

'Give them the welcome home they didn't get'

By RORY SCHULER

Pair of bowling Vietnam veterans plan for RI Honor Flight pilgrimage to memorial wall in D.C.

The Johnston man, a Vietnam veteran, held a small scrap of paper up to the bowling alley's fluorescent lights and neon. On the handwritten list he scrawled five names of friends who fought by his side but never made it home.

This weekend, retired U.S. Army Sgt. John Tammelleo will find those names on the Vietnam Veterans Memorial Wall, cover each with paper and make a copy by gently rubbing across the engraved letters.

"I served with some people who never got back," Tammelleo said. "I've got some names I want to find and rub."



MEMORY LANES: Retired U.S. Army Sgt. John Tammelleo and Corp. Mario DeAngelis will be among 55 Ocean State veterans aboard Sunday's RI Honor Flight to Washington D.C. (Sun Rise photo by Rory Schuler)

HONOR - PAGE 9

Johnston scores Unified School haul



Special Olympics certifies four town schools National Banner Unified Champions

By RORY SCHULER

Of the eight Rhode Island schools admitted to the "Class of 2023 National Banner Unified Champion Schools" list, four hail from Johnston.

Late last month, those four Johnston schools proved they live up to the district motto — Panthers Choose to Include. The announcement slowly made its way through the school system in late September:

CHOOSE TO INCLUDE: Clockwise, from top left, Jonathan Jillah participates in Unified Field Day at Barnes Elementary. Fifth-grader Michael D'Elia and first-grader Ayden Freeman created a heart puzzle piece project together to learn more about each other at Brown. The Special Olympics visited Ferri in March and the student body wore "Choose to Include" T-shirts to show their support. And at JHS, Unified Athlete Alexis Rivera and her teammate Ava Waterman, discuss the upcoming unified volleyball season schedule.

UNIFIED - PAGE 12

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SISTER ACT: Sisters Barbara Kuras and Mary Rawson love to travel with the JSC. One of them started the JSC Book Club. The other's now a member. They're always on the hunt for a great New England book store. (Photo courtesy Richard J. DelFino Jr.)

Sister, Sister

Sibling rivalry replaced by comradery

By RICHARD J. DELFINO JR.
Special to the Sun Rise

The Johnston Senior Center "Spotlite" this week shines on sisters Barbara Kuras and Mary Rawson.

The sisters, who had married best friends, lived in the family owned home in Central Falls. For a period of time Mary lived in Johnston before moving to West Warwick, and Barbara now resides in Lincoln.

Mary has been coming to the Center for the past 12 years, when she decided to "check it out." She started volunteering in the dining room, and then about 10 years ago started the JSC Book Club, which has about 16 active members. She also "calls back" Bingo numbers.

Barbara started coming to the Center at the behest of her sister, who immediately got her interested in Bingo and reading. Then she joined the Book Club.

Both sisters enjoy the daily lunch, and the many new friends they have met here at the JSC. They also enjoy traveling with the Center, whether a day trip or overnight excursion. They both have a real interest in reading new books and meeting the authors that are invited here at the Center. They also love traveling throughout New England "book store hunting."

Both say they enjoy the friendliness here. Like many others from around the state, Johnston has become the "Senior Center" of choice, which is a testament to the hard working staff and volunteers who offer a welcoming hand to all who visit.

Barbara and Mary also bring along a younger sister, who is still working, as her schedule allows, and hope to bring along two other siblings in hope of making it a complete family affair.

It sometimes is difficult to walk into the building alone in search of that activity or program that might get you involved. We, on the other hand, have staff members who "specialize" in helping you make that step. Why not consider visiting us with a sibling, relative, or friend? Maybe you can make that step a little easier. Come and see why everyone is coming to the Johnston Senior Center.

Editor's Note: Richard J. DelFino Jr. serves as Executive Director of the Johnston Senior Center, at 1291 Hartford Ave., Johnston. The Johnston Sun Rise regularly publishes a senior profile, called "Senior Spotlight," submitted by the senior center.

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Say you saw it in the Johnston Sun Rise

Smallest state, biggest pumpkins



TOP PUMPKIN PLUMPER: Steve Sperry, of Johnston, plucked his season's final pumpkin and broke the Ocean State record last weekend in Richmond at the Rhode Island Giant Pumpkin Festival held at Pasquale Farms. His final pumpkin of the season weighed in at 2,465.5 pounds. He's awaiting a final weekend of global weigh-offs, but fully expects to place high on the world's top grower list (possibly first place on earth!). His top three pumpkins of the year weighed a combined 6817.5 pounds, and so far Sperry ranks first on the planet. (Submitted photo)

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Labbadias celebrate 74 years of love

By PETE FONTAINE

The sounds of "Going to the Chapel of Love," recorded by The Dixie Cups in 1964, echoed through The Bridge at Cherry Hill's smile and flower filled dining room on a recent Friday night.

It was played by disc jockey Ken Camara — who many people concurred has a "great voice" — and took residents and guests on a magical musical tour that ranged from Frank Sinatra to Tony Orlando and Barry Manilow just to name a few famous icons.

In the middle of an extraordinary evening was Joan Stanzione, Lifestyles Director at the Johnston-based Century Park Plaza facility and Executive Chef Marvin Carter who coordinated what Stanzione called "a community celebration of love, family and wonderful life together for residents Larry and Gloria Labbadia."

However, the evening was also like "going to a wedding for the happy couple" as Stanzione and many of the night's attendees assessed, as there was everything from a sparkling Apple Cider toast, a marvelous meal, cutting a classic cake and dancing in celebration of their 74th anniversary.

As equally impressive was the night's wedding waltz, as Larry and Gloria danced around the dining room amid the super singing of, "I'll Be Seeing You" by Assistant Lifestyles Coordinator Ernie Marcotta who was joined by "the bride" for the couple's special song.

That song surfaced for Larry and Gloria back in 1949 — on September 17 to be precise — after they took their wedding vows inside the once-famous Holy Ghost Church on Providence's Federal Hill.

What has become a lifetime of love began at a dance held inside the Girls' Club in 1947 when Larry, a career military man who was recently out of the U.S. Army, sat next to a girl named Gloria and they began exchanging in a conversation that led to their marriage and nearly eight centuries filled with love.

Although time passed, Larry and Gloria were married on their special day 74 years ago and had a family



GRAND GREETING: Amy Brayton (left), resident Care Director for The Bridge at Cherry Hill and Executive Director Maryann Grace (right) offer their congratulations to Gloria and Larry Labbadia during their recent magical milestone party. (Submitted photos)

that grew into eight siblings — including three sons — and today they enjoy six grandchildren and 10 great grandchildren.

"Everything about tonight is special!" exclaimed several people after residents enjoyed a fish 'n chips dinner and char-broiled hamburger. "Just look at the cake; it's a picture of beauty."

It was a three-tier column cake Larry and Gloria cut and later fed each other a piece. There was also a sheet cake — made of the same ingredients — that was a special gift of their granddaughter Leah, who lives in Italy and was made by Chef Olivia of famed Scialo's Bakery of Federal Hill.

"We are happy to have Larry and Gloria as part of our community family here at The Bridge (at Cherry Hill)," said Stanzione, her voice ringing with special emotion. "We are all happy — and proud — to sing Happy Anniversary to Larry and Gloria Labbadia."

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SUPER SISTERS: Anna Marie Vescera (right) was among the many people who helped her sister Gloria Labbadia celebrate her recent 74th Wedding Anniversary.



HISTORIC HAPPENING: This was the scene back on September 17, 1949 after Gloria and Larry Labbadia exchanged wedding vows inside Holy Ghost Church on Providence's Federal Hill.

When you don't plan for solar, solar plans for you

Editor's Note: This is the third installment of a series looking at the newest iteration of the proposed Winsor Avenue solar farm. The series is expected to conclude following the Nov. 2 continuation of the Zoning Board special use permit hearing.

By RORY SCHULER

Guess how many times Johnston's Comprehensive Plan, within its more than 500 pages, mentions the word "solar."

According to Stop Johnston Solar Attorney Matt Landry, the answer is a big fat zero.

During a Sept. 28 Zoning Board public hearing, Landry questioned Cranston-based Green Development's witness, Joseph D. Lombardo, president of JDL Enterprises.

"Have you reviewed the Johnston Comprehensive Plan in connection with this application?" Landry asked Lombardo. "That document's approximately 500 pages, 600 pages?"

"It's lengthy," replied the witness, who testified that a massive solar project pitched for a residential neighborhood in Johnston would adhere to the town's planning and zoning laws. "My review typically centers around the land use element."

"Isn't it correct that the Johnston Comprehensive Plan is dated 2007?" Landry asked.

"It's my understanding of state law is it's still binding," Lombardo replied.

Landry quickly asked a follow-up question: "Under state law isn't a municipality required to update their Comprehensive Plan every 10 years?"

The witness answered: "Yes." "Johnston has failed to do so, correct?" asked Landry.

"As far as I know," Lombardo answered.

Tardy Planning

Johnston should have updated its Comprehensive Plan by 2017, according to Rhode Island state law. Although the town failed to do so five years ago, they've started the process, with updates tucked at the end of Planning Board agendas.

Opponents of the proposed solar development initially called for an update of the town's Comprehensive Plan to regulate the construction of industrial-scale solar projects Johnston's in residential neighborhoods.

Town Council Member Robert J. Civetti helped to draft a solar ordinance, aimed at addressing the green energy aspect missing from many of town planning and zoning laws (there were no large-scale solar fields 15 years ago when the plan was last updated). His ordinance died for lack of a second when no other council members would support it.

The Green Development whose proposal was initially rejected by the board in April 2022, has once again applied for a special use permit to build on nearly 160 acres of woodland zoned for residential use.

This time, the project has been shaved down a slight bit, to 19MW (down 5 MW from their previous 24MW proposal). Green argues it's a "20% reduction in overall panel surface area." Landry, however, argues the reduction in total site coverage will actually measure closer to a 5% reduction in overall project scope.

Reconciling Obsolescence

No matter the pitch, the two sides are struggling over the interpretation of outdated town zoning laws.

"I think I asked you this last time, in that Comprehensive planning document, how many times does it mention solar?" Landry asked Lombardo.

"I think I answered I didn't know," he answered. "I don't know."

"Would you be surprised to know that in that entire document 'solar' is not mentioned once?" Landry asked.

The crowd gathered at the Johnston Senior Center grew silent for a moment.

"Probably due to the date," Lombardo admitted. "Considering that they proba-

bly started writing it in 2005, adopted in 2007, there's a good chance it wasn't contemplated then."

The town's Comprehensive Plan is arguably one of local government's most important documents.

"Would you say that the Comprehensive Plan provides a roadmap for the town to follow?" Landry asked the witness.

"It does in a certain way," answered Lombardo.

Landry stepped back and rephrased his line of questioning.

"Is it fair to say that the zoning ordinance is the implementation tool for the Comprehensive Plan? And the zoning ordinances must be consistent with the Comprehensive Plan to be valid?"

Lombardo answered carefully: "There's some court cases on that where it's been shown the zoning can actually trump the comprehensive plan in some instances."

Landry followed up fast: "If the zoning ordinance is an implementation tool, how can the Johnston Zoning Ordinance implement and regulate solar if it's never mentioned in the Comprehensive Plan?"

Lombardo said that sometimes land-uses emerge over time and local boards must reconcile proposals with existing town regulations. He gave the example of "telecommunications towers."

"They can handle it in a number of different ways," Lombardo testified.

"There's no definitive solar use, or prescribed solar use, in the town of Johnston?" Landry asked.

"I did not see it," the witness answered.

Green Development is seeking the special use permit under the category of an "electric power generating plant, however fueled."

"That's allowed as a special use permit in this district?" Landry asked Lombardo.

"In this district and literally every one except for one ... so almost the entire town," he answered.

Landry wondered allowed whether there's a state agency that regulates public utilities (there is, the Rhode Island Public Utilities Commission).

"Is it your testimony that the applicant constitutes a public utility?" Landry asked.

"Well, to be honest with you, there's no definition of that in the ordinance so I can't say how the town of Johnston considers it ... So again, I rely on the zoning official to interpret that," Lombardo answered. "I'm assuming that it has been referenced that way so that any solar project could go forward in this town and this is not the first one to go forward."

Planning for a profit

The proposed solar site includes a historic farmstead and agricultural fields on the top of Sikkibunkiaut Hill, a Rhode Island Historical Cemetery and isolated pockets of wetland off Winsor Avenue. Clear-cutting will be needed to accommodate nearly 50,000 industrial-sized solar panels on about 157 acres of land.

The Zoning Board members — Chairman Thomas Lopardo, and members Anthony Pilozzi, Joseph Anzelone, Charles Ainabe and Richard Fascia; as well as alternates Dennis Cardillo and Albert Colannino — sat silently throughout the testimony. They asked no questions on Sept. 28. Nearly 200 residents packed the meeting, which dragged on until 10:30 p.m. The zoning board had already declared, at the start of the hearing, that testimony would conclude after 3.5 hours and resume on Nov. 2.

Landry wrapped up his cross-examination of Green Development's witness prior to adjournment.

He asked Lombardo "if the purpose of this project is to get a profit?"

"I'm sure they wouldn't be in business otherwise," the witness answered.

"Would you say that it's a commercial enterprise?" Landry asked.

"It's a business enterprise," Lombardo answered.

Editor's Note: Look for Part 4 of this series following the Nov. 2 continuation of the Sept. 28 public hearing.

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POLICE LOG

FORGERY

A Johnston man told police he got his fake license plates off Amazon.

Around 11:50 a.m., Sept. 27, Johnston Police Patrolman Cesar J. Irizarry was on patrol on Greenville Avenue when he spotted a vehicle traveling east with a "tinted plate cover which made it difficult" to read.

Irizarry initiated a traffic stop in the area of 94 George Waterman Road. While checking the registration, police discovered "the plates didn't match the vehicle, which was a Volkswagen Jetta," according to the arrest report.

The driver was identified as David F. Silva, 39, of 657.5 Greenville Ave., Johnston. According to police, a VIN check on the vehicle "was negative and revealed the registration was canceled." Police also discovered the driver had an active arrest warrant for Shoplifting out of the

Coventry Police Department.

Silva was taken into custody. The vehicle was towed from the scene.

"I seized the plates that were attached to the vehicle at which point I noticed them to be fraudulent," Irizarry wrote in the arrest report. "As I was looking at the plate, Mr. Silva stated to me that (redacted by police) had purchased the plates from Amazon."

Silva was transported to Johnston Police Headquarters and processed. He was charged with Forgery and Counterfeiting of Registration Plates, a misdemeanor. He was also cited for Display of Plates, Operation of Unregistered Vehicle and Improper Use of Evidence of Registration or Certificate of Title.

Silva was held pending pickup by Coventry Police on the Shoplifting warrant.

enue just over the town line and identified the driver as Willie Amparo, 33, 135 Sterling Ave., Providence. Murphy discovered Amparo had an active Warwick Police Department arrest warrant for felony Shoplifting.

After confirming the warrant, Murphy asked the driver to step out of the vehicle. Amparo was handcuffed, searched and secured in the rear of a patrol cruiser. His vehicle was towed from the scene.

Amparo was cited for Speeding (1 to 10 mph in Excess of Posted Speed Limit), processed and Warwick Police were notified of his arrest. Around 6:45 p.m., Warwick Police officers responded to Johnston Police Headquarters to take custody of Amparo.

