



BACK AT IT: From right to left, Ronald Galipeau, Gloria Renzi, Chris Marino, Diana Hudson, and Ralph Votta roll bocce balls at the Johnston Senior Center. (*Sun Rise photo by Rory Schuler*)

Senior Center readies for June 7 reopening

By RORY SCHULER

Gloria Renzi's drawings kept her company over the past year.

As an artist, she found ways to cope with isolation during the pandemic.

When the Johnston Senior Center closed it left a void in her life.

"We're like family here," she said, pointing to her bocce ball partners. "This place is very important to me."

Ralph Votta, seated on a bench next to Renzi, took a somber tone for a moment.

"We lost a couple friends last year," he said.

Votta and his buddy Ronald Galipeau serve as bocce team captains at the center.

For more than a year, the pair sorely missed the sport.

"Last year, we had to stay in like they told us to," Votta said.

"It was like we all hibernated," Renzi added. "Now we got our shots."

Johnston Senior Center Supervisor Jacqueline "Jac" Bell-Conroy picked up the temperature-scanner and moved it out of the lobby on Wednesday afternoon.

The world inside and out of the facility has slowly started to return to normal.

"I am pleased to announce that the Johnston Senior Center will be reopening June 7th," said Matt Bolton, Senior Center Director. "We are thrilled to welcome back our seniors into our building."

Some classes resumed - Zumba, line dancing and bocce - about three weeks ago.

Next week, staff at the center plans to host a pizza party for Johnston's senior community.

"We invite all members to join us on June 7th for a complimentary pizza luncheon, at noon," Bolton said.

Members interested in attending should call Jac or Ellen Trementozzi, program coordinator, at 401-944-3343 by Thursday, June 3, to reserve a spot.

"We will continue to use the state guidelines for our masks policy and for our social distancing guidelines," Bolton said. "Many of our classes are already running and we will be adding more classes and activities back to our schedule as we enter the next phase of our reopening."

Although the center has been open for some services, and limited staff, for the months between March 16 and June 1, 2020, only one staff member worked inside the building.

Madeline Ravenelle, social services staff member, fielded phone calls on-site.

"We're here for everything anyone needs," she said in the center lobby. "Even if you just need someone to talk to, we're here."

Carol Govey danced with tiny barbells in her hand to music during the center's Zumba class.

Cranston's Costco loss may be Johnston's gain

By DANIEL KITTREDGE and RORY SCHULER

Plans for a new Costco-anchored development at the current home of Mulligan's Island Golf & Entertainment in Cranston have again stalled, this time through a vote of the City Council's Ordinance Committee.

And according to Johnston Mayor Joseph M. Polisena, Cranston's loss may be Johnston's gain, if the town can find an appropriate site for the wholesale club.

"We would welcome them to Johnston," Polisena said. "We would love to have a Costco."

Polisena expressed optimism they could accommodate the business within the town limits.

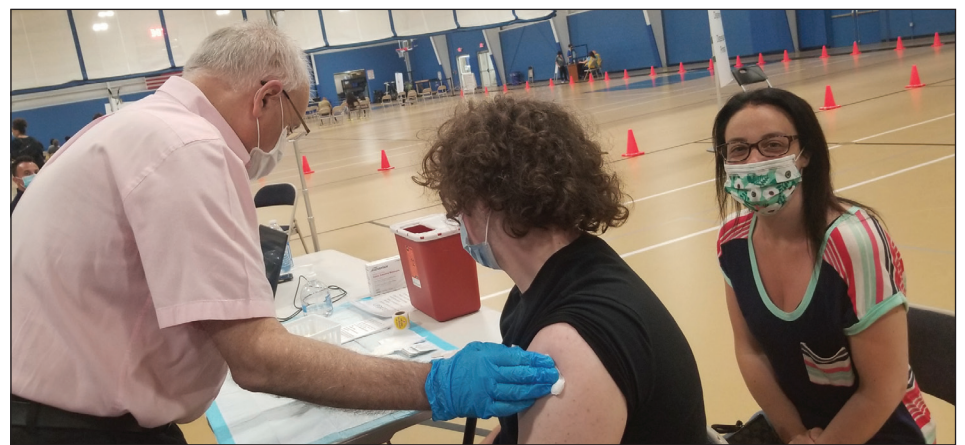
"The developer called us," he said. "We'll see if we can find them a site along the Route 6 corridor."

Whether the latest developments in Cranston represent the end of efforts to bring the wholesale club to that city is unclear. It also remains to be seen what else might be proposed at the roughly 55-acre Mulligan's site, the owners of which have said the existing operation is unsustainable.



DRIVE FOR COSTCO STALLS: Cranston city officials last week rejected new consideration of a zoning change at Mulligan's Island, seen above, meant to pave the way for a new Costco. (*File photo*)

The Ordinance Committee on May 20 rejected Massachusetts-based Coastal Partners LLC's request for a finding that its plans for the property - a development that would be called Cranston Crossing - had undergone "substantial" changes since an initial proposal was filed with the city last year.



CLOSE TO HOME: Johnston Mayor Joseph M. Polisena, a registered nurse, injects the Pfizer vaccine into 14-year-old Logan Horne's arm, as his mother, Jeana Halstead, watches. (*Sun Rise photo by Rory Schuler*)

'For family and friends': Kids line up to get vaccine

By RORY SCHULER

Eight trained professionals doled out jabs to Johnston's youngest residents approved for the Covid-19 vaccine.

More than 150 youngsters signed up for the shot.

Among the needle-bearers, Johnston Mayor Joseph M. Polisena, a registered nurse, swabbed arms and poked 12-15 year-olds with the Pfizer vaccine.

Logan Horne, 14, a freshman at Johnston High School, walked up to Polisena's table, accompanied by his mother, Jeana Halstead.

"I just thought that getting the vaccine

is better for everyone," Halstead said, taking a seat behind her son. "It's better for family and friends. He'll be able to hug and kiss family and grandparents again."

Polisena offered Horne his fist. The quiet, slightly nervous teenager offered his fist. They bumped.

"Which arm?" Polisena asked.

Horne chose his left, and the mayor swabbed, and then injected the vaccine. The teenager, his mouth and nose hidden by a facemask, smiled with his eyes and stood.

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Hard at work

Although the company has yet to set an official date for the opening of Johnston's Market Basket store, workers have been spotted preparing the site at a feverish pace. While the parking lot has been mostly empty in recent weeks, on Wednesday, the lot was full of vehicles. A man could be seen on a lift, working on the bright red sign. And more workers prepared the parking lot entrance for vehicles. DeMoulas Super Market Inc. Operations Manager, David K. McLean, who attended a preview of the new Warwick store last week, said he expects the Johnston location will open in about 2-3 months. (Sun Rise photos by Rory Schuler)

JOHNSTON POLICE LOG

SUSPENDED LICENSE

At 7:08 p.m., on April 7, Johnston Police Officer Anthony St. Laurent was patrolling in the area of 113 Greenville Ave., when he observed a white 2006 BMW525XI bearing RI plates, traveling southbound.

According to the police report, St. Laurent observed that the driver was not wearing a seatbelt. The officer then activated his cruiser's overhead lights and pulled the car over.

Police then discovered that the driver, Jason Juarez, was operating on a suspended driver's license.

Police issued Juarez a District Court notice to appear at 3rd District Court for operating on a suspended license, third and subsequent offense.

Police at the scene told Juarez he would not be able to continue driving the vehicle due to the status of his license.

Juarez also received a citation for driving without his seatbelt.

St. Laurent explained both the traffic citation and the district court notice, but Juarez refused to sign. However, Juarez told police that he understood.

A licensed driver arrived on scene to drive Juarez and the vehicle from the scene, with Juarez in the passenger seat.

Johnston Police Officer Anthony St. Laurent was on patrol in the area of 175 George Waterman Road, at 5:26 p.m., April 13, when he spotted a white 2003 Saturn L200 traveling northbound on George Waterman Road.

Police said the registration plate was heavily damaged and unreadable, as well as dangling from the rear of the vehicle.

St. Laurent activated his overhead lights and detained the car.

A check of the vehicle registration determined it was expired.

Police also discovered that the driver, Jason M. Bourbeau, 41 Willow St., Coventry, was driving on a suspended license, third and subsequent offense.

Police informed Bourbeau he would not be able to continue driving the vehicle due to the status of the vehicle's registration and his suspended license.

He was issued a 3rd District Court notice to appear on Aug. 23, for operating on a suspended RI driver's license, third offense. The car was towed and Bourbeau also received citations to appear at the Rhode Island Traffic Tribunal on May 27, for visibility of plates, operation of ve-

hicle with suspended registration.

Anthony's Towing responded to the scene and towed the vehicle to its inventory yard. The RI plates were seized and property tagged and placed in the registration plate drop box.

SHOPLIFTING

At approximately 12:30 p.m., April 11, Johnston Police responded to a report of shoplifting at Home Depot, 100 Stone Hill Drive.

Police arrested Elizabeth A. Dwyer, of 15 Monongahela Ave., North Providence, and charged her with resisting legal or illegal arrest, shoplifting-misdemeanor, conspiracy and a fugitive from justice.

B&E

At approximately 10:30 a.m. on April 9, Johnston Police responded to 87 Lincoln Park Ave., in Cranston, to attempt to locate Jeffrey Sisson. Sisson was wanted in Johnston for breaking and entering at a business. Upon arrival, police said they found Sisson in his mobile camper on the property. He was placed under arrest, transported to police headquarters, processed and held pending arraignment.

Sisson was arraigned by Justice of the Peace George Lazieh and released on \$10,000 personal recognizance, with a court date of July 2.

The charge stems from an incident on Oct. 13, 2020, when Johnston Police responded to a reported break-in at a Johnston office.

Police obtained video surveillance at the scene. The suspect appeared to gain entry to the building through an unlocked rear door.

The victim said the suspect, a white man, wearing a large winter coat and a black facemask, looked like a former employee.

On the video, it appears the suspect entered the office and while utilizing his cell phone for lighting, located a camera and appeared to turn it away from himself, police wrote in their report.

The suspect then can be seen rummaging through several drawers of the office desk. Police said it is unclear if the suspect took any items.

OBSTRUCTING AN OFFICER

At 1:43 a.m. on May 16, Johnston Police Officer Adam Parkinson investigated the report of a motor vehicle crash in the area of 6 Reservoir Ave.

Upon arrival on-scene, Parkinson saw an unoccupied vehicle stopped perpendicular to the road (facing east). The front-end of the vehicle

was embedded into the pole, which had become uprooted from the ground and shifted north, police said.

It appeared the vehicle was traveling north on Reservoir Avenue when it exited the roadway and struck the pole, according to the police report. National Grid also responded to the scene to assess the structural integrity of the cracked and uprooted pole.

Parkinson checked the vehicle registration, found out it was canceled, but had been last registered to Edward Castronova, of 14 Bowen St., Johnston.

Police looked around the scene of the crash, but were unable to locate the driver.

A neighboring resident, who wished to remain anonymous, told police that she observed a heavysset white male in a black T-shirt run northbound from the crash after exiting the driver's seat, immediately following the crash.

While checking the area further for the driver, Castronova exited some bushes just north of the crash scene. Castronova told police that he was not driving the vehicle. He claimed his friend from Boston was driving. He said his friend fled the area on foot, but he didn't have a phone number for the alleged driver.

The witness positively identified Castronova as the only person who exited the vehicle, and he did so from the driver's seat.

After "a prolonged conversation and additional inquiring, Edward finally confessed to being the operator and advised that he ran and hid because he was scared/nervous," Parkinson wrote in the police report.

Parkinson took photos of the crash. The vehicle sustained heavy front passenger-side damage, and was towed by Precision Towing. The front driver-side airbag and passenger-side curtain airbag had deployed in the crash.

Both plates were confiscated.

Castronova has been charged with numerous offenses, including Operation of a Motor Vehicle when Registration is Canceled, Operating a Motor Vehicle without Insurance, Duty in Accident Resulting in Damage to Highway Fixture and Leaving Lane of Travel.

Castronova was taken into custody for Obstruction of an Officer in the Execution of Their Duty and transported to Johnston Police Headquarters. While in custody he was advised of his Constitutional rights, allowed to make a phone call and released with a District Court Summons to appear at 3rd District Court on Aug. 30.

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Johnston High's 2021 Homecoming Queen, King crowned

By PETE FONTAINE

It didn't matter that the stands inside Mayor Joseph M. Polisena Stadium only had a sprinkling of people Monday. What mattered, as people like Greg Russo will attest, is that once again "Panther Pride" perhaps shone brighter than the mid-morning's sun.

That's because yet another chapter in Johnston High School's tradition-rich history was recorded, this one coming in form of the long-awaited announcement of the Panthers' 2021 Homecoming King and Queen.

With Russo, who heads the JHS Chemistry Department and serves as the adviser for the Student Council and SADD (Students Against Dangerous Decisions), serving as master of ceremonies, the 10-student Royal Court was introduced

on the sun-splashed green artificial playing surface amid cheers from fellow members of JHS' class of 2021.

Russo, who was ably assisted by faculty members Emilia Ruggiero and Stacey Landi, introduced each of the five King candidates and five Queen candidates before unveiling the 2021 winners.

"This year's Homecoming Queen is Olaitan Olagundoye, better known as La-La," Russo announced as cheers filled the air and applause came from the gathered students.

Olagundoye, who ranks among Rhode Island's top track and field competitors, will enroll at Quinnipiac University in Hamden, Connecticut, in September.

Russo then told the audience, "the Homecoming King is Justin Salvatore." More cheers arose for the senior who played football

and baseball at JHS and hopes to become a walk-on for the Bangor, Maine-based Husson University baseball team in the spring of 2022.

Each of the 10 candidates received a special sash emblematic of their royal status as several adults who were watching the brief yet important ceremony offered: "These kids are truly special; they had to wait weeks - even months - for today to happen."

While COVID-19 wiped out countless school and sports events like JHS Homecoming, the Panthers' ceremony had to be rescheduled at least a half dozen times.

Russo was not going to finish the school year without holding Homecoming. He said he hopes the situation "will be back to normal in October" and "we can have our famous float competition and annual townwide Homecoming parade."



POPULAR PANTHERS: Olaitan "La-La" Olagundoye and Justin Salvatore were announced as Johnston High School's 2021 Homecoming Queen and King during a long-awaited ceremony Monday inside Mayor Joseph M. Polisena Stadium. (Sun Rise photos by Pete Fontaine)



CLASSIC COURT: The candidates for Johnston High School's 2021 King and Queen are, from left, Nick Cronan, Jacob Martins, Nicholas Carlino, Justin Salvatore, Nicholas Petrillo, Olaitan Olagundoye, Angelina Dureault, Grace Centracchio and Sofia Paris and Alisha Biswas.

