

COMPLIMENTARY

JULY 2020

# The Smithfield *Times*



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# COVID-19 Support Fund *established for Smithfield residents*

By Ron Scopelliti

A homegrown effort to help Smithfield residents who have been impacted by COVID-19 has been attracting donations ranging from individual gift cards to a recent \$10,000 donation from the Smithfield Office Park.

According to Town Manager Randy Rossi, the Smithfield COVID-19 Support Fund was the brainchild of Smithfield Times publisher and former Smithfield State Senator John J. Tassoni Jr.

“He reached out to me and told me what he was thinking,” Rossi recalled. “I said, ‘this is awesome – let’s partner up.’”

Tassoni and the town have been collecting donations since the beginning of April, and working collaboratively with the town’s Human Services Department, the Senior Center, the School Department, and social workers to get gift cards and supplies to residents in need who have been directly affected by COVID-19.

“We’re making sure that we’re actively deploying these assets in order to give back to the residents in need,” Rossi said. “You don’t want to just keep accumulating the funds for a rainy day. We want to make sure we get it back to them as quickly as possible.”

“We’ve had a very good response from the community coming out and giving in different ways,” Rossi said. “It’s been overwhelming, between random people who live in the community,



Smithfield Town Manager Randy Rossi accepts a \$10,000 donation from Axel Stepan, from the Smithfield Office Center, for the Town’s COVID-19 Support Fund which is helping local residents in need by providing them with gift cards for local restaurants and stores.

some of our elected officials; it’s refreshing to see the whole community come together and assist those who we know are struggling during this time.”

Rossi said he is not setting a specific date to end the fund, because the effects of the virus are hitting people at different times, and there is still uncertainty about the duration of the virus and what type of assistance the federal government will be offering.

“The extra unemployment incentive through the stimulus is going to end in July,” Rossi noted. “With the infighting going on in the Senate, it’s difficult to know when that next stimulus bill is going out and what’s going to be included in it.”

Though the donations being collected are currently segregated specifically to help those affected by the COVID-19

crisis, there are plans in place to use any funds leftover when the crisis passes.

“Hopefully once a cure for the virus is upon us and we’re truly through this crisis, we’d look at redeploying it [the fund] through our Human Services Department,” Rossi said. “We’ll make sure it gets into the hands of those who need it if we still have funds available at the end of all this.”

*Those who’d like to make a donation to the Smithfield COVID-19 Support Fund can mail checks or gift cards to the attention of Town Manager Randy Rossi, Smithfield Town Hall, 64 Farnum Pike, Smithfield RI 02917. There is also a secure drop-box for donations at Town Hall, and a PayPal link that can be reached by visiting [www.smithfieldri.com](http://www.smithfieldri.com), scrolling to the middle of the page, and clicking on the link to the town’s e-newsletter.*





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# Smithfield Honors Essential Workers

By Joe Siegel

Members of the Smithfield Police and Fire Departments were honored May 11 for their efforts in keeping the community safe from COVID-19. The event kicked off the beginning of National Police Week, which ran through May 16.

T-shirts with the words #ESSENTIAL WORKER emblazoned on the front were distributed in recognition of public safety personnel, nurses, and doctors who are at tremendous risk during the pandemic.

In addition, Kountry Kitchen will be providing a free breakfast to all the public safety officials as a sign of appreciation.

Owner Lionel Delos, along with Don Falcone, Jr., who operates DMK Sports and Custom Apparel, teamed up for the effort. Both businesses have been struggling due to the economic shutdown.

“We’re trying to find ways to keep ourselves busy yet still stay in the public eye,” Falcone said, noting employees from convenience stores and restaurants were also going to be recognized.

Delos said the purpose was to “reward (essential workers) and to keep our name in people’s minds so they don’t forget us while we’re closed.”

Delos notes the recipients will get a coupon that is good for one free entrée when the restaurant reopens.

Members of the public can buy the shirts online by going to DMK Sports’ website at [dmksports.com](http://dmksports.com).







## Review Your Trust Annually To Protect Your Assets



Medicaid is a state administered program that is funded to a great extent by the Social Security trust fund. It provides for payment of medical services and long term nursing home care for those who qualify.

Because of the ever increasing cost of long term nursing home

care, both the federal and state governments periodically amend the Medicaid statutes and regulations in order to further limit eligibility for the program.

Therefore, if you have had a living Trust prepared to shelter your assets from nursing home expenses and enhance your chances of qualifying for Medicaid long term care benefits after a five year look back period, you should have that Trust reviewed annually and revised if necessary to be sure it conforms to the current Medicaid statutes and regulations.

It is part of my regular practice to prepare living Trusts to both avoid probate of a client's estate and protect their assets from nursing home costs during their lifetime. I also review and update those Trusts, and similar Trusts prepared by other attorneys upon request.

If you are concerned about possible long term care expenses and would like to discuss your concerns with me, please call my office for an appointment. There is no fee for the initial consultation.

— George M. Prescott

Courtesy of:

## **George M. Prescott** **ATTORNEY AT LAW**

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Chris Watt, Ryan Pomposelli, Ben Thibeault, Will Fox  
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# The Nature of Things | by James Gass

## Cicada's Song is the Sound of Summer

For many, the official start of summer is Memorial Day weekend, with its barbeques, lawn games and pool parties. For me, it isn't summer until the cicadas start singing.

There's something special to me about the sound of these insects buzzing from the tops of trees on a hot summer's day. When several get going at once it can be mesmerizing, almost hypnotic. I enjoy listening to their songs as they rise in unison, reach a crescendo, fall somewhat, and then abruptly end. When it's really loud I get a tickling sensation in my ears. It's as though there are dozens of miniature rattlesnakes high up in the trees.

Cicadas are common and harmless insects, more often heard than seen. That's because they spend most of their life underground as nymphs, only emerging briefly as adults to mate and lay eggs. Adults from each life cycle group differ in size, color and call, but all cicadas are large, winged insects (1-2 inches long) with wide heads and protruding eyes.

The individuals found in our area are called annual cicadas. They have a 2-6 year life cycle with overlapping broods, so they are present every summer. Periodical cicadas have a synchronized life cycle of 13 or 17 years, and when there is an emergence, the landscape is filled with them. They occur throughout the eastern United States, including parts of southern New England.

Periodical cicadas are not found in Rhode Island, but they occur in

Massachusetts on the south shore and Cape (Brood XIV), and in western Connecticut (Brood II). Brood XIV will emerge in 2025, and Brood II's next emergence is in 2030. There is a 17-year emergence happening this summer in Virginia, West Virginia and North Carolina (Brood IX), which has been widely reported in the news. It is thought that the long period of time between emergences of these unique insects is an adaptation to prevent the co-evolution of predators. Another theory is that they simply overwhelm them by sheer numbers – millions upon millions of cicadas emerging all at once make it impossible for any predators to eat all, or even most of them.

Around thirty-four years ago I was in Waynesboro, Tennessee. My band was playing an outdoor show at a campground there. It was a hot June day and the entire region seemed to be awash in a loud, pulsating, rhythmic roar, sounding something like a giant power generator. We were up on a hill but I couldn't see a power plant anywhere. I asked our host where the generator was and he said, "No, that's locusts." "Not that," I said, referring to some nearby crickets, "the other, much louder sound." "That's locusts," he again replied, using the southern term for cicadas. It was a 17-year periodical emergence and they filled the entire valley, all singing at once. The hugeness of the sound was incredible.

The distinct song of the male cicada is created by a pair of internal organs called tymbals, located on base of the insect's abdomen. These rapidly



Annual cicada (top), periodical cicada (bottom). Photo by Matt Berger

vibrating rigid membranes generate a sound that is amplified by nearby air chambers, forming a kind of drum. Males compete for females by being louder than one another. A swarm of singing cicadas can get as loud as 120 decibels!

Creating sound with tymbals differs from stridulation, which is what other singing insects such as grasshoppers do. Stridulation involves rubbing two body parts together. The chirping sound made by katydids and crickets is made by rubbing a file on one wing against a scraper on the other wing. Grasshoppers stridulate by rubbing a scraper on their hind leg against their forewing.

Adult cicadas have a very short life span, only several weeks to a few months. After mating in July and August, females insert their eggs into the twigs and branches of deciduous trees, usually oaks or maples. The eggs hatch and the nymphs fall to

*See Cicadas, page 19*





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# Smithfield's Early Post Offices

By Jim Ignasher



**Fun fact** → The first official mail route in America was established in 1673 between New York and Boston, and it took fourteen days for a lone post rider to travel from one city to the other, which meant that a person might wait a month or more for a response to a letter. This might seem laughable in the 21<sup>st</sup> century, but given that Colonial Era roads left much to be desired, fourteen days was considered reasonable.

Imagine the dangers and hardships those early postmen had to endure. Besides hunger, bad weather, and potential for accidental injury, the desolate woods contained wild animals such as wolves, cougars, and bears, as well as hostile natives, and ruthless highwaymen. Firearms carried for protection contained a single ball of lead. It was dangerous work. One could potentially vanish without a trace and never be seen again.

