

Velino named JHS principal

By RORY SCHULER

Johnston born and bred, the high school's new principal hugged his entire family following Tuesday night's unanimous School Committee vote.

Matt Velino's rise to one of Johnston's top school administrator posts has been meteoric.

"I started off as the Phys Ed and Health teacher at Brown Ave. and ECC," Johnston High School's new principal said Tuesday night. "During that time I was extremely lucky to work under phenomenal school leaders."

He named a few (many of whom sat in

the audience of Tuesday's School Committee meeting where Velino was officially approved as the new JHS principal): including Helina Dlugon from Brown Avenue Elementary, Julie-Anne Zarrella and Keri Roberti from the Early Childhood Center.

"As I was finishing up my Providence College Masters in Educational Leadership program, I moved to be the Behavior Support Coordinator at Winsor Hill as part of my internship," Velino recalled. "There I worked under Matt Yates, another school leader I am extremely fortunate to have worked with."

Throughout his education career, Ve-

lino has found guidance and a steady supply of role models among his fellow faculty and administrators.

"After I graduated from (Providence College) I was hired by West Broadway Middle School in Providence," Velino said. "I truly cannot speak highly enough of the leadership team and staff at West Broadway. Rich Parillo, the Principal, really helped me find my niche as a school leader. Every single decision he makes is what is best for his students and staff. He makes sure everyone at the table has a voice and all are involved in the decision making process. His leadership style is one I try to emulate every day. As

the kids say, he is a GOAT."

"G-O-A-T" stands for "Greatest of All Time."

"I was also lucky enough to work alongside Karleen Keefe, who was the other Assistant Principal," Velino recalled, re-examining the path that led him to the JHS corner office. "I cannot speak highly enough of Ms. Keefe and how much she loves her students. I will always be extremely grateful for my time at WBMS and working with these two school leaders, as well as teacher leaders like Sherri Mooney and Holly Bedrosian."

PRINCIPAL - PAGE 8

READING ROLE MODELS



HIGH SCHOOL TRAINING: Now former Johnston High School's Assistant Principal Matthew Velino, who has been promoted to the JHS's top administrative post, Principal, visited third grade students for Read Across America. He read the book, "Enemy Pie" by Derek Munson. For the full story and more photos, turn to Pages 12 and 13.

Solar development without clearing RI forests?

Pending legislation could alter the state's green energy approach

By RORY SCHULER

Legislation has passed the Rhode Island State Senate aimed at helping developers build solar fields without clearing carbon-eating trees.

On Tuesday, the Senate unanimously passed what a press release called "an innovative plan to help set the stage for the future of solar development in Rhode Island."

The bill is sponsored by Sen. Alana DiMario (D-District 36, North Kingstown, Narragansett and New Shoreham), and creates the Rhode Island Renewable Ready program.

The program, according to the Rhode Island General Assembly press release, will help "ensure renewable energy projects, such as solar farms, are built without increasing electric rates or clearing Rhode Island's forests."

"In 2021, we passed the Act on Climate," said DiMario. "In 2022, we passed the renewable energy standard and our offshore wind development plan. This year, we need to create our plan for the next ten years of solar development in Rhode Island. This bill is a huge step forward in ensuring our energy is affordable, clean and reliable."

Johnston Mayor Joseph Polisena Jr. said he feels local solar projects

should be taken on a case-by-case basis.

"I'm supportive of encouraging and incentivizing rooftop solar," Polisena explained via email Wednesday morning. "However, residents need to remember most of the woods they see is owned by private individuals, not the government, and is zoned residential. This means those property owners have the legal right to erect new housing developments, within the proper boundaries (R7, R10, R15, R20, or R40), without any zoning approval. Therefore, I believe each solar project should be determined on its own merits and the abutting property owners should voice their opinion as to whether they would rather have solar or new houses erected next to them. Just like many other issues, I would oppose any one-size-fits-all approach from the state."

The new state program "would help offset the costs to prepare certain sites for renewable energy development, according to the press release. "Eligible locations would include rooftops of large buildings, properties adjacent to major roads and so-called brownfield sites."

Ocean State Job Lot opened a solar installation on the rooftop of their Johnston location last year.

SOLAR - PAGE 8



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JHS Panther of the Week



POTW: This week's Panther of the Week is Olivia Forgetta. Olivia is a freshman at JHS and a student council class representative. After high school, Olivia hopes to be involved in Art in some way. Olivia was nominated by Ms. Erin Ferraro. Ms. Ferraro nominated Olivia for Panther of the Week because of her efforts and participation in the Special Olympics Polar Plunge. Olivia raised the most money for her class and took the brave dive into the frigid waters. *(Photos submitted by Matt Velino, Johnston High School Principal)*

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

Say you saw it in the
Johnston SunRise

Career Fair provides glimpse of possible futures

By PETE FONTAINE

Johnston Schools Superintendent Dr. Bernard DiLullo Jr. and Assistant Superintendent Julie Zarrella, stood in the middle of the jam-packed Edward DiSimone Gymnasium with special smiles of satisfaction on their faces.

For the town's public school — as well as a host of Johnson High School faculty members and staffers — there were many proud moments during the recent 4th Annual Career Fair.

"It's obvious the Career Fair is a huge success," DiLullo said. "It is quite an undertaking to recruit and coordinate over 60 participants to ensure our students are exposed to as many diverse careers possible."

The exciting event, in fact, attracted a total of 75 vendors that all set up unique displays and talked with countless JHS seniors and juniors about their respective organizations, corporations and businesses.

In the center of it all was Joseph Pirraglia, the career coordinator at JHS, who DiLullo and many other people praised for his tireless efforts.

"Mr. Pirraglia and the Johnston High team worked very, very hard on every detail in planning this event," DiLullo said. "Thank you to each presenter for taking the time out of their day to be here as the career fair could not be successful without them."

Perhaps what impressed DiLullo, Zarrella and others most was that "we heard comments on how well our students were prepared with questions and how respectful they all were," DiLullo said.

"We plan to do it next year," Pirraglia said. "This was very successfully received; we received great feedback from our students as well as the career vendors. I personally want to thank everyone who contributed to today's success. We had approximately 150 career people in attendance today from a wide scope of visitors from the Rhode Island State Police, FBI, medical fields, banking and investments, restaurant groups and proprietors, state agencies, SBA and even hairdressing schools and private businesses."

The Career Fair began at 7 a.m. with vendors coming into the gymnasium and began setting up many impressive displays and stations with table coverings, signage, written materials and giveaways for JHS students.

Much to their surprise, all vendors were treated to a continental breakfast courtesy of the Dunkin Donuts franchise on Plainfield Pike in Johnston.

Pirraglia also explained: "The purpose of the career fair was to expose our juniors and seniors to as many career opportunities as possible. The vendors were also available to speak with students to give them information about their duties, responsibilities, work environment and the education and training needed. Some of the vendors even had work applications ready for those students interested in training and employment following graduation."

Pirraglia also noted: "Our students were intrigued and engaged with all the information they received while talking with many career people during the fair. Likewise, many career vendors noted they were impressed with students and that the event was a rewarding experience for them as well."

Which is why DiLullo, as he was leaving the gym, heaped words of praise upon Pirraglia and those who put the Career Fair together, emphasizing: "The entire event was a great success!"



OUTSTANDING OFFICERS: RI State Troopers and officers from the RI Sheriffs and Department of Corrections were among the many law enforcement people who helped make the carer fair a huge success.



WARM WELCOME: KLR Kahn & Litwin CPA Anthony Mangiarelli and Keith Leduc are welcomed to the Career Fair by Johnston School Superintendent Dr. Bernard DiLullo Jr., Assistant Supt. Julie Zarrella and JHS Guidance Director Debbie Liccardi. (Sun Rise photos by Pete Fontaine)



FINANCIAL FOLKS: Navigant Credit Union officials Amanda LaRose and Amanda Villanova are joined by JHS students during the recent career fair.



DELTA DENTAL: Nancy Thibodeau is joined by a host of students at the Delta Dental of RI information center.

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WICKED GOOD TIME: Johnston Senior High school took over New York City on Saturday, March 11, and checked out a Broadway musical. (Submitted photos)

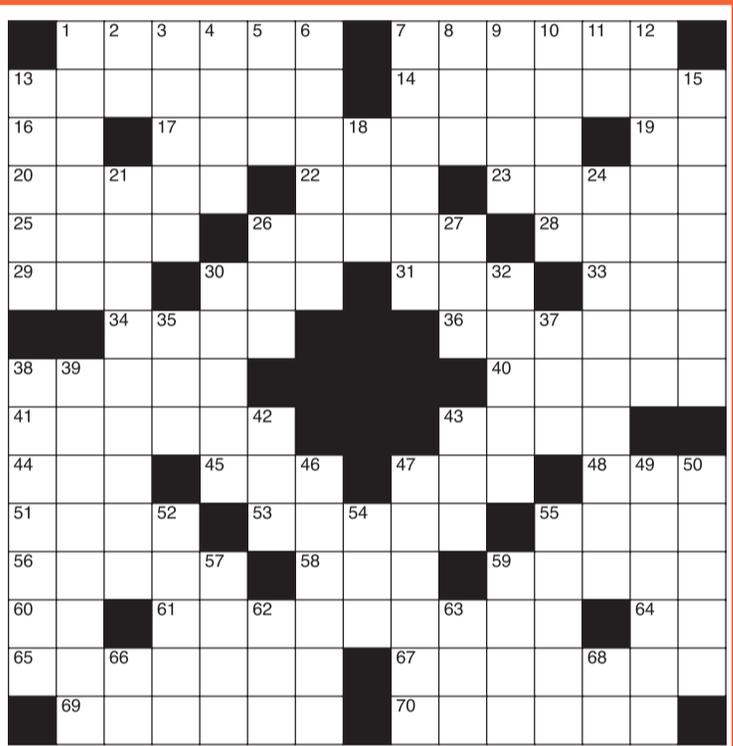
JHS takes a bite of the Big Apple

By **MICHELINA IRONS**
 Special to the Sun Rise

Johnston Senior High school took over New York City on Saturday, March 11! The student council plans a trip to see a Broadway musical in NYC every year in March. This was our first trip back since 2020! On this trip, we visited Madame Tussauds famous Wax Museum, where we took tons of pictures and walked around viewing all the celebrities and famous figures. For lunch, we dined at Ellen's Stardust Diner in Times Square. At this diner, the servers perform famous Broadway songs while they serve you your meals. The servers are extremely talented and the diner is truly an entertaining experience. After lunch, the students defied gravity at the famous Broadway musical "Wicked" at the Gershwin Theater. The musical was beautiful and kept each student on the edge of their seats. After leaving the city, we stopped at the restaurant Chip's, in Fairfield, Connecticut for dinner. We ate our pancakes and waffles and headed back to Rhode Island. On our way back, we finished the night off by watching High School Musical 3. This trip was a great way to learn about the city and the different opportunities the city can have to offer!

Editor's Note: This JHS dispatch was written by Michelina Irons, Senior Representative AND Recording Secretary serving on the Johnston High School Student Council. The Johnston Sun Rise regularly publishes stories submitted by members of the JHS Student Council.

CROSSWORD PUZZLE CORNER



CLUES ACROSS

- 1. Colas
- 7. Single-celled animals
- 13. The rear car of a train
- 14. Endangered
- 16. It cools your home
- 17. Helper
- 19. "The First State"
- 20. More aged
- 22. Partner to cheese
- 23. Type of wrap
- 25. From a distance
- 26. Satisfies
- 28. "Dallas Buyers' Club" actor Jared
- 29. God of battle (Scandinavian)
- 30. Cooking utensil
- 31. Soviet Socialist Republic
- 33. Able to perform
- 34. Big man on campus
- 36. Second epoch of the Tertiary period
- 38. Porticos
- 40. Alban and Peter are two
- 41. Gets up
- 43. Humble request for help
- 44. One-thousandth of an inch (abbr.)
- 45. Unhappy
- 47. Hint or indication

CLUES DOWN

- 1. Calm down
- 2. One quintillion bytes (abbr.)
- 3. One who pretends
- 4. Hang glide
- 5. Distinctive practice
- 6. Mariner
- 7. Peaks
- 8. Queens ballplayer
- 9. Geological times
- 10. Twofold
- 11. Atomic #13
- 12. Tranquillizing
- 13. Metric weight unit

CLUES ACROSS

- 15. Indicates
- 18. Unwanted rodent
- 21. Partly cooked with hot water
- 24. One who can be recommended
- 26. Resembles a bag or pouch
- 27. Midway between south and southeast
- 30. Sets up for a photo
- 32. California white oak
- 35. More (Spanish)
- 37. After B
- 38. Decorated tea urn
- 39. Island
- 42. Car mechanics group
- 43. Wordplay joke
- 46. Cut a rug
- 47. Prickly plant
- 49. Speech in praise of a deceased person
- 50. European buzzard
- 52. Influential linguist
- 54. West African languages
- 55. Siskel's partner
- 57. Skinny
- 59. Oblong pulpit
- 62. Consumed
- 63. Small, mischievous sprite
- 66. Powerful lawyer
- 68. Indicates position

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FAR AFIELD TRIP: On a trip to New York City, Johnston high schoolers pose for a shot for their scrapbooks: (front row, left to right) Makayla Scuncio, Michelina Irons; (back row, left to right) Talia Laflamme, Emily Klein and Hailey Brown.

JOHNSTON POLICE LOG

GRAND JURY INDICTMENT

Following an Interim Report of the Statewide Grand Jury on March 13, the Rhode Island Attorney General announced an indictment of a Johnston man on charges of child molestation, assault and failing to notify change of address by a sex offender.

On Wednesday, March 22, AG Peter Neronha's office announced charges against Joshua Gomez, 41, of Johnston.

The Statewide Grand Jury returned an indictment charging Gomez with six counts: two counts of first-degree child molestation, two counts of second-degree child molestation, one count of assault with intent to commit first-degree child molestation, and one count of failure to notify change of address by sex offender, according to the AG's office.

"The alleged acts occurred in both Johnston and Providence on various dates between March 1, 2021, and November 20, 2022," according to the attorney general. "The investigation was jointly conducted by the Rhode Island State Police, the Providence Police Department, and the Johnston Police Department."

The defendant was scheduled for arraignment on March 29, in Providence County Superior Court.

According to court records, Gomez pleaded not guilty at the arraignment.

