

The REMINDER

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Rhode Island's First Buyers Guide

62 YEARS IN BUSINESS

December 13, 2016 • Volume 62 • Issue 30

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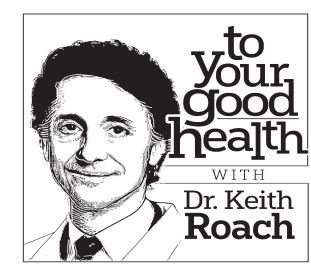
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Chronic Urticaria: The Non-Stop Itch

DEAR DR. ROACH: For the past year, I have had hives on and off again, with the hives being more prominent in the morning than in the evening. I have been told by a dermatologist that it is a viral infection and that topical creams, antihistamines and/or steroids would only mask the virus — it would still be in my bloodstream. Are there other causes of hives that could be causing or exacerbating the problem? I do not know the exact cause of the hives, and they really don't itch too much — they are just unsightly. How long can a viral infection with hives take to clear up? Is there anything I can do to help speed along recovery? Can it be heat-related, as in the warmer months they tend to come out more than in the winter?

I get differing diagnoses from various doctors, some saying I shouldn't go swimming or go outside in the sun, and others saying to go about my normal routines. I just wish I knew the exact cause. I would be grateful for any advice or insight on the topic of hives. — Anon.

ANSWER: "Chronic urticaria" is the medical term for what you are describing, if you have hives most days of the week for six or more weeks. The rash is raised, usually round or ring-shaped, and can vary in size. They tend to be very itchy (you are lucky that way), and each lesion comes and goes within 24 hours. Chronic urticaria is

common, occurs more often in women, and can appear on any part of the body. Sunlight and heat can be triggers for some people, whereas cold is a trigger for others. Diet usually is not a factor in chronic urticaria. There are many theories, but nobody is sure, so I can't tell you the exact cause. It probably is not due to viruses, but hepatitis A and hepatitis C have been suggested, though there is conflicting data. We don't know what causes it, but since the itchiness can be very uncomfortable, even severe in some cases, I think treatment, even though it may "mask" the underlying cause, is still helpful, and antihistamines are the mainstay of treatment. I tend to prefer cetirizine (Zyrtec), since it is effective (both for itchiness and in helping clear the hives), usually doesn't cause sedation and is very inexpensive as a generic. It may take two to five years, but chronic urticaria usually does go away eventually.

DEAR DR. ROACH: I haven't had to shave my legs for a few years, because I never get growth anymore. My doctor said it may be from hormones. I'm 78. Could that be the reason? — C.K.

ANSWER: Lack of hair can result from several reasons, including hormonal changes, but also from "poor circulation" — specifically, peripheral artery disease. Unrecognized peripheral artery disease is important, since it predicts increased risk of heart disease and stroke. A physical exam is sometimes enough to make the diagnosis; however, if your doctor's suspicion is high, he or she might order a Doppler ultrasound to evaluate the blood flow.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803.

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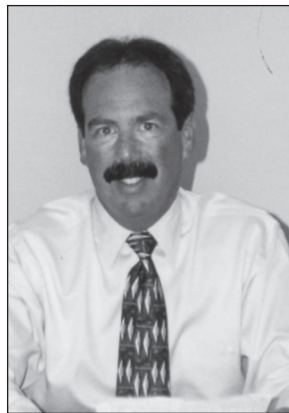
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Amount Due \$1,120.00

Unit 47: Rowan Alexander
Amount Due \$285.00

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Donna's Day Creative family fun

by Donna Erickson

Create Ornaments With Hot Cocoa Mix Inside

'Tis the season of festive parties, caroling choirs, baking and shopping. And oh, what fun it is to shop when strolling through outdoor European-style markets, sipping hot cider while purchasing locally sourced and homemade goods like maple syrup, seasoned nuts and tangy jams and jellies.

and how he carefully measured herbs and spices to create his veggie dip mix ornament. He replaced the metal caps ("the toughest part," he said) and tied on tags with "how-to-use" recipe directions that his mom, Kate, designed on their computer. He also made extras, a clever gift to deliver to friends and neighbors.

Here are two ideas for creating these ornaments in your kitchen with school-age kids. Start with clean, food-safe clear ornaments with cap off, then set out ingredients, measuring utensils, ribbons and recipe tags, assembly-line fashion.

HOT COCOA MIX

- 2 tablespoons or single-serving package of your favorite instant hot cocoa mix
- 1 teaspoon mini chocolate chips
- Chopped peppermint from a candy cane (optional)
- 10-12 mini marshmallows

Using a funnel, add ingredients one by one in order, beginning with the hot cocoa mix. Replace cap and tie on tag with a ribbon.

Directions on tag: Single-Serve Hot Cocoa. Just add to a mug of hot water and stir.

DILL DIP MIX

- 1 teaspoon dried dill weed
- 1/4 teaspoon salt
- 1 teaspoon onion flakes
- 1 teaspoon parsley flakes

Mix in a small bowl with spout. Pour through a funnel into the ornament. Replace cap and tie on tag with a ribbon.

Directions on tag: Add mix to 1/2 cup sour cream and 1/2 cup mayonnaise. Stir until blended. Refrigerate two hours. Serve with crisp veggies or chips.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

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I also feel the holiday spirit when I pop in at a craft fair where I can chat with local vendors, like 9-year-old Aidan Bispala, who set up shop with his sister and friends in a neighborhood craft boutique to benefit the music department at his school. A top seller of the kid-crafted goods was the hot cocoa mix and the dip mix ornaments trimming a pine tree by his cashbox. He methodically explained how he used a funnel and spooned cocoa mix, topped off with several mini marshmallows into a clear, clean ornament,

There is nothing more admirable than two people who see eye to eye keeping house as man and wife, confounding their enemies, and delighting their friends.

—Homer



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"Over the Counter"



by Bill Marcotte, Proprietor

Before the real hustle and bustle of the Christmas season, I thought it appropriate to write about a dear friend of mine, and a long time customer of Crystal. Ann Assumpico started her career with her employment at the ACI. We first met her when she came to Coventry as a police officer. And a fine one she was. After about 7 years on the force, she joined the ranks of the Rhode Island State Police. We have followed her accomplishments over the years, and have always been very proud to know her. Along with her police work, Ann has been involved for many years in marshall arts, receiving national and international recognition. I might add that she is also an accomplished wake boarder, and can be seen doing her jumps and turns on Johnsons Pond. After coming up the ladder at RISP, Ann recently was appointed Colonel. Although she has not had her official swearing in, she is already hard at work in her new position. We are extremely proud and very happy for Ann, and wish her all the best in her latest endeavor. Together with THE REMINDER, we wish her all the best!!



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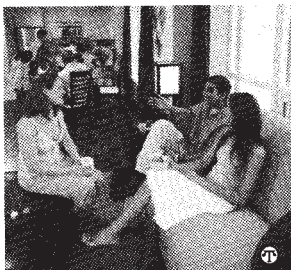
The Army Historical Foundation wants everyone who served in the U.S. Army, and the civilians and animals that support them, to register his or her story with the National Museum of the United States Army. Tell your story at www.armyhistory.org/the-registries.

If you or someone you care about has kidney problems, it may be due to taking heartburn medicine. You should see a doctor and may want to get a free case evaluation from the expert attorneys at Keller and Keller. Visit www.2keller.com/library/prilosec-prevacid-and-nexium-lawsuits-for-kidney-damage.cfm or call (800) 253-5537.

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Ruth Veloria, executive dean of the University of Phoenix School of Business, says for many CEOs, innovation is an essential driver to help keep their organizations ahead. For more about University of Phoenix programs, visit www.phoenix.edu/programs/gainful-employment.

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"Research points to cranberries' unique ability to block certain bad bacteria," said Dr. Christina Khoo, Director of Global Health Sciences and Regulatory Affairs at Ocean Spray. "This makes cranberries one delicious option that may help prevent urinary tract infections." Learn more at www.cranberryhealth.com.

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Thurs. 12/15 Happy Birthday! Minestrone soup, French meat pie with ketchup, seasoned spinach, oatmeal bread, frosted cupcake. Sandwich: Egg salad on oatmeal.

Fri. 12/16 Christmas Party! Pasta fagioli, stuffed chicken with gravy, red bliss mashed potato, green beans Almondine, wheat bread, sour cream coffee cake. Sandwich: Seafood salad on roll.

Mon. 12/19 Tomato vegetable soup, Shepherd's pie with ketchup, tossed salad with dressing, garlic roll, sliced peaches. Sandwich: Chicken salad on bulky roll.

Tues. 12/20 Chicken escarole soup, low sodium hot dog, baked beans, 3 bean salad, pumpkin bread, pudding. Sandwich: Grilled chicken on pumpkin bread.

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Wed. 12/14 Fruit cup, turkey chili with beans, rice pilaf, broccoli, dessert. Option: BLT on wheat.

Thurs. 12/15 Holiday Meal. Italian wedding soup, roast pork loin with gravy, mashed sweet potatoes, green beans with stewed tomato and roll, Holiday pastries.

Fri. 12/16 Vegetable soup, red beans with rice and sausage, tossed salad, whole grain biscuit, dessert. Option: Chicken Caesar salad.

Mon. 12/19 Lentil soup, open Shepherd's pie, mixed vegetables, whole grain biscuit, dessert. Option: Cob salad.