Smithfield was incorporated in 1730-31, decades before stage coaches and railroads were a routine part of the American landscape. Therefore mail was still primarily delivered on horseback. Home delivery as we know it today was non-existent unless one happened to live along the postal route. Otherwise, all correspondence was delivered to a designated location such as a tavern, a general store, or even perhaps a private home which served as a post office. It was then up to the mail recipients to come and collect their mail.

One of the earliest regular mail routes was designated The Boston Post Road, which ran from New York to Boston, and is commonly referred to today as U. S. Route 1.

According to several sources, the first mail boxes came into use after the

Civil War. However, a small news item which appeared in *The Wilmington & Delaware Advertiser* on May 11, 1826, indicates that mail boxes were in use much earlier. The snippet related how blue birds nesting in a man's mailbox had forced him to build a second one.

The first official post office in Smithfield was established in 1812, however this was prior to the town division in 1871, and the exact location of the office is unknown, but it was likely in Central Falls which was at one time, for lack of a better term, "downtown" Smithfield. The town's first postmaster was Marwil Arnold who served from 1812, to 1817.

Present-day Smithfield has had several designated post offices, but today only two remain. Greenville's first post office was established in 1823, but its original location is lost to history.

An interesting editorial about a Greenville area post office appeared in a now defunct Providence religious newspaper on March 21, 1845. It asserted that the post office was located in a tavern, the name of which was not given, where, "all who come to the Post Office have to step up to the bar the same as the drinker; both occupy the same place, as we are told. This is mixing up business much like the business of rum selling and drinking."

In later years Greenville's post office was located in Oscar Tobey's general store once located at the corner of Rt. 44 and Smith Avenue, and in the 1960s it was located next to the former Greenville Pharmacy on Rt. 44 at Austin Avenue. Today a music store occupies this space.

Georgiaville's Post Office opened in 1852, with Robert H. Steere as

postmaster. This post office remained in operation until 1955 when it merged with the Esmond office.

Esmond was once known as Enfield, which didn't have a post office until 1881. Ira B. Sweet was the first postmaster. The name of the village was changed to Esmond in 1908 while Horace G. Thornton was postmaster.

In the early 20<sup>th</sup> century the Esmond post office was located in a stone building which still stands on Esmond Street next to the former Esmond Recreation Center. Later the post office was relocated to Waterman Avenue just south of Esmond Street. Today it stands in Georgiaville.

Two all but forgotten post offices include the Smithfield and Stillwater branches, neither of which is still in existence. The Smithfield PO was located in a tiny train station that once stood on Brayton Road just east of Farnum Pike. The station opened in the 1870's, and remained a designated post office until January of 1914. This restored train station is presently located on the grounds of the Smith-Appleby House Museum.

Another obscure PO was in the village of Stillwater, located in the area of present-day Thurber Blvd. It opened in 1877 and remained in operation until 1924.

Postal memorabilia collectors seek cards and letters bearing postmarks from these defunct PO's. Unfortunately, such items are rare. Perhaps someone reading this would like to share an image of one?

*Special thanks is given to historian Tom Greene of North Providence for supplying information used in this article.*



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# Addiction and Recovery is Not Canceled During COVID 19

by Diane L. Marolla, LICSW

*“Recovery is possible and a reality. The resources are here. We are here, and we are here to help.”*

– Tommy Joyce LCDP, Director of Recovery Support at East Bay Community Action Program

It is now the month of July 2020 and all of us have been living with COVID 19 since mid-March of 2020. Many people were isolated at home with their families. Some were isolated alone. Those who were essential employees in some capacity were required to work, while others were furloughed or laid off from their jobs. Some were trying to work remotely at home and home school their children. As a society, we have never dealt with something like this before. Whereas we are now starting to slowly come out of our homes, we don't know what the future will hold for the virus. What we do know is the virus is here to stay until there is a vaccine and that we must live differently. Hand sanitizer is our new best friend. Wearing a mask in public is now the norm.

I think all of us have learned so many lessons with this virus. Life can turn on a dime without warning or notice. For some, the isolation, ongoing fear, the financial issues, and the fear of the unknown can and will have long lasting effects that can lead to anxiety, depression, and alcohol and drug use and abuse.

For those already suffering from addiction and have been in recovery, having connections with others is critical in being able to maintain staying alcohol and drug free. Wanting to know more about how our support services in RI are helping those in recovery during this difficult time, I reached out to fellow co-worker Tommy Joyce, LCDP, Director of Recovery Support at East Bay Community Action Program. According to Tommy, during the statewide shutdown some people lost their support system. Tommy went on to explain to me that “stress is a major factor in relapse” and that “change creates fear.” Thankfully, all the recovery programs in Rhode Island were able to change quickly from providing face to face interactions to reaching out to those needing help virtually. “We moved quickly and sprung into action. At East Bay Community Action Program, we called and stayed in touch with our clients.” Tommy and his team of professionals at East Bay Community Action were helping others deal with their isolation, their anxiety and being overwhelmed at home. “We wrap around that person and ask them what can we do for

your recovery today? Can we call you tomorrow?” Tommy and his team were also delivering Naloxone into the community. (Naloxone is a drug that is used in an emergency when a known or suspected opioid overdose is occurring. Most individuals know Naloxone as the brand drug name, Narcan).

Throughout the crisis, Tommy also states that all the recovery programs in Rhode Island were in touch with each other as well. “Everyone at the state level became creative and focused on what we can do versus what we can't do.” In addition to Tommy's work at East Bay Community Action, he is one of the many experts in Rhode Island who are part of Governor Gina Raimondo's Overdose Prevention and Intervention Task Force. On the task force website [preventoverdose.ri.org](http://preventoverdose.ri.org), there are resources available for both Rhode Islanders and the provider community. There is the Hope and Recovery Support Line for Rhode Islanders which is staffed 24/7 with a licensed clinician **401-414-LINK (5465)**. For Rhode Island providers who need to consult with a physician if they feel their patient is at high risk



for abusing opioid medication, they can call **401-781-2700**. The website also has a list of treatment programs available in Rhode Island and instructions on how a provider can refer a patient. There are also ways that someone can ask for help from a Recovery coach. The website is very user friendly.

Tommy is upbeat and positive about the resources that are available to those who are struggling from addiction. "Recovery is possible and a reality. The resources are here, we are here, and we are here to help. In the recovery community we are veterans of different wars. We don't want to leave anyone out there. If I can save someone a little darkness, it is a win." Tommy and I talked about how the recovery process often mean multiple relapses. Tommy never gives up in helping others as he believes "in a lot of chances, not just one chance." "In the recovery community, someone doesn't have to hit rock bottom. We want to reach out and catch them if we can." Tommy always says, "a hug is better than a shrug." "In the recovery community, we are 24/7."

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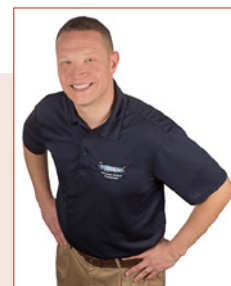


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# Ask an Expert

My name is Tom Lopatosky. I'm the President of LOPCO Contracting ([www.LopcoContracting.com](http://www.LopcoContracting.com)) and I'm honored to have the opportunity to talk to you about home improvement on a monthly basis.

I love answering your questions! Please send them to [tom@LopcoContracting.com](mailto:tom@LopcoContracting.com) or call 401-270-2664. Thanks in advance for taking the time to read this column!



## Why Do Deck Stains Peel?

Deck stains are perhaps THE most challenging product to adhere long term to any surface on the exterior of anyone's home.

Why is that?

Well, there are a few factors involved, which also tend to be intertwined with each other.

Let's start off with the obvious where most deck stains are not able to be applied to all six sides of a piece of decking once it is in place.

If this type of treatment is not done when the deck is initially installed, it would be pretty much impossible to do afterward.

If the deck is not sealed on its underside and butt ends, moisture (both when it rains or snows and natural moisture that emanates from the ground below the deck) can easily be absorbed into the unsealed portions of the wood and loosen up any coatings that may be on the sealed portions of the deck as the deck dries out.

If this process occurs enough, it will do so to the point where the coatings will start to peel.

One overwhelming fact of this whole conversation, is that the majority of decks do not have wood that is super receptive to receiving ANY type of coating.

In fact, the harder the wood (mahogany, Ipe, etc.), the more challenging it will be to get any type of product to properly absorb into it; even pressure treated wood, as soft as it is in comparison to the harder types of decking, is not easy to get stains to properly penetrate.

Unless the deck surface is roughed up enormously (glassblasting is the only true process I am aware of that 100% allows for this), there is a shot that the pores of the decking are not open enough to comfortably receive whatever stain product is being applied to them.

Simply sanding a deck is not necessarily the complete answer because although it is a necessary part of the surface preparation process, if not done correctly, can actually tighten up the grain of the wood TOO much.

Because of this, unless someone is willing to undertake the expense of glassblasting their deck, I typically advise folks to use as thin a stain as they are ok with using along the thought process that the thinner the stain, the easier it is going to be to penetrate the wood.

This may be counterintuitive to other information that is out there, but in 25+ years wrestling with these types of projects, this is what we have found to work best.

