

Johnston Amazon: ‘ETA: Right now’?

By RORY SCHULER

Amazon representatives say they’re getting ready to flip the switch at their Hartford Avenue fulfillment center.

A business license for the still unopened facility was listed on Tuesday night’s Johnston Town Council agenda. Site Leader at the Johnston Amazon location and General Manager Sultan Kabiau attended the meeting, and briefly fielded a single question from the four (of five) councilors in attendance.

“When do you plan to open?” Asked Johnston Town Councilman Alfred T. Carnevale (District 3).

“We should be open by the holiday season,” Kabiau replied.

Johnston Town Councilwoman Lauren Garzone (District 2) quickly moved to approve the license.

“I have no issues with that, so I will entertain a motion to grant their license,” she said. The motion was quickly seconded and approved unanimously (4-0). Kabiau immediately vacated the lectern and exited the meeting.

The 2120 Hartford Ave. facility — its future “business operations” were described in the business license application as a “Fulfillment Center, warehouse and storage activities for an e-commerce retailer” — opened up for a tour for members of the Rhode Island media and Gov. Dan McKee in July.

AMAZON - PAGE 9



ON ITS WAY: In July, Amazon opened up to the press for a tour of its Johnston facility. Four months later, the facility has yet to open, but on Tuesday night, Town Council approved their business license. (*Johnston SunRise FILE photos by Rory Schuler*)



Food Truck Feast



FOR COLUMBUS: Johnston’s War Memorial Park was packed with food trucks Monday for a Columbus Day Food Truck Feast. For more photos from the event, turn to Page 12 & 13. (*Beacon Media photos by Rory Schuler*)

The fascinating lives of RI’s native turtles & snakes

Retired state biologist spent decades tracking Ocean State reptiles for his latest book

By CYNTHIA DRUMMOND
Rhode Island Current

For a short-snouted dog, Mags proved to be a competent sidekick when it comes to stalking Rhode Island’s native turtles.

So says the pit bull’s owner, retired state biologist Christopher Raithel, who observed Mags sniff out the tiniest baby turtles during his field research trips to ponds and swamps around the Ocean State.

“I didn’t even train him,” said Raithel, who was the staff zoologist for the Rhode Island Heritage Program, and later, the nongame and endangered species biologist at the Department of Environmental Management before retiring in 2018.

“He just used to go with me, and he found a couple, and all you have to do is praise him and that’s pretty much it. He would find the ones that I could never see, because they were under the cover, so having him there was worth more than several other observers.”



BRING YOUR MILK SNAKE TO THE YARD: The milk snake is primarily nocturnal and dines mostly on small rodents and sometimes birds, eggs and other snakes. (*Photo by Christopher Raithel from ‘Reptiles of Rhode Island’*)

REPTILES - PAGE 4

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POTW: This week's Panther of the Week is Manuel Mejia. Manuel is a sophomore at Johnston High School and was nominated by his teacher, Ms. Brianna Cardillo. Ms. Cardillo said, "Manuel Mejia has shown remarkable dedication to his academic classes, especially as he works hard to improve his English skills. He is enthusiastic about learning and embraces all learning opportunities and challenges. Apart from his academic efforts, Manuel is known for his friendly and kind nature. He is always ready to lend a hand to his classmates and brings a positive spirit to our classroom. Manuel's commitment to his personal and academic growth, along with his positive attitude make him deserving of this recognition." (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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Exercise your rights as a senior at the JSC

By **RICHARD J. DELFINO JR.**
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About four years ago, Jeanne Tomayo, along with two friends, decided to join an exercise group here at the Johnston Senior Center.

They have been coming back ever since, enjoying the programs offered here at the JSC.

In fact, Jeanne's husband joins some friends here at the Center twice a week to play in a pool league. Jeanne has lived in Johnston for 51 years, in the same home, where she and her husband still reside.

They have two children and four grandchildren. Jeanne says she loves everything about the Johnston Senior Center, and has gotten family and friends to join in the activities.

She claims for many, the hardest part of coming through those doors, is "taking that first step."

We welcome anyone who could benefit by the services we offer, and please be certain, we will provide whatever assistance is required to make that first step as easy as possible.

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

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BOXY, BUT GOOD: The Eastern Box Turtle, a native Rhode Island species, can be found near ponds, fields, meadows, and woodlands. But loss of habitat, poaching for the illegal pet trade, and road mortality are reducing their numbers. (Photo by Christopher Raithel from 'Reptiles of Rhode Island')

■ **Reptiles**

(Continued from page 1)

Thanks to Mags' dependable scent work, Raithel was successful in documenting every one of Rhode Island's seven native turtles in his field guide "Reptiles of Rhode Island," published last spring. But tracking all 13 of the state's native snakes took more effort.

"Snakes, in particular, are very difficult to study," Raithel said. "Turtles are a little bit easier to deal with, because you can put radios on them and glue stuff to them. But snakes are difficult to find and extremely difficult, impossible, to count."

It took Raithel about five years to write the book, available in hard cover, which includes vivid photography and is based on research he began four decades ago to track native turtles and snakes in their respective habitats. He also conducted an exhaustive search of the historical record to detail the statewide distribution, demography, seasonal movement, reproduction and development, research needs, and conservation status of each species. Additionally, Raithel debunked myths about the cold-blooded species he has studied for years.

Take the common Snapping Turtle, which merits several pages in the book. In addition to descriptions of its size and distribution, Raithel includes a section on misinformation surrounding the species. "How often have we heard that 'a snapper can bite a broomstick in half?' They can't," he writes.

"Reptiles in Rhode Island" is available in hard copy with funding from the U.S. Fish and Wildlife Service's State Wildlife Grants Program. All revenue generated by the sale of this book will be directed towards the

state's wildlife conservation efforts.

The book is a companion to Raithel's "Amphibians of Rhode Island," published in 2018. The new book is shorter, partly because there are fewer species to cover but also because the lives of reptiles are less complex than those of amphibians.

"With amphibians, you have the eggs, the tadpoles, rather complicated developmental sequences and stuff, and so, the life history is more complicated for amphibians," Raithel said. "With reptiles, you know, they lay eggs, the eggs hatch. That's basically it."

Reptiles are also more vulnerable than amphibians, Raithel said.

"There are some issues with disease and things like that, but if you protect the habitat, the amphibians are pretty much going to be there," he explained. "But, it's not true with the reptiles, because a lot of them are valuable and are highly sought by poachers. So, you can have the habitat set up and you can have a place that you think is a preserve, but if it gets raided by poachers, those animals are gone and they're never going to come back."

It's why, despite detailed information on each species, Raithel won't tell readers precisely where species can be found. Like many herpetologists, he is committed to protecting his research subjects.



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PUT A RING ON IT: The ring-necked snake is docile and rarely bites but can release a foul-smelling musk when handled. *(Photo by Christopher Raithel from 'Reptiles of Rhode Island')*

■ Reptiles

(Continued from page 4)

“Honestly, I pulled my punches in terms of what to include, because I didn’t want to put information in it that would make it easier for people to collect them,” Raithel said. “There’s nothing in there about how to find them, places you typically see them. I left that out intentionally. I left out some of the maps also, because I didn’t want to tip off people where these things were.”

Turtles face the greatest risks, because in addition to being struck by cars, they can end up as exotic pets, or even sold as food.

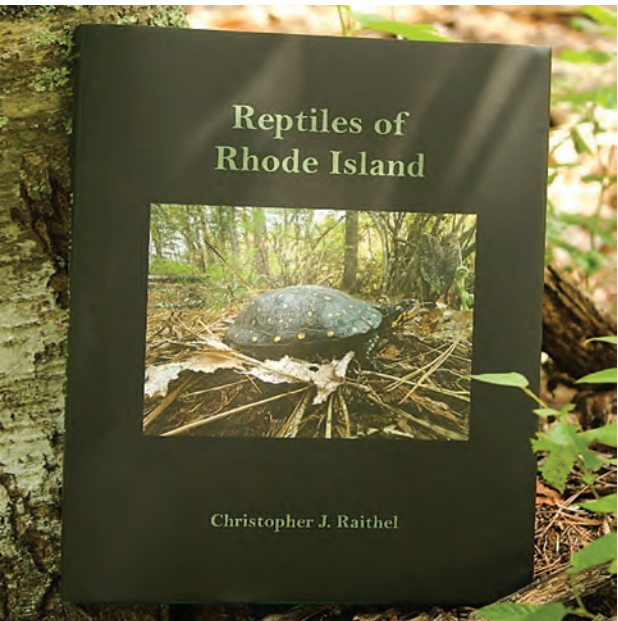
“It’s a huge problem,” Raithel said. “A lot of them are collected and sent overseas to illegal pet markets and stuff, and it’s frankly very difficult to stop that trade.”

The poaching of turtles can be charged as either a civil violation heard in traffic tribunal with a \$100 fine or as a misdemeanor heard in district court. Please see applicable language and RI general law statute references below. This is often at the discretion of the responding officer given the circumstances and history of the violator.

Rhode Island law prohibits the removal of wild reptiles and amphibians and violators may face either a civil charge and possibility of up to a \$100 fine or criminal misdemeanor charge with a possible penalty of up to \$500 fine and up to 90 days in prison.

Turtles are long-lived and slow to reproduce, so their populations are not quickly replenished.

“Once a turtle gets to adulthood, 10 years, 15 years old, it’s not supposed to die,” Raithel said. “They’re supposed to live a long time. That’s what they do, and if you take that animal out of the population, or, you know, run over it with a car or send it to some meat market somewhere, there’s just no way they can produce that animal again until another 20, 30 or more years.”



THE BOOK: ‘Reptiles of Rhode Island’ was released in hardcover in the spring of 2024. *(Courtesy of Rhode Island Department of Environmental Management)*

Species at greatest risk

Despite rumors suggesting otherwise, Raithel says the Timber Rattlesnake, Rhode Island’s only venomous snake, has been extinct here since the 1970s. The species he is most concerned about now is the Eastern Box Turtle, which prefers areas with well-drained soil that are also highly sought for development.

“They’re really vulnerable with their longevity and their low recruitment rate,” he said. “They’re sought by collectors and the habitat is not very well protected because they’re an upland turtle. They don’t live in wetlands so they don’t get any regulatory protection.”

Raithel’s longtime colleague, Lou Perrotti, director of conservation programs at Roger Williams Park Zoo, said “Reptiles of Rhode Island may help convince people that fears of snakes are unfounded.

“I think a book like this actually helps people understand what herpetofauna diversity is in Rhode Island,” said Perrotti, who has participated in reptile, amphibian and insect recovery programs throughout New England and around the world.

“This will hopefully reassure folks that we have a lot of harmless reptiles in the state.”

For Raithel, writing the book was a way to take action to protect what he cares about.

“A lot of things in the world seem beyond our control and this is something (where) we could make a difference for the future wellbeing of some of these animals, so that’s all I’m trying to do,” he said.

“This book should help understand and appreciate the diversity and help protect the diversity, so don’t take that turtle home. ... It’s against the law in Rhode Island to remove them from the wild.”

Editor’s Note: *Cynthia Drummond began her journalism career as a television reporter in Canada. She holds a Master of Marine Affairs degree from the University of Rhode Island and worked for several years at The Westerly Sun, covering Hopkinton, Richmond, Charlestown and the Chariho Regional School District. In addition to writing for the Rhode Island Current, Cynthia covers the Town of Richmond for the Beaver River Valley Community Association. For more stories from the Current, go to rhodeislandcurrent.com.*

Where to get your copy

Proceeds from the sale of “Reptiles of Rhode Island” and “Amphibians of Rhode Island,” both by Christopher Raithel, help support the state’s wildlife conservation efforts. Books are \$20 each or are \$15 each when you purchase five or more. They may be purchased in person at:

Rhode Island Department of Environmental Management’s Division of Boating Registration and Licensing at 235 Promenade St., Providence, weekdays from 8:30 a.m. to 3:30 p.m. Accepted forms of payment at that location are cash, check, money order. An additional fee of \$1.50 is applied to credit card purchases.

DEM Division of Fish and Wildlife Headquarters at 277 Great Neck Rd., West Kingston between 8:30 a.m. and 4 p.m. Accepted forms of payment are money order or check. Cash or credit cards cannot be accepted at this location.

To order a book by mail, visit www.dem.ri.gov/booborder to download a mail order form. Please allow up to six weeks for processing and delivery.

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Corny but good?

Saint Rocco School's new kindergarten teacher delivered a "spectacular lesson on corn" recently. "Mrs. Rossner is new to our school and she did a lengthy lesson on cultivating corn and cooked it so our children could taste the outcome," according to St. Rocco School Principal Melissa D'Amico. "It is a true hands-on learning event starting at our early learning grades." Mrs. Rossner got her start in education at Sweet Peas in East Greenwich, and according to D'Amico, "She has brought so many great ideas and learning techniques wrapped with faith." (Photos courtesy Melissa D'Amico)



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Fire Safety Month

PREPARED: In honor of Fire Safety month, the Claiborne Pell Manor Tenant Association invited Johnston Fire Department's Battalion Chief Thomas McCormick, also known as "Captain Safety," to come and speak with the residents of Pell Manor about fire safety. The Claiborne Pell Manor Tenant Association purchased 55 Prepared Hero Fire Blankets to distribute to each apartment at Pell Manor. The purchase of these blankets was funded by a Legislative Grant from the late State Senator Frank Lombardo. Shown here, Mary Naehring, President of Claiborne Pell Manor Tenant Association, Battalion Chief Thomas McCormick Johnston Fire Department "Captain Safety," Jessica Layden Resident Service Coordinator Johnston Housing, and Linda Folcarelli District One Council Woman. *(Photos by Ron Cece)*



Gas prices climb after 3 months of decliners

Ending a 12-week stretch of declines, the price for a gallon of gasoline inched up across the Northeast last week as petroleum markets reacted to ongoing geopolitical tensions in the Middle East. Last week, crude oil prices climbed to levels not seen in months, reaching between \$78 and \$81 a barrel as the market digested reports of increased fighting in the region. Prices were also under pressure on concerns about potential gasoline supply disruptions in the aftermath of back-to-back Hurricanes Helene and Milton, which caused widespread damage, power outages and flooding in the Southeast.

Although geopolitical concerns continue to hang over the market, there are signs prices could resume a downward

trend in short order. Oil prices began this week by falling sharply after OPEC+ cut its demand forecast for the remainder of 2024, settling into a range between \$70 and \$74 a barrel. And despite a 1.3-million-barrel drop in regional inventories of gasoline last week, according to the Energy Information Administration, the Northeast still has nearly 2 million more barrels in storage than this time last year.

The average gas price in Rhode Island is up three cents from last week (\$2.97), averaging \$3 per gallon. Tuesday's price is eight cents lower than a month ago (\$3.08) and 57 cents lower than a year ago (\$3.57). Rhode Island's average gas price is 20 cents lower than the national average.

RIDOT is Accepting Online Applications for Private Contractors



Plow Snow? Join us this Winter

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ANIMAL TALK

By Karen Kalunian

Local  Adoptable  Loveable




Photo credit: Karen Kalunian

Scallywag

One day a dog will come along and change your life...for the better! It's hard enough to see dogs waiting in shelters, it's even harder to watch them when they are having a hard time in a shelter environment. A boy like Scallywag likes to be active, he enjoys running and playing fetch, going on hikes and exploring the great outdoors & being with his people. He is so handsome and very smart too! Scallyway is a three-year-old Labradoodle mix with a stunning chocolate brown coat and soulful eyes, not to mention his expressive eyebrows! He is in search of an experienced adult home preferably with a fenced in yard that he can play in and a home that will give him the love, time and patience he so deserves! For more information, please contact EGAPL Heart of RI Animal Rescue League at 401-467-3670 or better yet go and meet him during their open adoption hours every Wednesday 3:00-7:00 or Saturday 10:00-2:00. The shelter is located at 44 Worthington Road Cranston, RI. Scallywag can also be fostered if you are interested in giving him some time out of the shelter, that would be great too!

