

## Beacon Bowl Champions



**THE TROPHY COMES TO JOHNSTON:** The Johnston football team traveled south on Thanksgiving and upset Pilgrim 29-12 in the Warwick Beacon Bowl. The Panthers stepped up at the last minute to replace Toll Gate – the team withdrew from this year’s annual event – and walked away with a new trophy and banner to add to the case on Cherry Hill. The Johnston Sun Rise is published by Beacon Communications, the same company that owns the Warwick Beacon. See the full story and recap on Page 15. In this photo, the Johnston team celebrates their win and shows off the trophy after the game. *(Sun Rise photo by Alex Sponseller)*

## The tractor stalled, but Sally hasn't



By RORY SCHULER

The tractor broke down, but Sally Hicks is still kicking. Primed for her fast approaching 83rd birthday, the Providence city girl turned Scituate farmer credits “keeping busy” with lon-

gevity and happiness.

“My kids know, don’t ever leave me without a running tractor,” Hicks laughed as she stepped through door of her home’s sun porch. “That tractor has been here as long as I have.”

She looked toward the late fall frosted fields. The sun was shining on her land.

In the middle of one field, the old piece of trusty farm equipment sat idle, its soft parts slowly deteriorating; a leather and heavy metal meal devoured by the elements.

Sally was working as a waitress in her family’s diner more than 60 years ago when she first met Earl Hicks.

He was selling welding supplies and loved stopping by Hope’s Diner, on Route 6 in Foster, to order Sally’s mother’s beef stew.

“He loved my mother’s beef stew,” Sally repeated, blushing.

Earl was 15 years older. Sally didn’t care.

“I used to be hot stuff back then,” she said, as she stepped high over mounds of snaking field growth. “That’s our old Massey Ferguson tractor. I’ll get her running again.”

Sally Hicks is becoming a regular at the Johnston Senior Center.

“I went to BINGO and all of a sudden I’m working there,” she laughed. “I help out by selling cards. And I still play of course. I love to play BINGO.”

At 19 years old, in 1959, Sally moved from her parents’ home in Providence to her new husband’s family farm in Scituate. Six months later, Earl’s mother died. She had been the primary animal caretaker on the farm.

The vital position now vacant, Sally had little choice but to step up and fill Earl’s mother’s big pair of barn boots.



**STILL KICKING:** Above, Sally Hicks, of Scituate, stands by her old old Massey Ferguson tractor. Neither Sally nor the tractor is ready to quit yet. *(Sun Rise photo by Rory Schuler)*

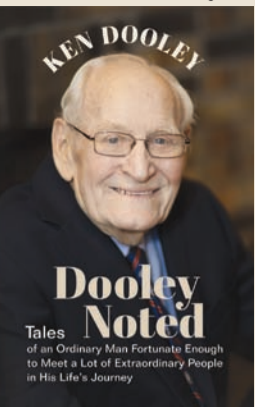
**LOVE & BEEF STEW:** Sally was working as a waitress in her family’s diner more than 60 years ago when she first met her husband. Her family owned Hope’s Diner, on Route 6 in Foster, and her future husband stopped in to order Sally’s mother’s beef stew. This photo was taken in 1956, just a few years before Sally met Earl while serving him a steaming bowl of stew. *(Submitted photo)*





# Dooley Noted

an autobiographical tribute to the interesting people and events that shaped the life of author Ken Dooley



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Beginning with his growing up in Cranston, attending public schools and being kicked out of the Boy Scouts for embezzlement (The Wallet) then spreading to Boston, Manhattan, Philadelphia, and Detroit as he encounters people like Red Auerbach, Bill Russell, Sam Jones, KC Jones, Dave Gavitt, Lee Iacocca, Katharine Hepburn, Frank Sinatra, Morley Safer and George Plimpton plus many Rhode Island luminaries.

"At age ninety, Ken Dooley, noted Rhode Island Heritage Hall of Fame playwright, author, publisher, political consultant, and raconteur decided, with a nudge from his admirers, to compose a series of brief essays recounting his varied life experiences. His observations, based on first-hand involvement, bear the appropriate title Dooley Noted. His insightful recollections are notable indeed! During his long and eventful career, Ken has encountered the famous and infamous, the literati, scholars, athletes, politicians, clergy, the military, and those who led an ordinary life, except for an extraordinary encounter with Mr. Dooley."

- Dr. Patrick T. Conley, Historian Laureate of Rhode Island.

The book can be pre-ordered at [www.kendooley.org](http://www.kendooley.org)

THE BOOK IS PUBLISHED BY THE RHODE ISLAND PUBLICATIONS SOCIETY. ALL PROCEEDS FROM THE BOOK WILL GO TO RI NON-PROFITS.



**TALENTED TROUPE:** Classic Blend, a premier oldies and doo wop group that is col-hosting the Dec. 13 La Vigilia with Ralph's Catering, includes from left: Ron Giorgio, Jack Mento, Maria Russo, Ron Iacobucci and Peter Goneconte. (Submitted photo)

## Classic Blend slated to perform at La Vigilia event

By PETE FONTAINE

La Vigilia! That is an ageless Italian Christmas Eve Tradition also known as the "Feast of the Seven Fishes!"

However, you don't have to be Italian to enjoy the dinner or wait until Dec. 24 because Classic Blend, one of Rhode Island's premier oldies doo wop groups, has teamed up with famed Ralph's Catering and Kitchen for what promises to be a night full of food, fun and excellent entertainment.

It will happen on Monday evening, Dec. 13, inside the ageless Santa Maria Di Prate Society at 29 Walnut Grove Ave. in Cranston — which is also the headquarters for Ralph's Catering and Kitchen — beginning at 6 p.m. and continuing to 11 p.m.

Tickets are priced at \$55 per person and may be purchased by calling Peter Goneconte at 401-575-0200.

"Ralph has planned a great menu," said Goneconte, one of Classic Blend's original singers. "If you've never eaten Ralph's food, it's fantastic. So give yourself an early Christmas present, purchase a ticket for a night of great food, great music and special holiday spirit."

The La Vigilia menu will include Calamari, snail salad, baccala salad, white clam chowder, linguine with white clam sauce, baked scrod with two baked shrimp, oven roast potatoes, string beans and dinner rolls.

"Of course," as Goneconte mused while talking about the famed Classic Blend quintet, "there will be ice cream

and cannolis."

When Classic Blend first formed, the singing group entertained audiences at the one-time Young Pannese Society, which was located in the Silver Lake section of Providence.

Classic Blend now features Ron Giorgio, a 21-year-old superstar vocalist who has impressed audiences all over Rhode Island with his Frank Sinatra-likeness voice and talent.

Giorgio, in fact, has filled a void left by Classic Blend's late extraordinary singer and long-time music man Tommy Tunes, who recently passed away after an unexpected illness.

He'll join Classic Blend mainstays Maria Russo, Jack Mento, Ron Iacobucci and Goneconte on Dec. 13 for the La Vigilia. The event is expected to sell out.

People that do attend the event will see — and hear — Classic Blend. The group has been performing in Rhode island and Massachusetts, and recently return from Connecticut where they will be featured in an upcoming movie titled "Dangerfield's 1964," which is about a group of teenagers in high school who started a group, singing under lamp posts, as the old adage goes, and trying to hit it big in the music industry.

"Time passes and they all get on in years," Goneconte explained about Classic Blend's movie role. "They reunite to see if they still had the voices they once had."

Classic Blend, which is featured in all tracks of the movie, is excited about their Dec. 13 appearance for what promises to be a special, super show.

[www.cranstonmecu.org](http://www.cranstonmecu.org)

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**THANK YOU BASKET:** Johnston Police extend their "sincere thanks" to Pastor Elton Perdomo and the entire congregation of the Greater RI Baptist Temple, who provided the station with a gift basket along with gift cards to local establishments for the entire department in celebration of Thanksgiving. (Photo from the Johnston Police Department's Facebook page)



# Job Lot's empty roof now full of energy potential

By RORY SCHULER

Ocean State Job Lot had a big empty roof. In fact, the store chain has 147 big empty roofs in New England.

Following a groundbreaking ceremony on Wednesday, the 750 solar panels newly installed on the Johnston store's roof will start soaking up sunlight and generating as much electricity as 50 household solar arrays.

"We have a lot of roof space," said Harry Oakley, Ocean State Job Lot Director of Energy and Sustainability. "And we wanted to partner with somebody who was going to take our roof space and really maximize the value."

Ocean State Job Lot (OSJL) has partnered with Rhode Island-based Ecogy Energy to transform vacant rooftop space into energy-generating solar fields. The two companies held an event in the Hartford Avenue store's parking lot this week to celebrate the kickoff of their Rhode Island portfolio of solar projects.

"The solar portfolio will be hosted atop OSJL stores all across Rhode Island, ranging from Hope Valley to Woonsocket," according to Andrew D. Araneo, Ecogy Energy Policy & Marketing Analyst. "Each project in the portfolio will provide a diverse array of benefits to its local community through the creation of local clean energy jobs and the generation of additional tax revenue."

OSJL and Ecogy started the solar project atop the Johnston and Woonsocket store locations.

"There are 750 panels on the roof of the Johnston store at this location, and another 750 at the Woonsocket location," said Ecogy Energy Director of Development Brock Gibian. "And those are just our first two. So we're talking in the thousands and thousands of panels overall through this partnership."

Solar policy differs from state to state.

"In the state of Rhode Island, it works really well for real estate owners, like ourselves, to be able to offer our roof space to solar companies who are helping the state of Rhode Island provide solar energy," Oakley said. "In Rhode Island, it doesn't feed into the building. It does feed into the grid. They pay us to be on our roof."

OSJL owns 147 New England stores.

"We want all 147 if we can, but it's really Ocean State, however they see is best," Gibian said. "Just this system, is roughly 30-50 households.



**RAISE THE ROOF:** A Rhode Island based solar energy company has installed 750 solar panels on the roof of Ocean State Job Lot's store at 1493 Hartford Ave., in Johnston. (Submitted photo)

So just these two projects (in Johnston and Woonsocket) is roughly equivalent of 100 households going solar. It really is a big deal."

Ecogy workers set up a few solar panels and batteries in the parking lot to power a pair of flat screens and a microphone for Wednesday's event. The lectern was crafted from recycled wood pallets.

"This event is run on 100 percent renewable energy," Oakley explained.

"You can see the battery there, and the solar power," Gibian added. "So the speakers and the TVs. It's a small thing, but I think every little bit helps."

The OSJL endeavor is a uniquely Rhode Island project, enabled by uniquely Rhode Island green energy policy.

"I want to thank all the local and state representatives from Rhode Island," Ecogy Energy CEO Jack Bertuzzi told the crowd gathered in the parking lot. "Rhode Island is one of the most forward-thinking states when it comes to clean energy. And without state support, projects like these just would not happen."

Some communities have been struggling to permit solar arrays on the ground, as the necessary clearing of trees and land has become controversial neighborhood topics of debate.

On rooftops, that debate is moot.

"We're the ones who developed the project on the roof behind us," Bertuzzi

said. "And more pertinently, we are going to own and operate the system for the next 25 years, and that's a long time. This plant behind us went from contract signature to breaking ground in under nine months, and that was during an ongoing pandemic and one of the worst supply chain constraints we ever faced."

Mark Shovlin serves as Divisional Director of Construction & Property Management at Ocean State Job Lot, a North Kingstown-based company.

"I have the privilege of sharing this time with you all to announce our goal in hosting the largest rooftop solar portfolio in Rhode Island, through our partnership with Ecogy Energy, beginning with this store right here in Johnston, and continuing throughout the state with as many as 15 other locations," he told the crowd.

Shovlin introduced Rhode Island state Rep. Deborah Fellela (D-Johnston), who thanked OSJL and Ecogy for their partnership and cooperative efforts.

"Their most recent endeavor, with Newport-based Ecogy Energy, will further serve to offset greenhouse emissions in the Ocean State, helping us reach the aggressive and necessary green goals," Fellela said. "As a coastal state, Rhode Island is at the forefront of climate crisis. Our coastal and urban communities, industries and future generations are relying on us to take bold action."



