

Johnston adopts Columbus

130-year-old statue will relocate to new home in Memorial Park

By RORY SCHULER

Scrap metal or monument? Johnston picks the latter.

Removed from its Providence pedestal in 2020 and locked away in storage, a 130-year-old statue depicting Christopher Columbus will be re-erected in Johnston's War Memorial Park in October.

STATUE - PAGE 12

NEW WORLD: Volunteers helped relocate the historic statue of Christopher Columbus, from storage in Providence to storage in Johnston, where it will eventually be erected in Memorial Park. (Submitted photo)



GO BACK THE WAY YOU CAME: Orange barricades, erected by RI DOT, block both sides of the Greystone Sluiceway Bridge on the border of Johnston and North Providence.

A community cut off

Greystone Bridge to be demolished; future uncertain

By RORY SCHULER

Bright orange barricades spray-painted with five dripping, black letters — RI DOT — block both sides of the Greystone Sluiceway Bridge on the border of Johnston and North Providence.

Tall grass reaches from the pavement cracks. A long shadow's cast by a mammoth former mill building.

Johnston and North Providence dog owners march their canines across, weaving through the blockage, crossing from one town to the other.

Meanwhile, the Greystone Social Club stands sentinel, watching the community fade on both sides of the border.

BRIDGE - PAGE 10



HEART OF GRANITEVILLE: Chris Gosetti, President of the Greystone Social Club, has been urging elected leaders in Johnston and North Providence to join efforts to reopen the Greystone Sluiceway Bridge which has been closed since 2020. (Sun Rise photos by Rory Schuler)

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JHS Panther of the Week



POTW: This week's Panther of the Week is Yandel Centeno-Gonzalez. Yandel is a senior honor roll student. He was also a member of last year's State Championship Volleyball team and is leading this year's team to an undefeated season so far. Ms. Brianna Cardilo nominated him. Ms. Cardillo said, "Yandel's determination and grit throughout the past two years are evident in his academic grades and his social interactions. Yandel joined the Volleyball team last year; they won the Division 3 Championship, and he was awarded Player of the Year for Division 3. This year he continues to excel in his academics and extracurriculars, receiving nearly a full ride to Johnson & Wales University to play volleyball. Yandel always has a positive attitude and is enthusiastic to lend a helping hand to teachers and students." (Photos submitted by Matt Velino, Johnston High School Principal)

Editor's Note: This is the newest installment of an ongoing weekly series highlighting Johnston's amazing students. Staff at Johnston High School will be nominating students and submitting a caption and a photo for publication. You'll find each week's winning Panther on Page 2 of the Johnston Sun Rise.

Arts & Crafts FESTIVAL

May 27, 28 & 29 at 10:00 am daily
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EARLY DEADLINE

FOR THE JUNE 1ST ISSUE OF THE SUN RISE

Display Ad Deadline is Friday, May 26th @10am

Classified Ad Deadline is Friday, May 26th @ 12 NOON

The Beacon Communications Office will be **CLOSED FOR MEMORIAL DAY MONDAY, MAY 29TH**

Say you saw it in the **Johnston SunRise**

A flower for all the moms in the room ...



VINTAGE VOICE: Katie Rodriguez, a student at Johnston High School and a popular JSC volunteer server, helped make the Mother's Day Lunch special with her beautiful singing of legendary songs like Patsy Cline's "Crazy."

By PETE FONTAINE

It may have been the most unique Mother's Day celebration in the Johnston Senior Center's storied history.

"Today, we celebrate Mother's Day," Richard J. DelFino Jr., the JSC's executive director, told another large luncheon turnout inside the nearly full multi-purpose room. "But today we are going much further in our annual celebration, recognizing all women!"

DelFino, who has planned a host of similar celebrations for the coming months, went on: "Maybe a favorite teacher, an aunt, your grandmother, your stepmother, your neighbor, your friend; all of you women have mothered ... someone in your life, and have shown them love and support in their time of need."

Once applause from men and women subsided DelFino offered: "So let's celebrate and think about those women who are here and have left us; who have given unwavering love and support and contributed to all we are today."

The executive director, who intends to make every event at the JSC special, concluded: "So again, on this Mother's Day Weekend I want to celebrate not just our beautiful mothers — here and deceased — but all the women who have helped us through life's journey."

After which, DelFino reflected on the life of his late mother, then announced that "In honor of ALL the women here today (for annual Mother's Day Luncheon) we have a special gift from a great friend who also loved his mother."

DelFino, assisted by JSC staffers, brought out large containers that held dozens of pink carnations, delivered by Jon Dick, who owns Atwood Florist (during recent theme and holiday celebrations at the JSC, Dick has personally delivered different colored carnations for all the ladies in attendance).

Dick explained the flowers were "a token of his love and appreciation for all the women who have done business in his store."

"John Dick has been a great friend through the years," DelFino explained. "He's without question one of the most generous businessmen around."

With that, DelFino said, "let's eat" as the JSC's valuable volunteers swung into action and served a delicious lunch that included choice of chicken cordon bleu or citrus broiled fish, brown rice pilaf, carrots, and for dessert, key lime pie.



LUNCHEON LINK: This is just a small section of the overall "terrific turnout" that enjoyed the JSC's Mother's Day Luncheon last Friday. (Submitted photos)



GRAND GIFTS: All the women who attended the JSC's annual Mother's Day Luncheon received beautiful pink carnations from John Dick, who owns Atwood Florists and supplied special flowers for other JSC theme days.

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DISTINGUISHED JOURNALISTS: The four award winners in the Rhode Island Press Association's 2022 Distinguished Journalist category: from left to right, Honorable Mention, Ethan Shorey, The Valley Breeze; Third Place Nancy Lavin, Providence Business News; First Place, Rory Schuler, Johnston Sun Rise; and Second Place, Jamie Coelho, Rhode Island Monthly. (Photo by Glenn Osmundson)

Johnston Sun Rise editor wins Distinguished Journalist award

The Rhode Island Press Association presented 153 awards to journalists April 28 throughout the state for writing, design and photography in its editorial contest for 2022.

Johnston Sun Rise Editor Rory Schuler won first place in the evening's final category, Distinguished Journalist.

The other three award winners in the Distinguished Journalist category included Second Place, Jamie Coelho, Rhode Island Monthly; Third Place Nancy Lavin, Providence Business News; and Honorable Mention, Ethan Shorey, The Valley Breeze.

Schuler, who has served as the editor of the Johnston

Sun Rise for two years, has been working in newspapers since 2000.

The Distinguished Journalist category required the submission of up to 10 published works and a cover letter. In each category, small weekly papers like the Johnston Sun Rise compete against the Ocean State's largest publications, like the Providence Journal and the Boston Globe Rhode Island.

The association also inducted two new members into its Journalism Hall of Fame: Karen Bordeleau, former executive editor of The Providence Journal; and Timothy Cotter, former executive editor of the Day of New London, Connecticut.

During the annual banquet, held at Chelo's on the Waterfront for the first time, the association elected officers for next year: Elyse Major of Providence Media and Ethan Shorey of The Valley Breeze will remain co-presidents; Carlos Munoz of The Boston Globe Rhode Island replaces Michael McDermott as vice president; Sarah Francis, formerly of Rhode Island Monthly, will remain treasurer; and Will Richmond of The Providence Journal and The Newport Daily News replaces Linda Lotridge Levin as secretary.

The association also presented a \$1,000 scholarship to Rhode Island College student Olivia Barone, a Scituate resident.

Shorey and Major spoke of the association's initiatives, including organizing a second straight R.I. High School Journalism Day on May 19, when nearly 30 schools, a record, are expected to participate.

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Birth Announcements

Welcome!

Baby Jordan James Murphy

Monica Sandoval and William Murphy of Elmdale Avenue, Johnston, announce the birth of their son, Jordan James Murphy, 6 lbs. 3 oz., on March 28, 2023, at Landmark Medical Center, Woonsocket. Jordan's maternal grandparents are Adriana and Francisco Sandoval of North Attleboro, Massachusetts. Jordan's paternal grandparents are Donna Murphy of Johnston and Bill (William) Murphy of Westport, Massachusetts.

Welcome!

Baby Wyatt Lee Pratt

Brittany (Durand) and Ryan Pratt of Greenville Avenue, Johnston, announce the birth of their son, Wyatt Lee Pratt, 8 lbs. 10.5 oz., on March 16, 2023, at Landmark Medical Center, Woonsocket. Wyatt's maternal grandparents are Michael and Theresa Durand of Johnston. Wyatt's paternal grandparents are Joann and Jerry Pratt of Johnston. His siblings are Hunter, 8 years old and Aria, 6 years old.

CONGRATULATIONS TO THE CLASS OF

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SUN RISE SCOOPS

Sun Rise Staff Reports

May 19

Johnston Guns vs. Hoses Charity Basketball Game

Local 307 Johnston Police Department and Local 1950 Johnston Fire Department will hold its first annual Guns vs. Hoses charity basketball game at the Johnston Senior High School Gymnasium, 345 Cherry Hill Rd, Johnston. Friday, May 19, 6 p.m. tip-off. Half time game: Johnston High School Teachers vs. Johnston High School Students. JPD and JFD Touch-a-Truck Event at 5 p.m. Entry donation: \$5.00. All proceeds to Local 307 and Local 1950 Charitable Funds, previous donations include, but not limited to, local charities and youth sports.

May 20 & 21

Chorus of Kent County Spring Concert

The Chorus of Kent County Spring Concert, "The Music in Me," will be presented on Saturday, May 20 at 7:30 p.m. and on Sunday, May 21 at 2:30 p.m. at West Warwick High School Auditorium, 1 Webster Knight Drive, West Warwick. Tickets: \$17 advance/\$20 day of event/\$10 Children 10 and under (under 2 years, free) For tickets or more information visit: www.chorusofkentcounty.com or call: 401-862-3105.

May 30

"Billie and Amy" at The Cabaret Room

Tuesday, May 30 at 7:30 p.m., The Cabaret Room at The Arctic Playhouse, 1249 Main Street, West Warwick, will host Boston performing artists singer, Frankie Campofelice and accompanist, Andy Lantz with their tribute to Billie Holiday and Amy Wine-

house. Tickets are \$20 in advance/\$22 at the door. Full-cash bar available, table seating. Reservations are highly recommended as this cabaret series is sold out every month: www.thearticplayhouse.com/shows/may-cabaret-billie-and-amy/ or box office: 401-573-3443.

May 31

Band of Brothers

The Johnston Historical Society Museum, 101 Putnam Pike, Johnston, will host an event exploring the Johnston connection to the "Band of Brothers," a group of World War II veterans who fought their way across Europe and were immortalized in a book by Stephen Ambrose and an HBO series on Wednesday, May 31, at 7 p.m. George Luz Jr., was blessed by an early introduction to the men of Company E, 506th PIR, 101st Airborne Division, in 1965 at the 101st Airborne Reunion. Luz was nine years old at the time, and that started a journey that his father, George Luz, began in August 1942 at Toccoa, Georgia. George Luz Jr. will be delivering a presentation on his father. Call the museum at 401-231-3380.

June 9

Cranston High East Class of '73 Reunion

Cranston High School East, Class of 1973 will hold its 50th Year Reunion on Friday, June 9, at the Valley Country Club, 251 New London Avenue, Warwick. Cash bar: 6 - 7 p.m. and dinner at 7 p.m. \$75 per person. For more information, contact: AC 401-559-6627.

SCOOPS - PAGE 6

Apple Blossom Garden Club PLANT SALE

Saturday, May 20th • 9am-3pm Rain Date: May 21st

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

REVERSING GUM DISEASE

Gum disease, also called gingivitis, happens when gums are chronically inflamed and infected. Common signs are swollen, tender, and bleeding gums. Gingivitis is sometimes called early gum disease, and it can be reversed with proper oral care and maintenance. Advanced gum disease is called periodontitis, and is not reversible or curable. It happens when the gums pull away from the teeth, forming pockets that cause bone loss and root damage. If you are in the early stages of gingivitis, it's not too late to improve your oral hygiene and reverse the disease. The best ways to both avoid and reverse gum disease are brushing twice a day, flossing at least once a day, and having dental cleanings every six months. Cavity-causing bacteria and its resultant damage can be controlled if we deal with bacterial plaque activity on a daily basis. A toothbrush alone, however, no matter how often used, cannot do the whole job. It takes the combined effort of smart eating, conscientious daily brushing and flossing, and professional visits to promote total oral health as well as complete body health. If it's been too long since you treated your teeth and gums to professional care, now would be a good time to call DENTAL ARTS GROUP for an appointment. Located at 1136 Hartford Ave., Johnston, you can reach us at 401-521-3661. P.S. Advanced periodontitis can cause tooth loss, and the bacteria associated with the disease can lead to or worsen a number of serious health conditions.

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SCOOP OF THE WEEK

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Tuesday, May 23rd

10am - 2pm

RI Office of Healthy Aging
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Keystone Audiology
Cherry Hill Nursing Home
Oakley Home Access
Morgan Health Center
RI Elder Info.

Anchor Bay at Pocasset
A Change of Seasons
& much more!



May 23 Health and Wellness for Older Americans

The Johnston Senior Center is promoting Health and Wellness for Older Americans Month, on May 23, from 10 a.m. to 2 p.m. at the Center, 1291 Hartford Ave., Johnston. This year's theme is Aging Unbound. It is a free event with prevention as the goal. There will be opportunities to talk with and ask questions of the vendors. There will have giveaways and raffles besides great information. Darlene Flemming of "A Change of Seasons" is back with craft items.

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Surveillance Services

Specifications may be picked up at the Office of the Superintendent of Schools, 10 Memorial Avenue, Johnston, Rhode Island between the hours of 9:00 a.m. and 3:00 p.m. beginning Thursday, May 18th, 2023.

Each bidder is required to deliver his/her proposal by 11:00 a.m. on Thursday, June 1st, 2023 at the Johnston Public Schools Administration Office located at 10 Memorial Avenue, Johnston, RI. All bids will be publicly opened and read on Thursday, June 1st, 2023 at 11:00 a.m. Bids received after 11:00 a.m. will not be accepted.

For each proposal submitted, the envelope must be sealed and clearly marked for the item you are bidding.

Bids are awarded in writing to the lowest responsible bidder. A bid is deemed responsive when it:

1. Complies exactly with the specifications.
2. Complies exactly with the brand name(s) required for materials in the specifications. Same quality materials are unacceptable, are cause for rejection, or breach of contract.
3. Promises performance by time and date.

Other municipal agencies in the Town of Johnston shall be entitled to the above costs compliant with the bid specifications.

Bids are awarded based upon the availability of funding. If all the bids exceed the available funding, the School Committee may:

1. Re-solicit bids under revised specifications, or;
2. Enter into competitive negotiations with the three (3) lowest responsible and responsive bidders.

A reasonable inquiry to determine the responsibility of a bidder or offer may be conducted. Failure to promptly supply information related to such an inquiry may be grounds for a finding of non-responsibility.

After the bid is awarded, all documents pertaining to the winning bid will be available for public inspection.

Any bid that does not conform to the aforementioned provisions is deemed not responsive to the bid invitation and the School Committee reserves the right not to consider the bid.

The Johnston School Committee reserves the right to waive any informality or to reject any or all bids.

Per Order of the Johnston School Committee
Robert A. LaFazia, Chairperson

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■ Scoops

(Continued from page 5)

June 15

Track & Field Registration Deadline

Now thru June 15 is the time to register for Johnston Youth Track & Field. The Johnston Recreation Department is also looking for volunteer coaches and sponsors. Register your child and get involved in the community. Anyone interested in signing up can stop by the Johnston Recreation Office from 8:30 a.m. to 4:30 p.m., Monday through Friday. The program costs \$65 per individual, and \$40 for each additional sibling. Checks and money orders are accepted (checks should be made payable to JYSA). The program is available to boys and girls currently in grades 1-8. For more information (including schedules, registration forms, and more) go to johnstonrec.com.

June 23

Johnston High School Class of '73 Reunion

The Inspiration of '73 will celebrate its 50th year reunion on Friday, June 23. It will be held at the Valley Country Club, 251 New London Ave., Warwick. If you are in contact with any classmates, spread the word. For more information, check out the JHS Class of 1973 Facebook page or call Donna at 401-497-9292.

June 24

Strawberry Festival

Smith's Castle, 55 Richard Smith Drive, North Kingstown, invites the public to celebrate their annual Strawberry Festival on Saturday, June 24, from 12:00 to 4:00 p.m. This family friendly event will feature once again puppeteer Dan Butterworth, as well as pop singer Jesse Liam. Plenty of colonial games, activities, and crafts will be provided as well as pony rides for children. Vendors will be on-site, and they will be selling their famous strawberry shortcake as well as plants for the garden. A special exhibit will feature collections from the Narragansett Bay Quilt Association. Admission to Strawberry Festival is \$10 per adult, \$8 for seniors and military, \$6 for children over 6 years of age. Family Cap is \$25. For more information: <http://www.smithscastle.org> or 401-294-3521.

January 1 – June 31

St. Francis Xavier Academy Scholarship Applications

The St. Francis Xavier Academy Alumnae Association is accepting scholarship applications from Jan. 1, until July 31. Forms are available on their two Facebook pages, by mail at SXA. P.O. Box 20452, Cranston, 02920, or contact a board member.

Events at Mohr Library

- Mondays, through May 22, 2 p.m. Yoga is extended through May 22. Open to all ages. Call the library to register. Sponsored by Tri-County HEZ, this class

is taught by a certified professional and is free. This is a great opportunity to get introduced to yoga and maybe win a prize.

- Tuesday, June 20, "Read Across Rhode Island" programming to read and discuss True Biz, a bestselling book which the publisher calls "an unforgettable journey into the deaf community and a universal celebration of human connection." Register by calling Meg at 231-4980, and press 6 for the reference
- Wednesdays, 4 p.m. Art-Smart classes starting in May for ages 8 to 12.
- Wednesdays thru May 24, 10:30 a.m., regular story-time for preschoolers will be offered.
- Saturdays, 2 p.m., Art-Smart classes starting in May, for ages 5 to 8.
- The library is located at 1 Memorial Ave. in Johnston. For information on all library events, services and hours of operation, visit their website, www.mohrlibrary.org or email info@mohrlibrary.org.

Johnston Senior Center Highlights:

Offering more programs and trips every week

- Monday – Arts and Crafts
- Monday & Wednesday - Hi Lo Jack
- Tuesday - Tia Chi on Tuesday
- Wednesday – Poker
- Wednesday – Quilting
- Thursday – Mar Jong
- Friday & Saturday - Bingo

The Senior Center Club the last Tuesday of the month. There is no charge for Senior Center activities. They offer Bingo on Thursday and Friday. Lunch is served daily at 12 p.m. (with a suggested donation of \$3).

