

COMPLIMENTARY

OCTOBER 2021

The Smithfield *Times*



smithfieldtimesri.net

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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.

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

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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's Lauren King Wins Motif Americana Album of the Year

By Paul Lonardo

Lauren King, a 24-year-old emerging country singer/songwriter from Smithfield, was recently honored at the 2021 RI Motif Music Awards for her new album, "The Wolf is Back," which won in the Favorite Americana Album category. This is a major achievement for the talented multi-instrumentalist whose success is just beginning.

Growing up in Smithfield, where she developed her love of music, Lauren credits numerous people for inspiring her along the way, including Arleen Sherman, who once owned The Grand Piano in Greenville.

"Arleen helped me use music as a tool of service," Lauren says. "I took lessons there when I was 9, and started writing with the help of my teachers, especially my guitar teacher, Jon Letourneau."

Lauren attended St. Philip School in Greenville, where she was given the opportunity to play in front of five hundred people for their 50th anniversary when she was thirteen.

"So many of my teachers at St. Philip believed in me long before I knew how to believe in myself," Lauren says. "I also have to tip my hat to a very gifted woman, Denise Andreoli, whose generous work has inspired me to continue forward in my writing from a place of love and generosity."

The school anniversary celebration was a momentous event for Lauren personally, because it was where she first met Steve Smith and the Naked, the legendary Rhode Island Music Hall of Fame band that has been active for almost five decades. Lauren says, "I couldn't have been more grateful for

them to take me under their wing and learn what it means to run a business in the music world at such a young age."

Lauren went on to attend Stonehill College, emerging with a talent for writing, recording, and performing music. As she embarked on her professional career, she has been receiving rave reviews and audiences have fallen in love with her musical style.

"Music has always been my way of communicating with others, connecting ideas, and helping those in need," Lauren says.

"The Wolf is Back" features nine songs written by Lauren, an album which she produced alongside by

See Lauren King, page 6

Chepachet-based musician Justin “Jay” Capaldi, who is also her manager. The album features guest appearances by a number of talented musical talents, including Chris Trapper, Gurf Morlix, Dan Hochhalter and Sasha Ostrovsky. Lauren’s dad, Gary King, a musician in his own right, has always supported his daughter’s musical career, which has included lending his talent on electric guitar during a recent live performance for her album release.

“My dad is an amazing guitarist,” Lauren says. “He spends most of his time as a family practice doctor in Greenville, but he was the first person who inspired me to pick up music when I was young.”

Many of the songs on ‘The Wolf is Back’ found their origin during the early days of the COVID-19 pandemic, Lauren says, when she spent a good deal of time hiking through several of Smithfield’s scenic nature trails, including Mowry Conservation Area and Wolf Hill Forest Preserve, which became a second home to her during that time and inspired the album.

Lauren says, “‘The Wolf is Back’ is about being brave enough to get lost and the self-exploration that comes from that wandering.”

Lauren’s creative process was to

approach the album as a long film, where the plot line continues through each song.

“‘Wild Woman,’ is about a strong woman who is also in love,” she says. “How to be true to your identity while still giving yourself to another person.”

Another song, “Sweet Louise,” was written for one of her dogs, but she also sees it as an ode to “any female friend you need when you go through a breakup.”

“Isn’t it Nice?” is about a woman who meets her younger self in a bar. A video for the song, featuring actor Sissy O’Hara as King’s future self, is available on YouTube.

Lauren has been praised for her ability to pair poetic lyrics and memorable melodies around tropes that most people can relate to. With smooth vocals that are as dynamic as the instrumentation, her songs are odes to love lost and found, and nostalgia for childhood and musings on the future.

Even at her tender age, this is not Lauren’s first album. Her debut album, “Don’t Look Her in the Eye,” created with the help of Steve Smith and the NAKEDS and produced by Jack Gauthier, was released in 2016 to overwhelming praise. Her vocals and arrangements,

which mimic the classics while still bringing her own signature style to the genre, have been likened to singer/songwriter/musician Jewel, and early Fleetwood Mac. She wrote all the songs on this album as well.

“The Wolf is Back” is a giant step forward for Lauren. One of the many vaunted reviews she has received already was by Angela Singer, a freelance writer for Motif, who wrote, “If you’re looking for new music that makes your heart sing even while it’s broken, look no further than Lauren King. She is an undeniable superstar just waiting for the world to bask in her sunshine.”

Things are really taking off for Lauren, according to Capaldi. A talent like this doesn’t come along every day, and she is certainly getting noticed.

“The Wolf is Back” can be streamed on Bandcamp, with songs dropping monthly on Spotify. You can also see Lauren in person at venues all over Rhode Island, where she performs cover songs along with her originals. Check out the dates and other information about Lauren on social media: Instagram/Facebook @laurenkingmusic as well as on her website laurenkingmusic.com.



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A Conversation with Bryant University President Ross Gittell



By Joe Siegel

Ross Gittell, Ph.D. took over the role of president of Bryant University in July 2020. Gittell is the ninth president in Bryant's 157-year history. He succeeded Ronald K. Machtley, who served as Bryant's eighth president starting in 1996.

Gittell grew up in Queens, New York. He had a love of education from a young age. Gittell's mother was a college professor and his father was an accountant.

"I always had an interest in academics and the economy and really helping people do better," Gittell explained. "That's what we do. Our students come here and their opportunities are expanded after they graduate. They are well-prepared in the academic disciplines but also in the professional development. We connect them through projects and internships with professional opportunities. Our students enter the job market in a very strong position." Gittell wants Bryant to continue growing through challenging times.

"I try to engage with my colleagues across the campus and with the board and with alums in learning and analysis of what we do well, what we need to improve, and where the opportunities are," Gittell explained. "That is really part of my research and engagement background. I take responsibility and leadership of the institution very seriously."

Gittell recalls the effort to keep students and faculty safe during the COVID-19 pandemic. Bryant operated with 94 percent residency on campus. "We had in-person classes throughout

the year, one of the few institutions to do that," Gittell noted. The campus also hosted in-person commencement ceremonies for the 2020 and 2021 graduating classes.

Gittell served as Chancellor of the Community College System of New Hampshire, a seven-college system with 28,000 students, for nearly a decade. "It was much more of a public position," Gittell noted. "The presidents of seven colleges reported to me. (At Bryant), we have one university, we have about 3500 students and it's a residential campus. A lot of the same issues about being sure that there's a strong value to the education, make sure students are successful academically and when they leave the institution. That requires staying engaged with faculty and staff."

Gittell obtained his Ph.D. from Harvard University and was also an adjunct lecturer at the school. "I was teaching undergraduates about economics and more recently a lecturer in educational leadership at the Harvard Graduate School of Education," Gittell said. "That was really drawing upon my experience as a leader in the community college system and higher education. I was teaching master's students who had aspired to be administrators just like my career path took me in that direction."

Gittell is extensively published, including books, numerous articles and professional studies. He has received several awards, including the Champion of Educational Opportunity Award from the NH Educational Opportunity Association, the Award for Excellence in Service from the New



Ross Gittell, Ph.D.

Hampshire Department of Resources and Economic Development, as well as the Outstanding Associate Professor Award and the Excellence in Public Service Award, both from the University of New Hampshire.

Gittell is proud of Bryant's close ties to the Smithfield community. "I do really enjoy the restaurants and stores in the greater Smithfield area; when I go there, people say they look forward to having the students back. It's great for the economy; they contribute to the community," Gittell said. "We provide graduates of Smithfield High School with full scholarships. The top student in the graduating class gets a Bryant scholarship; that's for four years."

"It really is a special community," Gittell added. "People are very supportive. We hold the door open for each other. We're always looking to help each other in different ways."



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Thrifting Has Come to St. Thomas Church

By Harry Anderson

Nature did its best to help the parishioners of St. Thomas Episcopal Church celebrate the September 3 ribbon-cutting that officially opened-for-business its new thrift shop. Under a cloudless sky, and amid balloons tied to trees and poles and break dancing in a gentle breeze, scores of people browsed the racks of clothing and the tables of household items that volunteers had placed on the front lawn of the freshly painted rectory at #1 Smith Avenue in Greenville. Preceding this gala event was an all-out, sixteen-month burst of work spearheaded by four women – Judy Chase, Marie Piadade, Lisa Dunn, and Tina Caldwell.

In Tina's kitchen on a May morning of 2020, three months into the onset of the COVID pandemic that had shut down large gatherings like church services, the women had come to ponder about the emergency afoot that would be seriously affecting the well-being of their church into an indefinite future. Not only was the funding of St. Thomas' various ministries at peril but also was the spiritual health that comes from communal worshiping. Their brainstorming came to an end when the idea of opening a thrift store was proposed.

Approval of the idea was quickly given by the priest-in-charge, Rev. Dante Tavolaro, and by the Vestry, and the women went to work to bring it to fruition, the to-do list lengthening and made-decisions happening almost daily. From the town came a permit to open the store, more parishioners volunteered to help, and new life re-entered three vacant rooms of the rectory.

