

## To catch a thief



**CAUGHT IN THE ACT:** Johnston residents have been capturing images of the possible neighborhood thief from home surveillance cameras. If you capture suspicious footage, contact the Johnston Police Department (email crime tips to tips@johnstonpd.com, or call police to report a crime, at 401-231-8100). (Submitted photos)

With car thefts and break-ins on the rise, JPD needs residents to be vigilant

By RORY SCHULER

Lock your car doors. But first, remove the keys and valuables. Then lock the doors. Lock them every night. Lock them, because a stranger might check. Thieves roaming Johnston's neighborhoods have been swiping personal property, from several vehicles, to a high-end pair of sunglasses and a wheelchair.

Johnston Police want residents to be vigilant as they increase nighttime patrols.

There are a few simple tips that can stop you from becoming a victim.

Four vehicles have been stolen in Johnston over the past 10 days. And many other cars have been ransacked and valuables stolen from within, according to Johnston Police Chief Joseph P. Razza.

"As most of you are aware, we are experiencing an increase in vehicles being rummaged through across the town," Razza wrote in a statement to his fellow residents. "This phenomenon is not unique to our community, and is occurring throughout the state and New England." Johnston Police are on the hunt for the individual or individuals responsible.



**ILLUMINATED WHEELS:** One possible neighborhood thief was spotted fleeing a Johnston yard on a bicycle with lights on the spokes. Have you seen this bike?

"I want to assure all Johnston residents that your police department and its dedicated officers are doing everything possible to thwart and apprehend the individuals responsible," Razza wrote. "We have made arrests and obtained evidence with the aspirations of making additional apprehensions, however, these

investigations take time." Razza asks Johnston residents to be vigilant, and report suspicious activity. Residents can also protect themselves by completing just a few simple tasks.

"While we have increased our directed patrols in our residential areas, and are committed to protecting your valuables and ensuring your qual-

ity of life, we cannot be everywhere at once," Razza wrote. "At this time, we are requesting that you take the appropriate steps to protect your property. This includes removing valuables and car keys from vehicles when parked, locking car doors, securing and lock-

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**IN MEMORY:** A plaque in memory of Matthew Dilorio now hangs behind the circulation desk in the Johnston High School library. (Sun Rise photos by Rory Schuler)

## \$1 million raised for FARA

Plaque dedicated to memory of Matt Dilorio hung on library wall

By RORY SCHULER

Sallyann and Jack DiIorio thought they were going to a friend's house for dinner.

Instead, they were driven to Johnston High School and led inside toward the library.

They passed a piece of fabric hung on the wall and gasped as they recognized friends and family filling the library.

This was no ordinary dinner. Instead, it was a carefully organized tribute to their late son, Matthew.

Donna Danielian and Kathy Medici, close friends of the DiIorios, removed the fabric unveiling a plaque in memory of Matthew's lasting legacy.

The plaque left Sallyann speechless and in tears.

Framed in wood, the brass plaque features a portrait of "Matthew J. DiIorio, Class of '99" and the following inscription: "Matt was the perfect example of triumph over adversity. He will continue to inspire all those who were lucky enough to know him. (June 2, 1981-July 4, 2021)"

To cap the event, the family realized their intensive fundraising efforts for the Friedrich's Ataxia Research

PLAQUE - PAGE 4

## Looking for a fresh Christmas tree?

By JOHN HOWELL

Last year John Morris of Morris Farm in Warwick sold 300 Christmas trees. This year he won't be selling any.

It's not that Morris has gone out of the Christmas business - his stand on Warwick Avenue has plenty of miniature trees and wreaths handcrafted from boxwood cuttings - he can't get fresh Fraser trees that he considers the best for keeping their needles. He doesn't want to disappoint his customers for years with anything less than what he considers the best.

Jonathan Confreda of Confreda Farms in Cranston, who usually sells 500 tree, says he's lucky. While he hadn't gotten them by earlier this week, he expects his provider, a tree farm in Connecticut, to come through.

And Big John Leyden whose family owns one of the biggest tree farms in Rhode Island, if not the biggest, says he's got plenty of Christmas trees.

All three say they are being affected by a shortage of Christmas trees this year. Confreda said he heard an early October snowstorm caught Cana-

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**Johnston Sun Rise**



**HISTORIC HAPPENING:** Former JFD Chief Alan Zambarano presents JFD Lt. Jon Pistacchio with a check from the former Johnston Hose Volunteer Company No. 1 that local 1950 will use in its continuing giving back to the community. Also taking part were Firefighters Scott Thacker, Chris DelFino and Lt. David Pingitore. (Sun Rise photos by Pete Fontaine)

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# Firefighters union and ex-chief exemplify giving

By PETE FONTAINE

The Johnston Association of Firefighters Local 1950 now ranks as one of the most unique unions in the state — and possibly New England.

It became that way last Friday morning under a sparkling sunshine outside the Johnston Fire Department headquarters located off Atwood Avenue during a brief, yet impressive and historic ceremony highlighted by Local 1950 officials accepting two extraordinary gifts from former Johnston Fire Department Chief Alan Zambarano, now 83, and the Hose Company No. 1 Volunteers.

For starters, Local 1950 took ownership of a shiny and pristine 1936 Maxim antique fire engine that for years served as a valuable vehicle to keep the citizens of Johnston safe.

Moreover, the long-dedicated Zambarano presented Local 1950 officials with what JFD Lt. Jon Pistacchio called “a generous and sizeable donation that will help the Johnston Association of Firefighters supplement our programs that for years have benefitted many non-profit groups in town.”

Pistacchio, who was accompanied by firefighters Scott Thacker and Chris DelFino and Local 1950 Secretary-Treasurer Lt. David Pingitore, offered: “We truly appreciate the sizeable donation from Chief Zambarano and the Hose 1 Volunteers and we plan on using it to supplement our annual toy and food drives,

sponsoring several families for the holidays and our continuing effort to help our community.”

The JFD lieutenant also explained that “We plan on continuing the work of Mike Placella, Alan Zambarano and other Hose 1 Volunteers by keeping that truck in top mechanical condition. It will be seen in parades for many years to come and will be driven by our members with pride in all former members honor.”

Pistacchio then explained why people have for years labeled Local 1950 as “perhaps the most unique firefighters group in the state.”

“The Johnston Firefighters Charitable Fund was established about 10 years ago to give us a way to better help our community,” Pistacchio explained. “Over the years it has allowed us to do many things, including helping countless families in need, donating to many local charities, sponsoring various Johnston youth sports teams.”

Heading the donation list, though, is purchasing several Automated External Defibrillators, which have been placed in schools and buildings throughout the town of Johnston.

Pistacchio further added that Local 1950 builds its charitable fund through donations like the one from Zambarano and Hose Company No. 1 and that every Johnston Firefighter also donates a portion of his or her salary to the fund every payday.



**GRAND GIFT:** This is the 1936 Maxim antique fire engine that Johnston Hose No. 1 Volunteer Company donated to the Johnston Association of Firefighters during last Friday's unique ceremony.

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**TOY TROOP:** Among the Johnston Fire Department firefighters taking part in the annual Toys for Tots Drive are, in front from left: Chris DelFino and Richard Boehm. Top: Scott Thacker, Kevin Hoskins, Bob Marshall and Paul Pontarelli. (Sun Rise photo by Pete Fontaine)

# Johnston firefighters gather Toys for Tots

By PETE FONTAINE

It's a heart-warming tradition that for years has put smiles on the faces of countless children on Christmas morning.

It's also the goal of the Johnston Association of Firefighters to AGAIN fill the back end of a JFD Rescue vehicle.

It's officially known as the 11th Annual Toys for Tots Drive that is coordinated and sponsored by the Johnston Firefighters, Local 1950 and for the second time will include Steph Harris, who owns and operates the highly-popular Strings Bar and Grill located at 183 George Waterman Road in Johnston.

The Toys for Tots Drive is

actually a two-fold program, the first of which being held to help the U.S. Marine Corps Reserve fill requests to make Christmas merry for countless children from needy families by simply purchasing then placing a toy in one of the official boxes.

Thus, Local 1950 will have many cardboard boxes with logos that members place at various locations like schools and public building in town with the hopes that people will realize the on-going need to help Santa Claus bring joy into the homes and hearts of needy children on Christmas.

"We are hoping people will help fill the Toys for Tots boxes," said Jon Pistacchio, a Johnston Fire Depart-

ment lieutenant who serves as Local 1950 vice president. "Throughout the years people have been very, very generous in giving one or two toys and in some cases more ... we're hoping that that trend continues."

The second part the 11th Annual Toy Drive will be held on Wednesday evening, Dec. 8 starting at 7 p.m. when the Johnston Firefighters Local 1950 teams up with Harris' Strings Bar and Grill for a night of fun, food and music to help fill the back end of a JFD Rescue vehicle.

"Our goal, as always, is to completely fill the back of one of our reserve rescue vehicles," said Pistacchio. "Also, thank you to Steph Harris for

her continued help in providing food as well as music for the night."

As she did before, Harris provided a complimentary buffet as well as music that this year will be played by a high-energy band named Wit-zend and as Pistacchio said with a wide smile on his face: "It's rumored that Step will have a special guest like jolly ol' Saint Nick, a.k.a. Santa Claus who has visited us before for this party."

Pistacchio also mused: "There are no strings attached ... all people have to do is bring at least one new and unwrapped toy and they can enjoy the free complimentary (meal and entertainment). Steph will also have drink

specials all night so please plan on stopping by and help us fill the back end of that reserve rescue vehicle."

After the Dec. 8 event, the toys will be donated to the U.S. Mariner Corps for the annual distribution at Christmas.

Local 1950 officially launched its 2021 Toys for Tots Drive last Friday at JFD Headquarters with one of the official boxes that was nearly filled with and impressive display of toys for boys and girls.

JFD Firefighters that took part were: Chris DelFino, Battalion Chief Richard Boehm, Scott Thacker, Kevin Hoskins, Capt. Bob Marshall and Lt. Paul Pontarelli.

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**INSPIRING LIFE:** Jack and Sallyann DiIorio were moved to tears by the tribute plaque family and friends arranged to have affixed to the wall behind the circulation desk in the high school library. (Sun Rise photos by Rory Schuler)

### ■ Plaque

(Continued from page 1)

Alliance (FARA) — the organization searching for a cure for the disease that claims Matthew's life — have crossed the million-dollar mark.

"What a Thanksgiving!" said Danielian, a close family friend and one of the organizers of last Thursday's tribute to Matthew DiIorio. "(Sallyann) just found out that our fundraising efforts made the \$1,000,000 mark. We are actually at \$1,000,700. The DiIorios are beyond excited."

The plaque and dedication was a gift from Sallyann and Jack DiIorio's close friends: Donna and Jeff Danielian, Harriet and Mike Sukaskas, Kathy and Ed Medici, Maureen and Vito Sciolto, Joanne and David Thomas, and Pat and Allan Waterman.

Donna, Harriet, Maureen and Sallyann met in the first grade, and have cherished a 60-year life-long friendship.

Harriet Sukaskas read a tribute to Matthew, who passed away in July at age 40. He had been fighting a decades-long battle with Friedreich's Ataxia (FA), a debilitating neurodegenerative disorder.

The Johnston native was diagnosed with the illness in 1994 at age 13.

"We all agree that our time with Matt was much too brief, but when we think about the experiences he was able to share with us the word that comes to mind is 'impactful,'" Sukaskas told the crowd gathered in the library. "Do you recall the traffic jam his funeral mass caused and the astounding number of people who filled the church pews, the church

foyer, and the church parking lot? These people were young and old, close friends and mere acquaintances, his doctors, his teachers, his coaches, his football watching buddies, his college friends, his high school friends, his FARA team, and the list goes on and on. Matt left his mark wherever he went. He impressed all those who came in contact with him."

During his life, Matthew was a tireless advocate for FARA. He found comfort in helping others who struggled with the same disease. He found strength in building up others.

"Johnston High School was a good fit for Matt," Sukaskas said. "He actually had to fight his mom and dad to get back to Johnston after a short time at Mount Saint Charles, and we are so thankful that he won that battle. He chose to participate in all that (Johnston High) had to offer. He danced to 'I Feel Pretty' at a Senior Send-off. He managed the Panther basketball team earning him an induction into the Athletic Hall of Fame. He worked on class floats, and he traveled to the Grand Canyon, Las Vegas, and New York on class trips. He was chosen king of just about every event including Homecoming, which is quite an honor, all while achieving academic success."

The school was good for Matthew, and Matthew inspired everyone he met.

"Yes, the school positively impacted Matt, but the impact Matt had on the students and faculty at J.H.S. was far more significant," Sukaskas said. "Fortunately, Matt's influence will continue through the DiIorio Family Scholarship generously set up by his brothers,

Nicholas, Andrew, and parents, Sallyann and Jack. This scholarship benefits students facing challenges in their lives. Matt tackled each and every challenge placed in his path. He did not allow his circumstances to remove him from the scene. He thrust himself in the middle of it all and showed others how to live. The lessons he passed on to those around him at Johnston High School and elsewhere are far greater than anything learned in the classroom. For that reason, we felt Matt's legacy of grit and determination should forever be on display at Johnston High."

Johnston Public Schools Superintendent Dr. Bernard DiLullo Jr. offered remarks. School Committee members Robert LaFazia, Joe Rotella and Sue Mansolillo, and Town Council member Lauren Garzone, attended last Thursday's tribute.

Faces from Matthew's school days were also in the crowd — Greg Russo, Matt's former class advisor, and Jim Hopkins, the varsity basketball coach when Matt managed the team for four years.

Matthew was the first recipient of the Gary Mazzi Hall of Fame Lifetime achievement award.

A golf tournament and a race (The Race for Matt and Grace) are held annually in his honor.

Meanwhile, the battle against FA continues. Matthew's family and friends have pledged to continue the fight.

Donations can still be made to FARA in Matt's memory. More information can be found at [www.curefa.org/rfmng](http://www.curefa.org/rfmng) (checks to FARA may be mailed to 533 W. Uwchlan Ave., Downingtown, PA 19335; reference RFMG).

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**HAPPY HOLIDAYS:** Melissa Patrone, one of the many long-time volunteers who has worked tirelessly in presenting past PTSO Holly Fairs at Johnston High School will be decked out in holiday garb and welcoming vendors, shoppers – and Santa Claus – to the 10th annual event on Saturday, Dec. 4.

# PTSO plans 10th Holly Fair

By PETE FONTAINE

Excitement is running rampant on Cherry Hill for what promises to be a "Perfect 10" holiday extravaganza.

In short, the Johnston High School PTSO (Parent-Teacher and Student Organization) will continue its storied tradition of hosting what has been a highly-successful and popular Holly Fair which in past years has transformed the cafeteria into an extraordinary winter wonderland and shoppers paradise.

The date is Saturday, Dec. 4 and it will be the PTSO's 10th Holly Fair which was cancelled last year due to the COVID-19 Pandemic.

"We are excited to announce the return of the Holly Fair," said President Lance Niles, who recently succeeded Melissa Patrone as chairperson. "Interest has been running high among vendors and this could be our biggest event ever."

That means that the PTSO will be able to continue its great work of raising money that enables the super support group to present scholarships to graduating JHS seniors.

"We are excited to give our community an opportunity to reconnect this year and bring a little bit more normalcy back to our lives during the holiday season," Niles said while

announcing the Holly Fair will run from 9 a.m. to 4 p.m. inside the spacious JHS cafeteria. "We will have approximately 30 or more vendors and have verbal commitments from others that could boost our total to 40 on Dec. 4."

Moreover, the PTSO is bringing back its very popular Calendar Raffle featuring prizes donated by local businesses. Niles also announced "that (Calendar Raffle) drawings will be held during February and is another way for us to address student needs at the high school during the school year as well as to fund scholarships for deserving seniors at graduation in June."

Niles also announced the PTSO is still accepting vendors for a small fee of only \$30 for an 8-foot by 6-foot space and that interested business owners should contact the Chairperson at lance.c.niles@gmail.com.

Everyone in Panther land, from Johnston School Supt. Dr. Bernard DiLullo to Patrone is looking forward to the Dec. 4 Holly Fair which has been a unique holiday tradition for a decade.