May-June Trips

- Saturday, May 20: CLOSED
- Monday, May 22: Free Trip to Iggy's Choder House. Food available for purchase
- Wednesday, May 24: Lighthouse Cruise, in Newport \$40 pp
- Wednesday, May 31: Mystery lunch \$10 pp
- Wednesday, May 31: Paint & Wine 6:00pm \$20 pp
- Thursday, June 15: The Memories of Patsy, Whites of Westport Dinner & Show \$79 pp
- Tuesday, June 20: Newport Playhouse, (Spreading it around) Lobster Fest Dinner show, \$95 pp
- Wednesday, June 28: Mystery lunch \$10.00pp

Amenity Aid Volunteers Needed

We are looking for volunteers that would like to help us plan and staff community events, organize hygiene product collection drives and raise funds for Amenity Aid. If you are interested in doing any of the above or would like to be a member of

our Community Outreach Committee, please contact Stacey Silva, Community Outreach Chair at Stacey@AmenityAid.org.

Amenity Aid's mission is to improve the health and wellbeing of vulnerable populations by creating access to essential hygiene products. Serving all of Rhode Island, we distribute toiletry necessities to those most vulnerable through our network of direct service agencies.

Soul of '71 Scholarship Fund

The Johnston High School Class of 1971 is raising donations for The Soul of '71 Scholarship Fund at the Rhode Island Foundation. A generous donor has offered a \$4,000 challenge! The donor will match all gifts to the Fund up to a total of \$4,000. The Class of 1971 initiated the fund on the occasion of its 50th reunion in 2021. Each year a scholarship will be awarded to a Johnston High School Senior planning to attend a college, university, trade or technical school. Donations are tax according to your filing status. To donate, go to the following website: www.rifoundation.org/funds/soul-of-1971-scholarship-fund.

Low-Income Home Energy Assistance

More than 1 in 4 US households struggle with their home energy bills. The Low-Income Home Energy Assistance Program (LIHEAP) can help keep the heat on. The Tri-County LIHEAP Program helps to cover the cost of home heating bills for those that qualify.

Visit www.tricountyri.com for more information about the LIHEAP program, and other weatherization programs that can help to reduce your home energy bills. To submit an application for LIHEAP, or to see if you qualify, contact them at 401-519-1913. The Tri-County LIHEAP program has locations in North Providence and North Kingstown.

Neighborhood Watch

The 2022 season of Johnston's Neighborhood Watch has officially kicked off. This Neighborhood Watch brings together residents who want to make their neighborhood safer by working together with members of the police department. The program pairs residents with Johnston Police officers in an effort to open up communication, meet other neighbors and create partnerships that help build community resiliency.

Editor's Note: Send submissions to Sun Rise Editor Rory Schuler at rorys@rhodybeat.com or Front Desk Coordinator Ida Zecco at idez@rhodybeat.com. Photos in jpg format are accepted and news can include community events, promotions, academic news and nonprofit events. Email today and see your news in our column in the Johnston Sun Rise. Please include a daytime telephone number in case we require any further information.

Say you saw it in the Johnston Sun Rise

Opinion

EDITORIAL

An ongoing commitment to Gaspee Days

With spring in the air and nice weather finally arriving in Rhode Island, it sure feels a lot like Gaspee Days around here.

And it will look a lot more like it too, with a slate of great events kicking off this Saturday and continuing throughout the next month, culminating in the annual "Burning of the Gaspee," this time commemorating the 251st anniversary of a group of Rhode Island colonists torching a British customs schooner off Gaspee Point.

Only adding to the favorite festivities is a couple of interesting developments that is sure to turn heads

- WHERE TO WRITE:
1944 Warwick Avenue
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RoryS@RhodyBeat.com

and bring more attention to the already popular event.

For one, a newly designed

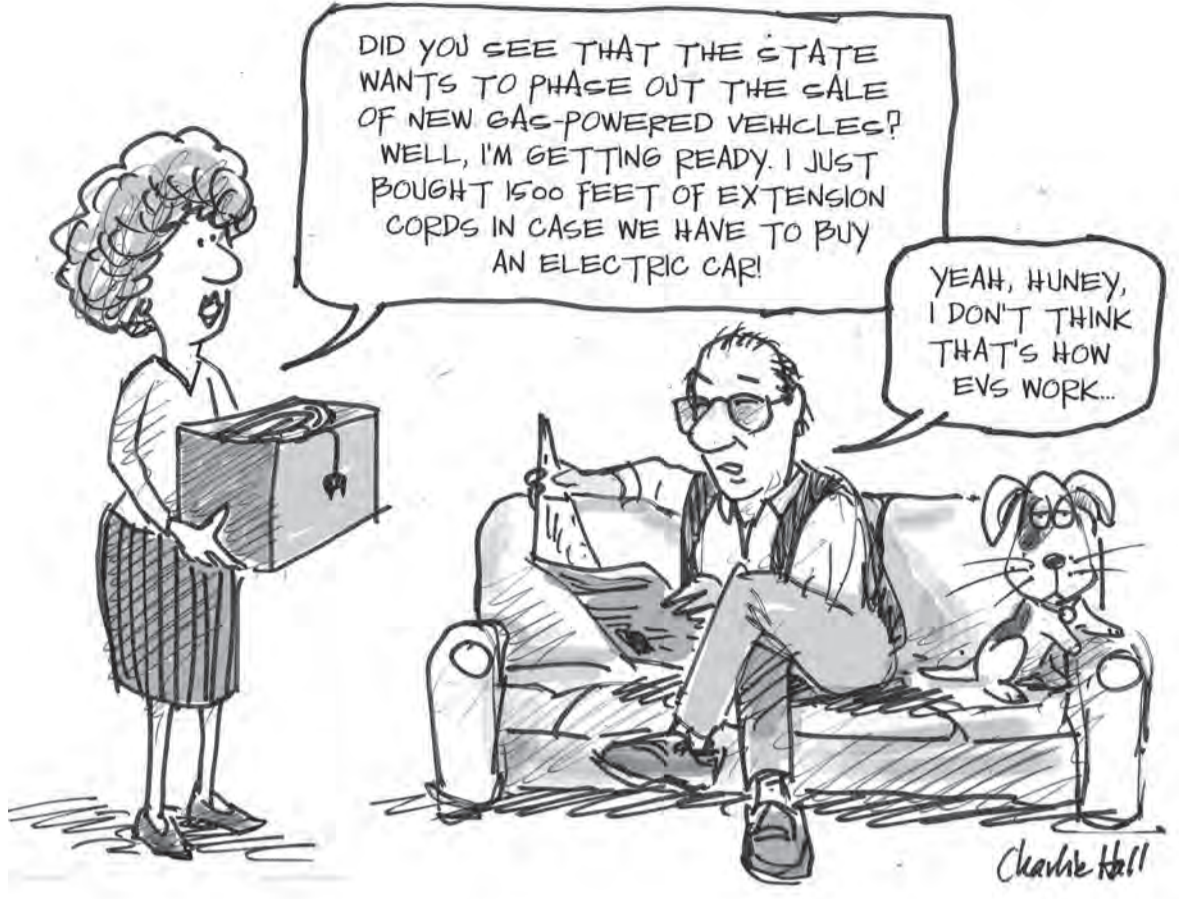
Gaspee license plate, featuring the ill-fated boat fully aflame, is gaining the necessary momentum to go into regular production, approaching the 300 pre-orders set by the committee needed to make the plate available to all Rhode Islanders. Make sure to go to www.gaspee.com/license if you're interested in helping that endeavor.

Proceeds from the sale of this plate will continue to help fund the Gaspee Committee's ongoing efforts for future parades and events, and they can always use a little boost of help to provide us with these most cherished and historic events.

Secondly, a little city/state partnership is always worth celebrating. Although the RIDOT hadn't planned on paving the last stretch of Narragansett Parkway that has yet to be refreshed until next year (if not even further down the line), all it took was some political willpower from our own Rep. Joe McNamara and Warwick Mayor Frank Picozzi.

With state-sponsored contractors booked solid as pavement season hits high gear, the two coordinated to use a city contacted contractor do the job. The state, happy to let someone else pave a state-owned road, graciously allowed them to do so, and agreed to reimburse the city for their trouble once the job is done. The street should be completed prior to the parade, placing an exclamation point on top of what should already be a joyful occasion.

The great thing about Gaspee Days is how it brings our communities together, celebrates our local history, and reminds us of why living in Rhode Island is a special place to be. We look forward to seeing you out there in the weeks to come!



LETTERS

Platform for advocacy rather than reporting?

The March 11 issue devoted voluminous coverage to a single-interest group, School Safety Now: front page headline and another half page in the front section. In addition to quoting the group's founder, a retired police captain, the article cited eight other sources. Every source cited is in favor of the group's proposal to put "armed officers in every Ocean State School." The article then throws its own weight be-

hind this cherry-picked consensus with "Law enforcement and education leaders in Johnston, Cranston, and Warwick all seem to concur with School Safety Now's goals."

While this kind of one-sided reporting is common in the media today, especially around anything involving police (see extensive coverage of this phenomenon by Alec Karakatsanis@equality-Alec on Twitter), it still does

not qualify as journalism. The headline could be the group's bumper sticker; the article is more like a recruiting poster—even conveniently providing the address of the group's signup sheet.

The group's founder says that "The only way I can think of [to address school shootings] is put a cop in school." Anyone with a pulse is aware that there are other groups with other ideas about how to address

school shootings. None of these other ideas are even mentioned in the article.

This is an ongoing national debate, with plenty of voices on all sides. Judging from this article, the Herald (the story also appeared in the Johnston Sun Rise and Warwick Beacon) has chosen sides, and chooses to use its platform for advocacy rather than reporting.

David Baldwin

Plan 'not a serious solution for safe spaces' for RI children

I'm writing in response to the recent article titled School Safety Now, Not Later. I agree with retired officer Tim Colgan that RI schools must be made safe for our children, but vehemently disagree with his proposed solution. While Colgan can only imagine what it is like to "hide in a classroom," I, as a former elementary school teacher, have participated in many active shooter drills. Also, as a former mentor to children at the Department of Juvenile Justice in SC, a secure facility, I can assure you,

armed guards are not conducive to an optimal learning or working environment.

While seemingly well intentioned, School Safety Now's plan is not a serious solution for safe spaces for Rhode Island's children. Gun violence is now the number one killer of children in this country. School Safety Now can harden schools all they want. Children, however, go to shopping malls, churches, movie theaters, beaches, playgrounds, 4th of July parades, concerts, and sweet

sixteen birthday parties. Are we to hire armed guards to follow our children around to these places as well?

The truth is strong gun laws save lives. From <https://www.gvpedia.org>: In states with strong laws, mass shooting incidents increased by 33% and fatalities by 26%, but in states with weak laws, mass shootings increased by a staggering 91% and fatalities by 92%. States with weak laws experienced 63% more mass shootings with an assault weapon. The use of an assault weapon makes

mass shootings 4 times more lethal.

I was shocked at Colgan's quote, "The only way that I can think of, and most people can think of, is put a cop in the school." Here's two other solutions: The RI House and Senate Judiciary Committees can move the bills that would prevent future sales of Assault Weapons and require Safe Storage of guns out of committee to the floor for a vote thus strengthening RI gun laws.

Sherri Simmons Pawtucket

Congrats to the Johnston Sun Rise Editor

I want to congratulate Rory Schuler, the editor of this newspaper for winning the 2022 Rhode Island Distinguished Journalist award.

I have been a journalist for close to a decade and have had the opportunity to work with many talented reporters. But it was no surprise when I heard the news about Rory winning this award.

From 2021-2022 I had the opportunity to work with Rory when I was a city hall reporter for the Warwick Beacon. During the course of the year I learned a lot from him and was always happy when I got to work on as-

signments with him.

To this day even though I live 1,200 miles away and am consumed with the news happening out here in Minnesota — I go online each week to read the Beacon, Cranston Herald and of course the Johnston Sun Rise because I know reading stories by Rory and others will only make me a better reporter.

So what is the award all about? Every year the Rhode Island Press Association holds an award ceremony and journalists from every print news outlet across the state compete for a myriad

of awards. Unlike some awards in other states Rhode Island doesn't break categories up by circulation size. It means The Sun Rise, Beacon and every other outlet is competing against outlets like the Boston Globe — one of the biggest newspapers in the country.

Out of all the journalists who entered the contest's "Distinguished Journalist" category, Rory was picked by a panel of journalists from out of state as the best candidate. Think about it; the person who is leading your local newspaper is considered one of the best print journal-

ists in the state.

The people of Johnston and the surrounding communities Rory covers should be proud to have an editor like Rory who is considered in such high regard by other journalists.

If you see Rory out and about make sure you congratulate him on this accomplishment! Actually — even better give him a story tip and see what kind of great story he writes — I know he would appreciate that more.

Alex Malm Minneapolis, Minnesota (formerly Warwick)



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JOHNSTON HIGH SCHOOL Q3 HONOR ROLL

High Honors

Melissa Aguilar 2025
 Katlyn Allen 2026
 Lucas Anderson 2025
 Allison Benoit 2023
 Kevin Biscelli 2024
 Trinity Blondin 2024
 Logan Brennan 2024
 Hailey Brown 2023
 Emily Buddenhagen 2024
 Macenzie Buddenhagen 2024
 Tyler Buote 2025
 Kylie Caroselli 2023
 Michael Cepeda 2023
 Vincent Chan 2023
 Michael Chavier 2024
 Matthew Clements 2025
 Haley Connors 2023
 Charles Curci 2023
 Arianna Dandy 2025
 Alexia DiLorenzo 2024
 Willson El Hage 2023
 Cameron Ferrara 2024
 Olivia Forgetta 2026
 Joshua Galeas 2023
 Naomy Garcia Ore 2026
 Riley Guenette 2024
 James Guilmette 2023
 Jonathan Guilmette 2024
 Lauren Hill 2023
 Emma Homenick 2023
 Aliyah Hunt 2023
 Michelina Irons 2023
 Siera Jeetan 2023
 Emily Klein 2023
 Fuji Kue 2023
 Brenton Lang 2025
 Gavin Lapan-Brayall 2023
 Nina Lautieri 2024
 Thadeus Leomensah 2023
 Timothy Liang 2026
 Jaylin Loeum 2024
 Dylan Lussier 2024
 Chelsea Maranhao 2024
 Samantha Marcotte 2024
 Logan Martins 2025
 Maylin McAteer 2023
 Bennett McClish 2026
 Peyton McClish 2024
 Ava Melo 2023
 Jaylen Molina 2023
 Jacob Muller 2023
 Alexandra Musa 2026
 Eliyahna Negron 2024
 Brendon Norris 2024
 Janelle Nunez 2025
 Ayomide Olagundoye 2023
 Lilian Oliva Garcia 2023
 Sebastian Orozco 2024
 Nicole Patenaude 2025
 Noelle Patenaude 2025
 Joshua Philbrick 2023
 Genesis Pineda 2025
 Emily Pistocco 2023
 Skyla Prata 2025
 Fallon Provoyeur 2026
 Tyler Renaud 2023
 Nicholas Rianna 2023

Gianna Ricci 2025
 Isabella Ricci 2026
 Hollan Rodgers 2026
 Justin Rogala 2023
 Steffi Rotella 2023
 Derek Salvatore 2023
 Raylin Santos 2024
 Makayla Scuncio 2023
 Lucas Simpson 2026
 Aiden Soto 2025
 Jayden Testa 2024
 Jackson Troxell 2023
 Cameron Veitch 2026
 Nathen Zalisk 2023
 Catrina Zinni 2023
Total High Honors: 82

1st Honors

Logan Hayden Akins 2025
 Irais Alcorta-Franco 2024
 Vincent Allen 2026
 Skyla Almeida 2026
 Jenna Aucone 2024
 Kaitlyn Barbosa 2026
 Kalina Bonetti 2024
 Gianna Brodeur 2023
 Samuel Cambranes 2023
 Andrew Cardullo 2026
 Dariana Carrascoza 2023
 Autumn Cartwright 2026
 Elliot Cortesi 2025
 Giuseppe Cucinotta 2025
 Jazmin Cuello-Pineda 2025
 Madison Dacosta 2023
 Timothy Davis 2024
 Enaijah De La Cruz 2023
 Adrianna Dinucci 2025
 Lauren Dixon 2025
 Vanessa Febus 2026
 Emily Feinstein 2023
 Robert Franchini 2025
 Deanna Funches 2026
 Ayberson Garcia Cruz 2025
 Kinya Glenn 2025
 Caleb Guimaraes 2023
 Gianna Halliwell 2024
 Walter Homenick 2026
 Susana Huezco 2023
 Emily Joseph 2026
 Alyssa Kleinberg 2026
 Talia Laflamme 2023
 Hannah Lavergne 2024
 Angelica Maddaline 2026
 Neko Mahony 2025
 Channsophon Mam 2025
 Dylan Martins 2023
 Ariana Medeiros 2023
 Dylan Moore 2023
 Elijah Odhiambo 2023
 Daniel Ordonez-Flores 2026
 Gianna Orozco 2025
 Lexie Palma 2024
 Alexis (Alex) Pannone 2024
 Jacob Pettit 2026
 Juliana Pires 2023
 Jonathan Prata 2026
 Thainaliz Quinones Cruz 2024
 Donavin Quinones 2024

Tzivya Reyes 2026
 Anthony Rini 2023
 Alexis Rivera 2026
 Dylan Robbins 2023
 Aiven Rua 2025
 Rayven Russell 2026
 Lana Salamone 2024
 Caitlyn Savard 2023
 Jason Schino 2026
 Andrew Sia 2024
 Athena Sin 2023
 Marlon Soto 2023
 Alexander Subirana 2026
 Sunny Sysomphou 2023
 Carl Taglianetti 2024
 Luke Taglianetti 2025
 Branden Testa 2024
 Abraham Tillett 2025
 Cameron Vanstone 2023
 Anthony Vendetti 2026
 Dominic Whitten 2023
 Logan Woodall 2025
 Syeda Zainab 2024
Total 1st Honors: 73