Magistrate John F. McBurney III ordered Gomez held without bail,

and issued a No Contact Order.

Motions for Discovery and Exculpatory Evidence were made on March 30. Gomez has retained Providence attorney Elaine J. Brunetti, according to court records.

Gomez is scheduled to appear back in court for a Bail Hearing before McBurney, and a Pre-Trial Conference on May 30 before Associate Justice Richard Rappallo.

Court records show that Gomez was also charged with Sexual Offender - Failure to Notify of Change in Address by the Providence Police Department, in late 2022. Gomez was arraigned on that charge on March 23, and pleaded not guilty.

Gomez is scheduled for a June 15 Pre-Trial Conference on that charge.

ROAD RAGE

Around 6:30 p.m. March 3, Johnston Police officers responded to headquarters to speak to an "individual regarding property damage stemming from a road rage incident," according to the Johnston Police incident report.

The reporting party told police that around 2:30 p.m. on Feb. 24 she was driving east on Greenville Avenue near Citizens Bank when the vehicle directly in front of her began "brake checking" her, and then pulled diagonally across Greenville Avenue blocking her path.

The other driver allegedly exited her vehicle and threw a soda bottle at the reporting party's windshield.

"After this the operator approached her driver side window and began striking the glass with

her fist and attempting to open the door," Johnston Police Patrolman Nicholas A. Crowe wrote in the incident report.

The woman then got back into her Range Rover and drove away. The victim described the assailant as a young woman, possibly in her 20s.

The victim gave police the registration number, and they discovered the Range Rover was registered to Jacqueline Smith, of 1301 Narragansett Boulevard, Apt. 2, Cranston. Her DMV photo matched the suspect description.

The victim told police that her car sustained a minor crack in the windshield and her driver side window no longer rolled down. She told police she would like to pursue a criminal complaint. She told police she could identify the alleged assailant. Johnston Police filed an arrest warrant for Smith.

Around 10 a.m., March 30, Crowe responded to Johnston Police Headquarters to take custody of Smith, who had been arrested by Rhode Island State Police because of the active JPD warrant. Smith was processed and permitted to use the phone. She was charged with Vandalism/Malicious Injury to Property and Disorderly Conduct. She was later released with a summons.

EDITOR'S NOTE: The following police log information has been taken from public record police incident and arrest reports provided by the Johnston Police Department and other local law enforcement agencies.



WELCOME TO THE JPD:

The Johnston Police Department introduced its newest member, Officer Scott Hopkins, who was sworn in last week by Johnston Mayor Joseph Polisena Jr. as a probationary patrolman. Hopkins joins the JPD following a 20-year career with the Smithfield Police Department. Johnston Police asked the public to welcome their newest member: "Please help us welcome Officer Hopkins as we wish him all the best in his new role." (Photos courtesy Johnston Police)



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

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SUN RISE SCOOPS

Sun Rise Staff Reports

Easter Bunny

The Easter Bunny is coming to town! From 9:30 a.m. to 11:30 a.m., Saturday, April 8, the Easter Bunny will visit the Johnston Senior Center, 1291 Hartford Ave., Johnston.

The event, hosted by the Johnston Recreation Department, will feature pastries and refreshments with the Easter Bunny. Organizers urge attendees to bring a camera, and put out a special thanks to Citizens Bank.

For more information, go to johnstonrec.com.

Coed Middle School Volleyball

Johnston students currently in sixth, seventh and eighth grade are eligible to play Coed Middle School Volleyball in this year's spring season. Students can register now. Space is limited. The fee is \$70 per individual (\$35 for each additional sibling). Checks and money orders should be made payable to JYSA. (Refunds will not be issued without a doctor's note and are subject to a partial refund.)

The dates for 12 sessions of volleyball: April 5, 17, 18, 24, 25, 26, and May 4, 5, 8, 9, 10 (from 2:15-3:45 p.m. at the Johnston Indoor Recreation Center).

Students can register at the Johnston Recreation Office, 1583 Hartford Ave., Johnston, between 8:30 a.m. and 4:30 p.m., Monday through Friday. For more information call 401-272-3460 or email johnstonrec.com

AARP Day Trips

Lobster Bake & Foxwood Trip at Cap'n Jack's & Foxwoods Casino, Tuesday, April 18. Bus pickup from the Exit 19 Park & Ride on Hopkins Hill Road at 10 a.m., return time is approximately 6 p.m. Cost is \$119/person. For more information call Maureen at 828-5188. Final payment is due by Thursday, April 16.

Bronx Zoo Trip, Tuesday, May 16. Bus pickup from the Exit 19 Park & Ride on Hopkins Hill Road at 7 a.m., return time is approximately 8:30 p.m. Cost is \$114/person. For more information call Maureen at 828-5188. Final payment is due by Tuesday, April 18.

Essex Steam Train & Riverboat Trip for Thursday, June 22. Bus pickup from Exit 19 Park & Ride on Hopkins Hill Road at 9 a.m., return time is approximately 5 p.m. Cost is \$119/person. For more information call Maureen at 828-5188. Final payment is due by Thursday, May 25.

General Federation of Women's Clubs

The General Federation of Women's Clubs (GFWC) of Warwick will be meeting on Tuesday, April 11, at 6:30 p.m. at the

Elizabeth Buffum Chace Center, 821 West Shore Road, Warwick (big white house). The club meets on the second Tuesday of every month from September to May. Anyone wishing to attend this meeting, please call Carol at 738-1279.

The General Federation of Women's Clubs (GFWC) Cranston Community Women's Club will be meeting on Wednesday, April 12 at 5:30 p.m. at the Doric Masonic Harmony Center, 1237 Reservoir Avenue, Cranston. The club meets on the second Wednesday of every month from September to June. Anyone wishing to attend this meeting, please contact Paula Andrews, Club President at paulam320@aol.com.

For further information about this organization please visit our website at www.gfwc.org.

Celebrate Earth Day

The Central RI Chamber of Commerce is sponsoring a free, community recycling event on Friday, April 14, from 12 - 4 p.m. at the Warwick Mall parking lot (near Firestone Tires). Rain or shine.

Paper shredding will be available thanks to our sponsor, Coastal1 Credit Union. It's time to clean out and recycle your E-waste too! ORS (Office Recycling Solutions) will have trucks available to take away your old E-waste so it does not end up in the landfill and DEM will be available to collect your expired marine flares. Need to make room in your closets? Curbside Textile Recycling will be onsite to collect your gently used clothing, shoes and handbags. No household goods will be accepted.

All collection trucks will be set up so that you can easily drive through and no need to get out of your car! Any questions can be directed to events@centralrichamber.com or by calling 401-732-1100

Steps for Vets

Operation Stand Down Rhode Island will help host the Steps for Vets Walk-a-Thon in Warwick.

Join them for a walk full of fun, food trucks and music to support our local homeless veterans and their families from 11 a.m. to 2 p.m. on Saturday, April 15 (rain date April 22).

Registration begins at 10:30 a.m. at the Warwick City Park Beachfront. All are invited to attend. Walkers can register at osdri.charityproud.org/EventRegistration. Register by March 23 to secure a T-shirt.

Reach out to beley@friars.providence.edu with any questions. The cost is \$25 per person, and includes drinks/snacks and a T-shirt. Children under 10 are free.

Fishing Derby

The Johnston Recreation Department will host the 2023 Fishing Derby, for ages 4-12, from 9 a.m. to 12 p.m. on Saturday, April 22.

The derby will offer rewards for indi-

vidual achievements in the derby. The derby is free to enter.

"Please remember this derby is meant for the kids," reminded derby organizers. "Please let the kids do all the fishing. You can help cast and release the fish if necessary. Most of all, have fun!"

Organizers say that participants can arrive anytime between 9 a.m. and noon. They put out a special thanks to The Johnston Community Center Association and Rhode Island Department of Environmental Management (DEM).

For more information, go to johnstonrec.com.

Johnston Police Drug Takeback

Do you have old pills, prescriptions, or medications, of which Johnston Police can help you dispose?

Join the JPD for the upcoming National Prescription Drug Take Back Day on April 22, at the Johnston Police Department headquarters.

"The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also informing the public about the potential for abuse of medications," according to JPD. "Please visit us for proper disposal of old prescriptions."

Youth Track & Field

It's time to register for Johnston Youth Track & Field.

The Johnston Recreation Department is also looking for volunteer coaches and sponsors. Register your child and get involved in the community.

Anyone interested in signing up can stop by the Johnston Recreation Office from 8:30 a.m. to 4:30 p.m., Monday through Friday.

The program costs \$65 per individual, and \$40 for each additional sibling. Checks and money orders are accepted (checks should be made payable to JYSA). The program is available to boys and girls currently in grades 1-8. For more information (including schedules, registration forms, and more) go to johnstonrec.com.

The season will run from Thursday, April 27 through Thursday, June 15.

JRTC Fundraiser

The Johnston Republican Town Committee (JRTC) will hold a fundraiser at 6 p.m. on Sunday, May 7, at the Kelley Gazzo VFW Post 2812, 1418 Plainfield Pike, Cranston.

"Join us for laughs, silent auction, cash bar and a good time," according to the JRTC. "Please bring your own food/snacks."

Tickets must be purchased online in advance (\$35 each). Silent auction winners must pay with a credit card. Tickets are non-refundable. The show is for adults 18 and over. For more information email in-

fo@johnstonri.gop.

OSDRI Boots on the Ground

Operation Stand Down Rhode Island (OSDRI) is requesting volunteers to help for the 2023 Boots on the Ground for Heroes Memorial. Volunteers are needed for set up, weekend-of help, and breakdown. Set up days are as follows: Tuesday, May 23, 9 a.m. to 1 p.m., 10 a.m. to 2 p.m.; Wednesday, May 24, 9 a.m. to 1 p.m., 10 a.m. to 2 p.m.; Thursday, May 25, 9 a.m. to 12 p.m.; Friday, May 26, 9 a.m. to 1 p.m., 12 p.m. to 4 p.m.

Their number one priority is to get the memorial up with success and in the safest and most efficient way. Please be advised that the need for volunteers and volunteering duties may be subject to change at any given moment. OSDRI will be sending any updates about the volunteering needs to the email that was registered with the volunteer online registration.

If you are a corporate office or company who is interested in volunteering- EACH person volunteering needs to sign up through the OSDRI online registration. If your company sends out an internal volunteering portal, you will still need to sign up with OSDRI at our online portal as well. This helps us correctly account for how many people are attending to help.

Set up will be at Fort Adams in Newport. Set up duties consist of setting the boots out, cleaning up / shining boots, lacing boots, lining up boots on a pre-designed grid, attaching name placards, stuffing boots, and placing out American flags. Volunteers should be physically able to bend down/walk.

We will also need volunteers for the actual event itself. Volunteers to assist with band setup/breakdown, parking in the main lot, assisting at both the entrance and at the exit of the fort, and other miscellaneous duties. We are looking for 2-4 people to fill each volunteer shift.

The following shifts are available: Saturday, May 27, 8 a.m. to 2 p.m., 2 p.m. to 8 p.m.; Sunday, May 28, 8 a.m. to 2 p.m., 2 p.m. to 8 p.m.; Monday, May 29, 8 a.m. to 1 p.m., 1 p.m. to 6 p.m.

Break down will be at 8 a.m. on Tuesday, May 30. Break down duties consist of picking up boots, storing boots, picking up tags, picking up American Flags, and other miscellaneous duties. This is also a labor-intensive activity which needs volunteer assistance.

If anyone is interested in volunteering, they must sign up through the link: osdri.charityproud.org/VolunteerRegistration/Index/4506. Please move the calendar to May (if it is a different month) and click on the shift desired to sign up.

Should you have any questions or concerns please feel free to contact Amanda Dean at adean@osdri.org or 401-383-4730

SCOOPS - PAGE 10

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MUSIC DEPARTMENT FUNDRAISER



CLASSIC COSTUMES: Talented JHS music students like Ricsa Soth and Chelsea Maranhao let Saturday's rain dampen their enthusiasm or going outside with Johnathan Guilmette in special mattress costumes to promote the music department's 6th annual sale. (Sun Rise photos by Pete Fontaine)

Made like a bed from toes to head

By PETE FONTAINE

"It's nice to buy a mattress," people like Johnston residents Gary and Kathleen Vallee were saying Saturday and as Brett and Megan Cortesi added "and why not help the school."

To which Ron Lamoureux, the outstanding chairman of the award-winning Johnston High school Music Department added: "We didn't have as much traffic as we'd hope for today; but our kids had a lot of fun and we still managed to make some money."

Lamoureux was speaking about the JHS Music Department's 6th Annual Mattress Fundraiser that will be used to transport the school's award-winning band and vocal groups to the prestigious Music in the Park Festival in Hershey, Pennsylvania later this month.

"We had different volunteers throughout the day," Lamoureux went on about the unique 7-hour fundraiser. "It speaks volumes to the quality and generosity of our JSMA (Johnston School Music Association) members and our students."

The JHS students, in fact, were all smiles and gave up their Saturday to greet visitors and take turns wearing mattress costumes inside the JHS cafeteria which was filled with 26 name-brand mattresses and outside — sometimes in the light rain — walking between yellow signs that featured the words "Mattress Sale" and arrows in black letters directing people to the school's cafeteria entrance off Atwood Avenue.

As Lamoureux added: "The kids took turns wearing the mattress costumes and during a brief window of sun rushed out to wave traffic and beckon folks to visit our

showroom. Whether it's our Apple Sales, Calendar Raffle of mattress sale we continue to have an eye to the future mentality. We want people to know that those events are going to be held each year and they can count on us to deliver quality each time."

Lamoureux paused, then added: "We have so many repeat customers for our gourmet apples sales in the fall and we're hoping that folks recognize our calendar raffle as the absolute best and is highlighted by a tremendous number of valuable prizes up for grabs."

Saturday, shoppers were amazed with the savings on everything from twin mattresses (\$199) to full foam (\$259) to queen (\$289) and King Foam (\$489) courtesy of CFS — Custom Fundraising Solutions — and RI area Executive Jason Glander, who as Lamoureux wanted it known, "has been incredibly generous with us each year."

Glander, as Lamoureux noted "is one of the biggest donors for our calendar raffle and he sets us up with everything need to have a great (mattress sale) including 100 colorful flyers our kids passed to faculty, staff and area businesses that all featured special coupons for a free set of sheets with every mattress purchase."

