

# JAY KNOWS A GUIDE

JUNE 2021  
FIRST EDITION

**STORY  
INSIDE**

## Hero Among Us: TOM VALLETTA

PRESENTED COURTESY OF GEL'S KITCHEN

### ALSO IN THIS ISSUE:

HOW TO KEEP SHOPPING LOCAL,  
SPOTLIGHTING OUR LOCAL  
MUSICIANS, & MORE!

FIND THIS ISSUE AND MORE AT [JAYKNOWSAGUY.COM](http://JAYKNOWSAGUY.COM)

# JAY KNOWS A GUIDE

JayKnowsAGuy.com



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FATHER  
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Huge thanks to

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for helping to make Jay Knows A Guide possible by being one of our valued business partners




Coventry Candle is located inside Krafty Sisters at 15 Sandy Bottom Road in Coventry

MENTION THIS AD to receive 15% off at Coventry Candle through 8/31/21 (Can not be combined with any other offers!)

Krafty Sisters is the home to over 100 amazing local crafters, including such items as; handmade jewelry, hand crafted signs, blankets, items for pet lovers, of course, Coventry Candles, and MUCH more!



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Facebook

# WHO IS JAY,

and why should you care about the guys and girls he knows?

I am Jay Messier, the President & Owner of Jay Knows A Guy. I proudly introduce you to the very first edition of; Jay Knows A Guide!

While Jay Knows a Guy has become well known in Rhode Island for showcasing delicious foods, places to shop, and local service providers, what we REALLY are doing is showcasing COMMUNITY! We're trying to let you get close and personal with the people in Rhode Island, whether it's the girl that bakes your cupcakes, the guy that cooks your pizza, or the people doing amazing work to make our corner of the world a better place to live! This publication is a bite-sized extension of the aforementioned. We will strive to spotlight community stories, local events, and local businesses!

But who am I? I was born and raised in Coventry, living there until 2013 when I moved "all the way" down the road 3 miles into West Warwick. That same year I literally began anew on almost every aspect of my life. I sold my former business, broke up with my ex fiancé and set out on an unknown path. I knew my life needed more. While I made decent money at that job, that endeavor led to too many long nights at the bar and not enough time with the people that mattered most; my children; Autumn & Jacoby, then 13 & 4. I went back to delivering pizza for six months, then worked odd jobs for the next year while moving into a small studio apartment and assessing what I needed and wanted in my life moving forward.

Shortly thereafter I started several Facebook groups & pages. They were at first a venting page for grievances and negativity but it slowly evolved into the epicenter of positivity in our community. When you find your calling in life, you just know and feel it. Helping the community is my calling. The struggle for me was going to be finding a way to do that while also supporting my family financially. Throughout 2014 & 2015, I slowly morphed into a community leader. Most notably, driving my Crazy Christmas Wagon around during the holidays collecting gifts and donations for families in need while spreading good cheer to all. However in December of 2015 I was again without a job, at a huge crossroads.

I wanted a job where I could be creatively fulfilled, support my family sufficiently and be able to help the community! But there didn't seem to be one set fit for me; so I paved my own path and created it; Wicked Local RI, now known as Jay Knows A Guy.

I always thought it would be awesome to have a "Restaurant Week" in West Warwick. So I literally did the arduous task of walking from restaurant to restaurant with the "cold sell" to local businesses to be part of "Wicked Local Week West Warwick". The niche to our promotion would be promoting this week throughout my then, much smaller social media network, and an uber personal approach to the advertisements. When all was said and done, we ended up including more than just restaurants, highlighting 40 businesses in March of 2016 including salons, specialty shops, trade based businesses, oil companies and of course restaurants and bars.

