

Opening Day



THE BOYS OF SUMMER RETURN:
The Johnston community gathered together on Saturday morning to celebrate Johnston Little League's 61st Opening Day parade and ceremonial first pitch. Among the many teams in attendance was the Astros, who showed off their handmade signs while marching from Johnston High School to Memorial Park. See the full story on Page 16.
(Sun Rise photo by Pete Fontaine)

Munchies that give you the munchies

Iconic RI food brands, including Johnston bakery, introduce distinctly local cannabis edibles

By DANIEL HOLMES

Forget the magic brownies — how about a Del's Lemonade designed to *really* help you chill out?

Or perhaps some Original Italian Bakery pizza chips that give a new definition to the term "fresh baked"?

From coffee syrup to clam cakes, a number of iconic Rhode Island foodstuffs have been making their entry into an unexpected new market since the legalization of recreational cannabis sales in December. A number of legendary local brands and restaurants have already introduced spinoffs of their most popular products spiked with THC (tetrahydrocannabinol, the most important, active chemical component of marijuana). Several more are expected to enter production this summer.

Most of these munchies have their origins at Hapi, a cannabis extraction facility near Cranston's Pontiac Avenue.

"We try to keep a low profile," said co-owner Andrew Irby of the unmarked building. The location doubles as a storage garage, with yachts of questionable seaworthiness and what appears to be a Model T parked in front of the electronically locked interior door. Stepping through that portal, however, one enters a world where high science meets big business.

"We get food shipments delivered right to us from the brands we have a contract with, together with fresh cannabis flower from our cultivators," explained Irby. "Then we extract the THC from the plant matter and refine it into a distillate, which we can then add directly to the food. All we need to do after that is ship the product off to the dispensaries for sale."

It sounds like a straightforward approach, but it's designed to create room for a new niche within RI's fledgling market for recreational cannabis.



Above, Jason Carlson holds up a bottle of THC distillate, created at Hapi using the CO2 powered extraction device behind him. The extract is used to create number of adult-use spinoffs of popular local brands, including Del's Lemonade and the Original Italian Bakery's pizza chips (superimposed over a close-up image of a cannabis bud).



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JHS Panther of the Week



POTW: This week's Panther of the Week is Logan Martins. Logan is a sophomore at JHS and is a class representative for the Student Council. He was an All-Division wrestler for the 120 weight class and is also a member of the baseball team. He is a high honors student as well! After high school, Logan plans to attend college for sports medicine. *(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.

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Say you saw it in the Johnston SunRise

First public comprehensive plan workshop is tonight

By RORY SCHULER

The town's first Public Comprehensive Plan Workshop is planned for the evening of Thursday, April 20 (the day this week's Johnston Sun Rise hits the streets).

The meeting was advertised online — on the town's Facebook page, Twitter feed and website.

Johnston Mayor Joseph Polisena Jr. says there is "no legal advertising requirement" for the meeting.

"I think that this is the Administration's attempt to get public input on the comprehensive plan," said Town Council member Robert J. Civetti. "If you read the State Law I do not think that the Town did enough to seek input from the public, rather they let the Planning Board act as the body in charge of the comprehensive plan."

Residents contacted the Johnston Sun Rise, expressing frustration with the town's Comprehensive Plan update process. Some said they were blind-sided by the meeting.

"I would have also hoped that the Town would have sent a mailing to all Town Residents letting them know this meeting was taking place," Civetti said. "I am not sure what their means was for advertising for this important meeting but I am willing to bet that very few people are aware of the meeting. I can tell you that I was not even notified of the meeting and I would have thought that they would notify ALL of the council members."

The meeting is scheduled to begin at 6 p.m. at the Johnston Senior Center. According to the online post, officials plan a discussion of "land use development, environmental development issues, land usage and more."

"Thom (Thomas) Deller, the Director of Planning and Public Services, is in charge of the process," Polisena said. "There is no legal advertising requirement. The information for the meeting was posted on Town's website, where we post all events and upcoming meetings, at the beginning of the month. Social media is just in addition to what we post on the website to serve as an additional reminder, due to their news-feed capabilities."

For the town's older residents, especially, online only notifications can be problematic, according to Civetti.

"Nice, so for all the folks that do not go on Twitter or Facebook, they have no clue," Civetti said earlier this week. "I for one have never been on Twitter and get on Facebook very seldom. My parents and in-laws have never been on either."

Johnston residents Chris and Bonnie Dibble have attended numerous Town Council and Planning Board meetings as outspoken opponents of industrial-scale solar development in residential neighborhoods. They've also expressed interest in delivering public comment on a revised town-wide Comprehensive Plan.

Dibble can't make Thursday's meeting, but hopes to attend future workshops. Thursday's meeting is expected to be the first of many.

"I hope the town takes this process seriously," Chris Dibble said on Tuesday. "The people of Johnston care about this process and want to be involved, but they need to be told why it's important and how it's happening, across a variety of media platforms. I look forward to the various plans and proposals being readily available online so the town can solicit and incorporate valuable taxpayer feedback."

JOIN US!

Johnston Neighborhood Workshop

with Johnston Planning and Development

APRIL 20, 2023

6pm at the Johnston Senior Center
1291 Hartford Avenue • Johnston, RI

Come out to our first Public Comprehensive Plan Workshop meeting.

Meet with town officials to discuss land use and development, environmental development issues, and land usage.

Additional meetings will be held monthly.

For more information, please visit the Planning & Development page at www.TownofJohnstonRI.com

ONLINE FLYER: The Johnston Sun Rise has opted to run the above image, at no cost, as a public service to the residents of Johnston.

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Spotlight on Healthy Aging

Have you appreciated your local volunteers?

By ARIEL DORSEY

This week Johnston Senior Center is celebrating Volunteer appreciation week. The center honors its more than 30 volunteers with a week of celebrations and surprises. Volunteers assist in numerous activities, including dining services and community events.

Sandie Browning is one volunteer who has been in the community for over 8 years. She serves the community on their weekly bingo nights, orchestrating and calling out the numbers. It seems like a small task, but it requires a lot of patience.

Bingo nights are an excellent opportunity for not just for the Johnston community but also for herself. They can get between 60-90 people between both nights, and the atmosphere is often loud and exciting. Since she has been volunteering, Sandie says her mental health has improved. It gets her out of the house and excited to see the new faces eager to play bingo every week. She loves what she does and is grateful to serve this community! If you want to join in on the fun, bingo nights are happening at the Johnston Senior Center from 2-4 p.m. every Thursday and Friday.

David "Monty" Montefusco is another volunteer at the Johnston Senior Center. He spends his afternoons in the dining area serving lunch for the community every week.

Monty has been serving the Johnston Senior community for a year and enjoys its positive impact on his life so far. Before volunteering, Monty worked at the post office for over 12 years. He believes that experience has helped him transition into this new role. After Covid hit, Monty struggled with anxiety, making it hard for him to be in public settings. Yet, the welcoming community at the center has helped him regain his confidence by reconnecting him with new people. He now gets to give back to the community in a tangible way and continue making a difference. Monty values the relationships made and the ones that keep building each week.

The Johnston Senior Center would not be the same without the generosity of volunteers!



HOLLER CALLER: Sandie Browning has been a volunteer at the Johnston Senior Center for more than eight years.



FULL MONTY: David "Monty" Montefusco helps serve lunch at the Johnston Senior Center every week.

New Johnston Sun Rise weekly feature: 'Spotlight on Healthy Aging' from the Johnston Senior Center

By ARIEL DORSEY
Special to the Sun Rise

Hello! My name is Ariel Dorsey and I am an undergraduate studying media communications at Rhode Island College. My goal is to become a broadcast journalist in entertainment / lifestyle news. I am currently a communications intern at the Johnston Senior Center, where I'll be highlighting individual's, right here from the community. I love storytelling and creating spaces where people are able to share their stories! In my free time you can find me spending time with friends, sitting at coffee shops, watching movies, or serving at my local church. That's just a little bit about me!

I am excited to be part of this new project, highlighting beautiful stories from some amazing people, right here at Johnston Senior Center!

Editor's Note: Watch for dispatches from the Johnston Senior Center written by Ariel Dorsey weekly in the Johnston Sun Rise. For more photos from the Senior Center, turn to Page 12.

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SENTENCED: A judge has sentenced Jean Diaz De La Rosa, 27, of Johnston, to 20 years at the Adult Correctional Institutions (ACI), with 15 years to serve, according to Rhode Island Attorney General Peter F. Neronha. In January, he was found guilty of two counts first-degree child abuse. The case dates back to his 2017 arrest. (Police mug shot)

RI AG: Johnston man sentenced to 15 years for abusing 4-month-old son

Sun Rise Staff Reports

A Johnston man has been sentenced to 15 years in prison for physically abusing his four-month-old son in 2017.

On April 13, Superior Court Justice Daniel A. Procaccini sentenced Jean Diaz De La Rosa, 27, of Johnston, to 20 years at the Adult Correctional Institutions (ACI), with 15 years to serve, after a hearing in Providence County Superior Court.

"Additionally, the defendant must undergo mental health and anger treatment, and abide by a no-contact order with the victim," according to a press release from Rhode Island Attorney General Peter F. Neronha. Following a five-day jury trial in January, De La Rosa was found guilty of two counts first-degree child abuse.

"This Office prosecutes thousands of cases every year, and yet there are some that still leave one searching for words," Neronha said Friday. "We talk often about protecting our state's most vulnerable residents. Are there any more vulnerable than a four-month-old child? A child who should have been loved, and cared for, especially by his parent. Yet this child was abused by that parent, physically, severely, repeatedly. I hope this sentencing brings some measure of justice to this brave boy."

The investigation began back in February 2017, when Johnston Police responded to Hasbro Children's Hospital. A Child Protective Investigator from the Department of Children Youth and Families (DCYF) and a physician in the Child Abuse Unit had reported a suspected case of child abuse. The victim was a 4-month-old Johnston infant, brought into the hospital by his parents.

A Feb. 16, 2017 report in the Johnston Sun Rise described the boy's symptoms as lethargy, drowsiness and "significant swelling to both legs." After an examination, doctors found "seven fractures to both of his legs and some blunt abdominal trauma causing injury to his pancreas." The prosecution also revealed that the child suffered from fractures in his "left hip and right tibia, and three additional fractures in his shoulders."

The child was placed in DCFY custody while the case was investigated. Both parents were transported to Johnston Police Department headquarters and questioned by detectives.

Police determined "the 10 fractures were indicative of child abuse and that two or more traumatic incidents occurred," according to the prosecution.

After speaking to both parents, the father, identified in the 2017 Sun Rise report as "Jean Koury Diaz de la Rosa," then 21, of 2053 Plainfield Pike in Johnston, was charged with felony first degree child abuse, and arraigned at Kent County District Court.

"I am enormously grateful to the jury for its guilty verdict," Neronha said following the trial. "The Hasbro Children's Hospital staff, the Department of Children, Youth, and Families and the Johnston Police Department all did fine work here, and I am grateful to them as well."

Johnston police were glad to see a small modicum of justice served.

"Cases involving the physical abuse of children are some of the most heartbreaking that the men and women of the Johnston Police Department investigate," said Johnston Police Chief Mark A. Viera. "Our thoughts are with the victim and his family at this time, and hope that this sentencing can bring a sense of justice to them, following an incredibly traumatic experience."

Johnston Police Detectives Brian Loffredi (retired), Christopher DeCesare and Michael Edwards led the case investigation. Special Assistant Attorneys General Jonathan Burke and Meagan Thomson handled the prosecution.

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■ Munchies

(Continued from page 1)

Vertical vs Horizontal Integration

According to Irby and his Hapi partner, Jason Carlson, the operation will operate within a challenging space in the Rhode Island cannabis industry.

"Since the days of medical marijuana, the vertical business model has really dominated," Irby said. "By vertical, I mean a business which grows, refines, and sells its own cannabis products. It's tough to enter the game with a horizontal model that focuses on just one stage of that process."

Hapi is rather proudly positioned to serve as a 'middle man' in this schema.

"We receive batches of flower from cultivators all over the state," Irby said. "Our niche is creating something out of that which the dispensaries can't make on their own."

The process begins by inserting raw cannabis flower into a device designed to extract its THC using carbon dioxide as a solvent.

"We don't use ethanol or butane or other, lower grade solvents," said Carlson.

Carlson is a veteran of Colorado's cannabis industry, who traveled eastward with the advent of legalization in New England.

"There's an expression in the trade: fire in, fire out," he said. "If you use the best source material and the highest quality solvents and techniques, you're always going to end up with a better product."

The end result of the distillation process is a thick, tarry, resinous substance that is almost pure concentrated THC. This distillate can be combined with a propellant to create liquid for vaping, or added to food to create an "uplifting" spin on a favorite local snack.

Its intended source does much to determine the terpene profile which the refiners target.

"Terpenes are the molecules of plant material responsible for a whole range of tastes and scents," said Carlson. "Everything from citrus to mown grass is a result of terpenes, and many of those compounds can be found in different strains of marijuana. When we're creating a vape cartridge, we try to focus on combining terpenes that will create a comparable flavor profile to the strain itself. For edibles, however, we often try to avoid adding any additional cannabis taste."

Irby agrees: "Just because I'm drinking a weed lemonade doesn't mean I want it to actually taste like weed," he said. "Most people just want it to taste like lemonade."

Entering the Munchie Market

Even after putting the final touches on their extraction process, Hapi still needed something to set them apart from competitors.

"It's really tough to get a foothold with this business model unless you can pitch something that the vertical operations can't create on their own," Irby said. "In the Rhode Island market, it seemed obvious to me what that was: our local food brands. I grew up here, and I knew which brands to target and I knew the kind of customer loyalty those labels had."

The first local eatery to "come on and get Hapi" was Johnston's Original Italian Bakery, whose popular pizza chips can now be found on adult use menus at dispensaries throughout the state.

"It was an amazing idea for a product," said Don Depetrillo, the culinary maestro at the helm of both the OIB and Depetrillo's Pizza. "Andrew approached me with it and I knew right away that he was onto something. They had it all worked out — right down to adding the extract underneath the sauce layer so you can still heat them up at home if you want."

Depetrillo says the company buys several "chipments" a week, which they then repackage for sale at dispensaries.

"There have been points where they've been buying about 720 pizza chips a week," he said. "Both

original and jalapeno. It's been good business for both of us — but I was still pretty impressed when I heard they've gotten Del's to sign on now."

Stop At the First Sign of the Lemon

Irby says that Del's was a targeted brand from the outset.

"We had a wager going, actually," he said, turning with a laugh to Carlson. "Some people were saying that we could never get Del's. I kept saying we could — and I knew that if we did, it would really sell."

Based on the demonstrated success of the pizza chips, Hapi was able to convince the lemonade giant to allow them use of the Del's license. This is not the first time Del's has entered the adult beverage market; they have long maintained a partnership with the Narragansett Brewing Company, beginning with the introduction of their popular Lemon Shandy in 2014.

"We first allowed them to start remarketing our bottled lemonade during the medical market," said a Del's representative. "Their orders have really taken off since December. So far they've been ordering shipments of our regular and pink lemonades, and we've been talking about introducing tangerine."

For Hapi, the Del's connection has been invaluable.

"Because we released it before recreational sales, our initial targeted customers were compassionate care patients," said Irby. "And we thought, 'if somebody has just started this treatment, what will make them feel more comfortable than seeing a brand they're so familiar with on the menu?'"