As the fun-filled mattress sale ended, Lamoureux thanked JHS music students for volunteering and Glander, who he said "even on a slow day Jason always treats us like we are his most important client. He's a pleasure to work with and I'm always happy to recommend him to colleagues around the state."

Which explains why CFS held another sale Saturday at Chariho Regional High School and one in nearby Massachusetts.



SPECIAL SHOPPERS:

Kathleen and Gary Vallee enjoy a lighter moment trying out a mattress after learning about the product from CFS staffer Paula Gauthier during Saturday's JHS Music Mattress Sale.

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3. **NEVER** negotiate with your roofer, instead demand their best and final no haggle price right up front. This will guarantee that you always get their best price and avoid their pricing schemes/games.
4. **ALWAYS** get a lien waiver from your roofer before paying for the project. If you skip this step then you may be legally obligated to pay for the roof TWICE! That's crazy but true.
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Principal

(Continued from page 1)

The Johnston resident and town native only returned to his alma mater last semester.

"When the opportunity arose in late September to come back to Johnston, I knew I had to throw my name in," Velino said.

He was hired as the school's new assistant principal, under former top JHS administrator Donna Pennachia.

"Dr. Pennachia has been on leave and plans to retire at the end of the school year," said Johnston Schools Superintendent Dr. Bernard DiLullo Jr.

Prior to the vote Tuesday, DiLullo addressed the School Committee.

"I want to just take a minute to recognize Matt Velino who is on the agenda this evening," he said. "Matt grew up in Johnston. Matt worked at Brown Avenue and ECC as a PhysEd teacher. Went on to get his administrative certificate. Worked at Winsor Hill for a while. Left us for a little bit — we won't forget about that Matt — but he's on the agenda tonight for (to be approved as) principal at the high school where he now serves as the assistant."

Velino is a 2008 Johnston High School graduate, and coached football at the school for five seasons, from 2016-2020.

"I am also a proud member of the Johnston community still," he said Tuesday. "I was lucky enough to be the chosen candidate by Dr. Donna Pennachia, Ms. Sue Volante, Ms. Maria Simeone, and Ms. Natasha Zito. My first day was Oct. 11 and it was great to be home."

He recently stopped by Brown Avenue Elementary to read to some of the town's youngest students — part of "Read Across America." He has two youngsters at the school.

"I was the Phys Ed and Health teacher to over 150 current students and coached most of the Juniors and Seniors when they were Freshmen and Sophomores," Velino said. "The connection with these students helped me immensely."

Throughout the interview process, Velino was able to

convincingly argue nobody knows the town's student body better.

"My favorite part about JHS is the students," Velino explained. "We have some of the most talented students in the state in their respective areas. One of my goals coming in is to get these students the recognition they deserve."

He sees talent throughout the school district — on every level — from the arts, academics and athletics.

"We have a music department that I would put up against anyone in the state," Velino said. "Their concert last week was amazing. The entire group performances were impressive, and the solos by Nariah Johnson and Destinee Costa were incredible. We also have an amazing Art Department and I love walking the halls and seeing the students' art work on full display. I am looking forward to the Art Show coming up."

"Our academic decathlon and their accolades speak for themselves," Velino said. "The future of the team is bright, with one of the smartest students in the state, Lucas Anderson."

And perhaps Johnston High's new principal knows his students best from their standout performances in the competitive arena.

"Finally, our athletics," Velino said. "We have two of the best athletes in the state in NeAri Vasquez and Olivia Iafrate and I am excited to watch them continue their athletic career and college commitments."

Velino plans to help the town's youngsters grow into the High School and then ensure they each emerge ready for the real world.

"Matthew Velino is a dedicated school leader who brings a fresh perspective to secondary education," DiLullo said of the new JHS principal. "Matt makes strong connections to both students and staff as evidenced by the strong showing of support at the school committee meeting when he was appointed. I am looking forward to working with him as he transitions into leadership at Johnston High School and continues to encourage students and staff to achieve academically and socially. He will be an asset to the school and the



FAMILY SUPPORT: Matt Velino, center, is surrounded by his family after Tuesday night's Johnston School Committee meeting, where he was officially named new JHS principal. From left to right: Stacy Androozzi, Dave Androozzi, Luca Androozzi (a Brown Avenue Elementary student), Matt Velino, Mason Androozzi (also a Brown Ave. student), Lori Velino and Paul Velino. (Sun Rise photo by Rory Schuler)

district. I also thank Mrs. Volante who has stepped in as the Interim Principal during Dr. Pennachia's absence. She has worked hard at leading the school during this year."

A rousing standing ovation greeted the official vote to name Velino principal on Tuesday night. The meeting space set up, as always, in the Nicholas A. Ferri Middle School library, ran out of free seats by the 7 p.m. scheduled start-time.

"I would also like to congratulate the new principal, Mr. Velino," said School Committee member Marysue Androozzi.

The crowd burst into another round of applause.

Solar

(Continued from page 1)

Several solar projects are pending elsewhere in Johnston. Developers have been proposing solar fields in residential communities, sometimes clearing forested land to build large solar arrays. Residents have pushed back on solar projects pitched by local solar companies Green Development and Revity Energy, for residential neighborhoods.

"As you know I, along with many taxpayers in Johnston, have been opposing large scale solar projects from being placed in residential neighborhoods," said Johnston Town Councilman Robert J. Civetti. "From the start we have all stated that we were not against solar but we were opposed to placing them in neighborhoods that are zoned residential."

The pending legislation aims to target brownfield sites for development, tasking the Ocean State's Office of Energy Resources and Department of Environmental Man-

agement (DEM), with identifying "sites such as brownfields or large rooftops that are preferred for solar development over forested sites or greenspaces," according to the General Assembly.

"I think that this legislation is terrific especially since in section 42-140.5-1 it states that the legislation will help 'preserving the most valuable forests,'" Civetti said. "Also section 42-140.5-3 provides an identification of eligible sites which coincides much with what I along with the Johnston residents have been asking for. These solar farms can go on land adjacent to highways, landfills, roof tops, contaminated sites, while still maintaining our forests and residential neighborhoods."

DiMario, who serves as chairwoman of the Senate Committee on Environment and Agriculture, collaborated with Senator Dawn Euer (D-Dist. 13, Newport, Jamestown) to design the legislation.

"This plan is really innovative and exciting," Euer said. "We can use federal and other available funds to proactively identify and prepare these sites for solar devel-

opment. That means more clean energy, more jobs and more affordable electricity rates."

Rhode Island legislators passed the Act on Climate two years ago, "committing the state to carbon neutrality by 2050."

"In 2022, the state passed among the boldest clean energy plans in the country, requiring 100 percent of the state's electricity come from local renewable sources by 2033," according to the General Assembly press release. "Also in 2022, the state established a plan and sent out a request for proposals for offshore wind. Now, advocates say, the state must better plan solar development."

"By preparing sites where we want solar, we'll ensure development where it makes sense," said Priscilla De La Cruz, Senior Director of Government Affairs at Audubon Society of Rhode Island and President of the Environment Council of Rhode Island (ECRI). "Right now, it's often cheaper for a company to clear-cut some forest than it is to remediate a contaminated site or put panels on the roof of a big building.

But with the Renewable Ready program, we can flip that script, reducing carbon emissions, protecting our forests and saving ratepayers money all at the same time."

This statement was music to Civetti's ears.

"This is all that the solar group in Johnston has been asking for," he said Wednesday morning. "Let's put these solar farms where they belong and that is not in the middle of residential neighborhoods or on residentially zoned property."

The legislation passed unanimously by the Senate (on a vote of 38 to 0) now heads to the Rhode Island state House of Representatives.

"The path forward for the next 10 years of solar development needs to focus on responsible land use, high labor standards and minimizing ratepayer impact so we can all benefit from energy generation that is both cleaner and less expensive than fossil fuels," DiMario said. "Renewable Ready will mean protecting our forests, creating jobs and producing more clean energy, all while using federal or other avail-

able funds so ratepayers won't see their bills go up. It's the next step in moving our energy system forward."

Johnston state Rep. Deb Fellela said that she "realize(s) this is the way of our future and solar is an important part to make air cleaner/efficient."

"However, we do need to be mindful of open spaces especially in towns where residents make their homes," Fellela warned. "I don't think they belong in neighborhoods, even if they are just 20 years. I do see a solar farm off the highway near the airport and something like that makes sense. As homes wouldn't be built in that area anyway. I also hope the grid can handle all these changes. I think it is a commonsense issue. We can't expect folks to go all electric with homes, appliances and gardening/snow equipment too quickly. Along with vehicles also, this has to be done in a gradual manner, not to hurt the consumers. However, if renewable energy can help with the costs to residents, I'm for it."

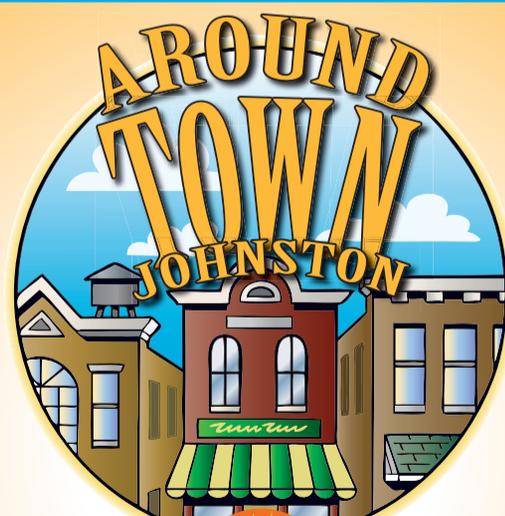
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Opinion

EDITORIAL

A time for nostalgic normalcy and renewal

For many local Christians, last Easter felt refreshingly normal. Emerging from quite a bit longer than three days trapped in our own tombs of isolation and quarantine, the chance to once again meet with loved ones (and to even see their full, uncovered faces) was sweeter than any chocolates left behind by a bipedal rabbit. The mystery of the Resurrection, the spiritual cornerstone of the Christian faith, mirrored the wider secular experience of returning to life in a world that had felt lost to us.

This year, however, one might be forgiven for suggesting that the holiday feels disappointingly normal. Extended family has once again become familiar – which, as the adage goes, is never far from breeding contempt. Even the world around us has lost much of the shine that

it had when the stone of Covid was first rolled back. For those of us hoping to emerge back into a world where shared suffering had created a new sense of understanding in our world and in our nation, we have instead stepped out to find raging fires of political division, roiling economic instability, and the deadliest European war in almost a century.

It's enough to make one nostalgic for the tomb, frankly.

Another seasonal holiday offers a meaningful point of comparison. On the evening of April 5, local Jews will begin their celebration of Pesach, or Passover. Like the Hebrews in Egypt, we have been spared from the touch of death (although the invisible killer which menaced us was far less predictable in its choice of prey). And yet the joy of Passover served as merely the prequel to forty long years of starving and stumbling through the desert sands, daydreaming about the comparative joys of Egyptian slavery.

The challenge implicit in both the Christian concept of the Resurrection and the Jewish narrative of deliverance is that both mark a beginning rather than an end. Both the Seder and the celebration of Easter commemorate specific events, but that celebration draws us out of history and into eternity. The joy of salvation may quickly lose its novelty, but the work of salvation never lessens in its ardor. Ours is a broken, a fractured, a painfully divided world – a world in which brother openly takes up arms against brother, and where apathy is often the most comfortable option available to us.

And yet, as these holy days remind us, there is some hope which burns eternally. Across religious, racial, and cultural lines, there is some indefinable hope which continues to shine, even when pestilence gives way to war and hatred. And however comfortable the tomb may seem at times, it is this imperishable hope that reminds us we were not made for its confines.

We were made for life.

Happy Easter – and chag Pesach samech – from the Johnston Sun Rise.

HAPPY EASTER!

OK NOW GO FIND THE EGGS,
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• WHERE TO WRITE:
1944 Warwick Avenue
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Push to deep six tangible property tax; Amazon, for better or worse

TALKING POLITICS



by
IAN
DONNIS

STORY OF THE WEEK:

Can Rhode Island tax-cut its way to a more appealing business climate? That question has been subject to debate for years and it won't stop now. For supporters, the Carcieri-era move to flatten the top rate of the state income tax was a step in the right direction, for example, while critics it relied on a mistaken belief that people were fleeing due to higher taxes. Now, the Rhode Island Senate has rolled out one of its top priorities for this session – a move to eliminate the tangible property tax for an estimated 85 percent of the businesses that current have to pay it. Senate President Dominick Ruggerio unveiled the initiative during a speech to the Northern RI Chamber of Commerce. "This is a step we can and should take to help companies to continue to grow and invest here in Rhode Island," Ruggerio said. Under a bill sponsored by Sen. Melissa Murray (D-Woonsocket), the state would make cities and towns whole for lost tangible tax revenue, with an exemption offered to businesses for up to \$100,000 in liability for things like computers and furniture. This is likely music to the ears of the local business community. The proposed cut is all the more noteworthy given how the Massachusetts Soci-

ety of CPAs is sounding an alarm about what it calls an exodus of high-income residents leaving the Bay State. Still, economic uncertainty raises questions about Rhode Island's ability to pay for more tax cuts; the May revenue-estimating conference will reveal the latest data on state revenue. And when it comes to attracting business, Rhode Island's glass chin remains our under-performing public schools, an area where Massachusetts still comes out on top.

CANNABIS CONFIDENTIAL: As I reported last year, the state's new Cannabis Control Commission will decide regulations and determine who gets 24 new retail cannabis licenses in Rhode Island. The pertinent law called for Gov. McKee to appoint three members to the commission by last July 4. When I looked into this last October (4th item), the governor's office said McKee was waiting until the General Assembly was back in session. But here we are, at the midpoint, in the legislative session, and there are still no appointments. Here's how McKee spokeswoman Olivia DaRocha explains the lag: "The Rhode Island Cannabis Act requires that a comprehensive background check be conducted on all of the governor's selections prior to appointment. This is an extensive process involving coordination with the State Police. The governor's selections will be announced when the full background check process is complete for all potential candidates."

AMAZON: For better or worse, Amazon is a big economic force. Rory Schuler of the Johnston Sun Rise reports on how the giant retailer has yet to set a firm date for opening its local

distribution center: "While empty Amazon warehouses litter the nation, the online mega retailer insists their Johnston distribution center will open as planned. And the company plans to hire more than 1,500 local job-seekers."