It was such a success that I immediately went to the Secretary of State's Office and became an official LLC under the name Wicked Beautiful Rhode Island LLC. I went on to promote over 200 businesses in the state before the year was over! Over the past 5 1/2 years I have slowly and organically cultivated an audience of over 70,000 followers and growing! While everyone needs to make a living, my main goal is always to be a good community neighbor, help those in need to the best of my ability and make a small positive difference to those around me. I'm blessed to be able to have a job which enables me to do both!





### **SENSATIONS WELLNESS & INTIMACY**

Jennifer DiPinto & Amber Lavallee, are passionate about helping people. They offer a variety of wellness and intimacy products, including; adult toys for everyone, lingerie, male and female enhancement products, massage oils, lubes, jewelry, DVDs, white sage, chakra crystals, and more! A personalized experience every time.

Shop online now at [SensationsRI.Com](http://SensationsRI.Com)



### **FULLY FURNISHED CONSIGNMENTS**

Jennifer McCarthy sells and consigns a large variety of items from furniture, home décor, antiques, collectibles, books, comics, vintage toys and more. You literally never know what you're going to find!

1889 Post Rd Warwick, RI

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This locally owned assisted living community, located on Commonwealth Ave in Warwick, feels like home because it IS home! Not just for the residents, but also for its owners, The Willoughby Family, who literally live right next door to the 10-bed remodeled home. This is assisted living done local, and is unlike anything else in Rhode Island!

For more information visit  
[www.commonwealthouseri.com/](http://www.commonwealthouseri.com/) or call 401-298-6986



## JOHN J. CLARKE INSURANCE

For over 90 years, this locally owned and operated business has provided individualized home, business, life, and auto insurance to residents through Rhode Island!

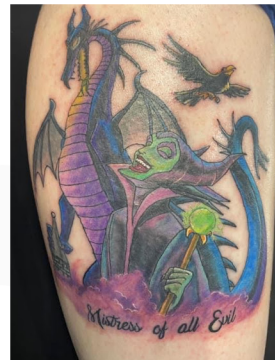
Looking for a quote today?  
 Call Lori Clarke Petrosinelli at 401-821-7330.



## MAC ENTERPRISES INC. COLLISION REPAIR

If you're unfortunately in an accident or you're left without a car and need a rental or need body repairs, Mac is the place to go! In the case of an accident it will cost you ZERO out of pocket and Jess will get you in a car the same day and deal with all that monotonous insurance stuff for you.

Call Jess at 401-828-2553



## SUITED DEVIL'S INK

The Official Tattoo Shop of Jay Knows A Guy is open 7 days a week, with walk-ins always welcome!

Located at 1369 Main Street in West Warwick

Call 401-828-8668 to make an appointment.



COVER STORY

# *Hero Among Us:* TOM VALLETTA

Social media at times can be a toxic pit of negativity. But beyond that toxicity, are good people, doing good things! Sometimes, they stand out, to steal a line from Rodney James Dio, like a rainbow in the dark! One such case, is Tom Valletta, the Summer 2021; Gel's Kitchen & Jay Knows A Guy Heroes Among Us Award Winner!

Tom was a former mail carrier in Coventry for over 34 years, his last of which taking place in the crazy events of this past year. He walked an estimated over 100,000 miles and delivered over 8 million pieces of mail.

Even though Tom now lives in Coventry, and has become a stalwart in the fabric of the town, he actually grew up in, neighboring West Warwick. Coventry was not Tom's first or even second choice for mail routes. You almost can't blame him. He grew up as a West Warwick Wizard and maybe the thought of delivering to his High School Rival Coventry Oakers didn't initially appeal to him.

But, as is often the case with Coventry, it grew on him. After several years of delivering mail in town, he fell in love with the businesses, the streets, and most importantly the people that live there. So he and his family decided to make it their home. Fast forward now to April of this past year, just weeks before Tom approached his final walk through town. He struggled with the proper way to say goodbye to the thousands of people he met along those long miles.