The THC extract used in the Del's lemonade is created using nanoemulsion technology, according to Carlson.

"It's almost like shearing the mixture down to the smallest possible particles," he explained. "That allows it to blend in smoothly with the lemonade. It also makes it much more reliable in terms of onset and efficacy."

Irby adds that simplifying the edible experience is a key company goal.

"We try to keep serving sizes small and we target a lower price point," he said.

The four ounce beverage typically sells for \$7, and contains 10 mg of THC distillate.

"We were envisioning something along the lines of an energy shot — a small dose that kicks in quickly and is easy to track."

Some companies have been less enthusiastic

about participating, however.

"We had wanted to partner up with another major local brand to produce our coffee syrup, but it didn't pan out," Irby said. "But we've been making our own syrup, and that's been selling well."

The Expanding Market

By localizing their product, Hapi has tapped into what appears to be a successful angle in the local cannabis market. Although their products are not yet available at Warwick's newest dispensary, Irby confirms that there have been talks about introducing their goods at Apponaug's Solar Cannabis Company.

"Our products are entirely sourced from local cultivators and producers," said Solar's Derek Gould, explaining that Rhode Island regulations keep the entire trade in-state. Although the Somerset-based company grows their own cannabis for sale in Massachusetts, they have to rely on the local market for their Warwick location.

"We knew that we wanted to enter the Rhode Island market as soon as an opportunity became available," Gould said. "And we've been lucky to set up good relationships with a lot of local companies. A lot of our items really showcase their Rhode Island roots."

The menu includes strains with nautical titles such as "Captain's Catch" and "Ocean Boats," the latter of these grown at Warwick's own Zen Blend Farms.

For edibles, Solar features another company to emphasize localization in their marketing - gummy manufacturers Rhodies, whose candies include flavors like "Goddard Park Grape," "Block Island Blue Raspberry," and "South County Strawberry."

Looking Toward the Summer

There are additional Hapi products slated for a summer release, including a collaboration with a well-known local beachside restaurant.

"We haven't officially announced it yet, but we've put the final touches on our doughboys and clam cakes from a certain local institution," Irby said. "Those should be available in time for the summer. And, if we can get the mustard right, we were approached by a popular local hot dog company to try to create a NY System wiener. So there are some exciting things in the works."

ANSWER TO THIS WEEK'S PUZZLE:

B	O	B	S	C	U	R	E	S	B	A	B	A	N
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Johnston Sun Rise

Opinion

EDITORIAL

Let's not forget the positive lessons from Covid

It's hard to believe that more than three years have passed since the first Covid case came to Rhode Island. The subsequent months and years have reminded us all of the fleeting nature of time.

That time has brought pain, trauma, and suffering for many people. The full effects of the pandemic on our students, particularly those who were at those critical junctures entering middle and high school when schools closed and remote learning became a necessity, may not fully yet be realized for even more time, as test scores continue to track those impacts.

The impact on our collective mental health is also clear, but somewhat uncertain in its permanence. Throughout Covid, national polling showed that more

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Americans than ever before felt feelings of hopelessness, depression, general anxiety, and a despair for the future.

One poll found that a majority of people, for the first time in the poll's history, felt as though their lives in five years would not be better off than at the present moment. That is something that didn't even happen during the Great Recession of 2008 and the years proceeding.

But despite the unavoidable gloominess that has come from our brush with a worldwide health crisis, there are positive lessons to glean from the experience three years from its inception.

For starters, our population showed it is one that can adapt and overcome all forms of adversity. Businesses adapted their models to incorporate remote work, restaurants perfected takeout ordering and expanded options, and our scientific leaders rallied to create a new vaccine that staved off the worst possible outcomes from the virus.

But that type of gritty resilience could also be seen through the actions of everyday people, most of the time invisible and unnoticed by the greater public, who staffed our boards of elections and city canvassing authorities during what was undoubtedly the most unprecedented and logistically challenging election in American history during that autumn of 2020.

That topic became the subject of its own feature film, "No Time to Fail," which followed Providence, Central Falls, and Cranston canvassing employees and poll workers who raced against the clock to process an avalanche of mail-in ballots and ensure socially distant in-person ballots could all be counted and tallied. The enormity of the task simply cannot be overstated, and the film is a victory lap for those dedicated individuals who, against the odds and at times against the venom of their fellow humans, rose to the occasion to ensure our democracy continued undeterred.

That film, which has since been seen throughout the nation, is having a homecoming celebration at the newly renovated Park Theatre on May 18. It's a fitting full circle for a story in which new chapters are still being written. It's worth reflecting on.

A certain TV news channel announces a new addition to its line-up



LETTERS

What else did the 2022 Gun Crimes Report have to tell us?

A detailed analysis of data provided with the attorney generals 2022 gun crimes report was completed. I encourage all to do the same. I believe most will find it very enlightening.

I would like to start with a couple statements from the report. "The state saw 66 cases involving ghost guns last year" According to the source data files this statement is false. 66 is the number of cases disposed of in the year 2022. Not the number of crimes charged in 2022.

Next: Neronha notes that prosecutors charged and disposed of 799 cases involving illegal firearms last year. " ~ There are more than 380 cases from last year still pending" This leads the reader to believe 380 in addition to 799 gun crimes were charged in 2022. False. 389 of the 799 are pending cases. In fact, the data shows 47% of all the cases in the report are unresolved. That leaves 407 resolved cases. Of that 407, 170 were released with no jail sentence. 51.59% of all resolved cases received no jail time. However, the attorney general's report fails to point out this telling statistic.

How well does the report reflect gun crimes committed in 2022? A random sample of 140 cases from the 389 unresolved revealed that only 53 cases, or 38% were from 2022. The dates ranged from 2014-2022.

Of the 170 resolved cases that received No Jail Time, the dates of incidence were 2017-2022. Only 11% of these were from 2022. This report is patently false as a reflection of firearm crimes for the year 2022.

The 170 non jail cases did yield some very telling and disturbing statistics. 13 of these were removed from the data set due to no firearm charges. Of the remaining 157 cases there were 252 firearms charges of which, 117 were dismissed. 46% of the firearms charges for those that received no jail time were dismissed. These cases were then broken down by charge category. Of those charged with firearm crimes and DOMESTIC VIOLENCE: 72% of Domestic Violence cases with firearm charges had firearm charges dismissed. In fact, 63% of all firearm charges in this category were dismissed.

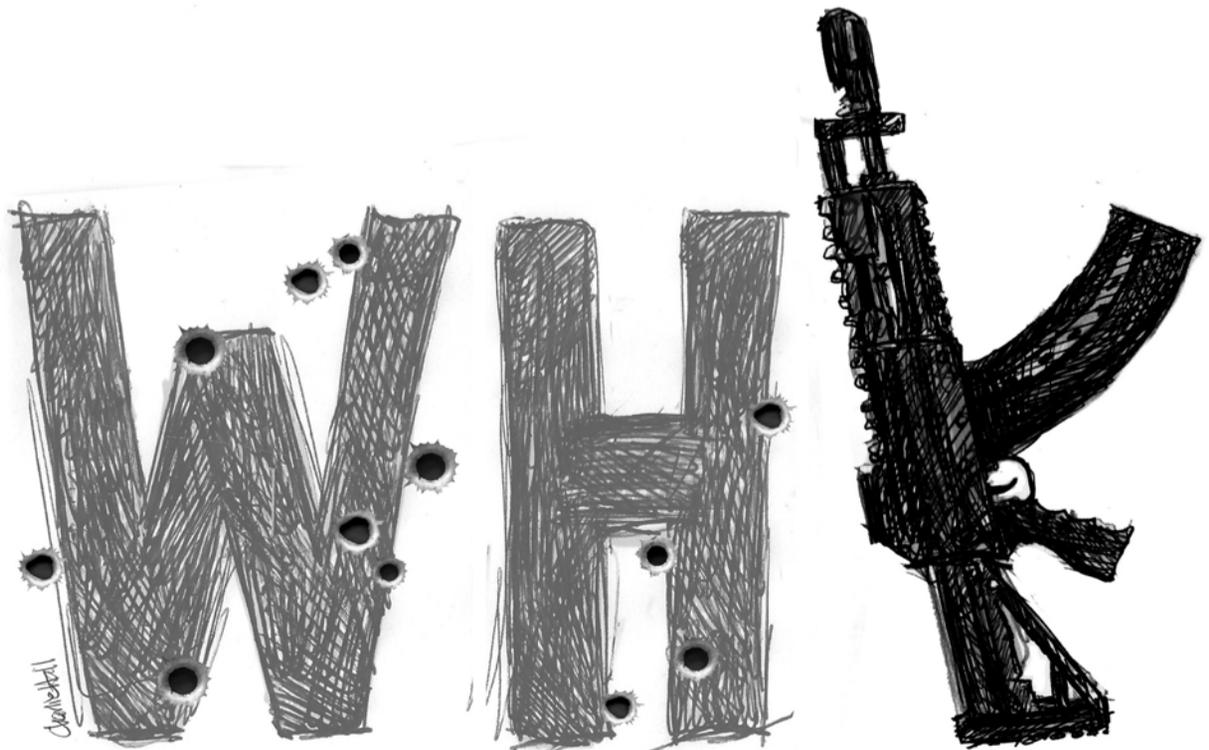
Of those cases with firearm charges and Substance Mfg/Distribution: 84% of these cases had firearm charges dismissed. In this category, 74% of all firearm charges were dismissed. I again encourage everyone to do their own analysis of the source data.

In conclusion, the attorney generals 2022 gun crimes report is in no way a reflection of firearms crimes committed or prosecuted in Rhode Island for the year 2022. The entire report is littered with inaccuracies and blatantly false conclusions. The report is however a damning condemnation of Rhode Islands prosecutorial abilities and judicial system. If we took the criminals off the streets, we would not have a firearms problem. This report completely supports this conclusion.

Dan K. Kesler, of Smithfield Education Committee Chair Federated Rhode Island Sportsman's Club

JOHNSTON Sun Rise

Publisher John I. Howell Jr. - JohnH@rhodybeat.com	Credit Manager Lynne Taylor
Advertising Director Donna Zarrella - Donna Z@rhodybeat.com	Bookkeeping Leslie Paz
Editor Rory Schuler - RoryS@rhodybeat.com	Production Manager Lisa Bourque Yuetner - LisaB@rhodybeat.com
Sports Editor Alex Sponseller - AlexS@rhodybeat.com	Production Staff Monique Rice - MoR@rhodybeat.com
Journalists Pete Fontaine	Advertising Representative Natalie Payette - NatalieP@rhodybeat.com Christine Peabody - ChrisP@rhodybeat.com
Classified Advertising Ida Zecco - Classifieds@rhodybeat.com	Spotlight Profile Writer Jennifer Coates - JenniferC@rhodybeat.com
Circulation Leslie Paz	Tel. 401-732-3100 Fax: 401-732-3110



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Sun Rise Scoops

SCOOP OF THE WEEK



JOHNSTON'S GOVERNOR: A large marble monument marks the grave of Johnston's only native son who went on to become governor of the Ocean State, Samuel Ward King. On Saturday, April 22, the Johnston Historical Society will be sponsoring a cemetery clean-up, and meeting at the historic cemetery, JN21, located at the corner of Hartford Avenue and Winfield Road. (*Sun Rise file photos by Rory Schuler*)

Cemetery Cleanup

The Johnston Historical Society will be sponsoring a cemetery clean-up as part of the State-wide Historical Cemetery Awareness Event. This is an event that is held yearly in order to make the public aware of these historical burial grounds. The Society will be cleaning Governor Samuel Ward King Cemetery, JN21. It is located at the corner of Hartford Avenue and Winfield Road. The activity will begin at 9 a.m. on Saturday, April 22. Participants are encouraged to bring gloves and rakes. If there are any questions, contact the Johnston Historical Society at 401-231-3380.

Sun Rise Staff Reports

JPD 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."

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 8 more sessions of volleyball: April 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

NAMI-RI: Family-to-Family

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 at 6:30 p.m. Wednesday, April 26. This is a free, 8-session educational program for family, 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 activities.

AARP Day Trips

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 and final payment, call Maureen at 401-828-5188.

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.

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 info@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 their 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.

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■ Scoops
(Continued from page 8)

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

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 Hefron, 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.

JHS 50th Year Reunion

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

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.

More at Mohr Library

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. Regular hours are 9 a.m. to 8 p.m., Monday through Thursday, 9 a.m. to 6 p.m., Friday and 9 a.m. to 5 p.m., Saturday. We offer free Notary service weeknights and Saturday mornings. Copy, print and fax services, computer help, reference and reading recommendations

Sign language classes cancelled April 19, but continuing each 2nd, 3rd, 4th and 5th Wednesday at 1 pm, brought to us by Westbay.

Art-Smart classes starting in May, for ages 5 to 8, Saturdays at 2 p.m. and for ages 8 to 12, Wednesdays at 4 p.m. Sign up on our website or call.

Regular storytime for preschoolers will be offered Wednesdays at 10:30, now extended through May 24th.

"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." June

20 at 6:30 p.m. Register by calling Meg at 231-4980, and press 6 for the reference desk.

Yoga is now open to all ages. Call the library to register. Sponsored by Tri-County HEZ, this class is taught by a certified professional and is free. Mondays at 2 p.m.

Beginner's How to Draw, for Adults, Thursdays at 3 p.m.

Crocheting for Adults continues to meet on Friday at 10 a.m.

After School Activities offered nearly every day, including varied programs for middle and high-school age kids and crafts for younger kids.

Book discussion of Prince Harry's memoir, "Spare," has been rescheduled. We will poll participants for a new date. Please register.

St. Francis Xavier Academy Scholarship Applications

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

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.

■ SCOOPS - PAGE 10



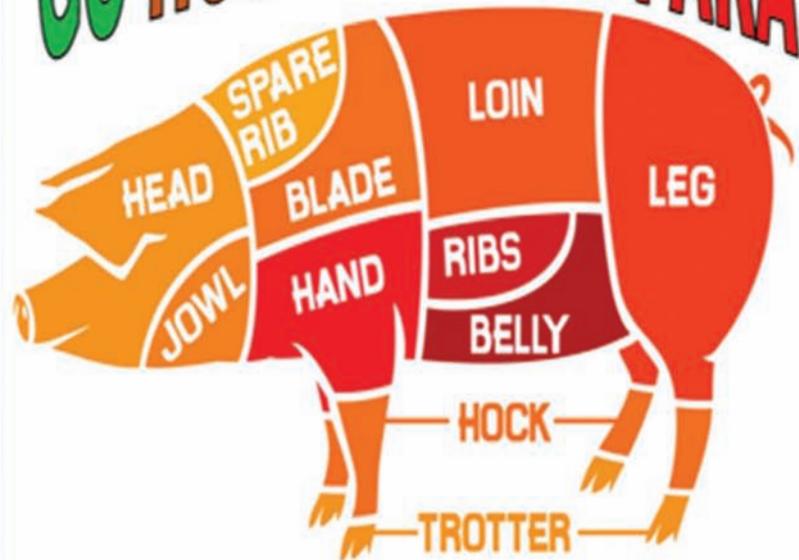
Obituaries

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

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

- Thank you

GO HOG WILD FOR FARA!



Date: May 6, 2023

LOCATION: Portuguese American Social Club
32 Fenwood Avenue, Smithfield, RI 02917

TIME: 12pm **TICKETS: \$40**

Includes a full meal with pig and sides, hamburgers, and hotdogs.
Children age 12 and under are free.