2nd Honors

Ferlandi Aguilar Lopez 2023
 Amelia Almonte 2024
 Elizabeth Almonte 2023
 Tala Alsheikh Kassem 2026
 Christopher Alves 2025
 Jahzara Asencio 2023
 Gabriella Barata 2026
 Isabella Barata 2025
 Camani Batista 2023
 Antonia Bedoya Montoya 2025
 Nicholas Benoit 2026
 Kara Bonetti 2026
 Jordan Bracey 2025
 Jack Bremer 2025
 Mark Brouwer 2023
 I'daizha Brown 2026
 Olivia Bryant 2026
 Josue Cabrera Ramirez 2025
 Dylan Calabro 2026
 Hannah Calabro 2023
 Ryan Capraro 2026
 Michael Carlino 2024
 Javanna (Jonas) Carnett 2024
 Jacob Carr 2024
 Ryan Carvalho 2025
 Brooklynn Case 2025
 Lorenzo Catanzaro 2026
 Joseph Centeno-Gonzalez 2023
 Alexander Cerce 2023
 Dylan Cerio 2025
 Henri Chan 2025
 Sofia China 2024
 Christopher Civetti 2024
 Davon Cole 2023
 Elise Connors 2024
 Henock Constant 2023
 Evan Correia 2023
 Juliana Correia 2023
 Anthony Corsinetti 2023
 Landon Costello 2024
 Jonathan Cruz Granados 2026
 Michael Cucca 2026

Nolan Cummiskey 2023
 Armando DeCosta 2023
 Antonio DeFalco 2023
 Chantal DeJesus 2025
 Devin DeSanto 2024
 Edison Diaz Gomez 2026
 Anthony DiBiasio 2025
 Samantha DiMaio 2023
 Ava DiNobile 2026
 Tyler Diodati 2025
 Jada DiRaimo 2026
 Sam Dominique 2023
 Skyler Dupre 2024
 Bryan Falcon 2023
 Emily Fashjian 2026
 Landon Faucher 2024
 Gianna Ferranti 2026
 Steven Finegan 2024
 Yaraida Flores 2026
 Haileigh-Rose (Alister) Fredette 2026
 Aaliyah Gagne 2023
 Stanley Garcia 2023
 Hannah Gervais 2023
 Annabella Gesualdi 2026
 Amanda Giron Caballero 2025
 Kyle Glode 2023
 Angela Gonzalez 2023
 Serenity Gonzalez 2024
 Joseph Grenier 2026
 Omar Grullon 2024
 Yadier Grullon 2026
 Jasmin Guerrero 2024
 Kenderra Guertin 2025
 Carlos Gutierrez Deleon 2025
 Juan Gutierrez Deleon 2023
 Hannah Hallam 2025
 Zachary Hanna 2025
 Victoria Hansen 2026
 Adam Heywood 2026
 Malikai Hopp 2025
 Dineishka Hunt 2024
 Mineishka Hunt 2024
 Olivia Iafraite 2026
 Ariana Iasimone 2024
 Jada Irons 2023
 Vanessa Javery 2025
 Marcel Johnson Goncalves 2025
 Hailee Joyal Weiss 2025
 Hayden Judd 2026
 Hannah Kelly 2024
 Lucio La Terra Bellina 2024
 Karen Lastor Rojas 2024
 Noah Lavergne 2023
 Katelyn Loffler 2025
 Na'imah Lopes 2026
 Joseph Lopez Tavares 2025
 Genesis Luna-Olivo 2023
 Isabella Maggiacomo 2024
 Jayla Mainey 2024
 Gabriella Marandola 2024
 Analese Marcando 2026
 Samantha Marcotte 2023
 Balla Marone 2025
 Mouhamadou Marone 2023
 Aidan McGarry 2023
 Isabella Mejia 2024
 Ava Mello 2026
 Rachael Mendoza 2026



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 Gabriela Mercado 2024
 Michael Messina 2026
 Jiana Mitsoulis 2024
 Melissa Emely Monteiro 2026
 Karissa Morales 2025
 Jonathan Morris 2025
 Ahmad Naser 2026
 Diana Naser 2023
 Susan Nassi 2026
 Neriah Nhar-Matko 2025
 Connor Niles 2025
 Mia (Ryo) Nilsson 2025
 Jayden Noble 2025
 Daniela Noriega Garcia 2024
 Juliana Nunes 2026
 Davian Nunez 2024
 Randy Ortega 2025
 McKayla Osinger 2023
 Jeremy Ovalles 2025
 David Pagliarini 2024
 Gregory Panarello 2024
 James Pastore 2024
 Loren Pastore 2025
 Alvin Pena 2026
 Sheyla Perez Sosa 2025
 Anthony Perito 2026
 Ariana Perron 2026
 Michael Perugino 2024
 Alessandra Pesare 2024
 Caroline Pesenecker 2025
 Brea Pezzullo 2026
 Michael Picerno 2023
 Xavier Pol 2024
 Matthew Ponte 2025
 Kaylee Poole 2024
 Catherine Privitera 2025
 Danny Quinn 2024
 Hailee Quinn 2024
 Isabella Ragosta 2023
 Sydney Raposo 2025
 Victoria Repollet 2026

Isabella Ribezzo 2023
 Ariana Rivera 2024
 Jordan Rivera 2025
 Joemil Robles Torres 2026
 Johan Rodas Cruz 2024
 Yandery Rodriguez 2024
 Jayanah Rollins 2024
 Faith Rosadio 2026
 Braylan Rosales Carrascoza 2024
 Wilson Rosales Rosales 2024
 Phoenix Russell 2023
 Lilianna (Warren) Salois 2025
 Camila Sanchez Lamarche 2025
 Leah Sanchez Perez 2026
 Joshua Sanford 2024
 Miguel Santamaria Romero 2025
 Kianyelis Santiago Lorenzana 2025
 Jesse Santillan 2025
 Christian Sarmiento 2025
 Patience Scholl 2026
 Shanna Scopelliti 2024
 Anthony Sevigny 2023
 Kimberly Sibilis 2025
 Jonathan Simpson 2023
 Nathaniel Smith 2024
 Christian Sonner 2024
 Ricsa Soth 2023
 Shylah Soto 2024
 Paul Souza 2023
 Jacob Spinella 2024
 Michael Stone 2025
 Emmerson Sylvia 2024
 Parker Sylvia 2023
 Alik Symoungkoun 2026
 Alejandra Torres Morales 2023
 Ariana Torres Morales 2024
 Lena Torti 2024
 Bobbi'Sue Trahan 2025
 Isabella Vargas 2026
 Marques Vasquez 2025
 Sarah Vasquez 2025
 Ronald Vento 2026

Nicolas Viau 2023
 Victoria Villafane 2026
 William Vizcaino 2023
 Ava Waterman 2024
 Jordan (Fae) Weston 2025
 Austin Wheeler 2025
 Nicholas Williams 2025
 Katie Zira 2023
Total 2nd Honors: 202

3rd Honors
 Talia Abbruzzi 2026
 Sebastian Aleman 2023
 Marlice Baptista 2026
 Ava Becker 2026
 Gerson Cabrera 2024
 Melanie Capraro 2023
 Georgiana Cardullo 2024
 Nevaeh Cole 2023
 Jaiden Cordero 2026
 Evan Correia 2024
 Yohani Cortez 2023
 Destinee Costa 2023
 Yarielis DeJesus 2026
 Hunter D'Elia 2026
 Nathan Della Morte 2026
 Fernando Diaz 2026
 Santo DiRaimo 2025
 Briana Dominique 2023
 Samson D'Uva 2025
 Alberto Estrada 2024
 James Estrada 2025
 Santino Estrada 2023
 Regan Estrella 2024
 Zachary Ferry 2023
 John Ford 2023
 Piper Gilmore 2026
 Kingstan Glenn 2024
 Dylan Guernon 2024
 Brandon Hall 2023
 Logan Hemstreet 2024
 Musa Jahateh 2026

Devin Kent 2023
 Casandra Lopez 2026
 Gabriella Manchester 2023
 Liliana Martinez 2023
 Kameron Martins 2024
 Evan Melvin 2025
 Jaden Mollock 2026
 Ashley Morales 2025
 Max Mousseau 2026
 Heber Munoz Lopez 2026
 Julianna Ortiz 2025
 Gabriella Pascale 2025
 Jianilda Perez Figueroa 2023
 Kaylee Phillips 2026
 Jaqueline Pinto Lopez 2023
 Ethan Placella 2025
 Taylor Powell 2023
 Joseph Ramos Cardoza 2026
 Ryan Rentas 2024
 Alan Rietwijk 2023
 Alan Robinson 2025
 Brissy Rodriguez 2026
 Jahaziel Rodriguez 2024
 David Roland 2026
 Demetrius Roman 2024
 Wilkin Roques 2025
 Kiara Sanchez 2026
 Jaselle Santos 2023
 Melissa (Gus) Sauret 2024
 Shane Simeone 2023
 Sheyla Soto 2023
 Brandon Souza 2025
 Ariana Stoecker 2025
 Alyssa Tillson 2024
 Jared Urizar-Santos 2025
 Leanna Vargas 2026
 Jasmine Vasquez 2026
 Samantha Vasquez 2026
 Anghelina Vejarano 2023
 Lia Vidal Roman 2026
 Janelle Yeomans 2026
Total 3rd Honors: 72

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Bridge

(Continued from page 1)

"I've noticed an impact on these two neighborhoods," said Chris Gosetti, President of the Greystone Social Club, as he bent over at the waist trying to peek underneath the closed crossing. "We never looked at this as two separate towns. It's always been one neighborhood."

Gosetti, a Johnston native, has been on a mission to reopen the Greystone Bridge. He has support from residents and elected officials in both Johnston and North Providence.

"That bridge has not only been an access way for businesses from both towns, to go back and forth, but for people to get through," Gosetti told Johnston Town Council on May 8. "The Route 44 traffic now, with that bridge being closed, is horrendous. If you've ever been on 44 during rush hour, you will not get out of line to get a coffee. You will not get out of line to stop at Tony's to get a grinder. It will take you a half hour to get back into line."

The state proposes repairing the bridge and opening the crossing to pedestrians and bicycles, but not vehicle traffic. Gosetti, and many others, argue that plan makes little sense. He also insists Route 44 is ready to burst, and reopening the Greystone Bridge would provide a much-needed pressure-release valve.

"Route 44 has become a nightmare," Gosetti said. "People don't even want to drive down that road anymore."

The Letter

Johnston Mayor Joseph Polisena Jr. drafted a letter to the Rhode Island Department of Transportation (RIDOT) urging action at the site.

"I write this letter to express my deep concern and dissatisfaction with the current proposed plan for the Greystone Avenue Bridge," Polisena wrote. "Under the current plan the state would rebuild the bridge but not in its current form. Instead their new proposal is for a hybrid bicycle/pedestrian bridge with one-lane vehicle, gated off to public vehicles with access for emergency vehicles only. Then, upon construction of this bridge closed off to public vehicles, the state would pass along the maintenance of the bridge to both North Providence and Johnston."

Polisena echoes his father, former Johnston Mayor Joseph M. Polisena, in his refusal to use town funds to maintain a bridge taxpayers will not be permitted to drive across.

"While I cannot speak for North Providence, I can certainly speak for Johnston," Polisena wrote. "Under no circumstances will I use taxpayer money to maintain a bridge that the overwhelming majority of taxpayers will not use. Moreover, after speaking with both the Johnston Fire Chief and Police Chief, it is my understanding that this bridge was used so infrequently by emergency vehicles for mutual aid, it presents no danger to public safety if unavailable for their use."

Gosetti argues effectively that if the state can build a bridge strong enough to support the weight of fire trucks, it should be able to build a structure that can carry regular passenger vehicle traffic for a similar price tag.

Polisena asked RIDOT to keep its word. "Instead, I propose the state keeps their commitment to the Greystone area and rebuilds the bridge for its previous use prior to closure, which is public vehicle access," he wrote. "Between the federal and state

governments, with the hundreds of millions of dollars in infrastructure money available, I see no reason why the state cannot free up a nominal amount of this infrastructure funding to build a two-lane bridge for public vehicle access. If the state decides to change their plan and make the bridge open for public vehicle access, I will step up and commit our town's resources to maintain the bridge. I stand ready to work with any elected official or citizen who wishes to see a new plan of a public vehicle access bridge come to fruition."

No Budge on Bridge

So far, neither town nor Gosetti has been able to convince the state's Department of Transportation that the bridge should be replaced and reopened to vehicle traffic.

"The Greystone Sluiceway Bridge is structurally deficient," according to Peter Alviti Jr., RIDOT Director since February 2015. "In July 2020 the Department closed the bridge because it could no longer safely carry vehicular traffic. Traffic engineers determined the bridge was primarily used as a cut-through with very little traffic and the detour around the bridge only amounts to a few minutes of travel time."

Asked for an update on the bridge, Alviti provided a written statement via RI DOT spokesman Charles St. Martin III.

"The diversion route around the bridge does not pose a safety problem for police, fire, or emergency services," Alviti wrote. "I agree with the Mayor Polisena when he says that 'this bridge was used so infrequently by emergency vehicles for mutual aid, it presents no danger to public safety if unavailable for their use.'"

According to RIDOT, in February 2022, the agency "allocated funds in its 10-year plan to demolish the bridge," but "the traffic volumes and the absence of public safety issues at the bridge do not justify an investment of \$10-20 million to replace the bridge."

Estimates for bridge replacement have fluctuated from initial \$2 million to more than \$28 million.

In July 2020, RIDOT issued a travel advisory following the bridge closure on the "Johnston/North Providence line," enacted "to protect public safety after dozens of overweight trucks (were) observed crossing the posted bridge." The bridge had a 3-ton weight limit.

Busy or not?

"On a day in late May, the Department conducted a count and witnessed nearly 100 overweight vehicles crossing the bridge," the agency reported in 2020. "During other spot inspections, RIDOT observed similar numbers of trucks over the 3-ton weight limit."

Police from both Johnston and North Providence "patrolled the bridge over a two-week (in 2020) and gave out 66 citations and 18 warnings," according to RIDOT. "Approximately one week after the patrols ended, RIDOT did another one-day survey and observed 25 overweight vehicles crossing the bridge."

At the time, RIDOT said the structure was "currently funded for \$2 million for reconstruction in 2022."

"Based on the condition of the bridge and the number and type of overweight vehicles that continue to ignore the posting signs and pass over the bridge, RIDOT decided to close the bridge until it can be replaced," according to the travel advisory.

The department describes the bridge as a now 73-year-old timber structure, which formerly carried "approximately 3,000 vehicles per day on Greystone Avenue over the Woonasquatucket River, between Riv-



SECLUDED HISTORY: Historic signs in Cricket Field, at 15 Riverside Ave. in Johnston, depict various stages of the Graniteville neighborhood's history, from barrel racing to the industry that once thrived along the Woonasquatucket River. (Sun Rise photos by Rory Schuler)

erside Avenue in Johnston and Waterman Avenue/Route 104 in North Providence."

Motorists were instructed to "follow a detour using Waterman Avenue and Putnam Pike (Route 44)."

"RIDOT has had conversations with both Johnston and North Providence about constructing a pedestrian bridge as far back as 2020," Alviti wrote in his prepared statement. "In May 2022, the towns again discussed the desire for a pedestrian bridge that would allow pedestrian access to Cricket Field, and RIDOT adjusted its 10-year plan to include the pedestrian bridge option."

Town Meetings

According to Alviti, the agency "met with the towns again in September 2022 and the towns requested a pedestrian bridge that could also accommodate emergency vehicle access."

"If constructed, the two towns would take over ownership and maintenance of the bridge," Alviti reiterated. "RIDOT provided operation and maintenance estimates and related agreements for the town councils in North Providence and Johnston to act upon. They have not. RIDOT will now proceed to demolish the bridge as a matter of public safety."

Alviti confirmed receipt of Polisena's letter.

"I also agree with Mayor Polisena's viewpoint when he says, 'Under no circumstances will I use taxpayer money to maintain a bridge that the overwhelming majority of taxpayers will not use,'" Alviti replied. "Likewise, it is not reasonable for the taxpayers of the state to pay for construction of a bridge that so few Rhode Island residents would use."

Earlier this week, Polisena Jr. was still waiting for a response from RIDOT.

"I haven't heard anything from DOT yet," Polisena wrote Tuesday morning. "It's very disappointing that the Johnston and North Providence Town Councils, all local state legislators in that area, and myself are all in favor of just rebuilding the bridge back to the way it was previously, yet the state remains silent."

North Providence Mayor Charles A. Lombardi did not return a call for comment by deadline.

In a report published recently in the

North Providence Valley Breeze, Lombardi seemed persuaded by RIDOT.

"I don't think (a full replacement) would be a wise expenditure," Lombardi told the Breeze.

Polisena reviewed Alviti's response and issued a reply.

"The Governor (Dan McKee) and Director need to take full responsibility for deliberately depriving the residents of Johnston and North Providence from a bridge we all use," Polisena wrote on Tuesday. "I don't know how else to express that we, the residents and all local elected officials, are asking for the bridge to be reopened as the way it was before. When voting for their next Governor, I would urge the residents of Johnston and North Providence to keep the state's words in mind, that they are considered to be 'too few' to matter to the Governor and his team. I have faith they will respond accordingly."

Surviving Isolation

Gosetti wore a Greystone Social Club polo shirt; the organization's logo embroidered over his heart.

The club still has "roughly 400 members and family members from Johnston and the surrounding areas," Gosetti told Johnston Town Council earlier this month.

Johnston State Rep. Deborah Fellela attended the meeting and pledged her support.

Meanwhile, Sam Chebbo has been struggling to lure business back to his BMC-Sunoco gas station at 135 Putnam Pike.

When the nearby Greystone Bridge closed in 2020, he says a quarter of his customers disappeared.

"It took away about 20 to 25 percent of my business," Chebbo said earlier this week. "Prior to the pandemic, the numbers were about 20-25 percent higher than when we reopened after the pandemic. The traffic on Route 44 is unbelievable. It's horrible trying to go in; horrible trying to get out. Going in and out is a hassle."

Chebbo hopes both towns and the state can agree on a plan to reopen the historic gateway between Johnston and North Providence.

"It would be good for business," Chebbo said. "It would be good for traffic. It would make the flow on 44 a little bit smoother."



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Everything's coming up roses

By PETE FONTAINE

Everything was coming up roses Sunday inside The Bridge at Cherry Hill. There were real red roses, baby's breath and greens in a tall vase; there were roses sewn on Leddy Capuano's hat she made especially for the Kentucky Derby; and different colored chocolate candy roses on stick in a wicker basket that Melanie Cross gave to people seated at linen-covered tables inside The Bridge's main dining room.

In the middle of it all was Joan Stanzione, the popular Activities Director, who coordinated what people called "a Mother's Day Brunch extraordinaire" for residents and their proud family members. There was even a rose on the classy seating placards on each tabletop. Stanzione also added a first — she took pictures

of each mother and female resident — then placed them in a small frame.

