

The Smithfield Times


smithfieldtimesri.net


Ryan Vannostrand, age 3, of Smithfield, holds a RI Red named Daisy at his family friends home.

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People who are new to Medicare often have a hard time sorting things out in the beginning. There are all these parts and plans with similar letters, which makes it hard to figure out what's what.

Common New to Medicare Questions

When does medicare start?

At age 65 you are eligible for Medicare regardless of whether you are taking Social Security income benefits. Some people also qualify earlier than 65 due to a disability or illness.

Is it mandatory to go on Medicare when you turn 65?

No, but there are significant penalties for late enrollment unless you have other creditable medical coverage, such as from a large employer.

How do I get Medicare?

Social Security offers you a quick online application for Medicare that can be completed in fewer than ten minutes. You do not have to be receiving income benefits to get Medicare. Just visit ssa.gov and follow the links about applying for Medicare. (We can help you with this process.)

How do I know when I should sign up?

For most people, your Initial Enrollment Period (A 7-month window in which you should enroll in Part A and Part B to avoid late enrollment penalties) is the best time to sign up.

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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.

Because of the ever increasing cost of long term nursing home

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

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

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

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

— George M. Prescott

Courtesy of:

George M. Prescott ATTORNEY AT LAW

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Smithfield Raiders



By Peg Brown and Sandra Achille

The catalyst for this story is Sandra Achille, curator of the Smith-Appleby House, who received a recent donation of several historic Raiders photographs from former Raiders, including Bill Gardiner, among others. As she set up the display in the Town Room of the house, she remembered that some other memorabilia were stored in the archives. She uncovered several Raiders jackets, sweaters and other gear that had been donated by Melissa DeMeo when cleaning out her mother's attic in Greenville. Melissa asked where these "lovingly preserved" items of her brother could find a new home. These seemingly unrelated events resulted in the *Smithfield Times* bringing together Bill and Charles "Buddy" Balfour, founder of the league, and this story of how a community galvanized around a pre-teen football program unfolded.

The *Smithfield Times* intends this to be a two-part article with a second installment in the August issue. Recognizing the unique community involvement by hundreds of our Smithfield residents, we invite you to contact the author, Peg Brown, at pegbrown68@yahoo.com, to share your Raiders stories, anecdotes, memories and lessons learned that will be featured in August. If you have memorabilia you'd like to share, we would be delighted if you would let us know.

The Eagles Are Dead ... Hail To The New Champions! ... The Smithfield Raiders (*The Observer*, Thursday, November 17, 1966)

The iconic *ProJo* sports writer, Bill Reynolds, once wrote: "*If you're looking for purity in college sports, go look in Division III ...*"

If Reynolds had been covering what was happening in Smithfield for boys 9-12 over a decade during the 1960s and 1970s, he might have made similar remarks about purity in youth sports. The Smithfield Raiders, conceived, promoted, funded and energized almost exclusively by founder Charles "Buddy" Balfour, quickly engaged an entire community with a single focus: "Teaching the boys the fundamentals of football, developing leadership, sportsmanship and character in boys." Core to Buddy's philosophy was the issue of character development through discipline and the impact community pride can have on our youth.

And the Raiders was not just about young boys. As the program developed, over 15 coaches were involved. Cheering the teams on were the Raiderettes, both "varsity and junior" squads (coached by Ann McKinley), a pep squad, a Woman's Auxiliary, and a board of directors. The

community was mobilized by Buddy's commitment and vision.

When he first put out the call for participants, he envisioned perhaps 10 or 20 would show up at Burgess Field for try-outs. Over 100 eventually vied for their chance to play. The turn out resulted in an A and B team, and several teams, such as the Georgiaville Jets and the Esmond Eagles, who played each other within Smithfield, giving everyone of whatever talent level the opportunity to be part of the Raiders family.

At the time Buddy began the program, he was working as a pressman at the *Providence Journal* making a very modest salary – a salary he invested almost exclusively in supporting the growth of the Raiders program. He mentioned that in the early days, they



Left: Buddy Balfour, founder of the Raiders and Bill Gardiner, a former Raiders player.

"lit" Burgess Field with the assistance of his father who mounted a few bulbs on pieces of plywood which, when coupled with parents willing to leave their car lights on, allowed an "under the lights experience."

As the program and excitement evolved, food trucks appeared at games. Buddy recalls that his mother ran the first concession and his father collected tickets

See Smithfield Raiders, page 5

at the gate. Buddy made a deal to buy shoes which he sold out of his basement for \$5 a pair so that the teams could have a uniform look. He borrowed helmets from surrounding football teams, and began raising money to provide the first-class look to his teams, his cheerleaders, and his players, many of whom didn't have the resources for gear. When his team won the State Championship in 1966, he bought the entire team champion jackets, one of those donated to Smith-Appleby by Melissa DeMeo.

The boys sold Readers' Digests and other products, and Buddy and volunteers lined the fields, held practices three nights a week, double on Saturday. Special plays such as the Statue of Liberty and the 27 Slant were developed that led to many victories on the field. But win or lose, parties were held after every game in Buddy's back yard for players and their parents.

The Raiders team in 1968 had a special experience, arranged by Buddy who had a personal relationship with Leo Flynn of the Levittown Long Island Red Devils. In December the boys and their coaches boarded a bus bound for New York City. While the Raiders lost the game 19-7, their weekend stay with host families and tours of the Big Apple were the life experiences Buddy felt were so important to developing self-confidence and an independent spirit.

Make no mistake. If you were a Raider, you followed the rules. Buddy had no problem in telling those who couldn't follow the rules to essentially "take a hike over the nearest hill." But in leaving, a former Raider was clearly giving up the many role models that the program provided.

The games evolved into major community events. Homecomings were held annually, and a newspaper article in the archives indicates that "Miss

Robin Marshall of Johnston, age 11 was crowned Homecoming Queen and presented with appropriate awards." At the same game, there was also a band and "the large crowd was entertained by Miss Donna-Marie Muenzel of Warwick, one of New England's top baton twirlers." It was also in this game against Woonsocket that the Raiders were so far ahead "Coach Bud Balfour and staff used all of their players to give them the much-needed



experience that only come from actual game play." Again, sportsmanship reinforced.

The program also received state recognition. In 1969 Lt. Governor J. Joseph Garrahy presented a trophy to Buddy at a Club 44 testimonial dinner attended by over 200 in recognition of his founding of the program in the early 1960s. As the newspaper reported, at the beginning of the program, "only thirteen boys came out for the team that now boasted 45 players, fifteen cheerleaders and a forty-member cheering section." By 1969 the team had compiled a record of 33 league victories, four Division Championships, tied one and won the State Championship. In 1969 boosters were operating a concession stand, arranging homecomings, soliciting support for program ads to fund the

program, had a formal publicity program and secured transportation. The Smithfield Fire Department, the Jaycees, Lions, Police Department, Town Council, Elks, and School Department also supported their seasons. Dr. Marz served as team physician. And Buddy, a graduate of North Providence High School, was just 27, married with two daughters, leading the Raiders growth.

In 1967 The General Assembly issued a resolution congratulating Buddy and the Raiders not only for their 1966 State Championship, but "for encouraging organized and supervised sports program for the youth of the state."

Buddy will also tell you that there are certainly "Rhode Island stories" to be told. Such as how a pizzeria that didn't open on Sundays could suddenly produce 50 pizzas with any toppings needed for that day – or how a few steak sandwiches and some liquid libation miraculously resulted in Barry Field being wired and professionally lit over just one weekend.

But the important stories lie with you, our readers. Most of those involved with the Raiders are approaching retirement, and few young people probably have never heard of the Raiders. And that's why we invite you to tell us for the next issue about your memories and life lessons learned by being part of this community-centered decade of competition, cooperation and local pride.

Author's Note:

I purposely didn't name individual members of the teams, because as Buddy indicated there must be close to 1,000. Please share your story with us. While it might not have been Camelot, it was a very special era in Smithfield history.

To see more photos on this article, please go to smithfieldtimesri.net

In Our Community

June 14 was the first **Family Fun Day** held in Deerfield Park. The **Jesse Liam Band** performed while spectators tasted delicious samples from the various food trucks. The event was a great success.



The Smithfield Times

Congratulaions to Peg Brown and Sandra Achille, writer and photographer for *The Smithfield Times* magazine for winning the Rhode Island Press Association 2021 RIPA Editorial Contest!



Peg Brown



Sandra Achille



Save-the-date

Food trucks and music at
Deerfield Park in Smithfield, RI

Tuesday, June 14th

Food trucks and The Jesse Liam Band
4 - 8 p.m.

Friday, July 1st

Fireworks, food trucks, and
Steve Anthony & Persuasion
5 - 9:30 p.m.

Tuesday, August 16th

Food trucks and Those Guys
4 - 8 p.m.



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Age is Only a Number

By Diane L. Marolla, LICSW, CFRC

One of my favorite shows I watched in the 70's was Charlie's Angels. I loved that the show revolved around women who were smart, beautiful, and had careers. They always cracked a case and made sure that the villains went to jail at the end of the show. Recently, I read an article on Jaclyn Smith who is now 76. She discusses how she continues to look amazing. As I read the article, I thought of the many beautiful, strong women I have been around over the years. One that came to mind is Joan Gray who I met during COVID. As I talked with Joan, she told me that her 87th birthday was coming up. Born and raised in RI during the depression from humble beginnings, she lived in South Providence through elementary school years, lived on the East Side of Providence for Junior High, and eventually moved to Cranston where she graduated high school. I asked Joan to share the details of her life with me.

