

COMPLIMENTARY

JANUARY 2024

The Smithfield Times



smithfieldtimesri.net

**The best is
net to come!**

A celebration of all
abilities and a new year



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Pictured: Nick Lavoie

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Letter from the Editor



Brittnei Henderson
Editor

Dear beloved Smithfield Times readers,

This issue is all about inspiration. As we welcome 2024, we are inspired by members of our community who follow their dreams, make hard decisions, and who help others along the way. This culmination of determination, strength, and kindness is nothing new for Smithfield – but something especially encouraging at the start of a new year.

Our cover story is written by Paul Lonardo and photographed by Mark Carrier. The two combined their words and photos to highlight a special event held at Gallagher Middle School in December. The All Abilities basketball team was surprised by the Bryant University Men's Basketball team for a morning of movement, laughter, and fun.

We spoke to other Smithfield residents who forged their own paths, creating their dream careers and lives. Gabrielle Finch spoke with local makeup artist Kasey Carberry-Pagnozzi and Joe Siegel connected with musician Dan Stoeckel. The two work hard in their respective passions and share how they got to where they are today.

The new year tends to inspire new goals. We have an exclusive interview with local boutique gym owner Liz Cruso who shares tips on creating healthy movement habits that will set you up for a healthy future.

Lastly, we have a new monthly column called The Side Bar. Each month you'll have the chance to meet a Smithfield Times team member, learn about their role in the magazine, and what they enjoy in their personal lives.

Happy New Year, Smithfield!

Warmest regards,

Brittnei Henderson





Review Your Trust Annually To Protect Your Assets



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

Because of the ever increasing cost of long term nursing home

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

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

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

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

— George M. Prescott

Courtesy of:

George M. Prescott

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Bryant Basketball Teams Up With All Abilities Youth Program

by: Paul Lonardo

All Abilities is part of Smithfield Youth Basketball Association (SYBA). The program, coached by Jeff Swallow, teaches the game to children with special needs.

"We found that there is a need for kids who have special needs, whether it be intellectual, physical, or both," Jeff says. "We started this program to open up the sport of basketball to these kids."

The program began in the fall of 2022, running from November through March. In only its second year in operation, All Abilities is garnering a lot of attention and interest. It's been a huge hit for the kids and their families from the beginning. The first year there were about a dozen kids who participated, and this year that number is up to sixteen, with even more who have signed up.

While most of the kids involved in the program live in the Smithfield, it's not a prerequisite. Any child with special needs looking for a place to play is more than welcome at All Abilities.

As its name indicates, the children who participate in All Abilities are of varying ages, from 5 to 18, and they all have various levels of abilities. But the one thing they all have at All Abilities is the opportunity to participate in the activity and get better together while having a lot of fun.

All Abilities is not about competition. There are no games. The kids are all on the same team, and they spend their time developing the many physical skills that the game of basketball requires. However, while they do not

have an opponent, the kids are competitive in the sense that they want to improve and become the best they can, which is all any of us can do.

One of the drills they do is dribbling between a set of cones. The purpose is to become a better dribbler, doing it more quickly and under control. At the start of the season, the cones may be 30 feet apart, but by March the cones are just a few feet apart.

"I run the practice the way I would any basketball team I've coached, with many of the same drills," Jeff says. "With hard work and skill development, these kids are capable of doing anything. They get a lot out of it, but so do I, maybe even more than they do. It's a blast watching them grow and develop their skills and having so much fun."

The team meets every Saturday morning. Jeff has about five or six other coaches who help the team with the various drills, all of them middle school and high school students.

"It's a wonderful experience to provide this service," Jeff says. "These kids are terrific. They try as hard as any team I've coached."

Jeff has a firm foundation in coaching youth basketball and is a longtime SYBA board member. His daughter has special needs, so starting All Abilities was something he wanted to do as a father and coach. It was after a parent came to him with the suggestion of having a basketball

team for kids with disabilities that Jeff decided to act on starting a special needs team, something he had been thinking about doing for some time.

Jeff has been coaching in the local youth basketball league in Smithfield for a dozen years, but right now, this is the only team he coaches, and he couldn't be happier.

"It was the best coaching decision I ever made," Jeff says. "It's really a special thing that we do every Saturday morning."

In December, the All Abilities team was joined at Gallagher Middle School in Smithfield by every player on the Bryant University men's basketball team, including head coach Phil Martelli, his assistant coaches, and some support staff.

The kids were not told beforehand that Bryant was coming to their practice that day, and the expressions of astonishment and joy on their faces alone made it all worth it.

"I knew it was going to be great when the Bryant players and coaches confirmed that they were coming," Jeff says, "but it turned out far better than I thought it would. It went beyond my wildest expectations. It really did. It was great." The university players and coaches interacted with the kids, helping them with the drills; developing skills and friendships; signing autographs; and taking pictures.

See Bryant Basketball, page 5

“Creating moments like this for these kids to showcase their skills to an institution like Bryant University is a great way for the kids to grow their confidence both on the basketball court and off.”

This interaction with players with

even more experience than he can bring to the kids is a major expansion of the program, and going forward Jeff hopes to continue to do more things like this.

“I can’t thank the All Abilities players and parents enough for bringing their

kids every week, as well as Bryant University for seeing the need and responding the way they did. It was a very emotional and touching gesture,” Jeff says. “I really think this is the beginning of a great relationship between Bryant and All Abilities and Smithfield Youth Basketball.”



Photos by:
Mark Carrier





Photos by: Mark Carrier

Side Bar

Side bar (noun): a short article in a newspaper or magazine, placed alongside a main article, and containing additional or explanatory material.

As a side bar to each month's issue, we'd like to introduce you to someone who works behind the scenes at *The Smithfield Times*. You'll get a chance to meet the team behind creating this magazine. You'll not only learn their roles here at *The Times*, but also what they love to do in life. We'll show you their passions and pastimes; introduce you to their family and friends; and most importantly - you'll put a face to the hard work that goes into this magazine each month.



Elaine S. Amoriggi
Graphic Designer

by: Joe Siegel

Elaine S. Amoriggi has done the graphics for *The Smithfield Times* for the last five years. The longtime Smithfield resident says it's a labor of love.

"I've been a graphic designer as long as I can remember, starting my career as a paste-up artist, creating graphic designs by hand with pen and ink and glue for backing," Amoriggi said. "Then as computers came into play, you had to transition into creating all your designs online."

Amoriggi worked for 20 years at Amica Insurance in the Communications/Creative Services department, working with writers, photographers, audio visual experts and other creative people. She retired in December of 2017 as a Senior Graphic Designer.

"After retiring I knew I still wanted to continue designing so I became a freelance designer," Amoriggi explained. "Then John Tassoni (who owned *The Smithfield Times* at the time) called and asked me to come on board as the graphic designer for the magazine, it was a perfect fit for me. I love working on the monthly magazine, reading each article sent into me and adding a little flare to the article by adding pleasing graphics or photographs. I work with a

great group of people on the *Smithfield Times*, and it's truly a team effort to put the magazine together each month."

Amoriggi has been married to her husband Peter for 43 years. The couple has two children Desiree and Peter, who both went through the Smithfield school system.

"I have two young grandsons, Cameron, age 7 and Ryan, age 4, who I watch two days a week," she noted. "I love spending a lot of time working with them and teaching each of them how to draw and paint and doing arts and crafts. I've been painting and drawing since I was a child. Right now, I've gotten into refurbishing and repainting old furniture that people discard."

Since retiring, Amoriggi worked with the Woonsocket River Watershed Council in collaboration with the Town of Smithfield and the Smithfield Historic Preservation Commission to create four permanent graphic displays called the *Jewels of Smithfield*.

Amoriggi also worked on the logo design, signs, and printed material for the Smithfield Dog Park. She is a member of the Dog Park Committee.

Amoriggi encourages anyone pursuing a career in graphic design to be patient.

"Don't expect great results at first, start small and build up your name and portfolio. Also, learn all you can from others in the business who have been doing this a long time. What you learn in a classroom is so different from what happens in real life experiences. I was fortunate enough to have a great mentor when I was starting out who taught me the basics and to always do the best I can on every job, and treat everyone the same, with respect and kindness whether it's the CEO or the janitor, and that has gotten me where I am today."

Dance The Night Away With M. Rose Artistry

by: Sydney Briggs

The Marie K. Jennison School of Dance was a staple in the Smithfield community for nearly 80 years. It was a place of love, support, care, and dance, of course.

The studio's director, April Whitecross, served the studio for many years. Over the past decade, however, she trained Sandy Clossick in the world of studio management.

With backgrounds in kinesiology, dance, and psychology, she was the perfect fit for a new studio director.