"Christmas will again be in the air," Patrone noted. "Even Santa Claus will make his annual visit to Johnston."

As has been a highlight of previous Holly Fairs, parents – and even

grandparents – will be able to have their favorite student's picture taken with Jolly Ol' Saint and as Patrone and other PTSO volunteers emphasized will be able to purchase everything from home baked goods to such unique gifts as luminary bottle creations to custom-made pipe lamps.

In the past, Holly Fair shoppers have been able to purchase a variety of specialty jewelry, different kinds of apparel, specialty signs and Christmas wreaths and unique colorful and custom decorations, as well as handmade luminary lights made from scratch using various bottles.

"The Holly Fair has always been an important, interesting and impressive event," Niles offered with excitement reining in his voice. "I'm proud to be part of the PTSO that has always done a great job a great job organizing this special event that helps raise money to support various student awareness programs, class functions and rips for Johnston High School students."

Admission to the Holly Fair is free and there will be plenty of parking at JHS and the opportunity for people to do some early Christmas shopping that is also designed to bring holiday cheer to young and old alike.



**WINTER WONDERLAND:** This is what the Johnston High School cafeteria will look like on Saturday, Dec. 4 when the PTSO presents its 10th annual Holly Fair that will have upwards of 40 vendors and offer people to do some early Christmas shopping.



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

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**COLOSSAL COLLECTION:** Members of SADD (Students Against Dangerous Decisions) surround the extraordinary collection of food they collected during their annual drive. In front are Ryan Schino, Anthony Gawlik, Emily Klein, Rachel Ixocoptech, Charles Curci and Nicki Aucone. Behind are Gabriella Marandola, Rebecca Clements, Charlene Hohlmaier, Janet Clements, Phil Costantini, Lauren Hill and Gianna Ricci. (Sun Rise photos by Pete Fontaine)



**PROUD PANTHERS:** It took everyone from JHS Principal Dr. Donna Penacchia to SADD Advisor Greg Russo and students Ryan Schino, Phil Costantini and Anthony Gawlik to load three vehicles with non-perishable foods collected during SADD's annual Food Drive.

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**PRESIDENT'S PALS:** JHS SADD officers Vice President Rachel Ixocoptech, President Charles Curci and Secretary Nicki Aucone are holding boxes filled with food students collected to fill two food pantries in Johnston.

# SADD fills pantries to help feed the community

By PETE FONTAINE

There was nothing — absolutely not one thing — SADD about the fun and smile-filled event that took place last Friday morning inside the main lobby at Johnston High School.

More than a dozen students, who were backed by Principal Dr. Donna Pennacchia and Science Department Chairman Greg Russo, gathered to celebrate then deliver what amounted to three huge loads of non-perishable items collected during the JHS Students Against Dangerous Decisions (SADD) Annual Food Drive.

Likewise, as Russo — who also serves as advisor for SADD and Student Council at JHS — explained: “As the season of giving approaches, once again the students, faculty and staff at Johnston High School demonstrated their sense of community by conducting their annual food drive that was again a special success.”

Russo also explained that “the food drive has been an annual event on the calendar for many years and has provided local churches with an abundance of

both canned and packaged food items. The members of SADD are responsible for organizing the event, which involves the collection of food each day for one week each morning during their homeroom level.”

He said the event is announced in advance and a friendly competition among classes is incorporated as a further incentive to make the drive a success. The homeroom that donates the most food items is treated to a complimentary breakfast during the school day at a local restaurant. The second and third place homerooms also receive prizes such as muffins and donuts delivered to their homerooms.

This year’s winner was Mrs. Dove’s sophomore homeroom 106, with second place going to Mrs. Forgetta’s junior homeroom 109, and in third place was freshmen homeroom 125.

So, last Friday morning SADD President Charles Curci, Vice President Rachel Ixocoptech, Secretary Nicki Aucone led the student group that first carried boxes upon boxes filled with all those food items, and loaded them into pick-up trucks parked in front

of JHS. The items were later delivered to help fill the Food Cupboards at Our Lady of Grace and Saint Robert Bellarmine Roman Catholic Churches, both located in Johnston.

There was so much food that Lou Cotoia, the Resource Officer at JHS, also filled his JPD vehicle with food, which proved to be a huge help for the delivery.

Meanwhile, Russo announced that Isabella Barrette collected and brought in the most food items and she will receive a discounted ticket to the annual Holiday Ball.

“Congratulations Isabella,” said Russo, who also issued a special thanks to Principal Dr. Pennacchia and Vice Principal Mrs. Volante and all the teachers that inspired the students.

Likewise, Russo added that “a great deal of gratitude goes to the members of SAAD that organized collected food items each and especially President Charles Curci, Vice Present Rachel Ixocoptech and Secretary Nicki Aucone for their hard work that led to another successful and heart-warming food drive.”

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# SUN RISE SCOOPS

By Meri R. Kennedy

## 7th annual Fez-tival of Trees

On Thanksgiving weekend, the Rhode Island Shriners will host their seventh annual Fez-tival of Trees. The event will take place on Saturday, Nov. 27, from 11 a.m. to 5 p.m., and on Sunday, Nov. 28, from 11 a.m. to 4 p.m. at Rhodes on the Pawtuxet, located at 60 Rhodes Place in Cranston.

There is a suggested \$2 donation for adults at the door, and children 12 and under are admitted at no cost. There will be tree and wreath displays, free children's activities, table raffles, a 50/50 cash raffle, penny socials, a holiday marketplace featuring crafters and artisans, refreshments at Mrs. Claus's Café, musical entertainment and more. Tree and wreath raffle drawings begin at 3 p.m. each day.

The event is the largest fundraiser for the Shrines each year. To learn more, visit [www.rhodesonthepawtuxet.com](http://www.rhodesonthepawtuxet.com).

## Ocean State Artisans Holiday Craft Show

Ocean State Artisans will host its 30th annual Holiday Craft Show from Friday, Nov. 26, to Sunday, Nov. 28, at its new location at 1276 Bald Hill Road in Warwick. The event runs from 9 a.m. to 4 p.m. on Friday and Saturday, and 10 a.m. to 4 p.m. on Sunday. Admission costs \$3, with \$1 off with a canned food donation. To learn more, visit [www.oceanstateartisans.com](http://www.oceanstateartisans.com).

## Mental Health: Finding help and hope through NAMI-RI

The mission of the Rhode Island chapter of the National Alliance on Mental Illness (NAMI- Rhode Island) is to offer education, resources and support to all whose lives are touched by mental illness; to advocate at every level to ensure the rights and dignity of those with mental illness; and to promote research in the science and treatment of mental illness. Currently, we are offering Free and Virtual programs for schools, families and consumers.

For more information on NAMI- RI and our programs and services, please contact them at: <http://namirhodeisland.org> or by phone at 401-331-3060 Email: [info@namirhodeisland.org](mailto:info@namirhodeisland.org)

[namirhodeisland.org](http://namirhodeisland.org).

School presentations for Middle and High School audiences: "Inside Mental Illness" and "Ending the Silence" are available for students, faculty/staff, and families using virtual platforms.

Family Support Groups and Family education programs: Family Support Groups are currently available virtually; our Family-to-Family education course is taking registrations for its next virtual session.

Peer/Consumer Support and education programs: Peer support groups are held both virtually and in small, socially distanced in-person settings.

Volunteer Opportunity: Are you interested in becoming a volunteer at NAMI Rhode Island? For information about training email [info@namirhodeisland.org](mailto:info@namirhodeisland.org) or call 401-331-3060.

## E.G. Art Club news

The East Greenwich Art Club will have a meeting and demonstration on Tuesday, December 7th, from 7-8:30 p.m., at the First Baptist Church, 30 Pierce Street, East Greenwich. Use the Montrose St. entrance on the side by the parking lot. The meeting is free and open to the public. Light refreshments will be served. Lucas J.X. Kolasa, an international artist and teacher, will have a demo and lecture titled, "How Our Eyes See Our World with Rods and Cones". Kolasa will explain how our eyes transmit the information to our brains. He will show how he uses a technique called pointillism to create portraits using paint filled syringes. For more information, contact the club at: [info@eastgreenwichartclub.org](mailto:info@eastgreenwichartclub.org) or [www.eastgreenwichartclub.org](http://www.eastgreenwichartclub.org).

## New Donation Center for Big Brothers Big Sisters

Big Brothers Big Sisters of Rhode Island (BBBSRI) will open a new Donation Drop-Off Center at 993 Oaklawn Ave. on Dec.1. BBBSRI's main headquarters has been located on Pontiac Ave. for 12 years. With its headquarters moved to Providence this November, BBBSRI had to find a new location for its Cranston Drop Off Center.

Residents are encouraged to drop off bagged clothing and textiles at the new location, 993 Oaklawn Avenue (next to Gasbarro's Liquor Store plaza) Monday - Saturday, 9 a.m. - 5 p.m. The location is staffed with an attendant during these hours. During off-hours, residents can conveniently drop bagged items into one of BBBSRI's green donation bins located in the parking lot.

BBBSRI makes donating easy. In addition to our Donation Center, residents can also schedule a free curbside pick-up at their home or drop their bagged cloth in bins throughout the state. Visit [BigsRI.org/DonateRI](http://BigsRI.org/DonateRI) to schedule your pick-up online or find your nearest bin.

Big Brothers Big Sisters of Rhode Island creates and supports one-to-one mentoring relationships that ignite the power and promise of youth. If you are interested in mentoring a child, donating to support our program, hosting a clothing drive, hosting a clothing fundraiser for your school or group, or more, visit [www.BigsRI.org](http://www.BigsRI.org), call (401) 921-2434, or email [events@BigsRI.org](mailto:events@BigsRI.org).

## Tour the Johnston Historical Society

Just a reminder that Tuesdays, 6 to 8 p.m. are open hours at the Johnston Historical Society. Tour the museum! Tour the Elijah Angell House! Ask all the questions you ever wanted to ask about Johnston history! All are welcome!

Contact the Johnston Historical Society at 231-3380 or at [johnstonhistorical1825@gmail.com](mailto:johnstonhistorical1825@gmail.com), [www.johnstonhistorical.org](http://www.johnstonhistorical.org) or [www.facebook.com/johnstonhistorical](https://www.facebook.com/johnstonhistorical).

## Youth basketball opens for registration

Youth Basketball Registrations now being accepted at the Recreation Department in Johnston. Please visit [www.johnstonrec.com](http://www.johnstonrec.com) for more information, and to download/print the forms. Forms and payments can be dropped off at the recreation office at Johnston Memorial Park. (Monday-Friday, 8:30 a.m. to 4:30 p.m.) Checks and money orders preferred. (they do not accept credit card payments)

Please remember if a player is interested in playing travel

basketball, they must be registered with the rec program.

## Bingo is back

Bingo games have returned to the Johnston Senior Center.

At 2 p.m. on Thursdays and Fridays, Johnston Senior Center members can try their luck on the Bingo cards again.

During the pandemic, the games had ceased, and were badly missed. Last week, a successful Dress-Down fundraiser resulted in free Del's Lemonade for participants.

## Johnston Senior Center updates

Things are happening once again in full swing at the Johnston Senior Center. The following is list of classes and activities held daily.

On Mondays, Walk away the Pounds, Aerobics & Boot Camp, Arts & Crafts and Hi Lo Jack.

It is Walk away the Pounds and Bocce on Tuesdays and on Wednesdays it will be Bocce, Quilting, Zumba and Fit and Strong as well as Hi Lo Jack and Poker.

On Thursdays it is Walk away the Pounds, Bocce, Marg Jong, Yoga and Bingo and on Fridays it is Line Dancing, Zumba and Bingo.

## Co-ed Volleyball

The Johnston Parks and Recreation Department is currently accepting registrations for the coed middle school volleyball program. It is open to Johnston residents currently in the 6th, 7th, and 8th grade. The program will be held at the Johnston High School gymnasium. Participants will meet 3 times per week, for 4 weeks. For more information, pricing, and times/dates, please visit [www.johnstonrec.com](http://www.johnstonrec.com).

## Pet Food Drive

Defenders of Animals will be hosting a Pet Food Drive throughout the month of November. Please bring all donations to the Warwick Animal Hospital, located at 1950 Elmwood Ave in Warwick. Drop off is Monday-Friday an ask for Tonya.

## The Return of Saturday Drop-In Crafts at Mohr Library

This week, the Marian J. Mohr Memorial Library will resume Saturday hours from 9 a.m. to 5 p.m. Do some crafts in the library or take some home. They are located at 1 Memorial Ave. in Johnston.

## Mindfulness Meditation

Mindfulness Meditation will be held at the Warwick Center for the Arts, 3259 Post Rd. in Warwick on the first and third Mondays of each month. It is free and open to the public.

Their mindfulness meditation is led by Paulette Miller. The sessions offer a westernized, secular version of Vipassana, also known as insight, open-hearted, and analytic meditation. Sessions often include guided breathing meditation, movement meditation, loving-kindness meditation, and music meditation. The meditation exercises are guided and no experience is necessary.

For further information: [www.warwickcfa.org](http://www.warwickcfa.org) or 401-737-0010.

## Friends of the Mohr Public Library

Friends of the Mohr Public Library is a 501(c)3 non-profit 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 support either through donations, membership dues, or through volunteering their time.

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

# LEGAL NOTICES

## PLANNING BOARD MEETING Tuesday December 7th, 2021; 6:00 P.M.

Johnston Senior Center  
1291 Hartford Ave.  
Johnston, RI 02919

### AGENDA

#### I. CALL TO ORDER & ROLL CALL II. APPROVAL OF MINUTES III. NEW BUSINESS

**PB 20-35 - Seasons Corner Market - Public Hearing on a proposed modification of a previously approved site plan. Located at 525 Killingly Street AP 13 Lots 397 and 485 - Property is zoned - B-2 Applicant: Colbea Enterprises, LLC**

**PB 20-44 - Mill Street Apartments - Public Hearing on a proposed**

**conversion of a mill building to a 16-unit residential building. Located at 64 Mill Street AP 4 Lot 311 - Property is zoned - PD. Applicant: Geranskye Real Estate, LLC**

**PB 21-42 - NorthPoint Stonehill - Public Meeting on a Major Land Development Master Plan for a proposed warehouse facility. Located at off of Stonehill Drive between the Home Depot and the BJs AP 44 Lot 66. Property is zoned B-3. Applicant NorthPoint Development.**

**PB 21-30 - National Development Group Self-Storage - Public Meeting for a proposed Major Land Development of a self-storage facility. Located at 1357 Hartford Avenue AP 20 Lot 25. Property is**

**zoned - B-2. Applicant: National Development Group.**

**PB 21-44 - Hartford Ave Self Storage - Public Meeting for a proposed Major Land Development of a self-storage facility. Located behind 1347 Hartford Avenue AP 20 Lot 81. Property is zoned - B-2. Applicant: Commonwealth Investments Group.**

**PB 21-02 - Pillozzi Private Road Subdivision - Preliminary Plan and Public Meeting of a Minor Subdivision. Located at 30 Hopkins Avenue AP 57 Lot 77 - Zoned R-40. Applicant Anthony and Emilio Pillozzi. A Public Meeting on a proposed 2 lot subdivision where one lot will be accessed off of a private road and the other lot will have access to**

a Town Road. A variance has been granted by the Zoning Board to permit one lot to be undersized.

#### IV. ADMINISTRATIVE REPORT & SPECIAL ITEMS

##### 1. Comprehensive Plan Update

##### V. ADJOURNMENT

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

11/19, 11/26, 12/3/21

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## Request for Bids Town of Johnston

### Video Surveillance System- Senior Center - Re-bid

The Town of Johnston is requesting bids for a Video Surveillance System-Senior Center- Re-bid. Bid specifications are available at the Johnston Town Clerk's Office located at 1385 Hartford Avenue, Johnston, RI 02919 beginning November 26th, 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](http://www.townofjohnstonri.com). There will be a mandatory pre-bid conference at the Senior Center, 1291 Hartford Avenue, Johnston, RI 02919 on November 30th, 2021 at 10:00 am. Sealed bids will be accepted until 10:00 am, December 6th, 2021 at the Johnston Town Clerk's Office at the above address and will be opened publicly at that time. The Town of Johnston reserves the right to reject any or all responses or parts thereof, to waive any informality in them, or accept any bid deemed in the best interest of the Town. The Town of Johnston will offer interpreters for the hearing impaired provided the request is at least three (3) days prior to scheduled bid opening by calling (401)553-8830.