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



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JOHNSTON POLICE LOG

DUI
Around 1:50 a.m., Aug. 31, Johnston Police Sgt. Arthur Petteruti was traveling on Interstate 295 northbound when he spotted a black SUV allegedly making an abrupt lane change to access the off-ramp, without a turn signal. He followed the vehicle on Greenville Avenue toward Smithfield. "While traveling northwest on Greenville Avenue, I observed the motor vehicle to cross the double yellow line on multiple occasion(s) and abruptly swerve to access the lane of travel," Petteruti in the arrest report. Petteruti initiated a traffic stop. Police identified the driver as Rachel A. Ghazaleh, 49, of 16 Jacks Way, Chepachet. Police said they smelled alcohol and the driver was slurring her speech and had bloodshot eyes. Police asked the driver to consent to a series of standardized field sobriety tests. Following the tests, Ghazaleh was arrested and charged with DUI (Drugs/Alcohol, first offence, BAC unknown) and cited for Refusal to Submit to a Chemical Test, Turn Signal Required, and Roadway Violation.

DUI
At 10:30 p.m., Oct. 11, Cranston Police Officers arrested Frederick Pace, 75, of 44 Archer Ave., Johnston, for DUI (first offense, BAC unknown) as a result of a crash investigation at the Cranston Senior Center, 1070 Cranston St. Pace was transported to Rhode Island Hospital, summonsed and released, according to Cranston Police.

SHOPLIFTING
At 8 p.m., Sept. 4, Cranston Police Officers arrested Ashley Dilorenzo, 32, of 50 Niverville St., Johnston, for Shoplifting and a 6th District Court Bench Warrant. The arrest was the result of a call for service at Walmart, 1776 Plainfield Pike. Dilorenzo was arraigned by a Justice of the Peace and remanded to the ACI, according to Cranston Police.

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



SUNGLASSES SWIPED: On Oct. 6, Cranston Police responded to the Sunglass Hut at 12 Midway Road for a reported shoplifting. According to police, "a male and female had entered the store and concealed" approximately \$1,000 worth of sunglasses "on their person." The pair passed "all points of purchase failing to pay for the sunglasses," police said. Anyone who can help identify the two suspects should call Cranston Police Detective Robert Santagata at 401-477-5169, or email rsantagata@cranstonpolice.gov. (Photo courtesy Cranston Police)



TOTAL LOSS: Cranston Fire Chief Robert Ryan called the fire "a total loss." He provided this photo from the scene outside Applebee's in Garden City early Wednesday morning, Oct. 16. (Photos courtesy CPD Fire Chief Robert Ryan)

Smoke fills Garden City as Applebee's burns

Cranston Fire Chief reports no injuries, but restaurant is a 'total loss'

By RORY SCHULER

Garden City's Applebee's is gone. Cranston Fire Chief Robert Ryan called it "a total loss." Chief Ryan provided photos from the scene outside Applebee's in Garden City early Wednesday morning. A wall of brilliant orange flame backlit the Cranston restaurant. Fire investigators are looking at a possible grease fire sparked some time overnight. Flames were reported before sun-up. Ryan said the department "received a box alarm at 5:30 this morning" that the Applebee's had a "fire in the kitchen." The flames had reached the "ductwork"

leading to "heavy fire above." The "ceiling fire had a head start on us," Chief Ryan said from the scene. The business had closed at 1 a.m. Eventually, he "pulled companies out from anterior attack to defensive attack," as the structure burned beyond the point of saving. Ryan reported "no injuries from firefighters" and said the "building is a total loss." Luckily for Garden City, the flames didn't penetrate nearby businesses. The "fire was contained to Applebee's," Ryan said. According to the fire chief, the "fire wall (attached to Applebee's) held between structures."

■ Amazon
(Continued from page 1)

At the time, the company line was similar to now on the facility’s eventual opening. Amazon spokespeople would not say anything more specific than “before the start of this year’s holiday season.”

Amazon Public Relations Manager Steve Kelly responded to requests for opening details earlier this week.

“The facility remains on track to launch shortly and in advance of the holidays,” Kelly wrote via email. He referred follow-up questions to fellow Amazon spokesman Mike Murphy.

“Approval of the business license is an important milestone in what we consider the homestretch of preparing a facility to begin initial operations,” Murphy said Wednesday, Oct. 16, around noon. “As you can imagine, our team in Johnston is working diligently to finish the remaining projects on their ‘launch checklists,’ and as soon as we have an exact opening date to share, we’ll be in touch.”

Jonathan Greeley, Amazon’s Economic Development Manager for New England, delivered a key note “fun facts” preamble prior to July’s tour. He said the Johnston facility is “big — 3.8 million square feet, that is 66 football fields (just under).”

More concrete was poured into the Hartford Avenue megalith building than the Empire State Building (7,000 cubic yards), Greeley told the press and Gov. McKee.

Johnston Mayor Joseph M. Polisena Jr. remained unworried about the numerous delays in the opening of Amazon’s Johnston facility.

“There’s no additional update,” Polisena said earlier this week. “They’re still on track to open around late November. I would anticipate a ribbon cutting a few months after their opening but they’d be able to tell you for sure.”

The company expects to hire around 1,500 job-seekers to work at the facility, and has started filling management and security roles. However, the company promised Johnston several job fairs (and doubled down on a promise that they’d hold the first job fair in Johnston). So far, no job fairs have been held. Amazon also recently renegotiated its tax deal with the town.

“I do not have any concerns,” Polisena replied when asked about the as-yet-unscheduled job fairs. “The fulfillment center remains on-track to launch in anticipation of the holiday season. Throughout this entire process, Amazon has remained a great partner with the town and we are in constant communication with their representatives. I would expect a job fair in Johnston soon.”

Amazon replied late Wednesday morning, providing an update on the job fair forecast and a link job-hunters can visit in the meantime.

“... Planning of job fairs is also underway and I’m happy to share that information with you when available,” Murphy wrote. “In the interim, recruiting and hiring online remains ongoing where open positions are posted on a rolling basis. Interested applicants can visit amazon.com/localjobs or text NEWJOB to 31432 to sign up for job alerts.”



BIZ LICENSE: A business license for the still unopened Amazon facility was listed on Tuesday night’s Johnston Town Council agenda. Site Leader and General Manager Sultan Kabiawu attended the meeting, and briefly fielded a single question from the four (of five) councilors in attendance. (*Johnston SunRise photo by Rory Schuler*)



NOISY CALM BEFORE THE STORM: In July, the conveyor belts remained still. However, the facility was still packed with the noise of more than 500 workers readying the building for an eventual pre-holiday opening now likely just months away. We’ve asked Amazon when they plan to host local job fairs. (*Johnston SunRise FILE photos by Rory Schuler*)



I-95 NORTH OVER ELMWOOD AVE WEEKEND CLOSURES



The Rhode Island Department of Transportation (RIDOT) will replace the I-95 bridge northbound over Elmwood Avenue on the weekend of November 1st and November 8th using rapid bridge construction. During this operation, I-95 northbound at Elmwood Avenue will be reduced to two lanes. The bridge replacement will start at 8 p.m. Friday night and re-open at 5 a.m. on Monday morning for the morning commute. Travelers are advised to expect delays and plan alternate routes. More information and detour maps can be found at: www.ridot.net.



Department of Transportation
Two Capitol Hill
Providence, RI 02903
401-222-2450
www.ridot.net

FAITH & BLUE

Faithfully serving Johnston

SunRise Staff Reports

The Johnston Police Department recently joined forces with several institutions of faith for an event that’s becoming a steadfast tradition in town.

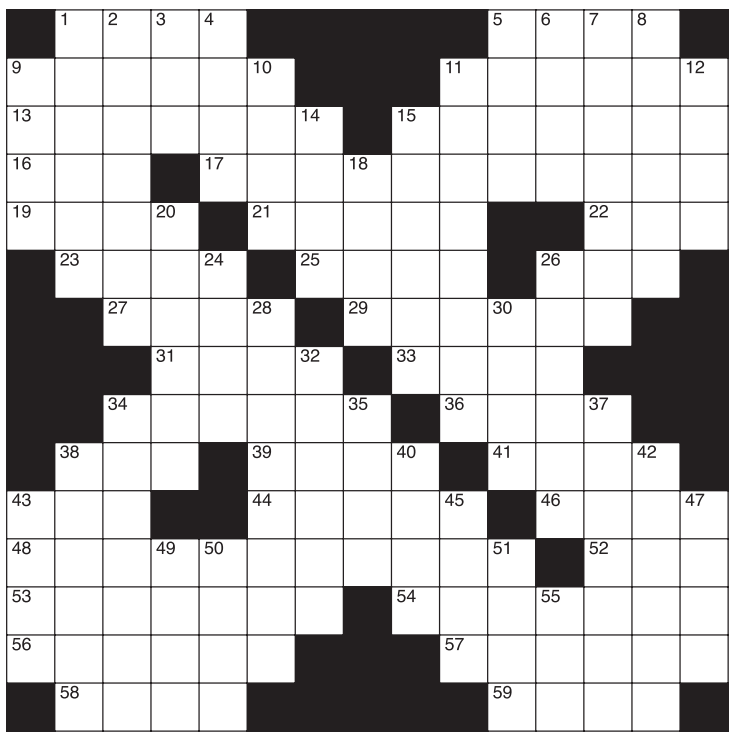
“A heartfelt thank you from all of us at the Johnston Police Department to everyone who joined us for our successful Faith & Blue event on October 4!” JPD posted on social media. “This incredible gathering would not have been possible without the support of so many dedicated individuals and organizations.”

JPD offered a “special thanks” to Johnston Mayor Joseph M. Polisena Jr. “for making this positive event a reality.”

“We also extend our deep appreciation to the churches and faith-based organizations whose spiritual guidance and unifying efforts were the foundation of this occasion,” JPD wrote. “Thank you to our amazing sponsors and contributors: Citizens Bank, Market Basket, My Cousin Vinny’s Rentals, Rockwell Amusements, and the Johnston Senior Center staff. Your support made this event fun and memorable for all! And to our volunteers and community, your efforts and participation cannot be overstated, we appreciate it.”



CROSSWORD
PUZZLE CORNER



CLUES ACROSS

- 1. Tall, upright post on a boat
- 5. Basics
- 9. Used to refer to cited works
- 11. Folds
- 13. Former UK PM May
- 15. Cold region of Russia
- 16. Standard operating procedure
- 17. Separating
- 19. Particles
- 21. A way to map out
- 22. Referee declares
- 23. Beginner
- 25. Water (Spanish)
- 26. Gov't lawyers
- 27. Non-reproductive parts of an organism
- 29. Spanish friends
- 31. A type of tree
- 33. Walk heavily
- 34. About a wood
- 36. Free-swimming marine invertebrate
- 38. Political action committee
- 39. SB19 hit song

- 41. Scorch the surface of
- 43. Moved quickly on foot
- 44. Sacred state for a Muslim
- 46. Growl
- 48. Pearl Jam frontman
- 52. Irritating person
- 53. Something requiring a solution
- 54. Firing
- 56. Hazards
- 57. Taiwan capital
- 58. Impudence
- 59. Rock frontman Durst

CLUES DOWN

- 1. One who rides an elephant
- 2. Absence of bacteria
- 3. Soviet Socialist Republic
- 4. Men's fashion accessories
- 5. "Honey" actress Jessica
- 6. Round red root vegetable
- 7. Latin term for "charity"
- 8. Doesn't smell good
- 9. Mental health issue
- 10. Millisecond
- 11. Hairstyle
- 12. Edible starch
- 14. Middle Eastern military title
- 15. Protein-rich liquids
- 18. Indian musical pattern
- 20. Cancer and Capricorn
- 24. Country along the Arabian peninsula
- 26. A bend
- 28. Fishes of the herring family
- 30. Antelopes
- 32. Chaos
- 34. Popular music app
- 35. Cooking material
- 37. Musical instrument
- 38. San Diego ballplayers
- 40. Small amounts
- 42. Poured
- 43. Fabric
- 45. Food option
- 47. Finger millet
- 49. The U. of Miami mascot is one
- 50. Alberta, Canada river
- 51. Canadian flyers
- 55. Dry white wine drink



PAID POLITICAL ADVERTISEMENT

PAID POLITICAL ADVERTISEMENT

PAID POLITICAL ADVERTISEMENT

FOOD, GAS, UTILITIES ARE UP... JOBS, EDUCATION, WASHINGTON BRIDGE ARE DOWN... HAD ENOUGH YET? ★ VOTE REPUBLICAN!

Karin Gorman
Senate District 25

Richard Fascia
House District 42

Nicola 'Nick' Grasso
House District 43

Peter Tremontozzi
House District 44

THE POWER TO CHANGE YOUR FUTURE IS THE BALLOT IN YOUR HANDS

VOTE ON OR BEFORE ELECTION DAY, NOVEMBER 5

PAID FOR BY JOHNSTON REPUBLICAN TOWN COMMITTEE

www.johnstonri.gop

Opinion

EDITORIAL

Unnecessary turbulence at RIAC

Over the course of the past four months or so, the situation unfolding at RIAC over the dissemination of anonymous letters criticizing CEO and President If-tikhar Ahmad for creating a hostile work environment has been an ongoing lesson in why corporate crisis communications is a valuable trade for any business to invest in.

And while there can be a certain degree of understanding for any company — public, quasi-public or otherwise — wanting to retain control of the narrative of a potentially caustic situation involving the reputation of their top executive and the work culture that they propagate, the actions we have seen RIAC take since these letters were released, and particularly their actions in the last few weeks, has served only to escalate the entire saga from what could have been a blip on the airport’s radar into a legitimate engagement driver for news outlets all over the state, and even the nation.

When the letters were first sent to us back in June — along with other media, a slew of politicians, airline executives, and others — we provided ample opportunity for RIAC and for Mr. Ahmad to provide their interpretation of the claims, and respond. Rather than take us up on that opportunity to provide a clear rebuttal to the claims made, or simply brag about the airport’s increasing reputation as a way to let their success speak for Mr. Ahmad’s performance itself, they chose to do the one thing that any crisis communications expert would advise against.

They said nothing.