Diane: *You had a successful career in accounting during a time when it was a profession dominated by men. What steps during that time did you take?*

Joan: The messages you give children are so important. I got the powerful message, as a child, that I was smart (but I soon learned that did not mean I was always right.) I loved school and I saw there was a bigger world out there. My motivation to go to college (first in my immediate family) was strong. I wanted to be better, and I wanted to learn. My eyes were always open all the time and I tried to keep open mind.

Joan went to URI after high school where she met her first husband. She married at the end of her junior year

of college when she was twenty years old, and she is proud of the fact that she continued to graduate. Joan was a stay-at-home mother raising her two children and was active in her community. When her children reached high school, she went back to URI and received her master's degree in accounting in 1977. "Going back to school and getting my master's was the most exciting thing. There was a shortage of accounting instructors and very few women in the field. They asked me to teach elementary accounting while in the program, and that was exciting and further helped me learn my craft". After receiving her master's degree, she passed the CPA exam and began working for one of the big eight accounting firms. Joan was 42 when she embarked on her accounting career which began in auditing, and later in operations.

Diane: *Personally, you went through some tough times when your first marriage ended at age 49. You also lost your daughter to cancer. How did you survive the tough times?*

Joan: I have advised people about this. When my first marriage ended, I went through the process of trying to understand what went wrong and not beat myself up about it. By doing that, it helped me get through it. I have never been afraid to talk about my emotions. I also saw a counselor for a few times.

When her daughter at age 37 was sick with cancer, Joan was fortunate to be available to take her to Boston or wherever for her treatments, while her son-in-law took care of her grandchildren, then ages 13 and 15.

"I would get a call at 2 a.m. in the morning to take her to the hospital in Boston. I was able to be there for her. Her death was very difficult. You don't get over it, but you choose to live. I feel that I was fortunate because she left me two wonderful grandchildren and a son-in-law that is like a son. Your priorities change. Things that you thought were important often are not."

Diane: *So, what would you say is your secret sauce?*

Joan: "It's like when you are on a plane, you have to put the mask on first. If you don't take care of yourself, you are doing the world no good. A lot I feel is a positive attitude. The glass is half full. No matter how overqualified you feel you are for a job or task, you give it your best. I got this advice when I was young, and I have given this advice as well. I also can always see the other side of someone's opinion. Be smart about yourself physically. Eat right. Be interested in the world. Be involved in the community. I have long time friends, and I'm open to new friends. I also always say if it ain't broke, don't fix it, but there has got to be a better way."

Joan takes brisk morning walks at least five days a week and she still drives. She also still takes "lifelong learning" classes at URI and has kept up with her community involvement. She recommends AARP and the library for a lot of varied Zoom events – and most are free. On YouTube there are all kinds of exercise routines, etc. Word games, puzzles – there are so many things to do!

New Beginnings



With Better Hearing

Twin Rivers Hearing Healthcare Inc. was founded over 20-years ago by Mary Kay Uchmanowicz, AuD.

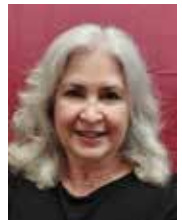
This June, Dr. Uchmanowicz will retire and transfer ownership to Mary Ellen Curran Rancourt, AuD.

In honor of Dr. Uchmanowicz's contribution to the community, the practice will proudly retain the name Twin Rivers Hearing, joining Hear Joy Audiology LLC of South Grafton, MA.

Dr. Rancourt thanks Dr. Uchmanowicz and wishes her an exciting new chapter!

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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!



The Differences Between a Wood, Steel or Fiberglass Entry Door

We are VERY fortunate in that we are called upon to replace A LOT of entry doors every year. The spectrum across the different types of doors we replace varies greatly.



Sometimes we are called to replace an old wooden entry door that has served its useful purpose over the decades and now is the time for it to be put out to pasture.

Other times we are called in to replace a much more modern entry door which warrants replacing. Perhaps it was a door of not very high quality to begin with and now has failed much sooner than one would have originally anticipated, or possibly a faulty installation led to its premature demise, whichever the case may be, it is now time to replace it.

Whatever the reasoning may be for replacing the entry door, one thing that is often asked is what type of material the new entry door should be made out of and what are the differences between

the possible options. Certainly a viable question.

Entry doors are typically made out of either wood, steel, or fiberglass.

Although not as common as they used to be, wood entry doors are still available. Wood entry doors can actually be more energy-efficient than many people realize, typically have a very classic look to them, and (perhaps weighing heavily on the decision), assuming the wood door is of good quality, are the most costly option of the three.

Steel doors would be the most cost-efficient option, are very highly energy-efficient, and although they can be rendered to provide the appearance (to a certain degree) of a wood door, aren't generally viewed as the most

cosmetically appealing of the three types.

Fiberglass doors are also very energy-efficient, normally fall in between the cost of a steel door and a wood door, and usually resemble a wood door much more closely than its steel cousin.

From a security standpoint, steel tends to surpass both fiberglass and wood in terms of standing up to someone trying to break in (taking tempting larger glass potential access points for someone looking to break and easily open the door from the outside out of the equation of course ...).

If anything ever were to happen to a door, the wood option is, by far, the easiest out of the three to correct.

See Ask an Expert, page 11

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.

A dent in a steel door or a dent/crack to a fiberglass door is very challenging to fix in comparison.

In choosing which option ultimately makes sense for your particular situation, it all depends on what ideally you are looking for in a door. If you are looking for a higher end, more traditional-looking door, and do not mind spending the money, a wood option clearly would be your best route. If you are looking for a solid, secure door that was at the best price point you could probably achieve while still having a “good” entry door option, steel would be the way to go. If you are looking for a material that looks like wood but may be a bit more energy-efficient than a wood door, fiberglass would be the clear choice.

No matter the option chosen, one thing is for sure, assuming you choose a solid quality entry door out of the three types of available choices and it is installed properly, it will be quite a remarkable contrast to the existing door you have in place which motivated you to begin looking for a new door in the first place.

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Planting a new lawn?

Want to save big bucks on your future water bill? Layer at least 5” of organic material as a base for your new lawn. This will decrease your future water bills substantially. The price you pay for the organic material will pay for itself in savings in less than two water bills.

How does this help the water utility?

It helps the water utility manage peak demand more efficiently. When everyone is using water at the same time, system resources such as pumping and storage can be strained, resulting in increased cost of delivery. Doing your part ensures even distribution of water in summer months when usage is at its highest.

How can my toilet be leaking, I see no water?

Leaking toilets are usually transparent to the homeowner. The leak takes place in the back portion or closet of the toilet, some leaks can be heard and some cannot be heard. Routine annual inspections of the closet are recommended. Usually a small adjustment or \$10 repair kit is all that is necessary to repair the toilet.

East Smithfield Neighborhood Center Gets a Boost!

By Joe Siegel

Plans to renovate a historic town building have received a boost courtesy of U.S. Senator Jack Reed and Congressman David Cicilline. Reed and Cicilline worked to appropriate \$295,000 in designated funding for the long closed East Smithfield Neighborhood Center.

The Reed-Cicilline earmark builds on previous federal grants directed toward the project, including \$550,000 in American Rescue Plan Act spending and a \$295,000 Community Development Block Grant (CDBG) award that was set aside in 2021, bringing the total federal funding commitment for the project to \$1.14 million.

At a May 23 press conference, Town Manager Randy Rossi acknowledged it was a group effort to restore the building. Rossi thanked State Rep. Bernard Hawkins, D-Greenville, members of the Smithfield Town Council and Historic Preservation Commission chairman Robert Leach for being a “true champion of making this happen.”

“It’s such a huge opportunity for our town,” Rossi explained. “This center has been an essential part of this community for many years. Today marks the start of the journey together to build back the

community center that our residents deserve. This center will be the beacon of support for our residents, space for people of all ages, and our youth.”

“This is very exciting,” said Cicilline, noting the funds were part of a larger federal investment in helping communities. “This \$295,000 is really important and will allow this project to finally be completed. I look forward to coming back for the ribbon cutting.”

According to the Historic Preservation Commission, the building dates back more than a century, to the early 1900s. The building has served local residents in a variety of functions: from a meeting hall in the early 20th century to the addition of a school wing and an expanded hall that was used as a silent movie theater. At times, the facility also housed a public library, a bowling alley, and recreational facilities. In 1951, the building was gifted to the Town under a deed containing the stipulation that: “The premise shall hereafter be used exclusively for recreational purposes for the use and enjoyment of the residents of the Town of Smithfield, Rhode Island.”



The East Smithfield Neighborhood Center was being used by residents until 2017, when it was forced to close due to structural deficiencies. The East Smithfield Neighborhood Center Building Committee was then formed with the mission of restoring the building while preserving its historical significance.

Town Council President Suzy Alba said the building will be redesigned to offer recreational, youth, exercise, and health programs in the Community Services wing; a Community Food Pantry; new Smithfield Recreation Department offices to oversee public programs, including on-site events in the Main Hall; and a new Recreation Department conference room. Renovations will include exterior insulation, window and door replacement,

See Neighborhood Center, page 13

siding, and roof replacement; upgrades to existing bathrooms; Americans with Disabilities Act (ADA) compliance; touchless technology to include keyless entries, faucets, lighting and HVAC; updating all interior finishes and coatings, as well as all new electrical, mechanical, and plumbing systems. Wi-Fi services will also be included to support those without access to the Internet at home for services such as tele-health to reach primary care and behavioral health providers for residents. In addition to the interior renovations, the project includes improving a trail connecting the center with nearby walking trails and pond at Esmond Park and Conservation Area, so residents can increase recreation outdoors.

