

# The REMINDER 2<sup>ND</sup> SECTION

Rhode Island's First Buyers Guide

January 3, 2017  
Volume 62 • Issue 34

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Friday, Jan. 6th -  
Thurs., Jan. 12th

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**THE FRESHEST MEATS**



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**THE FRESHEST MEATS**



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Fresh Baked Italian Bread <b>1.79</b> ea.	Skinner's Cinnamon Craver's Bun <b>3.99</b> ea.	Roch's, 4pk. Gourmet Brownies <b>3.99</b> ea.	16pk. Multi-Grain Finger Rolls <b>2/\$5</b>
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**THE FRESHEST MEATS**



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## Make Memories With Us!



### Coventry Little League Registrations are open!

[www.coventrylittleleague.com](http://www.coventrylittleleague.com)

Walk-in Registration: Feinstein Middle School Jan 30 & 31, 12 - 4pm  
Tryouts for AAA Minors & Majors Divisions will be in early March. Exact dates & times will be posted on website.  
**Register before 2/1/17 and save \$10 on registration per player!**



Minors/Majors:	1 <sup>st</sup> Child: \$110
	2 <sup>nd</sup> Child: \$90
	3 <sup>rd</sup> Child: \$70
T-Ball :	\$55
Family Max :	\$270
Challenger Division :	see website for details

Please e-mail any registration questions to the Player Agent  
Tommy Joyce - coventrylittleleagueregister@gmail.com



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## TOP VIDEO RENTALS AND SALES

### Top 10 Movies On Demand

1. Jason Bourne ..... (PG-13) Matt Damon
2. The Secret Life of Pets ..... (PG) animated
3. War Dogs ..... (R) Jonah Hill
4. Don't Breathe ..... (R) Stephen Lang
5. Bad Moms ..... (R) Mila Kunis
6. Pete's Dragon ..... (PG) Bryce Dallas Howard
7. Hell or High Water ..... (R) Dale Dickey
8. The BFG ..... (PG) Mark Rylance
9. Finding Dory ..... (PG) animated
10. Mechanic: Resurrection ..... (R) Jason Statham

### Top 10 DVD, Blu-ray Sales

1. The Secret Life of Pets ..... (PG) Universal
2. Jason Bourne ..... (PG-13) Universal
3. Finding Dory ..... (PG) Disney
4. Pete's Dragon ..... (PG) Disney
5. The BFG ..... (PG) Disney
6. Star Trek Beyond ..... (PG-13) Paramount
7. Star Wars: The Force Awakens ..... (PG-13) Disney
8. Game of Thrones: The Complete Sixth Season ... (TV-MA) Warner Bros.
9. Mechanic: Resurrection ..... (R) Lionsgate
10. Captain America: Civil War ..... (PG-13) Disney

Source: comScore  
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E-mail: [birdingbits@cflr.com](mailto:birdingbits@cflr.com)  
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\*\*\*  
Nobody makes a greater mistake than he who did nothing because he could only do a little.  
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### SENIOR FITNESS CLASS AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, is offering Senior Fitness Classes on Tuesdays & Thursdays from 1-2PM beginning January 31. Classes will run through February. Instruction is geared to the abilities of older participants. Registration required by calling Jane at 822-9104 or email [js@coventrylibrary.org](mailto:js@coventrylibrary.org)

**WANTED: FOSTER HOMES FOR RESCUE DOGS**  
Sadly, we have to say "no" to many deserving dogs due to the lack of Foster Homes. Please consider this very important and rewarding part of rescue by becoming a Foster. Fostering is temporary, saves multiple lives & the Vet bills are paid. Fill out an application online at [www.fohari.org](http://www.fohari.org)

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## Comfort foods

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### Norwegian Loose-Meat Sandwiches

Tried of holiday ham and turkey? This dish can be served as a sandwich or over noodles or mashed potatoes. Either way, it's a creamy delight.

16 ounces extra-lean ground sirloin beef or turkey breast  
3/4 cup finely chopped onion  
1 (10 3/4-ounce) can Campbell's Healthy Request Cream of Mushroom Soup  
2 tablespoons Land O Lakes no-fat sour cream  
1 teaspoon dried parsley flakes  
1/2 teaspoon ground nutmeg  
6 small hamburger buns

1. In a large skillet sprayed with butter-flavored cooking spray, brown meat and onion. Stir in mushroom soup, sour cream, parsley flakes and nutmeg. Lower heat and simmer for 5 minutes, stirring occasionally.
2. For each sandwich, spoon about 1/2 cup meat mixture between a hamburger bun. Serves 6.

• Each serving equals: 172 calories, 4g fat, 13g protein, 21g carbs., 391mg sodium, 54mg calcium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Starch/Carb.; Carb Choices: 1 1/2.

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## Donna's Day Creative family fun

by Donna Erickson

### A Toast to Toast

"I'd like to make a toast!" said my friend at a happy family celebration. Without missing a beat, her 3-year-old nephew burst out, "Don't we need to get the toaster first?"

With all the toasting to 2016, I thought I'd get literal and stretch the meaning, just like that spontaneous child, and welcome this new year with two recipes using toast.

So, "Here's a toast to toast!"

#### AVOCADO TOAST

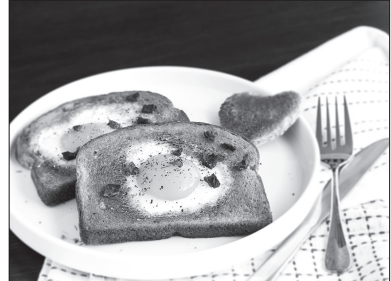
I keep a stash of avocados in different stages of ripeness on my kitchen counter, never knowing when I'll need one to slice on a bed of fresh greens, or mash, season and spread on toast for a tasty morning energy boost. I've been making the latter for years, so no wonder I was surprised while whiling away time on Instagram, to find that avocado toast was trending.

Here's how to prepare "Avocado Toast" for two:

Peel and pit a ripe avocado. Mash in a bowl with a fork, leaving some chunks. Add a pinch of sea salt and juice from half of a lemon.

Toast two slices of your favorite bread. Spread half of the mixture on each slice, and garnish with some red pepper flakes and a drizzle of good olive oil (optional).

Tips: Get creative by topping the spread mixture with chopped cooked bacon and goat cheese, salsa and



crushed tortilla chips, or cracked pepper, sliced cherry tomatoes and basil.

#### EGG IN A HOLE

Create memorable family traditions with your kids and grandkids, starting at breakfast with this whimsical presentation of eggs and toast. Some families call it "Toad in the Hole" or "Bird in a Nest" — the list goes on. It's really nothing more than an egg cooked in the cut-out center of a piece of pan-made toast, but it's the off-kilter presentation that fancies it up.

Here's how to make one "Egg in a Hole":

Use a 2-inch circle biscuit cutter or similar size metal cookie cutter to cut out the center of a slice of bread.

In a well-buttered pan, toast one side of the slice and cut-out piece for about 1 1/2 minutes. Flip.

Add more butter to the pan.

Crack egg in the open center of the slice. Cover pan and cook slowly until whites are set and yoke thickens, about 3 1/2 to 4 minutes.

Season with salt and pepper. Serve with the toasted cutout.

Pair with bacon or sausage.

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](http://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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**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.

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**SLOCUM GRANGE MEETING**  
Slocum Grange, 96 Slocum Road, North Kingstown, will hold their next Meeting on January 13 at 7:30PM. The program for the evening will be a Cheerios Challenge (Let's Stack Them). All are welcome to attend as this is an open meeting.

**RICHMOND GRANGE #6 MEETINGS**  
Richmond Grange, 690 Usquepaugh Road (Rte. 138), West Kingston will hold their Monthly Meetings at 7:30PM on the 1st & 3rd Friday of each month. New members are always welcome. For more information on Meeting details or how to join, please call Carol at 269-1769.

**COVENTRY CHILD OUTREACH PROGRAM**  
The Coventry Child Outreach Program is offering **FREE** screening for preschool age children living in the town of Coventry. Children will be screened in the following areas of development: hearing, vision, speech and language, social emotional and general development. Much like your well-child visit with the Pediatrician, children should participate in screening annually at 3, 4 and 5 years old. Because children learn rapidly during these early years, each screening offers an up-to-date check on your child's development. Screening is offered in a variety of locations. To make an appointment, please call Lisa Neill, Child Outreach Coordinator for the Coventry Public Schools at 822-9400, Ext. 249. For more information visit [www.ride.ri.gov](http://www.ride.ri.gov) (Instruction & Assessment). Check out the Family Engagement tab for free resources!

**WEST WARWICK PUBLIC SCHOOL MENTORS NEEDED**  
Do you have an hour a week to share? That's all it takes to volunteer to spend an hour a week with a child, in a school during school time! You can work with either a girl or boy on the Elementary, Middle, or High School level. For more information call Dana Papitto, 822-8435.

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*Now here's a tip!* by Jo Ann Derson

- "I installed a full-length mirror on the back side my closet door. All around it I made a border of corkboard (the self-sticking sheets available at office-supply stores). I use the corkboard to hold all my frequently used jewelry. I put earrings right in the cork, and hang necklaces and bracelets from pushpins. I'm thinking of installing hooks for belts and scarves. This really saves me time when I'm getting dressed." —A.E. in Tennessee
- When large pump bottles of lotion start to sputter, don't get rid of them, refill them! Add the contents of smaller bottles to fill it up.
- "The handle of my photo mug cracked off. I love the picture, but I can't reattach the handle because it's too broken. My husband was able to remove the remnants of the handle and smooth it down. We sealed the broken parts, and I use it as an eyeglasses holder on my desk." —J.J. in Florida
- Hang measuring cups in size order on the inside of your cabinet door. You will always know where to find the right-size measure, and it makes use of unused space. Just be sure you're gentle when opening and closing the door.
- If you're dealing with a stripped screw, try this neat trick: Place a wide rubber band over the screw head. Use the type that are found on a bunch of broccoli. The rubber will fill in the cracks, and give your screwdriver a lot more grip.
- "Store matches in a mason jar. Cut a piece of extra-fine sandpaper to fit the jar lid. Lay the sandpaper grit-side up in the lid so that you can use it to light the match. Decorate with cute ribbon if you like. Perfect for fireplaces!" —S.L. in Minnesota

Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.



# I'M IN PAIN!

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Sherry Morrissette DC, DACNB  
Chiropractic Neurologist

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\*\*\*

—Henri Matisse

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## 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.

## 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

## NEW ENGLAND STEEL GUITAR ASSOCIATION STEEL JAM

The New England Steel Guitar Association will hold a Steel Jam on January 8 from 12:30-4:30PM at American Legion Post #15, 1016 Post Road, East Greenwich. "Al Carter & The Nashville Boys" will perform.