WARRANT ARREST

Around 11:40 a.m., Sept. 28, Johnston Police Patrolman Nicholas A. Crowe was at a fixed post on Killingly Street when he spotted the driver of a passing 2002 Mercury Mountaineer wasn't wearing a seatbelt.

Crowe initiated a traffic stop near 624 Killingly St. and identified the driver as Domingo Santiago, 60, of 1537 Chalkstone Ave., Providence. Police discovered Santiago "had an active warrant out of Pawtucket for a hit and run

accident," according to the arrest report.

Police asked Santiago to exit the vehicle. He was handcuffed, searched and transported back to headquarters where he was processed and photographed.

He was held in a cell pending transport by Pawtucket Police to Pawtucket to answer for the warrant.

WARRANT ARREST

Around 4:26 p.m., Sept. 25, Johnston Police Patrolman Matthew D. Murphy spotted a green Plymouth Voyager traveling east on Hartford Avenue with expired plates. He initiated a traffic stop near the intersection with Borden Avenue.

Police identified the driver as Steven G. Arruda, 66, of 129 Mendon Road, First Floor, Attleboro, Massachusetts.

Murphy discovered the vehicle's registration was suspended. He also discovered that Arruda had an active Rhode Island State Police (RISP) arrest warrant (police did not note the warrant charges). He was arrested and his vehicle was towed from the scene.

Arruda was transported back to Johnston Police Headquarters and held pending pickup by RISP. He was cited for Operation of a Vehicle when Registration is Suspended.

WARRANT ARREST

Around 5:50 p.m., Sept. 18, Johnston Police Patrolman Matthew D. Murphy spotted a gray Ford F-150 with Connecticut plates traveling "at a high rate of speed" east on Plainfield Street in Johnston. He was clocked at 34 miles per hour in a posted 25 mph zone, according to the arrest report.

Murphy initiated a traffic stop on Farmington Av-

JFD & fugitive task force nab alleged auto shop shooter

By RORY SCHULER

Johnston Police and the state's Violent Fugitive Task Force made an arrest in last Wednesday's shooting at City Limit Auto Sales on Hartford Avenue.

"Our main objective is to protect the safety and well-being of the Johnston community," according to Johnston Police Chief Mark A. Vieira. "The Johnston Police Department takes incidents of violent crime very seriously."

Police have arrested and charged Ramon Abreu, 44, of Whittier Avenue, Providence.

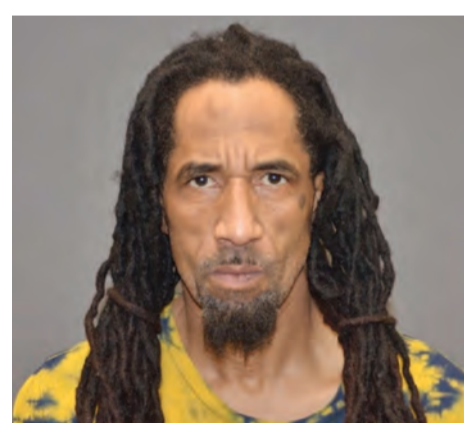
Abreu was arrested Friday at 11:15 a.m. by members of the Rhode Island Violent Fugitive Task Force, US Marshals Service and members of the Johnston Police Detective Division on a felony arrest warrant for two counts of felony assault with a dangerous weapon, according to police.

"Ensuring the swift apprehension of this violent offender was a top priority," Vieira explained Monday. "We were committed to leveraging all necessary resources, including task forces, to promptly address and resolve this case. Equally important was pursuing justice for the victims and assuring they were supported throughout the investigative process."

Police said the shooting incident stemmed from a dispute between Abreu and employees over work on the suspect's vehicle. After an argument, Abreu allegedly left the business and returned with a gun, according to a press release from Johnston Police.

On Oct. 11, Abreu allegedly fired two shots (one each) at two employees, striking one in the leg. Police said the injury was "non-life-threatening."

Abreu facing the following felony charges: Felony Assault with a Dangerous Weapon (two counts); License or Permit Required for Carrying Pistol;



BEHIND BARS: Police have arrested and charged Ramon Abreu, 44, of Whittier Avenue, Providence, with a long list of charges following a shooting last week at City Limit Auto Sales on Hartford Avenue. (Photo courtesy Johnston Police)

Using a Firearm when Committing Crime of Violence; Possession of a Firearm after being Convicted of a Crime of Violence. He has also been charged with a pair of misdemeanors — Disorderly Conduct and Firing in a Compact Area.

"The Johnston Police Department commends the Rhode Island Violent Fugitive Task Force and the United States Marshals Service for their assistance and swift action in taking this dangerous suspect into custody," Johnston Police said to conclude their press release.

On Monday, Abreu was arraigned in Third District Court. He did not enter a plea, but was referred to a Public Defender.

Rhode Island District Court Associate Judge Joseph Terence Houlihan set Abreu's bond at \$200,000 surety and issued a Non-Domestic No Contact Order. A Pre-Arrest Conference has been set for Jan. 29, 2024.

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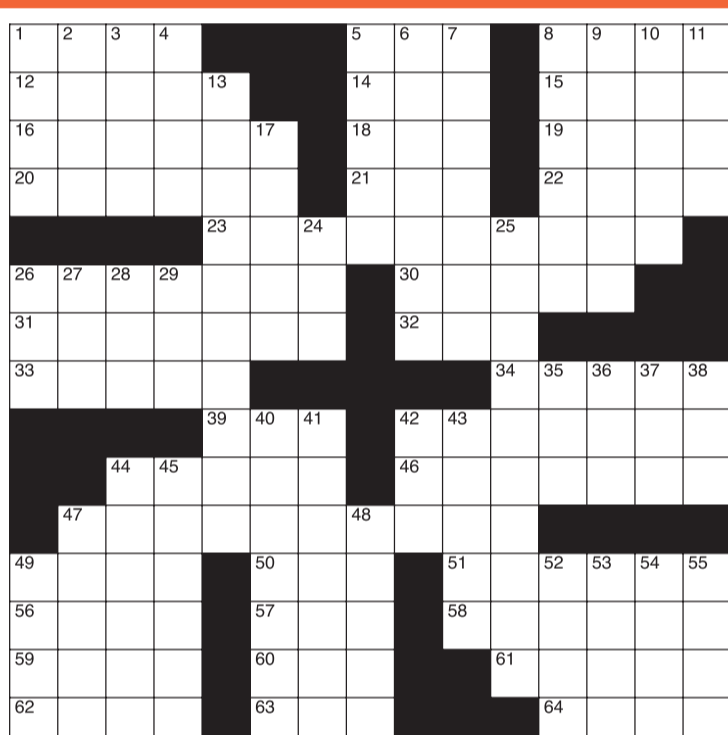
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22. Cows collectively
23. Areas close by
26. Slightly disreputable
30. Made a mistake
31. One who cites
32. Food stall: ___ pai dong
33. Narrow valley between hills
34. Members of people living mainly in the Congo
39. More (Spanish)
42. Classroom implements
44. Cognizant of
46. One who tells on others
47. Free from slavery

CLUES DOWN

1. A dissenting clique
2. Japanese city
3. Spiritual leader
4. Second letter of Greek alphabet
5. Musical term
6. Ruled over
7. Fortified wine
8. First year player
9. Moved in a circular way
10. Adolescents
11. Scottish or Irish Gaelic language

13. Someone who serves in the armed forces
17. Bring up
24. Factual written account (abbr.)
25. Having three sides
26. Annoy
27. Hustle
28. American WW2 leader
29. Stale atmosphere
35. US Treasury
36. Sound unit
37. They ___
38. Soviet Socialist Republic
40. Places to play video games
41. Medical event
42. When you hope to arrive
43. Fixed prices
44. Popular Boston song
45. Valley in Indiana and Illinois
47. Omit when speaking
48. German explorer of the Congo Basin
49. Stick around
52. From a distance
53. Heroic tale
54. Amounts of time
55. Eat



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Opinion

EDITORIAL

A profoundly dark chapter in history

As humans and particularly as journalists, we often try to look for slivers of light in the darkest of times to insulate ourselves against the negative emotions that can result from observing and chronicling moments so horrible they surpass our own ability to rationalize and process them.

It is becoming profoundly more difficult to find any light in events occurring throughout the world at the moment, however.

A bloody stalemate war rages on in Ukraine, with no feasible end in sight for a conflict sparked by a dictatorial madman. In the blood-soaked sand of the Middle East, a mass casualty terrorist event not seen in similar scope since the destruction of the Twin Towers over 20 years ago has redefined suffering for a new generation of Palestinian and Israeli civilians.

• WHERE TO WRITE:
1944 Warwick Avenue
Warwick, RI 02889
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Here at home, we seem constantly on the verge of collapse into a state of pseudo Civil War between extreme factions of our once semi-functional governmental system. Our collective federal representatives seem about as likely to provide clarity and a clear path forward towards resolving these global conflicts as the sun is likely to rise in the West and set in the East tomorrow.

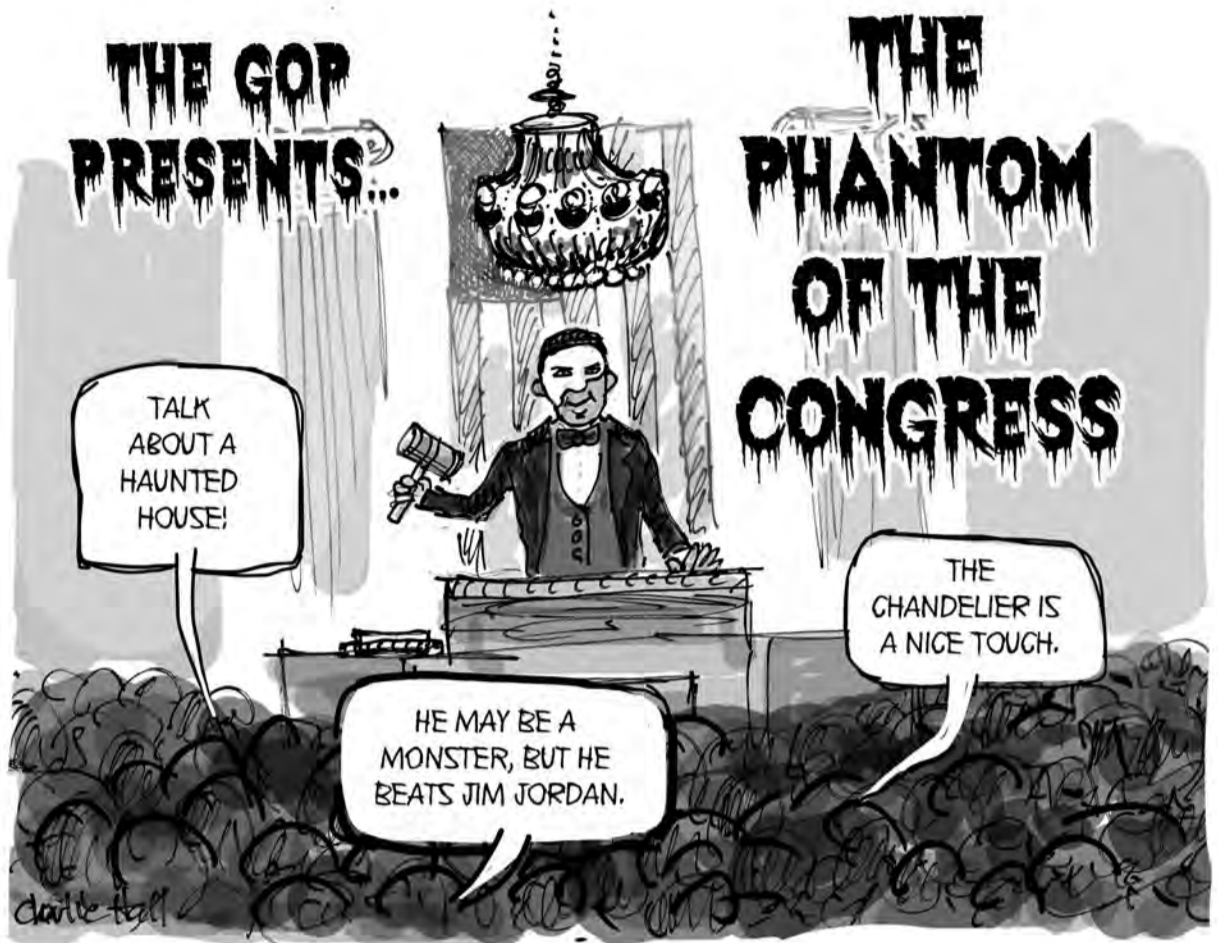
We're not qualified to make a sweeping political assessment of the situation in Ukraine no more than we are to comment on the immensely complex intricacies that led up to the carnage in Israel and, as a result, in Gaza, where a humanitarian crisis of nearly immeasurable scale is already reaching a boiling point.

What we are qualified to comment on is our collective disappointment that in the year 2023, we continue to seem intent as a species to violently ricochet around the same carousel ride that humans have been stuck on since we emerged from caves and found other people to fight with for things like food, shelter, and water.

There are seemingly no limits to how we find ways to wedge ourselves against one another, find ways to hate one another, and ultimately find ways to snuff out the only universal thing we share with one another; a precious, fragile life force that can end as suddenly and chaotically as it begins.

While there is not enough space in the collective libraries of the world to tackle this problem from a scholarly angle — one that takes into the infinite number of perspectives and billions of tidbits of context required to understand something as complex as the ceaseless persistence of war among our genetically identical fellow primates — we feel it necessary to simply put on record, and into the collective ether of consciousness, one more beleaguered and helpless prayer for safety to those experiencing these life or death events each day.

Perhaps it is up to every able individual to find and spread their own light when none appears to shine.



LETTER

Our government starts in our town

Somewhere during my life, carbon dioxide became the enemy. Carbon dioxide - the "gas of life". CO2, the gas I learned in elementary school was essential to all plants. In return, those plants benefit us by respiring oxygen, essential to our existence. Without CO2 there will be no life on Earth. Does "net zero" make any sense as a goal?

Somewhere during my life, the Environmental Movement lost its focus of clean air, water and land. They became a group that would cut down acres of trees to install 1000's of plastic, toxic panels shipped from the other side of the planet. Vast amounts of energy are used to unearth the needed materials. Huge mining operations deface the land in the process of digging up these resources. But they are far away and we Rhode Islanders don't have to see that. Nor are we expected to

question the amount or type of fuel required to mine and ship our solar panels. How "green" are they?

The energy used to produce and transport the solar panels coming to us can never be offset by the installation and use of them - at least not in Rhode Island. Any location on Earth above 35° latitude (roughly where southern Spain lies) makes it impossible for a solar panel to repay its carbon debt. The reason for that is our northern sun strength and duration is just not enough to maximize any benefit.

Add to this geographically imposed problem, a congressionally mandated research plan to investigate Solar Radiation Modification. SRM is a "science" whose aim is to cool the Earth by reflecting sunlight back into space. This is the same government that offers monetary support to people and businesses

who "go solar". Dimming the sun is not a way to increase the energy output of solar units.

The whole wind and solar movement is a classic case of putting the cart before the horse. It does not have the best interest of the citizenry, but is designed to benefit corporations. It is the "cash cow" for all those who are pushing it onto us. And once I mentioned horses and cows, please do not refer to the proposed site in Johnston or any other location as a farm. It deals in neither crops nor animals. It will never offer any food. In addition, it offers no beauty, no charm, no matter how many wild flowers you plant beneath it.

Our government starts in our town. Let's stop this "green" travesty here.