“We look forward to completing the entire project so we can reopen this building, which is a crown jewel in our community,” Alba added.

Local Girl Scout to Preserve History at High School and Earns Highest Award in Girl Scouting



Girl Scouts of Southeastern New England is excited and proud to announce that Marykate Tillinghast from Greenville, RI has earned the Girl Scout Gold Award, the highest award in Girl Scouting. Marykate's Gold Award project is titled Mount Stories. Marykate's project addressed the issue of preserving the history at Mount Saint Charles Academy through making QR codes on plaques that feature stories from current members of the Mount Saint Charles community.

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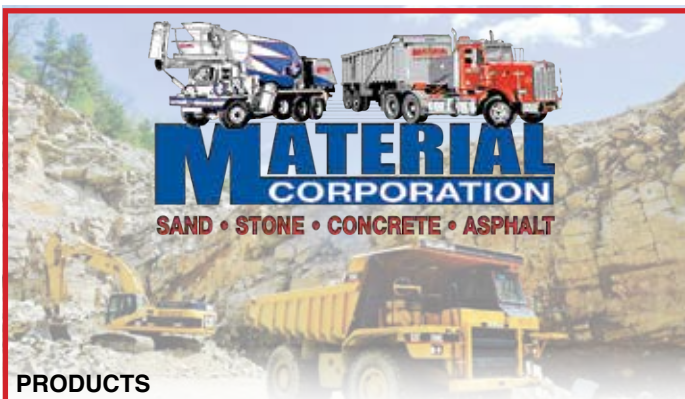
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SHS Scoop

by Ellorie Corcoran



Smithfield High's Class of 2022 wasn't the only group of students celebrating a milestone at the end of this school year. A special group of Smithfield's youngest residents who were enrolled in Smithfield High School's Playschool Program celebrated the close of a school year with their own 'graduation'. The Playschool was started in 2001 by SHS faculty member Mrs. Karen DiSano as part of the Teacher Preparation Pathway. The program provides hands-on opportunities for high school students to learn how to create lesson plans and teach children. Every year, students in the Teacher Preparation Pathway host a graduation for the children that have gone through their playschool in the past year. This year's ceremony was even more significant because after teaching for forty-three years, Mrs. DiSano has announced her retirement at the close of this school year.

The graduation is organized by Smithfield High School students in the Teacher Preparation Pathway, however preparing for the event is a combined effort between the high school students and their little friends in the Playschool. They spent about two

months making decorations, learning songs, and practicing the dances they performed for their proud families. Their hard work transformed the media center into a festive space where they sang and danced against a backdrop of dinosaur-themed decorations.

After they entertained their guests, the tiny graduates received certificates and posed for photos with Mrs. DiSano. Then, pathway students screened a slideshow they created of the memories of this past year in the playschool. It was clear from the slideshow that Mrs. DiSano and her SHS students did an incredible job creating a positive and fun environment throughout the school year.

Senior Jaelyn Tigges gave a speech about Mrs. DiSano and her teaching. The students presented her with a wooden plaque engraved with the phrase, "I take care of you, you take care of me." This is a favorite phrase that originated from Mrs. DiSano during fire drills when she would tell her students that she would make sure they were safe, and in turn they must check in on her. She even started the graduation ceremony with this phrase and the students repeated it

back. After some tears and photos, the ceremony was over and everyone enjoyed a small reception with snacks and refreshments. Many parents took photos with their graduates and thanked the team for creating such a welcoming environment for their children throughout the school year.

Mrs. DiSano's legacy at Smithfield High School will produce ripple effects for many years. The special opportunity she created for Smithfield's students has been a launch pad for many careers in teaching. Students in the Pathway learned valuable lessons about teaching, writing lesson plans, and connecting with children. Smithfield Junior, Julia Butera, shared that her experience in the program "helped her grow great relationships with the kids", and Junior, Sophia Sullivan was happy for the opportunity to experience the hands-on program, "After two years of Covid, for some, this was our first year having kids to teach".

With Mrs. DiSano's retirement, the Playschool Program will also sunset after over twenty-one years. Both will be greatly missed at Smithfield High School.

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**The Substance Use and Mental Health Leadership
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John J. Tassoni Jr. named President/Chief Executive Officer (CEO) of the Substance Use and Mental Health Leadership Council of Rhode Island.

Former State Senator John J. Tassoni Jr., has been appointed as the new President/Chief Executive Officer for the Substance Use and Mental Health Leadership Council of Rhode Island, effective immediately.

He previously held the position of Vice President of Operations, Community and Government Relations for the Leadership Council.

The Leadership Council is the main advocacy organization in Rhode Island that represents agencies that provide mental health and addiction treatment, substance abuse prevention, primary health, and wellness services to over 20,000 individuals annually.

In this new role, Tassoni will work with national, state, and local leaders in behavioral healthcare to improve the quality of care for this vulnerable population, as well as partner with cutting-edge, public and private agencies to continually improve and enhance community inclusion, and support policy advancement to drive the mission of the Leadership Council.

"We are honored to have John as CEO of our Council. John is a true advocate for substance use and mental health treatment as well as affordable healthcare. His proven leadership and ability to form strong, positive, productive relationships will surely be a key in navigating the ever-changing healthcare environment in Rhode Island," said Lynn Serra, chair of the Leadership Council's board of directors.

Tassoni is a well-known business leader, former union executive and mediator, and social advocate for issues related to addiction and recovery. He was a member of the Rhode Island State Senate, serving from 2001-2012, and has over 35 years of experience in the private sector and labor community.

In the senate, his advocacy for fair labor practices, affordable healthcare, substance abuse treatment, and assistance for the homelessness, earned him high praise among constituents and citizens alike. Open dialogue and maintaining positive working relationships has been Mr. Tassoni's mantra, which led him to host *Recovery Radio*, the first radio program in the state to offer useful information to those suffering from alcohol, drug, and other addictions.

He is currently the host of *Recovery TV*, which features on-air interviews with those overcoming substance abuse. "I am humbled and honored that the Executive Committee and Leadership Board of Directors have placed their confidence in me to lead this organization. It is my goal to further strengthen the core mission of the Leadership Council and accelerate a strategic shift to capitalize on partnerships and emerging opportunities in the behavioral field, to create a more dynamic Council that will serve the needs of individuals and families dealing with affliction," said Tassoni. "We want them to know that they are not alone and there is help and hope."

For more information, contact the Leadership Council office at 401-521-5759.

Bryant Students Share School Meals with Community

By Paul Lonardo

Did you ever wonder how much food you left uneaten and untouched on your plate over the course of your life, or any significant amount of time? Well, Dario Esposito and Amanda Nardo have. They are both students at Bryant University, and when they realized how many school meals they missed last semester, they considered the possibility of helping people in their community who did not have enough to eat.

As part of their tuition package at Bryant, a certain amount is allotted for meal provision. Through the use of what are called, meal swipes, students can use their student ID to purchase meals throughout campus. They can eat whatever they want, whenever they want until the meal swipes run out. So, the food is paid for in advance by the students, but as you can imagine, students will often eat off campus or may be too busy studying, relying on Red Bull and potato chips as they cram

the night before for a big exam. As a result, at the end of the semester, many students will have remaining meal swipes they never used. The school does not credit the students for meals that go uneaten, so the food in essence goes to waste. As this past semester came to a close, Dario saw that he had a lot of meal swipes remaining, and when he talked to Amanda, who had many remaining as well, they came up with an idea to use the meal swipes and donate the food to people in the community who are in need.

“Toward the end of the semester,”

Dario says, “I had about a hundred meal swipes left over that could go to good use, so I went ahead and got a bunch of meals, storing as many as I could in the refrigerator that I had in my dorm room.”

Dario and Amanda took the initiative of reaching out to Amos House, the local nonprofit that serves the homeless, the unemployed and those living in poverty, and delivered the meals to them for distribution to those in need. By their action, the couple ensured that the food they weren’t able to consume, which included pre-packaged sandwiches, salads,



Dario Esposito

drinks, chips and desserts, did not go to waste.

Dario, who is a business major, entering his junior year in the fall, and Amanda who is studying finance, are both socially conscious individuals, did not want this to be a one-time effort. When they return to Bryant in the fall, they plan to continue to make food contributions to Amos House, or other charitable organizations, but they also hope to inspire other students to do the same.

They’ve already received some positive feedback and encouragement from their peers as well as from the university administration itself.

“I made a post on LinkedIn, just to spread awareness, and one of my management professors responded to me right away,” Dario says. “He told



Dario Esposito and Amanda Nardo

See Bryant Student, page 19

me it was a great idea, and he supported the expansion of the undertaking throughout the school.” The professor went ahead and contacted McAuley Ministries, an independent nonprofit organization sponsored by the Sisters of Mercy which provide basic needs of food, clothing and other support to the most vulnerable in the community.

“Together, through the McAuley Ministries,” Dario says, “next semester we’re going to be working toward building a more systematic way to have our left over meal swipes be put to good use.”