When staining a deck, one should be prepared to put a maintenance coat on it yearly if need be.

*See Ask an Expert, page 23*

### About Tom Lopatosky

Tom Lopatosky has run his own carpentry and painting business in Providence since 1995; LOPCO Contracting – the “Personable, Particular Professionals” – specializes in carpentry and exterior & interior painting. Recently LOPCO Contracting was named ‘RI’s Finest Painting Contracting Company’ by ShopInRI Magazine. In 2013, Tom was named “Humanitarian of the Year” by the Painting and Decorating Contractors of America (PDCA) and a “40 Under 40” award winner by Providence Business News. He is a member of both the PDCA and RIBA (Rhode Island Builders Association). Tom has often had weekly ‘Home Improvement Tips’ that have aired on the radio on 630 WPRO AM (during the weekday morning news) and on television on WPRI 12 (during the Saturday & Sunday morning news).





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# Smithfield switches to new waste hauler

By Ron Scopelliti

This month, Smithfield starts a new trash and



recycling relationship, switching contractors from MTG Disposal to Waste Management. While this might be a big change for the town's administrators, it should prove utterly unobtrusive to the town's residents.

"You won't notice anything besides different trucks coming around," Town Manager Randy Rossi said. "It should be a seamless transition."

Rossi said the change in trash haulers came after a review of bids.

"The pricing came in very competitively," he said, "and there are some additional services that Waste Management provides having to do with customer service and outreach to our residents."

One of the few changes residents will have to deal with is a new phone number, which Smithfield Recycling Coordinator Melissa Chaput explained in an e-mail regarding the transition. "The missed collection calls, bulk and metal/ appliance collection requests will all go through the Waste Management Call Center: 1-800-972-4545," she said. "There will be an additional collection for bulk items and metal/ appliances items from April to August (by appointment)."

She also reiterated the town's recycling policy.

"The 'no bin, no barrel' policy is still in place in which you need to have a recycling cart out and be recycling in order for your trash to get collected,"

she said. "Trash is expected to be bagged, while recycling should be left loose in the cart with no plastic bags or film present in the cart. The cart lids should be closed with no material sticking up out of the carts or left on beside the cart."

"We are hoping to improve recycling by reducing recycling contamination," she noted. "The new hauling company will be providing us with information to help us educate residents about recycling."

Rossi emphasized the importance of avoiding contaminated materials in recycling bins. Recycling, he explained, usually costs the town nothing to drop at the landfill. If, however, the load of recycling is contaminated, the town not only has to pay the regular rate for disposing of it as trash, they also have to pay a fine.

The change in companies comes after seven year contract with MTG, the start of which coincided with Smithfield's transition to automated trash pickup.

"That was the turning point when companies were actually leaning towards (automated pickup), and providing a cost

benefit to the communities," Rossi said. "It's also made a good impact on proper recycling, and having a larger space to put your recycling out on the curb."

"We had a good relationship with MTG over the years and we wish them nothing but the best," Rossi noted. "Waste Management was hungry to get the town's business and they came in with a great proposal, and I think we're going to have a great service for our residents."

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IMHO | by Ron Scopelliti

## Furby in an evidence bag

The title. I know. I'll explain it eventually. Sort of.

It's all a function of spending so much time in my house over the past couple of months. I'm sure I'm not alone in feeling that it's had a bad influence on my brain. My mind has felt more disorganized than ever, and I've been compensating by trying to add some order to my life. I've been reorganizing my bedroom, my basement, my computer files ... I've even taken a Lynda.com refresher course on Excel to help me organize whatever information I can into spreadsheets.

Confirmation that I wasn't the only one taking this path came when, in the midst of my binge, a friend texted me asking for advice on how to file his Crosby, Stills, Nash, and Young solo CDs relative to their group works. My only suggestion was that he keep his David Crosby CDs away from all the other ones to avoid fights. Similarly I advised him to keep his Roger Waters CDs away from his David Gilmour CDs to keep them from suing each other. I didn't bother offering any advice on Simon and Garfunkel, because, really, who owns any of Art Garfunkel's solo stuff?

So has all this organizing helped my state of mind? No, it hasn't. Not even a little. Everything still seems as chaotic as ever. But it has led to some interesting discoveries.

First, I discovered that I like using Excel more than I'm comfortable admitting. Once I start putting together

a spreadsheet, it's like I can't stop. I want to start adding formulas, charts, tables... What started out as a simple list of PC cases I'm considering for a new computer build, ended up as a cluster of worksheets including tables sorted by price and number of USB ports, and a 3-D, color-coded column-chart of each case's height, width, and depth. I've concluded that Excel is like Minecraft for people who need to take their geekdom one step beyond video games.

My organizing has also led to some physical discoveries. For instance, while cleaning my basement I discovered a Howard Johnson's glass, which looks like the type they'd give you if you ordered orange juice with breakfast. Since I never order orange juice with breakfast, I'm not sure why I ended up with a juice glass rather than a coffee cup, and I'm not sure what would have possessed me to pocket either item. I've been testing it out as a container for a new mixed drink featuring bourbon and birch beer, but the jury's still out.

But, more to the point of the title, I've discovered tons of notebooks with ideas for writing projects that I never completed, or news stories that I completed and completely forgot I'd ever written. The most interesting notes I've found, however, were on the backs of old envelopes, or on random sheets of paper, and I'm having trouble putting some of them into context. Included among them, for instance, was a single three-by-five notebook sheet containing five words: "Furby in an evidence bag."

I have no idea what I meant, and once I started thinking about it I realized that I couldn't even remember what a Furby looks like. I keep imagining that they look something like Guy Fieri, but I'm not sure if that's right on any level.

I figured it might be a reference to something I saw in a movie or TV show, so I immediately started Googling. As usual, that approach led me down all sorts of interesting internet rabbit holes. I found all manner of Furbys for sale on EBay, and then got waylaid into searching for trolls. That led me to discover two really good J.R.R. Tolkien YouTube channels and a complete video of the last episode of "The Monkees" featuring an incongruous guest performance by Tim Buckley. It also led me to watch enough videos on Hobbit lore to overheat my Roku stick. But I found nothing about a Furby in an evidence bag.

The only thing I was able to glean from my ruminations on the cryptic five-word phrase was that organizing my life clearly isn't helping to sooth my brain. But one thing that does seem to help is binge-watching videos about "Lord of the Rings" backstories until I fall asleep. So tonight I'll blast a fan onto my Roku stick, and see if the dwarves of Moria had any drinks that involved birch beer. Maybe instead of bourbon I should try some Jägermeister ...



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# Local Churches Cope With Coronavirus

By Joe Siegel

Churches and other religious organizations have been adversely impacted by the coronavirus pandemic. With their doors shuttered due to the Governor's stay at home order, many clergy had been conducting virtual services for their parishioners before being allowed to reopen on May 30.

Reverend Francis Santilli of Saint Philip Church in Greenville reports a "strong response" to the return to public worship. Santilli estimates about 500 people total are attending Masses on the weekend and about 50 to 60 are participating in daily Mass, Monday thru Saturday.

The church floor is marked with blue-tape crosses indicating six feet of distance from other worshippers.

The church has recruited what Santilli refers to as an "army" of volunteers, mostly from the parish men's society called the Men of Saint Joseph International who function as "Hospitality Volunteers."

"They greet parishioners at the doors, help them sanitize their hands, and escort them to their seats, Santilli explained. "After Mass, they direct the flow of people exiting the church building to maintain physical distancing and encourage folks not to congregate outside the church."

Fears of catching COVID-19 have not kept parishioners away, especially the older congregants who are most vulnerable to the virus.

"We have a good mix of old and young at every service," Santilli added.

"The senior citizens perhaps prefer to come during the weekdays when there are fewer worshippers but they are adamant about making their own decisions and do not seem fearful at all. In fact, just the opposite." Wesley United Methodist Church in Lincoln has not resumed in-person worship services yet.



Saint Philip Church



Saint Michael's Church

"We discussed our mandate to keep people safe and to care for those who are most vulnerable," said the Reverend Beverly Stenmark. "Also

with the very warm weather coming, and social distancing the one air-conditioned space we could use would not allow for social distancing." The church continues to provide on-line services.

"We also offered the option for parishioners to come on Sunday June 7th to drive up to a communion station, get out of their car and receive communion from individually pre-

packaged containers while I stood an appropriate distance away with my mask and shared the words of distribution and a prayer," Stenmark explained. "Most of our people chose to stay home and celebrate communion at home, but there were some who came and were very glad that we had that option available."

Stenmark said the health of the congregants would be a top priority going forward.

"Many of our people are older including the pastor (myself - age 70) and our organist," Stenmark noted. "Since music will be seriously limited (no singing) we are continuing the on-line worship and when we return to the building we will likely use a combination of in-person live and recorded music. We are committed to continuing our on-line worship presence."

Churches which have reopened are adjusting to having limits on how many congregants they can accommodate for each service.

"We are limited to 100 people in



the church, and we have set up a reservation system on our website and this is working out very well, and we look forward to the next step of increasing our Mass schedule in the near future,” said Bill Bowden, Pastoral Assistant at St. Michael’s Church.