Tues. 12/20 Fruit cup, beef stew with potato, carrot and peas, whole grain biscuit, dessert. Option: Tuna salad on wheat



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Source: www.webmd.com, wikipedia.org
- Brenda Weaver

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Hope Library, 374 North Road, Hope is offering the following programs for December: **Tea Light Snowman Ornament!** (Grades 1-5) on December 7 from 4-5PM. **LEGO Time** (children ages 4 & up) on December 10 from 10-11AM. **Crazy Craft: Drop-In Craft Time! December 14** from 3-4:30PM. **Evening Story Time!** on December 15 from 6:30-7:15PM. Wear your PJ's & bring your favorite stuffed animal! **Holiday Games!** (Grades 1-5) on December 21 from 4-5PM. Registration required for all Programs, except Drop-In Crafts by calling 821-7910.

COVENTRY MEN'S CLUB STEAK FRY

The Coventry Men's Club, Phillips Hill Road, Coventry, will hold a Steak Fry & Chicken Dinner on December 16 at 7PM. Live music will follow. Steak Dinner \$15, Chicken Dinner \$12. Reservations MUST be made by December 14 by calling 385-3536.

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Decked Out With Style

Outdoor Living, Indoor Style

(NAPS)—The trend today is for decks that function as extensions of homes: comfortable, well-appointed outdoor rooms for eating, entertaining or simply unwinding. In fact, adding a deck can be a smart way to expand usable space without the time, expense or inconvenience of an interior remodel or addition. Here's more great news. Now you can forgo standard wood decking for something longer lasting and easier to maintain: capped composite decking. If you haven't looked at composite decking recently, you are in for a very pleasant surprise.



Composite decking can give you natural wood beauty without all the work.

Thanks to ongoing advancements in technology, composite boards now bear a striking resemblance to genuine hardwoods. Gone is the manufactured look of earlier generations. Instead, the latest offerings have an elegant, understated appearance more akin to premium indoor flooring options.

core fused to a patented cap layer called PermaTech. The composite core prevents splintering, cracking, warping and rotting. The cap layer provides exceptional resistance to staining, fading, moisture and insect infestation—all common challenges with wood.

Amp up the color: New seat cushions and pillows are an easy way to incorporate color and give your space an instant update. For a more cohesive look, incorporate matching place mats, candleholders and other accessories. Change color schemes to suit the season, holiday or a specific event. When the temperatures start to dip, don't head inside. Simply add some colorful, cozy throws—a beautiful and practical way to extend the decking season.

For example, Fiberon Symmetry Decking uses a unique low-gloss formulation and micro-texturing process to create its signature matte finish. Adding to the "like-wood" appeal are natural, fluid grain patterns with no visible repeats or easy-to-discern patterns.

What about sustainability? Is composite decking really environmentally friendly? In a word, yes. No trees are ever felled to produce Fiberon decking. Instead, the company uses mainly recycled plastics and lumber mill scraps—enough to prevent 60,000 tons of waste from reaching landfills and incinerators each year. Sustainable manufacturing processes capture 98.5 percent of waste materials. A closed-loop water system prevents water discharge. What's more, composite decking lasts far longer than typical pressure-treated lumber. That means you won't be dismantling or disposing of your deck anytime soon—and the greenest deck is the one you don't have to replace.

Master multitasking: Storage boxes are excellent for keeping your colorful new accessories clean and dry. Look for sturdy ones with flat tops and you'll have instant side tables or extra seating for your next party.

Plus, the Symmetry Decking colors are earthy and understated, well suited for any architecture or design preference.

When it comes to building a beautiful, long-lasting, low-maintenance outdoor space, consider Fiberon capped composite decking. To learn more, visit www.fiberondecking.com.

Light up the night: Don't overlook lighting when planning your deck. Lighting adds ambiance and ensures safer footing for you and your guests. Fiberon has options for rail posts, stair risers, even the edge of your deck. Here's a bright idea for lighting up your dining area: String white lights around the edges or inside of your table's umbrella. For a quick centerpiece, arrange candles of varying heights on a platter or tray. Add seasonal items such as pumpkins, gourds or pinecones for added interest. Always ensure lighting is safe for outside use and never leave lit candles unattended.

With the option of a hidden fastener system, the decking can be installed without visible screws or nail heads, giving you a deck surface as smooth and barefoot friendly as your indoor floors (with no more nail pops).

Dress up your deck
 Here are some quick tips for giving your deck a designer's touch.

When it comes to durability, composites are hard to beat. Symmetry Decking features a solid

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Moments in time

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- On Dec. 22, 1808, Beethoven's Fifth Symphony premieres in Vienna, Austria, in a freezing venue. Two hours into the poorly played concert, Beethoven stopped the music and had the ensemble start again from the beginning.
- On Dec. 24, 1923, President Calvin Coolidge touches a button and lights up the first national Christmas tree to grace the White House grounds. The balsam fir was the first to be decorated with electric lights—a strand of 2,500 red, white and green bulbs.
- On Dec. 23, 1959, rock 'n' roll pioneer Chuck Berry is arrested in Missouri and charged with transporting a 14-year-old girl across state lines for allegedly immoral purposes. Berry spent 20 months in federal prison following his conviction for violating the Mann Act.
- On Dec. 21, 1970, Elvis Presley visits President Richard Nixon to offer his services in the government's war on drugs. Presley, who was apparently not searched at the gate, presented the president with a gift—a World War II-era Colt .45 pistol.
- On Dec. 19, 1986, Michael Sergio, who parachuted into Game Six of the 1986 World Series at New York's Shea Stadium with a "Let's Go Mets" banner, is fined \$500 and sentenced to 100 hours of community service.
- On Dec. 20, 1995, the United Nations peacekeeping force formally transfers military authority in Bosnia to North Atlantic Treaty Organization forces, allowing the deployment of some 60,000 NATO troops.
- On Dec. 25, 2002, University of New Mexico junior placekicker Katie Hnida becomes the first woman to play in a Division I football game. In 2004, Hnida told Sports Illustrated that she had been sexually harassed while at the University of Colorado. The Colorado football coach responded by calling Hnida "not only a girl" but a "terrible" player. He was suspended briefly and left the team in 2005.

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SCLERODERMA SUPPORT GROUP MEETING
 The Scleroderma Support Group meets on the 4th Wednesday of each month (meetings in November & December are on the 2nd Wednesday) at 7PM at Roger Williams Medical Center, 825 Chalkstone Avenue (1st Floor Day Treatment Room), Providence. Call Carole at 241-4659 or Laura at 1-508-761-3546 for more information.

RI PINK HEALS MEETING HOUSE
 The RI Pink Heals Meeting Center, located at 53 Providence Street, Suite 6, West Warwick, will be open every 3rd Thursday of the month starting August 18, 2016 from 6-7:30PM. This is a social gathering for all those currently battling cancer and all survivors. Come and meet some of our survivors and get their perspective and insights. Due to the fact that many women in our group are currently in treatment, we kindly ask that if you have any type of cold/cough or any other contagious illness, you will refrain from attending any event until such illness has passed. Also, for the same reasons, we ask that there be NO CHILDREN allowed at the center. Thank you for your understanding. If you have any questions, please call or email, we are here for you!! (401) 828-PINK (7465) riphwomen@gmail.com

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King Crossword

- ACROSS**
- 1 Smell
 - 5 U.K. fliers
 - 8 Teen's skin woe
 - 12 One of the Three Bears
 - 13 Conclusion
 - 14 TV's Dr. McGraw
 - 15 Mideast port
 - 16 Wrestling hold
 - 18 Tetanus
 - 20 Lassoos
 - 21 High tennis shot
 - 22 Jewel
 - 23 Jaunty topper
 - 26 Samson's weapon against the Philistines
 - 30 Altar affirmative
 - 31 London forecast
 - 32 Hive dweller
 - 33 Arid
 - 36 Playwright Henrik
 - 38 Noon, in a way
 - 39 High card
 - 40 Squabble
 - 43 Plaster-fiberboard mix
 - 47 Home entertainment piece
 - 49 Vicinity
 - 50 Oodles
 - 51 Billboards
 - 52 One-named supermodel
 - 53 Some ever-greens
 - 54 Lad
 - 55 Harp's cousin
 - 22 Choke
 - 23 Lobster eater's aid
 - 24 Tokyo's old name
 - 25 Director Howard
 - 26 Cohort of Whoopi and Sherri
 - 27 Outdated, as a wd.
 - 28 Born
 - 29 Hallow ender
 - 31 Calendar abbr.
 - 34 Rejoices
 - 35 God, in Grenoble
 - 36 Aloof
 - 37 Lament
 - 39 Pretentious
 - 40 Vacating
 - 41 Bronchial sound
 - 42 Radiate
 - 43 Prank
 - 44 Host
 - 45 Mad king of literature
 - 46 Highway division
 - 48 Arrest
- DOWN**
- 1 October birthstone
 - 2 Pedestal part
 - 3 Oil cartel
 - 4 Irritate
 - 5 Betty Ford Center program
 - 6 From the start
 - 7 Govt. Rx watchdog
 - 8 Self-assurance
 - 9 Hew
 - 10 Pleasant
 - 11 BPOE members
 - 17 Sketched
 - 19 Make margi-