If it catches on at Bryant, there is a possibility that other colleges and universities will hear about it and get involved in similar undertakings to feed people who don’t always have enough to eat.

“There’s a lot of people in need,” Dario says, “And it’s sad to see so much go to waste. A hundred meal swipes will provide a lot of individual meals. And that’s just me. I’m only the tip of the iceberg. There are hundreds if not thousands of students with leftover meal swipes at Bryant alone, and I’m sure most all of them wouldn’t mind donating them to help someone else.”

While he is a busy student, Dario has volunteered his time in the past, but as he has gotten older, he wants to find ways to make more of a difference in the community. He and Amanda are certainly setting a great example for all of us to follow. We can all do more.

“Right now,” Dario says, “It’s a small gesture that will hopefully turn into something much bigger that could become a useful program at Bryant, and elsewhere.”



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Comfort and Joy in Greenville



By Joe Siegel

Motorists heading west on Putnam Pike may have noticed a new mural painted on the side of Anderson Winfield Funeral Home next to the Smithfield Fire Department.

Owner Tom Winfield commissioned the work from artist Sandy McDonald.

McDonald, who grew up in Greenville, said the mural was originally going to feature just Tommy and Becky's current dogs, Buddy, Teddy, and Nicky, but it ended up including the couple's previous dogs, who have since passed away, as well. Buddy is a therapy dog who consoles people experiencing grief and other hardships.

The rainbow on the left side signifies the "rainbow bridge" – a gateway to Heaven.

McDonald, who graduated from Rhode Island College with a Bachelor of Fine Arts in 1993, spent five days painting the mural. She moved back to Rhode Island from California in 2012.

"When I moved to California in 2006, I started to assist another decorative painter," McDonald explained. "She did all kinds of things. She didn't just do murals,

similar to myself. I also do wall finishes, furniture finishes, anything really with paint."

The feedback on the mural has been "very positive" according to McDonald. She also paints pet portraits and has her own canvas work at a gallery in Warren. She also works as a gallery coordinator. Being an artist have been rewarding for McDonald, who appreciates the



Sandy McDonald working on mural

reactions she gets from those who view her work. "It brings joy to people," McDonald said. "You get instant feedback and you get to try a lot of different things. No mural is the same and no client is the same. You kind of have to take your style and blend it with what they desire."



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The Nature of Things | by James Gass

Bats, Rhode Island's Misunderstood Mammal



Photo Courtesy of RIDEM

One evening a few years back, my daughter and I decided to visit an elderly neighbor who had a large back yard. As dusk began to fall, several bats emerged from their daytime roosts and began their nightly foraging forays. As we stood admiring their aerial acrobatics, a cicada buzzed loudly from a nearby treetop but then abruptly stopped. Maybe it somehow knew the bats were there. One of the animals immediately zeroed in on the sound and flew directly towards it. The cicada tried to fly away, but the bat snatched it in mid-air. We could hear it crunching loudly on its prize as it flew off. I was amazed at the precision the bat showed in locating and capturing its prey.

Bats are perhaps the most misunderstood creatures in New England. For instance, a common misconception about them is that they are blind. They actually have good eyesight and use it to orient themselves while flying. Another misconception about bats is that they will suck your blood while you are asleep. Also not true. Although vampire bats do drink blood from cattle, they are found in

South and Central America, not in the United States. And bats are not winged mice. They are structurally different from rodents and are in their own order, Chiroptera. They are the only mammals capable of true flight – flying squirrels do not actually fly, but glide for short distances.

Perhaps the most widespread misconception about bats is that they all carry rabies. Rabies does occur at low levels within bat populations, generally speaking. Researchers estimate that less than 1 percent of all bats are rabid. However, more of the bats recently submitted to the Rhode Island Health Department Laboratory for rabies testing were positive with rates between 5-15 percent. The reasons for this are unclear. In Rhode Island, there have been several positive cases of rabies found in these animals each year, but no human deaths due to rabies from a bat.

Nine species of bats occur in New England. The most common ones in our area are big brown bat, little brown bat, tricolored bat (formerly

eastern pipistrelle), and red bat. The northeastern population of little brown bats, once the most plentiful species of these “vesper bats,” has decreased by over 95 percent due to a deadly fungus called white nose syndrome (WNS), which infects them while they are hibernating. Fortunately, little brown bat numbers appear to be rebounding as some individuals may be immune to the disease.

Bats are mosquito killing machines and are therefore beneficial to humans. More efficient and less expensive than a bug zapper, they can eat up to 50 percent of their body weight in insects each night. They are primarily nocturnal and feed in flight while using their wings, the skin around their tails and their mouths to scoop insects out of the air. What makes bats such efficient nighttime hunters is their keen sense of hearing and use of echo-location, a kind of specialized sonar that allows the animals to catch their prey in total darkness. Bats emit a series of ultrasound pulses and then listen for the

See The Nature of Things, page 23

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The Nature of Things, from page 22

return echo, enabling them to pinpoint an object and judge its distance. Vesper bats also have relatively large ears which enhances their hearing.

Bats in Rhode Island utilize a variety of habitats, but they generally forage over fields, ponds, or along forest edges. During daylight hours they roost in holes of trees, attics, behind shutters, caves, in abandoned structures such as old barns, or under eaves. They sleep hanging upside down so they can launch into flight in an instant. In winter, vesper bats typically hibernate communally in caves or mines, but big brown bats will use abandoned buildings or attics. Red bats migrate to warmer climates. The Dorset Cave in Dorset, Vermont is the largest bat hibernaculum in New England. More than 20,000 bats hibernate there annually, many coming from Rhode Island.

Vesper bats mate in late autumn, just before hibernation. Sperm is stored inside the female until spring. When she wakes up, her eggs are fertilized and one to two babies are born. The females and their young then go into maternity colonies, sometimes in attics. These are usually the same places where the females were born. Males roost in areas away from the females and their young. Vesper bats have a low reproductive rate but are typically long-lived, the average being 4 to 6 years. Little brown bats can live up to 33 years.

RIDEM's Division of Fish and Wildlife is conducting a bat colony count this month and the public is invited. It's happening on Thursday night, July 7th at the Carolina Trout Hatchery in Carolina, RI from 6:30 to 8:00 pm. The program is free. Contact mary.gannon@dem.ri.gov for more info.

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Local Mother-Son Blog Highlights Benefits of Community Exploration

By Paul Lonardo

Originally from Gloucester, Massachusetts, Elaine Blais has lived in Smithfield for the last twenty-five years and raised her two sons, Taylor and Spencer. Elaine and Spencer, who both share a love for outdoor adventuring, have regularly been going on walks together for several years now, making about three treks a week, whether going for strolls in parks and along one of the bounty of trails throughout the state. So, the natural beauty of the landscape in the immediate area is nothing new to Elaine them.

“We both love to walk,” Elaine says. “It’s always been part of what we do, so we’ll just get into the car and go somewhere. It’s in our nature.”

Just recently, the mother-son team started a blog site, called Get up Get Out ... Explore Your Community, which touts the merits of great outdoors locally and across the region. What makes the chronicling of their experiences unique is that they are both disabled, Elaine physically, while Spencer is in the autism spectrum.

They both found that the regular walks provide mutual physical and mental benefits to them, and this is something that they would like to share with others.

“We’ve been walking together for so long, we want to reach out to disabled people across the state who think that there is nowhere they can go and that they need to stay home. My goal is to show them the many amazing benefits of going out for a simple walk, and not limiting themselves because they find themselves with a physical or mental disability.”

The blog makes it very clear that there are many places to go, no matter where you live in Rhode Island, and the sites recommended are all accessible to people whose mobility may be limited.

“It’s absolutely the wrong mindset to think that because you have a walker, or a rollator, or any kind of mental health disability, that your life is limited, because it is not.”

Elaine was disabled in 1979 as a result of a car accident. Although she was told that she would never walk again, she defied the prognosis by fighting hard to battle back and she is walking today.

“Having gone through recovery and fighting to be able to live a life with a disability, my heart really does out to people who find themselves disabled, whether at birth or at any time in their life, and then give in or limit themselves in other ways. There’s no reason for that, and I just see a need for someone to encourage those people to explore the community where they live and to be a part of that community, without putting limitations on yourself.”

The idea of writing a blog was first suggested to Elaine by a friend about a year ago. Having a web page was not something that Elaine had ever thought about before, and she didn’t have any idea how to go about such a thing. She mulled over the idea as she and Spencer continued their walking, until one day they both felt in their hearts that it was time to put something together and to try to reach out to people in the communities.”

They got some help from someone who knew the technical side of establishing a blog page, but written content are Elaine’s words and the magnificent images you see in the posts are captured primarily by Spencer.

Every Friday, Elaine and Spencer share a new post on the blog page, documenting a walking excursion.

They rate the walk length and the terrain’s degree of challenge on a scale of 1 to

4. Each adventure is rated by sneakers and laces, the number of sneakers corresponding with the length of the walk, 1 being a short walk and 4 being very long, with laces representing the degree of difficulty.

Elaine hopes to make a difference, particularly with teachers who have special needs students, as well as parents of homeschooled students, who might consider incorporating the blog in their classrooms.

Elaine becomes concerned when she sees the parents of other children who fall in the autism spectrum not fully incorporating their child into a social life.

“I have never restrained Spencer from the time he was diagnosed,” Elaine says. “I just went out and worked very hard to be sure he was a part of the community. Walking has been another way for Spencer to expand his social graces.”

