

COMPLIMENTARY

NOVEMBER 2020

The Smithfield *Times*



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Smithfield's All Lit Up Christmas Parade Will Go Virtual This Year

By Paul Lonardo

It has been announced that Smithfield's All Lit Up Christmas Parade, probably the town's most popular and well-attended events of the year, will go forward with its seasonal festivities virtually in order to keep everyone safe amid continued vigilance in combatting the coronavirus.

With all the changes our society has gone through over the past six or seven months, some people may have given up hope of salvaging this year's celebration altogether, but not Parade Committee co-chair representatives Tom Winfield and Kate McAdam-Prickett.

"Putting thousands of people together in the village would just not be a smart thing to do at this time," says Winfield. "If we're going to beat this virus, we have to do our part. Everybody has to do their part."

However, over the course of the pandemic, they continually resisted cancelling the event while meeting with fellow organizers, determined to come up with a feasible plan to carry out the fifth annual Smithfield's All Lit up Christmas Parade.

"We never said we weren't going to do something," says, McAdam-Prickett. "We always knew we were going to do something, and we waited as long as we could to figure out what that would be."

"We had our fingers crossed that maybe something would change, so we held out," Winfield adds. "It's always been about the community and getting everyone involved in some way.

Remaining flexible and open to ideas was key, and going virtual was the logical

option, but it posed a whole different array of challenges to the organizers. To help them, they teamed up with a local videography company to work out the logistics of hosting the parade and other events in a virtual world.

"If an individual or company wants to participate or submit content, but they don't have the capability to link up with us, then we will go to them to assist them," McAdam-Prickett says. "So many people have supported us over the past four years, and we want to continue that community relationship that we've established."

While things may be a little different this year, the spirit of the community and the magic of the holiday season will be on full display for all to see. Most residents, those not along the parade route at least, will have to log on to witness this year's events, which will include the popular snowball drop raffle and the tree lighting ceremony. There will also be dancers, singers, and a life-size nativity scene. Santa will make his annual appearance. The tree lighting, a tradition in town that goes back to the 1960's, will

take place at the village green across from the Fire Station, at 607 Putnam Pike. This year, instead of an essay writing contest, there will be a Christmas Tree Drawing contest, open to all children 8 to 12 years of age, with the young artist of the winning drawing being given the honor of lighting the Christmas tree.

For information about the Christmas Tree Drawing Contest and as well as how to participate in the parade or watch the events, follow the Facebook posts at <https://www.facebook.com/Smithfields-All-Lit-Up-Christmas-parade>

To contribute photos and videos, contact McAdam-Prickett at 401-391-6521.



No. 001	SNOWBALL DROP RAFFLE To Benefit Smithfield's ALL-LIT-UP <i>Virtual Christmas Parade</i>		Name: _____ Address: _____ Phone: _____	No. 001 Buddy
	The Drop will take place on November 21, 2020 4 p.m. at Deerfield Park - Rain or Shine \$10.00 per ticket <small>For details visit our Facebook page at Smithfield's All Lit Up Christmas Parade</small>			

No. 002	SNOWBALL DROP RAFFLE To Benefit Smithfield's ALL-LIT-UP <i>Virtual Christmas Parade</i>		Name: _____ Address: _____ Phone: _____	No. 002 Teddy
	The Drop will take place on November 21, 2020 4 p.m. at Deerfield Park - Rain or Shine \$10.00 per ticket <small>For details visit our Facebook page at Smithfield's All Lit Up Christmas Parade</small>			

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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

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The Rhode Island Supreme Court licenses all lawyers in the general practice of law. The Court does not license or certify any lawyer as an expert or specialist in any field of practice.

Smithfield Human Services carries on through the crisis

Local office continues to provide food and heating assistance

By Ron Scopelliti

Though the pandemic has changed the way things are done, it hasn't stopped the Town of Smithfield's Human Services office from continuing its effort to provide confidential, supplemental food and heating assistance to Smithfield residents who qualify under the low-income family guidelines.

Located at 1 William Hawkins Jr. Trail in the same building as the Smithfield Senior Center, the office also shares the Senior Center's director, Karen Armstrong.

"Though the building is closed I was still able to hand out food," she said, looking back to the beginning of the pandemic. While in the past, clients could simply show up at the door, they're now asked to call ahead so the staff can make up a bag for them, which they can then pick up at the door. The staff has also been venturing out for people who can't leave their homes.

"For truly homebound people, we've delivered monthly since April," Armstrong said. "We closed March 16, so we've been doing it since the beginning."

She said she has seen an increase in the need for services during the pandemic, particularly since the end of summer.

"There are more families asking for assistance," Armstrong said, "and a lot of people couldn't catch up on their bills if they were laid off, and once they lost the stimulus, the \$600 a week. I'm seeing more families since August."

Despite the economic turmoil, the community has continued to support

the office's efforts. In addition to contributions from individuals, some of whom donate annually, the office has been getting group donations. For example, The Rhody Oldies Hockey Club, who skate at the Smithfield rink, recently donated \$750. And patrons of a local bar/restaurant raised several hundred dollars that they used to buy specific items needed by the food bank, just in time for fall and the holidays.

"It worked out great," Armstrong said. "We got a nice assortment." This included peanut butter, jelly, pasta, canned tuna, and other items that are in high demand. Checking in with the office before collecting donations can help gather the most-needed goods, and avoid a surplus of low-demand items building up in the food pantry, as has happened in the past.

Though the town's schools are facing their own challenges, they are starting to re-establish their longstanding relationships with the office. William Winsor Elementary School was the first to step up, conducting a food drive and making Thanksgiving baskets. The office also maintains close ties with the food pantries at St. Michael Church and St. Philip Church, sharing their client lists to make sure everybody's taken care of.

As the holidays approach, Armstrong is working with local businesses on the annual Adopt-A-Family program for families in need. Clients of the office make out a holiday wish list for their children, and businesses do their best to fulfill them. And the start of fall brings the demand for heating assistance.

"We still help out with heating fuel, and

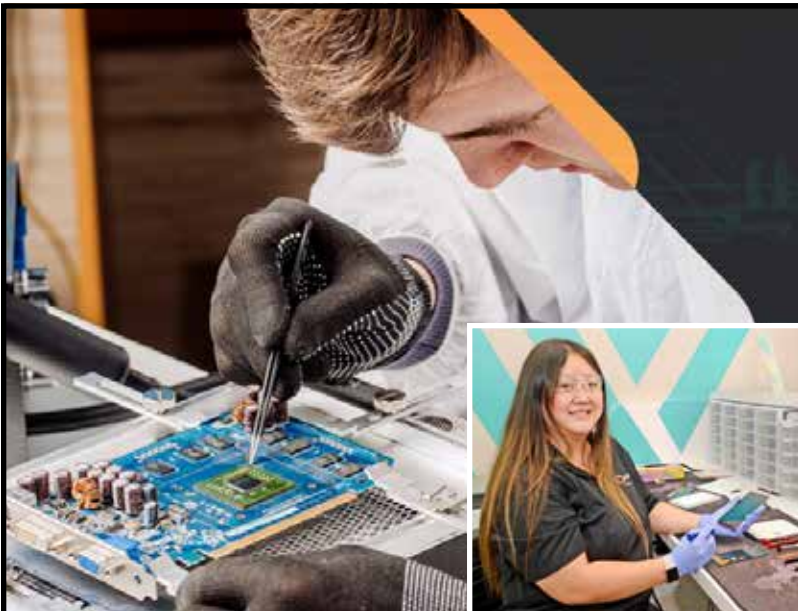
then refer clients to St. Philip's and St. Michael's for additional help," Armstrong said. She also makes referrals to Tri-County Community Action Agency (formerly known as Tri-Town) for their Low Income Home Energy Assistance Program (LIHEAP). "We're kind of an auxiliary to them. We want clients to make sure that they qualify because that's money that is available for them, and it can be up to \$800 depending on their situation." Smithfield, she noted, follows the same guidelines as Tri-County for income qualifications.

Armstrong also works with the state's Department of Human Services, and is able to re-certify participants in their Supplemental Nutrition Assistance Program (SNAP), which provides nutrition assistance to low-income individuals and families. Initial certification, however, must be done through the state.

For anyone who would either like to donate or is looking for assistance, the first step is the same – call Karen Armstrong at the Human Services/Senior Center, 949-4590.

"If someone's in need, or needs a referral, they just have to call," she said. "We have a lot of resources."

More information about the Smithfield Human Services office is available at www.smithfieldri.com/human-services. For information on SNAP, and other programs available from the RI Department of Human Services, visit www.dhs.ri.gov/Programs. To learn more about the Tri-County Community Action Agency, visit tricityyri.org.



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Local Business Opens Doors For Medicare Insurance Counseling

By Paul Lonardo

Like many types of insurance, Medicare can be difficult to understand, and this confusion can lead to problems such as surprise bills and poor health choices. Fortunately, for recipients in and around Smithfield, there is someone with plenty of experience and knowledge they can turn to for help. John Salois is a local independent Medicare insurance advisor who is available to qualified beneficiaries, whether they are individuals already in the Medicare system or first-time recipients who need help setting up a plan. He is someone who can help you make the best personal plan choices.

“Many people who go into Medicare for the first time are very nervous,” Salois says. “They often have a lot of concerns and worries. The best thing that can happen after concluding an appointment with a client is when they tell me that I’ve taken a great financial burden off them. Recently, I saved a couple \$13,000 on prescription drug costs for 2021. This is a rare case, but it demonstrates the importance of reviewing your plan annually.”

Salois, who grew up in Smithfield and lives in town, sees a clear parallel to what he does now with a what he did early on in his professional career, when he worked for Bell Atlantic Metro Mobile, installing car phones, back when that was a big thing in the 1990s.

“The advising I do now is somewhat similar to what I used to do when I was in wireless,” Salois says. “Basically, I help people with their plans. However, offering Medicare supplement insurance involves coaching and counseling, rather than strict sales. I like the idea of helping people.”



John Salois

Unlike his previous sales job, Salois offers his clients more than a one-time consultation. He is there for the long haul.

“I provide an annual service,” Salois says, “and continue with my clients year after year just to make sure that they’re in the most cost-effective plan because it’s natural for people to have changes in their circumstances, whether they have an upcoming surgery, or maybe their prescription drugs have changed. Some may need special benefits, such as coverage for a hearing aid or extra dental coverage. So as people’s needs change, year to year, I continue the process to make sure they are in the most effective program.”