## BEGINNER LINE DANCE CLASSES AT THE COVENTRY-WEST GREENWICH ELKS

The Coventry-West Greenwich Elks Lodge, 42 Nooseneck Hill Road, West Greenwich, will hold Beginner Line Dancing Classes with Lori Enos every Sunday night (January 8-June 4) from 6:30-8:30PM. Cost is \$6 per person. All ages welcome. Call Lori at 821-4361/250-6082 or the Lodge at 397-3700 for more information. Proceeds benefit Elk Charities.

## 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.

## PARLONS FRANCAIS!

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.

**397-7501**

# READER AD FORM

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Used Furniture, Tools, Exercise Equipment, Etc.

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- Prayer to the Blessed Virgin
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- Thanksgiving Novena to St. Jude
- Novena to the Sacred Heart
- Other (indicate below or send a photo copy)

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THE REMINDER is published every Tuesday. Open Monday through Friday 8:30am-5:00pm. We are not responsible for typographical errors, or the content of ads paid for in The Reminder. We do, however, reserve the right to edit. We will be responsible for errors appearing in ads only to the extent of correcting the same in the next issue. Opinions expressed in articles and advertisements are not necessarily those of the editor. Political ads and/or advertisements expressing an opinion of any type must be submitted at least one week before desired publication date. All copy for this type of ad is subject to the approval of the publisher. Advertisers are asked not to encourage other papers to copy ads from The Reminder.

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The Romans made extensive use of nails and developed the basic claw hammer as a tool for both driving and removing them.

**Moments in time**  
THE HISTORY CHANNEL

• On Jan. 13, 1842, a British army doctor reaches the British sentry post at Jalalabad, Afghanistan, the lone survivor of a 16,000-strong Anglo-Indian expeditionary force that was massacred in the Khyber Pass in its retreat from Kabul.

• On Jan. 10, 1901, a drilling derrick near Beaumont, Texas, produces an enormous gusher of crude oil. The oil was found at a depth of over 1,000 feet and flowed at a rate of 100,000 barrels a day.

• On Jan. 14, 1942, President Franklin Roosevelt issues Proclamation No. 2537, requiring aliens from World War II-enemy countries — Italy, Germany and Japan — to register with the Department of Justice. Under increasing pressure from California politicians and others, Roosevelt also signed an executive order to remove all Japanese Americans to internment camps.

• On Jan. 15, 1967, at the Los Angeles Coliseum, the Green Bay Packers beat the Kansas City Chiefs in the first-ever world championship football game. Since postseason college games were known as "bowl" games, it was suggested that the new AFL/NFL pro championship be called the "Super Bowl."

• On Jan. 9, 1972, the ship Seawise University (formerly the RMS Queen Elizabeth) burns and sinks in Hong Kong Harbor. The Queen Elizabeth, launched in 1938, served as ocean liner and troop transport before being sold to a Hong Kong businessman who wanted to use the ship as a floating college.

• On Jan. 11, 1989, after eight years as president of the United States, Ronald Reagan gives his farewell address. Reagan declared that the key to leadership was a return to "common sense."

• On Jan. 12, 1995, Qubilah Shabazz, the daughter of Malcolm X, is arrested for conspiring to kill Louis Farrakhan, who she believed was responsible for the assassination of her father in 1965.

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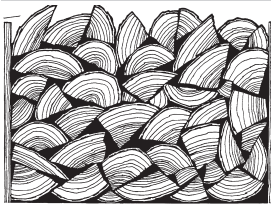


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**Email your Photos to mail@rireminder.com, along with the names of Both you and your Pet and tell us why they are so SPECIAL!**  
Please make sure your Photos are in focus. Blurry Photos cannot be reproduced.

**FIVE WISHES: A GENTLE APPROACH TO ADVANCED DIRECTIVES**

"Five Wishes: A Gentle Approach to Advanced Directive" presentation will take place on January 18 at 11AM at the Coventry Senior Center, 50 Wood Street, 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 as 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 all.

**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.

**DO YOU WANT TO LEARN TO KNIT?**

If you knit or you would like to learn, join the Knitting Group at the Coventry Senior Center, 50 Wood Street, Coventry. The group meets on Wednesday mornings at 9:30AM. This is a great way to socialize and make new friends.

**COVENTRY PARKS & RECREATION TEEN CENTER**

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

**PROJECT LINUS**

Project Linus is a national, all volunteer, non-profit organization which brings comfort to seriously ill children in local hospitals through gifts of new, handmade security blankets! If you have blankets you have hand-crafted or donations of new fabric, yarn, etc. to donate, please drop them off at "The Reminder" Office, 1049 Main Street, Coventry. "The Reminder" is open Monday-Friday from 8:30AM-5PM and is the local drop off location for Project Linus donations. For more information, please call "The Reminder" at 821-2216.



# Puzzle Page


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## King Crossword

- ACROSS**
- 1 Final
  - 5 Recipe meas.
  - 8 Foolproof
  - 12 Eastern potentate (Var.)
  - 13 Carnival city
  - 14 Slaughter of baseball
  - 15 Parks at a bus stop?
  - 16 Japanese sash
  - 17 Gallon fraction
  - 18 Hands-on-hips
  - 20 Small combo
  - 22 Women's wear
  - 26 Wander off
  - 29 Height of fashion?
  - 30 Bother
  - 31 Addict
  - 32 Supporting
  - 33 Cruising
  - 34 Aries
  - 35 Despondent
  - 36 Square dance group
  - 37 "It's a Wonderful Life" director
  - 40 Hearts, for one
- DOWN**
- 1 Zhivago's love
  - 2 Out of control
  - 3 Emphatic assent in Acapulco
  - 4 It gets a load from a lode
  - 5 Scout group
  - 6 Bro or sis
  - 7 "Lilies of the Field" actor
  - 8 Brown tone
  - 9 Norma Rae, for one
  - 10 Paul of politics
  - 11 Superlative ending
  - 19 Chesapeake, e.g.
  - 21 Spinning stat
  - 23 "Mary Tyler Moore Show" spinoff
  - 24 Genealogy chart
  - 25 Old card game
  - 26 Look for a website
  - 27 Despot
  - 28 Digitize an old LP, e.g.
  - 32 Bit of trivia
  - 33 College life
  - 35 Tackle moguls
  - 36 4-Down contents
  - 38 Eccentric
  - 39 Pleased with oneself
  - 42 "American —"
  - 43 City in India
  - 44 Loretta of country music
  - 45 Periodical, for short
  - 46 Lawyers' org.
  - 48 Thanksgiving mo.

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18			19			20	21			
			22			23			24	25
26	27	28			29			30		
31				32			33			
34			35				36			
37			38				39			
		40				41		42	43	44
45	46			47	48			49		
50				51				52		
53				54				55		

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## MAGIC MAZE • KENTUCKY DERBY WINNERS

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

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

- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
- Agile
  - Alysheba
  - Animal Kingdom
  - Barbaro
  - Big Brown
  - Giacomo
  - Go for Gin
  - Omaha
  - Ponder
  - Sea Hero
  - Super Saver
  - Swale
  - Tim Tam
  - Tomy Lee
  - Zev

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**Answers**

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**KNITTING CIRCLE**  
**AT GREENE PUBLIC LIBRARY**

"Purls of Wisdom", Greene Public Library's Knitting Circle meets every Tuesday at 6PM at the Library, 179 Hopkins Hollow Road, Greene. Come and knit by the fire with friends. New members are always welcome. Call 397-3873 for information.

**COMPUTER CLASSES AT**  
**COVENTRY PUBLIC LIBRARY**

The Coventry Public Library, 1672 Flat River Road, will offer one-on-one Adult Computer Classes free of charge. Basic Skills, Internet Searching, Word Processing, Facebook & Excel are the lessons being offered. Call 822-9105 or stop by in person to sign-up or for more information.

**CHURCH OF CHRIST GIVING CLOSET**

The Giving Closet of the church of Christ, 15 Sandy Bottom Road, Coventry, will be open every Wednesday from 10AM-5PM. Everything is FREE!

**STORYTIME AT TYLER FREE LIBRARY**

Tyler Free Library, 81A Moosup Valley Road, Foster, will hold its Storytime for infants or preschoolers on Wednesday mornings at 10AM. Please call 397-7930 to register or for more information.


**COVENTRY PUBLIC LIBRARY PRESENTS...**

Coventry Public Library, 1672 Flat River Road, Coventry, welcomes Loren M. Spears, Narragansett, Executive Director of Tomaquag Museum on January 19 at 7PM. She has been an educator for 25 years and shares her cultural knowledge & traditional arts learned through her family with the public through museum programs. She works tirelessly to empower Native youth & to educate the public on Native history. To register for this event or for more information, call Jane at 822-9104 or email js@coventrylibrary.org

**Hints For The Home**

**Three Pinterest-Worthy Cleaning Hacks**

(NAPSA)—The snow is thawing, birds are chirping and winter's effects on your house are more noticeable than ever. Muddy shoes, holiday parties and Christmas crafts are coming back to



Cut cleaning time and enjoy family fun without the mess.

haunt you as new stains and odors. That's why you'll love these hassle-free spring-cleaning hacks to make your house shine again.

**1. Use Leftover Bags to Declutter.** Stains and dust bunnies will be invisible until the clutter has cleared. Use leftover holiday shopping bags and gift boxes to help you declutter. One for "put this away," a second for "throw this away" and a third for "give this away."

**2. Arm Your Arsenal with Enzymes.** Enzymes work without you, so choose a non-toxic, enzyme-based cleaner like KIDS 'N' PETS Instant All-Purpose Stain & Odor Remover to give clothes, couches and carpets new life. Spray on spots or add to your laundry detergent or carpet cleaning machine and let the enzymes work their magic.

**3. Dusters Are so Last Year.** Toss your duster this spring and switch to a lint roller to remove dust and grime from surfaces such as bookshelves, fireplaces, tables, lamps and more, plus it's a great solution for removing pet hair from furniture.

Find KIDS 'N' PETS Instant All-Purpose Stain & Odor Remover at Walmart.

# 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.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

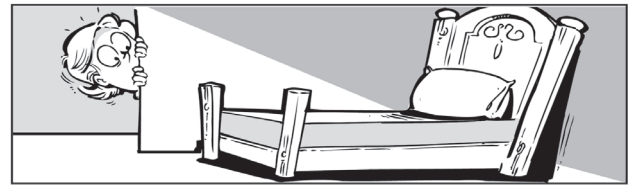
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## Home Ideas

(NAPSA)—Selecting paint color is easier than you think. For simple expert tips, visit [www.dutchboy.com](http://www.dutchboy.com).



When you're in the market for new flooring, a professional flooring retailer may be your best bet in the long run. To find one nearby, visit the World Floor Covering Association at [www.wfca.org](http://www.wfca.org).