Joseph Chiodo, CPA  
Finance Director



**CAUGHT IN THE ACT:** Johnston residents have been capturing images of the possible neighborhood thief from home surveillance cameras. If you capture suspicious footage, contact the Johnston Police Department (email crime tips to tips@johnstonpd.com, or call police to report a crime, at 401-231-8100). (Photo courtesy Johnston Police)

## ■ Thefts

(Continued from page 1)

ing sheds, garages and homes, and leaving exterior lights on at night."

Residents can report "anything suspicious in nature" by calling 401-231-8100.

"We are a resilient community and your police department is committed to serving you, the residents of Johnston," Razza wrote. "Thank you for your patience, understanding and cooperation during this time."

Johnston resident Kristin Badway has been checking surveillance video outside her home and spotted a man enter her yard several times.

"Looked at our Ring again, especially after we found out another neighbor had both cars broken into," she posted on Facebook recently, with a short video.

The video shows a suspect wearing a hood and mask, enter the yard, try her car door handles, and then ride off on a bike with blue LED lights on the wheels.

"I work hard and I feel violated and unsafe," she said on Tuesday.

Another Johnston resident, Wendy Forbis Buono, watched someone enter her yard.

"If you have the drive to be up that early, out in the cold to steal from hard working people, why not just get a job?" She asked. "Seems a lot easier to me than committing a crime."

Thieves have even swiped a wheelchair from one Johnston family.

"Whoever took my wheelchair out of my driveway, please return it," Mary Bennett's daughter Amy posted on Facebook earlier this week. "No questions asked. And return the folding tables also. Police have been contacted. Why would you take someone's wheelchair? Would you want someone to take your Mom's wheelchair? I don't think so ... Beware everyone."

Razza said that property has been swiped from cars, but four vehicles have also been stolen in the past 10 days. In each case, it seems key fobs have been left in the vehicle's center console, making the thefts too easy for would-be thieves.

"Residents need to remove their keys from their vehicles and lock their car doors," Razza said Tuesday.

"It's a crime of opportunity," Razza explained in an interview on Monday. "We recognize it's a quality of life issue. We're not taking it lightly. We have units, marked and unmarked, out patrolling."

People who spot potential criminals often "forget the most crucial part," according to Razza.

"I appreciate people reaching out to me, but they have to realize, when something's occurring they need to call police," Razza said. "Sometimes they forget that step."

Residents can email

crime tips to tips@johnstonpd.com, and call police to report a crime, at 401-231-8100.

Locking car doors, however, can stop most thieves in their tracks.

"We have not had one occurrence where a car window was smashed," Razza said. "They'll rummage through it, and if there's something of value, they'll take it. Like I said, we recognize this is a quality of life issue. We are on it. It is getting addressed."

Johnston Mayor Joseph M. Polisenia echoed Razza's instructions.

"It is alarming," he said Monday. "I remind people to lock their doors. Unfortunately this is a society where we have to keep our doors locked. And if you see someone walking around or riding a bike after midnight, call the Johnston Police. I just ask people to be very vigilant and watch out for their neighbors. And keep your doors locked! He tries the door; if the door's open, he hits the lottery."

Police are looking for more surveillance footage of property intruders. Razza and his detectives have been able to pull images of suspects from several residents' cameras, but need more clear images to build a case.

"You get any type of video, call police," Polisenia said. "My detectives are working overtime to find out who this person is. We don't want this coming into our community."

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**OCEAN STATE ARTISANS**  
30<sup>th</sup> Annual  
**Holiday Craft Show**

Friday, November 26<sup>th</sup>, 9am-4pm  
Saturday, November 27<sup>th</sup>, 9am-4pm  
Sunday, November 28<sup>th</sup>, 10am-4pm  
1276 Bald Hill Rd., Warwick, RI  
(Summit Square)

\$3 Admission - \$1 off with canned good donation  
All admission fees are donated to local charities

NEW Location!  
New Location! \* 3 Days! \* Local Artists! \* Handcrafted gifts! \* Santa and Mrs. Claus!  
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Neighborhood Health Plan of Rhode Island is a health plan that contracts with both Medicare and Rhode Island Medicaid to provide the benefits of both programs to enrollees.

Neighborhood Health Plan of Rhode Island ©2021

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Aruba

Photo credit: Karen Kalunian

Warm your heart & soul, adopt Aruba! This gorgeous young girl is waiting for you at Scruffy Paws Animal Rescue! She's a gentle girl, a little shy but once she feels comfortable she loves to purr! She will make a wonderful companion and just look at her face so cute! Scruffy Paws is located in Warwick, RI but is currently showing animals by appointment only so please email them for more information at [scruffypawsanimalrescue@gmail.com](mailto:scruffypawsanimalrescue@gmail.com) and maybe this sweet girl will become part of your family just in time for the holidays!

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

# giving Tuesday

buy one, donate one!



During the week of Giving Tuesday (November 28 through December 4), make an online purchase from any one of these pawesome local businesses, and they will donate an item to a local shelter or rescue. Donated items will be distributed by Karen Kalunian of Animal Talk!



Paisley, rescued by Friends of Homeless Animals wearing an Andrea's Custom Collar

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**LOTS OF PLACES FOR TREES:** Jonathan Confreda outside Confreda Farm on Scituate Road in Cranston. In expectation of a delivery of Fraser firs, which arrived this week, Jon had the stands his grandfather welded ready to go. (Sun Rise photos by John Howell)

## ■ Trees

(Continued from page 1)

Canadian growers by surprise. Harvesting the trees was more difficult not only because of the snow but also a lack of employees. Topping that off was a lack of truck drivers.

Morris said his wholesale supplier told him when the 2008 recession hit, farmers cut back on planting and now we're feeling the effects.

Another possible cause, which was named in a recent National Public Radio report was that in order to meet the high demand for trees in the midst of the pandemic last year, farmers cut trees that would have been harvested for this Christmas.

Leyden has heard of possible tree shortages this year and evidently so has the public. He opened on Veterans Day weekend to a larger than ever crowd. He's finding people fear of being caught without a Christmas tree.

A visit to the farm on Saturday found a steady stream of customers.

"We're not taking a chance (of not getting a tree)," said Jacqueline Travisono who had picked out the tree she and her husband Matt wanted to

bring home. "We need some Christmas cheer."

John Leyden's brother Matt obliged with a chain saw and soon the tree was headed to the Travisono home in nearby Richmond.

Leyden's fields of trees are a mix of species and ages. That's the way he planned it, saplings growing in the shadow of larger trees so there's young growth to take the place of those bound for the prime spot in a living room. What he calls a family tree takes about 12 years to reach six to eight feet. The "commercial" trees are 10 to 14 feet.

While Leyden has plenty of trees - 100,000 over 70 acres - and no supply chain issues since customers get their trees right from the source, finding a Christmas tree this year from your favorite vendor may be more difficult and the price could be considerably more than prior years.

### Reports of shortages unwarranted

According to a release issued by the Christmas Tree Promotion Board of the National Christmas Tree Association (NCTA), trade association that represents more than 700 active member farms, 29 state and regional associations, and more than

4,000 affiliated businesses, "Taking into account their harvests and wholesale demand, the consensus is that although the supply has been tightened by a variety of things, including bad weather and supply chain issues, warnings of mass shortages are unwarranted."

As for stories as to what happened in 2008 and how it has impacted the supply of trees today, the CTPB reports during the 2008-2011 recession, many big growers, wholesalers and choose-and-cut growing operations went out of business or retired, triggering a drop in supply. In response, other large growers and new farmers began planting more trees following the recession and those will be available in the coming years, returning to more normal or even above average supply.

The CTPB said a tightened supply would vary by location since any given supplier may have greater or fewer options to provide any given retailer.

"Some consumers may not find the exact tree that they're looking for in the exact place they look for it, but there will be trees available within shopping distance."

### Tree prices

Price may be an issue in some cases.

Morris sold his Frasers for \$70. Customers so trusted his judgment that they would annually leave off their tree stands, let him pick the tree and have him deliver and set it up in their home. A search on the internet found Frasers at Home Depot and Lowe's selling for more than \$100.

Leyden hasn't upped his prices. Family trees sell for \$60 and commercials for \$85. When he gets his shipment, Confreda will be selling small trees for \$29.99 with the bigger ones like 14 foot Frasers going for \$300.

Fraser firs, Leyden said, have gained in popularity along with the balsam fir. He also has blue spruce, Douglas fir, white pine and Concolor firs.

So far, says Confreda, he's been lucky. "So much can go wrong this year," he said listing interruptions in the supply chain, lack of trees and the weather. But he's got a hunch that this is going to be a spectacular year for trees. He's thinking he'll sell 1,000 trees. His first delivery of trees arrived this week.

He could be right about the demand, but will there be trees?

### A GREEN HALO:

Victoria Sullivan holds up one of the boxwood wreaths she made for sale at Morris Farm. Finding the hoops for the wreaths has been difficult because of the supply chain.



# Johnston police warn residents of approaching 'porch pirates'

By RORY SCHULER

While Johnston Police search for those responsible for several car thefts and break-ins, they'd like to remind residents to be on the lookout for "porch pirates."

"'Tis the season to be jolly and not be the victim of porch pirates," according to a press release distributed by Johnston Police Chief Joseph P. Razza. "Supply chain issues have people shopping for that special gift earlier than ever, and porch pirates have an eye out for your home deliveries. If left unprotected, your packages may become the target of thieves."

Razza said package theft reports dropped off dramatically last year during the pandemic. The year prior, however, package thefts were rising exponentially. This year, with the pandemic waning, the potential for criminal theft of packages from Johnston's front porches may be ripe.

"Since the advent of Amazon, even more items delivered to people's residences," Razza said Monday. "It's not uncommon in other jurisdictions as well. This year, we wanted to get out in front of it. We want to tell residents to be mindful and cognizant of their property."

Razza recommends following several easy steps that can help ensure packages are safely delivered and received:

- Have packages delivered to your work, or to the home of a relative or friend that you know will be home.
- Have your package held at the local post office for pickup.
- Take advantage of "ship to store" options that many stores offer. Amazon offers a "locker" feature that allows a package to be picked up from a secure location.
- Request a signature confirmation upon delivery.
- Ask carriers to place packages in an area out of plain view.
- Install a video doorbell or use motion-activated lights. Keep your home well lit.
- Make it look like you are home.

"We'll be out their patrolling, especially in our residential districts, and we'll be utilizing marked and unmarked police vehicles," Razza said. "We're looking at adding to our naughty list, so be a good neighbor and report all suspicious activity."

If you spot suspicious activity, you can email crime-fighting tips to tips@johnstonpd.com. If you are the victim of a crime, or witness a crime, you can call Johnston Police at 401-231-8100.

FROM THE JOHNSTON LIBRARY

## Dr. Fine holds reading and discussion

By JON ANDERSON  
Special to the Sun Rise

On Dec. 8, at 7 p.m., author Michael Fine will be at the Mohr Library to read from his short stories and to have discussion.

Dr. Fine is a family physician, former director of the Rhode Island Department of Health, and a writer of both nonfiction and fiction. His novel and short fiction are in some ways no more an escape from reality than a news story.

Some of them seem to be built on things we might read in the local news. However, Dr. Fine sees into the lives of his characters with great empathy and wisdom, and helps us imagine the minds and hearts of people like us or whom we might encounter in our daily lives, people confronting issues that are always before us.

Reading him I see and hear these characters like they are real at times, and they help me explore the themes of freedom and care that make us human.

Dr. Fine has been at Mohr Library a few times in the past, and is both a wonderful reader, and an open and enthusiastic participator in discussion.

His book "The Bull and Other Stories" won the 2021 Independent Publishers of New England Book Award for Literary Fiction. His latest collection of short fiction just published this Fall is called "Rhode Island Stories."

I'm so pleased to welcome him to the Library, and honored to have Mayor Joseph Polisena present that night to introduce Dr Fine.

**Editor's Note:** Jon Anderson serves as the Marian J. Mohr Memorial Library Director. Watch for his column weekly in the Johnston Sun Rise.

## CharterCARE Surgical Associates Welcomes Our Newest Physicians



**Dr. Michael Lin**, a general surgeon, is based at Fatima Hospital with offices in Johnston, Cranston, Smithfield and Warwick. He joins us from Samaritan North Lincoln Hospital in Oregon. Board certified in general surgery, with special interest in laparoscopic hernia and foregut procedures (anti-reflux, para-esophageal hernias), Dr. Lin is a graduate of Middlebury College and the University of Rochester School of Medicine and Dentistry. He completed his residency in general surgery at Christiana Care Health System in Delaware and a Fellowship in Advanced Laparoscopy GI Surgery at St. Joseph Medical Center in Tacoma Washington. He can be reached at 401-943-8824.



**Dr. Guy R. Nicastrì, FACS**, board certified in general surgery, has more than 30 years of experience, most recently was with Care New England, and has a special focus on breast surgery, surgical oncology and minimally invasive surgery. A graduate of Boston College, he received both his medical degree and his masters of Science in Physiology from Georgetown University School of Medicine. He is also an Associate Professor of Surgery and family Medicine at the Warren Alpert Medical School of Brown University. He has offices in Cranston at 401-943-8824 and Johnston at 401-521-6080.



### CharterCARE Surgical Associates

- Dieter Pohl, MD
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# spotlight ON BUSINESS

## Pure White Teeth Whitening For whiter teeth and a brighter smile



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By JENNIFER COATES

A clever poet once wrote "A smile is the prettiest thing you can wear." A bright, radiant and white smile is more appealing and more captivating than the most expensive accessory you can buy, and says more about you than almost any other physical characteristic. Smiles exude confidence, self-assurance, a feeling of self-awareness.

The worst enemy of a smile is when teeth are discolored by stains that often come from coffee, red wine, smoking and even color in food. Stained teeth can make us feel self-conscious, embarrassed and inhibited.

Joe Pagliaro and Maria DeLise, the owners of Pure White Teeth Whitening, are here to tell you that you do NOT need to live with stained or discolored teeth any longer. You can have the bright smile you have always wanted.

Early this fall, Pagliaro and DeLise opened Pure White Teeth Whitening, a boutique-style studio where people who are dissatisfied with their teeth can go to, quite simply, whiten their teeth. Pure White Teeth Whitening has a mission: "Our studio is more than just a teeth whitening salon; it's a total vibe. Pure White is a place for both men and women to come and appreciate their self-care time." Customers who come to this studio on Atwood Avenue are able to completely relax in its state-of-the-art massage chairs while the easy and straightforward whitening process unfolds.

Pagliaro and DeLise have made every effort to make their customers' experience as hassle-free and stress-free as possible. The studio is spotless, modern and high-tech featuring urban-inspired artwork chosen by Joe and Maria during a trip to the iconic Wynnewood walls in Miami. Though the shop is ultra-clean and thoroughly sanitized after every customer, it does not feel sterile and clinical. No detail was overlooked when the studio was renovated and restored this summer.



The spotless studio of Pure White Teeth Whitening in Johnston, owned and operated by Joe Pagliaro and Maria DeLise, is the perfect place to enjoy a relaxing experience that literally changes your smile ~ and your outlook on life! Call 401-355-PURE today to get started.

The actual process of teeth whitening is simple, pain-free and takes just one hour. The treatment begins with a consultation which determines the shade which a guest is hoping to match. Maria then guides the customer as they fit the mouth retractor in place before she applies the whitening product. A special LED light is directed on the teeth while the customer relaxes in the massage chair. In one hour, when the process is completed, those once stained teeth are noticeably whiter, noticeably brighter.

The treatment session ends with instructions for follow-up care and a maintenance plan. It really is that simple.

If you want to feel better about your smile, this is an affordable cosmetic process that will improve the color of your teeth. Special deals are offered for first-responders, nurses and teachers. Couple sessions are also offered!