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
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53				54				55		

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

- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
- | | | | |
|---------|-----------|--------|--------|
| Arrows | Campeche | Isles | Puck |
| Bangkok | Fires | Naples | Whales |
| Bengal | Fundy | Palma | Winds |
| Biscay | Gibraltar | Plenty | |

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X	A	P	C	A	W	C	A	N	N	A	Y	O
6	4	5	8	7	2	7	2	6	2	8	7	2
E	D	C	O	T	L	B	T	S	H	U	O	H
8	5	7	2	7	4	3	2	5	6	7	4	8
R	Q	L	I	D	L	O	G	U	S	L	E	F
4	6	3	2	6	3	6	2	3	4	2	6	8
A	F	D	H	U	N	L	L	E	R	I	D	U
6	5	4	8	5	3	2	3	4	8	4	8	4
A	A	N	T	I	W	G	S	I	U	N	R	G
2	5	8	7	5	6	5	2	5	2	5	2	5
H	N	E	Y	T	Y	A	T	N	E	C	D	E

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Answers

King Crossword

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In the game of life it's a good idea to have a few early losses, which relieves you of the pressure of trying to maintain an undefeated season.
 —Bill Vaughan

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Home for Sale

Home Owners - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn

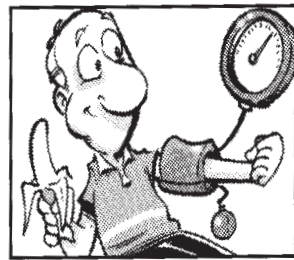
prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help home sellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-238-4613 and enter 1003. You can call any time, 24 hours a day, 7 days a week.

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Hints For Homeowners

What To Look For When Entering The Housing Market

(NAPS)—According to a report by the National Association of Realtors, millennials are the largest generation in the housing market, but in comparison to older generations, they're delayed in purchasing their first home. When they are ready to take the plunge, millennials are particularly interested in smart technology. In fact, in 2015, 41 percent of millennials were aware of and interested in owning smart home products—focusing primarily on connected security and monitoring devices, smart lighting, power and appliances. One vital component of a connected home is the garage—a key entry point to the household. More than just a place to park the car or store the lawn mower, the garage is an important part of the home, providing access, safety and security, and total home control for homeowners and their guests. As you or the first-time homebuyers in your life look to purchase, consider the following:



The latest generation of homebuyers is looking to hook up with the latest generation of smart home technology.

• **Access:** Millennials use their phones for more than just communicating—they use them to buy coffee, book exercise classes and directly pay friends and family. Through the free MyQ® app, the garage is just as easily accessible, letting homeowners open, close and monitor their garage door from anywhere in the world, at any time, from any internet-enabled smartphone, tablet or computer.

• **Safety and Security:** For more than 70 percent of homeowners, the garage is the main access point to the home, which means when viewing a potential home or during an official inspection, millennials should ensure the garage door opener functions securely and safely with

a quick safety check. If a garage door doesn't rebound upon impact with an item placed in its path, be sure to call a certified dealer to conduct a professional inspection. Garage door openers should also provide a sense of security, while meeting millennials' desire for smart home products. With Lift Master's Nest Cam, users can access a video feed of what's happening in the garage the moment the garage door is activated, allowing for enhanced security and peace of mind.

• **Home Control:** A connected garage is an easy way to make any home a "smart home." When looking to purchase a home, millennials should examine the capabilities of the garage door opener. Is it Wi-Fi® capable? Can it integrate with technology to control the lights or thermostat? If not, consider asking the seller to replace the garage door opener with one that comes fully equipped with the latest features, such as built-in Wi-Fi, and is compatible with other home automation systems.

With these helpful tips, first-time homebuyers can get the most out of their homes, while ensuring they are safe and functional. For more information on garage door openers with smart home capabilities, visit www.LiftMaster.com.

Can anything be sadder than work unfinished? Yes; work never begun.
 —Christina Rossetti

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To persevere, trusting in what hopes he has, is courage in a man.
 —Euripides

New DVDs Reviewed in This Column Will be Released the Week of December 19, 2016

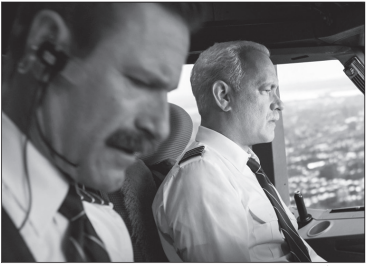
COUCH THEATER DVD PREVIEW
 BY SAM STRUCKHOFF

don't get any deeper than the brief description listed above.

Storks (PG) — Storks used to deliver babies, but nowadays they're mostly delivering stuff for a sky-based kind of Amazon called Cornerstore.com. Junior (voiced by Andy Samberg) is a dutiful stork who, through wacky circumstances, must deliver One Last Baby to its intended family with the help of Tulip (voiced by Katie Crown), an orphan who was raised by the storks. Even wackier circumstances lead to them being chased by a wolf pack with superb teamwork skills. The plot's not really worth it, but the movie is fast and funny, and plenty capable of keeping you entertained most of the time.

PICKS OF THE WEEK

Sully (PG-13) — With both engines disabled and 155 passengers on board, Capt. Chesley "Sully" Sullenberger steered his aircraft into a safe water landing on the Hudson River, saving the lives of everyone on board. Clint Eastwood directs this dramatization of the events, from the morning of the crisis through to the investigation where Sully (Tom Hanks) and co-pilot Jeff Skiles (Aaron Eckhart) have to defend their emergency maneuvers.



Warner Bros. Pictures
 Aaron Eckhart, Tom Hanks in "Sully"

It was 2009, and the media seized the story with gusto, so most of us still remember it pretty well. There's not a lot of room for surprise or reinterpretation of the major facts. Still, Eastwood has a steady hand as he directs this story chronicling the noble virtues of an everyman-type: the right man at the right time. Few people play the virtuous everyman with more virtue than Tom Hanks.

The Magnificent Seven (PG-13) — A motley group of Wild West misfits with lethal talents and little to lose sling their guns defending a small town from a large band of marauders. A sly bounty hunter (Denzel Washington) is inspired to take up the near-hopeless cause by a woman (Haley Bennett) whose husband was murdered by the chief baddie, Bogue (Peter Saarsgard). Against an army stands Washington's bounty hunter, a wisecracking gambler (Chris Pratt), a deadeye (Ethan Hawke), a Chinese knife expert (Byung-hun Lee), a rogue Comanche (Martin Sensmeier), a big 'ol frontiersman (Vincent D'Onofrio) and an outlaw from south of the border (Manuel Garcia-Rulfo).

It Had to be You (R) — Sonia (Cristin Milioti) seems pretty content with her job, her friends and her relationship, until her boyfriend (Dan Soder) proposes. She's not where she thought she'd be at this point, and she's definitely not the marriage-hungry stereotype prevalent in other romantic comedies. Ideas about what it means to reach full adulthood (Sonia is 30 years old but can scarcely believe it herself), and the weight of commitment causes her to flee in a cloud of mixed emotions. She's got that oh-so-quirky thing that can be equally endearing and irksome, but Milioti isn't cloying with it, and there's no reason that Zooey Deschanel should be the only one who can use this stick.

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Director Antoine Fuqua knows how to make chaos look really cool — even the stuffer viewer will have to admit that there are some neat things going on here. What's missing is the kind of character depth its predecessors had. Yes, it's hard to do in a short time with seven heroes, but some of these guys

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BY HENRY BOLTINOFF

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Collecting

by Larry Cox

Commodore Computer

Q. I bought a Commodore Plus/4 computer about 30 years ago. I never learned to use it. In fact, it is in its original box. I would like to find out what it is worth. — *Alec, Spicer, Minnesota*

A. I would hold on to your computer for a few more years since early computers and computer games are beginning to attract the attention of collectors. That means current prices are sure to increase. Your Commodore Plus/4 system was one of the first home computers, and the fact that it is in its original packaging makes it especially attractive. I found several Plus/4 computers available for sale, all priced in the \$75-\$150 range. One was in its original box with power adapter and built-in programs on ROM. It was priced at \$95. ***

Q. I have an oil painting done by Touis Ponsen. Do you know anything about this painter and where I might sell this picture? — *Darlene, Calico Rock, Arkansas*

A. I think you may have copied the name wrong. Even though I can't find any information on a Touis Ponsen, I did find a short biography of Tunis Ponsen, who was born in the Netherlands in 1891 and immigrated to the United States in about 1914. He was a painter and settled in Western Michigan. Ponsen was known for his landscapes and treatment of light. I can't help you find a buyer for your painting. However, I suggest you contact art dealers in Tulsa, Oklahoma City and Little Rock. ***

Q. My late uncle was a golfer, and he often haunted thrift shops searching for sheet music featuring golf themes. The earliest sheet seems to be "With Your Plus Fours On" from 1923. — *Bill, Davenport, Iowa*

A. The piece of music you listed in your letter is valued in the \$75-\$100 range. I found it documented in the "Official Price Guide to Golf Collectibles" by Edward Kiersh and published by House of Collectibles books. Golf memorabilia has become extremely popular in recent years, and prices have steadily risen accordingly. Of particular interest are pre-1950 golf clubs, tournament programs, medals, trophies and autographs. Write to Larry Cox in care of KFWB, 628 Virginia Drive, Orlando, FL 32803, or send e-mail to questionsforcox@aol.com. Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor does he do appraisals. Do not send any materials requiring return mail.