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MEAT SALE		DELI SAVINGS		GROCERY		PRODUCE	
Last Week at This Price! <b>Family Pack Ground Chuck</b> <b>\$2.99</b> lb.	<b>Certified Angus Beef Back Rump or Bottom Round Roast</b> <b>\$3.99</b> lb.	<b>Fresh Sliced Bologna</b> <b>\$1.99</b> lb.	<b>Pre-Sliced Land O Lakes American Cheese</b> <b>\$2.99</b> lb.	<b>Kraft Velveeta Mac &amp; Cheese Dinners</b> <b>2/\$5</b>	<b>Old El Paso Dinner Kits</b> <b>2/\$5</b>	<b>Sweet Jumbo Cantaloupes</b> <b>\$1.99</b> ea.	<b>8 oz. Bag Triple Washed Spinach</b> <b>2/\$4</b>
<b>Thin Sliced Pork Cutlets</b> <b>\$2.99</b> lb.	<b>Family Pack Assorted Pork Chops</b> <b>\$1.79</b> lb.	<b>Legacy Honey Smoked Turkey Breast</b> <b>\$5.99</b> lb.	<b>Kretschmar Spiral Recipe Ham</b> <b>\$3.99</b> lb.	<b>Post Cereal Sale! Great Grains and Select Fruity &amp; Cocoa Pebbles</b> <b>2/\$5</b>	<b>Kellogg's Special K Cereal</b> <b>2/\$5</b>	<b>Mix and Match Red or Green Peppers</b> <b>\$1.49</b> lb.	<b>5lb. bag All Purpose Potatoes</b> <b>\$1.99</b> bag
<b>8oz. Willow Tree Chicken Pies.....</b> 5/\$10	<b>Tom's Own Italian Sausage.....</b> 3.99lb.	<b>Boar's Head Buffalo Chicken Breast</b> 6.99lb.	<b>Kretschmar Bacon Crusted Turkey Breast..</b> 5.99lb.	<b>15-16.3 oz. Skippy Peanut Butter.....</b> 2/\$4	<b>14.5-24 oz. Prego Pasta Sauce.....</b> 2/\$4	<b>On the Vine Tomatoes.....</b> 2.49lb.	<b>Fresh, Crisp Celery.....</b> 1.49bu.
FISH		BAKERY		DAIRY/FROZEN		PREPARED	
<b>Fresh! Machias Maine Steamers</b> <b>\$3.99</b> lb.	<b>Fresh, Local Cold Water Swordfish</b> <b>\$12.99</b> lb.	<b>Fresh Baked Tuscan Boule</b> <b>\$3.99</b> ea.	<b>Tom's Own Italian Bread</b> <b>\$1.99</b> ea.	<b>Almond Breeze Milk Alternative</b> <b>2/\$6</b>	<b>All Varieties Hot Pockets</b> <b>2/\$4</b>	<b>Grilled Lemon Dijon Chicken Breast</b> <b>\$4.99</b> lb.	<b>Cavatelli with Escarole, White Beans and Sausage</b> <b>\$3.99</b> lb.
<b>Sweet &amp; Succulent, Skin-On Haddock Fillets.....</b> 6.99lb.	<b>26/30ct., 1lb. Bag Tail Off Cooked Shrimp</b> 6.99 bag	<b>Wow! 2 pack Cannoli or Eclairs.....</b> 2.99	<b>For Your Salads! Tom's Market Made Croutons.....</b> 1.99 pkg	<b>Jell-O Gelatin or Pudding Snacks.....</b> 2/\$4	<b>Hoodies Ice Cream Sandwiches.....</b> 3.29	<b>Grab 'N Go Tom's Mac &amp; Cheese.</b> 3.99 ea.	<b>Tom's Own Tomato Basil Bisque.....</b> 4.99 qt.



# Job Market & Childcare

## Help Wanted

## Help Wanted


## Help Wanted

## Help Wanted

**Santoro's Pizza**  
**HIRING: Cooks, Waitresses and Drivers with Experience.**  
 Apply Within:  
**Santoro's Pizza**  
 687 Tiogue Ave., Coventry

**DRIVER WANTED:**  
 CDL Class A with 2 or more years of experience a must. Must have clean Driving Record. Must pass BCI. Start immediately. Local run. Home daily. Call 397-3167 between 9AM-3PM only. Serious only need apply.

**Brookdale.**  
 Bringing New Life to Senior Living



**BROOKDALE**  
 - CENTRE OF NEW ENGLAND -  
**Now Hiring:**  
**FT, PT-C.N.A., CMT & LPN's**

Newly designed Bonus Programs!  
 It Pays to Find Good People.  
 Referral Bonus and Shift Incentive Bonus.

Extremely competitive wage based on skills and experience.  
 Benefits package with 401(K), Health Insurance, Life Insurance, Dental Insurance, Disability Insurance and Paid Time Off.  
 Flexible schedule available,  
 current nursing assistant certification (C.N.A.)  
 current CPR and first aid certifications a plus.

Interested? Please stop in and apply at  
**Brookdale Centre of New England**  
 600 Centre of New England Blvd., Coventry, RI 02816  
 (401)821-2445, Fax: (401)821-6180



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**866-453-6204**

*Spring Villa*   
**MEMORY CARE**  
**NOW HIRING**

- CNAs - Full Time 1st & 2nd Shift, Part Time
- CMTs - Part Time
- COOKS - Part Time Weekends

*Apply at Spring Villa*  
 59 Pleasant St., West Warwick, RI EOE

**C U S T O D I A N / MAINTENANCE SPECIALIST:** Duties include light housekeeping and maintenance, local deliveries, and other odd jobs. Email resume to [ksmith@ridistributing.com](mailto:ksmith@ridistributing.com) or call 822-6400, Ext. 4207.

**PART-TIME SALES POSITION:** Tuesday, Friday & Saturday, 8AM-5PM. Apply at Jennings Car Care, 679 Quaker Lane, West Warwick. 828-1220.

## Jobs Wanted

**JANITORIAL:** Able to strip & wax VCT tile and use an electric buffer. Must have valid Driver's License & BCI. Days or evenings & Saturdays, 25-30 hours/week. \$10/Hour. Start right away! 258-9648.

**HOUSECLEANING / SMALL OFFICE:** 18 Years experience. References. 996-0305.



The Julian calendar, a reform of the Roman calendar, was introduced by Julius Caesar in 46 B.C. The Julian year is on average 365 1/4 days long.

\*\*\*  
 Science is an integral part of culture. It's not this foreign thing, done by an arcane priesthood. It's one of the glories of human intellectual tradition.  
 \*\*\*  
 —Stephen Jay Gould



Skilled Nursing & Rehabilitation Center ON NARRAGANSETT BAY

Scalabrini Vila is a beautiful long term care facility on Narragansett Bay. We are currently seeking an Activity Aide with Dementia exposure and/or training. Nursing home experience a must. This is a fast paced job with large, self directed groups. Ability to self initiate, move energetically/quickly and deal with behavior issues is crucial. Schedule is every other weekend, every other holiday as well as minimum of 2 days per week - maybe more in the future. Hours include some 9am-5pm, 1pm-8:15pm and 5:15pm-8:15 shifts.

**Current immunization records, BCI and Employment Drug Screen are Required.**

**Interested candidates may apply in person at:**  
**SCALABRINI VILLA**  
**PLEASE VISIT OUR WEBSITE**  
 @ [www.scalabrinivilla.com](http://www.scalabrinivilla.com) or Facebook.com/scalabrinivilla EOE/EO

## Baby Basics

### Caring For Infants In Cough And Cold Season

(NAPSA)—The common cold is nothing to sneeze at. Most years, a child under 2 years old may get as many as eight to 10 colds, the National Institutes of Health reports, especially if he or she is in day care or has older siblings.

When your baby is feeling miserable with clogged nasal passages, it can be especially stressful because it tends to disrupt things like feedings and sleeping, since babies tend to breathe through their noses more than adults.



**While it's almost inevitable that your baby will catch a cold, you can take steps to relieve the symptoms.**

#### How To Handle Baby's Colds

So what's a parent to do? These four steps may help:

1. Give your baby plenty of fluids. Water is fine, but warm drinks can be more soothing.
2. A warm, moist atmosphere can ease breathing. Use a humidifier or take your baby into the bathroom and run a hot bath or shower.
3. Keep the room well aired and at a comfortable temperature.
4. Often, babies need their noses cleaned out with an aspirator to help them breathe easier. The "sucker ball" is still the go-to baby product for helping babies who can't blow their own noses. It's an instant way to ease cough irritants, too. The Little Remedies® Stuffy Nose Kit comes with an aspirator and saline spray and drops.

able day. They get so excited about those pops."

The pops are just part of the Little Remedies portfolio of cold care products that includes Little Remedies Sore Throat Pops, Little Remedies Saline Spray/Drops, Little Remedies Stuffy Nose Kit, and Little Remedies Sterile Saline Nasal Mist.

Created by a pharmacist and dad, Little Remedies is made with everything they need, nothing they don't. There are no artificial flavors, dyes or parabens. The Stuffy Nose Kit flushes little noses to help your baby or young child breathe easier with no side effects. The Saline Spray and Drops also moisturize nasal passages that are dry, irritated or crusty due to low humidity, heated environments, air travel, allergies or colds. Daily use of saline drops will help keep nasal passages clean and moisturized.

In addition, Ilana Wiles, founder of MommyShorts.com, offers this advice: "Besides lots of hugs and cuddles, I like to give my kids all-natural Sore Throat Pops from Little Remedies when they get sick and have a sore throat. I don't let them have lollipops that often so this feels like such a special treat in an otherwise miser-

**Learn More**  
 For further facts on helping your little one overcome a cold and more information on where you can find Little Remedies in nearby stores, go to [www.littleremedies.com](http://www.littleremedies.com).

# JOB MARKET/DAY CARE AD FORM

**DIRECTIONS:** Print one word in each box (Phone No. = 1 Word. Price = 1 Word.) Use Punctuation as needed. Please print clearly. 10 words: \$8.00 - 25¢ for each additional word. **DEADLINE: MONDAY AT 12 NOON.** (Except when there is a Monday holiday, deadline is Friday at 12 noon.)