Pure White Teeth Whitening is found in a plaza at 1500 Atwood Avenue, Suite #14 in Johnston. To make your appointment, call 401-355-PURE (7873). Find them on all social media platforms. To see before/after examples of their work, visit their website at [www.purewhiteri.com](http://www.purewhiteri.com).

You deserve the gleaming "pure white" smile, waiting just for you at Pure White Teeth Whitening.

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# OBITUARY

## Caroline J. Hines



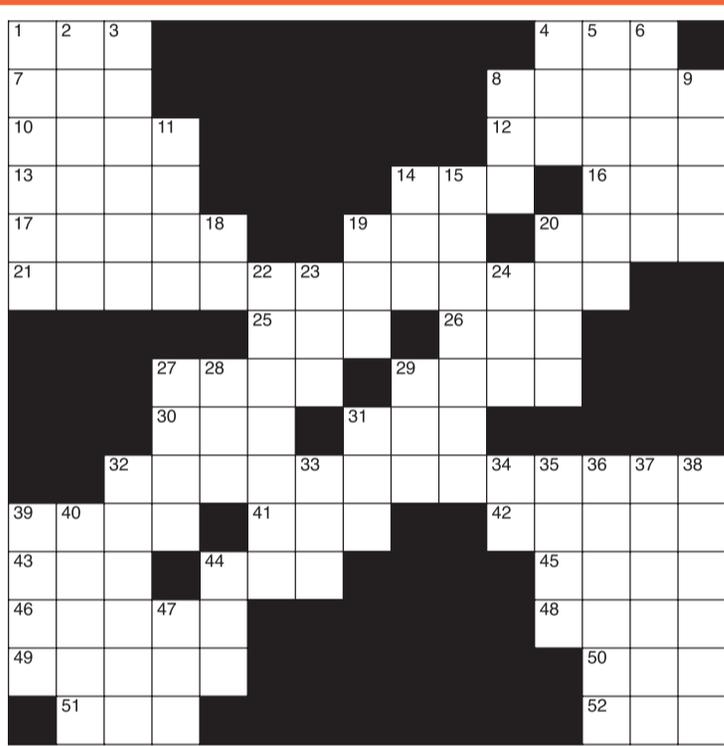
Caroline J. Hines 88, passed with her loving family by her side and was called to her eternal resting place on November 18, 2021. Born to Rocco DeAngelis and Jennie (Caparco) DeAngelis. Caroline worked for the State of Rhode Island with the school lunch program for many years before retiring. Caroline was also a Project Manager for Smith Hill Center for many years, at which she received many awards and accolades for her support of Senior Citizens. Caroline enjoyed spending time with her family and was devoted to her children and granddaughters. She was an avid reader and enjoyed cooking and having family gatherings. She enjoyed her independence and fought to preserve that to the end. Caroline enjoyed close relationships and was devoted to her three children, William Hines, Carol Ann Marzocchi and Stephanie Ferreira (Peter Ferreira). She was devoted to caring for her three granddaughters, Amber Marzocchi, Ericka Marzocchi and Jennifer Baptista. From a larger extended family Caroline was close to her siblings, Marie Vescera, Gloria Labbadia, Thomas DeAngelis (deceased), Dolores Stockel, Robert DeAngelis (deceased), Joseph DeAngelis, Elaine Zinanni (deceased) and Anthony DeAngelis.

# Obituaries

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

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

# CROSSWORD PUZZLE CORNER



- CLUES ACROSS**
1. FDNY's union
  4. Hideout
  7. Trent Reznor's band
  8. Old World tropics plants
  10. Places to stay
  12. Group of organisms from a common ancestor
  13. TV character Goodman
  14. Not around
  16. Title of respect
  17. Ceramic jars
  19. British legal authority (abbr.)
  20. A companion (archaic)
  21. Where groups of people live
  25. Indigenous person of NE Thailand
  26. Red-brown sea bream
  27. Ridge of jagged rock
  29. Meat from a pig (French)
  30. A way to save for the future
  31. Opposite of bottom
  32. A term of endearment
  39. Weight used in China
  41. You need it to hear
  42. Frighten
  43. Basics
  44. Computer data collection (abbr.)
  45. The best point of something
  46. Jewelled headdress
  48. Spoke
  49. Mammary gland of female cattle
  50. Midway between north and northeast
  51. Defunct European economic group
  52. Foul-mouthed Hollywood bear
- CLUES DOWN**
1. In tune
  2. Ending
  3. Ring-shaped objects
  4. Equal to 10 liters (abbr.)
  5. Removes from record
  6. The lowest point
  8. Plant cultivated for its tubers
  9. Dry or withered
  11. Stony waste matter
  14. Speedometer reading
  15. Each of two or more forms of the same element
  18. A baseball stat
  19. Corporate PR exec (abbr.)
  20. Insures bank's depositors
  22. Made dim
  23. Uncultured person
  24. Paddle
  27. Currency of Cambodia
  28. Pitching stat
  29. A place to put mail
  31. God of battle (Scandinavian)
  32. 10 years
  33. Resinous substance secreted by insects
  34. Losses
  35. S. American plants
  36. Void of thought or knowledge
  37. Stout-bodied moth
  38. Transferred property
  39. Russian pop act
  40. Accept
  44. A retrospective military analysis (abbr.)
  47. A type of center

## EXPLORE YOUR OPTIONS

**Medicare Annual Election Period is from October 15 to December 7**

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Mon. Nov. 29th @ 10AM  
Mon. Nov. 29th @ 5:30PM  
Fri. Dec. 3rd @ 2:30PM  
Mon. Dec. 6th @ 5:30PM

**WARWICK, RI (IN PERSON)**

Greenwood Credit Union  
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Tues. Dec. 7th @ 10:30 AM & 2PM

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A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call the phone number to the left.

For virtual events, you will receive information about how to join online once we receive your RSVP.

When attending in-person events, all staff and guests are required to follow state and federal COVID-19 safety guidelines. For more information, visit [reopeningri.com](http://reopeningri.com).

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0730 BMD-48305-1

# Buttonwoods Brewery's *Holiday Bazaar* celebrates local artists & creatives



## RhodyLife

By ROBERT DUGUAY

The benefits of buying locally are very evident once you make the purchase and those benefits are amplified during the holiday season. Buying from a local business means that the money goes directly to them and it helps continue their craft, their passion and their way of living. After the past year and a half of dealing with COVID-19, local entrepreneurs, artists and creatives deserve a financial lift. One of the best ways to help these folks out is by attending Buttonwoods Brewery's Third Holiday Bazaar which is coming back after a year off due to the pandemic on November 27 at 1p.m. Happening on 530 Wellington Ave. in Cranston, the event encourages attendees to sip on some craft beers and indulge in pizza courtesy of the Broadway Dough Company while shopping for unique gifts to obtain for loved ones, family members or themselves.

The bazaar aims to ease the stress that comes with shopping during the holidays along with celebrating the talents of the brewery's artistic friends who are regulars. There will also be a raffle taking place with the proceeds from it going to support one of the most important organizations in The Ocean State's craft beer community.

"Each year for the Holiday Bazaar, I invite some of our talented regular patrons and friends of the brewery to set up shop in our tasting room," says Buttonwoods Brewery's events coordinator Jennie Paquin. "My goal is to use our venue and space to support other small businesses, especially the ones who support us throughout the year, which is why we chose to host it on Small Business Saturday."

"Holiday shopping can be stressful, but beer helps," she adds. "We have put together a unique collection of vendors to shop from while you can relax and enjoy a beer or two. We will also be hosting a raffle table with items donated by the vendors and special items from the breweries to benefit the Rhode Island Craft Beer Diversity, Equality, and Inclusion Scholarship through Johnson and Wales University. It aims to assist women and minorities getting a start in the craft beer industry."





**HAPPY HEARTS:** Winsor Hill School Health/Physical Education teacher Susan Parillo presents student Brayden Garceau with the prestigious American Heart Association Hero Award and Medal as AHA representative Donna Tringali looks on. (Sun Rise photo by Pete Fontaine)

# Winsor Hill School has heart

By PETE FONTAINE

If you talk to people connected with Johnston public schools, they'll readily attest that Susan Parillo has "always had a heart of gold!"

Parillo, who is the Health and Physical Education teacher at Winsor Hill Elementary School and served as the long-time coach of Johnston High School's champion cheerleader program, has long been active in youth and charity works which in some cases as led to young women receiving lucrative college scholarships.

Perhaps another perfect example of Parillo's work came recently when Winsor Hill School conducted its annual "Heart Health Program" that has been part of its ongoing work with the American Health Association since the year 2000.

The entire faculty, staff and students, in fact, were excited when Donna Tringali of the American Heart Association came to Johnston armed with not one but two coveted awards. First the AHA named Winsor Hill as the Top School for the annual Heart of Gold Kids Heart Challenge.

"Winsor Hill School is excited to be recognized and rewarded with the top school award," Parillo said after Tringali presented her with a special Heart of Gold patch. "We're proud of all our students; each and every one is a Heart Hero."

One student, in particular, Brayden Garceau — was also honored with the Heart Health Hero Award for collecting more than \$1,000 himself during the campaign last year.

Thus, as Parillo related during the special awards ceremony, "Brayden loves

this program because he does it for a friend that had heart disease. He told us that this friend is the biggest contributor and he is happy to give back to this campaign because the American Heart Association has helped his friend."

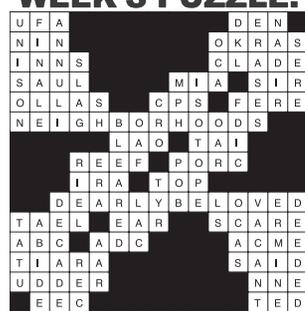
Likewise, the popular health and physical education teacher issued special thanks to all the Winsor Hill families for their continued support of this event every year.

"This is part of our Winsor Hill Cares campaigns," Parillo explained. "I am thrilled with our recognition. This campaign is especially important because we have several students and families that have had heart issues. It is also a way for us to show we care and are committed to lifelong healthy hearts."

After issuing special congratulations to

Garceau and thanking Tringali for the prestigious honor, Parillo concluded: "Let's hope Winsor Hill can have another record breaking year!"

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# JHS Q1 Honor Roll

## HIGH HONORS

Mohammed Abaherah  
Melissa Aguilar  
Amelia Akkaoui  
Aliza Almonte  
Lucas Anderson  
Benjamin Annicelli  
Allison Benoit  
Kevin Biscelli  
Trinity Blondin  
Tyler Buote  
Melanie Capraro  
Michael Cepeda  
Dylan Cerio  
Vincent Chan  
Janet Clements  
Albion Cortesi  
Giuseppe Cucinotta  
Jazmin Cuello-Pineda  
Samson D'Uva  
Kelly Dargy  
Timothy Davis  
Courtney Dias  
Michael DiIorio  
Jullia Droukas  
Willson El Hage  
Caitlin Fasteson  
Gezelle Fernandez  
Jennelle Fernandez  
Cameron Ferrara  
Victor Fragoso  
Jasmin Guerrero  
James Guilmette  
Jonathan Guilmette  
Mackenzie Hanna  
Nicholas Harrington  
Shannon Hartley  
Emma Homenick  
Malikai Hopp  
Aliyah Hunt  
Emily Iannuccilli  
Siera Jeetan  
Emily Klein  
Fujiy Kue  
Lucio La Terra Bellina  
Talia Laflamme  
Christopher LaPlante  
Jaylin Loeum  
Eric Luna  
Dylan Lussier  
Cassie Magnone  
Logan Martins  
Peyton McClish  
Jeremy Melise  
Jaylen Molina  
Carlos Monteiro  
Desiree Morales  
Andrea Muriel  
Neriah Nhar-Matko  
Brendon Norris  
Janelle Nunez  
Ayomide Olagundoye  
Lilian Oliva Garcia  
Sebastian Orozco  
Ava Palma  
Alyssa Pascale  
Emily Patenaude  
Nicole Patenaude  
Noelle Patenaude  
Joshua Philbrick  
Shannon Pistocco  
Skyla Prata  
Candace Raposo  
Tyler Renaud  
Dylan Robbins  
Yandery Rodriguez  
Janzel Roquez  
Steffi Rotella  
Phoenix Russell  
Derek Salvatore  
Kasem Sasa  
Ryan Schino  
Makayla Scuncio  
Aiden Soto  
Ariana Stoepker  
Parker Sylvia  
Carl Taglianetti  
Luke Taglianetti  
Joseph Thomas  
Jackson Troxell  
Cameron Tum  
Jacqueline Urizar

Cameron Vanstone

Victoria Venditelli  
Joseph Vento  
Dominic Whitten  
Nathen Zalisk  
Catrina Zinni

**Total High Honors: 97**

## FIRST HONORS

Joseph Acciaro  
Ferlandi Aguilar Lopez  
Saad Alam  
Carlos Alfaia  
Gianna Brodeur  
Emily Buddenhagen  
Macenzie Buddenhege  
Gerson Cabrera  
Brooklin Califano  
Georgiana Cardullo  
Joseph Centeno-Gonzalez  
Michael Chavier  
Sofia China  
Matthew Clements  
Rebecca Clements  
Haley Connors  
Glorianna Crichlow  
Charles Curci  
Adrianna Dinucci  
Alexia Evangelista  
Landon Faucher  
Zachary Ferry  
Makaila Fosu  
Amanda Giron Caballero  
Serenity Gonzalez  
Riley Guenette  
Carlos Gutierrez Deleon  
Adam Hernandez  
Charlene Hohlmaier  
Kyle Iannuccillo  
Vanessa Javery  
Faith Khang  
Brenton Lang  
Savhanna Larivee  
Aiden Lariviere  
Jared Lee  
Thadeus Leomensah  
Neko Mahony  
Chelsea Maranhao  
Balla Marone  
Alicia McCoy  
Ariana Medeiros  
Manee Men  
Benjamin Monahan  
Jacob Muller  
Gianna Orozco  
Aliyah Pagliaro  
Lexie Palma  
James Pastore  
Matthew Penafiel  
Alessandra Pesare  
Caroline Pesenecker  
Allan Pineda  
Juliana Pires  
Emily Placella  
Malakai Quinones  
Christopher Ragosta  
Isabella Ragosta  
Gianna Ricci  
Denise Robinson  
Wilkin Roques  
Lana Salamone  
Vena Seyon  
Andrew Sia  
Joseph Silvia  
Athena Sin  
Christian Sonner  
Sheyla Soto  
Brandon Souza  
Branden Testa  
Jayden Testa  
Ariana Torres Morales  
Lena Torti  
Jared Trotter  
Anghelina Vejarano  
Patrick Waldron  
Danielle Warren  
Jordan Weston  
Austin Wheeler  
Victoria Winsor