Purchase Tickets
or Donate: 

curefa.org/pigroast

Go Hog Wild for FARA

At noon on May 6, at the Portuguese American Social Club, 32 Fenwood Ave., Smithfield, . Includes full meal with pig and sides, hamburgers and hotdogs. Tickets: \$40 per person. Free for children 12 years and under. Purchase tickets in advance or donate: curefa.org/pigroast.

The event will benefit the Friedreich's Ataxia Research Alliance (FARA) and has been organized by the family and friends of Johnston native Matthew DiIorio. The team has raised more than \$1 million to help find a cure for Friedreich's Ataxia, the illness that claimed Matthew's life.

More information on FARA can be found at www.curefa.org/rfmg (checks to FARA can be mailed to 533 W. Uwchlan Ave., Downingtown, PA 19335; reference RFMG).

Watch for announcements of upcoming events connected to the Race for Matt & Grace fundraising effort.



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Johnston High School's
Annual Art Show
Wednesday
May 3, 2023
Johnston High Library
6-7:30 p.m.



JHS Art Show
Since the arrival of Covid 19, the Johnston High School Art Department has put together their annual art shows in digital form. However, this year, on Wednesday, May 3, from 6-7:30 p.m. in the Johnston High School library, the school's artists will present their works in-person. "Exhibition is an important part of being an artist. It gives us an opportunity to interact with viewers who bring their own unique perspectives, based on their individual life experiences," said Kerry L. Murphy, Johnston Senior High School Art Teacher and Fine Arts Co-Chair. "That communion between artist and viewer can bring new ideas to the work and lends itself to opening up meaningful conversations."

WHERE ART THOU:
At left, this poster was created by Steffi Rotella, a JHS senior art student in Two-Dimensional Art IV Honors.

2023 Johnston 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 individual 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 RECREATION DEPARTMENT
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Arrive anytime between 9am-12pm
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at Johnston Memorial Park
Special Thanks To...
The Johnston Community Center Association & RI DEM
Awards for individual achievements. Free to enter!
Please remember this derby is meant for the kids. Please let the kids do all the fishing. You can help cast and release the fish if necessary. Most of all, have fun!
VISIT US ANYTIME!
JOHNSTONREC.COM

■ Scoops
(Continued from page 9)

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

Low Income Home Energy Assistance
More than 1 in 4 US households struggle with their home energy bills. The Low Income Home Energy Assistance Program (LIHEAP) can help keep the heat on. The Tri-County LIHEAP Program helps to cover the cost of home heating bills for those that qualify. Visit www.tricountyri.com for more information about the LIHEAP program, and other weatherization programs that can help to reduce your home energy bills. To submit an application for LIHEAP, or to see if you qualify, contact them at 401-519-1913. The Tri-County LIHEAP program has locations in North Providence and North Kingstown.

Neighborhood Watch
The 2022 season of Johnston's Neighborhood Watch has official-

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

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

Johnston Rep. Cardillo sponsors debt disclosure bill

House Speaker supports amending financial reporting requirements for candidates

By **STEPHEN BEALE**

An amendment to existing regulations requiring candidates for local or state office to disclose court default judgments on credit card debt has the support of House Speaker K. Joseph Shekarchi.

"That's the only thing you don't have to list on your financial statements," said state Rep. Edward Cardillo, Jr., D-Johnston, the lead sponsor of the bill to change the forms. While the current form requires that candidates go over their finances with a "fine-toothed comb" default judgments on credit cards are left out, meaning that someone could hypothetically have \$200,000 in unresolved debt without the voters knowing about it, according to Cardillo.

"Seems awfully strange," he said. Under the current statute, candidates must disclose a range of financial matters, including income, investments that are over \$5,000, any real estate owned other than one's main place of residence, gifts, and debts and loans, according to a summary provided by a State House spokesman. Debts over \$1,000 must also be dis-

closed except "debts to family, debts to credit cards, and mortgages on a primary residence," the spokesman noted.

While Cardillo is from Johnston, the bill was at least partially inspired by a situation in Warwick, where Mayor Frank Picozzi had seven court default judgments on credit card debt against him totaling over \$26,000, which a Hummel Report investigation uncovered last year.

Warwick activist Rob Cote advocates for a change in the law. He said he learned of Picozzi's default judgments after questioning some of the mayor's financial decisions. After learning candidates for office aren't required to disclose default judgments he helped convince Cardillo to introduce legislation closing the loophole. (Cote said that he reached out to Cardillo since the two know each other socially.)

The bill would add 10 words to the existing law, which presently does not include credit card transactions on the financial disclosures form. The bill would add: "with the exception to any and all unsatisfied default judgments."

Cote said that the financial disclosure forms are meant to be a screening process that reveal candidates' abilities to manage

their own personal finances — especially important for someone like Picozzi who runs the state's third largest city with an annual budget that was approximately \$340 million in the current fiscal year. He said that the current screening process left out Picozzi's default judgments when he was running for the office.

"When you look at that, that wasn't disclosed. It was non-transparent," Cote said.

"It begs the question, will this person be able to make sound fiscal decisions (for an entire) municipality if his own personal finances are a wreck?" Cote added. "I think that's a legitimate concern."

In a statement to the Warwick Beacon and Johnston Sun Rise, Picozzi said he did not oppose the bill.

"Though I dispute that the bill targets me, I have no problem with it," he said. "I have spoken to Speaker Shekarchi and he said that this bill in no way targets me and he can verify this to you. I disclosed my debts publicly during my campaign for Mayor twice. I provided all mandated information on my first Ethics disclosure. A resident filed a frivolous ethics complaint on my filing and it was dismissed."

"I have my issues with Picozzi but this isn't really earmarked for him," Cote said.

The measure, HB 5190, was heard by the House State Government and Elections Committee in the last legislative

session but was held for further study. Cardillo reintroduced it earlier this year and the committee held a hearing in early April that drew no opposition. Two people testified in favor, including Cote. Even though legislative records show that the committee voted to hold the measure for further study, Cardillo expects it to reach the House floor for a vote.

The Ethics Commission has not taken a position on the bill. The exception to credit card default judgment reporting was originally enacted by the General Assembly, according to Jason Gramitt, the executive director of the commission.

The bill has drawn bipartisan support among its co-sponsors, who include Warwick Rep. Joe Solomon.

The bill is also backed by Speaker Shekarchi, who represents Warwick as well.

"Speaker Shekarchi is not a sponsor of the bill, but he supports the general intent of the legislation because it is one of many efforts by the House to run a more transparent state government," spokesman Larry Berman told the Beacon. (Berman noted that as part of his effort to boost transparency, Shekarchi has put all committee documents on the state legislative site, televises and livestreams committee hearings, and has made more rooms compatible with TV and livestreaming.)

The bill does not have a state Senate version, but Cardillo expressed hope that the other chamber might still pick it up.



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Warwick
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• Warwick Mall - Customer Service Desk
• Seasons Corner Market - Post Road & Warwick Ave.
• Dave's Marketplace - Hoxsie
• Tumbletown Laundromat
• Warwick Public Library
• Greenwood Credit Union

West Warwick
• Tumbletown 2 Laundromat

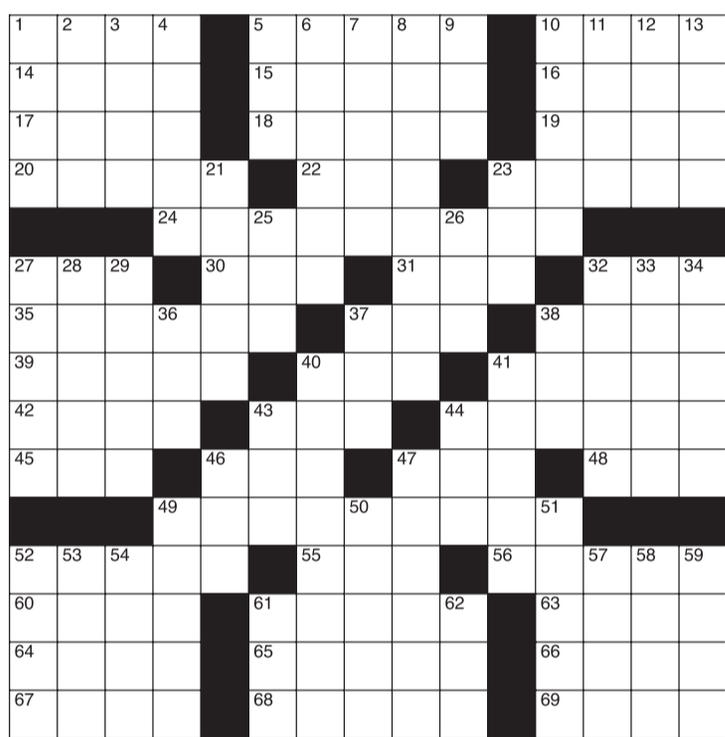
Johnston Senior Center

Have you appreciated your local volunteers lately?



TIME SERVED: Long-time volunteers Vinny Balirano, Paul Giarusso, Gail Krikorian, and Donald Oliva, pose for a photo at the Johnston Senior Center. (Submitted photos)

CROSSWORD PUZZLE CORNER



- CLUES ACROSS**
- Dylan and Marley are two
 - Makes healthy
 - The Who's "O'Riley"
 - Side sheltered from wind
 - Flat-bottomed sailboats
 - Egyptian supreme god
 - Advice
 - Mass of small, loose stones
 - Online learning services provider
 - "Lords" in Northwest Semitic languages
 - Of she
 - A place to relax
 - Critical and mocking
 - Consumed
 - You get one in summer
 - Bath
 - Luxury automaker
 - Spiders spin one
 - Guy (slang)
 - Greek personification of Earth
 - Large instruments
 - Domestic cattle genus
 - Appetizer
 - Oil group
 - Where to put groceries
 - Speak incessantly
 - Popular color
 - A place to sleep
 - Make fun of

- Former CIA
- Salts
- Bleated
- Never sleeps
- Sword
- Water (Spanish)
- Cyprinids
- "Dark Knight" actor Christian
- Fictional demon
- Old World lizard
- The content of cognition
- Makes a mistake
- A way to make wet
- Tide

- CLUES DOWN**
- One-liner
 - Evergreen genus
 - College in Rome
 - Prevents from seeing
 - Cycles/second
 - Mischievous child
 - Less common
 - Honorably retired
 - Midway between south and southeast
 - A confusion of voices and other sounds
 - Bony fish genus
 - Type of pear
 - Egyptian cross
 - Satisfies

- Founder of Babism
- Bar bill
- Chicago ballplayer
- Performer
- Hairpiece
- Partner to flowed
- Aircraft formation
- You have 3 per day
- Goes into
- College athletic organization
- Wet, muddy ground
- Talk
- Witty conversation
- Gurus
- "Fresh Price of ___ Air"
- Sports equipment
- Try to get
- Flower cluster
- Sea dwellers
- Palmlike subtropical plant
- Polio vaccine developer
- Baseball's Ruth
- Gelatinous substance
- Hungarian violinist Leopold
- Offered
- Ancient Greek City
- A way to derive
- Touch lightly
- Witnessed



RECOGNIZED: The Johnston Senior Center kicked off Volunteer Appreciation Week with a Tuesday morning coffee and donuts celebration for all volunteers. Members of the sewing club were in attendance. "Festivities are planned throughout the week in honor of the many volunteers that are so valuable to the Center," said Richard J. DeFino Jr., Executive Director of the Johnston Senior Center.



THEY GIVE THEIR TIME: From left to right, Barbara Pizzi, Alexis Rivera, Kayla Beaudry and Jackie Pion, all help out at the Senior Center. Check next week's Johnston Sun Rise for more photos from the Senior Center's Volunteer Appreciation Week.

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Nicholas A. Ferri Middle School Q3 Honor Roll

High Honor Roll

Samaya Anzivino 2027
 Kelly Barrenechea 2027
 Isabella Boudreau 2027
 Juan Burjos Vilchez 2027
 Juliana Buscemi 2027
 Abner Cambranes 2027
 Madisyn Card 2027
 Shemorie Constant 2027
 Jacob DeLeon 2027
 Hunter Feinstein 2027
 Kylie Geremia 2027
 Elizabeth Kue 2027
 Dario La Terra Bellina 2027
 Jordan Maggiacomo 2027
 Arthur Men 2027
 Isabella Nunes 2027
 Anthony Pannone 2027
 Natalya (Nat) Rhind 2027
 Isabelle Ricci 2027
 Lorelai Sarli 2027
 Emma Taglianetti 2027
 Thomas Xoydara 2027
 Timothy Xoydara 2027
 Juliette Amaya 2028
 Oscar Arriaza 2028
 Tyler Brunelle 2028
 Jon Costa 2028
 Dimazlia DiBiasio 2028
 Michael Fantini 2028
 Gina Ford 2028
 Fotis Fotopoulos 2028
 Brandon Giron Caballero 2028
 Anthony Hopp 2028
 Sparrow Katowicz 2028
 Kamryn Kue 2028
 Brianna Lapati 2028
 Lila Lautieri 2028
 Jasmeet Mann 2028
 Aganeliz Perez Rosado 2028
 Lea Petrillo 2028
 Angie Quiroa 2028
 Isaiah Ramirez 2028
 Adriana Riggen 2028
 Sophia Rubino 2028
 Brooklyn Russillo 2028
 Isabella Serpa 2028
 Kaleigh-James Slader 2028
 Nicholas Smith 2028
 Aubrey Soares 2028
 Mia Soprano 2028
 Javiana Stec 2028
 Gianna Stomberg 2028
 Jayeden Thayorath 2028
 Ashlyn Wheeler 2028
 Scarlett Agnoli 2029
 Adrian Amaya 2029
 Alexis Arias 2029
 Mackenzie Arsenault 2029
 Nolan Cahill 2029
 Breonna Carleton 2029
 Brady Cartwright 2029
 Jacob Celeste 2029
 Krishna Chu 2029
 Ibrahima Fall 2029
 Sokhna Fall 2029
 Francesca Ferranti 2029
 Carleigh Flath 2029
 Gabrielle Gonsalves 2029
 Ian Heywood 2029
 Mason Johnson Goncalves 2029
 Brayden Lariviere 2029
 Ella Martin-Sharkey 2029
 Joshua Ortiz 2029

Jianaliz Pagan 2029
 Londyn Perry 2029
 Abigail Price 2029
 Ethan Quixtan Portillo 2029
 Penelope Santos 2029
 Alexa St. Clair 2029
 Julianna Stonis 2029
 Brandon Turbitt 2029
 Jaxon Vanstone 2029
 Xavier Veillard 2029
 Cory Veitch 2029
 Nicolas Villa-Pinto 2029
 Grace Wilbur 2029
Total High Honor Roll: 86