- Help Wanted
- Jobs Wanted
- Child Care

OFFICE USE ONLY	

					\$8.00
\$8.25	\$8.50	\$8.75	\$9.00	\$9.25	
\$9.50	\$9.75	\$10.00	\$10.25	\$10.50	
\$10.75	\$11.00	\$11.25	\$11.50	\$11.75	
\$12.00	\$12.25	\$12.50	\$12.75	\$13.00	

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Mastercard  Visa  Am. Ex.  Discover  
 # \_\_\_\_\_ Sec. Code \_\_\_\_\_ Expiration date: \_\_\_\_\_  
 Signature \_\_\_\_\_

**BOLD TYPE \$1.50 EXTRA**  
 **BORDER \$1.50 EXTRA**

PRICE PER WEEK \_\_\_\_\_  
 NO. OF WEEKS \_\_\_\_\_  
 AMOUNT PAID \_\_\_\_\_

## Trivia test by Fifi Rodriguez

1. TELEVISION: What TV producer hosted the 1960s shows titled "This is Your Life" and "Truth or Consequences"?
2. GENERAL KNOWLEDGE: What Revolutionary War figure wrote the line, "These are the times that try men's souls"?
3. MOVIES: In which movie did a killer doll named Chucky make his debut?
4. GEOGRAPHY: Where was the now-defunct SEATO (Southeast Asia Treaty Organization) headquartered?
5. HISTORY: What was the beginning point of the Oregon trail, followed westward by 19th-century settlers?
6. PSYCHOLOGY: What is the fear represented in autophobia?
7. U.S. STATES: The Museum of Osteology in Oklahoma City, Oklahoma, is focused on what?
8. ANATOMY: What is the name of the facial muscle that allows you to raise your eyebrows?
9. ANIMAL KINGDOM: What primate species lives on the Rock of Gibraltar in southern Spain?
10. FIRSTS & LASTS: Which U.S. astronaut was the last person to stand on the moon?

- Answers**
1. Ralph Edwards
  2. Thomas Paine
  3. "Child's Play"
  4. Bangkok, Thailand
  5. St. Louis
  6. Fear of being alone
  7. Skeletons
  8. The frontalis
  9. Barbary monkeys
  10. Gene Cernan



# Real Estate

**Apartment for Rent**

**Apartment for Rent**

**COVENTRY & WEST WARWICK:**  
1, 2 & 3 Bedrooms, Appliance, No Pets.  
From \$650-\$975  
Bernard, 821-1500

**Room For Rent**

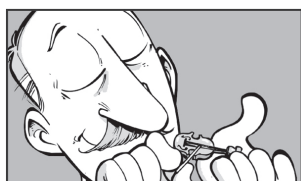
PHENIX HOTEL, 18 Highland Street, West Warwick: Monthly \$450. 821-2636 between Noon-5PM or 241-5116.

**Real Estate Wanted**

We Buy UNWANTED HOUSES Fast! Offer in 48 Hrs. CASH... Any situation. Any condition. Call today, 595-8703.

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ripreventioncenter.com



In an effort to get listed in the Guinness Book of World Records, Eric Meissner made the world's smallest violin in 1977. It measured just over 1 1/2 inches long.

WEST WARWICK, 23 Pleasant Street: 3 Bed, 1st floor, heat included. \$1095/month. Call 447-3405.

COVENTRY: (2) 2 Bedrooms. No utilities, pets or smoking. \$800-\$850. 826-2652.

WEST WARWICK: 3 Bed, 1 bath, newly renovated. Non-smokers. No pets. \$1250. 206-9301.

WEST WARWICK: Efficiency apartment. No pets. No utilities. \$700/month. \$700 Damage Deposit. 368-4105.

**Winter Prep Advice**

(NAPSA)—Preparing your house for the seasonal closing of windows and doors can be a smart step toward health and energy savings.

How? By seeing that your home's heating, ventilation and air-conditioning (HVAC) system gets a complete cleaning. This includes replacing the filter and cleaning the ductwork. By removing built-up particulates and contaminants, you improve indoor air quality and maximize system efficiency.



Homeowners can breathe cleaner air and create a healthy home winter ecosystem by cleaning and maintaining their HVAC system.

According to the United States Department of Energy, HVAC systems account for most of the energy use in a typical home. That's one reason proper maintenance and cleaning, as suggested by the National Air Duct Cleaners Association (NADCA), can mean an 11 percent energy savings.

In addition, dirty systems can contribute to poor indoor air quality and health issues, especially in people with respiratory conditions, autoimmune disorders or certain allergies. Contaminants are pulled into the HVAC system and recirculated some six times a day. The buildup in the ductwork creates continuous exposure that only duct cleaning can address.

Further facts and tips are at www.nadca.com. The locator there can help you find nearby NADCA-certified professionals. NADCA members adhere to a standard that ensures a quality cleaning.



**C'MON IN TO OUR CENTURY 21**

**Open House Weekend January 7-8, 2017**

Coventry: Open Saturday 11-1!! 10 Darton Street!! 3 bed, 1.5 bath cape, formal dining, hardwoods, views of lake, \$219,900, ask for Nick Tasso, Ext. 307

Coventry: Open Saturday 11-1!! 140 Windsor Park Drive!! 3 bed ranch, hardwoods, garage, corner lot, new septic, \$184,900, ask for Steve Eccleston, Ext. 333

North Providence: Open Saturday 11-1!! 6 Kennedy Drive!! Spacious 4 bed, 3 bath colonial, FP, sunroom, hardwoods, \$249,500, ask for Stephanie Baker, Ext. 305

Warwick: Open Saturday & Sunday 12-2!! 67 Ocean Avenue!! New construction! 3 bed, 2.5 bath colonial, garage, \$359,000, ask for Greg Eccleston, Ext. 118 or Nick Tasso, Ext. 307

Coventry: Open Sunday 12-2!! 5 Wisteria Drive!! Wood Estates, 3 bed, 1.5 bath Gambrel colonial, hardwoods, FP's, garage, \$269,900, ask for Greg Eccleston, Ext. 118

Coventry: Open Sunday 11-1!! 21 Town Farm Road!! Solid 3 bed ranch, sliders to patio, fenced, garage, \$199,900, ask for Joe Spada, Ext. 316

Coventry: New Listing!! 3 bed ranch, one car garage, hardwoods, updated kitchen, bath, windows, garage floor, \$184,900

**Thinking of Selling Your Property?**  
Call 828-2100 Today for a FREE Market Analysis



CENTURY 21 Access America  
1025 Tiogue Ave.,  
Coventry, RI 02816  
**828-2100**  
www.century21.com

Sales Positions now available.....call 828-2100 for details



\*\*\*  
I had been told that the training procedure with cats was difficult. It's not. Mine had me trained in two days.  
—Bill Dana

\*\*\*  
If there is one spot of sun spilling onto the floor, a cat will find it and soak it up.  
—Jean Asper McIntosh

**Get Your Home SOLD!**

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**Abbott Properties**  
**401-255-4615**

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1049 Main St., Coventry • (401) 821-2216  
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**Hints For Homeowners**

Signs of a Well-Respected Real Estate Organization



People looking to buy or sell their home can get help from a real estate company that's received J.D. Power's highest customer satisfaction ranking, based on thousands of responses, three years in a row.

(NAPSA)—Whether you're ready to buy your first new home, sell your empty nest or anywhere in between, it's good to know you have a top real estate brand at your side. One way to tell is how well the organization is ranked for customer satisfaction.

**Satisfaction Study Shows**  
Making that easier is the annual J.D. Power 2016 Home Buyer/Seller Satisfaction Study. J.D. Power is a global marketing information services company with quality and satisfaction measurements based on responses from millions of consumers annually. The company provides customer satisfaction insights and solutions, performance improvement advice and social media access.

Now, Century 21 Real Estate has been awarded the "Highest Overall Satisfaction for First-Time Home Buyers, First-Time Home Sellers, Repeat Home Sellers, and Repeat Home Buyers (Tied in 2016) among National Full Service Real Estate Firms," from among five real estate companies, three years in a row. Individual experiences may vary but the award was based on 5,837 total responses and measured the perceptions and experiences of customers who bought and/or sold a home between March 2015 and April 2016 and were surveyed February-April 2016. You can learn more about it at jdpower.com.

In fact, for satisfaction in the first-time home-buying experience, the brand achieved the highest score in the agent/salesperson

and package of additional services study factors within its segment. For satisfaction in the first-time home-selling experience and repeat home-selling segments, the brand achieved the highest score in the agent/salesperson; closing process; real estate company marketing; real estate company office; and a package of additional services per each segment.

"Sweeping the J.D. Power 2016 Home Buyer/Seller Satisfaction Study three years in a row demonstrates that the combination of our broker and agent-centric value proposition and a focus on delivering the highest standards of quality service has kept the brand and its System members front and center with today's home-buyers and sellers. It is consistently their real estate company of choice," said Rick Davidson, president and chief executive officer of Century 21 Real Estate LLC. "What a great way to celebrate the brand's 45-year anniversary."

Century 21 Real Estate LLC first revolutionized real estate with the introduction to the industry of the franchisor-franchisee model in 1971. Today, it's the most recognized name in real estate as chosen by consumers from a list of agencies (in a 2016 Millward Brown Ad Study) and committed to making a difference in people's lives by delivering to market innovative tools and technologies, marketing support.

**Learn More**  
For further facts and tips, or to list or view a home for sale, go to www.century21.com.

**Real Estate Ad Form**

DIRECTIONS: Print one word in each box; phone number counts as one word. 10 words \$8.00 25¢ for each additional word. Mail or bring your ad to

**THE REMINDER, 1049 Main St., Coventry, RI 02816 DEADLINE MONDAY AT 12:00 NOON, except when there is a Monday holiday, deadline is Friday at 12:00 noon.**

**BORDERS \$1.50 EXTRA BOLD TYPE \$1.50 EXTRA**

					\$8.00
\$8.25	\$8.50	\$8.75	\$9.00	\$9.25	
\$9.50	\$9.75	\$10.00	\$10.25	\$10.50	

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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_

Price Per Week \_\_\_\_\_ No. of Weeks \_\_\_\_\_ Amt. Pd. \_\_\_\_\_

Mastercard  Visa  Am. Ex.  Discover # \_\_\_\_\_ Sec. Code \_\_\_\_\_

Expiration date: \_\_\_\_\_ Signature \_\_\_\_\_

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www.rireminder.com • E-Mail: rireminder@aol.com

**\* FAX IT! 821-0397** (Photocopy form before faxing)

Be sure to include your Credit Card number, name on the card and expiration date





# MEALSITE

All meals include milk, coffee or tea, bread/margarine

## COVENTRY SENIOR CENTER • 822-9180

WOOD STREET, COVENTRY • FOR RESERVATIONS CALL:  
DONATION \$3.00

- Wed. 1/4** Pasta and bean soup, chicken leg quarter, RI grown baked potato with sour cream, California blend vegetables, oatmeal bread, diced peaches. Sandwich: Egg salad on oatmeal bread.
- Thurs. 1/5** Split pea soup, baked ham with pineapple ring, mashed sweet potatoes, green beans, roll, sugar cookies. Sandwich: Chicken salad on roll.
- Fri. 1/6** Clear chowder, seafood Newburg, seasoned brown rice, Capri blend vegetables, wheat dinner roll, ice cream. Sandwich: Pastrami and Swiss on a roll.
- Mon. 1/9** Juice, turkey chili with low fat cheese, corn bread, seasoned broccoli spears, fruit cocktail. Sandwich: Hamburger on roll.
- Tues. 1/10** Tomato vegetable soup, chicken with artichoke and roasted peppers in lemon sauce, mashed potatoes, tomato half, pumpernickel bread, pudding. Sandwich: Italian tuna on pumpernickel.

