



Power struggle over Narragansett Electric acquisition

By RORY SCHULER

Nearly all Rhode Island buys electricity from a single source. That could change next year.

A Pennsylvania-based power provider is in discussion to buy the Ocean State's primary electric service, the Narragansett Electric Company (NEC), from its current owner, National Grid. The parties have reached an agreement but

several local advocacy groups and the Rhode Island Attorney General have refused to support the \$5.3 billion sale. A final decision from the state's Division of Public Utilities and Carriers is expected in February.

"This transaction is of particular importance to Rhode Island, because NEC provides electric distribution service to nearly all of the residents of the state (with some 510,000

customers), as well as being the primary natural gas distribution utility (with some 270,000 customers)," according to direct testimony and exhibits submitted by Mark D. Ewen and Robert D. Knecht, on behalf of the Office of Rhode Island Attorney General Peter F. Neronha.

Last week, the Allentown, Pennsylvania-based PPL Corporation argued that acquisition of NEC would benefit the

public's interest.

Several groups oppose the acquisition, and Neronha's Office has warned the transaction may increase Ocean State electric bills.

"As such, the RIAG and other parties to this proceeding understandably desire, at a minimum, to ensure that the transaction will not have any negative impacts on ratepayers and the general public," Ewen and Knecht testified.

Witnesses for PPL and the opposition delivered testimony before the Division of Public Utilities and Carriers, from Monday, Dec. 13, through Thursday, Dec. 16.

PPL Corporation and its family of companies provide "essential energy services to more than 2.5 million customers," according to the company's website.

ELECTRIC - PAGE 6

A CHRISTMAS CHORUS



SENIOR SERENADE: Members of the Johnston Senior Center enjoyed drinks and snacks prior to a rousing performance by the Johnston High School Chorus. For more photos from the event, turn to Pages 8 & 9. (Sun Rise photo by Rory Schuler)

Pannese Society guarantees Christmas Dinner for families in need

By PETE FONTAINE

David Venditelli, first-year president of the ageless Pannese Society of Rhode Island, wasn't sure if the proud Italian-American non-profit set a record, but this week noted: "We are really, really happy to continue to this terrific tradition."

It's an ageless act of giving that began with former

President Joe Spremulli, that made sure families in need had a Christmas dinner.

Backed by David Costantino of famed Columbus Door in Warwick, who Venditelli called a "special and super sponsor," the Pannese Society made two holiday traditions that were not interrupted by the COVID-19 Pandemic or any other obstacle.

Venditelli, along with Pannese Society Vice President Jason Parenteau, Secretary Louis Mansolillo and Treasurer Stephen Russo made a special delivery of 36 spiral hams and \$25 gift cards for Stop & Shop that the group said "complimented the Christmas Food Baskets provided each and every year by Our Lady of Grace Church in Johnston."

Needless to say, Rev. Peter J. Gower — the popular pastor at the Roman Catholic Church that's located at 4 Lafayette St. in Johnston — was thrilled with what he called "the Pannese Society's generous acts of giving" that began many years ago because people like Spremulli never, ever liked hearing about people's struggles so the membership made sure

families in need enjoyed a Christmas dinner.

The Pannese Society's annual and awesome act of giving wasn't just limited to Our Lady of Grace, as Venditelli announced "we will be bringing an additional 20 spiral hams to the Johnston Senior Center to be donated as needed."

DINNER - PAGE 7

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HOLLY FAIR



SANTA STAFF: Toni-Ann Salzillo and her Son Michael and daughter Emma were joined by Santa (Jackson Troxell) Claus at the Advent Calendar booth during the recent and highly-successful JHS PTSO Holly Fair. (Sun Rise photos by Pete Fontaine)

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CLASSIC CRAFTS: Chris LaPierre and Alizabeth Almeida set up their Craft Vibes booth during the recent JHS PTSO Holly Fair.



OUTSTANDING OFFICIALS: Dylan Calabro, who manned the Yacht Club Soda booth during the recent JHS-PTSOTSO Holly Fair, is joined by long-time volunteers extraordinaire Deb McHale (left) and Melissa Patrone who are stepping down from their offices after many years of volunteer service.

**MERRY
CHRISTMAS**

... AND ...

HAPPY
NEW YEAR



Robert V. Russo
DISTRICT 4
TOWN COUNCIL PRESIDENT

JHS Chorus sings at Christmas Remembrance Ceremony

By PETE FONTAINE

Although last Sunday night's temperatures dipped into the low 30s, there was a wonderful and warm feeling during the 20th annual Highland Memorial Park Cemetery Christmas Remembrance Ceremony.

There was what Joseph Swift, who doubles as President of the well-maintained and spacious cemetery and Johnston Lions Club, called: "A warm and heartfelt speech about the 'Meaning of Christmas' from Rev. Father Albert D. Ranallo of St. Ann's Church in Providence."

Moreover, as Swift told an overflow audience inside Highland Memorial Park's impressive Chapel Mausoleum: "There is nothing better than to hear children singing Christmas songs."

Add to that the lighting of three trees — which were adorned with approximately 800 pewter ornaments with the name of the person in memory of written on the back, hot chocolate and cookies and a classic conclusion featuring the sound of "Silent Night" filling the chilly air — that's why people like Johnston Town Councilman and Swift's brother Lion Robert Civetti who came with his wife Carol, observed: "This is always a special evening."

It was Highland Park's 20th Annual Christmas Remembrance Ceremony that as Swift explained "actually started 21 years ago but did not happen in 2020 due to the COVID-19 Pandemic."

He started the event "because Christmas is a time of mixed feelings and emotions so we wanted people to remember the good times, the fun times and to leave our event with warm feelings and a smile on their face."

That was always accomplished every year and last Sunday night was no exception per Father Ranallo's impressive presentation and a stunning performance by the national award-

winning Johnston High School Concert Choir under the direction of Matt Gingras.

Gingras' group, in fact, created a first for the ceremony by leading people in the singing of "Silent Night" during the tree lighting.

"We received so many compliments tonight," Swift noted. "People love this tradition and first-timers said it made their loss this year a little easier knowing that the cemetery does these types of events including the Easter Sunrise Service."

As many people were leaving the cemetery, there were statements like, "We all loved the singing and hope this tradition will continue," while other folks noted "it would be nice to know that one day this service will also be held in their memory; perhaps that says it all."

Likewise, Swift said "many people were impressed with the (JHS) Concert Chorus for two reasons; first because of the group's singing which featured accompanist Jan Navarro on the keyboard and perhaps even more impressive that 40 or so undergrad gave up a Sunday evening to participate in a beautiful event that recognized people's loved ones lost during 2021."

"I couldn't be more proud of our students," said Gingras. "They believe in what we are doing and it reflects in their music."

The JHS Concert Chorus performed five pieces, including Veni Veni Emmanuel by John Trotta featuring student percussionist Johnathan Guilmette.

There was also "Glow" by Eric Whitacre, a peaceful song about the beauty of wintertime the treble chorus followed by Mozart's "Veni Sancte Spiritus," then "Where the Light Begins," a piece that Gingras noted "captures the feeling of peace that is always present during the holiday season but not directly about the



TALENTED TROUPE: Johnston High Concert Chorus performed at last week's 20th annual Highland Memorial Park Cemetery Christmas Remembrance Ceremony.

holiday season that he said speaks to the light inside of us all."

The final selection was "That's Christmas to Me" featuring Madison DaCosta, a soloist with the JHS Concert Chorus.

After the Concert Chorus' final song, Gingras invited everyone to join in the singing of "O Holy Night." People sang from a sheet that was handed out by Julie Jefferies, Swift's granddaughter, as they entered the mausoleum. It was the second time the talented JHS troupe performed at Highland Memorial Park Cemetery.

"We hope to return in the coming years and we hope to see our group grow," Gingras said.

"These kids (Johnston High Concert Chorus) have a special sound," said Joseph Swift, during Sunday's Highland Memorial Park Cemetery Christmas Remembrance Ceremony.

Imagine if they weren't wearing masks.



LINKED LEADERS: Joseph Swift (center), president of Highland Memorial Park Cemetery and the Johnston Lions Club, is joined by Rev. Father Albert Ranallo of St. Ann's Church in Providence and Matt Gingras, Director of the JHS Concert Chorus, during Sunday's special Christmas Remembrance Ceremony. (Sun Rise photos by Pete Fontaine)



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ANSWER TO THIS WEEK'S PUZZLE:

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WARM WELCOME: From left to right, Johnstone Police Chief Joseph P. Razza, newly sworn officer David Chen, Mayor Joseph Polisena, newly sworn officer Nicholas Bordieri, and Deputy Chief Mark Vieira participated in a swearing-in ceremony last week. (Photo courtesy Johnstone Police)

Two new JPD officers sworn in

By PETE FONTAINE

There was an impressive and important ceremony, replete with a touch of pomp and circumstance, last Wednesday morning, inside the Johnstone Police Department's nearly full Roll Call Room.

JPD Chief Joseph P. Razza, who was joined by Mayor Joseph Polisena and Deputy Chief Mark Vieira, began by saying, "I'd like to welcome the families and friends of our two newest probationary officers, as we welcome them to the ranks and family of the Johnstone Police Department."

Razza then called upon Polisena who welcomed David Chen and Nicholas Bordieri and their families saying, in part: "Thank you for allowing us to have these two fine men. As I have said many times, we have the best police department in New England and as long as I'm mayor you will never — ever — hear me say let's defund the police. The men and women (of the JPD) put their lives on the line every day to protect the citizens of our town."

Polisena then issued the Oath of Office to the two probationary officers that was followed by applause from family, friends and many JPD officers who took in the ceremony, which was highlighted — in part — by the customary pinning on of badges.

Chen, who was born in Taipei, Taiwan and grew up in Long Island, N.Y. and graduated from Johnson & Wales University with a B.S. in International Hospitality, had his badge pinned by his fiancé Amanda Perry.

Bordieri, who was backed by a host of family members, including his grandmother, father and mother Christian Parazzo who pinned the badge on his classy uniform, was born in and raised in Cranston. He went to New England Instituted of Technology and received an associate's degree in Criminal Justice and is currently working to finish his Bachelor's degree.

"I congratulate David and Nick on their graduation from the academy, but that is just the beginning of a journey," said Razza. "You have entered into a very rewarding, but challenging career that will test you on a daily basis. Take it from me, as our Chief, who stood where you are 20 something years ago ... nothing is unattainable along your journey."

The JPD Chief then paused, adding: "Know that you have entered into one of the most revered and respected law enforcement agencies within the state and you should be proud that this is your law enforcement home. Also, know that you will have the support of your peers, your Chief and Mayor Polisena as you traverse through your law enforcement journey."

Speaking with sincere warm wishes ringing in his voice, Razza concluded: "I wish you a long and satisfying career and remember that your family and friends are an integral part of your career and, it will be their love and endorsement that guides you through your journey."

Merry Christmas to All!