Earlier this year, Salois opened up CJC

Advisors, Inc. in Greenville so that there would be a resource in town where people could come for answers to all their Medicare questions. He will also meet perspective clients at their homes or any location that might be more convenient, and he is equipped for virtual consultations.

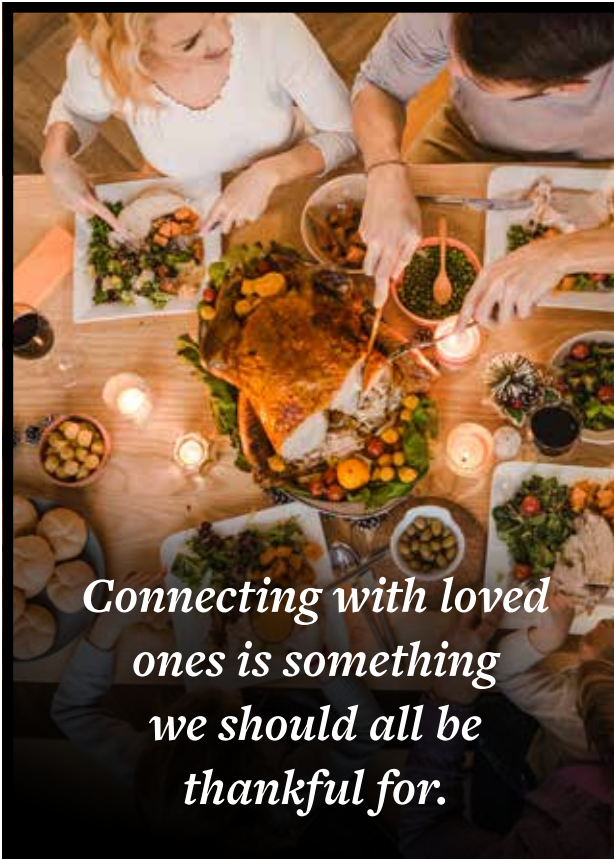
Salois calls his business ‘The Medicare Store and More’ because while he specializes in Medicare, he also offers other services, including helping clients attain resources for retirement income planning and elder law services.

“We try to provide people with as many resources as possible to meet their retirement benefits and all their needs.”

Medicare’s Annual Election Period runs from October 15th and continues through December 7th. During this time you may consider making changes to your Medicare Part D Prescription Drug plan, Medicare Advantage Plan or Medicare Supplement Plan. The final change you make will go into effect on January 1st.

No matter what your needs or circumstances, Salois is ready to answer your questions and work to get you into the best plan to suit your current circumstance or change your plan as your individual needs change.

**To arrange a consultation,
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Advisors located at 22 Lark
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I have been a Smithfield resident for 50 years. My wife, Liz, and I raised our family here, and I have been an active member of the community for decades. I am now taking the next step in my commitment to the people of Smithfield, North Providence, and Johnston by running to be your State Senator.

As your State Senator, I pledge to:

- Be proactive in support of the common good
- Reduce government regulation and create policies that benefit our communities
- Use my experience and record of achievement as Smithfield Town Council President and a member of local boards and commissions to broaden opportunities for our communities.
- Take leadership on growing our area's basic infrastructure to facilitate economic development that can benefit all of District 22.
- Create change with regard to Other Postemployment Benefits (OPEB) liabilities

VOTE FOR Paul Santucci for State Senator. Thank you.

Smithfield Police Host Coffee With a Cop

By Joe Siegel

Members of the Smithfield Police Department met with the public at Deerfield Park on October 7 for “National Coffee With a Cop Day.” Chief Richard P. St. Sauveur explained that the campaign started several years ago. This was the first time the Smithfield Police held this event.

The event was also part of the Rhode Island Police Chiefs’ Association Twenty for 2020 Campaign. One of the promises is that every police department will host an open forum four times a year starting on Zoom or similar online platforms. “That promise was made to give the community and the police more face to face opportunities,” St. Sauveur said, noting it was “an opportunity for us to be more transparent for the community to understand us more.”

St. Sauveur said the events also give residents the chance to inform the officers about what’s happening in Smithfield. He promises there will be three more events in the coming months. More information can be found on the department’s Facebook page.

“My fellow Police Chiefs and I have signed a pledge that promises reforms in all Rhode Island law enforcement agencies, including the Smithfield

Police Department,” St. Sauveur wrote on the department’s website. “Our promises, as outlined in the Twenty for 2020 Campaign, will address statewide policing standards and practices, and will focus on training, transparency, communication and human rights. Although the Smithfield Police Department has a fantastic relationship with its residents, this campaign will help us to improve that relationship and increase the public’s trust in us.”

The Twenty for 2020 campaign features a statement of principles, including acknowledgement about the realities of police brutality in the world, defending the profession of policing in Rhode Island, and re-emphasizing training standards. There are also a number of promises and policy amendments such as the right to a peaceful protest, journalist rights and officer identification, research body and cruiser cameras, commitment to diversity hiring, review NAACP guidelines, and external civil, cultural, and social justice training.



“We understand that our words do not carry any meaning unless they are followed by actions. Our hope today is that the promises we are making to our communities will be just the start of a longer, sustained action toward greater police legitimacy in the eyes of the people we serve,” said Lincoln Police Chief Brian Sullivan, president of the Association. “At the same time, we defend and stand up for the profession of policing, and we support the good, hard-working women and men who choose to dedicate their lives to helping others.”

The complete list can be viewed at <https://smithfieldpd.com/rhode-island-police-chiefs-association-twenty-for-2020-campaign/>.

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Wild Turkeys in Rhode Island: *A Major Conservation Success Story*

By James Gass

Early one morning many years ago, when my family and I lived off Farnum Pike, I heard through my slumber what I thought was a dog barking in our back yard (we didn't have a dog). That's a strange sounding dog, I thought. My wife ran into the bedroom and whispered excitedly, "there's a male turkey displaying on our lawn!" Sights like this were not as common back then as they are now.

I climbed out of bed and stumbled into the living room, and looking through our large picture window could see a lone male "tom" in all his glory, strutting about and gobbling his heart out for two nearby hens. Unfortunately, the hens were more interested in some millet that had fallen from our bird feeder than they were in him, but I was certainly impressed. His blazing red neck and throat, turquoise blue cheeks and bright white forehead made me think of the American flag. His



Photo by Sandra Achille



Male gobblers. Photo by James Gass

huge fanned-out tail was striking and very elegant. He also made me think of Benjamin Franklin, who in a letter to his daughter wrote, "For my own part I wish the Bald Eagle had not been chosen as the Representative of our Country. He is a Bird of bad moral Character. He does not get his Living honestly." The wild turkey, he said, "was a much more respectable Bird." But in fact, he was only joking. It's a myth handed down through the generations that Franklin wanted the wild turkey to be our national bird.

Wild turkeys were plentiful in Rhode Island during colonial times, but by the mid 1800's had become extirpated due to over-hunting. So in the spring of 1980, RIDEM bought 29 birds from Vermont and released them in Exeter, hoping a breeding population would gain a foothold there. Connecticut DEP also released some birds near the Rhode Island state line. This didn't produce the desired results, so in the winter of 1994 RIDEM acquired 48 more turkeys

from New York and released them at selected sites throughout the state. This, combined with a program of in-state trapping and relocation in 1995 finally did the trick, and now these magnificent birds are found almost everywhere in the state, including suburban areas. They are even considered a nuisance in some places! With an estimated population of over 5,000 birds, the restoration of wild turkeys in Rhode Island has been a complete success.

Every year RIDEM asks the public "to report sightings of wild turkey hens – both with a brood of baby turkeys and without – and tom turkeys to help with research efforts. Information gathered from the public is helpful in determining the number of young birds that survive after common causes of mortality." To find out more about the survey, visit RIDEM's website. To learn about the biology of wild turkeys in Rhode Island, check out <http://www.dem.ri.gov/programs/bnatres/fishwild/pdf/turkey.pdf>

Ask an Expert

My name is Tom Lopatosky. I'm the President of LOPCO Contracting (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 or call 401-270-2664. Thanks in advance for taking the time to read this column!



What Makes a Home Considered "Historic"?

Somehow over the years we have developed a reputation of being a type of "expert" in working on Historic Homes. I have no idea how this happened.

The same way I suppose that if you search the term 'Lead Paint' on YouTube, a video of me pops up describing a bunch of lead paint-oriented items. These types of reputational development scenarios are quite perplexing to me.

Since 1995 we have always had a knack for restoring these potentially intimidating structures which many steer clear from. Restoring older homes, or anything related to them, is definitely NOT for the faint of heart.

As one example, speaking of "Hearts ...", recently while scrolling through an awesome Facebook Group that showcases items from Rhode Island's past, I came across an old photo of 88 Benefit Street in Providence, RI from 1952. Unbeknownst to me, Edgar Allen Poe's love, Helen, lived here when he was seeing her (a fact which was shared amongst the group). A finished picture from our records of a similar angle, I think, is extremely interesting when viewing it next to the older one. In both pictures you can see the RI State House as well as the Cathedral of St. John (Episcopal Diocese of Providence) in the background.

I believe this to be very neat stuff and an unsolicited, gentle reminder for me as to some of the awesome feelings associated with being fortunate enough to work day in and day out on historical homes such as this one. This all being said, many

folks often wonder what makes a home considered "historic" in the first place?

The answer is quite simple ...

There are generally thought to be 2 qualifying factors: One, is the home has to be at least 50 years old. Folks from other parts of the world where their history, literally, goes back centuries, obviously may laugh at this, but in this country, this is the starting point.

Secondly, it must meet one of 4 qualifying factors:

- Be associated with an important, historical event
- Be associated with the life of a noteworthy individual
- Be thought of as the embodiment of a particular architectural, historical style
- Has provided or is likely to provide significant historical information

One of the reasons I have always enjoyed working on older homes is the pure idea of any of these factors in conjunction with something that is quite aged has consistently created this fantastic inner feeling inside of me, challenging to explain, but eerily magnetic nonetheless. For me, one factor does not necessarily supersede the others. For other folks though, they may have a passion for historical figures or historical types of architecture, etc.