**Total First Honors: 80**

## SECOND HONORS

Jacob Abbruzzi  
Santiago Aguilar  
Logan Hayden Akins  
Abdullah Alam  
Samantha Amaral  
Emily Anderson  
Abigail Andres  
Willow Andrews  
Jordyn Araujo Johnson  
Jenna Aucone  
Nicki Aucone  
Ryan Audino  
Isabella Barrett  
Joseph Bastianelli  
Samantha Bayona  
Courtnei Beaulieu  
Benjamin Bejnar  
Annabella Brennan  
Logan Brennan  
Hailey Brown  
Fabricio Brun  
Jayden Cabreja  
Hannah Calabro  
Samuel Cambranes  
Javanna (Jonas) Carnett  
Kylie Caroselli  
Jacob Carr  
Dariana Carrascoza  
Morgan Carrier  
Ryan Carvalho  
Edward Cespedes  
Henri Chan  
Raymond Cimino  
Christopher Civetti  
Nevaeh Cole  
Elyssa Collins  
Elise Connors  
Evan Correia  
Julian Correia  
Juliana Correia  
Anthony Corsinetti  
Elliot Cortesi  
Yohani Cortez  
Phillip Costantini  
Kyle D'Alessandro  
Carprece Daigle  
Keyari Dandy  
Charley Davis  
Antonio DeFalco  
Giavanna Delsanto  
Anthony DiBiasio  
Alexia DiLorenzo  
Samantha DiMaio  
Tyler Diodati  
Dillon DiSano  
Briana Dominique  
James Estrada  
Alex Fedorchuk  
Emily Feinstein  
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Aaliyah Gagne  
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Marco Goris  
Caleb Guimaraes  
Gianna Halliwell  
Zachary Hanna  
Logan Hemstreet  
Dylan Hill  
Lauren Hill  
Susana Huezo  
Ariana Iasimone  
Jada Irons  
Rachel Ixcotoyac  
Zerek Johnson  
Hannah Kelly  
Ava Khoury  
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Elijah Odhiambo  
Aliyah Ortiz  
Yeremy Ovalles  
Edgar Pacheco-Ortiz  
David Pagliarini  
Gregory Panarello  
Alexis (Alex) Pannone  
Evin Paquette  
Dean Paris  
Gabriella Pascale  
Loren Pastore  
Abigail Patnaude  
Charlene Payne  
Preston Penn  
Jianilda Perez Figueroa  
Michael Perugino  
Daniel Peterson  
Michael Picerno  
Genesis Pineda  
Emily Pistocco  
Xavier Pol  
Jenna Poland  
Kaylee Poole  
Catherine Privitera  
Kenneth Privitera  
Alexander Quesada  
Danny Quinn  
Hailee Quinn  
Thainaliz Quinones Cruz  
Donavin Quinones  
Joshua Ramos-Ortiz  
Sydney Raposo  
Alexis Rattray  
Hunter Remington  
Noella Remington  
Noe Reyes-Estrada  
Nicholas Rianna  
Sophia Ribezzo  
Anthony Rini  
Danielson Rivas  
Debra Rivera  
Gianna Robinson  
Johan Rodas Cruz  
Jayanah Rollins  
Isaac Roman  
Diana Rosales  
Aiven Rua  
Giana Ruotolo  
Jenifer Sajbin Estrada  
Abigail Salas  
Lilianna Salois  
Joshua Sanford  
Celeste Santanelli  
Selina Santanelli  
Jesse Santillan  
Raylin Santos  
Christian Sarmiento  
Melissa Sauret  
Shanna Scopelliti  
Anthony Sevigny  
Ariel Shelly  
Victoria Sical  
Julia Sidoti  
Shane Simeone  
Jonathan Simpson  
Nathaniel Smith

Ricsa Soth  
Marlon Soto  
Shylah Soto  
Matthew Sou  
Jake Souvannavong  
Jacob Spinella  
Emmerson Sylvia  
Abraham Tillet  
Alejandra Torres Morales  
Bobbi'Sue Trahan  
Dariel Urena  
Jeremy Urena  
Jared Urizar-Santos  
Gianna Usenia  
NeAri Vasquez  
Nicolas Viau  
Nicholas Villani  
Michael Vita  
William Vizcaino  
Djoacelle Volcy  
Tavonna Williams  
Jordan Wood  
Malanya Zanni

**Total Second Honors: 206**

## THIRD HONORS

Sebastian Aleman  
Aubree Allen  
Christopher Alves  
Armani Arias  
Gustavo Barrozo  
Sean Beliveau  
Morgan Bernier  
Kalina Bonetti  
Victoria Butler  
Evan Correia  
Angel Cruz  
Nolan Cumiskey  
Alyson DelaRoca  
Kathleen DeLeon  
David Delfino  
Kylie Descoteaux  
Anthony Desmarais  
Lauren Dixon  
Linda Echeverria  
Justin Espinal  
Summer Evans  
Bryan Falcon  
Joshua Galeas  
Ayberson Garcia Cruz  
Hannah Gervais  
Kyle Glode  
Kayla Gruttadauria  
Dylan Guernon  
Fabian Guerrero  
Juan Gutierrez Deleon  
Jake Hicks  
Tyler Holton  
Logan Horne  
Dineishka Hunt  
Michelina Irons  
Noah Jemery  
John Lapinski  
Nicholas Lyon  
Elana Marfeo-Bellini  
Keimara Matos  
Nicholas Perron  
Matthew Ponte  
Nathaniel Reagan  
Rileigh Richard  
Ariana Rivera  
Gino Rizzo  
Jahaziel Rodriguez  
Katie Rodriguez  
Hailey Rose  
Alaysia Royal  
Cameron Salois  
Brandon Simonelli  
Kenneth Smith  
Skyley Soto  
Paul Souza  
Hope Stevens  
Zayvion Stokes  
Michael Stone  
Alyssa Tillson  
Kaylee Vanstone  
Arianna Velasquez  
Cameron Walker  
Nicholas Williams

**Total Third Honors: 63**

# Opinion

EDITORIAL

## Keep shopping in perspective

This week ushers in the official beginning of every consumer's favorite time of year - holiday shopping season.

Beginning with Black Friday deals and Cyber Monday specials this week, which has already expanded into a weeks-long affair on internet-based sites like Amazon, the frenzied pressure to obtain the perfect gift for every friend, coworker and loved one in your life will begin to mount and build with each passing lunch break and weekend that goes by until the New Year.

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

And although we are more than happy to repeat and shout the oft-touted merits of shopping locally at small businesses over big box and aforementioned e-giants - it is the Rhode Island way, after all - we want to use this space to preach a different message targeted towards navigating this time of year with the added perspective of the time and place we find ourselves in.

COVID has fundamentally altered the way we interact with the world, and it should come as no surprise that the pandemic has also put a massive strain on the fragility of the global supply chain. We have covered these challenges in past editorials, but it warrants repeating that this shopping season may be wrought with more items being sold out or unavailable than any year in recent memory.

Electronics and factory-made items will be scarce and skyrocketing in price as the season progresses. Don't be surprised if you can't fulfill the wishes of teenagers looking for the newest video game console or computer graphics card - the supply of these sophisticated chips is simply abysmal at the moment. But semiconductor shortages can show up in even the most unexpected of places, like any children's toy that has a circuit board inside. Don't expect to impress the fiancée with a brand-new car any time soon either.

These supply issues provide the opportunity to get back to the origins of what the holiday season is truly about. Rather than focusing on getting the most cutting-edge thing that will become just another possession, perhaps prioritize something handmade, like a photo album or framed picture, to show someone that you cherish memories with them. Impart the wisdom onto your children that the holidays are more about gathering with your loved ones (safely, and after being vaccinated if possible), than they are about material gains.

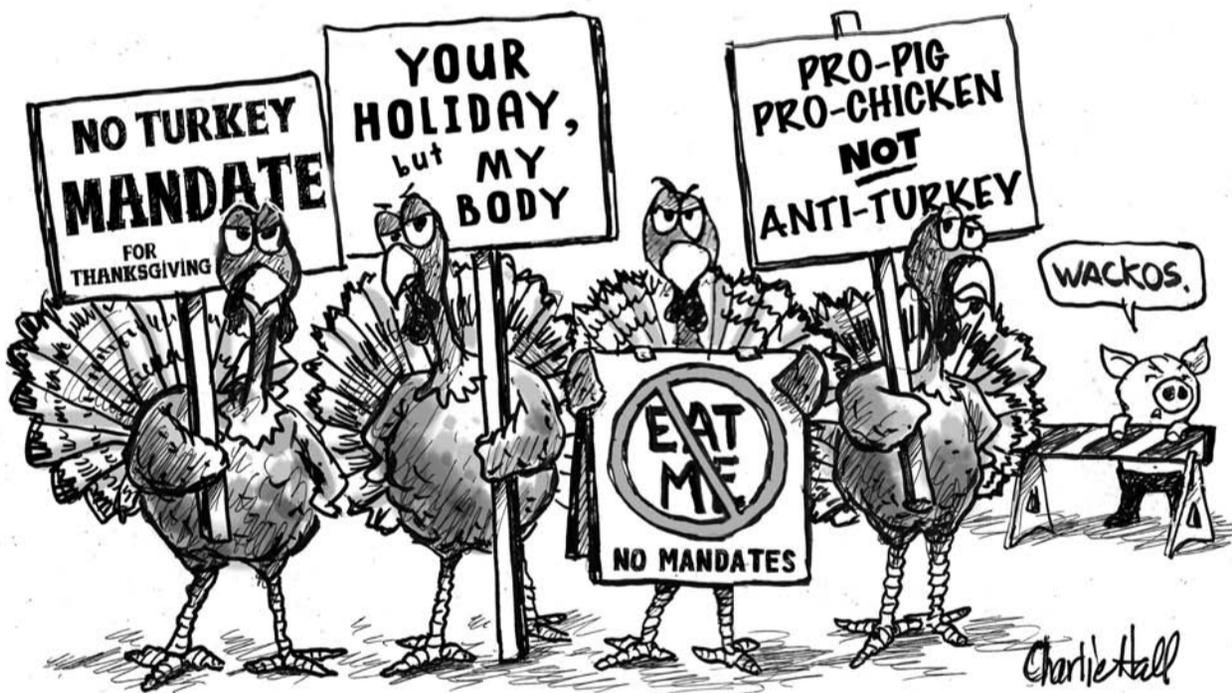
Lastly, Black Friday season has become a bit of an international meme when it comes to observing Americans at their worst moments of selfish, boorish behavior. Do not allow supply shortages to turn you into a Grinch at the shopping mall, spreading negativity to employees working through the holidays and dealing with problems far beyond their own control.

It's becoming a new Rhode Island Thanksgiving tradition. The SQUITUCKEN. It's a chicken, stuffed inside

a duck, then stuffed into a turkey, that's all shoved into a squid.



Everybody's getting into the act...



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Charlie Hall

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# COLLECTIBLES

# Hobby or Second Income?



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

and sell at auction - to much more sophisticated appraisal and auction information. While that Sunday ride to yard sales is somewhat passé and replaced with online activity on eBay or other sales sites, we still live in an antique and collectible rich part of the United States. So, we take this seriously - and have a whole lot of fun along the way, too.

In addition to becoming a sponge about this field by listening to the podcasts, there is a lot to learn online - and of course, our auction house is here, too! Right in Cranston, off Elmwood Avenue - whether you come to a Friday night "Discovery Auction" (moved from the familiar Monday nights), with items at all price points or use us to consign items for resale - or ask us for help in starting that comic book or diecast trains and cars collection, we'd love to help you get started. Collecting as an investment strategy is a very real thing, and often can be done with better payoffs than the stock market - but always with a raspberry risk.



In today's day and age, the newspaper, internet, and radio are filled with advertising about cleanouts, yard sales, buy this or that, sell this or that, paying CASH for gold, silver, and coins, paying CASH for your antiques, dusty collectibles, old toys, and comics. You name it, it is out there. Be careful. Know your resources. And know that we're always here.

Remember - everything you counted on in work and income is in flux - because the world is in flux.

The gold watch isn't in our futures. Things are often out of our control - they depend on what country is fighting what country, or where tariffs will change the markets. It's not that all you can count on these days is yourself; but if you make that "self" as resilient and prepared as you can, with resources not exclusive held in the one job you have, then you can be that rock that never moves when and if the waves crash around. Be resilient - collecting can be part of your present - and it can be your plan for a more solid future.



For those who think this "hobby" and "profession" is one for older people, it's not! I deal with people my young age all the time. I love people to get involved in doing this for hobby or added income - or just because they love celebrating things of the past as much as I do. More than that, educating is in my blood and sharing what I've learned, from the time of 9, along with my dad, is just what I do.



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# Sports



**TURKEY DAY BATTLE:** Johnston's Joey Acciardo (left, photo by Alex Sponseller) and Hunter Remington (right, photo by Leo van Dijk/rhodyphoto.zenfolio.com)

# One more game

## Panthers to rematch Pilgrim on Thanksgiving

By **ALEX SPONSELLER**

The 2021 Beacon Bowl Thanksgiving football game will have a different feel this year, as the Johnston Panthers will be making the trip to Pilgrim to take on the defending champion Patriots this Thursday. The usual Toll Gate Titans were forced to withdraw

from the event after dealing with roster issues earlier in the week. On Tuesday afternoon, Pilgrim and Johnston would come to an agreement to set up the date.

The Panthers have continued to practice since the end of their season in hopes of securing a chance to play on Thanksgiving.

"We didn't think it would be Pilgrim but we were

practicing anyway in hopes of this situation. We knew that if an opportunity came and we hadn't been practicing we'd have to pass up the chance to play, so we've been keeping the kids together. There were other scenarios and situations with other teams so we just kept practicing," said Johnston head coach Joe Acciardo.

■ **PANTHERS - PAGE 20**

## Hawks stick to the formula, Thanksgiving predictions

The Bishop Hendricken football team won its fourth consecutive state championship on Sunday afternoon by topping rival La Salle 49-40 at Cranston Stadium. It was a shootout from start to finish and became the highest-scoring state championship in Rhode Island history.

It was an unusual feeling on Sunday. The Hendricken players and fans clearly felt that they were being overlooked and certainly embraced the underdog mentality. They were pretty vocal about it.

Once again, though, the Hawks would come up with the plays in the big moments to edge the

Rams and take home another state championship plaque to add to the trophy case.

La Salle entered the game as the favorite because it had the best of-fense in the state and maybe even the most all around talent. If these two teams played each other 10 times, I'd say Hendricken would win six of them. These two teams were very close.

At the end of the day, Hendricken did what it seems to always do: Make the plays when it had to make them.

It was one of those days that I never doubted the Hawks. Honestly, even when the Rams made

### My pitch



by  
**ALEX SPONSELLER**  
SPORTS EDITOR  
ALEXS@RHODYBEAT.COM

their big plays and pushed Hendricken, it just felt that the team that played the better final few

minutes would be the one to win, and the Hawks have done that in nearly every game they've been in over the course of the past four years.

Quarterback David Lynch had a huge touchdown run, as did Brandyn Durand. Oscar Weah and Kamalie Pemberton did their part, the Hendricken defense had two big stops in the fourth quarter after being a step behind for the first three. That's exactly why I predicted a Hendricken win ... There is no team better at finishing games. Just look at the game earlier this fall against Central. The Knights outplayed Hendricken

for the first three quarters, but the Hawks flipped the switch and took the win in the fourth.

I would say after covering each team that La Salle was more talented. It had more players that opened your eyes, more speed, more playmakers. However, Hendricken ultimately had the better team.

Between experience, smarts, depth, well-roundedness, Hendricken just had a little bit more. It is always fun when these two teams get together, and this was without question the best game I have covered of this rivalry.

■ **PITCH - PAGE 20**

**■ Pitch**

(Continued from page 19)

The competitive fall sports season is officially a wrap for the Beacon Communications coverage area, however, we still have two Thanksgiving football exhibitions coming up between Toll Gate and Pilgrim, as well as Cranston East versus West.

I am thrilled to see the Thanksgiving tradition back on the rails after having to miss last year due to the pandemic. There is something about turkey and football that goes so well together and it is always a fun, family-friendly atmosphere at these events.

As most of you have heard by now, the Toll Gate football team pulled out of this year's game due to a roster issue. Luckily, the Johnston Panthers stepped up at the last minute to set up a rematch against Pilgrim. The Pats won their first meeting 14-0 in the regular season in a tight battle.

I'm expecting another close one. Although the Pats got the better of the

first game and were a little bit better as a whole this season, Johnston played its best football in its final few games and looked like the Panthers of old.

I also do not foresee a 14-point game ... I'm expecting more scoring on each side. Each offense is just too potent to have that happen again, and I think each team is going to have some fun in knowing that this is their last game of the season.

**My prediction:** Pilgrim 28, Johnston 13  
The Cranston game is fascinating if you ask me. Each team had a down fall and each team is rebuilding. Most of these players either have not played in the Thanksgiving game or played very little back in 2019 since they were underclassmen. The two teams have not seen each other yet this season, either.

I'm going with West. The Falcons went toe to toe with North Kingstown which is an obvious force and nearly - and maybe should have - beaten Burrillville who was another Division I playoff team. East is scrappy and showed some signs of life down the stretch, but I think West is just a half step ahead.

**My prediction:** West 20, East 14



**UP THE GUT:** Johnston's Dylan Martins picks up some yards.

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**■ Panthers**

(Cont. from page 19)

"Initially, (the players) were just happy to be playing at all. When we told them we had this opportunity they were excited. They weren't sure who they'd be facing, but when they found out it was Pilgrim they were excited."

Win or lose, Acciardo and the Panthers are simply happy to have one last game and to be part of the Turkey Day tradition.