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RIBC calls for kinder business climate in RI

By RORY SCHULER

The Rhode Island Business Coalition (RIBC) held a press conference this week to argue against proposed personal income tax increases for high-income earners and taxes on the federal Paycheck Protection Program loans in the state.

"This is neither the time, nor is it even necessary, nor is it good tax policy," said John Simmons, RIBC spokesman.

The organization released a statement opposing the proposed taxation.

"The PPP loan was a lifeline for small businesses in Rhode Island and provided direct aid which enabled businesses to pay rent, utilities and, most importantly, employ the thousands of people in Rhode Island who depend on these jobs," the coalition said in a joint statement.

The RIBC is a coalition of trade associations, chambers of commerce and other industry organizations representing businesses and employers within the state.

"Most states are not taxing businesses for the PPP loan forgiveness, which is a direct tax on small businesses in Rhode Island," according

to RIBC. "The majority of businesses in the state face uncertainty and we urge the members of the General Assembly to reject these proposals and support job creation and a healthy business climate."

The RIBC has been in operation since 2013. The group coordinates legislative and administrative positions on behalf of the coalition, not individual members, and promotes legislation that encourages economic development, job creation and a strong business climate.

Although the House and Senate versions of the bills differ slightly, each adds one new tax bracket for purposes of Rhode Island state income taxation.

A proposed tax on PPP loan forgiveness has also been proposed.

Michael DiBiase, president and CEO of the Rhode Island Public Expenditure Council (RIPEC), argued that a recently announced rosier state budget outlook should negate the need for tax increases.

"Based on announcements by state budget officials over the past couple weeks, we have learned that over this fiscal year and next fiscal year, there is over a half a billion dollars in surplus state revenues," DiBiase said.

Rhode Island Gov. Daniel McKee recently lauded projections that a state budget deficit is shrinking, and a revenue surplus may be on the horizon.

"This surplus assumes no tax revenues from PPP loans; a reversal from the revenue estimates at the time Gov. McKee submitted his budget," DiBiase said.

Earlier this week, McKee backtracked on his support of higher tax brackets, following an announcement from the Office of Management and Budget.

The office now projects a revenue surplus in excess of \$416 million for fiscal year ending June 30, and nearly \$150 million in additional

revenues for FY2021-22, according to the May Revenue Estimating Conference.

The newest numbers do not include revenue from the \$1.78 billion in Federal stimulus funds, PPP forgiveness or the income tax proposals, according to RIBC.

"And the surplus does not include the massive additional funding available to the state under the American Rescue Plan Act," he said, adding that the plan includes more than a billion dollars in discretionary funds and a half billion dollars for education.

"Why would we raise income taxes, when the state is awash in revenues?" DiBiase asked. "Why would we reverse the gains we have made in improving our tax climate for business, at a time when we are struggling to recover our economy? Why would we tax PPP loans, which are essentially federal grants, when the federal government and most states have decided that taxing these loans is bad policy?"

McKee has recently announced the narrowing of a previously projected state budget deficit. Newly available federal funds may also contain a windfall for Rhode Island.

"The issue of taxing PPP loans was proposed in Governor McKee's budget and is being considered as part of the budget deliberations," said Speaker of the RI House, K. Joseph Shekarchi. "The state tax only applies to a very small number of companies that received forgivable loans over \$150,000 and recorded a profit. Those companies that did not record a profit would not be taxed."

John Hazen White, Chairman of Taco Comfort Solutions, called Rhode Island "one of the least business-friendly states in the country."

White, however, was born and raised in the Ocean State, and has chosen to do business in his home state

for more than 30 years.

"We love Rhode Island," he said. "We love Rhode Island! And the best thing, is when Rhode Island loves us back."

Laurie White, President of the Greater Providence Chamber of Commerce, criticized legislative efforts to hike the personal income tax. She made two key points.

"First that our economy is still extremely fragile," she said. "Now is not the time to raise taxes."

Pending bills propose adding a new tax bracket for the state's top earners making more than \$475,000 annually, increasing their income tax rate from 5.99 to 8.99 percent.

White argued that although higher wage earners are fewer in overall number, they pay a substantial share of state income taxes, and create jobs in the state.

"Our neighborhood businesses are struggling just to continue operations," she said. "Rhode Island is still down more than 40,000 jobs from the peak of the pandemic, so now is not the time to impose additional tax burdens on Rhode Islanders."

White warned that high income earners are also the most responsive to tax increases, and that they are may be willing to move to other states with more friendly tax laws.


Many RIBC members argued that working during the pandemic proved how easily employees can work from remote locations. Businesses are now reconsidering the physical locations of their headquarters, and may be looking to relocate to states with friendlier business climates.

"The tax on high-wage earners is under consideration and the House Finance Committee has heard lots of testimony, both pro and con," Shekarchi said. "I applaud all advocates for getting involved in the legislative process and we value the opinion of the business community."

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DREAM TEAM: Caroline Caprio of Warwick, a survivor of brain cancer, created the Caroline Caprio Scholarship & Giving Fund to help those with brain tumors as well as to provide scholarships for those studying in the field. Pictured are Dianne Van Bost, Jayne Oliver, Rusty Carter, Caroline Caprio, Carmele Goins and Linda Morro. (Sun Rise photo by Steve Popiel)

For a good cause

The Caroline Caprio Scholarship & Giving Fund held a huge yard sale on West Shore Road in Warwick this past Saturday. The six-hour event raised more than last year's sale with a total of approximately \$2,200, and hundreds of people attended throughout the event.

Funds raised go directly to assist Rhode Island families struggling with a brain tumor diagnosis. All of proceeds will be used to provide financial assistance and emotional support to brain tumor patients and caregivers.

Visitors browsed and purchased all types of household and personal items, such as furniture, collectibles, jewelry, handbags, adult and children's clothing, sports equipment, tools, pet supplies and toys, rugs, lamps, decorative pillows and comforters and sheet sets. Mask-wearing and social distancing guidelines were in place.

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PROUD PARISHIONERS: Ladies like Afrodite Fotopoulos, Dina Fotopoulos, Garifalia Melanis, Betty Ann Andriotis and Kiki Melanis were among the many members of the Church of the Annunciation who volunteered in a number of capacities during last weekend's Greek Fest Express in Cranston. (Sun Rise photos by Pete Fontaine)

Greek Fest Express a sold-out success

By PETE FONTAINE

The wide smile on Theofanis "Frank" Markos's face told the entire story – last weekend's Greek Fest Express was a sold-out success.

"We did well," Markos offered Sunday evening after the last gyro sandwiches and souvlaki dinners were packaged and later picked up during the unique online-ordering event. "We sold out of almost everything, so on behalf of our Church of the Annunciation family, we thank each and every person that supported this event."

In keeping with what has become a storied tradition at the Cranston-based Greek Orthodox parish, many parishioners turned out to help, grilling specially seasoned and cut pieces of chicken and pork for the famous shish-kabob dinners and slicing the loaves of lamb and beef that are cooked on 12 spirals for the gyro sandwiches.

"We actually had families in our volunteer workforce," Markos said, noting that Andrew Mihailides and his wife, Lise, brought their daughter Juliana and son Nicholas to help with grilling the pita bread that's used to wrap the gyros and souvlaki sandwiches. "Our parishioners are proud of their Greek heritage and enjoy sharing it with the Rhode Island community in general."

And they again did so, Markos offered, with exceptional teamwork.

Experienced restaurateurs were among the volunteers. Laki and Betty Ann Andriotis once owned and operated Crusty's Pizza on Warwick Avenue, and Kiki Melanis and her husband, Bill, have long operated Bill's Pizza in the Phenix section of West Warwick.

Likewise, former pizza shop owner John Fotopoulos and Paul Pappas, whose family enjoyed years of success at the former Arbi Inn in Cranston, utilized their skills and years of experience during last weekend's event, as did James Harritos, former chef and owner of the Bank Café in Pawtuxet Village.

Whether it was an actual dinner or items from the selection of pastry, Markos said, "we sold out of almost everything."

When asked if the Greek Fest Express will return in 2022, Markos said: "Oh yes. And we'll be back sooner than that with our annual Cranston Greek Festival in September."

That gathering, which was canceled last year because of the COVID-19 crisis, is among Rhode Island's most popular food events. Markos said additional information will soon be available.



SPECIAL SLICER: Jonathan Mitrelis slices some of the gyro meat from one of 12 spiral grills that were used to fill countless orders for the highly popular gyro sandwich last weekend in Cranston.



GREEK GOODIES: Giulian Campopiano holds a shopping bag filled with orders of delicious Greek food and pastries that his family members Anita Campopiano, Kassiane Campopiano and Anthony George enjoyed after ordering online during the Greek Fest Express.

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Watch Your MOUTH

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



LINK BETWEEN ORAL HEALTH AND STROKES

Strokes are one of the biggest killers in the world, and knowing all the signs is the best way to avoid one, including the signals that may be coming from your mouth. Gum disease, which affects more than 64 million people in the United States alone, is an inflammation of the gums caused by an overabundance of bacteria in the mouth. In some cases, the bacteria generating the problem can travel from your mouth into your bloodstream creating more inflammation and making your blood more likely to clot. Once formed, a blood clot can prevent oxygen from getting to your brain, causing a stroke. This is even more likely to occur in people who have already suffered a stroke.


There is no magic to avoiding gum disease and achieving optimal dental hygiene success. Almost everyone can do it with a modest amount of time invested daily. Keeping up with home dental care as well as scheduling periodic cleanings and wellness exams are two important steps toward accomplishing the goal of a healthy mouth and a healthy body. For full-service dental care for all members of your family, please call 401-521-3661 for an appointment at DENTAL ARTS GROUP. Our office is located at 1136 Hartford Ave., Johnston.

P.S. The inflammation that results from gum disease has been linked to strokes, diabetes, Alzheimer's, and certain types of cancer.

www.dentalartsgroupri.com

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New airways ready to 'Breeze' into Rhode Island

By JOHN HOWELL

Breeze Airways, a new airline founded by the man who started JetBlue, has chosen T.F. Green Airport as one of 16 initial locations to launch its service to mid-sized airports across the country.

Breeze will commence four flights a week to each of three destinations – Charleston, South Carolina; Norfolk, Virginia; and Pittsburgh, Pennsylvania – in late July, with introductory \$39 one-way fares.

The announcement made Friday was a break in the clouds that have darkened the growth of air traffic at Green since the Boeing 737 Max was grounded, ending the popular European connection offered by Norwegian Airlines, and the pandemic that has sidelined the airline industry. The message emphasized by officials at the briefing focused on three themes – the importance of the airport to the state's economy; that for Breeze and other airlines serving Green to be successful, people need to buy tickets; and for people to want to fly here, Rhode Island must market itself as a destination.

Representatives of Breeze, which markets the name as BreEZe, were not present for the announcement, but the reputation of airline's founder, David Neeleman, precedes him. Breeze is Neeleman's fifth airline startup. He planned to start the airline, initially named Moxy, in 2020, which explains why Rhode Island Airport Corp.



FILLING IN THE DETAILS: Iftikhar Ahmad, president and CEO of the Rhode Island Airport Corp., answers news media questions about Breeze Airways, which will commence service from Rhode Island to three destinations in late July. (Sun Rise photo)

President and CEO Iftikhar Ahmad has been working on bringing Breeze to Rhode Island for the past two years. The pandemic delayed the Breeze rollout.

"The effects of the COVID-19 pandemic on the nation's air service has meant many secondary and tertiary markets have seen a significant reduction in flights," Neeleman said in a statement. "There are so many city pairs needing non-stop service around the country, we have a further 100 cities under consideration. Flying non-stop, Breeze will get you there in half the time, but also for about half the price!"

Breeze will launch the service with 13 Embraer aircraft.

Ten E190 jets will be configured to seat 108 guests while the three E195 aircraft will have 118 seats. Guests may choose from fares that include "Nice" regular seating, or "Nicer" seats with extra legroom. All Embraer aircraft will be a two-by-two seat configuration; there are no middle seats.

The company has ordered 60 new, larger Airbus A220 planes for delivery over the next five years. Ahmad said this opens the prospect of longer Breeze national and international flights.

According to a report in the Weekend edition of the Wall Street Journal, Breeze is Neeleman's first U.S. airlines venture since he was ousted as JetBlue's CEO over an operational issue in 2007. The Wall Street Journal reported Neeleman planned to largely fund the airline on his own but turned to investors when a deal to sell his interests in TAP Air Portugal fell through. He has reportedly raised \$83 million.

Ahmad said the Breeze entry into the market would introduce more competition and have the effect of reducing fares that should stimulate traffic at Green Airport. Additionally, as Green will have 25 non-stop routes provided by 11 different airlines, it will be that much more attractive for businesses and it will bring more people to fly to and from Green.

If that all seems like some wishful thinking, House Speaker K. Joseph Shekarchi, stressed the influence the airport has on development.

"I can tell you that three out of the four major developments that are happening around this airport, are

people from out of state, people who could develop anywhere ... [they] want to be close to a vibrant, healthy growing airport," he said.

As he has said at previous airline announcements, RIAC Board Chair Jonathan Savage urged Rhode Islanders to take advantage of the services provided.

"We need as Rhode Islanders to make them successful. And the way we make them successful is make sure that people that you speak with use the set of routes that have been made available to us," he said.

For Ahmad, that is part of making Breeze successful. What he has learned from surveys of passengers and analysis of the data is that Rhode Island is lacking as a destination. As an illustration, he pointed to Norwegian flights to Ireland. The load factor of planes flying to Ireland was about 70 percent full, but those returning were 30 percent full.

Changing the name of the airport to include Rhode Island, and reflect that it is international, will help. Ahmad says the airport has the amenities and the flights to provide the service. He looks forward to the state marketing Rhode Island as a destination.