Even though the blog is quite new, Elaine is open to perhaps expanding the outreach of Get Up Get Out by vlogging. So, some day you may see Get Up Get Out videos on YouTube and other video platforms.

Right now, you can visit the Get Up Get Out blog to check out past adventures, but be on the look-out for every new weekly adventure, posted every Friday at <https://www.letsgetupgetout.com/blog>. Elaine and Spencer are available for guest speaking engagements, and you may contact Elaine through Facebook <https://www.facebook.com/elaine.blais.792>



Elaine Blais and Spencer

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Dear Editor,

Mental Health Matters - Join the Movement!

The COVID -19 pandemic has exacerbated mental health issues especially among children and students. Reports indicate that a growing number of young people under 18 years old are showing signs of isolation, depression, anxiety, and loneliness. The impact of the pandemic in combination with the shortage of behavioral health experts and other daily stressors has created a silent but insipid mental health crisis among our most vulnerable population.

On May 17, comprehensive legislation was introduced at the national level (Mental Health Matters Act (H.R.7780) to help confront this growing mental health problem. It is imperative that our state leaders, educators, health providers, parents and communities join together to address and find solutions to this escalating problem.

One group that is working diligently to enhance mental health and prevent substance misuse among school-aged children is the Southern Providence County (SPC) Regional Prevention Coalition. The Coalition is the union of concerned volunteers dedicating themselves to the betterment of the community and its residents.

The coalition advocates for change through planning, development and implementation of effective prevention strategies by raising awareness of substance use and promoting safety and wellbeing. Our community coalitions consist of the Cranston Substance Abuse Task Force, the Johnston Prevention Coalition, North Providence Prevention Coalition, Scituate Prevention Partnership and the Smithfield Prevention Coalition. These coalitions are comprised of business, health, safety, education, youth and government volunteers. Municipal coordinators from each of these towns organize initiatives in schools and the community to prevent underage substance misuse and promote mental health.

The SPC Prevention Coalition in collaboration with the municipal coalitions is launching a “Mental Health Matters” campaign for all high school students in the SPC region. “Mental Health Kits” will be disseminated to students amidst final exams week. These kits include stress balls, motivational stickers, lanyards that read “it’s okay not to be okay” and coping cards with motivational and positive suggestions on how to deal with feelings of stress, sadness, being overwhelmed, and other feelings that are common to students during this time.

The time to get involved is NOW. Connect with your teens and students. Talk early. Talk often. And listen. The SPC Regional Prevention Coalition welcomes your support, input and encourages you to attend one or all of our coalition meetings. Visit <http://spcprevention.org/about-us/> to reach out to SPC’s Regional Director and Advanced Certified Prevention Specialist, Patricia Sweet, or the municipal coordinator in your town.

Patricia Sweet, BA, ACPS
Director of Prevention Programs &
SPC Regional Prevention Task Force
Tri-County Community Action Agency

SOUR GRAPES

by Tim Jones



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Abraham Lincoln: Paranormal President

By Thomas D'Agostino

www.tomdagostino.com



On April 14, 1865, a tragic event shocked the country. The 16th President of the United States, Abraham

Lincoln was assassinated. No

one but his killer and co-conspirators were aware of the heinous crime that was about to take place, but historical research and documents have recently come to light showing that another person may have been aware of the act before it transpired. That was the president himself.

Many scholars and researchers have come to agreement that Lincoln may have possessed some sort of spiritual powers. Many of his close friends attested to him suddenly falling into a trance-like state. Among those who wrote of these occurrences was his close friend William Herndon. Herndon claimed Lincoln had a very superstitious view of life. He also wrote that Lincoln seemed to possess a “double consciousness” where one moment he was fully engaged in the events around him, and the next completely far off in another state of mind.

Many chronicled how Lincoln would easily pass from one state of mind to the other. An incident in early life may have attributed to his ability to “see” things others could not. When Lincoln was ten years old, he was punted squarely in the head by a horse and thought dead on the spot. His father brought his lifeless body home and the mourners poured in

to pay their respects but then something unusual happened. Signs of life began flowing through him and with a start, young Abe sat up bolt right in the bed finishing the sentence he had started when he was kicked by the mare.

It is known that such near death experiences can create some sort of channel connecting our world to the next. Lincoln may have dialed in this channel. He told of how he was destined for greatness and would rise one day to be on top of his game in politics. No one would ever imagine a mediocre backwoods lawyer and politician would become president, but Lincoln had perhaps already seen it.

Even his wife, Mary Todd Lincoln knew he was destined for great things and prodded him along. She too seemed to have some sort of psychic powers. Together they would become president and first lady. Coincidence or a prophecy fulfilled?

There is an account of the president looking into a mirror and seeing two reflections, one of himself and another much paler and weathered. This was during his 1860 election. The visage was quite startling to him and never quite left his mind.

His 1865 inauguration was marked by an event that left the whole crowd in awe. While giving his speech of a nation to be once again united, the clouds burst open and a bright ray of light fell upon the president.

On the morning of April 14, Lincoln was contemplating after issuing a call for 75,000 more volunteers to defend the Union. He feared the confederates were close at hand and could easily

storm the capital. While pondering this scenario, he heard the loud boom of a cannon and thought his fears had come to light. Expecting to hear news of a battle, Lincoln assembled his staff and inquired if they heard the cannon fire but none of them heard it.

Lincoln and his wife had dreams of their son Willie, who died February 20, 1862. He could not remember how many times his son came to him in his dreams, but the child's death was a devastating blow to both he and Mary.

The couple were ardent spiritualists. Mrs. Lincoln was the first wife of a president to ever consult mediums for advice. This led to Lincoln's consultations with mediums on matters. Some writers claim that his consultations with mediums on political matters were one of the catalysts that led to the Civil War.

Lincoln had many foretelling dreams but it was the dream he had just prior to his assassination that disturbed him most.

He was still in death yet he heard sobs around him. He rose from his bed and went into another chamber where he heard the same sobs yet there was no one visible to create the cries. In his dream, he searched room after room until he came to the east room where lay a corpse dressed in funeral vestments. Soldiers acted as guards while the mourners passed. Lincoln asked one of the guards who it was that lay dead in the White House and the man solemnly answered, “The President. He was killed by an assassin.”

Several nights later, Lincoln would be assassinated. His wife would later state in a short sentence that his dream was prophetic.



Payne's Picks

July 2022

By Sarah Payne



TV Releases

Stranger Things (Netflix) – Season 4, Volume 2 – July 1

Rather than release the entire fourth season of *Stranger Things* all at once, Netflix is building up a bit of suspense and saving the final two episodes for July. Ross Duffer, one of the show's creators, told [tvline.com](https://www.tvguide.com/news/stranger-things-season-4-episode-9-release-date/) in early June they were actually still working on these two episodes because "they're so massive."

The Terminal List (Prime) – July 1

Starring Chris Pratt, this new series is based on a novel by Jack Carr. Pratt plays a Navy SEAL returning home after his team is ambushed on a covert mission. As he discovers new details about what happened, he realizes there are forces working against him and endangering those he loves.

Better Call Saul – Season 6, Part 2 – July 11

I'm loving the way these new seasons are being released in installments so I'm not tempted to binge it all too quickly! The first part of the final season of *Better Call Saul* ended with a massive cliffhanger – a moment from which there is no going back. I won't give any spoilers, but there are some serious *Breaking Bad* callbacks in the way Saul and Kim seem to think they can operate their schemes and scams in a bubble without consequence; just as Walt lived in a delusion that he could cook meth while also leading a normal life with his family. Secrets and lies catch up to these characters in the most heartbreaking ways.

TV Reviews

Workin Moms (Netflix) – Season 6

I started watching *Workin Moms* when I needed it most – when I returned to work after having my first baby. I liked the way the show tackled issues many modern moms face – like pumping at work or balancing work and home life. As the years passed, the babies in the show have grown up (and are rarely ever shown on screen – which is odd) and it feels like some of the magic of these early seasons has faded. Juno Rinaldi chose not to reprise her role as Frankie this season, and her absence is palpable. For one, there's a lot less levity and quirkiness. This season feels a bit darker

overall, especially with the cliffhanger we're left with in the final episode.

Stranger Things (Netflix) – Season 4

It's been three years and a whole pandemic since season three of *Stranger Things* aired, and I think that's why I forgot how much I love this show. This season introduces a new, more personified villain from the "upside down." I'm hoping volume two of this season answers some questions about how the beings and demons spanning all four seasons are related. But even if everything isn't tied up in a bow (that could come in the final season), this season has plenty to entertain: 80s nostalgia, teenage angst, and a little bit of demonic possession.

Movie Review

Top Gun: Maverick

If you get the chance and haven't seen it already, I highly recommend catching *Top Gun: Maverick* at the movie theater. Not every movie deserves the full cinematic experience, but trust me, this one does! Tom Cruise pulls out all the stops by flying real airplanes – none of that CGI nonsense. I listened to an episode of Jock Willink's podcast where he interviewed the "real" top gun, Dave Berke (a Marine Corps fighter pilot), who consulted for the film and confirmed much of the plot and premise are true to life. There are plenty of callbacks and nostalgic moments from the original *Top Gun* – from the motorcycle to the piano scene to volleyball on the beach.