Add to that the classic culinary creations of Executive Chef Marvin Carter.

Many of The Bridge staffers like Stanzione — who is also a mother — put honoring their mighty mom on hold for a bit to make sure Sunday's brunch was extra special for each and every woman who lives at the award-winning Century Park property on Cherry Hill Avenue in Johnston.

As he has done during his tenure, Carter came out of the kitchen and greeted people who thanked him for his mouth-watering extra special Mother's Day brunch, which began with a mimosa toast and warm welcome from Stanzione.

As for the brunch, there were garlic dinner knots with butter, Italian wedding soup, oven baked

brown sugar-glazed ham, oven roasted herbed chicken with roasted tomato tapenade, baked stuffed jumbo shrimp, lobster ravioli with lobster bisque, mashed creamy garlic potatoes, roasted sweet potato medallions, grilled asparagus with balsamic glaze and traditional garden salad.


For dessert? Whoever had room after enjoying the bunch — there were assorted cakes — that some residents took back to their apartments.



BLOOM TOWN: Above right, Muffy Ruggieri (left) and Leddy Capuano — who is wearing her rose-accented Kentucky Derby hat — enjoy a lighter moment with Melanie Cross, one of The Bridge at Cherry Hill's super staffers who made Mother's Day extra special. Below, Joan Stanzione (center) welcomes Diane Comella, Dale Comella, Mary Comella and Shirley Eagan to Sunday's brunch. (Sun Rise photos by Pete Fontaine)

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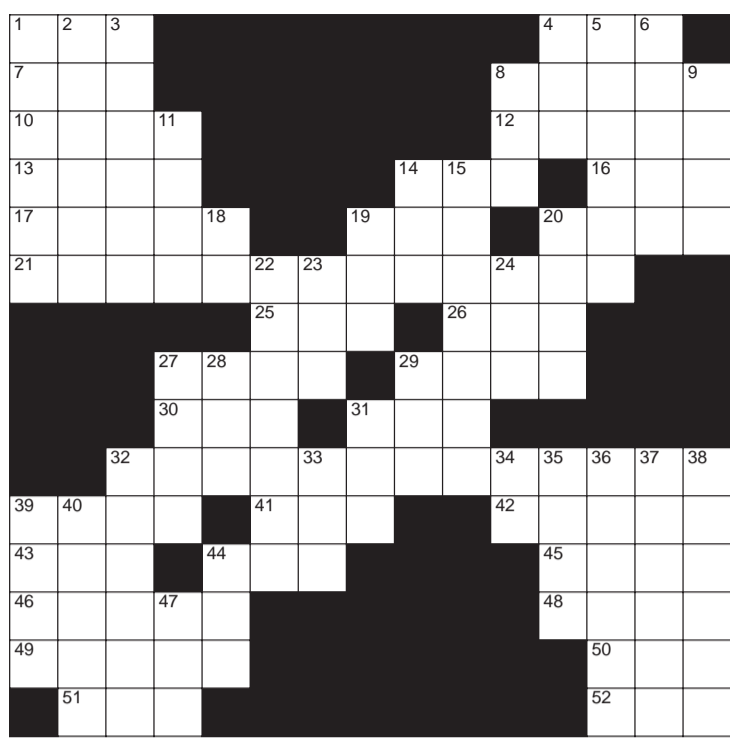
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CROSSWORD PUZZLE CORNER



CLUES ACROSS

- 1. Relative biological effectiveness (abbr.)
- 4. Chinese philosophical principle
- 7. Branch
- 8. Jewish spiritual leader
- 10. Slang for requests
- 12. "So Human An Animal" author
- 13. Rocker Billy
- 14. British Air Aces
- 16. Type of tree
- 17. "Tough Little Boys" singer Gary
- 19. State attorneys
- 20. Goddess of fertility
- 21. Localities
- 25. Beloved singer Charles
- 26. Clue
- 27. Ridge of jagged rock below sea surface
- 29. Helsinki neighborhood
- 30. Farm resident
- 31. Ocean
- 32. Where ballplayers work

- 39. Unable to hear
- 41. Cool!
- 42. Cape Verde capital
- 43. One point north of due east
- 44. Kilo yard (abbr.)
- 45. Middle Eastern nation
- 46. It yields Manila hemp
- 48. People operate it (abbr.)
- 49. Regenerate
- 50. Not healthy
- 51. Chinese sword
- 52. Mild expression of surprise

CLUES DOWN

- 1. Unit of angle
- 2. Headgear to control a horse
- 3. Clots
- 4. Follows sigma
- 5. A woman who is the superior of a group of nuns
- 6. Greek units of weight
- 8. Radio direction finder (abbr.)
- 9. Systems, doctrines, theories
- 11. Stony waste matter

- 14. Bravo! Bravo! Bravo!
- 15. Hostile to others
- 18. U.S. State
- 19. Not wet
- 20. Something one thinks up
- 22. Where beer is made
- 23. Clumsy person
- 24. Belonging to us
- 27. Canadian flyers
- 28. Greek goddess of the dawn
- 29. Snakelike fish
- 31. Unhappy
- 32. Fruit
- 33. Not good
- 34. Zero degrees Celsius
- 35. Goo Goo Dolls' hit
- 36. Crawls into the head (folklore)
- 37. Legally responsible
- 38. Move in a playful way
- 39. Regarded with deep affection
- 40. Partner to flowed
- 44. Native American tribe
- 47. Head honcho

Statue

(Continued from page 1)

In the 1890s, the same French artist who sculpted the Statue of Liberty — Frédéric Auguste Bartholdi — crafted a sterling silver statue of the Italian explorer credited with rediscovering the New World.

Impractical for outdoor exhibition, the silver statue was melted down into 30,000 ounces of scrap silver. However, in an effort to immortalize the work of art, Rhode Islanders created a bronze cast and erected the surviving facsimile in Columbus Park on Elmwood Avenue in Providence.

Columbus stood there for 13 decades, until a wave of vandalism in 2020 convinced the city's leaders to remove the statue. Former Providence Mayor Joseph R. Paolino Jr. bought the sculpture and kept it in storage until last week, when it was transported to Johnston.

Johnston Mayor Joseph Polisena Jr. and Paolino announced the statue has a new home.

"I am pleased to accept Mr. Paolino's generous offer to display the historic Christopher Columbus statue in the Town of Johnston," Polisena said. "In the months ahead, with support from volunteers in our community, the Town of Johnston will unveil the statue and provide space to celebrate the Town's rich Italian American community."

According to the US Census Bureau, at 49.5 percent, Johnston ranks second place nationally for municipality with the highest percentage of its population reporting Italian ancestry.

Last week, Polisena Jr. announced Johnston was selected by former Paolino Jr. "to host the Capital City's historic Christopher Columbus statue."

"The statue had previously been displayed in Columbus Square in Providence before being placed in storage nearly three years ago," according to a press release from Polisena's office. "Paolino purchased the statue from the

City of Providence and has selected the Town of Johnston to host the statue as part of the Town's celebration of its rich Italian community."

The slightly "larger-than-life-size standing bronze figure ... set on a simple stepped granite base" was vandalized numerous times while it was on display in Providence. After a similar statue was beheaded in Boston in 2020, the Providence monument was removed and sold.

"Italian Americans have made tremendous and lasting contributions to the State of Rhode Island," Paolino said. "The Christopher Columbus statue is a symbol of Italian culture. I am thankful that Mayor Polisena Jr. has agreed to host the statue and create a destination for Italian American history in the Town of Johnston. The Mayor is playing an important role to ensure that this historic symbol is not melted down and turned into scrap metal."

Columbus Day became a federal holiday in 1971 and is typically recognized on the second Monday of October. This year, Columbus Day falls on Oct. 9, the tentative date set to officially welcome the statue to Johnston's Memorial Park.

"We cannot run away from history," Paolino said. "The Christopher Columbus statue is a source of pride for many families in our state."

Sculpted by Bartholdi — a French sculptor and painter (1834– 1904) best known for designing "Liberty Enlightening the World," the figure most Americans call the "Statue of Liberty" — and cast at the Gorham Manufacturing Company's nearby foundry, the Providence monument was originally erected in 1893.

The silver original was shipped by rail to the Columbia Exposition in Chicago. When it returned, the bronze cast was created and the original was liquefied.

Base and all, the monument stands a little more than 11-feet-tall (the West-erly granite base is around 5-feet tall, and the figure stands just over 6-feet).

STATUE - PAGE 13

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- Tumbletown Laundromat
- Warwick Public Library
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- Tumbletown 2 Laundromat



THE EXPLORER: This painting, "Christopher Columbus Leaving Palos, Spain, Aboard the Santa Maria on His First Voyage," circa 1910, by Joaquin Sorolla y Bastida, is on display at the The Mariners' Museum in Virginia. (File photo)



THE STATUE: The 130-year-old statue of Christopher Columbus stood in Providence since 1893, but was removed in 2020. It will be re-erected in Johnston on Columbus Day. (File photo)

■ **Statue**
(Continued from page 12)

“The explorer is caught in mid-stride, his left foot stepping off the base,” Ronald J. Onorato wrote in the 1999 application to list the monument on the National Register of historic Places. “In his left hand he holds a globe; his right arm is raised, his index finger pointing, as if giving an order or sighting land. Columbus wears a short tunic; a wide belt wraps the waist; a second belt across the hip holds a sword. A short full cloak billows out around the figure, and he wears a brimmed hat.”

Columbus has become a controversial figure in American history. While his voyage from Europe to North America in the late 1400s sparked a new age of travel between the two continents, the explorer has also been blamed for the mass-slaughter of native inhabitants. Born in Genoa, Italy, Columbus (1451 – 1506) has long been a symbol of pride for citizens with Italian roots.

Hoping to cut off controversy before it bubbles to the surface, Polisena has sought volunteer movers and builders to handle the transport and relocation of Columbus in Memorial Park. “No taxpayer dollars will be used to

bring the statue to Johnston,” Polisena said, adding that he’s seeking volunteer donations from local businesses to prepare a site in Memorial Park for the statue.

The town may also beef up security at the site.

“Johnston isn’t Providence, so I don’t think security is a major concern here,” Polisena said. “Nevertheless, we are in the process of securing donations for a fence and camera system. Additionally, I’m not concerned about protests. If people want to take valuable time out of their day to stand somewhere and protest for any cause, that’s their decision and right to do so. Just because I don’t agree with something doesn’t mean I get offended by it.”

Polisena is confident most of Johnston will welcome the monument with open arms.

“It’s my job to represent a majority of the people who live in Johnston,” Polisena said earlier this week. “I think the majority of people either welcome the statue or simply recognize it has no affect on their daily lives and don’t care one way or another. Columbus is an important historical figure not just for Italian-Americans but for everyone throughout the world. I’m not going to judge someone who lived over 500 years ago on modern societal standards.”

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LOCAL BUSINESS SPOTLIGHT

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By JENNIFER COATES



Owner of Tita's Tailors, Tita Meija (r), lifts her head just long enough for a quick photo before returning to her work while fellow tailor Yeimy presses forward!

The door swings open at Tita's Tailors and Cleaners in Johnston and a young woman carrying an armful of clothing strides in. Along with some garments that need to be dry cleaned is a gown that she will need for a wedding in a few weeks. She has come to exactly the right place to tackle both these tasks. The dress is a bit too long and a bit too loose in the torso ~ it needs to be fit to her body so she can move in it effortlessly for this special occasion. She wouldn't trust this alteration job to anybody but the best, and that "best" is Tita Meija and her team of hardworking tailors.

Tita's Tailors and Cleaners is a family business that is owned and operated by Tita Meija and Tim Henry. The team here at Tita's Tailors is comprised of six tailors, including Tita, all of whom lend their considerable experience, expertise, and talent to their work. Because clothes are made in standard sizes, and most bodies are not "standard," having an expert tailor to whom you can trust your things is an absolute must.

These tailors are meticulous, detail-oriented, friendly, and dedicated to their customers. They are respectful of your possessions, your money, and your time and work hard to finish their work in an efficient and professional manner.

Tita's Tailors provides a long list of services, including the alteration of all men and women's clothing. They can alter almost anything from gowns, shirts, dresses, pants, and jeans to costumes and even swimsuits. Because this tailoring team hails from a variety of cultures, they also understand the challenge of finding someone who is familiar with the special styles and materials important to

many heritages. They can help you prepare for festivals, fiestas, Quinceaneras, Sweet Sixteens, Diwali, and more.

With summer on the horizon and wedding season in full swing, now is the time to get that prom, wedding, formal or casual occasion attire altered before the crush begins. Tita and her team will do everything to accommodate you, but don't put this off to the last minute!

Tita's Tailors repairs backpacks, zippers, leather items and upholstery. You would be amazed at what an expert tailor can do!

Customers will also find dry cleaning, laundry and pressing as well as wash & fold services here.

They will handle your clothes and possessions with professionalism and care.

Come to Tita's Tailors at 11 Commerce Way in Johnston. Hours are Mon. - Friday, 8:00am - 6:00pm and Saturdays, 8:00am - 3:00pm. For more info, call 401-403-2292 or follow them on Instagram, Facebook, Yelp and Google reviews. Their website is www.titastailors.com. Check out their military/first responders/veterans discounts as well as their generous 10% discount to those who donate clothes (all of which go to local charities such as House of Hope).

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Music on the Hill festival opens with concert at Warwick's Cloud's Hill Victorian House

As summer begins, Music on the Hill celebrates its fifteenth chamber music festival in the West Bay with seven concerts. Concerts pair familiar works by Bach, Mozart, and Brahms with exciting new favorites. The ensemble of 26 artists includes musicians born and raised in Rhode Island. Tickets are just \$25 in advance or at the door, and free for students with I.D. For information and tickets, visit www.musiconthehillri.org.

The festival debuts on Memorial Day, Monday, May 29 at 3:00 pm. Narragansett Brass Quintet will perform on the lawn at Clouds Hill Victorian House Museum, 4157 Post Road in Warwick, RI. Audience members should bring lawn chairs or blankets. The casual one-hour concert is Sensory-Friendly, perfect for all ages and experiences.

Other festival highlights include:

- In a new partnership, LineSider Brewing will host two concerts, in its taproom, a popular intimate music venue with stage and seating. Craft beers and RI's Yacht Club soda are available for purchase, and food trucks offer made-to-order treats. East Greenwich's first brewery, LineSider is located on Rt. 2, 1485 South County Trail.
- Violist Liam DeRosa, age 16,



Narragansett Brass Quintet will perform Memorial Day at Clouds Hill. Pictured, 2019's concert. (Submitted photo)

of Cranston, winner of Music on the Hill's inaugural scholarship will perform June 5.

- The annual free education concert for elementary students will take place on May 30.
- June 10's finale concert stretches from Bach to Prokofiev to Dave Anderson's works for strings and woodwinds

Since 2008, Music on the Hill has welcomed thousands of chamber music lovers to concerts across

Rhode Island, from its hometown of East Greenwich to Providence, Warwick, Cranston, Jamestown, Wickford, Westerly and more. The ensemble includes professional musicians native to Rhode Island with international careers, as well as their friends and colleagues who have come to see Rhode Island as their home away from home, with many returning to the Ocean State each summer.

Music on the Hill's adventurous programs combine highlights of chamber music repertoire with less familiar gems. Concerts are offered in intimate venues where the audience sits up close to the action. Musicians play in a variety of ensembles in multiple concerts through the festival. Music on the Hill's festival is made possible by support from The Carter Family Charitable Trust and Rhode Island State Council on the Arts, through an appropriation by the Rhode Island General Assembly and a grant from the National Endowment for the Arts.

Concert details are subject to change. Please check www.musiconthehillri.org for updates.



Chamber ensemble performs in Music on the Hill's 2019 festival.

2023 Music Festival

LAWN CONCERT WITH NARRAGANSETT BRASS QUINTET

Monday, May 29, 3:00

Clouds Hill Victorian House Museum, 4157 Post Rd, Warwick

A one-hour concert of brass music from four centuries, in a casual outdoor setting. Sensory-friendly, perfect for all ages and experiences. Please bring lawn chairs or blankets for seating on the lawn. Rain or shine -- in case of inclement weather, the concert will move under cover at Clouds Hill.

Joseph Foley, Richard Kelley, trumpets; Kevin Owen, horn; Alexei Doohovskoy, trombone; Thomas Gregory, tuba

BAROQUE AND MOZART AND BEERS, OH MY!

Tuesday, May 30, 7:00

LineSider Brewing, 1485 South County Trail, East Greenwich

Unique chamber music in a casual setting, LineSider's taproom music venue. Enjoy craft beer, Yacht Club soda, and food truck fare, along with music of Bach, Telemann and Mozart for flute, horn, guitar, and strings.

Anthony Trionfo, flute; Kevin Owen, French horn; Nicholas Goluses, guitar; Anton Miller and Kristen Pellegrino, violins; Rita Porfiris and Stephen Goist, violas; Elisa Kohanski and Trevor Handy, cellos; John Pellegrino, bass

SPOTLIGHT Thursday, June 1, 7:00

Immaculate Conception Catholic Church

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RHAPSODY IN BLUE Monday, June 5, 7:00

St. Luke's Episcopal Church, 99 Peirce St., East Greenwich

Gershwin's Rhapsody in Blue in an eye-popping arrangement for piano-four-hands. Scholarship winner Liam DeRosa (16) performs Forsyth, and more.

Liam DeRosa, viola; Elisa Kohanski, cello; Gregory Millar, Lisa Raposa, and Juan Rios, piano

FRENCH HORN Tuesday, June 6, 7:00

St. Luke's Episcopal Church, 99 Peirce St., East Greenwich

Chamber music for French horn, oboe, piano, and strings by Brahms, Reinecke, and Muhly.

Adam Pandolfi and Michelle Baker, French horn; Anne Marie Gabriele, oboe; Lina Bahn, violin; Gregory Millar and Lisa Raposa, piano

POTPOURRI AND PINTS

Wednesday, June 7, 7:00

LineSider Brewing, 1485 South County Trail, East Greenwich

Unique chamber music in a casual setting, LineSider's taproom music venue. Enjoy craft beer, Yacht Club soda, and food truck fare. Music for strings, voice, and clarinet by Gershwin, Vaughan Williams, Gould, Arensky and Suk.

Diana McVey, soprano; Kathleen Costello, clarinet; Lina Bahn and Kristen Pellegrino, violins; Stephen Goist, viola; Trevor Handy, cello; John Pellegrino, bass

FINALE Saturday, June 10, 7:00

First Baptist Church, 30 Peirce Street, East Greenwich

Chamber music adventure, from Bach to Prokofiev to Dave Anderson.