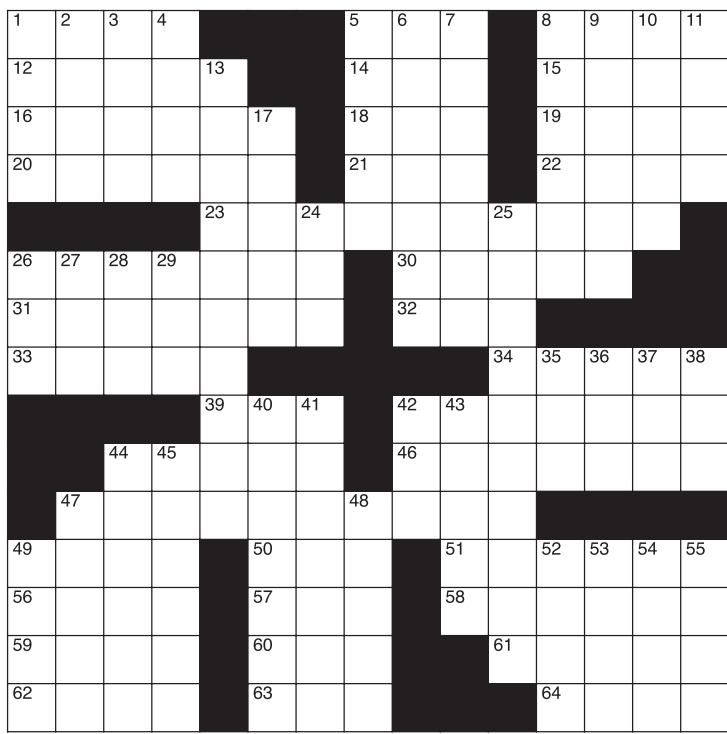
Ahmad said Breeze would be use available terminal space and would not need to share gates as has been the case in the past. As has been provided to other carriers initiating service at Green, landing fees will be waived for two years. Breeze will also be reimbursed up to \$342,858 for the marketing of the new routes over two years.

As a result of the pandemic, air traffic took a nose-dive starting last March. It is starting to return. This April, 194,366 passengers passed through the airport (arrivals and departures). This compares with 10,306 in 2020 and 337,256 in April 2019. Leisure travel has been the first to return.

Ahmad is cautious over the return of business travel, noting that because of the pandemic, many businesses have changed models with more employees working from home and inter-company transactions being done virtually.

From his perspective, that is all the more reason why Rhode Island should market itself as a destination.

CROSSWORD PUZZLE CORNER



CLUES ACROSS

1. A group of sheep
5. Of she
8. This (Spanish)
12. A type of sorcery
14. A team's best pitcher
15. Port in southern Japan
16. Makes very happy
18. Trigonometric unit of measurement
19. From a distance
20. Winged nut
21. Consumed
22. "Heat" director
23. In all places
26. Made improvements to
30. St. ___ Girl: brand of beer
31. A type of "seat"
32. Wood
33. A brief treatise on a subject of interest
34. Approval
39. Basics
42. Where judges sit
44. W. African religion
46. Commentators
47. Having many different functions

CLUES DOWN

1. Garden tools
2. Early Syrian kingdom
3. 500 sheets of paper
4. Information
5. Beloved comic strip character
6. Distinct form of a plant
7. Replenishment
8. Semitransparent glassy substance
9. Expedition to observe animals
10. One who held landed granted by Anglo-Saxon king
11. Obtain in return for labor
13. Inheritable genetically
17. One who rescues
24. Doctor of Education
25. Liberal arts
26. Shock treatment
27. Disfigure
28. When you hope to get there
29. Peacock network
35. Part of (abbr.)
36. The 21st letter of the Greek alphabet
37. Not just "play"
38. Former CIA
40. Reduced to a sloping edge
41. Restricted the development of
42. Sciences degree
43. Sea eagles
44. Saturated
45. Joints
47. Sailing boat
48. Respiratory organs
49. Guitarists use them
52. Disco act: Bee ___
53. First Chinese dynasty
54. Intentionally lose
55. Muslim people of China

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Johnston Sun Rise

CHERRY HILL TRIVIA

QUESTION OF THE WEEK:

What was the original name of Memorial Day?



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Opinion

GUEST COMMENTARY

Music for every child

By DAVID NEVES and PATRICIA KAMMERER

Over 600 Rhode Island students from grades seven through 12 were featured in the 2021 Rhode Island Music Education Association (RIMEA) All-State Music Festival Concert, premiering on YouTube on May 2, and still available for viewing at bit.ly/3fuKhpy. This festival was an extraordinary accomplishment, the culmination of months of preparation during this especially difficult year, a year in which the importance of music in our students' lives became all the more clear.

We congratulate the students, their families, teachers, school administrators and state leaders for supporting the students who were part of this special event. We couldn't be more proud.

To build on these accomplishments, RIMEA is launching "RI School Music: Restore Plus More," a statewide initiative to restore and expand music programs, taking advantage of the Elementary and Secondary School Emergency Relief (ESSER) Fund – part of the Coronavirus Aid, Relief, and Economic Security (CARES) Act. We are specifically asking that every school system in the state and the RI Department of Education, not only restore all music programs that may have been reduced due to the pandemic, but to take advantage of the additional ESSER funds, and expand music programs to address the past and current inequities and lack of opportunity that exist for so many students. With this added funding, we can ensure that every student in every community will have the opportunities that can not only lead to All-State level musical skills, but provides a fully comprehensive inclusive education for all.

Since ESSER funds through the CARES Act are eligible to be used for any and all academic subjects, including music, RIMEA is asking that resources be focused in three areas: (1) staffing and schedules; (2) summer and afterschool programs; and (3) materials and technology.

Examples include training for music educators to conduct in-person instruction safely; hiring of music teachers for added classes, programs, and tutoring including private or small group music lessons; development of new programs, particularly to address the needs of low-income students, students with disabilities, and English learners, and to mitigate music learning loss; classroom equipment and special materials to ensure safe music performance; and technology such as internet connectivity, laptops, and/or supplemental software.

Why music? In addition to being an important academic subject in its own right, research continues to show that schools with comprehensive music education programs provide numerous positive effects to students beyond music, including increased attendance, family engagement, academic achievement and career preparedness. There is no doubt about the benefits of music when it comes to Social Emotional Learning. Throughout the pandemic, we have heard from students and families about how music helped get them through these challenging times, allowing them to reflect on their own well-being, their relationships with others, and their capability to make decisions.

RIMEA stands ready with resources, expertise, and guidance to support the efforts of teachers, administrators and state leaders. A comprehensive education must include music for every child to prepare them for a successful fulfilling life, today and into their future.

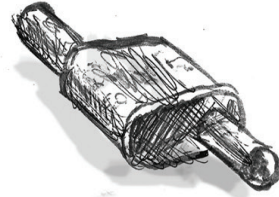
David Neves and Patricia Kammerer are currently the advocacy co-chairs for the RI Music Education Association. David is also the coordinator of music education for the University of Rhode Island, and Patricia is the coordinator of music education for Rhode Island College. Combined, they have over 60 years of experience in music and education at all levels, from pre-K through college.

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

With Smith Hill passing a bill to make northern star coral Rhode Island's official state coral, can these others be far off?



Official state attitude: cynicism



Official state auto part: damaged muffler



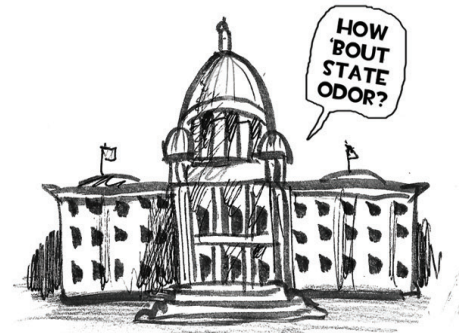
Official state petroleum product: asphalt



Official state bacteria: E. coli



Official state official: Chuck Hollis, DMV



Official state obsession: naming official state stuff

OP-ED

McKee can do better – we hope he does

By REPS. BLAKE A. FILIPPI, MICHAEL W. CHIPPENDALE and BRIAN NEWBERRY

The IGT/Twin River legislation just passed by the House is a stacked deck against Rhode Island taxpayers. This "deal" overpays these multinational corporations by \$800 million!

Although the legislation authorizes Governor McKee to bypass public bidding laws and enter into this 20-year insider deal, he is neither required to, nor should. To protect taxpayers Governor McKee should do the responsible thing and negotiate a better deal.

When then-Governor Raimondo announced this deal in 2019, it was strictly for IGT – and it overpaid IGT nearly \$400 million. Twin River spent months crying foul, publicly bashing the whole concept of a "no-bid deal" as unfair to taxpayers. Then, suddenly, IGT, Twin River and their 14 lobbyists forged an even worse deal for taxpayers that cut Twin River in on the action. Now both IGT and Twin River receive nearly \$400 million apiece in overpayments. Twin River even shamelessly became the loudest cheerleader for this new deal, to the point the bill is now actually named after its lead negotiator.

Twin River's \$400 million in overpayments come from its 86.4% take from our table game revenues. The State owns the casino licenses, yet will

only get 12.7% from the table games, compared to Massachusetts which collects a 25% tax from its private casino owners. Merely matching the Massachusetts rate, would net an additional \$400 million.

IGT's \$400 million in overpayments comes in two buckets. First, Rhode Island is getting ripped off by paying IGT 2.5% of slot revenues for what an independent analyst described as an unnecessary computer system. In Kansas, IGT only gets 1% of slot revenues for their recently installed computer system. Matching Kansas would net an additional \$156 million. Second, we will pay \$221 million more to lease slot machines from IGT and Twin River than if we just purchased them – like 90% of casino owners across the country.

Democrats trumpet this as a "jobs saving bill," which is not entirely accurate. The new legislation amends the state's relationship with IGT to now count all sorts of non-employee independent contractors and outsourced staff towards its 1100 jobs mandate – such as its army of lobbyists. Worse, the penalty for IGT's failure to meet the jobs mandate is merely \$7,500 per job – although IGT/Twin River claimed during hearings that each job would benefit the State to the tune of \$23,750. Why would the state agree to a penalty that is less than the benefit of its bargain? Tellingly, every single

Democrat but two, including nearly all so-called "progressives," voted to approve this 20-year tech-based deal that epitomizes backroom dealing, corporate welfare, and crony capitalism. If your representative is a big fan of tax increases and "reform," ask them why they voted to leave hundreds of millions of dollars on the table for two multi-national companies? How can they now be taken seriously when they protest about "equity" and "economic justice" and push to raise taxes on everything under the sun?

Thankfully, the General

Assembly isn't the last word. Governor McKee is. We hope he takes this opportunity to build a lasting legacy – unsaddled by his predecessor's bad deal – and fights to keep more of the profits from the People's casinos to fund education, public safety, environmental protection, housing, transportation, infrastructure, and reduce our tax burden.

Blake A. Filippi is the Rhode Island House Minority Leader, Michael W. Chippendale is the Rhode Island House Minority Whip, and Brian C. Newberry is a Representative

JOHNSTON Sun Rise

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LEGAL NOTICES

PUBLIC AUCTION LEGAL NOTICE

FORM OF NOTICE UNDER RI GENERAL LAWS 39-12.1 TO 12.1-15

TO: American Paper Recycling 87 Central St. Mansfield, MA A PUBLIC AUCTION WILL BE HELD AT 100 SOUTH ST JOHNSTON RI 02919 on June 5, 2021 AT 900 AM. THE VEHICLE A 2011 Mack 1M2A-V02C8BM007900 BELONGING TO THE ABOVE. THE AUCTION BEING HELD TO SATISFY TOWING AND STORAGE FEES.

5/28/21

PLANNING BOARD MEETING
Tuesday June 8th, 2021;
6:00 P.M.
VIA VIDEO CONFERENCE

Via Computer:
<https://us02web.zoom.us/j/84085499574>

Passcode: 039278

iPhone one-tap:
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Via Telephone:
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Meeting ID: 840 8549 9574

Passcode: 039278

NOTE: Please check out the "ACCESS INSTRUCTIONS for e-meetings held via Zoom" on the Town's web page under Meetings & Events. <https://www.townofjohnstonri.com/>

Item 1 - Scheduled for 6:00 PM
PB 21-20 - Watson/PWSB Subdivision - 38 Pine Hill Road - Preliminary Plan of a 2-lot Minor Subdivision - AP 45 Lot 515 - Zoned R-40 - Applicant: Ernest Watson and Fernanda M Goncalves - Engineer: Garofalo & Associates
 A public meeting on the proposed 2

lot Minor Subdivision. The applicant is seeking the merger of the Preliminary and Final Plan stages.

Item 2 - Scheduled for 6:30 PM
PB 21-13 - Altus Power America Solar Relocation - Preliminary Plan and Public Hearing for the relocation of an existing solar field - Located easterly of Reservoir Avenue - AP 43 Lot 256 and AP 54 Lot 59, 60 and 75 - Zoned R-40 and B-3 - Applicant: Hartford Solar Holdings, LLC - Engineer: DiPrete Engineering
 A public hearing on a Preliminary Plan application by Altus Power America to relocate an existing solar field approximately 1000 feet south-westerly of its existing location.

Item 3 - Scheduled for 7:00 PM
PB 21-03 - Proposed Retail Distribution Facility - Preliminary Plan and Public Hearing of a Major Land Development with Unified Development Review - Located at 2120 Hartford Avenue AP 54 Lots 39, 40, 42, 54, 61, 75, 89, 90 and 93 - Zoned B-3 - Applicant: Bluewater Property Group - Engineer: DiPrete Engineering.
 A public hearing on the Major Land Development and Unified Development Review application to develop a six-story retail distribution facility with a ground floor area of approximately 823,522 square feet, and a total area of approximately 3,864,972 square feet. The applicant is seeking approval of the major land development Preliminary Plan and the granting of and reaffirmation of dimensional variances from certain provisions of the Zoning Ordinance pursuant to Unified Development Review. The applicant is also requesting waivers from certain requirements of the Land Development & Subdivision Review Regulations and is requesting that the Final Review be delegated to staff.

NOTE - The Full Plan set is available for review in the Planning Office 100 Irons Avenue Monday through Friday, 8AM to noon and 1PM to 3PM.

5/21, 5/27, 6/4/21

SUN RISE SCOOPS

By MERI R. KENNEDY

Friends of the Mohr Public Library

Friends of the Mohr Public Library is a nonprofit corporation dedicated to Mohr Library.

Members of the Friends plan and run book sales and carry out other fundraising activities to allow Mohr Library to increase services and programs.

The Friends welcome new members who are willing to provide support through donations, membership dues, or volunteering their time.

To find out more, contact the library director at 231-4980 (press 7).

Mental health education

Anxiety, depression, bipolar disorder, schizophrenia, obsessive compulsive disorder, borderline personality disorder, post traumatic stress, suicide – all are topics many people prefer not to discuss, so the heartbreak and stigma continue.

If you have a loved family member or a friend who is struggling with a mental health issue, then the Rhode Island chapter of the National Alliance on Mental Illness can help. NAMI-RI (namirhodeisland.org) provides free and virtual education, support and resources. It is currently accepting registrations for its upcoming Family-to-Family course.

For more information, call (401) 331-3060 or mail beth@namirhodeisland.org.

Tender Love & Healing Day

Have you been hurt by past trauma? Have you been in a domestic violence situation or relationship? You're not alone!

The RI Dream Center and Delicately Loved Women proudly present Tender Love & Healing Day, free of charge, on Saturday, June 12, at Praise Tabernacle Church on Park Avenue in Cranston.

