COMPLIMENTARY JUNE 2020

# Smithfield Times



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# **Heroes in Our Midst**

By: Judith Paolucci

Similar to being a member of the Patriots offensive lineup, there's a sense of pride in working for Smithfield Schools. Teachers here generally find their jobs rewarding, the parents appreciative, and the students respectful. This, however, is nothing to be taken for granted. Recognizing individual teachers for exceptional work and recognizing entire schools for successful programming not only is right to do but also fuels a strong school culture

Recently, we named Jenn Pushee, a 3nd grade teacher at McCabe elementary School, as the 2020 Smithfield Teacher of the Year. One of the nominations submitted for Jenn Pushee was written by Krista Ouattrini. who describes her as "happy, engaging, loving, and creative." Her distance learning lessons include science videos featuring her children and a Google classroom that is organized and easy to navigate. Danielle Boucher writes, "she has ignited passion and wonder in her students," noting that her son is just as excited about school now as when he was before the pandemic kept teachers and students from being together in the school building. Cathy Pleau, McCabe's principal, describes Jenn Pushee as "a consummate team player who embraces the expertise of colleagues and consistently holds herself accountable for pursuing all avenues of opportunity for each and every child."



Mrs. Pushee is not alone in her designation as an exceptional teacher. This year, every Smithfield teacher went above and beyond to provide distance learning to ensure that students continued to learn, despite social distancing. Their efforts did not go unnoticed; over 30 nominations for district teacher of the year were received from parents and colleagues. By relating some of what these individuals had to say about these teachers, one can better understand the qualities of educators that profoundly impact the students they serve.

Stories were shared about teachers who identified a special talent or an unmet need, improving individual student's lives, both in and out of school. The most common phrase used in nominations was "above and beyond." Adjectives included honest, thoughtful, caring, loving, supportive, passionate, dedicated, and engaging.

An elementary student said of his teacher, "He pushes us to try our very best and to persevere through every challenge we face." Another student writes that her teacher, "is truly passionate about what she teaches, how she teaches it, and her students." Yet another student exclaimed, "my teacher is the best teacher in the world and is always positive, caring and most of all she believes in us!" Multiple parents wrote about ways that the nominated teacher connected with their student in a special way, one even going on to say that the teacher had "a way of 'pulling' out the emotions needed to be a creative writer." Building positive relationships was a popular topic, a characteristic of



Jenn Pushee 2020 Smithfield Teacher of the Year

good teaching practice that cannot be developed through advanced degrees or standardized tests.

Feedback about the quality of Smithfield's distance learning programming has been overwhelmingly positive and was included in many of the nominations received. One parent so eloquently wrote, (the teacher) is the metaphorical bridge empowering our children, in this unprecedented time in history, to be the best that they can be with reaching their goals." Another parent noted that the teacher continues "to make this new way of learning special for the kids and maintain a sense of normalcy through routine" and another writes, "the structure, assignments and live time spent with the children is nothing short of phenomenal."

As we reflect on this unprecedented time in history, let us not focus solely on the hardships that resulted from the disease and the deprivation due to the closing of our economy but, instead, let's remember to celebrate the heroes in our midst, including our community's teachers.

# Home Is Where The Creativity Is!

### By Brittni Henderson

By the time this page reaches your hands, this new way of living we were thrust so abruptly into has been going on for about three months. From being completely shut down in almost every way to slowly reopening, it has been a very uncertain and scary time for many of us. Not only have workplaces closed or changed the ways they operate, but also hobbies and activities we often used to distress were canceled, postponed, closed, or changed in some way.

As a Yoga Teacher, I knew that teaching in a studio setting would have to cease but I had no idea for how long or what it would look like once things came "back to normal." Yoga is not only a job for me but it is an outlet I use to help guide me through tough times. Knowing that my practice and my teaching would change drastically, I decided to come up with a way to make it work somehow.

Thankfully this pandemic arrived in a time where technology runs everything. Even before COVID-19, yoga classes and workout classes were readily available online, but I never had the time to create my own resources because my life was too busy. Thrust into this sudden shut down, I decided to look into what it took to be an online yoga teacher. I am blessed to say that most social media and technology come easy enough for me, so after some time I decided that I would start teaching free classes online.

The platform Zoom went from a conference call feature for businesses or work-from-home types to a powerhouse in the virtual fitness world. Using Instagram I was able to

promote my classes and cultivated an email list that I use to send out the class information the day before it happens.

While most of it ran smoothly, I definitely encountered some hiccups and awkward moments, especially because I am used to teaching classes full of other people, as opposed to my current reality of being in a room by myself talking to a group of people I cannot see.

The feedback has been overwhelmingly positive. I chose to not charge for these classes for many reasons, but mostly because I know that I am not the only person going through a hard time right now. I am also lucky enough to have two other jobs (including this magazine!) and I have been working straight through since the beginning of the COVID-19 crisis.

These types of opportunities are not available for all, but the drive to keep even the smallest business ideas alive is part of why I am constantly inspired by the people in my life. Michael Silva, a friend who I met over 10 years ago at the University of Rhode Island, is a successful bartender and owner of a pop-up cocktail bar called BAS in Providence, RI. BAS was hosting popular events every few months and wanted to find a way to stay connected to their customers once the pandemic began.

Silva and girlfriend Miellette
McFarlane (who coincidentally also
practices yoga with me sometimes – so
Rhode Island!) came up with MXR.
What started as a way for McFarlane to
make mixed drinks at home, became a
blossoming business that allowed Silva

to flex his bartending muscles and for BAS clientele to learn the ropes at home.

MXR is a cocktail box that is equipped with everything you need to create craft cocktails at home.

"Fresh fruit juice, house made syrups, local produce garnishes, bitters, and recipe cards delivered right to your door!" Silva says.

Kits are \$32 and include two different cocktails, making eight drinks in total.

"Right now we are featuring our Tequila Box," Silva says, "and that box comes with our After Hours cocktail. It includes jalapeno syrup, orange bitters, lime juice, and pineapple juice. The second is the Paloma, which calls for grapefruit juice, lemon juice, simple syrup, and saline."

Every kit includes garnishes and recipe cards, so you will be able to create professionally crafted drinks in the comfort of your own home! Silva says that over 65 orders have been placed since they began creating these cocktail kits – some have traveled as far as California and the Florida Keys!

For those interested in a box from MXR, send a message to the team on Instagram @mxrcocktails. Silva says they have had many friends and family supporting them since the kickoff, most notably Social Enterprise Greenhouse and Hope & Main.

From at home yoga to at home bartending, what have you done to pass the time during this very interesting new way of life? Share with us on Facebook at The Smithfield Times!



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

### Review Your Trust Annually To Protect Your Assets

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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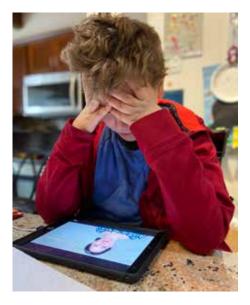
# Smithfield Begins Virtual Schooling – And it's Parents Who Learn Some New Lessons

By Marilyn A. Busch

My mother has always been quite vocal about how she thought that I would make a wonderful teacher. She saw in me some sort of patience, planning ability, and a knack for communicating that I never quite saw in myself. Of course, life took me in other directions, I fell in love with the theater which led to a career in marketing and the arts. It wasn't until these last few months that I had the chance to test out my mother's theory.

Due to the now historic "COVID-19" era of social distancing that we are all living in, the Smithfield School District moved all in-person classes online starting March 23. Thankfully, in preparation for the children to continue their school year without any major lapse in their studies, my older children were all sent home in Mid-March with their school assigned Chromebooks for virtual learning. They wisely gave us all a "breather" before embarking on this virtual "journey" by moving April vacation up to March 16-20. This gave them some time to make a districtwide virtual learning plan and gave us parents time to acclimate to our new assignments - that of teacher, principal, coach, and mentor.

I knew from the outset that the learning curve for our family's new "virtual schoolhouse" was going to be pretty steep. Our three boys are spread between three district schools: the oldest is in 7th grade at Gallagher Middle School, our middle child is finishing out his 5th-grade year at William Winsor Elementary School and our youngest, attends Raymond



LaPerche Elementary School for 3rd grade/Special Ed. Each school began to communicate their virtual learning plans to our family by email - first the principal, then individual teachers and as the emails began to pour in, the schedules started to firm up and the even the "specials" – art, gym, library, music, and health – all sent along their online classroom Google Meet links. I needed to take a deep dive into the boy's daily schedules from 8:30 am - 3:00 pm and set up shop with a colorcoded calendar for us all to follow pronto – and try to master just what these Google Classrooms and Meets were.