Tom didn't want the pandemic to be over and his customers to just wonder "What happened to Tom?!" So he turned to Jay Knows A Guy's own Coventry, RI; Biggest Town in The Smallest State Facebook Group for what was a heartfelt thank you and farewell to the town he served for over 3 decades!

What happened next was something even Tom didn't fully expect. An over pouring amount of appreciation directly back at him from the community! On social media, sometimes every opinion, even the most innocuous, turns into the wrong opinion for some people. But this post had an unprecedented, universally positive reception!



**Thanks to Gel from Gel's Kitchen for sponsoring this award!**

If anyone knows a hero in the community, it's Gel! Gel has two locations to eat her delicious breakfast or sip on her thirst quenching mimosas.

1745 Main Street in West Warwick  
3003 West Shore Road in Warwick



Since the post, as the cover of this magazine attests, Tom has become quite a local celebrity! He's received gift baskets, gift cards, and hand written letters. People stopped him on his route to get a picture, and properly say goodbye, to a man who had quietly become a huge part of their lives over the years.

If you want a photo with Tom now though, you'll have to get it out of his mail uniform, at a local store or restaurant. Or perhaps when he delivers you flowers! Yes, Tom couldn't fully retire. It doesn't seem to be in his DNA. He's delivering flowers part time for Jack Iannotti Flowers in Coventry.

Despite his now newfound fame, Tom still to me remains a humble man. He doesn't consider himself a "hero". As he stated to; "It's not like I'm running into burning buildings." But, heroes are made of many different fabrics. And that's what our Gel's Kitchen/Jay Knows A Guy Heroes Among Us Award is all about.



I feel strongly in bringing these unsung heroes front and center, and encouraging more of this positivity! Each issue of Jay Knows A Guide I will scour through the depths of social media and find the some of the many heroes in our community going above and beyond the call of duty! Thank you Tom for your 34 years of service in the community! You truly are, a hero among us!

---

**Do you have a friend that retired like Tom Valletta? Want to celebrate their accomplishment?**

**You might need the services of**

***HAPPY SIGN RI***



Surprise your friends & family with celebratory signs on their lawn for birthdays, graduations, new baby, retirement, weddings, and more!

Call Shawna, the owner of this family run yard sign company at 401-369-1516 for pricing and details.

[HappySignRI.com](http://HappySignRI.com)



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# WALK ACROSS RHODE ISLAND Spotlight

## LONG & ELL PONGS NATURAL AREAS HOPKINTON, RI

Entrance Coordinates: 41° 30.528' N 71° 46.874' W

Located in the woods of Hopkinton, this trail is personally my favorite in the state of Rhode Island that is not immediately adjacent to or within view of an ocean.

The path itself is can become challenging, so be careful if you're bringing children. It measures approximately 2 miles around both Long & Ell Pond reserves.

Beyond the trail, the "sweet spot" at the end is one of the best you'll find in Rhode Island; Long Pond Rock! The moderately difficult climb to the top this rock will be worth every step. The view out onto Long Pond is awe inspiring. Make sure you give yourself a few minutes to sit, relax, and take in some of nature's true beauty.



Jay Knows A Guy together with LaundryFly.com, are spotlighting a handful of our favorite hiking trails in Rhode Island. Visit [JayKnowsAGuy.com](http://JayKnowsAGuy.com) and check out the "Fun in Rhode Island" Section for our ever growing list of trails in and around the Ocean State.

Thanks to LaundryFly for sponsoring this listed. There are plenty of better things you can do with your time, like hike across Rhode Island, if you let LaundryFly.com lighten the load off you!

Scott Waterman's Team can pick up, wash, dry, fold and return your laundry to you! Call 1-844-DIALFLY or visit [LaundryFly.com](http://LaundryFly.com) for more details or to arrange a pickup

# KEEP CALM & Johnson's Pond



Johnson's Pond, also known as Flat River Reservoir, has been a local Coventry oasis for generations! From Fourth of July celebrations, swimming, tubing, campfires, fishing, eating, drinking, the annual Ski Show on the banks of Hall Beach, and countless other recreational activities!