"We want to go out and make sure the kids stay healthy and have fun. The pressure of a playoff game is different, we're just glad to be able to go out there and play. No matter what happens, we're lucky to have a game," said Acciardo.

"We just need to prepare like we normally do. A lot has happened in the last few weeks, so we just need to get the energy up and play as well as we always do," said Pilgrim

senior Marcus Pascual of the last-minute change.

The two clubs each made the Division III Semifinals this year and Pilgrim took home a 14-0 win over the Panthers in the regular season. Johnston trailed by just seven points with less than three minutes to go in the loss.

"It's nothing crazy, it helps that we have some background from when we played Johnston this year. It's not like we have never seen them and don't know who their players are. Our goal has always been to just be prepared to play a game. We knew that we were going to play no matter what," said Pilgrim head coach Blake Simpson.

Pilgrim senior captain Danny Halliwell is looking forward to taking on the Panthers again, this time with a healthy signal caller in Connor Widmer.

"We're going to have to change a lot of things up against Johnston but I'm just happy that we're going to have the chance to play. It's great because Connor is fully healthy which he wasn't the last time we played these guys," said Halliwell.

There will also be something else on the line this time ... a brand-new Beacon Bowl trophy that was recently delivered to the Pats, who took home the 2019 game with a 42-0 win over the Titans.

"It definitely creates some bragging rights. We are looking forward to having something to take back to the school. Last year's (cancellation) was a bit of a blessing in disguise because now we get

to finish our high school careers with one last home game in front of our crowd. That's nice," said Widmer.

Although the game will now feature an out-of-town club, Simpson and the Pats are still willing to put their hardware on the line.

"We at least got to play (Toll Gate) earlier this year, but it does take away from it a little bit especially now having a new trophy. We'll put it up for grabs though, and maybe Johnston will walk away with it," said Simpson, who is also prepared to see some new looks from the Panthers. "The challenge with these final games is that coaches tend to put all their chips on the table. You never know what kind a trick play or new formation they are going to come out with. I'm just happy that these kids, especially the seniors, will get one last game."

At the end of the day, the Pats are thrilled to have one last game together, especially the veterans.

"We're pretty amped up. We're expecting a game and we're looking to play all four quarters. I expect a game, I expect for us to go out there and enjoy the last game of our high school careers," said Brady Burke.

Halliwell added: "It's great to have one last game with these guys, this team is my family and there is no where else I would rather be. We are ready to kick some butt. We want to play, we want to win," Halliwell said.

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# Rod & reel maintenance, storage and gear seminar

By CAPT. DAVE MONTI

Fishing gear is expensive and through COVID there was a shortage so taking care of your gear is more important than ever before. And, if you are going to invest in new gear what should you look for?

Learn how to maintain your rods and reels, how to store them in the offseason and get a heads up on what to buy from rod and reel repair expert Dave Morton of Beavertail Rod & Reel at a RI Saltwater Anglers Association online seminar Monday, November 29, 7 p.m.

Why buy new gear when you can take care of gear and when necessary restore it to like new condition? Dave Morton's reconditioning process often includes taking reels apart, cleaning all the parts, replacing or repairing what is broken and worn and then everything gets put back together.

Morton has been repairing reels for over 20 years. He is a trained tool & die maker so he has the unique ability to offer customers advice and can provide machining services through his fully equipped machine shop.

Morton said, "Why purchase a new lower quality reel when you can take care of that old reliable reel and bring it back to new for less." Beavertail Rod & Reel repairs all makes and models and can get parts for most of the oldest reels. "We can also modify and customize reels for anglers of all types, including people with disabilities, enabling them to fish or fish more effectively."

The company replaces guides and tips on rods too and can be found at [www.beavertailrodandreeel.com](http://www.beavertailrodandreeel.com). Attend this seminar and learn how to take care of your gear.

RISAA members attend free. Non-members are welcome with a \$10 donation to the RISAA Scholarship Fund. Membership is \$50/person/year. For information visit [www.risaa.org](http://www.risaa.org) or call 401.826.2121.

**Whale and Dolphin Conservation joins Marine Mammal Stranding Network**

Good news for any whales, dolphins, seals, and porpoises in trouble from Marshfield to Plymouth, Massachusetts: There's a new stranding response team. This newly formed team from Whale and Dolphin Conservation (WDC) brings a wealth of experience and expertise in marine mammal stranding response. NOAA is very excited to welcome them to the Greater Atlantic Regional Marine Mammal Stranding Network.

NOAA oversees the Marine Mammal Health and Stranding Response Program. It authorizes the Network to assess the health of live animals and provide triage or rehabilitation when necessary. The Network also investigates the cause of death of marine mammals, such as during unusual mortality events of humpback, minke, and North Atlantic right whales.

What should you do if you see a stranded, distressed, or dead marine mammal? If you are in the area of Marshfield through Plymouth, call WDC's Marine Animal Rescue & Response Hotline at (617) 688-6872. For other locations from Maine through Virginia, local stranding network partners can be contacted through NOAA's stranding hotline: (866)755-6622.

**Where's the bite?**

**Striped bass.** Elisa Cahill of Snug Harbor Marina, South Kingstown, said, "The bite in the ponds has been pretty good. One of our good customers has been fishing Ninigret Pond with success. They are school bass with keeper size fish mixed in. You have to be prepared to throw a lot of different lures at them until you find one they like. They have been a bit finicky. There is action from the beaches too, you just have to be there when the fish are." Capt. Thom Pelletier of Quaker Lane Bait & Tackle, North Kingstown, said, "Not many anglers have been targeting striped bass with this cold and windy weather. Once things settle down anglers will get out again."

**Tautog and cod.** "Tautog fishing slowed a bit earlier this week



**PERSONAL BEST:** Angler Greg Spier of Portsmouth, RI with his personal best 9.35-pound tautog caught off Newport this weekend. (Submitted photo)

with the cold weather. But the fish are getting larger and larger and anglers are just now starting to go out again (Tuesday). We have also had a very good cod bite close to shore at the East Grounds, Sharks Ledge and on tautog fishing grounds off Pt. Judith and Newport with anglers catching one or two cod while tautog fishing," said Elisa Cahill of Snug Harbor Marina. Ken Ferrara of Ray's Bait & Tackle, Warwick, said Tuesday, "The fishing had been pretty good with anglers limiting out on tautog but this week so far very few anglers are fishing due to the cold weather."

Greg Spier of Portsmouth said,

"Last trip of fishing off Newport area this weekend. Beat my old new record with a 9.35-pound tautog which is first place at my Seaconnet Sportsman club for now. Ten tog, two sea bass, one cod. Outgoing tide, green crabs, jigs and sammy rigs. Limited out in two hours. Water temp 57 degrees. Great last day!" "We have been selling a ton of crabs, once the weather warms up a bit anglers will be going out again as the bite for tautog has been very good," said Capt. Thom of Quaker Lane.

"Freshwater fishing is pretty much focused on largemouth bass. Customers are using shin-

ers to target largemouth but we still have a few customers targeting trout in stocked ponds," said Capt. Thom of Quaker Lane. Visit [www.dem.ri.gov/programs/fish-wildlife/freshwater-fisheries/troutwaters.php](http://www.dem.ri.gov/programs/fish-wildlife/freshwater-fisheries/troutwaters.php) for a list of stocked ponds in Rhode Island.

Dave Monti holds a captain's master license and charter fishing license. He serves on a variety of boards and commissions and has a consulting business focusing on clean oceans, habitat preservation, conservation, renewable energy, and fisheries related issues and clients. Forward fishing news and photos to [dmontifish@verizon.net](mailto:dmontifish@verizon.net) or visit [www.noflukefishing.com](http://www.noflukefishing.com).

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## ■ Brewery (Continued from page 14)

Providence screen printing shop Teeth Like Swords Printing will be selling custom designed t-shirts and merchandise along with giving people the opportunity to link up with them and put their own graphic ideas into something tangible.

"Ninety-nine percent of our business is making merch for other businesses, so it is rare that we get to set up at events like this with our own merch," co-owner Paul Dechichio mentions about the event. "We're really looking forward to sipping on some beer and hanging out with other artists in this environment. We're also doing a special design just for this event."

Another vendor that'll be present at the bazaar is Warwick's Wantsome Horror. There will be horror and comic themed art, collectables and home decorations for anyone who likes things a little bloody and spooky.

"Wantsome Horror are the new kids on the pop-up shop block," says owner Mike Moura. "It's been very exciting to bring our love for nostalgia to life, my wife Vanessa and I can't wait for people to see what we bring to the community. If you're a forever nerd like ourselves you'll find something that speaks to you. From horror

and 80's and 90's cartoon fan art, collectables and comics to handmade jewellery and home decor I think you'll walk away with something fun, and our first stop on this journey is the holiday bizarre at Buttonwoods Brewery. I don't know a better place to have a local small business showcase, Morgan Snyder and his crew are amazing people who love to help the little guy any chance they get."

"There's gonna be so much to choose from," he adds. There's gonna be a lot of great local shops setting up. If that's not enough, Broadway Dough Co. will be slinging great pizza. If you're in the area and want to support all these great local businesses I urge you to swing by."

Other vendors include Roo Dog selling handmade dog leashes, collars and accessories, Matty Lin Stained Glass selling stained glass window hangings and ornaments, Escarghost Studio selling textile felt art and prints, Seashells and Sentiments selling seashell Christmas ornaments, greeting cards and candles, Susan Synder selling watercolor art and She Sees Sea Glass selling jewelry crafted from sea glass and pottery found along Warwick's Buttonwoods Beach. For more info on the Holiday Bazaar and the beers they'll have available, log on to Buttonwoods Brewery's website at buttonwoodsbrewery.com.

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2. **Set Reminders in Your Phone.** Harness technology for good by setting subtle reminders every day to be thankful. Reminders can come in the form of an inspirational quote, a compliment to yourself, or a simple activity like looking outside and admiring the changing colors of the leaves.
3. **Take Three Deep Breaths.** This easy practice can allow for one simple moment of gratitude. Close your eyes and take a few deep breaths, and start the flow of thankful energy. Be grateful for your breath, because you wouldn't be here without it. Continue to meditate in that gratitude for a few seconds or longer if you choose.
4. **Say Thank You.** Say thank you to everyone in your life, from friends and family to colleagues to the check out person at the grocery store. Verbalizing your gratitude is a great way to cultivate it.

Friday, November 26, 2021

5. **Smile.** Smiling makes your brain happy and it's proven by science. When a smile flashes across your face; dopamine, endorphins, and serotonin are all released into your bloodstream, making you more relaxed. Pick a day where you will smile at three random people as you walk by them, which communicates a sense of oneness and well-being.
6. **Reach Out and Express It.** Send a text message, make a phone call, write a post on social media. A simple "thank you for making my life brighter" message, in any format, can go a long way to both the giver and the receiver.
7. **Give Compliments Daily.** Whether you know the person or not, give compliments away as you think of them. Be genuine and specific. When Mark Twain said, "I can live two months on a good compliment," he only told one side of the story. While the individual who receives the praise will appreciate feeling noticed and valued (and is motivated to do more of the same), the giver can also delight in the connection.

8. **Put Inspirational Quotes Around Your House.** Whether it's written hastily on a Post-It note or framed as a piece of art, inspirational quotes and images can serve as reminders to be grateful around your house. That way, every time you sit down at your desk or walk down a particular hallway, that subtle reminder is there.
9. **Slow Down and Savor the Small Things.** Choose one everyday experience and take time to enjoy every aspect of it. For example, if you take a walk in the morning, take in all the sights, sounds, and smells. Appreciating the small things will only allow for greater appreciation of the big things.

There is never a shortage of things to be thankful for if we just take the time to look. This Thanksgiving, be sure to cultivate an "attitude of gratitude" that can last throughout the year.



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### SENIOR ISSUES

by LARRY GRIMALDI

# Echoes Still Resonate at Woodstock

Looking down from the crest of a lush green slope descending to the natural amphitheater, you can almost hear the synthesis of music, history, and social unrest surrounding 450,000 rock and roll and folk fans. You can almost see the torrential rain turning this legendary festival site into one gigantic mud pit. You can almost feel the rumbling of conflicting ideals that linked the Woodstock Music and Arts Festival—Three Days of Peace and Music (August 15-17, 1969) to an increasingly fervent and boisterous anti-war sentiment. Fifty-two years later, echoes of the Woodstock Music Festival played out on Max Yasgur's dairy farm still resonate over Bethel Woods.

Bethel, a tiny hamlet in upstate New York, was not supposed to be the venue for Woodstock. Twenty-something promoters Artie Kornfeld, Michael Lang, John Robert, and Joel Rosenman were forced to find a new location three weeks before the scheduled concert when the townspeople from Wallkill objected to the thought of hippies and rock bands disturbing their bucolic way of life.

The Woodstock Festival site was added to the National Register of Historic Places in 2017. The adjacent Museum at Bethel Woods adds color, context, and perspective to this seminal moment in American counter-cultural history. Wave after wave of rock and roll and folk devotees descended on Bethel from across the country. Hordes of young people trying to get to Woodstock forced New York authorities to seal off Interstate highways and local roads. Thousands of would-be concert attendees abandoned their cars miles away on gridlocked streets and trekked their way to the site on foot. When ticketless music pilgrims breached the security fences, Woodstock became a free concert.

The roster of performers reads like an anthology of rock and folk music Hall-of-Famers, including Richie Havens, Arlo Guthrie, Joan Baez, Janis Joplin, Jimi Hendrix, John Sebastian, and Joe Cocker. The bands included Canned Heat; Santana; Creedence Clearwater Revival (the first act signed to appear at the concert); Sly and the Family Stone, The Who; Jefferson Airplane; Country Joe and the Fish; Ten Years After; The Band; Blood, Sweat and Tears; Crosby, Stills, Nash and Young; and Sha Na Na, and many others.

At the entrance to the Museum, you can hear a selection of quotes from concert goers, townspeople, promoters and others involved in Woodstock experience. Yasgur, who became an unwilling cultural icon by defying town officials and neighbors by agreeing to allow Woodstock on his 600-acre farm, later declared to the crowd, "The important thing that you've proven to the world a half a million kids, and I call you kids because I have children that are older than you, can get together and have three days of fun and music, and have nothing but fun and music, and God Bless you for it!"

Those same townspeople, including Hugh Romney, (alias Wavy Gravy) leader of the local commune called the Hog Farm, Leni Binder, the Sullivan County local who made thousands of peanut butter and jelly sandwiches, and legions of volunteers banded together to provide food, medical treatment, and support to Festival crowd. Cooperation, fellowship, tolerance, and un-

derstanding overcame logistical and practical challenges of hosting what was christened Woodstock Nation.

Another exhibit provides a dramatic counterpoint for what came to be known as the Summer of Love. Photos, military artifacts, draft notices, and other reminders from the Vietnam War reveal the uneasy political and social moods, and intergenerational mistrust and misunderstanding of the times.

America's involvement in Vietnam began in the 1950s when then-president Dwight Eisenhower sent military advisors to Vietnam in a proxy war against Communist forces in North Vietnam, supported by China and Russia. Additional military advisors were dispatched to the country in 1961. By 1969, there were 500,000 troops were fighting in Vietnam and the anti-war movement had reached a crescendo. Before the U.S. left Vietnam in 1975, without achieving military victory or overthrow of the Communist government, 2.7 million American soldiers fought in the conflict. More than 58,000 were killed in action and another 304,000 were wounded. His reputation badly damaged by a campaign of misinformation to the American people about the Tet Offensive, Lyndon Baines Johnson declined to run for president in 1968.

The Museum at Bethel Woods is a retrospective on the music, fashion, media, and social trends of the era. At the Aquarian Theater, visitors can view a short documentary and listen to clips of musical performances. Other exhibits showcase tickets, programs, newspaper clippings, period bus and car exhibits, and other artifacts and memorabilia. Wandering through the Museum is a trip in the time machine for those of us who lived through that turbulent era.

After finishing my tour, I walked back to the field, closed my eyes, and tried to visualize a stage where some of the most influential musical artists of the day performed, and a sea of humanity camped on the hill. I may have arrived 52 years too late, but I sensed the Woodstock aura and understood its impact on a war-weary nation struggling for unity and sense of common purpose. Concert goer put the experience in perspective saying, As concert goer Jim Shelley, recalled, "We came for the music; we left with a legacy."