Laura Zaglio, of Johnston

GOVERNOR MCKEE THESE ARE THE WISH LISTS FROM ALL DEPARTMENTS SPELLING OUT WHAT THEY HOPE TO RECEIVE IN NEXT YEAR'S BUDGET...



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SUN RISE SCOOPS

Sun Rise Staff Reports

Oct. 21

Cemetery Tours

with the Johnston Historical Society

Join the Johnston Municipal Land Trust and the Johnston Historical Society to explore the property at 216 Morgan Ave. in Johnston on Saturday, Oct. 21 as part of Rhode Island Land Trust Days.

Johnston Historical Society members will be onsite to show the recently restored cemeteries. Also onsite are the Andrew Harris and Thomas Harris houses, and a 19th century blacksmith shop. Visitors can take an easy 10-minute self-guided hike to Hipses Rock. Light refreshments will be served. There is on street parking nearby and a limited number of off street spots. Restrooms are available. Dogs are welcome. The event will be held from 1 to 3:30 p.m.

Oct. 30

JPD Trunk or Treat

Kids of all ages are invited to the Johnston Police Department headquarters, located at 1651 Atwood Ave., on Monday, Oct. 30 from 5:30 to 7:30 p.m. for their 2023 Trunk or Treat event. Just stop by the front parking lot for candy and much more.

Oct. 24

Photographic Society of RI

On Tues., Oct. 24, at 6:30 p.m., as a social time and the meeting will start at 7 p.m. It will be held at Lakewood Baptist Church, 255 Atlantic Ave., Warwick. Before the meeting members are asked to drop off black & white and color prints from 6:00 – 6:30 p.m. to be logged in for the 2nd Open Competition of the New Year on Tuesday, Oct. 31. The guest presenter for this meeting will be Silvana Della Camera. The program will be "ICM-More Than Just Pretty."

Using intentional camera movement (ICM) takes the mundane out of a scene. Photographs created with intentional camera movements convey mystery to the viewer. It lets them use their imagination to fill in the blanks & inspire a lingering gaze. Learn how breaking the rules can make you a more imaginative photographer. Future meetings will include live demos, competitions, set-ups for photo ops, image studies and presentations from experts on a vast array of topics for a wide range of skill levels. Whether a member or not, please come and enjoy the program and to see what the club is all about.

Oct. 25

Johnston Blood Drive

Johnston plans to host a community Blood Drive, from 2 p.m. to 7 p.m., Wednesday, Oct. 25, at the Johnston Senior Center Dining Hall, 1291 Hartford Ave., Johnston.

All presenting donors will receive a \$5 Target gift card. Donations by appointment (walk-ins will be welcomed if availability permits at time of arrival). Go to www.ribc.org/drives to book an appointment (sponsor code 3776).

Blood donations will help stock the Rhode Island Blood Center (RIBC).

Oct. 27

Mattoberfest

Save the date for an event at the Ravenous Brewing Company on Fri., Oct. 27, for MATTOBERFEST, a fundraising event to support FARA (the Friedrich's Ataxia Research Alliance), in memory of Johnston's Matt DiIorio.

Ravenous Brewing Company is located at 10 Industrial Road, Cumberland. Stay tuned for more details in the near future. The event will benefit FARA, in an effort to find a cure in the fight against Friedrich's Ataxia, the disease that claimed DiIorio's life.

Oct. 28

Annual Free Coat & Blanket Distribution

St. John & St. James Church will hold its Annual Coat and Blanket Distribution on Sat., Oct. 28, at St. John & St. James Church, School Cafeteria, 17 St. John Street, West Warwick, from 8 a.m. to 12 p.m. Other clothing will be available such as scarves, gloves, mittens, etc.

Oct. 28

PVPH Hosting: "Where Monsters Dwell"

On Sat., Oct. 28, at 2 p.m., the Pawtuxet Valley Preservation & Historical Society, 1679 Main Street, West Warwick, will host "Where Monsters Dwell", presented by Michael Girard, adventurer/explorer/writer. A Zoom link will be sent to members unable to attend in person. If not a member, request a link by forwarding your email address to pvphs1@gmail.com, using the subject heading "Halloween." Free public event. Refreshments will be served. For information: call 821-1078.

Nov. 4 & 5

St. Francis Xavier Holiday Bazaar

St. Francis Xavier will hold its holiday bazaar at the church, 81 No. Carpenter St., East Providence, Sat., Nov. 4, from 9 a.m. to 6 p.m. and Sun., Nov. 5, from 8

a.m. to 1:30 p.m. There will be something for everyone including: Grand Prize Raffle, Christmas Booth, Attic Treasures, Silent Auction, Raffle Baskets, Liquor Raffle Baskets, Wine with a mystery gift card, Hand knitted & crocheted Items, Home Decor, Craft Supplies, Baked Good Booth, Lucky 7's, Games and Prizes, Kids Corner, Youth Group and more. After shopping, enjoy a delicious lunch or dinner at the food court and don't forget to pick up some famous Portuguese malassadas.

Nov. 11 & 12

Emanuel Lutheran Church Craft Fair and Bazaar

The craft fair and bazaar will be held on Sat., Nov. 11, from 9 a.m. to 3 p.m. and Sun., Nov. 12, from 12 p.m. to 3 p.m. at the church, 9 New London Ave., West Warwick. Exquisite raffle baskets, candles, baby items, bird houses, dried flower items, handmade gnomes, handmade bags, jewelry and so much more. There will be a lunch and bake shop as well. All are welcome.

NAMI-RI Offers Family Support Groups

The RI chapter of the National Alliance on Mental Illness (NAMI-RI) offers free support groups for families and friends of loved ones who are struggling with their mental health. The groups are led by trained facilitators who also have lived experience as family members themselves. The group meetings last about 1.5 hours, and everyone who participates in the meeting gets a chance to share. The other members of the group try to offer help and resources, when appropriate, based on their own experiences. More information and full schedule can be found at namirhodeisland.org or call 401-331-3060. No pre-registration for these monthly groups is necessary.

First Thursday at 6 p.m. IN PERSON ONLY at the Rochambeau Library in the Community Room, Rochambeau Library, 708 Hope Street, Providence (NEW-starts Aug.)

Second Tuesday at 5 p.m. IN PERSON ONLY at the Middletown Public Library in the Community Room. Middletown Library, 700 West Main Road, Middletown.

Third Tuesday at 6:30 p.m. MEETS VIA ZOOM ONLY. Please call 401-331-3060 or email info@namirhodeisland.org for the Zoom link.

Fourth Wednesday at 6 p.m. IN PERSON ONLY at the Hope Valley Grange, #71116 Main St, Hope Valley.

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 deductible according to your filing status. To donate, go to the following website: www.rifoundation.org/funds/soul-of-1971-scholarship-fund.

Help OSDRI restock their pantry!

Operation Stand Down Rhode Island needs your help. Their food pantry needs a major restocking. See a list of needed nonperishable items in the photo.

Like many people, OSDRI's clients have been faced with some real obstacles these past couple of years. With your help, they pledge to always be there to give a hand up for veterans and their families in need.

Items can be dropped off Monday through Friday, from 9 a.m. to 4 p.m., at OSDRI's main office, 1010 Hartford Ave., Johnston. If you have any questions or would like more information, call the OSDRI office at 401-383-4730.

Editor's Note: Send submissions to Sun Rise Editor Rory Schuler at rorys@rhodybeat.com or Front Desk Coordinator Ida Zecco at idaz@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.

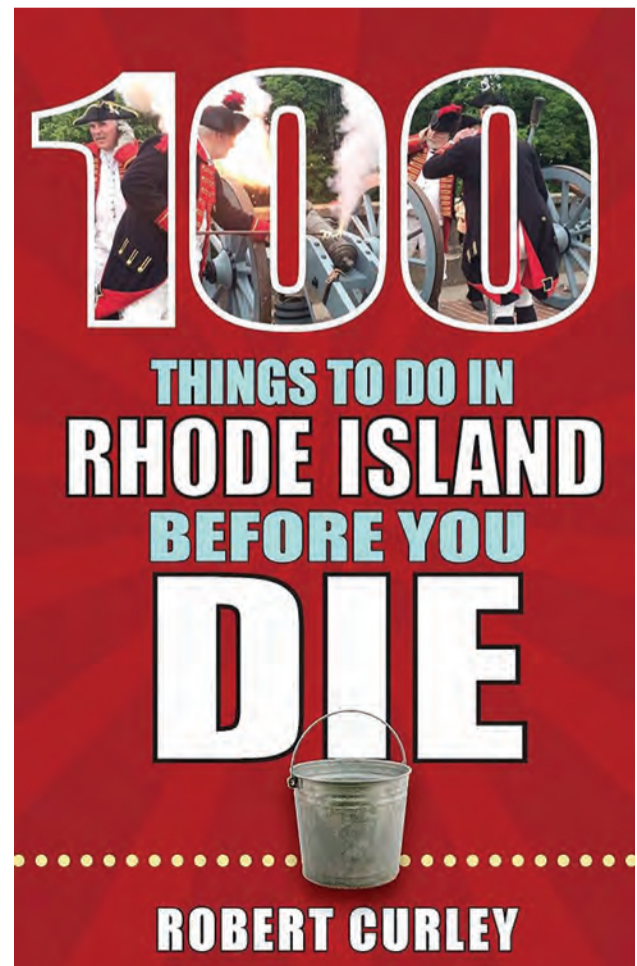
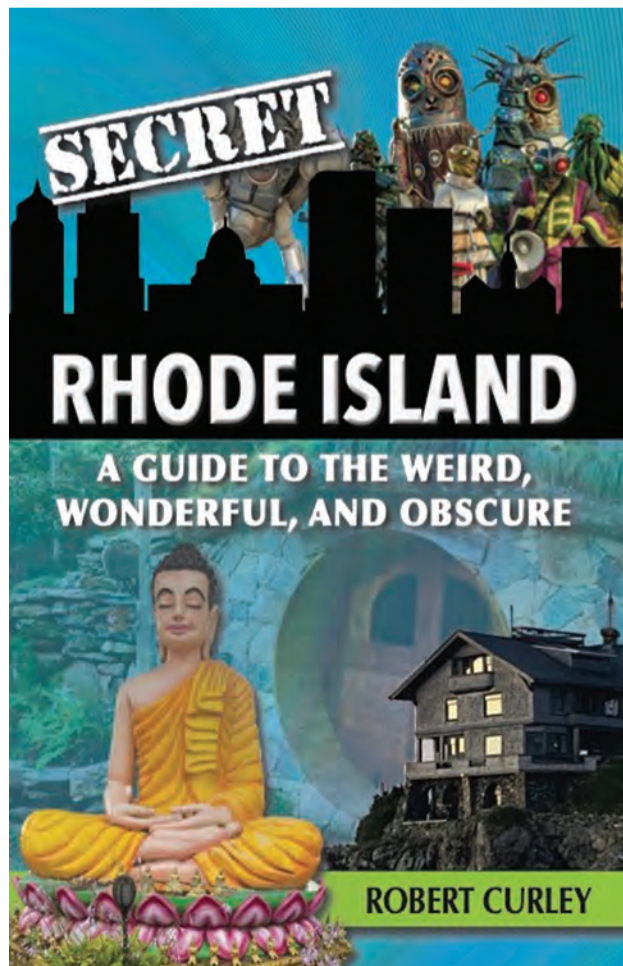
SCOOP OF THE WEEK

Johnston Historical Society hosts author Bob Curley Oct. 25

At 7 p.m. on Wednesday, Oct. 25, the Johnston Historical Society will host author Bob Curley as a guest speaker. Curley is a freelance journalist based in Rhode Island who writes about travel, food, culture and health and wellness for publications including USA Today, AAA, AFAR, Caribbean Journal, Rhode Island Monthly, Newport Life, New England Home, Recommend, and Healthline. He is a contributing writer to travel guidebooks from Fodors and Lonely Planet and the author of "100 Things to Do in Rhode Island Before You Die," "Rhode Island: Off the Beaten Path," "100 Things to Do in the Caribbean Before You Die," and the forthcoming "Secret Rhode Island (due out November)."



Bob Curley





HIS LIST: Retired U.S. Army Sgt. John Tammelleo has a list of lost buddies he wants to look up on the Vietnam Memorial Wall. He plans to find each of the names and make rubbings. At left, Tammelleo shared this photo from his time serving in the infantry during the Vietnam War. (Sun Rise photos by Rory Schuler)

Honor

(Continued from page 1)

After league play on Tuesday at Meadowbrook Lanes in Warwick, a pair of Vietnam veterans reflected on war, lost friends and bowling with good buddies. Tammelleo and retired Corp. Mario DeAngelis, also a Johnston resident, are both 75 and both served in the Army during the Vietnam era. On Sunday, both men will be flying to Washington D.C. to visit our nation's most somber and esteemed national war memorials as passengers on the 29th Rhode Island Honor Flight.

Belated Welcome Home

"It's humbling," DeAngelis recalled while seated at the bowling alley. "When we were in uniform and walked through the airport, it wasn't a pleasant experience." The automated pinsetter crashed simultaneously across all the lanes, clearing stray balls and waddling duckpins, punctuating the veteran's shared 50-year-old memory. "They didn't treat us well," agreed Tammelleo, an infantryman who served in Vietnam from 1968-1970. DeAngelis served in Germany from 1969-1971.

Tammelleo is a Johnston native. DeAngelis was born and raised in Providence but lived most of his adult life in Cranston, prior to moving to Johnston just a few years ago. The two men are related by marriage.

They represent the latest Honor Flight generation. The wars in which the participants fought have changed, but the Rhode Island Fire Chiefs Honor Flight Hub mission persists.

Founded in 2012 by former Providence Fire Chief George Farrell, the group took Rhode Island Honor Flight number 28, codenamed "Freedom," on Monday, June 19.

The pair of Johnston men will have guardians accompanying them on the trip (guardians pay their own way and help each veteran on the day-long whirlwind trip). They expect to visit the wall, the Korean War Veterans Memorial, Lincoln Memorial, United States Marine Corps War Memorial (Iwo Jima Memorial), and Arlington National Cemetery. Their flight leaves around 5 a.m. and they expect to return around midnight.

"I just wanted to go for the comradery," Tammelleo said. "I thought to myself, 'Let me give it a shot.'"

Flight No. 29

According to Farrell, 55 veterans will

fly out of Rhode Island T.F. Green International Airport on Sunday, a mixture of Honor Flight honorees and younger guardians who also served.

"When we started, our first flight was in November 2012, we were exclusively taking World War II veterans," he recalled. "When you take into account — 16 million men and women served in World War II, only maybe, at best, less than 150,000 are still with us ... But we're proud we've been able to do the job and give them the welcome home they didn't get."

Veterans interested in joining the 30th Rhode Island Honor Flight can start submitting their applications. The date has yet to be set, but planning is underway.

"Putting in an application is the first thing they need to do," Farrell said. "Applications for the next flight are coming in. We take veterans based on where and when they served (veterans who served during World War II, Korea and Vietnam, as well as any terminally ill veteran, move to the top of the list). The application for a veteran and a guardian are on our website (www.honorflightri.com). Fill it out and that's how you get on a flight."

Farrell encouraged all Ocean State veterans to consider the offer.

"If they want to fly, and we have the

skill, we'll take them," Farrell said. "If their doctor lets them fly, we'll have the skills."

His organization is always accepting donations. The funding will help fund future flights.

"It takes a significant amount of money," Farrell explained. "It's costly. Fundraising is important. If anyone would like to donate, they can do that on our website as well."