We determined that while some kids flourish in a group setting, each of ours needed their own corner and a private workstation to stay on task. I assigned Christopher, our 5th grader, to the kitchen so that he could set up his Chromebook and headphones at a charging station, be close to snacks

and water and more importantly have access to his beloved Alexa, our Amazon Echo that he constantly is pelting with questions, both trivial and esoteric. (As for his use of the Echo as a dictionary, encyclopedia, and occasional joke-teller, this is a practice I have long encouraged as Alexa's answers are much more detailed and accurate than my usual reply of "that is an excellent question and I have no idea whatsoever what the answer is!")

Matthew, our special needs child not only had his regular subjects to study but due to the wonderful Special Education program he is part of at LaPerche, he also had one-on-one



virtual classes for Math and Reading with his teacher and weekly therapy sessions with his Speech, Physical and Occupational Therapists. Matthew and

See Virtual Learning, page 8



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Virtual Learning, from page 6

his Dad set up shop for his classes in the dining room on our iMac computer, along with his teaching aids, various therapy tools, and his iPad, which he uses as a communicator to speak.

Brian, our oldest, took the couch as his workstation, something we begrudgingly allowed as long as he didn't take the opportunity to be prone at any time during class. Surprisingly, he adapted to this whole virtual learning thing very well and has shown some terrific growth in his complete mastery of his schedule and helping to monitor the other boys' class schedules.

Of course, with no system yet set to maintain the schedule in our house, for the first week or so we fell back on our family's main way of communicating, which consisted pretty much of us hollering from one room to the next "(CHILD's NAME!) It's time for class – do you have your headphones? Where is your Chromebook? What do you mean you can't get online? Try logging in again!"

Sheer chaos. If you had asked me after the first virtual day of classes if we would ever make this into a smooth daily process, I would have said "no way!"

There were the days where we inexplicably couldn't log on to our WI-FI or couldn't access the Google Meet to join in the class – sometimes it took us most of the class period to get online. Christopher, always the chatty kid without a filter once announced to his entire virtual classroom that he "NEVER thought he was going to get to class!" and requested that they repeat "EVERYTHING that they said so he could catch up."

There were the days where Matthew would just lose patience with this inexplicable "extended vacation" from his classmates and beloved teachers and paraprofessionals. He would sit at the computer screen, tapping on his teacher's face and cry. It was heartbreaking, often unexpected, and truly hard to watch – not to mention not very conducive to the other boy's studying. On these days we would end class early, give him his favorite juice or snack and resolve to try again the next day.

No matter what the problem, we learned that had to be our daily mantra throughout this whole experience – do your best and try again tomorrow. Our world was in flux – everyone was in a state of confusion and living with the emotional and mental stress that this global trauma had brought to our lives. While my job had now expanded into an educator, lunch lady, personal planner, librarian, and gym teacher, it was also my job to show my children as much grace under pressure as possible. If today didn't work for

whatever reason, we would chalk it up to the learning curve and try again tomorrow. There was no reason to expect perfection or immediate success – but we all needed to appreciate this rare time together, all five of us pursuing the same goal, helping the children keep moving forward during this unprecedented time.

Did I find my true calling as a teacher during this time? Absolutely not. Often, I would have to pull up lessons online for myself before the boy's classes, reviewing how to divide fractions or do conversions from the metric system. Assignments would be submitted, corrected, reviewed – and often we would all learn something in the end.

Hopefully, my children will look back on this time in their lives and remember spending these days together at home in a positive light. The shared meals, all of us for once on the same schedule, with the family's singular goal to continue learning and most importantly – to keep moving forward.





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401-726-7100 performanceptri.com Introducing St. Thomas Church's New Priest-in-Charge

By Harry Anderson

A March 29, 2020 email, sent to the parishioners of St. Thomas Episcopal Church by Richard Kyte, Senior Warden, announced that the Vestry has chosen a replacement for the Reverend Susan Carpenter, who last year had resigned. His announcement included a photograph of Reverend Dante Tavolaro, a bearded and bespectacled young man, and a summary of his background: An AB degree from Rhode Island College (2011), a Master of Divinity from the Yale Divinity School (2017), a diploma in Anglican studies from the Berkley Divinity School (2017); presently an associate rector at St. Luke's Episcopal Church in East Greenwich and chaplain at RIC.

But what led Kyte to exclaim, "I can share the genuine and wonderful impression that he (Tavolaro) made in the interviews ..."? The answer came forth in a recent conversation with the new priest-in-charge.

"Two people have had a big hand in why I'm ordained. My Aunt Kathe for one, my mother's sister and both of them are as Irish as can be. Great sense of humor. When I was in 7th grade, Mother and I visited Aunt Kathe in Croton-on-Hudson and she lured my cousins and me to go to church with her – St. Augustine's – by promising us goodies afterwards. 'From Jesus to you,' she would say as she passed out the snacks. To this day I associate good times with going to church."

The other one who convinced Dante that priesthood was his true calling was Brother Nelson, a teacher at

Mount St. Charles, where Dante had matriculated.

"We often talked, and I learned a lot from him about being a priest. Thanks to him I clearly know what my life's goal is. I want to see all people of all faiths to come together in love, to work together, to support one another while practicing their spiritual traditions."

As RIC's chaplain, he accrued experiences that have helped him in becoming a successful priest.

"Really," he says, "a priest at various times functions as a teacher, psychologist, social worker, activity director as well as a spiritual mentor. The college's student population is multicultural. My space was a small room called 'The Unity Center', into which every day trooped kids from the whole spectrum of backgrounds. They needed a safe space and found it there "

For Dante, his shibboleth is "Love". Repeatedly it pops up in his statements: "I'm rooted in the belief that God is love"... "I want those who talk with me to see God not as a punisher, but rather as love" ... "God wants nothing more than for us to feel His love." He contends that people of his generation (he's thirty) are crying out for a re-structuring of traditional ways to worship and cites Fresh Expression, a movement begun in England and centered in America in Virginia, as an emerging answer to their plea.



Reverend Dante Tavolaro

He notes that about every 500 years the Christian church undergoes change, and it was in 1520 that Pope Leo X excommunicated Martin Luther for refusing to renounce his 95 theses that he had nailed to the door of the University of Wittenberg's chapel, resulting in the start of the Protestant Reformation. "You know," he points out, "not only are we 500 years away from that huge event but also next year marks St. Thomas Church's 150<sup>th</sup> celebration. I feel the start of a new and exciting chapter!"

Among other enticements, what attracts him to St. Thomas are, in his words, "It's a community that prays together, that eagerly wants to learn and grow, and loves to feed people." He adds with a smile that, along with reading and listening to music ("George Herbert, the 17th century English metaphysical poet

See New Priest, on page 43

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# 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!



### Yard Hazards to Be EXTREMELY Careful Of!

Whether it be Memorial Day, Labor Day, or some other "regular" weekend that the weather may be on our side and we have the privilege of relaxing at home and spending time outside, there are certain things that we should probably be careful of.

In this day and age, where it seems everybody is always warning everybody to be careful of seemingly every little thing that could possibly cause a paper cut and beyond, there are actually some common things in and around your yard that you should take note of so that they do not become an unintended hazard

A simple browse through any website showing statistics for these types of incidents will certainly raise an eyebrow as to how often they actually occur.

Here are a number of items that I would suggest it might make sense to pay attention to:

- Be sure the area in and around your pool has all the recommended safety precautions in place
- Ensure that your exterior electrical outlets are up to modern safety standards
- Make sure any outdoor power equipment (lawn mowers, weed

- whackers, etc.) is properly maintained
- Consider having mosquito preventative measures put in place and inspect for areas where yellow jackets, etc. may be nesting (behind shutters and in your gutters are prime locations)
- Inspect your yard for divots, exposed roots, and other possible trip hazards
- If you have a trampoline or other outdoor play/workout equipment, be sure that they are up to the proper safety standards
- Carefully rid your yard or, at the very least be wary of, Poison Ivy and other potentially harmful vegetation
- Fences wood, aluminum, or any other type of metal – should be inspected at least once per vear to make sure that they are still stable and safe

I am sure that if you looked around your yard and thought about it a bit, you could DEFINITELY add to this list!

These warmer New England months are especially precious to us, particularly because there are SO few of them!!

Being cognizant in advance of

things on the outside of your home that could maybe cause an unwanted trip to the Emergency Room, could very well prove to be well worth the effort!

### **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).

**UPDATED PLACEMENT DATES & TIMES:** 

## June 27th:

12pm-1pm: ages 11 & under 1pm-2pm: ages 12-15

2pm-3pm: ages 16-18 3pm-4pm: non-tumble worlds tryouts

## June 28th:

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# Shake On It – Or Not

### by Paul Lonardo

The handshake has been around in one form or another for millennia. It is well-documented in historical records, but its evolution in becoming a common method of greeting in the Western world is not as clear as you might have thought.