Attendees will have the opportunity to pamper themselves at one of the free beauty stations, enjoy a few minutes of relaxation in the stretching station, listen to music, and enjoy food and refreshments. Child care will be provided and lots of fun planned for children as well. Each woman and child will receive a gift to bring home and there are lots of giveaways planned.

For more information, visit ridreamcenter.com.

CCAP Chip for Charity golf tournament

Save the date – CCAP has announced plans to hold its 2021 Chip for Charity golf tournament on Wednesday, Sept. 15, at Harbor Light Golf Club in Warwick. Sponsorships and foursomes are available. For more details, contact CCAP's Lee Beliveau at (401) 562-8353 or lbeliveau@comcap.org.

As a nonprofit community action program, CCAP needs to raise funds to assist families it serves. A large number of families CCAP serves have lost their jobs, suffered an illness, or experienced a different type of crisis, usually through no fault of their own. Last year, CCAP touched the lives of more than 40,000 people and provided over \$1.2 million in uncompensated services.

Chip for Charity, presented by Neighborhood Health and Mutual of America, is CCAP's largest fundraiser during the year to benefit its programs and services.

Playgrounds open in the park

The playgrounds are now open at the Johnston Memorial Park. Please remember that masks are required to be worn at all times. Please be advised that the restrooms remain closed at this time.

Be Kind RI

Be Kind RI is a new program that connects volunteers to their neighbors across Rhode Island through text alerts to coordinate food deliveries from grocery stores and food pantries. To sign up, go to BeKindRI.org. Volunteers must be 18 or older and undergo our background check. Be Kind RI is open to those in Rhode Island experiencing COVID-19 risk factors, including seniors 65 and older, anyone with underlying health conditions, those in quarantine or isolation, anyone experiencing a lack of childcare, and those who would otherwise experience difficulty in obtaining food. For assistance signing up, call 877-958-8785.

Craft and activity kits

Free craft and activity kits for children are available at the arian J. Mohr Memorial Library brary. Stop by the library to pick up one, or email Ms. Meri meri@mohrlibrary.org or call 231-4980 to make a reservation.

Johnston Senior Center offers services

If you need any help with heating, housing, etc., during this cold winter or any other time, contact the Johnston Senior Center Social Services Department by calling 944-3343. Madeline or Amy will be happy to help you.

News from the Mohr Memorial Library

Mohr Library is currently accessible to the public during reduced hours but continues to offer curbside pickup and other services during its regular schedule. Services include curbside delivery; reference help by phone, email or in person; recommendation lists and one-on-one help to explore interests in reading, viewing and listening; printing from home or your device; use of computers and copier; and a free notary public, evenings and Saturdays by appointment.

Johnston Community Library Book Club

Kids ages 8 to 10 can meet online, by invitation, Thursdays at 3 p.m. to hear readings and discuss books with library trustee and volunteer Denese Carpenter.

Interested in other times or want to suggest a book for discussion? Let them know.

Parents can learn more about sign-up procedures by contacting Library Director Jon Anderson. Email info@mohrlibrary.org or call 401-231-4980, ext. 7.

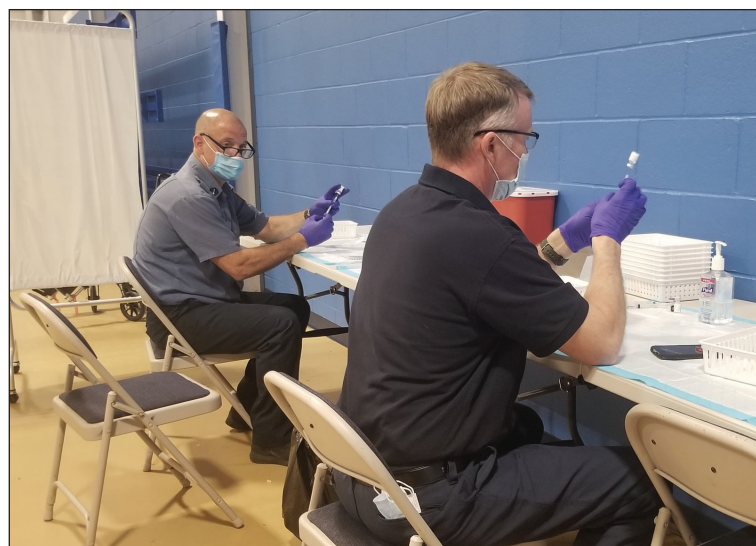
Did you know?

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season. (Source: *Memorial Day Fun Facts*)

SunriseScoops@aol.com. Photos in jpg format are accepted and news can include community events, promotions, academic news and nonprofit events as well as virtual 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.

SERVING THE COMMUNITY:

Johnston Fire Lt. Mike Calise and Capt. Tom McCormick filled syringes with vaccine while sitting in a screened-in area of the gymnasium called "the pharmacy." (Sun Rise photo by Rory Schuler)



Vaccine

(Continued from page 1)

He walked to the observation area set up in the Johnston Indoor Recreation Center, followed by his mother.

Police Chief Joseph Razza stood nearby, watching his town's residents file in and out of the orderly POD (Point of Distribution) clinic, following narrow carpets and small orange cones.

It wasn't the first POD clinic in town. Vaccine dissemination has been rolling through the Johnston population in waves.

First, adults 75 and older lined up for the vaccine; then school faculty and first-responders.

"You want to protect yourself, your family and loved ones," Razza said.

Thousands of the region's residents have been vaccinated at Johnston's POD clinics.

More than 5,500 local residents received the shot last month, and more than 6,500

the month before, Razza said.

So far, Johnston POD organizers have witnessed practically no hiccups.

"We had 151 sign up for this POD," Razza said. "To be honest, that's a decent number; a respectable number. But we always wish we could do more."

Razza said public health officials have told him they hope to start vaccinating

children under 12 by August.

"What some people don't realize is that some of these kids could be carrying the virus, but they don't know it," Razza said. "They could be walking around asymptomatic, but they could be spreading it to their parents and grandparents."

Johnston Fire Lt. Mike Calise, who is also a registered nurse, and Capt.

Tom McCormick, sat in a screened-in area of the gymnasium called "the pharmacy," filling syringes from vials.

For the public safety officers gathered to oversee the operation, the small vials and full syringes represented liquid hope.

"It was a lift, but it got done," Razza said. "There's a light at the end of the tunnel."



Request for Bids

Town of Johnston

Roof Replacement- Chief Rainone Gym

Town of Johnston is requesting bids for a Roof Replacement- Chief Rainone Gym. Bid specifications are available at the Johnston Town Clerk's Office located at 1385 Hartford Avenue, Johnston, RI 02919 beginning May 28th, 2021 weekdays between the hours of 8:30 am to 4:30 pm. Specs are also available on the Town's website at www.townofjohnstonri.com. Sealed bids will be accepted until 10:00 am, June 4th, 2021 at the Johnston Town Clerk's Office at the above address and will be opened publicly at that time via a virtual meeting using the Zoom meeting platform. The virtual opening can be attended by going to <https://zoom.us/> and clicking on "Join a meeting". Enter the following meeting information:

Meeting ID: 881 6286 0242

Password: 413264

If you do not have a computer or mobile device-

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Joseph Chiodo, CPA
 Finance Director

5/28/21

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HARD AT WORK: Workers from JR Vinagro Corp., a Johnston construction company, prefabricate a footbridge for Johnston War Memorial Park's walking path. The bridge will be installed next week. (Photo courtesy of Mayor Joseph M. Polisena)

Footbridge replacement scheduled for Wednesday

By RORY SCHULER

Next Wednesday, the walking path around the pond at Johnston War Memorial Park will get a new footbridge.

According to Johnston Mayor Joseph M. Polisena, the path will

and a westbound lane of Route 6 will be closed to accommodate installation of a new footbridge.

Polisena said he expects the work will take about two days to complete.

JR Vinagro Corp., a Johnston construction company, has vol-

unteered to help rebuild the small, but key footbridge, along the Fitness Walk path around the pond at Memorial Park, near Hartford Avenue (Route 6).

The bridge is about 26-feet long and just 6-feet wide, but bids on the project came in much higher

than expected.

Polisena said family owned and operated JR Vinagro Corp. stepped up to help the town out, offering workers and materials, covering the entire project, and constructing the bridge out of recycled materials.

JR Vinagro is one of the largest independently owned and operated demolition, recycling and crushing companies in New England, according to its website.

Polisena asked the park's many walkers to please be patient with the path closure.

Costco

(Continued from page 1)

That initial submission from Coastal Partners – which sought a major amendment to the Mixed Use Planned District, or MPD, zoning that governs the site – was withdrawn in December 2020, shortly before a scheduled City Council vote.

Because the zoning change request had proceeded so far in the review process, the city's ordinances prohibit reconsideration within a two-year time period unless either the Ordinance Committee and City Council, or the Zoning Board of Review, grant the "substantial" change finding.

The committee held a public hearing on the developer's petition for that finding during its regular monthly meeting on May 13, hearing from area residents, city officials and Michael DiGuseppe, managing partner of Coastal Partners. At that meeting, Planning Director Jason Pezzullo told council members that planning staff did not view the changes in Coastal Partners' plans as meeting the "substantial" threshold.

Due to a lack of specific language on the May 13 agenda indicating a vote would be taken, the committee's final deliberations and decision were delayed to a special session May 20.

Last week's meeting was brief, with little discussion from committee members.

The final vote to deny the "substantial" change finding was 5-1, with citywide Councilwoman Nicole Renzulli, Council President Chris Paplauskas, Council Vice President Ed Brady, Ward 1 Councilwoman Lammis Vargas and Ward 6 Councilman Matthew Reilly, the committee's chairman, joining in the majority.

Citywide Councilman Robert Ferri was the sole vote against rejecting the substantial change finding. During the meeting, he had clarified with legal counsel that the vote pertained solely to that finding, and not to the zoning change or any other aspect of the review process.

Reached Tuesday, Ferri

described himself as "a little torn" and said his intention was solely to allow the project's developer to continue working to address community concerns.

Had the "substantial" change finding been granted and opponents still not been satisfied down the road, he said, he would have opposed the zoning change. He also said he expected to be the only dissenting vote last week.

"We were only voting to let [the developer] continue the process," he said. "I didn't see any reason to stop them from continuing the process ... to give them another chance to try and get it right."

He added: "I'm a man of conviction. I wasn't going to change my vote just because I didn't have anyone else voting with me."

Ward 2 Councilwoman Aniece Germain, who had been unable to attend the May 13 meeting, abstained from the vote because she had missed the public hearing testimony.

Vargas said she did not see a "substantial" change in the developer's revised plans, which remove some proposed restaurant spaces from the Cranston Crossing development but maintain the planned Costco at the center of the project.

"While I am not against Costco in general, I just don't think this particular site, the way the plan has been presented, the change has been presented, the modification has been presented to us, is an actual substantial change, in my views," she said.

Reilly echoed that sentiment.

"Looking at the plans next to each other, I don't think a reasonable person could come to the conclusion there's much, if any, difference ... It was a proposed box store. It's still a box store," he said.

In an email Tuesday, DiGuseppe declined to comment on the committee's vote.

Following the vote, Mayor Ken Hopkins, who has been a vocal opponent of Cranston Crossing, issued a statement under the headline "Hopkins says Costco is still welcome to come to Cranston."

"While I always maintained that the Mulligan's Island site was not the appropriate location for Costco, I would welcome the opportunity to work with Costco officials to identify a better, more suitable location in our city," the mayor said in the statement. "I agree with last night's decision of the Ordinance Committee members that the latest plans were not a substantial change from the proposal withdrawn by the developer in December."

He continued: "We have other possible sites in Cranston that Costco should consider and I have directed my Administration to reach out to company officials."

DiGuseppe, for his part, has publicly indicated that in terms of Costco coming to Cranston, the Mulligan's site is the only option.

During the May 13 hearing, he said: "If they're not going to Mulligan's, they're going to another city, or they're not going to Rhode Island at all."

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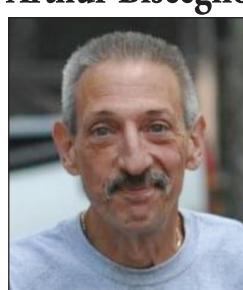
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By JENNIFER COATES

Lifelong Rhode Islanders Adam Seaberg and Jon Rezendes have been working construction for as long as they can remember. Both men began over 25 years ago, while still in their young teens, helping out on job sites and doing the kind of “grunt” work that taught them invaluable life lessons ~ lessons of hard work, diligence, grit and a dose of humility. They learned what it meant to be proud of your work, and to make that work something to be proud of.

After years of working alongside one another, Jon merged his construction business with Adam’s company in 2016. Today, they co-own Seaberg Construction, a successful roofing and siding company which installs, replaces, protects, and repairs roofs, siding, windows, and doors in homes just like yours across the region.

Those who see the recognizable logo of Seaberg Construction, Roofing & Siding Specialists, know it is a stamp of excellence. The company has earned its reputation of dependability, quality workmanship, open communication, efficiency, and attention to the smallest of details. It weathered the recent crisis because of the lasting relationships it has built with both their vendors and their customers. This is a business you can trust.

Adam and Jon are the “face” of Seaberg Construction and as such, they care personally about every step of the process when working with their customers. From the first call, they come to your home and, after an information-sharing consultation, leave you with a free estimate of what your home improvement project involves. One thing these professionals promise is that they will never use aggressive sales tactics to pressure their customers into any commitment. They are just two genuine, honest professionals who want to help and to deliver high-quality products with premium workmanship.



Jon Rezendes (left) and Adam Seaberg (right), the co-owners of Seaberg Construction: Roofing and Siding Specialists, pause for a quick “photo-op” before heading out on a job. Call them today at 401-499-3891 to set up your free estimate.

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Sports



Panthers cruising

The Johnston boys volleyball team is back in action this spring and has jumped out to a solid start, winning four of its first five contests. The Panthers have beaten Woonsocket, Exeter-West Greenwich, Saint Ray's and Mt. Hope, sweeping three of them. Pictured above is Deremy Stubbs making a play at a recent game. For more photos, check out page 13. (Photos by Alex Sponseller)

Mickelson win more than a sports story

Phil Mickelson made history on Sunday afternoon, winning the PGA Championship and becoming the oldest golfer to ever win a major championship.

At 50 years old, Mickelson is clearly still among the elite in the golf world and has remained surprisingly steady over the course of the past decade-plus.

Sure, golf is an older gentleman's game ... the odds of a 50-year-old man finding success is much greater than most other sports.

Either way, though, it is an impressive feat that should inspire us all.

I'm 28, I can't relate to people much older than myself which includes Mickelson. I would love to be able to go on a tangent here about the physical issues he has to overcome and battle each day. I would love to be able to say that I can relate to him personally, as he is a family man and also has other business ventures to pull his attention away from the sport.