## W. WARWICK SENIOR CENTER • 822-4450

145 WASHINGTON ST., WEST WARWICK • RESERVATIONS CALL:  
DONATION \$3.00

- Wed. 1/4** Tossed garden salad, jambalaya (not spicy), brown rice, dessert. Option: Italian grinder.
- Thurs. 1/5** Minestrone soup, baked ham with pineapple sauce, peas and onions, mashed potatoes, dessert. Option: Tuna salad plate.
- Fri. 1/6** Caprese salad, baked ziti with meatballs and cheese, spinach, dessert. Option: Chicken salad on wheat.
- Mon. 1/9** Chicken and rice soup, chicken and whole grain waffles, buttered corn, dessert. Option: Cobb salad.
- Tues. 1/10** BBQ in Winter Meal. 100% fruit juice, 1/4 rack BBQ ribs, green beans, cole slaw, dessert. Option: Turkey and cheese on wheat.

*This ad sponsored every week by your friends at The Reminder*

**Happy NEW YEAR**

All Christmas Gift Baskets and Holiday Items are **NOW HALF PRICE!**

*a. Salon Galleria & Spa*  
1015 Tiogue Ave., Coventry • 821-0400  
www.asalongalleria.com

### LEARN SOMETHING NEW AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, is offering a Learn Something New Series! **Devices, Etc.** - January 13 from 9:30AM-12:30PM & at 2PM. Not sure how to use your new device? Stop by and learn how to get the most out of your device. **Beginner Watercolors** - January 20 at 9:30AM & 1PM. **Online Classes** - Check out the newest database, Universal Class! There are over 500 video-based courses for professional or personal growth. To register for these classes or for more information, call Megan at 822-9105, email [megan@coventrylibrary.org](mailto:megan@coventrylibrary.org) or visit [www.coventrylibrary.org](http://www.coventrylibrary.org)

### VETERAN BENEFITS WORKSHOP AT COVENTRY SENIOR CENTER

The Coventry Senior Center, 50 Wood Street, Coventry, will hold a Workshop to discuss benefits available to Veterans. Veterans, spouses & their families are welcome on January 24 at 10:30AM for a presentation of benefits that you as Veterans are qualified for and have earned, as well as how to apply for them. Some topics covered will be: State-of-the-art Health Care at the VA Hospital, Prescription Drug plans, Delta Dental Insurance & Burial privileges. Qualification for benefits depend upon service requirements. Ask your RI Vet Corps Representative for more information.



### Owner Wants Cat Back

**DEAR PAW'S CORNER:** Two years ago, my husband and I took in a beautiful orange cat, "Tiger," when a friend became too ill to care for him. We weren't sure we wanted a pet — I suffer from dander and dust allergies — but we decided to give it a try. We picked him up on Christmas Eve at the airport after he was flown from Atlanta, a wide-eyed, meowing, anxious ball of fur. As soon as we got home he shot out from the carrier and under the sofa, where he hid for almost three weeks, sneaking out at night to eat and use the litter box.

Tiger gradually got used to his new home, and we got used to him, and now we can't imagine life without him. He's the best Christmas present we've ever received.

Here's the problem: Our friend has recovered and wants Tiger back, but I can't bear to let him go. What would you suggest? — *Charles H., Dallas*

**DEAR CHARLES:** We become more deeply attached to our pets than we realize, often grieving more when we lose them than we do for many humans.

Returning a pet to its original owner can be emotionally difficult. I have friends who actually worked out a joint custody agreement, with a visitation schedule for their dogs after their relationship ended.

It sounds like Tiger's owner also loves and misses him, and because you're halfway across the country, there's a good chance you would never see Tiger again. But if you know he will be going to an equally loving and caring home, and the original promise was to be only temporary caregivers while your friend battled a tough illness ... well, you know the answer.

Send your questions or tips to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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**BEDROOM SET:** 5-Piece, \$700. Good condition. Original cost \$2500. Cash only. Call 825-7929.

**FREE WOOD PALLETS:** Ongoing supply. You pick-up. Side of building 64 Hope Avenue, Hope. Save this ad

**top ten**

**"HEAD" PUTDOWNS**

1. Dunderhead
2. Blockhead
3. Chucklehead
4. Knucklehead
5. Muttonhead
6. Pudding-head
7. Thickhead
8. Airhead
9. Pinhead
10. Chowderhead

Source: Oxford Dictionaries

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At the peak of Tulip Mania in Holland, a Gouda tulip bulb rose in market value from twenty guilders to over twelve hundred guilders in a single week.

## Random Acts of Kindness...

On December 16th my husband and I went shopping at the Stop & Shop on Tiogue Ave. in Coventry. We didn't have much to purchase, mostly dog food treats for our dog and a few other items. I was putting items on the conveyor and turned to give the Cashier my Stop & Shop card. When I turned back to retrieve the other items, I saw the woman behind us helping my husband take them out. He has very low vision and was feeling for the items. When the Cashier went to total the order, this woman gave the Cashier her own card and said "she was paying for our order." Both myself and the Cashier were astonished and I said "you don't have to do this." She said she does this often and began to add more items to our order which amounted to a greater sum of money.

It had been a harrowing 2 weeks for me and my husband as we had experienced a bit of bad luck so this "Random Act of Kindness" warmed our hearts and we are grateful to this very kind woman for bringing some cheer back to our lives.

I in turn will "Pay It Forward."

Joan Boucher

## Eat Healthy, Live Healthy

### Top 10 Pantry Essentials for Fast, Healthful Cooking

(NAPSA)—Stock your kitchen with these basic building blocks for a wide variety of good-for-you recipes that are quick and easy to create.

"Keeping healthy foods on hand is one of the easiest ways to get started with a healthy eating plan," said registered dietitian Sarah-Jane Bedwell, author of "Schedule Me Skinny."

**1. Canola Oil**—This kitchen workhorse is one of the most healthful cooking oils available and excellent for almost any kind of recipe. It contains the least saturated fat and most plant-based omega-3 fat of all common cooking oils, plus its neutral flavor and light texture work well with many different dishes and cooking styles.

**2. Vinegar**—The acid in vinegar, including white wine, red wine or balsamic, brightens and balances flavors. It's key to salad vinaigrette, and a splash can add depth and sweetness to soups and sautés.

**3. Peanut Butter**—An inexpensive source of protein, peanut butter is a healthful addition to baked goods. It's also a quick base for Asian-style peanut sauce on noodles or meat.

**4. Lower-Sodium Chicken or Vegetable Broth**—Boost flavor by using broth for homemade soup in a flash, whole grains or a braised dish. Store-bought broth tends to be higher in salt, so look for the lower-sodium varieties.

**5. Honey or Brown Sugar**—Sweetener isn't just for baked goods. Use a touch to help caramelize foods and bring out the natural sweetness in vegetables.



You can enjoy delicious, simple and wholesome Salmon and Quinoa Patties with grilled vegetables on whole grain rolls or as mini appetizers.

whole grains but maintain a light texture.

**7. Basic Spices**—No need to buy a whole rack's worth of spices. For most dishes, you'll be good to go with pepper, cinnamon, cumin, chili powder, garlic flakes, thyme and an Italian herb blend.

**8. Whole Grains**—Brown rice, whole grain pasta, oats, barley and quinoa are packed with nutrition and nicely filling. Keep them on hand to round out any meal.

**9. Quick Protein**—Canned or dried beans and lentils as well as canned salmon and tuna are excellent pantry staples: nutritious, affordable and versatile. Toss them into salads, mix with whole grains or mash them into burgers.

**10. Canned Tomatoes**—Essential for sauces, soups and stews, canned tomatoes are faster (and, at most times of the year, tastier) to use than peeling, seeding and chopping your own. Select those that are lower in sodium.

"These are ingredients I reach for again and again," Bedwell added. "With a well-stocked pantry and a little bit of planning, it's truly possible to prepare healthy meals in minutes."

This entrée or appetizer is a delicious way to incorporate whole grain and other pantry essentials.

### Salmon and Quinoa Patties

Yield: 8 patties

Serving size: 1 patty

- 2 Tbsp canola oil, divided
- 1 cup minced onion
- ½ cup finely chopped celery
- 1 cup cooked quinoa
- 2 cans, 6.5 oz each, salmon, rinsed and drained
- 3 eggs
- 2 Tbsp green relish
- ½ tsp salt

In large nonstick pan, heat 1 Tbsp canola oil over medium heat. Add onion and celery and sauté for about 5 minutes. Remove from heat. In large bowl, combine prepared quinoa with cooked onions and celery. Add salmon, eggs, relish and salt. Stir well to combine. Shape mixture into 8 patties, about ½ cup mixture each. In saucepan, heat remaining canola oil over medium heat. Cook patties for 3 to 4 minutes, undisturbed, or until golden brown. Flip over and continue cooking for about 4 additional minutes.

*Nutritional Analysis per Serving: calories: 150; total fat: 9 g; saturated fat: 1.5 g; cholesterol: 90 mg; sodium: 360 mg; carbohydrates: 7 g; fiber: 1 g; sugar: 1 g; protein: 10 g.*

### Learn More

Find more flavorful recipes using heart-smart canola oil and other pantry essentials at [www.CanolaInfo.org](http://www.CanolaInfo.org).

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# Entertainment

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**Salome's Stars**

**ARIES** (March 21 to April 19) A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.

**TAURUS** (April 20 to May 20) You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

**GEMINI** (May 21 to June 20) You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.

**CANCER** (June 21 to July 22) Caution is still the watchword as you move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.

**LEO** (July 23 to August 22) Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship special.

**VIRGO** (August 23 to September 22) That impatient side of yours is looking to goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.

**LIBRA** (September 23 to October 22) A legal matter you hoped could finally be settled could be a pesky problem for a while, until all the parties agree to stop disagreeing with each other. Be patient.

**SCORPIO** (October 23 to November 21) Partnerships — personal or professional — which began before the new year take on new importance. They also reveal some previously hidden risks. So be warned.

**SAGITTARIUS** (November 22 to December 21) Your associates are firmly on your side, and that persistent problem that has caused you to delay some activities should soon be resolved to your satisfaction.

**CAPRICORN** (December 22 to January 19) Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.

**AQUARIUS** (January 20 to February 18) A friend wants to share a secret that could answer some questions you've wondered about for a long time. Meanwhile, travel aspects continue to be strong.

**PISCES** (February 19 to March 20) Stay on your new course despite so-called well-meaning efforts to discourage you. Rely on your deep sense of self-awareness to guide you to do what's right for you.

**BORN THIS WEEK:** You have the capacity to meet challenges that others might find overwhelming, and turn them into successful ventures.