Leaving the field, I wondering if heeding the lessons of Woodstock could heal our Republic and unify the nation. Can we rediscover a sense of common purpose? Can we reintroduce tolerance, respect, patience, cooperation and compromise into our national conscience? Can we return to civil discourse? Only time holds the answers.

*Larry Grimaldi is a freelance writer living in North Providence. Comments can be e-mailed to [lvgrimaldi49@gmail.com](mailto:lvgrimaldi49@gmail.com)*

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# Ready, Set...VOLUNTEER

## what non profits look for in seniors

**Editors Note:** Don Fowler spent his entire professional career as a non-profit Association Executive, and in retirement has found enjoyment on the other side of the desk. One of his primary responsibilities with the Boy Scouts, Chamber of Commerce, and two professional associations was to recruit volunteers. Don offers some suggestions for seniors looking for opportunities to volunteer...and what to watch out for in the process.

Why in the world do people volunteer? The fact is that most people don't. Most men learned not to volunteer in the armed services. Most kids learned to never raise their hand in school, or they would be forever labeled with a nickname that would stay with them for years.

The word "Volunteer" is a misnomer. Webster defines it as "A person who enters or offers to enter into a service of his/her own free will, without being compelled to do so by law." The reality is that most people "volunteer" because someone asked them.

Non-profit associations are always looking for committed, dependable people to serve on their Boards, become leaders, raise money, or just do the nitty-gritty jobs that need to be done.

In fact, many paid professionals' suspicions are aroused when someone volunteers out of the blue.

### What Non-Profit Leaders Look For:

1. Community Leaders. Organizations want volunteers who are well known and respected in their community . . . people who are not afraid to tap their friends and acquaintances for their money, time and assistance.
2. Diversity. In the old days, most boards were composed of middle-aged white males. Today, associations look for volunteers who better represent the people they serve. Women now serve as Presidents of local YMCAs. Clients or former clients now volunteer for organizations that helped them in the past. Ethnic diversity is important to organizations, both at the Board level, and working in the trenches.
3. Busy people. People who just want to get out of the house don't always make the best volunteers. Professionals look for people who are active, busy "doers", basically those who know how to juggle their schedules and find time to assist.
4. People who are not afraid to ask for money. The old adage among the professional executive is that "People give to people, and not to causes". If you are willing to help with fundraising, you are a prime candidate.

### What To Watch Out For

When looking for a place to volunteer, you should take a close look at the organization. What are its goals? Who is on its Board of Directors? Is it financially stable?

Ask for:

A Board list. Past minutes. By-Laws. Volunteer duties and responsibilities.

Past newsletters. Expect them to ask permission to do a security check, and willingly comply.

Watch out for:

1. Organization executives who undersell the role. "It will only take an hour a week/month of your time. "All you have to do is attend a few meetings a year."

2. Professionals who appear to run the meetings without asking for input from volunteers.

3. Professionals who seem only interested in numbers and money raising. (Although these are important, occasionally some paid professionals become obsessed with making their own goals at the expense of volunteers.)

4. Rapid turnover in staff and volunteers.

Types of Volunteers

1. The truly dedicated.( I've seen people where I volunteer at the Food Bank and Food Pantry who are truly dedicated to helping those less fortunate.

2. Those who were asked; or coerced.( I've watched Scout Executives get a group of mothers in a room and tell them, "If one of you doesn't volunteer to be a Den Mother, then your children won't be able to be Cub Scouts." And it worked.)

3. Those who do it for their children, grandchildren, close friends, or family members. (This is true in many organizations dedicated to raising money and offering services for various diseases, like the Heart Association, American Cancer Society, etc.)

4. Those in need of personal satisfaction. (And there is nothing wrong with that. There are great personal rewards in serving as a mentor, Big Brother, or just baking cookies for the church or school bazaar.)

5. Those seeking personal gain. Professionals are wary of the social/business climbers who want to pad their resumes, or volunteer to make personal and professional contacts.

6. Those with ulterior motives. When I was a Scout professional, the idea of security and background checks was unheard of. Unfortunately, today volunteer organizations must protect their members by making sure that unscrupulous people are not allowed to participate. This is a very sensitive area, and one which has caused some controversy.

### THE BOTTOM LINE

Whether it is your church, the neighborhood school, a health organization, a program to assist those less fortunate, a youth organization, or the local senior center, there are hundreds of opportunities for you to volunteer.

Choose the one, or ones, that best fit your talents, interests, and desire to help.

Carefully check out the organization. Offer your services. If you do not get a response within a reasonable length of time, scratch them off your list. If they don't know enough to get back to you, they don't deserve you.

You should feel fulfilled after volunteering. It shouldn't be a chore, but rather a positive feeling that what you are doing does make a difference.



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## MEMOIRS

by SUSAN DEAN

# Honoring Heroes

I saw the sign every time I drove into my neighborhood:

ParkView 5K Road Race

November 11th - Veterans Day

My husband Dave and I still run a few 5k races every year - the Gaspee race, the Downtown 5k, and a few others here and there. Always in the better weather - not too hot, not too cold - and when we've had ample time to prepare. Okay, so maybe it's more like jogging - on the slow side.

So when I saw that there was going to be a race nearby, a brief

"Should we do it?" entered my thinking, quickly followed by "No, too cold, too early in the morning, too late in the season, too little time to prepare, too this....too that."

But during a conversation with my cousin, Duke Mellor, a few days before the race, I was told that his parents, Don and Helen Mellor, were going to be the Grand Marshals, honored at the start of the race for their service as veterans.

Uncle Don is 100 and a World War II Navy veteran. Before the pandemic he was visiting schools in Warwick and Cranston, bringing pictures and stories from his Navy days.

Aunt Helen is 97, and a World War II Coast Guard veteran. Both of them have had much to share with us through the years about their experiences in the service of our country during wartime, and it is fitting that they were to be honored at the start of the race on Veterans Day.

So I decided to run the race. Dave, sidelined with a knee injury, decided to walk the route. Besides honoring my aunt and uncle, I had another compelling reason to lace up my running shoes. It was my Aunt Helen who got me into running in the first place.

Helen began running in her late fifties. By the time she reached her sixties she was a regular in the "4-on-the-4th" 4-mile road race held annually on the 4th of July in Bridgton, Maine, where Helen and Don spent their summers after retirement.

Every 4th of July Don and Helen hosted all of us up in Maine - their six children and their families, my family, my brothers - all of our children - quite a crew making summer memories. The highlight of the week was the 4-mile road race. With Aunt Helen's encouragement, I took up running in my thirties in order to participate in this family event.

Helen had a running rival. A woman in her age group who always seemed to reach the finish line just ahead of Helen. Helen didn't know this woman, only that she lived in Maine and her name was Margaret. Every year Helen vowed to pass Margaret and get to

the finish line first. It became an annual joke - lots of good-natured humor leading up to the race - how THIS would be the year that Helen would prevail.

As the years went by, Aunt Helen and I continued to run the 4-miler through the wooded back roads and hills of Maine. Various family members ran with us, too, depending on who was around on the 4th of July in any given year.

My mother and Don, sister and brother, both had knee issues resulting in knee replacements. So they were our support team, waiting for us at the finish line, cheering for us and snapping pictures as we raced down the final stretch, exhausted, breathless, red-faced,

and sweaty, but thrilled that we'd added another "4-on-the-4th" to our family history.

Helen almost always won an award. At first, it was 2nd or 3rd in her age group, and then it was mostly 1st and 2nd. And finally it was 1st, every time. Don proudly displayed her extensive collection of plaques and trophies on shelves he built using his expert woodworking skills.

Don and Helen sold their house in Maine in 2002. Nearing 80, Helen gave up running, but walked every day. She always told me that the key to a long and healthy life was to "keep moving!"

On Veterans Day Dave and I approached the starting line. Don and Helen were front and center wearing their Navy and Coast Guard hats, surrounded by a host of family and friends. The spirit of Veterans Day was in full force with the Honor Guard, flags, and speeches, and the many veterans of all

ages who stopped by to greet Don and Helen, to talk with them, and to take their pictures.

As I ran the route, I thought about Don and Helen - members of the Greatest Generation. Their love for our country, their dedicated service, their resilience, their commitment. And their love for family and friends through a century of time.

November is a month for remembrance and gratitude. I am thankful for the years of loving memories that Don and Helen have given to our family.

I finished 8th in my age group at the end of the race. If I keep at it, maybe someday I'll even make it into the top 3 in my age group - following in Aunt Helen's footsteps and heeding her advice to "keep moving!"

Helen and Don Mellor - my family, my heroes.



As I ran the route, I thought about Don and Helen - members of the Greatest Generation.

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SENIOR ISSUES

## Medicare Open Enrollment Season is Here

The Office of Healthy Aging (OHA) announced today the start of the annual Medicare Open Enrollment period in Rhode Island. During Open Enrollment, Medicare-eligible Rhode Islanders are encouraged to review, compare options, and make necessary changes to their existing Medicare plan for the following year. The open enrollment period runs from through December 7, 2021.

To help Rhode Island's 220,000 Medicare beneficiaries navigate the process, OHA and partnering agencies will offer free in-person and virtual personalized health insurance counseling, coordinated by OHA's nationally recognized State Health Information Program (SHIP). Through this extensive network of community partners and volunteers, SHIP provides free one-to-one coaching on Medicare benefits and services to older Rhode Islanders, adults living with disabilities and their families throughout the year.

"Every Rhode Islander should have access to high-quality affordable healthcare - especially, as we continue to see the impacts of COVID-19 in our communities," said OHA Interim Director Michelle Szylin. "Our SHIP team is committed

to helping Medicare-eligible Rhode Islanders, by offering virtual, in-person, and phone-based counseling to help understand and navigate coverage options. Even if individuals feel satisfied with their current plans, I encourage them to take advantage of this opportunity to review coverage and make adjustments if necessary, that better meets their needs."

"Now more than ever it's critical Rhode Islanders have access to information about their health insurance options," said Governor Dan McKee. "Together with our team at the Office of Healthy Aging, we are committed to providing free services that engage our communities and ensure Rhode Islanders, adults living with disabilities, and their families have the resources they need to live healthy lives."

Rhode Island SHIP counselors will be available to provide free, confidential, individual counseling to help beneficiaries find the most comprehensive and cost-effective Medicare health plan and Part D coverage. To schedule an appointment with a SHIP Counselor please contact a local SHIP agency or call 1-888-884-8721.



### GET READY TO DATE

by DEBRA L'HEUREUX

## Dear Debra

I love giving advice- if you have any questions In regards to love, dating or relationships reach out! Email me at [debra@getreadytodate.com](mailto:debra@getreadytodate.com) with the subject line "Dear Debra"



**Dear Debra, I do not feel attractive anymore...**

My suggestion is to take a step back and use this time for a reinvention. Being married for so long you can get stuck in a pattern and ultimately feel like you are in a rut! I suggest getting a new hairstyle-working with a stylist to come up with a fun new look (something you're excited about!). Check new fashion trends and try something out of your comfort zone! Use this time to rediscover your personal style!

**Dear Debra- How do I get his attention (at a local senior center)?**

I would recommend singling him out, with a lot of women at the senior center it can be hard to vie for his attention. Try asking him out to a local coffee shop and get to know each other. Most men are happy when a woman takes the lead and asks them out. It's going to take a little confidence and chutzpah to make it happen!

## RETIREMENT SPARKS

by ELAINE M. DECKER



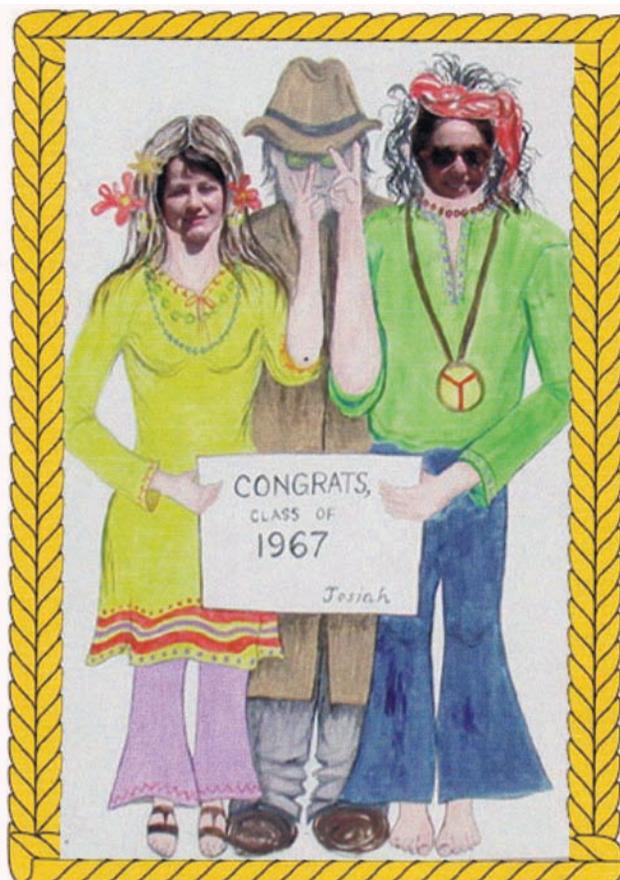
# Another Age of Aquarius

In case you missed it, Mercury went into retrograde again from September 27 through October 17 and we've entered another Age of Aquarius. According to astrologers, this happens as a result of the "great conjunction of Jupiter and Saturn," which takes place every 20 years. However, only once every 800 years does this occur in the constellation Aquarius. Even though astrologically the name of the sign implies water and its symbol is water, Aquarius is an air sign. With one exception, it's the first time in 200 years that the great convergence won't happen in an earth sign.

I have no idea what this portends, but stay tuned to my column. I might investigate it for next month, especially since noted astrologers tell us that Jupiter will remain in Aquarius for around a year, while Saturn will stay for two-and-a-half years. As a participant in the most celebrated Age of Aquarius (remember the 5th Dimension?), I'm compelled to Let the Sunshine In on how this new age will compare to the one in 1969.

Instead of bell bottoms, we now have Spandex Under Armour that leaves nothing to the imagination. I speak from experience on this. Bell bottoms looked cool on women and men. Spandex, not so much. And instead of Jesus sandals and Daughters of Olaf clogs (I had both), we now wear flip flops and Crocs (I wear neither).

Thanks to the Beatles, in the sixties and seventies, we wore colorful, flowing Indian kurtas. Now we see mostly drab hoodies on the street. My husband opened his SPECTRUM-INDIA store on Thayer Street in Providence in 1967. It still



exists and you can find kurtas there to this day. Probably hoodies, too, but I'm not going to ask him about them. Those are so not Age of Aquarius fashion items.

True proponents of The Age wore flowers in their hair-down-to-there. Now hair is either thinning and falling out, or men shave their heads bald. I didn't go to San Francisco until much later, but I had waist long hair for years. Today I'm in the thinning camp, so I keep it short.

Other notable changes in societal and cultural habits you may notice? Sitars have been replaced with electronic synthesizers. You don't hear much Ravi Shankar music (he died in 2012); it's Ed Sheeran in today's news. Oh, and after a six-year hiatus, Adele came back November 19 with a new album. Ravi's daughter Norah Jones is reasonably popular, but not because she

makes us nostalgic for her father's music. Like Adele, she has a beautiful voice.

Following up on Indian influence, we don't hear much about ashrams anymore, those communal living locales for free spirits. Hippies from the seventies now live in condos or HOAs (Homeowner Associations). In our current location, my husband and I are severely restricted even with regard to what we can display in our windows and on our doors and how many pets we can have. I'm not talking just goats in the yard. Our HOA limits indoor cats to two per household.

As for food, there have been too many changes in diet to even begin to get into that here. But if the ads on TV are any indication, it does seem we've rediscovered Nutella. Can Ovaltine be far behind? And as for transportation, we've gone from that treasure, the

VW camper bus, to electric Teslas and hybrids. Those might be more practical, but they can't possibly be as colorful or as much fun.