I am hugely honored whenever someone puts their faith in us to work on homes of a historical nature in whatever the capacity may be. Not only because there is often such a dramatic difference from 'before' we started working on the project in comparison to what it looks like when things are completed, but also because of the actual underlying historical significance of the home we are humbly working on to fix.

About Tom Lopatosky

Tom Lopatosky has run his own RI-based carpentry and painting business 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 PCA (Painting Contractors Association) and RIBA (Rhode Island Builders Association). Tom has often had weekly 'Home Improvement Tips' that have aired on the radio on 630 WPRO AM and on television on WPRI 12.



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Smithfield woman uses U.S. resources to bring swift aid to her birth country – Lebanon

By: Brittini Henderson

On August 4, 2020 Beirut, Lebanon experienced the third largest explosion in world history. The explosion killed over 200 people, injured thousands, and left 300,000 people homeless. There are over 50 people still missing today. Jamie Mitri, Smithfield High School Class of 2003, and her family could feel the aftershock of this catastrophe from their home in Smithfield. Jamie was immediately saddened, hurt, and devastated. These emotions ignited her absolute need to help the people of Lebanon, her birth country.

“I became a working machine,” Jamie says, “dedicating every waking moment to working on fundraising efforts.”

In Lebanon, Jamie says that the country’s citizens took relief efforts into their own hands. They were cleaning debris, feeding the homeless, and helping to rebuild homes and businesses. Lebanese people were pulling severely injured or deceased people from the rubble with their own hands.

“The Lebanese people are truly heroes,” Jamie says.

Jamie hit the ground running and started CrowdFunding to raise money to assist the Lebanese people. She also helped local businesses load containers full of food and supplies; organized fitness/workout and restaurant fundraisers; and used social media to get the word out about other campaigns. Most notably, Jamie used the website Bonfire to design a t-shirt for purchase showing support for Beirut. All of the proceeds from the t-shirt orders are donated directly to Impact Lebanon and the Lebanese Red Cross.

Although not geographically close to home, the effects of the explosion hit emotionally close to home, as she still has

family and friends who live in Lebanon.

“Thankfully, no one I know personally was severely hurt by the explosion, and all survived,” she says. “But there is a loss of hope and they are scared. The future is unknown and they do not feel safe. Before the explosion, Lebanon was dealing with economic collapse, poverty, and a massive food shortage.”

On top of all of the hardship in Lebanon before the explosion, the COVID-19 pandemic did not make matters any easier. According to Jamie, Lebanon does not have the healthcare system or the resources that countries like the United States have. Prior to the pandemic, they were already struggling to admit people into hospitals and there was already a shortage of ventilators.

“As you can imagine, especially with everything going on, all of these factors have greatly impacted the country,” Jamie says. “Many people are dying because they simply cannot get the healthcare they need. The resources are all used up.”

Even months later, there are still thousands of homeless Lebanese citizens, and a shortage of food and supplies. With winter on its way, the dire conditions will only continue to get worse. Jamie urges that any form of aid would make an immense impact.

“The support I have already received from my friends in Rhode Island and Massachusetts has been absolutely incredible,” Jamie says. “I am sure to let my friends and family in Lebanon know this because it helps them feel a sense of support. Many Lebanese people felt hopeless and that they were dealing with the aftermath of the explosion alone. I want to keep providing them with hope and the strength to move on, rebuild,

and become better than ever.”

Jamie says that Beirut is sometimes referred to as

The Phoenix because it has been burned down and rebuilt seven times. She hopes this is the last time it’s rebuilt and that this time it prospers. She wants Lebanese people to be happy again and to continue to celebrate life, as they are so known to do.

Jamie was born in Beirut, Lebanon during the Lebanese Civil War. Her parents swiftly left the country after she was born and moved the family to Ottawa, Canada. Four years later, the Mitri family moved to their current home in Smithfield. Jamie, as well as her two younger siblings Melissa and Nick, all attended Anna McCabe, Gallagher Middle School, and Smithfield High School. Jamie went on to obtain two bachelors degrees in Biology and Chemical Engineering from the University of Rhode Island. She has also been working with the United Nations to create a sustainable and easily attainable source of clean air for the citizens of Lebanon.

To donate to the relief and well being of the Lebanese people, visit any of the following websites:

- helplebanon.carrd.co
- justgiving.com/fundraising/Lebanon-relief

To purchase one of Jamie's shirts, visit:

- bonfire.com/dashboard/details/Beirut-explosion-fundraiser

For any further questions or more information from Jamie, you can email her directly at jamie3085@gmail.com.





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Smithfield High School's National Honor Society

by Sophia DeJesus and
Honor Society member, Caitlyn Cacador



The National Honor Society is a group of high school seniors who are dedicated to their school and community. Each member of the society is expected to have a leadership role and work with their peers to make their community a better place. Each month, Smithfield's NHS will complete a monthly service project that will either benefit the school, town, or even the state of Rhode Island. If you're a Smithfield resident, you'll definitely want to keep an eye out for town-wide events.

One thing that the NHS has already done, was freshman orientation for SHS. It was the first 100% virtual orientation, and the members of the honor society did a live Q and A for freshman with NHS members and school officials, Mr. Kelley, Dr. Amondi, and Mr. Zibelli. This Q&A was also recorded for any students who were not able to attend. NHS members also made a "vlog" to show "A Day in the Life" at Smithfield High, as well as recorded a video of NHS students speaking about their favorite aspects of high school.

Now that school is back in session, the members of the National Honor Society are also planning new events and attempting to get their ideas approved by principal Dan Kelley and the town. In this article, I will give my readers a sneak peek at possible events to come.

Some upcoming events that are still in the works, include an election day event, and a reverse holiday parade. With the election day event, students will act as the candidates, and a mock debate will be recorded and live streamed to the students. After the debate, there will be a mock election where students will fill out a google form to submit their "vote." With the help of NHS members, there will be a voting registration and mail in ballot as well. This mock election will help to educate younger students – elementary and middle schoolers – on the importance of voting and how to make your voice "heard." The reverse parade, as mentioned before, is still in the works and still needing approval. However, if it is approved, the NHS will attempt to

create a drive through parade. This way, families can stay in the comfort of their own cars. Mr. Zibelli, who works closely with the students in NHS, says, "We are exploring the option of a Reversed Holiday Parade in early December through Deerfield Park modelled after this year's Jack O' Lantern Spectacular at Roger Williams Park. But this idea is still in the early planning stages."

One event that has received approval from Smithfield's town manager is the "Scarecrows for a Cause." The NHS will build scarecrows that will be placed around town as the "Sentinel Army." Each scarecrow will have a scannable QR code that will advertise an organization. The plan is to use these scarecrows to help collect canned goods for food banks around RI. Based on collection rules, there will be a possible collection cornucopia at the high school. Collecting canned goods for food banks will help many families in need. Please be sure to keep an eye out for new details that will be coming soon.



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was found a stray in Providence and quickly warmed her way into the hearts of the staff. Shakara will sit for a treat, give her paw and take a cookie very gently. She is vaccinated, heart worm tested and spayed. She does well with bigger dogs but probably not smaller dogs or cats. Children 12 and up please. Shakara is currently staying at ADRI Adoption Center but adoptable through Almost Home Rescue. Applications are available at www.almosthomeri.org



Silver

is a young neutered cat who lived most of his life outdoors. We transferred him to us when he found himself with no place to go. We've spent the past several months trying to get him adjusted to being inside and building trust with humans but we feel at this point he would be happiest as an outdoor cat. Our cats are always adopted out as indoor cats only but Silver just doesn't seem to be making any progress. We are hoping to find him a home where he can have a barn, an outdoor structure, or access to inside the home. His new family needs to be willing to provide him veterinary care as needed, although he is healthy and currently up to date on vaccines. If you're interested in learning more about Silver please contact Alyssa at abandoneddogsofri@gmail.com. Silver is currently in a foster home.



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Poems and Ponderings Pertaining to Pumpkins

By Jim Ignasher

It's November, the weather has turned colder, and by now you've probably heard at least one person say "the frost is on the pumpkin", but have you ever wondered where the saying came from or what it actually means? Probably not, but the answer may surprise you. A dirty Limerick leads some to believe it's a metaphor for romance under the glow of a harvest moon, while others say it to describe the onset of colder autumn weather. In contemporary times both may be correct, but the original meaning had nothing to do with either.

The saying comes from a 19th century poem written by James Whitcomb Riley titled "When the Frost is on the Pumpkin", which referred to when it was time to reap the autumn harvest. Riley's poem begins; "When the frost is on the pumpkin, and the fodder's in the shock, and you hear the kyouck and gobble of the struttin' turkey-cock ..."

Pumpkins have been grown in the Americas for several thousand years and were part of the Native American diet long before the arrival of the first Europeans. There's a Native American folktale which tells of an Indian maiden riding a white horse who visited a tribe and sprinkled seeds which produced abundant pumpkins as a reward for refusing to take part in a war against a neighboring tribe.

Irish folklore tells of a man named Jack who was so mean that when he died he wasn't welcome in Heaven or Hell. Thus he was doomed to walk the world in darkness until Judgement Day with nothing but a hallowed out turnip with a glowing hot ember to serve as a lamp. By the 1800s the turnip had become a pumpkin - the Jack-o-lantern.

The orange pumpkins common today were



virtually unknown to the Europeans prior to 1620, yet they came to be a staple of early American diets. In fact, pumpkins were so much a part of their diets that there was a short poem written about them. "Pumpkin bread and pumpkin beer, if t'want for pumpkins we couldn't live here; Pumpkin pudding and pumpkin pie, it t'want for pumpkins we should die."

While the Pilgrims used pumpkins in soups, bread, pies, beer, and puddings, we in the 21st century enjoy things like pumpkin coffee, ice cream, donuts, cakes, muffins, pasta sauce, ravioli, pancakes, candy, cookies, and even "pumpkin butter".

Pumpkins, by the way, are a fruit, and not a vegetable.

It's likely that pumpkin pies of some sort were served at the first Thanksgiving, but they probably lacked the sweet taste we're used today brought about by the addition of cinnamon, cloves, molasses, ginger, allspice, and sugar.