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MIGHTY MOMENT: At left, David Chen, a new probationary officer with the JPD, is joined by his fiancé Amanda Perry after she performed the traditional pinning on of his badge. At right, Nicholas Bordieri, who last week was sworn in as a JPD probationary officers, is joined by his mother Christian Parazzo after she pinned the badge on his uniform. (Sun Rise photos by Pete Fontaine)

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Town Hall adopts a family, provides huge pile of gifts

By PETE FONTAINE

"Wow!" exclaimed a visitor to Johnston Town Hall as he walked into the second floor Tax Assessor's office. "Look at all those Christmas presents; were they professionally wrapped?"

To which Valerie Laurito, a clerk in the Tax Assessor's office, replied: "These gifts were purchased, wrapped and donated by Town Hall employees as part of our annual Adopt-A-Family program."

A program as Janet Whiteley, the administrative assis-

tant for Mayor Joseph Polise-na, offered: "We've been doing this for over 10 years."

"The COVID-19-Pandemic has made life difficult for so many people," Laurito pointed out. "The holidays are challenging enough for families that are struggling to make ends meet, so this is the perfect time to spread some kindness and cheer to a family in our community."

Laurito, who had a wide smile on her face, continued: "This is a heart-warming annual tradition that I am happy to be a part of."

The man inside the Tax

Assessor's offered: "An extraordinary tradition that will no doubt make Christmas merry for some people."

Laurito then offered: "Every year our Adopt-A-Family program gets bigger and bigger. This collection of gifts can almost reach the ceiling."

"We have clothing, gift cards, food ... all kinds of items," Laurito went on.

"This generosity begins with Mayor Joseph Polise-na and his wonderful wife Lucy and Chief Staff Doug Jeffrey who know first-hand the joy of giving and what it feels like to be involved in our com-

munity by adopting a family in need."

The unique tradition begins with Town Hall employees contacting nurses at Johnston schools about families in need. After determining which family has the greatest need, Santa's Staff go shopping and purchase countless gifts that this year will help a family with four children.

Laurito said the gifts are packed up and will be delivered by DPW workers who are also part of the Adopt-A-Family Program that will again help people in need this Christmas.

\$1000 BONUS STIPEND PAID TO VENDORS UPON COMPLETION OF 2021-2022 WINTER SEASON PLEASE CONTACT DPW DIRECTOR FOR DETAILS



THE TOWN OF JOHNSTON IS NOW ACCEPTING APPLICATIONS FOR SNOW PLOWING AND SANDING SERVICES. INTERESTED PARTIES MAY PICK UP AN APPLICATION AT THE DEPARTMENT OF PUBLIC WORKS, 100 IRONS AVENUE, JOHNSTON, RI 02919.

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MAYOR

ROBERT PARKER
PUBLIC WORKS DIRECTOR



Watch Your MOUTH



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

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Hospital emergency room dental visits and treatment of preventable dental conditions are estimated at billions of dollars annually. They account for a significant number of emergency department visits. Patients who seek emergency treatment for dental conditions usually are treated with quick fixes and pain medications, leaving essential dental repair to the patient's dentist. However, quick-fix and last resort treatments do not address underlying conditions and are an inefficient treatment for avoidable future dental care issues. When factoring in all-over health, it is important to understand the difference between treating "the symptom" versus focusing on "the cause." Regular dental check-ups ensure patients receive the dental care necessary to maintain proper oral and overall health and prevent unnecessary and costly emergency care.

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PRETTY PAPER, PRETTY PRESENTS!

This is the record-setting collection of Christmas presents, which includes everything from clothing for children, food and gift cards and more, and is an excellent example of the unmatched caring and sharing provided by the Johnston Town Hall employees Adopt-A-Family Program. (Sun Rise photo by Pete Fontaine)

LEGAL NOTICES

JOHNSTON ZONING BOARD MEETING AGENDA
Thursday, December 30th, 2021
at 6:30 PM
Johnston Senior Center
1291 Hartford Avenue

File 2021-43 – Petition of Daniel Heywood, Applicant for 1838 Atwood Avenue, AP 53 Lot 303, zoned R-20. The petitioner is seeking a Dimensional Variance for a 26x32 Two Car Garage.

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

Notice is hereby given that the Zoning Board of Review will hold its monthly meeting on December 30, 2021 at 6:30 pm, at Johnston Senior Center, 1291 Hartford Avenue. All persons interested in the following proposals are requested to be present at this time. The assembly facilities are accessible to the handicapped. Persons requiring special accommodations shall call the Zoning Office at least 48 hours in advance of the meeting (401) 231-4000 ext 4117. Persons utilizing TDD equipment may contact the Town through "Relay Rhode Island" at 1-800-745-6675. The agenda for the evening will be as follows, subject to change:

2022 Schedule of Regular Meetings of the Zoning Board - Approval Required

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.

NOTE: If a Case has not been called for a hearing by 10:30 p.m., the Board, at its discretion, may continue the Case to a subsequent or a special meeting. The 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 Building Office, 100 Irons Avenue, Johnston.

Per order of the Zoning Board of Review
Thomas Lopardo, Chairman

12/10, 12/17, 12/24/21

PLANNING BOARD MEETING
Tuesday January 4th, 2022;
6:00 P.M.
Johnston Senior Center
1291 Hartford Ave.
Johnston, RI 02919

PB 21-06 - Lakeview Terrace Condominiums - Master Plan for a proposed rezoning to Planned Development (PD). Located at 178 & 200 George Waterman Road AP 35 Lots 1, 2 & 33 and AP 37 lots 1 through 10, 63 and 193. Property is zoned B-1, R-15 and R-40. A Public Meeting on a proposed multifamily development consisting of 6 multifamily buildings with each building containing 36 dwelling units and two townhouse buildings containing 12 units.

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

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.

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

12/17, 12/24, 12/31/21

Licensed Electrician Vs. Traditional College

Average full time pay for a person graduating with a Master's Degree in Rhode Island
\$77,271 per year

Full time pay for represented Licensed Electrician in Rhode Island **\$87,220 per year**

Full time benefits for a represented electrician in RI **\$48,000 per year**
total wage and benefit package **\$135,000 per year**

Average Student Debt for person graduating with a Master's Degree **\$66,300**

Average Student Debt for represented Licensed Electrician in RI **\$0**

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ELECTRIC TESTIMONY: Last Thursday, attorneys for PPL questioned Michael R. Ballaban, a Managing Consultant for Daymark Energy Advisors, who testified on behalf of the Rhode Island Attorney General's office. (Sun Rise photos by Rory Schuler)

Electric

(Continued from page 1)

"We provide an outstanding service experience for our customers, consistently ranking among the best utilities in the U.S.," according to PPL. "As one of the largest regulated utility companies in the United States, we understand the electricity we provide is vital to our customers and communities. To that end, over the past decade, we have invested more than \$20 billion in new infrastructure and technology in our U.S. operations to create a smarter, more reliable and resilient energy grid for generations to come."

PPL received unanimous approval from the Federal Energy Regulatory Commission (FERC) to acquire NEC from National Grid USA in September 2021, according to a PPL press release.

"To date, PPL and National Grid have partnered to achieve four of the five regulatory approvals required for the transaction to proceed," according to a PPL press release. "PPL remains focused on securing the final approval, which is required from the Rhode Island Division of Public Utilities and Carriers, and continues to expect that the transaction will be completed by March 2022."

Although it's not "cast in stone," the target date for transaction approval or denial has been tentatively scheduled for Feb. 25, according to Thomas F. Kogut, Associate Admin-

istrator Cable TV/Legislative Liaison for the Division of Public Utilities and Carriers.

"We're pleased with FERC's decision, which puts us one step closer to concluding an acquisition we believe will drive significant value for Rhode Island families and businesses and strengthen PPL," said Vincent Sorgi, PPL president and chief executive officer.

The proposed transaction involves the sale of NEC to PPL for \$5.3 billion.

The NEC sale is the main component of a larger transaction, which includes an agreement by PPL to sell its UK Western Power Distribution (WPD) utility to National Grid.

If approved, NEC will become the sole subsidiary of a newly formed PPL Rhode Island Holdings, LLC, which will then become an indirect subsidiary to PPL.

"As we await final approval, we look forward to partnering with Narragansett Electric's talented team to deliver energy safely, reliably and affordably to Rhode Island customers," Sorgi said in a PPL press release. "We're excited about the opportunity this acquisition presents for PPL to build one of the nation's most advanced grids, one that enables clean energy and supports the state's ambitious decarbonization goals. And we look forward to partnering with local leaders to help strengthen Rhode Island communities."

With the federal approval hurdle cleared, PPL and

National Grid still have to convince state regulators.

Hearing Officer and Deputy Administrator of the Division of Public Utilities and Carriers John Spirito presided over the hearings last week.

Michael R. Ballaban, a Managing Consultant for Daymark Energy Advisors, specializes in pricing, cost-of-service, cost allocation, competitive market development, resource procurement and financial forecasting. He testified during the Division's Advocacy Section.

"As I stated in my original testimony, evaluation of the public interest standard requires that I consider whether ratepayers will be held harmless from cost increases that would not have occurred but for the Transaction," Ballaban stated in his surrebuttal testimony. "Given that Petitioners have not offered any commitments that demonstrate that customers will be insulated from the potentially substantial cost implications of this Transaction, cannot confirm that separation from National Grid does not negatively impact Narragansett's retail revenue requirements, and consequently, customer rates. Therefore, I continue to recommend that the Petitioners' Petition be rejected."

Ewen and Knecht argue that a bigger owner may not necessarily translate into lower utility costs for Rhode Island residents. In their testimony, they note, "that larger utilities with centralized management and operations are not necessarily more cost-efficient than smaller utilities, as

they can become bureaucratic and less responsive to local concerns."

The Attorney General's experts also have concerns regarding the transfer of National Grid/NEC employees, and a seamless service transition.

Since National Grid uses a "shared services" model for much of its customer service and administrative functions in the U.S. northeast, PPL will likely not inherit a complete workforce and management team, if the transaction is approved, according to Ewen and Knecht.

"This problem affects both basic operations and emergency storm response functions, as well as an assortment of customer service and administrative tasks," they testified. "Based on our review of the discovery, it is unclear how long it will take PPL to make the transition, and it is especially unclear whether PPL will be able to do so without an overall increase in operating costs. While PPL made a belated effort to compare operating costs under PPL ownership compared to NG, the estimates remain uncertain. Because ratepayers are at risk for higher costs, these circumstances suggest that, if the transaction is approved, it is more important for the regulator to adopt ratepayer protections in this matter than in those that apply to other utility acquisitions."

PPL has promised to "coordinate closely with National Grid on planning to ensure a seamless transition for Narragansett employees and customers



POWER COUNSEL: Gerald Petros, attorney for PPL, argued that the company's acquisition of Narragansett Electric Company (NEC) would be in the public interest of Rhode Islanders. Last Monday, Petros engaged with hearing officer and Deputy Administrator of the Division of Public Utilities and Carriers John Spirito, who presided over last week's public hearings in Warwick.

upon regulatory approval and closing of the transaction," according to a PPL press release.

On Tuesday, a spokeswoman for Neronha's office promised the public that they would hear more on the issue from the state's Attorney General.

"We remain significantly concerned about this matter," said Kristy dosReis, Public Information Officer for the Rhode Island Office of the Attorney General. "We will be issuing a formal opinion in the coming weeks and will be able to comment further at that time!"