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**Good Housekeeping**

Ham and Cheese Pitas

The whole family will love these tasty sandwiches — they make a nice meal with any hearty winter soup.

- 2 (6-inch diameter) pitas
- 2 teaspoons Dijon mustard
- 8 slices (about 4 ounces) cooked ham, thin
- 2 ounces (1/2 cup) Jarlsberg light cheese

1. Heat oven to 475 F. Slice each pita horizontally in half, and place cut-side up on large cookie sheet.
2. Spread 1/2 teaspoon mustard on each pita half. Top each with 2 slices ham and 2 tablespoons cheese. Bake 5 minutes or until cheese melts and pitas are toasted. Cut each sandwich in half to serve. Makes 4 servings.

• Each serving: 150 calories, 5g total fat (2g saturated), 17mg cholesterol, 675mg sodium, 19g total carbohydrate, 11g protein.

For thousands of triple-tested recipes, visit our Web site at [www.good-housekeeping.com/recipes/](http://www.good-housekeeping.com/recipes/).

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## HOLLYWOOD

*by Tony Rizzo*

**HOLLYWOOD** — We told you recently that the Academy of Motion Picture Arts and Sciences extended its contract with ABC until 2028, but that when ABC wanted to have **Jimmy Kimmel** as the host. The Academy told ABC it wanted to limit the network's involvement in the awards show. Well, it looks like \$75 million does a lot of talking, because The Academy has named Jimmy Kimmel as host of the Feb. 26 Oscars show. In the past, the hosts were film actors, but ABC, with self-serving motives, wanted Kimmel because it would boost his late-night show's ratings.

Kimmel has never actually acted in a film. His film credit list reveals his non-acting career films such as Corky's voice in "Road Trip," (2000); "Like Mike" (2002); "Garfield: The Movie," (2004); cameo, as himself in the comedy documentary "The Aristocrats" (2005); cameos as himself in "Hellboy II: The Golden Army" (2008) and "Project X" (2012); voice of passive-aggressive Smurf in "The Smurfs 2" (2013); and as the host of "Jimmy Kimmel Live" in "Pitch Perfect 2" (2015). He'll also voice the dad in Dreamworks' upcoming "The Boss Baby" (March 31 release). Does that make him a movie star? Either no stars wanted the job or there just aren't any movie stars anymore. Even Kevin Hart, the hottest comic in films, would have been great choice.

\*\*\*

Nonetheless, the Oscar buzz has begun. The films being touted for Best Picture are "Manchester by the Sea," "Loving," "Jackie," "Hacksaw Ridge," "La La Land," "Fences" and "Nocturnal Animals." For best actor, people are talking about Casey Affleck ("Manchester by the Sea"), Denzel Washington ("Fences"), Tom Hanks ("Sully"), Jake Gyllenhaal ("Nocturnal Animals") and Ryan Gosling ("La La Land"). For best actress, the buzz is Natalie Portman ("Jackie"), Emma Stone ("La La Land"), Ruth Negga ("Loving"), Annette Bening ("20th



Jimmy Kimmel

Century Woman"), Jessica Chastain ("Miss Sloan"), Amy Adams (for either "Nocturnal Animals" or "Arrival"), Jennifer Lawrence ("Passengers") and Marion Cotillard ("Allied").

\*\*\*

**Ryan Gosling**, who was sensational singing and dancing in "La La Land," will be seen next in "Weightless," with **Christian Bale**, **Cate Blanchett**, **Rooney Mara**, **Natalie Portman**, **Michael Fassbender** and **Benicio Del Toro**, out March 17. He also has signed on for "Blade Runner 2049," with **Harrison Ford**, **Robin Wright** and **Jared Leto**. The original cost \$28 million and grossed \$33.8 million. The sequel is due Oct. 6.

Not what we'd call holiday fare, but "Patriots Day," starring **Mark Wahlberg**, about the 2013 Boston Marathon bombing, opens Dec. 21 in NYC and LA, and goes nationwide Jan. 13.

When things get tough, go see a good movie to forget reality for a few hours. Let's hope 2017 turns out to truly be a **HAPPY NEW YEAR!**

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Many Americans avoid early Alzheimer's disease and dementia testing because they fear a diagnosis but detecting it early allows time for critical treatment and financial planning. Visit Bankers Life.com/ALZ1 to learn more.

Parents of infants or toddlers should replace corded window coverings with cordless ones certified by the Window Covering Safety Council, which has created the Best for Kids program. Learn more at [www.windowcoverings.org](http://www.windowcoverings.org).

Safety experts at DISCOUNT TIRE say if you regularly drive where it's below 45° F or less, you need winter tires to stay safe. To find a nearby store, schedule tire service appointments or search for tires and wheels, visit [www.discounttire.com](http://www.discounttire.com).

Frozen blueberries make a simple, healthful ingredient for sweet and savory dishes alike. And they're frozen at peak freshness, sealing in the flavor and nutrients to enjoy year-round. For blueberry recipes, tips and facts from the U.S. Highbush Blueberry Council, go to [www.littlebluedynamo.com](http://www.littlebluedynamo.com).

Eggland's Best eggs offer five times more vitamin D and 25 percent less saturated fat than ordinary eggs. They also have three times more vitamin B12, more than twice the omega-3s, 10 times more vitamin E and 38 percent more lutein. Learn more at [www.egglandsbest.com](http://www.egglandsbest.com).

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**SLEEP HEALTH**

**Go From Stressful To Sleepful By Choosing The Right Mattress**

(NAPSA)—Choosing the right mattress can be a very stressful experience. With so many choices, gimmicky sales and often-times commissioned salespeople, the decision can often be rushed and without careful consideration. Before you decide, a first step is to look at whether memory foam or innerspring is the right choice for you, and it often depends on the unique needs of you and your family.

Which is right for you depends on your needs.

Here's a look at a three key considerations that can help.

**1. Consider Construction:**

An innerspring mattress is engineered with tempered steel coils and in premium models the coils are individually wrapped. Wrapped coils respond and contour better to your body. The innerspring's firmness and durability is determined by the thickness of the coil as well as its coil density or number of coils. The higher the coil count, the firmer the mattress.

Most premium models have two layers of coils and a thick pillow top for added comfort and support. A premium innerspring mattress is traditionally what you experience in a luxury hotel. Memory foam, commonly referred to as "viscoelastic foam," was developed in the early 1960's about the time NASA improved the safety of aircraft cushions. Its main purpose is to expertly contour and mold to the human body and is used in medical settings such as burn wards.

The durability and firmness of memory foam is determined by the density and thickness of the foam. The lower the density, the shorter the life of the mattress and the sooner it will sink in around you. Higher density foam has a better reaction time and compression rating.

Many American foam manufacturers now incorporate renewable plant oils, making for healthier and safer foam that is practically odorless.

The memory foam experience is excellent for pressure relief and the elimination of motion transfer in bed.

**2. Expecting Comfort.** During pregnancy, you should consider a medium-firm memory foam mattress. Because joints and ligaments in the pelvis loosen during the second and third trimesters, pressure on the sciatic nerve increases. A memory foam mattress can relieve the pressure all along the body. A thick, con-



Good health depends on good sleep—and that can depend on a good mattress.

touring pillow top on an innerspring mattress can also help.

**3. Besting Back Pain.** No matter which type of bed you spring for, the right mattress is one that's supportive and comfortable. It should maintain the natural alignment of the curve of your spine and offer proper support for the neck and lower back. It should support your hips, and acclimate to the front, side and back sleeper. When your mattress stops offering this support, it's time to get a new one.

According to the U.S. National Institutes of Health and the Canadian Chiropractic Association, lumbar support is very important for comfortable sleep at night and less risk of back pain the next day. That's because the support distributes the force of gravity more uniformly while you sleep. To that end, Saatva mattresses have a densified foam layering system to provide additional support in the middle third of the mattress—the lumbar region. The cushioning is pre-compressed in that area to eliminate breakdown and provide even more support. In addition, there's a layer of visco-elastic memory foam for extra pressure relief in this part of the body most commonly associated with pressure points.

Otherwise, your posture could be affected in a noticeable way and your normal routine could derail due to lower-back pain. Each year, more people visit their doctor for back pain than for the common cold. The mainstream belief previously favored a firm mattress as the best back pain solution. New research, however, shows medium-firm may offer more of a reduction in clinically diagnosed back pain, shoulder pain and spine stiffness. In one study, 48 percent of subjects felt less back pain and 55 percent

had an improved sleep quality with a softer mattress. Participants also noticed a reduction in stress.

Within the past five years a rapidly evolving e-commerce movement has revolutionized mattress buying, pioneered by the luxury mattress company, Saatva. The Saatva Company is America's definitive online luxury mattress source, delivering luxurious sleep through a specialized approach that combines modern e-commerce with old-fashioned customer service. They are now the leaders in the luxury innerspring market with The Saatva Mattress and the premium memory foam market with The Loom and Leaf Mattress.

The largest "online only" luxury mattress firm, Saatva develops, manufactures and distributes an impressive line of ultrapremium mattresses in America with what many consumers have called unparalleled price, performance and service—and it has a 15-year warranty.

The company's unique online only business model means it can offer highly reduced prices for luxury mattresses and help customers with true comparison shopping, providing easy-to-read, objective measures on a website designed for easy navigation: [www.saatvamattress.com](http://www.saatvamattress.com).

**Learn More**

Choosing a mattress type and comfort level no longer has to be a stressful experience. For more information on what mattress type is best for you visit [www.saatvamattress.com](http://www.saatvamattress.com) and [www.loomandleaf.com](http://www.loomandleaf.com). Here, you will find 24/7 customer service that has made Saatva the best-reviewed mattress company online for five years running.

The art of life isn't controlling what happens, which is impossible; it's using what happens.

—Gloria Steinem

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**College Planning**

**Don't 'Overborrow'**

(NAPSA)—According to the U.S. Department of Education, Americans owe more than \$1.3 trillion in student loan debt. That's nearly the gross domestic product of all of Australia. The average U.S. college graduate has nearly \$38,000 in student loan debt.

What's more, the Teens & Careers Survey by Junior Achievement USA (JA) found that a majority of teens hadn't taken or weren't sure if they had taken any steps to pay for the schooling required for their career choice, and 41 percent didn't know how they would fund the cost of training or school.

The fact is, most Americans are borrowing more for college than they're able to pay off in a reasonable time—but there is a place to which to turn.

Given the challenges of growing student debt, Junior Achievement, the nation's leading non-profit economic education organization, has a free resource that can help teens and their parents calculate a reasonable rate of return for students' college loans.

Called JA Build Your Future, it's a free app that helps break down the cost of reaching one's goals into real, usable numbers.

It also helps teens explore more than 100 careers and then calculate a reasonable amount of money to borrow given their potential level of income.