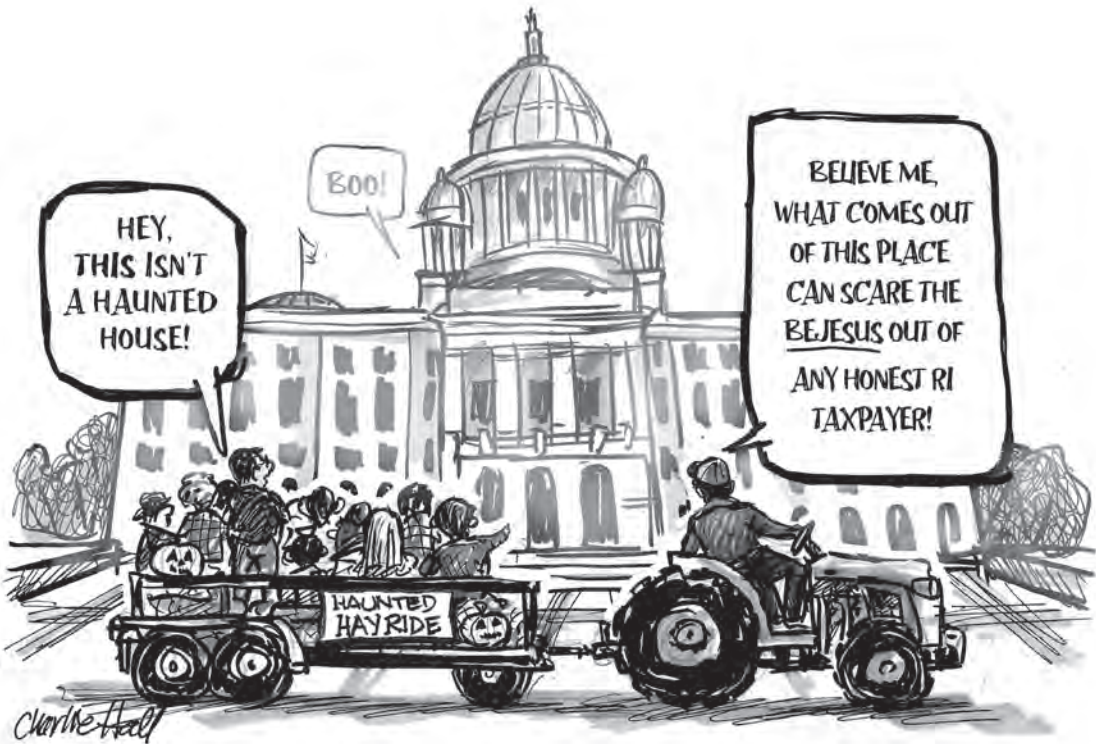
And then they continued to say nothing. For months.

The silence, in response to claims that we and others found actionable enough to follow up on, conduct interviews on the record, and get corroboration for — claims that apparently were sufficient enough to cause actual, financial damage for which Ahmad has now hired lawyers, at an unknown expense, to litigate — was worse for their own brand than merely providing a bland response to the initial criticisms ever could have been.

Now, RIAC has initiated a witch hunt for the author or authors of the letters, rather than do any soul searching to assess if there is any legitimacy to any of the claims held within them. They have turned the narrative against the union workers who they rely upon to perform the jobs that keep the airport operational, without actual proof (at least any made public, that is) that the letters were generated from that group.

What will happen if they find the letters were indeed written by an active employee? Will they be immediately named, and terminated for it? Wouldn’t that simply add fuel to this fire, and create more media attention?

Ahmad said at the recent press conference that the letters were indicative that people were unhappy with the changes he has been trying to institute at the airport since becoming its head executive. That very well may be true. But considering how this crisis has been handled, RIAC might want to consider some changes to how it reacts to these types of situations in the future.



LETTERS

Can we compromise on abortion?

To the Editor:

You don’t know what love is until you have a child; how true that is. Realizing the concerns many women have regarding abortion rights is it possible to reach a compromise regarding at what stage to abort? Does aborting an unborn at an early stage lesson the regret?

At 6 months the survival rate for an unborn is approximately 76% and at 7 months it’s as high as 90%. In addition, an unborn will have a heartbeat at 6 weeks and can feel pain at 20 weeks. Therefore, should we consider a developing human being an unborn child or simply a fetus?

To reduce the percentage of unwanted pregnancies and late term abortions it should start with education and planting the seed of wisdom dealing with this harsh reality. “Truth-be-told” today’s public education seems to place more value on promoting liberal philosophies and unhealthy lifestyles than responsible behavior.

During sex education wouldn’t it stand to reason to invite women that have had an abortion, including men that had encouraged it, to share that experience and how it affected their lives? In addition, what about inviting those that had decided not to and how that decision affected their lives, which now bring us to the terminology “emotional scarring”. I hope the following doesn’t open any wounds.

Recently a dear and trusted friend told me about an unexpected experience he had that brought tears to his eyes as we was enjoying a blessed blissful moment. His bride was working one sunny summer afternoon as he was enjoying watching his two little boys playing in the back yard and all of a sudden that profound joy turned to profound sorrow.

He dated his future bride for 2 years before they tied the knot. However, during their 1st year of dating his future bride had gotten pregnant in which they decided to terminate the

unplanned pregnancy and did so within 6 weeks. At that time, they didn’t think much of it because “it was only 6 weeks” and “it was only a fetus” and “it was no big deal”.

They had a wonderful marriage and 4 years down the road they had brought into the world a healthy baby boy in which they were overwhelmed with joy, and 3 years later they were blessed again with another baby boy.

As he was watching his boys playing in the back yard, as his 8 year old was being chased by his little 5 year old brother, as the boys loved to playfully antagonize one another, as they came runny toward daddy, laughing their heads off, at that very moment he felt the presence of a 13 year old girl chasing the both of them and couldn’t hold back the tears. At that very moment he realized what he had done; he denied life to a human being, but not just any human being, he denied life to his very own child. In that very moment, if there was any comfort at all, he took little solace knowing the pregnancy was only 6 weeks as he realized how much more devastating that moment would have been if they had waited even longer to abort their unborn child. He also told me he never told his bride about that experience because he knew it would have caused her great emotional pain revisiting that time in their lives that had just brought him great sorrow in that moment.

In closing, “truth-be-told” this life is a rollercoaster of experiences that sharpen our wits in which liberal philosophies and resulting ideologies have created many regrettable outcomes. “Truth-be-told” who we are and what we are, and we should be going is best advised via a good religious education that would guide the way to a much happier healthy wholesome productive fulfilling life via school vouchers via conservative leadership.

Peter A. Filippi III, of Johnston

JOHNSTON

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FOOD TRUCK FEAST: The Columbus Day Food Truck Feast was held at Memorial Park on Columbus Day, Monday, Oct. 14. The event included live music and food trucks including A Mano Pizza + Gelato, BBQ y Mas, Blount Clam Shack, Del’s Lemonade and many more. *(Beacon Media photos by Rory Schuler)*

LEGAL NOTICES

TOWN OF JOHNSTON
OFFICE OF THE TAX COLLECTOR

**COLLECTOR’S SALE
OF REAL ESTATE FOR
TAXES DUE AND UNPAID**
Johnston Municipal Court
1600 Atwood Avenue
Johnston, RI 02919
November 14, 2024

The undersigned, Finance Director/Collector of the Town of Johnston, hereby gives notice that he will sell at public auction to the highest bidder at the Johnston Municipal Court, in said Town on the 14th day of November, A.D. 2024 at 10:00 A.M. Local Time, the following described parcels of real estate (for the levy upon which notice hereby given) or so much thereof as may be necessary to pay the taxes which constitute a lien thereon, assessed December 31, 2021 and/or prior years, together with the cost and charges incident to this sale.

Pursuant to Rhode Island General Laws Section 44-9-19, if the real estate in which you have a substantial interest is purchased by the Town of Johnston and has not been assigned, you may redeem the real estate by paying or tendering to the Treasurer of the Town of Johnston the sum for which the real estate was purchased, plus a ten percent (10%) penalty of the purchase price if redeemed within six (6) months after the date of the sale. Beginning with the seventh (7th) month forward, an additional one percent (1%) of the purchase price for each succeeding month will be added, together with all charges lawfully added for intervening taxes plus interest thereon at a rate of one percent (1%) per month and expenses assessed after the Collector’s Sale.

JOHNSTON PUBLIC SCHOOLS
10 MEMORIAL AVENUE
JOHNSTON, RHODE ISLAND 02919

**INVITES SEALED PROPOSALS
FOR THE FOLLOWING ITEM**

14 FOOT BOX TRUCK WITI-I LIFT

Specifications may be picked up at the Office of the Superintendent of Schools, 10 Memorial Avenue, Johnston, Rhode Island between the hours of 9:00 a.m. and 2:30 p.m. **beginning Thursday, October 17, 2024.**

Each bidder is required to deliver his/her proposal by **1:00 p.m. on Thursday, October 31, 2024** at the Johnston Public Schools Administration Office located at 10 Memorial Avenue, Johnston, RI. **All bids will be publicly opened and read on Thursday, October 31, 2024 at 1:00 p.m.** Bids received after 1 :00 p.m. will not be accepted.

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

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

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

10/17/24

Pursuant to Rhode Island General Laws Section 44-9-21, if the real estate in which you have a substantial interest is purchased by someone other than the Town of Johnston, you may redeem the real estate by paying or tendering to the purchaser or his or her legal representatives, assigns or to the person or persons to whom assignment of the tax title has been made by the Town of Johnston, or the Treasurer, the original sum and any intervening taxes having been paid to the municipality plus interest thereon at a rate of one percent (1%) per month and costs, plus a penalty as provided in Rhode Island General Laws Section 44-9-19, or in the case of an assignee of a tax title from the Town of Johnston, the amount stated in the instrument of assignment, plus the above-mentioned penalty.

The right of redemption may be exercised only by those entitled to notice of the Sale pursuant to Rhode Island General Laws Section 44-9-10 and Section 44-9-11, and may be exercised at any time prior to the entry of Final Judgment in an action to foreclose the right of redemption filed pursuant to Rhode Island General Law Section 44-9-25. You are encouraged to review Rhode Island General Laws pertaining to tax sales and/or consult with an attorney concerning your rights.

Pre-qualification of bidders, pursuant to R.I.G.L. 44-9-13 shall be conducted on Tuesday, November 12, 2024, from 9:00 a.m. until 3:30 p.m. at the Tax Collector’s Office, Johnston Town Hall, 1385 Hartford Avenue, Johnston, RI 02919. Mail in registrations will be provided upon request. All forms must be received by the Town of Johnston at least two (2) days prior to the tax sale. No bidder registration forms will be accepted the day of the tax sale. The Town of Johnston reserves the right to accept or reject bidder registration forms for failure to register pursuant to the instructions. The Town of Johnston further reserves the right to deny access to the auction in the interest of safety, law, regulation, or otherwise.

Each of the following described parcels will be sold for the nonpayment of the taxes assessed December 31, 2020, and/or as to certain of said parcels for the taxes assessed in prior years. Information as to the nature of the said taxes and assessment due on the several parcels may be obtained from the undersigned and will be announced at the sale.

For a more particular description of said estates, reference is made to the Assessor’s Plats as the same appeared December 31, 2021, in the office of the Town of Assessor or Assessors of said Town.

TERMS: CASH OR BANK CHECK ONLY.

024 RE TAX SALE

Min Criteria: Account Level - Principal: 250.00 - Interest: 0.01

| Primary Owner | Parcel ID | Short Description |
|------------------------------------|-----------|------------------------|
| M E ADAMS REALTY CORP | 43-114 | at PECK HILL RD |
| PECK HILL ROAD TRUST | 43-163 | at 91 PECK HILL RD |
| BEAUCAGE ARTHUR A III | 17-17 | at 41 LEE ST |
| CAPARRELLI ARTHUR LIFE EST | 30-44 | at 2005 PLAINFIELD PK |
| CASEY RONALD J ESTATE | 42-71 | at ANGLEWOOD AVE |
| CASEY RONALD J ESTATE | 42-72 | at ANGLEWOOD AVE |
| CASSION PIERRE JEAN & JACSMILE TE | 14-270 | at 15 HILLSIDE AVE |
| CERIO MICHAEL F JR TRUSTEE | 35-200 | at 19 DEXTER ST |
| CLARK ROBERT E JR | 35-191 | at DEXTER ST |
| CLARK ROBERT E JR ESTATE | 35-203 | at DEXTER ST |
| JAR REALTY INC | 44-199 | at 103 SCITUATE AVE |
| DESFORGES LEO T & GUTTIN SARI R TE | 60-21 | at WINSOR AVE |
| EAST COAST OUTDOOR LIVING LLC | 55-78 | at 776 GREENVILLE AVE |
| FAHEY JONATHAN | 51-14 | at GREENVILLE AVE |
| FARYSEJ URSZULA | 35-120 | at TRENTO ST |
| FORTE BEVERLY | 14-240 | at 7 PLEASANT VIEW AVE |
| GREEN MEADOWS INVESTMENTS LLC | 43-609 | at CENTRAL AVE |
| LOFFREDO MICHAEL | 33-8 | at PLAINFIELD PK |
| LOFFREDO MICHAEL | 33-60 | at 2332 PLAINFIELD PK |
| HOSEMANN HEINZ G | 17-43 | at 15 CECIL ST |
| IZZO STACIA M | 5-304 | at 20 HILL ST |
| JOSE YOLEINY MARIA UCETA | 45-398 | at 17 WOODHAVEN DR |
| LANNI ROBERT D & MARIA TE | 48-403 | at 2 CINDY CR |
| LEONARD DAVID A & MICHEAL D JT | 15-361 | at 65 KING ST |
| MANZI JOSEPH | 65-73 | at 16 VALLEY DR |
| MYRE JEFFREY | 39-52 | at 23 COTTAGE ST |
| NGRID POWER LLC | 55-171 | at POPPY HILL DR |
| OAKDALE PROPERTIES LLC | 13-417 | at 35 OAKDALE AVE |

| | | |
|---------------------------------------|--------|---------------------------|
| OFF COURSE PROPERTIES LLC | 26-1 | at PLAINFIELD PK |
| OZZI REALTY ASSOCIATES LLC | 13-313 | at LEAH ST |
| PASSARELLA ANTONIO M | 28-135 | at 25 REGINA DR |
| PECUNIOSO ANTONIO & CONSTANTIN ESTATE | 19-196 | at COLUMBUS ST |
| PERIQUITO ANTONIO F | 36-92 | at ACORN ST |
| PERSAUD DANESHWAR | 15-296 | at 116 ALCAZAR AVE |
| PICOTTE STEVEN E SR & MAJORIE TE | 38-48 | at GARFIELD ST |
| PROCACCINI JOSEPH F & JOSEPH JT | 9-230 | at HAMTON AVE |
| PRUEFER ROBERT B & ANN M CO TRUSTEES | 48-39 | at 540 GREENVILLE AVE |
| R & T REALTY INC | 4-278 | at MILL ST |
| R & T REALTY INC | 4-279 | at MILL ST |
| R & T REALTY INC | 4-315 | at 73 MILL ST |
| R & T REALTY INC | 4-316 | at MILL ST |
| RESERVOIR ADVENTURES LLC | 47-10 | at CHERRY HILL RD |
| RICCI ARMANDO J | 5-242 | at GENOA AVE |
| RICCI ARMANDO J | 5-243 | at GENOA AVE |
| RILEY KEVIN | 59-154 | at 82 COOLRIDGE RD |
| RUCCO DOMENIC A & BORKOWSKI THOMAS S | 25-241 | at SIMMONSVILLE AVE (OFF) |
| RUCCO DOMENIC & | 5-384 | at ROCKCREST LN |
| HARTFORD REALTY HOLDINGS LLC | 54-97 | at HARTFORD AVE |
| SCOCA EDWARD | 21-458 | at MORELAND ST |
| SIMONE MICHAEL N & STEPHEN C JT | 33-37 | at PECK HILL RD |
| EMPIRE DEVELOPMENT LLC | 30-65 | at 14 GREEN HILL RD |
| STABILE EDMUND W & CARL E | 46-74 | at 2436 HARTFORD AVE |
| TAGLIANETTI RONALD R ET UX NORMA JT | 37-153 | at MILTON ST |
| TIROCCHI MICHAEL E | 11-467 | at 13 1/2 WINFIELD RD |
| TIROCCHI MICHAEL E | 6-69 | at 7 PARK ST |
| TITAN REALTY LLC | 4-1 | at MILL ST SLY SIDE |
| VESPIA THOMAS R & DOLORES K | 42-67 | at DARTMOOR ST |
| SKY PROPERTIES LLC | 64-186 | at 59 WILSON AVE |
| WARDICK LORENA R | 18-25 | at COLUMBUS AVE |
| WARDICK LORENA R | 40-127 | at RIVERSIDE AVE |
| WENTWORTH HAROLD E III & GAIL M TE | 14-264 | at 4 HEDLEY AVE |
| WEST ROSE LLC | 53-273 | at INDUSTRIAL LN |
| WORSTER KIMBERLY | 36-73 | at 12 GRANT ST |
| YAREMCHOAK MARY A HEIRS | 61-104 | at WEAVER RD |

10/17/24

**JOHNSTON ZONING BOARD
OF REVIEW
AMENDED AGENDA**
Thursday, October 24 2024
at 6:30 PM
Johnston Senior Center
1291 Hartford Avenue

Notice is hereby given that the Zoning Board of Review will hold its regular meeting on October 24, 2024 at 6:30 pm, at Johnston Senior Center, 1291 Hartford Avenue. All persons interested in the following proposals are requested to be present at this time. The assembly facilities are accessible to the handicapped. Persons requiring special accommodations shall call the Zoning Office at least 48 hours in advance of the meeting (401) 231-4000 ext. 4117. Persons utilizing TDD equipment may contact the Town through "Relay Rhode Island" at 1-800-745-6675. The agenda for the evening will be as follows, subject to change:

- I. Roll Call and Pledge of Allegiance**
- II. Minutes from Previous Meetings**

Old Business: None

- III. New Business:**

Petition of Joseph and Colleen Serydyski Owner/Applicant for 27 Reservoir Avenue, Ap 43 Lot 527, Zoned R40. Applicants is Petition: Use Dimensional Variance. Construct a metal garage.