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A Sporting view by Mark Vasto

Closing Time

Every year, you are given a task. That task is a vote. While some would say the task is an easy one, you know better. For your Hall of Fame vote is all that stands between the chasm that divides the words "mediocre" and "legend."

Some envy you. You are the baseball writers of America. You possess a talent, an ability that can elevate the mundane to the miraculous. But others despise you. When their heroes are overlooked, when their favorite players whom they watched 162 days and nights each year are deemed to be second rate, it seems to be an arrogant dismissal of what they and most everyone values the most: their time.

Time was when a relief pitcher was considered somebody who couldn't cut the mustard and make the starting rotation. Of course, there also was a time when starting rotations consisted of two starters who had 30 complete games every few months and were allowed to openly spit on the baseballs. Those days are over, thankfully, and it's time for us to evolve further by appreciating the closer role in baseball.

Many of you argue that the closer is a cop-out, a ploy managers use to save their skin more than they save games. After all, there's not much to think about when you're in the lead by one to three runs in the ninth and you have a multi-zillion dollar pitcher anxiously awaiting your call to the bullpen. Maybe the modern-day

closer deserves some scorn. Statistics show that teams with a lead in the ninth inning almost always win, anyway. People really into statistics have concluded that a top-shelf reliever maybe wins an additional four games for a team. Aha! Right there, that should make the case. They're worth it because a win is a win. Many a team has lost the division by four games.

But there's more to it than that. Do not mistake brevity for lack of worth. Yes, good starting pitchers eat up more than 200 innings each season, but why should that influence your vote for a closer? Let's say you're a season-ticket holder. You get to see your best starter maybe 15 times each year. Your closer? You see him whenever you're about to win — they're the ones who kept you in the seats, which not only justifies their salary (a team can't make money off of concessions when you're gone, after all), it justifies their importance. Trevor Hoffman and Lee Smith, closers unfairly subjected to this closer discrimination, would appear in 70-80 games a season. They were like a warm, 98-mph hug.

Think of it like your wife or husband, kids or partner, best mate, what have you. Would you rather see them 15 times a year for two hours a pop, or would you rather see them in 80 electrifying, 20-minute appearances over an extended period of time (five extra years if you're a lefty)? You already know the answer, and that's why you know it's time to open up the gates of the Hall for the overlooked men who spent their career awaiting a call, closing the door on their opponents. Make the call to the pen ... your pen. The closer's time has come.

Mark Vasto is a veteran sportswriter who lives in New Jersey.

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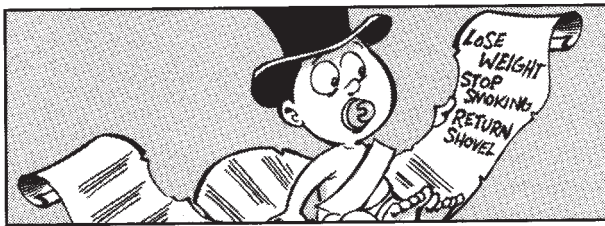
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The people of Portugal and Spain will often eat 12 grapes from a bunch just as the clock strikes 12 midnight on New Year's Eve. This tradition is said to ensure 12 happy months in the coming year.



It's believed that the tradition of using a baby to signify the New Year started in Greece around 600 B.C. Other traditions of the season include the making of New Year's resolutions, which dates back to the early Babylonians.

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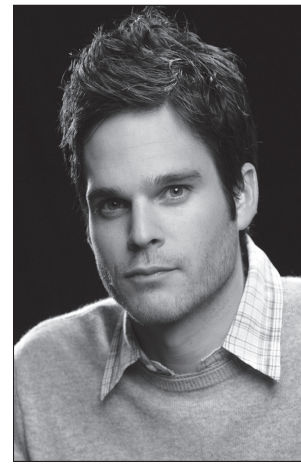
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Sensing that Steffy was softening in her stance on Quinn, Liam attempted to get her to realize that she was being manipulated. During a revealing father/son conversation, Ridge and Eric shocked each other with their respective news. Later, Eric had a disagreement with Rick regarding how to conduct the business. After Liam confronted her, Quinn gave up hope that her plan to manipulate Steffy would ever work. Ridge asked Steffy to compromise if she didn't want to take Quinn up on her request. Katie gave Eric a token of her gratitude after she decided to buy the house next door to him. **Wait to See:** An innocent party is on the receiving end of an intimidating threat.

DAYS OF OUR LIVES

Deimos laid out his theory about Chloe to a skeptical Brady. Steve and Paul met with Sonny to update him on the Hernandez case. Steve presented Kayla with an early Christmas gift. Derrick asked Paul if he had feelings for Sonny. Nicole admitted she was finally ready to move on with Deimos. Kate supported Adrienne throughout her ordeal. Deimos told Brady privately that he was getting closer to uncovering the truth. An argument escalated between Jade and Joey until she started having serious pain. Abigail was finally ready to let Chad know that she was alive. Theo witnessed an intimate moment between Abe and Valerie. **Wait to See:** Gabi is stunned when she overhears JJ's conversation with Jennifer.

GENERAL HOSPITAL

Sonny and Carly reminisced about happier times. Jason and Curtis uncovered a huge revelation. Valentin and Nina grew closer. Sam was suspicious of Alexis's behavior toward Julian. Maxie and Nathan

prepared for their wedding. Passions ignited between Nina and Valentin. Jason and Sam found out the sex of their baby. Jordan shared some vital information with Curtis. Maxie and Lulu's investigation went awry. Hayden's condition took a turn for the worse. Dante and Nathan tried to extract key information from Valentin. Nina defended her actions. Liz took matters into her own hands. Jason and Curtis ended up in an unpleasant place while searching for evidence. **Wait to See:** Franco uses Kiki to get back at Tom Baker.

THE YOUNG AND THE RESTLESS

Chloe informed Chelsea that she was going to start looking for an apartment. Chelsea agreed that it was time for her and Connor to live on their own. Chloe got upset when she found out that Kevin was in her closet. Stitch warned Cane to slow down. Dylan was determined to find a way to remain in Christian's life. Mariah suggested that Dylan go on GC Buzz to tell his side of this story. Kevin wondered if Chloe was hiding information about Bella's father. Jill pushed Billy to accept Traci's invitation to breakfast at the Abbott mansion. Nick was hesitant when Victoria urged him to make amends with Nikki. Cane asked Billy not to mention his slow recovery to Lily. **Wait to See:** Jack pursues a risky business opportunity.

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Parlons Francais meetings will be held at 7PM on the third Wednesday of each month at the West Warwick Youth Center, Factory Street, West Warwick. Anyone wishing to revive their French-Canadian heritage is welcome. Please call Edith at 828-4263 or Faxine at 821-9092 with any questions.

ADULT COLORING AT GREENE PUBLIC LIBRARY

The Greene Public Library, 179 Hopkins Hollow Road, Greene, is offering "Color Me Calm", drop-in Adult Coloring on Thursdays from 4-7PM. Adult coloring is now the trend! The Library will supply the materials, a warming fire & soothing music. Just come, relax, & color your stress away! Call 397-3873 or email jean@coventrylibrary.org for more information.

CRAFTY KIDS ON SATURDAYS AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene, invites Elementary School aged children to the Library on Saturday morning between 10AM-Noon to do a fun, hands-on craft. Please call 397-3873 or email pfacker@coventrylibrary.org for more information or to find out the Craft of the Month.

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The First Christian Church of Coventry (Rice City), UCC, 63 Vaughn Hollow Road, Greene holds their Worship Service/Sunday School on Sundays at 9AM. All are welcome. Reverend Bob Hollis is available by calling 440-7831 or at RevBobH@gmail.com

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Trivia test by Fifi Rodriguez

1. MOVIES: What was Grace Kelly's character's name in the movie "High Noon"?
2. PSYCHOLOGY: What fear is represented in the phobia called "cryophobia"?
3. LITERATURE: What was the name of the island inhabited by tiny people in "Gulliver's Travels"?
4. U.S. CITIES: What city bills itself as "The Sweetest Place on Earth"?
5. GEOGRAPHY: Where is the Gulf of Riga located?
6. HISTORY: How many human beings have walked on the moon?
7. ART: Which post-impressionist painter created the series titled "Sunflowers"?
8. LANGUAGE: What product was slangily known as a "Tin Lizzie" in the early 20th century?
9. ASTRONOMY: What is the largest planet in our solar system?
10. MUSIC: Which 1960s rock group recorded the hit song "A Whiter Shade of Pale"?