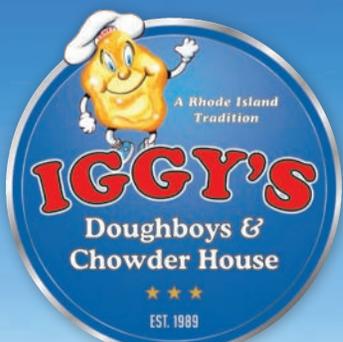


Honor Roll

Marleny Abreu 2027
 Selena Albanese 2027
 Alexander Amaral 2027
 Andre Amato 2027
 Morgan Andrews 2027
 Blake Angel 2027
 Ella Annicelli 2027
 Samaya Ariza 2027
 Colin Bishop 2027
 Kyle Boswell 2027
 Ethan Bracey 2027
 Abbigaelle Cenafils 2027
 Sierra Colavita 2027
 Tatyana Collazo 2027
 Cody Cook 2027
 Aidan Cross 2027
 Santino Cucinotta 2027
 Dominic DeGrazia 2027
 Gianna Desmarais 2027
 Fiona Fairbanks 2027
 Zoe Fairbanks 2027
 Anelee Fernandez 2027
 William Ferrara 2027
 Logan Finelli 2027
 Vincent Frenier 2027
 Lucas Frisella 2027
 Diana Gaitan Flores 2027
 Ian Gobeille 2027
 Sofya Gonsalves 2027
 Isabella Halliwell 2027
 Amelia Healy 2027
 Brooke Houle 2027
 Vanessa Jean-Philippe 2027
 Lana Jencks 2027
 Morgan Johnson 2027

Jaylinn Khun 2027
 Arianna Leonesio 2027
 Freddy Magana Landaverde 2027
 Isabela Martinez 2027
 Analeah Martins 2027
 Natasha Mendes 2027
 Nelvin Montero 2027
 Hayden Morin 2027
 Brady O'Donnell 2027
 Aubree Padula 2027
 Evelyn Pagliarini 2027
 Giabella Pagliaro 2027
 Aiden Pannone 2027
 Bricen Parris 2027
 Isabella Paulson 2027
 McKerry Petit Homme 2027
 Sophia Pinheiro 2027
 Owen Polofsky 2027
 James Rawlinson 2027
 Gian Ricci 2027
 Ivana Rua 2027
 Isabella Salazar 2027
 Sebastian Sanchez 2027
 Madelyn Sarli 2027
 James Senno 2027
 Chase Seymour 2027
 Katelyn Silva 2027
 Alana Smith 2027
 Alexander Smith 2027
 Kailey Souza 2027
 Anthony Sposito 2027
 Jack Tabla 2027
 Sienna Tandon 2027
 Josie Torti 2027
 Kyle Urban 2027
 Christopher Valdivieso 2027
 Angel Veillard 2027
 Fabian Vejarano-Tolentino 2027
 Carldjon'n Volcy 2027
 Leah Volcy 2027
 Sofia Williams 2027
 Clark Znoj 2027
 Larissa Alvarenga-Pesoa 2028
 Benjamin Botelho 2028
 Liam Brennan 2028
 Camila Chevalier 2028
 Michael Chounlamany 2028
 Daniel Curiel 2028
 Nickola D'Aquila 2028
 Faith Kennedy D'Elia 2028
 Christopher DiPanni 2028
 Matthew Duquette-Siswick 2028
 Jazlyn Garcia 2028
 Giovanni Gauthier 2028
 Chelsea Guy 2028
 Jayla Jones 2028
 Syvianna Jules 2028
 Hadley Kampper 2028
 Aristotle Landim 2028
 Kaylee (Roman) Lucas 2028
 Paul Magnuski 2028
 Giana Mercurio 2028
 Samaya Montrond 2028
 Marissa Morsilli 2028
 Anthony Murphy 2028
 Frank Nasisi 2028
 Owen Niles 2028
 Gabriela Noriega Garcia 2028
 Corey Ogden 2028
 Maria-Fernanda Oliva 2028
 Linda Orozco 2028
 Savannah Paquin 2028
 Quintin Picon 2028
 Gianna Pilloni 2028

Mason Provoyeur 2028
 Brea Rianna 2028
 Dakota Rickett 2028
 David Rivera 2028
 Mia Rubino 2028
 Joseph Santos 2028
 Derek Simas 2028
 Isla Troxell 2028
 Ava Turgeon 2028
 Izabella Urena 2028
 Belinda Urizar Ruiz 2028
 Adam Venditelli 2028
 Ella Ware 2028
 Melvin Wilson 2028
 Neji Acksonvong 2029
 Julio Alicea-Guzman 2029
 Antonio Baez 2029
 London Banta-Cain 2029
 Ariana Barboza 2029
 Ashly Bercian 2029
 Jason Bombardier 2029
 Jonathan Botelho 2029
 Calla Cadieux 2029
 Ryder Calabro 2029
 Jacob Castro 2029
 Brooke Charpentier 2029
 Jacqueline Chevalier 2029
 Jiovanny Cueva 2029
 Sophie Darby 2029
 Autumn DelVecchio 2029
 Grayson Desmarais 2029
 Gabriella Dinucci 2029
 Kendall Duguay 2029
 Marco Fava 2029
 Lila Figueroa 2029
 Matteo Fleet 2029
 Layla Gonsalves 2029
 Luz Guzman 2029
 Trezure Hall 2029
 Kenzi Harrop 2029
 Layla Kelly 2029
 Sophia Koshgarian 2029
 Dominic Lacasse 2029
 Angelina Lambrese 2029
 Khady Marone 2029
 Gianna McCranie 2029
 Emma McDougall 2029
 Mason Mejia 2029
 Addyson Meloni 2029
 Tristan Morenzi 2029
 Ryan Morin 2029
 Kyleigh Murphy 2029
 Isabelle Nunez 2029
 Daphen (Janae) Nyan 2029
 Teagan O'Reilly 2029
 Nicolas Ortellado 2029
 Matthew Otero 2029
 Jayliana Pedraza 2029
 Allyson Pena 2029
 Ethan Pongvongkeo 2029
 Derek Ricci 2029
 Victor Rojas 2029
 Jonathan Sanchez 2029
 Dante Santos 2029
 Lily-Anne Segee 2029
 Joseph Silva 2029
 Phoenix Siphoune 2029
 Ezekiel Sonaike 2029
 Alexander Soto 2029
 Lilyana Trikoulis 2029
 Junior Valdez Espinoza 2029
 Peyton Vargas 2029
 Lorelei Znoj 2029
Total Honor Roll: 182



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By JENNIFER COATES

Everyone needs a Household Hero, whether you live alone or not, whether you are young or old, there are ALWAYS those projects around the house that never get done. Sometimes, we just don't have the skills; sometimes it's a simple lack of time and/or motivation. The projects languish forever while new ones accumulate. Things break down. Things need to be moved. Things need to be upgraded. Never fear, NO JOB IS TOO SMALL for this Household Hero!

From his earliest years, Gustafson has always had a knack for building, fixing, and making things. Moreover, he is always refining his skills ~ getting extra schooling and training; pushing himself to learn more and to do more, the right way. He will come to you, wherever you are, to tackle your household projects.

The Household Hero is also an avid outdoorsman who is well acquainted with some of the perils of being in nature. A few years ago, he got very sick

from the bite of the dangerous Asian Longhorn tick, a new species of tick here in Rhode Island. He determined then to get his pesticide license so he could combat this nasty insect as well as New England's other unwanted pests ~ fleas, mosquitos, and mostly, spiders.

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Favorite ways to catch striped bass

By CAPT. DAVE MONTI

We still have a lot of larger holdover striped bass in the 20 and 30 plus inch range in the area. These are the fish that decided not to migrate south and "hold over" here for the winter in our salt ponds and estuaries because the water has been so warm. And now, we have fish migrating into our area from the Hudson River and Chesapeake Bay area too. So, with the season now underway, here are some of my favorite ways to catch them.

But first, it is important to note that striped bass are in tough shape. They are overfished so great care should be taken to catch and release these fish safely to reduce post catch mortality. Anglers should keep the fight short as playing with the fish tires it out, keep the fish in the water even when dehooking, photo taking and releasing if possible, and try not to handle the fish a lot.

The striped bass limit is one fish/person/day between 28 to less than 35 inches. Anglers are required to use inline circle hooks when fishing for striped bass with whole or cut natural baits, except when fishing with a natural bait attached to an artificial lure e.g., tube and worm. Additional provisions include removal of the right pectoral fin on fish 34 inches or greater and gaffing striped bass is prohibited.

Prepare to use a number of tactics, here are some of my favorites.

Trolling with tube and worm or umbrella rigs. I use lead core line weighted with lead between the line and a six foot leader to a tube tipped with clam worm. I find that bubblegum colored tubes well in spring in Bay water that is 10 to 30 feet deep. Red and amber tubes seem to work best in deeper water. I use umbrella rigs in deeper parts of Narragansett Bay, off Newport or Block Island with a variety of squid, shad, worm or eel soft rubber baits.

Casting soft plastics, flies, surface and swimming lures. Many anglers are addicted (including me) to the feel of a powerful bass hitting their fly or lure. A variety of flies and lures work for spring as the bass dine at all levels of the water column. Ask your bait & tackle shop owner for lures that mimic bait in the water this spring.

Live eels. Used by shore and boat anglers, often where there is structure in places like the Southwest Ledge off Block Island and off Newport on reefs and ledges. Hook the eel through the mouth and out one eye as going between the eyes usually kills the eel.

Live Atlantic menhaden or cut up chunks. Snag a live Atlantic menhaden with a weighted treble hook or net them. Hook the bait through the bridge of the nose, find a school of fish and put the live menhaden into the school of bait and let it swim. You can also use cut up chunks of menhaden (cut the fish in thirds). Anchor (and chum), drift fish or fish the moving bait schools with chunks. Some anglers use a weight slide to get the bait down to the striped bass.

Sung Harbor Used Tackle Sale



STRIPED BASS: Ed Lombardo with spring striped bass Narrow River. (Submitted photos)

The Annual Snug Harbor Marina Used Tackle Sale starts Saturday, April 29, 9 a.m. to 5 p.m. On Sunday, April 30 the dock and tackle shop will open for the sale at 7 a.m. Elisa Cahill, said, "We are getting some great used tackle including rods, reels, combos, lures, jigs and accessories in every day and will be accepting gear for sale right up until Friday, April 28." So, if you have gear you no longer use it could become cash to get that tuna jigging combo or whatever new gear you may need. For information on how the sale works contact Snug Harbor Marina, 410 Gooseberry Rd, Wakefield, RI, (401) 783-7766.

Where's the bite?

Striped bass. Mike Wade of Watch Hill, said, "Customers are catching fish in the 25-inch range that are holdovers. They also are landing fish in the 12 to 14-inch range which I believe are migrating fish."

Angler Rick Wise of Wakefield, said, "I caught and released a holdover striped bass in the 30-inch range Saturday from my kayak using a white soft plastic lure in Salt Pond and then caught several small fish that had lice on them and presumed to be migrating fish."

Fly expert and guide Ed Lombardo said, "I caught a nice keeper last week in the Narrow River and three school bass. Fish caught in the River on Friday had lice on them."

Elisa Cahill of Snug Harbor Marina, South Kingstown said, "We have had some nice fish taken from Potters Pond (South Kingstown)."

Tautog. Anglers are catching keepers from Westerly to Newport with the bite improving each day as the water warms. "Customers are fishing but no major

reports of keeper tautog being caught, however, we are watching reports from New Jersey to Virginia and the bite there is outstanding although they are in very deep water. Assume once our water warms a bit (now about 47 degrees) the tautog bite will improve," said Mike Wade of Watch Hill outfitters. "We have had a few nice tautog caught in deeper water off wrecks with some nice cod mixed in as they seem to be close too," said Cahill.

Freshwater. Jeff Sullivan of Lucky Bait & Tackle, Warren, said, "The warm days we had last week stimulated pre-spawn fishing for largemouth bass... it's the best I have seen it in over 20 years catching 17 fish, many of them in the four to 7-pound range."

"The largemouth bass bite has been good with the trout and salmon bite at stocked ponds outstanding. Once again DEM in RI did a great job stocking area ponds," said Harrison Gatch of Watch Hill Outfitters.

"I fly fished the Wood River with Dr. Nick Califano of Barrington, and we hooked up with some very nice rainbow trout," said Lombardo.

"Customer Jeff Spicer has been landing some nice trout at Shippee Sawmill Pond, Foster using Power Bait," said Dave Henault of Ocean State Tackle. "Olney Pond at Lincoln Woods has produced trout and salmon for customers too."

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.noflukelifishing.com.



Watch Your MOUTH

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

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ANIMAL TALK

By Karen Kalunian

Local Adoptable Loveable



Photo credit: Donna CCC

Beck is the sweetest senior kitty around and he's looking for a soft comfy bed in your home. This handsome Tabby has some hearing and sight loss but that doesn't stop him from longing for love! He'd love a sunny spot in your home to bask in along with your loving companionship. Beck doesn't ask for much and he really deserves to spend his golden years in a home and not in a shelter. Please contact Pawswatch at the Community Cat Care Center at 401-285-9800 and ask to meet this gentle boy. They are located at 39 Putnam Pike Johnston, RI. Beck is hoping for a second chance at love!

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

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Helping Homeless Animals Get a Second Chance

Sports

JLL celebrates 61st Opening Day

By PETE FONTAINE

Youth baseball is indeed alive and well in Johnston. So much so, in fact, the Johnston Little League batted 1,000 on Opening Day Saturday at famed Kennedy Field where one of the largest crowds in the program's storied 61-year history watched what people described as "A Towering Grand Slam-star spangled ceremony."

The day, which began with the traditional town-wide parade that stepped off at Johnston High School and wound up inside War Memorial Park, included many impressive firsts highlighted by a record number of colorful sponsor signs and flags affixed to the outfield fence.

The line of march was led by the Johnston Police and Fire Department's Color Guards, Town Council and School Committee members, Johnston Police Explorer Post Color Guard, a spiffy Northeast Auto Body tow truck driven by Matt Clements who played special baseball music along the route and five shiny red JRD vehicles.



JLL - PAGE 20 SUPER SOX: The JLL's Red Sox squad, managed by Shawn Poole, celebrates Opening Day 2023. (Sun Rise photos by Pete Fontaine)



Iasimone set to premiere documentary on Mazzulla

By PETE FONTAINE

One of this state's up-and-coming sportscasters will present a unique documentary about the life and legacy of the late Daniel E. Mazzulla Jr.

Cameron Iasimone, a 2020 graduate of Johnston High School who is a junior sports management/communications major at the University of Rhode Island, will unveil the unique documentary he personally produced in honor of his former coach this Saturday beginning at 3 p.m. inside the storied Daniel E. Mazzulla Jr. Memo-

PREMIERE: The promotional graphic for the upcoming documentary on the late Coach Dan Mazzulla. Former player Cameron Iasimone is set to unveil the project on the legendary Johnston coach. (Photos by Josh Paiva)

MAZZULLA - PAGE 19

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STICK WORK: Johnston's Kaylee Poole looks to gain possession last week. (Photos by Leo van Dijk/rhodyphoto.zenfolio.com)



LEADING SCORER: Hannah LaVergne battles off a defender.

Panthers lax heating up

By **ALEX SPONSELLER**

The Johnston girls lacrosse team is off to a 2-3 start and is looking to return to the playoffs after going on an unlikely run last spring.

With a large group of juniors and a solid group of senior captains leading the way, Johnston has enjoyed some early success in the new-look Division III group while also taking its early-season lumps.

The Panthers have won their past two games, most recently beating Rogers, 11-9. Hannah LaVergne led the way with four goals while Samantha Marcotte and Kaylee Poole each added a pair. Dariana Carrascoza, Olivia Iafate and Aubree Allen all scored goals as well while goalie Riley Guenette racked up 10 saves.