As Whitecross began her retirement, Clossick officially took over the Marie K. Jennison School of Dance. Though many traditions from the original studio remained, renaming the studio came with the new ownership. In August of 2023, the studio officially transformed into M. Rose Artistry. The studio's new name is in honor of Clossick's daughter, Margaret Rose, who was born stillborn in 2016. The name keeps Margaret's memory alive with an immense amount of love, passion, and positivity.

Though Marie K. Jennison's School of Dance was a dance-only studio, M. Rose Artistry aims to expand the studio beyond the realms of dance.



The studio wouldn't be the same without the many hardworking people that help teach classes, mentor students, and keep the studio running.

"We have an incredible group of instructors that are incredible role models," remarks Clossick. "They are people I would trust with my own children,

and even more so, they are people that I trust representing my studio name, and my daughter's name."

M. Rose Artistry's first recital took place in November, and was incredibly successful. New studio merchandise was released and well loved, and amazing dances were performed. Most importantly, though, the M. Rose Artistry family came together to celebrate the new studio.

Clossick says that her "family, team, children, and all of the M. Rose Artistry students deserve all of the love and support that [she] received from the people that led me to where I am now."

Photo taken from M. Rose Artistry's Facebook page

Eventually, Clossick would like to include other forms of art at the studio, such as voice lessons, makeup classes, and so much more.

The studio also has a competition team titled Artistry In Motion. The team competes yearly, but also attends different trips in places across the country. The team has performed at Universal Studios, Disney World, The Grand Ole Opry, and Broadway stages, to name a few. The team not only performs on these trips, but attends master classes – hosted by celebrities of the dance world – with hundreds of other dancers.

The team doesn't just compete, though. They also contribute to the community by hosting studio events, working with children, and performing community service year round.

The Ability Bridge Foundation



by: Isabella R. Santoro

The Ability Bridge Foundation is a wonderfully run foundation formed by Gwendolyn Clavet, a freshman at Smithfield High School, and her older sister Mallory Clavet, a junior. This organization is to spread awareness and help those with disabilities. Other members of the foundation include Whitney Clavet, Elijha Barros, Ericka Carrascoza, and Olivia Ferri. Founded in August 2023, the Ability Bridge Foundation has taken the community of Smithfield by storm. Having grown so much in just a few months, both Gwendolyn and Mallory are pleased by the way their foundation has been able to reach not only Smithfield, but many other towns and cities in Rhode Island.

Gwendolyn, the founder of Ability Bridge Foundation, is a passionate 14-year-old who has been working with individuals with disabilities for most of her life. She felt called to start this foundation because she did not any one to be treated differently or to be left out. She wants to spread awareness on how to treat people with disabilities and for them to embrace their differences and not to feel

ashamed of who they are. Gwendolyn and Mallory agree that their goal is to raise awareness, end the stigma around disabilities, and to raise money for their Unified Programs at the high school.

The Buddy Program is one of the many facets of this organization that the team is excited to continue. This program takes students of all ages, especially middle and high school, and pairs them with a friend to hang out with and do all sorts of activities. There are currently 15 buddies and more enrolling all the time. With this program, many beautiful friendships have been made and there are only more to come. Those involved are very passionate about the friendships built and agree that they love spending time with these children. One remarkable thing about this program is that it is not just available in Smithfield, but also in neighboring towns Gloucester and Foster. They are hoping to extend this program to a statewide level.

Gwendolyn and Mallory are planning events for the spring and summer months, and others for later next year. Their biggest hope is to grow

and spread awareness. They want as many children and families to reap the benefits of this organization.

Most notably: The Ability Bridge Foundation is hosting a dodgeball tournament on January 20th that is open to the public.

If you'd like to help donate, the Ability Bridge Foundation has an Amazon wish list (<https://www.amazon.com/registries/gl/guest-view/130ZHG5N9X286>) and you can view their social media accounts as well. Check out their Instagram to meet their board and learn more information about events @abilitybridgefoundation.



Smithfield Native Makes Music in Nashville

by: Joe Siegel

Dan Stoeckel is living his dream of being a professional musician in the Music Capital of the World: Nashville, Tennessee.

Stoeckel has played bass guitar in multiple bands and is working on a solo album which he hopes to record in 2024. He isn't signed to a label, which suits him. He has accounts on social media, including Facebook and Instagram.

"It took me a few years to kind of get my foot in the door musically," Stoeckel said. "More people were going to (Nashville) strictly for music. It's not really a place you would go to for anything else besides music. In Nashville, there's literally nothing to do but play music."

Nashville is the location of the Country Music Hall of Fame. Many famous country music artists got their start in the city, including the Allman Brothers and Hank Williams. There's also plenty of venues for jazz lovers.

Stoeckel moved to the city in 2017. To make ends meet, he worked a variety of jobs, including stints as a bartender, a parking valet, and in retail. Eventually he met fellow musicians and started performing cover songs in the downtown area known as Broadway.

For the last few years, he's been playing in a band with Ben Chapman,



who Stoeckel describes as a "rising star." Chapman performed at the Grand Ole Opry and the band has opened for country superstars Keith Urban and Lainey Wilson.

Stoeckel specializes in performing classic rock-oriented music. He was raised listening to 60s and 70s music. Stoeckel recalls gaining valuable experience playing in a Lynyrd Skynyrd cover band with his father when he was a teenager in Smithfield.

"I was going into all these bars and playing shows with him and all his friends," Stoeckel recalled. "I think that was one thing that really helped

me out as far as learning how to play with people."

Stoeckel attended CCRI, where he studied wildlife biology. He was employed as a park ranger at Lincoln Woods at the time. Stoeckel was unsure of his career goals, so he applied to become a Rhode Island state trooper. He passed the written exam but failed the physical fitness test.

Stoeckel says the support of his family helps him stay motivated in his music career.

"Everybody goes through (periods of) self-doubt," he noted. "It definitely gives you that little push sometimes when you need it." Performing in front of an audience provides a sense of fulfillment, Stoeckel explained.

"The crowd is giving you energy and you're taking that energy and also giving something back to them. I've played shows before where the crowd is like stale and it just makes you not really feel like you want to play. There's also the factor of playing with the people that you're playing with."

For Stoeckel, the road to musical success is about more than just money or fame.

"It's the idea of just giving people something that they can feel, whether it's like bad or good, as long as you're feeling something, that's the goal in my opinion," he added.

The Woman Behind the Brushes

by: Gabrielle Finch

"Makeup is not a mask that covers up your beauty – it's a weapon that helps you express who you are from the inside." – Michelle Phan

I remember the first time I was allowed to try on my mom's old makeup, I felt so grown up. By high school, I liked to think I was the Michaelangelo of the winged liner, but my knowledge and skills of makeup application stopped there. I always admired those who could pull off the perfect smokey eye, or rock the bold red lip, and I still do. While most of us have experimented with different makeup trends at one point or another, to be a successful makeup artist takes a lot of time, practice, and talent. From understanding different skin types, to color theory, to just knowing which brushes are used for what application, there's so much that goes into perfecting the craft.

Recently, I was able to chat with the very talented Kasey Carberry-Pagnozzi, a local makeup artist, who is truly a master of makeup. Kasey always knew she would be part of the beauty industry. She spent her earliest days at Fantastic Sams, tagging along with her mom while she worked. Kasey's passion for all things makeup only grew as time went on, and by high school she knew that she wanted to pursue makeup professionally. She was always practicing, doing her friend's makeup, as well as her own, and she even recalled a time when her lip gloss was taken away by a teacher during class.

Kasey's career began behind the makeup counter at Macy's when she turned 18. Fun fact, this is where she met our editor Brittini! She finally

landed a job at the Mac store in Providence, but unfortunately the store closed and Kasey began to worry that her dream to pursue makeup was over, but that was far from the truth. She began to offer her makeup services on the side and found herself booking weddings and special events and she loved every second of it. Shortly thereafter, she was able to call Salon Tash on Cedar Swamp Road her new home. This is where you can find her today!

Not only does Kasey still offer makeup for special occasions such as weddings (including Brittini's), maternity shoots, and holiday makeup, but she offers lessons. Along with the art, she quickly realized her love of educating others about makeup, while making them feel their most beautiful. Kasey is so happy to be able to pass on her years of knowledge and you can experience it yourself through one on one lessons, or group lessons. She also offers a variety of class options, from simple, to class accompanied by champagne and a cheeseboard. The lessons themselves range anywhere from an hour to two hours at max, but be assured that no matter how long the lesson, you'll learn a lot and have fun doing it. Lessons are BYOM (bring your own makeup), where Kasey will review what's in your makeup bag with you and how to best utilize it to emphasize your natural beauty. Recently, Kasey partnered with Wicker & Flame Picnics + Event Planning and set up a styled photoshoot and the results were stunning.



Check out Kasey's work on instagram, @kcbeautyri and see what all the hype is about. She is so grateful for the opportunities that have come her way and the support she has found throughout our town of Smithfield. If you're looking for a talented makeup artist for your next big event, make sure to consider Kasey. You won't regret it!