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PROUD PANNESE PEOPLE: Rev. Peter J. Gower (second left), popular pastor at Our lady of Grace Church, is joined by President David Venditelli (left), Secretary Louis Mansolillo, Vice President Jason Parenteau and Treasurer Stephen Russo during the recent spiral ham donation in Johnston. (*Sun Rise photo by Pete Fontaine*)

■ **Dinner**

(Continued from page 1)

As has been the custom in recent years, the Pannese Society made

those donations in memory of the late William "Bill" Costantino — a club member who also owned and operated Columbus Door with his brother David, but passed away two years ago.



GENEROUS WREATH: Johnston Police have shared a photo of the station's newest holiday decoration. "Our sincere thanks to Connie and Dino Jacavone of Jacavone Garden Center for decking our station with a beautiful holiday wreath," Johnston Police wrote on their Facebook page. "We appreciate the support!" (*Photo courtesy Johnston Police*)

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IF YOU TEST POSITIVE, ASK YOUR DOCTOR IF MABS IS RIGHT FOR YOU.

Visit covid.ri.gov/treatment to learn more.





HOLIDAY SMILES: From left to right, Dawn Renzi, Pat Baxter and Gloria Renzi anxiously awaited the afternoon's entertainment. (Sun Rise photos by Rory Schuler)

JHS Chorus serenades Johnston Senior Center partygoers

By RORY SCHULER

Chorus Director Matt Gingras stood before the group of about 40 students and put his hands in the air.

As his arms moved with the music, voices filled the Johnston Senior Center.

"It's been quite a week for us," Gingras said last Friday. "We've been anxious to get out to spread some holiday cheer to Johnston."

The Johnston High School Chorus sang six songs to the senior citizens gathered for the center's Christmas party: "White Winter Hymnal," "Veni, Veni, Emmanuel," "Glow," "Veni Sancte Spiritus," "Where the Light Begins," and "That's Christmas To Me."



CHRISTMAS PARTY: Members of the Johnston Senior Center had drinks and snacks prior to a rousing performance by the Johnston High School Chorus.

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SINGING STUDENTS: Johnston High School Chorus Director Matt Gingras conducts his group of singing students at a recent Johnston Senior Center performance. (Sun Rise photos by Rory Schuler)



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spotlight ON BUSINESS

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By JENNIFER COATES



Check out some of the many promotional products that will give your business the visibility it needs to grow this winter. Contact Bob Giberti at RhodyPrints Promotional Products to learn more.

Business has returned to Rhode Island, though with winter settling in and the ever-present specter of Covid hanging over us, everyone is being a bit more cautious as we leave 2021 and prepare to usher in a new year. Local business owners, big and small, need our help more than ever. Instrumental in supporting local businesses and communities is Bob Giberti, an expert in the field of marketing and promotions who has overseen Beacon Communications' RhodyPrints Promotional Products for over eleven years.

RhodyPrints is a "promotional products distributor." Promotional products, also known as ad specialties, are used by virtually every business in America. These products help business owners build their company's brand and provide a better "cost per impression" for advertisers than

almost any other marketing effort out there, including television, magazines and even the Internet. They give businesses exposure and visibility that will turn the attention of potential customers, whether through a carefully placed logo on a company jacket or a brightly colored pen that has your phone number and address on it.

Bob Giberti can help your small business be seen and heard. Through RhodyPrints, he has access to promotional products from over 3000 suppliers. These products range from calendars emblazoned with the name of your business to apparel to signage to drinkware to customized gifts and SO MUCH MORE! If there is anything that Bob Giberti knows, it is that a well-placed promotional or personalized product can make a significant difference to the success of a business or event. He also knows that similar products purchased online can never guarantee the top-notch quality of the product lines he has known and worked with for years.

In all those years of experience, Bob has elevated many businesses and organizations to a new level with his vast knowledge of his product lines and with the creativity, proficiency, attention-to-detail, and enthusiasm with which he works. He is trustworthy, knowledgeable, and has always gone to bat for his clients, whether they were a "superstore" or just a "super" store. He has always worked to achieve the best value for his customers' advertising dollars.

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Don't hesitate, give Bob Giberti a call today at 401-732-3100, ext. 235 or email him at BobG@rhodybeat.com. Check out RhodyPrints' website at www.rhodyprints.com.

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GRAND GIVERS: Lt. Sal Martira, Firefighters Battalion Chief Richard Boehm and Firefighter Mike Montecalvo join Winsor Hill School teacher Dina Needham during the Adopt-A-Family program presentation at JFD headquarters on Atwood Avenue.

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MERRY CHRISTMAS
 Happy Holidays
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 TOWN COUNCIL
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Johnston firefighters union continues season of giving

By PETE FONTAINE

When it comes to charitable giving, the Johnston Association of Firefighters are in a league of their own.

So much so, in fact, for the second time in three weeks, Local 1950 played Super Santa for its annual and highly-successful Adopt-A-Family for Christmas.

"We take giving back to the community very seriously," said veteran JFD Battalion Chief Richard Boehm. "Every firefighter on the job contributes money out of their checks weekly for this valuable, meaningful and much-needed program."

For example, Local 1950 purchased a total of \$2,500 in gift cards for families to purchase toys and food at Wal-Mart, Target and Stop & Shop.

Likewise, PetSmart made what Boehm called "an extraordinary and unbelievable donation of stuffed animals!"

As equally impressive is that Local 1950, which has a reputation for being the most generous giving firefighters union in the state, has been a tradition with the Johnston Firefighters for 20 years and as Boehm said with a satisfying smile on his ace: "Our Adopt-A-Family program continues to grow every year."

While the Adopt-A-Family program helps families with children who are in need — especially during the holiday season — it's also a warm, wonderful and rewarding act of seasonal giving that makes Christmas merry for representatives from Winsor Hill and Thornton elementary schools in Johnston.

Take Dina Needham, a popular teacher who coordinates the Food Cupboard at Winsor Hill School, who Boehm called "a true rock star for those in need and she makes sure everyone gets a little something special."

Needham and Selene Clark, a social worker from Thornton Elementary School, made a special trip to Johnston Fire Department headquarters on Atwood Avenue to accept countless children's toys and the gift certificates.

Local 1950's generosity reached an all-time high when it took a reserve JFD rescue and another oversized vehicle to collect a myriad of gifts people brought to the annual Toys for Toys Party held for the second time in as many years at Stephanie Harris' Strings Bar & Grill on George Waterman Road in Johnston.



MERRY MOMENT: Selene Clark, a social worker at Thornton Elementary School, is all smiles and holding one of many toys Johnston Firefighters like Battalion Chief Richard Boehm, Chris Delfino, Corey McNulty and Captain Will Fish collected as part of Local 1950's Adopt-A-Family program. (Sun Rise photos by Pete Fontaine)

CROSSWORD PUZZLE CORNER

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													67		

CLUES ACROSS

- Chinese Muslim group
- Alternative name
- Resounds
- Supporter
- Furnishes anew
- Beloved Hollywood alien
- Supervises flying
- Ballplayer's tool
- Coarse edible red seaweed
- Former CIA
- Basketball player
- Travel necessities
- Honey producer
- Military analysis (abbr.)
- Diego, Francisco, Anselmo
- Mental sharpness and inventiveness
- Popular Easter meal
- Man (Spanish)
- ___ de la ___
- Counterweights
- Made a harsh, grating noise
- Monetary unit
- Commercials
- Cool!
- Partner to cheese
- Expression of creative skill
- Unit of angle
- Transported
- N. American people of Kansas
- Computer game character Max
- Moved swiftly
- Everyone has one
- Tin
- A mole is one
- Nocturnal hooved animals
- Oppositional to
- Monetary units
- Not on time
- Cleaning device
- Male organ
- Tab on a key ring
- Criminals
- Taxi
- Cheer of encouragement
- Wartime American escort carrier
- Polish river
- Current unit
- Life form
- Painful contractions
- Glowing
- Press against lightly
- Melancholic
- Something you can be under
- Of the mind
- E. Indian cereal grass
- Couple
- Sharpshoot
- A baglike structure in a plant or animal
- ___ Blyton, children's author
- Human gene
- Data mining methodology (abbr.)
- Examines animals
- Mineral
- Cools your home

CLUES DOWN

- Hogshead (abbr.)
- Misery resulting from affliction
- Defunct European group
- Line on a map
- Becomes less intense
- Back muscle
- Frosted
- Ethiopian town
- Midway between south and east
- Wipe from the record
- In a continuous way
- Breathe

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GOLDEN TICKET WINNER:
A Ferri Middle School student has found an elusive golden ticket. Golden Ticket Winner Joseph Ramos Cardoza poses for a photo with the school's Principal Matthew Tsonos. The school was awarded \$5,000 and the winner chose to give another \$500 to Ferri through the Alan Shawn Feinstein Foundation. Ferri is a Feinstein Leadership School. (Submitted photo)



McKee orders RI flags lowered to mark 3,000 lost to COVID in state

On Tuesday, Dec. 21, Rhode Island Gov. Dan McKee issued the following statement marking the 3,000th Rhode Island death from COVID-19.

"Today, Rhode Island is witnessing a heartbreaking milestone in the State's ongoing fight against the COVID-19 pandemic: 3,000 Rhode Islanders have lost their lives due to this virus.

We've lost 3,000 mothers, fathers, brothers, sisters, sons, daughters, grandparents, friends, and neighbors who will be missed - especially during this holiday season. In our small, tight-knit community of Rhode Islanders, this is a moment that we will not forget and one that we hope will be a call to action to save countless more lives as we continue through this pandemic. I am calling on you, Rhode Island, to roll up your sleeves for your fellow Rhode Islanders. If you are not yet vaccinated, please get your shot. If you are vaccinated, please get a booster.

The time is now. And in this fight, every second counts. Don't take an unnecessary risk - get vaccinated, get boosted, and wear a mask inside public places.

Let us remember those who have left us, pray for their families, and reflect on what we can do to help protect someone else. It is the most selfless act that you can do this holiday season."

McKee also directed Rhode Island flags to be flown at half-staff at all state facilities and buildings. The flags will remain at half-staff until sunset on Dec. 22, as a mark of respect for the 3,000 lives lost, according to a press release from his office.

The State House was lit blue and gold Tuesday night in memory of those who have passed away due to COVID-19. McKee also asked Rhode Islanders to lower their flags as a sign of respect.

Holiday REMEMBRANCES



Anniversary December 24 and Christmas Remembrance **Tommy Caramante Jr.**



Forever Loved, Forever Missed

LOVE, MOM & DAD, JOEY & KELLY, MICHAEL & KRISTEN, MASON & MADISON XXX 000

Maryann Vita
3-16-02 - 8-11-20



Death takes the body
God takes the soul
Our minds hold the memories
Our heart keeps the loved ones
Our faith lets us know we will meet again

Gram & Grampa
Uncle Joe, Jodi,
Robert and Dante



Remembering a Wonderful Daughter at Christmas and Always
Christmastime is here again and as the day draws near. My heart is filled with sadness knowing you're no longer here. You were the jewel in our hearts, You were loved in every way. Now you're gone, you're truly missed especially on Christmas day. You had a certain sparkle and you brightened up our world, spreading happiness and kindness since you were a little girl. Daughter, Christmas is not the same without you in our lives, but you will never be forgotten as our love for you still lives on.