Johnston topped Providence Country Day 8-5 in the game prior. LaVergne led the team with six goals while Poole added two. Guenette finished with six saves.

LaVergne leads the team with 15 goals overall while Poole has six.

After spending the least two seasons learning the ropes, the Panthers finally feel the advantage of having experience this spring.

"It's nice to have experience. We have a lot of juniors so it's nice to finally have that experience. Now at practice we can

do more skilled drills and plays whereas before we were just trying to get them up to par on how to cradle, how to shoot, how to pass. It's good to have experience," said coach Jay Areson.

After winning last year's play-in game and breaking out as a playoff team, Areson believes that the team is primed to go on another playoff run and to possibly take things a step further.

"After last year's run, winning four games in a row and getting a playoff berth, the girls are looking forward to showing the state that they're ready to play and ready to compete. With the newly aligned Division III, we'll be facing teams with more experience, but the girls are definitely ready for the challenge. They play really hard," said Areson.

The team will enter the meat of its schedule with big league games coming up against teams like East Providence, Rocky Hill and Narragansett. The Panthers will be tested, here, and Areson is confident that the players are up to the challenge.

"Their freshman year they didn't win a game. Last year, after they got their first win, it gave them the confidence that they could play with anybody," said Areson. "They now have that confidence that, they don't go into games expecting to lose, but they expect to win."

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Marathon runners the toughest of athletes

Monday was the annual Boston Marathon which continues to be one of the world's best sporting events. I've got to say, every marathon that passes, every story I cover regarding running, it impresses the hell out of me what these athletes accomplish.

My favorite form of exercise is running. I run a few times a week and am proud of my times, my stamina. Typically my runs are four or five miles at about an eight-minute pace per mile.

Then you look at marathon runners ... what I am doing is child's play.

It takes years of intense training to become an elite runner and even once you enter that elite territory, it takes months to get your body to that next level. I have met and interviewed plenty of marathon runners and if I am being frank, training for a marathon sounds awful.

Whether it is injuries, bumps and bruises, general time spent on the road and treadmill, obeying the correct diet, balancing that all with proper rest along with daily duties at work and family. The commitment to excellence is tremendous. Running a marathon requires an extraordinary amount of mental and physical toughness.

My pitch



by
ALEX SPENSSELLER
SPORTS EDITOR
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In my opinion, running a marathon is perhaps the greatest athletic achievement there is.

I think of combat sports like boxing and wrestling. Putting your body on the line and fighting with other human beings, that's extremely impressive and takes courage that only those doing it can understand.

I look at a sport like hockey, which requires you to be able to operate on ice skates at all times, flying around shooting the puck, playing defense, skating backwards. Anyone that plays hockey is a gifted athlete.

All sports are unique and require different skill sets, but something about marathon running wows me beyond any other sport.

Running for 26.2 miles and doing it in sometimes less than three hours. Incredible. Regardless of time, run-

ning that distance is something that I can't wrap my head around. There are times when I finish my runs and tell myself, "I'd have to do that five more times," and a wave of discouragement hits me. I say that with a hint of humor, of course.

Getting into marathon running shape is only half the battle. Hearing some of the war stories of seasoned marathon runners is fascinating as well.

I have heard stories of runners getting blisters in the first mile, others being dehydrated and feeling faint with 10 miles to go. Some get such a runner's high that they can't recall much of the race, others can recount every step they took.

Another aspect that has always grabbed my attention is the post-race routine, the recovery process. Typically, runners will take about a week off to rest their legs and celebrate their accomplishment. I feel like I'd have to take a year off to get my body right.

Despite all of the grueling training days, the rigors of completing the actual race. Despite all the discomfort, sacrifice, time spent, one thing seems to be the same for all of these athletes ... running marathons is their life's passion and something they enjoy every minute of.



PLAY-BY-PLAY: Cameron Iasimone behind the mic at URI.

Mazzulla

(Continued from page 16)

rial Indoor Recreation Center at 1741 Atwood Avenue.

Iasimone, who aspires to become a prominent and professional play-by-play sportscaster, said he "hopes the documentary will bring great recognition to a Johnston icon, legend, role model who meant so much to the youth of our town."

The one-time basketball Panther who played under Mazzulla a total of seven years, explained: "I talked with former teammates, coaches and other people he worked with during his professional and hall of fame careers at Johnston High and Bryant University while producing the unique documentary."

Iasimone, whose resume includes doing live sportscasts for ESPN Streaming and other live sportscasts, has also covered various levels of live baseball, bas-

ketball and soccer games, said the documentary will be shown on a large screen at Court One in the spacious complex that the late Mazzulla Jr. helped become make a reality and town treasure.

There is no charge to view the documentary which some people last week emphasized will be a tremendous tribute to the late Mazzulla Jr., whose legacy includes following in his famous father's footsteps as the town's recreation director.

Likewise, for people not familiar with the tradition-rich sports history of Johnston, the late Mazzulla Jr. was the proud father of Boston Celtics first-year head coach Joe Mazzulla, who many people concur is in the running for NBA Coach of the Year.

Thus, his parents Ray and Michele Iasimone and sister JHS junior Ariana Iasimone will be there Saturday to view the wonderful work of Cameron, who many people predict will someday be part of big-time sports.

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PINSTRIPED PACK: As they hold a special banner, the JLL's Yankees, managed by Steve Mandarelli and Richard DelFino enjoy the excitement of Opening Day.



MIGHTY MARLIN: JLL Secretary Ken Kalnietis, who is a coach for the Marlins, is all smiles with his son Lachlan, 7.



FIRST FLING: Johnston Mayor Joseph M. Polisenia Jr. shows special form as he rears back to deliver the official first pitch during Saturday's special Johnston Little League 61st Opening Day at Kenney Field. (Photo courtesy of Gary Rianna)



PROUD POP: Johnston Police Chief Mark Vieira is all smiles and joined by his favorite player and son – Anthony Vieira, 9, who plays for the Cardinals.

SUPER SINGER: Miss Johnston Teen Eliyahna, who delivered a beautiful rendition of the National Anthem, is joined by JLL Treasurer/Emcee during Saturday's Opening Day ceremony.



JLL

(Continued from page 16)

The new-look 12-team league, which is led by first-year President Joe Splendorio and Vice President Michael Orsini and eight other valuable volunteers, began its 61st anniversary season that will feature increased player participation.

Likewise, Opening Day featured many historic firsts that included a beautiful rendition of the National Anthem by JHS student Miss Johnston Teen Eliyahna Negren who was introduced by Emcee Michael Perez and officially began once Mayor Joseph M. Polisenia Jr. delivered the ceremonial first pitch to Astros catcher Michael Lombardi.

"The mayor is a lefty," several people said as Polisenia Jr. reared back for the historic pitch. "Think about this," people offered after Johnston's new mayor – as his famous father Joseph Polisenia did through his tenure – did for the first pitch: "When this league started six decades ago our new mayor wasn't even born; now he's 32."

During his brief yet impressive remarks,

the mayor said: "Thank you to all the parents" and urged the players "to set goals and have fun doing so. Good luck to everyone and have a great season!"

There were countless similar stories that included heaps of praise for the JLL's well-organized Board of Director's that includes Michael Perez Treasurer; Ken Kalnietis, Secretary; Anthony Ferranti, Safety Officer; Bob Greenhalgh, Equipment Manager; Gary Rianna, Jr.-Sr. League Commissioner; Juan Catala, Coaching Coordinator; Michael Iafate, Fundraiser/Sponsor Chair; and Todd Spindler, Minor League Clinic Instructor.

Each of the 12 teams and their coaches – as well as Junior-Senior Division teams and coaches – were introduced as they stood on the infield grass, where Polisenia Jr. wound up for the first pitch after he addressed an appreciative and applauding audience.

"Excitement is everywhere here this morning," people were saying as they headed for the food trucks and Tennis Ball Ring Toss Fundraiser.

And it has been way since 1963 when the popular and prize program received its official charter from Little League International in Williamsport, Pa.



Sydney Parra as Catherine Parr (center) in the North American Tour Boleyn Company of SIX. (Photo by Joan Marcus)

Final weekend for swinging “SIX”

Review by **DON FOWLER**

They didn't teach history like this when I went to high school!

“SIX-The Musical” is a non-stop, one act, hour and a half, energy packed delight.

Nine powerhouse songs are featured, with each of the wives of Henry VIII having their moment on stage, while the other five back them up with synchronized choreography.

The voices are all great. The costumes are unique. The “Ladies in Waiting”-aka the band- is terrific.

My advice is “Listen to the soundtrack

before seeing the show. The music comes at you loud, fast, and furious. It helps to catch all the lyrics.

You may not learn all the history books have to offer, but you will know how they died (Two are beheaded).

The musical plays like a rock concert with messages about female empowerment that hit a positive note with the opening night audience.

The show is an exhausting challenge for the six wives and each one has an “alter-nate”, but have no fear, they are all great.

You have through Sunday to catch “SIX.” Call 421-ARTS for tickets.

Will Burton loves his “Beetlejuice” character

By **DON FOWLER**

“I saw Rob McClure play Adam on Broadway,” Will Burton told me, “and I knew that was the role I wanted to play.”

Will Burton spoke to me from Atlanta where the popular musical based on the Tim Burton movie was drawing big crowds in their two-week run before arriving at the Providence Performing Arts Center April 25-30.

“Adam and his wife move into an old Victorian house in Connecticut and are planning to start a family when they suddenly die,” Will said.

Enter Beetlejuice, the agent of chaos, who succeeds in scaring off all the prospective tenants. What follows is hysterically funny.

“Adam is a neurotic, passionate character who is not much fun to play. I get to act, sing, and dance. Dancing is my passion.”

Burton grew up in Durham, North Carolina and now lives outside Atlanta. He graduated with a degree in

Musical Theatre from the University of Michigan.

He gets confused with two famous namesakes, Will Burton, the London casting director and Will Burton, the actor who appeared on the soap operas, “Days of Our Lives” and General Hospital.”

He has quickly made a name for himself with regional appearances on Broadway as Ambrose in “Hello, Dolly” and Gremio in “Kiss Me Kate.” He appeared Off-Broadway in “Between the Lines” and in Regional Theatres as Igor in “Young Frankenstein” (One of his favorite roles) and as Tommy in “The Music Man” at the prestigious Arena Stage in Washington, DC.

“This is my first time on the road,” he said. “It is quite a fresh experience and I love it.”

Will travels with his service dog, Teddy, an Italian Water Dog who has adjusted beautifully to airline travel, sleeping under the seat in front of him.

“I’ve never been to Providence, and I am so looking forward to it,” he said. “I hear the restaurants are great and I’d love to get to Newport.”

“We’ve done eight weeks without any time off,” Will said. “While the company provides a physical therapist and arranges a gym to work out in every city, my role is so demanding that it keeps me in shape. Plus, I like to run.”

Beetlejuice-The Musical will be at the Providence Performing Arts Center April 25-30, right on the heels of “Six.” It is the last show of the season. Tickets are available at the box office.



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(Funny, but bloody Dracula Flick)

We've seen Nicholas Cage in a variety of weird roles over many years, but his portrayal of Dracula has to top the list. Technically, Cage is a supporting actor in a bloody, hilarious (or is it bloody hilarious?) retelling of the Bran Stoker novel.

The title role belongs to British actor Nicholas Hoult, the obedient servant of Dracula who brings victims to the Count's lair so he can survive on their blood. Renfield gains his strength and stamina from eating insects. The more he eats, the stronger he is.

There is more gushing blood in this wild and crazy movie than is collected at the Rhode Island Blood Center in a year.

Limbs are ripped from torsos and used as weapons. Heads are blown off. Necks and stomachs are ripped open. It is not a very pretty sight.

But people change. Renfield finds himself in a position where he saves many lives, helping a policewoman (Awkwafina) battle bad guys whose goal is to take over the world. (Isn't it always!).

Renfield joins a support group and learns how to take back his power and fight his narcissistic master. Set in New Orleans, the movie has a weird aura to it, going from absolute chaos to cozy little scene filled with love and caring in the support group.

The dichotomy of violence and the self-help psychology may be a bit much for some. Seeing it for Cage's performance may be more than enough for others.

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THE QUIET GIRL

(Lovely But Sad Irish Tale)

Only the Irish can make lovely little movies that will bring tears to your eyes (Richard provides tissues as you exit.)

The "action" takes place in rural Ireland in 1981. Nine-year-old Cait is the youngest in a poor, dysfunctional farm family with an alcoholic father and pregnant mother.

Poor Cait is a lost soul. She's a wanderer, a loner, a quiet one.

The family ships her off for the summer to older distant relatives, where they slowly, ever so slowly, communicate and integrate.

The couple hide a secret involving another family member that explains their initial reluctance to get close to Cait.

Summer ends and it is time to return the child, who has come out of her shell, to her family.

How everything turns out is left to your imagination.

The actors speak a sort of Gaelic tongue, so thankfully sub-titles are used.



THE QUIET GIRL

Young and foolish, older and wiser

Now that I am older, I am dealing with some issues that could have been prevented had my life been lived differently when I was younger. "Live and learn" is an apt saying, but it is impossible to go back and make corrections.

I would have followed the directions on the medical flyers about how to lift properly by squatting instead of just bending over and lifting. As a result of improper lifting all those boxes, suitcases, furniture and children, my back is now trashed with several lumbar vertebral disk herniations. I have had disc replacement surgery for two of them, but it has not been very successful, with all the previous pain, and more, coming back. As a result, standing for longer than five minutes is painful, and the only thing I can lift now is my teacup in the morning.

I would have taken better care of my teeth. Brush them twice a day? Hah! Once a day was my practice. Using dental floss eluded me because my teeth were so crowded it was difficult to do. Little did I know that with teeth packed so tightly together, flossing was even more important. As I have aged, cavities have invaded my mouth, resulting in root canals, caps and lots of dental bills. I also should have been drinking my beloved Diet Coke through a straw rather than directly from a glass which has resulted in stained teeth. Despite several unsuccessful tries to whiten them, they remain dingy and dull, not at all a good match for my smiling personality.

I would have stayed out of the sun, or at least put on strong sunscreen. Laying in the sun at Scarborough getting scorched was the norm for my generation of beach goers, an activity for which I am paying the price now. Several patches of skin cancer and the removal of a melanoma has created scars I would have preferred not to have, and I am forever searching through a vast array of sun-caused freckles to see if they have changed shape in some way indicating a metamorphosis into skin cancer.

When I was a kid, we traveled a great deal with my vagabond father. I hated riding in the car, and often became car sick, so sleeping in the back seat of the car became my habit. I enjoyed my sleep and would get annoyed if aroused by my mom to see the sights. I did not appreciate the enormous beauty of this great nation, and literally chose

Life Matters



with LINDA PETERSEN

to continue to sleep rather than get out to see the Grand Canyon or the bright lights of Las Vegas, a decision I regret to this day. Now I must admire it in pictures rather than reminisce about the time I was actually there.