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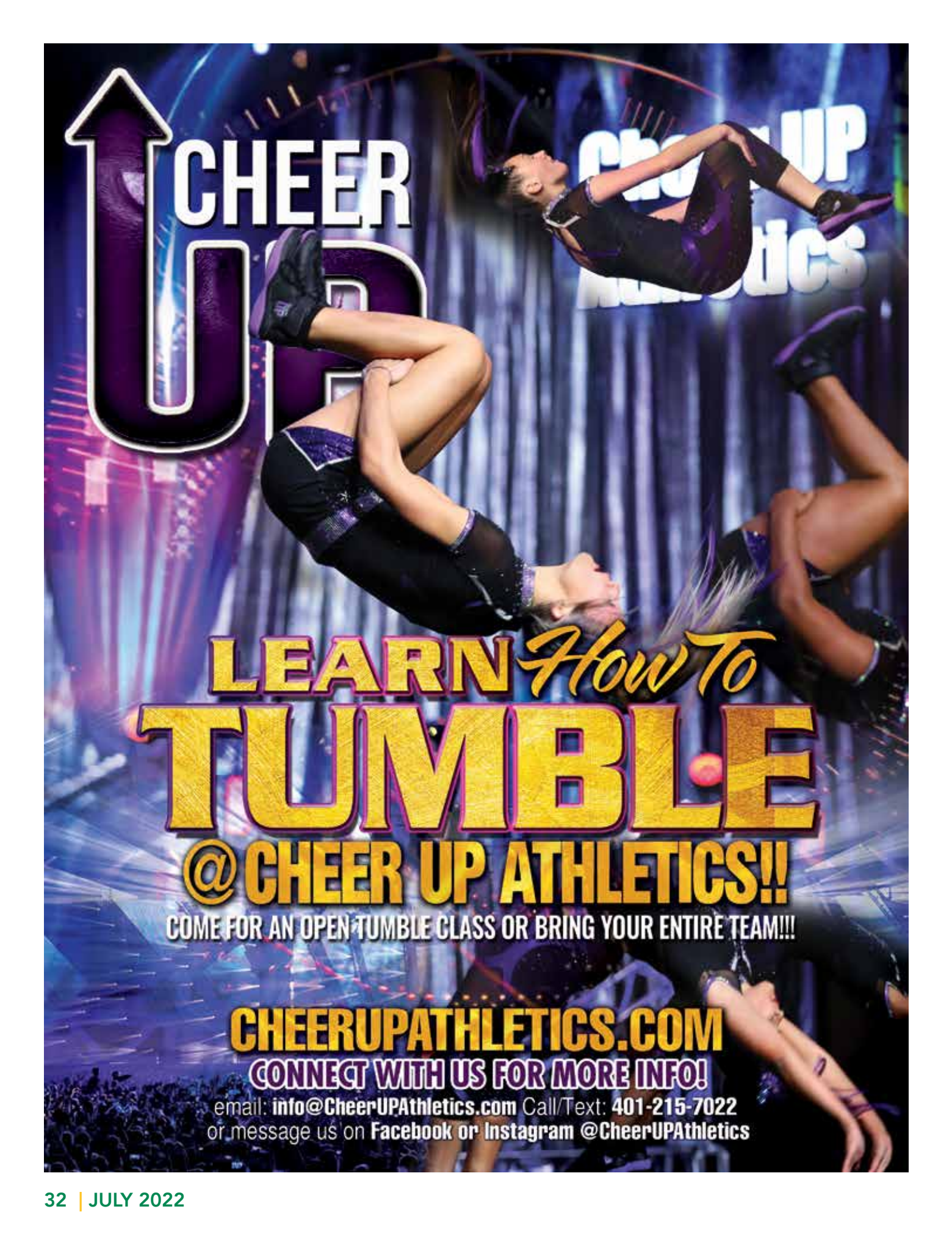


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A View From the Cheap Seats

Dan Pieroni

The Celtics Being GREEN With Envy is Key to Winning Championship

Before I make my main point let's make two things abundantly clear: First, the drawback of writing for a monthly publication is that it is hard to stay in the present. In other words, by the time you read this, the result of the NBA finals will be a foregone conclusion, and you will already know who won.

As I write this, the series between the Boston Celtics and the Golden State Warriors is tied at one game apiece.

Secondly, although the series will be over and done with by the time this column hits newsstands, there was a key moment I feel must be addressed within the larger context of the series itself and may be the reason why the winning team came out on top. Simply put, Draymond Green is a verbose, intimidating spewer of trash talk that needs to be put in his place now and forever. Green is one of those athletes who's never met a microphone or cell phone camera he doesn't like. He exists to set some sort of tone, whether it be off the court through his words, or on the court through his words and penchant for physicality. Such calculated antics are clearly to intimidate the opposition and get inside their heads.

Even before the series started Green managed to stroke the fire of the Miami Heat by telling the press he was excited about playing the Celtics in the NBA finals before the Eastern Conference Finals were over. Predictably, the Heat used their frustration over that quote as fuel to deny the Celtics the opportunity to clinch the series at home, forcing them to fly to Miami to get the job done.

After the first game of the NBA finals in which the Celtics erased a thirteen-

point deficit as a catalyst to pull off a surprising game one upset, Green acted outright dismissive of the Boston victory and assured those who cared that the Warriors effort was an aberration.

He then proved it by setting the tone of intimidation he was after in the opening minutes of game two by wrestling the Celtics Al Horford to the ground and creating a jump ball on the game's first possession. Green kept up his menacing ways by running through the Celtics Grant Williams to set a screen for a teammate which drew a foul on Williams in the process. During the ensuing dead ball, Green was assessed a technical foul by repeatedly pushing Williams away from him when Williams tried to complain.

Shortly before halftime in the game's most widely discussed play, Green became entangled with star Celtic Jaylen Brown as Brown attempted a three-point field goal. Green landed awkwardly with his foot near Brown's head. When Brown took exception to what he perceived as extra and unnecessary contact, Green retaliated by pulling at Brown's shorts as he rose to his feet. A relatively minor skirmish broke out with both players having to be separated from one another.

To my surprise, no technical fouls were called on either player, which is fortunate since a second technical foul would have caused Green to be ejected. Instead like the cat that ate the canary, Green got away with one, and he helped spearhead what was a one-possession game at the time into a Warriors blowout.

Now, I must ask two questions.

Where is the line of demarcation regarding head games, and should the Celtics retaliate by giving Draymond a taste of his own medicine? In my opinion, the answers are when the stakes are high, there is no line of demarcation as long as it is within the rules, and yes.

Draymond Green delights in doing whatever it takes to win. He'll grab you; he'll poke you, and he'll make jokes about your mother if need be. No self-respecting player team or coach would ever cop a passive-aggressive attitude when an opponent is driven to get under their skin.

Thankfully the Celtics understand this. There aren't many instances in which it is smart to commit a technical foul, but coach Ime Udoka was wise to commit one as he later admitted to the Washington Post's Ben Golliver "on purpose" because he needed to let the officials "know how I felt throughout the game in a demonstrative way."

Udoka is also smart to subsequently tell WEEI radio that he doesn't mind his team engaging in trash talk with the Warriors as long as they stay true to themselves.

What organized athletic team wouldn't be true to themselves by not retaliating or playing mind games with the opponent?

You simply cannot allow the opposition to put you down and push you around to gain an edge.

It just may be the margin between victory and defeat!



Inside The Brown Bag

By Peg Brown

The Two Percent -

A confession. I've always wanted to belong to this group ... no, not the Jeff Bezos and Elon Musks of the world, but the elite part of the population that has natural red hair. Red hair is the rarest color of hair in humans. Only about 10 percent of the world's population and just two percent of Americans come by that shade naturally. That may be, according to another post pandemic trend led by celebrities, about to increase considerably.

Perhaps Nicole Kidman's 2021 role playing one of the most iconic redheads of our time, Lucille Ball, helped to fuel the increase in requests to hair stylists to spend hours transforming brunettes into redheads or gingers (a derogatory term in the UK). But it's likely that Kendall Jenner, Serena Williams and other celebrities continued to spark the trend.

Then, suggested as another cause, there is the continuing need to break out of the pandemic doldrums with a totally new look. One young woman but it this way, "I needed to refresh my life. And since I can't retire and move to Paris, I dyed my hair red. My idea was that this would change my life. It didn't. But I just wanted to feel special."

Before you make the leap, stylists warn, "This change is very high maintenance and there's a lot of at-home upkeep, including the need to use color-depositing shampoo" – with touch ups required about every six weeks. However, more important to consider before you make the change is the rather than ominous legends and myths associated with having red hair

History is punctuated by many moments in which being a redhead was less than desirable. Red hair was historically found

largely in northern Europe, mostly in the British Isles and associated Celtic nations. The original stereotype of redheads being fiery and hot tempered might have originated with the Scots who were often depicted as fierce and violent warriors.

But the legends span all eras and nations of the globe. Paintings of Mary Magdalene often portray her with red hair, some speculate that King David was a red head, and still other theories believe "the mark off Cain" actually referred to red hair. Many painters during the Renaissance showed an interest in portraying women with red hair, including Botticelli in his *Birth of Venice* and the artist Titian, whose name came to designate a specific shade of red hair.

Throughout Egyptian, Roman and Greek history, incidents can be found where redheads were regarded as vampires, were often the target of human sacrifice, and as with Judas Iscariot, often depicted as heretical. Shakespeare continued to perpetuate that image in his characters such as Shylock and Fagin, which fed an antisemitic stereotype that lasted well into the twentieth century. The targeting of Jews with red hair, prominent during the Spanish Inquisition, was practiced by the Nazi's as they sought to create "the superior race."