**COASTAL CRISIS:** Rhode Island state Rep. Deborah Fellela (D-Johnston) thanked OSJL and Ecogy for their partnership and cooperative efforts in creating a massive solar array on top of the Johnston and Woonsocket stores. (Sun Rise photos by Rory Schuler)

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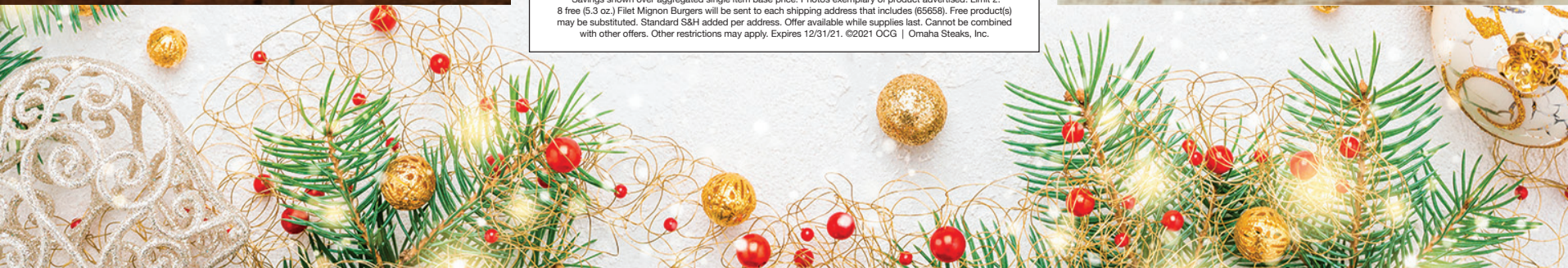
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Isabella Boudreau  
Juliana Buscemi  
Madisyn Card  
Andrew Cardullo  
Autumn Cartwright  
Morgan Cerullo  
Michael Chounlamany  
Erika Chuk  
Alyssa Cimino  
Sophia Colucci  
Shemorie Constant  
Cody Cook  
Nicholas Cote  
Santino Cucinotta  
Fernando Diaz  
Dimazlia DiBiasio  
Gianna Ferranti  
Ian Gobeille  
Aiden Grace  
Joseph Grenier  
Abigail Grullon  
Anthony Hopp  
Vanessa Jean-Philippe  
Maddox Johnson  
Sparrow Katowicz  
Dario La Terra Bellina  
Derek LaFazia  
Brianna Lapati  
Timothy Liang  
Freddy Magana Landaverde  
Bennett McClish  
Arthur Men  
Giana Mercurio  
Jonah Metts  
Hayden Morin  
Heber Munoz Lopez  
Alexandra Musa  
Aubree Padula  
Jonathan Prata  
Isaiah Ramirez  
Victoria Repollet  
Isabelle Ricci  
Adriana Riggen  
Alexis Rivera  
Hollan Rodgers  
Rayven Russell  
Gabiella Russillo  
Skylar Russo  
Lucas Simpson  
Kaleigh-James Slader  
Aubrey Soares  
Aidan Sou  
Emma Taglianetti  
Angel Veillard  
Cameron Veitch  
Ashlyn Wheeler  
Nathaniel Wiggins  
Clark Znoj  
Total High Honors: 60

## Honor Roll

Milani Abate  
Malaika Ali  
Skyla Almeida  
Alexander Amaral  
Matthew Andrews  
Ella Annicelli  
Samaya Anzivino  
Areli Archila Harrison  
Oscar Arriaza  
Marco Aucone  
Olivia Babcock  
Kaitlyn Barbosa  
Ava Becker


Ida Bensouda  
Melanie Blanco  
Kara Bonetti  
Haley Boudreau  
Liam Brennan  
I'daizha Brown  
Tyler Brunelle  
Lucy Bryand  
Olivia Bryant  
Dylan Calabro  
Madison Campano  
Ryan Capraro  
Iyana Caraballo  
Shayla Carbone  
Joella Carpentieri  
Alexa Chavez  
Christopher Cherry  
Jaylee Choquette  
Sierra Colavita  
Jon Costa  
Aidan Cross  
Janiya Cruz  
Michael Cucca  
Nickola D'Aquila  
Jordan D'Elia  
Kaitlynn Davis  
Emilia Deanseris  
Theresa DeFalco  
Dominic DeGrazia  
Ailany DeJesus  
Yarielis DeJesus  
Jacob DeLeon  
Mackenzie Denton  
Gianna Desmarais  
Edison Diaz Gomez  
Christopher DiPanni  
Madeleine DiPanni  
Matthew Duquette-Siswick  
Michelle Espinal  
Fiona Fairbanks  
Zoe Fairbanks  
Michael Fantini  
Hunter Feinstein  
Mason Fenaux  
William Ferrara  
Joshua Figueroa  
Logan Finelli  
Julian Fonseca  
Gina Ford  
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Mardel Fosu  
Fotis Fotopoulos  
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Karissa Kopka  
Michelle Kraus  
Elizabeth Kue

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Aristotle Landim  
Jewel Langlois  
Lila Lautieri  
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Liliana Ortellado  
Anyetteli Ortiz  
Olivia Pacheco  
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Alvin Pena  
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Lucca Ricci  
Derryck Roberts  
David Roland  
Jacob Rosa  
Jayden Rose  
Adriana Rossi  
Brooklyn Russillo  
Alex Salamone  
Elena Sampson  
Sebastian Sanchez  
Tyler Santilli-Pace  
Lorelai Sarli  
Gianna Sauro  
Taya Scott  
Averi Senecal  
James Senno  
Isabella Serpa  
Mason Shanley  
Derek Simas  
Brianna Simmons  
Nicholas Smith  
Mia Soprano  
Jose Soto  
Nixon Soto  
Anthony Sposito  
Javiana Stec

Alexander Subirana  
Alik Symoungkoun  
Jack Tabla  
Kirk Tetteh  
Jayeden Thayorath  
Isla Troxell  
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Anthony Vendetti  
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# POLICE LOG

## LARCENY

Johnston police officer investigated a report of larceny at 6:11 a.m. on Oct. 29.

The reporting party told police that when he arrived at work at 4:30 a.m. he noticed a transmission valued at \$700 that an employee had left overnight had been stolen at 3:30 a.m.

Surveillance footage showed a blue Honda CRV with no front plate, and the rear drivers side window covered by a trash bag, drive up to the transmission, according to the police incident report.

Two men exited the vehicle, one wearing red shoes, and placed the transmission into the trunk of the vehicle, according to police.

The vehicle was then driven out of the lot. Police were unable to get a clear picture of the registration plate, police wrote in the report. The reporting party told police he would like to file a criminal complaint on behalf of the business.

Police spoke with the manager of a local business, who told police they recognized one of the men in the footage, but could not remember his name. The manager asked police to contact him later in the day for the man's name.

On Nov. 8, police arrested John V. Fagnoli III, of 9 Farwell St., Cranston, according to a police incident report.

Police said Fagnoli was advised of his Constitutional rights and transported to headquarters.

At the Johnston Police Department, Fagnoli was escorted into the Detective division, where he was interviewed. The interview was recorded.

Police said Fagnoli confessed to stealing the transmission and selling it in Providence for \$110. Fagnoli now faces misdemeanor charges of Larceny under \$1,500 and Conspiracy.

## POSSESSION WITH INTENT

At 11:45 a.m., on Nov. 3, Johnston Police officer Michael A. Martufi Jr. was on routine patrol in a cruiser, driving north on Greenville Avenue when he observed a white 2015 Hyundai Sonata with Maine registration plates stopped at the intersection of Greenville Avenue and Cherry Hill Road, according to a police incident report.

Despite the traffic light turning green and no other vehicle in front of it, Martufi wrote, the car did not proceed through the light.

"As I approached, the Hyundai still failed to proceed through the green traffic light,

and I observed that the driver was holding his cell phone, noticeably distracted," Martufi wrote in the police report. "The driver eventually proceeded forward, but at a slow speed. Then, I observed the driver look up at his rearview mirror and become visibly nervous that a police car was behind him, as he made a sudden right turn onto Lafayette Street, which appeared suspicious."

Since the turn was sudden, the following cruiser was unable to make the right turn immediately, but took the next right onto Sheridan Street.

Martufi ran the registration plate and discovered that it came back "canceled" to a blue Honda, and not a white Hyundai, "which further increased my suspicion and provided probable cause to stop the vehicle," he wrote in the report.

Within a few seconds of turning onto Lafayette Street, Martufi found the vehicle attempting a three-point-turn in the middle of Delmont Street. He activated his cruiser's emergency lights and siren and requested backup.

The driver exited the vehicle suddenly, and Martufi gave verbal commands for him to sit back down in the driver's seat.

At first, police said, the driver claimed to live nearby, but after "several verbal commands" eventually sat back in the car.

Another Johnston Police cruiser arrived on scene.

The driver handed police a Maine ID identifying himself as Montrell T. Marshall. Police asked Marshall if he had a driver's license, but he replied, "No, not on me, I'm getting it fixed."

"I later ran a license check of Mr. Marshall and discovered that his Rhode Island driver's license was suspended," Martufi wrote in the police incident report. "A check through RI Court Connect revealed that this was his 3rd offense, and thus a misdemeanor charge. I also inquired about the cancelled Maine registration plates, as they did not come back to the white Hyundai, and he stated that he was borrowing them from a friend until he got the car registered."

Marshall showed police a bill of sale for the Hyundai from June of this year, "well outside the time allotment for registering a purchased vehicle," according to police.

Martufi checked the vehicle's VIN and confirmed that it had not been reported stolen.

Police decided to arrest Marshall for driving with a suspended license and tow the vehicle from the scene.

Marshall, of 50 Trask St.,

Providence, was escorted out of his vehicle and told to stand on the sidewalk. An inventory search was conducted.

"During the inventory search, I located in plain view an open brown Luis Vuitton backpack that contained what appeared from my training and experience to be seven street-packaged plastic bags of marijuana, along with 14 individual bags of marijuana that were in some sort of special color-decal packaging," Martufi wrote in the police report. "It was evident that the bag collectively weighed more than one ounce, and that they were individually packaged in a way to be illicitly sold and not used personally, and thus Mr. Marshall was placed under arrest for possession of Marijuana with Intent to Deliver."

Marshall faces the felony charge of Intent to Deliver and a misdemeanor charge of Driving after Denial/Revocation/Suspension (third offense). He was arraigned and released on \$2,500 surety with a District Court bail review date to appear on Nov. 8, and a Sixth District Court date of Feb. 3, 2022.

## RECEIVING STOLEN GOODS

Around 5 p.m. on Nov. 9, while on a fixed post at 1074 Plainfield St., Johnston Police officer Thomas Santurri observed a silver Honda Ridgeline with a Rhode Island combination plate drive westbound past his location, with no front registration plate.

"This vehicle then overtook another vehicle on the left and crossed the double yellow line while doing so," Santurri wrote in the police incident report. "I subsequently exited my fixed post and positioned my police cruiser behind the vehicle as it took a quick right hand turn onto Calef Street."

The driver was identified as Victor Gutierrez, of 57 Laura St., Providence.

NCIC checks revealed that the plate on the Honda should have been attached to a black 2018 GMC Denali, which was reported stolen to the Pawtucket Police Department on Oct. 30, according to police.

The plate was now displayed on the Honda driven by Gutierrez, who was taken into custody without incident. Police said that DMV files revealed the driver also did not possess a valid driver's license and he was issued a District Court Notice to appear on Nov. 29 for a misdemeanor charge of driving without a license (third offense).

A check of the vehicle's VIN showed that the vehicle was not

actively registered, according to police, and an inventory search discovered another license plate in the back seat of the vehicle. Checks on that plate revealed that it belonged on a 2016 Hyundai.

"Also in the vehicle were several electrical saws and other construction equipment," Santurri wrote in the report.

Gutierrez was issued a RITT Court Summons for Overtaking on the Left, Operation of Unregistered Vehicle and Improper Use of Evidence of Registration. According to the police report, he also faces misdemeanor charges of Receiving Stolen Goods and an outstanding Bench Warrant issued from Providence Superior Court.

Two passengers in the vehicle were released from the scene. Gutierrez was arrested, processed and held pending arraignment.

## SIMPLE ASSAULT

Johnston Police investigated the report of a disturbance at 12:20 a.m. on Nov. 7. After arriving on scene, police spoke to a potential victim who told them she was assaulted by her friend, Sophia Bruno, of 4749 Eddy St., North Attleborough, Massachusetts.

The victim told police that while she was outside, Bruno walked onto their property and began to yell and became combative, and began to drag her by the hair, according to the police incident report. The victim also told police that Bruno started to punch and choke her, but eventually let go and walked away.

Police found Bruno attempting to open the driver side door of her vehicle, according to the police report.

"We then told her to stop and turn around, to which she began to walk in the opposite direction, refusing to listen to commands," Johnston Police officer Ashley Vanbemmelen wrote in the police report.