As word spread throughout the town about the doings at St. Thomas, help poured in. For example, needed immediately were such items as racks, tables, paint, and a cash register. About \$2,500 in seed money had to come from somewhere. Anonymously someone came forth with \$500.00 and the balance trickled in. Items to be sold were needed, and a family showed up with twenty-two cases of clothes and household goods from the estate of a deceased family member. Smithfield's Town Manager, Randy Rossi, came along with six giant bags of donated goods. And the brawn of several firemen from the station across Putnam Pike hoisted racks, furniture, boxes up the stairs of the rectory to a third room given over to the thrift store.

"Those men were terrific! People are so, so generous!" Judy Chase almost shouted. "Listen to this. Word went out that we needed a vacuum cleaner. The very next day on the porch of the rectory was a vacuum cleaner with an attached note that said, 'Ask and ye shall receive.' Absolutely astounding!"



From left to right: Randy Rossi (town manager), Marie Piadade (thrift store committee), Rev. Dante Tavolaro, Sean Kilduff (town council vice-president), Angelica Bovis (town council) and Rev. Dena Cleaver-Bartholomew



Shoppers at the Thrift Store

As donations mounted, the volunteers unboxed them and in helter-skelter fashion displayed them after price tags had been tied on. But when Lisa Dunn, a friend, who had come back to Greenville for the summer from her Florida home, viewed the soon-to-be thrift store, she nixed what she saw. "No, no, no. This won't do." Retired from a career in retail marketing, she put to work her expertise and rearranged racks and furniture.

At the ribbon cutting gala, Marie Piadade exclaimed, "People are commenting about how lovely the store is. Lisa's our hero! And she's not an Episcopalian."

The idea hatched in Marie's kitchen sixteen months ago has come to fruition, and it has a name: "The Church Mouse". The late and beloved parishioner, Al Parillo, came up with it.

See Thrifting, page 13

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Thrifting, from page 10

Anita Coyne's crocheted mice appear here and there among the clothing and things, giving the rooms a humorous and welcoming touch.

"That's exactly what we are hoping for... to make people feel welcomed," said Judy Chase. "After all, St. Thomas sits prominently in the center of town. It should be and is a community thing. Our thrift store is just that. We want people to come and to feel like they've found a treasure. Maybe, even, to think of coming to services."

The **Church Mouse** is open Tuesday (10:00 a.m. to 2:00 p.m.), Thursday (3:30 p.m. to 6:30 p.m.), and Saturday (10:00 a.m. to 3:00 p.m.).

Acceptable donations include gently used clothing and shoes, books, small household items, tools, knick-knacks, picture frames.

Before dropping off donations at the rectory at 1 Smith Avenue, telephone ahead to set up a time for drop-off. The number is 401-949-2260. Leave a message on the parish's voice mail.

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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!



Exterior Decking Floors – To Coat or Not To Coat

When the majority of folks have a natural wood deck as a feature on their home, at some point in time, they will most likely come to a crossroads.

The question will pass through their mind as to whether they should treat their deck floor surfaces with some type of coating.

Now obviously if the deck already has some type of coating on its flooring, this is not a question that will arise, as whatever maintenance pattern the deck is in would clearly be present.

But if the deck flooring has never been treated before, it is understandably common for one to ponder if they should treat it in one capacity or another.

After all, shouldn't the deck be treated in order to ensure it lasts as long as possible?

The short answer is – not really.

Most wood decks are made out of either pressure treated wood, mahogany or Ipe.

Each in their own right would be perfectly fine for years if left untreated



with any type of coating.

Yes, they will weather.

If left unfinished with any type of application, over time, they will develop a grayish tone and possibly incur varying degrees of mold or mildew growth.

However, if maintained properly – i.e., cleaned when these types of phenomena set in,

See Ask an Expert, page 16

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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Performance Physical Therapy Opens Second Smithfield Location

Performance Physical Therapy has opened a second clinic in Smithfield, Rhode Island. They opened their doors to patients seeking physical therapy services on Monday, July 19th at 900 Douglas Pike in Smithfield.

Located in the Brown Medicine building easily accessible from Route 295 and Route 7, the clinic offers extended hours Monday through Saturday.

“We are excited for this opportunity to further serve our community in Smithfield,” says Performance Physical Therapy CEO, Dr. Michelle Collie. “With the leadership of Clinic Director Dr. Jordan Madigan and his years of experience already working with our Smithfield community, our goal is to continue empowering northern Rhode Island to live happy, healthy, and fulfilling lives.”

“Growing up in Australia and experiencing the benefits of physical therapy firsthand after my own sports injuries, I was inspired by my physical therapists who had such a passion for patient care,” Clinic Director Dr. Jordan Madigan says. “I’m honored to serve as the Clinic Director for our new Smithfield clinic and make our patients feel the same sense of support and hope that I experienced when I was a patient.”

With the addition of this second clinic in Smithfield, Performance Physical Therapy now serves Rhode Island and southeastern Massachusetts with 14 clinics. To make an appointment for physical therapy, call 401-726-7100 or visit performanceptri.com.



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they will rarely experience any type of “rot” per se and will maintain their structural integrity indefinitely.

If this is the case, then why do people often treat their deck flooring with some type of stain or porch & floor enamel?

Great question.

The most logical answer I can come up with is that they believe that by doing so they are employing good practice from a maintenance perspective, they enjoy the way the application looks on their deck surfaces, or a combination of the two.

While there definitely is not anything wrong with applying some type of coating to your deck surfaces, it should be done with the correct expectation that in applying any type of coating system to your deck – particularly horizontal surfaces such as flooring – you are committing yourself to some type of long-term maintenance of the deck.

It should be further noted that the more solid the coating system (a porch and floor enamel as an example), the more

potentially involved the maintenance of it will ultimately be.

While wood toning stains are fairly easy to keep fresh looking (needing a simple cleaning and recoating every now and again).


The more solid the application, the more of a chance that the coating will peel at some point (especially if the surface is not properly prepared/etched prior to being applied).


If a situation is in place where the product utilized is prone to peeling, it will be much more of a chore to keep looking good year after year than a system that is more likely to simply need some “light” refinishing.


I would never tell someone NOT to apply some type of a coating system to their deck.

Many coating systems look absolutely stunning when done and cared for properly.


I would simply caution whomever is applying the application to work to fully understand what they are signing up for in doing so.







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New Faces at SHS

by Ellorie Corcoran



Every school year brings new faces to the halls of Smithfield High School. We always welcome a new freshman class and we also add new faces to other grades as well. This year, we've also welcomed new additions to staff. During the busy days of preparation leading up to the first day of school, I was able to catch up with some of our new staff members to ask them two quick questions.

Mr. Liam Hillery is a new teacher in our Social Studies department and is a Smithfield High School alum!

Question 1

What are you excited for coming into Smithfield High School this year? Do you have any goals as a new staff member?

Hillery: "More than anything else, I'm excited to become a part of the SHS community. Smithfield is a wonderful town full of incredible people, and the high school is a source of so much pride and inspiration. I'm excited to contribute here every day. With that, my number one goal is to provide an amazing experience for students. It's been an unimaginably challenging year and a half. Students deserve a great year, so I'll be working hard to make it happen!"

Question 2

If you could live in any movie, what movie would it be?

Hillery: "'Monsters Inc.'! Crazy, life endangering, good/evil struggles happen in places like the Marvel Universe and the Harry Potter world. The 'Monsters Inc.' world, on the other hand, seems delightful!"

Ms. Caroline Barletta is the new biology teacher in the Science department and is also an alum of Smithfield High School!

Question 1

What are you excited for coming into Smithfield High School this year? Do you have any goals as a new staff member?

Barletta: "I am excited to share my passion for science with all of my students. One of my goals is to open my students' eyes to the world of science. I would like to show my students that science is fun. We are all little scientists, we should always question what goes on around us."

Question 2

If you could live in any movie, what movie would it be?

Barletta: "If I could live in any movie I would live in any of the Harry Potter movies."

In addition to new classroom teachers, we welcomed a new Assistant Principal, Mr. Patrick Sullivan.

Question 1

What are you excited for coming into Smithfield High School this year? Do you have any goals as a new staff member?

Sullivan: "I'm looking forward to working with students and staff to continue the tremendous work that has been done here at Smithfield High School, both in regards to academics and culture/climate. I also think this is an important year for students and staff

considering the disruptions that have been caused by the pandemic since March of 2020. I am hoping that we can maintain some type of 'normalcy' throughout the school year."

Question 2

If you could live in any movie, what movie would it be?

Sullivan: "I would love to live in any Star Wars movie, assuming I was part of the Resistance looking to defeat the evil Empire ... haha."

And finally, we welcome Ms. Wendy Phillips, the new Math Coordinator for our district. She has been an educator for 17 years, however this is her first position in Rhode Island!

Question 1

What are you excited for coming into Smithfield High School this year? Do you have any goals as a new staff member?

Phillips: "My position is district-wide, so I'm excited to work at all of the schools. I'm excited to be part of the math department at SHS – they have been very welcoming and seem like a great group of people."