Petition of Derek and Shelby Sousa Owner/Applicant for 448 George Waterman Rd. Ap 38 Lot 52, Zoned R15. Applicant is Petition: Special Use Permit. Existing 2 family dwelling plus hair salon and 1 bedroom apartment on 2nd floor.

V. Adjournment

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

• The Zoning Board Agenda and Minutes are available for review at <https://clerkshq.com/johnston-ri> or Monday through Friday between 8:00 a.m. and 3:00 p.m. at the Department of Development and Public Services, 100 Irons Avenue, Johnston.

• Items not heard by 10:30 p.m. may be continued to the next Regular Meeting or special meeting at the discretion of Board.

• Facilities are handicap accessible. Interpreter services may be requested from TTD (401) 792-9642 at least 72 hours in advance.

10/10, 10/17/24

FOOD TRUCK FEAST: Johnston hosted a Columbus Day Food Truck Feast at Memorial Park on Columbus Day, Monday, Oct. 14. The event included live music by the Kaitlyn Tarro Duo, and food trucks including A Mano Pizza + Gelato, BBQ y Mas, Blount Clam Shack, Del's Lemonade and many more. Despite the dreary weather, hundreds showed up to take a taste and give a listen, during PVD Food Truck's final scheduled Johnston event of the season. *(Beacon Media photos by Rory Schuler)*



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

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By JENNIFER COATES

The great and iconic French impressionist painter Vincent van Gogh is attributed with coining the phrase: "Great things are done by a series of small things brought together." These words could accurately describe the years of small things that have added up to a create a 31-year success story for the local, family-owned business, Jain's Laundry. Small things that have made life so much easier for the hundreds of patrons who have been bringing their laundry to this longtime business in Johnston for years and years.

Small things like automatic front doors so customers don't have to prop a door open every time they come in and out of this convenient laundromat. Small things like a vending machine of detergents, softeners and laundry bags for those who needed more than they thought. Small things like a change machine on-site, newly installed high-capacity dryers, a comfortable seating area to wait between loads and rows and rows of machines so there is never any need to "take a ticket"!

Best of all, but hardly a "small thing," is the presence of Kaushal Jain who came to America with her husband Sripal Jain from Meerut, India many decades ago. Through hard work, dedication, and sacrifice, they have truly fulfilled the American dream of small business ownership. A testament to their diligence is also their remarkable son, Akshay, who obtained a Master's degree in Bio-Technology at Harvard University. Through small things come great and remarkable results.

Jain's Laundry is a self-serve laundromat, but it also offers all the convenience of a wash-fold, same-day service. Here, the rates for this wash-fold service are unbeatable. For an incredible .89/pound, Kaushal will wash, soften, dry, and



Kaushal Jain is a steady and familiar face at Jain's Laundry, the family-owned business that she and her husband Sripal have operated for over 31 years.

even fold your laundry – all in one day. This recession-busting price also covers the cost of the softener, bleach, soap and hangers! The math is simple enough – ten pounds of dirty clothes, dropped off in the morning and ready to go by day's end – all for less than \$7.00. In our cost-conscious world, these prices are unmatched.

If you are more the "do-it-yourself" type of person, you will also find a room full of coin-operated washers and dryers. There are large capacity machines available for all size loads, from 25 pounds to 65 pounds. The top loading machines are available here for only \$2.25 per

load compared to \$2.50 in most other places.

Jain's Laundry also has dryers that spin both clockwise and counter-clockwise. This prevents items such as blankets and comforters from bunching up in the middle and stops them from getting tangled up, twisted and wrinkled.

Jain's Laundry is found in the Plaza 44 shopping plaza on Route 44. It is open seven days a week - from 8:00am to 9:00pm, Monday through Friday, and 7:00am to 8:00pm on Saturday and Sunday. For more information, call 401-231-7019.

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Goodbye
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DONUT HOLE
Hello, Higher Prices?

by DON DRAKE
CONNELLY LAW OFFICES, LTD.



The annual Medicare Open Enrollment holds significant importance for millions of Americans aged sixty-five and over. Between October 15 and December 7, all Medicare beneficiaries can adjust their Medicare health plans and prescription drug coverage for the upcoming year. As the deadline nears, Medicare beneficiaries must stay updated on upcoming changes. Some policy adjustments may seem like they save money, but they might not necessarily benefit seniors in the long run. One of them is the elimination of the so-called Medicare donut hole.

With the implementation of the Inflation Reduction Act in 2022, several adjustments to Medicare were made, and these changes are currently being phased in for 2025. These modifications specifically impact all standalone Medicare prescription drug plans and Medicare Advantage plans that include prescription drug coverage. This provision allows Medicare to negotiate drug prices with manufacturers.

- Three key updates necessitate attention:
1. Elimination of the coverage gap
 2. Reduction of the maximum out-of-pocket expenses for Part D prescription drugs
 3. Introduction of a new prescription payment plan option

Donut Hole Eliminated

Significant improvements were made to Medicare Part D prescription drug coverage in 2025. The coverage gap, commonly known as the donut hole, was eliminated, resulting in three distinct coverage stages.

STAGE ONE - During the first stage, known as the annual deductible stage, members are responsible for paying the entire cost of their prescription drugs until they reach the specific deductible amount outlined in their plan. This means they must cover the full cost of their medications until they have paid the predetermined deductible amount.

STAGE TWO - During the initial coverage stage, members must pay a predetermined

co-payment or a percentage of the cost of their medications, known as coinsurance. This stage marks the beginning of prescription drug coverage, and members are responsible for these out-of-pocket costs outlined by their insurance plan.

STAGE THREE - Once the member and others on their behalf have collectively paid \$2,000 for Medicare-covered medications, including contributions towards the deductible, they transition into the catastrophic coverage stage. In this stage, they will not have to pay anything for Medicare-covered Part D drugs for the remainder of the plan year. This means that once the out-of-pocket spending reaches the threshold for catastrophic coverage, the member will only be responsible for nominal copayments or coinsurance for their medications for the rest of the plan year.

Out-of-Pocket Maximum

In 2024, the out-of-pocket maximum for all Medicare Part D members, regardless of their insurance provider, was \$8,000. However, for 2025, there has been a significant reduction in the out-of-pocket maximum. Under the new provisions, once a member and their representatives collectively contribute \$2,000, the member will not be responsible for copayments or coinsurance for Medicare-covered Part D prescription drugs for the remainder of the plan year.

The primary aim of these changes is to reduce prescription drug expenses. However, it's important to note that these modifications may lead to higher deductibles or premiums in 2025. As a result, members may face increased expenses earlier in the year during the deductible phase. Still, they could realize savings from previous years due to the reduced out-of-pocket maximum.

Prescription Payment Plan

The Medicare Prescription Payment Plan is an optional program recently introduced

■ continued - DONUT

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Voters 50-Plus Will Decide



AARP - RHODE ISLAND
by CATHERINE TAYLOR

As this election year nears its end, on one point there is no debate: Voters 50-plus represent the majority of voters in every election, and we decide elections.

In Rhode Island, 57 percent of voters in the 2020 election were age 50-plus. When votes are cast on November 5, candidates who don’t recognize the power of these voters are unlikely to win.

Voters 50-plus are focused on two critical issues: The sustainability of our country’s Social Security system and support for family caregivers.

Today, there are persistent misconceptions about Social Security’s long-term financial stability, and you may often hear people say that Social Security is going broke. It’s not true. Social Security will not run out of money, as long as workers and employers continue to pay payroll taxes. But Social Security does face longer-term funding challenges. For decades it collected more than it paid out, building a surplus that stood at \$2.83 trillion at the end of 2022. But the system is starting to pay out more than it takes in, largely because the retiree population is growing faster than the working population, and is living longer.

Without changes in how Social Security is financed, the surplus is projected to run out in 2034. Even then, Social Security will still be able to pay benefits from incoming payroll tax revenue. But it will only be enough to pay about 80% percent of scheduled benefits, according to the latest estimate. If Congress doesn’t take action in the next 10 years to protect and save Social Security, your Social Security could be cut by 20%—an average of \$4,000 a year.

Voters 50-plus want leaders who will work together to protect Social Security.

When it comes to caregiving, AARP research has found that one in five voters -- more than 48 million Americans and 121,000 Rhode Islanders – are family caregivers. They overwhelmingly want commonsense solutions that will save them time and money and get them more support.

Here, according to research, is how family caregivers are doing right now:

- 42% of family caregivers spend over 20 hours a week on caregiving, and large

majorities say they are stressed emotionally, financially, and overwhelmed by their caregiving responsibilities. What they most want from the government is financial support: 60% say they’d prefer to see Congress provide financial assistance to caregivers versus 30% who want caregiving support.

- 68% of voters are concerned they won’t be able to afford the care they need as they grow older and 65% are concerned that they won’t be able to live independently.
- 75% of voters 50-plus – say it is very important for Congress to “help seniors live independently in their own homes instead of a nursing home,” and 57% say it is very important to “provide support family caregivers.

Family caregivers are the backbone of a broken long term care system, helping with everything from buying groceries and managing medications to bathing and dressing. They often put their own finances and jobs at risk to care for loved ones.

America’s family caregivers provide more than \$600 billion in unpaid care each year, saving taxpayers billions by keeping loved ones at home instead of in Medicaid-funded nursing homes. Rhode Island’s 121,000 unpaid family caregivers contribute more than \$113 million of unpaid care each year, valued at approximately \$2.1 billion.

A recent AARP survey shows that most voters – 70 percent – say they are more likely to support a candidate who backs proposals that support family caregivers, such as tax credits, paid family leave and respite services. An overwhelming 75 percent of voters 50-plus say it is important for Congress to help older Americans live independently in their homes instead of in nursing homes.

Voters 50-plus know they can count on AARP for nonpartisan information about when, where and how to vote. We don’t tell our members or anyone else who to vote for. But we are committed to making sure all voters have the information they need to make their voices heard.

For information on the 2024 election, including answers to last-minute voting questions, visit [ww.aarp.org/RIvotes](https://www.aarp.org/RIvotes).



October-November Online Events

- October 21, noon - Lunchtime Tech Talk
- October 22, November 12, 4 p.m. - Tai Chi/Qi Gong
- October 23, 6 p.m. - Laughter Yoga
- October 24, 4 p.m. - RI Healthy Cooking
- November 13, 1 p.m. - Everybody Dance!
- November 20, 6 p.m. - Laughter Yoga
- November 21, 4 p.m. - RI Healthy Cooking

AARP-RI Sponsored In-Person Events

- October 17, 5 p.m. - Bike Newport Full Moon Bike Ride
 - October 18, November 1 & 15, 7:30 p.m. - Newport Classical Fall Chamber Series
 - October 23, noon - Walk Audit Workshop with America Walks
 - October 24, 4 p.m. - Newport Slave History Medallion Tour
- Learn more and register at aarp.org/RIEvents

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The Gazebo Diaries



MY SIDE OF THINGS
by LARRY GRIMALDI

Possessing none of the required skills to assemble a gazebo on our backyard patio, I called on the expertise of my nephew Steve (who is a contractor), his son Kai, and my brother-in-law David, (who can build, assemble, or fix anything short of the space shuttle-and maybe even that) to tackle this project. Other members of the crew included Heather, my niece and Steve’s wife and Kai ‘s sister, Paige. Heather served as the nuts, bolts, and screws order picker and Paige was in charge of unwrapping metal roof sections. All that was required of me was to make water runs, provide lunch, take photos of various construction stages, and voice frequent expressions of encouragement and awe. As scripted in the movie, *The Sting*, I have divided *The Gazebo Diaries* into scenes.

THE DELIVERY: Fortunately, my wife spotted the delivery man about to plop five huge cartons of gazebo parts on the front lawn. We stopped him and told him to place the heavy and cumbersome “packages” on the garage floor.

THE LAYOUT: After moving the boxes from the garage to the back lawn, my construction crew laid out the what appeared to be a 5,000-piece puzzle and began to read the instructions. I admit that I have neither the aptitude, the skill, nor the patience to follow directions to put together a 100-piece puzzle, much less understand inventory inspections or direction hieroglyphics, written by a sinister engineer who relishes frustrating mere mortals like me. Nevertheless, Steve, David and Kai miraculously completed that phase of the task.

THE ASSEMBLY: This the key element in *The Gazebo Diaries*. Somehow, my dedicated construction crew pieced together countless beams, supports, posts, joists, and roofing using a dizzying array of screws, washers, fasteners with a variety of drills, hammers, screw drivers, saws, levels, and some tools I didn’t know existed. My skill, such as it is, at using tools is limited to screw drivers (I’m adept at both standard and phillips-head models), hammers, wrenches, and the occasional crow bar. My destruction when challenged with fixing or installing routine household items are the stuff of family legend. In my younger days, I was famous for hammering those last few obstinate screws on Christmas toys at 2:00 a.m. However, I take full credit for installing a new toilet seat in our bathroom without creating a plumbing catastrophe.

■ DONUT

to allow beneficiaries to manage their out-of-pocket prescription costs more effectively. Instead of paying the full amount when filling prescriptions at a network pharmacy, beneficiaries can spread their costs over the plan year through monthly bills. It’s important to understand that this program does not reduce prescription drug costs but offers a more manageable way to pay for them over time. The monthly payment amount may vary until the out-of-pocket maximum of \$2,000 is reached. Monthly payments provide better manageability, they may also lack predictability.

The Devil in the Details

Recently, the Pan Foundation conducted a survey revealing that most Medicare beneficiaries are unaware of the impending changes to Medicare Part D. According to the study, 87% of beneficiaries have not been informed about the upcoming reforms. This lack of awareness may present challenges for beneficiaries as Part D insurers are anticipated to adjust to the new regulations in numerous ways, potentially leading to increased costs for members.