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Smithfield's Residents of the Month

Residents of the Month – Jesse Liam Gauthier and Jack Gauthier
Nominated by Barbara Erickson and Marlene Bombardier
by: Paul Lonardo

"They are two of the nicest and kindest people I know, and they have a big fan base," says Barbara Erickson.

Jack and Jesse Gauthier are residents of Smithfield and the father-son team who are part of a harmony-based band that continues to gain popularity and rave reviews wherever they play.

"We play popular, multi-generational music," Jesse says. "The kind of music that the people who attend these festivals and concerts series want to hear."

Giving the concert crowd what they want is important, but that is only part of the reason for their success. The main thing they strive for is to engage their audience and get them involved.

"Even with our own original music, we write songs in such a way to include people," Jesse says. "That's our show. It's always very inclusive."

"Crowd participation and having people singing along just gets everyone going," Jack adds.

They cover popular tunes that range from the Everly Brothers and



Jesse and Jack Gauthier

the Beatles right through to today's music.

Jack Gauthier has been in the music business for over 35 years, working as a recording engineer, producer, and musician. He is the owner/operator of LAKEWEST Recording Studio in West Greenwich. He has worked with and inspired hundreds of musical acts over the last three decades, earning a couple of Grammy nominations along the way, and while he is proud of all the talent he has helped, it's not a stretch to say that he is most proud of his son.

Jesse has been interested in music since he was young, and his father's influence impacted his son's musical career. Jesse was still a teenager

when he and his father first began playing together, performing at various live open mic venues. They have now been playing together professionally for 12 years. Early on they were a duo, fronted by Jesse, as lead vocalist, with his father providing vocal harmony and playing lead guitar. As a full band, Michael DeQuattro complements them on the drums/percussion and Randy May on base. They called themselves the Jesse Liam Band, and you may have

during holidays past, a time of the year when they are all over the state performing a repertoire of Christmas songs for audiences at public libraries, town gatherings, and popular shopping centers. During these events, besides providing cheery, seasonal entertainment for their fans, Jack and Jesse collect donations and toys for organizations that include Toys for Tots, The Providence Center, and the Department of Children, Youth, and Families (DCYF).

"Bringing happiness to people has always been what's drawn me to perform," Jesse says. "I've love interpreting songs and trying

See Residents of the Month, page 13



*Wishing you a
Happy, Healthy and
Safe New Year.*

Senator David P. Tikoian
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Residents of the Month, from page 12

new things, whether it's singing the National Anthem at a minor of Major League Baseball game or performing on stage for a large group of people."

Jesse will frequently appear at area nursing homes for impromptu performances, which are always very well-received.

"That's really so fulfilling," Jesse says. "I'll just go by myself, bring my laptop and just sing along to tracks."

The Jesse Liam Band has not only gotten exposure locally, but they have also traveled great distances to share their passion for music, playing in the summer concert series and other outdoor music festivals all around New England. For four consecutive years, The Jesse Liam

Band was also selected by the state of Rhode Island to perform at the largest fair on the east coast, The Eastern States Exposition. They've played throughout southern Florida and toured Europe and Finland, as well. They average more than 100 shows a year, and to date, The Jesse Liam Band has released six albums consisting of original material to go along with a deep catalog of popular, upbeat selections.

Jesse's high energy performance and signature family-harmonies has earned him

Best Male Vocalist Awards from *Motif* and *Limelight Magazine*.

And the best is yet to come. The Jesse Liam Band music is available on all downloadable sites, including Spotify, iTunes, and Amazon. For more information about the band and their performance schedule visit jessieliam.com

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2023's Storyland and All Lit Up Parade

by: Sydney Briggs

Friends and families gathered around town on the evening of Saturday, December 2 to watch the annual All Lit Up Parade, visit NHS's storyland, and celebrate the holidays.

The All Lit Up Parade has been a Smithfield staple for years. Floats are decorated, carols are sung, and miles are traveled as the floats travel through Smithfield before landing in the center of town. Once the parade was finished, community members gathered in the parking lot of the Anderson Winfield Funeral Home to continue the festivities with NHS's Storyland.

Storyland had a number of things for families to do, such as play games, make arts and crafts, take photos with their favorite holiday characters, and shop around and the numerous vendors in attendance.

Many special guests were in attendance, too. These guests read stories to the children, and included Smithfield High School Principal Jose Libano, Police Chief Richard St. Sauveur, Honorary NHS Member Amber DeCristofaro, and former NHS members Tyler Rose and Erica Botelho.

Smithfield High Schools band and chorus also performed in the Episcopal Church, and M. Rose Artistry, a local dance studio, performed a number as well. At the end came the most anticipated part of the night – the tree lighting. The tree lighting is exciting for all ages, and truly kicks off the holiday season for the town.

Alongside Storyland and the All Lit Up Parade, SHS's National Honor Society also hosted a Toys for Tots drive, which ended with a total of about 350 donations. In the end, all events were a huge success, and wouldn't be possible without the generous support from the members of the Smithfield community.





Shaping Up For the New Year With Liz Cruso

by: Paul Lonardo

You can get advice almost everywhere telling you the best way to “get in shape” in 2024. There are bestselling books on the subject falling off the shelves, countless popular magazines touting exercises to give you washboard abs, and television fitness gurus pitching the latest exercise craze on late night infomercials. There are no shortages of fad workouts promising you Baywatch physiques by the summer beach season, but why not go directly to someone you can count on for the facts and a plan that will put you on the way to achieving your New Year’s fitness resolution this year.

If you live in northern Rhode Island, you are fortunate because you have Liz Cruso of Elite Gym in Lincoln available to answer your questions and help you establish a fitness routine that is right for you. Liz was a college athlete and has always had a passion for health and fitness. She opened Elite Gym with the goals of creating an environment where women and men feel fully empowered and supported, and to help people realize how strong and capable they truly are. She genuinely enjoys encouraging people to reach beyond their perceived limitations so they can prove to themselves how great they can be. In 2023, Liz was named Best in Rhode Island as a personal trainer by Rhode Island Monthly Magazine.

Elite Gym is a boutique personal training studio that has been open for over two years. It is not your typical commercial gym with wall-to-wall equipment and racks of weights that members pay monthly fees to come in and use throughout the day. Instead,



Elite focuses on personal training, with their clients working with a coach, which is usually one-on-one. Partner and/or group training is also available.

“We sit with each new client to learn a little about what their goals are and structure a program for them to meet those goals,” Liz says.

The main objective is not only to help people build strength, but to educate people to the point where they can confidently walk into a gym on their own and put themselves through a well-structured, safe, and efficient workout.

“It’s very important that we teach people how to properly execute movements that are customized and designed to help them reach their desired goals.”

Elite may be small, but it is just the right size for everyone. Liz has five instructors working at the studio, but if there is an opportunity to expand her business and open studios in other locations in the state, that is something she would be willing to look into when the time comes. Right now, she is satisfied with the way things are going for her and her clients.

“It’s very important to me to remain as a boutique, personal training studio,” Liz says. “A place where people feel they have a real relationship, where they feel supported and cared for, as opposed



See Shaping Up, page 19

to a commercial complex where you pay by the month.”

This time of the year, the personal touch might be just what a lot of people are looking for as they try to make good on their New Year’s promises to live a healthier lifestyle or get back to the gym and get in shape.

Liz has some great advice to offer those who find themselves struggling to maintain the pledge they made to themselves or to loved ones at the start of the new year.

“One of the biggest mistakes people make when entering into a new fitness journey, or setting a New Year’s resolution, is that they tend to want to do too much too quickly,” Liz says. “One of the most important things I try to encourage in my clients is to understand that healthy living, fitness, and getting stronger is not a phase. It is not something to do so you can fit into a bathing suit or a

wedding dress. Fitness is something that you deserve for a lifetime. It’s for the people in your life who want you to be around, to be strong, they want you to feel good.”

Liz likens the process to taking baby steps, and the first step is to make that commitment.

“Someone who schedules a consultation with me, and then walks into the gym and sits across from me to tell me their fitness goals is a beautiful first step,” Liz says. “So just doing that gets you on your way to making a positive change in your life that you want.”

Liz wants her clients, and everyone, to understand that it is not just the number on the scale or the image in the mirror that is important.

“The goal should always be just to be healthy, to be able to move better, be more mobile, and have more energy

to perform better in our daily lives, in our jobs, at recreation, with family. These are the important things. Just feeling good on a daily basis.”

Maintaining enjoyable habits is key to sustaining long term fitness goals. So, take that first step and reach out to Liz at Elite Gym. You can check out the website for special offers and discounts at <https://elitegym.fitness>.