One of the officers on the scene attempted to stop Bruno by placing his hand on her right arm, but she allegedly swung her left arm in Vanbemmelen's direction, according to the police report.

Officers then attempted to put Bruno's arms behind her back, but "she would not listen to commands, and began to fight and resist our attempt to place her in handcuffs," according to the report. Bruno was eventually placed in the rear of a cruiser, transported to Johnston Police Headquarters and placed in a cell. Later that morning, around 9:04 a.m., Bruno was released with a Third District Court sum-

mons, and faces three misdemeanor charges: Simple Assault or Battery, Disorderly Conduct, and Resisting Legal or Illegal Arrest.

## FAILURE TO STOP

On Oct. 4, Warwick Police followed up on a hit-and-run accident that occurred on Sept. 17 in Warwick.

The crash victim told police that a gray 2004 BMW bearing Rhode Island plates struck his vehicle and left the scene without stopping.

The victim said he got a good look at the driver and described him as a white male in his late teens to early 20s, with brown hair in a "bowl" haircut, skinny with an athletic build, according to the police incident report.

The victim told police he would like to press charges and would be able to identify the suspect in a photo lineup.

According to the police report, a cross agency vehicle query yielded an operator that matched the description provided by the victim.

The driver was identified as Devyn Vecchio, 18. According to police incident reports, Vecchio is listed as living at two different addresses: 410 Woonasquatucket Ave., North Providence, and 2 Surrey Drive, Johnston.

"I made multiple attempts to contact the registered owner of the vehicle as well as Vecchio but was hung up on multiple occasions when I stated that I was an Officer of the Warwick Police Department inquiring about the accident," Warwick Police Officer David L. Boardman wrote in an incident report.

On Oct. 4, the victim came into the Warwick Police Headquarters and was able to positively identify Vecchio as the suspect from the September crash with "99% positivity," according to the report. Warwick Police said a warrant was issued for Vecchio's arrest for one count of Failure to Stop for an Accident Resulting in Damage.

At 2:11 a.m. on Nov. 18, two Warwick Police officers were dispatched to North Providence Police Headquarters to pick up Vecchio. He was cuffed and secured in the back of a cruiser, driven to Warwick PD headquarters, and secured in a cell, fingerprinted, photographed and processed, according to police. Vecchio was assigned a Third District Court date on Dec. 7 and released around 5:32 a.m. with a copy of his summons.

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# Opinion

EDITORIAL

OP-ED

## Holiday lights needed more than ever

A common thread of darkness has suspended over the country in recent years, highlighted by tangible health concerns due to COVID-19 and more abstract fears related to our growing sense of ideological division within our states, smaller communities and even amongst members of our own families at the dinner table. While there is no single tonic for these ails that continue to besiege our daily life, we can at least take a moment to revel in one simple joy that no global health or political crisis can take away — that is the pure and timeless tradition of smattering colorful lights over our homes, greenery and public spaces during the holiday season. The tradition expands beyond the normal realms of categorization that too often serve as means to differentiate us into groups. Whether you adhere to any of the major monotheistic religions, a

less common form of spirituality or find yourself attracted to no particular religion at all, there is no such requirement to revel in a cleverly devised light display. Likewise, there is no limit to the happiness that can be felt by someone who puts the time into putting up lights for others to enjoy. It is another area where the size of Rhode Island — and by extension, the pride that is inherently felt within the small communities of our small state — is, likewise, on full vibrant display. A stroll through Pawtuxet Village, Warwick's Conimicut, or any other type of small village where community advocates put so much thought and care into how their neighborhoods are portrayed, will inspire an authentic appreciation for the amount of effort, volunteerism and passion goes into these displays. It can serve as a reminder that the people around you are caring, thoughtful in-

dividuals who care about spreading happiness to others. It can serve as a reminder of the meaning of the season which we so often take for granted. Warwick Mayor Frank Picozzi has lived as an extreme example of the power of the holiday light display since long before he held public office. Throughout the years, hundreds and thousands of people have flocked to his home to see his meticulously curated LED lights, with no fee for entry and open to anyone at any time. It's a sentiment that many of us can learn from — that the gift of giving is truly the greatest gift to one's self. It may sound cheesy, but there may be no more important time than right now to appreciate the kind of natural, childlike wonder that is bestowed upon us by simply looking at pretty lights during these dark times.

I can't believe the governor and our union are negotiating a deal that gives us us \$1500 for each of the shots... we've already had!



Charlie Hall

## It's not about dying; it's about living the best possible day today

By JENNIFER RITZAU, M.D.

"It's not about dying; it's about living the best possible day today" Jennifer Ritzau, M.D., medical director and director of palliative care at HopeHealth, and Gus Manocchia, M.D., senior clinical consultant at Blue Cross & Blue Shield of Rhode Island. The COVID-19 pandemic has reminded us just how quickly and unexpectedly a person's health can change. Those tasked with helping to manage a loved-one's care often assume there will be plenty of time to talk about end-of-life care decisions. But, knowing what your parent or loved one wants — and doesn't want — can make it easier to navigate those challenging healthcare crossroads. It's never too early to discuss together as a team — patient, family and healthcare provider — what a patient's goals and hopes are and then help to support those wishes as best we can.

The best place to start is by knowing the resources that are available to you, resources that can jump start conversations about the loved one's wishes and what sort of care they want to receive throughout all stages of life, but especially at the end of their life.

### Lay the foundation with strong provider relationships

Determining the type and level of care a patient wants and needs is a highly personalized process, unique to every individual and their situation. Having conversations about palliative care—which is not end-of-life care, but rather symptomatic care for patients who have a long-term severe or life-threatening illness, like cancer—is not something families need to weather alone.

Palliative care is all about managing symptoms; and works best coordinated as a team with a care provider, patient and their family. Connecting with primary care providers as soon as possible after a diagnosis (if not before) helps create an open dialogue to explore all care options to ensure a truly patient-

centered experience.

### Start hospice care earlier

Hospice care is support provided to patients during a terminal illness, typically reserved for people who are facing the last six months of their life. However, we find that some people enter hospice care just days before dying. As physicians, it can be difficult for us to "lose" the battle against a disease when our purpose is to cure. And, families naturally want as much time as possible with their loved one. But, starting hospice care earlier can help your loved one live the most fulfilling and comfortable life in the time they have. In recent years we have worked to "rebrand" hospice care if you will, so that it's less about giving up and more about ensuring the best days possible. Meeting with a hospice specialist earlier rather than later can help ensure your loved one lives life on their own terms.

Additionally, sometimes families don't realize that a patient qualifies for hospice care. Conversations with providers and the patient's health insurer should happen as early as possible in the care journey in order to access the appropriate level of care where and when you need it.

### Determine advance directives long before you need them

Advance directives are a patient's expression of what level of care they would like toward the end of their life. These directives can include things like a living will, durable power of attorney for healthcare, do not resuscitate or "DNR" orders, and organ and tissue donation. Unfortunately, some people wait to establish advance directives until it's too late — when patients physically or mentally are unable to express their wishes.

These conversations can feel morbid and uncomfortable for many, but wouldn't many of us rather know exactly what our loved one wants in the event of a life-threatening illness, instead of wonder-

ing if we're making the right decisions if they can't speak for themselves? Discussing advance directives far before you ever think you'll need them is the easiest way to ensure a more peaceful situation for family members down the line.

### Start the conversation today

Think about the things that are important to you for living — when would you not want to continue? Would it be if you couldn't drink or eat food normally? If you couldn't get out of bed? Do your loved ones know what you would want, and do you in turn know what they would want? It's never too early to have these conversations. At HopeHealth we offer a document called "A Gift of Preparedness" to help guide you through these discussions and decisions. Your primary care providers are there to help as well and can be an invaluable resource. As healthcare providers, it's our job to help you live the best, healthiest life you can, so don't hesitate to include your care team in discussions or to ask questions. It's time to normalize talking about end-of-life care.

There are some great resources available locally to help guide you:

HopeHealth: A non-profit organization in Massachusetts and Rhode Island, supporting patients and their families through all stages of illness, providing hospice care, palliative care, home care, and dementia and Alzheimer's support services.

Medical Orders for Life-Sustaining Treatment (MOLST): A document designed to improve the quality of care patients receive at the end of life by translating patient goals for care and preferences into medical orders

Rhode Island Department of Health: Advance Directives: A resource page outlining helpful information about drafting a will, establishing power of attorney, MOLST, and other end of life issues to consider.

The Rhode to Health Podcast: Hosted by Blue Cross & Blue Shield of Rhode Island.



<p><b>Publisher</b> John I. Howell Jr. - JohnH@rhodybeat.com</p> <p><b>General Manager</b> Richard G. Fleischer - RichardF@rhodybeat.com</p> <p><b>Advertising Director</b> Donna Zarrella - DonnaZ@rhodybeat.com</p> <p><b>Editor</b> Rory Schuler - RoryS@rhodybeat.com</p> <p><b>Sports Editor</b> Alex Sponseller - AlexS@rhodybeat.com</p> <p><b>Journalists</b> Pete Fontaine</p> <p><b>Classified Advertising</b> Sue Howarth-SueH@rhodybeat.com</p> <p><b>Circulation</b> Leslie Paz</p>	<p><b>Credit Manager</b> Lynne Taylor</p> <p><b>Bookkeeping</b> Leslie Paz</p> <p><b>Production Manager</b> Lisa Bourque Yuetner - LisaB@rhodybeat.com</p> <p><b>Production Staff</b> Monique Rice - MoR@rhodybeat.com</p> <p><b>Advertising Representative</b> Natalie Payette - NatalieP@rhodybeat.com</p> <p><b>Spotlight Profile Writer</b> Jennifer Coates - JenniferC@rhodybeat.com</p> <p>Tel. 401-732-3100 Fax: 401-732-3110</p>
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# Turkey and food drive collects flock of birds and pantry full of fixings

By PETE FONTAINE

Some faculty and staff members from Winsor Hill, Sarah Dyer Barnes and Thornton Elementary Schools were more than overwhelmed when they walked into the Johnston Fire Department headquarters on Atwood Avenue last week.

"Oh my goodness!" exclaimed one woman who was welcomed by JFD Rescue Captain Cherra Wheeler. "Look at all those turkeys ... all that food ... that can't be just for our schools."

However, it was as the Johnston Association of Firefighters Local 1950 upheld their long-standing Thanksgiving

tradition of giving uncooked turkey dinners with all the necessary fixings and perhaps more to a record number of 40 needy families in town.

"We are very happy to help feed those families in need in our town," Wheeler told representatives from all three elementary schools. "As a department, we are blessed to have the jobs we do and be able to help. We are humbled every year to be able to serve our communities in this very special way."

The long-standing Thanksgiving tradition, which began back in 2010, this year reached a record-setting number of Local 1950 feeding of

40 families.

Wheeler, who issued a blessed thanksgiving greeting to the school officials and Local 1950 membership, added: "As long as there is a need and we are able to help, we will help!"

Perhaps the most unique part of the program is that no Local 1950 member — or JFD Firefighters who are all part of funding this important and heartwarming project — ever finds out what families receive the Thanksgiving baskets that were again overflowing in a king-size plastic laundry basket that the recipients could keep.

"It has always been a confidential process," Wheeler went on. "Our main objective has always been to feed our families in need!"



**HEARTY HAUL:** Sarah Dyer Barnes PTSO Co-President Bethany Littlefield, JFD Rescue Captain Cherra Wheeler, teacher Kelly Montalbano and Principal Jill Sousa show the record number of Thanksgiving turkeys and dinners that went to needy families from their school. (Sun Rise photos by Pete Fontaine)

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• Sat. Dec. 11- CARRIAGE INN, No. Kingstown

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**AGINGDISGRACEFULLY.NET**

**CAPTAIN'S CORNER:** JFD Rescue Captain Cherra Wheeler (left) is all smiles and joined by Casey Montalbano and Selena Clark from Thornton Elementary School during last week's special food presentation.





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## LEGAL NOTICES

**Public Auction Legal Notice**

Form of notice under RI General Laws 39-12.1 to 12.1-15

To: Crystal Mullens 23 Snell St Attleboro Mass. A public auction will be held at 100 South Street Johnston, RI 02919 on December 11, 2021 at 900 Am. The vehicle a 2016 Chevrolet VIN # 1G1ZE5ST8GF257081 belonging to the above. The auction being held to satisfy towing and storage fees.