My pitch



by
ALEX
SPONSELLER
SPORTS EDITOR
ALEXS@
RHODYBEAT.COM

But, as just a human being that covers sports and has heard plenty of stories, I have to imagine that any sport is tougher at 50 years old than say 30.

Not only is he competing in golf at a professional level, but he is doing it at an elite level. I don't care what the sport is. To be at the level that he is, it is a daily grind that requires your physical and mental best. That is why it is so rare to see older athletes or people coming off of lay-offs perform well ... it just does not happen.

Point being, Mickelson

PITCH- PAGE 12

RIIL Peanut Butter Express a success

FROM STAFF REPORTS

The Rhode Island Interscholastic League's seventh annual Peanut Butter Express proved to be a great success, thanks in part to the rescue full of peanut butter collected by the Johnston High School softball team and the Johnston Fire Department.

The joint effort by the players and firefighters produced more than half a ton of peanut butter for the Rhode Island Community Food Bank. The RIIL's statewide initiative this year brought in a record-setting 5,233 pounds of peanut butter

for the Food Bank, which provides food assistance to 68,000 Rhode Islanders each month through a network of food pantries, meal sites, shelters, youth programs and senior centers.

Johnston's collection drive was organized by Johnston High School junior Emily Iannuccilli, a member of the Panthers' softball and basketball teams. Johnston Firefighters Local 1950 helped jump start the collection with a \$300 donation and also placed collection boxes at each of the Johnston



RECORD-SETTING: Pictured, from left to right, with Johnston High School junior Emily Iannuccilli in front of the Johnston rescue filled with peanut butter are Johnston firefighters Chris Delfino, Justin Petrin, Cherra Wheeler, Adam Pontbriant, Nick Siravo and Corey McNulty. (Submitted photo)

RIIL- PAGE 13

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Big bass showing up, especially for Cranston man

By CAPT. DAVE MONTI

The big bass started to come around in Rhode Island at the end of last week. Paul Criscione of Cranston caught a 44-inch, 35-pound striped bass when fishing between Prudence Island and Colt State Park Sunday.

Paul was fishing with Carol and Gary LaFrance of Foster on their boat *Scurvy Dawg*. Carol LaFrance said, "We got a late start and did not make it out until about 8 a.m. We stopped one last time around 11 a.m. and put down our live Atlantic menhaden (poggies). There was plenty of bait around to snag."

Carol said, "The fish hit and ran about 200 yards. We were afraid it would spool us (take all the line) so we started the boat and backed down on the fish. Twenty minutes later we brought the fish to the boat and could not believe our eyes the fish was massive."

Doug, Carol and Paul were using the required circle hooks with their live bait and let the fish run applying only slight pressure to slow it a bit after it

took off. They were using a Shimano conventional set up with 65 pound braid and a 30 pound leader. Hats off to Capt. Doug and crew of the *Scurvy Dawg* for landing a great fish, using circle hooks and then reviving and releasing it alive. The legal slot limit to keep striped bass is 28 to less than 35 inches.

Trout bite on

The Department of Environmental Management (DEM) is stocking numerous ponds across Rhode Island with brook, rainbow and brown trout and landlocked (Sebago) Atlantic salmon in advance of Memorial Day weekend. There will be no daily reports of the stocking schedule in order to prevent crowding at fishing locations. Visit www.dem.ri.gov/programs/fish-wildlife/freshwater-fisheries/troutwaters.php for a location map and list of stocked ponds. Supplemental stocking started May 21.

Safe boating saves lives

Environmental Police Officers from the Rhode Island Department of Environmental Management (DEM) teamed up this week with boating safety advocates to promote safe and responsible boating and consistent life jacket wearing during National Safe Boating Week.

"The key to safe boating is the life jacket," said Lieutenant Michael Schipritt, boating safety coordinator for DEM's Division of Law Enforcement. "A person who suffers swimming failure or loss of consciousness will stay afloat wearing a life jacket but will drown without one. There is no time to put a life jacket on before a boating accident - it's no different than attempting to buckle your seat belt before a car crash."

National Safe Boating Week also is the official launch of the 2021 North American safe boating campaign. This year-long effort promotes safe and responsible boating and the value of voluntary life jacket wear by recreational boaters through the national theme, *Wear It!* The campaign reminds boaters of the importance of boating safely, boating sober, knowing navigational rules, and having a proper lookout.

Where's the bite?

Striped bass/bluefish. Mike Hollowell of the Tackle Box, Warwick said, "Customers are catching some keepers but mostly school bass as the reel big fish have not arrived in volume yet but the bluefish are slamming." "Keeper size bass (28 to less than 35 inches) are being caught off Prudence Island to Conimicut with top water and swimming lures. Others are using Atlantic menhaden (poggies)." said Manny Macedo of Lucky Bait & Tackle, Warren. John Littlefield of Archie's Bait & Tackle, Riverside, said, "Keeper bass are being caught off Kettle Point, East Providence with bluefish in the 6 to 8 pond range being taken trolling tube and worm."

Tautog "A customer caught a 27-inch tautog fishing off of India Point Park, Providence. The fish looked to be about seven or eight pounds." said John Littlefield of Archie's Bait & Tackle. Mike Hollowell of the Tackle Box said,

"Customers are easily catching their lili of three fish and they are nice size in the 20-inch range." Minimum size for tautog is 16 inches.

"Scup fishing in the lower Bay and all the way up to Colt Stare Park, Bristol and Barrington has been good. The scup bite north of those spots is not good yet," said Littlefield of Archie's.

Weakfish (squeteague). Angler Dave Gordon said, "I was into the weakfish like nothing I've seen in a long, long time inside East Greenwich Bay. Pink and white jigs just along bottom. I caught a fish almost every drift. My best was 26 inches- 5 pounds." John Littlefield of Archie's Bait said, "A customer caught a 22-inch squeteague off the white church bridge in Barrington." The Rhode Island regulation for squeteague is 18-inch minimum size and one fish/person/day.

Fluke (summer flounder) bite is mixed. Some anglers catching a keeper or two with a lot of shorts mixed in. Keeper fish this week were caught at the mouth of the Sakonnet River.

■ Pitch

(Continued from page 11)

deserves a ton of credit for what he pulled off this past weekend and what he continues to pull off. It's clear that he is still passionate about the sport and putting in the work.

It was his first major victory since 2013, so his stock has dipped a bit over the past few years, of course his age also played a role.

However, in my opinion, and I promise that I felt this way prior to this weekend, I felt that he was kind of overlooked. He has done a few of the silly celebrity tournaments recently and has not been consistently in the top-5 like the old days, but he is still competing in major tournaments on a regular basis and holding his own. I always felt like he had

another in him.

I'll double down and say that I believe he wins at least one more before it is all said and done. He did not look like a 50 year old that happened to catch fire and have a good day. Nope, from start to finish this weekend, he played excellent golf and was in the driver's seat by the time the final round teed off, then he finished the deal and won by two strokes.

We have seen it happen more and more in sports, older athletes beating father time and playing past their expiration date. Look at Tom Brady ... he is going to be 44 years old and is considered the Super Bowl favorite.

With improving health science and athletic training, it's not like this is breaking news or any surprise. Fast forward 20 years from now, athletes competing into their 40s will probably be con-

sidered common.

I do believe that in the past couple of years we have finally seen that shift. Athletes have finally taken that next step in terms of how long and at what age they can compete at a high level. Add Mickelson's name to the list.

Whether you are a sports fan or not, this trend is inspiring. As a sports fan and for guys like Mickelson and Brady, it's inspiring because we are seeing two guys that love their respective sport work tirelessly at it each day and earn every victory they claim. I love those stories.

But in terms of just human beings in general. It is fantastic to see the improvements made in health care and what our bodies are capable of if we are willing to take care of them and work hard. It's encouraging knowing that we really have hit the next level

in terms of living healthy, quality lives.

So, let's celebrate achievements like this. I also failed to mention this earlier, but I am not a big Mickelson fan. In fact, I actually don't like him very much at all.

I know that you should not always believe what you read and hear, but there are some well-documented stories regarding his sports gambling and him being a little shady when it comes to how it mixes with his professional career. On top of it, I have seen him be a bit abrasive in interviews in the past. I don't know, maybe I am being harsh, but I have always been a little turned off by him.

Back to the point, though, regardless of how I feel about him personally I absolutely respect him as an athlete. This past Saturday just made me respect him

even more and his stock just got a nice little raise moving forward.

Let this be a reminder for us all. We are capable of so much if we are willing to work hard and live a healthy lifestyle. Father Time is always and will always be undefeated, but we are finding ways of holding him off each day.

Once again, I am too young to give a firsthand account of the struggles of staying fit at an older age. I know that it gets much tougher, but guys like Mickelson and Brady should be recognized for what they are accomplishing. Sure, they have the means that most people do not, but that does not mean that we can't all try.

Let's enjoy the nice weather that we are finally getting, stay healthy, active, and continue to build for a great future.

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■ RIIL
(Continued from page 11)

fire stations. The Johnston Police IBPO Local 307 pitched in with a \$200 donation, while the Johnston School Committee made a \$125 donation, and BJ's Johnston store donated a \$50 gift card.

"I thought we might be able to collect 1,000 ounces, but I never imagined we

would collect 1,000 pounds," Iannuccilli said. "I would really like to thank all of my teammates, all of the Johnston firefighters and police, the Johnston School Committee and BJ's for contributing to the drive. I would also like to thank the woman who saw me buying some of the peanut butter at the store and gave me a \$35 gift card to buy more. That was really, really nice of her. We are going to help a lot of people, which is awesome."

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ANIMAL TALK

By Karen Kalunian

Local ♥ Adoptable ♥ Loveable



Photo credit: Karen Kalunian

Scruffy

Scruffy is his name...cuddling is his game! This handsome boy wants nothing but love and he will give you so much in return. Scruffy's coat is medium length and he is a pretty tabby and white with a fluffy tail. He is about five years old and is ready and waiting for you at Scruffy Paws Animal Rescue. They are located at 2944 Post Road in Warwick but are still only open by appointment, so please email them at scruffypawsanimalrescue@gmail.com if you are interested in Scruffy. You can also visit their website at www.scruffypawsanimalrescue.org This is the type of kitty that everyone wants to adopt so contact them asap if you'd like to take Scruffy home!

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MEET THE TEAM: Johnston Senior Center staff includes, from left to right, back row, Matt Bolton, Director, Harlan Hersey, Technology Volunteer, Joe Fanning, Kitchen Staff; middle row, Ellen Trementozzi, Activities Director, Cathie Jeffrey, Receptionist, Madeline Ravenelle, Social Services, Jacqueline Bell-Conroy, Supervisor; front row, Amy DeBiasio, Social Services, and Denise Bell, Assistant Director. (Sun Rise photos by Rory Schuler)

Center
 (Continued from page 1)

"It was very sad when everything closed," she said. "I did exercises on YouTube but it's not the same. It was a very boring and depressing time."

Fran Golombiewski teaches dance at the center - line dancing and Zumba now, tap and ballroom soon, once again.

"Now we're ready to party," she said, bursting with energy after Wednesday's morning class. "They're all so excited."

Over the past year, Golombiewski taught classes over Zoom.

"But it's just not the same thing," she said. "In the same room, you work off each other's energy."

At home, appliances get in the way.

"Plus you're in the kitchen hitting the stove," she said, laughing.

Lisa Villella, another Zumba participant, contracted Covid last year. She was diagnosed in November, and recuperated over the next six and a half months.

"I did survive Covid," Villella said. "The Zoom classes I was able to take



CLEARING THE WAY: Johnston Senior Center Supervisor Jacqueline Bell-Conroy picked up the temperature-scanner and moved it out of the lobby.

were fabulous for getting me to feel better, fighting fatigue and depression. But this is much better. We want more classes. It's time to get back to normalcy."



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ON THE MOVE: Members of the Johnston Senior Center exercise during a Zumba class led by Fran Golombiewski.

Fact and fiction

Former
Beacon editor
digs into
memories of
Rhode Island
for debut novel



PAST AND PRESENT: After moving from Pennsylvania to work in Rhode Island as a young reporter, Lu Anne Stewart wrote first for what was then called the Pawtuxet Valley Daily Times in West Warwick. She later worked at the Warwick Beacon from 1982 to 1985. Today, she lives in Florida, having retired from her journalism career in 2018. (Courtesy of Lu Anne Stewart)



By DIANE NEWBERRY

Meg Sullivan, a fresh-faced journalism school graduate, has just arrived at her first job in the business – crime reporter for a small-town daily in the imagined town of West Wicklow, Rhode Island.

The year is 1977. Robert Redford and Dustin Hoffman are playing reporters on the silver screen. Journalists are seen as heroes post-Watergate, willing to risk it all to expose wrongdoing.

Though Meg may doubt she's cut out for hard-hitting stuff so early in her career, West Wicklow will provide her with a surprising opportunity to prove her mettle.

"The mills. They're burning," Meg is told by a handsome stranger in a diner.

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■ Novel (Continued from page 17)

The tip will quickly lead the dogged reporter into a web of small-town corruption and cover-ups. This is the plot to Lu Anne Stewart's debut novel, "Digging," a story that's part detective noir and part exploration of what it means to be a journalist determined to get the truth while butting up against the people who hold all the cards in a tight-knit community.

Though the central plot and characters are invented, Stewart writes with authority on the journalistic world of 1970s Rhode Island. In fact, she was an active participant.

After moving from Pennsylvania to work in Rhode Island as a young reporter, Stewart wrote first for what was then called the Pawtuxet Valley Daily Times in West Warwick. She later worked at the Warwick Beacon from 1982 to 1985.

Stewart, now living in Florida, took early retirement from her journalism career in 2018, giving her time to focus on a different craft.

Fiction a challenge for a reporter

"I'd always wanted to write fiction, but early on it was really a struggle, I think in part because I was trained as a journalist and my writing was always all about getting the facts and stating the facts clearly and all that, and fiction is so different," she said.

Stewart faced her new challenge diligently, attending workshops and courses about writing and publishing fiction, as well as participating in a writers' group where she could give and receive feedback. She had a few published short stories under her belt, but "Digging," which she first began writing in 2014, was where she knew she wanted to put her energy.

"I was really drawn to the novel form," she said.

Local readers will recognize the book's quirky Rhode Island setting, West Wicklow, as a metaphorical exploration of West Warwick. The mystery at the heart of Meg's heroic journey involves suspicious fires burning in the town's abandoned mills, and the fraud and corruption that allow the dangerous incidents to go unchecked.

"When I first moved to West Warwick, I was so fascinated just by the architecture of the mills and what an imposing presence they were, and there were so many of them throughout the town," Stewart said.