While many literary tales (such as Jonathon Swift in his *Gulliver's Travels*) depict red hair associated with traits not appropriate to delineate in a family magazine, there are some historical figures with red hair that contradict the pervasive stereotypes. For example, King Arthur, Elizabeth I and Winston Churchill. And if we need more proof that red heads are making a comeback, we need look no further that Mary Jane in *Spiderman* and Disney's *Little Mermaid*, Ariel.

In the 21st century, several countries and cities have organized Redhead Days, including the Netherlands, Ireland, London, Israel and Russia. The first festival for reds heads in the United State was held in 2015 in Highwood, Illinois, drawing thousands of red heads from across the country.

Some of the challenges for red heads are true: sensitivity to the sun, tendency to developing higher rates of melanoma, confirmed research studies demonstrating that red heads require more anesthetic during surgical procedures – and perhaps most troubling of all – red heads having far less than the average 120,000 hairs on their heads. (Brunettes have the most).

I continue to scour my locks for signs of red, but after three decades of dye jobs, who knows what lies beneath all of those chemicals. Well, I do know, and as my hairdresser continues to remind me, it isn't pretty. However, given I'm turning 75, I think I'll risk the transformation next time, and perhaps have a permanent. There must be some revival of "Annie" playing on some stage in America.

Authors Notes:

- A book of photographs of red-haired people was published in 2020, *Gingers* by Kieran Dodds.
- In 2011, Cyros International, one of the world's largest sperm banks, announced that it would no longer accept donations from red-haired men due to low demand by women seeking artificial insemination.
- And one last quotation from the infamous Lucille Ball: "Once in every life, every man is entitled to fall madly in love with a gorgeous redhead." I think I'll tell that to my husband when he gets the bill for my transformation!



Grilled Chicken Salad is tender marinated chicken that's grilled to perfection then served over lettuce with bacon, avocado, corn, blue cheese and tomatoes. A hearty salad that's packed with flavor and also happens to be full of nutrition.

INGREDIENTS For the salad

- 1 pound boneless skinless chicken breasts
- 6 cups romaine lettuce coarsely chopped
- 3/4 cup cherry tomatoes halved
- 3/4 cup corn kernels fresh, thawed from frozen or canned
- 3/4 cup cucumber chopped
- 1/4 cup red onion thinly sliced
- 1/2 cup cooked crumbled bacon
- 1/2 cup blue cheese crumbled
- 1 avocado peeled, pitted and sliced

For the dressing

- 3 tablespoons lemon juice
- 2 tablespoons Dijon mustard
- 3 tablespoons red wine vinegar
- 2 teaspoons granulated sugar
- 2 tablespoons finely minced shallot
- 1/2 teaspoon dried oregano
- 1 1/2 teaspoons dried parsley
- 2/3 cup olive oil
- salt and pepper to taste



INSTRUCTIONS For the dressing

- Place all the ingredients in a medium bowl and whisk until well combined.
- Pour half the dressing into a container and save for later use.
- Add the chicken breasts to the bowl with the remaining dressing. Marinate for at least one hour or up to 8 hours.

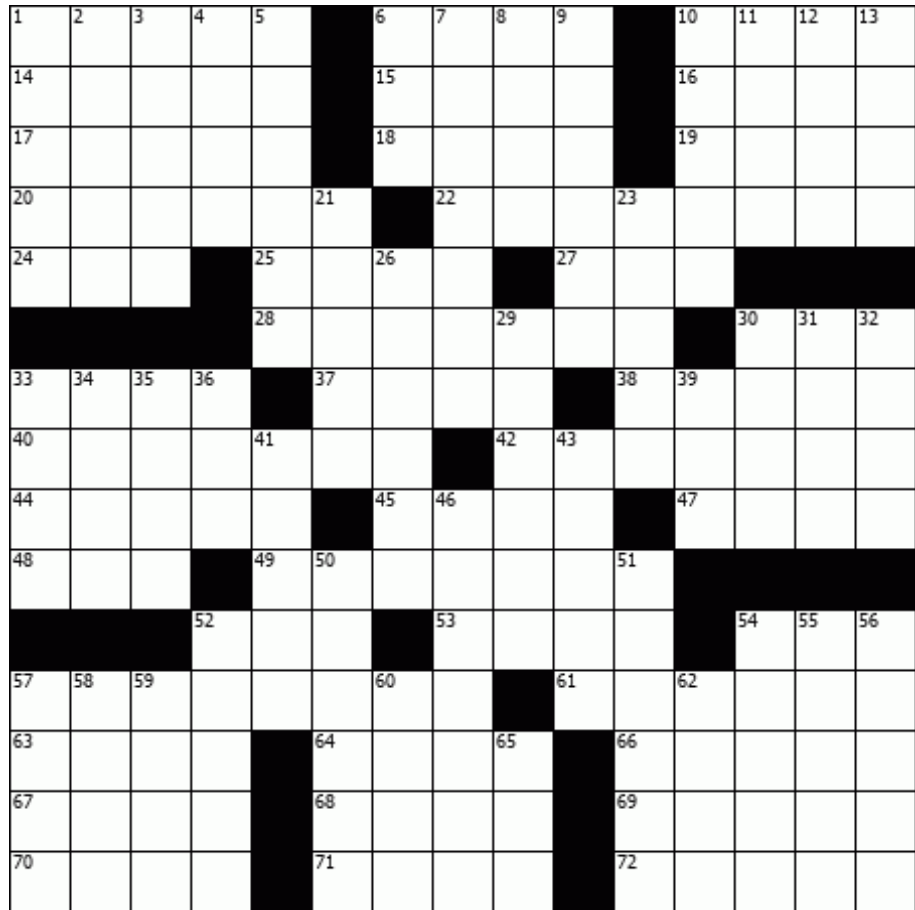
For the salad

- Preheat an outdoor grill or indoor grill to medium high heat. Remove the chicken from the marinade and place on the grill.
- Cook for 5-6 minutes per side or until chicken is browned and cook through.
- Let the chicken cool for 5 minutes, then slice.
- Place the lettuce in a large bowl. Drizzle half of the reserved dressing over the lettuce.
- Arrange the chicken, tomatoes, corn, cucumber, red onion, bacon, blue cheese and avocado on top of the lettuce. Drizzle the rest of the dressing over the top, then serve immediately.

Crossword Puzzle

Across

1. Midler or Davis
6. Blemish
10. Log float
14. Animals' homes
15. ____ vault
16. Beige
17. Garret
18. Colony insects
19. MGM's symbol
20. Fill again
22. President Calvin ____
24. Wind direction (abbr.)
25. Vatican leader
27. Go bad
28. Registers
30. Compass pt.
33. Musical symbol
37. Vow
38. Make happy
40. Cowboys' ropes
42. Part of ETA
44. Oak nut
45. Double agent
47. Cheeky
48. ____ Moines, Iowa
49. Breakfast food
52. Twosome
53. Church word
54. ____ Ryan of "Sleepless in Seattle"
57. College term
61. Ranting speech
63. Purple fruit
64. Assert
66. Homer Simpson's wife
67. Scandinavian capital
68. Flooring square
69. Zodiac sign
70. Adolescent
71. She, to Pierre
72. Rent



Down

1. Sound loudly
2. Consumed
3. Name
4. Threesome
5. Flee
6. Health resort
7. Vanity
8. Female voice
9. Vacation spot
10. Ignited again
11. Sour
12. Pond amphibian
13. Melody
21. "____ disturb" (2 wds.)
23. Defeated candidate
26. Blood component
29. Hebrew greeting
30. Hand gesture
31. "A ____ Is Born"
32. Bruise
33. Attired
34. Shoe fastener
35. Love god
36. Evergreen tree
39. Cup edge
41. Cattle breed
43. Rented again
46. Enjoying continual success (3 wds.)
50. Spin
51. Zoo resident
52. Evil spirit
54. Diva ____ Callas
55. Margins
56. Gaggle members
57. Blot
58. Besides
59. Army mascot
60. Corrupt
62. Seldom seen
65. Miniature



Answers to puzzle on page 42



Community Cat Center



The *Smithfield Times Magazine* and the Community Cat Center are working together to find loving homes for kitties that are currently living in their shelter. Here are their stories:

Cassia (Part of a bonded pair): Cassia is a beautiful twelve-month-old grey tabby female that was found on someone's porch in the middle of a snowstorm. She had a broken pelvis which is now healed and she is ready for a special home to give her some TLC. Cassia now needs to eat small portions of smooth wet food 4 times a day. She is the sweetest girl ever, who loves to lie next to you and purr, and especially likes getting her belly rubbed. Cassia gets along with everyone ... cats, dogs, people. Her best friend is BabyCat, and she would love nothing more than to find her happy home with her best buddy.



BabyCat (Part of a bonded pair): BabyCat's owner died and she ended up at the pound, which displeased her very much. BabyCat is a striking twelve-month-old dilute tortie female and like a typical tortie, she has a very strong personality. BabyCat is extremely playful and likes to drag her wand toy around the house. When she wants to be pet, she will come rub up against you, and likes to be in the same room with you. She is a very funny girl, especially when she is annoyed. BabyCat and Cassia like to play chase, taking turns running up and down the stairs and in and out of rooms. This duo is looking to find the right home and be together forever.