Love ~ Mom & Dad and Michael

Denise P. Valletta
3rd Anniversary



My sister.
My angel in Heaven.

Miss you and love you,
Diana

Ralph R. aRusso
22 Year Anniversary



Love you and miss you every day, Dad.

Love, Diana

Margarete H. Hosemann
Christmas Remembrance



Missing you throughout the year Especially during Christmas time. We know you are watching us from above.

Loved always and forever, family, friends and Peanut

Rick Zarrella

Another holiday season without you, and I miss you more than ever So many special memories of our amazing life together On my mind and in my heart...

Always and Forever xxx Donna 000



Loved always and forever, family, friends and Peanut

Obituaries

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

Should you desire our services, kindly inform your funeral director, or call Amanda Nardolillo at (401) 732-3100 or email 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

Opinion

EDITORIAL

Wishing for the best in 2022

Another New Year will soon be upon us, and with it comes another reason to assess the past 12 months and look ahead to what might come in the future.

It has been a year rife with ups and downs. We have made progress against COVID only to see variants of the disease crop up and topple those progressions. The rate of vaccination in Rhode Island has been a bright spot, but that momentum must keep up — get your boosters as soon as possible if you haven't already — in order for us to continue moving in a positive direction in 2022. We owe it to the healthcare workers who have maxed out their own efforts at the expense of their own safety and health to do everything we can to limit the spread of disease and make their jobs easier.

We have seen the very best, and very worst, in human behavior this past year — generous charitable endeavors, losses of life to violence, and everything in between. We must use this time of year to reflect on the type of society we want to be, and the type of society worth living in; one of mutual respect, understanding and collective efforts towards the common good, one of self-sacrifice and putting our own personal needs aside in order to help those around us.

Indeed, there is no time like the holidays to remind us that the best gifts in life are not those that we receive, but rather what we give to others. For nearly two years now, our values as a society have been tested, and many have shown their willingness to step up to the plate and do the kinds of things that contribute to a better community — things like wearing a mask in public, even if you don't necessarily want to, or sending encouraging words to your local school at a time where they are under unprecedented pressure and scrutiny.

When faced with a once-in-a-lifetime crisis like we are experiencing right now, every person has a choice to make when it comes to dealing with it. You can retract inwards and become fearful, resentful and spiteful to those around you, or you can embrace the uncertainties and do your part to try and make life a little brighter in whatever way you can.

We hope all of our readers have a healthy, happy holiday season. We look forward to continuing bringing you the most important stories from your community each week, and to brighter days ahead.

Silent Night

In the tiniest of hands we find strength.

In The Whisper Of The Wind, we hear God.

Things are not as they appear,

With the God that I hold dear.

In the Still of the Night, He speaks to me

Not in white noise of media and TV.

We hear too much but don't listen

and miss what it really means to be.

As a nation we stopped believing in Him

But He never stopped believing in us.

As individuals we gave up on Him; but

He never gave up on us.

We complain and we fuss

But don't pay attention much

to His all important word. Bring back the tiny hands and the quiet whisper in the Wind.

Place Him foremost in our hearts

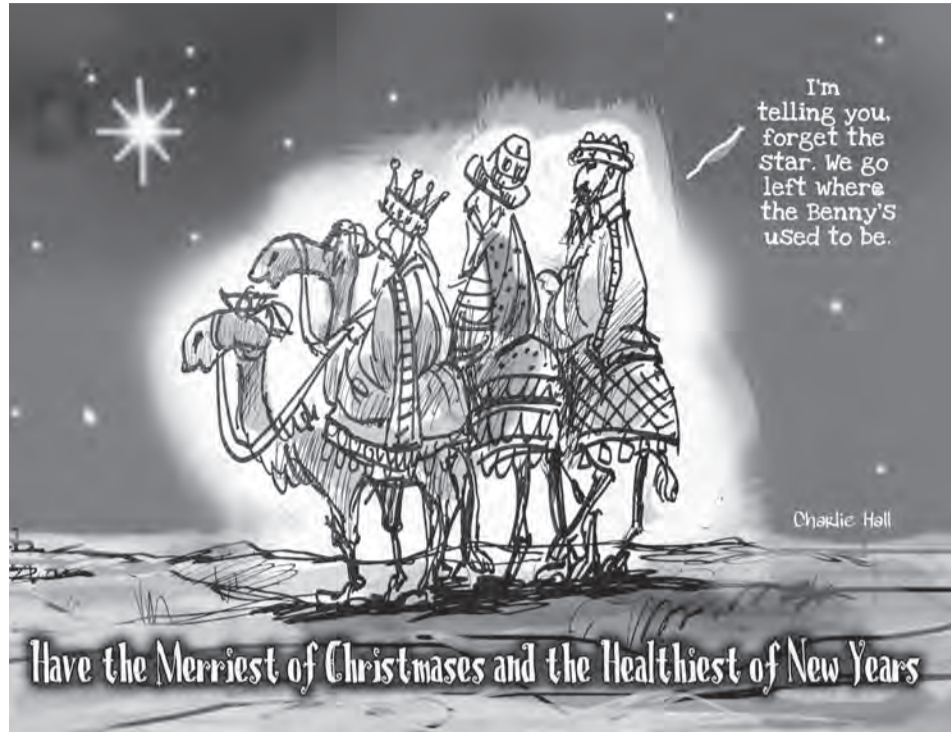
and reorder Him back in our land.

Take heed of Bethlehem and the still that was that Silent Night

Where love began but didn't end.

This is what should be in our sight.

Peggy Porter-Quinlan
Warwick



Christmas is on back order

This Side Up



by JOHN HOWELL

The email hit me like Santa delivering a sack of coal.

It was from the PBS Store where I had found an array of marvelous gifts. I went to PBS in search of the series "The Indian Doctor," the story of an Indian doctor and his wife arriving at a small Welsh town and the challenges they face and how they change and how the townspeople change. I found what I was looking for in a couple of minutes. I checked off one gift from the list and marveled at how it had all been accomplished so quickly. I added the Indian Doctor to my cart and was ready to check out when I thought it worthwhile poking through the rest of the PBS Shop. That was a good and, as it has turned out, a bad decision.

My mother had a gift for giving. Key to her was that the gift was meaningful. The value was not in what the gift cost, but that it was personal. That could be something practical like a jacket that she had carefully selected because she had found the perfect tie to wear with it. It was the tie that prompted her to get the jacket. That was her way of putting a signature on her gift.

The PBS Store offered some eclectic items in addition to the shows and documentaries carried on the station. As I clicked deeper into the site, I was

drawn to clearances. I discovered a gold mine of items that ranged from the fanciful such as the wine glasses with bent stems — you might say they were tippy — to the smashingly colorful pullover decorated with the renderings of at least a dozen dog breeds. Nobody except a dog lover would wear it and even that would be a stretch. There were throw rugs in the shape of corgis and fawns and elaborately cutout cards that opened to reveal the story of the Nutcracker.

It was no wonder these items were in clearance. Who would want such stuff?

But it was a trove of the absurd, the unexpected and distinctly personal gifts. Even better, it was all on sale.

In less than an hour of pursuing, I'd added a dozen items to the cart and satisfied my desire to surprise relatives and friends with something out of the ordinary and hopefully meaningful to

them. I placed the order.

A couple of days later, I got an email saying my order had been processed and would be shipped that week. Everything looked good to go. There was plenty of time before Christmas, and the bulk of the items were marked clearance, so obviously they were sitting in a distribution center rather than in a container on a ship off the California coast. My Christmas gifts wouldn't fall victim to the supply chain, because they weren't in demand.

How clever. I had found the perfect gifts that nobody else had thought to get.

Next came the email saying the order had been shipped. It was all coming together, or so I imagined.

The following email was the bag of coal. It was a list of backordered items, and a message saying my credit card would not be charged until they were shipped, which was of little consolation.

More troubling, the order that was supposedly shipped has yet to arrive.

Fortunately, there's still a day left to roam the local shops and the malls.

And yet there's another positive to consider: Assuming the supply chain is fixed and all those back orders are filled, I will have already done half my Christmas shopping for next year.

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

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Say you saw it in the Sun Rise

SOUR GRAPES

by Tim Jones



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Rev the engines, but don't go too fast



Great Race of 120 antique cars starts June 18 at Rocky Point, ends June 26 in Fargo, N.D.

Rocky Point Park fondly remembered as an amusement park where rides of all kinds from bumper cars to the flume made for thrills will now make the automobile history books.

Last week Hemmings Motor News announced the Great Race presented by Hagerty Drivers Club will start Jun 18 at the park.

The selection of the park to start the race was Mayor Frank Picozzi's suggestion. He said when he met with race organizers several months ago, they planned to the start for Providence. He thought Rocky Point with its scenic vistas of Narragansett Bay far better and after seeing the park, the organizers agreed.

The Great Race, the world's premiere old car rally, will bring 120 of the world's finest antique automobiles to Warwick for the \$150,000 event. Cars will start lining up at the park at 8 a.m. with the first car leaving at 10:30 a.m. The finish will be in Fargo, N.D., on June 26.

"In the 39-year history of the Great Race, the event has made its way east and west and north and south through 46 of the 48 contiguous United States," event director Jeff Stumb said in a release. "In 2022, the Great Race will finally be able to add the last two states to the list - Rhode Island and North Dakota."

The 9-day, 2,300-mile adventure will travel to 19 cities in Rhode Island, Connecticut, New York, Pennsylvania, Ohio, Indiana, Illinois, Wisconsin, Minnesota and North Dakota.

"We are excited to start the 2022 Great Race to Warwick, and in the days leading up to the start the participants will travel all over the Rhode Island," Stumb said. "We have multiple events planned, including a tour of a private car collection in Providence as well as 'Newport Day' on Thursday, June 16. We will be able to enjoy that city and its rich car culture, including the Audrain Automobile Museum and the Newport Car Museum."

Teams and cars from Japan, England, Australia, Canada, and every corner of the United States, will converge in Rhode Island in mid-June with vintage automobiles dating back as far as 1916.

"There are more than 500 people just in our entourage from all around the world," Stumb said.

The Great Race, which began 39 years ago, is not a speed race, but a time/speed/distance rally. The vehicles, each with a driver and navigator, are given precise instructions each day that detail every move down to the second. They are scored at secret check points along the way and are penalized one second for each second either early or late. As in golf, the lowest score wins.

Cars start - and hopefully finish - one minute apart if all goes according to plan. The biggest part of the challenge other than staying on time and fol-

lowing the instructions is getting an old car to the finish line each day, organizers say.

Each stop on the Great Race is free to the public and spectators will be able to visit with the participants and to look at the cars for several hours. It is common for kids to climb in the cars for a first-hand look.

Cars built in 1974 and earlier are eligible, with most entries having been manufactured before World War II. In the 2021 Great Race a 1932 Ford won the event from San Antonio, Texas, to Greenville, S.C. The 2022 winners will again receive \$50,000 of the \$150,000 total purse.

A 1916 Hudson Pikes Peak Hillclimber, a 1917 American LaFrance and a 1917 Peerless racer are the oldest cars scheduled to be in the 2022 Great Race.