Question 2

If you could live in any movie, what movie would it be?

Phillips: "My favorite movies are 'Elf' and 'Dirty Dancing', but I don't think I'd want to live in either of them!"

New faces mean new ideas and fresh perspectives. *Welcome to Smithfield High School!*



The Nature of Things

by James Gass

A Leaf Peeper's Primer

Imagine, if you will, autumn in southern New England without deciduous trees, the ones that turn color in the fall. October would just be another month full of brown, wilting vegetation. But fortunately, that isn't the case. Autumn is the deciduous tree's Mardi Gras, their last, big, colorful bash before they go to sleep for the winter.

I could detail the reasons why leaves change color in the fall. I could dazzle you with words such as *carotenoid*, *chlorophyll*, *xylophyll*, *anthocyanins*, or *abscission layer*, all pigments and leaf parts involved in the process of color change. But I won't. At the end of the day it's the riot of color that matters, the sheer majesty of it all that we look forward to each and every autumn.

The first trees to turn color in Smithfield are red maples. Found in wetlands, these abundant hardwoods are also known as swamp maples. Besides being the first to turn color in the fall, they are also the first to flower and leaf out in the spring. Their name comes from the color of their flowers, winged seeds (samaras) and fall foliage – all a brilliant, scarlet red. They burn brightly in the fall, even when other maples seem dull. But they burn quickly, so enjoy them while you can.

Lining country lanes and stone walls in Smithfield are the familiar sugar maples, also known as rock maples. They are tapped in the spring to make maple syrup, and in the fall their blazing red, orange and yellow foliage is the very essence of the season. When people



Red maples on the Clear River. Photo credit: Jonathan Twining

go leaf peeping in New England, the exploding color of these trees, whose wood is used to make everything from fine furniture to musical instruments, is what they seek.

It's fairly easy to tell a sugar maple from a red. The leaves of a sugar maple are large, have no teeth on their margins and have five main lobes. Red maple leaves are smaller, coarsely toothed, and have three main lobes. Other maples found in Rhode Island include silver and Norway maple (an introduced species), but their fall colors are not usually as vibrant as a sugar or red's.

There are several types of birches found locally: gray, paper, yellow, and sweet (or black) birch. All turn a bright yellow in the fall. These slender hardwoods have ovate, double-toothed leaves, except for grays, which have triangular leaves. The twigs of sweet birches emit a strong wintergreen odor when peeled; the others don't (yellow birches have a faint odor). On rainy October days or at

twilight, woods dominated by these trees often give off an ethereal, otherworldly light – the entire forest seems to glow.

Like birches, aspens and ash trees also turn yellow in the fall, but the similarity ends there. Aspens have rounded leaves with singly-toothed margins. Both birches and aspens have simple leaves, but ashes have compound leaves composed of seven to nine smaller "leaflets" coming off a main stem, looking something like a feather. Ash leaves also turn a deep plum color before they eventually change over to yellow. Aspens found in our neck of the woods include quaking and big-toothed. Local ash species are white, green, and black ash.

Oaks might be the laziest of deciduous trees. They are the last to leaf out in the spring and are the last to drop their leaves in the fall. But the deep, burnished tones of autumnal oaks are

See Nature of Things, page 19

worth the wait. These sturdy hardwoods are split into two groups: red oaks and white oaks. Red oaks found in our area include northern red, scarlet, black and pin oak. Leaf shapes vary, but trees in this group generally have 7 to 11 bristle-tipped, pointed lobes that turn deep red, russet or varying shades of brown in the fall. White oaks found locally include white, chestnut and swamp oak. They all have leaves with rounded lobes and no bristles. Trees in this group turn a golden yellow, reddish-yellow or yellowish-brown in the fall. These trees often hybridize, especially those in the red oak group. The best way to differentiate them is by their acorns.

Hickories are common in Smithfield. They are very strong hardwoods and are the preferred choice for firewood and smoking meats. Shagbark, pignut, bitternut and mockernut hickories are all found here, but the best way to differentiate them is by their buds. Shagbarks are the most common, growing straight and tall with bark that peels in long strips. All hickories have compound leaves that turn a beautiful yellow-orange in the fall. The vivid, radiant hue of autumnal shagbarks is my favorite fall color, even more so than maples.

This should be a great year for leaf-peeping because we have had a lot of rain, which allows the trees to produce more pigment. Get out and enjoy!

Remember, wear your pink in October!



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Health Awareness

by Diane L. Marolla, LICSW

From Bed to Barbells

“My illness led to my advocacy, which led to me being an author and a fitness contender. I’ve been through hell, but I am stronger than ever.” – Claudia A. Merandi

My favorite books to read are biographies, autobiographies, memoirs, and anything nonfiction. I love a true story where someone overcomes challenges in life. I am a fan of Oprah Winfrey, as she is a black woman who overcame many obstacles in her life. Oprah grew up in poverty, is a survivor of sexual abuse, and dealt with sexism and racism. I’m also a fan of Dr. Wayne Dyer who overcame obstacles in his life, including poverty and addiction. Dr. Dyer is deceased, but his legacy continues. He inspired me years ago that I needed to change how I was living, and to stop making excuses for the choices that I made. Dr. Dyer made me realize that it is never too late to make changes in life and that sometimes we must lose, to win. I often say that I love do-overs and not being perfect.

In our small state, we have many Rhode Islanders living quiet lives; yet they help others. Helping others is a calling. They too have obstacles, but they are not famous. Claudia Merandi is an extraordinary woman and an inspiration. She is a mother of two daughters, a former business owner, an author, an advocate, and a fitness contender all rolled into one person. Claudia, like me, believes where there is adversity, there is opportunity. She has a boxer mentality and is a champion for many reasons.

Claudia has a chronic and painful condition called Crohn’s disease. Born and raised in East Providence, Claudia was a successful business owner until her Crohn’s disease knocked her off her feet for 10 years. I recently had the pleasure of interviewing her.

Diane: How did you become an advocate for better pain management?

Claudia: In 1993 I became very sick with Crohn’s disease. I was sick with this disease as child. It worsened because of stress. After the birth of my second child, I was in and out of the hospital for 10 years. I went on disability and had to get a colostomy bag. I went through a bad depression. My mother said to me that if I helped others, it would help my depression. I began volunteering for Meals on Wheels. This is where I began my advocacy.

Diane: You are very passionate about helping others get pain medication when we have all been told by the government, health care professionals, and now the media that pain medication is bad. Why is it important for people to know that pain medication is needed to help individuals with chronic pain diseases?

Claudia: When I got extremely ill from my disease, I was put on pain medication. Due to all the attention about pain medications in addition to changes in how doctors can prescribe pain medication, someone like me was labeled a drug seeker. It was in 2016 that I went on social media to organize a national protest against the CDC’s guidelines. I started with three members, and today I have over 20,000 members and I have chapters in all 50 states. I receive hundreds of requests a day from people who cannot get pain medication. I advocate for people who can no longer find a doctor who will treat their pain. The pain community is being punished for a crisis that we did

not create. We must get laws changed to stop the suffering. Opioid prescribing is at the lowest it has been in 20 years, but overdoses continue to soar.

Diane: Claudia, you are 53 years young. Physically, your body is amazing. How did you become a fitness contender?

Claudia: In 2016, I wanted to do my first fitness competition. My mother’s twin had died, and I wanted to give my mother something to look forward to. I competed and I won. I also wrote my first two books on Crohn’s disease. My Don’t Punish Pain Movement also gained traction during this time. I started to reach out to law makers. Now I am competing on my 53rd birthday. My last competition will be in November. I work out seven days a week and I eat a clean diet of grilled chicken, fish, steak, vegetables, rice cakes, and protein spreads. I drink a half gallon of water every day. When I compete, I raise money for causes and I raise awareness. This last show, I will bring awareness to what is happening to pain patients.