12/3/21

**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 - Pilozzi 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 Pilozzi. 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



# SUN RISE SCOOPS

By Meri R. Kennedy

## Clothing Drive for Mae Organization

MAE Organization for the Homeless needs your help with our clothing drive on Saturday, Dec. 4. at 11 a.m. to 2 p.m. Needed are coats, gloves, scarves and other clothing. Please schedule an appointment to bring your clothing. If you want to drop off on another day or time, contact the Mae Organization, located at 1221 Reservoir Ave. in Cranston. For more information or to set up a donation time, contact the Foundation at 206-0451.

## Cranston Historical Society's Afternoon Tour & Tea

On Sunday Dec. 16 and 20, the Cranston Historical Society will host a Holiday Afternoon Tour Program at the Historic Governor Sprague Mansion, located at 1351 Cranston St. at 4:30 p.m. December 16 or 22 ~ 4:30 pm

Participate in Cranston Historical Society's Sprague Mansion Holiday Afternoon Tour program. Enjoy a relaxing afternoon tea & tour in the historic Sprague Mansion Ballroom -- Guests will view a brief introduction of the history of the Sprague Family and A&W Sprague Textile Manufacturing Co. The Western Cranston Garden Club has splendidly decorated the mansion for the holidays using greens found on Mansion grounds!

Very Limited Seating - 10 guests only on each day. Call 401-944-9226 to reserve your place on Dec. 16 or Dec. 20. Reserve/Tickets: \$18ea; \$15ea-CHS members. Send checks payable by December 12 to Cranston Historical Society, 1351 Cranston St., Cranston 02920. After December 12, call to inquire if seating is available. Handicap access 1st floor, enter at back ramp entrance. Parking in rear. (Dates will be rescheduled if inclement weather arises.)

For more information or to get your reservation call 944-9226.

## Gingerbread Decorating Contest This Saturday

Artists' Exchange will hold its 17th annual Gingerbread House Decorating Contest. The event is scheduled for Saturday, Dec. 4 from 9 a.m. to 5 p.m. at Artists' Exchange, located at 50 Rolfe Square in Cranston.

How does it work? Participants start with a simple graham cracker construction and craft it into a work of art. There are heaping supplies of frosting, cereal, pretzels and of course, an array of colorful candy to decorate your dream candy home. And with no age limit, everyone is invited to join in on the fun!

Last year's take home gingerbread craft kits were such a huge hit, that we are bringing them back for a second year. This year participants will have the option to compete in person or bring the contest to the comfort of their own homes. Come visit the holiday workshop and pick up a gingerbread house kit.

Registration for both in person decorating and the take home craft kit is required. Register early as supplies are limited.

If you want to enter the contest for a chance to win free classes, participants can submit their creations for judging by posting their masterpiece on Facebook and Instagram and tagging @artists\_exchange. Their team of Judges, consisting of local artists and art teachers, rate all the houses based on creativity, attention to detail, imagination and most of all, thinking "outside the house!" Winners will be announced on their website and social media on Dec. 6. Prizes include Artists' Exchange class gift certificates towards classes in our upcoming winter session.

Discounted registration for the winter session of classes is also available at the event. Be sure to check the schedule on the Artists' Exchange website before coming because all class registrations processed on the day of the event will get 20% off tuition.

Also included in the weekend's festivities there will be outdoor holiday photo ops, pre-decorated wreaths and wreath decorating kits as well as take home art survival kits for sale. Be sure to share your memories with Artists' Exchange on Facebook and Instagram, follow them to stay up to date on all the great events and activities happening!

For reservations visit <https://www.artists-exchange.org/gingerbread-house-decorating-contest>. The contest cost is \$15 per house for in-person unlimited decorations.

## Reminder from Parks & Rec

Just a reminder of some of the rules and regulations at Johnston Memorial Park. There are no dogs allowed in the park or walking tracks. Dogs are allowed in the nature trail across the street from our parking lot; No smoking or tobacco use, No bikes, scooters, skateboard, etc. are allowed on the walking track that surrounds the pond. They may be used on the center path of the park. Please do not feed the ducks, birds, or any wildlife. Please keep the park clean by using the available trash barrels. Absolutely no alcoholic beverages on town property. No vehicles allowed in the park; No swimming or boating in the pond; No open flames or

charcoal grills. Gas grills are permitted; Fireplace use is prohibited. For your safety, please do not climb trees or fences; The park closes at 10 p.m. Recreation Department organized activities may continue; No overnight parking; No foul language or loud music; Field use is by permit only

Also, please be mindful of parking. Please display a handicap placard if you park in a handicap space. The area behind the office is reserved for employees. If you have any questions, please call 401-272-3460.

## 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).

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!

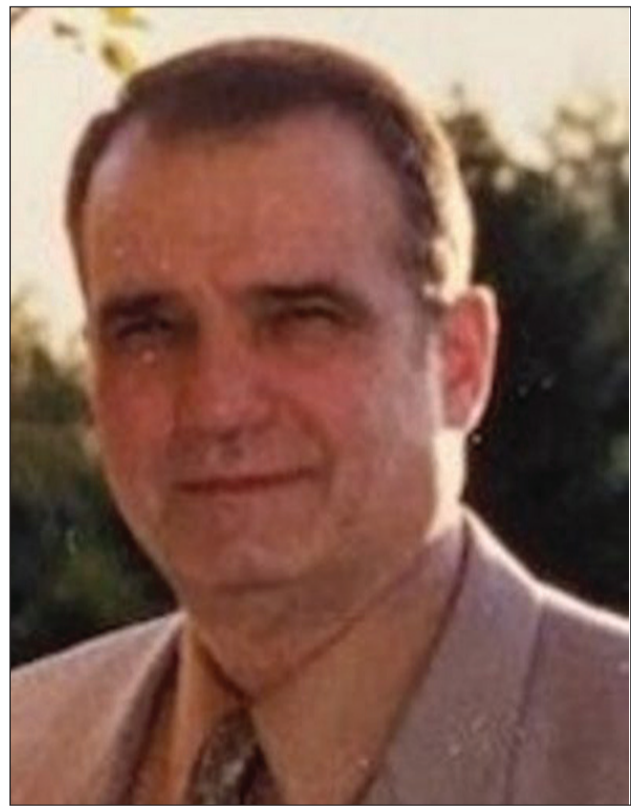
Contact the Johnston Historical Society at 231-3380 or at [johnstonhistorical1825@gmail.com](mailto:johnstonhistorical1825@gmail.com), [www.johnstonhistorical.org](http://www.johnstonhistorical.org) or [www.facebook.com/johnstonhistorical](http://www.facebook.com/johnstonhistorical).

## 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.

# Obituary



## Donald F. Parrillo



Donald F. Parrillo, 80, of Johnston and Narragansett, passed away peacefully Saturday November 20, 2021 surrounded by his loving family. He was the loving husband of Ruth E. (Mancini) Parrillo for 56 years.

Born in Providence he was the son of the late Flore and Elsie (Votolato) Parrillo. Besides his wife he is survived by his children Joseph D. Parrillo and his wife Renee and Lisa M. Parrillo all of Johnston; he was the brother of Dennis Parrillo and his wife Lucille of Johnston, David Parrillo and his wife Pat of Vero Beach, FL and the late Flore "Chuck" Parrillo and Stephen Parrillo;

He was the loving Papa of Leonard Jr., Lily A. Curreri, and Joseph R. Parrillo; step grandfather of Joseph D. Trillo and Sonya G. Oliver; step great grandfather of David Trillo and Jacob Oliver. Donald was an Administrator of J. Mancini Hardware, North Kingstown for 42 years and a Director of Lily Ann Realty LLC. After his retirement he worked with his son Joe as a purchasing agent at Classic Seal Coating Inc.

He was a member of the San Bernardo Society, the Alpine Country Club and Galilee Beach Club. He also served in the U.S. ARMY. Spending time with his family was his greatest joy. Breakfasts with his grandchildren, annual hunting trips with his son, searching for antiques with his daughter, "raising hell" on the farm with his brother Denny, and summers at the beach with his wife and friends.

## Obituaries

In your time of need, the *Johnston SunRise* 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 Amanda Nardolillo at (401) 732-3100 or email [AmandaN@rhodybeat.com](mailto:AmandaN@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



# ANIMAL TALK

By Karen Kalunian  
Local Adoptable Loveable



Photo credit: Karen Kalunian

## Mannie & Sasha

Double your pleasure, double your fun! Adopt this adorable kitten duo, Mannie and Sasha. They are littermates and totally bonded. Mannie has the black and white coat and he has FeLV, so please keep that in mind if you are interested. Sasha has the Tabby coat with the white paws. Both are very playful and loving as well as adorable. You can contact the shelter if you have any questions at 401-467-3670 or visit them at EGAPL Heart of RI 44 Worthington Road Cranston, RI. They are open on Wednesday 3-7, Thursday and Friday 12-2 and Saturday 10-2. These two deserve all the love you have to give and they'll both be waiting for you!

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!



- PARTICIPATING PAWESOME BUSINESSES:
- Andrea's Custom Collars, Buppy Pets, Cat in the Box, ChocolatePeanut, Hope Rope Co, Jacks Snacks, Luna Rayz, Paws 4 Treats, The Little Things RI, The Paw Pack Goods, Sophie Girls, Two Spotted Pups, Wolfe & Hound, Yucky Rivah Bee Fahm



**MILK MAIDEN:** With Sally's help, the herd of cattle she tended with her husband Earl Hick's (left) eventually reached 200 head. (Sun Rise photos by Rory Schuler)



**OUCH:** One poor mother cow made headlines when it birthed triplets – a rare occurrence for a heifer. The event led to a big story in the Providence Journal, headlined, "The Hickses Unhappily Announce: Triplets."



■ **Sally**  
(Continued from page 1)

"Earl's parents and family had been in the area for almost 200 years," Sally said, seated at her kitchen table, spreading newspaper clippings, photos and war medals across its surface.

"Earl's mother had a heart attack and passed away and there was no one to milk the cows or handle the farm," she recalled. "I had never milked cows before. I was never on a farm."

Eventually, in addition to cow-tending, Sally learned how to care for pigs, rabbits, goats and sheep.

She and her husband increased the farm's herd little by little, until it reached 200 cows.

One poor mother cow birthed triplets — a rare occurrence for a heifer. The event led to a big story in the Providence Journal, headlined, "The Hickses Unhappily Announce: Triplets."

Earl Hicks had been to war; as a sailor he served in the Pacific during World War II.

"He was an old Yankee and didn't like to spend money," Sally said, smiling and looking at his old sailor photo.

Sally and Earl Hicks had six children; four girls and two boys.

"They all had to work the farm," Hicks said. "I'd like to give them some credit, where credit is due. From oldest to youngest, there's Tammy, Kim, Barbara, Jesse, Sue Ellen, and Jamie."

Sally's kids participated in the local 4H Club.

"I was their 4H leader," Sally remembered. "They had a lot to do with the farm. I should include them, because it wasn't just my husband and I alone."

Sometimes, it was tough to determine which herd was more difficult to wrangle: the animals or the kids.

"As they got older, it certainly was the kids," Sally laughed. "They were all good kids. The farm kept them busy."

Earl Hicks died in 1995. Shortly after, a lifelong family friend, Frank Lewis, who lived nearby, moved in to keep Sally company.

He owned and worked on racecars — mini-sprints and widow makers. Sally helped him.

The pair became regular fixtures on automobile racetracks throughout the northeastern United States.

"I met a lot of nice people," Sally said. "The best people in the world are race people."

Frank was also a veteran. He had served in the Army.

They eventually married in 2006, and Frank Lewis, who had been fighting a terminal cancer diagnosis, passed away later that year.

Sally just started slowing down when she discovered the event-packed calendar at the Johnston Senior Center.

"I'm a pusher," she said. "I'm a go-getter. I only slowed down because I recently had heart surgery."

She walked out into the middle of the field and stood next to the broken down old Massey Ferguson tractor.

"It looks like it's just about done," she said of the stalled antique; its tires starting to deflate, flattening and sinking into the soil. "We'll get it going again. It's not done yet."

**Editor's Note:** This is the first installment of a new ongoing Johnston Sun Rise series titled "Senior Spotlight." The Sun Rise will be interviewing local seniors about the interesting lives they've led, and publishing the results. If you'd like to nominate a senior for our Spotlight series, email Editor Rory Schuler at [rorys@rhodybeat.com](mailto:rorys@rhodybeat.com) or call 401-732-3100.



**HER FIRST HUSBAND:** Sally displays her late husband Earl Hicks' Navy photo with several of the medals he earned while fighting in the Pacific theater during World War II. Earl died in 1995.

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**Dr. Guy R. Nicastri, 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.