Bowling Buddies

Tammelleo and DeAngelis bowled together for years at the now demolished Town Hall Lanes in Johnston.

They miss the town's little duckpin bowling alley.

"I bowled there for so many years," Tammelleo said. "They were getting ready for a grand re-opening. And then they closed."

The bowling veterans joined the Rhody Rollers, a Warwick league. They still play together every Tuesday, but their drive's a bit longer.

On Sunday, they'll travel to the nation's capital, back in time, and then back to Rhode Island, all in a single day. And Tammelleo hopes to trade his little scrap of paper for five carbon copies, each bearing the immortalized name of a friend lost in war, treasured mementos he'll keep for the rest of his days.



WELCOME HOME REDUX: Retired U.S. Army Corp. Mario DeAngelis grew up in Providence, lived in Cranston for decades, and recently settled in Johnston. He holds a photo from his time in the service during the Vietnam War. (Sun Rise photos by Rory Schuler)

Obituaries

Obituaries

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

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

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LINKED LEADERS: Among the attendees at last Friday's 3rd annual Faith & Blue ceremony were Rev. Anthony Aquino, Rev. Stephen Fava, Rev. Angelo Carusi, JPD Chief Mark Vieira, Mayor Joseph Polisena Jr., Rev. Chris Abhulime, Rev. Peter J. Gower and JPD Deputy Chief Matt Leduc. (Sun Rise photos by Pete Fontaine)

Razza honored in 3rd annual Faith & Blue event

By PETE FONTAINE

Johnston's faith community and police department came together last Friday night for the 3rd Annual Faith & Blue ceremony held in the front parking lot of the nationally accredited Senior Center on Hartford Avenue.

However, the near two-hour program was much more than prayer and police. It was, in short, a special tribute to the late JPD Chief Joseph P. Razza who founded Johnston's version of the National Faith & Blue Weekend that has become one of the largest police community outreach efforts in history.

The emotional, inspirational and heart-warming program began with Chief Mark Vieira requesting "Before we begin, I would like to ask everyone to join me in observing a moment of silence to honor Police Chief Joseph Razza who was laid to rest yesterday."

After which, Vieira explained he had a conversation with Rev. Angelo Caruso last Friday morning - who he said "I'm proud to say is my pastor of St. Rocco's Church - and brought to my attention that Sept. 29 was the date of the principal feast of St. Michael who is the patron saint of police officers and acts as the defender of the church and assists people at the hour of death. So, it was very appropriate that Chief Razza's spirit went back to God on the day of the principal feast of St. Michael; may Chief Razza rest in God's grace and care."



WARM WELCOME: Johnston Town Councilwomen Lauren Garzone (left) and Linda Folcarelli enjoy a special moment with "The Cop" - one of Kathy Parente's Cartoon Characters - that added fun for people of all ages during Friday's Faith & Blue ceremony.

Razza

(Continued from page 10)

Vieira, with emotion ringing in his voice, went on: "I can tell you that Chief Razza was a pillar of the Johnston community and under his leadership the Johnston Police Department expanded its community engagement further unifying our town, which is evident in all of us being her today as this started with him two years ago when he launched our first Faith & Blue event. As a department we will carry forward his legacy of honor, compassion and service."

As for people not familiar with National Faith & Blue Weekend, it facilitates safer and stronger communities by engaging law enforcement officers and residents through the connection of faith-based organizations. In the short time since its inception in October 2020, Faith & Blue has become one of largest community outreach efforts in history.

"We recognize that our faith-based organizations play a significant role in promoting community engagement and collaboration," Vieira added. "Their efforts to break down barriers and promote understanding have strengthened the bond between the Johnston community and police department."

To which Rev. Dr. Chris Abhulime of King's Tabernacle Church suggested: "The next time you see one of our police officers, please say THANK YOU for keeping all of us safe."

Likewise, as Father Gower said: "Thank You God for our men and women in uniform. They epitomize the Johnston Police credo: Working together, making a difference."

The program also featured special remarks and prayers from Rev. Peter J. Gower of Our Lady of Grace Church, Pastor Angelo Aquino of Iglesia Cristiana Comunitaria Church, Rev. Richard Narciso of St. Robert Bellarmine, Rev. Stephen Fava of the Trinity Assembly of God and Father Carusi.

There were also two other moving moments, one when students Sophia Fava, Isabella Sopko and Thomas Luongo from the Trinity Assembly of



SPECIAL SUPPORTERS: Members of the Johnston Police Department's Explorers Post helped make last Friday's Faith & Blue ceremony special by performing many important duties and includes Major Thomas Dolan, Nicki Aucone, Riccardo Camerona, Nick Scungio, Luke Zolkos, Jason Grossiwildung and Ronald Cange.

God sang a beautiful rendition of "God Bless America" and when Rebehak Rivera-Masih sang "The Lord's Prayer."

Meanwhile, Kathy Parent's popular Cartoon Characters added fun and photo opportunities for young and old alike while the Johnston Police offered a variety of light foods. The program was further enhanced by My Cousin Vinny's Rentals setting up not one but two bounce houses for children that JPD Captain Mike Babbitt arranged as the event coordinator.

While speaking on behalf of all Johnston residents, Mayor Joseph Polisena Jr. emphasized: "I appreciate you all coming out tonight to show your support. There is a crisis of faith in the country, and events like this, where different leaders from all different faiths come together, it shows our appreciation for our police department and shows there's still hope out there!"



Dr. Chris Abhulime @ChrisAb... · 2m
May his soul rest in the arms of Christ our Lord.



PAYING TRIBUTE: At left is a screenshot of the Tweet sent out by Dr. Chris Abhulime, honoring Joseph Razza following the news of late chief's passing.

WE'RE ALL EARS

Questions? Comments? Story Ideas?
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UNIFIED BARNES: At Barnes Elementary School, students worked year-round on focused on inclusion. From left to right, Charles Chaves and his partner Torin Kalnietis, as well as Landon Moy and his partner Jeremy Borja Arellano, all work on the school's Gingerbread House activity. At far right, Mr. Capaldi gives Sebastian Rhau an award. (Submitted photos)

Unified

(Continued from page 1)

Brown Avenue Elementary, Sarah Dyer Barnes Elementary, Nicholas A. Ferri Middle School and Johnston Senior High School have all earned "National Banner Unified Champion Schools" certification.

Johnston now becomes the first and only district in the Ocean State with four schools, one from each age-level, officially recognized for inclusion by the Special Olympics.

"We want all our students to feel safe and included in all aspects of their lives," said Edda Carmadello who previously served the Johnston Public Schools Director of Special Services, and after a promotion last month, has been named the district's Assistant Superintendent. "The Unified Schools Champion recognition is a testament to the activities provided in and out of school. Many of our students are empowered to create and lead this initiative alongside educators."

Carmadello broke the news in a school-wide announcement:

"We're proud to announce that four schools in Johnston have been officially recognized as 'National Banner Unified Champion Schools' for their commitment to inclusion! Each school has met 10 standards of excellence as determined by Special Olympics North America, focusing on Unified Sports, inclusive youth leadership, and whole-school engagement."

State-by-state, the Special Olympics announced the nation's schools that made the "Class of 2023 National Banner Unified Champion Schools" list. Only eight Rhode Island schools made the list. Half were in Johnston (these four schools rounded out the rest of the list — Burrillville High School, Dunn's Corners Elementary School in Westerly, Hopkins Hill Elementary School in Coventry, and Pleasant View Elementary School in Smithfield).

A Special Olympics Unified Champion School demonstrates "commitment to inclusion" by meeting the standards of excellence set by the organization. The schools must show that it "has an inclusive school climate and exudes a sense of collaboration, engagement and respect for all members of the student body and staff."

"A Unified Champion School receiving national banner recognition is one that has demonstrated commitment to inclusion by meeting 10 national standards of excellence," according to Special Olympics. "These standards were developed by a national panel of leaders from Special Olympics and the education community."

The "primary activities within these standards" include "Special Olympics Unified Sports (where students with and without disabilities train and compete as teammates), Inclusive Youth Leadership and Whole-School Engagement."

The achievement required lots of hard work by students, staff and parents, before and after school hours, as well as during the school day.

"We want all our students to feel safe and included in all aspects of their lives,"

Carmadello said. "The Unified Schools Champion recognition is a testament to the activities provided in and out of school. Many of our students are empowered to create and lead this initiative alongside educators."

To become a "Banner Unified Champion School," the school must also "be able to demonstrate they are self-sustainable or have a plan in place to sustain these activities into the future."

"The expectation of this recognition is that the 10 standards are continuously being met, year after year," according to Special Olympics. "To ensure this sustainability, schools reapply for banner status every four years."

"We are so proud of our students, and the inclusive practices demonstrated in all school communities," Carmadello explained. "Our students, families, faculty, and staff care about each other and provide opportunities to foster friendships that will last a lifetime."

Schools that didn't make the list can reapply in Spring 2024.

After an intensive "application review process" each school application is reviewed on the state level first, and then "by a national Certifying Body of key educational leaders."

"The District Special Olympics Leadership Team met monthly last year and decided to apply for this recognition together," Carmadello said. "The school teams supported each other, shared ideas, and coordinated efforts throughout the district to promote inclusion."

The district expressed gratitude to all those who helped achieve the certification: "Special thank you to students, families, and partners who participate in

these school-wide programs and activities, administrators, faculty, and staff members who support these initiatives, and the district Special Olympics leadership team who coordinated school and district-wide events to celebrate inclusion and belonging in Johnston."

Next Spring, Johnston Schools plan to host a special celebration.

"The district will be recognized in March as one of the first districts in Rhode Island to receive recognition on all levels (elementary, middle, and high school) at the same time," Carmadello said. "The community will be invited to a special event at Johnston Senior High School in March to celebrate all of these schools."

Johnston Schools Superintendent Dr. Bernard DiLullo Jr. offered high praise for his staff, students and families.

"I am proud of the four schools in Johnston that have been officially recognized as National Banner Unified School Champions," he said. "These schools have provided programming and activities that promote inclusion for all. This was not an easy task as each school had to meet challenging standards and come together as a community to support Unified Sports and inclusive leadership. I thank the many administrators, faculty and staff members, students and their families and volunteers for working toward the goal of developing an inclusive community. All four schools have continued to celebrate inclusion and enforce the ideals of belonging in our schools. I congratulate Brown Avenue, Barnes Ferri Middle and Johnston High School for this very important work and for being recognized as inclusive schools."

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BROWN AVE. SUCCESS: Above, fifth grade buddies Elliot Sarli and Alex Martinez working together during students drop everything and read time. Below, fifth-grader Angel Franco-Delgado and second-grader Gianluca Cambia pour water over Ms. Sloan's head at the school's second annual Pay to Pour event. (Submitted photos)



UNIFIED PANTHERS: Above, the JHS Unified Panthers pose for a team photo after their championship game, where they placed second place in their division. Below, the JHS Project Success & Project Forward crew wear blue and white to support Johnston's "choose to include" dress down day. (Submitted photos)



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House of 1,000 pumpkins just got **BIGGER**



By JOHN HOWELL

When Tim Perry gets home from his IT job he turns on the TV, but he doesn't watch it.

Rather, he takes out an Exacto knife with its razor sharp blade and begins carving a pumpkin. These are not farm fresh pumpkins. They're "craft" pumpkins made of low density foam that come in different sizes and shapes and look like the real thing. They can last a long time — years — which is a good thing because carving one pumpkin the way Jim does it can take three hours and longer.

You can do the math. One carved pumpkin an evening adds up to 365 in a year. Of course, Tim takes some time off from pumpkin carving and there are days when he might do a couple of pumpkins and maybe more if they're little ones that are the size of a grapefruit. In the last year he was especially prolific. He carved 400 pumpkins.

That's why his "house of 1,000 pumpkins" display on Kent Drive, just around the corner from the new Garden City School in Cranston, actually has 1,400 pumpkins.

Tim has been doing pumpkin displays for the last ten years, attaining his goal of 1,000 pumpkins last year. Before pumpkins he was into another hobby that is likewise appropriate for this time of year. More on that later.

With his home on a corner lot Tim's pumpkin display is ideally located for viewing. It circles around the house. Small gourds line the road. Larger pumpkins are spread across the lawn leading up to racks that are pegged into the ground. The pumpkins are bolted to the racks to prevent them from getting blown over. A network of wires connects groups of pumpkins. Five watt lights give the pumpkins their glow.

"I've been asked plenty of times, 'This must be really expensive to run?'" It's not. The entire display consumes no more than a 200 watt bulb.

Sports

JHS soccer building numbers, foundation

By ALEX SPONSELLER

The Johnston boys soccer team is nearing the end of its regular season and has been grinding through a rebuilding year, fielding a roster with nine freshmen and 18 underclassmen overall, as well as four seniors that are leading the way.

The Panthers currently sit at 1-12 with three games remaining on the schedule. Although the playoffs are unlikely, first-year coach Yevgen Fedorchuk has been thrilled to see his players embrace the process and work hard building a foundation for the future.

"We've been very happy with the team this year and I'm very excited to have everyone here. We have seen a lot of improvement, we mostly have freshmen and they are better than they were at the beginning of the season. They're still not where I want them to be, but we are going in the right direction," said Fedorchuk.

The future looks promising for Johnston, as the team also introduced a



FOOTWORK: Andre Amato makes a play on Monday. (Photos by Leo van Dijk/rhodyphoto.zenfolio.com)

full junior varsity roster as well. Fedorchuk and his staff have been preaching togetherness over individual perfor-

mance.

"We want to get everyone involved in the action. We want to build this as a team, not just

one player. When we lose, the whole team loses, when we win the whole team wins," said

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CLASSIC COMMITTEE: Among the members of the Veterans Day Golf Tournament are Ed Dunphy U.S. Army Airborne; Chris Dumas, U.S. Air Force; Jack Judge, Gloucester Country Club president; Shane Drury, GCC pro; Vin Lafazia, Marine Corps League and Stan Bogdan, U.S. Air Force. (Submitted photo)

Veterans Day golf outing returns

By PETE FONTAINE

WANTED: All military veterans and active-duty personnel to enjoy a complimentary continental breakfast, golf, carts, dinner drinks as well as a specially designed commemorative sweatshirt.

If Gloucester Country Club, the Marine Corps League and Johnston Memorial Cancer Events, Inc. placed an advertisement, it probably would have read like the lines above.

However, the invitation stretches far greater and wider, because the tournament - which will be played on Veterans Day, Saturday Nov. 11 with an 11:15 a.m. shotgun start - is being held to fund the prestigious and highly acclaimed 2023 Wreaths Across America that began, is sponsored and based at Ponaganset High

GOLF - PAGE 16

JHS Athletic HOF set to induct 2023 class

By PETE FONTAINE

It's being called the largest class in history since the late Gary V. Mazzie founded the prestigious Johnston High School Athletic Hall of Fame back in 2011.

Sunday, in fact, a total of 42 proud Panthers who have distinguished their alma mater while wearing the famous Blue and White, will be inducted during what promises to be an exciting ceremony inside the Edward DeSimone Gymnasium.

Thus, the Class of 2023 that includes former sports standouts, coaches, com-

munity leaders and of course one-time awesome athletes will take part in the induction which will begin at 2 p.m. and will be followed by the annual dinner at Cranston Country Club.

For longtime Chairman Jim Hopkins, who helped Mazzie - who was his best friend and colleague - Sunday's 11th annual induction ceremony will have a special meaning.