One of the earliest depictions of a handshake can be found in a ninth century B.C. relief depicting the Assyrian King and a Babylonian ruler locking hands. This gesture was most often representative of displays or pledges of trust, as similarly described in several passages of Homer's epic poems, the *Iliad* and the *Odyssey*. People "shaking hands" remained a recurring motif in the fourth and fifth century B.C. Greek funerary art.

In 300 B.C., Egyptians extended and shook with their right hands, which signified the phrase "to give." This was a symbolic gesture of handing over power from a god to a human leader. During an annual ceremony, a king would grip the right hand of a statue of Marduk, an ancient Mesopotamian god, to transfer his authority, protection and strength into the next year. When Rome and Greece invaded Egypt, each carried the custom back to their countries. Handshaking as symbol of friendship and loyalty was even expressed in images on Roman coins.

Early 6th century Islamic teachings cite the handshake as a way to determine good or evil. The Koran associated the left hand with evil. While men and women used the left hand for dirtier daily duties, such as washing themselves, the right hand was reserved for more pure gestures, such as cooking, eating and touching the Koran. When men met, they shook right hands as a sign of equality and respect.

In Christianity, the Devil is depicted as left-handed, which is considered evil and bad luck by those with a superstitious bent even today. The Bible makes many favorable references to the right hand, such as the right hand of the Lord. Michelangelo's immortal rendering of the creation of Adam on the Sistine Chapel shows him receiving life from God's right hand. Christians followed this tradition by extending their right hands to shake as a gesture of goodness.

In the 14th century, European knights and soldiers extended their hands to indicate that they were unarmed. They would grasp each other's forearms, literally patting the arm down to the hand before shaking it up and down, a motion intended to dislodge any knives or daggers that might be hidden in the sleeve. Knights raised their helmet's visors with the right hand, which eventually became the salute.

By and large, these handshakes from antiquity were symbolic, or part of making deals and settling conflicts. The handshake as an everyday greeting is a much more recent phenomenon, with some historians believing it was first popularized by the 17th century Quakers, who viewed a simple handclasp as an alternative to bowing or tipping a hat. Other historians note handshaking in the modern sense not appearing as a routine and accepted greeting until the mid-19th century. Etiquette manuals from this era can be



found which include guidelines for the proper handshaking technique.

Just as today, the Victorian handshake was supposed to be firm but not overly strong. However, not everyone embraced this physical link enthusiastically, as some considered it an improper gesture that should only be used with friends.

As for why shaking hands became the standard form of greeting rather than some other gesture, that is subject to some debate. The most popular explanation remains self-preservation, as the action incapacitates the right hand, making it useless for weaponconcealment and usage.

While most historians explain that shaking right hands became a friendly greeting symbolizing two people coming together in peace and not holding a weapon, science may provide a very different explanation – smell

In a famous study conducted at the Weizmann Institute, researchers observed more than 270 people and discovered that after shaking hands with someone, many would sniff their hands afterward. This response appeared to be a completely unconscious act, but it was irrefutable, with the subjects bringing their right hands up to their noses 22% of the time. According to New Scientist, after shaking hands with someone, the subjects sniffed their hand more than twice as much as they did before the handshake. Scientists believe this activity has to do with something called social chemosignaling.

Studies have revealed that human sweat carries a wealth of information, including indicating the gender and age of a person, as well as emotional states, such as fear or happiness. The scientists believe that there is a lot more chemical communication going on than we are even aware.

In the midst of the handshake debate going on now over the concerns of passing germs, there are related customs around the world that are even more intimate. For instance, in Tibet an acceptable form of greeting is sticking your tongue out at someone. In Yemen, bumping noses would demonstrate that you view a potential business contact as a peer. Placing your nose and upper lip against someone's cheek or forehead and sniffing, though limited to close relationships, is an Inuit tradition in Greenland. On the South Pacific island of Tuvalu, pressing cheeks together and taking a deep breath is a customary Polynesian welcome for visitors. Throughout Asia and Africa, honoring your elders is a given, but in the Philippines locals will take an older person's hand and press it gently to their foreheads. In India, locals touch older people's feet as a show of respect.

Whatever the ultimate fate of the handshake might be, it is worth knowing how it has been part of our society for a long time.

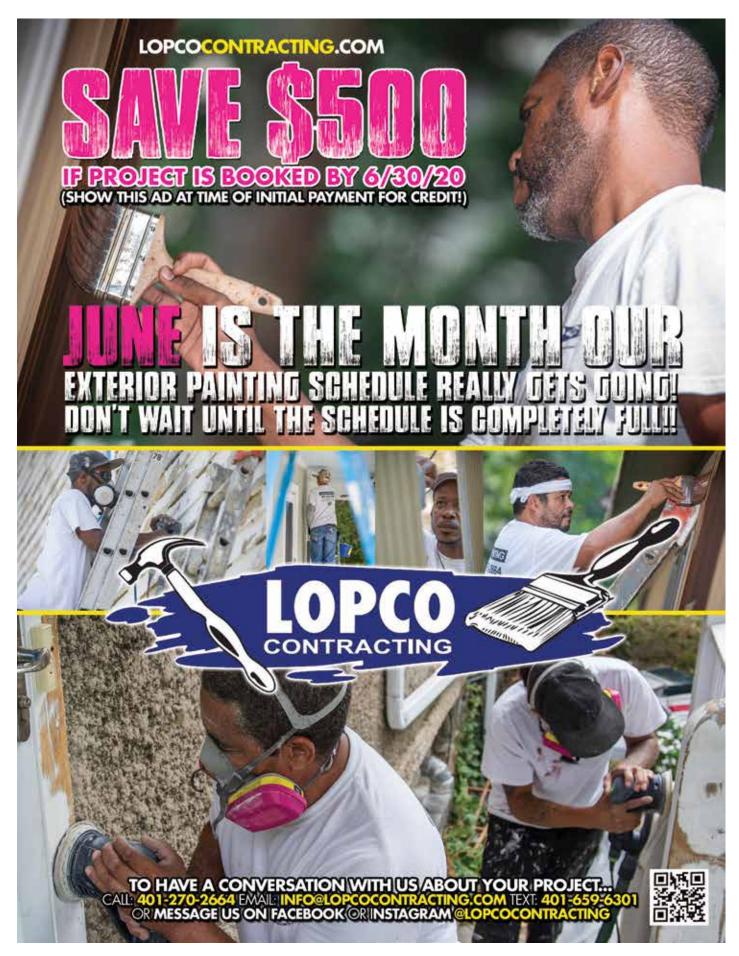














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## Sports With Dan | by Dan Pieroni

Coach Castiglia seems to have all the right qualities to give SHS Football a positive spark. Attempting to turn around a division four football team that won only one last season is no easy task. Yet new Smithfield High School Glenn Castiglia has willingly accepted the challenge

On the surface, Smithfield does not seem to be as prestigious a job as Bishop Hendricken or LaSalle. The Sentinels can only make do with what they've got, which are often players that are undersized and live within the town limits. It is foolish to think that Coach Castiglia will have his troops ready to play with the big-time programs in no time. In reality, any incremental improvement the team achieves will do simply because of this axiom:

> In high school, the value learned through sports are more important than wins and losses.

Sure, any school would love to have a coach with the drive of Vince Lombardi, the charisma of Eric Taylor, and a track record Bill Belichick would envy.

On paper, Castiglia has an impressive resume. He comes to Sentinel Nation with previous head coach experience in both Rhode Island and New Jersey. He is also no stranger to Smithfield itself, as he once served as an assistant coach at Bryant University. At the high school level, those credentials are a mere appetizer to what truly matters.

In a May fourth press release announcing the hiring, Smithfield High Principal Dan Kelley praised Castiglia by saying "He fully believes that academics, character, discipline, and sportsmanship are essential components of a high school football program." In the same release Athletic Director Chris Coderre believed Castiglia is "absolutely" the right person to move the football program forward and highlighted that his vision to build a well-rounded, successful program aligns with the expectations of the school.

I could not have said it any better myself.

A skilled, experienced coach is a great asset to have if the main objective for the green and gold is merely to win. However, a coach who will instill discipline in his troops while valuing academics and sportsmanship is a coach of character and exactly the type of leadership SHS needs.

This is far from a collegiate division one atmosphere, they don't have a huge stadium that packs fans in week after week, or boosters whose sole purpose is to market the program's attributes to anyone who will listen.

In short, the Smithfield High football program needs a transfusion of hope and optimism on the field, and a coach that promotes a high moral character off of it.

The program has fallen on hard times lately. In many high schools the football team is woven into the fabric of the community. Students, parents, and alumni relish the chance to sit under the Friday night lights and root for the home team.

In Smithfield however the lack of success on the field has led football to become a relative afterthought in the hierarchy of high school athletics. Basketball has always remained king and gueen in these parts.