Answers

1. Amy Fowler Kane
2. Fear of extreme cold, ice or frost
3. Lilliput (the Lilliputians)
4. Hershey, Pennsylvania, home of the Hershey chocolate company
5. Northern Europe
6. 12
7. Vincent van Gogh
8. Model T Ford
9. Jupiter
10. Procol Harum

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—Kathleen Norris

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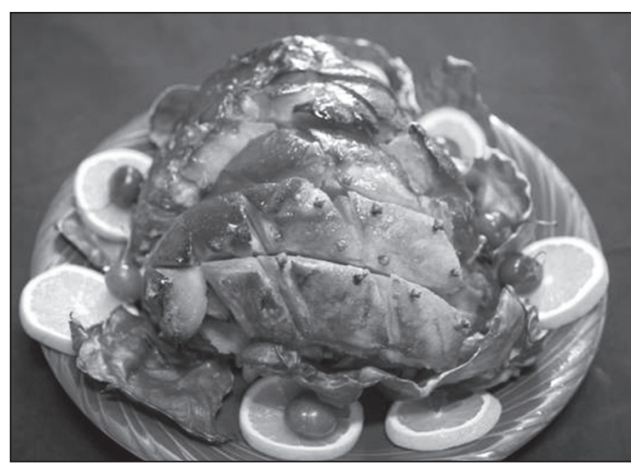
The Kitchen Diva!

by Angela Shelf Medearis



Ham for the Holidays

My mother and I were talking recently about our plans for the holidays. The women of the family usually prepare dinner for about 25 to 30 people. We take turns each year hosting the celebration at a different family member's house.



Phil Curry

This year, it was my husband's family's turn to host, but my daughter and granddaughter, and several other family members are going out of town. And my brother and his family are spending the holiday with his in-laws. What's a holiday dinner if no one can come? So, we decided to move our family celebration to another, more convenient day. I can't tell you the tremendous sense of relief and freedom that this simple decision gave us. After all, the whole point of any designated holiday is to provide a time to get together with the people you love. From now on, our family isn't going to conform to or be stressed out by the date of a holiday or standard traditions. We've decided from now on to celebrate the holidays on a day that works best for all of us. I'm bringing my special Sugar and Spice Ham to our family gathering.

It's a recipe that everyone loves. Pre-packaged hams that are brined, glazed with brown sugar and honey, spiral cut and baked are expensive. For a ham that's much more budget-friendly, I suggest that you try this delicious recipe that uses the shank or picnic portion of the ham.

And, if your family has a difficult time gathering together during the "designated" holidays this season, select your own time to celebrate. It's liberating and lots of fun!

1/2-inch deep into the meat, forming 1 inch to 2 inch squares. Not only does scoring look nice, it allows any remaining fat to render from the ham and provides a greater surface area for the glaze to stick to.

To brine the ham: Cut crosswise slits all around the ham, about 1/2 inch apart, halfway through ham to where knife touches bone, if any. Place the water in a deep bowl, a large pot or a large, re-sealable food-safe plastic bag. Stir in the sugar. Soak the ham in the brining liquid for at least 2 days in the refrigerator, turning the ham once or twice each day. Drain off the brining liquid.

To glaze the ham: Place the ham in a roasting pan lined with enough foil overlapping the edges to wrap it completely. Mix together the honey, brown sugar, orange juice, ginger and dry mustard in a small bowl. Pour the mixture all over the pork and rub the glaze evenly over the ham. Stick the cloves in the diamond-shaped slits on the top of the ham. Wrap tightly with the foil. After glazing, it's best to allow the ham to sit at room temperature for 1-2 hours before cooking.

To bake the ham: Heat oven to 200 F. Bake the ham for 6 to 7 hours or until done, occasionally unwrapping and basting the ham with the glaze and any liquids that may have accumulated in the foil. For a slightly crisper skin, unwrap the ham and bake at 450 F, about 15 minutes.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

SUGAR AND SPICE HAM

- 1 (7 pound) smoked ham, half-cut, shank end, picnic or shoulder portion (bone in or out)
- 2 quarts cold water
- 2 cups sugar
- 1 cup honey
- 1/2 cup brown sugar, packed
- 1 (6 ounce) can frozen orange juice concentrate, thawed
- 2 teaspoons ginger
- 1 teaspoon dry mustard
- 2 tablespoons whole cloves

To prepare the ham: Trim off some of the fat, leaving a 1/4-inch layer. Score the remaining layer of fat into a diamond pattern by cutting 1/4- to

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Say 3 Our Fathers, 3 Hail Marys, and 3 Glories. Publication must be promised

JS

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LAST MINUTE SHOPPING EVENT 2016! December 17 & 18, 10AM-2PM at Exeter Grange, 469 Victory Highway. Over 20 local Vendors. Bring a canned good for Food Bank and get 1 free Raffle Ticket.

CHRISTMAS COMMUNITY GATHERING AT CHRIST CHURCH

Christ Church, 1025 Main Street, East Greenwich, will host a free Christmas Community Gathering Saturday, December 17 from 5-8PM. Scheduled events to include: an outdoor iLiving Nativity! with live animals and actors; indoor games for every age; a Christmas carol sing-along; face-painting; a Gingerbread House demonstration/raffle; and a make-your-own Christmas Card crafting station. Loaded baked potatoes, homemade chili and other goodies will be served at no charge. Discounted books will be available for purchase/donation to incarcerated individuals. For more information, including a full list of Christmas Services at Christ Church, go to www.ChristChurchEC.org

LOOKING FOR HIGH-LOW-JACK PLAYERS

Looking for fun people to play High-Low-Jack at the Coventry Senior Center, 50 Wood Street, Coventry, on Tuesdays at 1PM. Cost is \$25 for 17-week sessions. Cash prizes after each session & lots of fun! If interested, call Wanda 524-3800 or Charlie 821-0693.

PHENIX SPORTSMEN'S CLUB ANNUAL MEETING & ELECTION OF OFFICERS

The Phenix Sportsmen's Club, 715 Main Street, West Warwick, will hold their Annual Meeting and Election of Officers on December 18 at 10AM. Voting will be from 11AM-Noon, **NO EXCEPTIONS**. All regular members are encouraged to attend.

LAST MINUTE SHOPPING EVENT 2016!

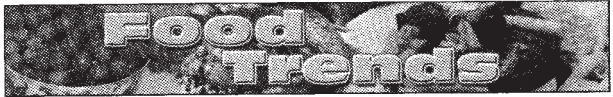
Exeter Grange, 469 Victory Highway, will host a Last Minute Shopping Event on December 17 & 18 from 10AM-2PM featuring over 20 local Vendors. Bring a canned good for Food Bank and get 1 free Raffle Ticket.

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(NAPS)—Busy consumers today expect a lot from their food—it needs to be convenient, tasty and enhance physical and mental performance. To this end, two Silicon Valley entrepreneurs have created an innovation to chew on: A gummy cube that combines the caffeine kick (and taste) of coffee with the soothing benefits of green tea and the metabolic benefits of B complex.

This new product is called GO CUBES and it is at the forefront of the nootropics movement. Nootropics, from the Greek word for "toward the mind," are compounds of enzymes, vitamins, minerals and the like that are believed to enhance brain activity.

Nootropics aren't just for gamers and those on the cutting edge of nutrition. One of the most popular nootropics is caffeine, commonly found in coffee, which roughly 83 percent of adult Americans drink, according to National Coffee Association's 2013 online survey. This makes the cubes excellent for anyone who needs to boost



Photo Credit: Maximilian Renner

Now you can enjoy your morning caffeine on the go and keep a tasty energy and cognitive boost in your pocket all day long.

energy or sharpen focus—from entrepreneurs to busy moms to athletes to college students.

GO CUBES come in convenient 4-packs and offer exactly 50 mg caffeine per cube (whereas the amount of caffeine in a cup of coffee varies greatly). Perhaps best yet, they are portable and won't spill when you are on the go. Some say this is what the next generation of coffee looks—and tastes—like.

Learn More

For further facts, visit <https://nootrobox.com/go-cubes>.

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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Robert Redford, now 80, says he'll retire from film acting after he makes two last films. The first will be "Our Souls at Night," which reunites him with Jane Fonda. He and Jane will play an older couple whose love story gets one last chance in life. The second film is "The Old Man and the Gun," with Casey Affleck and Sissy Spacek. Redford will play an elderly bank robber who's escaped dozens of time from prison and relocates to a retirement home, where he recruits residents to help pull off one last heist. Redford also keeps busy running the annual Sundance Film Festival, which screens the major independent films looking for distribution.



Depositphotos

Robert Redford

While we nearly had our first female president, England now has its first female King! Two-time Oscar winner Glenda Jackson, whose last film was the 1992 TV movie "The Secret Life of Arnold Bax," stopped acting to enter Parliament and politics from 1992-2015. Now she's blowing theatergoers' minds at the Old Vic in London, playing Shakespeare's "King Lear."

Variety magazine's London critic's review said, "Jackson's performance gives gender the slip. She, herself, as Lear, still a father and a king, still a man, just played by a woman. Her Lear acts as if his authority is undimmed and his masculinity remains manifest. The more classic a Lear Jackson plays, the more extraordinary a Lear she makes." With reviews like that one, Broadway and a film version can't be fair behind.

Jennifer Lawrence, whose sci-fi film "Passengers," with Chris Pratt, opens Dec. 21, has Darren Aronofsky's film, "Mother," with Javier Bardem, Michele Pfeiffer, Domhnall Gleeson and Ed Harris, coming next. It's about what happens to a couple's relationship when uninvited guests show up to complicate their lives.

The reason you never hear anything about Jake Gyllenhaal except when he's promoting his films is because he never stops making his films. His latest, "Nocturnal Animals," with Amy Adams and Michael Shannon, hits screens Dec. 9, and his next film, "Life," with Rebecca Ferguson and Ryan Reynolds, comes out May 24. In addition, he's already completed "Stronger," with Miranda Richardson; the \$50 million South Korean/American action-adventure film, "Okja" with Tilda Swinton and Paul Dano; and "Wildlife," with Carey Mulligan.