Over the decades, the Great Race has stopped in hundreds of cities big and small, from tiny Austin, Nev., to New York City.

"When the Great Race pulls into a city it becomes

an instant festival," Stumb said. "Last year we had several overnight stops with more than 10,000 spectators on our way to having 250,000 people see the Great Race during the event."

The event was started in 1983 by Tom McRae and it takes its name from the 1965 movie, *The Great Race*, which starred Tony Curtis, Jack Lemmon, Natalie Wood and Peter Falk. The movie is a comedy based on the real life 1908 automobile race from New York to Paris. In 2004, Tony Curtis was the guest of the Great Race and rode in his car from the movie, the Leslie Special.

The Great Race gained a huge following from late night showings on ESPN when the network was just starting out in the early 1980s. The first entrant, Curtis Graf of Irving, Texas, is still a participant today.

The event's main sponsors are Hemmings Motor News, Hagerty Drivers Club and Coker Tire.

For more information, please visit www.greatrace.com.



This is what the Great Race is all about; kids can climb in the cars and enjoy themselves. AT TOP: 1909 Buick racer attacks the California hills.

COLLECTIBLES

Tis The Season



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

of a year before moving was our coat/shoe closet and corner of our dining room next to the wine rack. If you follow this example, I promise you will be subject to nothing but heartache and despair.

Proper care and storage of your collection is critical. Two of the biggest components are humidity and sunlight, with your furry friends coming in third as an honorable mention. Pets are horrible and can be as destructive if not more than a rainstorm and earthquake combined to your collectibles. But the humidity and sunlight are things up to your control. If you are going to utilize a basement, and especially if unfinished you must use a dehumidifier to regulate the moisture. I don't care whether you collect artwork, porcelain, toys, or cast-iron stoves. Moisture is bad! It will be the death of any tangible asset you adore. Sun is the other harbinger of collectible death, especially direct sunlight. You won't notice it after a day, week, or month. It might take you years to recognize if its something you stare at every day. But the point is whatever it is will become yellowed and faded in no time. If you have a home with a lot of windows, then dark curtains will be your best friend. I can't stress enough how conscious you need to be of these things, it will only save you from a bad day in the future.



Collecting is amazing! It can be the ultimate nerve-racking treasure hunt. There is no better feeling to anyone in this industry than finding the artist, comic, toy, porcelain sculpture, or tribal artifact etc. you've been searching ages for. A collection is manageable when it's only 10 or 20 pieces that easily fit in your home, or even 50 pieces if they are small enough. However, what do you do once your collection outgrows your living area? That is the real question. Trust me, I'm experiencing it right now! Let me set the stage for you. My fiancé and I love contemporary art, myself more than her I'm essentially an addict at this point. You just can't stop buying when you love something so much. However, I do not have endless wall space, and unfortunately a lot of artworks never makes it on the wall. This requires me to have some form of "storage". I use quotation marks because my storage for upwards



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Sports

Panthers start 1-1



TIPPING OFF: Johnston's Jayla Mainey takes the ball up the court in the opener. (Photos by Alex Sponseller)

JHS girls tip off winter season

The Johnston/North Providence girls basketball co-op jumped out to a 1-1 record to start its season, beating Prout 32-19 in the opener and falling to Rogers 69-25 in the second game.

Alena Rizzo and Emily Iannuc-

cilli led the Lady Panthers with eight points each in the opener while Graycen Pappas and Ava Waterman each scored six.

Waterman led Johnston with 14 points scored in the loss to Rogers, while Rizzo added six points. The

Panthers took on Shea at home on Wednesday evening, but the results were not available at press time.

For more photos of the action, check out page 17.



FAMILY FRIEND: Johnston boys basketball head coach Mike Bedrosian (center) makes a statement to honor late coach Dan Mazzulla, who passed away in 2020. Bedrosian and his father, Ed, were close friends with Mazzulla and spent many years coaching alongside him. (Photos by Alex Sponseller)



LOOKING ON: The student section at the home opener gives Mike Bedrosian a standing ovation following his tribute to the late Dan Mazzulla.

JHS boys honor Mazzulla at home opener

By ALEX SPONSELLER

The Johnston boys basketball team fell to visiting Tolman 51-47 in its home opener last week on Cherry Hill.

Prior to tip off, the Panthers took a moment to honor the late Dan Mazzulla - who was arguably

the top basketball coach in Johnston history as well as the town's long-time rec director.

In front of a packed house that included Mazzulla's family, Johnston head coach and family friend Mike Bedrosian made a statement.

■ **BOYS - PAGE 17**

Polar golf tourney set for return

By PETE FONTAINE

It could well be the most unusual New Year's Day Party in Rhode Island.

It started with a scheduled plunge into picturesque Waterman Lake that surrounds Greenville and Chepachet but was cancelled because of freezing temperatures.

"So much for the proposed Polar Plunge," mused Judi Graham, who with her husband David own and operate Graham Builders in Smithfield and are well-known for their philanthropic work with the Johnston Memorial Cancer Events. "But when the water froze, we decided to have a golf tournament."



FROZEN FIELD: This is the fantastic field of Glocester Country Club members who played in the 2020 Polar Golf Tournament and on January 1, 2022 will be hoping to set a new all-time record that will benefit kids fighting cancer at Hasbro Children's Hospital in Providence. (Sun Rise photo by Pete Fontaine)



LOOKING TO PASS: Ava Waterman looks for space to pass the ball.



IN THE PAINT: A Johnston forward works her way to the hoop.

Boys

(Continued from page 16)

"Last year, we were not able to have fans in the gym, we were not able to pay tribute and recognition to the loss of someone very close to this community, who was the backbone of this town. We thought, 'What better place to recognize his legacy than a place that he called his second home, on the sidelines he walked up and down - scratch that - I mean stomped on. He was not successful because of the championships that he won or the banners on these walls, but because of the impact that he had on so many people,'" said Bedrosian.

Bedrosian also thanked Mazzulla for the impact he made in his life both on and off the court.

"I would not be the person I am today without his guidance, his love and his support from when I was a little kid. It was more than basketball; it was life lessons, a set of goals for myself both as a person and as a coach. I find myself asking myself, 'What



BATTLING: Anthony Corsinetti.

would Danny say to me in this situation,' and trust me, I can hear his loud voice. It is an honor for me to stand in his spot today and to continue his legacy and to make him proud," Bedrosian said.

Hunter Remington led the Panthers with 24 points while Derek Salvatore added nine and Anthony Corsinetti eight.

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Polar

(Continued from page 16)

Which will be held for the seventh time in as many years on January 1, 2022 and in keeping with tradition players will feature only three holes and players only allowed to use three clubs.

As was that case seven years ago, "the kicker" – as Graham chuckled "we had to play in shorts and tee shirts! Brrrr!"

The entry fee was only five dollars to play and the playing field was made up of the close-knit group of friends who are part of the Gloucester Country Club membership. It was also determined that the golfer with the low score would win the money.

Enter long-time GCC member Brian Curley, who immediately announced he was donating the money to the charity that the Grahams organize in the spring.

"From that year," Judi Graham continued, "when we decided to make the New Year's Day tournament an annual event, it continues to grow in numbers – and money – that we donate to support the Oncology-Hematology Departments at Hasbro Children's Hospital as do profits from our JMCE golf events."

So, if you'd like to begin 2022 in style – decked out in shorts, tee shirts and other warm weather garb and help children who are battling cancer -- consider entering the 7th Annual Polar Golf Tournament that will tee off at 10 a.m. January 1st at Gloucester Club. Entry fee is only \$20 per golfer, the public is invited and donations are graciously accepted; even if you

don't play golf.

"Golfers can enter as a foursome of an individual," Graham offered. "Tee shirts and shorts are recommended or simply bundle up and have some fun, as well as enjoy snacks and light refreshments but please BYOB."

The Polar Golf Tourney has enjoyed unique success since its beginning and as Graham said "we'd love to surpass the \$3,000 we raised in 2020 when 40 plus players turned out and although some members chose not to play they donated money."

There have also been special stories each year, like when GCCC was covered in snow and some members suggested hitting set up a bucket and hit balls off he deck with the winner being determined by shot came the closet or landing in the round plastic container.

Due to the COVID-19 Pandemic, the Polar Golf Tournament was not held in 2021 but will be back on January 1, 2022.

The tourney will also serve as the JMCE's kickoff for 2022 that begins on New Year's Day at GCC then continues in September with the highly successful Co-Ed Memorial and closes in the fall with the non-profit's highly-successful granddaddy golf event played at Connecticut National Golf Club in Putnam, Ct. in the fall.

So, if you'd like to play in the tourney – or simply make a donation – please contact the Grahams at judi@graham-builders.com or call Judi (401) 497-2954 and, as the fantastic volunteer fundraiser emphasized: "Swing by swing, we hope to find a cure for children with cancer!"

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TREES FOR TROUT: Trout Unlimited and RI DEM team up to help control water flow in rivers and erosion through the strategic placement of Christmas trees. (Submitted photo)

Waterways stocked with trout and salmon

By CAPT. DAVE MONTI

The Rhode Island Department of Environmental Management (DEM) will start stocking local waters on December 17 with rainbow trout and Sebago Atlantic salmon.

Ponds being stocked include Barber Pond, South Kingstown; Silver Spring Lake, North Kingstown; Meadowbrook Pond and Carolina Trout Pond, Richmond; Caruncle Pond, Coventry; Olney Pond, Lincoln Woods State Park, Lincoln; Roundtop Ponds, Burrillville; Simmons Mill Pond, Little Compton; Wachaug Pond, Charlestown; and Willet Avenue Pond, East Providence.

The minimum size for trout or charr species in Rhode Island is eight inches, measured from the tip of the snout to the tip of the tail. The minimum size for domestic or landlocked stock, Atlantic salmon is 11 inches total length.

To check fishing regulations and licensing requirements visit www.dem.ri.gov/programs/fish-wild-life/freshwater-fisheries/fwsizes.php

Trees for trout, fishing and fly tying lessons

The Rhode Island Chapter of Trout Unlimited will be collecting recycled Christmas trees after the New Year for their Trees for Trout program on Saturday, Jan. 8, 9 a.m. to 2 p.m. at the Arcadia Check Station, Route 165, Ten Rod Road, Exeter, RI.

This collaborative project between Trout Unlimited (TU) and Rhode Island Department of Environmental Management (DEM) uses recycled Christmas trees to improve habitat for wild trout and other aquatic organisms. The trees are strategically installed in streams and rivers to reduce erosion, provide refuge habitat, and stabilize stream banks.

Synthetic trees, trees with tinsel or other synthetic materials still attached, and trees sprayed with fire retardant chemicals will not be accepted.

At the tree drop off location within the Arcadia Check Station, RI DEM staff along with TU volunteers are offering fly fishing and tying lessons

for beginners. All equipment will be provided. Fly tying lessons offered at 9-10 a.m. and 1:00 p.m. with introductory lessons on freshwater fishing/fly fishing offered at 11 a.m. and 2 p.m. Indoor fishing activities for children such as magnetic fishing and a species identification game will be offered throughout the day.