That doesn't mean that the football program should be largely ignored, especially since Coach Castigilia himself said in the press release that he was "honored and excited" to be named the new football coach. He added that one of his main objectives as coach was to uphold the great athletic tradition of Smithfield High School, and he will do everything he can to maintain it.

This sure sounds like a coach that is keenly aware of his priorities.

The great sportswriter Grantland Rice is created with uttering the famous quote "It's not whether you win or lose, it's how you play the game.

Remember, this team is comprised of your own sons, grandsons, and brothers. If you know them to be boys who will fight for every last yard, and sprint after every lost fumble while still echoing the virtues this town prides itself on, don't you owe it to them to lend your support?

So why don't you go spend a night under the vaunted Boyle Athletic Complex lights while you eagerly await the dulcet tones of Public Address Announcer Vin Zibelli tell you your son, grandson, or brother just made a great play.

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**Max Holroyd** SHS Class of 2020 You did it Max! CONGRATULATIONS

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Love, Mom, Dad, and Mia

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Ms. Koller, Mr. Hopkins and Mr. Kelley

## Congratulations to this year's **graduates!**



## What do bees wear in the rain?

Answer on page 23



# BAY CRANE



Bay Crane would like to wish Congratulations to the High School Graduates of 2020 - the leaders, innovators, athletes, hard workers, entrepreneurs ...

You are all a product of your resilience. Your success is built gradually, by overcoming challenges along the way. By continuing to show up, despite uncertainty and despite discomfort.

Today we celebrate your resiliency. We celebrate your rising to the occasion. We celebrate your creativity. We celebrate your ability to show your love and support to one another from afar, a practice that will be an immense source of strength for you in the years to come.

May this distance show you what you are capable of on your own. May it show you what you are capable of together. May it show you the value of the relationships you've crafted and tended to over the years. May it remind you that we are all inextricably interconnected. May it heighten your awareness, and encourage you to be deliberate in shaping your response. May you acknowledge that each small shift in individual behavior adds up to an immense collective movement. May it remind you to be deliberate in your choices and actions and thoughts, knowing you have the power within you to shape and create your future. May this extraordinary set of circumstances help you to see clearly, and to go forward with the confidence that you have what it takes to adapt and to thrive, and to overcome whatever circumstances have yet to be presented before you.

May you know that you are, and will always be, loved and supported unconditionally.

A special shout out to my nephews, Jack Wilbur and Benjamin Thibeault.

Jack graduated from LaSalle Academy and will be attending George Washington University in the fall.

Ben graduated from Smithfield High School and will be attending Bryant University in the fall.

Both will be studying business.

### Congratulations, we are very proud of you!













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# IMHO by Ron Scopelliti

# Nobody Worry 'Bout Me

As far as I can tell, 2020 hasn't been a great year for anyone or anything, anywhere in the world. Even those of us who make it through the year untouched by death or illness will, if we've got an ounce of common sense, be forever changed by what we've lived through. I've been so stressed by the situation, that when I heard about the existence of "murder hornets" it came as something as a relief, because at least they pose a threat that I can see, and potentially hit with a rolled-up newspaper.

What makes the situation more difficult is that, as much as I want to stay informed, I sometimes need to just put COVID-19 out of my mind, and it's nearly impossible. If you switch from the news to Netflix you inevitably run into titles like "Pandemic" and "Outbreak." If you turn on a broadcast or cable network you're met with commercials featuring pensive piano music with soft-spoken voice-overs about how Facebook, AT&T, and any other number of mega-corporations are here to help us. Even my typical escape to video games hasn't been much help. Of the three main games I've been playing, one of them features a world-changing pandemic, another features giant irradiated insects, and a third requires me to constantly wear an environmental hazard suit. Is there any escape from our messed-up reality?

Yes there is. It turns out that May 22, 2020 was the 30<sup>th</sup> anniversary of Windows Solitaire, so I spent a large portion of last month reconnecting

with a game that couldn't be farther removed from current events. It really does come from a different era. When Solitaire was included as part of Windows 3.0 in 1990, I was driving a car that had no CD player, and the idea of a back-up camera seemed like something from a James Bond movie. I had no cell phone, and America Online hadn't yet started bombarding us with floppy discs offering a free trial. Computers weren't the ordinary household appliances they are now, and most people found working with them to be daunting. But even people who had never used a computer before instantly became less intimidated by them when they learned they could use a weird device called a mouse to play a card game they'd known all their lives. It was ingenious marketing.

And the appeal wasn't just limited to new users. Even though I'd been playing computer games since the late seventies, they tended to be rather complicated. When Windows Solitaire came along it was just good mindless fun; perfect for when I needed to take a five-minute break from work. It was like comfort food for the mind, and for me it remains the grilled cheese/ Campbell's Soup of computer games.

There are times I use it as a sort of meditation, letting the repetitive mouse motions and clicks drive all other thoughts from my mind. A chance to close off the internal dialog going on in my head, which tends to be constant. Just focus on the cards and ignore the voices in my brain. Every now and then, however, I lose my Zen approach

and hear Bill Murray doing a play-byplay in his "Caddyshack" voice. And then sometimes I get Neil Diamond singing "Solitary Man." Neither one of these is particularly bad in moderate doses, but when I move away from the computer to clean the litter box and still hear Bill Murray saying "it's a Cinderella story – out of nowhere; he's a Cinderella boy" it can be a bit much.

In addition to taking a break from COVID concerns and easing my mind, I've been trying to get my Solitaire winning percentage back above 85 percent. I know that I should stick with the "Caddyshack" theme, and just say "winning isn't important," but that was a Chevy Chase line, and he always struck me as kind of a jerk. And, however casual it may be, Solitaire is still a game, and a game always seems to be more enjoyable when you have a goal. So this month, as I focus on staying safe, behaving responsibly, and weathering whatever health and financial challenges may lie ahead, I'll also look forward to that moment when my winning percentage turns from 84 to 85. And when the imaginary praise of a movie character interrupts my meditative state I'll just say, "Thank you, Bill Murray. You're right. I am a Cinderella boy."



Photo credit: Sandra Achille











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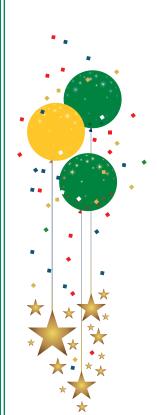








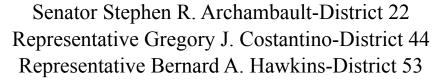
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# Where There is Adversity There is Opportunity

by Diane L. Marolla, LICSW

### "Out of adversity comes opportunity." Benjamin Franklin

By the time this article is printed, it will be June of 2020. All of us have been affected by COVID 19. There is some comfort knowing that none of us are alone in this, however, some have been impacted in ways that are unimaginable. I feel for the families who have a loved one in a nursing home, assisted living or in a hospital and cannot go and see them. I also feel for those who have lost a loved one and cannot grieve in the traditional sense of having services. Weddings have been postponed. We cannot go to church. Grocery clerks are now considered essential employees because they show up to work every day so that we can get food. I feel for patients, who are sitting in a hospital or a nursing home, not being able to see their loved ones, and being scared, and feeling alone. So many Rhode Islanders have lost their jobs and have yet to see any unemployment check. Businesses don't know if they will be able to reopen their doors. Our healthcare system and healthcare workers have been pushed to the brink. We are in scary times. We are in the unknown

We are forever changed. For anyone who thinks that we will go back to the lives we once knew, that, to be brutally honest is false hope. In order for us to return to some type of normalcy, we will need a vaccine to protect us

from this unknown virus. According to experts, having a vaccine is at least a year to eighteen months away.

In this monthly article, for those who read it, I talk about health and being healthier. Now more than ever, this is important. What we know about the virus to date, is that it attacks people who have underlying health conditions. Anyone who is overweight, you are at risk. If you have diabetes, you are at risk. If you smoke, you are at risk. If your autoimmune system is compromised in any way, you are at risk. If you are over a certain age, you are at risk.

Despite the scariness of this virus, I have to say I see a lot of silver linings in this pandemic from a health, mental health, and spiritual perspective. Here is why I am saying this:

1. The pandemic has brought to light how fragile our healthcare system is. Prior to the pandemic, we already had a shortage of primary care physicians, specialists, nurses, nurses' aides, and mental health workers. I think the general public now understands that these individuals are critical in helping us stay healthy physically and mentally. We need to do more as a state and a country to ensure these individuals are paid fairly

- and adequately for the work that they do. We also must move away from a flawed payment system where insurance companies dictate to hospitals, health centers, and doctor's offices re: what services get paid, how much they get paid, when they get paid, and if they get paid.
- 2. The pandemic is a wake-up call for us individually to focus on our overall health. We need to move away from eating processed and fast food. Nobody should be smoking anymore as it destroys the lungs and causes cancer. Drinking alcohol or using drugs also compromises our physical and mental health. We need to physically move more so that we stay healthy.
- 3. We need to shop local and keep it local. We have so many local businesses such as Dave's Fresh Marketplace, Narragansett Creamery, Blackbird Farm, Baffoni's Poultry Farm, and Jaswell's farm (to name a few) that give us fresh, wonderful, locally grown food. I know in Warwick where I live; we have a place called Morris Farms who has been

See Adversity, on page 28

in existence for decades. I cannot wait to get local fruits and vegetables.