PATRICK CROWLEY, secretary-treasurer of the RI AFL-CIO: There is always lots going on in the world of organized labor, but this week was particularly busy. While some news stories focused attention on how inflation is hampering the push to rebuild our infrastructure (think Tidewater Landing in Pawtucket and the Superman Building in Providence), any union organizer will tell you that the real news about economic development in Rhode Island often has an under-reported side: worker exploitation.

Thanks to Justin Kelley from the Painters Union and the reporting of Amanda Milkovits in The Boston Globe, Rhode Islanders got a taste of what it's like to work at a non-union job site: dangerous and sometimes illegal working conditions. And exploitation isn't limited to the construction industry. We saw earlier this week when healthcare workers who are members of the Service Employees Union local 1199 overwhelmingly voted "no confidence" in their management at Women and Infants Hospital after enduring disrespect, harassment, racialized language, and systematic mistreatment. Likewise, Teamsters Local 251 members were forced to hold a strike against the Rhode Island School of Design because they are treated like expendable labor, even though RISD is sitting on an endowment of \$440 million. In positive labor news, AFSCME, Council 94,

successfully organized 35 maintenance workers, counselors, IT technicians at the Wyatt Detention Center in Central Falls and the RI Building Trades Women's Council is having an inaugural event at the Brass Monkey on Allens Avenue in Providence starting at 4:30 pm on Friday, March 31.

RI Senate GOP Leader JESSICA DE LA CRUZ of North Smithfield: News of the Pawtucket soccer stadium's financial woes are unsurprising when we see higher interest rates and 40-year record inflation. It's a shame that Gov. McKee has not had a similar alarmist reaction for our small businesses that do not enjoy the benefits of corporate welfare as his stadium does.

The legislature can provide comprehensive relief for those businesses grappling with current economic conditions by decreasing the tax burden eliminating cumbersome regulations, and streamlining reporting requirements. To that end, I introduced legislation in late February to establish a state-wide incremental tangible personal property tax exemption that includes compensation to cities and towns for lost revenue. Consequently, I'm pleased that the Senate president has indicated support for similar legislation. Each version will benefit a large percentage of Rhode Island businesses for a moderate cost, making them more competitive regionally. Additionally, businesses will be more inclined to make capital investments that stimulate growth and prosperity. I will certainly support any version of this legislation that will provide much-needed relief to Rhode Island's small businesses and taxpayers.



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Scoops

(Continued from page 6)

Amenity Aid Volunteers Needed

We are looking for volunteers that would like to help us plan and staff community events, organize hygiene product collection drives and raise funds for Amenity Aid. If you are interested in doing any of the above or would like to be a member of our Community Outreach Committee, please contact Stacey Silva, Community Outreach Chair at Stacey@AmenityAid.org.

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

Johnston Historical Society Event

On Wednesday, May 31, the Johnston Historical Society will host an event exploring the Johnston connection to the "Band of Brothers," a group of World War II veterans who fought their way across Europe and were immortalized in a book by Stephen Ambrose and an HBO series.

George Luz Jr., was blessed by an early introduction to the men of Company E, 506th PIR, 101st Airborne Division, in 1965 at the 101st Airborne Reunion. Luz was nine years old at the time, and that started a journey that his father, George Luz, began in August 1942 at Toccoa, Georgia.

Although George Sr. was killed in a tragic accident in 1998, George Jr. made a promise to his father's memory that he would move forward and do everything as if he had survived. He reconnected with all his father's buddies and in true Easy Company form, they embraced him with the same esprit de corps that had brought these men together so many years ago.

George took a trip to Hershey, Pennsylvania, to visit with Maj. Richard D. Winters, the mainstay of the HBO series "Band of Brothers." Listening to Winters (as well as Wild Bill Guarnere, Babe Heffron, Don Malarkey, Frank Perconte, Shifty Powers, Earl McClung, Johnny Martin, Buck Compton and others) and the other men of Easy Company seeing the closeness they had was comforting.

Luz Jr. flew to the HBO set of "Band of Brothers" in Hatfield England; met Rick Gomez who played his dad; attended the World Premiere on Utah Beach on June 6, 2001; and went to the 54th Annual Emmys Awards in Los Angeles, when the show won for "Outstanding Miniseries" in 2002.

George Luz Sr. would have been so proud and happy about his son's tribute to his memory especially spending the time with the men that he so dearly loved.

George Luz Jr. will be delivering a presentation on his father on May 31

The event will begin at 7 p.m. at the Johnston Historical Society Museum at 101 Putnam Pike in Johnston. Call the museum at 401-231-3380, and read future editions of the Johnston Sun Rise, for more details.

More at Mohr Library

On Thursdays at 3 p.m., the library will host Beginner's How to Draw classes for Adults.

Art-Smart classes for ages 5 to 8 and for 8 to 12 may be full, but please let the library know if you are interested in these classes in case they can make more spots available.

Yoga is now open to all ages. The class is sponsored by Tri-County HEZ, and taught by a certified professional and is free. The yoga classes will be held at 2 p.m. on Mondays.

For High School Students, the library will host a Yoga class, sponsored by Tri-County HEZ, at 2 p.m. on Mondays.

West Bay RI is providing beginning American Sign Language classes at Mohr Library. Sign language classes were cancelled for March 22 but have resumed. They will be held at 1 p.m. each second, third, fourth and fifth Wednesday (all Wednesdays except the first Wednesdays of the month). The instructor will cover letters, numbers and simple phrases. All are welcome to this free class.

Mohr Library will participate in this year's "Read Across Rhode Island" programming to read and discuss "True Biz," a bestselling book which the publisher calls "an unforgettable journey into the Deaf community and a universal celebration of human connection." Upcoming dates are to be decided. Let the library know of your interest and request the book soon!

The library will host a 3-part book discussion of Prince Harry's popular memoir, "Spare," on Thursday nights at 6:30 p.m., on April 6th, 13th and 27th.

There are afterschool activities nearly every day, including varied programs for middle and high-school age kids and crafts for younger kids.

For adults, the crochet group continues to meet Fridays at 10 a.m.

The Library is located at 1 Memorial Ave. in Johnston. Call 401-231-4980, email info@mohrlibrary.org, or visit their website at mohrlibrary.org.

Scholarship Applications

The St. Francis Xavier Academy Alumnae Association is accepting scholarship applications from Jan. 1, until July 31.

Forms are available on their two Facebook pages, by mail at SXA. P.O. Box 20452, Cranston, 02920, or contact a board member.

Johnston Senior Center highlights

The Johnston Senior Center is better than ever. Offering more exercise programs and trips every week; Hi Lo Jack, Monday & Wednesday and Poker on Wednesday. Arts & Crafts, on Monday, Mar Jong on Thursday & Quilting on Wednesday, Tia Chi on Tuesday. The Senior Center also has a book Club the last Tuesday once a month. There is no charge for Senior Center activities. They offer Bingo on Thursday and Friday. Lunch is served daily at 12 p.m. (with a suggested donation of \$3).

A Social worker/Medicare Counselor is also provided 5 days a week. Contact Madeline Ravenelle at 944-3343. Feel free to come in for a tour of the facility at 1291 Hartford Ave.

Soul of '71 Scholarship Fund

The Johnston High School Class of 1971 is raising donations for The Soul

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

Low Income Home Energy Assistance

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

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

NAMI-RI: Registration open for Family-to-Family course

The Rhode Island chapter of the National Alliance on Mental Illness is now accepting registration for our next virtual Family-to-Family course which begins Thursday, Feb. 2, 2023. This is a free, 8-session educational program for families, significant others and friends of people with mental health conditions. It is a designated evidenced-based program, which means that research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition. NAMI-Rhode Island's Family-to-Family course is taught by trained family members who have lived experience with a loved one, and includes presentations, discussions and interactive exercises. For more information on the Family-to-Family curriculum and registration requirements, visit namirhodeisland.org or call 401-331-3060 or email beth@namirhodeisland.org.

Neighborhood Watch

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

Editor's Note: Send submissions to roys@rhodybeat.com. Photos in jpg format are accepted and news can include community events, promotions, academic news and non-profit 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.



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Johnston resident elected to National EL Education SAC

By **TONI LAUTIERI**
Special to the Star

Khadijah Hilmy, a tenth grade student at The Greene School (TGS) and resident of Johnston, has been elected to the National EL Education Student Advisory Council (SAC).

The Greene School is an intentionally diverse and inclusive public charter school serving 200 students in grades 9-12, across 25 communities and Rhode Island's only Expeditionary Learning School (eleducation.org).

As a SAC member, Hilmy will be able to use her voice to shape and inform education decisions that directly impact EL schools across the United States. During her two-year service commitment, she will have the opportunity to:

Hone her leadership skills with targeted support from advisors as they weigh in on EL Education's strategic initiatives,

Serve as a listening leader for her peers, Act as an advocate for improved education systems, structures, and experiences by sharing concerns with people and organizations in the position to make needed improvements,

Elevate EL Education ideas, practices, and impact to broader audiences by co-planning, hosting, and facilitating virtual and in-person meetings with stakeholders, speaking on panels and at conferences, writing/co-writing blogs, collaboratively creating multimedia content, and more.

Serve as a thought leader and change agent within her classes, community, and the world of education.

Hilmy's particular area of interest is environmental education. In fact, she is a member of TGS's Rhode Island Environmental Education Association (RIEEA) Youth Leaders Group for the second consecutive year.

She credited her mother with her interest, saying, "My mother instilled in me the importance of caring for the planet. In fact, we initiated a recycling program at The Islamic School of Rhode Island, where I was a student before I enrolled at The Greene School. Because of how much I value environmental education, I try to lead and model practices that can protect the world for generations to come."

She added, "I've always enjoyed spending time outdoors and traveling the world. Noticing the beauty of the environment, I have become concerned that the future generations may not have as much access to the natural resources Earth has to offer."

Hilmy said of her appointment to the Council, "I am looking forward to working with other students who are committed to redefining education and learning and sharing ideas, opinions, beliefs, and actions."

TGS Principal, Ms. Alex Edelmann said, "We are very proud of Khadijah and her commitment to environmental education and justice. Over the course of the next two years, she will be meeting with the National EL Foundation Student Advisory Council on a monthly basis to assist in the planning of events, as well as future Better World Day programs and conferences. We are looking forward to the creative ideas and positive contributions she will undoubtedly make to this effort. I'm thrilled to have Khadijah representing the voices of our student body and providing feedback and guidance on real issues in education. We need more voices like hers amplified to people that are listening. She is a changemaker."

Reflecting on Hilmy's application for the Council, Jessica Wood, Associate Director of Experiential Marketing, EL Education, commented, "One thing that made an impression on me from Khadijah's application was her previous work with environmental advocacy! Being able to have that positive history in advocacy is incredible! Her passion for the environment is astonishing. Not only does she protect it herself, but she also contributes by teaching others. This proves that she is interested



Khadijah Hilmy

in advocacy and has experience speaking with others about changes she believes need to be made. Khadijah's environmental stance and passion for improving the world are beautiful to see in a young person."

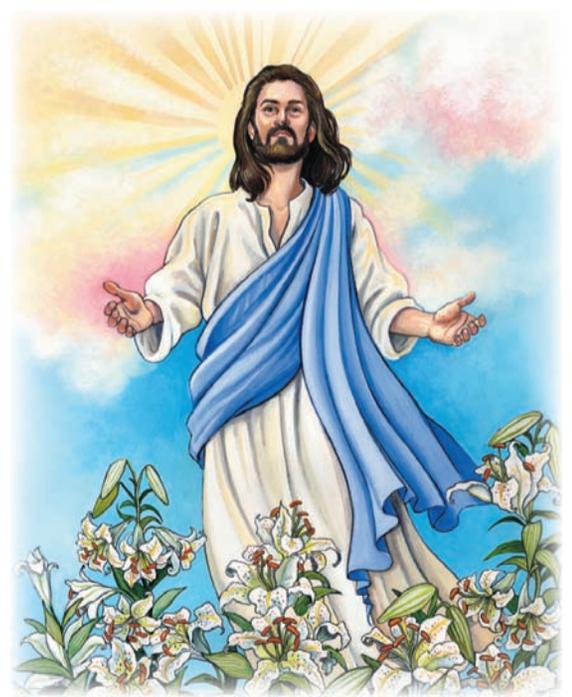
Last year, Hilmy participated in the EL Foundation's Better World Day in May 2022. Better World Day is an annual, national event showcasing student learning that contributes to a better world. Students work in partnership with each other and their local communities on this day to engage in and celebrate meaningful student work that positively impacts the world around them. Students present learning projects and engage in acts of service that demonstrate the power of EL Education's vision for public school, which is a place where children become great scholars and active citizens with the capacity to make a positive impact.

This July, she will make a presentation at the EL Education Institute for Leadership in Boston with her school-based advisor, Alex Edelmann. In addition, she has been invited to attend and present at the 2023 EL Education National Conference in Denver as a student ambassador with over 1,500 participants.

The Greene School is a tuition-free statewide public charter school located in West Greenwich, RI. The Greene School explores the interdependence of human and natural systems. Through a rigorous pre-college curriculum we develop citizens and leaders engaged in finding peaceful and sustainable solutions to local and global challenges. We believe intentional diversity and inclusion increase the richness of ideas, creative power, problem-solving ability, and respect for others. We take pride in our small community, talented and committed faculty, welcoming spirit, and a rigorous cross-curricular education. The school was nationally recognized by EL Education in 2015 and again in 2022 through a rigorous credentialing process.

Editor's Note: Toni Lautieri serves as Development Director at The Greene School in West Greenwich. Contact Lautieri at alautieri@thegreenschool.org.

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Good Friday - April 7

Stations of the Cross at 3:00 PM
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Easter Vigil - April 8

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Easter Sunday - April 9

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MAYORAL READING: Johnston Mayor Joseph Polisena Jr. read to second grade students. He read, "When Things Don't go Right, Turn Left" by Marc Colagiovanni, a local author from Cranston.

Reading role models lead with literacy

By RORY SCHULER

Brown Avenue Elementary School recently welcomed guest readers into the classroom. "It was an honor to spend time with the Mayor and other guest readers," said Ferri Middle School Reading Specialist and Consultant Karen DiSandro. "My goal as a reading specialist is to instill the love of books. Each guest reader served as a role model for our students at Brown Avenue."

The nation's schools celebrated "Read Across America" throughout the month of March.