"Our young people need tools to help them make informed decisions about how much to borrow, given what their future potential income might be," explained Jack Kosakowski, president and CEO of Junior Achievement USA.

The app is at [www.ja.org/Apps](http://www.ja.org/Apps).



A free app helps students understand if they're borrowing too much for college.

**College Planning**

**Don't 'Overborrow'**

(NAPSA)—Although the check engine light may look scary lit up on the dashboard, you don't need to panic. A glowing check engine light doesn't mean you have to immediately pull the car to the side of the road; it does mean you should get the car checked out as soon as possible.

"Motorists should not get spooked when the check engine light comes on," says Rich White, executive director, Car Care Council, the source for the "Be Car Care Aware" campaign promoting regular vehicle care, maintenance and repair. "When illuminated, the check engine light usually means that a vehicle system, such as the ignition, fuel injection or emission control, is not operating properly."

**Possible Problems**

Some common malfunctions that can cause the light to illuminate include a faulty oxygen sensor, mass air flow sensor, or spark plugs and wires. If the light flashes, the condition is more critical and must be checked immediately to prevent severe damage, which may include catalytic converter problems.

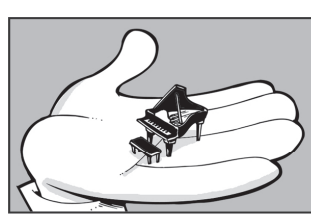
"Even if the vehicle appears to be running normally, ignoring the warning light could result in more costly repairs," adds White. "At the very least, the light could be alerting you to an engine problem that is negatively impacting fuel economy and costing you money."

**Service and Solutions**

When scheduling service, make sure the repair shop that examines your vehicle has professional technicians who are trained and certified in OBDII diagnosis and repair. The technician will connect your vehicle's computer system to a diagnostic scan tool, which will provide trouble codes indicating why the check engine light was activated. While the diagnostic tool is connected, the technician can analyze data streams such as the idle speed, throttle response, engine temperature, fuel system pressure, manifold vacuum, exhaust emission levels and many other key indicators. Once the problem is identified and the repair is made, the car's computer is reset.

**Learn More**

For further illuminating facts about taking the scare out of an illuminated check engine light, visit [www.carcare.org](http://www.carcare.org), view the council's Car Care Minute and order a free copy of the newly updated Car Care Guide at [www.carcare.org/car-care-guide](http://www.carcare.org/car-care-guide).



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**Don't Fear the Check Engine Light**

(NAPSA)—Although the check engine light may look scary lit up on the dashboard, you don't need to panic. A glowing check engine light doesn't mean you have to immediately pull the car to the side of the road; it does mean you should get the car checked out as soon as possible.

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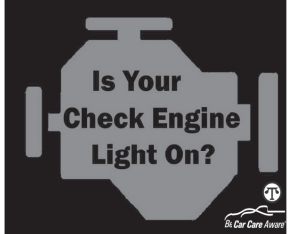
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**Spray Foam's Versatility Adds Energy Efficiency To Homes Of Any Age**

(NAPSA)—For the 66 percent of Americans who live in homes built before 1980, lower heating and cooling costs might seem like a hard-to-achieve fantasy. But with the right insulation choice, owners of those character-filled turn-of-the-century farmhouses can capitalize on potential opportunities to reduce their energy bills. Spray polyurethane foam (SPF) insulation is an especially versatile choice when it comes to modernizing these older homes. SPF can be easily installed when renovating existing walls and attics, including hard-to-reach and odd-shaped areas.



Foam insulation can help make your old house a more comfortable home.

SPF is a spray-applied insulation installed seamlessly in and around building surfaces. Sealing cracks, seams and joints with SPF cuts down on energy loss from drafts and leaks. A properly insulated and sealed home can reduce heating and cooling needs by 30 percent, according to the U.S. Department of Energy.

Lastly, let's not forget the attic. Most homeowners may not realize that attics are places where heat and cold air can escape. The Department of Energy also reports that attic openings account for 15 percent of a typical home's energy losses. The use of SPF to insulate an attic offers an important step in improving a home's energy efficiency.

When updating a house with SPF, homeowners can take advantage of one of the most effective ways to improve energy efficiency without sacrificing the character of their older homes. To learn more about the benefits of spray foam insulation, visit [www.whysprayfoam.org](http://www.whysprayfoam.org).

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*Hot Trends In Home Heating*  
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Ductless mini-split systems can save homeowners up to 25 percent on their utility bills and allow for individual, room-by-room temperature control.

(NAPSA)—As the temperature plummets, homeowners will crank up the heat to keep warm and toasty—quickly burning through money and energy. In fact, home heating uses more energy and costs more money than any other system in your home, typically making up nearly half of your utility bill. So what's the best way to keep the cold out, the heat in, and your energy bill down?

There are several types of heating systems that range from blowing hot air through ductwork to piping hot water through your floor. Forced-air systems, the most common type, heat quickly and evenly, but many are not energy efficient and some users complain that moving air is noisy and blows allergens around the house. In addition, they require ductwork, which many older homes don't have.

Americans are largely unaware of one heating option called ductless mini-split systems, distributed by several companies including Fujitsu General America. While the majority of HVAC systems in Asia and Europe are already ductless, they are rapidly gaining traction in North America, with mini-split systems projected to enjoy an annual growth rate of 14 percent each year through 2020.

ductwork or homes with seasonal additions, such as a sunroom. Installing ductwork is expensive and requires cutting holes in walls, floors and ceilings, or decreasing closet space. Ductless systems require only a two- or three-inch hole just outside the wall and are also whisper quiet.

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 Mini-splits feature custom zone control, enabling homeowners to connect two to eight indoor units to a single outdoor unit. Since each of the zones has its own thermostat, you heat only the areas you want and disregard those that are unoccupied. This can represent a significant savings considering the kitchen, dining room, living room and bedrooms are left unoccupied for at least 40 percent of the time. In addition, everyone can adjust each room to the temperature he or she wants—year-round—virtually eliminating the “thermostat wars,” with family members fighting for their personal climate preferences.

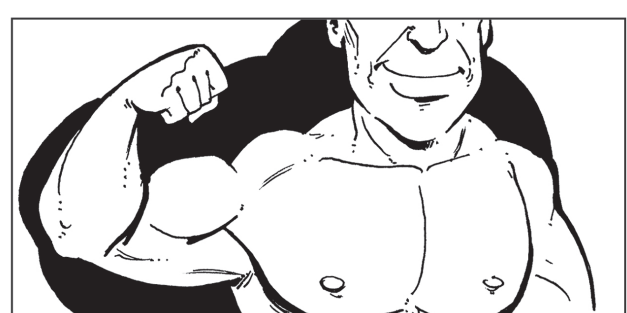
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Mini-split systems may take as little as a day or two to install, depending on how many units you put in. To learn more or find a contractor nearby, call (888) 888-3424 or visit [www.constantcomfort.com](http://www.constantcomfort.com) or [www.fujitsugeneral.com](http://www.fujitsugeneral.com).

**Energy Bill Savings Up To 25 Percent**  
 The high energy efficiencies of mini-split systems can save homeowners up to 25 percent of utility bills simply because they eliminate wasteful ducts. In fact, duct losses can easily account for more than 30 percent of energy consumption, especially if the ducts are not sealed tightly or are located in an unconditioned space such as an attic or crawl space. Ductless mini-splits forgo those energy losses typically associated with forced-air systems. This is particularly good news for older homes, homes without existing

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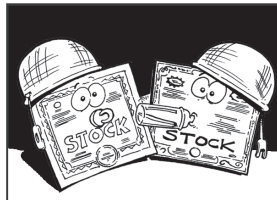
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### Cast-Iron Cooking

I've joined the cast-iron cookware cult. We're a small but passionate group with a common cause: the restoration of antique cast-iron cookware. I can't pass up a thrift store or garage sale without

it. I don't fry foods very often, but my heirloom skillet is my pan of choice for the task. As I stand there turning pieces of fish or chicken in the bubbling, hot oil, I think about all the other women in my family who have done the same with this pan.

Properly seasoned cast iron was the nonstick cookware of its day. It can stand up to high heat and almost any type of utensil. Cast-iron cookware also leaches small amounts of iron into the food, a helpful benefit for those who have iron deficiencies. Cast iron heats up slowly, so using the cookware requires a little patience, but once it's hot, it distributes the heat evenly and holds it steadily like an oven, and seasoned cast iron doesn't



Phil Curry

purchasing one or two pieces, as long as they're in good condition. My cast-iron cookware is not just for display; I use it on a daily basis.

My love affair with cast-iron cookery began when my mother, Angeline, gave me the heavy, black cast-iron skillet that originally belonged to my grandmother. The thing I love most about cooking in my grandmother's cast-iron skillet is that it's a direct connection to my history and her-

require oil to sear or blacken meats.

Recently, I purchased a large cast-iron skillet for my daughter, Deanna, which she immediately put to use to pan-sear fish. So, from mother to daughter to granddaughter and great-granddaughter, the cast-iron tradition continues in our family, one fabulous meal at a time. And to think that it all started with a single pan from my grandmother, Willie Mae.

### CAST-IRON-STYLE SMOTHERED CHICKEN

- 1 large fryer (3 to 3½ pounds), cut up into serving pieces
- 1½ teaspoons coarse salt
- 1 teaspoon pepper
- 1 tablespoon poultry seasoning
- 2 tablespoons flour
- 1½ cups water or chicken broth
- 1 tablespoon butter

1. Place a large, cast-iron skillet over high heat. Sprinkle the bottom of the skillet evenly with the salt. Wash the chicken pieces and pat dry with food-safe paper towels. Sprinkle pieces with pepper and poultry seasoning. Place the chicken pieces, skin-side down, in the hot skillet. Cook on high for 3 to 5 minutes.

2. Cover skillet with a heavy lid and turn heat down to medium. The chicken will release juices and fats that will "fry" the chicken and crisp the skin. Let chicken cook about 30 minutes.

3. Remove chicken from skillet and set it aside on a plate. Combine the flour with the juices in the skillet until smooth, about 2 to 3 minutes. Add the water or broth. Stir to combine. Turn heat to high to thicken. Add the butter. Turn heat down to medium. Place chicken in skillet, skin side up. Cover skillet with the lid. Cook the chicken about 15 to 20 minutes until tender. Serve over rice. Makes 6 servings.

\*\*\*

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](http://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.

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### Home Improvement Tips

#### Window Film—A Powerful Defense For Homeowners

(NAPSA)—Many Americans think they need to worry about skin protection only when they are outside. However, according to the International Window Film Association (IWFA), the harmful UV rays that people are concerned about while outdoors can also penetrate into homes, with the possibility of causing damage.



Protect yourself from harmful UV rays while indoors by installing window film.

Typical windows block as little as 25 percent of UV rays which, if left unchecked, can cause extensive damage to the skin, including premature aging, wrinkles and even skin cancer. Additionally, the UV rays may accelerate the fading of furniture, flooring and other décor.