That's because Hopkins, who has kept Mazzie name and legacy alive with the Hall of Fame and memorial golf tourna-

HOF - PAGE 16



CHAMPIONSHIP CAST: This is the 1995-95 Johnston High School Basketball Team that won the Class C State Championship and will be inducted into the prestigious Athletic Hall of Fame Sunday afternoon starting at 2 o'clock.



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JHS

(Continued from page 15)

Fedorchuk.
Captain Logan Brennan has been key for the Panthers this season, as he has been an important communicator between players as well as a resource for Fedorchuk, who is still familiarizing himself with the roster.
"Logan has really helped me with organizing the team. He has more experience and a better feel for the game than the younger guy so he has helped develop them. He's been very good," Fedorchuk said.
With the final three games ahead in the next week, Fedorchuk is hoping to see his players focus on gaining valuable experience and touches as they continue to mature physically to compete with

upperclassmen on a nightly basis.
"We are playing teams that have mostly seniors, so physically we are not there yet. Our goal for the rest of the season is for the guys to continue to get a feel for the game. We want everyone to get comfortable in their positions and get familiar," said Fedorchuk. "They got some experience this year with how we want the (system) to work. We will try to win every game we play, but right now it's about getting them playing time."
More than anything, Fedorchuk hopes to introduce a new era of soccer to the community.
"I am here because I love the game, soccer is in my heart," said Fedorchuk. "We want to bring a great soccer atmosphere to Johnston, we want it to be fun. When our players are working hard, working together and having fun, the wins will come."



HEADER: Zachary Hanna heads the ball on Monday.



BEST FOOT FORWARD: Maximus Halton dribbles up the field.



OUT OF THE NET: Fabian Saucedo leaves the net to make a play.

Golf

(Continued from page 15)

school.
Likewise, the unique Veterans Day Golf Tournament will begin with a 10 a.m. breakfast followed by a brief but special ceremony honoring all veterans. Dinner will be served after the nine-hole event that organizers an-

nounced is limited to 64 veteran and active-duty military golfers.
"To our veterans and active duty military," read a line in the invitation. "Thank you for bravely doing what you're called to do, so we can safely do what we're free to do!"
Meanwhile, a tourney official said: "In order to provide a free day of golf for veterans and active duty military, we are seeking sponsors of \$50 or more per participant. A sponsor of that

amount – or more — will receive a commemorative sweatshirt, access to the tournament as a spectator or forecaddie and invitation to dinner following the nine-hole scramble format event.
"This is a great way to show great gratitude and support for our nation's veterans and active-duty military personnel," a tourney committee member said. "We're inviting as many people as possible to become a sponsor for

this important Veterans Day event."
Thus, anyone who makes a \$50 sponsorship or greater will receive the commemorative sweatshirt as well as an invitation to the dinner and entire tourney.
All checks should be made payable to the JMCE, 75 Orchard Meadow Drive, Smithfield, RI 02917. For more information, please call Vincent LaFazia at (401) 233-2564 or email Fazigily54@gmail.com.

HOF

(Continued from page 15)

ment, will be among the inductees as the one-time Head Coach of Johnston High School's 1995-96 Class B State champion basketball team.
That squad included David DelFino, Steven DeMeo, Jim DiPetrillo, Carmine Gonecon- te, John Holder, John MacAndrew, Ken Norigian, Normand

Paquin, Robert Pelland, Michael Rainone, Brain Renaud, Steven Russillo, Doug Westerman, Kent Waterman and Brent Williams. Managers/statisticians were Dean Bellevue, Kelli Eramian Goldenberg and Mat DiIorio and the coaches were Hopkins, Mazzie, Steven Gaskin and Lois Hopkins.
Gary Bucci '79 and Jen Sac- coccio Paolantonio '02 will receive the Gary V. Mazzie Life-

time Achievement Award.
The Hall of Fame inductees are also Heidi Baker, 1982; Rachele Boehm, 2014, Jason Cerro, 1998; Steven Denon- cour, 1990; Alexandra DiRaimo 2014; Isabella DiRaimo, 2015; Leah Gravel, 2015; William Lytle, 1965; William Lytle, 1965; Ryan McKeon, 2014; Michael Mollicone, 1979; Michael Pennachia, 2013; David Principe, 1984; Len DeMeo, coach; and William McNamara

coach.
A special induction/honor will be bestowed upon Glenn Carrol, and Mark Gilmore, co-founders of the highly successful and widely acclaimed Johnston Community Center Association that touched so many lives and provided many unique programs for the youth of the town.
"Glenn and Mark were a lot like Jim (Hopkins) and Gary (Mazzie)," several people of-

ferred upon learning about their election to the JHS Hall. "They were best friends and put their best foot forward for years and years."
Which is why people pre- dicted earlier this week that Sunday's 2023 JHS Athletic Hall of Fame Induction may well be the biggest in history and overflowing as a current coach/administrator empha- sized: "Overflowing with Pan- ther Pride."



FUTURE FORCE: Members of the Johnston Youth Panthers Football and Cheer Pee Wee Division were among the upstart gridders who took part in the recent and highly attended Johnston High School Homecoming Parade.

Homecoming encore

Here are a few leftover shots of the action from Johnston High School's Homecoming parade which was held on Saturday, Oct. 7. (Sun Rise photos by Pete Fontaine)



SPECIAL SUPPORT: Jim McHale, who has long been involved in Johnston youth sports and is a proud staffer for the Local 57 Operating Engineers, had the honor of towing the JHS Class of 2024's well-designed float in the recent parade.



MIGHTY MILESTONE: Ida Acciardo, 96, mother of Johnston High School Head Football Coach Joe Acciardo, enjoyed the distinction of being the oldest participant in the recent Homecoming Parade. She did so while riding in Gary Salzillo's North-east Auto Body Golf Cart driven by the Panthers veteran skipper.

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EXPERT CATCH: East End Eddie Doherty, Cape Cod Canal striped bass expert and author said, "The fall migration on the Canal has been very good this year." (Submitted photo)

Tips on decommissioning your fishing gear

By **CAPT. DAVE MONTI**

Here are some tips from the experts on putting away your fishing gear for the winter.

Rods. Calvin Wilcox of Cal's Custom Rods (401.575.1189), Warwick said, "Clean rods with mild soap at the end of the season, check eyes for any chipping. Eyes are made of a variety of material, many with ceramic ring inserts that often crack or chip snagging fishing line wearing it out until it breaks."

Dave Morton of Beavertail Rod & Reel, North Kingstown (401.215.5062), said, "Give your eyes the Q-Tip test, rub the inside with a Q-Tip if it snags, hanging up a thread of cotton you should replace that eye."

Reel maintenance starts by taking the reels off the rod, cleaning the spool of salt using mild soap, drying it and then rubbing a light oil, like W-D 40, all over the reel to help fend off harmful salt water. You can even clean and oil the reel seat on the rod, said Dave Morton. Give your reels a good cleaning, particularly when the line is off and spool exposed. Grease where directed by manufacturer, often, the reel is marked where to do this. If instructions are long gone do not hesitate to stop by your local bait or tackle shop to ask where to grease.

Rollers and handles. Morton said, "Make sure your line roller (on spinning reels) is rolling freely, most have a screw which can be taken off and light oil applied, do the same with handles so all turn freely. Reels can be put back on rod after cleaning, but do not lock it down tight, save that for the spring."

Line. Each year, replace used line. I generally do this throughout the season due to the high use of gear in season. But you can do a lot of prep work in the fall. It is a judgment call as to what is meant by "used". Braid line may still be OK to leave on the reel, however, I usually take offline at the beginning of the reel that shows signs of wear. Experts say to cross braid line when spooling onto conventional reels to prevent the line from digging into the spool when a big fish is on.

I often fish with lead core line that is designed to sink in the water column when trolling for striped bass and bluefish in 20 to 35 feet of water in Narragansett Bay. I respool the lead core line putting the used portion on the reel first, this way you use line that is new as most anglers rarely use more than three to four colors (90' to 120') of line. You need to take the line off the spool to clean it thoroughly.

When you change any type of line it is important to spool tight or the line may slip on the spool. To prevent braided line from slipping on the reel, first spool some monofilament backing to the reel as it will not slip, tie braid line to the monofilament, then spool the braided line onto the reel.

Where's the bite?

Striped bass, bluefish, false albacore, bonito. "Greenwich Bay, Apponaug and Greenwich Cove are still exploding with peanut bunker (immature Atlantic menhaden) and striped bass. So fishing is great," said Tom Olson of Ponaug Bait & Tackle, Warwick.

Jeff Sullivan of Lucky Bait & Tackle Warren, said, "We are catching striped bass to 30" when fishing form white perch in creeks and estuaries, both are feeding on peanut bunker. And the albies are still running along the South County beaches but they are in small pockets and very elusive."

Elisa Cahill of Snug Harbor Marina, South Kingstown, said, "Striped bass fishing is outstanding from Narragansett to Watch Hill all along the beaches with some bluefish and chub mackerel mixed in. Bonito are being caught sporadically at the East Fishing Grounds off Block Island and in the Block Island Wind Farm."

"In the mid and upper Narragansett Bay area striped bass fishing is the best it has been in years with anglers catching school striped bass and keepers (28" to < 31") at Haines Park, East Providence and at the Barrington Bridge with some bluefish mixed in." said John Littlefield of Archie's Bait & Tackle, Riverside.

Cod and summer flounder (fluke). "I weighed in a 16.3-pound,

33.75-inch fluke this weekend that was caught by a custom with a butterfly jig when cod fishing. And cod fishing is off the charts with anglers catching 20-pound fish at Cox Ledge," said Elisa Cahill of Snug Harbor.

"Tautog fishing is strong in the Bay and out in front. I caught an 8-pound fish in the upper Bay on an Asian crab last week," said Sullivan.

John Littlefield of Archie's said, "Tautog fishing exploded this week with customers catching shorts with keepers mixed in. Anglers are limiting out in shallower water but are having to catch ten or so shorts to get one keeper."

The minimum size for tautog is 16 inches and as of October 15 anglers can keep five fish/person/day, just one can be over 21 inches with a ten fish per boat limit.

Cahill of Snug Harbor, said, "Fishing east of Pt. Judith Light has been good with angles working harder in shallow water, fish are moving to deeper water where you can reach your limit more easily. This weekend the Island Current party boat had a 10-pound fish."

"Tuna fishing has died down a lot. However, there is still a bite off Scarborough Beach," said Sullivan. Cahill said, "The tuna bite is down, and it is hit or miss. The Island Current tuna trip last week yielded high numbers of school bluefin tuna caught at Hudson Cayon."

"Freshwater fishing continues to be very strong for largemouth bass using top water lures and swim baits," said Sullivan of Lucky's. Trout fishing is good in fall stocked waterways. Visit Designated Trout Waters | Rhode Island Department of Environmental Management (ri.gov) for an update on ponds stocked this fall.

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.

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TSA PreCheck wasn't what I expected

Life Matters



with LINDA PETERSEN

me off at the airport, and practically skipped through the TSA PreCheck line. With no one in front of me, I handed over my boarding pass to the security guard and envisioned a quick walk through the security area.

"Not so fast..." he said. For some reason, the fact that I had this special designation was not communicated on the boarding pass. He motioned toward the check-in counters with the long lines and told me I would have to go back there to have it changed. Discouraged but still hopeful, I chose to just get in the other security line. The line wasn't that long, how bad could it be?

When I got to the conveyor belt, I willingly took off my jacket, shoes and belt and put them in the industrial style grey container that would be run through the x-ray machine. Then I had to remove my laptop and my iPad, and horror struck me.

It was so densely packed in that everything came flying out. First the crackers and potato chips jumped out, then my pills and toiletries. It was difficult to drag out the computer because the carefully packed clothes were holding it down, so they had to come out also.

The grey container was filled with my stuff all jumbled together, and I was cursing under my breath. Sweat was pouring down my forehead and my hands were shaking as the line behind me grew longer and longer. Finally, I broke the laptop free with a sigh of relief and placed it in another container along with my iPad and phone.

Then, walking barefoot with my pants falling down, I made my way over to the Xray machine and formed a human X as the machine tried to ascertain if I was hoarding explosives on my body. Going back to the conveyor belt, I retrieved the several gray containers that were overflowing with my stuff. It was impossible to get everything back as neatly as it had been packed. With all my might, I shoved everything into the backpack. I could see my toothpaste escaping onto my clothes, and the bag of potato chips became a bag of potato chip crumbs, breaking and scattering among my clothes. Shaking with frustration, I made my way to the airplane gate, vowing to never again go through regular security.

TSA PreCheck is worth every penny!

In preparation for a flight to Florida, I had applied for and received clearance for TSA PreCheck. While it was my belief that the expediated wait times to get through the checkpoint should go to individuals with disabilities who cannot stand and wait a long time in lines, the airlines do not see it that way, (unless the person with a disability also goes through the trouble of getting TSA PreCheck clearance.)

This honor goes to those who have paid and applied for this program through the Transportation Security Administration. It includes a stringent security check, including arrest record and fingerprinting. This service verifies that I am a low risk to flight security, thus making me eligible to zip through security checkpoints without having to remove my shoes, belt, and jacket, and allows me to leave my laptop and iPad in my backpack without having to take it out and turn it on for the security guards. It would be a breeze getting through security, or so I thought.

The discounted flight I was on allowed only one personal carry-on item, so everything I needed for a short time away was carefully shoved into my backpack. Underwear and another change of clothing with an additional shirt were neatly folded, condensed, and smoothed down into the bottom. My laptop fit snugly against the back, along with small size toiletries.

Because the backpack was my only approved personal item, I was not allowed to bring my purse, so items such as my weekly pill case, sunglasses, reading glasses, pens, dollar bills, Dramamine, and Tylenol packs were also rammed into the bag. Because flying always makes me hungry and food at the airport is so expensive, a package of peanut butter crackers, almonds and a bag of Pop Corners potato chips were put in on top for easy access. I was extremely happy to not have to take out the laptop which would disrupt the whole feng shui of the backpack.

I happily bid adieu to Hubby as he dropped

LOCAL BUSINESS SPOTLIGHT

PAID ADVERTISEMENT



Meet Kaushal Jain who, along with her husband Sripal, owns and operates Jain's Laundry on Rte. 44 in Johnston. You will find everything you need here to clean your laundry in 2023.

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By JENNIFER COATES

When Kaushal and Sripal Jain moved to America from India in 1976, they came with little but a dream and an uncompromising work ethic. They settled into life in our country and eventually welcomed a young son. They named him Akshay whose name means "eternal, immortal and indestructible" in Sanskrit ~ perfect words to describe their now incredibly accomplished and impressive son.

The same year that Akshay was born in 1993, the Jain's landed upon an opportunity

to own and operate a laundromat on Route 44 in Johnston; thus was born Jain's Laundry. Now, thirty years later, the laundromat is going as strong as ever, as is their successful son. Akshay is now working on his PhD in BioTech at Harvard University while doing cancer research at nearby Dana-Farber Research Hospital. Both Akshay and his parents are the personification of the "American Dream."

Today, customers of Jain's Laundry will find a full-service "wash-dry-fold" laundromat. If you don't want to consume your time wrestling with piles

of clothes, bring your laundry in and trust it to the care of Kaushal Jain. She has committed 30 years of her life to serving her customers. She is meticulous and consistent. She will wash, soften, and dry your clothes, then fold them and wrap them up to go ~ all within a few hours. This is an amazing convenience, all for only .69cents/pound. The math is simple enough - ten pounds of dirty clothes, dropped off in the morning and ready to go by day's end - all for less than \$7.00. Fifteen pounds of dirty clothes dropped off on the way to work and ready to go by dinner - all for under \$11.00.