- Tap into your creativity. Do you love to sew? Do you love to paint? Did you once play a musical instrument? Being creative helps you mentally and spiritually. I love lemons and am collecting seeds to plant my own lemon tree.
  - 5. Read more. I have no less than 15 books that have been sitting by my bed that I am longing to relax and read. Reading stimulates the brain, and depending on what you read, you will learn something new.
  - 6. Spend quality time with those you love. Do not wait to call someone. Tell your friends and family that you love them. Don't leave anything kind or caring left unsaid.
  - 7. Get in touch with nature. Observing nature is calming and healing. From my perspective, I'm grateful this is happening in the spring and summer versus the dead of winter. Get out and walk. Look up at the blue sky. The sun has Vitamin D which helps with mood. (Wear a hat and sunglasses, if it is sunny to protect your skin.)
  - 8. Adopt a pet. This is a win for you and the pet you adopt who is at risk for being euthanized. Pets provide so much comfort to us mentally. There are studies on this. If you adopt a dog, trust me, they will get you walking every day.
  - 9. Recognize and accept that everyone is in the unknown. Nobody has exact answers. Do what the reputable health experts are saying which are social

distancing, washing your hands frequently, staying home if you are sick, and keeping track of who you have "human contact" with in the event you get COVID 19.

I wish all the readers of this article that you remain safe and healthy.



Photo credit: Sandra Achille

### Thank you to our teachers!

Your hard work during these times is appreciated.





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"We need money. You cannot balance the budget that is \$200 million in the hole without doing some difficult things. I just have to find some money. It could come from an income tax, it could come from a sales tax, it could come from a fee."

> - Gina Raimondo, Governor of Rhode Island, December 2019

"According to the report "Economic Fallout of the Covid-19 Pandemic in New England," Rhode Island is set for massive budget shortfalls -- estimated to be \$400 to \$460 million."

- From The Federal Reserve Bank of Boston,

"If everyone's spending their money. I'd prefer you spend it in Rhode Island."

- Gina Raimondo. Governor of Rhode Island, April 2020

### Dear Rhode Island resident.

As a RI business owner for over 30 years, I wanted to bring something to the attention of my fellow Rhode Islanders.

What I am about to share with you is in no way meant to reflect negatively on the businesses over the state line in Massachusetts, but it is a tax situation that has been going on for years. Now more than ever, as the loss of tax revenue is mounting and the financial condition in RI continues to deteriorate, it is important for Rhode Islanders to understand and take action before we as a state, reach a critical point. Judging by these quotes and headlines, we may have reached that point already.

In most cases, when people in Rhode Island purchase vehicles they are not thinking about where the tax money goes. They know they have to pay 7% sales tax on their purchase and they assume it goes to the RI registry and on to the RI Division of Taxation. When a Rhode Islander leaves RI and purchases a vehicle in another state the assumption is that the tax money will come back to RI because the vehicle is being regis-

However, in the case of Massachusetts, that is not true. When a RI resident goes to a dealer in the state of Massachusetts, 6.25% (Mass sales tax rate) of the 7% sales tax paid by the RI resident, STAYS in the state of Massachusetts and RI retains only .75%. That's correct, Massachusetts and RI have a tax agreement that says the tax money paid stays in the state where the sale took place, NOT where it gets registered. You may be asking yourself, why does it matter? Doesn't it all equal out? The simple answer is NO. Looking at the number of sales and the subsequent tax revenue being lost to Massachusetts for them to use in their budgets may surprise you. Here are the numbers....

Every month the number of Rhode Islanders that go to Mass to purchase new vehicles is about 2500 per month. The number of Mass residents who come to RI monthly to purchase new vehicles is about 500. So, there is a net effect of 2000 more new vehicle sales taking place in Mass monthly. As you will see the lost tax revenue is STAGGERING.

According to Kelley Blue Book the average cost of a new vehicle in 2019 was \$37,285.

MONTHLY NEW VEHICLE SALES ... 2000

AVG. TRANSACTED PRICE.....x \$37,000

 $74,000,000 \times 6.25\% = 4,625,000/$  month in tax revenue

625.000

Used vehicles make up a larger share of the market, some 3 to 4 times the amount of sales but their average transacted prices, according to Kelley Blue Book, are lower at \$20,200. If we use 3 times the amount of new vehicle sales monthly, 6000 sales, the numbers are as follows.

MONTHLY USED VEHICLE SALES ... 6000

AVG. TRANSACTED PRICE.....x \$20,200

TAXABLE SALES......\$121,200,000 x 6.25% = \$7,575,000/ month in tax revenue

575,000 MO. X

TOTAL LOST SALES TAX REVENUE ...

55.5 million new vehicle

\$90.9 million used vehicle



These numbers are from the latest sales data available. Now, if you think these numbers seem high, do what one of my teachers once told me to do. If you don't believe a number, cut it in half. He then said, "Does that make you feel better?"

Before the Coronavirus situation, in December of 2019, our Governor said, "We need money." "You cannot balance the budget that is \$200 million in the hole without doing some difficult things." Also "I just have to find some money." "It could come from an income tax, it could come from a sales tax, it could come from a fee." The Coronavirus has only intensified the situation with normal sales tax revenue streams being decimated. But there is good news! We Rhode Islanders can add as much as \$145.5 million to the RI budget every year without raising a single tax or a single fee. By simply spending the money that we are already spending, just doing it at home, here in Rhode Island. Supporting each other and each other's RI businesses is a win - win.

If you're in the market for a major purchase like a vehicle or furniture etc., stop and think. Think about the wonderful, locally owned Rhode Island businesses who not only generate this sales tax revenue that is so desperately needed for our state, but employ so many of our friends and family. Think about the win - win you create by buying Rhode Island.

Sincerely, Robert Benoit, President, Anchor Auto Group



# Inside The Brown Bag | By Peg Brown

The "Not So New" Fashion Accessories (c. 2020)

Latex or neoprene; purple or clear; plain white or outfit coordinated color; mesh, cotton, or a plain old coffee filter?

We are now leaving our homes accompanied by accessories we either haven't worn in a long time (gloves) or have never worn (masks). For those of us of a certain age, wearing gloves when going out is not an entirely new idea. It's just that the ones we most fondly remember were white cotton wrist length, perhaps lace, reserved for special occasions. For instance, I never remember an Easter Sunday when the female members of my church-going family didn't sport a new pair of white gloves. (True fear was getting them dirty before pictures were taken.) Even toddlers sported this required special occasion wardrobe necessity. As the 1970s approached, with a more casual and less formal style, gloves were usually relegated to cold winter months.

Research indicates that gloves have been worn for centuries – note, the discovery of a pair of linen gloves in Tutankhamun's tomb. Throughout the 18th and 19th centuries, gloves became more elaborate, with different lengths, fabrics and colors deemed appropriate for certain outfits, eventually associated mostly with evening dresses. However, according to the chair of the Fashion and Textile Studies Program at the Fashion Institute of Technology (NYC), the trend came "roaring back" in the 1950s - hence the memories of the special occasions of my childhood. The stunning opera length gloves, favored by my mother's generation together with long prom dresses, were given center stage when Marilyn Monroe

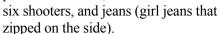
sported a pair in "Gentlemen Prefer Blondes" (1953), and Gypsy Rose Lee used them as a central component of her "vaudeville" act. (Mother was very pleased that most of the attendees of my senior prom chose to wear long dresses – and those long gloves with three pearl buttons at the wrist – what she and others thought might just be a revival of elegance.)

Gloves have appeared recently on the red carpet, and with the advent of technology and creatively polished nails, many of the new styles are halffinger. Gloves indeed have a long history in our culture – they indicated wealth, provided status, – or, as today, "protected hands from ... the consequences of inadequate hygiene." (WSJ, April 25, 2020)

We have largely associated the gloves we are using during this pandemic with surgical gloves worn by members of the medical profession. But, in fact, as late as 1900, although rubber surgical gloves were available and had been around since the 1840s, their use was not common practice. Doctors gowned up (put on a white apron over their street clothes), washed up, wore no masks, performed surgeries with unsterilized instruments and proceeded to make that first incision with bare hands. Little wonder that in the 1890s almost half of all surgical patients died of sepsis.