For an article on the visit Rhode Island's freshwater regulations website at www.eregulations.com/rhodeisland/fishing/freshwater/trees-for-trout.

Allocation changes for scup, black sea bass, summer flounder

The Mid-Atlantic Fishery Management Council (Council) and the Atlantic States Marine Fisheries Commission's Summer Flounder, Scup, and Black Sea Bass Board (Board) approved changes to the commercial and recreational allocations of summer flounder, scup, and black sea bass during a joint meeting last week in Annapolis, Maryland. These changes are intended to better reflect the current understanding of the historic proportions of catch and landings from the commercial and recreational sectors.

The current commercial and recreational allocations for all three species were set in the mid-1990s based on historical proportions of landings (for summer flounder and black sea bass) or catch (for scup) from each sector. The Council and Board developed this amendment partly in response to recent changes in how recreational catch is estimated by the Marine Recreational Information Program (MRIP), which resulted in a revised time series of recreational data going back to the 1980s. This created a mismatch between the data that were used to set the allocations and the data currently used in management for setting catch limits.

The amendment contained a range of allocation alternatives, with options that would maintain the current allocations and a variety of options to revise the allocations based on updated data using the same or modified "base years" (the time periods used to set the current allocations). The Council and Board ultimately voted to revise the alloca-

tions using the original base years updated with new data.

The Rhode Island Saltwater Anglers Association advocated in an opinion letter to the Council and Commission, to use more current years to better reflect conditions that have changed due in part to warming water and other climate change impacts. Additionally, RISAA advocated for no quota transfers between sectors relating that if a sector cannot catch its quota the fish are likely not there and it is a sound conservation practice to not encourage harvest with quota transfers.

The Council will forward the amendment to the National Marine Fisheries Service for review and rule-making. The Commission's Business Session, which represents its 15 state members, will consider final approval of the amendment, based on the Board's recommendations, at its Winter 2022 Meeting in late January. These changes are expected to take effect on Jan. 1, 2023.

For information on the amendment and tables on sector specie and state allocation changes visit www.mafmc.org/actions/sfsbsb-allocation-amendment.

For all three species, these changes result in a shift in allocation from the commercial to the recreational sector. However, because the summer flounder and black sea bass fisheries will be transitioning from landings-based to catch-based allocations, the current and revised allocations for those species are not directly comparable. Landing-based allocations are based on each sector's harvest only. Catch-based allocations are based on each sector's harvest plus dead discards.

In other actions the Council and Board approved measures for 2022 including a 28 percent black sea bass Recreational Harvest Limit (RHL) reduction; a 33 percent reduction in scup; and up to a 18.5 percent liberalization of the RHL for summer flounder. All of these actions will likely result in RI and MA fishing regulation changes for 2022. More to come as these measured go through the State, Commission and NOAA with conservation equivalency proposals.



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Sing a Song to the Season

Music is powerful. Here is how to include music in your holiday celebrations to set a joyful, festive mood and help create happy family memories.

1. Whistle while you work: Decking the halls shouldn't be a chore. It should be a fun holiday tradition. Create a playlist of all your favorite carols, old standards and pop-infused holiday hits. As you adorn the tree, decorate the cookies and hang the stockings, pop on your playlist to fill the house with your personalized sounds of the season.

2. Create your own music: With more time off from school and work and a treasure trove of seasonal music to draw inspiration from, this can actually be the ideal time of year to take up a new instrument or embark on music lessons. For beginners, consider a Castiotone. User-friendly and created with the goal of making music fun for players of all abilities, it connects to the Chordana Play App, which offers interactive, at home, beginner piano lessons. Plus the keyboard features built-in Christmas carols, perfect for sing-alongs! And because it's portable, you can "gather round the piano" wherever you spend the holidays.

3. Go caroling: Caroling is one of the best ways to spread holiday cheer among neighbors and members of your community. Organize friends and family to join you. You may even consider turning your efforts into a fundraiser for a local charity or a music-related nonprofit such as Music & Memory, which helps individuals with cognitive and physical conditions engage with the world and ease pain through their favorite music.

4. Attend a performance: From "The Nutcracker" to "How the Grinch Stole Christmas," there are many classic holiday performances staged at theaters all around the country. Enjoy a live show or watch your favorite seasonal musicals at home.

Through the power of listening and creating your own music, you can fill your seasonal traditions with joy and make happy holiday memories that last for years to come.

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SENIOR ISSUES

by LARRY GRIMALDI

A Road Trip To Remember

It certainly was not the Road to Perdition. Nobody was “rubbed out.” There were no vendettas; and the protagonists were still alive and well at the end. It was A Road Trip to Remember that touched on our past, was played out in real time, and looked toward the future.

My son Matthew moved to Las Vegas, Nevada some 19 years ago. Except for summer and Christmas visits, family time is limited to phone calls, e-mails, and messages. This year was different. Because there were so many notable 2021 family birthdays, anniversary celebrations, and graduations, he decided to take the summer off. Matthew was home from July through October. It was time well spent catching up and spending time with family and friends.

My wife Kathy had flown out to Las Vegas in June to co-pilot his cross-country drive in home July. I drove back to Las Vegas with him in late October. As we left North Providence for the return trip, I sensed that this would be a very special time. It's not often that you get to spend three days with an adult child free of all outside “noise.” I was not disappointed. The 2,800 miles were merely the backdrop for A Road Trip to Remember.

Day One: Rhode Island to Oklahoma (Approximately 1500 miles): The first leg of our journey began North Providence at 5:00 p.m. on October 23 ended on October 24 at about 4:00 p.m. in Sullivan, Oklahoma. By then, we had conquered Connecticut, New York, New Jersey, Pennsylvania, Ohio, Indiana, and arrived in Oklahoma. Early in the morning of the 24th, we passed the Gateway Arch in St. Louis,

Missouri. The magnificent view of the Gateway to the West monument recharged our batteries for the final push into Oklahoma. Geography aside, we talked of our huge immediate and extended family, the family history, and many other topics too numerous to mention. Along the way, we witnessed the landscape transition from cities to rural rolling hills, vast farm lands, cattle ranches and Native American homesteads. I didn't realize until later that much more than the landscape had changed.

This longest leg of the trip gave me a unique insight into our changed relationship. As parents, we tend to think of our adult children as just that—children, no matter how old they are. At the end of the day, my perspective had changed. Matthew was now independent and on an equal footing with any other adult in my orbit. Undoubtedly, he was shaped by the principles that his mother and I had sought to instill in him. He was very capable of making his own life choices. And while his mother and I had completed our job, I knew that he would still seek our counsel and advice when he felt the need.

Day Two: Oklahoma to New Mexico (Approximately 600 miles): We began this leg of the journey west of Oklahoma City, drove across the top of Texas, and stopped for the night west of Albuquerque. The landscape was dominated by vast open spaces and hints of the elevated terrain and desert below that lay before us. I confess to taking a nap or two during the drive. We sped along Interstate Route 40 at sometimes frightening speeds of 80 mph (the speed limit in many spots on the road). Over the course of the day,

we talked about careers he was considering after he returned home. During the pandemic-induced sluggish economy in Vegas, he has decided to take the summer off, take breath, be with his family and friends and evaluate his opportunities. True to his meticulous nature, he had planned and saved for his “sabbatical.”

Day Three: New Mexico to Nevada (Approximately 700 miles): We conquered the rest of New Mexico and Arizona and finally got a glimpse Las Vegas over the horizon. I spent most of the next day resting for my flight home the next day. We went out for dinner and he gave me a tour of the constantly evolving Strip. My wife and I made our first visit to Las Vegas in 1980. Legendary casinos such as the Dunes, Stardust, Sands, Frontier, Desert Inn, and the Riviera have been either razed or blown up and replaced by monolithic structures that have none of the aura of the original gambling meccas and hotels. You can stand had by the corner where Caesars Palace and legendary the Flamingo sit and look down the Strip to what appears to be one gigantic block extending for miles.

I knew that our journey was almost over and I wanted to savor these last moments and press them into my memory bank. The time spent together was a gift. Indeed, it was a Road Trip to Remember.

Larry Grimaldi is a freelance writer living in North Providence. Comments can be e-mailed to lvgrimaldi49@gmail.com

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10 Doctor-Recommended New Year's Resolutions

(StatePoint) While investing in your health and wellness can sound like an overwhelming goal, doctors say that there are easy, tangible resolutions you can make to feel your best and better protect your health.

“A new year is the perfect time to consider your personal goals, and how you can make positive health choices in the coming year,” says American Medical Association (AMA) President Gerald E. Harmon, M.D. “Small lifestyle changes today can have a lasting effect in improving your health.”

Not sure where to start? Consider these resolutions from the AMA:

1. Make sure your family is up-to-date on their vaccines, including the annual influenza vaccine for everyone age six months or older and the COVID-19 vaccine for everyone age five and older. Anyone with questions about the COVID-19 vaccines should speak with their physician and review trusted resources, including [getvaccineanswers.org](https://www.getvaccineanswers.org).

2. Learn your risk for type 2 diabetes by taking a simple online 2-minute self-screening test at [DoIHavePrediabetes.org](https://www.DoIHavePrediabetes.org). Steps you take now can help prevent or delay the onset of type 2 diabetes.

3. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

4. Know your blood pressure numbers. Take the time to visit [ManageYourBP.org](https://www.ManageYourBP.org) to better understand your numbers and take necessary steps to get high blood pressure -- also known as hypertension -- under control. Doing so will reduce your risk of heart attack or stroke.

5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your con-

sumption of sugar-sweetened beverages and drink more water instead.

6. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

9. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

If you don't have health insurance, the AMA also encourages you to visit [healthcare.gov](https://www.healthcare.gov) to sign up for coverage. You may benefit from recent changes that improve access and affordability. The deadline to enroll for 2022 coverage is Jan. 15, 2022. More health resources and tips can be found by visiting [ama-assn.org](https://www.ama-assn.org).

For a happy, healthy 2022 and beyond, consider making these 10 doctor-recommended New Year's resolutions today.

RETIREMENT SPARKS

by ELAINE M. DECKER

Annual Horoscopes for Seniors



As we round the bend to another year, it's time to take a peek at the astrological forecasts for seniors for 2022. December is sometimes referred to as National Horoscope Month. It's really just one more opportunity for media outlets to promote their forecasts. I'm no Linda Goodman, but I'm jumping into the fray by focusing on seniors. Here's what you can expect for your sun sign next year.

JANUARY belongs to ambitious Capricorn.

Your tendency to break rules will catch up with you this year.

- Your HOA fines you \$500 for keeping your holiday décor up too long.
- The CIA and the NSA have included you in their investigation of your international Facebook friends.
- You're drummed out of your Mahjong group for palming tiles.

FEBRUARY celebrates Aquarius in this new Age of Aquarius.

Sadly the sun will not shine in for you this year. Your annual physical will reveal:

- You've gained another five pounds.
- You should take advantage of that Silver Sneakers offer that your health insurance plan keeps pushing.
- You need to increase the magnification on your cheater reading glasses. Again.

MARCH and Pisces mark world language month and the end of the Astrological year.

It's an auspicious time to learn a language. Here are 3 challenging ones to for you.