There's even a tongue-in-cheek folktale as to the origin of pumpkin pies that goes as follows: There was once a man who was an "inventor" by trade, who owed considerable money to his creditors. One day, he got the idea that he could extract gold from pumpkins after being convinced that their golden-orange color was due to trace amounts of gold in the soil. So as an experiment, he took a pumpkin, sliced it,

and then boiled it. He then poured the pulp into a pie crust and placed it in the oven, fully expecting the pulp to burn off and leaving just a thin sheet of gold. His creditors caught wind of what he was up to and burst in just as the pie was being taken from the oven. They demanded to see the gold, but instead he turned to them and said, "Look! I've just invented pumpkin pie!"

It's a known fact that the colonists used pumpkins for brewing beer, but 18th century pumpkin ale was nothing like one would buy at a liquor store today. For one thing the alcohol content would have been higher, and it would have tasted rather bland.

By the 19th century pumpkin beer had fallen out of favor and was virtually forgotten until the 1980s when a California brewery began producing its version of a pumpkin beer. Since then numerous breweries have followed suit with pumpkin beers of their own, thus making pumpkin-pie-in-a-bottle available to all.

Beyond food and drink, the humble pumpkin has endeared itself in other ways. We hold pumpkin festivals, jack-o-lantern "spooktaculars", largest pumpkin contests, and "pumpkin regattas", where 400 pound pumpkins are carved into "boats", not to mention the "pumpkin catapult" contests, where people bet as to which pumpkin can be hurled the farthest. Then there's also pumpkin painting, and pick-your-own farms.

Finally, just in case you're wondering, the town of Morton, Illinois, holds the honor of being the "Pumpkin Capitol of the World", for it's claimed that 85% of the world's canned pumpkin is produced there. Therefore it's highly probable that the pumpkin filling in your Thanksgiving pumpkin pie originated in Morton. Who knew?



Senior Scene | by Paul V. Palange

Even during tough times, there are reasons to give thanks

While visiting my mom last month for her 94th birthday, I started to feel down. She was so quiet and indifferent that it made me think about all the times she has said she wants to pass away and be with my dad. I found it unsettling on many levels as well as a little confusing.

What are the right words to make her smile or at least lift her spirits just a little, I wondered. I failed. I came up empty. I felt frustrated and inept, thinking that this that or the other thing I was about to utter wouldn't do the trick. Instead I defaulted to small talk, asking her how her sister and her sister's son are doing.

We chatted some more before I had to head home, which gave me about 35 minutes to mull over how lucky I am to still have such a loving mother in my life after 65-plus years on this earth. She worked so hard to make the home I grew up in safe, happy, warm, comfortable and nurturing. She succeeded, and true to her and my dad's Italian heritage, food played a major role in making the household rock.

From inviting the children in the neighborhood to join us for a pancake breakfast to having the pastor of our parish over for pasta and homemade meatballs and red sauce to serving

mouth-watering dishes such as lasagna, a variety of parmesans, ravioli, polenta, roasted chicken, chops and stuffed filet of sole, Jennie used food to put smiles on a ton of faces.

When we celebrate Thanksgiving this year, I will remember again those days and how grateful I am that my mother helped me realize what is really important in life. She lost a son during the polio pandemic and a daughter to the ravages of cancer yet, like my father, she continued to move forward while cherishing her family and blessings.

See Senior Scene, page 21

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Although all of us have heard a hundred times that being wealthy does not buy happiness, we keep chasing that dream. Of course I would like to be rich. However, if I had a choice, I would rather be able to sit at a table to spend time and share my bounty with family and friends.

Despite what 2020 has thrown at us and whatever is the outcome of the presidential election, many people, including me, has a reason or two or three to be thankful. Yes we are in the midst of a pandemic, a frightening economic downturn, racial and social upheaval, life-altering climate change and political divisiveness that is leaving critical issues and problems unresolved. However, we have to remember the good times of the past, appreciate the positive aspects of the present and have hope for the future. We need to continue to have faith in each other, and that there are enough of us who want to create positive change that will result in equality for everyone and a habitable planet.

Remember to appreciate the parents who have taught you well and to follow their example of unconditional love. That's what I should have talked about.

Happy Thanksgiving.

Happy Birthday

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Health Awareness

Anxiety: The Worry Monster

by Diane L. Marolla, LICSW

“You don’t have to control your thoughts. You just have to stop letting them control you.” – Dan Millman

It is November already. Time seems to be flying by. We are now eight months into COVID. We are in flu season, and the holidays are fast approaching. As a mental health practitioner, I can tell you that over the past three months, I have seen an influx of clients who are either seeking therapy for the first time or re-engaging in therapy because of the effects of COVID 19. The number one reason that my clients are seeking therapy can be summed up in one word – anxiety. I’m sure, as we move into winter, I will see more.

Anxiety is something I know first-hand, so I can empathize with my clients. I was anxious as a child, and for those who went to school with me will tell you I could never sit still. Certainly then (70’s and 80’s), there was no label to it. It was just my make-up and it never interfered with school or my social life. One nickname someone gave me was “Marolla Coaster” because I was always moving. I recall my math teacher calling me out asking if I was “riding a horse” because I had to constantly move my legs while sitting in his class. I was completely anxious in that math class because it was Geometry and I had no clue with that subject. My uncle also used to call me “Pepper” which I hated.

I can honestly say I was able to live well with my anxiety until I started working in corporate America. There were two times that I had to take leaves of absences because my anxiety got so bad. I couldn’t sleep, I would have panic attacks, and my mind would race in the middle of the night. It was awful. Thankfully now, I can control it for the most part. I have a rigid routine every day of morning prayer/meditation, gratitude journaling, exercise, good nutrition, good sleep, and no alcohol, drugs or smoking. I also am finally doing

the work that I love, versus working for corporate America.

I must admit when COVID hit, it did not trigger my anxiety. What did, and does today is the mask wearing. When we were told we had to wear a mask, I practiced wearing it. It didn’t bother me. When I had to wear it going to the store the first time, I had a panic attack. I quickly went through the store as fast as I could, got what I needed and left. Because wearing a mask triggers my anxiety, I go to small stores when they first open. I go in quickly, get what I need, and leave. Honestly, I avoid public places for the most part where I must wear a mask. I also buy what I can on-line to avoid going in stores. Restaurants or coffee shops have not bothered me because I can sit outdoors, which I like. I will miss that during the winter months as I have a favorite local coffee shop that I like to go to at least once per week.

If you suffer from anxiety, or having symptoms of anxiety, I want you to know that you are not alone. If you are not sure if you have anxiety, here are the most common symptoms according to the Mayo Clinic ([mayoclinic.org](https://www.mayoclinic.org))

- Feeling nervous, tense, restless
- Feeling a sense of danger, panic or doom
- Increased heart rate
- Rapid breathing
- Sweating
- Feeling weak or tired
- Difficulty concentrating or thinking
- Difficulty sleeping (falling asleep because of overthinking, or waking up with thoughts)
- Avoiding things that trigger anxiety

According to the Anxiety and Depression Association of America:

- Anxiety is the most common mental illness in the United States

- Anxiety affects 40 million adults in the United States age 18 or older
- The root cause of anxiety includes family history, brain chemistry, personality and life events
- Anxiety affects approximately 26% of children between the ages of 13 and 18
- There are different types of anxiety disorders: Generalized Anxiety Disorder (GAD), Panic Disorder, Social Anxiety Disorder, Phobias

Ultimately, if your anxiety is affecting your day to day life and your relationships, there are things that you can do:

1. See your Doctor. Your doctor may prescribe medication for you to help your symptoms.
2. Talk with someone. See a mental health specialist and they will help you develop strategies to deal with the anxiety.
3. Eat a healthy diet.
4. Exercise. Physical activity will help ease your anxiety and can provide hours of relief after you work out.
5. Stay away from drugs and alcohol. Although you will feel better in the moment, your anxiety symptoms only exacerbate with using alcohol or drugs.
6. Decrease or limit caffeine intake. Caffeine is a stimulant.
7. Don’t smoke.
8. Make sure you get a good night’s sleep. I have a specific nightly routine where I relax with a hot bubble bath before I go to bed. I spray my sheets with a calming scent. I sleep in a cool, dark room. Stay away from electronic devices like televisions and cell phones because they stimulate the brain.
9. Deep breathing exercises really do work in calming anxiety
10. Try meditation. There are great meditation applications that are free. You Tube also has a lot of free meditations that you can listen to.

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VOTING DISTRICT 2 – Old County Rd School Elementary School, 200 Old County Rd.- House District 44

VOTING DISTRICT 3 – Anna M. McCabe Elementary School, 100 Pleasant View Avenue- House District 44

VOTING DISTRICT 4 – Gallagher Middle School, 10 Indian Run Tr.– House District 53

VOTING DISTRICT 5 – Smithfield Senior High School, 90 Pleasant View Avenue, House District 53

VOTING DISTRICT 6 –Elks Lodge #2359, 326 Farnum Pike – House District 53

VOTING DISTRICT – Smithfield Town Hall-64 Farnum Pike– President and Vice-President Only – For residents who did not register to vote by the October 4, 2020 Deadline.

The deadline to register to vote in the November 3, 2020 General Election is **October 4, 2020**. Visit the RI Secretary of State Voter Information Center or by visiting smithfieldri.com (click on Election Information). Online Voter Registration is also available by visiting **www.vote.ri.gov**.

The polls will open at 7:00 a.m. and close at 8:00 p.m. You can view your House District, your Voting Location District, the District Map, and a sample ***General Election Ballot*** by visiting **www.sec.state.ri.us/vic** and **www.smithfieldri.com**. You can also visit **www.vote.ri.gov** to update your voter registration; register to vote; view your sample ballot; apply for an absentee ballot; find your polling place and track the status of your mail ballot.