“When people arrive, we have volunteers who greet them and usher

them to a designated seat, this also has worked well and I thank all our volunteers who help with this process,” Bowden continued.

“The staff here in the rectory has been working since Covid19 began, keeping up with phone calls, scheduling or rescheduling baptisms, weddings, funerals, and planning for our religious formations, confirmations, and first

communions that had to be postponed, maintaining and cleaning our parish hall and church, along with paying bills. With that said, some people are not yet ready to come back, and that is understandable to us, so we still offer Mass celebrated by Father Valentine each Sunday at 10:00 AM online, and they are very thankful for this option to pray and worship with us this way for now.”

*Cicadas, from page 6*

the ground, where they burrow into the soil and attach themselves to the roots of a tree. They live there for years, drinking sap. They do not harm the trees. In late spring or summer they emerge from the ground, molt into adults, fly up into the trees, and begin the cycle anew.

Some people find the buzzing song of the cicada annoying. The Onondaga people of western New York prize them as a tasty snack. As for me, the song of the cicada will always be the pleasant sound of a hot, lazy summer day, and a power plant that wasn’t in Waynesboro, Tennessee.

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# Dark Swamp's IT

By Thomas D'Agostino

In August 1923, famous horror writer Howard Phillips Lovecraft and his best friend, C.M. Eddy took a stage from their hometown of Providence to the center of Chepachet, a small but thriving village in Glocester. It was their intention to discover the exact whereabouts of a hideous creature the locals knew only by the name of "IT."

The monster lived in an area about halfway between the village and the Putnam Connecticut border in a place called Dark Swamp. According to legend, the sun's warming rays never reached the ground of this murky parcel of land. The trees, with their coarse, gnarly limbs, intermingled with each other creating a vast web of twisted branches making entrance or egress almost impossible. It was there that IT made its home, emerging from the swamp whenever it sought to feed. No other living creatures dared venture close to the habitat of IT instinctively knowing that doom awaited them there. The people of the area were careful to chop their wood, hunt and fish far from the boundaries of the swamp for fear they may be seen by IT and never live to tell of the ordeal.

Lovecraft and his traveling companion inquired about the creature with little result, save for some of the very old timers who knew the legend from previous generations. The two trekked down Route 44, past Cady's Tavern to where Elbow Rock Road and Route 94 sits. A few folks there knew some stories and were glad to share them. Unfortunately, Lovecraft and Mr. Eddy never found the lair or signs of the monster but the trip did serve the two well. They would later use the legend and their experience in several of their stories.

How did they come to know of this creature in the first place? Perhaps it was the account by local pirate Albert Hicks or a later account by Neil Hopkins that sparked their curiosity.

Albert Hicks was born in Foster, Rhode Island in 1820. His father was a farmer and it seemed he was to follow the same course but his wild and reckless demeanor steered him clear of any honest livelihood. At a young age, he turned to robbery, piracy and murder. While still working on his father's farm, Hicks heard about some treasure Captain Kidd may have hidden near the Paine Farm. Some years later, Hicks and a few of his cronies returned to claim the ill-gained booty.

One moonless night, John Jepp, Ben Cobb, Ben Saunders, all of Glocester, and Hicks crept into the far field of the farm and began digging for the loot. Suddenly they were accosted by a terrible being Hicks later described as a large beast with eyes of fire the size of pewter bowls. When it breathed, flames came out of its mouth and nostrils scorching the brush as it passed. It was as large as a cow with dark wings on each side and spiral horns like a ram protruding from its head. Its feet were much like a ducks but measured a foot and a half across. The body was covered with scales the size of clam shells that rattled as the beast moved along. The "thing" had light emanating from its sides like that of a lantern. Even before they saw the beast, they felt its presence near them as their olfactories became consumed with the smell of burning wool. The beast came out of nowhere and stood before them. All four men dropped their



picks and shovels and ran in fright, never to return. Albert Hicks was later convicted of murder and piracy in New York and hanged for the crime, being one of the last New England pirates to be executed for such vocation.

The next account appeared in *The Evening Hour*, January 15, 1896. Neil Hopkins of Glocester, RI was walking home from his work in Putnam, Connecticut when in the darkest portion of the road, a strange beast appeared in front of him. As Hopkins took flight, the beast began to chase him. He could not discern exactly what the creature was but confirmed that it was some supernatural beast that lives in the forest near Dark Swamp where the chase originated.

Hopkins later told neighbors that the monster was as large as an elephant but with no tail and, "seemed to be all a-fire and had a hot breath." The creature also gave off a metallic sound as it ran described as "steel against steel."

The strange beast chased Hopkins for a short distance before bounding back into the woods. Mr. Hopkins could hear it breaking branches and crunching twigs as it lumbered off into the void. The people of the village were sure it was the same creature that scared Hicks and his men a half century before. Is the beast called IT still lurking in the woods of West Glocester? There are some who still believe that something eternally resides in the area of Dark Swamp, waiting for an unwary traveler to enter the domain of IT.





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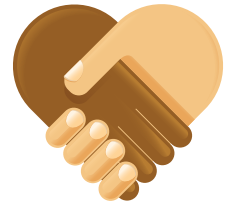
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# Peaceful Black Lives Matter protest held in Smithfield



By: Brittni Henderson

A peaceful Black Lives Matter protest was held in Smithfield on June 20, 2020, the day after Juneteenth – a holiday celebrating the liberation of slaves in the United States. Juneteenth originated in Texas, but is now celebrated throughout the United States, although it is has yet to become a Federal holiday.

The goal of the protest was to allow marginalized voices in our community to be heard in a safe and peaceful environment. Event organizer Renee Roy, a recent Smithfield High School graduate, also kept attendees healthy on the forefront and urged everyone to wear a mask and to follow social distancing guidelines.

The protest was organized through word of mouth to show solidarity and to give community members a chance to listen to what some folks have to say about their experiences.

Starting at noon, the march began at Deerfield Park, up Deerfield Drive, along Pleasant View Avenue, and concluded at Smithfield High School.

“We understand that there is a lot of anger in the world,” Roy says, “but we want to use this opportunity to show those being oppressed that first and foremost, we are on their side and listening.”

While the school department did not sponsor the event, Smithfield Superintendant Judith Paolucci and others proudly supported it as way to understand the experiences of all Smithfield students.

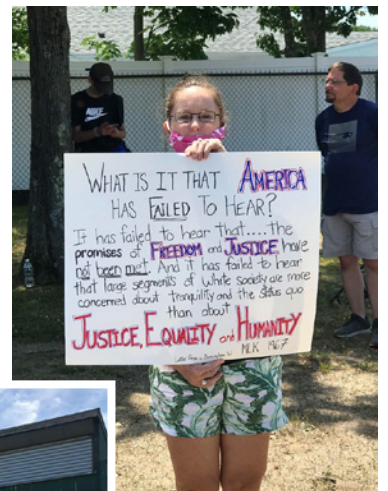
“It’s important that all are welcomed, supported, and valued,” Paolucci says. “A few years ago we noted an uptick in the use of racial slurs and set about to find ways to address this issue.”

Soon thereafter, Smithfield schools enlisted the Anti-Defamation League (ADL) to bring “A CLASSROOM OF DIFFERENCE” to middle and high school teachers and students. According to Paolucci, this training and support increases awareness of prejudice and discrimination. It also offers school communities strategies to develop an inclusive culture and respectful school climate. It achieves this by addressing issues of bias and bullying.

“One component of the program consists of professional development training for educators to develop best practices in the prevention and intervention of bias behaviors,” Paolucci says. “Complementing this training is a youth leadership training to empower selected students to build a positive culture among their peers. A summer institute for teacher leaders provides the skills and knowledge to lead the initiative. Lastly, technical assistance through the year is provided by ADL.”



Renee Roy and Smithfield Superintendant Judith Paolucci.  
Photo credit: Albert Tavakalov



Submitted photos



Smithfield Police closely monitored the march and provided hydration for the participants.



Ask an Expert, from page 12

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A recipe submitted by Judy Paolucci:

## Mediterranean Cod

### Ingredients

- 4 cups shredded cabbage
- 1 large sweet onion, thinly sliced
- 4 garlic cloves, minced
- 4 cod fillets (6 ounces each) or any white fish, such as Haddock
- 1/4 cup pitted Greek olives, chopped
- 1/2 cup crumbled feta cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 teaspoons olive oil

### Directions

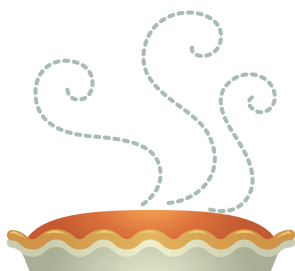
1. Cut parchment paper or heavy-duty foil into four 18x12-in. pieces; place 1 cup +++ cabbage on each (1/3 of the package of shredded cabbage). Top with onion, garlic, cod, olives, cheese, salt and pepper; drizzle with oil. (put as much of each of this as you'd like)
2. Fold parchment paper over fish. Bring edges of paper together on all sides and crimp to seal, forming a packet. Repeat with remaining packets. Place on baking sheets.
3. Bake at 450° for 12-15 minutes or until fish flakes easily with a fork. Open packets carefully to allow steam to escape. Yield: 4 servings.



