eyed to nature's majesty. Our lives have ups and downs, but we can simply look around and notice nature's rhythms to uplift our spirits and add sparkle to our days.

'Tis a gift to be simple - my tree gives me that gift daily. All I have to do is be present to receive it.



Photos courtesy of Getty Images

5 Lifestyle Changes to Help Combat Incontinence

FAMILY FEATURES

Sometimes living a healthy lifestyle can feel like an impossible task when combined with all your other responsibilities like working a full-time job, taking care of family and friends or spending time in the gym. Add dealing with an underlying health condition and it may seem almost overwhelming.

For example, a condition such as urinary incontinence is a common problem that is often difficult to manage and can range from a light leak while coughing or sneezing to even greater loss of bladder control.

In fact, almost two-thirds of U.S. women over the age of 20 will experience leaking, according to the experts at *FitRight Fresh Start*. While stress, aging and obesity can cause incontinence, certain health events unique to women such as pregnancy, childbirth and menopause can also cause problems with the muscles and nerves that help control your bladder.

Consider these healthy lifestyle changes to help combat issues like urinary incontinence:

Focus on Fluid Intake

While it may seem counterintuitive when dealing with certain conditions, it's important to hydrate appropriately. In fact, drinking too infrequently can cause other issues like dehydration. To avoid frequent or urgent needs to urinate, the Mayo Clinic recommends drinking smaller amounts throughout the day, such as 16 ounces with each meal and 8 ounces between meals. If you find yourself waking multiple times at night to urinate, try drinking more of your fluids in the morning and afternoon rather than evening, and avoid alcohol and beverages with caffeine like coffee, tea and soda.

Make Dietary Modifications

The things you eat can have an impact on your condition – both positively and negatively. For example, alcohol; spicy foods; chocolate; artificial sweeteners; caffeinated, carbonated and citrus beverages; and high-acid foods, like citrus and tomatoes, may contribute to bladder irritation, according to the National Institutes of Health. On the other hand, consider incorporating more of these foods considered good for bladder health:

- Blueberries
- Green beans
- Cauliflower
- Winter squash
- Sea bass
- Eggs or egg whites
- Whole grains
- Nuts

Manage Bladder Leaks

Changing day-to-day habits may improve bladder control, but for those living with leaks, it's important to manage the condition rather than letting it disrupt your life or define you. One way to do that is choosing products that allow you to live your life to the fullest.

For example, created for women by women, *FitRight Fresh Start* offers a range of options including discreet underwear, surface protectors, liners and pads that fit close to your body and smoothly under your clothes – all available in a variety of sizes and styles – deliver one-of-a-kind wetness and odor control and uncompromising personal care. The proven power of *Arm and Hammer* Baking Soda helps fight odor faster and longer, and ultra-advanced materials instantly absorb and trap moisture to keep you feeling dry and confident all day long. Additionally, they're built for maximum comfort for discreet use whether you're staying on the couch or heading out on the town, and the 100% breathable materials enriched with vitamin E help soften and protect sensitive skin.

Maintain a Healthy Weight and Stay Active

Two factors that have been shown to be part of nearly every healthy lifestyle include overall body strength and weight loss, which can be improved by increasing physical activity. Seek out exercises you enjoy so you can get physical while having fun. Aim for 30 minutes daily of low-impact activities such as brisk walking, biking or swimming.

Stop Smoking

As a habit that can be detrimental to overall health, smokers are also more likely to suffer more severe symptoms from a variety of conditions, according to the Mayo Clinic. For instance, heavy smokers may also develop a chronic cough, which could cause pressure on the bladder, further aggravating urinary incontinence.

Find more savvy tips to slow urinary incontinence at FitRightFreshStart.com.



FRESH STRATEGIES

FRESH FACTS ABOUT BLADDER LEAKS

WHO LEAKS A LITTLE?

A lot of us in the U.S. Nearly two-thirds of women over 20 deal with bladder leakage—that's 78 million of us!¹

1 in 3

experience urinary incontinence (UI) almost every day.¹

28 million

women experience moderate or severe urinary incontinence.¹

38% have stress incontinence

22% have urge incontinence

9% have unspecified incontinence

31% have mixed (stress & urge) incontinence

Women who experience incontinence

LEAKAGE HAPPENS FOR ALL KINDS OF REASONS

Stress incontinence is the most common type of bladder leak and the one most likely to affect younger women.²

Urge incontinence is a strong, sudden need to urinate without delay, leading to leaks and accidents.⁴

Nearly **a third of women** have experienced the urge!¹

79%

Coughing or sneezing

59%

Laughing

31%

Exercise

TYPICAL TRIGGERS⁵

Tell yourself

"Does being dehydrated, humorless and inactive sound like any way to live?"

Ask Yourself

"No leaky bladder is going to define or confine me. I'm finding my Fresh Start!"

DO

Stay hydrated and healthy

DO

Live life fully

DO

Keep moving

DO

Laugh a lot

DO

Use the best protection

DON'T

Limit liquid intake

DON'T

Hover next to bathrooms

DON'T

Skip the gym

DON'T

Skip comedy clubs

DON'T

Make do with period pads

(1) Source: University of Wisconsin Study. (2) Source: University of Michigan National Poll on Healthy Aging. (3) Source: U.S. Department of Health & Human Services, Office on Women's Health. (4) Source: www.mayoclinic.org. (5) Source: Mayo Clinic.

FitRightFreshStart.com

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Understanding Urinary Incontinence

If you're experiencing bladder leaks, dealing with them and the frustrations they bring shouldn't keep you from freely living your full, multifaceted life. Designed for women by women, *FitRight Fresh Start* offers this information to help you learn about leaks and understand what's happening to give you the power to keep bladder leaks from disrupting or defining your life.