Liz invites you to schedule a drop-in session to get a feel for the energy of the gym and get an initial workout with one of the coaches on staff. There is also an app, LCElite app, that you can download directly onto your phone to book an appointment.

Elite Gym is located at 1525 Old Louisquisset Pike in Lincoln. For more information call Liz at 401.578.0938, email at contact@elitegym.fitness, or Instagram @trainwithlizcruso.



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!



Help! My Door Will NOT Close ... Or Will It?

One of the more challenging items around the home is a door that just will not completely close.

Even more perplexing are situations where the door seems work properly some of the time, but still gives you issues other times,

How the heck does one deal with a situation like this?

In fact, many times – though not always – the older the home, the more likely these types of situations are to occur.

Most of the time, when a door does not want to close, the door has expanded due to humidity or an excess of moisture in the air.

In the summer when the air is more humid, doors are more likely to experience these types of issues. When the air is drier, doors can contract a bit leading them to be quite functional at another time of the year.

“But my doors are painted, how is the moisture causing them to expand?”

While your doors may indeed be painted, most commonly folks neglect to paint/seal the top and bottom edges of the door, either at the time when they are initially installed or

when they have maintenance done to them at some point down the line.

To prevent this from happening or to correct this from occurring in the future, I have found that there are only two choices:

- 1) Wait until a time of the year when the door is closing properly, take the door off its hinges, and properly seal its edges (prime & paint, seal with stain/polyurethane, etc.). Correctly re-hang the door when its edges are dry.
- 2) If you cannot wait until a time of year where the door naturally

becomes easier to operate or the door has reached its point of no return and no matter what time of year, the door always seems “stuck,” your best bet is to get a carpenter involved who knows and is comfortable with adjusting the door. When this is done and the door seems to perform like it should, then apply the steps laid out in #1 above.

If either of these are enacted, your door should be at its optimum functionality from this point moving forward.

About Tom Lopatosky

Tom Lopatosky has run his own RI-based painting and repair business since 1995; LOPCO Contracting – the “Personable, Particular Professionals” – specializes in exterior & interior painting and carpentry. 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. You can catch Tom LIVE on the radio EVERY Saturday, 2pm-3pm, on 630 WPRO AM (99.7 FM) during his weekly ProTalk Home Improvement Radio Show!



Let's Create Something!

by: Lisa Gentile

Wooden Utensil Decor

Great decor for the kitchen!

Supplies

2 Wooden Utensils

Paint & Paint Brush

String or Ribbon about 2 ½" long

Ribbon

Hot Glue & Glue Gun

Embellishments

Instructions

Paint the utensils

Put glue on top of one utensil and place the second one on top slightly turned.

Glue the embellishments in the middle of the attached utensils (shown embellishments, Flowers and Butterfly).

Add a bow at the bottom of embellishments.

Take ribbon or string and put it through the holes on the top of the utensil for hanging.

Happy Crafting!



SOUR GRAPES

by Tim Jones



Tim Jones
Cartoonist

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Ask Our Attorney

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The More Property You Own, The More It Owns You!

An author I'm currently reading states that "property" does not exist in the "natural" world. Well, of course it does, but in a strict, limited sense it doesn't. What the author is suggesting is that only human beings can think of property in its conceptual and legal sense, with all its pertinent attributes.

If a 200 lb. wolf can stop, kill, and devour an animal two or three times its own size, it must experience some sense that the moose is his, to the exclusion of all other animals. If another wolf comes along and tries to steal the moose, it's going to have a hard time convincing wolf number one to just give up possession of the kill. So, in this sense the kill is the "property" of the first wolf. Now, if a 1200lb grizzly bear happens along and eyes the moose, wolf number one's "property" is going to be short lived.

No one really knows for certain what the two wolves and the one bear in our above scenario are thinking or feeling. However, it's a safe bet they're not thinking about legalities, nor are they considering legal action against the larcenous grizzly.

Hence, "property" is a uniquely human abstract creation, accompanied by

innumerable practical and ideological attachments. So called "ownership" of property, especially real property, brings with it powerful emotional, philosophical, ideological, and economic elements. When children of sufficient age are asked what property is, their usual response is something like "that's where we live," or "mom and dad's house." It's an innate human response that "property" is where I eat, sleep, and spend time with my family.

One of the primary legal theories or concepts underlying property, especially in a capitalistic economic system, is the "bundle of rights" idea, especially as applies to real property. If one were to make a laundry list of these property rights, they'd include the right to possession. Despite this litany of rights over one's property, there really is no such thing as absolute ownership. Our rights to our property are well defined by law. However, many rules, regulations, and laws limit, restrict, and detract from such ownership. About every piece of real property in existence is subject to things such as local zoning laws; state and federal government environmental laws; and even the rights of our next door neighbors. The greatest, most severe government

infringement on our property ownership is that of eminent domain. This is the power of the government to take away our property for a larger public purpose. In doing so, the government is required to pay us 'just compensation' for the loss of our property.

As a practical matter, eminent domain is something that most of us will never actually encounter ourselves. Much more likely to occur, however, is running up against government restrictions limiting our property to one kind of use over another, say business as opposed to residence. Yet another more likely thing to happen would be minimal size requirements if we want to add on to our property; or the need for a fence install a pool; or the requirement to update our sewage system. You never know when the government, for one reason or another, may enact yet more rules and regulations further restricting our ownership rights.

When you really sit back and think about it, almost all law which doesn't deal with wrongful conduct revolves around the ownership, possession, and use of property.



Partnering with students from Smithfield High School National Honor Society, Senator Tikoian raised \$400 towards Toys for Tots.

Supporting Small Business Saturday, the students shopped at a local small business, Providence Brick Exchange on Cedar Swamp Road in Smithfield.



Photos by Mark Carrier

Smithfield High School Music Students Perform in a Festive Winter Concert

The festive sounds of music were performed by the students in the Smithfield High School bands and choruses on Thursday, December 14th. The "Holiday Gems" concert featured winter and holiday-themed music. There was no admission charge, but donations were welcome. The Music Booster Club's annual tradition of selling cookie trays continued, as well. It's also never too late to join the SHS Music Booster Club. With memberships only \$20 annually, the Booster Club is open to anyone who supports music at Smithfield High School. You can also join online at <http://shsmusicbooster.org/join/>. All funds raised through memberships are used to support the Smithfield High School Music Department.



Photos by Mark Carrier



Inside The Brown Bag

by: Peg Brown

New Year, New Words

“Isaac made a face and nodded. ‘English class is impossible. I don’t know how American kids ever learn this language.’

“Eli chuckled and said, ‘They might think Polish is hard.’

“No Papa, English is harder, because they make the rules and then break the rules. Like the letter c. It can sound like a k in cookie, or it can sound like an s in center. How are you supposed to know? If you put the t and h together it can sound like tooth...Or it can make a buzzing sound like a bee in that. Or an s can sound like in snake in soon, or it can be a z like in because...Who made up this stupid language?”

(Ronald H. Balson, Eli’s Promise, c. 2020.)

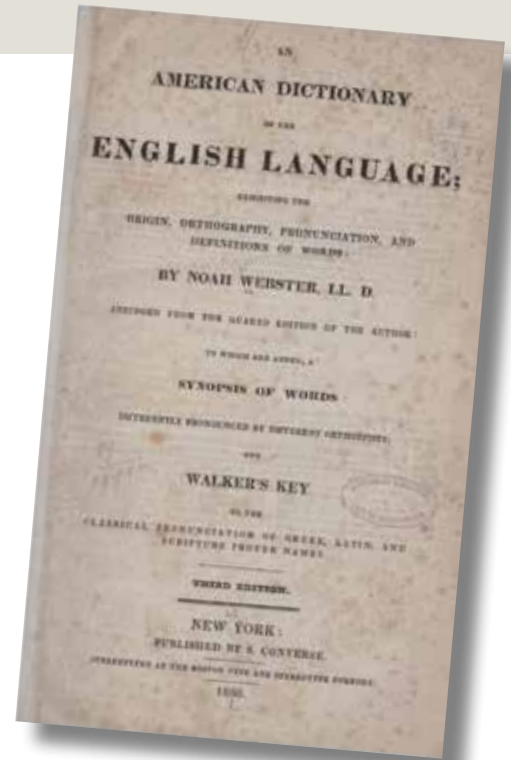
If our fictional Isaac was learning the English language today, he would have additional challenges. This year the Merriam-Webster dictionary added over 690 new words in its annual update. Often over 1,000 new words are added to the lexicon each year based on the following criteria: widespread use, either written or spoken among a group of people who agree on the meaning and staying power. Slang, dialects, slurs, and swears are not excluded from consideration.

The first rendition of an American dictionary, published in 1807, was authored by Noah Webster, who for the next 26 years worked to expand his first efforts, resulting in a volume which contained 70,000 words,

12,000 of which had never been published before. Webster is also credited with “simplifying” spelling, changing, for instance, “colour” (the British spelling) to “color” – distinctions that still exist today.