"The National Education Association (NEA) drives to encourage reading," DiSandro said. "So, during the month of March, many schools across America organize a Reading Week to celebrate books."

Johnston Mayor Joseph Polisena Jr. read to Maryellen Tobin and Susan Duquette's second grade students. He read, "When Things Don't go Right, Turn Left" by Marc Colagiovanni, a local author from Cranston. After reading the book the mayor asked the kids what lesson they learned from the main character.

"Seeing the joy on their faces from the story was the highlight of my week," Polisena said. "Everyone should stress to children the importance of reading. Reading is the best way to expand knowledge, vocabulary, improve memory and boost concentration and is a timeless form of entertainment. It's important for myself and others to really put time in and engage with the children of our community. They are our future and as such we want to build a strong foundation for them early on so they have the very best chance of success."

DiSandro described the book as an "inspirational story about being optimistic, overcoming adversity, and pushing forward in life."

Polisena "ended his visit by telling them what his role and responsibilities are as the Mayor in Johnston," DiSandro said. "The kids were engaged and enjoyed meeting the Mayor."

Johnston Police School Resource Officer Brooke Ardito read to Melanie Martino and Jennifer Leone's fifth grade classes. Ardito chose her favorite fables to read and the students discussed the moral of each lesson.

"Officer Brooke also talked about her role as a police officer and answered the students' questions," DiSandro said. "They were eager for her visit and enjoyed listening to her read aloud."

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SECOND GRADE LESSONS: Johnston Mayor Joseph Polisen Jr. read to Maryellen Tobin and Susan Duquette's second grade students.

Read

(Continued from page 12)

At Brown Avenue, DiSandro organized a schedule of Guest Readers to come in to read to students and "promote the importance of reading everyday."

On March 17, Attleboro Firefighter Aaron Braga visited first grade students in Karen Ross and Kerry Crosby's classes.

"The students were engaged," DiSandro said. "After he read, he showed the students how firefighters get dressed for an emergency situation. Overall, what an engaging and exciting visit as he promoted the importance of reading everyday to your first graders ... He was very engaging as he showed the students how firefighters gear up."

On March 20, Kerry Cimaglia, Customer Relations Coordinator for the Providence Postmaster's Office, visited fourth graders.

In 2020 the Providence Postmaster and the Providence Postal Customer Council initiated a community outreach program to share information about the postal service and to educate our future mailers. The pandemic, however, scuttled plans to visit local schools.

"Last year we finally received the OK to visit schools once again and continue our mission," Cimaglia said.

She and Providence Postmaster Jeanne Jackson met with the fourth graders from Sherri Pontarelli and Diana Mollicone's classrooms.

"The Postmaster read a book about elephants to the students and shared some fun facts about these friendly

creatures and how they relate to humans," Cimaglia explained. "She also talked about the services the post office provides to the community, job opportunities and the value of sending something physical in the mail. We provided instructions on how to address an envelope along with worksheets to practice address writing."

The postal officials provided "blank postcards with the Elephant stamp affixed and the students were asked to design their very own postcard and mail it out."

"This activity allowed students to see how the mail works and provided them with a valuable life skill," Cimaglia said. "At the end of the presentation, the postmaster presented a special framed art piece featuring the Elephant stamp to the school for participating in the Providence PCC Community Outreach Program."

The mayor and Ardito both visited on March 23.

Later that day, Mr. Matthew Velino, formerly Johnston High School's Assistant Principal (Velino was officially promoted to JHS Principal at Tuesday night's School Committee meeting) visited third grade students in Tara Iacobo and Christina Armstrong's classes.

He read the book, "Enemy Pie" by Derek Munson.

"It is a book about kindness," DiSandro said. Velino had a "chat with the students about friendship, judgment, and bullying."

He'll be waiting for the youngsters to read their way to the classrooms of Johnston Senior High School.

Editor's Note: For more photos from the reading events, turn to Page 15.

DAD THE FIREFIGHTER:

Elijah, a first grade student from Ms. Crosby's classroom, posed for a photograph with his father, Attleboro Firefighter Aaron Braga, who read to the class and showed how to put on his firefighting gear. (Photos courtesy Karen DiSandro)



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By JENNIFER COATES

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

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

With spring securely on the calendar, it is officially prom and wedding season! Now is the time to get that prom, wedding, formal or casual occasion attire altered before the crush begins. Tita and her team will do everything to accommodate you, but don't put this off to the last minute!

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

Customers will also find dry cleaning, laundry and pressing as well as wash & fold services here. They will handle your clothes and possessions with professionalism and care.

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



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Camp Winfield Scott, one of the camps Albert wrote from. (Property of Library of Congress)



Union soldier awakens to reality of war

By KELLY SULLIVAN

On April 15, 1861, President Abraham Lincoln issued a call for soldiers. Over the next several years, the north and south would do battle through a bloody Civil War. That July, Albert Fenner Waite, the 22-year-old son of John Tillinghast Waite and Mary Madison Allen of Warwick, enlisted in the 15th Mass. Volunteer Infantry, Company G.

Waite marched off to war with an air of pride and excitement. It did not take long, however, for the reality of the situation to chip away at a farm boy's innocence, replacing the thrill of adventure with the discomforting awareness of how quickly a life can be extinguished.

Shortly after his enlistment, Albert wrote a letter to 18-year-old Clara Francis Carpenter, whose family had been neighbors of his uncle Allen Waite. It's possible the young girl might have been an object of Albert's affection. The letter is the first of 12 addressed to Clara that still exist and was written from Camp Scott, a military training camp upon the Brooks Farm in South Worcester, Mass.

"Dear Clara, This is the first opportunity that I have had to write. It is rather a hard writing desk that I have got. I found an old board and went out in the woods. I had to lay

Part one of two-part series

1861
Camp Scott July 9
Head Quarters
Camp Scott
South Worcester
Mass

Dear Clara.

This is the first opportunity that I have had to write. It is rather a hard writing desk that I have got. I found an old board and went out in the woods I had to lay on my stomach to write. So you must not make fun of my writing, when you know what a fancy desk I had to write on.

I went to camp the next day After I left Providence. I never shall forget the day we left old Gregton. All the ministers in the neighborhood were there. They spoke and prayed, with

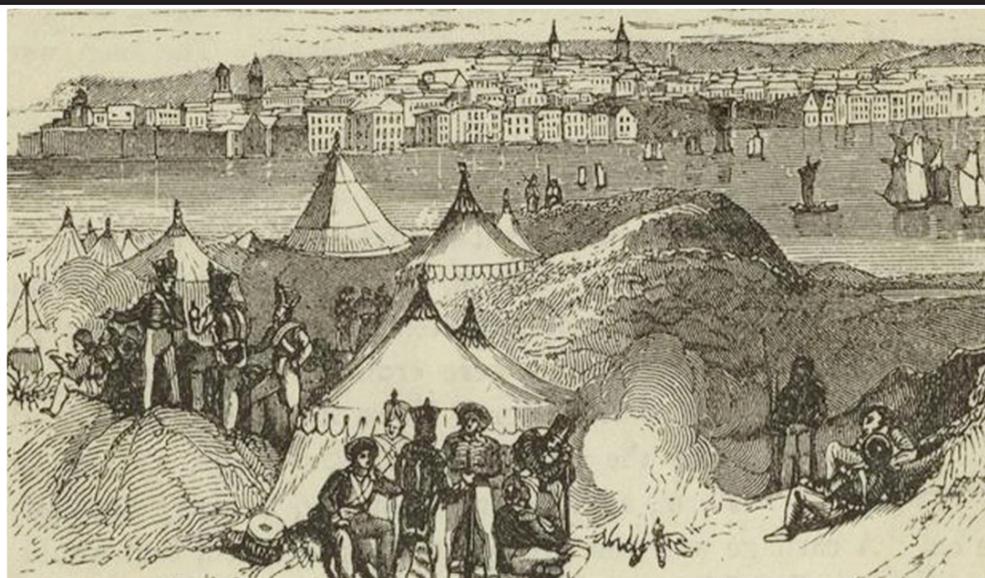
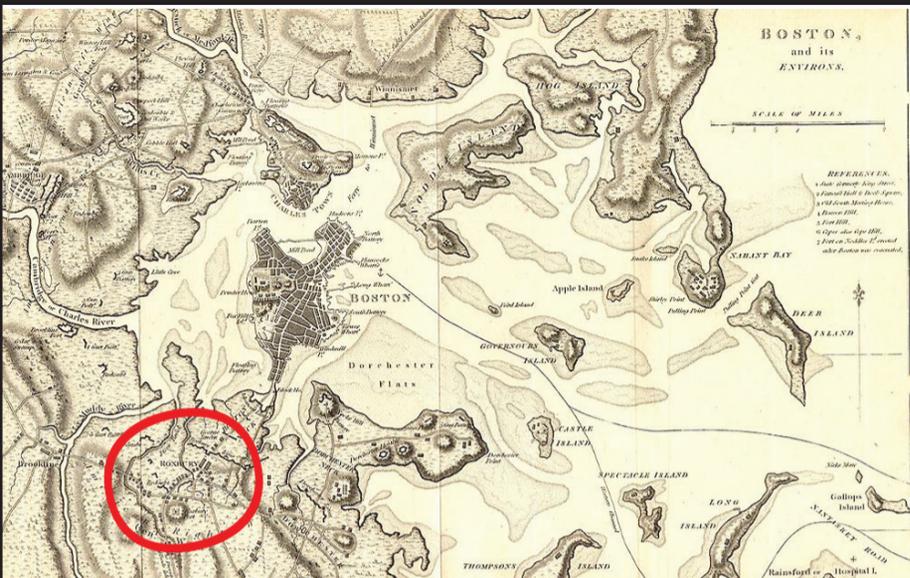


One of Albert Fenner Waite's handwritten letters with an envelope and a photograph of him which were with the letters.



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A Siege of Boston Horn with a Story

I talk about powder horns a lot here as I'm fascinated by them. Plain or carved, as long as they have a provenance, I get pretty excited when I handle one. A few weeks ago I had two calls about horns at work. They were both unnamed, undated and had no real value. Then I got a third call, which at first I thought was going to be like the two before it - but I was wrong!

The owner of the horn sent me some images that evening after our conversation. I was out to dinner with my wife when they arrived, and I had to ignore both my wife and dinner to spend a few minutes taking a look. As the images downloaded, I realized I had seen the name on the horn, Richard Andrus, in a drawing by artist Rufus Grider. I quickly located the drawing in the collection of the New York Historical Society collection and sure enough, it was the same horn (although for some reason Grider flipped the scenes on the horn around Andrus's name). It's marked "RICHARD ANDRUS his/horn Made at Roxbury October 5th: 1775" and engraved with foliate designs, deep incised areas within the designs, crude trees, and a soldier. It has a slightly convex pine plug with an iron staple, and a tapered spout. The style of carving was also instantly recognized as that of "The Simsbury Carver," as noted historian Bill Guthman referred to the unknown artist. When Bill wrote his book on powder horns, he had seen three by the same carver. I had found and



By Joel Bohy
Historic Arms & Militaria
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sold a fourth five or six years ago, with this one being the fifth known! The research then began.

Richard Andrus was from Simsbury, Connecticut. Using his date of death is his Revolutionary pension records, he was born about 1750. He was married in the spring of 1775, not long before he enlisted on May 4 and marched as a member of Captain Abel Pettibone's 7th Company, 2nd Regiment, to the Siege of Boston and the fortifications at Roxbury, Massachusetts. He was at Roxbury until December 10 when their enlistments were over. He reenlisted on January 1, 1776, and served again in Captain Abel Pettibone's Company until January 1, 1777. In March 1777, he enlisted as a teamster for three years in Captain Ozias Bingham's Company, and in 1780 he enlisted yet again in Lieutenant Colonel Joseph Hait's 2nd Connecticut Regiment. That's quite a service record!

However, when Andrus tried to get a pension for his service, it was a struggle. His name on the early muster rolls had been spelled "Adams" and he couldn't receive the monies he should have. After his death on October 24, 1826, his wife fought for his pension. Luckily these records survive in the National Archives for us to study. With the numerous petitions, it was proven that the "Adams" in the rolls should have been Andrus, and his wife Catharine received his full pension.

Kind of a sad story for a man who honorably served his country, and I'm glad his horn survived so that I (and you) could learn more about him!



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Sports

Panthers beat Bulldogs in opener



The Johnston baseball team earned a big win to start its 2023 spring campaign, beating divisional foe Westerly in a 3-2, extra inning affair on Tuesday night at Johnston Memorial Park. The Panthers are coming off a nice season last year, reaching the Division II playoffs. Pictured above are starting pitcher Derek Salvatore (left) and Dylan Martins. For more photos of the action, check out page 20. (Photos by Ryan D. Murray)



TALENTED TROUPE: The Johnston Girls Softball League's U-18 traveling team includes: Falyn Lusignan, Becka Baggesson, Marissa Durette, Julia Raymond, Kaylee Bradley, Charlotte Labossiere, Jenna Malloy, Mia Santomasimo, Briana Grenier, Hannah Calabro, Victoria Butler and Haley Ellis. (Photos courtesy Lisa Calabro)

Rockets celebrate annual dinner

By PETE FONTAINE

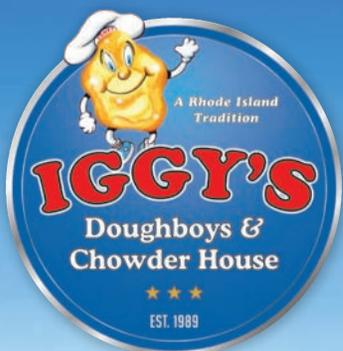
To say that the Rhode Island Rockets are in a league of their own would be an understatement of huge proportions.

That became more obvious than ever last week when the Johnston Girls Softball League's U-18 talented traveling troupe held its annual pasta dinner inside the famed Santa Maria DiPrata Society located at 15 Walnut Grove in Cranston.

Never since the JGSL team, which was founded back in 2016, has the unique annual affair been filled with such tremendous togetherness, love and respect as there was during the fun-filled event.

For example, even before the Rockets received special gifts and framed photos taken by Lisa Calabro they presented to their mighty moms, there was a special moment for head coach Derek Calabro when his players – along with their parents and guests – sang "Happy Birthday" to their beloved coach and dedicated mentor.