Amy Niles, the Pan Foundation’s chief mission officer, has expressed concerns regarding the potential unintended consequences of the reforms introduced in the Inflation Reduction Act. These consequences may include discontinuing coverage for certain high-priced drugs, changes in drug tier placement, increases in premiums, copays, and coinsurance, implementing step therapy requirements, and even eliminating some Part D plans altogether.

Thomas Cowhey, the chief financial officer of CVS Health, the parent company of Medicare Part D insurer Aetna, has projected that Part D premiums for 2025 will be notably higher. It’s important to note that the \$2,000 cap will not apply to Part B prescriptions administered by doctors or any medications not covered by your Part D plan.

Experts anticipate that standalone Part D plans may be more likely to increase members’ costs compared to those included in Medicare Advantage plans, which are expected to be more insulated from the \$2,000 cap rule.

A Final Word

During the open enrollment period, conducting a comprehensive review of Part D plans is essential to ensure you make an informed decision. Besides evaluating premiums, it’s important to consider other coverage-related expenses, including prescription drug costs. I recommend thoroughly examining the websites of potential Part D plans and leveraging Medicare’s Online Plan Finder tool or using state SHIP Assistance to help identify plans that offer coverage for your specific medications at reasonable prices.

MY MINISCULE CONTRIBUTIONS: In the interest of full disclosure, I would be remiss if I didn’t let you know about my contributions to this project, minor as they were. First and foremost, I oversaw photographing the various stages of gazebo construction. It struck me as being similar to an Amish barn-raising. After all, David came from the state’s faraway kingdom of Exeter and Steve, Kai, Heather, and Paige traveled all the way from Bow, New Hampshire. Aware of my environmental obligations. I was in charge of tearing the cardboard cartons for recycling. (Now there’s a job I can handle since it doesn’t require tools). In addition to serving as waterboy, I was the designated caterer. The crew made my job very easy because they all ordered Italian grinders (submarine sandwiches for state newcomers). Such a simple order made possible for me to do my job with accuracy and efficiency.

THE FINISHED PRODUCT: A brand-new cedar gazebo now sits in the middle of my patio. Next spring, we will install screens that will allow us to sit outside on a perfect summer night and not be devoured by mosquitos. I’m thinking about placing some planters outside the far wall. (That’s still under negotiation with my wife). In any case, I am grateful to Steve, David, Heather, Kai, and Paige for our new gazebo (and the topic for this month’s column).

WHY IS IT THAT: The tops of your plastic containers disappear like sox in the dryer?

(Credit to my sister Maryann and my sister-in-law Maureen).







Larry Grimaldi is a freelance writer from North Providence. Larry and his wife Kathy are co-authors of “Wandering Across America,” a chronicle of their cross-country road trip, and “Cooking with Mammie,” a collection of family recipes prepared with their grandchildren. He has also written the column anthologies “50 Shades of Life, Love, and Laughter, Volumes I & II.” Columns reissued in these books are used with the permission of Beacon Communications. For more information, or comments, e-mail lvgrimaldi49@gmail.com or visit fruihillpublishing.my.canva.site



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Memories FromTuscany

There are times in my life that I'd like to capture - events that I never want to forget. I read somewhere that when we cherish a memory, we can take it with us when we die. We leave everything in our physical world behind, but our memories come with us and who knows, maybe we get to relive them on the Other Side.

My cousins, Janet and Pete, decided to rent a villa in Florence, Italy for a month, and invited the family to spend any part of it with them. They found a 7-bedroom mansion - a castle, really - built in 1750 - for four weeks starting at the end of August. Everyone spent the summer pondering the possibilities.

My husband, Dave, was expecting his son Brian and his wife Ines, who live in Portugal, to make a September visit to the States - but the timing was iffy, so Dave opted out of Italy for that reason. My daughters, Rachel and Gretchen, had work commitments and Gretchen is quite pregnant, so they opted out, too.

But Joy, my middle daughter, suggested that she and I travel together. Her husband, Matt, was unable to get away due to his work schedule. So Joy and I began making plans. We decided to spend a week towards the end of the stay.

Joy flew to Boston from her home in Dallas, and we flew together to Rome. It pays to travel with a young person - savvy in the ways of navigating unfamiliar terrain. Joy got us from the airport and onto two trains for the trip from Rome. Upon our arrival in Florence we were met by a driver in formal dress holding a placard with Joy's name. I didn't know she had pre-arranged this and I told her it made me feel like a celebrity of sorts. Perhaps I've watched too many Seinfeld episodes!

Joy speaks Italian fluently and chatted away with the driver while he drove us through Florence and out of the city. The streets became quite narrow and began to curve sharply - going higher and higher. We were surrounded by ancient walls and old stone cottages tucked here and there in the mountain's nooks and crannies. Soon our driver began to say, "Mio Dio!" and "Cavolo!" which convey distress due to unexpected situations heading one's way.

The road was 2-way, but so narrow that any oncoming traffic necessitated one car backing up while the other inched forward until there was a tiny space in which to pull aside. We got to the top where the villa was located and our driver bid us farewell, still muttering "Mio Dio!" as he started his descent.

The villa was breathtaking with views of Florence in the valley below as well as the deep dark woods going up the mountainside. We were greeted by Janet and Pete and the rest of the cousin crew and treated to a fabulous dinner of chicken, pasta, salad, bread, and never-ending red wine as we listened to the exploits of those who had arrived in the days preceding our arrival.

One could get lost in this Old World castle, which slept 17. Every room featured chandeliers, floor-to-ceiling windows, balconies, and shutters. The kitchen, which was huge and accommodated many cooks at the same time, still had its original sink from 1750.

Nights were dead quiet once we all turned in - and I wouldn't have been at all surprised if the ghosts decided to make an appearance in the silence of the darkness.

Joy and I shared a bedroom and our door creaked eerily open one night - making that typical high-pitched slow squeal one hears in horror movies.

"The wind," we told each other.
"Just a breeze coming in from somewhere."
"Yes, yes, of course..."

Our days were filled with plans Joy had made long before we arrived in Italy. We took two walking tours of Florence, then another tour to Cinque Terre and to Pisa. We needed Ubers to get us into Florence to meet our tour groups and after our initial experience with the first driver, we decided to walk down the mountain to meet our Ubers rather than having them attempt the harrowing drive up. One pre-dawn morning it was still dark when we began our descent. I asked Joy if we needed to worry about bears or wolves. She said, "No, just snakes and wild boars." Luckily, we didn't see any wildlife!

We spent a day exploring with my brother Rob and his girlfriend, Lisa, and another day with my brother Doug and his son, Remy. Other days were spent with various cousins, including Ellen and John, who live in Minnesota. Sometimes the entire group met up in the heart of Florence for a late-afternoon wine, and then walked across town together for dinner at an outdoor restaurant.

Other nights we cooked and ate together at the villa in the shadows of its previous owners, feeling the echoes of generations long gone. One day, when everyone wanted to relax, we sat around the table on the veranda overlooking the city and ate all afternoon - cheese, bread, fruit, salad, and of course, wine. We talked about everything under the sun - the Tuscan sun, quite literally.

My brothers used part of their time to visit the towns where our grandparents were born and came up with some fascinating information. The Falciglia family (my maiden name) originated in Taranta Peligna and were wool dyers and apparently produced a specific purple color that was favored by the royals in the early 1800s. Our great-grandfather moved to Filignano, where our grandfather was born, before emigrating to Providence in the 1890s.

My brothers visited cemeteries and found many headstones with the Falciglia name and spoke with the locals as well. One shopkeeper said, "Franco Falciglia has an office next door." Franco, the local orthodontist, was pleased to meet the Falciglias from the States. They weren't able to connect the dots completely, but are reasonably sure that we are cousins of a sort.

My brothers also visited Marzano Appio, where our grandmother, Angela Ciccone was born. One interesting tidbit: Ciccone is the singer Madonna's true birth name. Perhaps we are related!

It was a magical trip spent with family - in a most special place filled with beauty, art, and history - our history, too. More research needs to be done and Rob and Lisa spent an extra two weeks investigating our Italian roots.

Joy and I spent our last day in Rome as we were flying home from there the following morning. We shared a glass of wine on the rooftop restaurant at our hotel that night, feeling so fortunate to have made so many memories together.

At the airport our gates were near each other and our flights were leaving an hour apart. The time finally came when we had to part - Joy to Dallas and me to Boston.

I watched her until I could no longer see her in the crowd. I boarded my flight, grateful for the week we shared - and I'll carry the memories in my heart forever and beyond.



MY MEMOIRS
by SUSAN DEAN

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Pumpkin Season

Fall is here so it's officially pumpkin season. Everywhere you turn there's something in pumpkin flavor or scent. *The New Yorker* even ran a cartoon at the end of September that featured gasoline pumps with Regular, Super, Diesel and Pumpkin. I was already planning on having October's column be on unexpected products that are pumpkin flavored or scented, so it made sense to start it off with gasoline. You can blame *The New Yorker* for this.

A household item that's available in some unusual varieties that could add pumpkin is mattresses. They already come in charcoal-infused bamboo and there's an Avocado brand. I'm not sure if that's scented or just green. Ditto for the Purple brand that features eggplant mattress covers. I don't know what color or fragrance the Nectar, Mango and Apricot brands are (and yes, they all exist.) One thing is certain: a Pumpkin brand mattress would be orange.

In a household with two senior indoor cats, I'd welcome cat litter in pumpkin scent. I'm not sure my girls would agree, but I'd be willing to give it a try. Even with pee soaked in, I expect it would smell better than the name brands we've used. A lot of the time, my cats' aim shoots over the edge of the litter pan and much of their pee lands on the newspaper spread outside the pan. I'm not sure if newsprint comes in a pumpkin-scented option, but I've been known to write letters to editors for causes I believe in. This could be one of them.

We generally use lemon-scented cleaning products in the litter room and the kitchen. It would be a welcome change to have pumpkin dish liquid, scouring pads and cleanser. I



RETIREMENT SPARKS

by ELAINE M. DECKER

haven't seen any of those in the grocery stores, but it wouldn't surprise me to see pumpkin Fabuloso dish liquid at some point this month. Fabuloso comes in about eight fragrances already. How difficult would it be to add pumpkin?

Before any of my readers panic, I'm not recommending pumpkin scented or flavored personal care products. No pumpkin deodorant; no pumpkin toothpaste; no pumpkin shampoo. I'd probably regret this, but I'd welcome the addition of pumpkin flavor to the Zero Water electrolyte juice that we drink every morning. Right now there are three flavors that we like. Having a fourth could provide a welcome change of pace.

I'd take a chance on pumpkin flavored vitamins, starting with a multi whose RDAs of each vitamin in it would be competitive with the market leading multi vitamins. Plus I'd suggest adding separate vitamin A and betacarotene pills. I'd wait to see how much interest there is in those first letters before I'd invest in separate supplements of the rest of the alphabet.

A brand that has ads all over TV these days gave me another idea. Let's see some pumpkin scented Skechers Slip-ins! If it's too much trouble to do the entire shoe in pumpkin, then just give us pumpkin-scented Dr. Scholl's shoe inserts. Howie Mandel could be the spokesperson to announce the launch.

One of my final suggestions for pumpkin based products could be a

risky one and that's vaccination shots. This certainly seems like a logical pairing. After all, flu shots are the most common vaccination and they're usually given during pumpkin season. Also, pumpkin fragrance could make COVID shots more appealing, helping to prevent a seasonal pandemic. I wouldn't recommend these for babies and toddlers, but they would be worth the R&D expense if they significantly increased the percentage of adults who get vaccinated during flu season.

Lastly—this is really an after thought—is a plea directed at a specific company. Those of you who are fans of Marshmallow Peeps should appreciate this. I'd like to see pumpkin flavored Peeps at this time of year. You'll find lots of options for pumpkins on the packaging, but the Peeps inside are all classic vanilla marshmallow. Join me in lobbying Just Born Quality Confections, the manufacturer, in "birthing" them in pumpkin!

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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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The Right Place for Your Recovery

Choosing a Short-Term Rehab Center

After an injury, illness or surgery, the care and support you receive is critical to your long-term recovery. A short-term rehabilitation center is designed to get you back on your feet so you can return to independent living.

Most of us, however, haven't really thought about where we would go when we need this level of care. Usually, upon discharge from the hospital, patients receive a list of nearby centers. But how can you tell which one is right for you or your loved one?

"Often, families don't think about finding a place for rehab until there's been an illness or an accident," explained Hugh Minor of Saint Elizabeth Community. "In those situations, there's a pressure to find out as much as they can in a very short period of time."

What Type of Care Do You Need?

First, you need to know what type of care is available. Most centers will offer physical therapy, speech therapy and occupational therapy. Those are the basics, but sometimes a patient requires more specialized treatment to address issues like recovery from a stroke or heart failure. Be sure the center you choose can deliver the care you need.

How Does Short-term Rehab Work?

Each center should have a team of qualified health professionals collaborating with patients on their recovery. After an initial evaluation, the care team will map out a plan of action, setting goals and a timeline to have patients back on track.

The team consists of therapists who provide guidance on actual activities and track goals as well as nurses and aides assisting with daily needs like medication, hygiene and nutrition.

What Does Short-Term Rehab Cost?

A typical stay at a short-term rehabilitation center is five to ten days. The costs will vary, depending on the patient's insurance. Most plans will cover the entire cost for a



period, usually up to twenty days. It's very important to check your policy and benefits to see that your plan is accepted and that you meet all of the requirements for receiving care.

Evaluating a Short-Term Rehab Center

There are other factors to consider beyond the quality of care. Location is very important, particularly if you have family and friends who would like to visit. You may also inquire about social activities and dining options.

Choosing a short-term rehabilitation center is a critical decision that often need to be made in a short time. Hopefully, these tips will help you make the right choice.

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Have a Heart for Caregivers

8 expert tips for volunteers to care for themselves, too

Survivors of heart attacks or strokes may have additional health and personal care needs, often relying on a family member or close friend to help. While caregivers take on a valuable role, they also pay unique physical and emotional tolls.

In fact, a growing body of scientific research shows people who serve as unpaid caregivers may not get the care they need to live longer, healthier lives, according to the American Heart Association, which is [celebrating 100 years of lifesaving service](#).

Caregiving typically involves a range of duties from providing health care services, such as changing bandages and giving medications, to helping with personal needs like bathing, dressing and meal preparation. Administrative tasks like scheduling medical appointments, filing insurance claims and paying household bills may also be necessary.

The Centers for Disease Control and Prevention [reported 1 in 5 U.S. adults](#) provides some form of regular care or assistance to a family member or friend with a health problem or disability; 58% are women and nearly one-third provide care for at least 20 hours per week.

“The typical caregiver likely has an ever-growing and changing to-do list and most of them probably do not add ‘take care of myself’ to that list,” said American Heart Association volunteer Lisa Kitko, Ph.D., R.N., FAHA, dean of the University of Rochester School of Nursing and vice president of the University of Rochester Medical Center. “While caregiving can be a very rewarding experience, it can also take a huge physical and mental toll on even the strongest person.”