I personally have been coming to The Pond since I was born! The beautiful cottage on Raymond's Point, which was originally owned by my grandparents; Luke & Anita Santangelo, now by my aunt & uncle; Deb & Frenchy Arel, has provided countless memories for myself and my family since the mid 70's!

Last year, with the craziness around us, The Pond was one of the few things many had to lean on for some form of normalcy! While celebrations were altered, certain families members unable to travel, we at least still had The Pond.

Sadly this past year there has been fear that there might not be enough water to do many of those things we enjoy about pond life! So I reached out in my Coventry, RI; Biggest Town in the Smallest State Facebook Group and asked for our followers to share some of their personal photos, sharing good times on The Pond.

I thought about posting an article here discussing the details of the drama that has surrounded our beautiful pond. Instead, I decided to make it simple and share a collection of photos you sent me, along with some from my own family over the years.





Photo By: Gia Howard



Photo By: Kaylin Pelletier-Koenig



Photo By: Debbie Ogni

# PUPPIES OF THE POND

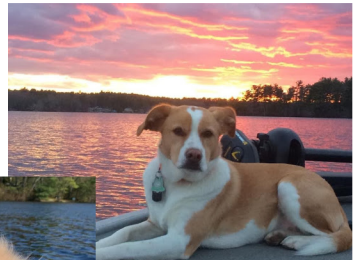


Photo By: Tom Joyal

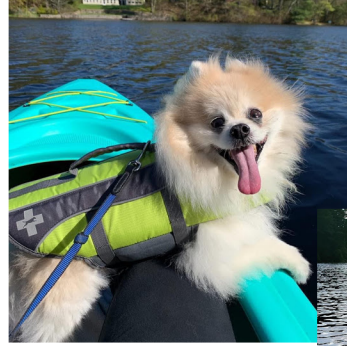


Photo By: Amanda Mattress



Photo By: Steve Dilvois Kukurakis

# SUNSETS OF THE POND



Photo By: Janice Sauvageau

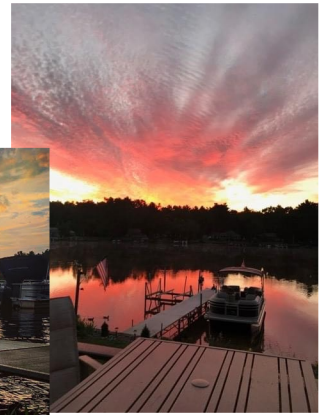
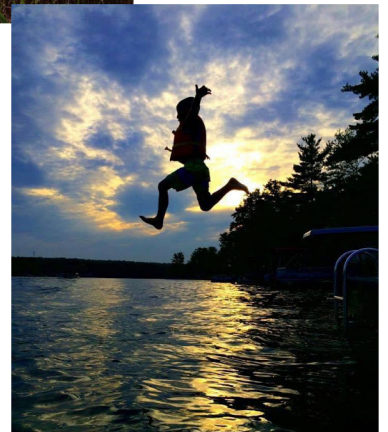


Photo By: Janice Sauvageau



# RIKEN POOLS



Worried you won't be able to swim on The Pond this summer? The time might be now to contact Riken Pools in Coventry! Whether it's installation, maintenance, or pool supplies, Riken will have you swimming in no time!

Call 401-615-5536 for questions, or to book your installation!



### LIV'S POT CREATIONS

Olivia creates adorable pot people creations out of many popular characters, and can custom create one for you! She's made such pot people as; Mickey & Minnie Mouse, Winnie the Pooh, various Wizard or Oz Characters, Harry Potter, Scooby Doo, and more!

To order your own Pot visit the Liv's Pot Creations Facebook group or email Olivia Williams at [livspotcreations@gmail.com](mailto:livspotcreations@gmail.com).