If you are more of a do-it-yourselfer, then you will find a large room full of coin-operated washers and dryers. There are folding tables for easy sorting and folding. Don't have enough quarters? No worries ~ there is a change machine that accepts up to a \$20.00 bill available here.

There are large capacity

machines available for all size loads, from 25 pounds to 65 pounds. The top loading machines are available here for only \$2.00 per load compared to \$2.50 in most other places. New state-of-the-art dryers are installed which are incredibly efficient, rotating both clockwise and counter-clockwise to prevent the bunching and twisting that can make drying uneven in conventional dryers.

Vending machines are also on-site if you need to re-stock your supply of detergent, softener or laundry bags. There is never a need to wait because there are rows and rows of machines ready to go at any given time. Everything you need is right here at Jain's Laundry.

Jain's Laundry is found in the Plaza 44 shopping plaza on 39 Putnam Pike. It is open seven days each week - from 8 am to 9 pm, Monday through Friday, and 7 am to 8 pm on Saturday and Sunday. For more information about their services, call 401-231-7019.

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By Karen Kalunian

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Photo credit: Melissa NPAWS

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Along with a clever name, Patsy Decline also have a stellar album out

By ROBERT DUGUAY

Within the music scene in Rhode Island, there are various communities, which can be even referred to as sub-scenes in some instances. One of them is centered around 75orLess Records, which is an indie record label based in Warren that's been a cultural staple in The Ocean State for over two decades. There's always something cool coming out of their roster, whether it's alt-rock, power pop, noise rock or absolute weirdness. Echoing the first two styles I just mentioned, Patsy Decline released a self-titled album via the label back on September 14. If you're the type who enjoys steady drums, rock solid riffs and charismatic vocals, then this is ideal listening material.

The quartet consists of William Gorman and Ray Memery as co-vocalists and co-guitarists, Jack McKenna on drums and George Sullivan on bass. Together these four individuals have an harmonic and melodic cohesiveness that's consistent throughout the album. This sonic display is captured excellently by Memery's engineering at Shangri-Lo in Cranston, which I'm guessing is his own personal studio. I really like how the songs have a real essence where each instrument and element has a substantial presence. Each song has the ability to leave a lasting impression due to the catchy arrangements, and it's the kind of catchy that's pleasant and isn't annoying.

"The Price" starts the album off with the guitars setting the tone



PATSY DECLINE

with the right amount of emphasis. A great example of the catchiness I just mentioned is "The Other Way," I know the chorus is going to stick with me for the next few weeks and I'm not dreading it. Another track where the riffs have a major effect is "The Modern World" while accurately painting a picture of life's hustle and bustle through the lyrics. I also like "Mt. Fog," "Flames and Waves" and "Let Nature Run It's Course." This self-titled release feeds off of a singular aesthetic foundation with the sounds branching off into various directions and creating a genuine listening experience.

To fully absorb what I'm talk-

ing about, you can log on to Patsy Decline's Bandcamp page at patsydecline1.bandcamp.com to give it a listen and while perhaps giving it some monetary compensation. While you're at it, check out 75orLess Records' website at 75orlessrecords.com and dive into the rest of the music they've been putting out over the years. I can safely guarantee that you're bound to become a fan of at least one of the bands and musicians they've worked with. In the meantime, start by plugging in and diving into this album I just wrote about. It's rock & roll for today's day & age and all you have to do is press play.



■ Pumpkins (Continued from page 14)

It takes a lot of time to set everything up, however.

Tim takes a week off from work to put it together and because he's always asked how long it takes to set up, this year he added up the hours. It came to 160.

"I just love doing it," he said Saturday evening as families, kids and older couples gathered in the fading daylight.

"It's best when it gets dark," Tim advised.

Tim said Rob Zombie, the singer, songwriter, actor, producer and filmmaker is his inspiration. Zombie's film and song, "House of 1,000 Corpses" planted the seed for his "House of 1,000 Pumpkins." Tim got a response from Zombie to an Instagram featuring his display and he's thought of inviting Zombie to view it, but hasn't yet.

The pumpkin display might be a bit tame for Zombie, whose films and lyrics are known for their spine-

tingling and gruesome "hellbilly" horror.

"There's nothing scary here," says Tim. There are a couple of giant skeletons and at least one giant spider with red eyes. One of the younger visitors announced, "I'm not scared of spiders ... I'm Spiderman."

That transitioned to what Tim did prior to pursuing his artistic flare for carving pumpkins. He raised spiders. At one time he had 500 spiders, mostly tarantulas (that can

live to be 30 years old) and black widows. He never was bitten by any of his pets. Caring for them got to be an ordeal. He was getting deliveries of live crickets at least a couple of times a week.

Tim's wife Sue is happy he's switched to pumpkins, although she notes with some trepidation the collection has grown really big.

"We're going to have to move soon."

But then, Tim could take up watching television.

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The Gettysburg Cyclorama A 19th Century Entertainment Marvel



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



A popular but short-lived form of entertainment during the latter half of the 19th century was the cyclorama. Millions flocked to see these marvels of art and technology, and few were ever disappointed by the wondrous spectacle. A cyclorama is a large cylindrical painting, a few hundred feet in diameter, surrounding the viewer and dramatically depicting a famous battle, historic scene, or natural wonders... the IMAX theater of its day.

These paintings were hung so that there was a bow in the canvas, creating an illusion of depth that enhanced the viewer's experience. Landscaping made of earth, rocks, and flora, along with stone walls and debris of battle was placed between the viewer and the canvas. This foreground display would blend into the bottom of the painted image, creating an illusion where the viewer couldn't tell where the landscaping stopped, and the painting began! Often, part of a tangible foreground object would be placed against the canvas with the remainder of it skillfully painted. Arguably, the most famous cyclorama created in America was *The Battle of Gettysburg*, which depicts the climax of the battle known as *Pickett's Charge*.



In 1879, French artist Paul Philippoteaux was commissioned to create the cyclorama. Philippoteaux travelled to Gettysburg where he spent weeks researching the battle and making hundreds of sketches. Philippoteaux also hired a local photographer, William Tipton, to photograph the area of the proposed painting. Tipton, working from a scaffold, photographed the scene in ten sections from the point of view where the painting would be seen. Philippoteaux would use these ten photographs to create the basic panoramic landscape of the painting. Working with a team of five artist assistants, Philippoteaux labored for a year and a half on the painting. When completed, the great painting measured 377 feet long and 42 feet high. Rather than sign the great painting, Philippoteaux incorporated a portrait of himself portrayed as a Union officer standing near a tree, complete with a sword in hand.

The Gettysburg Cyclorama went on display to much acclaim in Chi-

cago on October 22, 1883. Thousands of visitors came to see the spectacle. Many Civil War veterans, including prominent generals, who were present at the battle, were thoroughly impressed by the painting. Many wept when they saw it.

The Battle of Gettysburg Cyclorama was so successful that a second version was commissioned and went on display in Boston in December of 1884. Two additional versions would also be created. In 1892, after being stored outside in a fifty-foot wooden crate, the now heavily damaged Boston version was purchased and eventually put on display in Gettysburg in 1913.

The painting was purchased by the National Park Service in 1942 and displayed in a specially designed building. In 2005 the Gettysburg Cyclorama received a \$12 million dollar restoration and was reopened to the public in 2008 and can be seen today at the new Gettysburg Visitor Center.

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There are lots of myths and misconceptions about older adults. They range from false ideas about seniors and technology to the stereotype that older adults are lonely and grumpy. Spend time at a senior center or a retirement community, and you'll see otherwise.

Myth #1: People get grumpy as they grow older.

Fact: According to research from Stony Brook University, happiness actually begins to increase at age 50. People tend to be more content with life and in touch with who they are by that milestone. Happiness continues to improve throughout the next several decades.

Myth #2: People feel old by the age of 60.

Fact: Not so, says a recent Pew Research study. Their research showed that 60 percent of adults age 65 and older feel much younger than they actually are. Many older adults stated they felt 10 to 20 years younger. A positive attitude might have something to do with it. The seniors who said they felt younger than their birth date also expressed gratitude for all their blessings in life.

Myth #3: People who are old have poor health.

Fact: While there are some undeniable physical changes caused by aging, poor health isn't solely due to age. Experts say lifestyle is the determining factor in aging with success. A few tips for aging well include staying socially connected, exercising, and committing to a healthy diet. Not smoking and managing stress also help.

Myth #4: Older adults can't learn new things.

Fact: There are so many misconceptions and outdated ideas about learning and aging. Some say the brain shrinks, making it more difficult to adapt and learn. Others say physical changes like hearing and vision loss make learning tough during senior years.

While seniors with vision or hearing loss might learn differently, they are still able to expand their mind and grow. Research shows that seniors' brains might actually find ways to compensate and work around some losses in cognitive function.

Myth #5: Seniors can't master social media.

Fact: Sixty percent of older adults use the internet, say experts from Pew Research. Searching for information on health issues, sending and receiving emails, and shopping online are a few of the most popular uses. Social media is another. Older adults make up the fastest growing demographic on some social media platforms, including Facebook.

Myth #6: Advancing age make people stubborn.

Fact: This myth may be the result of older adults not conforming to family members' wishes or expectations. Families often say a senior loved one is stubborn when what the senior is actually trying to do is maintain their independence and stay in control of their decisions.



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Care New England

Caramel Apple Popcorn

- 6 cups popped popcorn, buttered and salted
- 3/4 cup roasted salted peanuts
- 1 package (10 ounces) Caramel Apple Candy Melts candy
- 1 bottle (2.5 ounces) Spider Mix Sprinkles

Spread popcorn and peanuts on parchment paper-lined cookie sheet.

In disposable decorating bag, melt candy in microwave at 50 percent power for 1 minute; remove bag and knead. Continue melting candy for 30-second intervals at 50 percent power until completely melted. Snip off end of bag and drizzle melted candy over popcorn. Immediately top with sprinkles. Let stand until candy has hardened, about 20 minutes. Break into pieces to serve.

Pumpkin Pound Cake

- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1 cup (2 sticks) butter, softened
- 2 cups granulated sugar
- 4 eggs
- 1 teaspoon pure vanilla extract
- 1 1/4 cups canned 100 percent pumpkin (not pie filling)

Preheat oven to 325°F. Prepare bundt pan with vegetable pan spray and flour. Place on baking sheet.

In medium bowl, combine flour, baking powder, cinnamon, salt and nutmeg. In large bowl, beat butter and sugar with electric mixer until light and fluffy. Add eggs, one at a time, mixing well after

each addition; beat in vanilla. Add flour mixture alternately with pumpkin; mix well. Pour batter into prepared pan.

Bake 70-80 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes in pan. Turn onto cooling rack. Cool completely before serving.



Shredded Apple Pork

- 1 cup apple butter
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar
- 2 tablespoons minced garlic
- 2 tablespoons whole grain Dijon mustard
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 medium apples, cored & chopped
- 1 medium onion, chopped
- 6 boneless pork chops

In small bowl, whisk together apple butter, vinegar, brown sugar, garlic, Dijon mustard, salt and pepper.

Place chopped apples and onions in slow cooker. Add pork chops and pour apple butter mixture over top.

Cook on low for five to six hours covered. Shred pork with two forks in cooker, and let meat marinate on low in sauce for 20 minutes uncovered.



The following recipe for "Ultimate Pumpkin Pie" from Ina Garten's "Barefoot Contessa Fool-proof" (Clarkson Potter) is a spirit-infused take on the classic pumpkin pie recipe. The recipe can be prepared with fresh pumpkin puree or the canned variety found at stores.

Ultimate Pumpkin Pie

- 1 unbaked pie crust
- Filling:
- 1 15-ounce can pumpkin puree (not pie filling)
- 1/2 cup light brown sugar, lightly packed
- 1/4 cup granulated sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon kosher salt
- 2 teaspoons grated orange zest
- 3 extra-large eggs, lightly beaten
- 1 cup heavy cream
- 1/2 cup whole milk
- 2 tablespoons dark rum, such as Mount Gay

Preheat the oven to 425 F. Line an 11-inch pie pan with the unbaked pie crust and place it on a sheet pan. Line the crust with parchment paper. Fill the paper three-quarters full with the beans and bake the crust for 15 minutes, until the edges start to brown. Remove the beans and paper (save the beans for another time), prick the crust all over with the tines of a fork, and bake for another 5 minutes.

Reduce the oven temperature to 350 F. Meanwhile, in a large bowl, whisk together the pumpkin, brown sugar, granulated sugar, cinnamon, ginger, nutmeg, salt, orange zest, eggs, cream, milk, and rum. Pour the filling into the baked pie shell. Bake for 55 to 65 minutes, until the filling is just set in the middle and knife inserted in the center comes out clean. Set aside to cool completely. Serve with whipped cream.

Butternut Squash Lasagna

- 1 lb. lasagna noodles (cooked)
- 10 oz pkg frozen butternut squash (cooked with a few pats of butter)
- 1-1.5 lb. ground turkey (season with onion powder and cook until brown)
- Dried cranberries
- 1 lb sliced gouda cheese
- Sage, Salt and Pepper, to taste

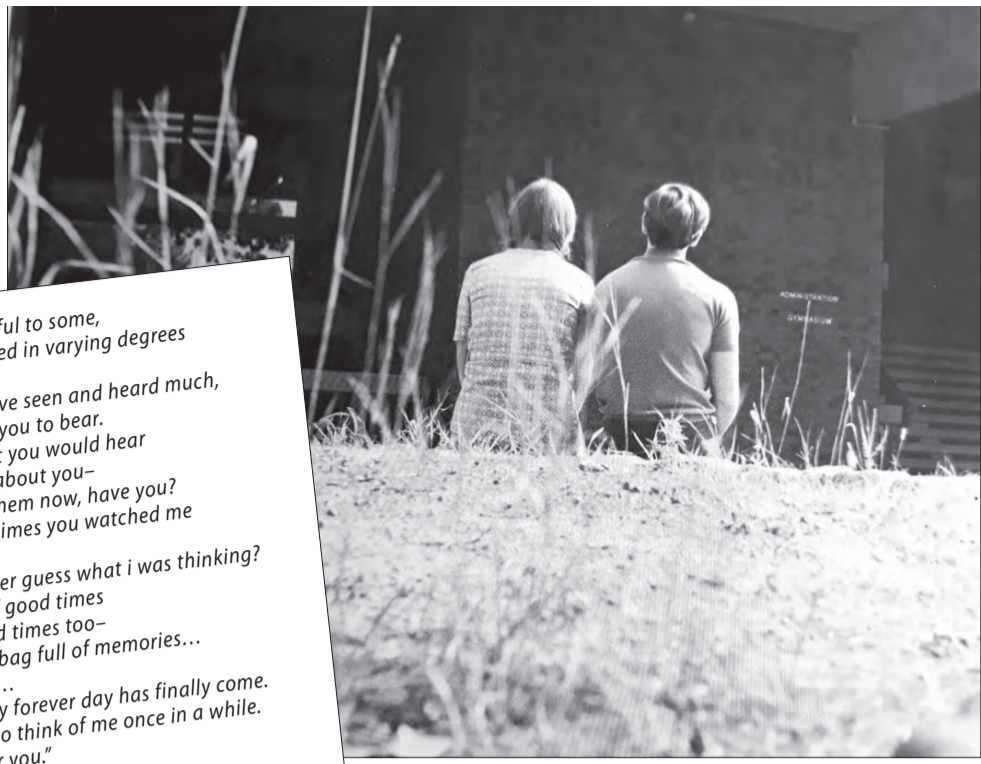
Layer all ingredients in a 13x9" pan, and top with only sliced gouda and dried cranberries. Bake covered for 30-45 minutes at 350 degrees. Let sit covered for 15-20 minutes before slicing. Serves 8-10



Reunions

MEMOIRS

by SUSAN DEAN



*"the friends were plentiful to some,
and life here was enjoyed in varying degrees
or maybe not at all.
your concrete walls have seen and heard much,
perhaps too much for you to bear.
we never thought that you would hear
those things we said about you—
but we've forgotten them now, have you?
i wonder how many times you watched me
stare at nothing,
and did you ever guess what i was thinking?
i've had my share of good times
and my share of bad times too—
but i've packed my bag full of memories...
my locker is empty...
and my going away forever day has finally come.
please remember to think of me once in a while.
i'll do the same for you."*

The poem is taken from the second page of my high school yearbook - East Greenwich class of 1971. I don't know who wrote it, but I remember being struck by its simple beauty back when I was a graduating senior. But as an 18-year-old looking forward to leaving for college - my whole life ahead of me - I was focused on the future, not the past. So I put my yearbook away in my childhood bedroom and left the memories behind.