Lina Bahn, violin; Stephen Goist, viola; Trevor Handy, cello; John Pellegrino, bass; Kathleen Costello, clarinet; Anne Marie Gabriele, oboe

Sports



RUNNERS UP: The Johnston unified basketball team after taking second place at the state championships last weekend. (Submitted photo)

JHS unified hoops takes 2nd

By **ALEX SPONSELLER**

The Johnston unified basketball team wrapped up its stellar spring season this past weekend when it competed in the state championships at Bishop Hendricken. The Panthers would finish the year in second place

in their division, adding another plaque to the trophy case up on Cherry Hill.

Unified sports have continued to grow throughout Rhode Island, especially in Johnston, whose roster nearly doubled in size this season.

"Unified has come a long way in the last three or four

years and I think it's only going to improve from here on in. They now do volleyball which is great, it's great that they're doing more sports and getting as many kids as they can," said Johnston coach Mike Bedrosian, who also coaches the school's varsity boys team that

UNIFIED - PAGE 19

Battle of the Badges goes down Friday

By **PETE FONTAINE**

A big night of basketball is on tap for tomorrow night at Johnston High School.

It's entitled "Battle of the Badges" – a unique benefit hoop happening featuring members of the JPD Union 307 and JFD Local 1950 that are bent on boosting the coffers of the Johnston Unified Champion School program.

But the "Battle of the Badges" will be much, much more than teams whose players are actual firefighters and police personnel.

In what may rank as perhaps the most unique sports and community event in the town's storied sports history, Co-Chairman Mark Livingston and Lou Cotoia have worked tirelessly and put together a fantastic night for

Johnstonians of all ages.

Although "Battle of the Badges" will tip off at 6:15 p.m. Friday inside JHS' famed Edwards DeSimone Gymnasium, there will be many pre-game activities ranging from a "Touch a Truck" that will begin at 5 o'clock and include police and fire apparatus, and a Monster Truck from My Cousin Vinny's Rentals all in the JHS parking lot.

There will also be the Pixar movie cars which are on display at Gary Salzillo's Northeast Auto Body located at 775 Hartford Avenue in Johnston.

"We will also have food trucks brought by Hot Potato RI," said Livingston, a lieutenant with the Johnston Fire Department's Rescue Division.

Those traveling kitchens that will set up shop in the JHS parking lot are Pam's Grill on the Go, Alien Ice Cream and Lil' Be Barbecue, just to name a few.

Tip-off, as noted, is set for 6:15 p.m. and the entire game will feature a play-by-play broadcast by Cam Iasimone, who recently released his now-famous documentary "Coach: The Legacy of Daniel E. Mazzulla Jr." and is of ESPN+ and University of Rhode Island fame.

People who take in the exciting event will be invited to participate in the always-lucrative 50/50 raffle, half-court shot contest and students vs. teachers basketball game.

There will also be a special recognition ceremony honoring

BADGES - PAGE 18



GREAT GARB: Mayor Joseph Polisena Jr. is joined by JFD Rescue Lt. Mark Livingston (left) and JPD School Resource Officer Lou Cotoia who hold the uniforms that will be worn in Friday night's "Battle of the Badges." (Sun Rise photo by Pete Fontaine)

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Clarification on new striped bass regulation

By CAPT. DAVE MONTI

Currently, the striped bass regulations from last year are still in effect, meaning Rhode Island and Massachusetts anglers can retain one fish between 28 and less than 35" inches until the new emergency regulations are enacted. At that time, anglers will only be able to keep one fish between 28 and less than 31 inches. Marine Fisheries in both states hope to enact the emergency rule change by the end of May.

The Massachusetts Division of Marine Fisheries (DMF) clarified new striped bass regulations with a helpful Frequently Asked Questions section on their website at Striped Bass Emergency Action Frequently Asked Questions (FAQ) | Mass.gov.

On May 2, 2023, the Atlantic States Marine Fisheries Commission (ASMFC) Striped Bass Management Board (Board) voted to take emergency action to implement a 31-inch maximum size limit for all recreational fisheries, to be implemented as soon as possible and no later than July 2, 2023.

The Board also voted to initiate an Addendum to examine additional measures for 2024 if needed to meet the 2029 deadline to rebuild striped bass. This Addendum will be a fully public process and will consider changes to both the recreational and commercial regulations.

Hearing on proposed 2023-2025 freshwater fishing, hunting and trapping regulations

The Rhode Island Department of Environmental Management (DEM) announced last week that they will hold a public hearing on proposed regulations relating to the next two (2023 to 2025) freshwater fishing, hunting and trapping seasons.

The hearing is Wednesday, May 17, at 6 p.m. at the Cranston Central Library, James Giles Community Room, 140 Sockanosset Cross Rd. in Cranston.

For copies of draft regulations and/or to submit written comments email Ashley Schipritt at ashley.schipritt@dem.ri.gov by close of business (4 p.m.) on Wednesday, May 24.

Where's the bite

Striped bass and bluefish. Fish are being caught throughout the water column with top water and swimming lures working as well as trolling low in the water column with tube and worm.

"Huge bluefish in the ten to fifteen pound range were caught off the Charlestown Breachway. Now they have moved to the West Wall in South Kingstown," said Elisa Cahill of Snug Harbor Marina, Narragansett.

John Littlefield of Archie's Bait & Tackle, Riverside, said, "Customers are catching keeper stripers in the Providence River and Bay, but they are not big fish. Three customers caught six striped bass, one keeper, and multiple 6-8 pound bluefish at the old American Tourister location on the Warren River. We had a customer catch a 30-pound fish off Barrington Beach with Rumstick Point shore producing for anglers too."

Cape Cod Canal fishing expert and author, East End Eddie Doherty, said, "Surfcasters have found success on various sections of the Canal on differ-

ent days with the breaking tides kicking off a great fishing last weekend. The herring run still has some herring swimming into the Big Ditch sounding a dinner bell for hungry linesiders. Jim Kelly from Centerville landed a 45-inch bass that fell for a 3.5-ounce Striper Gear Rocket. I caught nine fish including a 39-inch, 18-pounder on the Cape side."

Tom Giddings of the Tackle Box, Warwick, said, "Big bluefish the size of my arm are being caught all over the East and West Passages of the Bay with slot size striped bass being caught using top water lures, SP Minnows and big spoons." "Striped bass fishing picked up about mid-week with plenty of bluefish mixed in, some of these fish being Gators. Bass are still coming, going, and feeding heavy when the bait is present," said Declan O'Donnell of Breachway Bait & Tackle, Charlestown.

Tautog. "Tautog fishing remains strong even in the upper Bay with nice keepers being taken at Rocky Point, Warwick," said Giddings.

"Tautog fishing remains good even in the upper Bay. We had two nice keepers caught at Sabin Point, Riverside, thanks to those reef balls placed there a couple of years ago," said Littlefield of Archie's Bait & Tackle.

Cahill of Snug Harbor Marina, said, "Tautog fishing is good, but anglers are working for them. We had one customer pick off a 10.5-pound fish off a wreck using lock spot on his electric motor."

O'Donnell of Breachway Bait & Tackle said, "Tautog fishing is producing good catches coming from rocky areas 20- to 30-feet of water and shallower. Most females are filled with eggs. It is not a regulation but is a great practice to release large egg carrying females this time of year."

Squid and summer flounder. Squid fishing is picking up, but anglers are having to put the time in. Some days it is hot and other days it is not. Cahill, said, "Squid fishing is good for customers off the South County beaches and in Newport."

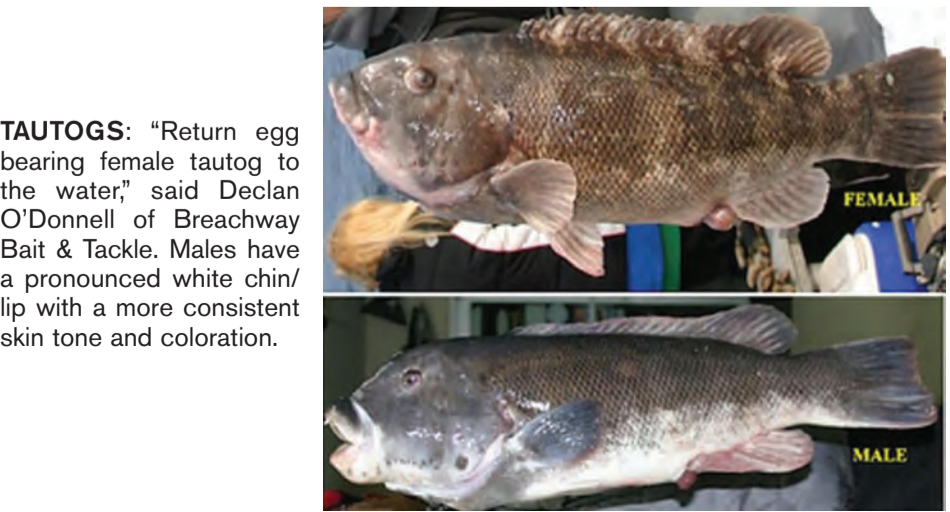
"Squid fishing has just kicked into gear but isn't red hot just yet. Expecting it to really shape up for next week," said O'Donnell of Breachway Bait & Tackle. Summer flounder generally follow the squid, and we have reports that some summer flounder are being caught at Block Island and in the Bay.

Freshwater. "Largemouth bass bite continues to be good at Turner Reservoir in Rumford, Lincoln Woods, Waterman Lake, Greenville and Spectacle Pond, Cranston with a strong pike bite at Waterman Lake and in the Blackstone River at the Central Falls/Lincoln line," said Henault of Ocean State. Tom Giddings of the Tackle Box said, "A tournament at Warden's Pond in South Kingstown produced a lot of nice largemouth bass this weekend. In Warwick Gorton Pond and Sand Pond continue to produce for anglers using jigs."

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



SPRING STRIPED BASS: Jim Lundy with a spring striped bass caught in the East Passage of Narragansett Bay off Prudence Island. (Photo by Fred DeFinis)



TAUTOGS: "Return egg bearing female tautog to the water," said Declan O'Donnell of Breachway Bait & Tackle. Males have a pronounced white chin/lip with a more consistent skin tone and coloration.

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Unified sports continue to grow

This past weekend I had the pleasure of covering the unified basketball state championships. Cranston West and Johnston made the trip from our coverage area and each team put on a show and finished as division runners up.

Unified sports continue to be a vital part of our high school athletics landscape and I am thrilled to see their continued growth over the years.

I was not familiar with unified sports when I began writing full time. I was working up in Maine when I was first introduced, and at that point, most states only offered basketball.

Now, a decade later, most states offer multiple sports, more schools have unified programs, and the numbers of both athletes and partners have skyrocketed. It's a great concept that has been embraced as it should.

This past weekend's state championships were held at Bishop Hendricken and the buzz was great. Ten years ago, state championships would typically be played in front of just the parents of the players, maybe with 100 or so people in the stands.

On Saturday, there were hundreds of people in attendance and it did not just include parents, there were school administrators, other students. It was a great crowd.

Another thing that I noticed was that there were more varsity basketball players and coaches helping out with these teams. When I covered unified basketball in Maine, it would take place in the winter. In Rhode Island, it is a spring sport which is the smart play because it gives the varsity players and coaches a chance to lend a hand. Now, more varsity personnel than ever took part.

Usually it is the special education department that coaches these kids and runs the team. We all know that in the bigger picture, the X's and O's of the game are secondary to the team building and interaction aspect of unified sports. But to be able to have more coaches and players involved is a great plus. It allows these kids to learn the game at a higher level.

Now, like I said, unified sports go beyond just what we see on the

My pitch



by ALEX SPONSELLER
SPORTS EDITOR

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court.

The Special Olympics give athletes with disabilities the chance to compete in their respective sports along with other athletes with disabilities. There are volunteers that help coach and organize things, but the majority of the players on the field are the athletes.

With unified, the partners (kids without disabilities) are integrated on the rosters and play as well. There are certain parameters that are in place, like the percentage of points a partner is allowed to score, the number of partners allowed on the court at once, things of that nature.

That is the difference in the standard program with the Special Olympics and unified sports, and it's a clear and important distinction.

By the way, the Special Olympics partners with the Rhode Island Interscholastic League and does fantastic work, let me be clear.

But that direct connection between the athletes and players is massive. They are on the same team, competing alongside one another. It takes every single person involved to get the job done.

That is the key with unified sports, that is what makes them so special. It gives these kids the chance to interact in ways that their normal walks of life may not always allow, it allows them to meet new faces, learn how to function as a team, build relationships and create memories, all while being able to learn the basics of a sport.

It's always a feel-good environment when watching. Whether it is the excitement of the athletes when they hit a big shot, seeing the crowd get involved, knowing that these kids are also getting varsity letters, it's such an incredible program.

My favorite thing by

far, though, are the interactions between the athletes and partners. There is so much respect, admiration and love between these kids and it is heartwarming to say the least. You never leave the gymnasium without a smile on your face.

So, as always, I would recommend watching unified sports whether you are involved or not. I was thrilled to see how much they have continued to grow and the support that they have gained. I would say that they need our help and support, but clearly, they are doing just fine which is awesome. Still, let's give a shout out to our unified sports.

Another week, another chance to see a Rhode Islander make history on the national level.

The Boston Celtics grabbed a tough, Game 7 win in the NBA's Eastern Conference Semis against the Philadelphia 76ers. Another big time achievement for head coach and Johnston native Joe Mazzulla.

This was an important series for the young head coach, who is already experiencing the highs and lows of the playoffs in his first season.

In the first round, although the Atlanta Hawks pushed the series to six games and made the Celtics earn it, there was never truly any doubt. In this past series, Philly took a 3-2 lead and made the Celtics pull off the unlikely comeback win.

For Mazzulla specifically, I think this is a good thing. He now knows what it takes to overcome adversity and how to coach his team to a win in high-pressure situations. He got a taste of it as an assistant, but now he has it under his belt as the head honcho.

The timing is great as well. Better to learn it now instead of later in the postseason when wins are even tougher to come by.

Next up is the Miami Heat. On paper, the Celtics are far superior, but the Heat are so tough, so scrappy, and will present plenty of problems come gametime. I think the Celtics will get the job done considering the considerable talent advantage they have, but I am expecting this series to go seven games regardless. Let's see how Mazzulla approaches this round.

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Badges

(Continued from page 16)

ing former JHS Lady Panther alumnus Sara Bandoma who is a current standout with the Providence College women's basketball Lady Friars.

Likewise, Chelsea Marandola - one of Johnston's all-time best schoolgirl basketball players whose countless accomplishments include the prestigious Gatorade Player of the Year Awards - will also be honored.

Livingston and Cotoia, who is the JPD's popular School Resource Officer at JHS, announced that entry fee is only \$5 per person.

When discussion about the night's beneficiary began, organizers talked about the Charitable Funds for both unions.

Soon hereafter, someone suggested the highly important and super successful Johnston Unified Champion program, that organizers hope benefit from a sell-out crowd and additional funds for future unified programs.



IN THE PAINT: Jack Bremmer looks to pass the ball. (Photos by Alex Sponseller)

Unified

(Continued from page 16)

won the state title in the winter. "It's great for the partners as well. It's good to give back. It puts things in perspective, the wins and losses are not important, it's about seeing the kids smiling, cheering for each other. It's a great thing."

One of the most recognized faces on the unified team is Cam Van Stone, who came off the bench for the varsity club throughout the winter and became a local celebrity with his energy and love of the game. Bedrosian was thrilled to see some of his players return the support to Van Stone.

"It was special to see my team as well as the girls team give back to him. The winter was his time to shine, seeing him with the varsity team, being the Hometown Hero. It was special to be able to give back to him," said Bedrosian.

Bedrosian appreciated the commitment he received from the athletes and the partners this year and is looking forward to hitting the court next season.

"It's very important to include everybody at the high school no matter what their situation is. Last year we only had six or seven kids, some games we struggled and thought that we may not have enough. That was never a problem this year. Everyone was invested, everyone came to every game, everyone was on board," said Bedrosian.



UP THE COURT: Kaylee Van Stone works her way up the floor last week.



HOMETOWN HERO: Cam Van Stone dribbles the ball.

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Summer tribute concerts at PPAC

By **DON FOWLER**

There are Tribute Bands, and there are **TRIBUTE BANDS!**

The Providence Performing Arts Center is bringing four of the top **TRIBUTE BANDS** in the world to Rhode Island for some Cool Summer Nights.

Not everyone spends their summers at the beach. I'm looking forward to hearing some great music in the air-conditioned theatre.

Billy Joel Celebration

Alex Dee and Rod Stringer create the cool sounds of Billy Joel in the first of the four concerts on June 9 at 8 p.m. "Just the Way You Are", "Uptown Girl", and "Piano Man" are just a few of the many hits from the Billy Joel songbook that this popular act will perform.

The Rocket Man Show

Rus Anderson was hand picked by the Rocket Man himself to perform the Elton John Tribute, recreating Elton's 1970 concert, and wearing some of the costumes, and glasses, that Elton gave him.

This powerhouse show is scheduled for June 16 at 7:30 p.m.

Leonid and Friends

Russian musician Leonid Vorohyer had never seen Chicago (The band, not the city or musical) when he formed his band by learning their music from listening to recordings. The band became an instant hit on YouTube, with over 50 million views.

The group has since brought their show all around the world, finally meeting their idols in L.A. and producing two popular albums.

They have since added Earth, Wind and Fire and Blood Sweat and Tears to their repertoire.

Leonid and friends will be playing the music of Chicago at PPAC on Sunday, June 25 at 7 p.m.

Mania: An Abba Tribute

The Number One Abba Tribute band hails London's West End.

They have played over 3,000 concerts in thirty countries.

You'll hear all the Abba hits, including "Mamma Mia", "Waterloo", and "Fernando".

They are coming on July 15 at 8 p.m.

The good news is that the admission for the concerts is affordable, ranging from \$10 to \$45.

Call PPAC for tickets-421-ARTS.

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WARWICK SHOWCASE

BOOK CLUB: THE NEXT CHAPTER

(Comedy)

This sequel to "The Book Club" follows the adventures of four older friends as they face the realities of their senior years and decide to take a trip together to Italy.

While the original had them reading "Fifty Shades of Grey", the sequel has them reading wine lists as they drink their way from Rome to Venice and on to Tuscany.

Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen are all go-go actresses who deserve good roles in their senior years. They are joined by three good older actors-Craig Nelson, Andy Garcia, Giancarlo Giovanni-in secondary roles.