Early Voting- Early voting will take place at the Smithfield Town Hall from 9:00 a.m. to 4:30 p.m. Monday through Friday from **October 14, 2020 to Monday, November 2, 2020**. **A registered voter who did not apply for an absentee by the deadline date of October 13, 2020 may visit the Smithfield Town Hall to cast their ballot for the November 3, 2020 General Election during regular business hours.**

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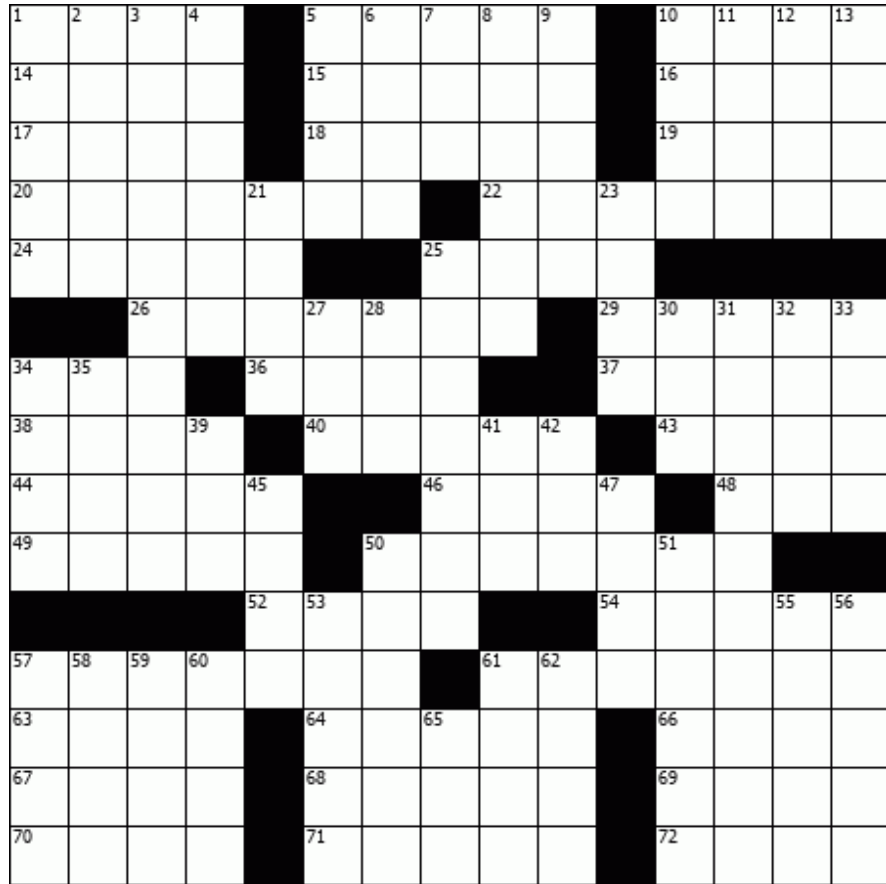
ASKED FOR AND GAVE 100% TO THOSE
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Crossword Puzzle

Across

1. Glance at
5. Bar drinks
10. Revered person
14. Leisure
15. Put back to zero
16. Nevada resort
17. Crafts
18. First Greek letter
19. Palo ____
20. Scottish plaids
22. Wearing away
24. Motionless
25. English nobleman
26. Least distant
29. Two cubed
34. Purse
36. Fine sand
37. Different one
38. Yachting
40. Not fancy
43. Indefinite number
44. Jargon
46. Journey
48. Compass dir.
49. Consumed
50. Admiration
52. Actor's hints
54. Thorny blooms
57. Sewing guide
61. Board member
63. Till bills
64. Count ____ of jazz
66. Ripped
67. Stair part
68. Modify
69. Waterless
70. Certain bills
71. Salamanders
72. Bread grains



Down

- | | | |
|------------------------|----------------------------|-----------------------------|
| 1. Chairs | 23. Toast topping | 47. Ecuador's neighbor |
| 2. Gem weight | 25. Manors | 50. Retitle |
| 3. Skin tightener | 27. Tear | 51. Fellow leading actor |
| 4. Snuggle | 28. House annex | 53. Metropolitan |
| 5. Muffin type | 30. The I in TGIF | 55. Creepy |
| 6. Elongated fish | 31. Scary tale (2 wds.) | 56. Mails |
| 7. Psychic letters | 32. Skirt edges | 57. Mail |
| 8. Prepare leftovers | 33. Yew or willow | 58. Chip in |
| 9. Beatle Ringo ____ | 34. Bundle of hay | 59. Youth |
| 10. Levin and Gershwin | 35. Tibet's continent | 60. Chef's measures (abbr.) |
| 11. Sub shop | 39. Grow old | 61. Shade |
| 12. Informed of | 41. Tax agcy. | 62. Lipstick shades |
| 13. Waterfowl | 42. Playful bite | 65. Embroider |
| 21. Lamenting cry | 45. " ____ upon a time..." | |

Answers to puzzle on page 40.



IMHO

by Ron Scopelliti

Amazon and the eye of Sauron

I'm probably not alone in saying I have a love/hate relationship with Amazon. Then again, maybe I'm giving Amazon too much credit, because while I love some of the stuff I get through Amazon, I've got no real love for the company. I guess it's more like a "tolerate-because-it's-useful/hate relationship." Like many, I've been compelled by the pandemic to use the service than I ever planned to, for both practical things like thermometer batteries, and somewhat less practical things like an encyclopedia of all things related to the "Shadowrun" universe. I'm getting to the point that if I'm not tracking an Amazon shipment on my phone I feel like there's something missing from my life.

Even though I have a book for sale through Amazon's Kindle Direct Publishing platform, I feel kind of grimy being involved with them - like I'm betraying the brick-and-mortar bookstores that I've loved all my life. To this day I still go into our local Barnes & Noble not only because of the merchandise, the friendly staff, and the coffee, but because it gives me the chance to take in the smell of books. Some people who actually have lives probably don't realize that there's a difference between the smell of library books and the smell of fresh-from-the-publisher bookstore books. I'm not saying one's better than the other, but each triggers its own pleasant associations and memories.

But anyway, I felt particularly guilty when I finally took the plunge and signed onto Amazon Prime. I could say that it was purely an economic decision, now that my pandemic-driven increase in orders has finally made it worth a membership fee to get

free shipping. But deep down inside I knew I'd eventually sign on when they announced that Prime Video had a J.R.R. Tolkien series in the works.

When I first heard that the show was being made for Amazon Prime I was disappointed. Why Amazon? Why couldn't they have gone with Netflix, or even CBS? Could I trust Amazon not to make a mockery of Middle Earth? But eventually I reached acceptance, because I've now watched some of their other original shows and they've been alright.

Plus, it's unlikely they can mess things up worse than Peter Jackson's Hobbit trilogy, though there is speculation they may bring in a character from the movies who was not an actual part of Tolkien lore. And there's also a fear spreading through YouTube channels that the series may include sex and nudity, which seems to make a lot of Tolkien fans squeamish. In a way, just the fact that there's so much online debate going on about the direction the series should take makes me glad that Amazon announced it. Even if the series turns out to be an utter disappointment, the lead-up to the series has already been pretty entertaining.

And I suppose, I'd rather see Tolkien's work go to Amazon than Disney. Disney's already gotten their four-fingered, white-gloved hands on Star Wars, Indiana Jones, and the Marvel Cinematic Universe. They're becoming the 300 pound gorilla in the realm of nerd culture. Putting "the one ring" in the hands of Disney would be like simply walking into Mordor and handing it to Sauron. This got me

thinking that if Amazon and Disney teamed up they'd be like the Saruman and Sauron of streaming services. I can picture Jeff Bezos in his wizard's tower, trying to conjure up the spirit of Walt Disney so they can create one marketing and distribution network to rule them all.

That's what scares me about companies about Amazon and Disney - that they're so all-encompassing, and have such power to take our modern mythology and reshape it in their image. Will Disney revive the Indiana Jones series as an animated feature, followed by a Broadway musical? Will Amazon turn Tolkien's unfinished tales into a sex-laden "Game of Thrones" rip-off? Maybe it doesn't matter, as long as we have the option to ignore the corporate giants, and go back to read or view the original works, which, oddly enough, we can probably order on Amazon.

Back in the seventies, the only access I had to Middle Earth was through four paperbacks that I bought at Waldenbooks, so I guess I should just be glad that some entity, however profit-driven and imperious it might be, wants to make Tolkien's world more accessible. But, in keeping with the seventies theme, I hope the Amazon series doesn't take us one Tolkien over the line.



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Wareham's Haunted Violin

Thomas D'Agostino

www.tomdagostino.com

I remember reading this account many years ago as a child and it has always intrigued me. The mere fact that it made world news alone makes this next story legendary, especially since the ghost is not a misty figure roaming the dark chambers of an old mansion, but rather a beautiful ornate violin.

The Joseph Hornsteiner violin was built about 1769, presumably for a king. 365 separate inlaid pieces, mostly comprising the back of the instrument, attributed to its elegance. Along the way, the instrument came into the possession of Harold Gordon Cudworth, an avid player and collector of instruments. This instrument was a bit more prized than the others not only for its beauty and sound, but also its attitude towards certain musical compositions. It all started in 1945 when Cudworth first decided to play a certain tune on the instrument.

Cudworth said, "I was playing the instrument, which has a deep resonant tone, at my mother's home in Wareham when suddenly a rumbling noise occurred, seemingly coming from the area of the kitchen sink." At the time Cudworth was playing the theme piece from the famous play, *The Broken Melody* by Auguste van Biene.

When Cudworth lifted his bow from the violin, the noise immediately ceased. He started playing the tune where he left off and the rumbling resumed, this time louder and more intense. The incident was strange to him, but this would just be the beginning. The following night he repeated the song

on his Hornsteiner, and not only did the rumble return, but it was accompanied by flying coffee cups and plates.

Two weeks later he chose the Hornsteiner to practice for an upcoming concert. When he struck up *The Broken Melody*, The ominous rumbling began to emanate above his head. He paused and the noise followed suit. Cudworth stood silent wondering what to do next. He knew it was not his imagination, as his mother heard the same disturbance.

Several months later he decided to play the same tune on the violin, but this time there was no rumble. The latch on his door, however, shook violently. Cudworth left the room and started down the stairs. That is when the door to his room slammed shut on its own. When he went back to his room, the sheet music to *The Broken Melody* had mysteriously traveled from his music folder inside the piano bench to the music stand. This would happen on another occasion when he chose to play the same song on the Hornsteiner.

Cudworth was asked to give violin lessons to someone's daughter in New Bedford. At the end of the lesson, the father asked Cudworth if he would play a tune. Cudworth decided to tempt the spirits and play *The Broken Melody* on the infamous violin. As the bow ran across the strings, the rumbling began and the front door opened and closed several times, each time getting louder than the last.