My yearbook followed me when I married after college and was stored in boxes and placed on various bookshelves in many apartments and houses through the years, before landing permanently on the bottom shelf of a crowded bookcase in the spare bedroom of the house I've lived in for the past 23 years. A forgotten relic, dusty with time.

Until this past summer, when a high school friend who now lives in Ohio, informed me about an announcement on Facebook. There was going to be a reunion in August. Thank the Good Lord that I have friends and family who access Facebook - otherwise I'd have no clue about what was going on with anyone anywhere.

So, thankfully, my Ohio friend, Mary Anne, alerted me to the announcement. It was to be our "50-ish", since it was going to actually be our 52nd. Our 50th was in 2021, but could not be held due to Covid. So I pulled out my yearbook, dusted it off, and began to thumb through its pages. There was a dedication to Mrs. Quinlan, our class advisor, on the first page. She was probably at least thirty years younger than my classmates and I are now, looking so young and vibrant in her photo.

Then the poem quoted above appeared on the second page. I read it slowly and by the time I got to the last few lines, "my going away forever day has finally come...", I was teary-eyed. How much weight those words held now, how much more meaningful they were for me, reading them at 70 years old, than when I was reading them at 18. As a high school senior, I had hopes and dreams and no inkling about my future. At 70, I have knowledge of the past - 52 years worth of happenings I never could have even imagined at 18.

Our yearbook was innovative in 1971. Maybe even a bit rogue - we were, after all, just coming out of the sixties. We had formal senior pictures professionally taken, but they were situated on the last six pages of our yearbook, each picture no bigger than a postage stamp - thirty on a page. The first 72 pages of our yearbook featured our informal senior pictures - taken by one of our classmates, Stan, during our senior year. They were reflective of our interests and our personalities.

How young we looked. So many years have passed, yet it seemed like time stood still.

Each picture tells a story - one guy manning a sailboat, another in his muddy football uniform after a game, another sitting in his prized car. There are students in the science labs doing experiments in Chemistry and Physics, walking to and from classes, singly, or in groups. Others are photographed in the middle of art class, and some are playing instruments, or sitting out in the central courtyard. There are a few hugging trees, many playing sports.

Many of us were caught in our classrooms, instructed to look up and smile in the middle of Algebra or English. I was one of those, only I was in the library when Stan caught up with me. There I am, blonde hair cascading down nearly to my waist. I wanted to look like Peggy Lipton from the "Mod Squad" during my teen years - but my hair was too thick, too wavy, and too wild to ever attain the sleek look of Peggy. And I'm surrounded with books, looking quite studious and serious. I was one of the introverted, quiet ones in high school. And most of the messages my classmates wrote to me in my yearbook reflect that:

"So quiet, but one of the nicest girls I know."

"To a quiet, but very sweet friend."

Continuing to peruse, I come to a quote that says:

"we children that came here are no more..."

So true, yet memories come flooding back and I'm 18 again. Are we really "no more"?

Further on, another printed quote:

"the universe resounds with the joyful cry - i am."

The universe remembers, and I'm reminded that "I am" and no matter how old I get, I will always "be".

Towards the end of my yearbook, another printed quote jumps out at me:

"dancing in all its forms cannot be excluded from the curriculum of all noble education: dancing with the feet, with ideas, with words, and need i add that one must also be able to dance with the pen?"

All those years of solitude and thinking and writing and dreaming - I didn't realize that I was actually "dancing". I wouldn't have believed that at 18 as I quietly made my way through school - but I had to laugh - there really are all kinds of ways to dance, to shine one's light, to live fully. But wiser now, and with the passage of time and experience, I know it to be true.

As my reunion night approached, I wondered if anyone would remember me. I only attended East Greenwich in my junior and senior years. Most of my high school classmates in East Greenwich had been together since elementary school.

And I wondered if I would recognize anyone after a 52-year age span. But I got a bit of a preview. Mary Anne, from Ohio, managed to track down a few of our friends who still lived in New England. We arranged to meet for lunch the day before the reunion. Evelyn lives in New Hampshire, so I picked Mary Anne up outside of Boston where she was staying and we drove to Evelyn's. Carol drove down from Maine. Seeing my three high school friends again after so many years was jarring at first, but in a good way. It almost brought me to tears as we hugged and laughed in greeting. We spent the day walking and talking and stopped for lunch at a local restaurant.

Mary Anne, Evelyn, Carol, and I seemed to simply pick up where we left off 52 years ago. We each recalled different happenings from our high school days. We shared funny stories, poignant moments - the memories kept bubbling up, big and small. We were 18 again.

The reunion was held the following evening, and it was in full swing when I arrived. Looking around, I was able to recognize most of my classmates. Their faces wore the features I had so recently seen in my yearbook - older for sure, but familiar. Everyone was smiling, happy, celebrating.

Just like in the old days, Stan appeared with his camera taking pictures of us individually to post on Facebook. I took the time to tell him that I wished I hadn't looked so seriously studious in my yearbook picture that he'd taken 52 years ago. We laughed about that and he joked about what a chore it was chasing us all down back then.

We sat down to dinner and when things quieted down, one of our teachers was introduced. Mrs. McNulty stood as we applauded. She was my Trigonometry and Analytical Geometry teacher in my senior year. She was the same bubbly, gregarious, and enthusiastic person I remembered from years ago.

We were silent as a reading of our teachers who had passed away echoed across the room, always presented as "Miss" or "Mr." or "Mrs" - because that was how we'd always known them. People popped up here and there, "Remember Miss so-and-so's class?" Or "Remember when Mr. so-and-so...?" Laughter bubbled up as we all did indeed remember.

Then we listened again as the list of our classmates who had passed away was read. A total of 31 out of 188 graduates in our class had died.

When I got home I went through my yearbook again, pausing at each picture of the 31 who were no longer with us. I sent them thoughts of loving remembrance, peace, and silently assured each of them that they were not forgotten.

Turning the pages, past the sports teams, school dance pictures, and the photos of the many school activities and clubs, I finally got to the end - a full page picture of two of my classmates sitting on a wall facing the school. They're huddled together side by side - a guy and a girl - their backs to the camera. The caption says, "i've used up many smiles here... a few tears, too."

Smiles and tears - 52 years - so true...so very true.

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Finally: Lower Medicare Drug Prices

This is the story of an historic win for Rhode Islanders.

The names of the first 10 Medicare drugs whose prices the federal government will negotiate directly with manufacturers were announced August 29th. This marks the first time in history that the price of life-sustaining medications that millions of older Americans in the nation's largest health program rely upon to prevent strokes and blood clots and to treat diabetes and cancer will be subject to direct negotiation.

Access to affordable prescription drugs empowers you to stay healthy as you choose the way you age. At live events, on social media and via email, we heard the stories of older Rhode Islanders who say rising prescription drugs costs put their financial security at risk. And that leads to difficult choices. "I am unable to afford the thousands of dollar co-pays for the rheumatoid arthritis drug Embrel...I had to skip dosages," wrote Mark, a member from Rhode Island. But he and others took action. Enough is enough, they agreed. This long, hard fight by AARP was won with the support of thousands in Rhode Island who urged Congress to reach bipartisan agreement on ways to lower costs.

"For too long, big drug companies have fleeced our country and padded their profits by setting outrageous prices, all at the expense of American lives," said AARP Executive Vice President and Chief Advocacy and Engagement Officer Nancy LeMond. "The number one reason seniors skip or ration their prescriptions is because they can't afford them. This must stop.

"Allowing Medicare to negotiate prices for these first 10 drugs will finally bring much needed access and relief to American families, particularly older adults," she added. "We cannot overstate how monumental this law is for older Americans' financial stability and overall health."

In the long run, Medicare beneficiaries who often must pay a percentage of a drug's cost would benefit directly from lower negotiated prices, and the government could use

the money saved to shore up Medicare's finances. Negotiations will be expanded to include additional drugs in the years ahead, which will magnify the savings. Lower Medicare spending also is expected to lead to lower Part D premiums.

The legislation caps the out-of-pocket cost of insulin for Medicare beneficiaries at no more than \$35 for a month's supply. That's welcome news for more than 11,000 Rhode Island Medicare beneficiaries who use insulin.

While Medicare Part B covers vaccines such as the flu vaccine at no cost-sharing, patients receiving vaccines covered under Medicare Part D, such as the vaccine



AARP - RHODE ISLAND

by CATHERINE TAYLOR

for shingles, must pay for a portion of the cost out of pocket. Starting in 2023, the legislation will require \$0 cost-sharing for vaccines for Medicare Part D beneficiaries. About 15,000 Rhode Island Medicare beneficiaries received a Part D vaccine in 2020, and that number is likely to rise as those vaccines become more affordable.

When Congress first added a prescription drug benefit to Medicare nearly two decades ago, the law explicitly forbade the program to negotiate drug prices with pharmaceutical companies. AARP has been one of the most outspoken advocates for changing that policy.

Medicare is scheduled to choose 15 additional drugs for negotiation in 2027, another 15 in 2028 and 20 more medications annually starting in 2029.

The nonpartisan Congressional Budget Office has estimated that the negotiations provision of the new law will save Medicare \$98.5 billion over 10 years.

However, the fight isn't over.

"The big drug companies and their allies continue suing to overturn the Medicare drug price negotiation program to keep up their price gouging," added Nancy LeMond. "We can't allow seniors to be Big Pharma's cash machine anymore. AARP will keep fighting to protect Medicare negotiation from any efforts to undo or weaken it, so all older Americans can afford their lifesaving medicines."

AARP Rhode Island will continue to press Congress to lower prescription drug prices. Our Volunteer Federal Liaison Team, which meets regularly with members of the Congressional Delegation, will keep this issue, along with strengthening Medicare, protecting Social Security and supporting family caregivers among our top priorities.

You can learn more about AARP Rhode Island's volunteer advocacy efforts at both the federal and state level by following us on social media and by logging on to Associate State Director for Advocacy Matt Netto's blog at aarp.org/RINotes.

We'll keep fighting and continue to make our voices heard!



In Your Community

Looking for FREE informative events in your area?

This is where we can help. AARP Rhode Island's Speakers Bureau volunteers make presentations across the state. Topics include The Six Pillars of Brain Health; Social Security: Understanding Your Benefits; Fraud Basics: The Scam Landscape & Staying Safe; and Prepare to Care. Find an event near you.

Learn more at aarp.cvent.com/RIevents.

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The AARP Tax-Aide program needs new volunteers for fall training for the next tax year to rebuild our Covid reduced staffs at 29 sites across Rhode Island.

We offer FREE tax prep services for low to moderate income taxpayers of all ages, both working and retired. Because of the complexity of tax preparation, many taxpayers do not file, or go to paid preparers that they cannot afford. You can help.

Our IRS trained counselors prepare and electronically file returns to make sure that our clients avoid fees, and that they quickly receive all of their refund. In 2023 our 120 volunteers served over 5,200 grateful clients across Rhode Island.

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and mentor support to help you learn new skills, and you'll get a great feeling from helping those in need.

The program is looking for individuals to volunteer in a number of roles to provide help to taxpayers. Our volunteers come from a variety of backgrounds and span from retirees to college students.

Our tax prep training classes start in October, and are complete before Thanksgiving. In addition to Tax Counselors we need Intake Facilitators to greet clients and Communication Coordinators to schedule appointments. These last two jobs do not require tax code expertise.

If meeting great people, learning to prepare tax returns, and outreach to your community sound interesting to you, please contact us for more information at: NNHenry59@hotmail.com

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Foreign Terms To Live By



RETIREMENT SPARKS

by ELAINE M. DECKER

This month's Retirement Sparks essay is educational. I've collected a number of foreign terms to help you live a better life. Some will likely be familiar; most will probably be new to you. I've grouped them into several categories to help you mull them over in some logical fashion.

The first category presents words that speak to being alone. **Flâneur** (from the French) is a person who lounges or strolls around in a seemingly aimless way. The flâneur is said to be a cool, aloof observer of urban society. I blogged about being a flâneur a few years ago, celebrating the surprising findings on my own aimless walk. The notion of being an aloof observer didn't make it into my post, but I like that.

The Latin **Solivagant** is defined as wandering alone in solitude around the world. Sounds like a more far-reaching flâneur without mention of being an aloof observer.

The Portuguese **Nefelibata** (cloud-walker) seems rather judgmental. It's someone who lives in their own dreams and not in conventional society. They might very well be found in **Le Pays de Cocagne**, an imaginary French place, based on luxury and idleness.

On the other hand, the German **Waldeinsamkeit** has a more noble meaning: to be alone in nature or the woods. It's said to be spiritual solitude. I like the sound of that.

The second category is the opposite of aloneness, with just one word that celebrates being with others. It's the Danish word **Hygge**, the warm feeling you have when enjoying great company. I'm sure there are other foreign words that celebrate togetherness, but I didn't turn them up in my research for this essay. I wonder if *hygge* is where the word 'hug' comes from.

The third group talks to finding the positive in everyday life. The Swedes celebrate **Njuta**, the art of savoring the moment and appreciating everyday experiences. An excellent example of this would be the Japanese **Komorebi**, when the sun goes through the trees and the leaves filter the light.

The Greeks similarly value **Meraki**, doing something with love or soul. For them, that translates into pouring yourself into your work. The Hindi word **Jijivisha** is less specific, defined simply as an intense desire to get the most out of every day.

How we go about all this brings me to our fourth category, another with just one entry. It's the Bulgarian word **Ailyak**, the subtle art of doing everything calmly and without

haste. I doubt that would work for those with ADHD.

The fifth category is a variation on the fourth, but it doesn't speak to time. You've no doubt heard of Marie Kondo. **KonMari** is the Japanese method of sparking joy by clearing clutter. Just the notion of decluttering makes me tingle with joy. But making it happen... well, that's an entirely different matter.

The Swedish and Norwegian concept of **Lagom** is a more structured way to approach decluttering. It emphasizes achieving balance and maintaining a harmonious equilibrium, which is integral to the Scandinavian way of living. I don't think a person can have *lagom* if their home is cluttered.