### HUSH LITTLE BABY CAKES

Unique, cute, but useful, custom made gifts. Beth Peltier can customize diaper cakes in any theme including; Star Wars, Disney, Harry Potter, nautical, woodland, rustic, and more.

To place an order or find more details, visit Hush Little Baby Cakes & Gifted on Facebook or call Beth at 401- 465-8319 OR email [HushLittleBabyCakes@gmail.com](mailto:HushLittleBabyCakes@gmail.com)

# SPOTLIGHT ON CRAFTERS & VENDORS



### RECLAIMED & REFINED SIGNS

Heather Sauerbrey, owner of Reclaimed and Refined Signs, hosts do it yourself wood sign paint parties. You do not need to be an artist to create a beautiful sign. It is all made through the use of stencils, no free handing required. Heather walks you through each step of the way. You can host in your own home, outdoors, or at a local restaurant. And the best part, everything you need is provided! And the host paints for free!

For more questions email [reclaimedandrefinedsigns@gmail.com](mailto:reclaimedandrefinedsigns@gmail.com)



### CHRISTINE'S \$5 BLING BOUTIQUE

Almost everything that Christine sells is ONLY \$5! Bracelets, Necklaces, Rings, Earrings and more! There is even a children's collection with items as low as \$1! You can also find Christine on her weekly Facebook Parties, or your own private home party!

View her online store at <https://blingboutique.commentsold.com/store> or call 401-451-4437

We are bound—  
you and I,  
bound to each other  
the way the sky is bound to the sea.  
in an endless horizon  
currents that draw us in  
stronger and deeper still  
it's the only place we can be.  
to find us,  
one need only search the waves  
a steady rhythm of the heart.  
like salt in the sea  
adrift in each other,  
we become one and the same  
the only place we are free.  
we are bound—  
you and I,  
the way the sky is bound to the sea.

"We Are Bound" can be found in Robyn Bourgoïn's forthcoming debut publication.

"The Edge of Everything" is an original collection of poetry inspired by love, loss and photographic journey's to find peace in the natural world. Copies can be purchased through Amazon or found locally at Rarities Bookstore in Wakefield and Ohanga in Newport. It will also be available on JayKnowsAGuy.com.



Robyn's book looks pretty electrifying, and so does the new Official Electrician of JayKnowsAGuy.com...



## HANLON ELECTRIC LLC

Jeremi Hanlon, local Coventry resident, is a third generation electrician and the brand new official electrician of JayKnowsAGuy.com!

Whether it's residential or commercial Jeremi and his crew can service all your needs throughout Rhode Island or Southern Massachusetts.

# KHOO



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Salmon, cream cheese, and crunch, topped with white tuna, seaweed salad, wasabi mayo & tobiko

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BBQ Feast Platter

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WEST WARWICK  
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**JAY DEFINITELY  
KNOWS A  
PLACE TO EAT!**

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SHOPPERS PLAZA,  
COVENTRY

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# SHOW US YOUR FOOD

## WIN \$500 IN FREE GIFT CERTIFICATES



If you visit any eatery listed in the JayKnowsAGuy.com Wicked Local Eats Section, then send us the photos of your food, you will be entered to win \$500 in FREE Gift Certificates to various local businesses in our quarterly drawings!

-  No limit to entries! You will be entered into our random drawing for each food item you send us a photo of, each visit!
-  Prizes for the best photos taken!
-  Prize for the person who sends the most entries!

Send your entries to;  
JayKnowsAGuy@gmail.com



Please include; Your Name, Restaurant/Eatery Name & Food/Drink Pictured with the email heading "Photo Contest".



# SPOTLIGHT ON LOCAL MUSICIANS

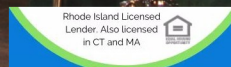
Are you a local musical artist looking to be spotlighted this summer?