My biggest regret in life was not keeping up with friends. I had a best friend in school, from Oakland Beach on up through high school. She was very easy going and she and I did a lot of things together. We would spend weekends at each other's houses, and used to play games of Monopoly that would go on for days, (with one of us "sneaking" money to the other under the table if it was needed.) She was a good sport and would come camping with my family, sleeping clumsily in a too small hammock hung over the front seat of the camper. We would slip notes to each other in junior high school, detailing our attraction to the unattainable, handsome guys who would not have given us a second look. As we aged, we took many trips together, including to New York City for an empowerment weekend with Oprah Winfrey and one to Busch Gardens for Halloween, where we screamed and shuddered among the chainsaw killers and zombies who rode the rides with us. She was my "bestest" friend, but I let the friendship fall by the wayside. I married, went to college, worked two jobs, raised 5 children with disabilities, volunteered my time for several organizations, put my own needs last, never had any free time, and my relationship with her suffered. Now, I am older, my kids are grown, and I have the time to once again travel and giggle with my friend, but she is no longer in my life. I had not treasured our relationship and given it priority, and that hurt her feelings.

There are so many things I wish I could go back and do things differently...

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JAWS and the M1 Garand

In the 1970's blockbuster movie *Jaws*, arguably the most colorful character was the grizzled fisherman, shark hunter, and U.S. Navy veteran Sam Quint. In the film, Quint is portrayed by the late Scottish actor Robert Shaw, and his character is famous for his intimidating demeanor, singing old sea shanties, and guzzling a beer before crushing the can. In one scene, he holds his listeners spellbound as he relates his harrowing experiences aboard the USS Indianapolis when it was sunk during the Second World War. Nearly 50 years after the premier of *Jaws*, Quint is still often quoted in jest and parodied in television skits and cartoons.

Apart from Quint's boat, the Orca, and his deep-sea fishing gear, Quint produces a rifle which he utilizes in a couple of scenes. Later, this very rifle is put to use in the climax of the film by Police Chief Martin Brody, played by Roy Scheider. This firearm is none other than the M1 Garand Rifle. This choice of weapon for the character of World War Two veteran Quint is somewhat fitting. Let us take a closer look at this important piece of military history.



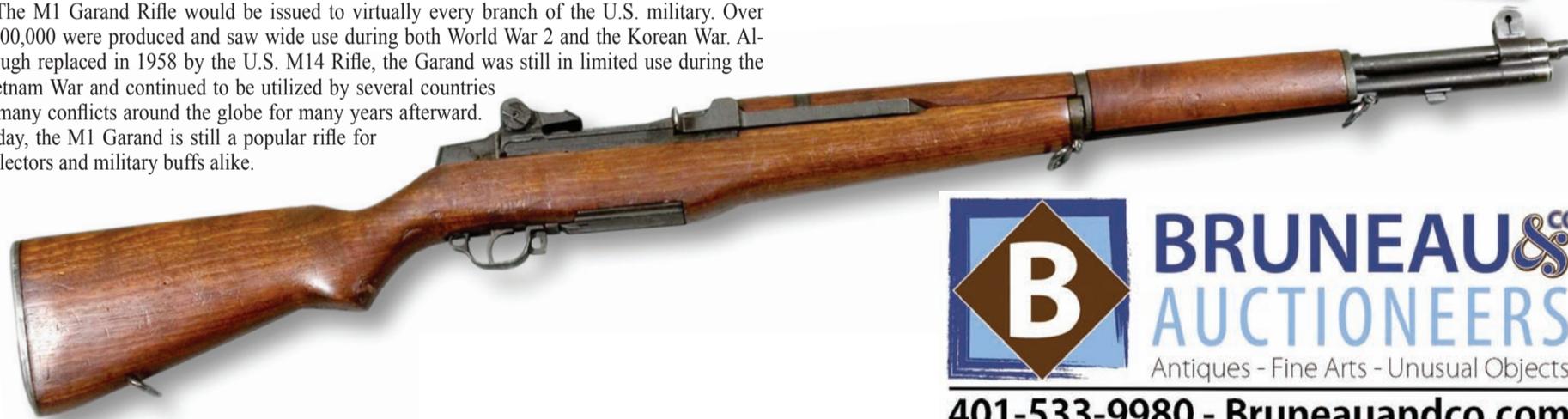
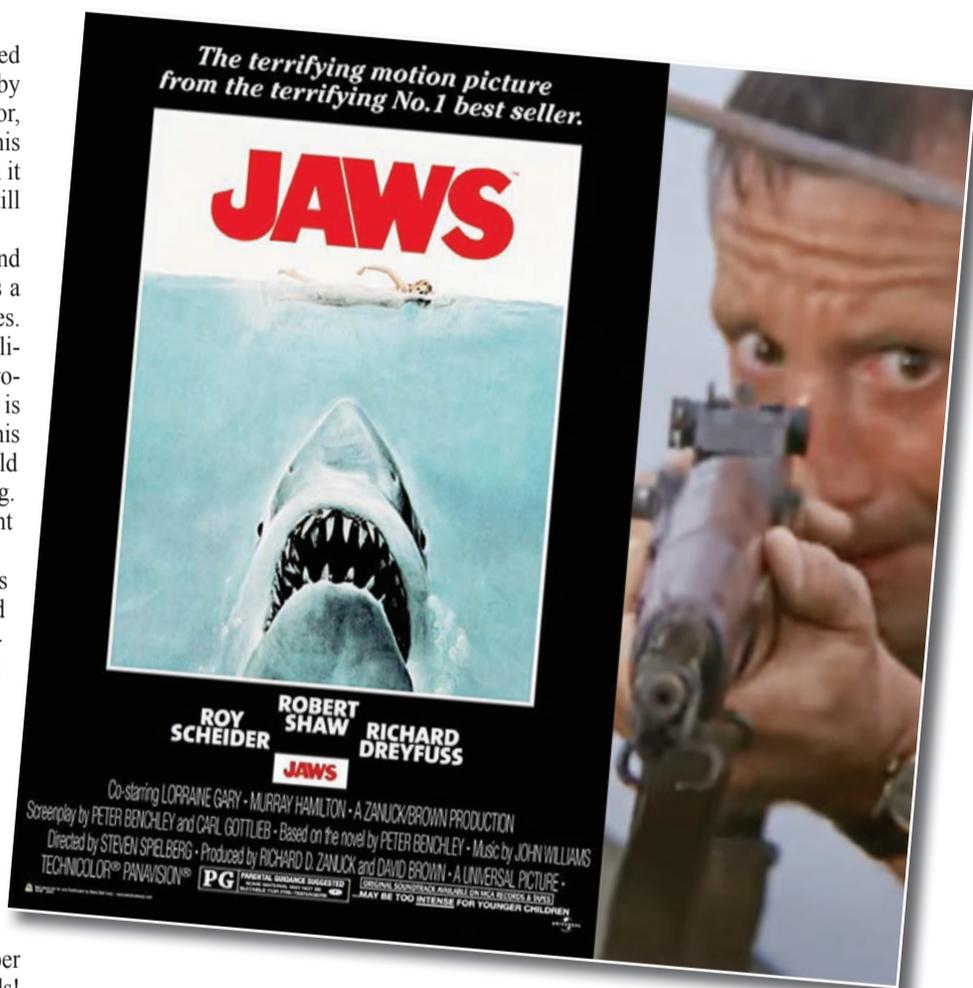
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The U.S. Rifle .30 Caliber M1, commonly referred to as the "M1 Garand," is named for its Canadian American designer John Garand. The Garand is the iconic American rifle of World War Two. None other than General George S. Patton stated that the M1 Garand is "The greatest battle implement ever devised." It can be seen in countless movies, television shows, and documentaries... including the film, *Jaws*.

Designed in 1928 and developed over the next few years, the M1 Garand was the standard U.S. service rifle from 1936 to 1957. The Garand replaced the standard M1903 bolt action rifle, and was the first standard issue autoloading rifle. This means it had an action that utilized a portion of the energy of each cartridge fired to load another cartridge. This innovation was unique when you consider that most of the soldiers of the enemy opposition were armed with slower-firing bolt-action rifles.

To geek out for a minute... the M1 Garand is 43.5 inches long and weighs 9.5 lbs. It was chambered to accept an 8-round clip of the standard .30-06 cartridge used in both the M1903 rifle, which it replaced, and .30 caliber Browning machine guns. Its rate of fire is 40-50 rounds per minute with a muzzle velocity of 2,800 feet per second and an effective firing range of 500 yards!

The M1 Garand Rifle would be issued to virtually every branch of the U.S. military. Over 5,400,000 were produced and saw wide use during both World War 2 and the Korean War. Although replaced in 1958 by the U.S. M14 Rifle, the Garand was still in limited use during the Vietnam War and continued to be utilized by several countries in many conflicts around the globe for many years afterward. Today, the M1 Garand is still a popular rifle for collectors and military buffs alike.



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Vogel's "Indecent" masterly crafted at Wilbury

Theatre Review
by **DON FOWLER**

"The true story of a little Jewish play" by playwright Paula Vogel is given a masterful production at Wilbury Theatre Group in their reconfigured space at Waterfire Arts Center

It took a village to produce this Tony-nominated play, including seven actors playing multiple roles, three talented musicians, and a host of behind-the-scenes folks, including the Waterfire guru himself, Barnaby Evans, who directed the special effects.

The one-act play (1 hour 45 minutes) tells the story of Yiddish writer Sholem Ash's first play, "God of Vengeance" which was first performed in Warsaw in 1906, and caused a ton of controversy among the Jewish community and eventually around the world.

The actors speak in more than one language, cleverly acknowledged on the wall behind them.

Anna Slate plays the daughter of an abusive brothel owner who keeps his lucrative business in his family's basement. She falls in love with one of the prostitutes, raising controversy when lesbian



(L to R): Aimee Doherty, Anna Slate, Patrick O'Konis, Dave Rabinow, Scott Levine, Stephanie Carlson

love is shown on stage for the first time.

The acting troupe performs the play, showing faults of Jews which is consid-

ered blasphemy by some, but the play goes on until it reaches America, where it is considered "Indecent" and eventually

revised, closed, and condemned.

We learn in retrospect what happened to the actors and the playwright in a stirring conclusion.

There is so much in this play, and the play within the play, that will get you thinking about not only censorship, but anti-Semitism and prejudice as well.

The music adds another dimension to the play, (Dylan Bowden on accordion, Assel Sat on clarinet, and Florence Wallis on violin) as the trio become an integral part of the story.

Chris Stahl is so innocently delightful as the devoted stage manager, with Patrick O'Konis, Aimee Doherty, Dave Rabinow, Stephanie Carlson, and Scott Levine, adjusting perfectly to their roles.

A closing scene "in the rain" with Anna Slate and Aimee Doherty is one of the best I've ever seen on stage.

"Indecent" is at Wilbury Theatre Group in Waterfire Arts Center, 475 Valley St., Providence through May 7.

Tickets range from \$5 to \$55, with standard admission at \$35.

Wilbury is a quality theatre accessible to all.

For reservations, call 400-7100, or go online at thewilburygroup.org.



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Older folks tend to slow down and spend more time indoors during the winter; however, spring's arrival is an opportunity to rejuvenate your overall wellness by getting active outdoors in the fresh air and sunshine.

Here are six ways to reap the health benefits of a spring tune-up:

1. GET OUT IN THE GARDEN. Gardening is an activity that can promote overall health and quality of life, physical strength, fitness, flexibility, cognitive ability and socialization.

2. SOAK UP WARM SUNSHINE SAFELY. Spending time outdoors in warm, sunny spring weather improves mood and cognition,* reported a Psychological Science study. Moderate exposure to sunlight for older adults,* who are at risk for low vitamin D, strengthens bones and may reduce the risk of colorectal cancer, hip fractures, stroke and heart attack, according to Cleveland Clinic. It also protects against depression and insomnia. Wear sunscreen, a wide brim hat, long sleeves and sunglasses to avoid too much sun exposure.

3. WALK OUTDOORS IN NATURE EACH DAY. People who exercised outdoors in natural environments reported feeling revitalized and energetic, and experienced less tension, confusion, anger and depression than those who exercised indoors, according to an Environmental Science and Technology study. They enjoyed outdoor activity more and were more likely to repeat it.

4. LIGHTEN UP YOUR DIET WITH SPRING SEASONAL FOODS. Many fresh, locally grown vegetables and fruits such as asparagus, cucumbers, mushrooms, radishes, peppers, sweet potatoes, rhubarb and strawberries are in season in the spring. Eating seven to 10 servings of vegetables and fruits each day may help to reduce the risk of chronic diseases like diabetes, heart disease and cancer.

5. TAKE CARE OF SEASONAL ALLERGIES. Spring is the worst season for allergies. If pollen is a trigger, keep doors and windows closed to keep it out, and wear wraparound sunglasses when outside. Also, ask your doctor about the most appropriate allergy medications to avoid possible side effects, such as drowsiness and confusion.

6. DRINK MORE WATER WHEN EXERCISING. Older adults who drink plenty of water after being physically active outdoors avoid dehydration and reap more cognitive health benefits from exercise, according to the American Physiological Society. Drinking water when exercising is especially important for seniors since they often have diminished thirst perception, the researchers said.

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Hearty Bacon and Egg Breakfast

Prep time: 5 minutes
Cook time: 30 minutes
Servings: 12

- Nonstick cooking spray
- 1 1/2 bags Minute Rice & Quinoa
- 9 eggs, lightly beaten
- 5 bacon slices, cooked and crumbled
- 3/4 cup shredded cheddar cheese
- 1/2 teaspoon salt
- black pepper, to taste

Preheat oven to 325 F. Coat 12-cup muffin pan with nonstick cooking spray.

Prepare rice and quinoa according to package directions.

In medium bowl, combine rice and quinoa, eggs, bacon, cheese, salt and pepper, to taste.

Divide batter between prepared cups and bake 18-20 minutes, or until eggs are just set.

SOCIAL SECURITY

by CHERYL TUDINO
SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST

Slam the scam with Social Security

The Social Security Administration and its Office of the Inspector General (OIG) continued to raise public awareness about Social Security imposter scams during the fourth annual “Slam the Scam” Day held in March. Social Security scams — where fraudsters pressure victims into making cash or gift card payments to fix alleged Social Security number problems or to avoid arrest — are an ongoing government imposter fraud scheme. For several years, Social Security impersonation scams have been one of the most common government imposter scams reported to the Federal Trade Commission. We’ve made concerted efforts to address this issue, through extensive outreach and investigative initiatives. These efforts have made a significant impact, reducing money reported lost to Social Security scams by 30 percent from 2021 to 2022.

“I am proud of the work we have done to combat Social Security imposter scams and raise public awareness,” said Kilolo Kijakazi, Acting Commissioner of Social Security. “We will continue to use every tool at our disposal to protect the public and their critical benefits. We urge Americans to remain vigilant, do not give out personal information or money, and report any scam attempts.”

Scammers use sophisticated tactics to trick potential victims into disclosing personal and financial information. Typically, they use the five P’s — Pretend, Prize or Problem, Pressure, and Payment. For example, scammers pretend they are from Social Security in phone calls or emails and claim there is a problem with the person’s Social Security number. The scammer’s caller ID may be spoofed to look like a legitimate government number. Scammers may also send fake documents to pressure people into complying with demands for information or money. Other common tactics include citing “badge numbers” and using fraudulent Social Security letterhead to target individuals for payment or personal information.

We will never:

- Tell you that your Social Security number is suspended.
- Contact you to demand an immediate payment.
- Threaten you with arrest.
- Ask for your credit or debit card numbers over the phone.
- Request gift cards or cash.
- Promise a Social Security benefit approval or increase in exchange for information or money.

Our employees do not contact the public by telephone for business purposes. Ordinarily, we call people who recently applied for benefits, are already receiving payments and require updates to their record or requested a phone call from us. If there is a problem with a person’s Social Security number or record, we will mail a letter.