If you are suffering from pain and have had a difficult journey in getting your pain treated in Rhode Island, I encourage you to reach out to Claudia at:

- <https://thedoctorpatientforum.com/>
- <https://www.facebook.com/groups/Dontpunishpainrally>.
- cmerandi1@cox.net
- <https://www.amazon.com/Crohns-Disease-Reporting-Custody-Battles-ebook/dp/B077QMPV3C>
- <https://www.amazon.com/Dotty-Potty-Claudia-Merandi/dp/1733526471>



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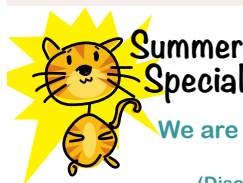
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Bristol County Savings Charitable Foundation Presents \$25,000 Grant to Smithfield Fire Department



To mark the 25th anniversary of its Foundation, Bristol County Savings Bank (BCSB) presented a \$25,000 grant to the Smithfield Fire Department. Pictured L-R: Members of the Smithfield Fire Department joined by Stacie Long, VP/ Government Banking Officer, Bristol County Savings Bank; Dennis Leahy; Treasurer of the Bristol County Savings Charitable Foundation and Executive Vice President, Treasurer and CFO, Bristol County Savings Bank; Pat Murray, President of the Bristol County Savings Charitable Foundation and President & CEO of Bristol County Savings Bank; Randy Rossi, Smithfield Town Manager; Robert Seltzer, Fire Chief, Smithfield Fire Department; Sean Kilduff, Smithfield Town Council Vice President; David Tikoian, Smithfield Town Council; Michele Roberts, Clerk, Bristol County Savings Charitable Foundation and Executive Vice President/Chief Marketing and Community Relations Officer, Bristol County Savings Bank; and Laura Stack, VP/Senior Commercial Lender, BCSB

The Bristol County Savings Charitable Foundation marked its 25th Anniversary with a \$25,000 grant to the Smithfield Fire Department during a check presentation ceremony held recently at the station. The donation, which the department will use for general public safety and the safety of its firefighters, is part of \$325,000 in grants currently being awarded to fire departments in the 13 communities throughout Southeastern Massachusetts and Northern Rhode Island where the bank has a branch office location. The bank's local branch office is located at 584 Putnam Pike in Greenville,

Rhode Island. Since the Bristol County Savings Charitable Foundation was formed in 1996, more than \$25 million has been committed to hundreds of different local non-profits. In 2020, the Foundation awarded \$2.2 million to various 501(c)(3) organizations, many of whom were assisting local communities in the fight against the coronavirus pandemic.

“For the past 25 years, our foundation has been supporting the neighborhoods where our customers live and work. This grant is our way of celebrating that accomplishment and thanking

the brave men and women of the Smithfield Fire Department who consistently put themselves at risk on our community's behalf,” said Patrick Murray, President of the foundation and President & CEO of the bank. “We hope the funds will assist the fire departments in their critical, life-saving efforts throughout the communities we serve.” Murray added that the foundation's first donation 25 years ago was to the Taunton Fire Department to assist them in the purchase of thermal imaging cameras. Founded in 1846, the bank is celebrating its 175th Anniversary this year.

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Revive the Roots celebrated its tenth anniversary on Sept.11 with their Rootstock celebration, featuring live performances, crafts, tours, and food. Located at Mowry Commons, the non-profit organization seeks to create ecologically regenerative and dynamic social spaces through the education and practice of permaculture.



Photo Credit: Sandra Achille

Victorian Clothing and Train Station Exhibit held at the Smith Appleby House.

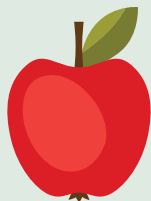


Photo Credit: Sandra Achille

Being Scared Just For The Fun Of It

By Paul Lonardo

Have you ever wondered why some people like to be scared? If you haven't, you're probably one of those people. This time every year it becomes acceptable to celebrate those things that terrify us. As we get closer to Halloween, even the faint of heart muster up the courage to watch a scary movie or venture into a haunted house, the whole time seemingly having a good time screaming or laughing, and sometimes both.

But horror as entertainment is not just a highlight in the month of October. So why do we willfully choose to frighten ourselves this way, whether it is at Halloween or the other 364 days of the year? The short answer is that there is a clear biological component.

Fear is an innate emotion that we are all born with, and it's function is one of simple survival. Being afraid automatically triggers a fight-flight-or-freeze response that helps keep us safe when confronted with a life-threatening situation.

When we are scared, our senses become heightened due to an adrenaline rush that fear produces in our body. This chemical reaction gives people a kind of a superpower, making them faster and stronger than normal, allowing them to react to danger swiftly and giving them a better chance to survive.

After the immediate threat has passed and we feel safe, there can be a strong feeling of relief, joyfulness, even giddiness. Another set of biological chemicals, endorphins, are responsible for this feeling as they get released into the body. If you've ever been on a roller coaster, you know the feeling. Anytime you're scared, your body goes through similar reactions, whether it is watching a scary movie or going on a haunted hayride.

We know the reaction these self-induced thrills and chills have on us, but the question remains, why are people so eager to pay good money to enter a dark room and wait for someone to jump out of a corner dressed as Leatherface from *The Texas Chainsaw Massacre*? And with so many real horrors in the world, why would anyone choose to seek out these artificial terrors in books, movies, and Halloween haunts?

However, not everyone enjoys being scared, which suggests that there is something at work here. There are plenty of people that will not step foot in a haunted maze or buckle themselves into a seat on a death-defying roller coaster, and you won't find them waiting in line at the opening of *Halloween Kills*, the latest release in the *Halloween* film franchise.

Horror master, author Stephen King, has famously said that we embrace imaginary horrors to help us cope with real ones, arguing that horror allows us to fight back all our great tensions and fears that we can't necessarily grapple with by ourselves.

You can agree or disagree with the theory that horror fiction and films are symbolic representations of real fears, but the popularity of the genre in modern society is undeniable. There are reasons that thrill-seekers are drawn to these intense experiences, and it may be that they are naturally inclined "adrenaline-junkies." The compulsive desire for excitement and adventure that these individuals have is likely hardwired into their DNA, and the activities they engage in are not limited to bungee jumping and skydiving. Likewise, horror fans get a special kick out of fear and other strong visceral sensations.

'The beast within' is another philosophy explaining the genre's popularity. This theory revolves around the principle

that an unconscious, repressed part of every human is actually savage, that the veneer of civility is very thin, and beneath that is essentially a monster. According to this idea, although we consciously disapprove of what the monster is doing, deep down part of us enjoys seeing the murder and mayhem the monster unleashes – because if we could, we would do that.

Horror may have traditionally had a reputation for being a low, somewhat trashy, titillating genre that appeals to our basest instincts, but what horror can do is to teach us that monsters can be defeated if we choose to confront them, and that by bonding together, rather than allowing our fears to divide us, horror is the ultimate survival mechanism. Fundamentally, we are shown that no matter how grim or horrifying our circumstances get, there is always hope, and that is something very positive.

Studies reveal that we can eventually overcome some of our fears by facing them. By constantly exposing ourselves to our fears, whether it is extreme sports, horror movies, or snakes and spiders, our tolerance for them will grow. So being frightened is not always a bad thing. It's a human survival mechanism that is built-in to the human genome and has been with us for millions of years.

I don't know that cavemen used to dress in saber tooth tiger skins and run around chasing one another in order to deal with their fears of being lunch to a man-eating prehistoric beast, but that's no reason you can't visit a haunted house this Halloween to overcome some of your own fears.





IMHO

by Ron Scopelliti

A Twisted Tree of Knowledge



A few days ago I decided that I don't know enough about trees. I've got trees all over my yard and all over my neighborhood. I take great pleasure in walking on trails surrounded by trees, parking my kayak under trees, and occasionally climbing trees. Still, I'm more likely to identify a fictitious Mallorn tree in Lord of the Rings Online, than I am to pick out an oak or a maple when I'm driving down Old County Road.

Unfortunately, when I went online to help remedy the situation, I stumbled onto the "List of Fictional Plants" entry on Wikipedia. So I still can't identify a yew, but the next time I watch a Harry Potter movie I'll be able to tell the difference between gillyweed and gurdyroot.

I think this points out the problem with my learning style: I really enjoy learning new things, but I tend to get a little out of control. One discovery leads me to another discovery, which sets me off on the mixed metaphor of web-surfing down a rabbit hole. I'll end up learning all sorts of fascinating things, but they rarely have anything to do with what I set out to learn.

Along with other factors, that may be why I never finished my master's thesis in the UMass Dartmouth professional writing program. That was more than 20 years ago, but I've been thinking about petitioning the school to give me my degree without a thesis, based on the idea that anyone who wastes their time writing a thesis that they won't be paid for doesn't truly understand the concept of "professional writing." I have a feeling they won't go for it.

But despite my chaotic and often inept

approach to learning, I still want to keep doing it. Despite the warnings against trying to teach an old dog new tricks, it seems like the older I get, the more I want to learn. I figure it's either a desperate attempt to make sense of the world, or a desperate attempt to develop skills that will help me cope with a world that makes no sense. Either way, the tough part is deciding what to learn and where to learn it.

If I'm left to my own devices in front of a computer, I usually lack the self-control to stick to one topic and follow it through to a useful conclusion. I've had a bit of success taking web courses in graphic design and various computer applications on Lynda.com, which has now been swallowed up by LinkedIn. But I think I did better a few years ago, when I took a number of web-design classes online through CCRI. They were not only very well-run, but they also got me all nostalgic about getting my associate's degree at the Knight Campus, which we used to alternately refer to as The Mothership or Moonbase Alpha – I love the smell of concrete in the morning! I could do that again, or even better, take an in-person class there or at URI or RIC.

But what should I aim to learn? As much as I'd like to take a ukulele class or learn to ride a horse, I should probably be learning skills that will result in a more secure future for myself. I should be learning to write for different platforms by

expanding my knowledge of search engine optimization (SEO) or user experience (UX) design, or any of the thousands of abbreviations that hiring algorithms search for but won't find in my résumé.