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# spotlight ON BUSINESS

## Atwood Florist

Boxwood trees to make at home & fireworks to ring in the new year

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By JENNIFER COATES

The classic Christmas carol lyric "It's the Most Wonderful Time of the Year" rings through the halls of our homes and across crowded shopping plazas everywhere! Christmas season is upon us, filled with all its treasured memories and traditions. The weather has turned decidedly colder as if to say, "stay cuddled up around the fire with the ones you love."

While the weather outside may be frightful and the fire inside, delightful, there is still nothing like fresh flowers and greenery to make this season merry, bright and full of cheer! Just ask John Dick, the longtime owner of Atwood Florist in Johnston ~ he knows that all things fresh and colorful are the secret to happiness at every time of year, but especially in the doldrums of winter. One only need to venture into his welcoming shop on Atwood Av-

enue to take a sensory journey at the holidays ~ bright red poinsettias, deep green boughs of pine, frosty white roses, shiny gold baubles to decorate a boxwood tree. It is a sight for sore eyes (and noses)!

Atwood Florist has been home to breath-taking and customized flower arrangements since 2000, though John has been in the floral business for over 27 years. If asked how he has had his incredible "staying power", John would say that he has kept his eye on his customers, creating his trademark arrangements to fit every occasion. He has been a part of their every memory, from births and proms to weddings, from milestone birthdays to funerals ~ and everything in between.

Customers looking to deck their holiday tables with gorgeous custom-made centerpieces or to fill their rooms with live, fresh and volumi-

nous Poinsettias will find everything they need at Atwood Florist. John can help you find just what you are looking for. There is also a wide assortment of whimsical containers to choose from including ceramic Santa boots, snowmen, and festive ornaments! These make thoughtful hostess gifts at this season of giving.

This year, John is offering something special to his customers. In years past, before the days of Covid, John hosted boxwood tree-making workshops right at the shop. Ever mindful of his customers and their need to feel the spirit of the holidays, things are a bit different this year.

Now, you can make your own Boxwood tree in the comforts of your own home. John will assemble the kits for you to either pick up or have delivered to your door. Call today to order your kits (kits cost \$45, decorated trees at shop start at \$50) which include everything you need to custom-make these original Christmas showstoppers.

Atwood Florist is located at 1041 Atwood Avenue. John can be reached at 401-274-7300. Visit the website at www.atwoodflorist.com or "like" them on Facebook. The shop is open seven days a week through New Year's (Except Christmas!). Same day delivery is guaranteed if you call by noon.



Check out these beautiful boxwood trees to make at home ~ they make the perfect centerpiece for your holiday table or mantlepiece. Don't forget that Atwood Florist also sells FIREWORKS all year round!

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**STEPH'S SUPER SANTA STAFF:** Stephanie Harris, who owns and operates Strings Bar and Grill in Johnston, is joined by Local 1950 members Lt. Jon Pistacchio, Capt. Will Fish and firefighters Cory McNulty, Don Roberts, Chris DeFino and Mike Tetoile are hoping to break all previous records for Monday night's Toys for Tots Party. (Submitted photo)

# Only a few 'Strings' attached at Toys for Tots event

By PETE FONTAINE

WANTED: Anyone who enjoys holiday gift-giving, merry music, fantastic food and drink specials.

If so, plan on going to Strings Bar and Grill located at 193 George Waterman Road in Johnston on Wednesday, Dec. 8, for the 11th Annual JFD Firefighters Local 1950's Toys for Tots Collection Party.

"The cover band WITZEND will be playing a variety of high-energy music beginning at 7 o'clock," said Jon Pistacchio, a JFD lieutenant who is also Local 1950's vice president. "There may even be a special visit from Santa Claus."

Likewise, Steph Harris — who owns and operates the restaurant and bar — will offer attendees a free complimentary buffet.

There is, though, a string or two attached with the free food offer.

"All we ask is that every person to bring and new, unwrapped toy and they can enjoy Steph's

always fine food," Pistacchio mused. "She will also be offering drink specials during what promises to be a unique Harris Holiday Happening (like) she hosted before the COVID-19 pandemic hit."

The goal on Monday night — as it has been in 11 previous Toys for Tots Drives — will be to collect as many toys as Pistacchio said "we can fit into the backend of a reserved JFD rescue."

Moreover, there is no limit as to the number of toys people can donate.

In previous years, for example, Johnston State Sen. Frank Lombardo and his wife Patty have been regulars at the Toys for Tots Drive and have been very generous givers with such super items as a boy's and girls' bicycle.

"Some people have even donated many different sized stuffed animals as well as sports equipment such as footballs, basketballs, baseballs and hockey sticks," Pistacchio explained. "We are always thrilled — and

extremely appreciative for the many generous gifts people have donated that have put smiles on the faces of children from needy families on Christmas morning."

Once next Monday night's party — and annual Toys for Tots Drive is complete — Local 1950 members will deliver all the donations to the United State Marine Corps Reserve personnel, who will make special deliveries to families in need before Christmas.

"We want to thank those people who have supported this special event in year's past," said Keith Calci, Local 1950 President. "We also want to thank people in advance to Monday night for what we hope will be the biggest Toys for Tots collection we've ever had."

And, as Local 1950 Secretary-Treasurer Dave Pingitore added: "'Even if you can't attend the party, please consider bringing a toy or two to Strings Bar and Grill and help fill the rescue.'"

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S	E	R	A	G	L	I	O	S	A	C	O		
E	L	E	P	H	A	N	T	S	A	L	A	D	
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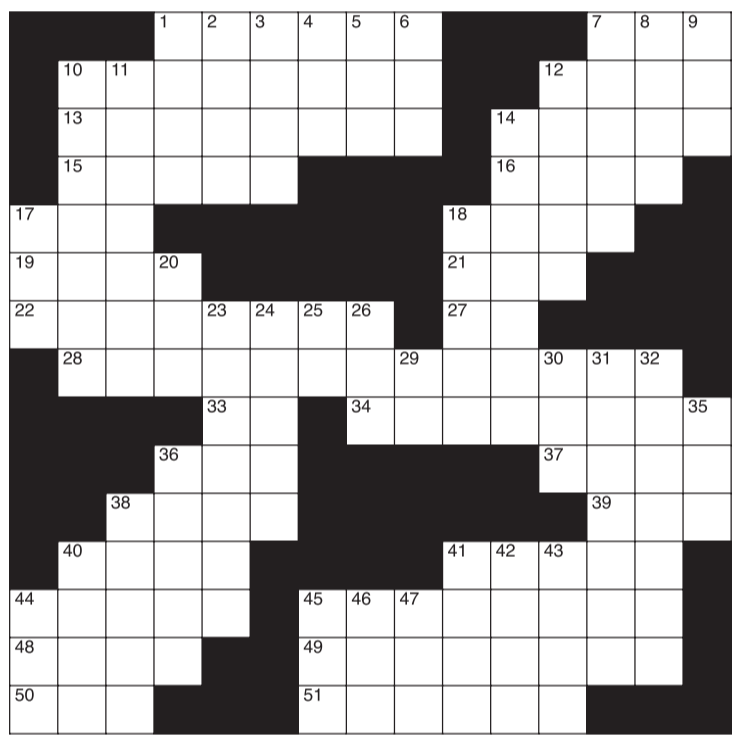
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**BARGAINS AND BOTTLES:** That would be the theme of tomorrow's 10th annual JHS-PTSO Holly Fair that will run from 9 a.m. to 4 p.m. inside Johnston High School. (Submitted photo)

**CROSSWORD  
PUZZLE CORNER**



**CLUES ACROSS**

- 1. Topsides
- 7. Sino-Soviet block (abbr.)
- 10. A Sultan's court
- 12. Maine city
- 13. Largest living land animal
- 14. Appetizer
- 15. Encounters
- 16. Leader
- 17. The source of bacon
- 18. Nuclear near reach weapon (abbr.)
- 19. Celery (Spanish)
- 21. Pie \_\_\_ mode
- 22. Eye disease
- 27. Hello (slang)
- 28. Those in their 80s
- 33. Law enforcement agency (abbr.)
- 34. Business organizations
- 36. Mimic
- 37. For indicating speed of rotation (abbr.)
- 38. Feeling

**CLUES DOWN**

- 1. N. American indigenous people
- 2. Fascinated by
- 3. Root of out
- 4. Patti Hearst's captors
- 5. Atomic #50
- 6. Habitual drunkard
- 7. Arabic for "peace"
- 8. Trickery
- 9. One's physique (slang)
- 10. Not quite there
- 11. Wistfully mournful

- 12. Popular dance
- 14. Cut of meat
- 17. A way to stand
- 18. "Gunga Din" screenwriter
- 20. 10th month of the year (abbr.)
- 23. A way of jumping
- 24. Utah town
- 25. Of I
- 26. Actress de Armas
- 29. Silver
- 30. Play a role
- 31. \_\_\_ Falls
- 32. Attaches to
- 35. Japanese title
- 36. Expressed pleasure
- 38. Buckets
- 40. Dirt
- 41. Hypnotists' group (abbr.)
- 42. Restaurant drive-\_\_\_
- 43. Digs up
- 44. He voices "Olaf"
- 45. Relaxing place
- 46. Body part
- 47. Pesky house critter

# PTSO Holly Fair kicks off the Christmas season Saturday

By PETE FONTAINE

The Johnston High School PTSO helps to make the chorus of Andy Williams' legendary Christmas song "It's the most wonderful time of the year" true.

Tomorrow, in fact from 9 a.m. to 4 p.m., inside the spacious JHS cafeteria, the highly-successful Parent-Teacher- Student Organization will host its 10th Annual Holly Fair featuring Santa Claus who will provide parents an opportunity to have their pictures taken with Jolly Ol' Saint Nick.

"We recently sent Santa Claus an invitation to again visit us for the Holly Fair," said Lance Niles, who this year succeeded Melissa Patrone as PTSO president. "We're thrilled he accepted and everyone is excited about his visit."

For adults — of all ages — they'll have an abundance of shopping selections to choose from during the non-profit's 10th Annual Holly Fair that will feature more than 50 vendors who'll set up their unique wares inside what the PTSO will transform from a

cafeteria into a decorative and colorful winter wonderland.

"There will be something for everyone!" Niles said. "The Holly Fair will be a great place for people to do some Christmas shopping as well as help the PTSO raise money for college scholarships that in June be presented to deserving and graduating senior JHS students."

There will be baked goods, classic crafts, as well as an opportunity for people to purchase a ticket or two for the PTSO's always-popular Calendar Raffle that will feature a number of prizes being drawn each day through the month of February.

Interest is running so high that a number of vendors signed-on during the past 10 days and therefore the Holly Fair booths will be extended into the corridors of the always-spice-and-span JHS corridors.

"We'll have everything from bottles to bargains," said Niles. "We also want to thank people in advance for their support in past years and look forward to seeing everyone Saturday (Dec. 4)."

# DEM: '2,500 boxes of fresh Rhode Island food to eligible seniors'

The Rhode Island Department of Environmental Management (DEM) Division of Agriculture is extending its Senior Farmers Market Nutrition Program (SFMNP) bulk purchase pilot program through November and December, resulting in an estimated 2,500 boxes of fresh Rhode Island food to eligible seniors, according to a press release.

The purpose of this program is to keep food security funds in Rhode Island. Due to unpredictability of coupon redemption rates, recently amplified by the pandemic, the DEM has transitioned the program fully into the bulk purchase program.

DEM is working closely with the Rhode Island Office of Healthy Aging to determine what communities are in most need of this assistance and to ensure the most helpful outcome. This effort will be done

in partnership with Farm Fresh Rhode Island (FFRI), which will source, pack, and deliver the food boxes to 25 different sites across the state.

"Utilizing and promoting local Rhode Island growers and fresh Rhode Island produce to help feed aging Rhode Islanders experiencing food insecurity is a win all around," said Governor Dan McKee. "My administration is proud that DEM and the Office of Healthy Aging are teaming up with Farm Fresh RI to deliver fresh, nutritious food to our neighbors in need."

The Senior Farmers' Market Nutrition Program (SFMNP) provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture (CSA) programs.

Fewer than one-third of senior citizens in the United States eat the recommended amount of fruits and vegetables, which are vital to preventing and treating health problems. The USDA Food and Nutrition Service has been running SFMNP since 2001 with the annual Farm Bill passed by Congress providing federal funding for the program. Each year the SFMNP program relies on the redemption of coupon vouchers.

Eligible seniors will receive a free food box filled with local seasonal produce with a value of \$20. Produce will be provided by farmers throughout Rhode Island.