Jay Knows A Guy will be teaming up with Lori Venditelli- Mortgage Loan Officer NMLS 1188325 of Harbor One Mortgage, for a brand new special feature throughout our Facebook Pages & Groups entitled: LIVE Music w/ Lori

There is absolutely ZERO cost to be spotlighted. We're just looking to shine a little light on some of our amazing local musicians. Call or Text 401-537-8301 if you're interested in being featured.

Our spotlights will be a combination of showcasing those artists in action at local bars, restaurants, and other events. While also sitting down and talking to some musicians to learn who they are as people and what their inspiration is!

Thank you Lori for teaming with Jay Knows A Guy on this spotlight. Lori is The Official Home Mortgage Lender of JayKnowsAGuy.com. Looking for a loan? Call Lori Venditelli at 401-585-3823 or email [lvenditelli@harborone.com](mailto:lvenditelli@harborone.com).



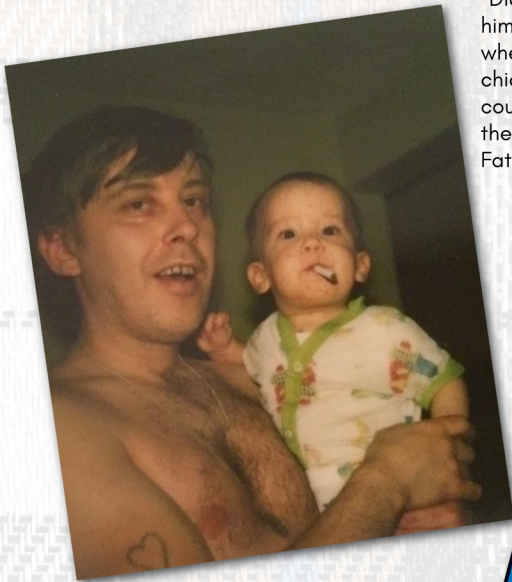


Waste Away Septic Services knows the crap that Dad deals with all year long! That's why Richard Seymour of Waste Away joined forces with Jay Knows A Guy to wish the Dads a Happy Father's Day! While all Dads are special, we are giving a special shout out to four or them right here, including mine!

# HAPPY FATHER'S DAY

from Waste Away Septic Services 🍌

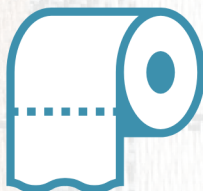
There are a hundred photos I could have used to show you how unique and special my father; Almanzor "Dicky" Messier was. But this one of him putting a cigarette in my mouth when I was less than 2 and had chicken pox says more than words could ever say. They don't make them like Dicky anymore. Happy Father's Day Dad!



George Russell sent us this amazing photo of his father Paul Russell, doing a handstand, on the Newport Bridge which he helped build, during it's construction! Paul was also an Army Veteran! I feel like there's so much more to learn about Paul, but today we simply say, Happy Father's Day!



When Covid first hit the US last year, Christina Costa's father; Manny Costa, made his own mask and ran for the toilet paper! That's definitely some Dad Energy in full effect! Happy Father's Day Manny!



Heather Freitas sent us this photo of her Dad; James Garvin of the local rock band 21 Guns. Heather wants to thank you for always being the rockin' Dad we need. Happy Fathers Day James!