Meet three legged Larry.

This kitty was born with a deformed back leg that caused him problems and pain. It also inhibited his mobility. Then one day, he found his way to the CCC where this handsome fellow got a new lease on life. Nothing will ever hinder Larry again and he leaves all the four leggers in the dust! Larry continues to greet everyone he meets with headbutts, love and lots of snuggles until he has a forever home to call his own.



Successful Adoptions

Thanks to our readers, both Mugsy and Dawn, who were featured here last month, have been adopted by loving homes.



Dawn and Billy -
The Cat Whisperer



Mugsy and Family

All cats adopted from the Community Cat Center have been spayed/neutered, vaccinated and microchipped.

If you are interested in adopting any of the cats featured in this article, please submit an application today which can be found in the link below. The CCC will only be accepting pre-approved applicants for meet and greet appointments once the completed application has been received.

<https://www.communitycatcenter.com/adoptions.html>

A no-kill shelter is an animal shelter that does not kill healthy or treatable animals even when the shelter is full, reserving euthanasia for terminally ill animals or those considered dangerous to public safety.

50-years Ago – July 1972

by Jim Ignasher

U. S. Air Force Corporal William E. Edwards was promoted to the rank of sergeant while serving as an electronics specialist with the Aero Space Defense Command in Colorado.

Kenneth M. Chisolm of Greenville completed Air Force Reserve Officer Training School in South Carolina.

At a carnival sponsored by the Smithfield Jaycees held at Waterman's Field in Greenville, famous motorcycle performer Joe Boudreau rode the "Wall of Death" in a custom-build motordrome. The motordrome was only 24 feet in diameter, and Joe would ride the inner walls on an Indian motorcycle, accelerating to speeds sufficient to allow him to ride the walls with centrifugal force. It was said that while doing so he experienced 4.5 G's, meaning four-and-a-half the pull of gravity. Spectators were allowed to view the action from a small railing at the top of the motordrome, only inches for the performance.

On July 12, a backyard carnival was held by Jeanne Pelletier. She was assisted by her mother, as well as Cheryl, Steven, and Kevin Dionne, Cheryl Pelletier, and Mrs. Blanche Desautels. The event raised eighty dollars which was donated to the Ladd School.

It was announced that popular radio show host Fred Grady of Greenville would be taking a position with station WRLM 93-3 FM beginning July 17. Fred's show was known for playing relaxing swing music.

The Smithfield Fire department responded to a house fire on Farnum Pike. The residents were not home at the time and the house, although damaged, was saved. There were no injuries.

Dutchland Farms, once located on Pleasant View Avenue, was selling a gallon of milk for 99 cents. Today a gallon of milk costs the same as a gallon of gas.

In "space race" news; The crew of the Apollo 15 moon mission was reprimanded when it was learned that 400 stamped envelopes had been smuggled aboard and carried to the moon and back at the request of foreign stamp dealer.

NASA probe, Pioneer 10, became the first man-made object to successfully navigate its way through the asteroid belt between Mars and Jupiter. The probe reached Jupiter the following year.

Soviet space probe Venera 8 successfully landed on the planet Venus and transmitted data for as period of time before extreme temperatures caused it to malfunction.

On July 19, the Smithfield Neighborhood Association for Progress held their monthly meeting.

On July 23, the Smithfield Police Association met to vote to change the department's uniform shirts from white to blue. Meanwhile, progress was being made on the construction of the new police station.

The group, "Stop I-84 Inc." was still campaigning to halt construction of the proposed superhighway I-84, which was to connect Hartford to Providence. The project was opposed by numerous residents both in Connecticut and Rhode Island.

A local car dealership was offering the following cars for sale: a 1968 Lincoln Continental for \$1,695; a 1969 Oldsmobile Toronado for \$2,395; and a 1970 Buick La Sabre for \$2,595. Each vehicle was equipped with air condition and AM-FM radio, two things that were "options" in 1972.

Councilors working for the Smithfield Summer Recreation Program performed "The Wizard of Oz."

The Cranford Club of Greenville entertained patients at Zambarano Hospital in Burrillville.

On July 26, acrobats from a small traveling circus entertained hundreds at Burgess Field in Greenville. The event was sponsored by the Smithfield recreation Department.

Mrs. Carolyn Simmons was appointed as the new head librarian at the Greenville Public Library.

Glocester held its 45th Annual Ancients and Horribles Parade.





Greenville Public Library

573 Putnam Pike, Greenville, RI 02828

Contact: Cassie Patterson • 401-949-3630 ext 117

greenvilleasstdirector@gmail.com • greenvillelibraryri.org



Teen Events

Please register for young adult programs on our website: <https://greenvillelibraryri.org/teens/summer>

Safe Sitter

Wednesday, July 27 from 9:00 am – 2:00 pm

Crafty Movie Night

Mondays, July 11 & Aug. 1 from 5:30 – 8:00 pm

Young Writers Workshop

Saturdays, July 9 & July 23 from 11:30 am – 12:30 pm

Reader's Café

Wednesday, July 13 from 4:30 – 5:30 pm

Bandana Craft

Tuesday, July 19 from 3:00– 4:00 pm

Graphic Novel Book Club

Saturdays from 11:30 am – 12:30 pm

Weekly Raffles

Enter between June 27 – August 6 by reading and completing challenges.

Adult Events

Adult Summer Reading: Choose Your Own Adventure

Monday, June 27 – August 5

Mystery Book Club

Tuesday, July 5 at 1:30 pm

Picnic Table Reads Book Club

Thursday, July 21 at 1:00 pm

Virtual Book Chat

Thursdays, July 7 & 21 at 6:00 pm

Coffee & Books

Wednesday, July 13 at 10:30 am

Home Sweet Home Book Club

Monday, July 25 at 6:30 pm

Monday Matinee

Monday, July 18 at 2:00 pm

Painting Party with Mermaid Masterpieces (Adults)

Wednesday, July 13 at 6:00 pm

DIY Decorative Tea Towels

Wednesday, July 20 at 6:00 pm

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Town of Smithfield Collection Schedule 2022-2023



Bulk Collection
Holiday
Special Events
Metal & Appliance Collection
Lawn & Leaf Collection Weeks
Christmas Tree Collection Weeks

July '22	August '22	September '22
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October '22	November '22	December '22
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January '23	February '23	March '23
<div>S M T W T F S</div> <div> <div>1 2 3 4 5 6 7</div> <div>8 9 10 11 12 13 14</div> <div>15 16 17 18 19 20 21</div> <div>22 23 24 25 26 27 28</div> <div>29 30 31</div> </div>	<div>S M T W T F S</div> <div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28</div> </div>	<div>S M T W T F S</div> <div> <div>1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30 31</div> </div>
April '23	May '23	June '23
<div>S M T W T F S</div> <div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30</div> </div>	<div>S M T W T F S</div> <div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30 31</div> </div>	<div>S M T W T F S</div> <div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30</div> </div>

Holiday Schedule:

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

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

Special Events: Mattress/ Box
 Spring Recycling
 (by appointment only), Electronics
 Recycling, Sensitive Document
 Shredding, & Rigid Plastic Recycling:

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

July 23, 2022
 November 12, 2022
 March 11, 2023

2023 Earth Day Clean-Up:

To Be Announced

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

For updates and current event information.

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

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

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

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

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

REDUCE – REUSE – RECYCLE



RECYCLING TIPS

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

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

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

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

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

Special collection by Appointment ONLY

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

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

Metals & Appliance (RECYCLE)

hot water heater
air conditioner
refrigerator
weed whacker
metal tools/electronic tools
treadmill
bikes
metal swing sets
microwaves
metal patio umbrella (remove fabric)
metal file cabinets
metal desks
metal shelf
dehumidifier
washing machine
clothes dryer
dish washer
gas grill (no propane tank)
stove
metal fire pit
metal furniture (remove fabric)

BULK ITEM (TRASH)

vacuum cleaner
wooden furniture
upholstered furniture
hot tub cover
vertical blinds
strollers
pool floats
toddler and crib mattresses
futon mattresses
carpet (cut, rolled, tied in 3 ft. sections)
pool liner and cover

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



IMPORTANT

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Obituaries



William F. Achille

6/1/22

www.robbsfuneralhome.com



Grace C. Orabona

6/1/22

TuckerQuinnFuneralChapel.com



Elton Elwin Sherman Jr.

6/4/22

Huntington West Virginia



Donald W. Butler

6/4/22

www.andersonwinfield.net



Paul W. Damiano

June 6, 2022

www.andersonwinfield.net

Answers to Crossword Puzzle from page 36.

B	E	T	T	E		S	C	A	R		R	A	F	T
L	A	I	R	S		P	O	L	E		E	C	R	U
A	T	T	I	C		A	N	T	S		L	I	O	N
R	E	L	O	A	D		C	O	O	L	I	D	G	E
E	N	E		P	O	P	E		R	O	T			
				E	N	L	I	S	T	S		W	S	W
C	L	E	F		O	A	T	H		E	L	A	T	E
L	A	R	I	A	T	S		A	R	R	I	V	A	L
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D	E	S		G	R	A	N	O	L	A				
				D	U	O		A	M	E	N		M	E
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P	L	U	M		A	V	O	W		M	A	R	G	E
O	S	L	O		T	I	L	E		A	R	I	E	S
T	E	E	N		E	L	L	E		L	E	A	S	E

The Smithfield Times

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