Covering fires as a reporter, Stewart said, also left her with vivid memories of intense stories about community.

"Depending on what the building was, there would be people out on the sidewalk and nearby that had been driven out of their homes and ... you're in the midst of this whole scene and people do want to talk to you," she said.

Though Meg's path as an out-of-stater trying to report in Rhode Island is semi-autobiographical, Stewart says she and her main character are distinct in many ways.

"I'm sure there are parts of me in her, but she is much more brave than I was certainly at that part of my life," Stewart said.

Meg draws strength from her colleagues in the small-town

newsroom. Maddie, a younger West Wicklow native, looks up to her as a mentor in an era of third-wave feminism. Ned, a former hotshot reporter with personal demons, encourages her to dig in and chase her story.

In a time when public trust is failing in the news media, Stewart said she hoped to represent the kinds of people she has worked with in the news industry.

"Everyone was very much focused on the truth and getting to the truth, and I kind of felt it would be nice to get that across," she said. "I don't know if it would change people's minds today, how they feel about the media and journalism, but I wanted to contribute to that conversation, and maybe show the work of a reporter from a different perspective."

The particular scandals of Stewart's novel, she said, are fictional, but there is one standout experience from her days as editor of the Beacon that made it into the book.

"There is a scene in which the managing editor tells the reporters about a call he received from a reader thanking him for the good work the newspaper was doing in holding the local public officials accountable," Stewart said. "I actually got a call like that from a Beacon subscriber after our great team of reporters had broken several hard-hitting investigative stories. That call always stuck in my mind as one of those moments when you realize the impact local newspapers can have on a community."

Celebrating RI culture

While "Digging" is a serious story with dark twists and turns, local readers can find joy in its pages as it celebrates the culture of central Rhode Island.

The Portuguese community's Festa do Espirito Santa is an evocative setting for one of Meg's early show-downs with a public official. Catholicism as a theme is threaded throughout the novel, inspired by Rhode Island's heavily Catholic population and Stewart's own background.

Meg's colleagues also introduce her to delicacies such as the local dive bar's microwaved stuffies (with plenty of hot sauce, of course). The names of characters will sound familiar, too; the cast list includes Bouchards, Doucharmes, Pelletiers and more. Stewart didn't use anyone's real name, but she said she did combine some different first and last names from her memory, as well as drawing from research on Portuguese and French surnames.

Though Stewart's next novel will be something completely different from "Digging," her years of work as a reporter will continue to inspire her fiction.

"In some ways, it's similar because you're telling people's stories one way or the other," she said. "I'm drawn to fiction as a reader. I enjoy reading novels and I like that aspect of maybe having a theme or idea that you're trying to get across and then building out characters and a story that help get that theme across."

Lu Anne Stewart's "Digging" is published by Fat Dog Books. It can be found online through Amazon or Barnes and Noble, and ordered wherever books are sold. Copies are available at the Warwick Beacon, 1944 Warwick Ave., Warwick, for \$16.95.

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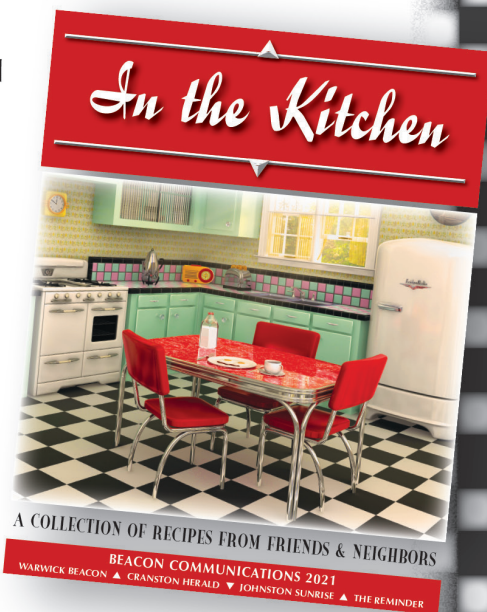
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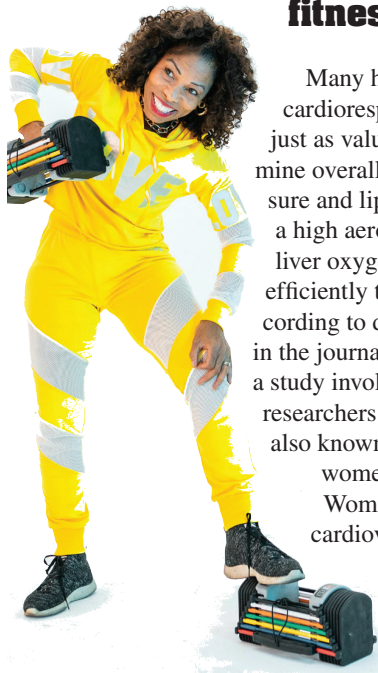
There are many reasons to get in shape. Weight loss is a prime motivator, as is reversing a negative health effect, such as high cholesterol or increased diabetes risk. Routine exercise also can improve life expectancy.

WebMD says exercise keeps the body and brain healthy. That's why exercise should be an important component of daily life no matter one's age.

Research published in the journal Immune Aging found that how people age is 75 percent lifestyle and only 25 percent genetics, which underscores the importance of the lifestyle choices people make.



Cardiorespiratory fitness



Many health experts say that cardiorespiratory fitness may be just as valuable a metric to determine overall health as blood pressure and lipid levels. People with a high aerobic capacity can deliver oxygen to tissues and cells efficiently to fuel exercise, according to data published in 2014 in the journal Aging & Disease. In a study involving 11,335 women, researchers compared V02 max, also known as aerobic capacity, in women with mortality data. Women who were fit from a cardiovascular perspective had a lower death rate from all causes, irrespective of the women's weight.

Manage stress and mood

Exercise has direct stress-busting benefits that can promote longevity. The Mayo Clinic says physical activity can increase the production of endorphins, which are the body's feel-good neurotransmitters. In addition, exercise can imitate the effects of stress, helping the body adjust its flight or fight response accordingly, and help them cope with mildly stressful situations. While engaged in exercise, people may forget about their problems as they are focused on the activity at hand.

Improve bone health

Strength training and physical activity can stave off the effects of frailty and osteoporosis, which affects bone strength. A study published in the Journal of Internal Medicine in 2017 found that hip fractures are associated with diminished quality of life and survival among the elderly. One in three adults aged 50 and over dies within 12 months of suffering a hip fracture, and older adults have a five- to eight-times greater risk of dying within three months following a hip fracture. Building muscle strength, balance and bone density through exercise can reduce falls and frailty, helping to prevent fracture-related health risks.

Addresses sarcopenia

The health and wellness resource Healthline defines sarcopenia as the loss of muscle mass specifically related to aging. Doctors once considered this muscle loss inevitable, and it can affect stamina and lead to weakness. However, new indications suggest that exercise is the main treatment regimen for sarcopenia, particularly resistance training. This is designed to improve muscle strength and help balance hormone levels by turning protein into energy for older adults.



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IN HONOR OF OLDER AMERICANS MONTH Meals on Wheels and The Samaritans partner to address loneliness for RI's homebound seniors

Loneliness caused by social restrictions and transmission of the COVID-19 pandemic have impacted older Rhode Islanders in previously unimaginable ways. And, while the pandemic's devastation on the emotional well-being of the aged in congregate living settings is well documented there is another group of seniors less visible but equally challenged by COVID-19 restrictions - isolated, homebound seniors.

This May, in honor of Older Americans Month, Meals on Wheels of Rhode Island will initiate an awareness campaign educating more than 1,300 homebound seniors, who receive daily meals from the agency, on the listening line resources of The Samaritans of Rhode Island.

According to Meg Grady, the local Meals on Wheels executive director, the delivery of daily meals to their clients provides vital safety

checks and opportunities for brief socialization critical to supporting the lives of seniors but represents a moment in time. By referring clients to The Samaritans listening line, both agencies can together offer extended opportunities for daily support many older Rhode Islanders may never get, especially those without a network of family or friends.

"When Denise Panichas, Executive Director of The Samaritans contacted me in January about partnering, I was eager to work with her," said Grady. "We all know the valuable work done by Samaritan volunteers in suicide prevention but I was not aware of how many people call every day who are not suicidal and just need someone to listen. This is a wonderful resource to extend to our clients who often struggle with isolation and loneliness due to their homebound status."

"The World Health Organization and the U.S. Surgeon General have said one of the single biggest risk factors for suicide is the lack of connectedness to family, friends and professionals," said Panichas and

"while suicide prevention education may be what we are most known for, the biggest percentage of our Crisis Hotline/Listening Line calls are what we call daily supported callers, namely those callers who call every day as they navigate the stress of daily life. Some elderly callers, who have called since the agency opened, call just to say goodnight. Trained Samaritan volunteers help alleviate isolation and loneliness by offering nonjudgmental befriending that doesn't interfere with professional care. We always encourage new callers to become daily supported callers. What is critical to us is so many people, for myriad reasons,

no longer access care or have supportive relations. We are there for them as well."

During the pandemic year 2020, of the 4,224 calls received by The Samaritans more than 61% were daily supported callers and of the 2,352 adult callers more than 26% were elderly. All calls to The Samaritans are free, anonymous and confidential. The number does not differentiate daily supported elderly callers from new elderly callers.

"Our medical volunteers tell us three things about the truly suicidal. They are hopeless, believe no one cares if they live or die and, in the end, believe they have become a burden to family and friends and believing ending his or her life would be doing everyone favor. This partnership, between two, long-time, trusted Rhode Island agencies serving the state's most vulnerable residents, sends a clear message that we care," said Panichas.

The partnership features the distribution of 1,300 Samaritans Listening Line magnets and brochures to agency clients, staff training, newsletters and website updates as well as client, family and caregiver outreach and social media marketing.

The elderly are considered at a higher risk for suicide. For the most recent suicide related data, please visit the websites for the U.S. Center for Disease Control and the American Foundation for Suicide Prevention.

Meals on Wheels of Rhode Island was established in 1969. For more about their mission, history and services, please visit: <https://www.rimeals.org/>

The Samaritans of Rhode Island was created in 1977. For more information about their mission, history and programs, please visit: www.samaritansri.org

Get Ready to Read this *Father's Day*

FAMILY FEATURES

Shopping for Father's Day can be difficult. From tools to tech toys, some gifts are used over and over again, but thoughtful gifts that match your dad's interests can make this year's present a memorable one.

If he enjoys reading, there are options that align with almost every hobby and interest, from advice for hands-on projects to thrilling mysteries and exploration of the challenges many dads face every day, and these picks can provide a reminder of you every time he sits down to read another chapter.

Find more stories to share with your dad at [Facebook.com/WilliamMorrowBooks](https://www.facebook.com/WilliamMorrowBooks).

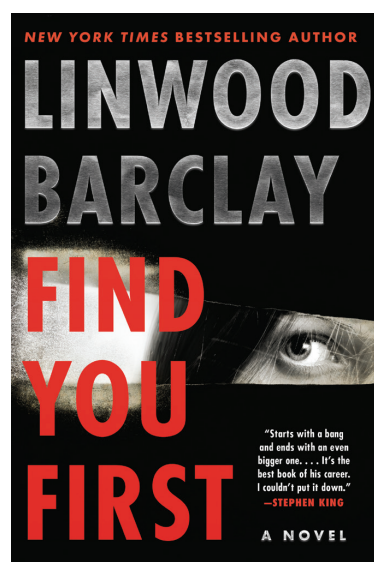


Practical 'Dadvice' for Everyday Tasks

From the host of the YouTube channel that went viral, "Dad, How Do I?," comes a book of the same title that's part memoir, part inspiration and part DIY advice. Rob Kenney wished he had someone who could teach him the basics - how to tie a tie, jump-start a car, unclog a drain, use tools properly - as well as succeed in life. In this book, he shares his story of overcoming a difficult childhood with an absent father through the strength of faith and family, and offers words of inspiration and hope. In addition, he provides instructions for 50 practical DIY projects, illustrated with helpful line drawings, as well as the occasional dad joke.

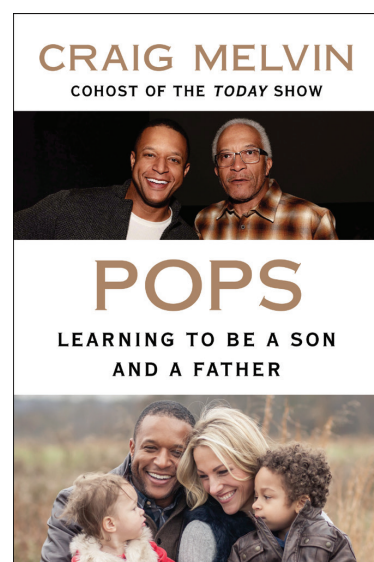


Photo courtesy of Getty Images



A Riveting Race Against Time

"New York Times" best-selling author Linwood Barclay returns with a riveting thriller, "Find You First." Diagnosed with a terminal illness, tech millionaire Miles Cookson begins a search for the children he's never known. Somewhere out there, after having been a sperm donor, he has nine unknown kids who might be about to inherit both the good and the bad from him - maybe his fortune, or maybe something much worse. One by one, Cookson's heirs are vanishing - every trace of them wiped, like they never existed at all.



An Exploration of the Challenges Fathers Face

Growing up in Columbia, South Carolina, Craig Melvin, news anchor of NBC News' "Today," had a fraught relationship with his father. Lawrence Melvin was a distant, often absent parent due to his drinking as well as his job working the graveyard shift at a postal facility. A powerful, intimate exploration of fatherhood, addiction and resiliency, "Pops: Learning to Be a Son and a Father" is the story of their long journey to reconciliation and understanding, as well as an investigation of the challenges facing all dads.



RETIREMENT SPARKS
by ELAINE M. DECKER

Old Age is for anybody who gets there

I've been reading a book my sister sent me of blog posts by the late Ursula le Guin. Le Guin shared my sardonic, self-deprecating style of humor. "No Time To Spare" takes Pollyanna optimists to task by challenging such bromides as "Old age is not for sissies". Le Guin states flatly that old age most certainly IS for sissies. As she put it, "Old age is for anybody who gets there," a truism that inspired this essay.

There are a number of things I've noticed that you likely won't escape when you get to old age. One of those is that you'll shrink. Almost every one of your checkups after a certain point will yield a height that is below what's in the file from your last checkup. I wasn't tall to begin with. In college, I was occasionally recorded at 5' 2", but only if I had my hair in a top knot. I got 5' 1 1/2" for decades.

Somewhere after age 60, I clocked in at 5' 1" and after 70, I went on a downward slide. I didn't think too much about it. After all, how much difference can one inch make? I'll tell you how much. A lot. There's the obvious problem of not being able to reach things on the top-most shelves in the kitchen. I used to be able to finesse them down to me with a spatula. Now I need to get the step stool. Or my husband.