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# Virtual Classes for Mastery Martial Arts

by Sophia DeJesus

Mastery Martial Arts is a business in Rhode Island that is dedicated to making kids into future leaders through the use of karate. Recently though, with the outbreak of COVID-19, classes have been modified a bit ...

With seven locations spread throughout the state, as well as one in North Attleboro, students from all eight schools have been participating in online karate classes! Chief instructors, Ryan West and Anthony Pezzillo have been working hard to provide a positive online experience for their students. Each week, the instructors spend time with their staff, via Zoom meetings, to discuss how classes will run for the upcoming week, and what each team member can do to help.

Classes run Mon-Fri, with different class times for different age groups. A regular class begins with the instructor greeting each student as they log in. Next, the students will recite their student creed, which is then followed by a quick warm up. After, the students will work on their sparring and basics such as kicking, blocking, and punching. For 30 minutes, each class includes fun and interactive drills for the students to complete at home either individually or with a parent.

Mastery has also figured out a way to help their students continue to set



goals even while at home. Normally, during an in person class, students have the opportunity to earn “stripes” on their belts for accomplishing new goals or good behavior. Now, because the students are at home, Mastery is using a “stripe tracker” to keep count of each child’s progress! The stripe tracker is merely a sheet of paper, however, every time a student is ready for a new stripe, they get to color it in on their paper. So, when they eventually go back to karate, students can receive the real thing! Another cool thing about these stripes, is each color represents something different. For example, students will receive a blue stripe for trying their best during class, a yellow for reaching goals and good behavior at home, red for good behavior at school, and a black stripe every two weeks for reaching milestones in their karate class.

Though virtual classes have been going well, chief instructor, Ryan West, opened the Smithfield location for in-person classes on June 1, 2020. Mastery will continue to do virtual classes, but now there will be the option for students to go back to the studio and take an in-person class! Of course, there are many safety precautions being taken care of, as the health and safety of students is the number one priority. If returning back to the studio, students are required to fill out a health form, wear their mask at all times, as well as keep their sneakers on, even when training on the mat. As of June 2020, there is an in-depth video, as well as written information about these safety precautions, that can be found on the Mastery Martial Arts app.



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# Inside The Brown Bag | By Peg Brown

## The (unexpected) “Leisure” Time –

**Fair warning:** If you have been working from home, managing two or three “on-line educational experiences” for your children, and using your oven and dishwasher more than in the collective past five years, this column is probably not for you. If, however, like many of us old retirees who have been unable to attend gyms, play golf, shop, or congregate in coffee shops over breakfast to solve the world’s problems, you might find some common ground in reading further.

According to a recent *Wall Street Journal* article (April 28-29, 2020) Augustus Caesar, the first Roman Emperor, the ancient poet Ovid, and Winston Churchill would probably have done very well during the recent pandemic – because they had hobbies. For Caesar that was the collecting of Greek coins, for Ovid it was his garden, and for the World War II British Prime Minister, it was painting. As hobbies require individuals to have time outside of work, for hundreds of years they were only the practice of the wealthy and well-borne.

It should probably not be surprising that hobbies really flourished during times of crisis, such as the Great Depression. Widespread unemployment and lack of resources prompted individuals to look for inexpensive ways to instill a sense of achievement. In fact, it was the Depression that provided the impetus for the creation of organizations like the National Home Workshop Guild, which made suggestions for creative, constructive and inexpensive projects.

For my Grandmother’s generation, a product of both World Wars and the Depression, homemade was a way of life. Gardening, canning, sewing, knitting, weaving and, in my Grandmother’s case – soap making – were the required skills for many to provide basic food and clothing needs. Construction contractors were few, and vocational education in the public schools supported a do-it-yourself ethos that often translated into hobbies later in life. Other more cerebral hobbies were part of those past-times, including jigsaw puzzles that were a constant living room accessory on rather rickety card tables – at least in my grandparents’ house.

We grew up in such an environment (remember, there was little television). We wove potholders on little red metal looms, knitted tube dresses for our Barbie dolls, sewed aprons, burned designs on wood with a heated chisel pen, painted by numbers, made home made cards, decoupaged, created boondoggle lanyards and friendship bracelets, build model ships and airplanes and, as we entered the Age of Aquarius – attempted macramé and tie dye.

My own training ground for multiple hobbies was the family camp for three months each summer on the St. Lawrence River. Camp was rather primitive – no telephone, no television, and no indoor plumbing until I was sixteen. Down time on rainy days was spent reading (both comic books and novels that were probably not age appropriate), playing paper dolls,

knitting, and tackling endless board and card games. Most activities required a certain amount of dexterity – Lincoln Logs, erector sets (left over from Dad’s childhood), Tinker Toys, Jacks, Pick-Up Sticks, marbles and Tiddlywinks.

Board games were set up in the “front room” for weeks, with ongoing games of Candy Land, Uncle Wiggly, Chutes and Ladders, Scrabble, Monopoly and Chinese Checkers. Card games were daily entertainment, including Old Maid, Crazy Eights, and Go Fish – and, in our teenage years, Hearts and Pinochle. Bingo was played almost every night as the shore line campers gathered around our rectangular oak table lit by an overhanging imitation Tiffany lamp.

Not surprisingly, many of these hobbies and past-times have enjoyed a resurgence during the past several months. Crafters are finding “solace and even joy in dangerous times.” According to a recent quarterly report by Hasbro, the sale of board and other family focused games has surged during the pandemic. (Mattel however reports a decline in its sales of Barbies and related materials – attributed largely to the absence of the “nag” factor – that is children accompanying gullible parents and grandparents to toy stores.)

Paint by Numbers is also surging. According to reports, Dakota Fanning and other celebrities are posting their finished paintings on Instagram and

*See Brown Bag, page 31*





*“I will give you treasures out of the darkness, and riches that have been hidden away that you may know that I am The Lord”*

– Old Testament Book of the Prophet Isaiah, chapter 45, verse 3.

It’s a common experience that folks can read the same passages from the Bible time after time, but not really notice or be struck by the words. That has happened to me so often. I cite the words quoted above as an interesting example.

The Old Testament Book of the Prophet Isaiah is used often during our Roman Catholic Masses, yet the verse above escaped my notice until one day recently, particularly in the midst of the COVID-19 pandemic the whole world is experiencing. How appropriate and inspiring those words became for me: I will give you treasures out of the darkness ...! Wow, what is God saying? Something good can come from this suffering, pain, discomfort, and sadness? Something valuable, even “treasures” can come from this time of separation, isolation, and distancing not only from family, loved ones, and friends but from our “normal” lives and daily routines?

The very day that I was wrestling with these questions horribly sad news reached me: the passing of my first-grade teacher, a beloved Sister of Mercy known throughout the state of Rhode Island for her smile, her love, and her faithfulness: Sister Mary Angelus Gabrielle, R.S.M.

As I entered the halls of Saint Matthew’s School in Cranston in 1959 as a first grader, intimidated and somewhat shy, Sister Angelus’ smile broke the ice and her affection for me and for all her students provided the welcoming

love we all needed to confidently begin our academic journey in life. On Saturday, May 2nd, at the age of 93, Sister’s passing left a hole in many hearts across the state as numerous alumni of Sister Angelus have come forward to express their grief but more importantly their gratitude for the influence of a saintly woman of God who never wavered from her commitment to God, the Church, and the religious life she embraced so whole-heartedly.

Born Mary Gabrielle in the bucolic community of Westerly, Sister’s beloved mother died when Sister was only 7 years old, a tender age for a girl to lose her mother. The loss of her mother is something Sister never talked about, but many of us suspect now that her love of life, of learning, and of befriending people of all ages and backgrounds were a direct result of this loss, this “darkness” in her young life. Many of us who knew and loved Sister came to realize that “out of the darkness” of loss that Sister experienced firsthand in her own life came the gift that Sister Angelus had of giving herself away in love at the service of others.

Mary Gabrielle from the small, tight-knit community of Westerly entered the Cumberland convent of the Religious



Sisters of Mercy in 1944, taking the name “Angelus,” which means “angel.” Her first mission was at Saint Mary’s School in North Attleboro, MA where she taught first grade for three years before being transferred to the old Immaculate Conception School in Providence for a brief time before going to a 13-year stint at Saint Matthew’s School in Cranston. After teaching for one year at Saint

Augustine’s School in Newport, Sister was assigned to Saint Peter’s School in Warwick where she would spend the next 34 years, five years teaching first grade and 29 years as principal. Never wanting to “retire,” when Sister concluded her career in academia, she began a ministry to the sick, visiting with dozens of elderly and infirm folks in and around Saint Peter’s Parish in Warwick. Known as a “good Italian cook,” Sister made so many happy with her Italian dishes, made with love.

In 2017 the Diocese of Providence bestowed on Sister Angelus the “Lumen Gentium Award” for her many years of service in Catholic education. The Latin words come from the title of one of the documents issued by the Second Vatican Council and they mean, “the light of the people.”