- Mandarin Chinese—One of the hardest but also most widely spoken worldwide
- Arabic—Could be useful if you're ever kidnapped traveling in the Middle East
- Navajo—So you can supplement Social Security with work as a code-breaker

APRIL is the month of the fiery sun sign Aries.

This marks the spring equinox and the beginning of a new astrological year. Just in time to file your income tax return, you'll get a surprise financial windfall, but from where?

- Publishers Clearing House (the envelope you threw into the recycling pile)
- The Irish Sweepstakes (that you didn't enter)
- A Nigerian prince. Yes, THAT Nigerian prince. (He's not giving up.)

MAY is the month of that bull-headed Taurus.

Sad to say, your unexpected financial windfall in April will be followed in May by a major expense you didn't plan on. Your car will be in the shop for:

- Passenger airbag defects
- A fuel pump leak
- Rear brakes slippage

JUNE is the month for Gemini, that moody, two-faced character.

World music day is celebrated in June in over 1,000 cities worldwide and hundreds in the U.S. alone. Here are just three cities to visit; one is bound to fit your mood. Or not.

- Latin in Miami
- Country Western in Nashville
- Jazz in New Orleans

JULY is for Cancer (the crab, not the disease).

The USPS is going to deliver:

- An overdue bill that was lost in the mail
- A package that belongs to your neighbor (again)
- Three solicitations from national charities. Be grateful it's not more.

AUGUST is Leo's month, that lovable but unpredictable feline!

Be very suspicious when you receive an unexpected message from:

- The IRS.
(But is it really from the IRS?)
- A grade school friend that you haven't heard from in 30 years.
- A distant relative you didn't know you had. (But is he really your relative?)

SEPTEMBER marks Virgo's domain, the detail-oriented virgin (whose ship has sailed).

If the pandemic put that trip to Portugal on hold, here's what's in store now:

- Your sister's replaced knees and the power port in your chest will get both of you singled out for extra screening at the airport.
- Your luggage will get lost on the way over there. Pack your carry-on carefully.
- The airline you booked will go on strike after you land, stranding you in Europe.

OCTOBER is when Libra normally presents a pleasant balance in your life.

Unfortunately, not this year. The holiday season is on its way and that damnable Mercury is in retrograde again. Naturally all your appliances decide to break down.

- Your water heater (mid shower)
- Your washing machine (mid load)
- Your freezer (right after you filled it with holiday food)

NOVEMBER is when you'll feel the sting of that rascal, Scorpio.

If October wasn't bad enough, a trusted member of your service entourage is going to retire this month. Will it be:

- Your hairdresser of 25 years?
- Your cleaning lady of 15 years?
- Your cardiologist of 20 years?

DECEMBER is when Sagittarius takes aim. This year it's on your modern electronics.

- You step on your talking scale and it just laughs at you.
- You ask Alexa to set a timer for your baking and she yells at you: "For the last time, I'm Siri, not Alexa!"
- Your Smartwatch is serving up only brain teasers and step count reminders.

There you have it. Twelve months of 2022's astrological predictions just for seniors. And you thought 2021 was a bad year.

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



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The Perfect Piece of Pork

To make sure the main course this holiday season – a yummy, juicy ham – is cooked and prepared to perfection, there are some simple steps to follow.

Thaw It

While ham can be cooked without thawing, for best results the first step to a tasty ham is properly thawing it in either the refrigerator or cold water. Never thaw a ham on the counter, as it can become subject to bacterial growth when the outside warms but the inside remains frozen. Remember: The larger the ham, the longer it needs to thaw before cooking.

Bake It

Once the ham is properly thawed, start by heating your oven to 325 F and lining a roasting pan with aluminum foil. You'll want to cook the ham low and slow to avoid drying it out, and lining the pan helps limit the mess. As it bakes, don't forget to flip it over about halfway through the process.

Check It

When the ham gets close to being done cooking, take the safe route and check its temperature. The USDA recommends bringing pork to 145 F to help ensure it's cooked thoroughly.

Finish It

After pulling the ham from the oven, let it rest 15 minutes before slicing. Because the ham will continue baking outside the oven for a short period, allowing it to rest holds in those delicious juices. If you're looking for a different way to please your guests' palates, try glazing it with different mixtures that could include anything from brown sugar to fruit juices.



Photo courtesy of Getty Images

LEND A HELPING HAM

A full, delicious menu with sides and snacks

FAMILY FEATURES

Preparing the perfect ham for all of your holiday guests to share can feel like a lot of pressure, but complementing the main dish with sides, snacks and desserts can help take a bite out of that overwhelming feeling.

To help fill out your dinner table this holiday season, start with a crowd-pleasing appetizer like Bacon and Cheddar Ranch Dip that can ease everyone into the meal. Serve up a tasty side, such as Balsamic Glazed Roasted Root Vegetables, so that the ham doesn't stand alone. Then, just as dinner's grasp wears away, treat your guests to White Chocolate Peppermint Popcorn Bark as a delightful holiday sendoff.



A Dozen Ways to Dip

Liven up the party platter by transforming traditional ranch dressing into crowd-pleasing dips, just by adding a few simple ingredients. Litehouse Homestyle Ranch Dressing is a versatile base that can be mixed with anything from sriracha to basil and Parmesan cheese to create dips that pair perfectly with fresh-cut vegetables, crackers, bread and more.

Bacon and Cheddar Ranch Dip

- 1 cup Litehouse Homestyle Ranch Dressing
- chopped bacon, to taste
- shredded cheddar cheese, to taste
- assorted dippers

Combine ranch dressing with chopped bacon and shredded cheddar cheese, to taste.

Serve immediately with assorted dippers.

Variations: To achieve different flavored dips, use any of the following mix-ins in place of bacon and cheddar cheese:

- Avocado
- Basil and Parmesan cheese
- Sriracha
- Barbecue sauce
- Dill pickles
- Chili pepper and lime
- Shredded chicken and hot sauce
- Cilantro and jalapenos
- Garden vegetables
- Roasted garlic
- Caramelized onions and Worcestershire sauce



A Tasty Holiday Treat

As your calendar begins to fill up around the holidays, keeping a few simple ingredients on hand can be the difference between enjoying the festivities and feeling overwhelmed. An ingredient such as popcorn can help you serve up a tasty dessert like this White Chocolate Popcorn Crunch that packs both a festive punch and a sweet crunch. Find more quick holiday recipes at popcorn.org.

White Chocolate Popcorn Crunch

- 5 cups popped popcorn
- 1/2 cup dried sweetened cranberries
- 1/2 cup sliced almonds
- 12 ounces white chocolate baking chips, chopped
- white chocolate or white candy coating
- 1-2 tablespoons vegetable shortening (optional)

Cover baking pan with foil or wax paper; set aside. Place popcorn, cranberries and almonds in large bowl; set aside.

In double boiler over barely simmering water, melt chocolate, stirring until smooth, or melt according to package directions. (If chocolate is not smooth after melting, stir in 1-2 tablespoons shortening until mixture is smooth and loose enough to coat popcorn.)

Pour chocolate mixture over popcorn mixture; stir to coat.

Spread onto prepared pan; allow to cool completely.

When chocolate is cooled and set, break into chunks for serving.

Store leftovers in airtight container at room temperature.

Roast a Savory Side

Fill your home with the wonderful aroma of Balsamic Glazed Roasted Root Vegetables. Easy-to-make and completely satisfying, this holiday staple is ideal for a crowd and comes together beautifully with a pan that has raised circles for better browning, like the Circulon Symmetry Chocolate sheet pan. For more Circulon cookware and bakeware options, shop Circulon at Macy's and Macys.com.

Balsamic Glazed Roasted Root Vegetables

Recipe courtesy of Circulon Gourmet Cookware

- 2 ounces, quartered
- 10 cloves garlic, unpeeled
- 2 cups carrots, peeled and cut into 1-inch pieces
- 1 celery root, peeled and cut into 1-inch pieces
- 2 parsnips, peeled and cut into 1-inch pieces
- 3 turnips, peeled and cut in half to about 2-inch pieces
- 1-2 sweet potatoes, peeled and cut into 3-inch pieces

- 1 cup winter squash, peeled and cut into 2-inch cubes
- 2-3 potatoes, cut into 2-inch quarters
- 1-2 white or gold beets, peeled and quartered
- 2 tablespoons olive oil
- salt
- pepper
- 3 sprigs rosemary
- 3 sprigs thyme
- Circulon Symmetry Chocolate sheet pan

Glaze:

- 2 tablespoons oil
- 3 tablespoons maple syrup
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon rosemary

Heat oven to 425 F.

Combine vegetables, olive oil, salt, pepper, rosemary and thyme; toss well. Spread on sheet pan. Cover and bake 40 minutes.

Check vegetables and cook another 5 minutes, if needed, or until vegetables are tender but not mushy. Remove rosemary and thyme; add salt and pepper.

Combine glaze ingredients and cook 5-10 minutes until thickened. Pour over vegetables before serving; stir to combine.



MEMOIRS

by SUSAN DEAN

Timeless Traditions

Christmas, 2020 was different and difficult for everyone. Gatherings were canceled, traditions were put on hold, and holiday dinners and visiting were reduced to sharing through Zoom. The day was going to be quiet and low-key. As much as Christmas Day, 2020 was going to be like no other, completely unprecedented, and hopefully never to be repeated, my bigger loss was going to be Christmas Eve.

My parents and my mother's brother and his wife alternated hosting Christmas Eve every year. Uncle Don and Aunt Helen had six kids, and there were three of us - so nine noisy children along with all of the adults were crammed into every corner of our small homes.

But I never noticed the crowding or the noise level. I never thought about the planning or the cooking or the logistics of accommodating so many people for a sit-down dinner. With such limited space, seating everyone called for precise organization and ingenuity.

I remember the excitement, the music and singing, the games and the laughter, the sheer joy of sharing this special night with our families, and the aromas of a traditional Christmas Eve dinner floating through the air. Traditional in that my grandmother always brought a dish that we called Nana Lydia's Casserole - a concoction of elbow macaroni, sausage, stewed tomatoes, and cheddar cheese.

I also remember everyone wearing their holiday best. This usually meant a red or green velvet dress made for me by my mother, enhanced with starch, stiff petticoats, and shiny black Mary Janes.

My mother, my aunt, and my grandmother were dressed up, too, in their evening party clothes, with frilly holiday aprons wrapped around their waists as they bustled about the kitchen on this once-a-year night of nights.

And we exchanged gifts, too. My mother gave gifts to my aunt and uncle and to each of my six cousins. My aunt did the same for my parents and for my two brothers and me.

These traditions went on year after year, the enormous effort it took to make it all happen only slowly dawning on me as I approached adulthood. As we got older, we added spouses, friends, and our own children to the festivities and we knew we would always be together on Christmas Eve, no matter where we were the rest of the year.

When my mother died in 1995, my aunt took over - hosting every Christmas Eve. She continued until her late eighties and eventually passed the torch to two of my cousins and to me. We alternate so that we each host every three years.

We kept the traditions alive with the fun and games, music, and food. I was now tasked with adding Nana Lydia's Casserole to the feast. The only ritual we changed was the massive gift exchange. We turned it into a simpler Yankee Swap where each person brings only one gift to add to the mix.