Webster’s product was further enhanced by the Philosophical Society of London whose members decided in 1857 that the three English dictionaries in circulation were “woefully” inadequate. They started a project to rectify this situation, estimating that in 10 years they could publish a comprehensive work that included about 64,000 pages. After five years, they were only on the entry for “ant.” It would take over 60 years to complete their dream – a body of work that included 10 volumes and over 400,000 words, published by the Oxford University Press in 1928. What is most interesting about this later publication is that its longest serving editor, James Murray, was pressured to leave out American words. But Murray’s vision was for a dictionary of English comprised of words – spoken or written on all parts of the word – including the USA.

This comprehensive volume was the result of a six-decade long invitation to the English-speaking world to submit words for consideration on a 4” X 6” slip of paper. The four top contributors were three inmates and one chief administrator, all connected with psychiatric hospitals. One alone submitted 165,061 slips for consideration.



In this globally connected digital age, editors no longer rely on handwritten slips, but do still consider the established criteria for including a new word or definition. The words added this year are organized into specific categories: slang; the digital world; the analog world; gaming; culture and society; food; the climate and environment; sports exercise; and business.

The following words were included in this year’s update:

- Goated: adj., slang, considered to be the greatest of all time
- Nerf: verb, to reduce the effectiveness of something in a video game
- Thirst trap: noun, a photograph or

See Brown Bag, page 27

video shared for the purpose of attracting attention or desire

- Bracketology: noun, practice of predicting the outcome of elimination tournaments
- Meme stock: noun, a stock that experiences a sudden surge in price and popularity.

I decided to visit a few sites to see what words had been introduced during my lifetime. In the 1960s, junk food, carpool, reality check, skinny dip, CD, and boob tube were among those added to the official record. Fast forward through the decades and the new additions mirror the cultural shifts, historic events, and advances in technology. The 1970s saw the introduction of newbie, ATM, retro, email, gas guzzler and rug rat. In the 1980s we found foodie, yuppie, photo op, cardio, couch potato, and bad hair day. In the 1990s we discovered DVD, Word Wide Web, regift, spam, and blog.

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

One TikTok user summed up this evolution best by saying, “Words can have multiple meanings and situational context matters. It’s kind of just how language works.”

Author’s notes:

- The first electronic copy of a dictionary was available in 1988.
- The word in the Oxford English Dictionary that has the most definitions: “run.”
- Oldest word: “town.”
- Shortest complete English sentence: “Go.”

Just published: *The Dictionary People*, by Sarah Ogilvie, published by Knopf, for those who want to read a comprehensive account of the creation of the Oxford English Dictionary.



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Tales from the Beyond

The Black Swan Inn

by: Thomas D'Agostino

www.tomdagostino.com

Arlene and I are always looking for haunted places to stay, and experience firsthand the ghosts that have become permanent residents of the establishment. Twice in the last few years, we stayed at the Black Swan Inn at 354 West Main Street in Tilton, New Hampshire.

The Black Swan Inn began as the home of Tilton Tweed manufacturer Selwin Peabody, and was later the manor of Arthur S. Brown, whose Tilton Endless Belts were used in the Model T automobile. Friends of Arthur Brown included Henry Ford, Harvey Firestone, and Thomas Edison.

Today this significant history lives throughout the property, and is echoed in the oak and mahogany paneling, stained glass windows, Chickering & Sons grand piano, formal gardens, and a country breakfast.

Rumors of the inn being haunted have long circulated. The innkeepers, John and Trish Basilere, just happen to be paranormal investigators, which makes the ghostly events of the inn more credible. The home and stables have a few spirits that often mingle with the living. Trish reassured us, "They are quite harmless. They just go about their business as we go about ours."



One of the ghosts is thought to be Isabella Brown, Arthur's wife, and player of the Chickering piano. The piano, located in a parlor near the front door, is often heard echoing through the house, yet no one is at the keys. While using dowsing rods and a recorder, Arlene stood near the instrument and asked who was standing to her right. The dowsing rods she was holding swung to the right and a voice was recorded answering, "Bertha." We are not sure who Bertha was, but she may have been a guest, friend, hired help, or neighbor.

Arlene then asked if the family was happy. When we listened to the recording, a voice, very clear and concise said, "Yes."

We ascended the stairs to the

bathroom, a most curious creation designed by Mr. Brown. The room was outfitted with a surgical table and other accoutrements if he or his wife needed emergency surgery at home. It was never implemented, but the room has never changed from its original design, even today.

The second floor is where guests see figures looking out the windows at them as they exit their automobiles and descend upon the stairs

leading to the front door. Footsteps in the hallway are sometimes heard in the night but upon checking, they are void of the living.

Trish uses a small sewing room for her other vocation, message therapy. There is a small "secret" staircase leading from that room to their bedroom just above. One night John and Trish experienced a strange shaking vibration in the bed. They thought someone was right below them in the message room but when they checked the room out, it was empty and locked. I asked if someone was in the room or on the stairs at the time and we recorded a voice that said, "Bedroom."

We spent the night in one of the stable suites. The spirit of a former stable

See Tales from Beyond, page 29

hand is thought to be in there still tending to his duties. Arlene and I held a vigil in our room where Arlene asked if the horses were still cared for. A sound much like a horse neighing and grunting broke the silence. We came out of the investigation with no doubt that spirits still tenant the bed and breakfast.

If you would like to experience a paranormal weekend at the Black Swan, stay posted to their website www.blackswaninn.net or go to www.diningwiththedead1031.com for details on when the event will be held pending the pandemic and all efforts to stay safe.

The Swan also presents several weddings and private functions each year. With nine spacious guest rooms, suites, and parlor space, the Black Swan is the perfect venue for intimate gatherings, bridal showers, memorial luncheons, and corporate events. Even the formal gardens and Arboretum have the touch of the Olmstead brothers who were famous for creating Central Park in New York City. Come for a stay and go back to history as it was. Rates are very reasonable; the atmosphere is incredible, and John and Trish are fantastic people. It's no wonder why some have stayed on after others have long checked out.



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Diaries of a College Student

First Semester Lessons and Tips

by: Ellorie Corcoran

It's official- the first semester is done. After one semester, I've learned a lot. Here are some lessons and tidbits from my first semester to hopefully make your experience easier.

Number 1: Try to avoid scheduling an 8:00 a.m. class. If it's your only option then you'll have to adjust, but if there's an option for another class, always take it. At first, you'll think it will be no problem because middle school and high school started at 7:30, but somehow once you get into college, you're not conditioned to wake up that early if you aren't a morning person. I thought I could handle it just like every other freshman, but after having to leave extremely early to get to class because the elevators are constantly malfunctioning and I didn't want to walk up 11 flights of stairs to get to my class, it became the worst part of my week.

Number 2: Don't rush to make friends. There's always this notion that because you're in college and there's all these new people that you need to make a ton of friends. I felt so much pressure to immediately have a large circle, and it overwhelmed me. I gave myself time, reconnected with the friends I'd made at orientation, made friends in my classes, and connected with some people I'd met on social media that were also going to my university as freshmen. Soon enough, I had a circle of friends that made me feel fulfilled and happy, while also giving myself the ability to branch out and continue to make

friends. Don't feel rushed or forced, take your time and you'll meet real and genuine friends.

Number 3: Homework is always done on the weekend. The library is your friend! While normally it's filled during finals, on the weekends it's quiet as a mouse at my university. One of the biggest differences between high school and college is that most work for college is due the next week, at least in my case. So, one day (or both) during the weekend, I take all my materials with me to the library and get it all done. It is so surprising how much someone can achieve in a few focused hours in the library compared to doing homework in your room or another place where you feel comfortable that isn't associated with academics. Studies have shown those places create less productivity due to their relaxed association, but to each their own!

Number 4: An Excel sheet with all your deadlines is a productivity dream. At the beginning of the year, I compiled all the assignments and their due dates from each of my classes (these can usually be found in the syllabus) and put them all in one giant Excel spreadsheet. Color coordinate by color and then order them by date, so your

most recent assignments will always be at the top. This is a great way to see your "week-at-a-glance" as to what homework or assignments are due, and to create a schedule as to when to do it all. The best part? I cross out the entire spreadsheet box once the assignment is done, and when you reach the end of the semester the entire spreadsheet is filled with crossed out assignments. It's a really rewarding way to appreciate all the work you conquered during the semester.

The semester flew by so quickly, however all these learning points for me are things I plan to use throughout the rest of my time at college (I'm luckily not taking any 8:00 a.m. classes next semester!). There is so much to learn and experience within yourself, the world, socially, and your academics through college, and these are just a few of the things I've learned throughout my time so far. Feel free to send your first semester tips to us on social media to be added to a future article!