For more information about DEM divisions and programs, visit [www.dem.ri.gov](http://www.dem.ri.gov) or follow us on Facebook, Twitter (@RhodelandDEM), or Instagram (@rhodeisland.dem) for timely updates.

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# Sports



**DROPPING BACK:** Johnston quarterback Hunter Remington drops back to pass. (Photos by Alex Sponseller)

## Beacon Bowl Champs

### Panthers roll to Thanksgiving win over Pats

By ALEX SPONSELLER

The Johnston football team traveled south to Warwick and beat Pilgrim 29-12 in the 2021 Thanksgiving Beacon Bowl last week.

It was a wild leadup to the game, as Toll Gate dropped out on Tuesday due to a roster conflict. Johnston stepped up later that day and went on to upset the hosting Pats, who shut them out 14-0 in the regu-

lar season.

"I don't know. The first game we played against them was one of our better games and we were improv-

■ PANTHERS - PAGE 17

## Ending the fall on a high note

The fall season is officially a wrap for Beacon Communications. As always, it went by fast.

Thanksgiving marked two great football matchups for our local high school teams as the Johnston Panthers made the trip to Pilgrim to battle the Pats while Cranston East and West squared off for another showdown.

I'm sure most of you have heard the story by now, but last Tuesday the Toll Gate football team was forced to withdraw from the game due to a roster issue. Johnston swooped in at the last minute to take its spot and earn itself a holiday matchup.

The risk paid off for Johnston, as the Panthers traveled to Warwick and put on a show. It was probably their best performance of the entire season, in fact.

The Panthers took a 7-0 lead in the opening drive and never took their feet off the gas. Johnston's offense made big play after big play while the defense made big stop after big stop. This was a team that was very much in control from start to finish.

On the flip side, it seemed like Pilgrim was just a little flat. There was a lot going on with the school in the weeks leading up to it between the COVID-19 outbreak at the homecoming dance as well as the last-second change of opponent. Knowing Pilgrim's coaching staff, they would never use that

### My pitch



by  
ALEX  
SPONSELLER  
SPORTS EDITOR

ALEXS@  
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as an excuse, but the Pats seemed a little off all day.

You can't take any credit away from Johnston, though. Hunter Remington came up huge on both sides of the ball, Joey Acciardo did what he always does, the defensive front wreaked havoc on the Pats offense all day. It was just a complete all around showing for the Panthers who walked away with the 29-12 win.

One thing that I admired with the Johnston team was how it continued to practice after its season ended.

Although the team did not have a dance partner for Thanksgiving, the Panthers were itching to find one and continued to practice although its Division III season had come to a close. The decision to keep grinding paid off as the team was game ready when it got the call and pulled off the upset.

I also have to give Pilgrim credit as well. It could have easily pulled out of the game when Toll Gate withdrew and

■ PITCH - PAGE 17

## No. 9 CCRI off to big start

By ALEX SPONSELLER

The CCRI men's basketball team is currently in the midst of a six-game winning streak to start the regular season 6-1 overall.

The Knights return after missing last season due to the pandemic, but have not looked out of sorts as they have already received a national ranking and have beaten some of the region's top opponents, including a big win over Quincy on Tuesday evening. CCRI currently is ranked No. 9 in the nation.

"We're a work in progress after missing last year. The kids stayed active in their own workouts, but since we did not have a

season it has made us a work in progress," said CCRI coach Rick Harris, who has been encouraged by the early results.

"We've won the games that we were supposed to win which is good. We also got a nice win over a team that usually gives us trouble in Central Maine. We have picked up some league wins. It's one of those things, we're not sure who the iron is yet since each team is in the same boat, no one played last year. We've got a tough schedule coming up, but I'm happy with where the kids are at this point and we just have to keep getting better."

■ CCRI - PAGE 17



**MAKING AN IMPACT:** CCRI freshman Nelvin Blanco during a game this season. Blanco has been a key contributor for the Knights at the point guard position. (Photo by Alex Sponseller)



# NOAA announces new bluefish plan

By CAPT. DAVE MONTI

NOAA Fisheries will implement Amendment 7 to the Atlantic Bluefish Fishery Management Plan (FMP), as adopted by the Mid-Atlantic Fishery Management Council (FMP). The Council manages bluefish in cooperation with the Atlantic State Marine Fisheries Commission coastwide, including Massachusetts and Rhode Island. According to the most recent 2019 stock assessment bluefish are overfished and a rebuilding plan is warranted.

The purpose of this amendment is to update the FMP with the best scientific information available, and to respond to changes in the fishery over time. Highlights of Amendment 7 and updated plan include revised goals and objectives, a re-allocation of bluefish quota between fishery sectors allocating 14 percent to the commercial fishery and 86 percent to the recreational fishery, a re-allocation of commercial quota based on 10 years of landings data, a seven year rebuilding plan, and revising the specification process to account for sources of management uncertainty separately between commercial and recreational fishery sectors.

A major change that received great opposition for the recreational fishing community was continuing to allow quota transfers between the commercial and recreational sectors. The new plan allows for transfers both ways.

In an April 12, 2021 letter to the Mid-Atlantic Council and Commission during the public comment period for the Amendment, the Rhode Island Saltwater Anglers Association, which represents 7,500 anglers and 28 fishing associations in Connecticut, Massachusetts and Rhode Island, expressed concern about many of the bluefish Fisheries Management Plan options that are now being implemented. RISAA said, "Bluefish are a high value fish to the recreational fishing community which accounts for 80 percent of the Allowable Catch Limit coastwide. And, 65 percent of the fish caught by the recreational fishing

community are released," said RISAA in their letter.

"The greatest value of bluefish to the recreational fishing community are the fish left in the water providing anglers with the opportunity to catch fish. This (like striped bass) is what drives the recreational fishery. Sixty-five percent of the recreational bluefish fishery is catch and release so the more fish in the water (the abundance of fish) is what drives the recreational fishery. Keeping high abundance levels without quota transfers between sectors is what drives a catch and release fishery and its economic value for bait & tackle shop sales, fuel, charter trips, etc."

RISAA suggested that the Council and Commission totally missed the importance and value of a catch and release fishery and why it is important to leave fish in the water for anglers to catch and not allow quota transfers between sectors. "Quota transfers discourages catch & release practices to help create an abundance of fish for anglers to catch & release," said RISAA.

For information on the approved Amendment now in the *Federal Register* visit [www.fisheries.noaa.gov/action/amendment-7-atlantic-bluefish-fishery-management-plan?utm\\_medium=email&utm\\_source=govdelivery](http://www.fisheries.noaa.gov/action/amendment-7-atlantic-bluefish-fishery-management-plan?utm_medium=email&utm_source=govdelivery).

## Seven fishes and a holiday recipe

I often write about the tradition of "seven fishes" during the holiday season as many readers are curious ... why seven fish? The practice of serving "seven fish" on Christmas Eve dates back to the religious tradition in Italy of abstaining from eating meat on Christmas Eve.

Some say the seven fish tradition is for the seven days it took to make the earth, others say it pays tribute to the last seven of the Ten Commandments, which relate to human interaction, and still others say it reminds us of the seven deadly sins. However, some in Italy do not have a tradition of seven fish but rather one of twelve fish (for the twelve apostles) or a thir-

teen fish tradition (for the twelve apostles plus one for Jesus).

Here's one of my favorite seafood recipes for the holidays that includes three different fish in one dish, a white fish such as haddock or cod, scallops and shrimp. I call it Sandy's Tasty Fish Casserole named after my good friend Sandy Ducharme who has opened her home to me and others during the holiday season and often serves this dish.

### Sandy's tasty fish casserole

This is NOT a milky, gooey casserole but a lightly baked dish of rice pilaf, cod, sea scallops and jumbo shrimp. Sandy said, "It is a great recipe for entertaining because you can make it ahead of time and then just bake it prior to dinner."

### Ingredients (serves eight)

- 2 pounds of white fish (cod, haddock or hake)
- 16 sea scallops, two per person
- 16 large shrimp (uncooked), two per person
- ½ cup lemon juice
- ½ stick butter or margarine
- ½ to ¾ cup lemon pepper panko bread crumbs (Sandy uses Progresso)
- 2 packages Far East rice pilaf
- ½ cup parmesan cheese

Cook rice pilaf as directed on package and set aside. Melt butter and mix with bread crumbs and set aside. Coat fish and shrimp (not scallops) with lemon juice, set on paper towel and pat dry. Place half of cooked rice pilaf on the bottom of a 9" x 12" baking dish. Place white fish on top of rice, sprinkle half of the butter/bread crumbs and cheese over white fish, place sea scallops and shrimp on top, place remaining rice on top of scallops and shrimp then sprinkle remaining butter/bread crumb mixture and top off with remaining parmesan cheese. Bake for 15 to 20 minutes at 350 degrees. Sandy said, "When the shrimp turns pink it's done."

### Where's the bite?

**Striped bass.** "Anglers are catching school bass from the



**MONSTER BLUEFISH:** John O'Keefe of Jamestown with a 36-inch bluefish he caught and successfully released this summer. The fish took first place in the Block Island Inshore Fishing Tournament. (Submitted photo)

beaches with no reports of bluefish being caught," said Joe Castaldi of Quaker Lane Bait & Tackle, North Kingstown. Angler Gil Bell reports catching a 25-inch striped bass on Thanksgiving Day from the surf on a South County beach and another 25-inch fish Tuesday.

**Tautog and cod.** "Tautog fishing is still good. A little slower in the Bay, but good out in front of Newport. Few anglers are fish-

ing in the cold but those that are fishing are catching keepers," said Tom Giddings of the Tackle Box. John Littlefield of Archie's Bait & Tackle said, "Tautog fishing slowed but anglers are catching fish off the medical office building at Kettle Point Riverside and out in front of Newport, shore anglers are catching tautog and last week a customer fishing for tautog caught a couple of cod from shore."

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**UPSET WIN:** Johnston's Joey Acciaro picks up some yards after the catch.

## ■ Panthers

(Continued from page 15)

ing, we were getting better little by little. We played one of our best games and they still beat us, so when they found out that it was going to be Pilgrim they were excited and knew it would be a close game," said Johnston head coach Joe Acciaro. "They played good the first time and lost, so they just had to give a little bit more and they did. That was the difference today."

Johnston would score on its opening drive when quarterback Hunter Remington rushed for a touchdown. Remington would haul in an interception on the ensuing Pilgrim possession, and the Panthers would go on to get a score from Aiden Lariviere to take a quick 14-0 advantage.

Remington would then connect on a touchdown pass to receiver Joey Acciaro with eight seconds left in the second quarter to extend the lead to 22-0 at the break.

Pilgrim came out strong in the second half and would get a score from Danny

Halliwell to cut into the lead and make it 22-6. The momentum was short lived, though, as Remington rushed for a 1-yard score late in the third to make it 29-6 heading into the fourth.

"I think on Thanksgiving and senior day, there's a lot of busyness and emotions that go into it. We came out a little flat and we didn't prepare properly for this opponent. Overall, though, we played hard for all four quarters and I have to give it to these seniors that played hard for all four years," said Pilgrim head coach Blake Simpson after the loss. "We're extremely lucky to get a game on Thanksgiving especially considering the circumstances. We were happy that Johnston stepped in for (Toll Gate). We were disappointed to not get the win but giving these kids a game is what we wanted most in the end."

Halliwell added: "It's great that we got to play this game even with Toll Gate canceling. This game means a lot to us, we were happy to get one last game. This group has been through a lot together. We've won a Super Bowl, have had a losing record, we've done it all and there's no group that I'd rather walk away with."

Although the Panthers' season ended in the Division III Semifinals two weeks prior, the team continued to practice in hopes of securing a Thanksgiving matchup. The gamble paid off as Johnston was ready to hit the ground running come Thursday.

"We just kept practicing, we kept them busy, we didn't want them to leave. That's why we were ready to go. When we got the call, we knew that this was an opportunity," Coach Acciaro said. "I've known these kids since they were in flag football, and not everyone can win a Super Bowl, but if at the end of the day they can finish on a high note and are happy, that's special."

Simpson was also proud of his senior core and will miss them moving forward.

"This class means a lot to me. They've been through a lot, we won a Super Bowl together, we have a great bond. Getting back to the playoffs is huge in boosting morale for the school and getting eyes on the program," said Simpson. "Hopefully we have some middle schoolers step up and want to play for our team. Getting back to the playoffs, getting a playoff win over our crosstown rival, it really sets us up for success next year."

## ■ Pitch

(Continued from page 15)

it would have been totally understandable. No, Pilgrim wanted to play and it did just that.