Last year was going to be the first Christmas Eve in my entire existence that I wasn't going to spend with my mother's family. There were phone calls and cards with handwritten notes sent and received, all lamenting the loss of our annual gathering, but also filled with hopes and wishes for a return to our normal routines in 2021. There was nothing else to be done except to cherish the memories.

But the day before Christmas Eve I answered a call from my brother, Rob. He had a plan.

"How about going to Uncle Don's and Aunt Helen's tomorrow afternoon? We'll sing Christmas carols on their front lawn," Rob suggested.

"I'll print some music, let's meet there at 3:00," he said, and with that our plans were set.

The next afternoon, Christmas Eve, my brother and I, along with my husband and my daughters, rang my aunt and uncle's doorbell. As soon as they answered we began singing the old familiar carols, masked and socially distanced. Uncle Don and Aunt Helen,



99 and 96 at the time, lit up with huge smiles. Aunt Helen, who still plays the piano with gusto every day, joined in our singing.

When we were done, we chatted for a few minutes and I handed them two containers of Nana Lydia's Casserole - one to microwave that night and one to freeze for later.

Covid has taken so much from us, but there's hope for a more normal holiday celebration this year in 2021. And there's still much to be grateful for - the power of love, the presence of family, the joys of the holiday season, my aunt and uncle still going strong, and Nana Lydia's Casserole showing up on Christmas Eve without missing a beat.

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ACCORDING TO DON

by DON FOWLER

My Road to Recovery

On October 6, I was being treated with a strong medication for basil cell carcinoma, which gave me headaches, nausea, and, I thought, complete lack of appetite.

I could not look at food, let alone chew it or eat it. I literally stopped eating, and in one short week lost 10 pounds.

On October 25 I was admitted to the hospital with a primary diagnosis of Enterococcus (Bacteria in my GI tract). My inability to eat and drink led to renal failure.

Teams of hospitalists probed my body and mind trying to determine the cause and find a treatment.

After six days I was discharged for home health services (Visiting nurse and physical therapy).

After one week, there was no improvement. I still could not eat, and continued to get weaker, despite being given 1,000 calories a day of Ensure.

On November 4, I had an endoscopy, which revealed severe chronic Esophagitis, an inflammation of the esophagus. Medications were ordered, with instructions that I MUST eat and drink, or would end up back in the hospital with a feeding tube.

My doctor made a house call on November 7, explaining that if my condition worsened, I would have to go back in the hospital with a feeding tube put in.

On November 20, my doctor came to my house, checked my condition and immediately sent me back to the hospital.

I had lost over 20 pounds and couldn't even get out of the chair. I had fallen twice and just couldn't get comfortable in my bed or chair. I had given up. I was depressed to the point of not caring what happened. I entered the hospital with renal failure again.

Three days later, on Nov. 22, after being seen by more doctors, and being pumped with fluids to keep me hydrated, I was sent home with instructions to take a certain medication which helps in-

crease appetite and decrease depression.

Woke up the following morning after a night of weird dreams, feeling on a high. I actually ate breakfast for the first time in two months. My emotions ran rampant. The following day I visited my doctor with the following news: I still had trouble sleeping, but I felt better both physically and mentally. Although the acid reflux was still there when I eat, I was able to eat small portions at a time.

What happened to turn things around?

Was it that tiny little pill?

Was it my fear of a feeding tube?

Was it the care and treatment in the hospital?

Was it the people praying for me? I have to admit that my faith was severely challenged).

Or was it a combination of all these things.

They found no direct connection between to carcinoma medication and the esophagitis.

My doctor insists it was his beef stew he forced me to eat.

Was it the constant care (and nagging) my wonderful wife provided, in spite of the fact that she is on oxygen 24/7 and lives with fibromyalgia?

Was it the daily visits from my devoted daughter who made sure that everything possible was being done by the plethora of health care providers?

Or possibly a combination of all these factors!

So here I am today, the last day of November, sitting on my donut, drinking Ensure, eating as best I can, missing the Providence Bruins, movies, theatre, concerts and restaurant reviews that were such a big part of my life, but no longer giving in or giving up, thanks to my health care providers, friends, neighbors and family who never gave up on me, even though I had.

Hopefully, when I get stronger (Anyone have 20 pounds they want to contribute?) there will be more trips to the Dunk, PPAC, Trinity, local theatres, and the incomparable baked stuffed shrimp at Twin Oaks.

Never Too Late

I have spent a lot of time, and money, at the dentist.

My parents couldn't afford braces, and dental hygiene was never at the top of my list. After having lived all those years with chipped and crooked teeth" I took my dentist's suggestion and had my four front teeth crowned.

"Doc, I'm 84 years old!" I said.

"You're never too old," he replied.

So I did it.

And I'm glad I did. My teeth look great. And I feel good about it.

My hearing has declined over the years. Even with the help of five year old hearing aids, I still have problems at the movies and the theatre. Small groups and dining out are frustrating, especially with background noise.

So when my Audiologist suggested new ones ("They have come a long way in five years") and Medicare provided some assistance, I went for it.

Add new glasses, and three of the five senses were given a boost.

The golf and tennis games are pleasures of the recent past no longer enjoyed due to weak legs and balance problems, but walking with a cane to help my balance keeps me from becoming a couch potato.

It is never too late to get in that

pool at the YMCA and swim those laps for 45 minutes a couple of times a week. It takes me a little longer than it used to, but I'm in no hurry.

If it is never too late to assist your aging body, then it certainly never too late to work on the mind.

I watch the TV ads with the miracle drugs that supposedly improve your memory, but figure that I have enough pills to swallow in my pill case.

So I turn to crossword puzzles, Jumble, a book always by my chair, and of course, Jeopardy. Helpful hint: Record Jeopardy and watch it later, zooming by the ads and saving over 10 minutes.

It is never too late to gain new knowledge, take up a new hobby, meet new friends, or discover new places.

The November issue of Providence Monthly has a list of hundreds of interesting things to see in Providence alone. Take a ride through all 39 cities and towns, discovering historical places.

Having spent the past two months in and out of the hospital and more time recuperating at home, I realize that it is never too late to appreciate how precious time is, and find the time, energy and desire to do those things that I am still capable of doing.

5 Easy Ways to Enhance Digestive Health

FAMILY FEATURES

As your social schedule picks up steam and you attend more social gatherings and celebrations, you may find yourself with an unexpected issue: digestive troubles. Problems like this can have a negative impact on your overall wellness, so it's important to make healthy digestion a priority.

According to Ayurveda, the ancient Indian science of how to live long and be healthy, the health of the digestive system is the core of optimum health. Ayurvedic medicine asserts the digestive system is based on the strength and balance of its Agni (fire), which enables the body to absorb, digest and assimilate food. The teachings suggest an imbalanced Agni creates undigested residues, which form toxins that create imbalances and can lead to disease.

Some of the dietary guidelines for healthy digestion and strong Agni include:

- Allowing 4-6 hours between meals
- Avoiding eating between meals
- Avoiding foods with cold, wet and heavy qualities
- Drinking ginger tea or hot water to stimulate the Agni
- Starting a meal with pungent (hot), sour and salty flavors
- Consuming a small amount of bitter taste before a meal to increase the production of hydrochloric acid in the stomach

Take steps to protect and nurture your digestive health with these tips:

Add Fiber to Your Diet

Plant-based foods that are high in fiber fill you up faster, so you're less likely to overeat, and they also help with digestive regularity. Increase your intake of high-fiber foods like fruits, vegetables, whole grains, beans, lentils, nuts and seeds. Take a gradual approach to avoid upsetting your digestive tract and bump up your water intake as you go since fiber will absorb it and decrease the likelihood you experience gas or cramping.

Stay Hydrated

Keeping your body well hydrated is like making sure your car's engine is well lubricated. It keeps all your moving parts in sync and operating for top performance. Some fluids can also help with detoxification, which can be especially beneficial when your social calendar is full and your opportunities to overindulge are greater.

An option like Buddha Teas' Detox Dharma contains detoxifying herbs that stimulate your digestive system. Strengthening and soothing herbs are also incorporated into this balanced formula resulting in an effective yet gentle detox tea. For another solution, Turmeric Ginger Tea contains enough black pepper to make curcumin (the active ingredient in turmeric) bio-available in hot water, helping build healthy Agni.

Eat Slower

In today's busy world, it's easy to scarf down a meal in record time. However, slowing down gives your body more



Photos courtesy of Getty Images

time to process food. You'll give your brain more time to communicate with your stomach and be more aware of when you've satisfied your hunger.

Start Exercising

If you need one more reason to get moving, your digestive health could be it. Regular physical activity promotes better digestion. However, if you jump into a workout too quickly after eating, you could actually do the opposite. Eat light before exercising then have a protein-rich balanced meal for recovery afterward.

Manage Stress

Too much stress can manifest multiple physical problems, including interrupting your digestion. Try mindful meditation or another method of relaxing and relieving stress. Getting plenty of rest can also help keep stress in check. If you're looking for a good night of sleep, consider Buddha Teas' CBD Sleepy Buddha Blend. Herbs for calming and relieving stress are paired with organic, water-soluble, THC-free CBD to leave you feeling restored and rejuvenated.

Find more solutions for enhancing your digestive health at buddhateas.com.



Did you know?

Leaving cookies and milk for Santa Claus is a Christmas Eve tradition. Children regularly place a dish of cookies and a glass of milk by the tree on Christmas Eve so that Santa has enough energy to complete all of his gift-giving before kids wake up on Christmas morning. The tradition of leaving cookies out on Christmas Eve may trace its origins to Saint Nicholas. On the feast of St. Nicholas on December 6, children would leave food and drink for the saint and any attendants. The treats would be exchanged for gifts. While that's one theory behind the tradition, others think it is linked to the history of the Christmas tree and the edible decorations that adorn it. Santa would snack on the ornaments. Even after edible decorations gave way to inedible ornaments, the tradition of leaving a snack for Santa remained. Whatever the origins behind the tradition, millions of children dutifully leave milk and cookies for Santa on Christmas Eve.



New Year, Fresh Start

Small Steps for Positive New Year's Resolutions

The best way to make New Years resolutions that stick is to make SMART goals. SMART is an acronym that stands for...

Specific – Be specific vs. general. Try to answer the questions Who, What, When, Where and Why?

Measurable – Success should be tracked and measured with a number/metric. How much? How many?

Attainable – Make an achievable goal and create a vision with a positive attitude that leads to success.

Realistic – Ensure a goal is achievable based on physical, mental and/or emotional wellbeing and ability.

Timely – Put a timeline to a goal. How frequent? How often? By what date?

New Years resolutions do not have to be overwhelming and life changing. When you try to take on too much too fast, the results are not always positive. A good approach is to take small steps that will lead to success.

For example, rather than setting a New Year's resolution to "get healthier," create a more manageable goal. Here is just one example of a mini goal. Note the "SMART" structure.

A SMART resolution could be to floss teeth a minimum of two times a day to improve health and hygiene because flossing helps prevent disease and tooth decay. Floss every morning and in the evening before bed.

2022 can be the year you follow through with SMART resolutions. Have a Happy and Healthy New Year!



Laura M. Krohn

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