Masks have a similar history. As with most of us, my experience with wearing a mask is largely limited to those rubbery Halloween masks (which you moved to your forehead after about 5 minutes of profusely

sweating), or the red bandana that I wore cowboy style with my plaid flannel shirt,



Given our current reality, it should come as no surprise that there is evidence that doctors during the bubonic plague of the Middle Ages were creatively wearing masks with bird-like beaks to protect themselves from infection. The masks, credited to the imagination of a French doctor, covered the entire face, contained herbs in the beak, sported red eyes, and were to protect the "Beak Doctor" from infection. Coupled with a long waxen coat that covered his whole body, a large brimmed hat, and a cane to ward off the disease, he must have presented a very frightening image to those whom he was treating. Today we might call this an early iteration of the hazmat suit.

While it is difficult to pinpoint exactly when the surgical mask was used in modern times, most historians point to the 1890s when doctors speculated that a number of diseases were being spread by droplets from the nose and mouth. In order to control the spread of diseases, like Scarlet Fever, doctors adopted masks to control exhalation. While these early surgical masks were primitive (often made of one or two layers of gauze), they were clearly the forerunners of our N95 masks today.

If history can offer any guidance for toda – glove up, mask up, and protect yourselves and your community.



## The Chief's Corner

### By Robert W. Seltzer, BSEE, EFO, MPA Smithfield Fire Department Chief

We certainly have had our share of very different times due to the COVID-19 virus pandemic that has upset our way of life in many, many ways.

But if we have not learned anything, we sure have learned about the importance of handwashing and proper hygiene to reduce the spread of all diseases, not just COVID-19.

Therefore, all households should:

- · Clean hands at the door and at regular intervals
- · Create habits and reminders to avoid touching your face and cover coughs and sneezes
- · Disinfect surfaces like doorknobs, tables, and handrails regularly
- · Increase ventilation by opening windows or adjusting air conditioning

But it does not stop there. There are other steps that should be taken to clean and disinfect household items. The Centers for Disease Control and Prevention (CDC) recommends the following procedures to help make your home disease free.

#### " Clean

- Wear disposable gloves to clean and disinfect.
- · Clean surfaces using soap and water, then use disinfectant
- · Cleaning with soap and water reduces number of germs, dirt and impurities on the surface. Disinfecting kills germs on surfaces.
- · Practice routine cleaning of

frequently touched surfaces.

- More frequent cleaning and disinfection may be required based on level of use.
- Surfaces and objects in public places, such as shopping carts and point of sale keypads should be cleaned and disinfected before each use
- · High touch surfaces include:
  - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

#### ■ Disinfect

 Recommend use of EPAregistered household disinfectant. Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- · Diluted household bleach solutions may also be used if appropriate for the surface.
  - Check the label to see if vour bleach is intended for disinfection, and ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening may not be suitable for disinfection
  - Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's **instructions** for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser. Leave solution on the surface for at least 1 minute.

## To make a bleach solution,

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- 4 teaspoons bleach per quart of
- · Bleach solutions will be effective for disinfection up to 24 hours
- · Alcohol solutions with at least 70% alcohol may also be used.



### Soft surfaces

For soft surfaces such as carpeted floor, rugs, and drapes

- · Clean the surface using soap and water or with cleaners appropriate for use on these surfaces
- Launder items (if possible) according to the manufacturer's

See The Chief's Corner, on page 36





FOR IMMEDIATE RELEASE: MAY 6th, 2020

#### **BREAKING NEWS**

### The Color House is breaking barriers during worldwide pandemic

The Color House opened its 5<sup>th</sup> location Monday May 4<sup>th</sup>, 2020. Amongst a worldwide pandemic The Color House is moving forward and continues to set new industry standards for paint and design retailers.

The Color House is a Paint and Design Retailer with 5 storefronts all throughout Rhode Island. We have earned the state, federal and soon to be Massachusetts certification as a Woman-owned Business Enterprise (WBE). To date, The Color House is the first and only Rhode Island paint and design retail supplier to hold the WBE certification.

Jean Hauser, President, inherited ownership of her husband's family-run paint and design business after he passed away in 2016. It marked a turning point – both for The Color House, the company started by her father-in-law in 1963, and for Hauser herself. With 4 existing locations and a 5th added in Smithfield, RI, The Color House's phenomenal growth continues under Hauser's leadership.

"I believe in women supporting women – whether that means partnering together, promoting one another, or providing whatever support and resources we need to be successful," says Hauser. "The WBE certification demonstrates how proud we are to be a woman-owned business. It is also a reflection of The Color House as an inclusive team that values and appreciates the diversity of every customer who walks through our door."

"I strive to bring value and service to the community while assuring customers that shopping local does not necessarily mean product is more expensive. I aim to deliver the highest quality of product and service, while competing with the big box stores, in a welcoming and professional environment."

About The Color House: The Color House is a second-generation, woman-owned, family-run paint and design business, specializing in providing superior quality Benjamin Moore (benjaminmoore.com) paints, stains, primers and industrial coatings with the expert knowledge and advice that you need to get your project done right. The Color House now has five locations including Cranston, Middletown, North Kingstown, Smithfield, and Wakefield. To learn about The Color House, visit the colorhouse.com, and follow on Facebook, Instagram, and Pinterest.

### To contact Jean Hauser:

iean@thecolorhouse.com - 401-294-6100 Ext. 4

For questions about The Color House please contact:

Sebastian Tonkovich

sebastian@thecolorhouse.com – 401-525-1593









# The Nature of Things

Try Your Hand at Birding By Ear

You are on one of your daily sociallydistanced walks with a friend who is also an avid birder. As you make your way along a woodland trail your friend casually remarks, "There's a Baltimore oriole in the trees to our left, a yellow warbler is in those shrubs just ahead and there's a Carolina wren down near the brook." You don't see any birds. How did he know all that?

The answer of course is that your friend not only knows how to identify birds by sight, but also by sound. Migrants returning in late April are easy to spot because the trees haven't leafed out yet, but it becomes trickier later in the season when things start to grow in. Throughout May and early June, male songbirds are actively setting up and defending breeding territories. They are very vocal at this time but can be difficult to find amongst the vegetation. Knowing a bird's song makes it possible for you to identify it, even if you can't see it.

### Male Baltimore Oriole

Songbirds have two types of vocalizations: the call and the song. The call is given by both sexes at any time of year and is their way of saying "here I am, where are you," to either its flock or mate. The song is sung by males primarily during the breeding season and is their way of attracting a female and defending a territory. For many species, calls are often a non-descript chip note or series of chips, but songs are more elaborate and musical. Since the song is a bird's most distinctive and conspicuous vocalization, try to get a handle on that first before you attempt to tackle its call.

Learning bird songs may seem daunting at first. You may be tempted to buy a bunch of birding-by-ear CDs or check out various YouTube tutorials to try to memorize 30 or 40 species all at once. Take it from me, it doesn't work. I've tried it. The CDs might be useful for future reference, but the best way to learn avian sounds is to spend as much time in the field as you can with an experienced birder. This person will show you how to characterize a bird's melody using a mnemonic so it will be easier to remember. For instance, the black-capped chickadee's song is a clear melodic whistle, and if you use the mnemonic trick it sounds like "heysweetie" or "fee bee-ee." Likewise, their familiar call is characterized as "chick-a-dee-dee-dee." hence their name. This technique may seem goofy at first, but it works.

Not all birds have songs you can hang a mnemonic on. With some it's a matter of recognizing the timbre (quality) of the tune, or figuring it out based on what it isn't. For example, there are two neo-tropical migrants that sound similar to an American robin, but there are subtle differences. The robin's repeated refrain is characterized as "cheer-upcheerily, cheer-up -cheerily." A scarlet tanager's song has the same cadence and quality as a robin's, but its raspier and doesn't lend itself to a mnemonic. Birders sometimes refer to a Tanager as sounding like a robin with a sore throat. Rose-breasted grosbeaks also sound similar to a robin, but a grosbeak constantly improvises the tune, varying the phrases with fluid, musical slurs. Birders say these beautiful members of the cardinal family sound like a robin that has had vocal lessons. An

by James Gass



Photo credit: Sandra Achille

experienced birder will be able point out these kinds of subtleties to you, including the habitat or specific area certain species tend to utilize, another important clue.

Don't be afraid to try it on your own. Dan Berard, President of the Ocean State Birding Club, says that if you are out birding by yourself and hear a song you don't recognize, first try to locate the bird with your binoculars. "If you can't find the bird, get a recording of it (on your I-phone), and using an app like the Sibley Guide or a website like Cornell Lab's All About Birds, spend some time listening and matching the song you heard with what you can find later on." A good field guide such as Birds of North America by Kenn Kaufman is also helpful because it includes vocalizations, which will help you put a face to the voice. You will gradually begin to recognize the more common species, often singing in the same spot. The most important thing, as Dan points out, is that it takes patience, and lots of practice.