Probably the most useful thing I could learn is another language. I took French and Spanish in high school, but I never paid as much attention as I should have. I should have just stuck with one language, because now when I try to speak either one of them I tend to mash them both together. I can imagine myself being in a foreign country trying to find a vital resource by asking, "Donde esta el Game Stop s'il vous plait?"

It's a lot to consider. And since I'm still having trouble distinguishing a fir from a pine, maybe I should bide my time by continuing my research into trees. I figure a good place to start is by searching YouTube for Monty Python's "How to Recognize Different Types of Trees from Quite a Long Way Away" episode. If nothing else, I'll be able to quickly identify a larch.

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50 years Ago – October, 1971

by Jim Ignasher

Technical Sergeant Alonzo F. Thurber was awarded the Air Force Commendation Medal for outstanding work while serving at Hof Air Force base in Germany.

Air Force Second Lieutenant Harry L. Latham entered pilot training.

William R. Couture of Greenville was promoted to Staff Sergeant while serving in the United States Air Force Tactical Air Command.

Navy Seaman George J. Gilmore of Greenville was serving aboard the tanker ship U.S.S. Milwaukee.

Navy Airman David R. Young of Greenville was serving aboard the aircraft carrier U.S.S. Intrepid.

Walt Disney World in Orlando, Florida, officially opened to the public at 10:00 a.m. on October 1. Ten-thousand people attended the first day. In 1971, the price for a one-day park pass was \$3.50.

15-year-old Jack McBride of Pleasant View Avenue was promoted to Eagle Scout. He was a member of Troop 4 in Greenville.

Dancing classes, sponsored by the Smithfield Recreation Department, were

begun. The classes, taught by Miss Karen Proulx, included tap, jazz, and ballet.

On October 6, the Cranford Club of Greenville, hosted a party for patients at Zambarano Hospital in Burrillville. The Cranford Club was a charitable civic organization established in 1905.

A “Punt, Pass, and Kick” competition, open to all boys ages 8 through 13, was held at the Smithfield High School. The event was sponsored by Notorantonio Ford and the Smithfield Jaycees. The winners in each age category were: John Germano, Kenneth Albanese, Greg Williams, Mike Tartaglia, Douglas Hanson, and Edward Gauthier. They went on to compete in an area-wide championship held in Cranston.

The Smithfield Raiders football team took first place in the American Conference of Rhode Island Pre-teen Football League by beating the North Providence Jets 30 – 0.

Smithfield High School held its annual Homecoming event and 12 local students were nominated for Homecoming Queen. They were; Mary Provonsil, Julie Guidone, Kathy Wright, Diane Guglielmino, Paula Commendatore, Debbie Christiansen, Ellen Provonsil, Anne Short, Karen Henriksen, Geraldine DiSteffano, Debbie Cerroni, and Diane

Hudson. Geraldine DiSteffano was crowned the queen.

The Stonehenge Apartments in Greenville were opened for rental. At the time, an advertisement read, “Giving a home like feeling rather than apartment living.” (No children – no pets.)

Rhode Island’s Governor Frank Light issued a proclamation naming October 7 – 16 National Apple Week.

A local Chevrolet dealership was offering a 1969 Chevelle Sport Coupe with a sliver and blue exterior and deep blue interior, equipped with a V-8 engine, power steering, and four new tires, all for \$1,895. The same car today, restored, sells in the neighborhood of \$40,000. On October 23 – 24, the “Apple Valley Gem and Mineral Show”, sponsored by the Rhode Island Mineral Hunters Club, was held at Anna McCabe School.

It was also on October 23rd that a genuine “German Bierfest” sponsored by the Smithfield Mental Health Association was held at Waterman’s Lake. The event featured authentic German food and music.

See 50 Years Ago, page 31



Strange Tales For Halloween

By Jim Ignasher

The following tales were culled from old newspapers.

There was a tongue-in-cheek anecdote which appeared in several newspapers in 1849 titled “The Sorrows of Matrimony” which told of a man whose wife of many years had passed away. As the horse-drawn hearse was making its way to the cemetery, one of the rear wheels struck a curbstone severely jolting both driver and “passenger”. A moment later the allegedly deceased woman suddenly rose up and demanded to know what was going on! Apparently she’d been in some sort of trance that mimicked death.

Ten years later she passed away again, this time for real, and as the hearse was about to begin its journey the husband uttered, “Pray, gentlemen, be careful in turning the corners.”

In 1892 there was a widower living in Huntington, New York, who claimed his deceased wife was haunting him. Every night, he told a reporter, her ghost would stand next to his bed and look “reproachfully” at him. He said he tried speaking to her, then tried to grab her, and even fired a gun at the apparition, all with no effect. The reason for the haunting wasn’t stated, but his neighbors were reportedly “intensely excited”.

A story which appeared in the New York Tribune in 1922 told of a deceased Chicago woman who was haunting her relatives telling them she’d been murdered by poison. Due to pressure by the family, a re-examination of the remains was conducted. Unfortunately, the results are unknown.

Another case in which a ghost sought out justice occurred in Providence in 1908, when a man was murdered on Canal Street. Police had no suspects until three

days later when the killer walked into headquarters to confess, claiming the dead man’s ghost had been relentlessly hounding him.

In 1892 The Roanoke Times (Roanoke, Va.), reported the story of the vengeful ghost of a convicted murderer who haunted those who had taken part in, or witnessed, his execution. One of those suffering from the ghost’s wrath was a reporter for the Times, who related how the ghost would appear at his bedside every night and pull the covers away before screaming “You can’t hang me!”

In 1907, it was reported that “Murderers’ Row” at the Allegheny County Jail in Pennsylvania, was allegedly haunted by the ghost of a convicted killer who managed to cheat the hangman and died in his cell. Afterwards, the other prisoners complained that the man’s ghost would walk the row at night taunting them. Their loud protests led the warden to move them to another part of the jail.

Then there’s the case of John Pickett of Georgia who was hanged in 1889 for the crime of murder. After his execution his body was claimed by friends who may have somehow successfully resuscitated him. The matter came to light a few weeks later when rumors began to circulate that Pickett was alive and well and living in Sumter County. One newspaper reported, “If Pickett is still alive and is apprehended, the question is whether he can be further punished. He has been declared legally dead and the case will prove unparalleled in the history of the state.” The outcome of this situation is unknown.

Sometimes strange things occur that leave one asking, “What are the odds?” For example, on May 31, 1918, the U. S. Navy troop transport, USS President Lincoln, was torpedoed en route to

America by a German U-Boat and sank in twenty minutes. Four of the Lincoln’s crewmen found themselves treading water looking for something to grasp onto to stay afloat. Suddenly a hermetically sealed coffin popped to the surface and the men held onto it for eighteen hours before being rescued.

The coffin contained the remains of Private Walter Wilhelm of New York City who’d died in England, and was going home for burial.

Months later, two of the crewmen happened to be in New York City registering men for selective service when a police officer engaged them in conversation, relating the story of how he’d lost his son to the war – Pvt. Walter Wilhelm. At that point one exclaimed, “Why, his body was the means of saving our lives!”

In closing, another tale of a hearse was reported in the Baton-Rouge Gazette in 1843. A constable on patrol came upon a hearse parked in a dark lot with nobody around. As he approached, he saw the conveyance move, and then heard a loud groan come from within. Fearing some resurrected ghost was trapped inside, he ran for help. Investigation revealed a man inside, inebriated by “spirits”, but very much alive.

He was given a “night’s lodging”, but the judge reportedly would not “undertake” to commit him for sleeping in a hearse, and let him go.

How he came by the hearse was not explained. Have a frightfully happy Halloween!



Smithfield received an \$11,000 grant from the Rhode Island Conservation Commission to go towards the purchase of a 43.7-acre parcel of land on Old Forge Road to be used for open space and recreational purposes. This was a matching grant, which means the town had to contribute the same amount to bring the total cost up to \$22,000. The land had been owned by Burton and Mary Mowry, who'd agreed to sell. Today the property is known as the Mowry Conservation Area and features a picnic area, a brook, and walking trails.

The road gets its name because of an eighteenth-century iron forge that once existed there. It is said that the forge produced cannons for the Revolutionary War.

On October 24th, students of Mrs. Helen Taubman gave a piano recital at the Greenville Library. They were: Lisa Clemence, Susan Waradzin, Lynda Buckley, and Patti Monahan.

On October 30 – 31, the public was invited, (for a “reasonable price”), to ride in an “Air-Cycle” at Brush’s Field at Waterman’s Lake. An Air-Cycle was a type of hovercraft that floated a few inches off the ground and could be used in rough terrain and on water.

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Autumn is Here! Celebrate with Audubon!

October 2021 Highlights from the Audubon Society of Rhode Island

August 30, 2021 – Throw on your fleece jacket, grab your binoculars, and hit the trails in search of fall migrants. Prowl for owls, meet a Peregrine Falcon, or just enjoy the cool weather as you explore nature in fall! And don't forget to bring the kids to the Perfect Pumpkin Party. Come celebrate the splendor of autumn the Audubon way!

Masks are required during Audubon indoor programs and van trips for those who have not been vaccinated for COVID-19, including children.