A woman in Rochester, Massachusetts called on Cudworth in 1960 to tune her piano. When she found he had the violin in the trunk of his car, she requested he play a song. He never got a chance to finish the composition before she told him never play that song again, as it made her feel very uncomfortable. In 1966, a Mattapoisett family asked Cudworth to play a song for them on his Hornsteiner. Out of curiosity, he chose *The Broken Melody*. They had to cut him off mid-song, as the pictures on the wall had begun to sway to one side, stop, and sway to the other side as if moving to the rhythm of the tune. He soon retired the violin into his collection but never found out the ghostly connection between the violin and *The Broken Melody*.

Cudworth died in 1989 and the violin may have been auctioned off with the rest of his collection. Its whereabouts are presently unknown unless someone decides to play a certain tune on a certain violin.



A View From the Cheap Seats

Casting my Votes for the Greatest Boston Area Athletes of my lifetime!

by Dan Pieroni

Since we are so close to Election Day, I wondered how I could tie the act of voting into this column.

Since sportswriters cast votes on everything from a league's most valuable player to which stadium/arena the best press box food, I decided to use this space to cast my personal votes for the best Boston-area professional athletes during my lifetime (mid 1980's-) in each of the four major sports.

I stress this list is purely subjective and left to my own personal observation.

I will provide my rationale for selecting each athlete under their name.

I suspect that there will be much agreement and disagreement regarding my choices, but the aim of this piece is to allow you, dear reader, to formulate your own opinions and conjure up fond memories of watching these men perform and excel at their crafts.

So without any further ado, let's begin.

Hockey: Cam Neely

What if I told you there was a hockey player who could score, shoot, check, and fight with equal precision? That was Cam Neely in a nutshell. Tough, agile, and sometimes dominant, Neely personified the two-way player. Bruins fans adored him for his blistering wrist shot, his bone-crushing checks, and his refusal to back down from anyone in a fight. If not for a brutal hit on his knee by noted cheap-shot artist Ulf Samuelsson, Neely could have gone down as one of the all-time greats.

At least he is a hall-of-famer, and his memorable cameo in the movie *Dumb and Dumber* cemented his legacy as one of Boston's all-time favorite tough guys.

Basketball: Larry Bird

"The Hick from French Lick", "Larry Legend," "The Great White Hope" no matter what you called him Larry Bird made quite the impact on Boston Celtics basketball. Bird was the poster child for a blue-collar city. Tenacious, unwavering, and brash, I have never seen a better pure shooter. Who else but Bird would have the audacity to go into a locker room before a 3-point shooting contest and ask a group of NBA all-stars which one of them was going to come in second place, then proceed to win the contest anyway? My formative memories of Bird were of a man who was a hobbled mess and plagued by back spasms but who always seemed to find that little something extra to will his team to victory that you can't teach. I wish I could have been old enough to fully appreciate the Bird era in context, but I feel I saw enough of him to know he was something special.

Football: Tom Brady

If Drew Bledsoe had the foresight to know how his Patriots career would end, I doubt he would have signed with them in the first place. Simply put Tom Brady seized his opportunity and did not let go for 20 years. The accolades speak for themselves, 6-time Super Bowl championship, 3-time NFL MVP, and capable of playing football at a high

level well into his 40's. Yes, the Brady era ended on a sour note with TB 12 deciding to take his talents to Tampa, but make no mistake, Tom Brady was the single most important player in New England Patriot history, he helped turn a moribund franchise into an indomitable force.

Baseball: David Ortiz

Considered an afterthought to the Minnesota Twins, Big Papi represented the proverbial diamond ring in the Cracker Jack box when he signed with the Red Sox for next to nothing in 2003. You know the rest of the story. Fans loved him, fastballs feared him. How many times did he come up with the game on the line and a feeling of overconfidence swept over you as if you knew he would come through? He almost always did. As a bonus he probably put the fear of God into my Yankee fan family members and friends more than any Red Sox Player past or present. He was also a community pillar and a hilarious ham in front of the camera. It is no wonder he was the most highly regarded Red Sox player of my lifetime.

Now that I have made my choices, I end this column with one highly thought-provoking question:

Do any of these gentlemen have political aspirations?



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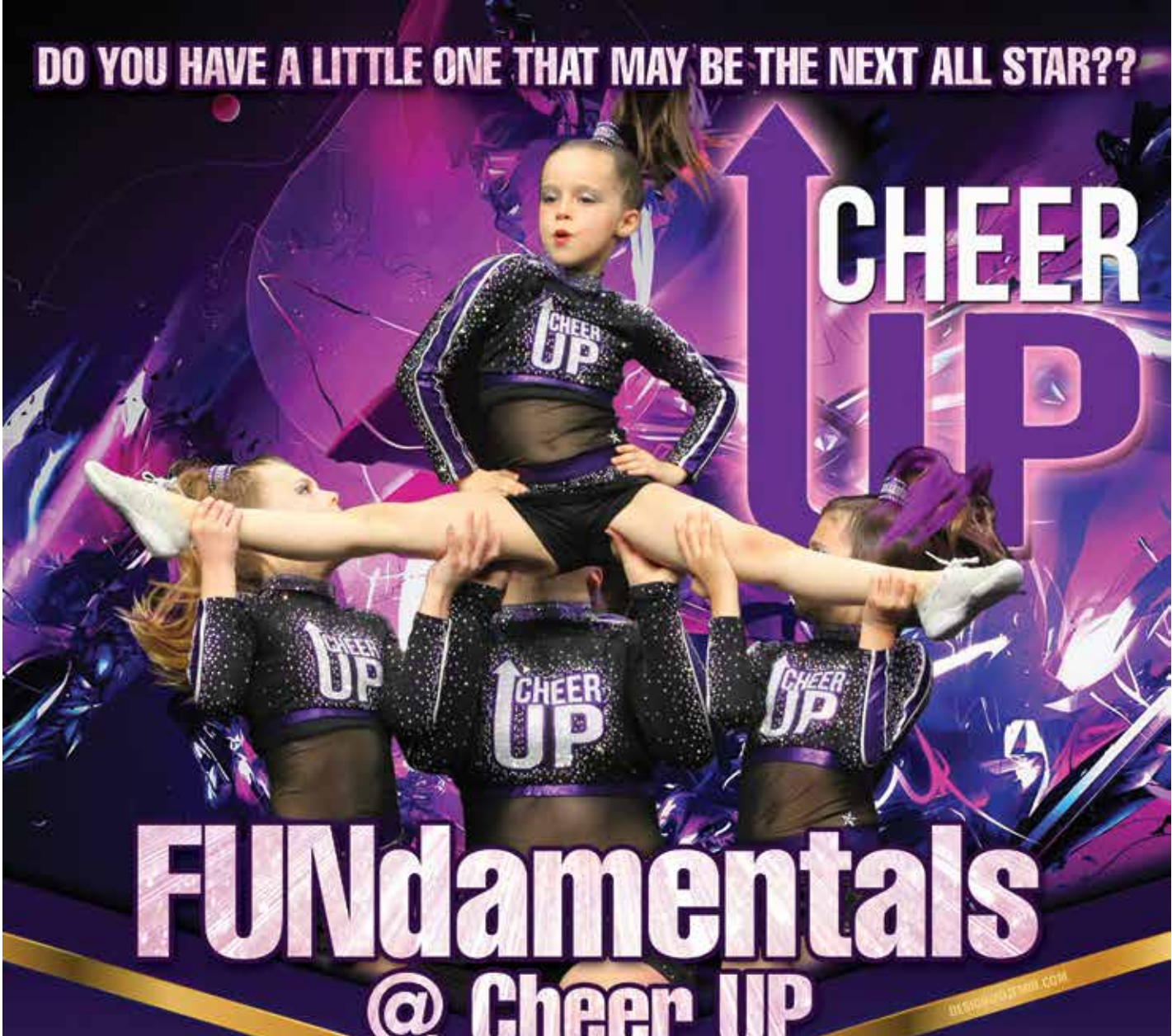
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The Nature of Things | by James Gass

Winter Birding is Better

Winter is a time of cold temperatures, short days, snow and ice, and dull, dreary landscapes. Many Rhode Islanders despise this time of year (maybe you do too). But it can also be a time of discovery, even in your own back yard. Winter, in fact, is a great time to go birding.

Most birds that nest in Rhode Island head south during fall migration, but many others overwinter here. The coast of southern New England actually has more waterfowl from late September through April than it does at any other time of year. Diving ducks such as canvasbacks, redheads, scaup, common eiders, buffleheads, goldeneyes and scoters are just a few of the many species you might see on coastal bays and inlets. American wigeons, American black ducks, gadwalls and teal often turn up on the salt ponds in southern Rhode Island. Grebes, common loons, red-throated loons and the occasional Pacific loon can be spotted from beaches during the winter months (they can be far from shore, so a spotting scope or a good pair of 10 X 50 binoculars is highly recommended).

In Rhode Island, Trustum Pond National Wildlife Refuge, Beavertail State Park and Sachuest Point National Wildlife Refuge are excellent places to see wintering waterfowl, particularly harlequin ducks. These magnificent birds can be seen at both Sachuest and Beavertail, but in small numbers. Though not listed as endangered or threatened by the Rhode Island Natural History Survey (RINHS), North American populations of harlequins are thought to be dwindling. According to Cornell University, "...wintering populations in eastern North America are currently much smaller than

historical (late 1800s) numbers ... the species is listed as endangered in Canada, threatened in Maine, and a species of special concern in western states." Get down to South County this winter and see these beautiful ducks while you still can.

In Massachusetts, Cape Ann on the North Shore is a premier winter birding destination. Nearby Parker River National Wildlife Refuge on Plum Island is also excellent, and not just for ducks. You might even see snowy owls, northern harriers, or peregrine falcons there.

Other wintering waterfowl such as common mergansers, northern pintails, ruddy ducks, ring-necked ducks and American coots (a species of rail) can be found on larger freshwater lakes and reservoirs throughout Massachusetts and Rhode Island, including the James Turner Reservoir in East Providence and the Quabbin Reservoir in Belchertown, Mass. A small population of ring-necked ducks regularly winters at Stump Pond in Smithfield.

There are also many songbirds that overwinter in our area, and you can get them to come to your feeder if you know what they like to eat. Winter finches are some of the more interesting birds you might see. They breed in the far north and parts of western Massachusetts but occasionally show up in our area in large wintering flocks, a phenomenon known as an "irruption." They tend to appear one year but not the next. It may have something to do with the severity of northern winters or food shortages there.