A View From the Cheap Seats

Congratulations, Now What? The Fatal Flaw of the NBA In-Season Tournament.

by: Dan Pieroni

Is it wrong for a young child to beg their mother to buy a box of Kix because they like Kix and don't want the prize at the bottom of the box?

The above example illustrates what I believe to be the one drawback of the NBA's in-season tournament – it's nothing more than a gimmick designed to add spice to a monotonous regular season.

On the surface, the reasons behind having such a tournament make sense. NBA Commissioner Adam Silver pointed out in the November issue of Sports Illustrated that globally many other sports have in-season tournaments that have become an accepted part of the league's calendar. In addition, Silver believes that the timing of the tournament will allow the NBA to better compete with the NFL for fan interest, since there will now be something at stake in the early part of the season.

Perhaps most intriguing to fans, is the fact that this tournament will cut down on the practice of load management where coaches purposefully rest their stars during early season games that have little to no impact on the standings. This is done to ensure the stars will be at full strength come playoff time.

While Silver's arguments are sensible and sound, he did not hide behind the overarching reason as to why this tournament is being held, and its potential on fan interest.

Yes, you guessed it, money.

Teams that advance to the knockout stage of the tournament are guaranteed at least \$50,000, with the championship team receiving \$500,000 extra dollars to share, and the all-too obviously named championship trophy, the NBA Cup. The semi-finals and finals will take place in the glitz and glamour of picturesque Las Vegas, Nevada, which gives the players an opportunity to enjoy themselves in Sin City.

With the league's current television contracts expiring after next season, it will soon have the luxury of marketing this tournament as a standalone enterprise that is separate from the regular season television package of games. Thus, it isn't hard to envision a scenario in which the league dangles the tournament to a network or streaming service like a carrot in front of a hungry rabbit who will gladly overpay for the prestige of having a high-stakes sports tournament on their platform.

In short, the NBA In-Season Tournament represents the potential for extra cash for tournament qualifiers, extra tourism dollars for the city of Las Vegas, and almost certain extra revenue for the league in the form of TV monies.

How does this benefit the fans?

As of this writing, fans have already seen stumbling blocks that have threatened the long-term stability of the tournament. I for one do not like the different court layouts that are being used for the tournament. They are too colorful and look like someone

spilled an industrial size gallon of paint in the home team's colors on the floor. However, the biggest fault of the tournament manifested itself on November 28. That night, the Celtics had to beat the Bulls by at least 23 points and have the Nets beat the Raptors to advance to the quarterfinals.

Both tasks were accomplished, but afterwards several complaints were made regarding the Celtics increasing the score. This resulted in the team apologizing to a weak foul shooter for fouling him consistently to ensure the Celtics by the required number of points needed to advance.

If empathy is more valued than a championship in league circles this tournament has no chance of surviving!

Those familiar with the National Invitational Tournament know it pales compared to the NCAA tournament. Sure, the NIT title may be a nice thing to have, but it will eventually be nothing more than a gimmick against the status of an NCAA title.

Hence, this is the major flaw of the NBA In-Season tournament. Aside from the novelty of being the first team to win the tournament, the accomplishment is not as prestigious as winning the more highly regarded championship in the spring.

In essence, the NBA In-Season Tournament Championship is a prize at the bottom of a cereal box. It may be nice to have in the moment but will ultimately be forgotten about in due time.



Sausage Bake with Potatoes and Gravy

From ecipetineats.com

Ingredients

VEGETABLES

- 700g / 1.4 lb baby potatoes, halved.
- 3 carrots, peeled and cut into 2"/5cm pieces.
- 2 red onions, each cut into 8 wedges
- 2 garlic cloves, minced.
- 2 tbsp olive oil
- 2 tsp dried thyme
- 1 tsp dried oregano
- Salt and pepper

SAUSAGES

- 8 - 10 sausages (500-700g / 1-1.4lb) (Note 2)
- Oil spray (optional)

GRAVY

- 2 tbsp / 30g melted butter, unsalted.
- 2 1/2 tbsp flour (plain / all purpose)
- 2 cups / 500 ml beef broth (or chicken)
- Fresh thyme, for garnish (optional)



Instructions

- Preheat oven to 200C/390F (standard) or 180C/350F (fan / convection).
- Place Vegetable ingredients in a large bowl. Toss well to coat.
- Add sausages and toss briefly.
- Transfer into roasting pan. Pan should be of a size so the vegetables are stacked about 2 deep - see photos and video. Rearrange sausages so they are on top.

GRAVY

- In the same bowl used for the vegetables, add butter and flour. Whisk.
- Add a bit of beef broth and whisk, then whisk in remaining broth. (Don't worry if you end up with some floating butter bits)
- Pour down the side of the pan (don't pour over the sausages or veggies).
- Optional: Spray sausages with oil - browns slightly better (especially lean sausages).

BAKING

- Bake 25 minutes. Turn sausages. Spray again with oil (optional) then bake for a further 25 minutes or until sausages are browned and potatoes are soft.
- Serve Sausages and Vegetables with Gravy on top, garnished with fresh thyme leaves if desired. (See notes for Gravy thickness adjustment)



The Chief's Corner

by: Robert W. Seltzer, BSEE, EFO, MPA
Smithfield Fire Department Chief

This month I decided to present a bit of fire service nostalgia. One of the most famous fire prevention symbols in United States history is Smokey the Bear. Here is his story.

About Smokey

Kind of Bear

Smokey is a black bear. American black bears live in the United States, along with brown, grizzly and polar bears.

Weight

He weighs over 300 pounds. Smokey has black bear relatives who weigh as much as 800 pounds, and some of his grizzly bear cousins weigh almost a ton (that's 2,000 pounds)!

Weight at birth

Smokey weighed about 1½ pounds. In other words, he weighed about as much as a big loaf of bread.

Favorite Clothes

Smokey's favorite clothes are his personalized ranger hat, blue jeans and belt. Smokey often stands upright, shovel in hand.

Favorite Saying

Smokey's favorite saying is "Only you can prevent wildfires."

Favorite Foods

Smokey's favorite foods are forest takeout: ants and other insects, salmon or trout, bark, plants, roots, and berries. And honey, too, of course!

Favorite Winter Activity

Wildfire prevention keeps Smokey busy year-round. But his relatives go into a heavy sleep in the winter, called hibernation. They will awake if the weather is warm or if they are disturbed. Bears eat a year's worth of food in six to eight months so they have a layer of fat which keeps them fed during this winter sleep.

What Smokey Needs

Smokey needs your help! Smokey and his forest friends need healthy forests and wildlands in which to live. Help stop their homes from being destroyed by wildfires.

See Smokey the Bear, page 35



Smokey the Bear

Smokey's Story

Smokey Bear was born on August 9, 1944, when the USDA Forest Service and the Ad Council agreed that a fictional bear named Smokey would be their symbol for forest fire prevention.

Artist Albert Staehle was asked to paint the first poster of Smokey Bear. It showed Smokey pouring a bucket of water on a campfire and saying "Care will prevent 9 out of 10 fires." Smokey Bear soon became very popular, and his image appeared on a lot of forest fire prevention materials. In 1947 his slogan became the familiar "Only YOU Can Prevent Forest Fires!", which was later updated to be "Only YOU Can Prevent Wildfires!"

Then in the spring of 1950, in the Capitan Mountains of New Mexico, a young bear cub found himself caught in a burning forest. He climbed a tree to survive, but he was still badly burned. The firefighters who retrieved him were so moved by his bravery, they named him Smokey.

News about this real bear named Smokey spread across the nation, and he was soon given a new home at the National Zoo in Washington, D.C. As the living symbol of Smokey Bear, he played an important role in spreading messages of wildfire prevention and forest conservation. Smokey died in 1976 and was returned to Capitan, New Mexico, where he is buried at the State Historical Park, now called Smokey Bear Historical Park.

You can write Smokey Bear a letter at Smokey Bear Washington, D.C. 20252.



From the men and women of the Smithfield Fire Department, have a happy, healthy and prosperous New Year!





PETS OF THE MONTH

This is Carole. She is a 3-year-old Newfoundland. She is the funniest dog in our pack. She loves anything involving water, dirt or snacks. She is loved beyond measure by her humans.



Metro
Gibree



We LOVE pets at *The Smithfield Times*. Let's celebrate our furry, squirmy, or scaley friends every month. Submit a brief description to and photo brittni@smithfieldtimesri.net to be featured in the next issue of the magazine. Submissions might also be used on our Instagram.



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:



SHADOW: Say hello to Shadow. This handsome grey and white tuxedo male was found on the streets as a friendly stray with nowhere to call home. Luckily for him, he found our way to our doors. Shadow is approximately three years old, and he genuinely enjoys being around people as well as his kitty buddies here at the cat center. Shadow is sweet, affectionate and doesn't ask for too much...just some attention, head scratches and a cozy spot to catnap. Won't you add some brightness to this boy's life by giving him his very own forever home?