Also, this was the first year that the new Beacon Bowl trophy was presented. I headed down to a Pilgrim practice in October to deliver it to the team, but this was the first year that it was up for grabs.

Again, Pilgrim could have easily kept the hardware in its trophy case and reserved it for whenever the all-Warwick matchup came back around. The Pats elected to put it up for grabs, which I think showed a tremendous amount of confidence and swagger that you don't see often.

Sure, the Panthers got the win and spoiled Pilgrim's morning while taking the trophy back up to Johnston. But the fact that Pilgrim was so willing to put it on the line was pretty cool. The teams were talking about running it back next Thanksgiving at the conclusion of the game, so will this be the new rivalry moving forward on Thanksgiving?

Congrats to the 2021 Beacon Bowl champion Johnston Panthers.

While I was in Warwick covering the Beacon Bowl, perhaps the game that stole the show across the state that day was the East-West matchup, in which the Falcons completed the 22-21 comeback win.

This game is what Thanksgiving foot-

ball is all about. Two teams with a ton of history, passionate fan bases and are of similar makeup. This game was close on paper and it turned out to live up to the billing.

Both East and West feature young, developing rosters. This game was important for some new faces establishing themselves and making an impact as the clubs will look to make some noise in 2022. The usual suspects did their thing, but a few of those younger pieces stepped up as well.

The Bolts took a 21-7 lead into the fourth quarter, but West would come up with some big plays and big drives on each side of the ball to take over and complete the comeback win.

Mayor Ken Hopkins was present to hand out awards, the two teams left with their heads held high. It was a great game that I wish I was able to be present for, it literally came down to the final seconds when West made a red zone stop on defense to ice it.

There are some other Super Bowls left to be played but for our coverage area, the fall has come to a close. I am always thrilled to dig into the winter season, which I will be doing next week, but let me give a few quick hit thoughts to send off the fall.

Cranston boys soccer is back ... both East and West had solid, playoff campaigns and I am looking forward to seeing if the rivalry can catch fire in the next year or two.

Warwick girls soccer also lived up to the high expectations, as the Pilgrim girls reached the Division I semis and

## ■ CCRI

(Cont. from page 15)

The Knights have an inexperienced roster this winter with only two players - Mitchel Noresca and Luke Fusaro - having received significant minutes during the 2019 run in which CCRI won its region.

Harris and his staff have relied heavily on the duo, and Noresca has been averaging more than 18 points per game and is fifth in the country in rebounds.

"(Noresca's) gotten off to a good start for us, he's a very active player and is currently fit in the country and rebounds. He's one of our more experienced guys and has become a leader. He's a hard worker and does all the little things," said Harris.

Another emerging

piece for CCRI is freshman point guard Nelvin Blanco, who is finding big minutes in his first year of play since graduating from Cranston East. Harris has been pleased with his transition and hopes to add more to his plate as the season wears on.

"Nelvin is coming along nicely. He's adjusting to this level and he's progressing nicely for trying to learn. He's playing the point so he's not scoring the way he was in high school, but he's capable of scoring. We're just trying to get him to run the offense and play defense. He's a strong kid and a good athlete," Harris said.

The Knights have three more games prior to the two-week holiday break at the end of the month.

Harris hopes to see the team enter the break with some momentum and

continue to improve for the second half in January.

"This will be our toughest portion of the schedule, we'll see what we really are," Harris said. "We'll take it one game at a time though, try to build on them and get better."

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# RhodyLife

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## 'Just' a walk in the woods



## Jamie Boblitt gears up for 2,168-mile hike

By JOHN HOWELL

Jamie Boblitt used to walk Jack and Freckles on Bellman Avenue in Conimicut. When he decided if he was really serious about hiking the Appalachian Trail, a 2,168-mile trek from Springer Mountain in Georgia to the ascent of Mt. Katahdin, in Maine, he would need to do something a little more demanding. He took the dogs that are now showing their age and are more plodders than walkers to Rocky Point. At least at the park there are some hills.

While he walked fast and found he consistently clocked a 14-minute mile, he was in for a surprise when he hit the trail this summer for a sample of what he hopes to accomplish in 2022. Yet to get this far he's overcome many hurdles, which in themselves are personal triumphs.

In his 20s and 30s when Jamie lived in Ohio he would use his vacation to hike the White Mountains of New Hampshire for a week following the hut system managed by the Appalachian Mountain Club. Jamie called the hiking frequently "steep and treacherous," but when you reached a hut you could count on a place to sleep and a good meal. An added benefit is that you didn't have to lug a heavy pack.

Jamie kept up with his outdoor sports but not with the same intensity after marrying and moving to Rhode Island. The company he founded, Aura Accessories, had him traveling a lot, and at the age of 62 he decided it was time to retire and discover some new hobbies. He sold the business.

However, his health interrupted dreams of retirement. He had zero energy; he had aches and pains and he felt listless. After a battery of tests involving four days in the hospital, physicians diagnosed polymyalgia rheumatic that occurs when the body's immune system attacks its own connective tissues of joints, causing pain. As conditions didn't improve, Jamie was also diagnosed with giant cell arteritis, which frequently causes headaches, scalp tenderness, jaw pain and vision problems. If untreated it can lead to blindness.

"All my activities slowed down," he said. He gained weight and what walks he took with the dogs were slow tedious and tiring. Slowly over a period of six to nine months his energy started to return.

"I kind of didn't want to sit around," Jamie says.

It was at that point the lure of the Appalachian Trail took root. Jamie turned to the internet where he found blogs, personal accounts and videos on what to bring and what one should be prepared for. He was beginning to wonder if he could do it. Most compelling was Bill Bryson's book *A Walk in the Woods, Rediscovering America on the Appalachian Trail*.

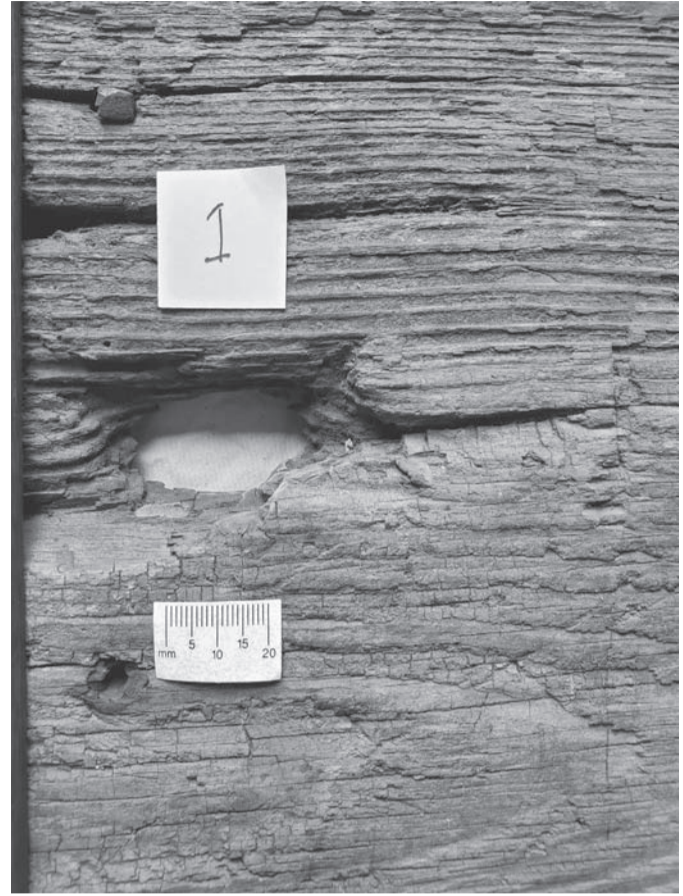
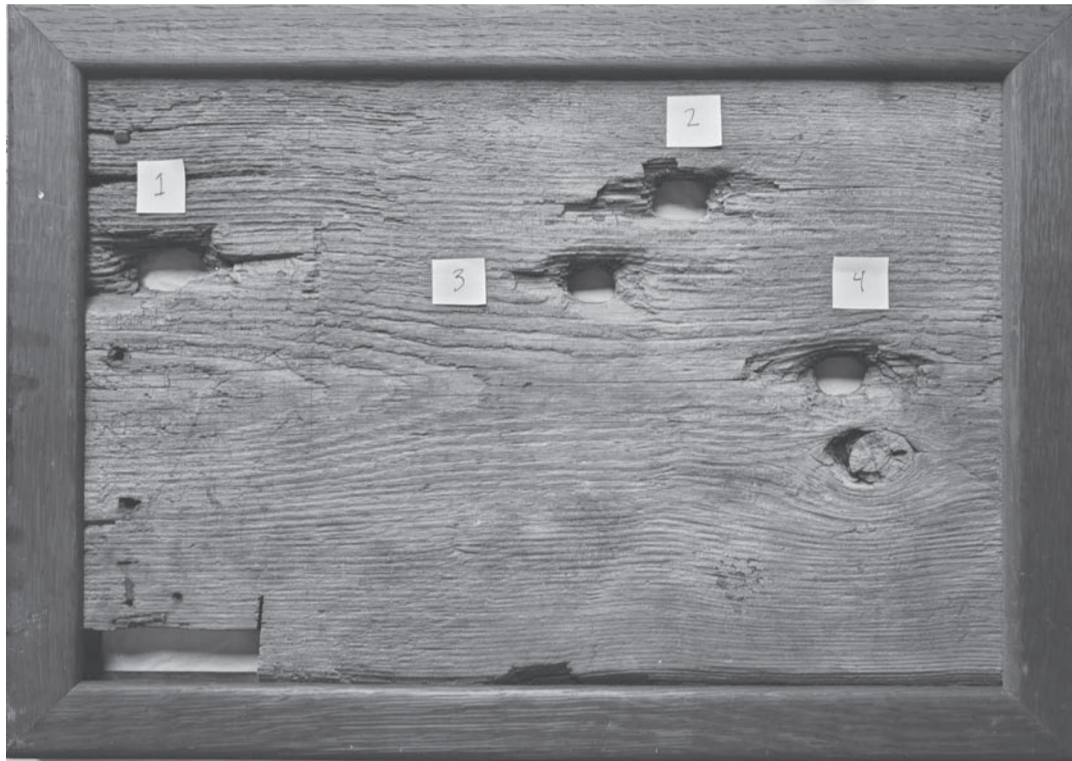


**THEY WON'T BE GOING:** Jamie Boblitt and Jack and Freckles do their walk on Bellman Avenue. The dogs won't be accompanying him when he takes on the Appalachian trail next spring. **ABOVE:** Boblitt at his campsite on a previous hike.



# COLLECTIBLES

## Forgotten History



## HANGING ON THE WALL



**By Joel Bohy**  
*Historic Arms & Militaria*  
 Bruneau & Co. Auctioneers  
 Cranston, RI

A check of the history of Billerica provided some information. It wasn't raided by Native Americans during King Philips War, but in 1695 it was. The raid took place on the north side of town and according to town records, fifteen were killed or taken.

I normally do newspaper searches to see if there are any tidbits that can be found there and sure enough in a Boston Journal article from August 16,

carried off four more." As I mentioned, the article isn't politically correct. It also states "To make it more real a board from the Farmer Garrison of the town was brought forward. In this were four holes made by bullets of the Indians fully two centuries ago." As you can see, the board in the image also has four holes from a large bore musket. It also has a lot of age and has to be the one mentioned. The

article also goes on in a more descriptive way to describe the scene "Mr. Nason drew a most vivid word picture of the scene of two centuries ago, making it so real that one could almost see the scalped, tomahawked families rolling in their own blood at their own hearthstones."

While more research needs to be done, I don't doubt this is the 1695 board mentioned in the 1895 article and saved to remember the event. It may be the earliest American bullet-struck object I have ever seen.

**Dr. Charles Hosmer of Billerica The address upon the massacre was by Capt Paul Ford Nason of Billerica, son of the late historian, Rev. Elias Nason. Mr. Nason drew a most vivid word picture of the scene of two centuries ago, making it so real that one could almost see the scalped, tomahawked families rolling in their own blood at their own hearthstones. To make it more real a board from the Farmer Garrison of the town was brought forward in this were four holes made by bullets of the Indians fully two centuries ago.**

1895, there was an article which mentioned the 1695 raid as well as the board! While it isn't written for today's tastes it gives us some information. "It is just two centuries ago today that the savage red men stole down upon the little settlement of Billerica and slaughtered 11 of her people and

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# A HALL OF FAME FEAST FOR HOME GATING FANS



**FAMILY FEATURES**

**G**athering your team to plan for a truly memorable game day at home starts with almost everyone's favorite part of the festivities: the food. From meaty meals and zesty appetizers to sweet, long-lasting snacks, fuel your crowd with recipes that keep them coming back from kickoff to overtime.