Beyond that, once I reached 5' and a sneeze, I discovered I had to really stretch to reach the faucet handles on the kitchen sink. We tend to collect puddles of water along that strip between the sink and the counter edge. When I lean in, I soak my top all along my midriff roll. Then I have to either change the top or toss it into the dryer. You may be thinking: "No harm, no foul here." OK, but there's more.

We have pancakes on occasion. I make them in an old square electric frying pan that holds four at a time. There's just enough room for the pan on the counter to the right of the center island cooktop. The cord goes over the edge to the outlet on the side of the counter base. I put a spoon rest behind the frying pan. After I've ladled out the four pancakes, I reach over the hot pan to put the scoop onto the spoon rest. At barely 5', I often burn my forearm on the edge of the frying pan. I rarely did that at 5' 1".

The study I'm in as part of my cancer treatment has me getting weighed every time I have infusions. They also measure my

height on the same scale where they take my weight. Because they have to be exact, if my shoes have any lift under the heel, they want me to take them off to measure me. I have an internal conflict over being happy I weigh two pounds less vs. wearing shoes that sneak in a little extra height. The shorter I get, the less I appreciate any weight loss.

Moving on from things to do with shrinking... Here's something else I've noticed about getting older. It takes longer to get ready to face the outside world in the morning. I used to wonder why my mother could never let me to pick her up for errands until after 10 a.m. The other day I realized that it had taken me an hour to do everything in the bedroom and bathroom before I could head out to the kitchen. My exact thoughts: "Good Lord! I'm becoming my mother!"

Because I'm often too tired to do my floor exercises before I go to bed, I now do them in the morning as soon as I get up. They take 20 minutes out of the gate. Even though my hair is short, I brush it from the scalp downward 100 strokes every morning. Thank you, Georges Michael of Madison Avenue. It really has kept it from thinning out too much. Then there's the time it takes to get dressed, most of which is spent trying to put on my socks. I can still reach my feet, but my gnarly toes refuse to cooperate. Those have become my mother's, too.

Not everything has to do with me. I have three senior cats. One has a food station in our bedroom. I freshen up her water bowl every morning. I also make my bed. Often there are at least two cats still on it, so it's a challenge to tidy up without disturbing them.

My advice is, no matter what your challenges are with getting old, be happy if you get there.

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



SENIOR ISSUES
by LARRY GRIMALDI

Older Americans Month Revisited

When the calendar turns to May, memories of the 28 years I spent as communications director at the Rhode Island Department of Elderly Affairs (later the Rhode Island Division of Elderly Affairs (DEA) and rechristened as the Rhode Island Office of Healthy Aging in 2019) are rekindled. May is Older American Month (OAM) nationwide.

The roots of OAM can be traced to a 1963 meeting between President John F. Kennedy and the National Council of Senior Citizens that focused on economic, social, and financial issues faced by a rapidly expanding elder population. In 1963, Census data indicated that there were only 17 million Americans 65 and older, and one third lived in poverty. There were few programs to address their needs.

In 1965, the Older Americans Act was passed to develop community-based services for seniors designed to help them maintain their independence and preserve their dignity. The Act also created the federal Administration on Aging (AoA) and area agencies on aging for each state, Native American tribe, and U.S. territory. Senior Citizens Month became Older Americans Month in 1978. The AoA was recently rebranded as the Administration for Community Living (ACL).

Today, there are 622 area agencies on aging. Services like Meals on Wheels, home health aides, and senior nutrition sites are well known. But true to its mission of providing community-based programs, legal services, volunteer opportunities, housing, financial and health insurance counseling, wellness programs, elder rights and advocacy organizations, caregiver education and assistance, respite care, long-term ombudsman services, elder rights, elder abuse prevention and many other initiatives fall under the ACL umbrella.

The names of agencies serving the needs of seniors are not the only thing that has changed. According to the ACL 2019 Pro-

file of Older Americans, there were 52.4 million, approximately 17 percent of the population, persons 65 and older. The 65 plus population is projected to approach 94.7 million by 2060. In 2018, Rhode Island was home to more than 182,000 persons were 65 and older, 17.7 percent of the total population. The nation's smallest state also claims approximately 21,000 people 85 and older, the third highest rate in the nation.

The theme chosen for the 2021 OAM is, "Communities of Strength." In his proclamation to mark the observance, President Joe Biden declared, "Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities." These remarks took on special significance given the backdrop of the 2020 COVID-19 pandemic.

OAM celebrations have evolved since I began my career at DEA. One of the highlights of Rhode Island's numerous state and local events was the annual Governor's Centenarians Brunch. DEA would send out surveys and post public notices to locate as persons 100 or older, and persons who would reach their 100th birthday that year, to extend an invitation to the Brunch. Each centenarian would be awarded with a citation, with special recognition going to the oldest and youngest guest. As was the custom, the sitting Governor stopped at each table for a brief conversation with the honorees. The event was widely covered by the local media and was featured in a front-page feature story in the New York Times one year.

The first such celebration I attended was held in the State Room at the State House. The Department had located slightly more than 50 centenarians and 25 attended the Brunch. By

the time I retired in 2015, more than 130 Rhode Island centenarians had been located and 65 were feted at the event. Due to growing attendance, the venue was moved to hosting assisted living facilities.

Perceptions of aging have also changed. Looking at photos of my parents and grandparents, they seem to have aged beyond their years. In part, their appearance is due to a more difficult lifestyle than I enjoy. Toiling in poorly vented factories in close proximity to brews of toxic chemicals used to plate costume jewelry is not exactly a healthy work environment. The medical advances of the last few decades have improved also our health and extended our life expectancy. Better nutrition and a more active life have helped.

Even the definition of a senior has become a subject for discussion and debate. At one time, the near-universally acknowledged age for senior status was 65. Today, most ACL programs define an elder as 60 and older. To make matters just a bit more confusing, some ACL programs use age 55 for eligibility. Full Social Security retirement benefits begin at 66 for many people. Depending on your birthday, you could be forced to wait until 66 and a specified number of months for full benefits. Still others can elect to begin drawing reduced Social Security benefits at 62. AARP starts soliciting your membership at age 50. It appears that "seniority," is in the eyes and psyche of the beholder.

Happy (if belated) Older Americans Month. If you are ambivalent about growing older, maybe this advice on successful aging from Sophia Loren will help you accept and embrace your age, "There is a fountain of youth: it is in your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will have truly defeated age."

Larry Grimaldi is a freelance writer living in North Providence. Comments can be e-mailed to lvgrimal-

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FAMILY FEATURES

Visiting a new or favorite destination is one way to travel, but that's not always possible. If you can't escape to a new location, consider taking a mental break in the comfort of your own home with tea as your companion.

With many different varieties of tea to choose from, you can infuse your journey with flavor while enjoying wellness and relaxation benefits. Enjoy virtual travels — wherever you are — with these tips from the experts at Buddha Teas.

Rejuvenating Getaway

Even when you can't get to a spa, tea can help you focus on wellness and refresh your body and mind. While yoga, meditation and massages can aid in recharging you physically and mentally, teas like chaga, detox dharma or mushroom wellness can further help you unwind. Chaga, a medium-bodied mushroom tea, can be enjoyed with honey or milk for a nurturing, peaceful escape. It can also help reset your center and give you a boost of healing energy without any caffeine. Mushroom teas blending flavorful herbs and spices can bring power and pleasure to your cup with remarkable immune boosting, wellness potential — no honey or milk is needed. If you're seeking a total recharge, look for teas with organic ingredients such as ginger root, turmeric and black pepper blended with the super cleanser, burdock root, to create the perfect environment for your body to rid itself of all toxins.

Exploring Nature

If you enjoy hiking and connecting with nature, flower teas like Japanese cherry blossom, chamomile and lavender can be ideal companions. An option like Buddha Teas matches your appreciation for nature. The teas are 100% unaltered, organic and wildcrafted. They're made from fresh herbs and tea leaves and packaged in bleach-free bags, so you can enjoy the purity of natural teas without harmful chemicals or additives.

Emotional Experience

Some journeys are more emotionally charged than others, from reminiscing trips down memory lane to quiet getaways intended to let you free your mind. A heightened sensory reaction to these kinds of emotionally significant destinations is best balanced with chakra teas. "Chakra" is the ancient Sanskrit word for the seven central points of energy that reside within, helping balance your physical, emotional and spiritual states.

Connecting with History

Seeing historical sites and learning about ancient people may inspire you to immerse yourself more fully in an unfamiliar culture. Root teas can help give you a taste of the unknown, such as green tea (Japan), dong quai (China), ashwaganda (India) or black cohosh (North America).

Find more ways to experience the true taste of tea at buddhateas.com.

Let Tea Take You for an Adventure



How to Make a Perfect Cup of Tea

Creating a cup of tea that perfectly pleases your taste buds and accentuates the flavor of the variety requires patience and diligence. Consider these steeping steps from Buddha Teas, crafters of beverages using high-quality, fresh herbs and leaves from fresh, organic and wild plants. The sources are harvested, gathered and packaged with conscious care to help you experience the true taste of tea.

Step 1: Water

Use fresh, preferably filtered, water. Many teas, especially herbal, include subtle flavors that can be lost or altered if prepared using unfiltered water.

Step 2: Temperature

Measure the temperature of heated water using an electric kettle with a variety of settings or a cooking thermometer. Consider these temperature guidelines for different types of teas:

- Black (200-205 F)
- Green (175-180 F)
- Blends (190-205 F)
- Matcha (175 F)
- Herbal (205 F)
- Oolong (185-205 F)
- Pu-erh (195-205 F)
- White (175-185 F)

Step 3: Steep

Once water reaches the proper temperature, pour water over one teabag per 8 ounces of water. (For a stronger brew, use additional teabags). Most teas require a 3-6-minute steep, depending on the type of tea and preferred strength.

Herbal teas may take longer to reach full strength than black, green or white teas, sometimes up to 10 minutes. One thing to keep in mind: Each tea presents its own unique flavor profile, some naturally trending toward bitter. However, teas that are not naturally bitter will often become so if steeped at too high a temperature or for too long.

YOUR TAXES

by MEG CHEVALIER

IRS offers overview of some tax provisions in American Rescue Plan

Childless EITC expanded for 2021

For 2021 only, more childless workers and couples can qualify for the Earned Income Tax Credit (EITC), a fully refundable tax benefit that helps many low- and moderate-income workers and working families. That's because the maximum credit is nearly tripled for these taxpayers and is, for the first time, made available to both younger workers and senior citizens.

In 2021, the maximum EITC for those with no dependents is \$1,502, up from \$538 in 2020. Available to filers with an AGI below \$27,380 in 2021, it can be claimed by eligible workers who are at least 19 years of age. Full-time students under age 24 don't qualify. In the past, the EITC for those with no dependents was only available to people ages 25 to 64.

Another change is available to both childless workers and families with dependents. For 2021, it allows them to choose to figure the EITC using their 2019 income if it was higher than their 2021 income. In some instances, this option will give them a larger credit.

Changes expanding EITC for 2021 and future years

Changes expanding the EITC for 2021 and future years include:

- Singles and couples who have Social Security numbers can claim the credit, even if their children don't have SSNs. In this instance, they would get the smaller credit available to childless workers. In the past, these filers didn't qualify for the credit
- More workers and working families who also have investment income can get the credit. Starting in 2021, the limit on investment income is increased to \$10,000. After 2021, the \$10,000 limit is indexed for inflation. The current limit is \$3,650.
- Married but Separated spouses can choose to be treated as not married for EITC purposes. To qualify, the spouse claiming the credit cannot file jointly with the other spouse, cannot have the same principal residence as the other spouse for at least six months out of the year and must have a qualifying child living with them for more than half the year.

Expanded Child Tax Credit for 2021 only

The new law increases the amount of the Child Tax Credit, makes it available for 17-year-old dependents, makes it fully refundable and makes it possible for families to receive up to half of it, in advance, during the last half of 2021. Moreover, families can get the credit, even if they have little or no income from a job, business, or other source.

Currently, the credit is worth up to \$2,000 per eligible child. The new law increases it to as much as \$3,000 per child for dependents ages 6 through 17, and \$3,600 for dependents ages 5 and under.

The maximum credit is available to taxpayers with a modified AGI of:

- \$75,000 or less for singles,
- \$112,500 or less for heads of household and
- \$150,000 or less for married couples filing a joint return and qualified widows and widowers.

Above these income thresholds, the extra amount above the original \$2,000 credit — either \$1,000 or \$1,600 per child — is reduced by \$50 for every \$1,000 in modified AGI.

Also, the credit is fully refundable for 2021. Before this year, the refundable portion was limited to \$1,400 per child.

Advance Child Tax Credit payments

From July through December 2021, up to half the credit will be advanced to eligible families by Treasury and the IRS. The advance payments will be estimated from their 2020 return, or if not available, their 2019 return.

For that reason, the IRS urges families to file their 2020 return as soon as possible. This includes many low-and moderate-income families who don't normally file returns. Often, those families will qualify for an Economic Impact Payment or tax benefits, such as the EITC. This year, taxpayers have until May 17, 2021, to file a return.

In the next few weeks, eligible families can choose to decline receiving the advance payments. Likewise, families will also be able to notify Treasury and IRS of changes in their income, filing status or number of qualifying children. Details will be available soon.

For the most up-to-date information on the Child Tax Credit and advance payments, visit IRS.gov/Advance Child Tax Credit Payments in 2021.

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ACCORDING TO DON
by DON FOWLER

Remembering Restaurants from the '90s

We were having dinner with friends at Twin Oaks, where, we are pleased to report, the restaurant is now as busy as it was before the pandemic.

And what does the conversation consist of? Remembering former restaurants.

People love to share their favorite dining out experiences, especially the restaurants from their past.

Looking back on the end of the past century, our readers have suggested more of their favorites.

Many new restaurants came and went during the nineties, providing opportunities for Joyce and I to review nearly one a week.

Warwick was a hot bed for Italian and seafood restaurants, with many chefs graduating from Johnson and Wales and venturing out on their own.

Remember Spumoni's on Warwick Ave.? It was a good family-style spot, serving large portions at good prices.

The Pepper Mill on Route 2 in Warwick was a popular spot to dine before going to the Warwick Musical Theatre.

We loved the Bloomin' Onion at Warwick's Outback. Now you have to drive to Seekonk to enjoy it.

The most popular was Rose Farina's Golden Lantern. After the show, Rose would entertain the stars in her back room, where they could find their names on a plaque on their chairs. Her close friend, Liberace, designed her swimming pool.

Pawtucket's famed China Inn opened in the Golden Lantern spot. Unfortunately, it didn't make it. The Pawtucket site is still going strong.