Gyllenhaal was to have returned to Broadway in Lanford Wilson's "Burn This," which deals with gay identity and relationships themes, in March, but postponed the opening because he had scheduling conflicts. The last time Jake played gay was in "Brokeback Mountain" (2005), for which he received an Oscar nomination. Is this an audition for the film version, or do you just want to play gay again Jake, just for fun?

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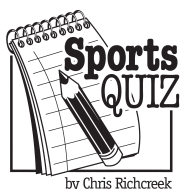
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by Chris Richcreek

1. Entering 2016, who are the only three players to have won the following awards: a Gold Glove, a Silver Slugger and a Cy Young?
2. When was the last time before 2015 that the Houston Astros had two pitchers win at least 17 games apiece?
3. Who was the first player in NFL history to have 1,000 receiving yards and 1,000 return yards in the same season?
4. Maryland's Diamond Stone set a school record in 2015 for most points in a game by a freshman men's basketball player (39). Who had held the mark?
5. NHL legend Gordie Howe was a member of the famed "Production Line" starting in 1947. Name the two other Hall of Fame members of the original trio.
6. When was the last time before 2016 that Romania failed to medal in women's gymnastics at the Olympics?
7. In 2016, golfer Andrew Landry set a record for the lowest opening-round score (66) at a U.S. Open played at Oakmont (Pa.). Who had held the record?

Answers

1. Zack Greinke, Orel Hershiser and Fernando Valenzuela.
2. In 2005, Andy Pettitte won 17 games and Roy Oswalt won 20.
3. Antonio Brown of the Pittsburgh Steelers, in 2011.
4. Joe Smith, with 33 points in 1993.
5. Ted Lindsay and Sid Abel.
6. It was 1972.
7. Ben Hogan (1953) and Gary Player ('73) each shot a 67.

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Good Housekeeping

Tutti-Frutti Surprises

- 2 large eggs
- 1 3/4 cups confectioners' sugar
- 1 cup walnuts, finely chopped
- 1 cup pitted dates, finely chopped
- 3/4 cup finely chopped, mixed candied fruit
- 3/4 cup all-purpose flour
- 3 tablespoons vegetable shortening, melted
- 1 teaspoon baking powder
- 1/2 teaspoon salt

1. Heat oven to 300 F. Grease an 8-by-8-inch metal baking pan. Line pan with foil; grease foil.

2. In large bowl, with mixer at medium-high speed, beat eggs with 1 cup confectioners' sugar until pale yellow and foamy, about 2 minutes. Reduce speed to low; add walnuts and remaining ingredients and beat just until blended, occasionally scraping bowl with rubber spatula. (Mixture will be very wet.)

3. Spread mixture evenly in pan. Bake 45 minutes or until lightly golden and toothpick inserted in center comes out clean. Cool completely in pan on wire rack.

4. When cool, cut into 8 strips, then cut each strip crosswise into 4 pieces. Place remaining 3/4 cup confectioners' sugar in small bowl; roll each cookie in sugar to coat. Store cookies in tightly covered container up to 2 weeks.

• Each serving: About 100 calories, 4g total fat (1g saturated), 13mg cholesterol, 70mg sodium, 15g carb., 1g fiber, 1g protein.

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The West Warwick Public Library, 1043 Main Street, West Warwick is accepting Passport Applications on behalf of the US Dept. of State. US citizens planning international travel may apply for their passports at the Library at the following times: Mondays 1-8PM, Tuesdays & Wednesdays 9AM-8PM, Thursdays 9AM-4PM, Fridays 9AM-12PM, Saturdays call first. For Application Forms, information on documentation required, fees, etc., visit travel.state.gov

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COVENTRY COMMUNITY EMERGENCY RESPONSE TEAM SEEKS VOLUNTEERS

The Coventry Community Emergency Response Team (CERT) is recruiting volunteers to assist the town during large scale weather events & other emergency events that may affect the community. Members need to complete a Training Program and receive Certification as a CERT Member. For more information, contact Jim at coventrycertteam@gmail.com

STORYTIMES AT WEST WARWICK PUBLIC LIBRARY

West Warwick Public Library, 1043 Main Street, West Warwick is offering the following weekly Storytimes: **Mother Goose Storytime** (up to 24 months with an adult) on Wednesdays at 11AM. **Two Year Old Storytime** with an adult on Wednesdays at 10AM. **Preschool Storytime** (for children age 3-5) on Thursdays at 10:30AM. **Library Playgroup** (for all ages) on Thursdays at 11:15AM. No sign-up is required for these programs. Call 828-3750, Ext. 5 or visit www.wwlibrary.org for more information.

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The REMINDER 2ND SECTION

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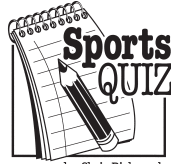


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by Chris Richcreek

1. Entering 2016, who are the only three players to have won the following awards: a Gold Glove, a Silver Slugger and a Cy Young?
2. When was the last time before 2015 that the Houston Astros had two pitchers win at least 17 games apiece?
3. Who was the first player in NFL history to have 1,000 receiving yards and 1,000 return yards in the same season?
4. Maryland's Diamond Stone set a school record in 2015 for most points in a game by a freshman men's basketball player (39). Who had held the mark?
5. NHL legend Gordie Howe was a member of the famed "Production Line" starting in 1947. Name the two other Hall of Fame members of the original trio.
6. When was the last time before 2016 that Romania failed to medal in women's gymnastics at the Olympics?
7. In 2016, golfer Andrew Landry set a record for the lowest opening-round score (66) at a U.S. Open played at Oakmont (Pa.). Who had held the record?

Answers

1. Zack Greinke, Orel Hershiser and Fernando Valenzuela.
2. In 2005, Andy Pettitte won 17 games and Roy Oswalt won 20.
3. Antonio Brown of the Pittsburgh Steelers, in 2011.
4. Joe Smith, with 33 points in 1993.
5. Ted Lindsay and Sid Abel.
6. It was 1972.
7. Ben Hogan (1953) and Gary Player ('73) each shot a 67.

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1. Moana(PG) animated
2. Fantastic Beasts and Where to Find Them(PG-13) Eddie Redmayne, Katherine Waterston
3. Dr. Strange(PG-13) Benedict Cumberbatch, Chiwetel Ejiofor
4. Allied(R) Brad Pitt, Marion Cotillard
5. Arrival(PG-13) Amy Adams, Jeremy Renner
6. Trolls(PG) animated
7. Bad Santa 2(R) Billy Bob Thornton, Kathy Bates
8. Almost Christmas(PG-13) Kimberly Elise, Omar Epps
9. Hacksaw Ridge(R) Andrew Garfield, Sam Worthington
10. The Edge of Seventeen(R) Hailee Steinfeld, Hailey Lu Richardson

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**celebrity
extra**
by cindy elavsky

Q. This fifth season of "The Mindy Project" seemed kind of short. What's going on there? — *Gina R., via email*

A. It seemed kind of short because it isn't over yet, Gina. The show is on its winter hiatus, and will return to Hulu for seven more new episodes on Tuesday, Feb. 14, to round out the fifth season. Picking up where things left off after the midseason finale, Mindy (Mindy Kaling) is reeling from getting dumped by her boyfriend Ben (Bryan Greenberg) and finds herself with a magical chance to make things right.

But it's not just her love life that's up in the air. Morgan (Ike Barinholtz), Jeremy (Ed Weeks) and the rest of the Shulman and Associates staff are back for more drama: Can Jody (Garret Dillahunt) finally get over his feelings for Mindy? Can Morgan and Colette (Fortune Feimster) survive as roommates given Colette's turbulent dating life? Can Jeremy avoid having another heart attack amid all of the chaos? I can't wait to find out the answers, and I'm sure you can't either.



Mary Ellen Matthews/FOX
Mindy Kaling

many situations that readers expect to see. We will likely begin with "The Vampire Lestat" and move on from there. ... Over the years you all have told me how much you want to see a "Game of Thrones"-style faithful rendering of this material, and how much you want for the series to remain in my control. ... What you want is what I want."

Q. Is it true that there is going to be another Vampire Lestat movie? I love those books! — *Kirby T., Wilmington, North Carolina*

A. Lestat will indeed be back — but most likely on the small screen this go 'round. Anne Rice, renowned author of "The Vampire Chronicles" books, shared on her Facebook page that she had regained the rights to the franchise and is exploring the possibility of adapting the series for television. "A television series of the highest quality is now my dream for Lestat, Louis, Armand, Marius and the entire tribe," Anne revealed. "In this new Golden Age of television, such a series is THE way to let the entire story of the vampires unfold."

My son Christopher Rice and I will be developing a pilot script and a detailed outline for an open-ended series, faithfully presenting Lestat's story as it is told in the books, complete with the

Q. Can you tell me what Nia Long is up to? I've loved her since her "Guiding Light" days. — *Eric P., Lancaster, Pennsylvania*

A. Nia stars with Idina Menzel in a remake of the tearjerker drama "Beaches." The small-screen adaptation premieres Jan. 21 at 8/7c on Lifetime. In this contemporary remake, "Beaches" follows the serendipitous meeting of two young girls on the Venice Boardwalk, who, though worlds apart in lifestyle, embark on unexpected and lifelong friendship. Their friendship — even with its ups and downs — sustains them for decades.