“Working with our law enforcement and private sector partners to inform consumers about scammers and their deceptive practices remains a priority for my office. We will continue promoting National Slam

the Scam Day to help protect consumers from these predators. Slamming the scam begins with consumers quickly taking a step to hang up the phone, or delete suspicious texts and emails, without responding to the scammers,” said Gail S. Ennis, Inspector General for the Social Security Administration. “That remains the easiest and most effective method to avoid falling prey to these vicious scams.”

To report a scam attempt, go to oig.ssa.gov. For more information, please visit www.ssa.gov/scam and www.ssa.gov/anti-fraudfacts.



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Adult Day Care Programs Provide Peace of Mind

Supportive care help elders stay healthy at home longer

Adult Day Centers help families keep their loved ones at home longer by providing a wide array of supportive services during the day within a secure and nurturing environment.

Throughout the day, participants are engaged in physical and social activities that have a positive effect on their mind, body and spirit.

“At each of our locations, we create a warm, welcoming space that feels like a home away from home,” explained Jessica Gosselin, Director of Saint Elizabeth Adult Day Centers. “Families can leave their loved ones with us, knowing that they will receive compassionate care and attention all day long.”

A typical day begins with a ride to the center — transportation is often provided by the facility. Breakfast is served, followed by morning fun which may include anything from chair aerobics to crafts. Before you know it, lunch is ready and it’s time to plan for the afternoon. Depending on their schedule, participants head home any time between 2 and 4 pm.

After an assessing the participant and enrolling them in the program, staff develop a personal care plan that includes nursing, physical exercise, social activities and, of course, nutritious meals.

“Many of our participants have any medical or health needs addressed while in adult day,” added Gosselin, “whether it’s medication distribution, physical therapy or even bathing and hygiene.”

A critical aspect of adult day is the relief they provide for caregivers. Looking after a parent or elderly family member is a lot of work and having them attend a program once or twice a week can provide respite for caregivers.

Trained staff at the facilities are also able to keep a watchful eye on participants to notice if there are any changes in their well-being. Often, they can connect families with addressing their needs before they become more urgent.

Depending on their financial situation, participants may be eligible for assistance through a number of programs that help participants pay for their services including Medicaid, @Home Cost Share, Respite, and the Veterans Administration.

Saint Elizabeth Community operates 4 centers: Bristol, South Kingstown and two in Warwick: Apponaug and Warwick Neck. Now part of Saint Elizabeth Community, the programs were originally founded as Cornerstone Adult Day, which started fifty years ago in 1973. Many other organizations offer similar services throughout the area.

The Saint Elizabeth Adult Day Center in Warwick Neck specializes in memory care for adults with Alzheimer’s and other cognitive issues. There are additional centers that focus on other needs like Parkinsons or even specific languages. You can find a complete list of adult day programs at: oha.ri.gov/what-we-do/connect/home-care/adult-day-health-centers.

The Gift

"One of the greatest gifts I've ever been given is my granddaughter(s)."
-Ace Frehly



MY SIDE OF THINGS by LARRY GRIMALDI

It's the annual happening known as Spring Break and my twin granddaughters, University of Rhode Island sophomore Kailyn and her twin sister Marist College sophomore Sophia are as eager to celebrate this tradition as any higher education student. However, in a surprise departure from what is assumed to be the standard of college Spring Breaks, they chose to spend part of their vacation with and my wife, Kathy and I in Ft. Lauderdale, Florida (one of the Spring Break meccas). What an incredible gift!

This amazingly close relationship is neither a happy accident, nor a nod from the Grandparent Fates. It's the result of many hours spent together laughing, playing, creating, and enjoying each moment as it happens. Ever since the twins came into our lives in June of 2003, they have been a joy to be with. They have cooked endless Thursday suppers and made Christmas cookies with their grandmother. As a result of these numerous culinary experiences, we wrote and published a family cookbook, "Cooking with Mammie," together (with the help of the then seven-year-old brother, Nicholas).

For many years, Kailyn, Sophia, and Nicholas spent Saturdays with us while their parents were working. Some Saturday mornings, we conspired to create innocent mayhem, like bouncing on made beds. We kept this secret from their parents (until now). I don't know how many books we read or pictures we colored during these Saturdays. The twins have volunteered many hours with Kathy at the parish food bank. From the second through the eighth grade, I was the official Kailyn and Sophia "school bus. We were later joined on our route by Nicholas.

As the girls got older, we would just sit and talk for many hours about any topic they liked. They loved hearing stories about when Kathy and I were growing up. Kathy and I have endured cold early spring weather and searing summer heat and humidity to cheer on the girls as they played softball through their high school years. (We've now traded softball fields for frigid ice rinks to root for Nicholas at his hockey games, as well as basketball and lacrosse contests) I can't recall how many dance recitals, school fairs, the or music recitals we attended. Graduations and awards ceremonies were always occasions for rejoicing followed by dinners

at a local restaurant. On other occasions, I have treated Kailyn and Sophia to musicals at the Providence Performing Art Center and a pre-theater

supper.

We've played hundreds of games of 500 rummy, Scrabble, dominoes and other board games together. We have spent time at the beach and created the annual Whiffle Ball, hot weiner lunch, and Del's Lemonade afternoon each summer at Goddard Park for many years. The Easter Egg Hunt in our yard is STILL an event that they ask for and participate in enthusiastically. The eggs are filled with small monetary surprises (and a few larger ones thanks to a very generous grandmother). I have no idea how much I have "invested" in this mad dash over the years! These memories are vivid and still bring a smile to my face. I guess that you could say that we have been a big part of their lives... and we've enjoyed every moment!

The nurturing of this relationship is due in large measure to the influence of my daughter Kate and her husband Ray. They have kept the traditions of our history and culture alive and passed them on to Kailyn, Sophia, and Nicholas. At an early age, every June they would go with their grandmother to pick strawberries and make jam. The twins still go with Kathy to pick the strawberries, but now they make the jam on their own. They have adopted the Feast of the Seven Fishes Christmas Eve tradition and prepare a dish for this gastronomic banquet.

If Kathy and I had any doubts about the influence we have had on one another, the twins will remind us occasionally of a memory that we share. My wife and I are taking great pride and immense pleasure in working to establish that same type of relationship with our grandsons Nicholas and Benjamin, Jr. and granddaughter Lorelai. What all of this adds up to is a vibrant, active bond between grandchildren and grandparents. And it IS truly a gift!

Larry Grimaldi is a freelance writer from North Providence. Many of his previous PrimeTime columns have been re-issued in the anthology, "50 Shades of Life, Love, and Laughter." Columns published in this book are used with the permission of Beacon Communications. For more information about "50 Shades of Life, Love, and Laughter," or any of his other books, e-mail lvgrimaldi49@gmail.com

Retro Is In Eye of Beholder

Lately we've seen a lot of mentions of retro in the media. Generally it's in reference to



RETIREMENT SPARKS by ELAINE M. DECKER

clothing styles, but other categories have also appeared. Here's some framework for the term "retro." It typically refers to items and styles that are between 20 and 40 years old or so. Using today as a benchmark, that means from 1983 to 2003.

You might be wondering what the difference is between "retro" and "vintage". As a rule, vintage items are authentic of the period in question. Retro items are derivative; they're new items that imitate the vintage period. I'm going to keep this simple and just use retro, which in my opinion is in the eye of the beholder anyway. Despite what fashion magazines are saying, in my eyes styles from 1990 aren't retro.

From my vantage point, the nineties were forward looking. One magazine described four "retro" pants styles, all "non-skinny." They cited wide leg, flared, cargo, and straight leg denim and leather. You need to go back to the seventies to find my retro pants: bell bottoms!

If you really want retro, look at the first wave of tie-dyes (especially if you went to San Francisco or Woodstock). Tie-dye is a good example of a trend that is retro for younger folks when you look at styles from the nineties, but truly retro for me, from when the Beatles inspired authentic Indian tie-dye. My husband imported tie-dyed styles from India in the seventies for his company India Imports of Rhode Island.

A lot of the 70s fashion revolved around hippies. You had peasant blouses, ponchos, hippie sandals and maxi dresses. I had a Gunne Sax maxi (by Jessica McClintock) that I bought in San Francisco, and Olaf Daughters of Sweden clogs that I bought in the West Village in New York City. Gen Xer 90s retro includes shin-length slip dresses. Today's "retro" clogs wouldn't have cut the mustard in the seventies. Doc Martens are said to making a comeback. I bought mine in the forward-looking nineties; now they're being called retro. Mine were red and I wore them to death.

I just saw a report that flip up eyeglasses from the seventies are coming back. I confess, I don't even remember those from the first time around. The glasses I picture from the seventies are John Lennon's little round wire frames. They never went away, so I guess I shouldn't really call them retro.

Moving away from clothes, there are so many other iconic retro items. There's

the classic Volkswagen bus. My brother used his as a camper and I made him fancy curtains for

it. The website rugs.com informs us: "Shag rugs have made a comeback in a huge way. What was once thought of as a casualty of the 70s are now popular again..." It's still a risky floor covering for anyone with pets who are prone to throwing up. My brother's camper didn't have rugs, but it probably saw plenty of throw up.

Another 70s staple that can be found on EBay is the blue cornflower pattern of Corning Ware. We have a stash of them in our cabinet. It used to be a go-to gift for bridal showers before the big stores had registries. Fondue pots were another popular shower gift back then. Raise your hand if you received at least three of those and re-gifted one of them. Lava lamps were also all the rage in the 70s.

Moving away from the kitchen and decor, the seventies also saw the introduction of the VHS recorder. Today's generation is into streaming; they probably think that DVD's are retro. But VHS is the true retro. Blockbuster has announced plans to "Rewind" and open some new stores. You read it correctly: Blockbuster. There are even vintage Blockbuster items for sale on EBay. When it comes to fun and games from the seventies, let's not forget Rubik's Cube, the Nerf ball and the Pet Rock.

My retro options mentioned here might seem to have run the gamut, but I've barely scratched the surface. This seems like a good place to stop and let you mull over what you would add to this list. Keep in mind that retro is in the eye of the beholder. Your retro may be from a different decade than mine. If you're not sure, just look at some old photos and see what style of legs are on the pants you're wearing.

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

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PRIMETIME SENIOR RESOURCE GUIDE

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Never Too Late To Advocate



ACCORDING TO DON

by DON FOWLER

Remember the good old days when we were eager to advocate for what we believed in? Some of us carried Peace signs. Others enlisted. Some marched on City Hall. Others made phone calls and stuffed envelopes for our local council candidates.

We were actively advocating for civil rights, better schools, pro-abortion, anti-abortion, homelessness and racial justice.

We are now at a point in our lives when it is time for the younger folks to take over.

It is their kids who need better schools, cleaner air, freedom of choice, job equality, and world peace.

But no, it is still our world and our grandchildren and great-grandchildren who need us to clean up our messes and work for a better world.

My neighbor, a widow and retiree, is active in Edgewood Village, an organization that provides transportation for the elderly and other services aimed at keeping seniors in their homes.

Down the street is a middle-aged couple that volunteer for a south county organization that cares for injured parrots.

A retired schoolteacher serves as a merit badge counselor for the Boy Scouts. Another friend delivers Meals on Wheels.

There are hundreds of ways that seniors can be active in advocating for the causes they believe in.

My mother was not well enough to lead an active life outside the home, but she always baked cookies for the PTA meetings

There is always something we can do, from making phone calls to writing letters to knitting baby clothes.

If you are against racism, join the young folks and march alongside them in protest.

Let your voice be heard at school committee meetings, even if you have no children of school age.

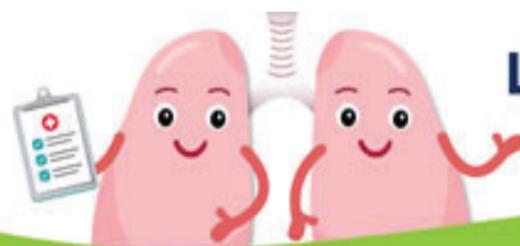
If you are homebound and can't join the Saturday cleanup of the Pawtuxet River, send them some money.

My personal advocacy is feeding the hungry.

My wife and I served dinner at Harrington Hall for many years. I volunteered weekly at the Food Bank for ten years and am now working side by side with parishioners at the St. Raymond's Church Food Bank in Providence every Saturday morning. The younger volunteers won't let me lift anything heavy.

Advocacy has to be the Eleventh Commandment and is certainly what was meant by "Love Thy Neighbor".

It's never too late.



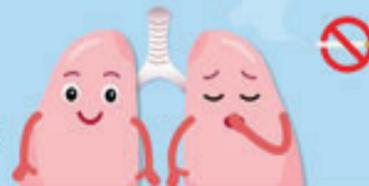
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ELDER LAW

by DON DRAKE
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The Dangers of DIY Estate Planning

"I was recently reminded of the dangers in using online estate planning programs," stated professional fiduciary and certified elder law Attorney RJ Connelly III.

"A couple came into our office with a problem that arose due to using an online estate planning program. The family had a trust, which they put together and funded appropriately, but they found out it was wrong for the situation they sought to protect themselves from. Unfortunately, they found the mistake after a family member needed long-term care and were told that the financial safeguards they thought they had in place did not exist. Thankfully, we were able to put together a plan to address the situation, but their sleepless nights and unnecessary anxiety could have been avoided."

"There are several trusts that can be developed, but the main two that we use in estate planning are revocable trusts, which can be amended at any time, and the irrevocable trust, which cannot be changed or amended," continued Attorney RJ Connelly. "Both of these trusts can keep estates out of probate court, but only the irrevocable trust works at shielding assets from the costs of long-term care fees. A revocable trust does not offer this protection. So, the family I met was funding the wrong trust for years, hoping to protect their assets. It is certainly distressing to see this happen to a family that thought they were doing the responsible thing."

"I understand the temptation of creating your estate plan with these online documents to save some money, especially in these tough economic times," said Attorney RJ Connelly. "But in the end, like the family I discussed earlier, doing so may cost more financially and in terms of a family's emotional well-being. The basic problem is that online resources do not always tailor the documents to the family's needs."

Essential Parts of an Estate Plan

A basic estate plan typically includes the following documents:

A Will – This document outlines who gets your property, names an executor to oversee your affairs, and designates guardians for your minor children. If you die without a will (intestate), the distribution of your assets will follow state intestacy laws and may not reflect your wishes.

Living Trusts – A living trust lets you keep your property out of probate, the court process of distributing your property after death. Probate can be time-consuming and expensive and becomes part of the public record. For these three reasons, estates with significant property often use a trust. Whether a trust is necessary for your situation can

be determined with the help of an estate planning attorney.

Health Care Directives (Living Will and Health Care Power of Attorney) – A health care directive can name a representative to make health care decisions when you can't and state your preferences for health care, end-of-life care, organ donations, and final arrangements.

Beneficiary Designations – Accounts such as IRAs, 401(k)s, bank accounts, mutual funds, annuities, and life insurance policies can transfer directly to heirs outside of probate by naming beneficiaries.

Many legal and financial strategies must be considered if the estate or family circumstances are complex.

Durable Financial Power of Attorney – A durable financial power of attorney names an individual to manage your finances if you are unavailable or become incapacitated.

A Simple Plan

If a surviving spouse's assets consist of the value of their home and bank accounts that are nearly equal in value, a simple will may give the home to one adult child and the bank accounts to the other. When the will is created, it may seem like a straightforward way to divide assets. A Simple Plan

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So, What to Do?