The problem with the movie is that while they are given some funny lines and situations, they are also given some corny lines, cliches and situations.

And then when the writers inject some serious situations, the movie falls flat.

There are some gorgeous scenes of Italy, especially Venice and the Italian countryside.

The women encounter sexy Italian men, deal with their life back home, get arrested, have their luggage stolen, and survive it all, right up to the very corny ending.

NETFLIX

QUEEN CLEOPATRA

(Dramatic Documentary)

A handful of ancient history scholars tell the story of Cleopatra, with dramatic scenes added to make the epic tale come to life.

Why didn't they have movies like this when I struggled through my college Ancient History class?

In addition to covering all the historical events, "Cleopatra" delves into the culture and traditions of the

times (around 40 BC).

Cleopatra comes through as a true African Queen, the perfect example of female empowerment, both a scholar and a scientist. But also a schemer and a seductress.

Her story begins at the age of 17 when she faces an arranged marriage with Caesar and continues until her death, supposedly by suicide.

This is not Shakespeare's Cleopatra, or even the facts about her we learned in history books or the Hollywood movies.

These are the best guesses and research done by Egyptian scholars.

"Cleopatra" makes for fascinating viewing as we learn about her relationship with Julius Caesar and Mark Antony, how she manipulated both men, and how she dedicated her life to her country.

Whoever figured when they were in school that ancient history could be so interesting and dramatic.

AVON

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Ray Romano wrote directed and starred in this poignant family drama.

Romano plays Leo, the put upon son who works with his brothers and father in the family construction business.

Leo can do nothing right by his father, who takes little interest in his grandson (Jacob Ward), who is the star of the high school losing basketball time.

Leo, on the other hand, is completely dedicated to Sticks and is committed to getting him a basketball scholarship to a good school.

When Sticks' first love dumps him, his basketball prowess goes in the dumps, and Leo interferes, causing more problems.

But Romano writes himself out of a jam and the story has a happy ending.

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By Karen Kalunian

Local Adoptable Loveable



Photo Credit: Ten Lives

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Uncle Tony's caters to families

Restaurant Review by DON FOWLER

Uncle Tony's Pizza and Pasta, with family style restaurants in Cranston and Johnston, is the perfect place to bring the family.

The portions are large, the food is basic Italian, and the prices are reasonable. (A large plate of spaghetti and meat sauce is \$12.45. Fish and chips are \$14.95. A small pizza with one topping is \$10.40.)

The booths are high back, giving diners some privacy and cutting down the kid noise.

We visited Uncle Tony's at 1455 Oaklawn Ave. in Cranston. The Johnston restaurant is at 46 Putnam Pike. They share the same large menu, ranging from pizza to a large assortment of pasta dishes, and some interesting weekly specials.

Joyce and I did something we rarely do: We both ordered the same thing.

It was the special Shrimp fra Diabolo (\$17.95).

The dinner comes with a large, fresh basket of Italian bread, plus

soup or salad. We both chose the salad which was large enough for a meal.

When the waitress brought the Shrimp fra Diabolo, we knew that there was enough for at least another meal.

Eight good-size shrimps were surrounded by pepperoncini and black olives, served over at least a half pound of spaghetti, and covered with their delicious sauce. . .or is it gravy?

We were very pleased with the quality of the entrée and the perfect timing of the meal.

Friends tell us that their calzones and paninis are the best they tasted (\$11.75 and \$12.80).

We'll be back for their lasagna al forno (16.75) and Veal Abruzzese (\$22.40).

They also have a take-out department and a special catering menu.

Open Monday through Thursday 11:30 a.m. to 9:00 p.m., Friday 11:30 to 9:30, and Saturday and Sunday noon to 9:30 p.m.

Their telephone number is 463-7785 in Cranston and 231-811 in Johnston.



For a first time I know 'I done good'

Life Matters



with LINDA PETERSEN

If you have children, being a mother is a lifelong occupation. Fortunately, I am in retirement. At times it has been difficult to know if what I was doing was right or wrong.

Francis, my oldest son, affirmed my strategy for raising a child who is blind. My philosophy was that he could do anything any other child could do, only sometimes he would do things differently. He attended regular classes instead of special education and learned to assimilate into a sighted world. He may not have been able to read regular print, but talking or extra-large print books were sufficient.

Fortunately, computers were making headway when he was in school, and he was able to type his answers and take notes. Like other boys his age, he was interested in sports, but knew that some were out of capacity. He became the manager of the football team, keeping statistics and making strategic notes. He chose swimming, (where he won a state championship on a swim team,) and wrestling, (which I watched with my heart in my stomach, afraid he would get hurt.) With a sighted guide, he learned to sail on the little lake behind our house and

skied the black diamond slopes in New Hampshire. He became the first blind Eagle Scout in RI, having enjoyed years of camping with Hubby as the troop leader.

Francis earned many awards and scholarships, with the ultimate being the Gates Scholarship which paid for his Ph.D. at Cambridge University in England. Now he is a senior supervisor at a major computer company in Silicon Valley developing computer innovations for people with disabilities. He has always tried to hire workers with disabilities, but laments that they lack the social skills that were taught to him during his upbringing. Brilliant blind workers with their doctorate degrees would come for the job interview and they would not offer their hand for a handshake, and not make eye contact, hanging their heads and looking at the ground. He

was taught to look up at the person's eyes, even if he could not see them. I experienced the ultimate mother moment when he told me he appreciated the way he was raised.

While raising Francis was by instinct, it was much more difficult with my three youngest children who are adopted foster children. All had birth parents who were drug addicts, and both Steven and Angel were born addicted to heroin and cocaine. In addition, Angel and Marie had both been severely physically abused and their psyches were severely damaged. I raised them by the seat of my pants, instinctively doing what I could to make them feel loved and secure, all the while not knowing if it made any difference.

I am proud to say that this Mother's Day, coincidentally, for some odd reason, the three of them sent me cards which affirmed my parenting style. Steven is just now "coming into his own" with a great welding job he loves, a fiancé and an awesome six-year-old daughter. His card read, "Happy Mother's Day! I know I have not made your life easy from the start, but you never ever gave up on me. I would have been lost in this world if I did not have

the best mother in the world. I love you, Momma, from your crazy wild middle child." Awww....

Angel, who is living in Orlando with his biological brothers and driving for Uber, wrote "I hope you know that I love you and was really lucky that you adopted me. I may have not always shown it, and for that I am sorry. Love both you guys! Thank you." Double awww....

Marie sent a card with a picture of strawberry cheesecake on the front, (my favorite.) It says "You've always believed in me, been there for me and loved me no matter what, so on this special Mother's Day, I was to say Thank You!" In her elementary school handwriting she wrote, "from a small girl til I grew up, and even now I adult, you always been there for me. I forever grateful for you as my mom. I love you much!!" Triple awww....

At this age, for the first time in my life, I know I have "done good" as a parent. Thanks for letting me brag about it!

PS. For anyone interested in learning more details about my exhilarating life, please purchase my book "The Apple: Tree, Raising 5 Kids with Disabilities and Remaining Sane", available on Amazon.

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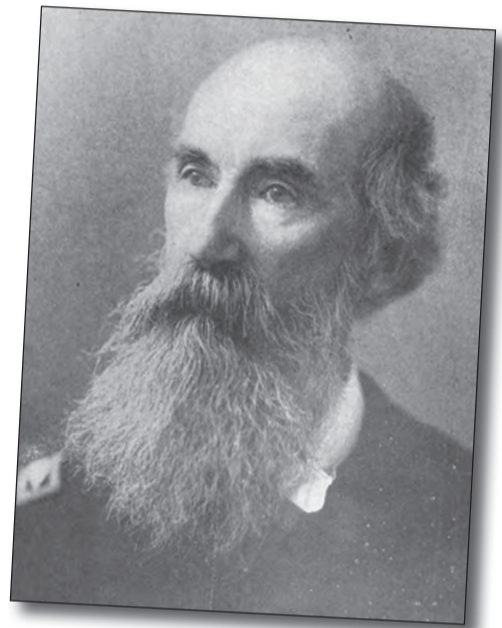
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Lieutenant John M. Brooke's Naval Coatee



Back in March we picked up a collection of uniforms deaccessioned from a museum. The uniforms had been donated over the years but didn't meet the mission of the museum, so we brought them to the gallery to be cataloged for auction. Some of them had no provenance whatsoever, and others had the names of those who originally wore them. It's always fun researching the original owners and sometimes there are those that you can learn a lot about. Such as the naval coatee worn by Virginian John Mercer Brooke.



By Joel Bohy
Historic Arms & Militaria
Bruneau & Co. Auctioneers
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Brooke was born on December 18, 1826, in Tampa, Florida. His father, General George Mercer Brooke, was an army officer, and he had other relatives in the military as well as the political field. He graduated from the United States Naval Academy in 1847 and became a lieutenant in the U.S. Navy. His first jobs as a naval officer were charting the stars as well as trying to determine the shape of the sea floor, a seemingly tough job in the 1850s. He invented a method to take soundings of the sea floor which was used for many years until modern technology took over. He also had a hand in the transatlantic cable which allowed President Buchanan to communicate with the Queen of England in 1858. In 1859-60 he participated in exploring expeditions to the North Pacific, as well as working with the Japanese navy.

The coming of the American Civil War led to many men in the service to make the decision as to where their allegiances lay. On April 20, 1861, Brooke resigned his commission in the U.S. Navy and went with Virginia, soon to be an officer in the Confederate States Navy. He worked on the conversion of the USS Merrimack into what became the CSS Virginia, as well as developing a new rifled gun named the "Brooke" rifle. Promoted numerous times during the war, he served in many important jobs as well as helping with the founding of the Confederate States Naval Academy.

With the surrender of Confederate forces in the spring of 1865, Brooke seemingly found himself in a bad position as a former Confederate officer. On June 3, 1865, he applied for a special pardon from President Andrew Johnson. In his application, he went through his service in both the U.S. and C.S. navies, and wrote he was "trusting that this application will be favorably considered by your excellency." In his application are letters of recommendation from U.S. navy officers that he be pardoned, which he soon was. After the war, he became a professor at the Virginia Military Institute in Lexington, Virginia until he passed away on December 14, 1906.

His (1840s-50s) coatee is made from dark blue superfine broadcloth with gold metallic lace around the collar and cuffs, brass tabs on the shoulder for epaulets, Scovill back marked navy buttons, with white silk lining throughout. It's great to handle incredible objects that tell so many historical tales. I had heard of Brooke before, but to handle and catalog his coatee was a really interesting and fun experience.



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Aging and Thriving

In honor of Older Americans Month in May, we are breaking down stereotypes about older adults.

In the United States, we tend to split older adults into two groups: we celebrate the few older adults who live past 100 with TV stories or newspaper articles, and then we assume most older adults have unbearable burdens and are languishing in understaffed facilities.

These two narratives miss the larger story about the way most older adults live their lives. One way to look at aging is to recognize that older adults have experienced and learned how to survive and thrive, while adapting to global, national and personal triumphs and tragedies.

Resilience is a concept that has several different definitions,

but at its core, it means thriving in the face of adversity. Resilience encompasses several different factors including personal competence and tenacity, trust in one's own instincts, tolerance of negative feelings, and viewing stress as something that strengthens rather than weakens oneself. Those who are resilient have a positive acceptance of change and tend to have secure relationships. They have a sense of control in their life and an awareness of a spiritual influence.

Research such as the SAGE study (Successful Aging Evaluation Study) shows us that older adults are higher in their self-ratings of successful aging than younger adults. This is despite having worse objective physical and cognitive functioning. The longest-running study of adult development, the Study of Adult Development at Harvard Medical School showed similar findings. Essentially, most of those older adults who do not have brain diseases such as depression, dementia or substance use disorders maintain a strong sense of well-being until the final months before death. In general, older adults are less depressed than the general population and have less incapacitating illness until the final one.

Resilience is not something that you are either born with or without; it is something that you learn throughout life, and it can be learned at any point.

resilience

(noun) re-sil-i-ence

"...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors."



Those who successfully age recognize that it isn't the bad things that happen, it is the good people who enter their lives that matter. Healing relationships are helped by a capacity for gratitude and forgiveness. Research has shown that there is power when one loves another particular person. Positive relationships keep us happier, healthier and help us live longer.

It turns out that learning to play and create is more important than income in retirement. Having a successful marriage at age 50 years is more important than normal cholesterol in predicting successful aging. And studies have shown that it is never too late to start this process, and that we can always become more resilient! To be resilient one needs to develop behaviors, thoughts and actions that support bouncing back from the things that happen in life — this is what helps older adults thrive and not just survive.

Maureen Nash, M.D., M.S., FAPA, FACP
Medical Director, Providence ElderPlace PACE Oregon
[psychiatry.org/News-room/APA-Blogs/Thriving-in-Old-Age](https://www.psychiatry.org/News-room/APA-Blogs/Thriving-in-Old-Age)



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Chronic Stress and its Role in Caregiver Stress Syndrome

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"It's not uncommon for us to see families who have reached a point of frustration and burnout when caring for an elderly family member who may be living at home or in their residence," said professional fiduciary and certified elder law Attorney RJ Connelly III.

"We often speak about the psychological effects of caregiver stress syndrome, but there are also significant physiological effects. And some of these can be life-altering and even lead to incapacitation or death."

"Caregivers are usually the last ones to complain about what they feel when caring for a loved one," Attorney RJ Connelly continued. "In most cases, this is because they don't want to burden others or feel guilty about the feelings they are experiencing. This leads to chronic stress, and much like a dripping faucet, each drop at first appears inconsequential, but eventually, the sink will fill and spill over, affecting everything around the sink. Such is chronic stress; those feelings eventually spill over, affecting family, social relationships, finances, and health."

Studies have shown that chronic stress can impact a caregiver's health much more than most realize. These include the following:

- Eleven percent of caregivers stated that their role has caused their physical health to decline.
- Forty-five percent of caregivers reported chronic conditions, including heart attacks, heart disease, cancer, diabetes, and arthritis.
- Caregivers have a twenty-three percent higher level of stress hormones and a fifteen percent lower level of antibody responses than non-caregivers.
- Ten percent of primary caregivers report that they are under physical stress from the demands of assisting their loved one physically.
- Women who spend nine or more hours a week caring for a spouse increased their risk of heart disease by one hundred percent.
- Seventy-two percent of caregivers report not going to the doctor as often as they should have.
- Fifty-eight percent of caregivers stated that their eating habits are worse than before they assumed this role.
- Caregivers between the ages of 66 and 96 have a 63% higher mortality rate than non-caregivers of the same age.

Dr. Jeffery Shapiro's Thoughts

On Saturday, April 22, 2023, Dr. Jeffery Shapiro, Assistant Professor of Internal Medicine and Cardiology at the New York-Presbyterian Hospital/Columbia University and the New York University Langone Medical Center, appeared with WAEB Radio host Bobby Gunther Walsh and discussed the physiological effects of chronic stress on the body. He pointed out that chronic stress causes high blood pressure, diabetes, coronary artery disease, chronic inflammation of the body, which could lead to arteriosclerosis and cancers, and belly fat because of the cortisol hormone being released into the body.

Chronic stress leads to inflammation

Dr. Shapiro stated that when a person is emotionally or psychologically stressed, the body goes into the fight or flight response, releasing a stress hormone called cortisol. Cortisol suppresses the nonessential functions of the body when an emergency is present, sending glucose to large muscles, like the legs, to boost energy. As this happens, insulin production is inhibited, causing the arteries to narrow, forcing the heart to work harder to push blood through the body.

As this occurs, another hormone called adrenaline is released, increasing the heart rate and respiratory system to get more oxygen into the muscles. The body then produces glycogen, which stores glucose (sugar) to power the muscles should they be needed. Stress also decreases lymphocytes, or white blood cells, needed to fight viruses and other diseases.

As Dr. Shapiro stated, with chronic stress, the body is always ready to "fight or flight", which is a maladaptive response leading to numerous health problems. With excessive amounts of sugar circulating in the body, cortisol begins storing fat for survival; the immune system is not running at optimal levels opening the body to illnesses, and constricted arteries force the heart to work harder, leading to high blood pressure.

If the body were a machine, it would function optimally as this occurs. But even the most well-constructed machines cannot run like this indefinitely without breaking down. Think of an automobile; if one of the engine's parts breaks down and is not fixed, other parts are affected until the motor no longer runs. The same with our bodies.

Inflammation - The Elephant in the Room

According to Dr. Shapiro, inflammation is the body's response to threats, such as bacteria, cancer, a virus, and

even those with transplanted organs. When the body is stressed, the immune system sends out chemicals called pro-inflammatory cytokines to attack the invaders.

Research shows that the "pro-inflammatory" cytokines do their job and retreat in a healthy body. But in a body under chronic stress, the inflammatory response becomes habituated, activating multiple mechanisms responsible for disease. The Mayo Clinic reports that long-term activation of the stress response system can lead to an increased risk of many health problems, including:

- Anxiety • Depression • Digestive problems
- Headaches • Muscle tension and pain
- Heart disease, heart attack, high blood pressure, stroke
- Sleep problems • Weight gain
- Memory and concentration impairment

Cancer is also affected by chronic inflammation in the body. The Southern Medical Association website reports that Lisa M. Coussens, Ph.D. of the Cancer Research Institute, University of California, San Francisco, describes it this way: "The functional relationship between inflammation and cancer is not new. Although it is now clear that the proliferation of cells alone does not cause cancer, sustained cell proliferation in an environment rich in inflammatory cells, growth factors, activated stroma, and DNA-damage-promoting agents certainly potentiate and/or promote neoplastic risk."

"During tissue injury associated with wounding, cell proliferation is enhanced while the tissue regenerates; proliferation and inflammation subside after the assaulting agent is removed or the repair completed. In contrast, proliferating cells that sustain DNA damage and/or mutagenic assault continue to proliferate in microenvironments rich in inflammatory cells and growth/survival factors that support their growth. In a sense, tumors act as wounds that fail to heal."

"The key concept," she adds, "is that normal inflammation is usually self-limiting; however, dysregulation of any of the converging factors can lead to abnormalities and, ultimately, pathogenesis - this seems to be the case during cancer progression."

Stress Management

"With this information, it's quite clear why caregivers suffer from illnesses at a higher rate than others their age," stated Attorney RJ Connelly. "The key to avoiding this appears to be early recognition of chronic stress, the ability to share what you are feeling with others, and not trying to be everything to everybody."