The final category defies classification and has just one entry, from Germany. It is so unlike what most of us would expect from the Germans that I just had to include it. The term is **Fernweh**, and it describes when you're homesick for somewhere you've never been. It sounds more like an Italian concept to me. I'm half Italian and about a quarter German, by the way. So I'm offending both groups equally.

That's the last of the foreign terms I turned up in my research. To help you integrate some of them into your own life, I've written a Days Of the Week ditty.

On Monday, do your laundry *Meraki*-style, with love and soul.

On Tuesday, do your ironing *Ailyak*-style, calmly with no haste.

On Wednesday, maximize your wardrobe with *Jijivisha* mending.

On Thursday, do not churn; just enjoy *Lagom* equilibrium.

On Friday, let *KonMari* inspire you to declutter and clean.

On Saturday, bake and savor the day *Njuta*-style.

On Sunday, rest à la *Nefelibata*. Live on clouds in your dreams.

Don't expect to find this embroidered on panties, but I might get it put on a dish towel.

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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

The Subtle Benefits of Travel



MY SIDE OF THINGS

by LARRY GRIMALDI

Travel, whether domestically across the vast American landscape or across the continents of this expansive world, has several benefits, some obvious, and some more subtle. We have the uniquely human opportunity to explore new lands, immerse ourselves in new cultures, dabble in new languages, and sample regional foods. To be sure, travel enriches out lives and renews the spirit of adventure that we all possess. On a recent trip to northern Italy and Cinque Terra, I realized that travel had hidden benefits I had not thought of previously.

While I understand that some people prefer to freelance their travel plans and see the sights at their own pace rather than taking a tour, I prefer tours for several reasons. My main objective is to see those sites I want to visit without scouring maps, worrying about directions, or wasting valuable travel time by attempting to conquer language barriers.

The tours my wife and I booked provided ample free time to explore on our own while not having to bother with admission lines or costs for visiting landmarks, museums, or places of interest along the route. Tour guides add the regional touch to your adventures while making sure that you get a glimpse of the fabric and history of the region. Our guided visits to the palatial Vatican in Rome, the magnificent LaScala Opera House in Milan, the stunning Grand Canal in Venice, and the unparalleled beauty and majesty of Florence art galleries are among the many highlights of our journeys. In Genoa, our guide gave a brief, but revealing history of the Emperor Grimaldi!

Through the years, we have also had the opportunity to bask in the Caribbean sunshine in several countries; watched the setting sun in Key West, boated down the Seine River, sailing by a glittering Eifel Tower one evening, sun-bathed in the mountainous Greek Islands framed by their blue and white houses; and walked

the cobblestone streets of medieval cities in Croatia, Slovenia, and Montenegro, to name just a few destinations. At each stop along the way, we had the chance to talk with the locals, sit and relax at outdoor cafes and bars, listen closely to the town's ancient echoes.

Beyond the obvious advantages of travel, I realized that there are more subtle, positive aspects of exploration. While on a vacation with other intrepid travelers, differences in attitudes, political divisions, religious affiliations, and other sometimes divisive issues seem to melt away in the mist of the common wonder of new experiences. You meet and talk to persons from different parts of the country, and even the world. People are more relaxed in their manner and refreshingly civil in their discourse. You get a chance to step away from your worries and concerns for a few precious days. Vacations refresh the mind, body, and spirit. Lifelong memories of journeys far and wide, and even those close to home, are treasures to that inspire a desire for more adventures.

So, here's hoping you can plan your next trip in the near future. As itinerate PBS world explorer Rick Steves declares joyously at the end of each episode, "Keep on traveling."

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: Reflections on Gratitude, Joy, Life's Oddities, and a Few Complaints!" available at Amazon.com or Stillwater Books in Pawtucket. Materials published in this book are used with the permission of Beacon Communications. For more information, e-mail lvgrimaldi49@gmail.com

Are you age 70 or older and not yet receiving benefits?

SOCIAL SECURITY

by CHERYL TUDINO
SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST



Retirement is not one-size-fits-all. It can mean different things to different people. Perhaps you have not applied for Social Security retirement benefits because you're still working or are delaying applying so you can get the higher benefit. If you're age 70 or older, you should apply now for the benefits you're owed. Your benefits will not increase if you continue to delay applying for them because you are 70 or older.

Did you know that you can receive benefits even if you still work? Your earnings can increase your monthly benefit amount – even after you start receiving benefits. Each year that you work, we check your earnings record. It's possible your latest year of earnings is one of your highest 35 years. If so, we will automatically recalculate your benefit amount and pay you any increase due.

You can claim your retirement benefits now. The best and easiest way to apply is with a personal my Social Security account. You can create your free account at www.ssa.gov/myaccount. Once you create your account, you can get an estimate of how much you might receive each month based on when you want to start receiving benefits and then apply.

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- Learn about **benefits for your spouse and family members**.
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We're here to help you secure today and tomorrow and we invite you to learn more about applying for retirement benefits at www.ssa.gov/apply on our website. Please share this information with those who need it.

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Preparing Our Seniors for Winter

A Guide to Keeping Safe

ELDER LAW

by DON DRAKE

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As the first day of autumn has come and gone, the weather in New England is starting to shift. At the same time, we may still have warm days ahead, as locals know all too well that the weather can change rapidly in this region. This seasonal transition also signals the upcoming late fall and winter months, which bring with them the challenge of high heating bills and difficulty traveling. The harsh weather conditions of these seasons make it essential to have a reliable heating system in place to keep homes warm and comfortable.

"The upcoming winter in New England could result in significant issues, both financially and health-wise, for individuals and the economy as a whole," said professional fiduciary and certified elder law Attorney RJ Connelly III. "Given that, it is imperative to find ways to minimize the heating bills while ensuring that everyone, especially the elderly, remains safe and warm during the chilly months ahead. It's a challenging task, but with careful planning and implementation of efficient heating strategies, we can overcome this challenge and make this winter comfortable and affordable for everyone."

Help With Heating Costs

The United States Department of Energy runs the Low-Income Weatherization Assistance Program (WAP). It provides full-scale energy efficiency services to eligible households. This program is administered by local agencies, usually those that also provide heating and fuel assistance. The program is designed to help low-income households save money on their energy bills by making their homes more energy efficient.

The program offers priority services to households with elderly, disabled children six and under, and Native Americans through the Low Income Home Energy Assistance Program (LIHEAP). Eligibility for the program is based on a maximum gross income that does not exceed 60% of your state's Estimated Median Income. Those who are on TAFDC or SSI are presumed to be automatically eligible.

The services offered by the program include the installation of insulation, sealing air leaks, and replacing inefficient heating and cooling systems. The program also provides education on energy conservation and safety. By making these upgrades, eligible households can expect to see a significant reduction in their energy bills, making it easier to manage their monthly expenses.

Homes receive a thorough evaluation of the heating system as well as health and safety testing of all combustible appliances. Local licensed and insured private-sector weatherization contractors complete the work at no cost to the residents. Homeowners and tenants, with their landlord's permission, are eligible.



To find out if you are eligible for this benefit and how to apply in your state, contact Ms. Deirdre Weedon, Chief, Program Development, Department of Human Services

Division of External Affairs
TEL: (401) 462-6424 FAX: (401) 462-6425
E-MAIL: deirdre.weedon@dhs.ri.gov
or visit www.dhs.ri.gov/Programs/HEAPProgramInfo.php

Checking the Heating System

It is important to prioritize maintenance of the heater in your home. To ensure maximum efficiency, it is recommended that you schedule an annual cleaning and evaluation of your heating system. During this process, the filters will be replaced, and the ventilation system will be checked for any blockages - both inside and out.

In some cases, the exhaust system may

be clogged by small animals that may have used the chimney to build nests over the spring and summer. Therefore, it is essential to check the chimney for any debris buildup.

A clogged chimney not only presents a fire hazard but also poses a potential carbon monoxide danger. By taking the time to check your chimney, you can prevent any potential issues and keep your home safe and comfortable.

Smoke & Carbon Monoxide Detectors

It's common knowledge that the annoying chirping noise from a smoke detector means it's time to swap out the batteries, but did you know that the detectors themselves also need replacing every decade? Here's how to determine if it's time to replace your smoke detector:

Take the unit down from the ceiling. If it is difficult to reach, please seek assistance in doing so. Check the date of manufacture on the back of the device. Remember that smoke detectors should be replaced ten years after their manufacture date. If it's less than a decade old, re-install it on the ceiling or wall.

FEMA recommends testing the batteries on your smoke detectors at least once a month by pressing the test button to ensure the alarms sound. If they don't sound, it's time to replace them.

The same is true for Carbon Monoxide detectors. They need to be replaced every 5 to 7 years because the detection components become less effective over time and may stop detecting carbon monoxide.

Slipping Hazards

As we enter the winter months, it's important to be mindful of the various hazards that come with the season, especially for older adults. We all know that ice and snow can be dangerous to walk on, but other hazards can also pose health risks to our elderly loved ones.

One of these hazards is wet leaves, which can become a slipping hazard when they fall to the ground. While the vibrant colors of the changing leaves are a sight to behold, they can also clog the gutters and spouts of homes, leading to leaks and roof damage. It's crucial to keep pathways and stairs clean to reduce the chances of falls, which can have life-threatening implications for seniors.

In addition to falling leaves, the fall months often bring mist and fog, which can make the ground even more treacherous. As such, it's important to take extra precautions when walking outside in the mornings. It's always better to prevent a fall than to deal with the aftermath, so make sure to plan ahead and keep your loved ones safe this winter season.

Pets

As winter approaches, we need to consider our pets' safety, just like we do for ourselves. Pets are important companions for seniors and bring a lot of joy and comfort. However, harsh weather conditions can put them at risk. Here are some tips from the ASPCA to ensure that our furry friends stay safe and healthy during the cold season.

Never leave your pet outside during a snowstorm, as it can be extremely dangerous for them. Consider providing short-haired or smaller dogs with a coat and booties to wear during walks to protect them from the elements and cold temperatures. Remember that if it's too cold for you, it's too cold for your pet.

After taking your dog for a walk, thoroughly wipe off their paws and belly with a moist washcloth. Snow-melting salt can be painful to dogs' feet and cause illness if ingested. Clumps of snow can also accumulate between toes and cause pain. Therefore, it is important to clean them thoroughly to avoid any discomfort or health issues.

During the winter, outdoor cats sometimes seek shelter underneath cars. Before starting your car, bang loudly on the hood to allow cats enough time to escape to a safe location.

These tips will help ensure our pets stay safe and healthy during the cold season.

Emotional Health During Winter

Taking care of an elderly family member or friend can be a challenging task, especially if

you are unable to be with them all the time. To ensure their well-being, it's essential to engage them in activities that keep their minds and bodies active. One great option is to have them join a local senior center.

Senior centers offer a variety of programs and activities that cater to seniors' needs, such as exercise classes, arts and crafts, and social events. Besides keeping them busy and focused, senior centers provide a community of other seniors to interact with, which can be essential for mental health. Additionally, the staff at these locations can keep you informed if your loved one is sick or behaving differently.

If joining a senior center is not feasible, you can find out what hobbies your loved one enjoys and buy them the necessary materials to pursue them. You can also consider getting them up to date with computers and social media so they can stay in touch with friends and family. Don't forget to call or video chat with them regularly to provide emotional support and check on their well-being.

Finally, it's helpful to have the phone number of a neighbor who can check on them if you have immediate concerns. By taking these steps, you can ensure that your loved one remains healthy, happy, and engaged.

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Movies for Seniors



ACCORDING TO DON
by DON FOWLER



A study recently commissioned by AARP found that “older audiences have returned to movie theatres at rates outpacing those from even before the pandemic”.

I started reviewing movies for Beacon Communications back in the seventies when Tom Cruise was still a teenager. Today, at 61, he is one of the hottest actors in the world, along with Tom Hanks (67) and Denzel Washington (68).

Seniors are flocking to theatres to see aging actresses like Helen Mirren play leading roles that were reserved for much younger women.

Denzel Washington is still playing the Equalizer, and he is attracting moviegoers of all ages.

Tom Cruise has grown from teen idol to mature spy and aging pilot, attracting record crowds to his action

movies, where he still does his own stunts.

Movies like *Oppenheimer*, *Jules*, *Sounds of Freedom* and the latest Indiana Jones starring senior citizen Harrison Ford are being enjoyed by seniors.

Kevin Costner has lit up the TV screen with his modern western drama, *Yellowstone*, which can now be seen on CBS (Channel 12).

With the writers and actors settling their strikes and going back to work, hopefully we will get some

decent movies and TV dramas.

Watching inane comedies and third-rate dramas that have been taken off the shelves have kept people (including me) from the movie theatres.

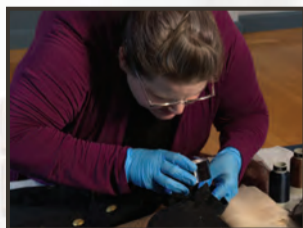
A peek at the fall lineup of dumb reality shows and game shows is discouraging.

Hopefully, the writers have been pondering over some decent scripts for movies and TV series and will get them into circulation soon.



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Avoiding identity theft scammers posing as the IRS

YOUR TAXES

by MEG CHEVALIER

Imitation may be the sincerest form of flattery, but when scammers pose as the IRS it means trouble for taxpayers. Identity thieves may contact taxpayers through fraudulent calls, emails, texts or social media messages pretending to be the IRS. Here are tips to help taxpayers know when the IRS is contacting them.

Letters and notices

A letter or notice is usually the first way the IRS will contact a taxpayer. When a taxpayer receives a suspicious letter or notice, they can check to see if it's really the IRS:

- Log in to their secure IRS Online Account to see if a copy of the notice or letter is in their file.
- Review common IRS letters and notices at the Understanding Your IRS Notice or Letter page on IRS.gov.
- Contact IRS customer service directly to authenticate it, if they weren't able to authenticate in their online account.
- Verify that any collection notice from a private collection agency has the same Taxpayer Authentication Number as the Notice CP40 the taxpayer received from the IRS. Taxpayers can visit Private Debt Collection Frequently Asked Questions to learn more about verifying a private collection agency.

Phone calls

After first mailing a notice or letter to a taxpayer, IRS agents may call to confirm an appointment or discuss items for a scheduled audit. Taxpayers should know that:

- The IRS doesn't leave pre-recorded, urgent or threatening messages. Scammers will tell victims that if they do not call back, a warrant will be issued for their arrest. Anyone making threats is a scammer.
- Private collection agencies contracted by the IRS may call taxpayers to collect certain outstanding inactive tax liabilities, but only after the taxpayer and their representative have received written notice.
- The IRS and its authorized private collection agencies will never ask a taxpayer to pay using any form of pre-paid card, store or online gift card. Taxpayers can review the IRS payments page at IRS.gov/payments for all legitimate ways to make a payment.

Email, text and social media

The IRS doesn't first contact taxpayers by email, text message or social media channels to request personal or financial information. Some common electronic scams that thieves use are:

- Sending phishing emails to taxpayers.
- Posing as an IRS social media account to contact taxpayers about a fake bill or refund.
- Texting taxpayers about fake “tax credits” or “stimulus payments.”

These messages will often direct taxpayers to click fraudulent links they claim are IRS websites or other online tools. Again, the IRS will mail a letter or notice before calling or emailing, and it will **never** contact a taxpayer by social media or text message.

In person visits

The IRS recently ended most unannounced visits to taxpayers by agency revenue officers. Ending these unannounced visits to taxpayers will improve overall safety for taxpayers and IRS employees.

For additional information, please visit irs.gov.

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