Common Kinds of Urinary Incontinence

- **Strong urges:** That overwhelming need to use the restroom right away is known as urge incontinence, which frequently involves some level of unwelcome, involuntary leakage.
- **Stress and pressure:** This is the type of incontinence many people experience and hate when they leak a little (or sometimes a lot) simply because a tiny sneeze or good laugh put extra pressure on the bladder. Jumping and heavy lifting are also causes.
- **Ongoing overflow:** If it feels like your bladder is never completely empty and you feel a slow, continuous drip, you're experience overflow incontinence.

Common Causes of Urinary Incontinence

- **Motherhood:** Carrying a bundle of joy inside your body for nine months then giving birth is bound to put pressure on your pelvic floor muscles, which don't always bounce back, especially after multiple births.
- **Menopause:** Leaks can begin in perimenopause, before you actually stop having periods, usually in your 40s or 50s. As hormones shift, lower estrogen levels can lead to less elastic, weaker pelvic floor muscles.
- **Medical issues:** Health conditions like diabetes, nerve or joint conditions, urinary tract infections and obesity can cause bladder leaks, too, as well as physical limitations that inhibit your ability to make it to the bathroom in time.

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Things for extension filers to keep in mind as they prepare to file

YOUR TAXES

by MEG CHEVALIER

Many people requested an extension to file their tax return after the usual April deadline. These filers have until Oct. 16, 2023, to complete and file their tax return. The IRS suggests that those who already have the forms and information they need file now – there's no advantage to waiting until the deadline and filing now saves the worry that they may miss the deadline.

There are a few things extension filers should know as they get ready to file.

File by the deadline

Extension filers should file and pay any balance due by Monday, Oct. 16, 2023.

Many taxpayers can use IRS Free File

Many taxpayers can e-file their tax return for free through IRS Free File. The program is available on IRS.gov through October 16. E-filing is easy and safe, and it's the most accurate way for people to file their taxes. Filing electronically can also help taxpayers determine their eligibility for many valuable tax credits.

Taxpayers get their refund faster by choosing direct deposit

Anyone due a refund should request direct deposit to get their tax refund electronically deposited into their financial account.

IRS offers payment options for taxpayers with a balance due

Those who owe taxes and can't pay their balance in full should pay as much as they can to reduce interest and penalties for late payment. The IRS has options for people who can't pay their taxes, including applying for a payment plan on IRS.gov. Taxpay-

ers can view payment options or check their account balance online.

Extension filers should request missing or incorrect documents directly from employer or other payers

If a taxpayer is waiting to file because they're missing a form like a W-2 or 1099, they should contact their employer, payer or issuing agency and request a copy of the missing or corrected document. If they still can't get the forms, they may need to use Form 4852 as a substitute.

Taxpayers who didn't file in April and didn't request an extension should still file as soon as possible

Anyone who did not request an extension by this year's April 18 deadline should file and pay as soon as possible. This will stop additional interest and penalties from adding up. There is no penalty for filing a late return for people who are due a refund

Some members of the military have different deadlines

Special deadline exceptions may apply for certain military service members and eligible support personnel in combat zones. The Department of Defense's MilTax online tax software is available to service members and their families, regardless of income.

Taxpayers in disaster areas may have more time to file

Taxpayers living in an area impacted by a recent natural disaster may have an automatic extension of time to make various tax payments. Visit Tax Relief in Disaster Situations on IRS.gov for more information.

Elder Abuse: Combating Injustice

SOCIAL SECURITY

by CHERYL TUDINO
SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

Elder abuse is the intentional mistreatment or harming of an older person. An older person is defined by the Social Security Act as someone over age 60. This abuse takes many forms – including physical, emotional, and sexual harm, neglect, and financial exploitation. More than 1 in 10 older adults experience some form of abuse each year. That number is likely much higher because elder abuse is often under-reported – especially in underserved communities.

Abuse victims typically show emotional and behavioral red flags, such as depression, unusual fear or anxiety, or intentional isolation. Many victims are abused by someone they know or trust. It's important to look for unusual changes in behavior around:

- Family members.
- Staff at inpatient facilities.
- Hired or volunteer caregivers.
- People in positions of trust like doctors or financial advisors.

You can also help make a difference by checking in with older loved ones. Looking for warning signs of mistreatment is the first step to preventing abuse. Signs of physical abuse include bruises, burns, or other unexplained injuries.

There may also be signs of neglect like:

- Poor nutrition or hygiene.
- Lack of necessary medical aids like glasses or medications that a caretaker should be providing.

There may also be indications of financial abuse. These may include:

- Unpaid rent.
- Sudden changes to a will.
- Unusual changes in money management.
- Large, unexplained financial transactions.
- Mortgages despite sufficient financial resources.
- Allowing someone new to access bank accounts.

If you suspect that someone is a victim of elder abuse, don't ignore it! If you or someone you care about is in a life-threatening situation, call 911. If you suspect that something isn't right – but nobody seems to be in immediate danger – contact:

- Your local Adult Protective Services at www.napsa-now.org/help-in-your-area.
- The National Center on Elder Abuse at 1-855-500-3537 (ELDR).

You can also find additional local resources by searching the Eldercare Locator for your community at eldercare.acl.gov/Public/index.aspx.

Take some time to call or visit with an older adult. Ask if they are okay and listen to what they tell you. Pay attention to signs of abuse or unusual behavior. Most of all, don't be afraid to report instances of suspected abuse. Please share this information with those who need it.