One superstar of the menu at many homegating parties is salsa, whether it's used as a finishing touch in recipes or as a standalone snack to enjoy with chips, veggies or other pairings. In fact,

according to the Game Day Eats Report from Fresh Cravings, 22% of guests would insist on running out to pick up salsa if it wasn't available for the feast; 18% would even be devastated and consider leaving.

Chef Anthony Serrano recommends these all-American recipes he makes for his family on game day. Pulled Beef and Slaw Sliders are perfect for piling high with delicious toppings before hitting the couch just in time for kickoff. Snacking throughout the action is a preferred approach for many fans, making Cast-Iron Smoked Queso

Dip and Hummus Deviled Eggs go-to options for armchair quarterbacks.

These crowd-pleasers make game day worth celebrating, especially if you use a salsa with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices found in Fresh Cravings Salsas. Their flavor-packed, vibrant recipe offers a homemade-tasting alternative to the softer, duller blends of jarred salsa.

To find more championship-level game day recipe inspiration, visit [FreshCravings.com](http://FreshCravings.com).

## Pulled Beef and Slaw Sliders

Recipe courtesy of chef Anthony Serrano

### Pulled Beef:

- 2 pieces (about 3 pounds each) beef chuck roast
- 2 tablespoons taco seasoning or barbecue rub
- 1 cup beef bone broth
- 16 ounces Fresh Cravings Chunky Mild Salsa

### Salsa and Queso Slaw:

- 16 ounces Fresh Cravings Chunky Mild Salsa
- 16 ounces broccoli slaw blend
- 1/4 cup green onions, sliced
- 1 teaspoon salt
- 1 cup crumbled queso fresco
- 1 tablespoon Dijon mustard
- 1/2 cup mayo
- 2 tablespoons apple cider vinegar
- 2 tablespoons cilantro (optional)

- slider buns
- Fresh Cravings Salsa
- barbecue sauce
- pickles

- jalapenos
- sliced cheese
- roasted peppers
- onions

To make pulled beef: Season both sides of beef with taco seasoning. Wrap with plastic wrap and place in fridge 2-12 hours before cooking.

Place meat, beef bone broth and salsa in pressure cooker; seal according to pressure cooker directions. Cook on high 60 minutes. Once pressure cooker is safe to open according to instructions, open and let meat rest in liquid 15 minutes.

Remove meat from liquid and place in large bowl. Carefully shred meat. Pour liquid, up to half, over meat while shredding to keep it juicy.

To make salsa and queso slaw: In large bowl, mix salsa, slaw blend, green onions, salt, queso fresco, Dijon mustard, mayo, apple cider vinegar and cilantro, if desired. Cover with plastic wrap and refrigerate until needed.

To assemble sliders, place pulled beef and salsa and queso slaw on buns. Top with salsa, barbecue sauce, pickles, jalapenos, sliced cheese, roasted peppers and onions.



## Cast-Iron Smoked Queso Dip

Recipe courtesy of chef Anthony Serrano

- 2 cups cheddar cheese
- 1 cup Monterey Jack cheese
- 1 teaspoon almond flour
- 1 cup heavy cream
- 1 cup Fresh Cravings Restaurant Style Salsa
- 1 teaspoon paprika
- 1 teaspoon sea salt

- 1/4 cup cooked chorizo
- 1 teaspoon liquid smoke
- cilantro, for garnish
- diced bell pepper, for garnish

In cast-iron pan, mix cheddar cheese, Monterey Jack cheese and almond flour. Pour in heavy cream and salsa; bring to gentle simmer. Whisk while simmering 5-7 minutes, or until queso dip begins to thicken. Add paprika, salt, chorizo and liquid smoke; adjust seasoning as necessary. Garnish with cilantro and bell pepper.

## Hummus Deviled Eggs

Recipe courtesy of chef Anthony Serrano

- 6 hard-boiled eggs, peeled
- 1/4 cup Fresh Cravings Classic Hummus
- 1/4 cup smoked cheddar cheese and crumbled
- 2 tablespoons bacon, cooked and crumbled
- 1 teaspoon yellow mustard
- 1 teaspoon salt

- smoked Spanish paprika, for garnish
- parsley, for garnish

Cut hard-boiled eggs in half lengthwise. Remove yolks and place in bowl. Using fork, mash yolks into fine crumble.

Add hummus, cheese, bacon, mustard and salt; mix well.

Evenly disperse teaspoons of yolk mixture into egg whites. Sprinkle with any remaining bacon, paprika and parsley.





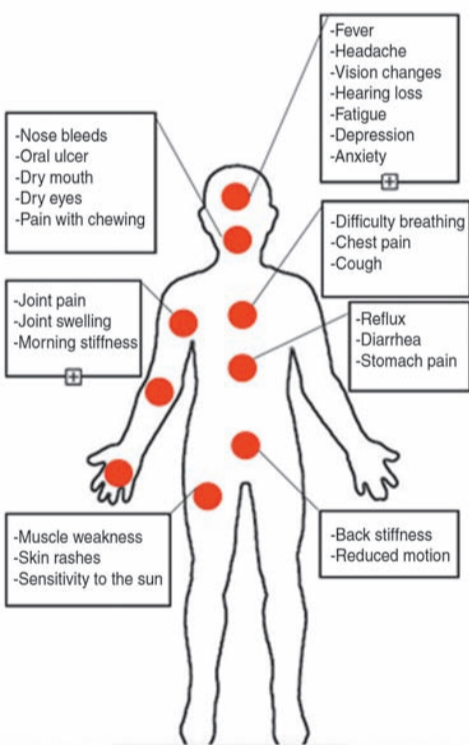
# Rhody Health

## WHAT IS *Rheumatology*?

Rheumatology is a subspecialty of medicine that focuses on the treatment of conditions due to immune system dysfunction. These are referred to as autoimmune diseases. The immune system is our body's defense mechanism against infection. Its job is to recognize foreign invaders like bacteria and viruses and stop them from causing disease by making antibodies. In autoimmune disease the immune system wrongly identifies its own body as foreign and creates an attack against itself. This leads to the development of inflammation and damage to different areas of the body. An autoimmune condition can affect one area of the body or many areas. Autoimmune diseases can be difficult to diagnose because the symptoms can be subtle and nonspecific.

### The cause of rheumatologic autoimmune disease

The reason person develops an autoimmune disease is unknown. It is likely a combination of genetic predisposition along with an external trigger, like a viral illness that leads to development of disease. Many autoimmune conditions run in families.



### Symptoms of autoimmune disease

People with autoimmune diseases can develop a wide range of symptoms from fever to joint pain. Even individuals with the same diagnosis can be affected very differently. Symptoms can be limited to one organ or multiple organ systems.

Rheumatologic autoimmune disease are diagnosed by putting together the clinical symptoms with blood tests. There are over a hundred different autoimmune conditions. Some conditions include:

- Lupus
- Rheumatoid Arthritis
- Polymyalgia Rheumatica
- Dermatomyositis
- Polymyositis
- Psoriatic Arthritis
- Ankylosis spondylitis
- Vasculitis
- Temporal Arteritis
- Scleroderma
- Crohn's Disease

### Staying Healthy



by  
KELSEY RIGBY,  
DO, PGY-3  
KENT HOSPITAL,  
INTERNAL MEDICINE  
RESIDENT

### Diagnosis of autoimmune disease

The diagnosis of an autoimmune disease includes looking at both patient symptoms and blood work. Early in the disease process it can be difficult to obtain the correct diagnosis because the symptoms are subtle and nonspecific. Many symptoms in autoimmune diseases can also be seen in other diseases as well. One of the key features that suggest a process is related to an autoimmune disorder is if symptoms are chronic, relapsing and have been occurring over 6 weeks. Lab tests look for elevated inflammatory markers in the blood as well as specific antibodies that are present in certain autoimmune diseases. It is important to correlate lab tests with symptoms. There are some people who have positive antibodies related to this disease process, but do not have any underlying disease.



### Treatment of autoimmune disease

Autoimmune conditions are chronic and require longterm treatment with immunosuppressive medications to keep the disease under control. Sometimes a flare up can develop and will require short acting treatment to help control symptoms. There are many different medications that can be used to treat autoimmune diseases and it can be a challenge to find the right one that works best for each patient. It is important to follow up regularly with your physician to monitor symptoms and disease activity by both lab work and physical exam.

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## ■ Hike (Continued from page 18)

### Hiking light

Jamie researched what gear he would need. The emphasis was on weight. The less he had to carry, the easier it would be on his body and the more ground he could cover in a day. Jamie had some of his own gear, as well as some gear belonging to his son, Jake, an Eagle Scout, who is now in his second year at NYU. He could use Jake's pack, but that was comparatively heavy. Jamie bought a pack weighing 2.7 pounds and a tent tipping the scales at 2.8 pounds. Traditional hiking boots were out.

"One pound on your foot is like 17 pounds on your back," Jamie said. He went for trail runners that are light and resemble sneakers. There were other considerations including clothing, a stove, sleeping bag, water and enough food to make it for stretches of four to five days if that was in the plan.

Jamie used the camping stove he had although he could have bought one several ounces lighter. He bought an ultra-light sleeping bag but found it insufferable. The bag was made of a heat retaining reflective crinkly material. Whenever he moved, the bag would make noise. He gave up on that and went for something a little heavier. As for water, he bought a filtration system to purify water from streams and lakes he would find along the way.

There is no way around food. Jamie estimated he would be burning 4,000 calories daily. Power bars and candy are light and energy packed. He went for those.

Jamie was feeling good by this summer. He wanted to make a trial run and planned on a 2-day climb of Mt. Washington with Jake. Despite all the walks, the pounds he shed and feeling in shape, climbing Mt. Washington wasn't a walk in the park. He soon discovered age also made a difference. There were times he was out of breath and he had to stop. Meanwhile, Jake was "bounding from rock to rock." He was starting to wonder if he was cut out for the trial.

Soon after he put himself to the test, driving to Great Barrington, MA to connect with the trail there. It was late August. The trail, nicknamed the Green Tunnel since trees blot out the sun for much of the stretch, was relatively active. In the course of the five days it took him to reach Dalton, MA, Jamie met about eight others hiking the trail either heading North or South.

Among them was a woman by the name of Mozeta in her 60s, who had broken her foot, which incapacitated her for more than a



**FULLY EQUIPPED:** Boblitt uses a lightweight pack and is selective about what it contains. He also opts for trail runners instead of traditional hiking boots which are much heavier.

month. When she finally returned to the trail, she came down with Lyme disease. Doctors put her on medication and finally gave her the clearance, only now her funds were running out. Mozeta sold her house in California and bought a van to live out of and then returned to the trail.

Jamie said it's takes \$4,000 to \$5,000 to do the trail properly.

After doing a portion of the trail, Jamie returned in late September to complete the Massachusetts section from Dalton to North Adams. He found a different experience. He didn't encounter a single other hiker. Trees had lost their leaves and he was walking in the sunlight when it wasn't raining. With leaves blanketing the trail, Jamie depended on the GPS app Gut Hooks, now Far Out, on his phone that outlines the length of the trail. The app pinpointed his location and he could see what he needed to do to get back on the trail. He recommends

the app as the one thing hikers can't do without.

### Tough going through the mud

He also discovered with all the summer rains, the trail was muck. The mud made to heavy going there were occasions where a combination of exhaustion and conditions brought him to a stop. There was nothing he could do but to plod on.

Although the trail is 2,168 miles, Jamie estimates he'll put in an additional 300 miles leaving and then returning to the trail to stock up on food, charge a cell phone or better yet spend a night in a motel where he can get a hot shower and a good meal. His plan is to start in mid March 2022.

Compared to the two other major trails in the country, the Pacific Crest and the Continental Divide that are both slight longer, the Appalachian with all its ups and downs has 515,000 feet of elevation gain - the equivalent of climbing Mount Everest 16 times. The other two major trails fall short of that elevation gain by 200,000 and 100,000 feet respectively. Jamie is thinking of doing the Pacific Crest, should Jake get an internship in the film business in California.

But for now, his attention is focused on the Appalachian Trail. His wife, Gina, has no issues with his goal as "long as you let me know you're alive." A daily text or phone call works.

As for Jamie, what does he think of during all that time in the woods and on the trail?

He said he takes in the surroundings and thinks of the next step, whether it's getting around the boulder in front of him or the days ahead of him.



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