Common redpolls are small winter finches that might come to your feeder. They are lightly colored with a small

red patch on their forehead. They like Nyjer thistle seed. White-winged and red crossbills are more unusual finches. They have a bill that is shaped like a pair of overlapping forceps, a specialized tool that enables them to remove seeds from pinecones, their favorite food. Crossbills might come to your feeder for black oil sunflower seed, which is easier for them to open than striped sunflower seed.

Evening grosbeaks, a chunky yellow bird with a stout bill that are related to winter finches, used to be a common visitor to our area until about 20-30 years ago. They would typically descend on a feeder in a huge, noisy flock, eat all the sunflower seed, and then leave. They haven't been seen here in large numbers for years, and exactly why remains a mystery. The last significant appearances of these birds was in 2017-2018, but in far lower numbers than have been historically.

Of all the birds that are here during the winter, dark-eyed juncos, or "snowbirds" are my favorite. Males have a slate-grey back with a white belly, females are browner. Legend has it that when snowbirds arrive, winter can't be too far away (they always seem happiest when it's snowing). These little grey sparrows feed in small flocks on the ground, so spread some seed mixed with white millet around for them. Enjoy the juncos while you can, because in late April just before they head north, they take to the treetops and are much harder to see. I always feel a twinge of sadness when they leave.

So don't sit around your house scowling all winter. Get out and find some birds!



Inside The Brown Bag

By Peg Brown

The Rediscovered Resource –

First, a confession. Since I left the academic world of policies, procedures and strategic plans, I have become a “lazy” reader. My reading materials now revolve largely around historic novels featuring the personalities and events of the World War II era. Not rocket science, you might say. And, during the pandemic, I have turned into what some have called a “real page turner,” binge reading with an addictive fever of the chain-smokers of yore. Librarians now visibly cringe when they see me arrive with my list for each month.

Last week, however, while reading something more challenging than my normal menu, I found myself skipping over words that either I had never seen before, or for which I had clearly not remembered the definition. (My Latin teacher would be disappointed!) I literally said, “enough!” and went to the old barrister’s oak bookcase that held a few relics from my past. Carefully I removed a three-inch thick volume with a blue cloth cover worn to a soft denim shade, and gingerly opened my copy, received as a Christmas present in junior high, of Webster’s Seventh New Collegiate Dictionary. I took a bit of ribbing as members of my household controlled their giggles, and said, “Just Google it!”

There was something truly comforting in rifling through over 1200 pages of very small print, separated by faux leather tabs to assist you in finding the appropriate section of the alphabet that would shed light on a certain sentence. I had completely forgotten about the bonus sections: a guide to pronunciation; a list of abbreviations; over 5,000 names and their appropriate pronunciation; a pronouncing gazetteer, containing more than 10,000 names of places; a vocabulary of rhymes; rules of grammar; a complete list of colleges and universities in the US and Canada; arbitrary signs and symbols;

a guide to proof-reading marks; and my personal favorite – forms of address – in case I ever have to know how to appropriately address a duke’s oldest son.

As I skimmed through the 1200 pages, the questions started. When was the first one? Who published it? How many words are there anyway? I had a feeling the answers were going to be as puzzling as the scientific community’s discussion of who invented the first vacuum sealed lightbulb – Thomas Edison as all of us have been taught, or the English chemist, Joseph Swan. (The consensus is surprisingly the latter.)

The first dictionary? Not so easy to pinpoint. Research indicates that the honor probably belongs to word lists discovered in modern Syria that date to 2300 BCE. (I found out that using the terms BC and AD was no longer acceptable as they indicated time measured with reference to Christ. The new acceptable terms are CE and BCE – Common Era and Before Common Era). Many cultures had various forms of dictionaries, but the earliest in the English language were usually French, Spanish or Latin word lists, accompanied by their English definition. (Hence, those of us of a certain age had to take both Latin and French in high school!)

The first rendition of an American dictionary, published in 1807, was authored by Noah Webster, who for the next 26 years worked to expand his first efforts, resulting in a volume which contained 70,000 words, 12,000 of which had never been published before. Webster is also credited with “simplifying” spelling, changing, for instance, “colour” (the British spelling) to “color” – distinctions that still exist today.

Webster’s product was further enhanced by the Philosophical Society of London whose members decided in 1857 that the

three English dictionaries in circulation were “woefully” inadequate. They started a project to rectify this situation, estimating that in 10 years they could publish a comprehensive work that included about 64,000 pages. After five years, they were only on the entry for “ant.” It would take over 60 years to complete their dream – a body of work that included 10 volumes and over 400,000 words, published by the Oxford University Press in 1928.

However, the English language is ever evolving. Often over 1,000 new words are added to the lexicon each year. The criteria for words being included are: 1) widespread use, either written or spoken, among a group of people who agree on the meaning; and 2) staying power. i.e. not a one of. This does NOT exclude slang, dialects, slurs or swears.

The real fun in revisiting this resource was searching for the words that had been introduced over the years. For instance, in the 1960s, junk food, car pool, reality check, skinny dip, CD and boob tube were among those added to the official record. Fast forward through the decades and the new additions mirror the cultural shifts, historic events and advances in technology. The 1970s saw the introduction of newbie, ATM, retro, email, gas guzzler and rug rat. 1980s: foodie, yuppie, photo op, cardio, couch potato and bad hair day. 1990s: DVD, Word Wide Web, regift, spam, blog. 2002: selfie, thumb drive. 2010: Arab Spring, filter bubble, Instagram. 2020 (so far): physically distancing, COVID-19, and multisystem inflammatory system in children.

I had to finish my research by checking those words that were introduced in my birth year – 1947. These included bar hop, flying saucer, flag football, jump shooter, clutch bag, slow cooker, chopped liver and ... wait for it ... strip search.



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1. If you have Original Medicare, review the 2021 Medicare & You handbook. This will outline your benefits for the upcoming year. If you aren't satisfied with Original Medicare, this is a good time to make changes.
2. If you have a Medicare Advantage Plan or a stand-alone Part D drug plan, you should receive an Annual Notice of Change (ANOC) and an Evidence of Coverage (EOC) from your plan. These documents outline which providers, pharmacies, drugs, and services your plan covers, and what costs you will be responsible for. They'll also tell you what will change in 2021. If you aren't satisfied (for example, if a drug you need is no longer on your Part D plan's formulary, or a provider you see is no longer in your Medicare Advantage Plan's network), this is a good time to make changes.
3. Medicare Supplement also known as Medi-gap plans have rate changes annually. You have the option to shop rates just as you do with other types of insurance like auto or home. You may be able to get the same or similar coverage for a lot less.

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Stargazing

by David A. Huestis,
Historian, Skyscrapers, Inc.

Two Meteor Showers and Another Penumbral Lunar Eclipse

I love the cool nights of November. The hazy skies of this past summer's four heat waves are long gone, and amateur astronomers can begin their evening observing sessions after dinnertime, courtesy of earlier sunsets.

But just as we are gradually growing accustomed to shorter daylight hours in the northern hemisphere as we approach the Winter Solstice on December 21, most of the United States will transition back to Eastern Standard Time (EST) from Eastern Daylight Time (EDT). This year that switch occurs at 2:00 a.m. on Sunday, November 1. Nothing in the heavens change. We are simply setting our clocks back one hour (we had set them ahead one hour back on March 8). "Spring ahead and fall back" is the mantra created to help us remember when this practice is put into effect. This bi-annual ritual takes a few days in which to get adjusted. At least we can look forward to an extra hour of sleep. Don't forget to reset all your devices with clocks (older units don't automatically accomplish this task) else you will be an hour early for any Sunday morning event.

Our first meteor shower of the month occurs on the night of November 4-5 with the Earth traversing a stream of particles comprising the Taurid meteor shower. These often very bright yellow fireballs (meteors that explode and fragment into multiple pieces) are fairly slow and enter our atmosphere at approximately 17-miles per second. Expect no more than about a dozen meteors at peak activity. Observe after midnight to increase your chances of seeing one. Look in the general direction of the constellation Taurus. To locate Taurus find the V-shaped pattern, called the Hyades, that defines the bull's face, or locate the

Pleiades – the Seven Sisters star cluster. Unfortunately, a bright waning gibbous Moon (Last Quarter on the 8th) will overshadow many of the Taurids this year since it will reside nearby in the foot region of Castor, one of the Gemini twins to the east (left) of Taurus.

The second shooting star display of note occurs on the night of November 16-17 with no lunar interference. A waxing crescent Moon sets just after sunset on the 16th. This is the peak night of the annual Leonid meteor shower. Between midnight and dawn an observer well away from light pollution sources may see about 10-15 green or blue shooting stars per hour.

The Leonids blaze across the sky at around 44-miles per second as they hit the Earth's atmosphere nearly head-on. The resulting display produces many fireballs, with about half of them leaving trains of dust that can persist for minutes. The area of sky from where the meteors appear to radiate is in the Sickle (backwards question mark) asterism of Leo. Providing the skies are clear, the Leonids seldom fail to disappoint a determined stargazer.

During the early morning hours of November 30, we will experience yet another penumbral lunar eclipse. Back on the night of July 4-5 a very shallow eclipse occurred when the Full Moon passed between the Sun and the Earth and slid (from west to east/right to left) into the Earth's light shadow called the penumbra. Only about one-third of the top portion of the lunar surface was within the penumbral shadow. Even I could not detect the shadow's presence.

The upcoming penumbral eclipse may

be slightly more detectable since at maximum eclipse the top two-thirds of the lunar surface will be affected. This will position the top portion of the Moon closer to the Earth's dark umbral shadow. The lunar surface should look somewhat subdued in this area. Compare it to the bottom portion of the Moon's disk not within the shadow. See this web site for a great animation of the event: <https://www.timeanddate.com/eclipse/lunar/2020-november-30>

The unfortunate circumstance is the timing of this eclipse. It occurs when most of us are in dreamland. See the times of the major elements in the accompanying table. All times are EST (Eastern Standard Time).