ROCKETS - PAGE 23



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Abdullah named Gatorade POY

By ALEX SPONSELLER

Bishop Hendricken basketball player Azmar Abdullah enjoyed one of the most prolific seasons in program history this past winter season and recently was named the Rhode Island Gatorade Player of the Year.

Abdullah led the team in scoring this season with 22.8 points per game and was vital in winning another state championship. Abdullah was named the coaches association's player of the year while also being first team, all-state.

Off the court, Abdullah boasts a 3.06 grade point average and regularly volunteers in the community. He is the seventh Hendricken player to receive the Gatorade Player of the Year award, joining guys like current head coach Jamal Gomes and Celtics coach Joe Mazzulla, who won it twice while with the Hawks.

"I was just worried about winning the championship. I'd just like to thank my teammates and coaches for helping me get the awards, my teammates for pushing me. Devin Lynch, Eze Wali, Mike Paquette, Matt Brock, they always pushed me at practice. I really appreciate them for that. Coach Gomes worked with me in the offseason, being with me in the gym before school and after school," said Abdullah. "It's an honor just to be in the conversation with those guys, Joe Mazzulla, Justin Mazzulla, Coach Jamal Gomes. It's an honor to be part of Hendricken history."

Although Abdullah experienced a

championship as a junior, he had a quiet playoff run and was determined to make a bigger impact this time around.

"I'm grateful for the year that I had. I didn't think that I'd have the year that I had after not scoring in (last year's) championship game. I knew I could have done better. Going into the summer, I knew I had to improve to get the awards that I did," said Abdullah.

Next up for Abdullah is prep school, as he announced last week that he would be heading to Vermont Academy for a season prior to committing to a college program. Abdullah was considering transferring to prep school as early as his sophomore year, but his parents and Gomes convinced him to see things through at Hendricken.

"I'm grateful that I stayed and I think the decision to do it now will be beneficial for me, being able to play against better competition in Vermont," Abdullah said.

Moving forward, Abdullah will remember the meetings with Gomes and his influence on his life both on and off the court.

"I'm going to take all those conversations in Coach Gomes' office with me and how he would relate basketball to life. It always related to having a support system, having a team, family, mentors, coaches," Abdullah said. "You can't get through life on your own and that's the biggest thing that I always appreciated about Coach Gomes."



STATE CHAMP: Azmar Abdullah is greeted by teammates after winning at states.



PLAYER OF THE YEAR: Azmar Abdullah. (Photos by Alex Sponseller)

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Balancing Act

Cranston's own Dream Big Gymnastics enjoyed a strong showing at the recent USAG State Championships, with champions in five different sessions. Rhode Island College hosted the event on March 25 and 26, which attracted competitors from throughout the state. The Dream team included 9 first place winners, seen above sitting on the balance beam. From left to right, they are: Josephine Russo, Adrianna Pinheiro, Anjali Perez, Aubrey Soares, Gianna Desmarais, Savannah Douglas, Elisa Stegnano, Madelin Rose, and Anastasia Magurean. (Cranston Herald photo)



Doss, Saunders win weekly LEC awards

Rhode Island College junior Steven Doss (West Warwick, R.I.), freshman Jaden Saunders (Smithfield, R.I.) and the 4x100m relay team were recognized by the Little East for their respective performances at Bryant's Black & Gold Invitational on March 31 and April 2.

Doss was named the Little East Men's Track Athlete of the Week, Rookie Track Athlete of the Week and was a member of the Relay Team of the Week.

Doss finished first in the 200m (21.42) and fifth in the 4x100m relay (42.92). His time in the 200m broke the program and meet records. The time ranks No. 9 in the nation and first in New England and the Little East. The 4x100m time is also a new RIC record and ranks No. 7 in New England and first in the LEC.

Saunders was named the Little East Rookie Field Athlete of the Week. He finished second in the triple jump (12.86m), fifth in the long jump (6.23m) and 11th in the high jump (1.80m).

Doss, sophomore Mahari Nayte (Providence, R.I.), freshman Isiah Briggs (Providence, R.I.) and freshman Izaiah Karweh (Providence, R.I.) of the 4x100m relay were named the Little East Relay Team of the Week. They placed fifth with a time of 42.92, which is a new RIC record and ranks No. 7 in New England and first in the LEC.

The Anchormen placed 10th (17 teams) with a team score of 42.0.

In upcoming action, Rhode Island College will compete at the Coast Guard Spring Invitational on Saturday, April 8 (10 a.m.).



BEHIND THE PLATE: Dean Paris on Tuesday.

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FLY BALL: Davion Nunes tracks down a pop fly.

Opening Day is this Saturday

By **CAPT. DAVE MONTI**

Opening Day of the freshwater fishing season in Rhode Island is 6 a.m. Saturday, April 8. The Rhode Island Department of Environmental Management (DEM) has stocked 100 waterways many with brook, brown, tiger and rainbow trout as well as Sebago salmon in select areas in advance of the season.

Hatchery-raised golden rainbow trout are being stocked in waterways throughout Rhode Island for Opening Day. These trout are a color variation of a rainbow trout and provide an exciting angling experience.

For licensing information and a list of waterways that are being stocked by DEM visit their website at www.dem.ri.gov/programs/fish-wildlife/freshwater-fisheries/index.php.

A 2023 fishing license (\$21 online) is required for anglers 15 years of age and older. A Trout Conservation Stamp (\$5.50 online) is also required of anyone wishing to keep or possess a trout or to fish in a catch-and-release or "fly-fishing only" area. Trout Stamps are not required for persons possessing trout taken from a lake or pond that shares a border with Rhode Island.

The minimum size for trout is eight inches and the daily creel or possession limit is five from April 8, 2023, through Nov. 30, 2023, and two from Dec. 1, 2023, through Feb. 29, 2024.

Fly tying and fishing the cinder worm hatch

The annual Cinder Worm Fly Tying and Fly Fishing workshop being held next month still has some openings at press time. The program will be held on two weekday evening classes in fly tying instruction and one weekend evening of fly fishing. The program is free to registrants.

The cinder worm hatch is a springtime ritual as thousands of cinder worms wiggle their way from the mud to the surface to mate. Striped bass feed on the worms. Participants get to make their own flies in class then take them out on the water to experience this great fishery.

Instructors will be available to assist novice participants on rigging and casting. Dave Pollack and Capt. Ray Stachelek have led a team of volunteer instructors to produce the workshop series for years which is sponsored by US Fish & Wildlife and DEM's Aquatic Education Outreach program. The program is open to any adult or child over the age of 10, regardless of skill level -40 person maximum so register early. Instruction and guidance will be provided by some of the area's most proficient and knowledgeable worm hatch fishers.

All fly tying materials will be provided. Participants are encouraged to bring their own tools and equipment, but all necessary fly tying tools and equipment will be loaned to registrants upon request. Saltwater fly fishing equipment, including rods, reel, lines and leaders, will be loaned to registrants who do not have their own gear and tackle upon request in advance.

The Fly Tying classes will be held Tuesday, May 2 and May 9, 6:30 p.m. to

8:30 p.m. at the Kettle Pond Visitor Center, Charlestown, RI. The Fly Fishing portion of the program will take place Saturday, May 20, 4 p.m. until dark at Ninigret National Wildlife Refuge, Charlestown, RI.

For information or to register for the program contact Marisa Podbros, U.S. Fish and Wildlife Service at marisa_podbros@fws.gov or call 401.213.4400.

Where's the bite?

Freshwater. "We have customers stocking up for opening day Saturday. The bait of choice for hatchery raised trout that have been stocked in ponds is Power Bait," said John Littlefield of Archie's Bait & Tackle, Riverside. The bait and other synthetic baits like it resemble what these fish eat in the hatchery. After a couple of weeks and the fish are acclimated they start to eat natural baits in their new environment."

Mike Wade of Watch Hill Outfitters, Westerly, said, "The anticipation of opening day for trout season for both RI and CT customers is very high. Additional stockings have taken place in both states as fish in the hatchery matured early this year and the fish needed to be moved. We are open 9 a.m. to 5 p.m. but Opening Day, Saturday, April 8 we plan to open very early, give us a call."

Vincent Castaldi of Quaker Lane Bait & Tackle, said, "Things have been kind of quiet. Some anglers, including myself, are catching largemouth and pickerel. Ryan Park, North Kingstown and Lake Tiogue, Coventry have been producing some fish." Massachusetts stocked ponds are open for fishing but all will have to wait until April 8 to fish trout stocked ponds in Rhode Island. For licenses and trout/salmon waterway stocking information in Rhode Island visit www.dem.ri.gov/fishing, and in Massachusetts www.mass.gov/service-details/trout-stocking-report.

Striped bass holdovers continue to be caught in the upper Providence River. "We have had some non-confirmed reports that school bass are in the salt ponds already," said Mike Wade of Watch Hill.

The tautog spring season opened on April 1. Anglers fished last weekend but no reports of fish at this point. Rhode Island and Massachusetts have nearly the same trophy fish regulations that RI had last year. Anglers are allowed just one trophy fish, 21 inches or larger, the minimum size is still 16 inches and a 10 fish boat limit applies for private recreational vessels. The spring season runs from April 1 to May 31 and allows for three fish/person/day, the season reopens Aug. 1 to Oct. 14 with a three fish/person/day limit and then jumps to five fish from Oct. 15 to Dec. 31. In Massachusetts anglers are allowed to take one fish in the spawning season of June and July.

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.



PICKEREL: John Migliori with a 25.5-inch pickerel he caught on Aquidneck Island last week. (Submitted photo)



FLY FISHING THE POND: Anglers fishing the cinder worm hatch on Ninigret Pond. (Photo courtesy of Capt. Capt. Ray Stachelek)

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Setting the stage for spring sports season

Welcome to spring sports, everyone. We made it through the long, winding winter playoffs and brief intermission that followed. Here's to the next two months of fun prior to jumping into the summer.

Here are some of the storylines to watch this coming spring and here are some of my thoughts and predictions as we dive into things this week:

For baseball, the two biggest questions that I have are 1) Will the Hawks reclaim their spot as the state's best team after coming up short the past two seasons? And 2) is this the year that Cranston West climbs its way into that elite class?

North Kingstown has won back to back titles, so it's only fair to say it is the Skippers' to lose. Hendricken has a relatively young team, but a lot of those kids got playoff experience last season.

Alex Clemmey is back and will be arguably the state's best pitcher for the Hawks, and guys like Jack LaRose, Jason Pilderian, Griffin Crain and Braedon Campbell return to the lineup. Hendricken will certainly be in the mix come the end of the spring.

That's always the case for

the Hawks, but will this group be able to rebound and get past the Skippers?

Then for West, this team has been slowly building for a while now and features a senior-heavy roster. The Falcons have a three-headed monster on the mound between Luciano Leone, Nick Masse and Demetri Sampalis as well as five other seniors in the field. West has reached the playoffs the past two seasons, falling to the Skippers each time. West pulled off a massive upset two years ago when they beat the Hawks in the opening round.

The Falcons have a chance to emerge as serious contenders, so let's see if they can get it done.

For softball, it's going to be fun to see what reigning Gatorade Player of the Year Alyssa Twomey does for Pilgrim.

She committed to Division I Providence College this off-season and has accomplished just about everything a high schooler can through her first three years. The only thing that is left is a Division I title, which the Pats should be in the running for once again.

We know that she is the best player in the state. She's the best pitcher and a true power hitter at the plate. Ev-

My pitch



by
ALEX
SPONSELLER
SPORTS EDITOR

ALEXS@
RHODYBEAT.COM

ery second she is on the field she is capable of taking the game over, and usually does just that.

To say that I'm expecting a huge year from her would not be a thrilling take, but that's what I believe is in store for her. She was brilliant in the circle on opening day, holding La Salle to just two hits while striking out 13 batters. She also had an RBI triple to put the Pats on the board in the first inning.

I think we're in for a historic year for Twomey and she is a near-lock to win Gatorade Player of the Year again.

Nearby Toll Gate will be a fun club to follow as well in Division II. The Titans came out of nowhere last year to reach the semifinals, and probably would have won it if they didn't lose starting

pitcher Emma Harrold.

Harrold is back and only a sophomore. She was one of the best pitchers in the division and is only going to get better. The Titans are poised to make another deep run.

Speaking of deep runs, the defending champion Pilgrim lacrosse team should be in good position to defend its title with guys like Braxton Bragg, Tyler Fuller and Ethan Pezzullo back in the mix. Sure, it lost a big senior core, but the returners are elite.

Then on the girls side, both Cranston West and Toll Gate will be teams to watch. The Titans, though, will be without their best player in Adeline Areson. But we will see, they reached the semis last year, so a playoff run

should still be attainable.

Our coverage area featured some of the best boys volleyball in the state last season.

The Johnston Panthers won their first championship in program history and will be bringing back a handful of playmakers including James Guilmette, Dylan Robbins and Joshua Philbrick. Johnston will be a favorite to repeat as champs, and my early prediction is that the Panthers get it done.

Cranston East reached the semis after upsetting Hendricken in the quarterfinals. Each team will be in the mix again, and Cranston West and Pilgrim also have a chance to make some noise. It would not surprise me if

we see multiple champions in our coverage area here.

Then lastly, with outdoor track.

Hendricken, as always, is the favorite to run to a championship. The question is not "will they get it done," as much as it is "which Hawks will get it done?" Some years it's the distance runners, others it's the sprinters, sometimes it's the jumpers, throwers, you never know.

The Cranston West girls will be led by Ailani Sutherland, who is probably the state's best girl track athlete. It would be great to see West take home a title after winning the Class A Championship last spring.

Let's have some fun, see you out there!



MEMORABLE MOMENT: Rockets captain Hannah Calabro presents her brother Dillon with a surprise appreciation award for his on-gong dedication and helping prepare the field for games. They're back by Brianna Grenier and Becka Baggeson.

Rockets

(Continued from page 18)

"This is extra special!" many people offered during the presentations that included each player's number in lights. "No wonder this team has been so successful year-in and year-out."

So successful, in fact, the Rockets have staked claim to 10 tournament titles in the past two seasons while playing against other talent-filled clubs in the state, Massachusetts, Connecticut and even New York just to name a few special stops where Calabro's club left its trademark.

"Our 2023 team is loaded with talent and consists of 12 of the hardest working players in the game," Coach Calabro offered. "We will look to build on the success we have had winning those (10) titles in the past two years."