The Audubon Society of Rhode Island and the Ocean State Bird Club have reduced their programming due to COVID-19, but there will be limited birding events offered this summer. Check www.asri.org and www. oceanstatebirdclub.org for more info.





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#### OR

- · Disinfect with an EPA-registered household disinfectant.
- · Vacuum as usual.

### **Electronics**

For electronics, such as tablets, touch screens, keyboards, remote controls, and ATM machines

- Consider putting a wipeable cover on electronics.
- Follow manufacturer's instruction for cleaning and disinfecting.
  - If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

### ■ Laundry

For clothing, towels, linens and other items

- · Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely
- · Wear disposable gloves when handling dirty laundry from a person who is sick.
- · Dirty laundry from a person who is sick can be washed with other people's items.
- · Do not shake dirty laundry.
- · Clean and disinfect clothes hampers according to guidance above for surfaces.
- · Remove gloves, and wash hands right away.

Hopefully these few tips will help you maintain a healthy household.



Photo credit: Sandra Achille



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#### The Color House opens it's newest location in Smithfield

Living life in color is often the goal, but sometimes we all need a little guidance to figure out which color palette suits us best. Whether it involves soothing shades for the sanctuary that is your bedroom or a bold statement wall in your living room, the Color House, a paint and design retailer with five storefronts in Rhode Island and a brand new store built in Smithfield, can provide that support. Not only do they offer friendly, expert advice and outstanding design services, but also superior products, from Benjamin Moore paints to stains and primers to industrial coatings. The Color House even has colorful roots. When Jean Hauser inherited ownership of the second-generation family-run business (circa 1963) following her husband's passing in 2016, it marked a turning point - both for Hauser and the business. In fact, under her leadership as president, the Color House has become the first and only Rhode Island paint and design retailer to hold state certification as a Woman-owned Business Enterprise [WBE] from the Women's Business Enterprise National Council. "The WBE certification demonstrates how proud we are to be a woman-owned business," says Hauser. "It is also a reflection of the Color House as an inclusive team that values and appreciates the diversity of every customer who walks through our door." Hauser is also making strides for women in the traditionally male-dominated paint industry. In 2019, she became the first woman appointed committee chair of the AllPro Corporation, a business-to-business purchasing cooperative for the international paint and decorating industry. "It is a privilege to represent a 280-member network of international paint and design retailers, but I am especially honored to be a voice for fellow women business owners," she says. Who better to help you showcase your own true colors in your home?



THE COLOR HOUSE offers in-store and in-home consultations for both paint and design (see below for contact information)







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# Smithfield High School **GOES VIRTUA** by Sophia DeJesus

After a brief month off from writing, I'm back to give the kids of SHS a voice. Friday, March 13th marked the students last "in-person" day of school. As the students excitedly left the parking lot, most were just happy to have some time off. None of us would've guessed it would turn into months of wishing to be back in school with our peers ... However, after beginning to finish the 2019-2020 school year all online, the students are ready to share their experiences.

Starting out with Livia Morin, a graduating senior at SHS, she felt as though the switch to online learning was "pretty rocky." As the type of student who enjoys a classroom setting where she can be hands on and ask questions, "the loss of connection between both mediums has been stressful ..." Livia also brought up how tiring the whole process can be, and even said that it's more tiring than going to school in person was! "I don't feel I'm learning as well as I can be. Lessons in virtual learning move way too quickly ... and we're expected to keep up." She also wanted to emphasize the impact virtual learning can take on the student's mental health during this time, and how some students may not speak up about their own struggles. "If you notice a kid slipping, please don't assume it's senioritis and scold them for it, they could just be having a difficult time at the moment." To help with this, she suggests that teachers check in with their students after class or even via email!

Sophia Harrison, a junior at SHS started out by mentioning that the switch to virtual learning was fairly easy for her. Though in the beginning she did have some "thoughts and concerns" about certain classes being difficult to participate in online, Sophia said, "it's just as easy to get extra help and ask questions as it was being in school." She also shared, "I feel like we are learning at a slower pace and that helps and gives me more time to understand things better."

Pj Martin-Brown, also a junior, said that overall, online learning has made them feel "pretty defeated," as it's become much easier to fall behind. Stating that some teachers handled the switch appropriately and created a system that worked, others did not. Pj explained that students are not functioning at 100%, while some are barely hitting 60%. "Any learning is not going to be what it should be virtually rather than in person, but the disparity between individual educators in terms of technological proficiency has really made some classes difficult to parse." Pj also brought up that in an at home environment, it can be massively easy to lose all motivation. "Many folks are struggling with personal issues, and I feel like it's overlooked that we are literally in a pandemic. It can be very very hard to function ..."

On the other hand, Olivia Picard, said, "I really have never been so productive in my life with school." Also in her junior year, she told me that she thinks that the switch was easy, as she changed her daily routine in order to adapt. "I think some teachers are starting to understand, but I wish they knew that no matter how big or small the assignment is, students get stressed easily."

The fourth junior I interviewed was Riley Sullivan. Though short with

his responses, he was quick to get his point across. Like Martin-Brown, he agreed that the switch to online learning was difficult. He pointed out that concentrating on his assignments was harder and that he wishes the teachers would understand that "we have personal lives and work and things that we need to do."

The last person I got in touch with was freshman, Braden Hoyt. His main struggle with the switch to online learning seemed to be centered around WiFi. "I wish the teachers knew how slow my WiFi and my friends WiFi is." Other than that, Braden said he's been maintaining good grades, though the format of some classes made it difficult to learn.

As mentioned in the beginning, nobody really knew how difficult the switch would be. It was a step taken in order to ensure the safety and health of everyone. With that, the teachers and students did an exceptional job of handling the switch to virtual learning! Both groups deserve recognition for the hard work that was put in, and hopefully with the arrival of summer, it will be easy to take a step back and have some time to relax. For a final thought from our senior, Livia, she wanted to let the teachers know that she, along with the rest of the students, appreciate the hard work they've done in order to give the students a similar learning experience to what we'd normally get in a classroom setting. "There are absolutely some kinks in the system and it's not easy, but I admire how hard working and supportive SHS staff has been throughout these difficult times."



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

### Create a Constellation

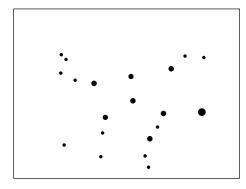
My columns are written at least a month or so in advance of a specific month due to a variety of publication deadlines. At the time of this writing in mid-April, New York City may have flattened the curve in the corona virus pandemic. Unfortunately other regions of our country could still experience a rise in cases and deaths. The Rhode Island stay-at-home order remains in effect, and I believe it will be quite some time before any of the local observatories will be open for public observing. It's simply impossible to adhere to social distancing guidelines in a dome.

I hope you have been able to at least get outside and scan the heavens when the weather has been clear. Other than the June Solstice, which occurs on June 22 at 5:44 p.m. EDT, June is a relatively quiet month for exciting astronomical events. (You may have noticed I did not say Summer Solstice. Why? The naming of the seasons has always been northern hemisphere biased. When it is summer for us in the northern hemisphere, it is winter in the southern hemisphere. And vice-versa. However, in the last decade or so when mentioning a solstice or equinox, the protocol is to say which hemisphere one is referring to.)

I wanted to do something different for this June column. While relaxing one afternoon the idea hit me like Newton's proverbial apple. Conduct a "Create a Constellation" contest.

When we look at the night sky we all see the same stars. However, unless you are well-versed in sky lore no

one perceives the same star pattern. Though each star is just an apparently random diamond set in the blackness of space, the human mind tends to connect the dots into familiar patterns that can be recognized again and again. Our ancient ancestors played "connect the dots" with the stars, and the constellations were born.



However, what if you know absolutely nothing about what a star pattern is supposed to represent? How would you connect the dots to form a stellar pictogram? A star pattern will then merely depend upon the knowledge and experience of the viewer.

Therefore, that is the challenge I am proposing. Think of this project as your interpretation of a stellar Rorschach ink-blot test. This contest is open to children ages six to sixteen. While today's youth are usually more tech savvy that many adults, I ask parents to help facilitate your child's participation.

Accompanying this column is an actual constellation whose identifying lines have been removed. The brighter of the star pattern's stars have been included. (You may download the

constellation template from the Skyscrapers website: http://www. theskyscrapers.org/constellationcreation-template). Some of you may recognize the constellation, but I don't want you to be influenced by that knowledge. Kids, I want you to create a new representation for these stars. In addition, I would also encourage you to invent some mythology that would explain why your constellation was placed in the sky for all to see. You can even provide names for some of the brighter stars.