Prioritizing your own physical, mental and emotional health allows you to better help your loved one, Kitko said. Consider her tips for caregivers to care for themselves:

- Knowledge is power. Learn everything you can about your loved one’s condition.
- Set boundaries. Say “no” when it’s appropriate, don’t dwell on what you can’t change and recognize you’re trying your best.
- Maintain a healthy diet, limit caffeine and get adequate rest.
- Stay current with your own medical and dental appointments. Inform your health care provider if you’re experiencing any signs of depression.
- Find a support system. Share your feelings with someone who wants to listen or understands what you’re feeling, like the American Heart Association’s online [Support Network](#), which includes a section just for caregivers.
- Nurture your spiritual life and focus on things you’re grateful for each day.
- Make time for yourself and friends. Participate in activities you enjoy, including regular physical activity.
- Be prepared for possible medical emergencies. If you’re caring for someone at risk for heart attack or stroke, recognize the warning signs and call 9-1-1 if he or she experience any. Learn [Hands-Only CPR](#); research shows most out-of-hospital cardiac arrests happen in the home. Be ready to save a life by calling 9-1-1 and pushing hard and fast in the center of the chest.

““Take care of yourself so you can take care of others,’ are definitely words to live by for caregivers – everyone tells you that and it certainly makes sense, but it’s hard,” Kitko said. “There is a lot of stress associated with knowing someone is depending on you ... That is why taking care of yourself really should be the first item on your caregiver checklist.”

Learn more about caregiving and cardiovascular disease at [heart.org](#). (Family Features)



FIVE TIPS for caregivers

1

MANAGE YOUR STRESS LEVEL

Consider how stress affects your body (stomach aches, high blood pressure) – and your emotions (overeating, irritability). Find ways to relax.

2

BE REALISTIC

The care you give does make a difference, but many behaviors can’t be controlled. Grieve the losses, focus on positive times as they arise and enjoy good memories.

3

GIVE YOURSELF CREDIT, NOT GUILT

It’s normal to lose patience or feel like your care may fall short sometimes. You’re doing the best you can. For support and encouragement, join [ALZConnected.org](#), our online caregiver community.

4

TAKE A BREAK

It’s normal to need a break from caregiving duties. No one can do it all by themselves. Look into respite care to allow time to take care of yourself.

5

ACCEPT CHANGES

Eventually your loved one will need more intensive kinds of care. Research care options now so you are ready for the changes as they occur.

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Sharing First-Hand Accounts of Military Service

More than a century after the signing of the Treaty of Versailles ended World War I, stories told by American veterans who served during this pivotal time offer fascinating insights into this period.

To preserve and share history as it happened through the lens of those who lived it, the Library of Congress Veterans History Project (VHP) collects these stories, and the stories of veterans who followed.

The individual stories of many of the veterans involved have been lost to time; however, the program encourages military veterans to document their experiences via first-hand oral histories, photos or written accounts. The stories are then made accessible so current and future generations may better understand what veterans experienced during their service.

As time passes, new submissions from veterans who served in World War I have become increasingly rare, but occasionally, something special is uncovered, such as two submissions from Sherie Lockett: collections from her grandfathers, both African American World War I veterans.

Containing 34 original letters, Jessie Calvin Lockett’s collection provides a unique insight into his experience serving in France as a stevedore, loading and unloading cargo ships.

The collection of Sherie Lockett’s grandfather, Arthur Singleton, includes a unique find: a 105-year-old diary.

When Singleton joined the Army in 1918, he was assigned to the 803rd Pioneer Infantry Brigade, a segregated unit tasked with constructing and repairing infrastructure.



Singleton’s diary is notably VHP’s first written account from a Black soldier who served during World War I. Entries detail his time in service, from training at Camp Grant to enduring harsh conditions en route to Europe aboard the USS Mannequin. He describes arriving in Scotland, traveling to France for further training and being sent to the front lines on Nov. 11, 1918, the same day the Armistice took effect.

His combat experience lasted only six hours, but his time in Europe extended beyond the ceasefire. Post-combat entries describe camping at Menil-La-Tour, receiving a promotion to Platoon Sergeant, recovering U.S. property from the trenches and visiting Paris.

He also candidly recounts instances of racism from fellow American troops while abroad – including being denied service at his base canteen and harassed out of a theater – and shared how his unit was assigned “background” work while white engineer units received recognition for digging trenches on the front lines.

Thanks to their granddaughter’s donation of their letters and diary to the effort, VHP can share Jessie Lockett’s and Singleton’s experiences and perspective as Black soldiers during World War I. While the program requires first-hand submissions, the stories of veterans who served long ago and have already died still may be included through similar donations of diaries or pre-recorded videos.

To read more veterans’ stories and learn more about how you or a loved one can contribute to the program, visit loc.gov/vets.

(Family Features)

Cider-Baked Chicken & Sausage

The sweet-tart flavor of apple cider is used as a marinade for this hearty dish. Prepare the marinade in the morning before dashing out the door, place it in the refrigerator, and its ready to pop into the oven for dinner when you get home.

- Ingredients:
- 1 large onion, cut into eighths
 - 1 large lemon, sliced into rounds
 - 2 cups apple cider
 - 1/4 cup olive oil
 - 1/4 cup chopped fresh sage, plus more for garnish
 - 2 Tbsp. apple cider vinegar
 - 2 tsp. Dijon mustard
 - 2 bay leaves
 - 1/2 tsp. salt
 - 1/2 tsp. freshly ground black pepper
 - 4 chicken legs
 - 4 chicken thighs
 - 1 12-ounce package chicken-apple sausage
 - 2 large apples, each sliced into eighths
 - 1 lb. small, red skinned potatoes, halved
 - 1 jalapeno pepper, stemmed, seeded, and finely chopped
 - 2 tablespoons chopped fresh cilantro (optional)

Directions:

- Place a gallon size heavy-duty zip-top bag into a large bowl. Place the onion and next 9 ingredients into the zip-top bag, combining well. Add the chicken and chicken-apple sausage to the marinade. Close the bag, place in the refrigerator to marinate for at least 4 hours or up to 24 hours.
- Preheat oven to 450 degrees. Arrange the chicken pieces in a large roasting pan skin-side up. Pour all of the marinade, including onions and lemons over and around the pieces. Tuck the sausages, apples, and potatoes around the chicken. Cook for 1 hour and 15 minutes, turning sausages about halfway through to cook evenly. Arrange chicken, sausages, and potatoes on a platter and sprinkle with chopped fresh sage.

3. Prep Time: 15 Minutes (not including marinating) Servings: 7

Recipe courtesy of US Apple Association



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What Older Adults Need to Know About Flu and COVID-19 Vaccines

Colder weather brings a change in seasons and often an uptick in flu and COVID-19 cases. The viruses that cause COVID-19 and flu keep changing and infecting thousands of people each year, with older adults being most at risk. The vaccines are updated to provide protection against the viruses currently circulating in communities.



“Vaccines are the best way to prevent serious illness from flu and COVID-19,” said Dr. Nirav D. Shah, principal deputy director of the U.S. Centers for Disease Control and Prevention (CDC). “People who get flu or COVID-19 after getting vaccinated are much less likely than those who did not get a vaccine to get very sick or go to the hospital.” Here are answers to commonly asked questions about flu and COVID-19 vaccines from the U.S. Department of Health and Human Services *Risk Less. Do More.* public education campaign.

Which older adults should get vaccinated? The CDC says all people ages 6 months and older should get updated 2024-2025 COVID-19 and flu vaccines. Adults ages 65

and older have the greatest risk of sickness or having to go to the hospital from infection. Getting these vaccines is important for older people who live in nursing homes or other places where a lot of people live together and viruses can spread easily.

When should older adults get vaccinated? The best time to get the flu and COVID-19 vaccines is in September and October. If that’s not possible, then getting vaccinated later in the fall and winter can still help limit serious symptoms. Getting these vaccines early is not recommended given that immunity may start to wane just as respiratory viruses usually peak.

Can older adults get the flu and COVID-19 vaccines together? It is safe for older adults to get both the flu and COVID-19 vaccines at the same time. For most people, it’s also simpler to get them during the same visit. Getting the vaccines in different arms is recommended.

Why should older adults get vaccinated? Vaccines are the best way to protect yourself from serious sickness and death. Older adults have a higher risk of serious illness. As people grow older, their immune systems tend to weaken, and older adults are more likely to have pre-existing health issues that may put them at higher risk. Most people who end up in the hospital for flu or COVID-19 are older adults – especially older adults who have not been vaccinated. More than 95% of adults who went to the hospital for COVID-19 last year had not gotten the updated vaccine.

What should people who support older adults with their health care decisions know? Flu and COVID-19 vaccines help people *risk less* severe illness and *do more* of what they enjoy. Yet many people are unaware of the benefits of these vaccines. That’s why it’s important that people talk with their older family members about getting flu and COVID-19 vaccines this season.

Talk to your doctor about the updated flu and COVID-19 vaccines as well as treatment options. You can also learn more at [cdc.gov/RiskLessDoMore](https://www.cdc.gov/RiskLessDoMore). (Family Features)

IRS Online Account and Identity Protection PINs protect against identity thieves and scammers

YOUR TAXES
by MEG CHEVALIER
IRS/SPEC

IRS Identity Protection PINs, or IP PINs, are a vital tool to protect taxpayers from identity thieves. The IRS encourages taxpayers to get an IP PIN and establish their IRS Online Account. These tools help guard against fraudsters trying to steal personal and financial information.

Important things to know about an IP PIN

- It’s a six-digit number known only to the taxpayer and the IRS.
- The program is voluntary, though it’s strongly encouraged.
- In cases of proven identity theft, taxpayers will be assigned an IP PIN.
- The IP PIN should be entered on the electronic tax return when prompted by the software product or on a paper return next to the signature line.
- Only taxpayers who can verify their identity can get an IP PIN.
- Tax professionals cannot get an IP PIN on behalf of their clients.
- Each IP PIN is valid for one year. When it expires, a new one is generated for security reasons.
- Some participants will receive their IP PIN in the mail. Others will have to log in to the Get an IP PIN tool to get their IP PIN.
- Taxpayers already enrolled in the program can log in to the [Get an IP PIN](#) tool to see their current IP PIN.
- Taxpayers with an IP PIN must use it when filing any federal tax returns during the year, including prior year tax returns or amended returns.
- IP PIN users should share their number only with the IRS and their tax preparation provider.
- The IRS will never call, email or text the taxpayer to request their IP PIN.

How to request an IP PIN

After a taxpayer verifies their identity, the [Get an IP PIN](#) tool lets people with a Social Security number or individual taxpayer identification number to request an IP PIN online. Taxpayers should review the [identity verification](#) requirements before they use the Get An IP PIN tool.

Tax professionals should advise clients affected by identity theft to request an IP PIN. Even if a thief has already filed a fraudulent tax return, an IP PIN could prevent the taxpayer from being a repeat victim of tax-related identity theft.

Taxpayers who can’t validate their identity online can still get an IP PIN Taxpayers who can’t validate their identity online and whose income is below a certain threshold can file [Form 15227 \(EN-SP\), Application for an Identity Protection Personal Identification Number](#). The 2024 threshold is \$79,000 for individuals or \$158,000 for married couples filing joint returns.

Taxpayers who can’t validate their identity online or by phone, those who are ineligible to file a Form 15227 or those who are having or technical difficulties can make an appointment at a Taxpayer Assistance Center at 1844-545-5640.

For more information, please visit [IRS.gov/IP PIN](https://www.irs.gov/IP-PIN)

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Sports



UP THE GUT: Michael Messina picks up some yards. *(Photos by Leo van Dijk/rhodyphoto.zenfolio.com)*

Lions roll past Panthers

JHS football heads to EG next

FROM STAFF REPORTS

The Johnston football team fell to Lincoln 36-18 last weekend at home as it dropped to 1-4 this season. Johnston quarterback Matt Clements was sharp despite the loss, finishing 14-of-24 passing and tossing three touchdowns and 176 yards. Freshman Lyalo Harrison-Perez continued to impress in his breakout season, leading the team in receptions (6), yards (87) and hauling in a pair of touchdowns. Michael Abbruzzi scored Johnston's other touchdown in the



EXTRA POINT: Jayden Ponte kicks the point after attempt.

RPI system receives mixed reviews

If you couldn't tell by now, I am a traditionalist. I am of cheap taste, I don't like anything extravagant, and I certainly don't like getting fancy when it comes to sports. I like keeping things black and white. I don't like gray areas.

That said, we are coming toward the end of the regular season and have seen the Rhode Island Interscholastic League's first season of its new rating percentage index system play out, and I am not a fan.

The RIIL introduced this RPI system this season in determining play-off seeding and the standings. Other entities including the NCAA, for example, use this procedure as well. It has been done before.

In simple terms, playoff seeding is determined by the quality of wins teams earn during the regular season rather than the traditional number of wins overall. The formula takes into account a team's opponent's division and its win percentage. If you beat a Division I team, that counts more than beating a Division II team. If you beat a good Division I team, that counts

My pitch



by
ALEX
SPONSELLER
SPORTS EDITOR

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more than beating a bad Division I team.

Football, from what I understand, was the driving force behind the RIIL switching to this system. Rhode Islanders have been pretty annoyed, to put it kindly, in recent years when it comes to the league's football alignments and this was the league's response in trying to appease the viewers. Now, teams not named Bishop Hendricken and La Salle can have a chance at taking the top seeds depending on how they manage their schedules and which teams they beat.

To be frank, I know my coaches have not enjoyed the experience.

Before the fall started, it was up to the coaches and

■ PITCH - PAGE 26



CLEARING THE ZONE: Johnston's Maylin Dubon Najera passes the ball. *(Photo by Alex Sponseller)*

Roundup: Panthers fall to Mariners

FROM STAFF REPORTS

The Johnston girls soccer team fell to Narragansett earlier this week to drop to 1-14 this season. Olivia Iafrate scored the Panthers' lone goal while

■ FALL - PAGE 26

■ PANTHERS - PAGE 26

Shark predation increasing

By CAPT. DAVE MONTI

Shark predation, sharks eating an angler's catch as they bring it to the boat, has been increasing exponentially. And it is not very pretty.

The cod fishing this month has been hit or miss at the East Grounds, Cox Ledge and Sharks Ledge off Rhode Island. However, the bite at Georges Bank off Massachusetts and Rhode Island has been good but with an increase in shark predation.

Scott Travers, Executive Director of RI Saltwater Anglers Association (RISAA) said, "My largest cod was about 15 pounds, and I lost a real large one to a shark and the end of the day." Scott and his Association fished the Georges Bank area on the Capt. John, a Helene H party boat out of Hyannis, MA.

This year shark predation when anglers fished for striped bass, summer flounder and now cod has been increasing. This summer the number of striped bass entered in the Block Island Inshore Fishing Tournament was down dramatically due to shark predation.

Shark predation needs further study by NOAA and the recreational fishing community as to why it is increasing and how to lessen its impact.

Artificial reefs to help stop erosion, enhance fishing and aquaculture

Two years ago, Mike Wade, owner of Watch Hill Outfitters, Westerly, said, "The town is considering pumping more sand on the beaches from out in front of our beaches. The idea is to replenish the sand from storm erosion. The only negative is that sand will wash away too. I think artificial reefs could be an answer and provide new habitat for fish to grow that anglers can catch."

This year Mike Wade mentioned the challenge to Rich Hittinger, 1st Vice President of the RI Saltwater Anglers Association and chair of their legislative committee and they were both off and running on the initiative.

Their search led them to two University of Rhode Island School of Ocean Engineering professors, Doctors Annette and Stephan Grilli, who along with their graduate students were modeling the possible impacts of different reef configurations to help absorb ocean energy and protect our coastal shores from storm events and normal wave action made even more intense by various climate impacts.