PRISCILLA: Meet Priscilla ... a petite one year old female looking for her happily-ever-after! Priscilla is a stunner with a beautiful calico coat. Her soft fur has muted tones of both orange and black striping accented by a white bib and paws. Priscilla was found by a kind neighbor who suspected she may have been abandoned. Priscilla is gentle, quiet and loving. She will melt your heart with just one glance! This girl has her bags packed and is ready to spend the rest of her life with you!



MR. BIG: Introducing Mr. Big! This handsome fellow certainly lives up to his name. Mr. Big was found fending for himself on the tough city streets. When he arrived at the cat center, it took him a bit of time to adjust to his new environment and learn he was safe and cared for. Now that this boy has come out of his shell and started to shine, his personality is larger than life...just like his namesake! Mr. Big is approximately two years old and has a fluffy white long-haired coat with orange on both his head and tail. Mr. Big is yearning to live his best life. He enjoys being pet and would make an ideal companion for the right person or family willing to give him a chance.

ALL CATS ADOPTED FROM THE COMMUNITY CAT CENTER HAVE BEEN SPAYED/NEUTERED, VACCINATED, TESTED FOR FELV/FIV 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://pawswatch.org/adoptions/>

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.



Greenville Public Library

573 Putnam Pike, Greenville, RI 02828
Contact: Cassie Patterson • 401-949-3630 ext 117
greenvilleasstdirector@gmail.com • greenvillelibraryri.org



Children's Events

Winter Session Storyhours

Registration Week January 2- 6 Begin Week of January 8

Turtle Time ages 1 ½ - 2 ½ Mondays 10:00 am

Toddler ages 2 ½ - 3 ½ Tuesdays 11:30 am

Preschool ages 3 ½ - 5 Thursdays 10:30 am

Crafternoon for Kids

Wednesday January 3 4:15 pm Ages 5-10

Create a fun craft with library friends.

Free Play Fridays January 5,12,19,26 10:00 am – 12:00 pm

Pretend play with a new theme each week.

American Girl Book Club

Tuesday January 9 4:15 Grades 3-5

Magic Tree House Book Club

Thursday January 18 4:15 Grade 2

Sensory Storytime Saturday January 13 Stories, bubbles

and sensory play Ages 5-10 2:00 pm

Cozy Winter Blankets Tuesday January 23 4:15 Ages 5-10

Create a no -sew blanket!

Winter Bedtime Storyhour Monday January 29 Ages 3-6

Sensory Storytime Saturday January 27

Stories, bubbles and sensory play!

LEGO Build After School

Wednesday January 25 4:00- 5:00

Drop in to play with the library LEGOS !

Bryant University Tutoring

Drop in tutoring with Bryant students

Thursdays 4:00 – 6:00 pm

Game Day Every Friday 3:00 – 4:30 pm

Play library board games with a friend!

Teen Events

Drop-in Volunteering: Caring Cards (Grades 6-12)

Thursday, January 4 & 18 3:30-4:30 pm

Earn an hour of community service by creating uplifting cards for hospitalized kids. All materials will be provided. Open to anyone in grades 6-12. Drop-in program, no registration required.

Magic: The Gathering (Grades 6-12)

Monday, January 8, 6:00-8:00 pm

Play the fantasy trading card game at the library.

We'll have decks of cards available, or you can bring your own. Beginners welcome! Open to anyone in grades 6-12. Please register on our website: <https://greenvillelibraryri.org/teens>

Teen Take & Make: Keychain Fidget

Kits available on Tuesday, January 9

Create a fun and colorful fidget that you can attach to a backpack or keychain. No registration required. Kits will be available on a first come, first served basis, while supplies last.

Cozy Craft (Grades 6-12)

Thursday, January 11, 3:30-4:30 pm

Relax after school with hot chocolate, tea, and a mindful craft. All materials will be provided. Open to anyone in grades 6-12. Please register on our website: <https://greenvillelibraryri.org/teens>

The Middles: Edible Engineering (Grades 4-6)

Monday, January 22, 6:00-7:00 pm

Are you too old for the children's programs, but not old enough for the teen programs? The Middles is the place for you on the fourth Monday of the month! Tweens in grades 4-6 are invited to join us for a delicious engineering challenge using candy, pretzels, and other tasty treats. Please register on our website: <https://greenvillelibraryri.org/teens>

Teen Advisory Board (Grades 6-12)

Monday, January 29, 6:00-7:00 pm

Earn volunteer hours by sharing your time and opinions with the YA librarian! This month, we will be discussing new additions to our board game collection. All participants will earn 1 hour of community service. Open to anyone in grades 6-12. Please register on our website: <https://greenvillelibraryri.org/teens>

YA Graphic Novel Book Club (Grades 6-12)

Wednesday, January 31, 6:00-7:00 pm

Read, write, and draw with us! Each month we will discuss a graphic novel and work on our own comics. Copies of this month's graphic novel will be available for check out at the library's front desk. Open to anyone in grades 6-12. Please register on our website: <https://greenvillelibraryri.org/teens>



East Smithfield Public Library

50 Esmond Street, Smithfield, RI 02917
Contact: Frank Floor – 401-231-5150 x5;
Bethany Mott – 401-231-5150 x2



Children's Programming:

Arts and Crafts Club – Monday, January 22th from 4:00 p.m. to 5:00 p.m.

"Books Are Fun!" Book Group – Thursday, January 11th @ 4:30 p.m.

Bookworms Book Group – Thursday, January 4th @ 4:30 p.m.

Kindergarten Countdown – Thursday, January 18th from 6:30 p.m. to 7:15 p.m.

Middle School Book Group – Wednesday, January 10th @ 3:30 p.m.

Pajama Story Time – Thursday, January 25th from 6:30 p.m. to 7:00 p.m.

Preschool Story Time (children ages 3 to 5 years old) – Wednesday mornings from 10:30 a.m. – 11:00 a.m.

Saturday Specials: January 6th @ 10:00 a.m. – "Grab and Go" Snowflake Craft; and January 20st @ 10:30 a.m. – Family Story Time.

Smithfield Special Ed Story Time – Saturday, January 13th at 10:00 a.m.

Tiny-Tots Story Time (children 18 months to 3 years old) – Tuesday mornings from 10:30 a.m. to 11:00 a.m.

Yoga for Kids – Monday, January 22nd @ 10:30 a.m.

Young Adult Programming:

Book Buffet – Monday, January 8th at 3:00 p.m.

Creative Writing Workshop – Wednesday, January 24th from 5:00 p.m. to 6:00 p.m.

Doodle Day – Tuesday, January 16th @ 5:00 p.m.

Pinch Pottery – Monday, January 29th at 3:00 p.m.

Study and Snack – Tuesday, January 2nd @ 4:30 p.m.

Teen Book Club – Tuesday, January 9th at 4:30 p.m.

Adult Programming:

Adult Craft – Monday, January 8th @ 5:30 p.m.

Card Club – Thursday, January 4th @ 5:30 p.m.

Coded Robots Roll – Tuesday, January 16th @ 3:30 p.m.

Cozy Game Day – Saturday, January 27th from 10:30 a.m. to 2:30 p.m.

Craft – Winter Scene Vase – Tuesday, January 30th @ 6:00 p.m. or Wednesday, January 31st at 11:00 a.m.

Discover Maker Cart – Wednesday, January 10th, 17th, and 31st from 3:30 p.m. to 5:00 p.m.

Drop In Tech Help – Every Monday at 11:00 a.m.
Enhancing Storytelling with Chat GPT – Tuesday, January 23rd and Monday, January 29th at 6:30 p.m.

Fantasy Book Club – Monday, January 29th @ 6:00 p.m.
Esmond Blanket Display – Saturday, January 20th from 11:00 a.m. to 2:00 p.m.

Introduction to the Cricut Maker 3: Basic Vinyl – Thursday, January 11th @ 5:00 p.m.

Introduction to the Cricut Maker 3: Heat Transfer Vinyl – Friday, January 5th @ 4:00 p.m.

Introduction to the Cricut Maker 3: Infusible Ink – Thursday, January 18th @ 5:00 p.m.

Jewelry Making Open Studio – Saturday, January 13th from 10:30 a.m. to 12:30 p.m.

Laser Craft: Keychains – Saturday, January 6th at 11:00 a.m. and 1:00 p.m.

LEGO Brick Films – Tuesday, January 30th @ 6:30 p.m.

Matinee Movie – Wednesday, January 3rd @ 1:00 p.m.

Meet Our Laser Machine – Friday, January 12th and January 19th at 4:00 p.m.

Sublimation Key Chains – Saturday, January 20th at 11:00 a.m.

3Doodler: Learning How to Draw in 3D! – Wednesday, January 3rd and 24th from 3:30 p.m. to 5:00 p.m.