Be creative. You may orient this constellation template any way you desire. Use any art form you wish to create your constellation. When you have completed your work, please have it scanned and sent to this email address: astronomygolocal@gmail. com. Deadline for submissions is July 15, 2020. Parents, please provide contestant's name and age. Include name of constellation, bright star names, and a brief mythology. (By submitting you consent to having your child's constellation project published at a later date.) All entries will be judged. The contest winner will receive a family membership donated by yours truly in Skyscrapers, Inc., the Amateur Astronomical Society of Rhode Island, owners and operators of Seagrave Memorial Observatory in North Scituate.

I look forward to receiving your new constellation creations and learning about their unique sky lore.

Keep your eyes to the skies! David A. Huestis



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## Senior Scene by Paul V. Palange

What's the one thing that's certain in this time of uncertainty? My assumption? It's that most of us want this craziness to come to a screeching halt.

In the eight or so weeks that we've been sheltering in place to contain the coronavirus, most of us have consumed eight months or so worth of adult beverages and carbohydrates. We've heard eight years worth of, "We're all in this together," on television. I know it's true, but I don't need to be reminded of that every eight minutes or so.

There is no arguing that the executive orders issued by Gov. Gina Raimondo and her peers across the nation to try to beat this beast of a virus are necessary, but some of the reactions to the restrictions and suggested precautions such as wearing face masks and social distancing make me want to yell, "I can't take it anymore." Would you consider joining me for a virtual "Network" moment on Zoom? If nothing else, it might be somewhat cathartic.

Seeing disposable gloves and face masks on the street defeats the whole purpose of that walk the experts say I should take to help maintain my sanity. And observing that personal protection paraphernalia in the parking lot of a retail outlet is infuriating, especially for those of us that are almost fanatical about distancing and cleansing.

Then there are the shortages of toilet paper, paper towels, napkins, sanitary wipes, isopropyl alcohol, household cleaners, produce, meat, poultry and Lactaid milk. That's correct, Lactaid of all things. Who knew?

While are sensibilities are being tested because the markets are failing to meet consumers' demands for some necessities and materials needed to battle the COVID-19 pandemic, the crisis is also putting a strain on relationships. The April 20 edition of Time magazine addresses that matter when it comes to couples with an article headlined, "How to stay in love during quarantine." The piece by Belinda Luscombe is okay, but she should have interviewed my wife, Andria, and me.

We worked together at home for 12 years, publishing a monthly newspaper called Senior Digest, and our marriage more than survived; it thrived. So we are not worried about staying in love during the COVID-19 crisis. We might be a little worried about staying employed and staying in our home, but remaining in love is a given.

Luscombe interviewed relationship experts for her story, and they imparted advice such as cooling it with the criticism, listening more and talking less, making sure each partner has alone time each day, scheduling blowup appointments if arguments start escalating, respecting boundaries. asking for what you want and trying comedy when all else fails. To me, those pointers seem pretty basic. Aren't they actions that anyone with common sense would take?

When we published the newspaper, we shared the work that needed to be completed to produce the publication: Andria took care

of the graphics and

pagination, and I tended to the editorial content and selling the advertising.

Despite the best laid plans, deadline week was always a grind. We worked tons of hours while taking care of a daughter on the autism spectrum, maintaining a home, assisting with the care of aging parents and operating a business in an economic downturn. There was a lot of stress during those 12 years even though the possibility of contracting a deadly virus wasn't present, but we persevered. We critiqued each other's work when warranted, but we did it respectfully.

When we messed up, we exercised forgiveness, and it never took very long for life to return what we considered normal. Luscombe's experts should have offered up some advice about forgiveness because it can quickly heal wounded feelings.

My guess is that most senior citizens, especially those in the Silent and Greatest generations know how to stay in love during tough times. We realize that putting your spouse or significant other first is one of the best ways to keep the flames burning.

Who needs an expert for that?



and Anglican priest, is my hero, and I do sing and play alto sax"), cooking is high on his list of favorite pastimes, so much so that he posts on You Tube a series of videos entitled "Fr. Dante's Kitchen".

He knows of the concerns facing the church's congregants, not least of which is a decline in Sunday worship attendance. But he is not dismayed.

"What will guarantee growth is to be grounded in prayer

and a belief in Jesus. My concern is not about increasing attendance but with how can we become better disciples. By becoming better, we will attract growth. We have to try! I want Smithfield to know that St. Thomas is a place to come when a need arises."

Richard Kyte ends his March email announcement with "I trust we will all welcome the Rev'd Dante A. Tavolaro." And the interview ended with the new Priest-in-Charge exclaiming, "I am excited and await to see what God has in store!"



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## Payne's Picks | By Sarah Payne

June 2020



#### **Movie Release**

#### The King of Staten Island – June 12

It's no secret that the entertainment industry is struggling right now because of coronavirus. At the time of writing, movie theaters are still closed. Although I just read that the Rustic Drive-In on route 146 is planning to reopen in mid-May, it's unclear whether there will be any new movies for the theater to play. The first major film to release strictly VOD (video on demand) this year was Trolls World Tour in April. Universal grossed \$100 million with the move, which is why the studio is testing this tactic again this month with the VOD release of The King of Staten Island. There's no trailer for the film, but it stars Saturday Night Live's Pete Davidson (who's also listed as a writer) and is directed and produced by Judd Apatow, who brought us the early 2000s comedy classics Knocked Up and The 40-Year-Old Virgin. Davidson plays Scott, a 20-something still grieving the death of his firefighter father (which is a bit autobiographical, since Davidson's father was a firefighter who died on 9-11). Marisa Tomei plays his mother and Bill Burr (who is hilarious) plays a loudmouth firefighter who starts dating Scott's mother. Despite the overabundance of choice when it comes to streaming services, I think many people are still attracted to the event of a major studio film release. Case in point: What's the last great original film you watched from

streaming service? I think the only good one I can remember is Netflix's *Marriage Story*, released in November. Quality storytelling and filmmaking is still somewhat hard to come by, so for the sake of the entertainment industry, I'm rooting for Apatow and Davidson and hoping Universal produces another success this month.

#### **TV Reviews**

#### After Life - Season 2

New, quality movies might be hard to come by, but Netflix continues to deliver when it comes to original TV shows. Last year it released Ricky Gervais' dark comedy, After Life, about Tony, a man on the brink of suicide while grieving the death of his wife. The short, six-episode series was so popular that Netflix gave Gervais the green light for season two, released just last month. In preparation for the new season, I re-watched the first season with my husband, who hadn't seen it yet. On second viewing. I realized how the dark the show is – more dark than funny, actually. By the end of the season, Tony is more hopeful and less depressed. He's focused on helping others in order to make himself feel better. Of course, that hopeful mindset isn't quite as funny as a man ready to lash out at everyone he meets. So the second season doesn't show a complete transformation, as evidenced by a hilarious scene at a yoga class in the first episode. There are times when the dialogue seems a bit forced, as if Gervais is using his characters to make a philosophical argument and tell a joke meant for stand-up.

#### Workin' Moms - Season 4

At the end of last season, PR executive Kate is torn between forgiving her husband for cheating on her with her friend's nanny, and running off on a tropical vacation with Mike, her new fling. We were left with a huge cliffhanger – who would she choose? Within the first minute of season four. we realize she chose her husband. It's set seven months later, and even though she feels embarrassed to tell her friends about getting back with her husband, all of the chemistry she had with Mike is completely gone. As a viewer, I find the storyline a bit disappointing. Sure, her husband is the safe choice. Most women probably stay with their husbands for the sake of their family, but I'd rather be entertained than get a dose of reality. Though I haven't finished the whole season yet, it seems to lack the tension and conflict that kept me on the edge of my seat last season.





The Smithfield Prevention Coalition wants to thank everyone for supporting the wellness of all Smithfield students during this challenging time.



As you celebrate your accomplishments and reunite with friends, remember to make safe and healthy choices!

We can't wait to see what you all accomplish in the future!





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Carolyn M. Mattera April 19, 2020 www.andersonwinfield.net



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# Smithfield Times

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Thomas J. Lopatosky, Jr. – Owner, Operator Tom@LopcoContracting.com

> John J. Tassoni, Jr. - Publisher john@itsentinelgroup.com

Ann Marie Donahue - Executive Editor amdonahue@smithfieldtimesri.net

Elaine S. Amoriggi - Creative Director, Design

#### **Advertising and Sales**

Camilla Spliid – cspliid@smithfieldtimesri.net Grace Genereux - grace@smithfieldtimesri.net

#### Writers

Harry Anderson Peg Brown Sophia DeJesus Jane Fusco Jim Gass Brittni Henderson Robert Houghtaling **David Huestis** Jim Ignasher Bea Lanzi

Paul Lonardo Diane L. Marolla Paul Palange Sarah Payne Ron Scopelliti Joe Siegel

Albert Tavakalov – Photographer Sandra Achille - Photo and Creative Contributer

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