Hittinger said, "We also looked at the work researchers and scientists from the University of Miami are doing. They recently sunk 27 interlocking concrete structures that will form two hybrid reef units 1,000 feet offshore of North Beach Oceanside Park, Miami Beach. These structures have holes and a hollow core to absorb the wave energy."

Anette and Stephan Grilli have been working with their graduate students to model the effectiveness of various options for artificial reef design, size, and placement in Rhode Island Sound just off the barrier beach that separates Ninigret Pond from the ocean.

Hittinger said, "Through their work they have identified design features and reef placement that improve the function of artificial reefs both during intense storm events like Super Storm

Sandy and during average sea state conditions. Their results confirmed that a properly designed artificial reef would significantly reduce the wave energy reaching the shoreline, the mean current magnitude along the shoreline, and the subaerial eroded volume of the beach-barrier system, particular during storm events."

Last week staff from the Rhode Island US congressional delegation, state senators and representatives, the Department of Environmental Management, Coastal Resources Management Council, and a host of environmental groups met during a RISAA online workshop to discuss project, next steps and how all can help seek funding and necessary permits to build the project.

For information about the initiative contact Rich Hittinger at richhittinger@gmail.com.

Where's the bite?

Striped bass, bluefish, bonito. Declan O'Donnell of Breachway Bait & Tackle, said, "Customers are catching inside on salt ponds with soft plastic lures and bucktails, as well as live eels. Off the point swimming plugs as well as surface lures are producing. Many healthy fish in the 20 lb class were taken this week. A few bluefish around but not crazy numbers."

East End Eddie Doherty, Cape Cod Canal fishing expert and author, said, "Striped bass are loading up on baitfish for their journey south and the new moon lit up the canal with slots plus over 40 inch fish riding the east tide in from Buzzards Bay." "We saw a big uptick in the amount of school and keeper bass in Apponaug Cove and Greenwich Bay this past week with larger fish being caught off Newport and in the East Passage," said Tom Olson of Ponaug Bait & Tackle, Warwick.

Cod fishing. See above story.

Tautog. "Most of the by catch like scup and seabass have moved to deeper water making it a bit easier to just target tog. If you drop a crab and get no tautog bites move to a new spot. Like I said where there is one there is more. Yes the bite can get better as the tide starts moving, often times if you are simply in the right spot you can find pretty consistent action," said O'Donnell of Breachway Bait & Tackle.

Olson of Ponaug Bait & Tackle, said, "Tautog fishing exploded this week with customers catching their limit of three fish with the General Rock and Hope Island North Kingstown, RI areas working well for anglers."

Freshwater fishing is outstanding, particularly in RI and MA waterways that have recently been stocked with trout. The largemouth bass bite has been good too as fish are starting to stage in fall areas. Trout stocking locations in Massachusetts are updated daily, visit Trout stocking report | Mass.gov for an interactive map. Visit www.dem.ri.gov/fishing for waterways stocked in RI.

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



BIG COD: Scott Tavers, Executive Director of the RI Saltwater Anglers Association, caught cod to fifteen pounds on a recent Association trip. (Submitted photos)



SHARK PREDATION: Shark predation, when sharks eat an angler's catch as they bring it to the boat, is not very pretty but is increasing in our region. This cod fish was eaten by a shark at Georges Bank two weeks ago.

RIC women's swim drops season opener

FROM STAFF REPORTS

Junior Morgan McCann (Pawtucket) took home three individual event titles as Rhode Island College lost at Western New England, 156-96 in each club's 2024-25 season opener at the Anthony S. Caprio Alumni Healthful Living Center on Saturday afternoon.

McCann finished first in the 50-yard breaststroke (37.03), 100-yard breaststroke (1:21.25) and 100-yard IM (1:13.71) and second in the 200-yard medley relay (2:11.06).

Freshman Grace Theriault (Windham, Maine) finished first in the 200-yard freestyle (2:21.47), second in both the 200-yard medley relay (2:11.06) and the 500-yard freestyle (6:34.75) and fourth in the 50-yard freestyle (30.73). Fifth-year Alina Krafon (Wakefield) finished second in the 200-yard medley relay (2:11.06), 100-yard butterfly (1:16.09), 100-yard freestyle (1:04.13) and the 50-yard butterfly (30.62).

Freshman Taryn Reed (Pascoag) finished second in the 200-yard medley relay (2:11.06), 50-yard backstroke (36.43) and 100-yard backstroke (1:18.29) and third in the 500-yard freestyle (6:57.13). Freshman Tiana Huang (East Greenwich) finished second in the 1,000-yard freestyle (16:06.73), third in the 200-yard freestyle relay (2:35.35) and fourth in both the 50-yard backstroke (45.56) and the 100-yard IM (1:31.35).

Sophomore Kate Clayman (Smithfield) finished third in the 100-yard breaststroke (1:35.89), fourth in both the 200-yard freestyle (2:52.92) and the 200-yard medley relay (2:54.94) and fifth in the 50-yard breaststroke (44.91). Sophomore Abigail Steinhilber (Warwick) finished third in both the 1,000-yard freestyle (17:44.25) and the 200-yard freestyle relay (2:35.35), fourth in the 100-yard backstroke (1:36.65) and seventh in the 50-yard freestyle (40.75).

Junior Olivia Landy (Lincoln) finished third in the 200-yard freestyle relay (2:35.35), fourth in the 200-yard medley relay (2:54.94), fifth in the 100-yard butterfly (1:45.20) and sixth in the 50-yard butterfly (48.38).

Sophomore Brea Alves (West Warwick) finished third in the 200-yard freestyle relay (2:35.35), fourth in the

200-yard medley relay (2:54.94) and sixth in both the 50-yard freestyle (39.72) and the 100-yard freestyle (1:35.96). Sophomore Elizabeth Shepard (Smithfield) finished fourth in both the 100-yard butterfly (1:41.18) and the 200-yard medley relay (2:54.94) and fifth in both the 50-yard butterfly (44.82) and the 100-yard freestyle (1:25.14).

In upcoming action, Rhode Island College will compete at the University of Saint Joseph on Friday, Oct. 18 (5 p.m.).

RIC volleyball swept

Sophomore setter Grace Luchka (North Scituate) handed out a season-high 14 assists, go along with nine digs, as Rhode Island College fell, 3-0, at UMass Boston on Saturday afternoon.

The Anchorwomen would get off to a slow start in the first set as the Beacons would go on a 10-0 run and close out the stanza with an 11-point, 25-14, decision. The second set would not look much different as UMass Boston won, 25-16, thanks to 15 combined kills from the hosts in that frame.

RIC found a rhythm in the third set, due to a pair of attack errors from the Beacons, but it would not be enough as the Anchorwomen were unable to mount a comeback and fell by four, 25-21. Sophomore outside hitter Sarina Marines (Cranston) led the way offensively for the visitors with nine kills and a pair of aces.

Sophomore defensive specialist Carolyn Bailey (Ipswich, Mass.) put in a strong defensive effort with a team-high 16 digs.

In upcoming action, Rhode Island College played at Emmanuel on Wednesday.

Anchorwomen pick up soccer win

Senior midfielders Cameron Chalue-Feeney (Barrington) and Anthony Recinos (Providence) each scored as Rhode Island College improved to 4-1 in the Little East with a 2-1 win vs. Southern Maine at Hannaford Field on Saturday afternoon.

Chalue-Feeney scored his first collegiate goal in the 20th minute, converting a pass from junior back Ahrian Vazquez (Pawtucket). Vazquez also notched his first career point with the assist. Recinos

tallied his team-leading sixth goal of the season 11 minutes later to give the Anchorwomen a 2-0 lead.

However, the Huskies would score a minute later to make it 2-1, and cut the deficit to one, but would not net the equalizer as RIC notched its fourth league win of the year.

RIC senior goalkeeper Wesley Perrotto (Pembroke, Mass.) made three saves in the win (6-2-1).

The Anchorwomen were without four starters in the win.

Anchorwomen shut out

Senior goalkeeper Chloe Angelone (Bayville, N.Y.) put in a resilient effort with nine saves as Rhode Island College fell, 1-0, vs. first place Southern Maine in Little East women's soccer action played at Alumni Stadium on Saturday afternoon.

After 16 shots in the first half, Husky freshman midfielder Meghan Przybilla (St. Anthony, Minn.) slotted one into the back of the net in the 40th minute with what would prove to be the game winner.

Southern Maine dominated possession for the majority of the game until the hosts ratcheted up the pressure in the final 10 minutes. Sophomore midfielder Grace Aukerman (Ashford, Conn.) nearly scored the equalizing goal in the 88th minute, but her shot from 10 yards out was blocked for a corner kick. Senior goalkeeper Hunter Stonebreaker (Mont Vernon, N.H.) got the win (5-1-2) for the

Huskies with one save.

Angelone took the loss (4-6-2).

The Anchorwomen celebrated Senior Day the previous game as senior goalkeeper Angelone, senior back Delaney LaRose (Johnston), senior back Gabrielle McGowan (Warwick), fifth-year midfielder Samantha Rogers (Coventry), senior midfielder Marissa Ruzzano (Smithfield), senior forward Tayla Salome (Lincoln) and junior midfielder Jenna Soden (Leicester, Mass.) were recognized along with their families.

The game was scoreless through the first 45 minutes. Rogers nearly scored her first collegiate goal in the 30th minute when she chipped a shot over the head of GC senior goalkeeper Kaitlyn Mini (Malden, Mass.) that was destined for the lower right corner before Mini recovered and corralled the loose ball.

Cary put the hosts on top when she collected a loose ball after a RIC corner kick attempt and banged home her third of the season.

Gordon sophomore forward Eowyn Lapp (Saratoga Springs, N.Y.), the Fighting Scots leading scorer, set up classmate midfielder Liana Hanley (San Diego, Calif.) for the equalizer with 15 minutes left to go in the game.

Senior defender Kristi DiRico (Wayne, Pa.) nearly won the game for the visitors with 2:35 left when she ripped a shot off the crossbar.

Angelone made five saves in the tie (4-5-2).

Northeast Impact Softball partners with Fast Pitch Nation to bring new youth tournaments to RI

FROM STAFF REPORTS

One of the oldest girls fastpitch softball leagues in the state has joined forces with an organization known for being the largest dedicated fastpitch softball complex in the Northeast. Together, they will bring a series of new Youth Softball Tournaments to Rhode Island. Pawtucket-based Northeast Impact Softball and Connecticut-based Fastpitch Nation have recently announced seven new softball tournaments hosted here in the Ocean State. Impact Tournament Director Joe Tortolano shares "What Fastpitch Nation has built for girls' softball is fantastic. The organization has become the largest and most respected fastpitch tournament provider in New England. Since 2019, Fastpitch Nation has hosted more than 6,000 teams and more than 17,000 games. Teams are coming from all over the New England Region, and be-

yond. We view our collaboration as not only a chance to widen softball's competitive landscape but to also bring business to our state. Each tournament will bring athletes, families, friends, and officials who stay in hotels and motels, dine in restaurants, enjoy attractions, and shop in our communities. Our children will have the opportunity to play amazing softball, and our local businesses will be here to welcome out-of-state visitors"

The first co-branded tournament will be held in May, with additional events at the 12U, 14U, 16U and 18U levels hosted throughout the summer months. The season will end with the final tournament held in late October. The schedule also includes a Showcase tournament, specifically designed for young athletes looking to play in front of college coaches and scouts in an effort to be recruited.

"Impact has had a won-

derful working relationship with various colleges and universities. Our 2025 showcase tournament will allow us to once again present these strong, young competitors to school programs" notes Andy Goodhart, head of Player Development at Northeast Impact. "Having the partnership with Fastpitch Nation means Rhode Island athletes will have the strongest competition available, and these showcase games will allow all players the chance to shine." Teams may register for tournaments by visiting www.playfpn.com

About Northeast Impact: Founded in 2008, NE Impact Girls Fastpitch Softball Organization is a non-profit 501(c)(3) located in central Rhode Island that develops the complete athlete. Athletic ability is only a part of the total team player at Impact. We strive to promote respect, good sportsmanship, team bonding and growth on and off the field.

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■ Fall

(Continued from page 23)

Danielle Berios recorded 15 saves in net for the Panthers.

BOYS SOCCER
Toll Gate 4, Johnston 3
The Panthers took a tough loss to divisional foe Toll Gate last week. Steven Vera Vaca, Sebastian

Saucedo and Freddy Magana Landerverde all recorded goals in the loss while Miguel Santamaria and Jayden Corrales also tallied assists. Josue Vasquez finished with three saves in net for the Panthers.



THE SNAP: Johnston center Nick Testa snaps the ball.

■ Panthers

(Continued from page 23)

loss. The Panthers took home their first win the previous week, keeping their playoff hopes alive by topping Chariho 37-12 on the road. Clements threw for over 200 yards in the win along with five touchdowns in the air. James Estrada caught three touchdowns from Clements and recorded over 100 yards receiving, while Har-

rison Perez finished the day with 66 yards receiving with a touchdown. Yadier Grullon also hauled in a Clements touchdown pass in the victory. Dean Paris led the team in rushing with 53 yards on the ground while also scoring a 2-point conversion. Jayden Ponte also rushed for a 2-point play. The Panthers will be on the road to take on the East Greenwich Avengers this Friday night. EG has won one game as well, with the matchup being a possible must-win for each club. Johnston then will head to Warwick the following week to take on Pilgrim before returning home against Classical for the season finale.

■ Pitch

(Continued from page 23)

athletic directors to create their own schedules. That is why we have seen so many crossover games across all sports. DI teams facing DII squads, DIII teams facing DIV clubs. It's been a big hodgepodge and I know it was a headache for those administrators trying to finalize their schedules in the weeks leading up to their deadlines. Now, as the playoffs approach, I have had several coaches across different sports voice their displeasure in how things are going. The primary issue is teams not knowing where they'll be seeded despite having only a few games left. The results can range widely and keeping up with every other team's situation within their division is impossible. Well, close to impossible. "We lead the division in wins, but are in second place with two games left. The team in third could leapfrog us, but so could the team in fifth. We really don't know at this point." That is not an actual quote, but those are the types of comments I've been getting off the record pretty regularly the past week or two. What a headache for coaches, players, and grumpy media members like myself. So, this is why I am always for a standard setup. Select a number of divisions, divvy out teams, and then go based on number of wins with tiebreakers if needed. Simple as that. When it comes to football, I know it is frustrating, but I am for keeping the Hawks and Rams in a normal Division I and letting the chips fall as they may. In hindsight, having a DI Super Bowl and a separate State Championship actually was not all that bad, either. Instead of using the RPI and getting cute, let's just get back to basics. Sure, you're never going to please everyone and there is no full-proof was of ensuring universal fairness for every single team in the state. It's just not possible. I have said this in the past a million times, but I believe that the RIIL should realign the divisions annually and base its decisions on class sizes and age, as well as winning percentages the previous year. Teams should have to report a projected number of seniors, juniors, sophomores, and freshmen in their respective programs and if you have a lot of upperclassmen, then you should be placed in a higher division. Yes, those projections may be hard to come up with weeks before opening day, but coaches generally have a pretty good idea. They can even report names of returning players if need be. That is a hectic formula as well, but if we are going to be ripping things apart, that is my suggestion. Again, I am all for simple solutions. This RPI system, although not the worst idea I have seen or heard, is pretty messy. It almost defeats the purpose of divisions. It completely defeats the purpose in the regular season if we're being honest. We'll see how the final couple weeks play out here. I am sure that I will receive feedback and will keep you in the loop.