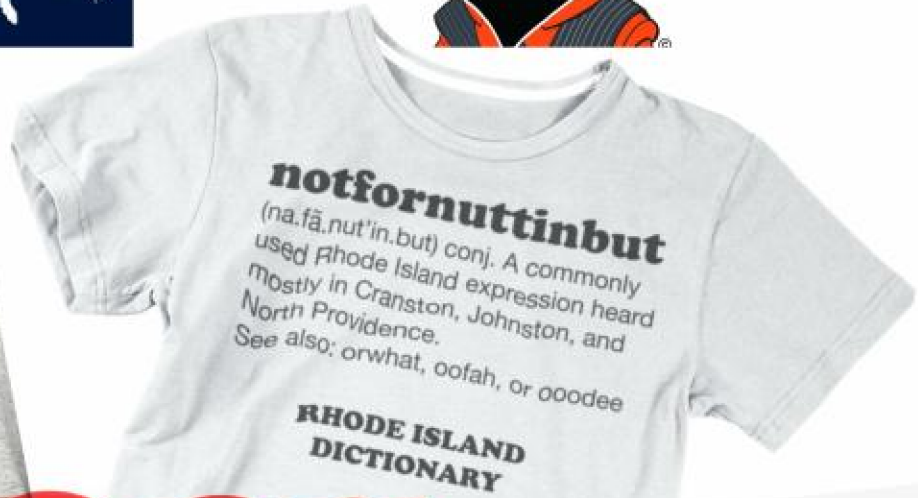
# WHERE IN THE WORLD IS RHODE ISLAND



RHODE ISLAND...  
IS A STATE!  
IS NOT AN ISLAND!  
IS NOT PART OF NEW YORK!



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# WWW.WHERE IS RI.COM

"It's a Rhode Island Thing"  
Aah La Cart of Warwick, Inc.



SUNSET FROM SANDY POINT - THE TIP OF BLOCK ISLAND



Sandy Point is one of the most peaceful and beautiful spots on Block Island. It is located just north of North Light. Do yourself a favor if you visit North Light and walk the extra few steps to see where oceans collide!

This is just one of many amazing sunsets you can find if you visit [JayKnowsAGuy.com](http://JayKnowsAGuy.com) and visit our Fun in Rhode Island Section. You can also check out more specifically around Block Island!



At [JayKnowsAGuy.com](http://JayKnowsAGuy.com) we've teamed with Northern Energy Solar Solutions to compile a list of amazing Sunsets in and around Rhode Island!

Thanks to Matt Sauls for teaming with us on that list! Looking to use the power from that sun to light your house at night? Reach out to Matt personally at 401-515-3661 or visit at [northernenergysolar.com](http://northernenergysolar.com)

### THE BEAN BARN

Bean Barn is not only Coventry's only locally owned Coffee House, but they also offer a variety of food for breakfast & lunch, as well as a selection of a adult beverages.

**599 TIOGUE AVE,  
COVENTRY  
401-615-2662**



### Mr. J's Havana Cigar Lounge



Sip on a thirst quenching adult beverage, smoke a cigar, or shop for cigars in The Joyals huge walk in humidor!

Mr. J's Deck is now open for the season!!

Located in the former Venus Pizza Building at 2080 Nooseneck Hill Road in Coventry

401-397-5627

# Wicked Local Halloween



Coming This Fall  
we present a very special  
Fall/Halloween Edition of Jay Knows A  
Guide!



We will dive into various local lores and legends, even offering up space for YOU to share your stories of ghosts, vampires, aliens, and the paranormal!

Looking to share your story? Email [JayKnowsAGuy@gmail.com](mailto:JayKnowsAGuy@gmail.com) or Call 401-537-8301

**You Can  
Be  
Featured  
Inside!**



Have a Ghost Tour, Haunted House, Hay Ride, or Fall Fun Activity or Event you'd like to advertise in this magazine and on [JayKnowsAGuy.com](http://JayKnowsAGuy.com)?



Email [JayKnowsAGuy@gmail.com](mailto:JayKnowsAGuy@gmail.com) for questions or rates.



## FRESH START THE MOVING CREW

Fresh Start specializes in local or long distance moves. Their focus is on a personal approach, even offering a moving coordinator from the day you hire them, until the move is complete. While also customizing the move as much as possible for their clients.

They've been in business for 10 years, with locations in Worcester & Springfield Massachusetts and most recently right in Warwick, RI

To book your move now, or if you have questions, call 401-244-5766

Official Moving Company of Jay Knows A Guy



# JAY KNOWS A GUIDE

JayKnowsAGuy.com