Throughout her 93 years of life and 76 years of service as a religious sister, Sister Mary Angelus was truly a “light” in the darkness, a treasure that one experiences so seldom in a lifetime. As

*See Sister Gabrielle, page 31*

# Physical Therapy Clinic Gives Back To Smithfield



## Community by Paul Lonardo

For the last seven years, Performance Physical Therapy has been helping the Smithfield community lead healthy, fulfilling, and happy lives.

Performance Physical Therapy offers physical therapy and athletic training services to help patients of all activity levels achieve their goals, whether that be to move without pain, prevent future injuries, or heal from an orthopedic surgery.

Smithfield resident and Performance's Clinical Officer, Dr. David Pavao is excited about the ways that they continue to be involved in the community. "If people need us, we'll be there for them," he says.

One way that Performance has helped the community is by providing access to care that many still might not know is available to them.

"A lot of people don't realize how convenient and effective physical therapy can be," Dr. Pavao says. "And something that many people don't realize is that you don't need a referral from a doctor to come and get treatment. If an ache or pain comes up, you can contact us directly, whether it be online, through telehealth, or in one of our clinics! Chances are, one of our Doctors of Physical Therapy will be able to see you that same day!"

Their mission is to optimize the health of the communities they serve by providing access to innovative, results-driven physical therapy and athletic training services. With this at the forefront, Performance has

expanded their hours to include early morning and later evening appointments during the week and extended their hours on Saturday. They also take all forms of insurances and work with doctors' offices to ensure coverage is complete.

Clinic Director, Dr. Carolyn Rhoads has seen the clinic grow from two physical therapists to its current eight. "Our clinic and our company believe in building relationships with our patients and the community," she says. "This starts with an amazing team of therapists who are passionate about their patients and are up to date on the latest treatments. It extends to our relationships with doctors, schools, and supporting other small businesses in our community." She notes that "the most important thing we can do is continue to be a part of our communities for our patients and we try to do everything we can for them. It's all about building trust."

The Smithfield clinic underwent a large renovation, adding 1,000 square feet. "This expansion is 1,000 square feet more that we are able to give individualized treatments to our patients and we couldn't be more



excited for that opportunity," Dr. Pavao says.

Conveniently located in the Smithfield Medical Center, patients who already see their orthopedist, podiatrist, or primary care doctor can easily schedule an appointment by walking down the hall.

Performance also provides athletic training services for high schools, treating young athletes at Smithfield High School, North Providence High School, and Ponaganset High School. This includes both game coverage and after school hours in the training room to address injuries that pop up throughout the season.



“This relationship gives our student-athletes and their parents peace of mind, knowing that a licensed Athletic Trainer is always available to address aches and pains immediately to avoid or minimize missed playing time,” Dr. Rhoads says. “These students are real athletes with real injuries, and they deserve a professional level of care. It’s not uncommon for a student-athlete to see our athletic trainer at the high school and start receiving treatment with one of our Physical Therapists on the same day, which ultimately gets them back onto the field faster.”

Physical therapists understand that it is hard to feel like yourself when you’re in pain and unable to do the things you love, like walking, running, or golf. With the anxiety or fear from being unsure about what is causing your problem or what to do about it, there is a huge impact on a patient’s mental health.

“So much of the success we have with patients is from reminding them that they are in better shape than they feel, that their pain is not permanent, and they will get back to what they love,” says Dr. Rhoads.

Dr. Rhoad’s team of therapists includes Jennifer Furlong, Melissa Robidoux, Jaimie Moura, Amy Sullivan, Sarah Arruda, Tyler Foster, and Jordan Madigan. They specialize in orthopedics, post-operative care, sports injuries, balance disorders, vestibular disorders, neurological disorders, and injury prevention. Performance treats everything from headaches, spine pain, and post-surgical conditions and create a variety of strength, fitness, and wellness strategies to help patients heal fully and quickly.

**Performance Physical Therapy of Smithfield is located at 41 Sanderson Road Suite #101 and can be reached at 401-349-4510.**

*Brown Bag, from page 28*

many store owners report not being able to keep the best-selling kits on their shelves for more than a few hours. Book stores and on-line retailers report similar shortages of jigsaw puzzles. Even some of our Olympic athletes have joined the hobby train – Ruth Winder, a 2016 silver medalist in road racing, is baking dozens of sourdough babkas – and no doubt contributing to the reported severe shortage of dry yeast and flour on most store shelves.

The real question? How long will this renewed interest in hobbies and games last? Based on history, I’m betting a long time – just perhaps with not as much vigor.

My own pandemic craft project – resurrecting and completing a needle point I started over 30 years ago –honestly – it is my Dad’s college seal, and he’s been gone for 21 years! This is really tidying up the loose ends; in fact, upon reflection, I think tidying up loose ends is my new hobby!

*Sister Gabrielle, from page 28*

hundreds may attest, the life and ministry of Sister Angelus was one of the “riches” never hidden away because the light of her warmth, goodness, and fidelity shone bright for all to see.

Sister Mary Angelus: rest in peace! And thank you for showing this priest, your grateful student, what God means by giving “treasures out of the darkness.” You will always be one of those treasures, cherished in my heart and the hearts of countless Rhode Islanders, no matter the darkness!

*The Very Reverend Francis C. Santilli is pastor of Saint Philip Church in Greenville, Rhode Island.*

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# Senior Scene

by Paul V. Palange

I met Rose Weaver about 30 years ago. One of Rhode Island's most accomplished artists, Rose was the vocalist in an ensemble that performed at the wedding reception for one of my dearest friends and his wife. By the way, the band included legendary pianist Dave McKenna and well-known stand-up bass player Ed Mattia – the father of the bride.

To say the music was awesome is an understatement. Between Rose's gritty and sassy singing, and the masterful playing of Dave and Ed, who both passed away in October 2008, I didn't want the party down in South County to end.

Several years later an acquaintance I made while working at the Fall River Herald News invited my wife and I to dinner with him and his girlfriend, who was none other than Rose. Of course, I had to ask if my buddy and his better half could come along. I got the green light. We had a wonderful night, and I was grateful for the opportunity to socialize with Rose.

Being an admirer and fan of the singer, actress and writer, I've always wanted to talk to her again, so I put my trusty reportorial skills to work and tracked her down. I knew about her one-woman show "Menopause Mama," and read that she won the 2018 Rhode Island State Council on the Arts Fellowship in Playwriting for the play she performs for organizations that resist ageism and for groups that promote gender equity and

acknowledge and support the rites of passage that girls, women and men experience at home and in the workplace.

Ageism is the stereotyping, prejudice, and discrimination against people on the basis of their age. According to the World Health Organization, "ageism is everywhere, yet it is the most socially normalized of any prejudice and is not widely countered like racism or sexism. Those attitudes lead to the marginalization of older people within our communities and have negative impacts on their health and well-being."

Rose, who is 71, said "ageism is a huge problem," and that "society makes it seem as though aging is bad."

"Everything is anti-aging. It should be pro-aging," she said of marketing efforts for products and services targeting seniors.

"I don't think we've taught young people in this country to respect the wisdom older people bring to the table," Rose said. "We have value, and people have to put that value in perspective."

The owners of many businesses also discriminate against seniors, she



said, hiring young and inexperienced individuals instead of older adults with expertise to save money.

In addition, Rose said, many young people are "so rude" to seniors. "They reach around you then they say, 'Excuse me.' By then it's too late. They've already done it... They have to be taught etiquette, manners and respect."

Reversing ageism is going to be a long process, and Rose thinks it might be too late to change the attitude of many individuals in their 20s, 30s and 40s. "It's the type of thing that has to be ingrained, and it takes time," she said.

A widow, Rose still loves to dance, play golf and spread her artistic wings. With her art, she wants to encourage older women and men to understand the changes they are going through and help them live a more fulfilling life.

Her website shows she's had an



impressive career. Her film credits include “The 6th Amendment” short film, “The Accused” with Jodie Foster, “Lady in White,” “Poetic Justice” and the made for television movie “Go Tell It on the Mountain.” Her television credits include “The Brotherhood,” “In the Heat of the Night” opposite Carroll O’Connor, “L.A. LAW” and “The Young and the Restless.” She’s been in numerous radio plays for Scribbling Women and commercials.

She acquired an acting fellowship from the Trinity Repertory Company in Providence, a master’s of fine arts from Brown University, honorary doctorates of fine arts from Providence College, Wheaton College in Norton,

Mass. and Marymount Manhattan College in New York.

A recipient of a Pell Award for Excellence in the Arts for her outstanding work as a performer, Rose’s dramatic writings have been published in “Monologues for Women by Women (Heinemann);” “in NuMuse: an Anthology of New Plays from Brown University;” and by the Iowa Literacy Resource and New England Literacy Resource centers.

The world might be a better place if everyone followed some of Rose’s advice: “Love life and respect people.” And tell your grandchildren to teach their children well.



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# Stargazing | by David A. Huestis, Historian, Skyscrapers, Inc.



## A Minimal Penumbral Lunar Eclipse and Two "Meteorocre" Shooting Star Displays

*"What's in a name? That which we call a July Full Moon By many other names would shine as bright."*

My apologies to William Shakespeare, but I simply couldn't resist mangling the above famous quote from *Romeo and Juliet*.