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindyelavsky.com.

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The Coventry Parks & Recreation's Teen Center, located at 668 Washington Street in Historic Anthony Village, is open for kids in Grades 6 & up Monday-Thursday from 2:30-6:30PM & Fridays from 2:30-8:30PM. The Teen Center provides a safe, clean & supervised environment for Coventry youth to enjoy at NO COST. Wi-Fi is now available so bring your Chrome Books! Call the Teen Center at 822-9138 or the Parks & Recreation Office at 822-9107 for more information or visit www.coventryri.org

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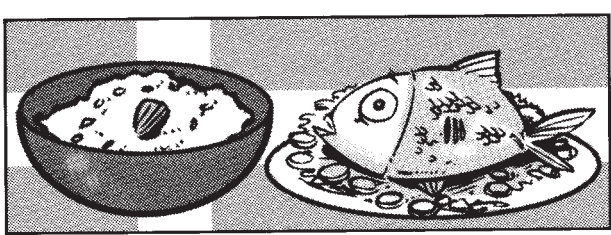
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DUMP RUNS: Furniture, appliances, construction debris, brush, junk, etc. 1-866-559-5984.

WEST WARWICK PUBLIC LIBRARY OUTREACH PROGRAM
 The West Warwick Public Library is offering free home delivery of Library material to the elderly & disabled. This Outreach Program brings Library materials (books, movies, music, etc.) to the elderly or disabled, as well as anyone who is homebound. The Program is free and patrons are accepted all year round. For more information, contact Anne at 828-3750, Ext. 11 or email acapezza@wwlibrary.org

STORY PROGRAMS AT COVENTRY PUBLIC LIBRARY
 The Coventry Public Library will hold registration for **Holiday Storytimes** beginning Monday, November 28 by phone (822-9102) or in the Library. Holiday stories, activities and crafts will be featured. Schedule as follows: Rock & Read for birth-23 months on Monday, December 12 at 9:30AM & 10:30AM; Tales for Twos (2-year-olds) on Wednesday, December 14 at 9:30AM & 10:45AM; 3-8 year-olds on Thursday, December 15 at 10:00AM. Space is limited. There will be a **Special Evening Storytime** for 3-8 year olds featuring Christmas stories, activities & craft on December 14 at 6:30PM. Children may attend in their PJ's & slippers. No registration required.

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Nutrition In A Nutshell

Peanut Butter Chili Wins Cooking Contest

(NAPS)—Here's food for thought: Studies consistently show that diets low in meat and high in plant foods are associated with reduced rates of cancer, heart disease and obesity. Now, the latest evidence from Harvard School of Public Health demonstrates that plant protein, specifically peanuts and peanut butter, also reduces type 2 diabetes risk.



Packed with protein and good taste, Peanut Butter Chili with Pinto Beans can be your go-to meal on Meatless Monday and any other day.

This new study found that substituting a serving of peanuts or peanut butter for one of processed or red meat, once a day, reduced diabetes risk by 11 to 21 percent. To celebrate this great news, the Peanut Institute partnered with Meatless Monday and the Natural Gourmet Institute to create a #PickPeanutProtein recipe contest. "Peanuts are a nutritious, delicious and convenient food to swap for meat in your Meatless Monday meals and throughout the week," says Diana Rice, a registered dietitian on staff with Meatless Monday. The winning recipe, Peanut Butter Chili with Pinto Beans, packs a big 24 grams of plant protein and 14 grams of fiber per serving.

- Peanut Butter Chili with Pinto Beans**
 (Yield: 8-10 servings)
- Tablespoon extra virgin olive oil
 - large yellow onion, diced
 - red bell pepper, diced
 - Tablespoon sweet paprika
 - Tablespoon chopped garlic
 - teaspoon smoked paprika
 - teaspoon ground mustard
 - teaspoon ground cumin
 - teaspoon cumin seeds
 - teaspoon dried basil
 - teaspoon turmeric
 - Tablespoon tomato paste
 - 28-ounce can whole tomatoes, mashed, with juices
 - cups pinto beans, soaked overnight (or 3 15-oz cans)
 - large sweet potato, diced

- 1 cup peanut butter
- 6 cups vegetable stock
- 1 Tablespoon Worcestershire sauce
- Fresh basil and cilantro, chopped
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- Optional toppings: avocado, radishes, cilantro, toasted peanuts

Heat oil in a large pot over medium-low heat. Add onion and sauté until translucent, about 5 minutes. Add bell pepper, cook until softened. Stir in the first eight spices and cook for 1 minute. Stir in tomato paste. Add all remaining ingredients. Bring to a boil, then simmer for about 45 minutes, or until beans are soft and chili has thickened.

Learn More
 Visit www.peanutpower.org, www.meatlessmonday.com and www.naturalgourmetinstitute.com for many more delicious plant and peanut-powered recipes.

• Meatless Monday is a nonprofit campaign that seeks to improve personal health and the health of the planet with a simple message, "One day a week, cut out meat." The Natural Gourmet Institute is a leading health-focused culinary school in New York City, focusing on plant-based whole foods cuisine. The Peanut Institute is a nonprofit organization that supports nutrition research and educational programs to encourage healthy lifestyles.

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In the Massachusetts colony, Puritans tried to ban Christmas during the 17th century, because of what they saw as elements of heathenism in the celebration. The English Parliament abolished Christmas in 1647 but the ban was lifted when the Puritans lost power in 1660.

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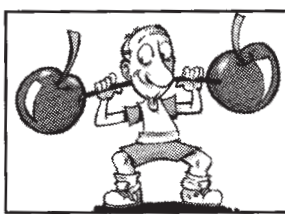
Room For Rent

PHENIX HOTEL, 18 Highland Street, West Warwick: Monthly \$450. 821-2636 between Noon-5PM or 241-5116.

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Snacking on cherries may help to relieve the pain of osteoarthritis. A variety of tart cherry, called Montmorency cherries, is said to improve pain and joint function in about eight weeks when taken in supplement form.

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Warwick: Water view colonial, 3 beds, 2.5 baths, office, open layout, 2 decks, garage, double lot, sprinklers, \$309,900

Coventry: Move right in, solid 3 bed ranch, sliders to private patio, fenced, attached garage, reduced, \$199,900

North Providence: 3 bed, 1.5 bath cape, new furnace, newer water heater, replacement windows, corner lot, \$199,900

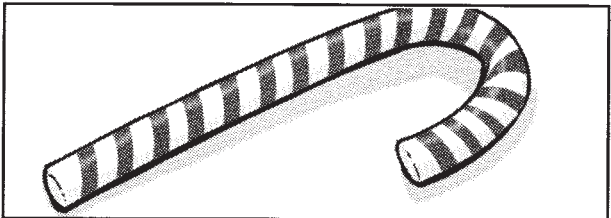
West Warwick: Great investment, 2 family, 2 beds each unit, some updates including new windows, fenced, \$130,000

North Providence: Tons of living space, 4 bed, 3 bath colonial, FP, formal dining, hardwoods, sunroom, \$249,500

Coventry: New rental! 4 room apartment, 2 beds on 2nd floor, heat included, no pets, \$900 monthly

Yard Sales

THE OLD MILL FLEA MARKET in the Historic Centreville Mill, 3 Bridal Avenue, West Warwick: Open 8AM-4PM every Saturday & Sunday. Free admission. Quality Vendors wanted. Antiques, collectibles, architectural, garage memorabilia & much, much more. Contact Andy, 226-3377.



Candy canes began as straight white sticks of sugar candy. A choirmaster at Cologne Cathedral decided to have the ends bent to depict a shepherd's crook. It wasn't until the 20th century that candy canes got their red stripes.



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COVENTRY PARKS & RECREATION PRESENTS BROADWAY SERIES SHOWS AT PPAC
The Coventry Parks and Recreation Department will host a trip to PPAC for the following show: "The Nutcracker" on December 18 (\$33/person). For all shows, seating is in the 1st Dress Circle, the Recreation Bus will leave the Guy L. Lefebvre Community Center at 12PM. You can register for any Program in the Parks & Recreation Office during their normal business hours. Call 822-9107 for more information or visit www.coventryri.org

COVENTRY PARKS & RECREATION DECEMBER EVENTS
The Coventry Parks and Recreation Department, proudly presents their **Annual Christmas Tree Lighting** on December 7 at 5:45PM at the Guy L. Lefebvre Community Center, 1670 Flat River Road, Coventry. Join the festivities singing traditional Christmas Carols & watch Santa's sleigh fly in at 6PM to light the tree! **Letters to Santa** - All ages are welcome at the Guy L. Lefebvre Community Center to write a letter to Santa on December 14 from 6-8PM. Letters will be delivered the following day to the North Pole. Also enjoy cookies & juice while making a holiday craft. Please call 822-9107 during normal business hours for more information or visit www.coventryri.org

COVENTRY PARKS & RECREATION PRESENTS BROADWAY SERIES SHOWS AT PPAC
The Coventry Parks and Recreation Department will host trips to PPAC for the following shows: "Chicago" on May 7 (\$42/person). "Riverdance" on June 4 (\$37/person). For all shows, seating is in the 1st Dress Circle, the Recreation Bus will leave the Guy L. Lefebvre Community Center at 5PM. You can register for any Program in the Parks & Recreation Office during their normal business hours. Call 822-9107 for more information or visit www.coventryri.org

COVENTRY PARKS & RECREATION CHRISTMAS VACATION CAMP
The Coventry Parks & Recreation Department will offer a CHRISTMAS VACATION CAMP on December 27, 28 & 29 from 8:30AM-4:30PM each day. Drop off & pick-up is upstairs at the Guy L. Lefebvre Community Center. Trips include Showcase Cinemas, Chuck E. Cheese (includes pizza, drinks & tokens), Legion Bowl (unlimited bowling), a visit from the Audubon Society with their Raptor Encounter Program. The Fee is \$65. You can register for any Program in the Parks & Recreation Office during their normal business hours. Call 822-9107 for more information or visit www.coventryri.org

COVENTRY-WEST GREENWICH EMBLEM CLUB #436 MEETING
Ladies, are you interested in becoming a member of a non-profit organization that works within your community? The Coventry-West Greenwich Emblem Club #436, 42 Nooseneck Hill Road, West Greenwich, will hold their regular monthly meetings at 7:30PM on the 1st Wednesday of each month. All members in good standing are encouraged to attend. Please feel free to bring a friend who may like to join this worthy organization. Please call Rosemarie at 924-3600 for more information.