Fred Castelluci, owner of the popular Archie's restaurant in Pawtucket, opened Arcito's at the old LL Evans in the Apex complex on Route 5 in Warwick.

We enjoyed June Moon's Great House, which was literally a great house with an actual caboose for additional dining.

Thai Nam was a popular spot on the Warwick/Cranston line, at a time when Thai food

was gaining in popularity in Rhode Island. Another Thai restaurant, Le's, opened in the former Cape Codder, at 957 Reservoir Ave. in Cranston.

And then there was De Ja in the center of Conimicut.

Soli's Steak House on Post Rd. in Warwick replaced two former fast food places, Arbi's and Arthur Treacher's.

If you liked BBQ to go, Tex's Chuck Waggon squeezed into a tiny spot at 980 Post Rd..

If you wanted cooked and prepared seafood to go, quahogger/fisherman Stuart Cornell and partners set up shop in Pawtucket Village.

We miss Tony and Susan Pap's Pizza Patrol on Rolfe St. in Cranston, famous for their eggplant-zucchini-pepper pizza. Piccolo Paradiso, the small Italian restaurant on Gansett St. was a favorite of Mayor Traficante, Councilman Pagliarini, and PR person Ginny Shea, who introduced us to it.

Stuffies on Atwood Ave. in Cranston was "where Challenges used to be", and a number of restaurants and bars have been since.

We fondly remember Rose and John and their homey Rose's Family Restaurant at 456 Warwick Ave., which I described as "across the street from where the new Shaw's is going".

A meatloaf dinner for \$2.99 A two egg, toast and coffee breakfast for \$1.25. Fish and chips for \$4.50.

Not only was the food great, Rose and John were about the friendliest people you would ever meet. Rose's daughter Pat and husband Joe have carried on that great tradition at Cranston's J.P.Spoonems.

Pharmacist Vinnie Campagna had the right prescription for success for the Old Venice Restaurant in Warren. The House Special Fried Smelts made me a fan of the much maligned fish.

Over on Rolfe St., Rolfe Street Station offered breakfast, lunch and dinner at

high quality and low prices. They were always crowded.

Gio's in Coventry was Rhode Island's first proclaimed smoke-free restaurant. It also had great Italian food.

Faye's at 596 Broad St. in South Providence had great, authentic soul food.

Fire + Ice in Providence Place Mall allowed you to choose your meats or fish and all the trimmings, and watch the chef cook it on a giant grill.

One of the things I have missed during the pandemic is the Buffet. Whether a salad, Chinese, or homestyle buffet, being able to choose among many items has always interested me, one reason I enjoyed cruising. All gone are the King Buffet, China Buffet, Old Country Buffett, and Grand Buffett.

The Four Flags Buffet at 957 West Shore Rd., home of the former Frederick's, had lunch and dinner buffets that featured food

from the United States, Italy, China and Japan.

As I was wrapping up this article I received a call from a former waitress at Howard Johnson's on Jefferson Blvd, in Warwick.

"I was there from 1968 to 1978," she told me. "I met many Warwick Musical Theatre stars who stayed at the motel. I'm retired now, but I also worked at the Red Coach, Bugaboo Creek and Vallee's Steak House."

Although she didn't want me to use her name, she wanted to tell me about her favorites from the past: the Lion's Den, Holland House, Lum's, Great House, Stanley Green's, Cherrystones (Now Top of the Bay), Maryland Chicken, and L.L.Evans, all in Warwick

And here's a couple I had forgotten: The Copper Galley in the old Providence Shipyard, The Red Rooster in North Kingston.

SENIOR ISSUES

Understanding fibromyalgia

Pain is a fact of everyday life for millions of people across the globe. According to the National Fibromyalgia & Chronic Pain Association, one in nine adults in the United States suffers with severe, disabling pain. There are various types of pain, and fibromyalgia is one type that has garnered increased attention in recent years.

The NFMCPA reports that roughly 10 million Americans have fibromyalgia and that the overwhelming majority of those cases are women. Canada's Arthritis Society notes that fibromyalgia affects roughly 2 percent of Canadians, meaning it's as significant an issue in Canada as it is in the United States.

What is fibromyalgia?

Fibromyalgia is a chronic pain disorder that causes widespread pain and tenderness to touch. The pain and tenderness can increase and decrease over time, and the NFMCPA notes that symptoms can vary in intensity. Stiffness and cognitive difficulties that affect memory and the ability to concentrate are among the most prevalent symptoms of fibromyalgia. The American College of Rheumatology notes that people with fibromyalgia often suffer from fatigue and sleep problems.

What do medical professionals know about fibromyalgia?

Much is known about fibromyalgia, but unfortunately there is no cure for it. The causes of fibromyalgia are unknown, but the ACR reports that the latest research suggests the central nervous system is involved in the development of the disorder. The ACR also emphasizes that fibromyalgia is not a byproduct of an autoimmune, inflammation, joint, or muscle disorder. In addition, the ACR indicates that, while fibromyalgia may run in families, genetics alone do not cause it. However, certain genes may make certain people more likely to get fibromyalgia.

Emotional stress may contribute to fibromyalgia. For example, the Arthritis Society notes that the onset of some instances of fibromyalgia have been linked to traumatic incidents or emotional experiences, such as car accidents or the death of a loved one.

Can fibromyalgia be treated?

Treatment can help people live with fibromyalgia, but a treatment that works for one person will not necessarily be effective for another. The ACR notes that both non-drug and medication-based treatments are available to patients diagnosed with fibromyalgia. People can discuss the pros and cons of the various fibromyalgia treatment options with their physicians to find the best solution for them.

Fibromyalgia affects millions of people in the United States and Canada. Though it can be a painful condition to live with, people have options in regard to alleviating that pain and living as normal a life as possible. JF215971



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Take Salad Season to the Next Level

FAMILY FEATURES

Warmer months typically call for lighter bites, and one of the first things that comes to mind for many is a fresh and flavorful salad. While a salad is a quick and easy way to up your veggie intake and get food on the table in next to no time, the same formula over and over again can make mealtimes feel mundane.

To take your salads to the next level, think of those greens as a blank slate for creativity and look beyond the bowl for elements that can help create new, satisfying meals. For example, Fresh Express Chopped Salad Kits are tasty and versatile salad mixtures with premium ingredients that can also be eaten as sides with your favorite protein or used as toppers for favorites like pizza and tostadas to help kick mealtime up a notch. The salads are thoroughly washed, rinsed and gently dried then sealed in keep-crisp bags for long-lasting freshness.

These easy Kickin' Chicken Tostadas are made using the Kickin' Bacon Ranch Chopped Kit, which includes garden fresh cabbage, green leaf lettuces, carrots, green onions, tortilla strips, uncured bacon bits and some heat from jalapeno ranch dressing. Just add the mixture to tostada shells topped with salsa verde chicken and avocado for a flavorful combination.

Or for a tasty twist on traditional favorites like pizza and burgers, try this Thousand Island Burger Pizza using the Bacon Thousand Island Chopped Kit – a combination of iceberg and green leaf lettuces, uncured bacon bits, Parmesan cheese crisps, honey butter cornbread crisps and creamy Thousand Island dressing – to bring sweet and savory flavors together with beef and cheese on top of a homemade pizza crust.

Find more ideas to elevate salad season at freshexpress.com.



Kickin' Chicken Tostadas

Kickin' Chicken Tostadas

Prep time: 30 minutes
Total time: 35 minutes
Servings: 6

- 1 pound boneless, skinless chicken breasts
- 1 jar (16 ounces) salsa verde, any heat level
- 2 packages (10.2 ounces each) Fresh Express Kickin' Bacon Ranch Chopped Kit
- 12 tostada shells
- 1 avocado, peeled, pitted and cut into 1/2-inch pieces

In large, covered skillet over medium heat, cook chicken in salsa verde 20 minutes, turning once, until internal temperature reaches 165 F.

Remove chicken, reserving 1/2 cup salsa verde; shred with two forks. Toss with reserved salsa verde.

Place salad from kit in large bowl; toss with half the salad dressing from kit. Add toppings from kit; toss to combine.

Divide salad evenly among tostada shells. Top each salad with chicken and avocado; drizzle with remaining dressing.



Thousand Island Burger Pizza

Thousand Island Burger Pizza

Prep time: 15 minutes
Total time: 25 minutes
Servings: 6

- 1 can (11 ounces) refrigerated thin pizza crust
- 12 ounces lean ground beef
- 1 cup pizza sauce
- 2 cups shredded cheddar cheese
- 1 package (9.4 ounces) Fresh Express Bacon Thousand Island Chopped Kit
- 1/3 cup dill pickle slices

Heat oven to 400 F.

Unroll dough and spread on 13-by-9-inch nonstick baking sheet. Bake 8 minutes; remove from oven.

In small skillet over medium-high heat, cook ground beef, stirring frequently, 8-10 minutes, or until no longer pink; drain. Spread sauce evenly on baked dough to within 1/2 inch of edge. Top with beef and cheese.

Bake 8-10 minutes, or until crust is golden brown. Top with lettuce, bacon and salad toppings from kit and pickle slices. Drizzle with Thousand Island dressing from kit. Cut into 12 (3-by-3-inch) pieces.

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Saints Peter & Paul Mausoleum

In the heart of St. Ann's Cemetery, Saint Peter and Paul Mausoleum is the 22,000 square-foot mausoleum complex that will house 2,086 casket spaces, 552 marble front niches and 122 glass-front niches, according to Anthony Carpinello, director of Catholic cemeteries for the Diocese of Providence. Carpinello said more 300 casket cases have been sold thus far, but niches having been selling more since cremation has become more popular over the past several years.

The cemetery already hosts six mausolea, but five are at capacity. The sixth is a holding crypt for about 100 remains that will be placed in the new mausoleum, according to the Rhode Island Catholic. Carpinello said that St. Ann's mausoleums are the only ones in the state under the Diocese's control.

"It started out of a need for mausoleum space," Carpinello said. "When I first arrived here there was

very little availability. The Catholic cemeteries were in a transition period They didn't want to start a new project until a new director was named. By the time I got settled, there was an even greater need for mausoleum space."

Construction of the mausoleum began in April 2019, and Carpinello said that the project cost about \$11 million. The Cathedral of Saints Peter and Paul in Providence inspired the design, which Carpinello said highlights the mausoleum's connection to Catholicism.

"Catholic cemeteries are consecrated ground," Carpinello said. "Being consecrated ground, it is an extension of our church. Our Catholic faith teaches our faithful to live our lives in communion with the church and in death return to those grounds. So from the outside, it doesn't look like your normal mausoleum, it looks like a church. That's what makes it different since we are an extension

of our churches."

Each area is named for various local Catholic parishes and will have a stained-glass window dedicated to its namesake. All of the artwork throughout the mausoleum came from the former Our Lady of Mt. Carmel Church on Federal Hill.

The corridors contain side-by-side crypts, true companion crypts and single crypts depending on location. Carpinello said that people may choose to place their remains in the corridor correlated with their parish, or in one that is named after a saint they had a particular fondness for.

"We put a strong emphasis on giving every area a true meaning and having it depicted by artwork," Carpinello said regarding the naming and theming of the corridors. "We didn't want anybody to feel that one area was better than another."

The mausoleum will also have outdoor crypts in three

courtyards. While two of the courtyards will only offer true companion crypts, the third offers single crypts, side-by-side crypts and true companion crypts.

For those who want a resting place that is still outdoors but not too exposed, the mausoleum will have four covered cloister areas named after the four Gospel writers. There will be all kinds of crypts here, as well as statutes of Matthew, Mark, Luke and John.

Carpinello said that the mausoleum's scope and design make it unique.

"It's one of a kind for anything in Rhode Island, and I'm told that it is the second largest in all of New England," Carpinello said.

Those who wish to purchase a casket or crypt can call 401.742.0796 or email bherrendioceseofprovidence.org. Carpinello said that casket spaces start at \$8,500, but the price may increase depending on where it is in the mausoleum.



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COLLECTIBLES



A beginner's Guide

To Picking a Long Box

It's always fun digging around in the attic of an old house. It can be hot, cold, dirty and nasty, but sometimes you find things that are so cool.

Last week I was in a house in Connecticut to search for military items. The place was in disrepair, the roof was leaking, and animals were living up in the attic. It was a hoarder situation and not really that pleasant. I spotted a few things and then needing a break went outside for some fresh air. There were a few other workers up there trying to clean it out and one came out with an armful of old clothing. In the pile I spotted something that caught my eye and immediately dug into the pile.

There were some 19th century civilian clothes with moth damage and dirt, but the collar of another coat made me move faster. In the middle of the pile was a dark blue coatee with white lace in two rectangles and white woolen cording around the edge of the collar. I pulled it out and brushed some of the dirt off. My eyes hadn't deceived me. It was a Schuylkill Arsenal Model 1832 infantry sergeants coatee! I looked inside the right sleeve cap and sure enough found the arsenal size markings which were a tell-tale sign. Two light half inch or so dots



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meant it was a size two for a very small soldier. I was stunned as I had only seen one of these before 30 years ago in the collection of the Smithsonian Institution.

Schuylkill Arsenal was founded in 1799 and built in 1800 at Philadelphia to manufacture and supply clothing for the army. Arguably it is most famous for supplying the Lewis & Clark expedition in 1804. It was the major manufactory and supplier of clothing to the army till the Civil War and the advent of sewing machines and the need for contractors to supply such a huge army. Before that time, Schuylkill had tailors that cut the clothing in four sizes that would fit most of the young soldiers, then paid soldiers wives by the piece to assemble them.

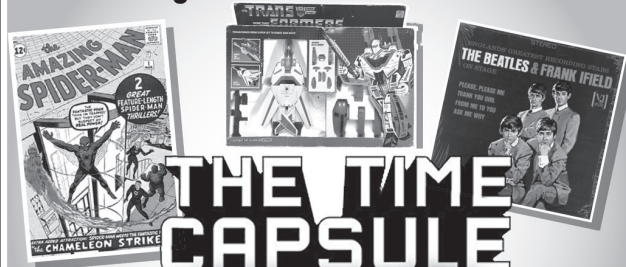
During the Civil War, they were inspected to make sure that nobody cheated and used a sewing machine. Even then the quality of hand sewn clothing was considered superior to machine sewn garments.

But back to this coatee, somewhere along the line the owner had taken the majority of buttons off, probably to sell thinking that the garment had no value. Given its age it is in need of restoration work as it has some loose seams and moth damage but the fact that it survives at all is a miracle to me. What is it worth? Time will tell. I can say that for me it was priceless to find such an amazing thing balled up in an attic. I was glad I was there as it might have been tossed into a dumpster and lost forever but now it will go to a museum or private collection and be restored for others to study.



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