The Mayo Clinic also recommends these stress management strategies:

- Eating a healthy diet, exercising regularly, and getting plenty of sleep.
- Practicing relaxation techniques such as yoga, deep breathing, massage, or meditation.
- Keep a journal and write about your thoughts or what you're grateful for.
- Take time for hobbies like reading, listening to music, or watching your favorite show or movie.
- Fostering healthy friendships and talking with friends and family.
- Having a sense of humor and finding ways to include humor and laughter in your life, such as watching funny movies or looking at joke websites.
- Volunteering in your community.
- Organizing and prioritizing what you need to accomplish at home and work and removing tasks that aren't necessary.
- Seeking professional counseling can help you develop specific coping strategies to manage stress.

Finally, Dr. Shapiro stated that the body needs to increase the consumption of Omega 3 fatty acids, which act as natural anti-inflammatories. He pointed out that since the body does not produce this, it must be gained from outside sources, which include:

- Fish and other seafood (especially cold-water fatty fish, such as salmon, mackerel, tuna, herring, and sardines).
- Nuts and seeds (such as flaxseed, chia seeds, and walnuts).
- Plant oils (such as flaxseed oil, soybean oil, and canola oil).
- Fortified foods (such as certain brands of eggs, yogurt, juices, milk, soy beverages, and infant formulas).
- Supplements.

"We are not giving out any medical advice and suggest that taking any type of supplementation needs to be a decision between you and your doctor," stressed Attorney RJ Connelly. "But one thing is certain, caregiver stress syndrome is real and must be addressed for those exhibiting symptoms given the long-term negative outcomes of chronic stress."

Stress May be the Cause of

HAIR LOSS
Stress disrupts hormones and can cause your hair to fall out.

HEADACHE
Increased emotion and muscle tension can cause tension headaches.

ASTHMA
Rapid breathing results from other physical symptoms of stress and can lead to an asthma attack.

HEART DISEASE
Two side effects of stress, high blood pressure and high cholesterol, are the main risk factors for heart disease.

WEIGHT GAIN
Cortisol levels rise under stress causing the body to store excess belly fat.

POOR GUT HEALTH
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AARP - RHODE ISLAND
by CATHERINE TAYLOR

Fun and Fulfillment at AARP RI

Creating opportunities for people to be active, healthy and socially engaged is an important part of AARP Rhode Island's mission to empower people to choose how we live as we age.

This inspires our in-person events as well as our multifaceted online Healthy Living Series, which has grown steadily in popularity and now attracts participants from across the country.

I am so pleased to announce three exciting in-person AARP Rhode Island events that lie just ahead.

On May 22, join AARP Rhode Island at the Providence Public Library for a free performance by poet, playwright, and performer Christopher Johnson. In "Aging Unbound," he will explore and celebrate through new works his personal observations on the aging experience while discussing and debunking misconceptions and stereotypes around aging.

Christopher is the recipient of the 2018 Rhode Island State Council of the Arts Fellowship for Playwriting and a finalist for the 2018 for the MacColl Johnson Fellowship. His spoken-word performances, it has been said, touch the heart

with feathers and barbed wire alike, speaking uncomfortable truths, invoking the best and worst of human emotions.

I would love to see you May 22 for a reception at 5:30 and performance at 6, followed by a conversation with the artist. The event is free and open to the public, but you must register at www.aarp.org/RIEvents.

On July 19th and 20th, AARP Rhode Island will host talks by renowned urban innovator and planner Gil Penalosa.

Gil is Founder of 8 80 Cities, a Canadian-based international non-profit organization, named for Gil's provocative, iconic question: "What if everything we did in our cities had to be great for an 8-year-old and an 80-year-old? Surely, we would end up with fantastic cities for all!" He also is founder of Cities for Everyone, focused on advocacy – in other words, getting done what it takes to fulfill the vision of robust communities strongly shared by AARP.

We're bringing Gil to Rhode Island to complement AARP's Livable Communities initiatives. From supporting cities and towns in joining the AARP Network of Age-Friendly States and Communities, promoting Green & Complete Streets policies, and advocating for Accessory Dwelling Units (ADUs), to awarding Community Challenge Grants and hosting local forums and activities, AARP, our volunteers, and our many dedicated partners are helping to make Rhode Island communities more wonderful places to live.

I am so excited for all of us to hear Gil's

message. We soon will announce venues in Providence and Newport, where I am delighted that the mayors of both cities will attend Gil's appearances. Which, as always, will be free and open to the public. Stay tuned for more details.

Finally, this summer we are lining up free AARP Fraud Watch Network shredding events around the state to help you protect against identity theft by confidently destroying documents containing personal and financial information. July and August dates and locations will be posted at aarp.org/RIEvents.

Looking for outdoor fun? Register for a free AARP-sponsored **Bike Newport Full Moon Bike Ride**, the Ocean State's ultimate coastal sunset biking experience. Tour 15 miles on Newport's scenic roads from downtown Newport to Fort Adams around the beautiful Ocean Loop and along the mansions of Bellevue Avenue.

Meanwhile, back to the monthly RI Healthy Living Series, also listed on aarp.org/RIEvents. There's something every week waiting online for everyone:

- **Healthy Cooking with Chef Mary Weaver** Learn to prepare nutritious food by creating healthy entrees and desserts. Upon registering you will receive an email with recipes and an ingredients list. Past cooking demos are available at www.aarp.org/RIReplays.
- **Everybody Dance!, hosted by Rachel Balaban** This upbeat dance-movement class designed for all ages and abilities harnesses your vitality through the use of your own body. Perfect for caregivers to share with loved ones. Take part sitting or standing.
- **Tai Chi/Qi Gong with Master Wu** Refresh and energize your body and soul! We bring you the ancient Chinese practice that combines movement with healing martial arts. Participate standing or sitting.
- **Laughter Yoga, hosted by Larry O'Brien** Get more than a chuckle out of Laughter Yoga. Laughing has the power to change your mood within minutes by releasing brain chemicals called endorphins. Explore the potential health benefits of non-stop laughing and how you can make laughter a daily practice.
- **URI Master Gardener Series** Just in time for Spring! Our gardening experts are here to share secrets of organic gardening, raised bed gardens and more. See a collection of past presentations at aarp.org/RIReplays.

Stay active, stay healthy, stay involved and have fun with AARP Rhode Island!

DID YOU KNOW?

A recent analysis of meta-studies found that exercise is a highly effective treatment for conditions such as anxiety and depression. Authors of the study, which was published in February 2023 in the journal BJM Sports Medicine, concluded that physical activity was 1.5 times more effective at reducing mild-to-moderate symptoms of various mental health conditions, including anxiety, depression and psychological stress, than medication or cognitive behavior therapy. The study was an umbrella review and its authors concluded that physical activity should be a mainstay approach in the management of depression, anxiety and psychological distress.

However, individuals who suspect they are dealing with any of these mental health issues are still urged to speak with a physician for assistance in treating their conditions. HW237090



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In Your Community

A Reflection On Aging

AARP Rhode Island's mission is to empower people to choose how we live as we age. As we grow older, each of us has a story to tell. Spoken word performer Christopher Johnson shares his journey in a free May 22 live performance at the Providence Public Library, presented by AARP Rhode Island.

Please join us for a 5:30 p.m. reception, followed by the performance at 6 p.m.

Registration is required. Sign up at www.aarp.org/RIEvents.



Photo by: James Lastowski

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A Twist on Traditional Burgers

(Family Features) Warm weather and grilling go hand-in-hand, and few dishes say summer like burgers. While traditional beef patties come to mind for many, there are also healthy protein options to satisfy that burger craving without sacrificing flavor.

For example, salmon is a nutritionally well-rounded alternative that offers a variety of health benefits, and an option like gluten-free Trident Seafoods Alaska Salmon Burgers are made with wild, sustainable, ocean-caught whole filets with no fillers and are lightly seasoned with a "just-off-the-grill," smoky flavor. Topped with melted cheddar then piled on top of fresh arugula, peppered bacon and zesty mayo, these Alaskan Salmon Burgers with Peppered Bacon are a twist on tradition that can help you put a protein-packed, flavorful meal on the table in minutes.



Alaskan Salmon Burgers with Peppered Bacon

Prep time: 13 minutes, Servings: 4

- 1/2 cup mayonnaise
- 1 1/2 tablespoons lemon juice
- 1/2 teaspoon lemon zest
- salt
- pepper
- 1 box (11.2 ounces) Alaska Salmon Burgers
- 4 cheddar cheese slices
- 4 seeded burger buns, split and toasted
- 4 cups arugula
- 6 strips peppered bacon, cooked
- 12 bread-and-butter pickles, drained

In small bowl, combine mayonnaise, lemon juice and lemon zest. Season with salt and pepper. Set aside.

Cook salmon burgers according to package directions. When almost cooked through, top each with slice of cheese, cover and cook until melted.

Spread cut sides of buns with mayonnaise and top bottom buns with arugula. Cover with salmon burgers, bacon, pickles and top buns.

Medical Whack-A-Mole



RETIREMENT SPARKS

by ELAINE M. DECKER

Recently I learned that one of my band mates had died, apparently quite suddenly. None of us knew he was seriously ill. It occurred to me that with all the health issues I've been dealing with over the past few years, my demise would hardly come as a surprise. More likely friends would wonder: "Which ailment was it that finally got her?"

The more I thought about it, the more I realized that I've been playing Medical Whack-A-Mole. When I finally get one illness under control, another one pops up to take its place. Many times, it was the treatment for the first that caused the next one. Let's start with my lung cancer, which was diagnosed about two and a half years ago. I entered a clinical trial through Yale, in which I received regular infusions of three drugs: two chemotherapy and an immunotherapy, plus study pills that might have been a placebo.

The program was to last two years, but one year into it, I developed pneumonitis, a severe inflammation of the lung. My oncologist and my pulmonologist agreed that the likely cause was one of the drugs I was getting. There was no simple way to know which one. Pulling any of them would take me out of the study in any case, so we stopped my cancer therapy completely.

Mercifully, it appeared that the year of treatment had halted the cancer before the pneumonitis popped up like a mole. We whacked that sucker back down with a heavy course of Prednisone. For those of you not familiar with it, Prednisone is a steroid. I was on it for weeks, but it cleared up most of the lung inflammation. It's a go-to treatment for many ailments. I've concluded that it's one of three things every household needs on hand, along with duct tape and WD-40.

But true to my Whack-A-Mole analogy, the Prednisone gave me a major face rash and I blew up like the Pillsbury Doughboy. I also developed edema in my feet and lower legs. An ultrasound made sure the fluid retention wasn't due to vein leakage and that I had no blood clots. The edema was just another mole that popped up when we used the steroids to whack something else.

An online search led me to taking high supplements of magnesium to reduce water retention. Sadly that whack led to a pop up mole of severe diarrhea. Needless to say, I decided to live with the fluid build up. Fortunately, shortly after the course of steroids was completed, that problem disappeared. Unfortunately, it did not mean I was headed for clear sailing with

my health.

Even with the pneumonitis under control, I was increasingly short of breath. Tests performed by my pulmonologist turned up two new "moles" to whack. Turns out I have a paralyzed right diaphragm muscle, usually caused by an injury. In my case, there's no clue why and it might never be normal again. A few weeks of physical therapy could help. More on that later.

The other "mole" was pleural effusion, a build up of fluid around the lung. That was drained via a thoracentesis procedure. My breathing improved immediately. Nevertheless, my pulmonologist prescribed a steroidal inhaler to keep my airways clear. The mole from that turned out to be a side effect of some hoarseness, but I can live with that. Back to the pulmonary rehab, which I had two afternoons a week.

The rehab included education and light stretching, leg and arm exercises, followed by time on a treadmill. At each session, the treadmill speed and time were increased, but never to anything too stressful. The morning after what would be my last session, I woke up with horrific neck and back pain. Plus I also had a partly paralyzed right hand. I assumed I had slept crooked and pinched a nerve, or something like that.

When the pain persisted for days, I made several appointments with specialists. The last was with a neurologist, who has ordered several tests. He also prescribed Gabapentin to address the nerve pain. It has serious mole-like side effects. You can get tired and dizzy, so I take it only late at night.

I feel like I'm in a fairy tale. If I stopped dying my hair, I'd be Snow White, but I'm already most of the Seven Dwarfs. Allergy season has me Sneezzy. Though I'm certainly never Bashful, much of today's news leaves me feeling Dopey. I ask so many questions of the physicians that I might as well be a Doc. Gabapentin leaves me Snoozy and Dizzy. Despite spending most of my time playing Medical Whack-A-Mole, I'm rarely Grumpy and I'm usually Happy. I won't ask for more than that.

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

We Were Boating



MY SIDE OF THINGS

by LARRY GRIMALDI

"We were boating," is one of the most famous lines of dialogue uttered by Rose Sayer (played by consummate actress Katharine Hepburn) in the 1951 vintage comedy, *The African Queen*. Rose was responding to interrogation directed at her and African Queen skipper Charlie Alnutt (played by Academy Award winner Humphrey Bogart) about their presence on Lake Victoria in Africa by the captain of a real life World War I German steamship, *Konigin Luise* (pronounced Luisa) patrolling the waterway. (The *Konigin Luise* was used during the war to lay mines before she was sunk in 1914).

The captain wants answers before he hangs Mr. Alnutt (as Rose, the proper Queen Victoria era lady, refers to him throughout the movie and he calls her "Miss") for trespassing and espionage. The movie was adapted from a book of the same name written by Britain's C. F. Forester (hence its English flavor) in 1935 and is considered to be mostly historically accurate.

The classic film was directed by the legendary John Huston. Much of the movie is devoted to the snappy exchanges between the protagonists. On a recent visit to Key Largo, where the *African Queen* is now moored, my wife Kathy and I sailed on this legendary steamship.

Set in 1914, the grungy, gin-swilling Alnutt makes his living piloting his ramshackle essel ferrying supplies and cargo to mercenaries, missionaries, and transporting hunting parties along Lakes Victoria Nile and Uganda. (In one key departure from the legends surrounding the movie, Bogart and Huston drank only whiskey during filming and Hepburn drank only water, contracting dysentery). Rose and her brother Samuel are English missionaries in the village of Kungdu. They are unaware that World War I is raging until Alnutt advises them of the conflict as he warns them that it will probably be impossible for him to return.

One particularly funny scene has the disheveled, alcohol imbibing captain reluctantly sipping tea with the pious couple. While Rose wants to leave, Samuel declines to abandon his mission. Invading German soldiers soon burn down the mission and severely beat Samuel. He dies a short time later. After they bury Samuel, Rose and Charlie steam down the treacherous, seemingly unnavigable Ulanga River seeking safety and refuge from the war.

Along the way, they encounter alligators, a swarm of black flies, Charlie becomes covered with leeches, mimic a playful herd of hippos, brave the river rapids and later dodge gunfire from the *Konigin Luise*. At one point, Charlie dives under the river to repair a broken propeller, then drags the Queen through a thick mass of reeds until the boat becomes beached on a sand bar. One of the funniest scenes in the movie occurs when Rose finally becomes so

upset at Charlie's drinking that she dumps his entire stock of gin into the river while he is sleeping off his latest binge. His whining protests are hilarious.

Rose convinces Charlie that it's his patriotic duty to aid England sink the *Konigin Luise*. Finally, he reluctantly agrees to her plan and carves holes in the hull of his steamship, arming it with makeshift torpedoes fashioned from hydrogen stored on the boat. When the Queen becomes beached and their hopes of destroying the warship are apparently dashed, a heavy rain lifts the boat from the sand bar and onto the lake. Rough seas ultimately pitch Charlie and Rose out of their craft and they are plucked from the lake by the crew of the *Konigin Luise*. What happens after that? You will have to see the film to find out!

The history of the *African Queen* and its journey to Key Largo is fascinating. She was built in Lytham, England in 1912 and steamed along African rivers for more than three decades. In 1968, the Queen was purchased by a restaurant owner from San Francisco and used as a charter.

In 1970, Oregon resident Hal Bailey, an Oregon bought the boat for the price of a shipyard bill and also chartered her. The business was so successful he decided to ship the Queen to Florida for year-round steamship tours and charters. In 1982, Bogart fan Jim Hendricks, Sr. discovered the boat in a state of disrepair sitting in a cow pasture in Ocala, Florida. He purchased the Queen for \$65,000, refurbished her, and transported her to current berth in Key Largo. Over the years, Hendricks shipped her to England for the 90th birthday of Queen Elizabeth II, and the 50th anniversary of the World War II Battle of Dunkirk in the English Channel. After Hendricks' death, Captain Lance and Suzanne Holmquist secured a long-term lease from his son and restored the boat for her 100-year anniversary in 2012.

Like Rosie and Charlie Alnutt, "we were boating" on the canals of Key Largo took spin around the Atlantic Ocean with African Queen Captain Dave. It was exciting to be on the same legendary steamship as American icons Hepburn and Bogart. That's the closest we will ever come to being Hollywood stars. And while we are not at war or under the threat of execution, our odyssey into classic filmdom was great fun!