RESCUED PETS 2017 CALENDARS
Rescued Pets 2017 Calendars are now available for \$5 at the Exeter Animal Shelter, the Exeter Public Library, the North Kingstown Animal Hospital & Allie's Feed Store. Proceeds benefit the Friends of the Exeter Animals. They make great gifts and help local animals in need.

HOLIDAY PROGRAM AT COVENTRY PUBLIC LIBRARY
The Coventry Public Library, 1672 Flat River Road, Coventry, will show a holiday movie & hold a cookie decorating event for teens & tweens ages 10 & up on December 17 at 10AM. Advance registration is required. Call the Library at 822-9102 or sign up in the Youth Services Department.

FIVE WISHES: A GENTLE APPROACH TO ADVANCED DIRECTIVES
"Five Wishes: A Gentle Approach to Advanced Directive" will take place on December 15 from 6:30-7:30PM at the Knotty Oak Room Restaurant at Coventry High School, 40 Reservoir Road, Coventry. As part of their Caring Community outreach, Michele Carignan, RN, Hospice Specialist & Community Educator for Kindred Hospice, guides you in a profound exploration of documenting your wishes. This Workshop will be valuable to you on a variety of levels: As a parent, you will want to spare your children from difficult, often divisive, inevitable decisions. And a children, you will want to encourage your parents to plan for their own future and to make their wishes known to you. This free, interactive Workshop is open to anyone age 18 & up. Reserve your spot today by calling 378-1059 or email michele.carignan@gentiva.com

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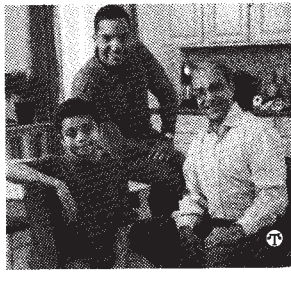
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Monday*, Tuesday & Wednesday	Beginner Dance Lessons & Requests Doors Open at 7pm • Lessons at 7:30pm	\$10
Friday & Saturday	Dance Lessons & Requests Doors Open at 7pm Lessons at 8pm	\$10
Every 1st Thursday of the Month Doors Open 7pm Band Starts at 8pm	"Mishnock All Stars" Thursday Night Rocks! Dancing to DJ and Bands	No Cover

Did You Know?

(NAPS)—You'll be better able to beat heart troubles, suggest the experts at the American Heart Association, if you avoid five things: decongestants, sleep apnea, stress, sodium and not taking your medications. For resources on blood pressure management, visit www.heart.org/hbp.



The Hero Care App highlights the extensive array of services the Red Cross offers members of the military, veterans and their families. To download it, search for American Red Cross in your app store, text GETHEROCARE to 90999 or go to www.redcross.org/apps.

aging designed by the artist collaboration FAILE, and are at Kiehl's freestanding stores, www.kiehls.com/faile, 800-KIEHLS-2 and select retailers.

Many used car shoppers avoid cars that were in an accident but it shouldn't be a deal breaker for you. A Carfax Vehicle History Report can help. For more car buying advice, search "accident damage" on the Carfax.com blog.

You can now get the caffeine kick of half a cup of coffee and the soothing comfort of green tea in a gummy cube called Go Cubes. Learn more at <https://notrobox.com/go-cubes>.

Smart home technology from August Home Inc., the leading provider of smart locks that are safer than traditional keys puts users in control of their front doors from anywhere in the world via smartphone. Learn more at www.august.com.

Disney's "The BFG" and the remake of the classic "Pete's Dragon"—both available November 29 on Blu-ray, Digital HD & Disney Movies Anywhere—help kids understand that differences don't have to stand in the way of friendship and fun.

Kiehl's Since 1851 will donate the net profits from its 8th Annual Limited Edition Holiday Collection (up to \$100,000) to Feeding America food banks. The skin care products come in pack-

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The Federal Long Term Care Insurance Program (FLTCIP) can help pay for personal care and related services on an extended basis to people who need help with everyday activities or supervision due to a severe cognitive impairment. Learn more at www.LTCFEDS.com and (800) 582-3337.

Salome's Stars

ARIES (March 21 to April 19) I know, dear Lamb, that you don't like anyone trying to take charge of one of your projects, but try to be a bit more flexible. A new idea could help hasten a positive result.

TAURUS (April 20 to May 20) I'm sure, like the time-thrifty Taurus that you are, that you've done much of your holiday shopping. But don't relax yet. Wrap those gifts now to save yourself lots of unwanted pressure.

GEMINI (May 21 to June 20) Be receptive when a family member or friend asks to confide in you. Your positive reaction could ensure that he or she will have a happy holiday experience.

CANCER (June 21 to July 22) Don't be rushed into wrapping up that workplace problem. Consider leaving it until after the holidays. This way you'll have the facts you need to reach the right resolution.

LEO (July 23 to August 22) You'll get news that will make you glow brighter than the lights of the holiday season. Be sure to use what you learn both carefully and kindly, to avoid giving the wrong impression.

VIRGO (August 23 to September 22) That frayed relationship could be mended in time for the holidays if you were more flexible. Give a little, and you could get back a lot more than you imagined.

"IT ALL HAPPENED IN THE COUNTRY", a Family Christmas Musical: December 17 & 18, 6:30PM (doors open at 5:30PM). Genesis Church, 81 Sandy Bottom Road, Coventry. Free Will Offerings accepted. Proceeds benefit Genesis Christian Academy Home-school Co-op. For more information, call 825-7515.

MACKIE 2-WAY ACTIVE LOUDSPEAKERS, \$325. Vocopro pro powered mics, wireless. \$50. 397-1830.



During his lifetime, Herman Melville's "Moby-Dick" sold only 50 copies.

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Saturday, Dec. 17th & Sunday, Dec. 18th
10am-1pm
Every Child Gets a Free Gift

LIBRA (September 23 to October 22) Things might not seem to be settling down as quickly as you would prefer. But it might be just a little holiday time flutter. You'll soon get news that will lead to more stability.

SCORPIO (October 23 to November 21) Stop getting so involved in everyone's personal problems that you lose precious time with loved ones. Remember, even the Supreme Court closes for the holidays.

SAGITTARIUS (November 22 to December 21) All signs point to a bright holiday, with all of those pesky problems finally resolved in your favor. Share the good times with people you love and, of course, who love you.

CAPRICORN (December 22 to January 19) Your plans should not be set in stone and cemented over. Leave some openings in case you need to make changes. Spend the holidays with your nearest and dearest.

AQUARIUS (January 20 to February 18) Surprise! This holiday finds you on the receiving end of the generosity of those who are usually the recipients of so much that you give so freely and lovingly.

PISCES (February 19 to March 20) That piece of good news assures that you'll be swimming in clearer, calmer waters this holiday season. There might be a storm or two ahead, but you'll weather it all in fine style.

BORN THIS WEEK: You have a flair for seeing things as you'd like them to be, as well as a gift for turning your perceptions into reality.

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SNL PARTY PALS RENTALS: Character rentals, \$99-\$125. Bouncy Specials & Balloon Packages! Rob, 301-1156.

HALL FOR RENT: Coventry Men's Club available for Bachelor Parties, Weddings, Birthdays, Retirement Parties, Etc. Menu available. Call 385-3536 after 2PM for more information.

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Tuesdays: **Half Off Pasta Dishes** (from Our Primi Menu)

Wednesdays: **Dessert Combo** (complimentary dessert with entrée)

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AARP CHAPTER 2210 ATLANTIC CITY TRIP
AARP Chapter 2210 has planned a trip to Resorts Casino Hotel in Atlantic City from January 3-5. The Tour includes 2 nights accommodations, 4 Meal Vouchers, \$20 Slot Bonus, 2 Revue Shows, Driver Escorted Deluxe Motorcoach Transportation. Cost is \$209/person (double occupancy), \$205/person (triple occupancy) or \$289/person (single occupancy). For more information call Maureen at 828-5188 or Patricia at 821-3733.

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