I can't leave my review of my first Age of Aquarius without visiting some of my favorite TV shows. We had Laugh In (Sock it to me!) and Star Trek (Live long and prosper). The crew of the Enterprise might have gone "where no man has gone before", but you'd have to be a hermit to not know that Captain Kirk (William Shatner) went to space in October aboard one of Jeff Bezos' Blue Origin New Shepard flights. Sort of what goes around comes around. Now the hot TV property is some bizarre program from South Korea called The Squid Game. I keep reading about it, but I have no desire to investigate.

The seventies Age of Aquarius was known for peace, harmony and understanding. Words like trust and love were guiding principles. Sadly, today's age is known for stress, anxiety and anger. Trust has taken flight. Let's hope that the next Blue Origin expedition can find it again up near the edge of space.

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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



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# Put a Zesty Spin on Weeknight Meals

FAMILY FEATURES

Dinner in many households means foolproof recipes that families can count on, but those can become bland and boring. Finding new ways to put a twist on meals throughout the week adds fun to time spent in the kitchen while bringing new flavor to the table.

To help reinvigorate traditional weeknight dinners, chef Bobby Flay and Hidden Valley Ranch created the three-part Hidden Valley Ranch Night! series to debut dishes that bring bold flavor to traditional meals, such as these recipes for Ranch Crusted Burgers with Avocado Ranch Sauce and Ranch Seasoned Chicken and Mushroom Quesadillas with Tomato Salsa and Sour Cream. The series will provide a spin on weeknight staples to showcase the simplicity, versatility and zesty flavor of ranch seasoning when used to create family-friendly dinners any night of the week.

Find more information, including series episodes and additional recipes, at [hiddenvalley.com/ranch-night](http://hiddenvalley.com/ranch-night).

## Ranch Seasoned Chicken and Mushroom Quesadillas with Tomato Salsa and Sour Cream

Servings: 4

**Tomato Salsa:**

- 4 plum tomatoes, seeded and finely diced
- 1/2 small red onion, finely diced
- 1/2 jalapeno, finely diced
- 1 lime, juice only
- 2 tablespoons olive oil
- 3 tablespoons fresh basil, finely chopped into ribbons
- kosher salt
- freshly ground black pepper

**Quesadillas:**

- 2 tablespoons canola oil
- 1 1/2 pounds cremini or button mushrooms, thinly sliced
- 2 teaspoons Hidden Valley Ranch Seasoning, divided
- 12 flour tortillas (6 inches)
- 2 cups shredded Monterey Jack cheese
- 16 ounces roasted or rotisserie chicken, shredded
- kosher salt

- freshly ground black pepper
- canola oil
- 1/2 cup sour cream
- tomato salsa
- 2 tablespoons fresh basil, chopped

To make tomato salsa: In medium bowl, combine tomatoes, red onion, jalapeno, lime juice, olive oil and basil; season with salt and pepper. Refrigerate until ready to use.

To make quesadillas: Preheat oven to 450 F.

In large saute pan over medium-high heat, heat oil. Add mushrooms and season with 1 1/2 teaspoons ranch seasoning. Cook until mushrooms are golden brown and liquid has evaporated. Set aside to cool.

Place tortillas next to each other on baking sheet. Sprinkle thin layer of cheese on eight tortillas. Add cooled mushrooms to four tortillas and shredded chicken to other four tortillas. Season each layer with salt and pepper. Stack tortillas to create four, two-layer quesadillas. Cover each with remaining tortillas; brush top tortillas lightly with canola oil and sprinkle with remaining ranch seasoning.

Bake 6-8 minutes until cheese is melted and tortillas turn lightly golden brown with crispy edges.

Cut each quesadilla into four pieces. Garnish each slice with dollop of sour cream. Add dollop of tomato salsa on top of sour cream and garnish with basil.



Ranch Seasoned Chicken and Mushroom Quesadillas with Tomato Salsa and Sour Cream

## Ranch Crusted Burgers with Avocado Ranch Sauce

Servings: 4

**Avocado Ranch Sauce:**

- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 tablespoon well-shaken buttermilk
- 1/2 teaspoon Hidden Valley Ranch Seasoning
- kosher salt
- freshly ground black pepper
- 3 green onions, thinly sliced
- 2 avocados, peeled, pitted and diced

**Ranch Spice Crusted Burger:**

- 1 1/2 teaspoons Hidden Valley Ranch Seasoning
- 1 teaspoon paprika
- kosher salt
- freshly ground pepper
- 1 1/2 pounds ground chuck (80% lean)
- 2 tablespoons canola oil

- 8 slices American cheese
- 1/4 cup water
- 4 brioche buns, split in half
- Avocado Ranch Sauce

To make avocado ranch sauce: In bowl, whisk mayonnaise, sour cream, buttermilk, ranch seasoning, salt and pepper until smooth. Fold in green onions and diced avocados; set aside.

To make burgers: In small bowl, whisk ranch seasoning, paprika, salt and pepper.

Heat large cast-iron pan or griddle over high heat. Divide meat into four 6-ounce patties and make deep depression in centers with thumb.

Season each with spice rub on one side. Add canola oil to pan and heat until shimmering. Place on burgers in pan, spice side down, and cook until golden brown and lightly charred, 4 minutes. Turn burgers over and cook 4 minutes, or until they reach desired doneness.

Top each burger with two slices cheese. Add water to pan and cover tightly with lid 10 seconds, or until the cheese is melted.

Place burgers on bottom buns and top each with avocado ranch sauce and top buns.



Ranch Crusted Burgers with Avocado Ranch Sauce

# Pair and Pour Some Festive Holiday Cheer This Season

FAMILY FEATURES

While holiday traditions and celebrations will likely look different this year, the season is still special.

Set the scene for a celebratory occasion by mixing festive cocktails or creating the perfect spread to complement your wines, beers, cheeses and even chocolates.

You can help make your spread delicious and affordable by relying on high-quality ingredients like those at ALDI. If you need inspiration, sommelier and lifestyle expert Sarah Tracey can help guide your palate with these ALDI-exclusive pairings and seasonal cocktail ideas:

**Light and Refreshing** – With aromas of Meyer lemon and flavors of fresh green apple and white peach, the crisp Landshut Riesling has a touch of delicate sweetness while still being juicy and refreshing. For a savory-and-sweet combination, try pairing it with the Emporium Selection Plain Goat Cheese Log and Winternacht Milk Chocolate Domino Cubes.

**Rich and Decadent** – Indulge your senses with the aromas of butterscotch, warm baking spices and the velvety dark fruit notes of the Quarter Cut Bourbon Barrel Red Blend. This decadent red blend offers a smooth finish, similar to mulled wine without the extra work. The rich flavor pairs well with a smoked cheese like Emporium Selection Smoked Gouda as well as the Moser Roth Dark Chocolate Collection Caramel Sea Salt.

**Savory with Brew** – If a craft beer is more your style, consider a rich and creamy dark ale like a stout. Its robust flavors of roasted coffee beans and bittersweet cocoa combine for a sweet yet savory, earthy finish. Serve it with rich flavors like Emporium Selection Premium English Truffle Cheddar and add a touch of chocolatey sweetness with Specially Selected Cocoa Dusted Truffles.

**Signature Libations** – Up the ante on your holiday celebration with a special yet simple cocktail you can mix at home with confidence. The secret to making the Mistletoe Mule is the 3-2-1 method: just pour wine for three counts, ginger beer for two counts and pomegranate juice for one count.

Find more holiday recipes at [aldi.us/holiday-guide](http://aldi.us/holiday-guide).



Photos courtesy of Getty Images



**Mistletoe Mule**

Servings: 2

- Sugar
- 4 1/2 ounces Tournier Brut Sparkling
- 3 ounces Summit Ginger Beer
- 1.5 ounces Specially Selected Premium 100% Pomegranate Juice
- lime juice
- fresh cranberries, for garnish (optional)

Rim two glasses with sugar.

In separate mixer or glass, combine wine, ginger beer and pomegranate juice using 3-2-1 method.

To serve, pour over ice in prepared glasses then top with fresh lime juice. Garnish each glass with cranberries, if desired.

## YOUR TAXES

by MEG CHEVALIER

## IRS announces 401(k) limit increases

The Internal Revenue Service announced that the amount individuals can contribute to their 401(k) plans in 2022 has increased to \$20,500, up from \$19,500 for 2021 and 2020. The IRS also issued technical guidance regarding all the cost-of-living adjustments affecting dollar limitations for pension plans and other retirement-related items for tax year 2022 in Notice 2021-61, posted on IRS.gov.

**Highlights of changes for 2022**

The contribution limit for employees who participate in 401(k), 403(b), most 457 plans, and the federal government's Thrift Savings Plan is increased to \$20,500, up from \$19,500.

The income ranges for determining eligibility to make deductible contributions to traditional Individual Retirement Arrangements (IRAs), to contribute to Roth IRAs, and to claim the Saver's Credit all increased for 2022.

Taxpayers can deduct contributions to a traditional IRA if they meet certain conditions. If during the year either the taxpayer or the taxpayer's spouse was covered by a retirement plan at work, the deduction may be reduced, or phased out, until it is eliminated, depending on filing status and income. (If neither the taxpayer nor the spouse is covered by a retirement plan at work, the phase-outs of the deduction do not apply.)

Here are the phase-out ranges for 2022:

- For single taxpayers covered by a workplace retirement plan, the phase-out range is increased to \$68,000 to \$78,000, up from \$66,000 to \$76,000.
- For married couples filing jointly, if the spouse making the IRA contribution is covered by a workplace retirement plan, the phase-out range is increased to \$109,000 to \$129,000, up from \$105,000 to \$125,000.
- For an IRA contributor who is not covered by a workplace retirement plan and is married to someone who is covered, the phase-out range is increased to \$204,000 to \$214,000, up from \$198,000 to \$208,000.
- For a married individual filing a separate return who is covered by a workplace retire-

ment plan, the phase-out range is not subject to an annual cost-of-living adjustment and remains \$0 to \$10,000.

The income phase-out range for taxpayers making contributions to a Roth IRA is increased to \$129,000 to \$144,000 for singles and heads of household, up from \$125,000 to \$140,000. For married couples filing jointly, the income phase-out range is increased to \$204,000 to \$214,000, up from \$198,000 to \$208,000. The phase-out range for a married individual filing a separate return who makes contributions to a Roth IRA is not subject to an annual cost-of-living adjustment and remains \$0 to \$10,000.

The income limit for the Saver's Credit (also known as the Retirement Savings Contributions Credit) for low- and moderate-income workers is \$68,000 for married couples filing jointly, up from \$66,000; \$51,000 for heads of household, up from \$49,500; and \$34,000 for singles and married individuals filing separately, up from \$33,000.

The amount individuals can contribute to their SIMPLE retirement accounts is increased to \$14,000, up from \$13,500.

**Key employee contribution limits that remain unchanged**

The limit on annual contributions to an IRA remains unchanged at \$6,000. The IRA catch-up contribution limit for individuals aged 50 and over is not subject to an annual cost-of-living adjustment and remains \$1,000.

The catch-up contribution limit for employees aged 50 and over who participate in 401(k), 403(b), most 457 plans, and the federal government's Thrift Savings Plan remains unchanged at \$6,500. Therefore, participants in 401(k), 403(b), most 457 plans, and the federal government's Thrift Savings Plan who are 50 and older can contribute up to \$27,000, starting in 2022. The catch-up contribution limit for employees aged 50 and over who participate in SIMPLE plans remains unchanged at \$3,000.

Details on these and other retirement-related cost-of-living adjustments for 2022 are in Notice 2021-61, available on IRS.gov.

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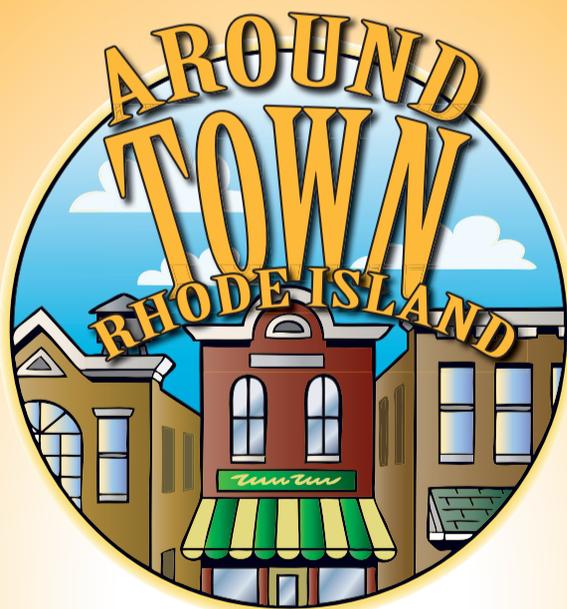
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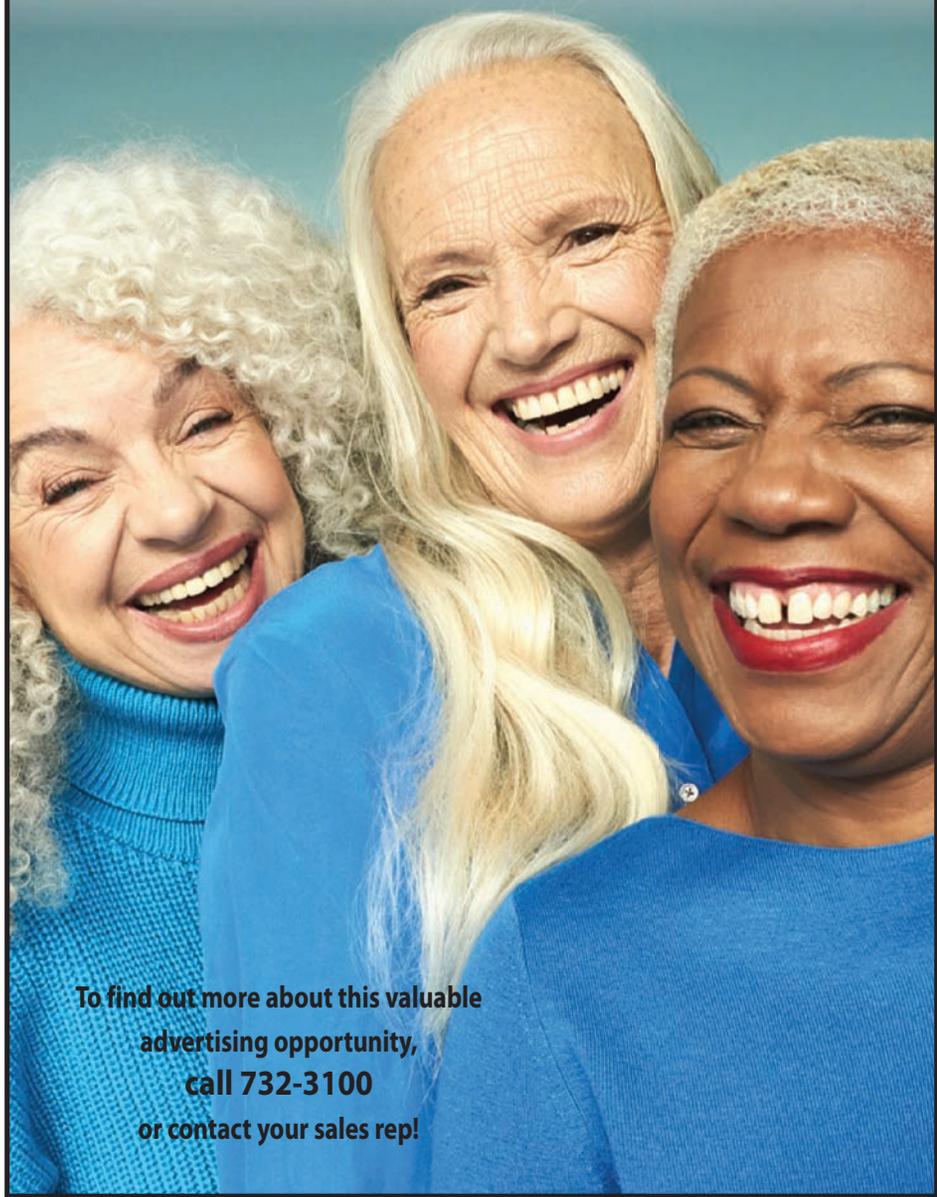
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