3-D Print Studio – Monday, January 8th @ 6:30 p.m.

3Printing Design: 3D Printing: Creating 3D Models with Tinkercad – Monday, January 22nd at 6:30 p.m.

Thursday Night Book Club – Thursday, January 25th @ 6:00 p.m.

Trivia Night – Harry Potter – Monday, January 22nd at 7:00 p.m.

Virtual Game Night – Thursdays @ 6:00 p.m.

Wildlife Solutions: Nocturnal Nuisances – Thursday, January 11th at 6:00 p.m.

Yoga for Adults – Wednesdays, January 17th to February 21st at 5:30 p.m.

Friends of the Library Events:

December Holiday Bazaar Fundraiser – A great big "Thank You" to all who helped make the library holiday bazaar a HUGE success.

Ornaments & Holiday Decorations – Drop off any excess ornaments and other small decorations in the donation box at the library.

Winter Houseplant Swap – February 24th at 11:00 a.m.

Coffee, Cake & Conversation Book Group – Tuesday mornings at 10:30 a.m.

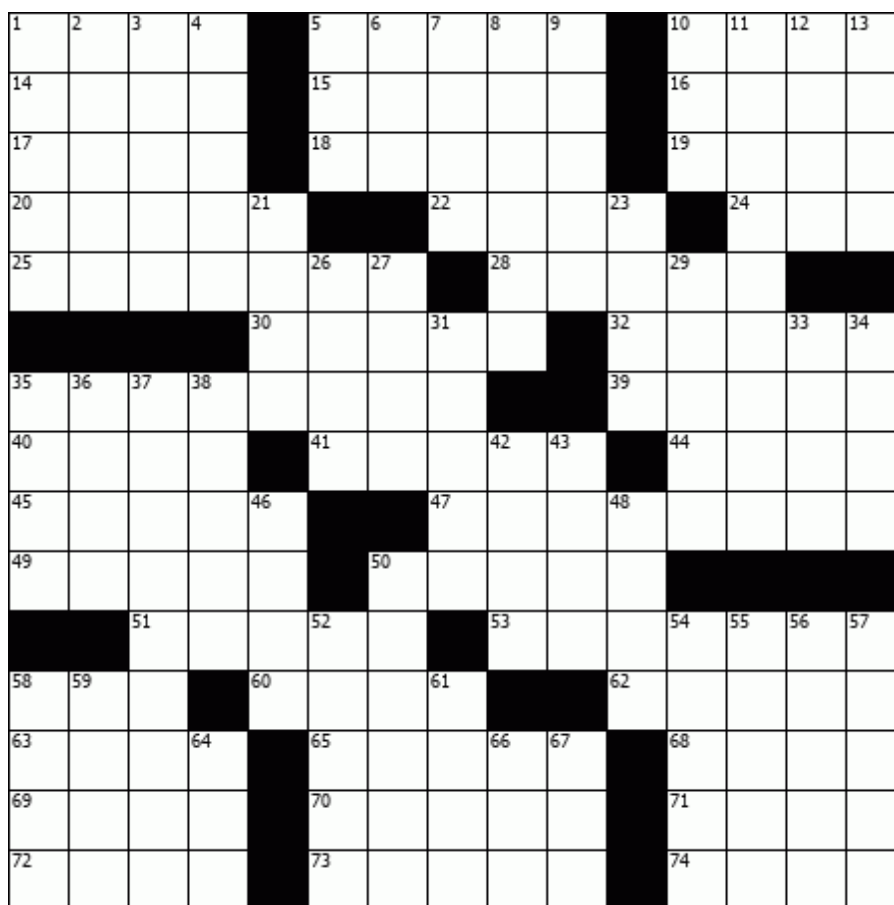
Little Free Food Pantry – Open during library hours. Donations of nonperishable food and personal care items especially needed.

Little Free Library – Open 24/7 on the library ramp. Email Contact: friends.east.smithfield.library@gmail.com; next meeting: January 13th @ 1:00 p.m.

Crossword Puzzle

Across

1. Show concern
5. Native Peruvians
10. Gyrate
14. Korea's locale
15. Rely on
16. Firefighter's need
17. Coin factory
18. Chip dip
19. ____ Fitzgerald
20. Double-____ sword
22. Money drawer
24. Nevertheless
25. Composer ____ Bernstein
28. Forest clearing
30. Broadcasted again
32. View
35. Turkey's largest city
39. Prank
40. Active person
41. Off kilter
44. Actor ____ Hackman
45. Actress ____ Blair
47. Captivated
49. Musician ____ John
50. Serpent
51. Sports building
53. Molded dessert
58. Plant holder
60. Room partition
62. Succinct
63. Satanic
65. String instrument
68. Unaccompanied
69. Roof edge
70. Elude
71. Bakery hot spot
72. Implored
73. Highway divisions
74. Household animals



Down

1. Desert beast
2. Stage whisper
3. Beatle ____ Starr
4. Dined
5. That thing's
6. Gun org.
7. Religious sect
8. Appoint
9. Horse's chamber
10. That girl
11. Synthetic fabric
12. Capri or Man
13. Well-groomed
21. Shucks!
23. Liquid rock
26. Country singer ____ McEntire
27. Snare ____
29. Australian dog
31. UFO pilot
33. Fork point
34. Served perfectly
35. Unoccupied
36. Earth
37. Provisional
38. Zeal
42. Catch
43. Behalf
46. Once more
48. Dissolve
50. Mouth liquid
52. Marine
54. Fable writer
55. Treasure ____
56. Small landmass
57. Advertising lights
58. Chick's sound
59. Track shape
61. Waterfowl
64. Had more points
66. Fabrication
67. Radio spots



Answers to puzzle on page 42



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Obituaries



Stephen A. "Harvey" Schwartz
11/19/23
www.andersonwinfield.net



Norman J. Carcieri
11/28/23
www.thequinnfuneralhome.com





Carolyn L. Profughi
12/15/23
www.thequinnfuneralhome.com

Answers to Crossword Puzzle from page 40.

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

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.



Obituaries



Anna Mary (Hanley) Ulman

12/8/23

98, of North Scituate, RI died December 8, 2023 after a brief illness. Born in 1925, Anna was the daughter of Andrew and Rhea (Smith) Hanley of Elmsport, PA. Her siblings included Fred, Raymond, Blair, James (Tiny), Philip and Susan.

In 1949, Anna was married to Albert Ulmer and raised their two children, Charles and Linda. Following Albert's death, Anna married Howard Ulman in 1961 and raised their daughter, Marcy who died in 1977, and was a kind step-mother to her three step-sons, Jeffery, James and Louis Ulman.

She earning her Bachelor's Degree from Lycoming College, PA, and her Master's in Education from Bucknell University, PA. She taught elementary school in Muncy, PA, West Warwick, RI, and in Herkimer, NY.

After moving to New York, Anna and her husband formed the Mohawk Valley Alpiners club in 1970 which is still active today. They loved hiking, camping, snow shoeing, canoeing and cross country skiing. Upon her retirement from teaching, they moved to Benson, NY, in the heart of the mountains. Anna and her daughter, Marcy, were "46ers" having climbed all 46 high peaks in the Adirondacks.

A lover of card games, Anna was active with the Smithfield Senior Center for many years. She loved dressing in costume for their annual Halloween party, winning many first prizes. Although her kids didn't know it, Anna was a poet. In her senior years, she wrote many poems. One marks the beginning of the trail alongside the Senior Center at Deerfield Park. In addition, she ushered at PPAC (Providence Performing Arts Center) for at least 15 years and well into her 90s. Anna had a small "take one, leave one" library on her front lawn. This source of books was a delight to her many neighbors.

She is survived by her two children, Charles (Pamela) Ulman and Linda (William) Hogan and their families, her step-children, her brother Philip and sister Susan, plus many nieces, nephews, grandchildren and great-grandchildren.

Funeral services will be private and at the convenience of the family. Gifts in her memory may be made to the HopeHealth Hular Hospice Center, 1085 North Main St. Providence, RI 02904 or HopeHealthCo.org. or to the charity of your choice.

Final arrangements have been entrusted to The Winfield and Sons Funeral Home, North Scituate, RI.

Take a Break at Waterman Lake



The New England winter *can* be a season of beauty, calm and friendship. That's right. Leave the hassles of winter behind, and come spend winter here at The Village's Independent Chalet Building. We offer seasonal vacation stays at **reduced rates**. Come stay in one of our fully furnished apartments, and enjoy breakfast, lunch and dinner served daily in our lakeview dining room.

Forget worrying about snowstorms, icy driveways and potential power loss, come sit by the fire with a book from our library, or sip a cocktail in our English-style pub. Attend any one of the countless activities offered daily, or join us on a chauffeured excursion throughout town.

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