Full Moons have a myriad of names. Here in the United States the colonists adopted many of them from Native Americans, predominantly the eastern Algonquin nation. While these descriptive names have become the primary ones by which we identify each Full Moon, many other names have been ascribed to them.

For example, the July Full Moon is usually called the Full Buck Moon. This name was one brought over by the colonists from Europe. Male deer in both Europe and North and South America shed their antlers yearly, and by July a new set has emerged. Another old-world name for this Full Moon is Hay Moon, signaling when the hay field had been reaped. And finally Thunder Moon has been used for obvious reasons during northern hemisphere summer months.

This year the Full Buck Moon occurs on the night of July 4-5, with the precise moment being 12:44 a.m. Eastern Daylight Time. Furthermore, a special astronomical event will also occur this night. A very shallow penumbral lunar eclipse will occur

when the Moon passes between the Sun and the Earth and slides into the Earth's light shadow called the penumbra. This event will be most difficult to detect as only about one-third of the top portion of the lunar surface will be within the penumbral shadow. The following table provides the timetable of events. All times are EDT (Eastern Daylight Time).

Penumbral Eclipse begins	July 4, 11:07:23 pm
Maximum Eclipse	July 5, 12:29:51 am
Penumbral Eclipse ends	July 5, 1:52:21 am

When the maximum eclipse occurs at 12:29:51 a.m. EDT, the Moon will be high in the sky almost due south and about 23 degrees above the horizon. It will be located within the easily

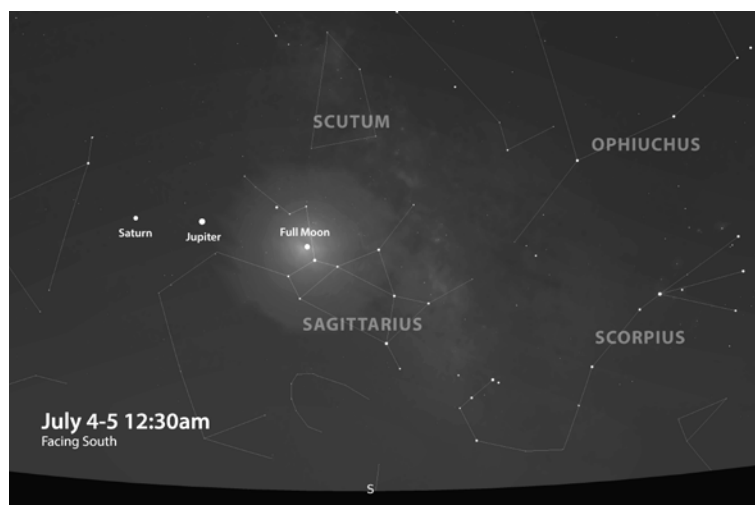
recognizable constellation of

Sagittarius, which looks like a teapot. The Moon will be just to the left of the handle of the teapot asterism. The top third of the Moon's surface may

look somewhat subdued. But humid summer atmospheric conditions may dim the moonlight anyway. It will be interesting to see if the event will be noticeable at all. Total duration of this

eclipse is two hours and forty-five minutes.

While watching the lunar eclipse you will certainly notice two bright objects in the Moon's vicinity. The brightest one, Jupiter, will be ten degrees to the Moon's left. And five degrees from Jupiter in the same direction will be Saturn. Both of these worlds reach opposition (opposite the Sun in the sky) this month. And on their dates of closest approach to the Earth, July 15 and July 20 respectively, Jupiter will be approximately 384.7 million miles from the Earth, while Saturn will be a more distant 836 million miles away from us. From July through the end of the year will present a great opportunity to view these distant worlds with a telescope. It



still may be some time before the local observatories open for public viewing due to COVID-19, so if you have a small telescope, I would recommend

*See Stargazing, page 36*

you focus in on these planets. I'll write some observing guides for them in a future column.

And finally, at July's end, the sky will shower the Earth with two meteor showers. They are the Delta Aquarids and the Alpha Capricornids. While these shooting star displays are best seen in the southern hemisphere, we can observe a few of their members here in southern New England. Both have broad peaks (July 28-30), so if the weather does not cooperate you can expect to observe some meteors over this date range. It is convenient that these showers overlap, because their combined hourly peak total is about 15-20 meteors per hour at best.

Also, the constellations Aquarius

and Capricornus, from which these shooting stars appear to emanate, will be just less than halfway between the southern horizon and zenith (straight up) around 2:00 a.m. The Moon will be at first quarter on the 27<sup>th</sup>, but it and its waxing gibbous phase over the next couple of nights will set between midnight and 2:30a.m. So, moonlight will somewhat overshadow some of the fainter shooting stars.

Both showers display fairly bright yellow meteors, while the Alpha Capricornids are noted for producing brilliant fireballs as they enter our atmosphere at around 15 miles per second. However, you might see more fireflies than meteors, depending upon sky conditions. That scenario could be a good thing if the meteor activity

is low. At least the quick flickering of a firefly will help to keep you awake! The Delta Aquarids plunge into the Earth's atmosphere at a moderate speed of 25.5 miles per second.

*Keep your eyes to the skies.*

David A. Huestis



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Lot 1 (Johnston) - Zoned R40 w/ 35' of frontage. Engineer is currently reviewing a possibility of subdivision.

Lot 2 (Scituate) - Great spot to build your dream home! Land area is +/- 6.25 acres w/ no approvals in place. Land is sold as is. Buyers should do due diligence.

## Take ADVANTAGE of the market!

NOW is the time to get the best return on your current home and use historically low interest rates to buy the house of your dreams! Contact me today for a complete, no obligation home consultation.



**Ed Duffy**  
Broker/Owner



e: [ed@alltownri.com](mailto:ed@alltownri.com)

c: (401) 413-1601

"Trusted in RI Since 1993."



# Town of Smithfield Collection Schedule 2020-2021

Bulk Collection

Metal & Appliance Collection

Holiday

Lawn & Leaf Collection Weeks

Special Events

Christmas Tree Collection Weeks

July '20						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August '20						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September '20						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## Holiday Schedule:

When an observed holiday falls on a normal collection day, collections will be delayed by one day for remainder of the week. The following holidays will result in delayed collections:

Victory Day  
 Labor Day  
 Columbus Day  
 Veteran's Day  
 Thanksgiving Day  
 Christmas Day  
 New Year's Day  
 Martin Luther King Day  
 Presidents Day  
 Memorial Day

October '20						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November '20						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December '20						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## Special Events:

Electronics Recycling, Sensitive Document Shredding, Large Rigid Plastic Recycling & Mattress/ Box Spring Recycling:

To be held at Smithfield DPW from 9:00 a.m. – 12:00 p.m.

July 18<sup>th</sup>  
 November 7<sup>th</sup>  
 March 13<sup>th</sup>

## 2021 Earth Day Clean-Up:

To Be Announced

Call (401) 233-1034 x105 or email: [recycle@smithfieldri.com](mailto:recycle@smithfieldri.com)

For updates and current event information.

January '21						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February '21						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

March '21						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April '21						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May '21						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June '21						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

To report a missed curbside pick-up please contact **Waste Management (800) 972-4545**.

To schedule Bulk, Metal and Appliance pick-ups please contact **Waste Management (800) 972-4545**. Bulk, Metal and Appliance collection appointments must be called in before 11 a.m. the day before the collection. Pick-ups are scheduled on a first come first service basis.

To review current recycling information please visit the Town's webpage: <http://smithfieldri.com/recycling/>

Compost to reduce your household waste by almost 20%! Bins available for purchase from the DPW & RIRRC.

Consider donating gently used household items to those in need. Please visit the Town's webpage to view our Donation Database.

REDUCE – REUSE – RECYCLE





# Payne's Picks

By Sarah Payne

July 2020



## Movie Releases

### *Unhinged* – July 1

There's something just a bit ironic that the first new movie to hit theaters after the pandemic is about a road rage incident; I've only filled up my gas tank twice since March. In *Unhinged*, Russell Crowe plays a man that hunts down a mother and her kid after the mother beeps her horn at him in traffic. It's the first release from Solstice Studios, which originally set to release

the film in September. But when CEO Mark Gill saw theaters start making plans to reopen and other releases being postponed to later in the year or 2021, he made the bold decision to move up the release of *Unhinged* to July. "This is not an art film just for people who live in the Upper East Side of Manhattan," he told Fast Company. "This is an everybody movie. It should play well across the country, from big cities to small towns." Gill and Solstice are making

a bet that people are ready to get back into the moviegoing habit, even if it looks a little different with new safety precautions. They're hoping *Unhinged* is the movie that makes them take that leap out of the house.

### *Tenet* – July 17

Nearly all of this summer's blockbusters, including *Top Gun: Maverick* and *Black Widow*, have

See Payne's Picks, page 40

**mixed recycling**

paper, cardboard (flattened) and cartons only

metal cans, lids and foil only

glass bottles and jars only

plastic containers only

empty at a minimum, rinsed whenever possible

NOT FOR USE AS A LABEL: Please don't put hazardous materials, appliances, auto parts, and other items in your recycling bin. For more information, visit www.smithfieldri.com/recycling.