Visit the events calendar at www.asri.org to register for programs.

Wednesday Morning Bird Walks Locations Across Rhode Island

Audubon offers small-group Wednesday Morning Bird Walks with naturalist Laura Carberry. Each week a new birding destination will be chosen. Advance registration is required. Location will be sent to registered participants in advance.

Locations determined weekly; Every Wednesday through June 2022; 9:00-11:00 am; Fee: \$5/member, \$10/non-member. Ages: 14+. Register through the events calendar at asri.org.

Owl Prowl at Powder Mill Ledges Audubon Powder Mill Ledges Wildlife Refuge, Smithfield, RI October 1, 2021; 6:30 – 8:30 pm

Please dress for the weather, wear sturdy walking shoes, and bring a flashlight. Hike will be canceled in the event of inclement weather.

Powder Mill Ledges Wildlife Refuge, 12 Sanderson Road, Smithfield, RI; Fee: \$10/member; \$14/non-member.

Ages: 10 and up. Register through the events calendar at asri.org.

Audubon Powder Mill Ledges Wildlife Refuge, Smithfield, RI October 2, 2021; 3:00 – 4:00 pm

Snakes are smooth, slinky, amazing animals. Come hear a fantastical tale about a special snake named Kartusch who teaches some furry creatures about being patient and using their senses. Then meet a live snake.

Powder Mill Ledges Wildlife Refuge, 12 Sanderson Road, Smithfield, RI; Fee: \$5/member child; \$7/non-member child. Ages: 5 and up. Register through the events calendar at asri.org.

Meet a Falcon! Audubon Powder Mill Ledges Wildlife Refuge, Smithfield, RI October 3, 2021; 1:00 – 3:00 pm

Come to Audubon Powder Mill Ledges Wildlife Refuge to learn all about raptors! Explore biofacts like wings, skulls, feathers, and talons and meet a live Audubon raptor ambassador. Powder Mill Ledges Wildlife Refuge, 12 Sanderson Road, Smithfield, RI; Fee: \$10/member adult, \$5/member child; \$14/non-member adult, \$7/non-member child. Ages: 7 and up. Register through the events calendar at asri.org.

Let's Take a Walk! Seeds Audubon Powder Mill Ledges Wildlife Refuge, Smithfield, RI October 5, 2021; 10:00 – 11:00 am

Learn about different types of seeds and take a walk on the wildlife refuge to look for different seeds of plants and trees. This is a family program for ages 2 and up.

Powder Mill Ledges Wildlife Refuge,

12 Sanderson Road, Smithfield, RI; Fee: \$5/member child; \$7/non-member child. Ages: 2 and up. Register through the events calendar at asri.org.

Hand-in-Hand Audubon Powder Mill Ledges Wildlife Refuge, Smithfield, RI October 7, 2021; 10:00 – 11:30 am

Celebrate autumn on the wildlife refuge with your young child. This parent/child program features nature discovery and exploration using your senses during a short walk. Come learn how to engage your little one in all the changes of the seasons.

Powder Mill Ledges Wildlife Refuge, 12 Sanderson Road, Smithfield, RI; Fee: \$10/member adult-child pair; \$5/each additional member; \$14/non-member adult-child pair; \$7/each additional non-member. Ages: 3 and up. Register through the events calendar at asri.org



Climate Reality Audubon Powder Mill Ledges Wildlife Refuge, Smithfield, RI October 14, 2021; 6:30 – 8:30 pm

Join Audubon naturalist Kim Calcagno for a presentation on the state of climate change and both the troubling and promising trends being seen. As a certified member of Al Gore's Climate Reality Leadership Corp., Kim will take you through the latest data on what the nations and economies of the world are doing to combat the climate crisis. Find out what you can do to help. Free admission, pre-registration required. Powder Mill Ledges Wildlife Refuge, 12 Sanderson Road, Smithfield, RI; Free. Ages: Adult. Register through the events calendar at asri.org.

See Audubon Society, page 35

– UPCOMING EVENTS –



Glocester Scarecrow Festival

October 16, 2021 (rain or shine)

11a.m. to 5 p.m.

Glocester Marketplace - Kent Field Pavilion

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(401) 949-3550 for details on
how to help.



Audubon Society, from page 34

Owl Prowl at Fort Refuge

Audubon Fort Wildlife Refuge, North Smithfield, RI
October 18, 2021; 6:30 – 8:30 pm



Bundle up and visit Fort Wildlife Refuge on an autumn night to search for owls. An Audubon naturalist will call for different species as you walk through mixed and pine woods. While we never know if we'll hear or see an owl, participants will learn a lot and have a great night hike. Please dress for the weather, wear sturdy walking shoes, and bring a flashlight. Hike will be cancelled in the event of inclement weather. *Fort Nature Refuge, (Rt. 5), 1443 Providence Pike, North Smithfield, RI; Fee: \$10/member; \$14/non-member. Ages: 12 and up. Register through the events calendar at asri.org*

Nature Tales: Mousekin's Golden House by Edna Miller

Audubon Powder Mill Ledges Wildlife Refuge, Smithfield, RI
October 20, 2021; 10:00 – 11:00 am



Enjoy story time with your preschooler with a focus on nature. Program includes story time followed by a nature craft, short walk or live animal visit. Adults must accompany children. *Powder Mill Ledges Wildlife Refuge, 12 Sanderson Road, Smithfield, RI; Fee: \$5/member child; \$7/non-member child. Ages: 3-6. Register through the events calendar at asri.org.*



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Inside The Brown Bag

The Not So New “Bling Thing” ...

By Peg Brown

Pandemic influences are endless, but one of the more frivolous impacts has been on fashion ... pajama zoom meetings; expandable waist-line sweats and outfits you can wear for a week. The newest reported fashion trend credited to the pandemic: “multiple, megawatt earlobe and cartilage piercings.”

We are merely repeating what has been an endless evolution of the practice, dating to prebiblical times. Interestingly enough, over centuries the reasons for these piercings have remained almost identical: “asserting identities, making social statements, and cutting loose our inner wild streaks.” According to a recent Wall Street Journal article, pandemic weary moms are looking for a way to say “wait a minute, I’m still cool.” Other reasons for increased traffic at piercing parlors include offering a bonding session with long-sequestered friends or marking some life change – a concrete sign of our wise and not so wise life choices.

The Egyptians were way ahead of us – again. There is evidence in mummies that ear piercing was common. Nose piercing is documented to have existed as early as 1500 BCE, tongue piercings were more common in Africa, but most piercing was influenced by Eastern culture – think about The King and I. There are even several mentions of piercing in the Bible. For example, in Genesis 24:22 a servant of Abraham pierces Rebecca’s nose.

As the practice of piercing moved into Western culture, men were more likely than women (whose hairstyles largely hid their ears) to pierce their ears. Paintings depict Shakespeare and Sir Walter Raleigh, among other noble and commoners, sporting an earring in one

ear. There is also wide depiction of the stereotypical pirate who often pierced one ear to indicate a successful sail around the world. Piercing of other body parts perhaps too graphic to describe also existed in many Eastern and Western European cultures. Trust me, they must have been V-E-R-Y painful!

Apparently, my generation was on the cutting edge of reviving this custom. I clearly remember being about eight years old, waiting in a grocery check out line, spotting “dangling earrings” on the lobes of the woman in front of us. I pulled on my mother’s sleeve (she of the clip-on generation), and while I fascinatingly pointed at the earrings, my mother leaned over and said (obviously politically incorrect), “only gypsies have pierced ears.”

Fast forward nine years. I became a gypsy. The less than sterile site of my surgery was my dorm room. The surgical instruments: a needle heated with a match, an ice cube and a bar of soap. After a slightly bloody first attempt, it was done. Other less impatient classmates used the “sleeper method,” a technique that involved placing a ring in each ear and pinching it until it broke through.

Because I was in college so far from home, it wasn’t until after the spring semester that my new found “wild” streak was revealed to my parents. No one said a word at first. However, two weeks later, dressed to accompany my father to a sports banquet complete with silver dangling Mexican hats, my father quietly said, “why didn’t you have one put through your nose at the same time.” Luckily Dad passed away before that and other body piercing trends exploded in the 1990s. The only member of my

family who praised my new look was my paternal grandmother who secretly revealed to me that she always wanted to pierce her ears. (More about her support later).

Body piercing in the 1990s took a leap into the mainstream, fueled largely by more sanitary conditions in salons and images in the media. In 1993 a presentation on MTV featured a navel piercing, and of course, the highly watched Janice Jackson’s “costume failure” at the Super Bowl in 2004 promoted more less obvious sites for puncture. Some piercing studios claim the “costume failure” brought more customers than any other publicized event. A survey of almost 11,000 young women just one year later found that over one-third of piercing requests were for the navel. Janet Jackson’s body site reveal accounted for just 9 percent, but showed significant rise in interest.

Let me close with my grandmother’s extended story. She had promised me that when I graduated from college, she would buy me a pair of diamond stud earrings. On graduation day in May, 1968, my parents presented me with her gift. A fact kept from me by my parents who thought it would be too difficult for me to travel home was that grandma had passed away on April 17, the very day the earrings were delivered.