Penumbral Eclipse begins	2:32:22 am
Maximum Eclipse	4:42:53 am
Penumbral Eclipse ends	6:53:26 am

When the maximum eclipse occurs at 4:42:53 a.m. the Moon will be positioned due west and about 33 degrees above the horizon. It will be located just to the right of the V-shaped Hyades star cluster. The orange star, Aldebaran, denotes one of the bull's eyes. The V will point towards the horizon. We will have a better chance of detecting the penumbral shadow at that time. Total duration of this eclipse is four hours, twenty-one minutes and four seconds.

Throughout the month continue to keep an eye on Jupiter and Saturn as they move closer to the western horizon each night and also closer to one another from our vantage point in space. On December 21 Jupiter and Saturn will be so close that they will appear as one object to the

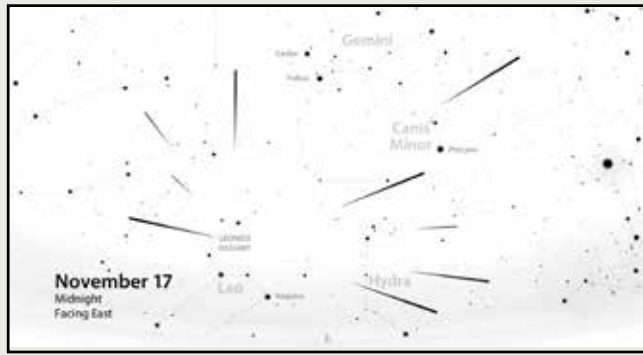
See Stargazing, page 39

naked-eye just after sunset 15 degrees above the western horizon. This “Great Conjunction” will be the closest these two worlds have been since 1623, and it will be a spectacular event to behold. Details will be provided in my December column.

Mars will also continue to beckon one to focus a telescope on its pumpkin-colored disk. Although the Earth is now moving away from our neighbor after our recent close encounter, a decent amount of surface features will still be detectable even through small telescopes. Keep your eye on the planet’s ever-shrinking South Polar Cap.

Keep your eyes to the skies.

David A. Huestis



Leonids Light 2020



Leonids Dark 2020





Payne's Picks

By Sarah Payne

November 2020



Movie Releases

Let Him Go – November 6

Director Thomas Gordon Bezucha (*The Family Stone*) brings this drama to life, set in 1950's Montana and based on the novel of the same name by Larry Watson. It stars Diane Lane and Kevin Costner, who play grandparents ready to fight and take back their grandson from a dangerous off-grid family.

Hillbilly Elegy – November (Netflix)

As of this writing, there hasn't been a trailer released yet for *Hillbilly Elegy*, due out on Netflix this month. The film is based on a memoir of the same name by J.D. Vance, about the Appalachian values of his Kentucky family. Back in January, Collider published an interview with Ron Howard, the film's director, at Sundance Film Festival. Of the film, he said, "It's the collision between his chaotic childhood and the way in which that informed his life and his thinking and his potential ... It's a story of transformation, and while it focuses on that culture ... it really is about being your best self, finding strength in your heritage ... and learning how to grow beyond it." The cast list is outstanding, and includes Glenn Close, Amy Adams, Haley Bennett, and Freida Pinto, among others.

Movie Review

The Secrets We Keep

If you've been reading my column these past few months, you'll know that I've been trying to get to the theater as much as I can to support the industry. Last month I had the chance to see the thriller *The Secrets We Keep*, starring Noomi Rapace, Joel Kinnaman, and Chris Messina. Set after World War II, it follows the story of Maja (Rapace), a Romanian woman making a home in a small town in America. A new man in town (Kinnaman) reminds her of her past and she is convinced he is a former Nazi who tortured her and killed her sister. While the premise of Nazis and their former victims meeting as strangers in America is certainly fascinating, the movie never really catches the momentum I was expecting. Rapace is a talented actress, but the amount of dialogue between her and her husband slowed

the pace a bit too much for my taste, making the ending a bit anti-climactic.

American Murder: The Family Next Door (Netflix)

I just so happened to stumble across this new Netflix documentary last month and I was immediately hooked. Through police body camera footage, interviews, Facebook posts, and text messages, it tells the story of the 2018 Watts family murders in Frederick, Colorado. Christopher Lee Watts eventually admitted to killing his pregnant wife (Shan'ann) and their two young children, but only after lying to police officers for several days following his family's disappearance. The most chilling parts of the documentary replay numerous photos and videos from Shan'ann's social media accounts, seemingly taunting a perfect home life. But be warned, you might end up having nightmares like me after watching this one!

TV Review

Cobra Kai (Netflix)

I'll admit I'm a bit late to game getting into *Cobra Kai*, The Karate Kid reboot. It's not entirely my fault, though, as the first two seasons were released on YouTube Premium in 2018 and 2019. In June of this year, Netflix acquired the series and the third season is scheduled to release in January. Ralph Macchio and William Zabka reprise their former roles, but the narrative takes a purposefully sympathetic perspective toward Johnny Lawrence, the movie's original antagonist. I love that I find myself rooting for Johnny – the "bad guy," who is still trying to get his life together in his 50s. Zabka is hilarious in the role. As he takes teenagers under his wing to teach them the Cobra Kai method of karate, his antiquated take on gender and masculinity are set in stark contrast to today's "woke" social norms. His character learns and evolves, which makes him sympathetic, especially in comparison to his rival Daniel LaRusso, the town's most successful used car salesman. The show is mostly silly and nostalgic, but there are also a lot of really funny moments. I highly recommend it for anyone who was a fan of the original series.

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50 Years Ago – November, 1970

By Jim Ignasher

Air Force Sergeant Mary C. Hess of Greenville was serving as an inventory management specialist at Naha Air Force Base in Okinawa.

Richard N. Kanea of Greenville was serving his fourth tour of duty aboard a navy gunboat in Vietnam.

A local Ford dealership was advertising a 1970 Ford Galaxie 500, with a V-8 engine and a “cruse-o-matic” transmission for \$2,994.

On November 6, the rock band Aerosmith, performed for the first time. The concert took place at the Nipmuc Regional High School in Mendon, Massachusetts.

On November 7 the Smithfield High School Student Council held a spaghetti supper at the high school as a fund raiser.

Leo Bouchard of Esmond, president of the Rhode Island Association of Conservation Commissions, led the Rhode Island delegation to a conservation convention held in Bedford, New Hampshire. The convention was held to exchange ideas about the “growing national crisis of environmental problems”.

Smithfield Senator F. Monroe Allen was among those who spoke at the convention.

Shrubs and trees donated by the Rhode Island Highway Department were planted at William Winsor School by volunteers from the Apple Blossom Club, and the Smithfield Jaycees.

Loam for planting was donated by Clint Gustafson of Greenville.

The Greenville Pharmacy, owned by the Kayatta family for thirty years, was sold to Vincent Volpe. The pharmacy was located at the intersection of Rt.44 and Austin Ave. The establishment opened in 1940 in the former “Woods Store”, and was the first drug store in the area. Prior to its opening, the closest drug store to Greenville was in Centerdale.

At the time of its opening, there were few retail stores in Greenville Center. There was the Greenville Garage across from the bank building, an ice cream parlor, and a First National grocery store, which later became Benny’s, and is today Wood Items and More.

In 1941, Francis Kayatta, Jr., entered the armed forces and served with the 1st Calvary division in the Pacific during WWII.

Linda Piscatelli was crowned Home Coming Queen at Smithfield High School during half-time on the football field.

The Smithfield Elks Club presented Greenville Manor with brand-new Boston rocking chairs.

November is the time some start to think about Christmas shopping, and one local retail establishment came up with a novel idea to bring in early customers. The Family Store, a clothing store once located in Route 44 in Greenville, advertised a “balloon sale”. Hundreds of balloons were filled with helium and allowed to float to the ceiling. After making a purchase, a customer would choose one and pull it down and see a number on the top. The number would indicate the amount the purchase would be discounted. Numbers ranged from 10% all the way to 100%.



1970 was an election year for the Smithfield Town Council. When the new council was sworn in it consisted of Allan B. Schwartz, John F. Emin, Jr., Peter Coogan, Thomas J. Vanner, and Geoffrey S. Weston.

If one went to the Apple Valley Cinema in November of 1970 they had a choice of seeing Chitty-Chitty-Bang-Bang, Patton, Catch-22, and Diary of a Mad Housewife.

On November 26, the Greenville Grange hall, which stood on Austin Ave. just in from Rt. 44, was rededicated after extensive repairs were completed due to a disastrous fire the year before. The building had been used as a Grange hall since 1939, and was demolished in the 1980s to make way for further development.

Thomas J. Connor, Jr., of Greenville, a 7th grader at St. Philip School, auditioned for the Barrington Players for their production of the Broadway musical Mame. He won the major role of “Patrick Dennis”, the nephew of Mame Dennis.

A Farewell reception was held for Reverend W. Stanley Pratt of the Greenville Baptist Church. Rev. Pratt had served as pastor for eight years and was leaving to serve as pastor of the First Baptist Church on Block Island. Four-hundred people were in attendance.

Recipe Swap!

Broccoli Casserole

Fresh Broccoli (enough to fill a 13 x 9 baking dish)

16 oz Velveeta

2 1/2 sticks of butter

1 tube of Ritz crackers

Preheat oven to 350*

1. Chop broccoli into bite-sized pieces and place in boiling water for 3-4 mins or until partially cooked
2. Melt 2 sticks of butter w/ 16 oz of Velveeta. Whisk until smooth (it will appear oily at first)
3. Pour over broccoli
4. Pour cheesy broccoli mixture into greased 13 x 9 baking dish
5. Melt 1/2 stick of butter in separate pan
6. Crush 1 tube of Ritz crackers. Sprinkle crushed crackers over top of broccoli
7. Pour 1/2 stick of melted butter over entire casserole
8. Bake uncovered for 30 mins at 350°

Submitted by Liz Thacker
& Pat Charest of Scituate



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Answers to Crossword Puzzle from page 28.

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E	A	S	E		R	E	S	E	T		R	E	N	O
A	R	T	S		A	L	P	H	A		A	L	T	O
T	A	R	T	A	N	S		E	R	O	S	I	O	N
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P	A	T	T	E	R	N		T	R	U	S	T	E	E
O	N	E	S		B	A	S	I	E		T	O	R	N
S	T	E	P		A	M	E	N	D		A	R	I	D
T	E	N	S		N	E	W	T	S		R	Y	E	S

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by Tim Jones



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