**These items do not belong in your recycling bin or cart:**

- no plastic bags, bags of bags, or recycling inside of bags
- no more than a trace of food or beverage residue
- no fiber that isn't strong, cardboard or cartons (e.g. toilet paper, paper towels)
- no paper, plastic, or other materials, liquids, or gases (e.g. paint)
- no metal that isn't a can, lid, or foil (e.g. nails)
- no glass that isn't a bottle or jar (e.g. drinking glasses)
- no plastic that isn't a container (e.g. balloons)
- no foam containers
- no containers from hazardous materials

## RECYCLING TIPS

**Plastic Rule:** Any plastic container up to 5 gallons in size can be placed in your recycle cart. Please empty and rinse. Place plastic caps and covers back on the item they came from.

**Glass Rule:** Bottles and jars only. Empty and rinse. Separate metal lids from glass jars.

**Metal Rule:** Cans, foil and lids. Empty and rinse. Bunch up foil. Do not flatten cans.

**Paper and Cardboard Rule:** Paper and cardboard (flattened) and cartons. There is a cardboard only dumpster for large pieces of cardboard, at the Smithfield DPW, available from 7:30-3:00 M-F.

- Please do not place plastic bags in your recycle bin. No plastic bags, bags of bags or recycling inside of bags.
- Plastic shopping bags should be brought to a ReStore Container, available at most markets.
- Clothing and shoes should not be placed in the recycling cart. Please deposit clean clothing in one of the clothing donation boxes around town. They will even accept ripped or stained clothing, as long as it has been washed.
- Large rigid plastic items (lawn furniture, toys, etc.), electronics, tires, mattresses and box springs are recycled during town sponsored drop-off events, see calendar for dates.

## Special collection by Appointment ONLY

<https://www.smithfieldri.com/recycling/whitegoods-electronics-recycling/> or call 401-233-1034 X105

This is a list of common items under the categories to select for collection:

### Metals & Appliance (RECYCLE)

hot water heater

air conditioner

refrigerator

weed whacker

metal tools/electronic tools

treadmill

bikes

metal swing sets

microwaves

metal patio umbrella (remove fabric)

metal file cabinets

metal desks

metal shelf

dehumidifier

washing machine

clothes dryer

dish washer

gas grill (no propane tank)

stove

metal fire pit

metal furniture (remove fabric)

### BULK ITEM (TRASH)

vacuum cleaner

wooden furniture

upholstered furniture

hot tub cover

vertical blinds

strollers

pool floats

toddler and crib mattresses

futon mattresses

carpet (cut, rolled, tied in 3 ft. sections)

pool liner and cover

**Please do not place plastic bags in recycling carts.** No plastic bags, bags of bags, or recycling in bags.



IMPORTANT



# Furever Homes Needed!



**Violet** is a beautiful 3 year old Great Dane looking for a forever home. She is spayed, microchipped, and up to date on vaccines. Violet is house trained, crate trained, and knows commands. She loves plush toys, food puzzles, and snuggling with her humans. She has an odd but funny habit of climbing into empty bath tubs.

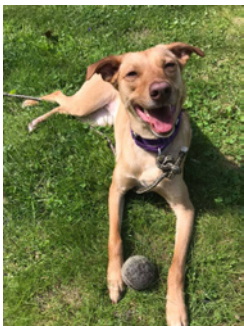
Poor Violet has been in several homes in her short life so we are doing everything we can to make sure the next home is her final home! We are looking to place her in a home with no kids and no other pets. Violet bonds closely with her humans but does not always do well with new people in the house. She would benefit from a home with low traffic or being put in a crate when visitors do come over.

With a confident handler, Violet can successfully walk past other animals on leash. She attended a few doggie daycare sessions with success although she was a little nervous at first. We do feel living with other animals is too much to expect from Violet.

We love Violet, and we know you will to! We are dedicated to providing Violet and her new family with every tool to assure success and happiness. In-home training sessions will be provided post-adoption! If you are looking to adopt sweet Violet, please fill out an application at [www.abandoneddogsofri.com](http://www.abandoneddogsofri.com)



**Fred & Ginger** are brother and sister who were saved from living on the streets of Haiti. They have been with us here in RI since August 2019. Both are in loving



homes now! One of our volunteers brought Ginger home to foster her, fell in love, and adopted her!! She is doing fantastic and so very happy. Fred found a foster family also, and if things continue to go well they will also be adopting! Here are

some photos of both dogs enjoying their new lives. They both have a favorite spot in the house which is the window by the sofa!

We recently took a poll and found the #1 reason people do not foster dogs is the fear



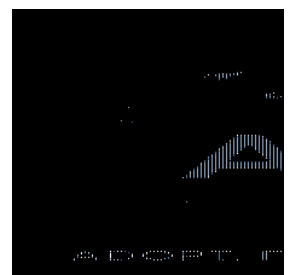
that they will fall in love and not be able to give the dog up. Of all the fosters that have ended up falling in love and adopting, I've never heard a single one say they regret it. Most say its the best thing that's ever happened to them. Please consider fostering! It truly saves lives and is sure to make your life more enjoyable.



This shy girl is **Amelia**. She is around 2-3 years old. Although fully grown, she's just a little peanut! Unfortunately, she has never had the chance to know what life should actually be like. This poor girl was rescued from a hoarding situation of over 80 cats and saved from being euthanized.

She is still quite nervous but will allow being petted. She loves comfy little places to climb into and hang out (cubby hole cat houses, boxes, etc.). She will require a quiet, patient, and understanding home who will show her what being loved and cared for is all about! We believe she could live in a home with other pets but she will need space for a while until she is fully adjusted into her new environment.

Amelia is currently staying at ADRI Adoption Center & Pet Services in North Scituate, RI. If you are interested in adopting, please fill out an application at [www.abandoneddogsofri.com](http://www.abandoneddogsofri.com)





been pushed out to later in the year or 2021. Tenet is the one holdout, and like *Unhinged*, will be a major test for whether theaters can lure moviegoers back to the big screen. Tenet is a spy film written and directed by Christopher Nolan. Its premise is a bit mysterious, and the cast includes John David Washington (Denzel Washington's son), Robert Pattinson, and Kenneth Branagh. Nolan is one of my favorite directors; it's hard to imagine most of his films – like *The Dark Knight*, *Inception*, *Interstellar*, or *Dunkirk* – debuting through a streaming service. Nolan's movies are what the big screen is made for. They're an experience unto themselves. In particular, I remember watching *Dunkirk* and *Interstellar* at IMAX and just being completely immersed in the worlds he created through sound and visual effects. Nolan even revealed to Total Film that the production team purchased and crashed a real 747 in the making of this film. "We started to run the numbers," he said. "It became apparent that it would actually be more efficient to buy a real plane of the real size, and perform this sequence for real in camera, rather than build miniatures or go the CG route."

## Movie Review

### *The Lighthouse* – Amazon Prime

If you're looking for an artsy film that will likely be studied in film classes for years to come, you might really enjoy Robert Eggers' *The Lighthouse*, starring Robert Pattinson and Willem DaFoe. The film is shot in black-and-white and a 1.19:1 aspect ratio, to mimic nineteenth century photography. Although the narrow screen was really more frustrating to me than anything else. The film is also super heavy-handed with its sexual overtones. I'm not surprised Eggers told Huffington Post: "I hope it's a movie where both Jung and Freud would be furiously eating their popcorn." *The Lighthouse* is categorized as "psychological horror," but I found the absurdity of the script more humorous than terrifying.

## TV Review

### *Space Force* – Season 1

Google "Space Force news" and you'll see phrases like "astonishingly bad," "massive misfire," and "terrible joke." Like so many others who love *The Office*, I held out hope that Steve Carrell and Greg Daniels could deliver again. I'm disappointed to report that I could only get through one painstaking episode of this horrible new comedy. It did not make me laugh once, which is somewhat astonishing. Who read this script and thought, "This is sure to be a hit"? Who thought having Steve Carrell singing and dancing to the Beach Boys' "Kokomo" was a good idea? It's beyond terrible, and makes me question the future of Netflix's original content if this is really all they've got for us.



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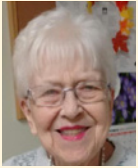
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# Obituaries



**Althea E. Rainville**  
April 26, 2020  
[www.andersonwinfield.net](http://www.andersonwinfield.net)



**Arleen Malo**  
May 12, 2020  
[www.robbsfuneralhome.com](http://www.robbsfuneralhome.com)



**Donald G. Olson**  
May 17, 2020  
[www.legacy.com](http://www.legacy.com)



**Louis B. "Louie" DiNobile**  
May 20, 2020  
[www.legacy.com](http://www.legacy.com)



**Dr. Mark H. Kuhar**  
May 22, 2020  
[www.andersonwinfield.net](http://www.andersonwinfield.net)



Photo credit: Sandra Archille

# The Smithfield Times



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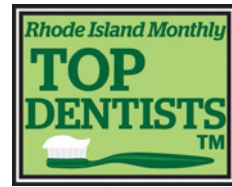
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