Author’s Notes:

- Estimated healing time for a navel piercing: 9 months to a year.
- In 2009 the Daily Telegraph reported that Elaine Davidson of Brazil held the world record for piercings: 6,005! Reportedly she is divorced.

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Nelly Butler; First Lady Of American Ghosts

By Thomas D'Agostino – www.tomdagostino.com

August 9, 1799 came and went in Sullivan, Maine just like any other day; well almost. Abner Blaisdel and his family were just finishing their evening meal when they began to hear knocking from their basement. Upon investigation, he found the small chamber empty yet the banging continued. In fact, it resumed every day at the same time well into winter until Abner, tired of his family being terrorized by some unseen force, ran down into the basement and yelled, "What do you want?"

A voice came out of the void claiming she was the ghost of Nelly Butler, deceased wife of Captain George Butler. The voice continued to speak, but Abner heard none of it as he was already rushing up the stairs and out of the basement. Abner was in disbelief until the spirit spoke again, this time in front of the whole family.

Having little choice in the matter, Abner called upon David Hooper, Nelly's father

who lived a few miles from the Blaisdel home. Hooper scoffed at the story, but was soon convinced to trek out to the Blaisdel residence to check out the situation. The two repaired to the cellar and without delay, Nelly spoke. Mr. Hooper later wrote, "She gave such clear and irresistible tokens of her being the spirit of my own daughter as gave me no less satisfaction than admiration and delight."

Nelly's ghost appeared for the first time to Abner's son Paul. While the young man was walking through the fields, she floated down in front of him. He became so terrified that he fled for his life, but the apparition of Nelly followed close behind. She would later reprimand him for not greeting her more cordially, but went on to say she would scare the children no more.

As word spread of the strange haunting, people began to come from near and far to see or hear the ghost. The Blaisdel's

welcomed all who wanted to witness the phenomena insomuch as having them camp in the front yard. Before the year had passed, more than 100 curious folk had witnessed the ghost, either in person or voice. Many gave sworn testimony in regard to their experiences. The local pastor, Reverend Abraham Cummings did not believe in ghosts and felt his flock was the victim of trickery. He boldly rode out to the Blaisdel house intent on dispelling any such notion of spirits and ghosts. While riding through Abner's field, a form appeared to him, "surrounded by a bright light, at first her form was no bigger than a toad ..." The form grew to a normal human height in front of him. He immediately recognized the figure as that of Nelly Butler. The reverend was aware that Nelly had passed away during childbirth along with the child. Although the incident appeared to be of natural causes, some of the locals believed George may have had something to do with her demise.

See Nelly Butler, page 37

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He was found innocent and went on with his life.

Nelly soon gave the reason why she was appearing to the Blaisdel family. Her widower husband was courting Lydia, Abner's daughter, and Abner was hesitant in letting his daughter, who was only 15 at the time, marry the captain. Nelly, however, felt that the union was inevitable and tried to convince Abner of this. When asked how Nelly was aware of such knowledge, she told him, "I know all that was and will come to be." Abner decided to test her wisdom asking her about his father. She answered that he was in heaven praising God. Three days later a letter arrived stating that Abner's father, who lived two hundred miles away had passed a few days previous.

Nelly appeared in front of large groups congregated outside the Blaisdel home, traveled to a neighbor's home with 48 spectators to prove to them that she was real, and continued to bespeak on the part of her husband in regard to the marriage of Lydia. It soon came to pass that Abner gave his blessing and the union took place. After that, Nelly began to appear less frequently.

Nelly made an appearance ten days after George and Lydia were married. The couple was walking home one night when she materialized in front of them, stating they would soon be expecting a child. Her demeanor became solemn as she also warned it would be the death of Lydia. In May of 1802, Lydia died during childbirth. Nelly would appear one more time in front of Reverend Cummings before vanishing forever into history as America's first documented ghost.



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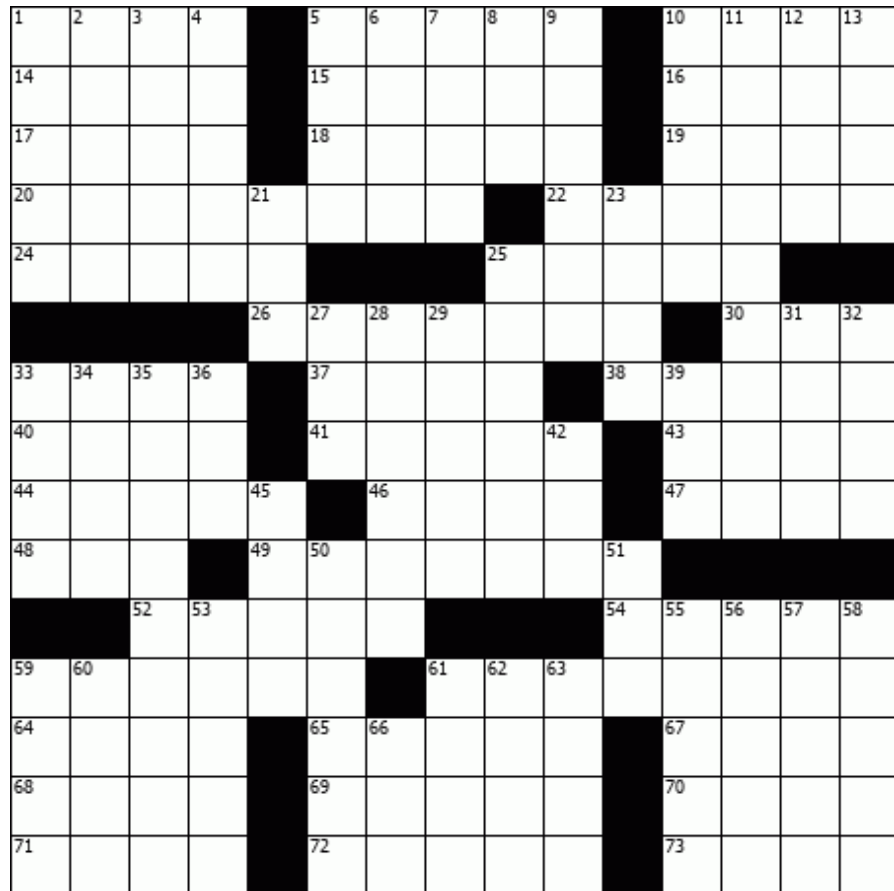
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Crossword Puzzle



Across

1. Enclosure
5. Nature's bandages
10. Fling
14. Mental image
15. Chocolate drink
16. Wise about
17. Exits
18. Kitchen garb
19. Genuine
20. ____ ballot
22. Medicinal amount
24. ____ Witherspoon of "Legally Blonde"
25. Slugger Hank ____
26. King Kong, e.g.
30. Pop
33. Freshwater fish
37. Exited
38. Rent contract
40. Palo ____
41. Fastened shoestrings
43. Petticoat
44. Inferior
46. Venture
47. Sharp blow
48. Grant's foe
49. Bureau
52. Ardent
54. Trumpet's sound
59. Main course
61. Countrywide
64. Art ____
65. Slack
67. Slip
68. Nest eggs (abbr.)
69. Corroded
70. Alternative word
71. Ripped
72. Deep fear
73. Soothsayer



Down

1. Groucho Marx's prop
2. Mud brick
3. Silly ones
4. Soothes
5. Begone!
6. Deal (with)
7. Land measure
8. Ghost's shout
9. Summer shoe
10. Chest
11. Everybody (3 wds.)
12. Buck
13. Lone
21. Not pos.
23. Exam type
25. Modifies
27. Wise bird
28. Bookworm
29. Ancient Peruvians
31. Korea's continent
32. Johnny ____ of "Edward Scissorhands"
33. Weep
34. ____ vera
35. Trolley
36. Distress letters
39. Snaky curve
42. Poor mark
45. Margin
50. Staggered
51. Slugger's stat
53. Got up
55. Misplaces
56. Sprain site
57. Salary boost
58. Church leader
59. Rewrite text
60. Notorious emperor
61. Musical symbol
62. On a cruise
63. Minister to
66. Rowing implement

Answers to puzzle on page 40



A View From the Cheap Seats

Bravo Brady! He Deserves Your Respect!

Dan Pieroni

On Sunday October 3rd an event will occur at Foxboro's Gillette Stadium that will no doubt be big! How big you ask? Bigger than the Beatles appearing on the *Ed Sullivan Show*! Bigger than the time Geraldo Rivera opened Al Capone's vault live on television and came away with nothing! Bigger than Bobby Orr's retirement ceremony!

To put it mildly, the most successful individual athlete in Boston sports history, other than Bill Russell, will be returning to the place he's most comfortable playing in, only this time he will be wearing a different uniform.