Larry Grimaldi is a freelance writer from North Providence. Many of his previous PrimeTime columns have been re-issued in the anthology, "50 Shades of Life, Love, and Laughter." Columns published in this book are used with the permission of Beacon Communications. For more information about "50 Shades of Life, Love, and Laughter;"

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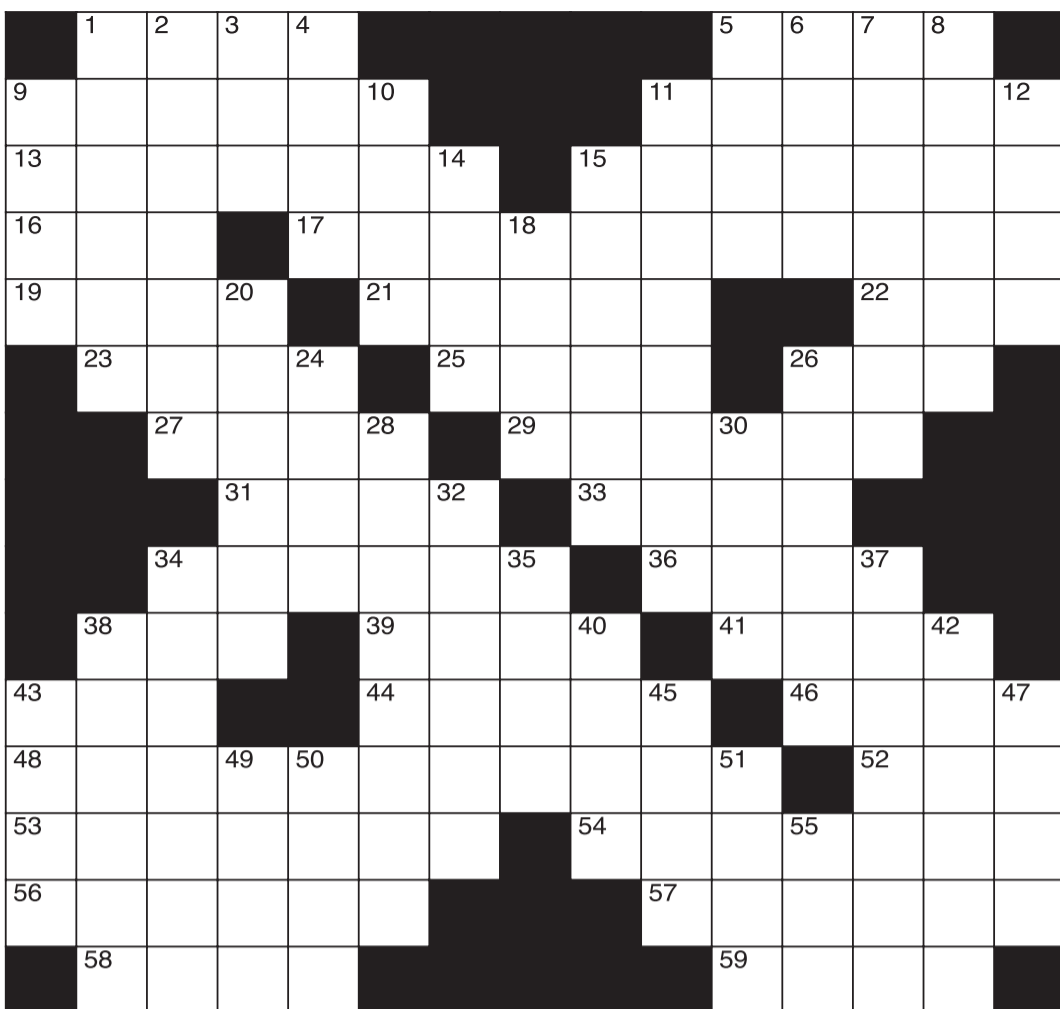
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CLUES ACROSS

1. As fast as can be done
5. WC's
9. Religious retreat
11. Warfare
13. One you wouldn't expect
15. Disease-causing microorganisms
16. For each
17. Grammatical term
19. One point east of southeast
21. ___ Dern, actress
22. Popular HBO drama (abbr.)
23. Shampoo
25. Scale drawing of a structure
26. An enclosure for confining livestock
27. Goat-like mammal
29. Cigar
31. Appear
33. "Westworld" actress ___ Rachel Wood
34. Leaked through
36. The highest adult male singing voice
38. Musical group ___ Soundsystem
39. Aurochs
41. Crazy (Spanish)
- 43 Swiss river
44. Strains
46. Frock
48. Found in most body tissues
52. Cool!
53. Reasons behind
54. Christian recluse
56. Removes
57. Repents
58. Energy
59. Tailless amphibian

CLUES DOWN

1. Not awake
2. Type of dessert
3. They ___
4. Retired Coast Guard admiral
5. Gene positions
6. Exclude
7. One who is bound
8. Where drinks are served
9. Small vipers
10. Blackbird
11. Adventurer
12. Shade
14. A way to gain
15. A salt or ester of boric acid
18. Monetary units
20. Removed
24. "My country, tis of ___"
26. Horses
28. Drives back by force
30. Bold, impudent behavior
32. Rates
34. Types of nerves in males
35. A ridge of sand created by the wind
37. Wind instrument
38. Pakistani city
40. Dry or withered
42. Delivered a speech
43. Peak
45. Small waterbird
47. Days falling in mid-month
49. Elvis' daughter
50. Flat and smooth
51. Dallas Cowboys great Leon
55. What cows say

10 Facts About Mental Health and Aging

As many as one in five older adults experience mental health concerns that are not a normal part of aging – the most common of which are anxiety or mood disorders including depression. In most cases, these mental health issues respond well to treatment. Sadly, far too often older adults do not seek or receive the help they need. Undiagnosed and untreated, mental health illnesses have serious implications for older adults and their loved ones. That's why it's important to understand these "10 Facts You Need to Know About Mental Health and Aging."

Mental health problems are not a normal part of aging. While older adults may experience many losses, deep sadness that lingers may signal clinical depression. Similarly, an anxiety disorder is different from normal worries.

One in four American adults has a diagnosable mental disorder during any one year.

About six percent of older adults have a diagnosable depressive illness. Mental health is as important as physical health.

Good mental health contributes greatly to an overall feeling of well-being. Untreated mental health disorders in older adults can lead to diminished functioning, substance abuse, poor quality of life, and increased mortality. Research shows mental illness can slow healing from physical illnesses.

Healthy older adults can continue to thrive, grow, and enjoy life! Reading, walking, and socializing are just a few of the activities that many individuals enjoy at any age. Exercising your mind and body, and maintaining social connections are good for your mental health, too.

Mental health problems are a risk for older adults, regardless of history.

While some adults go through life managing a chronic mental illness, mental health problems can also appear late in life. Sometimes mental health deteriorates in response to a stroke, Parkinson's disease, cancer, arthritis, or diabetes, and even some medications. Older adults without a history of substance abuse may abuse medications, alcohol, or drugs.

Suicide is a risk among older adults. Older adults have the highest suicide rate in the country.

Those aged 85 and over have the highest suicide rate; those aged 75 to 84 have the second highest.

Older adults' suicide attempts are more lethal. For those 65 and older, there is one suicide for every four attempts compared to one suicide for every 20 attempts for all other age groups. These symptoms call for consultation with a health care professional:

Sadness that has lasted longer than two weeks.
Consistent worries about issues such as money, family and health.
Consistent trouble sleeping or concentrating
Frequent trouble remembering things or feeling confused in familiar places
Have more than one alcoholic drink a day or take more medication than prescribed.
Older adults can be helped with the same success as younger people. Eighty percent of older adults recovered from depression after receiving treatment that included both psychotherapy and anti-depressant medication.

Our health system is not adequately helping older adults with mental disorders. Medicare covers 80 percent of a physical health problem, but only 50 percent of a mental health problem. This is a barrier to treatment for many people.

Researchers estimate that up to 63 percent of older adults with a mental disorder do not receive the services they need. 75 percent of those who commit suicide have visited a primary care physician within a month of their suicide. Misdiagnosis and avoidance are common.

Primary care physicians fail to diagnose depression 50 percent of the time.

Only half of older adults who discuss specific mental health problems with a physician receive any treatment. Older adults have unique mental health care needs. Changing bodies and chemistry, changes in family and friendships, and changes in living situations all have an effect on mental health and need to be considered in treatment.

Sometimes helping solve basic problems, like transportation, can lower stress, improve community connections, and improve outlook and mood.

If older adults take several medications for a variety of illnesses, drug interactions and side effects can affect mood and behavior.

From "Ten Facts About Mental Health and Aging." Reprinted from Older Women's League (OWL) www.owl-national.org.

Becoming Your Parents.com

(Copy and Paste)



I was on the cutting edge back then.

I also remember from that time chuckling at my grandfather, who called cars “machines”. And he listened to Red Sox games on his kitchen radio, even though his TV sat unused in the living room. I never quite got it and probably did my own share of teen-age eye-rolling. He was also amazed when I got contact lenses, asking me “if I had my eyes in” whenever I saw him.

And then there was the year we gave my mother an electric typewriter. It sat in its box for months. I asked her why she hadn’t opened it. She told me she was waiting till she had several days in a row free so she could tackle the project.

“I have to clear my schedule,” she said solemnly.

“Uh...you take it out of the box, you plug it in...and then...you...TYPE!” I said, my sarcastic tone fully conveying my exasperated disbelief. Hmm...eerily similar to what I’ve experienced in response to my computer questions. A type of karma, I suppose.

Recently, I was having trouble moving things from emails or documents or attachments to various folders and to Google Drive. My daughters had shown me, but I couldn’t do it a few weeks later, and I was afraid to try things, lest I lose everything I’d ever written. There’s a huge amount of trust involved, and I’m never trusting that this newer laptop won’t betray me like my old one did.

But I discovered that URI holds free computer help sessions for seniors. The sessions are staffed by pharmacy students, who are young and tech-smart, but apparently they benefit, too. They get to practice their skills in dealing with “older” folks.

My tech mentor patiently showed me what I needed to know and guided me through the steps - none of which I would have figured out on my own in a million years. She also had me practice a bunch of times, so that my notes wouldn’t morph into Greek by the time I got home. I asked her how she knew all of this and she smiled, saying, “we started learning this in kindergarten”.

Yes, of course - years of training is what it takes - at least fifteen years in her case. No wonder I have tech issues!

My daughters were amazed when I showed them what I could now do “on my own”.

“Wow,” they said. “You figured it out!”

I never let on about my URI visit - the program that could also be aptly titled

“Saving Children (and Grandchildren) Everywhere!”

My daughters are now urging me to ditch my AOL email address. Apparently it’s a source of family embarrassment. I have a gmail, too, but rarely use it - too many bells and whistles. Oh no - I think I’m beginning to sound like my mother!

When my daughters and grandchildren reach their elder years, perhaps they’ll be as baffled by the technology yet to come, and they will be at the mercy of their offspring. And the day will surely come when they’re lamenting that they’re beginning to sound just like me!

concept. Who knew? After that I was a pro.

I’ve tried to explain my current lack of expertise to my daughters and grandchildren. How am I supposed to know what all the symbols mean? The steps, nuances, subtle differences like “save” and “save all” and file names and “function” and “cut and paste” and attachments and on and on...without being specifically taught? It’s hard enough trying to remember the meanings of things and the steps involved when I ask a question, but then they’ll interject “short-cuts”, which they assure me will be easier, but which make no logical sense to me. I spent years wondering why one always had to start things with Control-Alt-Delete,

certain that the words stood for something deep and meaningful...until a friend kindly explained the mystery - that it’s only because those three keys are situated on the keyboard where our fingers can most easily access them. I was blown away.

I had a hard time understanding that I could open many screens or “tabs” at the same time and that they weren’t disappearing, but were merely hidden. I was in constant fear of losing things.

One reason I had to replace my earlier laptop was because it had a mind of its own. I’d be in the middle of a long email and before I was finished it would simply send itself - just like that. Or I’d be writing a story or article - and poof! It would disappear - never to be seen again. My words gone forever.

My daughters told me that I must be doing something wrong, like unknowingly moving the cursor, or accidentally hitting a key - maybe even mistakenly enabling one of those “shortcuts” I knew nothing about.

But I decided that my laptop was simply evil - lying in wait, laughing as I typed, and poised to delete when I was halfway through, and gleefully watching me cringe and wail in despair.

I took computer science in college - back in 1972. I brought my solid, physical, trusty stacks of IBM cards to the computer lab, which housed a room-sized piece of machinery that analyzed my programming work. I felt like

“Oh, no - here she comes again,” I heard my daughter Gretchen say, as I entered her kitchen carrying my laptop. My older daughter, Rachel, was visiting.

“I think it’s your turn!” Gretchen said, looking at Rachel.

“I helped her last time!” Rachel answered.

“Then it’s Joy’s turn!” Gretchen said.

My middle daughter, Joy, lives in Texas. When I reminded Rachel and Gretchen about that little fact they said, “Get her on Facetime!”

“How do I do that? This is my laptop, not my iPad! And...don’t I need my phone?” I asked.

There were groans and an eye roll or two, followed by Rachel and Gretchen exchanging looks of exasperation. All this while the teenage grandchildren scattered. I like to think that my 5-year-old granddaughter, Emilia, might have had a bit more patience with her tech-challenged Nana. She might have viewed it as a fun activity - playing school. She’d be the teacher and I’d be her student. I’d raise my hand and she’d call on me and I’d ask my computer question. And being five years old and already well-versed in the world of technology, I have no doubt that she would have been able to easily answer my question. But...Emilia also lives in Texas.

I remember when I was switching from my ancient desktop to a laptop. Since the newer models seemed to have a million mysterious features, I brought Gretchen with me. She and the twenty-something salesperson discussed what would be best for me.

“All she does is email,” Gretchen said.

“Does she watch movies?” the young man asked.

“No, she just needs something basic,” Gretchen said.

I looked from one to the other, feeling rather invisible - I had to speak up.

“I write stories, too,” I said.

They both looked at me as if they had just realized that I was standing there.

“And I need to save them and send them places,” I said.

“Yes, Mom, don’t worry,” Gretchen said.

She and the young man exchanged what seemed to be knowing glances. Hers - a “lost cause” type of look and his - an “I’m so sorry” type of look. I was getting a bit paranoid.

Since then I’ve had several laptops and now an iPad, too. My daughters have set me up on everything, but I’m amazed at the speed of their flying fingers. When I ask what they’re doing they quickly explain. But many times they forget to tell me about a step that’s apparently so simple and basic that it’s in their subconscious. And therefore left out of their instructions.

I consider myself an intelligent person. I have a B.S. degree in Zoology and worked as a lab technician before the age of computers. I have a masters degree in Speech Pathology. Computers only came into play midway into my speech therapist career. We had training, but only as far as how technology specifically related to the job. I remember being stymied once when I was trying to enter data into a box on a report form. Nothing would type - no words would appear. Finally, someone explained the “drop box menu”



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SOCIAL SECURITY

by **CHERYL TUDINO**
SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

**Stay Healthy & Independent with
the Senior Nutrition Program**

Are you eligible for Social Security retirement benefits or already receiving them? Did you know that you can also receive healthy meals and other nutrition services through the National Senior Nutrition Program?

Local meal programs in communities across the country are waiting to serve you. As we age, we have different needs, different ways we take care of our health, and different nutrients we need to get from our food. But we don't always have enough healthy food or the desire to prepare or eat a meal. Whether you need more food, healthier food, someone to share a meal with, or just want to learn about good eating habits, a meal program can help.

Every day, senior nutrition programs serve almost one million meals to people age 60 and older. With home-delivered and group meal options, you can get the food you need in a way that works best for you. It can help you avoid missed meals – and save you time and money with less shopping and cooking. Local programs serve up more than food — they offer opportunities to connect and socialize.

We know this improves both your mental and physical health. The programs can also teach you how to create a healthy eating plan.

You can learn about healthy food recommendations based on your age, unique needs, and preferences. A senior nutrition program can also connect you with other resources like transportation or homemaker services. This helps you stay connected and engaged in your community.

It's no surprise that 9 out of 10 participants say they would recommend a senior nutrition program to a friend. We know these services help create healthy, strong communities where everyone can thrive at any age. Find a senior nutrition program in your area and help us spread the word about this program by sharing it with your loved ones, neighbors, and community. Visit eldercare.acl.gov/Public/Index.aspx for more information. The Senior Nutrition Program is administered by the Administration for Community Living, part of the U.S. Department of Health and Human Services.

YOUR TAXES

by **MEG CHEVALIER**

**Missed the April 18 filing deadline?
File now to limit penalties and interest**

The Internal Revenue Service urged taxpayers who missed Tuesday's April 18 tax-filing deadline to file as soon as possible. Taxpayers who owe and missed the deadline without requesting an extension should file quickly to limit penalties and interest. For struggling taxpayers unable to pay their tax bill, the IRS has several options available to help.

The IRS also reminds taxpayers who owed a refund that they don't receive a penalty for filing late. People shouldn't overlook filing a tax return. Every year, more than 1 million taxpayers overlook a tax refund; the IRS reminds those who didn't file in 2019 that time is running out to get any refund owed to them.

For 2022 tax returns due April 18, 2023, some taxpayers automatically qualify for extra time to file and pay taxes due without penalties and interest, including:

- Members of the military who served or are currently serving in a combat zone. They may qualify for an additional extension of at least 180 days to file and pay taxes.
- Support personnel in combat zones or a contingency operation in support of the Armed Forces. They may also qualify for a filing and payment extension of at least 180 days.
- Taxpayers outside the United States. U.S. citizens and resident aliens who live and work outside the U.S. and Puerto Rico, including military members on duty who don't qualify for the combat zone extension, may qualify for a two-month filing and payment extension.
- Some disaster victims. Those who qualify have more time to file and pay what they owe.

**Don't overlook filing:
people may miss out on a tax refund**

Taxpayers who choose not to file a return because they don't earn enough to meet the filing requirement may miss out on receiving a refund due to potential refundable tax credits. The most common examples of these refundable credits are the Earned Income Tax Credit and Child Tax Credit. Taxpayers often fail to file a tax return and claim a refund for these credits and others for which they may be eligible.

There's no penalty for filing after the April 18 deadline if a refund is due. Taxpayers are encouraged to use electronic filing options including IRS Free File which is available on IRS.gov through Oct.16 to prepare and file 2022 tax returns electronically.

Taxpayers can track their refund using the Where's My Refund? tool on IRS.gov, IRS2Go or by calling the automated refund hotline at 800-829-1954. Taxpayers need the primary Social Security number on the tax return, the filing status and the expected refund amount. The refund status information updates once daily, usually overnight, so there's no need to check more frequently. File and pay what you can to reduce penalties and interest

Taxpayers should file their tax return and pay any taxes they owe as soon as possible to reduce penalties and interest.

An extension to file is not an extension to pay. An extension to file provides an additional six months with a new filing deadline of Oct. 16. Penalties and interest apply to taxes owed after April 18 and interest is charged on tax and penalties until the balance is paid in full.

Filing and paying as much as possible is key because the late-filing penalty and late-payment penalty add up quickly.

Even if a taxpayer can't afford to immediately pay the full amount of taxes owed, they should still file a tax return to reduce possible late-filing penalties. The IRS offers a variety of options for taxpayers who owe the IRS but cannot afford to pay. For more information see the penalties page on IRS.gov.

Taxpayers may qualify for penalty relief if they have filed and paid timely for the past three years and meet other important requirements, including paying or arranging to pay any tax due. For more information, see the first-time penalty abatement page on IRS.gov.

Pay taxes due electronically

Those who owe taxes can pay quickly and securely via their IRS Online Account, IRS Direct Pay, debit or credit card or digital wallet, or they can apply online for a payment plan (including an installment agreement).

Taxpayers paying electronically receive immediate confirmation when they submit their payment. With Direct Pay and the Electronic Federal Tax Payment System (EFTPS), taxpayers can receive email notifications about their payments. For more payment options, visit irs.gov/payments.

Taxpayer Bill of Rights

Taxpayers have fundamental rights under the law that protect them when they interact with the IRS. The Taxpayer Bill of Rights presents these rights in 10 categories. IRS Publication 1, Your Rights as a Taxpayer, highlights these rights and the agency's obligation to protect them.

PUZZLE SOLUTION

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