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| 165 Holland St | Lot 16, Briggs, James A and Briggs, Jessica M | Briggs, Jason M | 9/26 | \$350,000 | 46 Sprague Ave | Irons, Joshua | Pierce Jr, Charles and Pierce, Kerrie | 9/26 | \$500,000 |
| 20 Warren Ave | Calise Prop LLC | Raposo, Tatiana | 9/23 | \$400,000 | 51 Tomahawk Ct | Mcmahon, Kelton W and Sinkelman, Molly A | Black, Conner J | 9/26 | \$480,114 |
| 201 S Clarendon St | Tull, Andre | Guerrero Martine, Wilkin A and Sanchez, Rafaela B | 9/25 | \$399,900 | 56 Lawndale Dr | Kennedy, Donna | Osborne, Colleen | 9/23 | \$640,000 |
| 203 Bay View Ave | Ou, Heak and Ear, Lakthong | Ramos, Ramon C | 9/27 | \$300,000 | 60 Inez Ave | Romano 4th, Michael | Miller, Ann M | 9/26 | \$399,900 |
| 204 Elena St | Joseph & Colleen Cahir T and Cahir, Colleen | Pimentel, Felix M | 9/23 | \$617,000 | 64 Sunset Ave | Moran, William A and Moran, Kathy D | Romano 4th, Michael | 9/26 | \$415,000 |
| 207 Smith St | Voeung, Pisoth C and Voeung, Powers S | Nadir, Randolph J | 9/23 | \$350,000 | 70 Broadbent St | Delillo, Matthew S | Coria, Abbigayle | 9/26 | \$400,000 |
| 212 Pawtuxet Ave | Hoogeboom, Karst R and Hoogeboom, Sheila | Weissman, Elodie and Gonzalez, Carlos | 9/27 | \$639,000 | 86 Carlton Ave | Gregory, Deborah A and Gregory, Michael E | Sheerin, Yvonne A | 9/27 | \$435,000 |
| 250 Hazelton St | Allen, John F | Harris, Julia | 9/26 | \$465,000 | 86 Carlton Ave Lot 316 | Gregory, Deborah A and Gregory, Michael E | Sheerin, Yvonne A | 9/27 | \$435,000 |
| 29 Seminole Trl | Linda B Desjarkais RET and Lombardi, Guyde A | Barbato, Kyle and Manzi, Brianna | 9/26 | \$415,000 | 95 Tampa Ave Lot 557 | Amado, Patricia | Jpmw LLC | 9/23 | \$150,000 |
| 3 Gray Coach Ln Lot 301 | Hodess, Mary L | Maggiacomo, Darlene and Kohler, Thomas J | 9/27 | \$420,000 | 95 Tampa Ave Lot 558 | Amado, Patricia | Jpmw LLC | 9/23 | \$150,000 |
| 32 Hillwood St Lot 2 | Arriaza, Michele L and Buren, Veriel | Murray, Donnell and Robinson, Tena T | 9/25 | \$250,000 | 95 Tampa Ave Lot 559 | Amado, Patricia | Jpmw LLC | 9/23 | \$150,000 |
| 333 Beckwith St | Susan J Hill Ft and Hill, Susan J | Martinez, Osman | 9/27 | \$347,000 | 95 Tampa Ave Lot 560 | Amado, Patricia | Jpmw LLC | 9/23 | \$150,000 |
| 4 Whipple Ave | Lucchetti, Armand A | Hiciano Rosario, Juan D | 9/24 | \$575,000 | 95 Tampa Ave Lot 561 | Amado, Patricia | Jpmw LLC | 9/23 | \$150,000 |
| 43 Queen St | Laurel Hill Prop LLC | Valenzuela-Gamez, Elmer | 9/23 | \$500,000 | 95 Tampa Ave Lot 557 | Oakes Susan Est and Costa, Barbara | Jpmw LLC | 9/23 | \$33,333 |
| 43 Queen St Lot 646 | Laurel Hill Prop LLC | Valenzuela-Gamez, Elmer | 9/23 | \$500,000 | 95 Tampa Ave Lot 558 | Oakes Susan Est and Costa, Barbara | Jpmw LLC | 9/23 | \$33,333 |
| 46 Oak Hill Dr | Custodio, Jose M and Munrayos, Miriam M | Custodio, Dennis | 9/27 | \$405,000 | 95 Tampa Ave Lot 559 | Oakes Susan Est and Costa, Barbara | Jpmw LLC | 9/23 | \$33,333 |
| 55 Ashley St, Vasco | David T and Vasco, Savitree | Kim, Ou | 9/24 | \$479,000 | 95 Tampa Ave Lot 560 | Oakes Susan Est and Costa, Barbara | Jpmw LLC | 9/23 | \$33,333 |
| 555 Scituate Ave | Nicholson, Myrtle J | Burke, Nathan D and Burke, Tina M | 9/27 | \$380,250 | 95 Tampa Ave Lot 561 | Oakes Susan Est and Costa, Barbara | Jpmw LLC | 9/23 | \$33,333 |
| 59 Salem Ave | Buerman, Rosemarie and Buerman, Meghan R | Buerman 3rd, Frederick | 9/25 | \$485,000 | 99 Post Rd Lot F4 | Steere, Alison L | Spremulli, Lucas G | 9/27 | \$425,000 |
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| 61 Keith Ave | Bucci Philip V Est and Bucci, James V | Love, Micaela | 9/27 | \$379,900 | | | | | |
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| 80 1st Ave Lot 2688 | Vargas, Jessica | Oconnell 3rd, Edmund F | 9/25 | \$365,000 | | | | | |
| 84 Madison Ave | Guard, Michele and Ferragamo, Christine | Pezza, Michael | 9/23 | \$422,500 | | | | | |
| 922 Park Ave | Perez, Miramor G and Reyes, Marlene S | Rivera, Widalys G | 9/24 | \$555,000 | | | | | |
| EXETER | | | | | 1115 Pinewood Dr | Greenles, Joshua and Greenles, Chelsea | Nguyen, Vincent and Nguyen, Jenny Q | 10/1 | \$461,000 |
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| 48 Lake Shore Dr | Karen L Chew T and Chew, Karen L | Autiello, Thomas A and Autiello, Kim M | 9/30 | \$275,000 | 44 Overhill Dr | Rossi, Robert | Gomes, William C and Gomes, Debra P | 9/26 | \$375,000 |
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While the
Ocean State
sleeps,
WPRI's
Joe Cortese
plunges

Joe Cortese with Dakota in front of his cold plunge pod. (Photos courtesy of Joe Cortese)

By JESSICA MCCARTHY

With a season of shorter days approaching, wakefulness and how to overcome the darkness with less yawning is on our minds.

Rhode Islanders with unorthodox sleep schedules might help us with how they get and keep their day going when they are trying to function, while the body is registering that it's still dark outside.

Joe Cortese offers a chilling suggestion, one that he follows at least five days a week. Joe is the weekend anchor for the morning show and morning reporter for WPRI 12. Since graduating from Keene State College in 2017 he has worked as a camera operator, baseball coach, and many other roles where perhaps a middle of the night wake-up was less necessary. After landing a reporting job for a station in Bangor, Maine about four years ago he found his love in TV. He arrived at WPRI in 2022 and now shows up to anchor about 3:30 a.m.

For many of us that 3 a.m. window is the witching hour, when only haunted beings and nocturnal animals have any business being out and about. Not for Joe or Dakota.

Dakota, Joe's 7-year-old German Shepherd Collie mix, might rather not be placed into this category of nocturnal animals. She rises with him out of concern, sleepily from her cozy bed, and follows him out to the yard for a cold plunge in an icy pod. She sets up guard while Joe plunges, looking on in concern and sometimes whining. Joe thinks it's because she is concerned for his safety with his often dramatic-sounding breathing, it might be because she wants to stay in her cozy bed.



■ PLUNGE - PAGE 30



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■ Plunge

(Continued from page 29)

Dakota asks, “why, oh why,” and well, so did we. “Because,” Joe says, “after that plunge you’re wide awake.”

“When I wake up at 2 a.m. I don’t look at my phone, I don’t eat or drink, I go directly outside into the cold plunge pool for about 1 to 3 minutes. This forces me to pay attention to only this and set my intentions for the day. I don’t see phone notifications, don’t see what happened on social media the night before, and this allows the first thing I experience in a day to be under my own control and hopefully have a positivity about it.”

At the end of each plunge Joe dunks his head underwater. When he comes up, it's like a breath of fresh (er, freezing cold) air at 2 a.m.

As for the rest of Joe's schedule, it looks a little like this:

2 a.m. wakeup.

Plunge, with Dakota by his side full of concern.

Breakfast.

Shower (at least 30 minutes after plunge).

Grabs a shirt, with his suits at the station already.

Puts Dakota back to bed where she belongs as a diurnal animal.

3:30 a.m. at the station and making sure you're informed with the news!

9 a.m. is lunchtime in Joe's world.

Noon heads home for his "nightly" ritual.

Then exercise, walking Dakota, living life.

Dinner around 4 p.m. and in bed around 5 p.m.! Joe credits blackout shades, banishing screens at bedtime, and a noise-maker, in addition to his precise scheduling, with allowing him to thrive on this type of schedule.

Why plunge when you
could just Run on
Dunkin'?

Both cold plunges and coffee have their own unique benefits and can serve different purposes, especially when it comes to starting your day or boosting energy and alertness.

Joe feels less cold during the winter months because he develops a tolerance for the cold, and it's also been shown to help with muscle recovery and reduce inflammation.

Joe takes his plunge in an inflatable trough held up by eight rods. On hot summer days. He chills his dip to about 45 degrees or lower with three or four liters of water that have been frozen. With the outdoor temperatures dipping it doesn't take as much ice or time to cool his tub.

Joe does drink coffee — sometimes — but never first thing in the morning. Caffeine in coffee is a stimulant that provides an almost immediate boost in energy and alertness but can make some people feel jittery. When dealing with a unique schedule like Joe's, coffee can also deliver a crash from morning in the mid-morning. That's not the case with a cold plunge first thing, says Joe.

And if you're not ready to take a full body plunge, Joe recommends plunging your face into a deep bowl of ice water followed by a cup of coffee to start the day.

Is he ready when we turn our clocks an hour back to standard time on Nov. 10?

Tune in and find out.



Johnston Sun Rise

Cold-water plunging health benefits

The following is from the Mayo Clinic Health System and can be found at <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/cold-plunge-after-workouts>

From ice bucket challenges to polar plunges, people have embraced being doused with or dunked in icy water to raise money for their favorite causes. But can cold water immersion have benefits beyond fundraising?

Research indicates that icy water may have a positive effect on recovery after exercise by reducing inflammation and soreness. It also may help build resiliency, restore balance to the nervous system and improve cognitive function and mood.

What are the basics of cold-water immersion?

A cold plunge or cold-water immersion involves partially or totally submerging yourself in cold water for a few minutes at a time. It can be as simple as sitting in a bathtub filled with cold water and ice cubes or jumping into a cold lake or the ocean. You also can go to a cold-plunge center or create or buy your own cold-plunge tank, which, if it has all the options, can cost up to \$20,000.

Be sure not to plunge into icy waters that have a current, such as a river, to avoid being swept downstream or trapped under ice.

Water should be 50 F or colder. Keep in mind that the water in a frozen lake will be much colder. That's why it's a good idea to measure the temperature before you jump in. The plunge can be done as one continuous session or multiple sessions with breaks between the sessions. Typically, cold-water plungers start with 30 seconds to a minute and work up to five to 10 minutes at a time.

Researchers are still determining the optimum process and timing for cold-water immersion sessions.

You can do cold plunging every day. However, if you're doing it after training, daily plunges could compromise the potential for long-term performance improvements.

What are the benefits for workout recovery or athletic performance?

Research on cold-water immersion has found evidence that it helps reduce the degree of exercise-induced muscle damage that can occur after physically challenging activities. Less damage leads to less inflammation, which in turn reduces soreness and helps restore physical performance the next day.

These benefits may be the result of rapid constriction of the blood vessels due to the cold water. The cold can trigger responses in your body, such as decreased metabolic activity, alterations in hormone production and blood flow, and activation of the immune system.

What are the drawbacks of cold plunges?

The most obvious drawback is the cold and discomfort, although frequent plungers report becoming more comfortable and tolerant of the cold with regular exposure. Depending on the environment, such as plunging into an ice- and snow-covered lake, you also may be at risk for frostbite. Too-long exposure also can lead to hypothermia, so make sure you have towels and warm clothing close at hand if you're doing cold plunges outdoors.

For athletes, cold-water immersion may affect different types of training in different ways. For those engaged in resistance training, cold water may turn down the molecular signaling pathways that are normally activated after exercise. This may hinder long-term improvements in strength, muscle growth and performance. However, cold-water immersion doesn't appear to negatively affect endurance training in the same way.

If you want to give cold-water immersion a try, start by consulting an expert, such as a sports medicine specialist, to ensure you're plunging appropriately and following the right protocol. If you have risk factors associated with cardiovascular disease, such as high blood pressure, check with your primary care provider or cardiologist so you know it's safe for you to cold plunge.

Andrew Jagim, Ph.D., specializes in sports medicine in La Crosse and Onalaska, Wisconsin.

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Angela Brazil as Mr. Drebber, Renata Eastlick as Ms. Sherlock Holmes and Madeleine Maby as Dr. Joan Watson. (Photos by Mark Turek)

Trinity “cheerfully desecrates Doyle”

Theatre Review by
DON FOWLER

Playwright Kate Hamill thrives on reimagining stories

This time around she picks on Sir Arthur Conan Doyle’s Sherlock Holmes and his sidekick, Dr. Watson.

In Trinity’s latest trend to discover female acting talents, director Laura Kepley has recruited two fine actresses with impressive credentials to play Ms. Sherlock Holmes (Renata Eastlick) and Dr. Joan Watson (Madeleine Maby) in the wild and crazy “Ms. Holmes & Ms. Watson — APT. 2B.”

Apt. 2B is the messy London flat of Ms. Holmes who is given a flatmate by her meddling landlady (Angela Brazil).

Hamill reimagines a variety of Doyle’s characters and stories as performed through the thoughts and actions of two women.

Holmes is a chatty, fast-talking detective with a computer-like brain who has never heard of Google as a fact checker.

Watson is a divorced former ER doctor, looking to escape her hectic life.

They are joined by Inspector Lestrade (played by the always hilarious Jeff Church) to solve a murder in the first long act, and move on to more accomplishments in the equally long second act.

The two-and-a-half-hour production takes place in the downstairs theatre, while renovations are going on upstairs. Collette Pollard’s cluttered set is constructed in front of the equally frantic “POTUS,” which is being performed in repertory.

Scene changes at times become awkward, especially the use of a moving doorway used to “enter” Apt. 2B.

Brazil, a 20-year veteran of Trinity’s changing repertory company and church and the hottest actor/director in Rhode Island’s theatre scene, plays a variety of characters, spicing up the action and upstaging Holmes and Watson at every turn.

Subtle and not-so-subtle issues are dealt with as the crew deals with many “elementary” issues, culminating in the final scene where Holmes and Watson deal with their relationship.

While playwright Hamill can get a bit carried away at times, the four person cast shines through in their many roles.

“Ms. Holmes & Ms. Watson — APT. 2B” is at Trinity Rep through Nov. 17. Call 351-4242 or visit www.trinityrep.com/attending/buy-tickets/ for tickets.



Renata Eastlick stars as Ms. Sherlock Holmes.



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