You know the backstory; you know about the Super Bowls, and you likely believe that he is the greatest player at his position in NFL history. Mr. Thomas Edward Patrick Brady gave you thrills that lasted a generation and brought an unprecedented level of success to you, the avid New England Patriots fan. It can also be said that Brady's obsessive need to defy logic and prove that he can play at a high level at such an advanced age turns people off and was his ultimate undoing in New England.

I had a conversation with a friend recently in which I said I could recall two quarterbacks in all my years watching football who took a snap at Brady's current age, never mind started a game. For you scoring at home those two quarterbacks were Steve DeBerg and Warren Moon.

It is nothing short of remarkable that Brady continues to be among the elite players at the quarterback position when he is almost twice the age of some of his contemporaries. However, this remarkability is probably rooted in obsession and an unquenchable yearning to be the best, even when your best is

well behind most people your age.

I can understand the annoyance of fans who didn't completely buy into the TB12 method with its rigorous exercise regimen and penchant for weird foods like avocado ice cream. I can also understand the frustration of fans who couldn't understand why Brady chose not to rest on his laurels, especially after the miraculous comeback win over the Atlanta Falcons in Super Bowl 51.

He had accomplished everything a football player could accomplish and there was no better stopping point than right then and there. Father Time was going to win sooner or later. The signs were there.

Among them were Gisele Bündchen going on the *CBS Morning Program* and expressing her concerns over her husband's health, the shoulder injury that always landed him on Patriots injury report week after week, but was never taken seriously, and Brady's continued frustration over management's stubborn refusal to surround him with veteran skill players he trusted.

I never wanted to believe that Tom Brady would leave the Patriots, but when legacy and an obsessive need to continually prove the naysayers wrong were at stake it became a distinct possibility. There was lingering bad blood between Brady and Bill Belichick with Robert Kraft caught in the middle of power struggle.

For too long Brady was the good soldier, always willing to restructure his contract with the belief it would help the team, and for too long Belichick was the surly, steadfast micro-manager who told him to take what he had and like it.

Finally, Brady, motivated by a fit of

"I'll show you" gumption towards Belichick and anyone who doubted him, had enough and took his talents to the woebegone Tampa Bay Buccaneers who were all too happy to have him aboard and only sought his happiness.

Brady did show Belichick by winning another Super Bowl while Belichick struggled through a forgettable season.

In response, Belichick finally poured some money into free agency, signing the two best tight ends available and drafting a quarterback that can become the next franchise stalwart. It has set the stage for a showdown more dramatic than the *Jeopardy!* host search.

Amid this matchup for the ages, an important question remains: How will you perceive Tom Brady when he takes the field in enemy colors?

Will you boo him like some people booed Adam Vinatieri when he had the gall to accept a better offer from the Colts, or will you give him a rousing ovation you know he deserves in appreciation for all he did for you?

If you have any understanding of the Patriots history before Brady, the latter option is the obvious choice.

How blessed were you as a Patriots fan to benefit from his greatness for a period that extended far beyond the typical championship dynasty?

How ferociously did you defend his honor during Spygate and Deflategate? How content are you with the notion that you will never see a Patriots quarterback as good or successful again?

You owe it to him. Do the right thing.



Payne's Picks

By Sarah Payne

October 2021

Movie Releases

The Guilty – October 1 (Netflix)

In this remake of the Danish film *Den Skyldige*, written by True Detective creator Nic Pizzolatto, Jake Gyllenhaal plays a police officer relegated to fielding 911 calls. When he takes a call from a distressed woman (Riley Keough) who claims to have been kidnapped, he desperately tries to save her. The entire film appears to take place within the dispatch center as Gyllenhaal's character makes calls trying to save the woman. The cast of supporting voice actors is impressive, including Ethan Hawke, Peter Sarsgaard, and Paul Dano. Another interesting tidbit Gyllenhaal and director Antoine Fuqua shared with *Deadline* was that the entire movie was filmed in just 11 days during the pandemic, and the way it was shot might remind you a bit of that time you were stuck in quarantine. Fuqua said: "I would tell Jake in the beginning, that I was just going to have the camera stuck to him like an annoying bug. It's just going to stick to him, and he couldn't go anywhere because that was part of the story, right, that he would have to stay in one place, and even when he got up and moved to the water cooler, it followed him everywhere."

The Last Duel – October 15

Based on a true story of the last legally sanctioned duel in France, the screenplay for *The Last Duel* was written by Nicole Holofcener, Ben Affleck, and Matt Damon. In the film, Damon plays a knight whose wife has accused his best friend (Adam Driver) of rape. Affleck also stars in the film, directed by Ridley Scott. Though I'm a huge fan of many of Scott's movies (*Alien*, *Blade Runner*, *Gladiator*), I must admit the trailer for *The Last Duel* feels a bit silly. First of all, why is Damon the only actor without a British accent? He's not even trying to hide the fact that he's an American playing 14th century knight. I also can't get over Affleck's bleached bowl cut.

Movie Review

The Courier (Prime)

I very much enjoyed Benedict Cumberbatch's spy thriller, *The Courier*. It's based on a true story of Greville Wynne, a British businessman recruited by the Secret Intelligence Service to help gather intelligence that ended the Cuban Missile Crisis in the 1960s. The film was just released on Prime last month, but it originally opened in U.S. theaters in March. Perhaps most

impressive, it has made \$22.6 million in theaters during the pandemic and was produced by SunnyMarch, a production company Cumberbatch co-founded with his friend Adam Ackland. Cumberbatch is an excellent actor, perfectly playing the role of man finding himself in way over his head, with no way out. In the course of his work as a courier, he forms a genuine friendship with his Soviet source, played by Merab Ninidze.

TV Review

The White Lotus (HBO Max)

HBO Max's *The White Lotus* is by far one of the most addictive shows I've seen this year. Set at a resort in Hawaii, it opens with a mystery – someone has died on the island and the body needs to be transported on plane. But who died? You don't get that answer until the last episode. Building to that reveal are six nail-biting episodes following the story lines of various vacationers staying at the resort as well as resort employees. I didn't find any of the characters likable, which is why it's described as a "sharp social satire." In fact, everyone is sort of terrible and self-absorbed in their own way. Watching *The White Lotus* is like watching a very stylish car crash where you know there are going to fatalities. You just can't look away.

Answers to Crossword Puzzle from page 38.

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Greenville Public Library

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greenvilleasstdirector@gmail.com • greenvillelibraryri.org

Adult Events

Virtual Book Chat

Thursdays, October 7 & 21

Join us for an informal virtual meeting to discuss what books you are currently reading. Share your great read and discover a new one! We meet virtually via Zoom. Please register online on our event calendar at greenvillelibraryri.org or by calling 401-949-3630.

Coffee & Books

Wednesdays, October 13 & 27

Come and chat about what you are currently reading at our informal book discussion. This group meets in the library Recital Room. Weather permitting, we may hold our meeting outside. Please register online on our event calendar at greenvillelibraryri.org or by calling 401-949-3630.

Home Sweet Home Book Club

Monday, October 25 at 6:30 pm

Join us from home for our Zoom book club. Each month, a book will be selected that is also available as an e-book in Hoopla, our streaming media service that provides access to e-books with no holds or wait times. You must have a Greenville Public Library card to access this

service. Visit hoopladigital.com to get started. Copies of the book will also be available in the library for checkout. For our current book, and to register, please visit our event calendar at greenvillelibraryri.org or by calling 401-949-3630.

NEW!

Papercraft Club | October | Paper Pumpkins

Thursday, October 14 at 6:30 pm

Do you love crafting with paper? Join us each month for Papercraft Club. We will make a beautiful new craft each month. In October, we will make decorative pumpkins with paper and twine, perfect for fall! Please register online on our event calendar at greenvillelibraryri.org or by calling 401-949-3630.

Exhibits

Artist and children's book illustrator Terry Kole will be exhibiting her work at the Greenville Public Library for the month of October. Kole has traveled the world, gathering inspiration for her work. A former cartoonist and newspaper illustrator, Kole now focuses on her children's book illustrations and bringing her love of art to future generations. View a gallery of her work and learn more about the artist at terrykole.com.

SOUR GRAPES

by Tim Jones



Tim Jones
Cartoonist

Obituaries



Donald L. Houde, Jr.
8/11/21
robbinsfuneralhome.com



Lorenzo Francis DeSimone
8/16/21
www.andersonwinfield.net



Major General John H. Capalbo (Ret.)
8/20/21
www.andersonwinfield.net



Wilma Lynch
8/21/21
www.andersonwinfield.net



Debra Cerroni-Kravitz
8/26/21
robbinsfuneralhome.com



Danny E. Rothwell
8/31/2021
www.thequinnfuneralhome.com



Richard P. St. Saveur, Sr.
9/11/21
www.brownfuneralhomes.com



The Smithfield Times

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The *Smithfield Times* does not assume any financial responsibility for typographical error in advertisements that have received final approval or are submitted camera ready.

A woman with brown hair, wearing a blue beanie, a red long-sleeved shirt, and brown work overalls, stands in a workshop. A respirator mask is hanging from her neck. The background shows a grey wall and a dark blue tarp on the left. The entire image is framed by a thick orange border.

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