He then explained that three players from the original team of 2016 - namely Victoria Butler, Faly N Lusignan and catcher Hannah Calabro (Johnston High School) make up the captain's corps and this year will be joined by a fourth captain, Becka Baggeson, a senior at

Ponaganset High School who is the squad's talented left fielder.

The upcoming campaign will also be the finale for prolific pitcher Victoria "Tori" Butler and second basemen Lusignan who are now playing for the Community College of Rhode Island fast-pitch Lady Knights.

Thus, the "Dynamic Dozen" as the Rockets have often been known, also include short-stop Marissa Durette, Plymouth, Ma. North High; pitcher Julie Raymond, third baseman Woonsocket; right fielder Kaylee Bradley, Cumberland; third baseman Kaylee Bradley, Cumberland; right fielder Charlotte Labossiere, Lincoln; first baseman Jenna Malloy, Cranston West; center fielder Mia Santomasimo, Cranston West; first baseman Brianna Grenier, Cumberland; and pitcher Haley Ellis, Ponaganset.

In keeping with tradition, the camaraderie-filled ceremony concluded with the raffle which included six high-end gift baskets, a 50-50 raffle and Calabro heaping words of praise and thanks to "our generous sponsors" who were all highlighted on a huge sign people saw the moment they walked into the Prata Club.

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Letters

(Continued from page 16)

on my stomach to write. So you must not make fun of my writing when you know what a fancy desk I had to write on. I went to camp the next day after I left Providence... When we started off, such hugging and kissing I never saw. I felt sorry that I did not have somebody to embrace. There was an old lady stood close to me and I had a mind to clasp her in my arms but I thought it was not proper, she being a stranger to me...

Could use iron teeth to chew the food

We started for Worcester in wagons, singing and cheering all the way. I never had a better time in my life. We had about two miles to march on foot through sun and sand. The dust was so thick that I could not see ten feet ahead. Such a supper as we got, the boys call it horse beef. I got one mouthful and chewed on it all night. The next morning I found it hard as ever. If they had not changed the food, I should get me some iron teeth... There is 15 men in a tent. Some can't find their blankets. Others lost their beds. But most of us feel so tired at night we don't bother much about beds... I never was in better health in my life. I have not seen a sick hour. It seems to me I could eat Jeff Davis if I had him here...

I don't think you would know me with my hair as short as a young Robbins. My moustache has grown clear down to my knees. I stuff it into a bag nights so I won't step on it. Don't suppose you believe it. One of our company was discharged for stabbing a guard that was placed over him. Another was drummed out of camp with twenty bayonets pointed at his head...

Saturday night I was on guard. My orders was to let no man pass in or out, without giving the countersign. The guards and head officer are all the ones that know the password. About 16 o'clock, I heard a noise in the woods close to my beat. I rising out who goes there. Not getting any answer, I started into the woods. But it was so dark I could not find him. It was some of the boys that had run the guards through the day and was trying to get back at night. We have the strictest orders at night to run the Bayonet through any man that attempts to run the guard, if he does not stop when you hail him. I stopped one of the officers that night and made him give me the password which was Banks. It don't make any difference who

the man is, you must hail him. If he does not stop, try some cold steel...

"Our regiment can't be beat"

While I am writing, there is a cry of a boy drowned. I have been to see him. He is dead. It is bad but can't be helped. I wished you would come up here and see a fellow. If you will come, you may have my front room and best feather bed and all the horse beef you can eat...

I tell you our regiment can't be beat. Our company has the name of being the best in the regiment. I had a letter from Gen. Scott saying that he wished to see me on important business. I think he wants me to take Lincoln's place. Keep dark, this is privacy between you and me...

Don't you think I had a dream about you last night. It seemed as though we were walking down towards Smith's palace in company with quite a flashy damsel. Pretty soon she came to something that looked like an observatory. We went up to the top of it and sat down. While we sat there, as broke down, I thought you two broke your necks and escaped with only a broken back. When I woke up, I was crying. Yes, I cried. Get your dream book and when you write, tell me what it says...

I must say I never saw rain harder than it has for half an hour. I do not tell a lie when I say it is all of a foot deep in our tent. One tent that stood in a hollow got so full they took it up and put it in another place. They are carrying the water off in pails, it being 2 1/2 feet deep. Most all of us will have to sleep in 2 inches of water... I don't know of anything else except I should like to see you very much. Sometimes I feel quite lonesome...

Tell my dear, beloved sister that a letter from her would be read with the greatest pleasure... If I don't get acquainted with some girls, I shant know how to talk to them when I get home. I want you to write as soon as you can because all the boys are getting letters and then it would be so nice to have a letter from you, don't blush... Write within a week. If you don't, I shall commit Susan Side. Good Bye, From Dobby."

On July 13, 1861, Clara responded to that first letter. "Dear Albert, I received your letter Thursday. I was real glad to hear from you. I have been looking out for a letter ever since a week ago Thursday, a week from the day you went away... The day you went away, they all went down on their clam bake. The wagon was pretty full but there would have been room for you if you had been there..."

I have not had time before

Back in the Day



by
KELLY SULLIVAN

since last night to finish my letter. I went down street and when I came home, I had not been in the house more than ten minutes when Mrs. Gardener, one of our neighbors, sent after my mother and me to come over there. Her baby was dying and we went over. It was over a year old and we had not been there more than a half an hour when it died... mother did not get home until after twelve o'clock. She stayed to lay him out... Hattie says she wished you would have the measles so that you would have to come home. She means have them light and I second the motion."

Spectator to regiment drill killed in accident

Later that month, Albert

penned another letter to Clara. "Dearest Madam, I received your kind and affectionate letter, in due season, and was very glad to hear from you. I felt five years younger after reading it and I can eat our horse beef with perfect ease now. We had quite an accident last week. While we was having our regimental drill in the afternoon, a span of horses took fright and broke their halters, starting at full speed right among the visitors. The pole struck a woman in the neck, breaking it instantly. They took her to our camp physician's tent but she was dead before they got there. She came from Oxford to see an adopted son in the regiment. There was a little girl with her about 12 years old. I never felt so bad about anything as I did for her when she found out she was dead..."

We have received most of the army uniform. You should see our overcoats, they are gay ones I tell you. They come clear down to our heels with a tremendous big cape. They make me think of Grandfather Long Legs. I have got so many clothes now, I don't know how I shall ever carry them with me. Uncle Sam has been very liberal to his sons and

I guess he has got some work for us to do pretty soon...

The other day I felt pretty tired and did not want to drill so I went to the dr. and told him I was not very well... he gave me a bottle of medicine... I saw him coming so I poured half the stuff out. He poked his head in, wanted to know if I felt any better. I put on a long face, said I was pretty bad off...

It is quite still down in the woods this afternoon. The gentle breezes roaming through the tops of the treezes makes me heave a deep sigh for the gal left behind me. I see some pretty good looking city girls from Worcester up here but they don't make a fellow's heart bleed like the Providence girls. I believe I could tell a RI girl blindfolded among ten-thousand sheep... You should have seen me this morning when I got my sister's letter. I was so glad when the officer gave me the letter that if he had been a woman I should hugged him to death. I dropped my horse beef and coffee."

Next Week: Off to battle

Kelly Sullivan is a Rhode Island columnist, lecturer and author.

How the letters were found, connected to Rhode Island

By KELLY SULLIVAN

In 2009, Marcia Pollock Wysocky of Winneconne, Wisc. discovered over 200 letters written by her father to her mother during WWII, stashed in the shed of the old farmhouse where her mother lived. Wysocky read them, wrote a book about them – "Two Fathers, One War" - and became obsessed with history. "I can't get enough of it," she said.

Recently, her mother's neighbor, Gayle Baylor of Friendship, Wisc., told Wysocky, "I have something for you." She returned with a binder containing 13 handwritten letters from the Civil War. They had been given to her by her mother. Wysocky did some research and determined that the woman in receipt of the letters, Clara Francis Carpenter, was Baylor's great-grandmother.

After Wysocky discovered that Albert Waite descended from Warwick, Baylor agreed to give her the letters and she contacted Pegee Malcolm, president of the Rhode Island and Warwick Historical Cemeteries Commissions. Malcolm quickly identified the cemetery where Waite is buried in Warwick.

Malcolm recalled the introduction. "I got a phone call and she said 'I have these letters I think you might be interested in. Do you want them?' I said, 'Yes!'"

Thanks to Baylor and Wysocky, the preservation of these 162-year-old letters will now be assured, allowing future generations the opportunity to see the human aspect of a battlefield.

"I want everybody to experience how much has been sacrificed," Wysocky said.

Malcolm said scanned copies of the letters and other Civil War artifacts in the collection of the Warwick Historical Society may be combined for a Memorial Day display to be announced.

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(Above) North American Tour Boleyn Company of SIX. (Right) Amina Faye as Jane Seymour. (Photos by Joan Marcus)



Terica Marie— One of “SIX” wives coming to PPAC

Theatre Review by DON FOWLER

The smash Broadway hit, “SIX”, is coming to the Providence Performing Arts Center for an unprecedented two weeks, April 11-23.

“From Tudor Queens to Pop Princesses, the SIX wives of Henry VIII take the mic to remix 500 years of historical heartbreak into an exuberant celebration of 21st century girl power!” says the advance PR on one of the hottest shows on Broadway.

“Audiences across the country are getting a chance to share this great musical while it is still playing to record crowds on Broadway,” said Terica Marie, who plays the Queen of Sheba, the fourth of Henry’s wives. “We have bookings into 2024.

“When Henry first meets Anna, he disguises himself, imagining some sort of romantic reaction. He kisses her and she turns away coldly from the hideous stranger” The rest is history.

Terica called in from Philadelphia, where the musical is playing for three weeks before moving on to Providence.

The singer, songwriter and actress graduated from Ball State University where she earned her Bachelor of Fine Arts, starring in many college and dinner theatre productions before landing a major role in “SIX”.

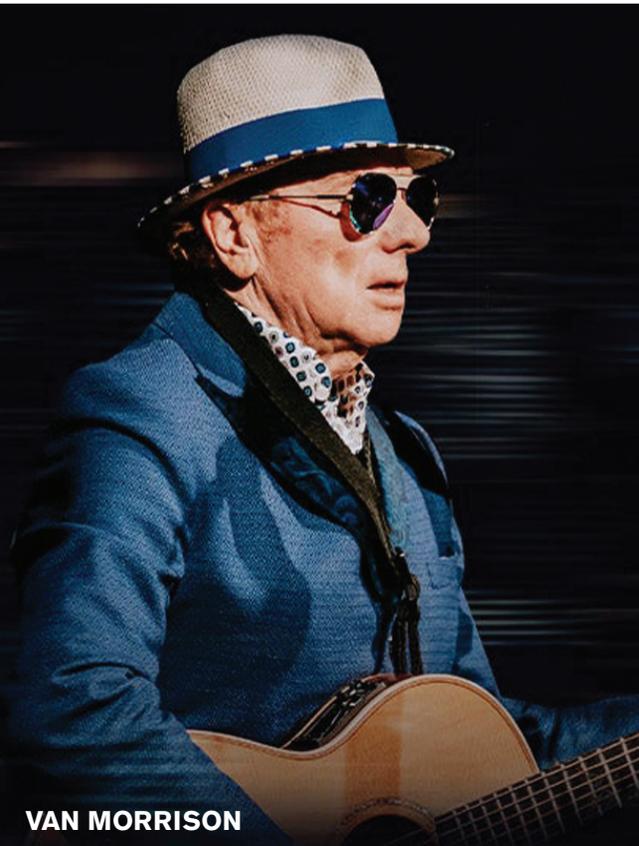
When she’s at home, she is usually in the studio recording her songs.

“Actors are like athletes,” Terica said, “except that their sport doesn’t have a break. We must stay in shape year-round. I do yoga every morning, go to the gym and stay in shape.

“This is my first time travelling from city to city, and I find it very exciting,” she said.

“I love meeting new people, exploring new cities and different cuisines,” the Kentucky native who now lives in Indiana said, “especially the seafood.”

For tickets too SIX, call 421-ARTS or visit ppacri.org.



VAN MORRISON

Van Morrison coming to PPAC

Van Morrison returns to the Providence Performing Arts Center (PPAC) for two shows on Thursday, May 11 and Friday, May 12, 2023 at 7PM. He last performed at PPAC in December 2007 to a sold-out crowd.

Tickets for both shows go on sale Friday, April 7, 2023 at 10A at the PPAC Box Office (220 Weybosset Street, Providence, RI 02903), online at ppacri.org and by phone at 401.421.ARTS (2787). Tickets are \$55 - \$250; all ticket prices include a \$4 per ticket restoration charge and are subject to change without notice. Box office window and phone hours are Monday through Friday, 10AM to 5P; Saturday, 10A to 2P and two hours prior to curtain time(s) on performance days.

Van Morrison is a Grammy Award-winning singer, songwriter, author, poet and multi-instrumentalist, who is widely considered one of the most important living artists of our time. He has albums that are ranked greatest in the entire rock and roll canon. He has over 150 songs featured in major motion pictures, including his hits “Brown-Eyed Girl,” “Moondance,” “Wild Night” and “Gloria”.

ANIMAL TALK

By Karen Kalunian
Local Adoptable Loveable

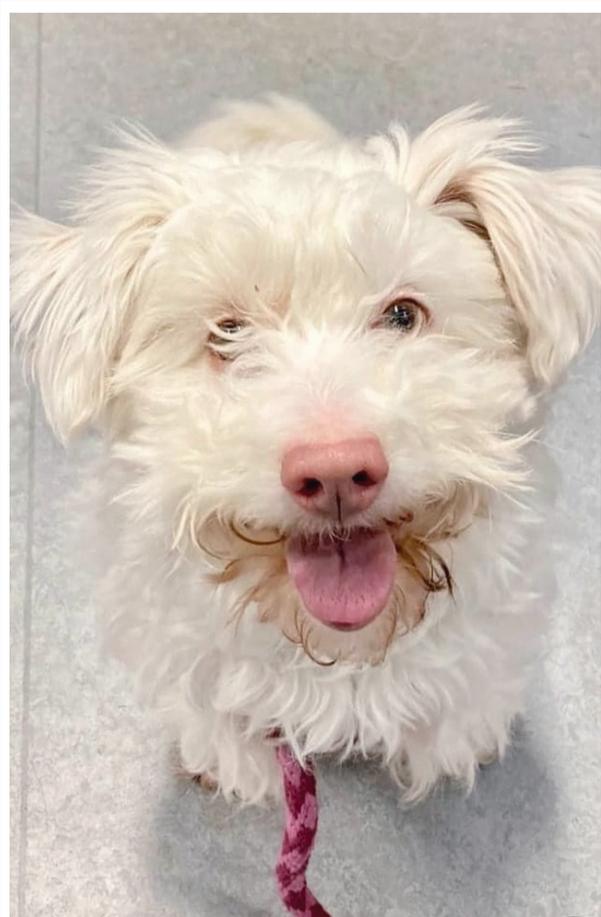


Photo credit: Karen Kalunian

Marzipan

Meet Marzipan!! This little ball of fire is adorably cute, yes we know but she’s not the dog for everyone! Please read more about her and if you think she is the dog for you then please contact One Dog At A Time Rescue by calling 508-826-3073 and leaving a detailed message or email odaatrescue@yahoo.com.