"An experienced estate planning attorney provides more than technical expertise in drafting complex documents," said Attorney RJ Connelly. "We can provide guidance and counseling for major decisions, helping you identify the best representatives to manage the required decisions and actions so your estate plan accomplishes what you want it to do. A do-it-yourself estate plan may be incomplete or incorrect. Any mistakes or oversights can lead to legal complications or disputes among the heirs, a problem which you were trying to avoid."

For most people, working with an experienced estate planning attorney is essential to ensure documents meet your specific needs, goals, and legal requirements. While saving money using a do-it-yourself approach may be highly tempting, the risks can far outweigh any potential cost savings when all is said and done.

Connelly Law Offices, Ltd.
Certified Elder Law Attorney



RJ Connelly III

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YOUR TAXES

by MEG CHEVALIER

Easy and convenient options to make federal tax payments

Anyone who needs to pay their federal tax bill has several ways to send a payment to IRS quickly and securely. Knowing the options to make payments helps taxpayers meet their tax obligations.

Here are several ways people who owe taxes can pay it. They can:

- Pay when they e-file using electronic funds withdrawal to draw the payment directly from their bank account.
- Sign into their Online Account to pay their 2022 balance or make estimated tax payments. Taxpayers can also see their payment history, any scheduled or pending payments, and other account details.
- Use IRS Direct Pay to pay electronically directly from their checking or savings account. They can choose to receive email notifications about their payments when they pay this way.
- Pay using a payment processor by credit card, debit card or digital wallet. Taxpayers can make these payments online for a fee.
- Make a cash payment at more than 60,000 participating retail locations nationwide. To pay with cash, taxpayers should visit IRS.gov and follow the instructions.
- Pay over time by applying for an online payment agreement. Once the IRS accepts an agreement, taxpayers can make their payment in monthly installments.

For details on these options, people can visit irs.gov/payments.

Estimated taxes

Some taxpayers must make quarterly estimated tax payments throughout the year. This includes individuals, sole proprietors, partners, and S corporation shareholders who expect to owe \$1,000 or more when they file. Individuals who participate in the gig economy might also have to make estimated payments.

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Brighten Your Brunch Spread

FAMILY FEATURES

A staple of warm weekend days, brunch combines the best flavors of the first two meals of the day. Every great brunch spread complements its savory items with something sweet, something refreshing and a signature beverage, and there's one ingredient that can help cover all of those bases – 100% orange juice.

An option like Florida Orange Juice is not only delicious but delivers a powerful combination of vitamins, minerals and phytonutrients that have associated health benefits. One of nature's nutrient dense foods, one 8-ounce glass of orange juice provides 100% of the recommended daily value of vitamin C and is also a good source of potassium, folate and thiamin, making it a great substitute for sugar-sweetened beverages and simple addition to brunch staples like this Orange Oatmeal.

When combined with a healthy lifestyle, 100% orange juice may also help support a healthy immune system. Orange juice contains beneficial plant compounds, flavonoids and colorful carotenoids to aid in fighting inflammation and cell communication. It is also rich in vitamin C, which helps strengthen immune systems by protecting cells and promoting the production and function of immune cells. Vitamin D, which can be found in fortified juices, also plays an important role in regulating immune response and helps immune cells fight off bacteria and viruses that get into the body.

Since 100% orange juice is naturally almost 90% water, it can help support hydration as it includes several electrolytes like potassium, magnesium and, in fortified juices, calcium, to aid in fluid balance. Combining Florida Orange Juice, watermelon juice and grapefruit juice, this Citrus Watermelonade is a bright, seasonal thirst quencher that is the perfect addition to your drink selection at brunch.

"Maintaining overall wellness and hydration is important as we ease into the warmer months of the year and more time is spent outdoors," said Dr. Rosa Walsh, director of scientific research at the Florida Department of Citrus.

"Florida Orange Juice includes many essential vitamins and minerals that aid in hydration, and it is a great complement to water in helping to provide nourishment before, during or after any activity."

For more information and sweet, nutritious brunch recipes, visit FloridaJuice.com.



Citrus Watermelonade

Orange Oatmeal

- 1 cup Florida Orange Juice
- 1 1/2 cups water
- 1 cup quick-cooking steel-cut oats
- 1 Florida Orange, peeled and diced
- 1 tablespoon agave nectar or honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt

In medium saucepan over high heat, bring orange juice and water to boil.

Add oats to boiling liquids.

Return to boil then reduce to medium heat and cook, uncovered, 5 minutes, stirring frequently.

Mix in diced orange, agave nectar, cinnamon and salt. Remove pan from heat; let stand 1 minute before serving.



Orange Oatmeal

Citrus Watermelonade

- 1 cup hot water
- 2 cups sugar
- 6 cups watermelon, seeded, rind removed and cut into 1-inch pieces, divided
- 2 cups Florida Orange Juice
- 1 cup Florida Grapefruit Juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 cups Florida Oranges, cut into 1-inch pieces, peeled
- 1/2 cup mint leaves
- ice, for serving
- Florida Orange Slices, for garnish (optional)

watermelon chunks, for garnish (optional)

In small saucepan over low heat, combine hot water and sugar; heat until sugar is dissolved. Refrigerate until chilled.

In blender, puree 4 cups watermelon until smooth.

In large pitcher, stir watermelon juice, chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice until combined.

Add remaining watermelon pieces, orange pieces and mint leaves; refrigerate 2-3 hours until well chilled.

Serve over ice in glasses. Garnish with orange slices and watermelon chunks, if desired.

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Valuing the Invaluable



AARP - RHODE ISLAND
by CATHERINE TAYLOR

Supporting caregivers through advocacy and providing caregiver resources are important parts of AARP Rhode Island's mission to empower people to choose how we live as we age.

Family caregivers play a vital role in Rhode Island's health care system, whether we care for someone at home, coordinate home health care, or help care for someone who lives in a nursing home. We must ensure that all family caregivers have the financial, emotional, and social support they need, because the care we provide is invaluable both to those receiving it and to our community.

Indeed, family caregivers are the backbone of our long-term care system, a fact that is underscored by new state data available in AARP's latest report in the Valuing the Invaluable series. According to the report, unpaid care provided by Rhode Island caregivers is valued at \$2.1 billion. This is a \$300 million increase in unpaid contributions since the last report was released in 2019. The report highlights the growing scope and complexity of family caregiving and highlights actions needed to address the many challenges of caring for parents, spouses, and other loved ones.

While providing this \$2.1 billion in unpaid care, family caregivers ourselves bear a significant cost – in terms of opportunity, finances, health, and well-being.

The last three years have been particularly hard on family caregivers. COVID-19 exacerbated long-standing challenges such as balancing work with care responsibilities, finding and coordinating quality paid care, and covering out-of-pocket expenses. And when family caregivers were restricted from Rhode Island nursing homes, some made the choice to become full-time caregivers at home.

Caregiving costs are out of control. Another AARP survey found that nearly eight in 10 caregivers report having routine out-of-pocket expenses related to looking after their loved ones. The typical annual total is significant: \$7,242. On average, family caregivers are spending 26% of their income on caregiving activities, according to results of the national study of nearly 2,400 caregivers in the spring of 2021.

About half of caregivers say they used their own money for household-related expenses. Thirty percent covered rent or mortgage payments for their loved ones,

while 21% financed home modifications. Medical costs (paying for health care, therapists, in-home care, or medical equipment) accounted for 17% of caregiver spending. Only 5% of caregivers reported having no expenses in the past year with their loved one.

AARP Rhode Island is fighting and will continue to fight for family caregivers and the loved ones they care for:

- During the 2021 Rhode Island General Assembly Session AARP Rhode Island, along with a host of other organizations, successfully lobbied to enhance the Temporary Caregiver Insurance program by increasing the number of weeks a worker can take annually to care for a loved one from 4 to 6 weeks

- Right now, AARP is urging state lawmakers to support family caregivers who work because caring for a loved one shouldn't mean losing pay—or even your job. House Bill 5781/Senate Bill 139 will increase the number of weeks that one can take annually to 12. These bills would also expand the definition of family in Rhode Island's existing paid family leave law to include siblings, grandchildren, and other care recipients to fit the reality of Rhode Island's diverse and multigenerational families.

This year on Capitol Hill and across the nation, AARP is continuing to fight to:

- Make providing care easier, including through expansion of resource navigation tools, caregiver training, and inclusion in care, as well as through increased access to paid care at home and other supports.

- Improve the health and well-being of family caregivers, many of whom have seen their own personal situations worsen, including through needs assessments and other tools.

The demands on family caregivers are not just a family issue, they are a societal issue. We must continue to push for meaningful support and solutions.

Read the full Valuing the Invaluable report for national and state-by-state data on the economic value of unpaid care by family and friends at www.aarp.org/RICaregiving. There, you also will find resources and information on family caregiving in Rhode Island.

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Friendship

a state of enduring affection, esteem, intimacy, and trust

When I was in Florida recently I noticed a group of women walking ahead of us on the boardwalk along the beach. There were five of them and they looked to be in their seventies or eighties. Each wore a t-shirt in a different color, but all said “Friends Forever” on the back in large capital letters. I wondered if they had been friends from childhood, or if they had met later in life. Whatever the case, they appeared to be enjoying a beach vacation together.

I think my friend Debbie and I perfected the “get-away” concept years ago. We met at work in the early 1990s. We were both divorced, and although she had no children and I had three, we still seemed to have a lot in common.

In 1996, the my mother and just hours apart, go to Cape Cod had friends who Harwich and Debbie had stayed there many times with her family. I wasn’t sure about leaving the kids - how would they manage without me? What if something horrible happened while I was away? Would they starve? Set the house on fire? Have wild parties in my absence?

MEMOIRS
by SUSAN DEAN

summer after both my cousin had died Debbie invited me to with her. Her parents owned a hotel in

So with some trepidation and not a little guilt on my part, we went. We spent several relaxing days doing absolutely nothing but talking and sitting by the pool. It was so healing and comforting to be with a friend. We made plans to go back for a weekend that October. Again, it was the ultimate in relaxation.

After that, our summer and fall weekend retreats became an annual event, and through the years I found myself looking forward to it.

“Bye, kids....food’s in the fridge....no parties....your father’s in charge....” (he lived in the neighborhood).

We’d talk, we’d eat junk food.

“Care for a potato chip, Deb?”

“Yeah, right after I finish these french fries....”

We brought piles of magazines to share. One time we thought it would be fun to give ourselves facials. We did fine until we made the mistake of looking at each other. Our hair pulled back in shower caps - Debbie’s face a sickly lime green, mine a putrid peony pink, we started to laugh and could not stop. We laughed till we cried and our faces split into a million cracks of slimy green and pink mud.

We always ended up laughing, usually over things we couldn’t even remember when we got home. We’d sit by the pool. We’d walk to the beach. We’d even climb the lifeguard chair on occasion (in October, that is) to view the world from high up and gaze out into the ocean, sometimes talking, sometimes not. One rainy October weekend we stayed in our pajamas and read all day. We both knew how to relax.

When I remarried I was tempted to include our summer and fall get-aways into the wedding vows, but my husband said it wasn’t necessary. He’d go skiing with the guys in the winter, and to out-of-state car shows on weekends here and there, having his own get-away adventures.

There was the year that both of Debbie’s parents died. We had a lot to talk about that summer while we walked, soaked up the sun, and shared our stash of junk food.

And then there was the year that I turned sixty, and then Debbie did, too. We spent our days and nights trying to figure out how we got there, when really...weren’t we thirty only yesterday?

I am now a grandmother, and so our topics of conversation have shifted. But we still laugh ourselves silly over ridiculous things. Though we met as adults - and even that was a twist of fate - Deb worked first shift in a hospital and I worked second shift and we overlapped by only a half hour or so - somehow we connected. Maybe it had something to do with the fact that she was an only child and I grew up with brothers. Maybe we were both looking for sisterhood.

During one of our conversations about our childhood days, we discovered that our paths had crossed many years before, probably many times. When Debbie was a child she and her parents drove down my street, past my house, usually on Sunday afternoons, on their way to visit relatives. This was before Route 95. Did I ever look up from playing with my dolls in my yard to see her peeking out of the backseat car window?



Through the years friendships have been an important part of my life. I’m still in touch with a friend I met in third grade, as well as friends from high school and college. There are tennis friends, writing friends, friends from my part-time job as a tour guide, friends I sing with in my two choruses, and friends from an energy medicine healing school I attended years ago. Four of us from that school are still in close touch, meeting for an afternoon that continues into the evening every few months, with catch-up phone calls in-between.

My tennis friends and I go to lunch or dinner every month or so, and we’ve taken two vacations together. To Iceland for a long weekend, and on a women’s sailing trip up in Maine. We were all in our sixties and seventies at the time of both of those trips and we still talk about our adventures and the fun we had climbing a glacier, riding horses, soaking in natural hot springs, and sailing the seas.

I met my writing group friends in a writing class and six of us decided to keep it going. We meet once a month to read each others’ writings, but we usually spend the first hour catching up and sharing the details of our lives. It wasn’t long before we decided that going out to lunch at the end of each meeting was a fun and necessary addition to our time spent together. The friendship between the six of us has deepened not just through our love for writing, but also through our caring for one another and our interest in each others’ lives.

I’ve known my tour-guiding friends for twenty years in some cases, and at least ten in others, and we’ve developed deep friendships and connections outside of our working days. We keep in touch and get together even after our work season closes for the winter. Besides being seasonal colleagues, we’re definitely year-round friends.

Coleen is my singing friend and we attend several vocal workshops together every year. Coleen and I have known each other for at least forty-four years. We met when I was pregnant with my first daughter. Coleen and her sister Cathleen were living in a second floor apartment and we lived on the first floor. Coleen and Cathleen often babysat to fill the gap when I had to leave for my second shift hospital job and my husband hadn’t arrived home yet.

Cathleen and I met for coffee most mornings years ago, and when we see each other now - usually at family events - she’s my daughter’s godmother - we pick up where we left off as if time has stood still. I was a bridesmaid in Coleen’s wedding. I cherish the friendship and sisterhood I found in my shared connections with both of them through these many years.

Coleen and I have been singing together weekly for more than thirty years. We’ve met many singers from other states at our vocal workshops that we’ve connected with - so much so that we keep in touch with them between workshops. When we’re all together again, staying in dorms, sharing a bathroom with twenty or thirty other people - a bathroom down the hall with just two shower stalls, eating in the dining hall, and walking the campus to get to our vocal classes, we’re like college kids again. Worrying about our singing, helping each other learn our music, but laughing, too - always finding the humor to share. And Coleen and I always room together, and of course, we spend that time solving the problems of the world as well as sharing in a way that only good friends can.

As I’ve gotten older, I’ve had several dear friends pass away. I know it’s something we all have to experience and accept, but it’s a reality that feels new and somehow wrong.

I don’t know if the women in Florida sporting “Friends Forever” t-shirts were childhood friends, or friends who bonded later in life. But friendships are important wherever we find them.

It goes beyond spending time together through shared interests. Within my various groups of friends there is deep connection - sharing, laughter, and healing, too, as we’ve supported each other through the tough times that inevitably touch all of our lives. From old friendships to newer ones, I’m grateful for and cherish these bonds of loving friendship - connections between hearts and souls that have enriched, uplifted, and sustained me through every stage of my life.

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