Marzipan is deaf, so the rescue is looking for an experienced owner only! She needs to go to a patient adult home only! We know we are in search of a special home but this little one deserves only the best! The rescue wants to set her up for success from the get go! To find out more about her please contact the rescue. We are asking you all to help spread the word about Marzipan so her chances are better at finding the perfect home!

If you have been thinking of adopting or know of an animal in need, please contact Karen directly at animaltalk1920@gmail.com



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RhodyHealth

4 tips to boost your family's nutrition and fitness this spring

Oatmeal Snack Bars

Prep time: 5 minutes
Cook time: 25 minutes
Yield: 16 bars

Ingredients

- 2 Large Eggland's Best eggs
- 1 mashed ripe banana (about 1/2 cup)
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 2 cups rolled oats
- 1/2 cup almond flour (or whole wheat flour)
- 1/4 cup mini dark chocolate chips
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon cinnamon

Preparation

1. Preheat oven to 350 degrees F.
2. In bowl, whisk Eggland's Best eggs, mashed banana, maple syrup and vanilla.
3. In another bowl, mix together oats, flour, chocolate chips, baking powder, salt and cinnamon.
4. Add egg mixture (wet ingredients) to the oat mixture (dry ingredients) and stir.
5. Spread batter into an 8x8 baking pan lined with parchment paper.
6. Bake for about 25 minutes, or until set in middle and golden around edges.
7. Let cool and cut into 16 squares.

BRANDPOINT

With warmer weather just around the corner, it's the perfect time for you and your family to spring into action and really hone in on overall nutrition and wellness. Not sure where to start? Registered Dietitian and Nutritionist Dawn Jackson Blatner shares easy ways to elevate your family's goals! From fun physical activities you can do together, to healthy habits you can implement today, you won't believe how these simple tips will impact positive change in your family!

1. Make the most of longer days and get active

As spring extends daylight hours, it's easier for families to get outside and get moving, which allows you to enjoy even more quality time together! Blatner suggests adding a family bike ride, a neighborhood walk or an outdoor game to your after-dinner routine to promote physical activity. Need new ideas to encourage outdoor play with youngsters? Try creating a backyard obstacle course, relay race or nature scavenger hunt.

2. Prep for better sleep with pre-bedtime habits

Springtime, especially with Daylight Saving Time, can wreak havoc on your regular sleep schedule. If you plan ahead, however, good nighttime habits can improve relaxation, so the whole family can get a better night's sleep.

You can encourage prep for rest by shutting down electronics an hour before bedtime and keeping phones and other devices out of kids' bedrooms. This can help everyone to wind down and fall asleep faster at night, while lessening screen time.



3. Spring clean and organize your kitchen

The spring is a great time of year to declutter and sanitize your household, as a thorough cleaning can help reduce the levels of allergens, bacteria and viruses that could be present in your home. Blatner recommends starting with the most frequently used rooms first, like the kitchen.

By cleaning out and reorganizing your fridge and pantry, you can choose to put wholesome ingredients like fresh fruits and veggies, nuts, beans, oats, avocado and eggs at eye level. When meal-prepping for the school week ahead, you'll tend to grab these foods more often and guarantee your kids will be getting in their nutrition.

4. Amp up your family's nutrition with fun recipes

Make it a family goal to try a new recipe each week, with a focus on incorporating

nutrient-packed ingredients. Whether it's breakfast, lunch, dinner or snack time, make sure you're choosing wholesome ingredients like Eggland's Best eggs, which have more than six times the Vitamin D and double the Omega-3s and Vitamin B12 compared to ordinary eggs.

Check out these Oatmeal Snack Bars from Eggland's Best! It's a delicious and easy recipe that provides a quick boost of energy in the mornings, or can be eaten on the go to support your family's overall wellness and nutrition.

Kick off the spring season right!

Eggland's Best has teamed up with the YMCA to encourage families to improve their overall nutrition and wellness routine. From now until May 5th, enter the "Recipe for a Healthy Family" Sweepstakes daily for a chance to win the Grand Prize of \$5,000, a \$250 grocery store gift card and more! Visit EBFamilySweeps.com for Official Rules and how to enter.

Time to see the chiropractor?

There's an old adage in the chiropractic profession, "if it's a chiropractic case nothing else will help". If so, then what is a chiropractic case? A chiropractic case exists when spinal subluxations or misalignments are the primary cause of the patient's condition or symptom complex. These spinal misalignments cause not only abnormal spinal joint and paraspinal muscle function but most importantly, cause persisting abnormal neurologic information from the subluxated segment(s) of the spine to culminate into a regional condition whereby pain or reduced strength and movement then affects daily function and overall health.

Usual examples of chiropractic cases are patients complaining of headache associated with neck symptoms. Postural or activity related neck and back pain. Symptoms associated with inadequate diet, exercise, and poor posture and body mechanics. Symptoms of headache, dizziness, vertigo, or loss of balance caused from upper cervical spine subluxations are less obvious cases however respond as positively or are cured with chiropractic spinal adjustments.

Establishing the diagnosis of spinal subluxation as the cause of the patient's symptom complex or condition allows for fast and immediate treatment.....Spinal adjustments to correct the clinically relevant spinal misalignments. Chiropractic adjustments are manually performed with allied physical therapy treatment applied directly to the affected area of the spine resulting in an immediate relief or improvement. A series of these spinal adjustments are

performed until the symptoms and condition is resolved or improvement has plateaued.

Fast and immediate symptom relief is a hallmark of chiropractic treatment. However maintaining a healthy chiropractic lifestyle involves a healthy diet and psychosocial lifestyle, regular exercise and proper posture and body mechanics. Regular periodic visits with the chiropractor insures use of this "compass" for maintaining a healthy chiropractic lifestyle and maintaining pain free or best function minimizing recurrence of symptoms or aggravation of condition.

Spinal subluxations occur from bad posture and biomechanics, repetitive strain, acute injury and viscerosomatic reflexes (internal organ neuroreflex arc with spinal segment i.e., esophageal heartburn symptoms causing midline upper back pain). In the cases of viscerosomatic cause of spinal subluxation, the underlying organ dysfunction is addressed through natural effective treatment with additional diagnostics or other medical specialty referral obtained when needed.

Dr. L'Europa is in his 35th year of chiropractic practice, employing manual chiropractic spinal manipulation, adjunctive physical therapy modalities, spinal decompression and traction, active physical therapy and rehabilitative exercise, instruction in proper diet, posture and body mechanics and SwimEx aquatic therapy at SpineTech in Knightsville, Cranston. Workers compensation, personal injury and medical insurances accepted.



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What Everyone Should Know About Inflammatory Bowel Disease

Inflammatory bowel disease (IBD) affects approximately 3 million Americans with about 70,000 new cases diagnosed annually in the US. The prevalence of IBD appears to be on the rise with an increase from 2001 to 2018 among Medicare beneficiaries of all race and ethnicity groups.

What is IBD?

IBD is comprised of two diseases: Ulcerative Colitis (UC) and Crohn's Disease (CD). Both conditions cause inflammation and damage to the intestinal tract (small and large intestine). CD can affect all parts of the intestinal tract while UC is limited to the colon. IBD can affect other parts of the body including joints (arthritis), eyes (uveitis), skin (pyoderma), liver, and more. IBD increases the risk of colorectal cancer and requires frequent surveillance with colonoscopy.

Are IBS and IBD the same thing?

Many people confuse IBS and IBD because they sound similar. Irritable bowel syndrome (IBS) is a clinical condition based on a set of symptoms: abdominal pain with diarrhea, constipation, or both. IBD is a lifelong autoimmune disease caused by chronic inflammation of the intestinal tract. They are not the same disease but share many similar symptoms including diarrhea and abdominal discomfort which is why speaking to your doctor about your symptoms is important.

What are the most common symptoms of IBD?

The most common symptoms of IBD include diarrhea, abdominal pain, fatigue, weight loss, and rectal bleeding. The diarrhea may be frequent and result in the need to "rush" to the bathroom with urgency. Many of these symptoms can be debilitating and affect quality of life. People are often embarrassed to talk about their symptoms or seek help.

When are most people diagnosed with IBD?

While IBD can occur at any age, most patients are diagnosed before age 30. Many people with IBD may have rectal bleeding and think it is from hemorrhoids not realizing it could be a sign of IBD. After age 30 there is a second "peak" of diagnoses in the 50-60s age range so it is important for everyone to pay attention to the symptoms and speak with their doctor.

Why do people get IBD?

The exact cause of IBD is not known. Researchers believe it is a combination of genetics, environmental factors, and the body's immune response. There are genetic risk factors including having a first-degree relative with CD or UC. Historically, white populations had a higher incidence of IBD, but recent studies have shown an increase in IBD across other races and ethnicities.

How is IBD diagnosed?

The key part of diagnosing IBD starts with recognizing the symptoms. Let your doctor know if you are developing rectal bleeding, having pain after eating, or losing weight without intent. Your doctor may examine you and send you for blood and stool tests to check for anemia, signs of inflammation, or infection. To physically "look" at the intestinal tract your doctor may refer you to a gastroenterologist for an endoscopy and colonoscopy. This is done

Staying Healthy



by
MELISSA M. MURPHY, MD
Executive Chief of Surgery,
Care New England
Health System;
Chief of Surgery,
Kent Hospital

by putting a small, thin, flexible tube with a camera in the body. Pictures and biopsies can be taken to help diagnose IBD. Imaging tests including CT scans and MRI may help with the diagnosis as well.

Is there a cure for IBD?

While there is no "cure" for IBD, we do have some excellent treatments to keep the disease under control. IBD often has periods of remission and active flare-ups and should be monitored carefully. There are different medications used to treat IBD including anti-inflammatory agents, immunomodulators, and biologic therapy. However, it is critically important to start treatment early before irreversible structural damage occurs. Time is of the essence in diagnosing and treating IBD.

Will you need surgery if you have IBD?

Will you need a bag (colostomy/ileostomy)?

Most IBD can be managed medically, but sometimes the disease has progressed to structural damage requiring surgery. The patient will be referred to a colorectal surgeon to discuss surgical options. Often, colorectal surgeons are able to offer minimally invasive surgical techniques (smaller incisions, less pain, earlier return to work/school) with laparoscopic or robotic surgery. Most IBD patients undergoing surgery worry if they will need a "bag" or "stoma" which refers to a colostomy or ileostomy. This is when a portion of the intestinal tract is brought up to the skin and waste is collected in a bag either temporarily or permanently. This is needed in a small number of IBD patients and why it is important to diagnose and treat early prior to structural damage.

Does IBD affect your fertility?

With the peak of IBD in the 20s-30s this coincides with many starting families. It is important to make sure IBD is well controlled, ideally prior to becoming pregnant. Patients with female anatomy who conceive while in remission from IBD tend to remain in remission for the duration of their pregnancy. Conversely, poorly controlled IBD can lead to decreased fertility, and higher-risk pregnancies.

Take home points about IBD

It is important to pay attention and listen to your body's symptoms. Do not be embarrassed to call your doctor if you develop persistent diarrhea, rectal bleeding, or abdominal pain. Early diagnosis and intervention are key to achieving remission and preventing long-term structural damage in IBD. Here at Care New England (Kent Hospital/Women and Infant's Hospital) we have dedicated teams including gastroenterology and colorectal surgery who work collaboratively to care for patients with IBD to ensure they are able to live their best possible healthy lives.

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WARWICK SHOWCASE

DUNGEONS & DRAGONS

*** 1/2

(Funny Take on Popular Game)

I was apprehensive about seeing a movie based on a popular game that I had never played and had no interest in.

"Dungeons and Dragons" was about, well, dungeons and dragons, not my two favorite subjects.

The movie opens in a dungeon and ends with dragons.

However, I'm glad that I was wrong. "Dungeons and Dragons" is a hilarious spoof on the game and the movie genre.

Chris Pine is perfect as the petty thief who escapes from the dungeon at just the moment he is about to be set free. He returns home to begin his quest to recover a sacred helmet.

We get a short back story about what brought him to this moment in history, and the adventure begins.

Much like "Guardians of the Galaxy" the genre is spoofed with funny one-liners. Pine is quick on his feet and with his tongue.

The scenery is spectacular as are the creatures that come out of nowhere to stop the quest.

Hugh Grant makes one of the best villains ever, with his venomous sneer and delight at telling lies.

There is a hilarious scene where our hero and his crew must dig up the dead

See it at the

with Joyce & Don Fowler



Movies

and ask them five questions. It plays like a Monty Python skit and had me laughing out loud. If you stay through the credits, you'll get an encore.



A THOUSAND AND ONE

A THOUSAND AND ONE

*** (Joyce) *** 1/2 (Don)

Teyana Taylor plays Ines, a Black mother of a six-year-old boy in Harlem in the '70's.

She kidnaps Terry from foster care, hiding him from the authorities and raising him through his high school years.

Ines is not even close to being the perfect mother, but she loves the boy and fights to make a home for him.

Life is not easy for an unstable, ex-con Black woman with no husband or means of support, living in a decaying apartment building at a time when landlords are evicting tenants so they can tear down structures and bring gentrification to Harlem.

Ines has a relationship with a caring Black man who comes and goes as he pleases, at times attempting to be a positive role model, but not really knowing how.

The movie is tough, pulling no punches, and at times is depressing. Joyce felt more for Ines than I did, but we both agreed that she cared deeply for Terry, even if she didn't always do the right thing.

The odds against her were too strong, but she always persevered.



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