Fortunately, professionally installed window film may act as a powerful defense against these problems, by blocking up to 99 percent of the UV rays.

Installing window film can also have a positive affect on energy costs, because it can help regulate room temperatures, thus lowering energy bills during warm and, in some cases, even cold weather.

"Thousands of highly-trained dealers and installers across the United States stand ready to help consumers achieve a safer, more comfortable and energy efficient home," said Darrell Smith, Executive Director of the IWFA. You can learn more at [www.iwfa.com](http://www.iwfa.com).



The typical hen will lay about 19 dozen eggs in a year.

### Pets & People

#### Three Surefire Signs That It's Time To Have 'The Talk' With Tabby

(NAPSA)—These days, many people know that spaying and neutering are the most humane and effective ways to reduce pet overpopulation. Not everyone, however, knows that fixing your cat will also address some of the most vexing and bothersome cat behaviors, including:

**Spraying**—When cats back up to a vertical surface and spray urine (compared to crouching over a horizontal surface), most likely, they are leaving a message for other cats: "I'm interested in mating." This spraying can result in foul smells and even permanent stains in your home.

**Yowling**—What are those stressful moaning or wailing sounds your cat is making day or night? Most likely, it's yowling, a behavior that female cats employ when ovulating, not unlike a feline booty call. When sensing a fertile female nearby, male cats answer that call with a yowl of their own. This cycle repeats every 18 to 24 days unless you spay or neuter.

**Escaping and Fighting**—Unfixed cats often escape and disappear for a long time, roaming to find a potential mate. When wandering cats return, they often show signs of fighting such as cuts, scratches and missing fur, which can lead to infections or worse.

To encourage pet owners to "Talk to Your Cat About Sex," the Cincinnati-based GiveThemTen movement, sponsored by The Joanie Bernard Foundation, recently released a new campaign.



Fixing your cat can make both of you happier.

The campaign's ads depict families having those difficult coming-of-age discussions with teenagers—but with a real catty twist. The spots are part of an ongoing effort aimed at encouraging spaying and neutering programs. The campaign appears to be working. Live cat-release counts, reflecting the number of cats trapped, fixed and let go again, are climbing in the markets where the ads are shown.

"We want to educate cat owners that bad cat behaviors, sometimes viewed as natural, can be prevented," said Deborah Cribbs, The Joanie Bernard Foundation board chairwoman. "Fixing both male and female cats curbs the unwanted behaviors of amorous felines looking for love. But most important, spayed or neutered cats help prevent feline lives lost to overpopulation."

The cost of a spaying or neutering is far less than most imagine. Visit [www.givethemten.org](http://www.givethemten.org) to find high-quality, low-cost spay/neuter clinics nearby.



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## Good Housekeeping

### Green Pea and Lettuce Soup

Serve this simplified version of the delicate French classic with our Ham and Cheese Pitas. Assemble sandwiches while the soup cooks; bake them while blending the soup.

- 2 teaspoons margarine or butter
- 1 medium onion, finely chopped
- 1 can (13¼ to 14½ ounces) chicken broth
- 1 package (10 ounces) frozen peas
- 1 head Boston lettuce (about 10 ounces), coarsely chopped
- 3/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon dried thyme leaves
- 1/2 cup fat-free (skim) milk
- 1 tablespoon fresh lemon juice
- Chives for garnish

1. In 4-quart saucepan, melt margarine or butter over medium heat. Add onion, and cook, stirring occasionally, 5 minutes or until tender. Stir in chicken broth, frozen peas, lettuce, salt, pepper, thyme and 1 cup water; heat to boiling over high heat. Reduce heat to low; simmer 5 minutes. Stir in milk.

2. In blender at low speed, with center part of cover removed to allow steam to escape, blend pea mixture in small batches until smooth. Pour soup into large bowl after each batch. Return soup to same saucepan. Heat through. Stir in lemon juice, and remove from heat. Transfer soup to serving bowl; garnish with chives. Makes 4 (1 1/2 cup) servings.

• Each serving: 120 calories, 3g total fat (1g saturated), 1mg cholesterol, 835 mg sodium, 17g carbohydrates, 8g protein.

For thousands of triple-tested recipes, visit our Web site at [www.good-housekeeping.com/recipes/](http://www.good-housekeeping.com/recipes/).

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### Did You Know?

(NAPSA)—Learning Ally provides audiobooks for kids with learning disabilities such as dyslexia. Annual membership gives students access to more than 75,000 audiobooks—a proven resource to boost their grades and success in school. For more on joining and supporting Learning Ally, go to [www.learningally.org/Fall2012](http://www.learningally.org/Fall2012).



\*\*\*  
The potential for a slower hurricane season affords residents in hurricane-prone areas a rare opportunity to shore up defenses and prepare for the next big storm. For hurricane preparedness tips, visit Liberty Mutual at [www.libertymutual.com/prepare](http://www.libertymutual.com/prepare).

\*\*\*  
Farmers fight tough-to-control and glyphosate-resistant weeds by participating in Roundup Ready PLUS™ Weed Management Solutions developed by Monsanto. At [www.RoundupReadyPLUS.com](http://www.RoundupReadyPLUS.com), they can learn more and access weed management guidelines, agronomic articles and other weed management resources.

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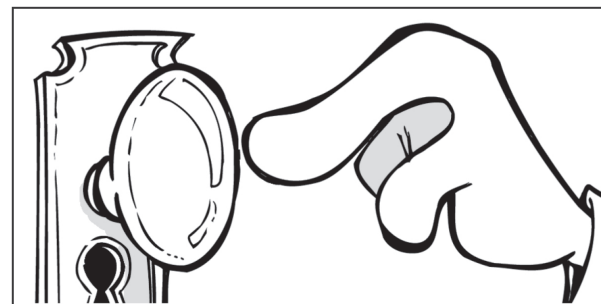
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**SPECIAL HOLIDAY RAFFLE TO BENEFIT THE JOHN H. URWIN III MEMORIAL SCHOLARSHIP FUND**

The John H. Urwin Memorial Scholarship Fund is holding a special Holiday Raffle of 2 tickets to Gillette Stadium to see the New England Patriots Playoff Game 1. Time, date & opponent TBA. Seats are in the Lower Level Section 139, Row 18, Seats 5 & 6. Raffle tickets are \$10 each and are on sale at Gels' Kitchen, 1745 Main Street, West Warwick or Big D's Sport Apparel & Collectibles, 749 Tiogue Avenue, Coventry. Winning tickets will be drawn on January 10 via live stream feed on the John H Urwin III Memorial Scholarship Fund facebook page. Contact Laurie or John at 826-1746 for additional information.

**PROJECT FRIENDS TREASURE CHEST HOURS**

Project Friends Treasure Chest, located at 191 MacArthur Boulevard (2nd floor), Coventry has gently used clothing for children, teens, women (0-4X) & men. Hours are Tuesday, Wednesday & Thursday from 10-2:30PM. We gladly accept any donations. Public welcome. If you have any questions, please call 822-6229.

**WE NEED BOOKS TO MEND!!!**

The Coventry Senior Center is always looking for books to mend. You may have a book that is special to you that needs repair. Our volunteer book menders may be able to repair it for you. Drop them off at the Center. There is no fee for this service but donations are greatly appreciated. For more information, please call 822-9175.

**URI PHARMACY OUTREACH PROGRAM**

The students from the URI Pharmacy Outreach Program will be at the Coventry Senior Center, 50 Wood Street, Coventry, on January 10 to discuss "Chasing Away the Winter Blues". During the Winter Season, many people may experience sadness or depression due to cold weather, illness & decreased sunlight. Learn what causes the sadness, the risk factors, treatment options & general Winter safety tips.

**ENGRAVED BRICK FUNDRAISER - PHASE II**

The Coventry Historical Society has completed Phase 1 of their Brick Fundraiser. The walk is completed and it is beautiful. Phase II will begin where you are still able to purchase a brick to be added to the walk in the near future. Sizes available are 6"X6" (\$75) & 6"X9" (\$125). This walk is dedicated to their founder, Lillian Thurston. For more information, contact Mary at 828-7523.



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\*\*\*  
If I have ever made any valuable discoveries, it has been owing more to patient attention than to any other talent.  
\*\*\*  
—Isaac Newton

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# COVENTRY PARKS AND RECREATION

Winter Program Registration begins on Monday, December 5th

**Free Community Events**

- Tree Lighting 12/7/16
- Festival of Trees 12/7/16-1/2/17
- Letters to Santa 12/14/16
- Family Bingo 2/17/17

**Parent & Child (\$13) Preschool Partners in Play - Tuesdays 9:30-10:30am**

Special playgroup for you and your child. At the Community Center. Jan. 17- Mar. 7

**Mixed Grill (\$28) Grades 1-5**

Kids night out. Each night is theme-based. Fridays 6-9:00pm at the Community Center. Jan. 20-Mar. 10

**Arts & Crafts Class (\$8) Grades 1-5**

Create winter, holiday themed and other crafts Saturdays 9-10:00am at the Community Center Jan. 21-Mar. 18

**Saturday Night Gym Party (\$28) Grades 1-5**

Play dodgeball, volleyball, and many non-traditional games. Saturdays 6-8pm at the Town Gym. Jan. 21-Mar. 11

**Christmas Vacation Camp (\$65) Grades 1-5**

Trips to Showcase Cinemas, Chuck E. Cheese and the Audubon Society's Raptor Encounter Program! Tuesday, Dec 27th through Thursday, Dec 29th from 8:30am-4:30pm at the Community Center

**February Vacation Camp (\$65) Grades 1-4**

Trips to USA Skates, Legion Bowl, Biomes, Artist's Exchange, Showcase Cinemas and Chuck E. Cheese. Tues. Feb. 21-Fri. Feb. 24 from 8:30am-4:30pm at the Community Center

**February Vacation Camp (\$65) Grades 5-8**

Trips to USA Skates, Legion Bowl, Laser Gate, Showcase Cinemas and Launch Trampoline Park. Tues. Feb. 21-Fri. Feb. 24 from 8:30am-4:30pm at the Teen Center

**Friday Fun Night (\$34) Grades 5-8**

Play dodgeball, soccer and many non-traditional games. A Field Trip is included along with pizza most nights. Fridays at the Town Gym. Jan. 20-Mar.10 6-8:30pm.

**Coventry Teen Center (free) Grades 6 to 12**

Wi-Fi is here! Bring your Chrome Books. Mon-Thurs 2:30-6:30pm & Fri. 2:30-8:30pm 668 Washington St. in Anthony Village.

**Broadway Shows at the PPAC Sunday Evenings**

- The Nutcracker** 12/18/16 (\$33)
- Chicago** 5/7/17 (\$42)
- Riverdance** 6/4/17 (\$37)

**Breakfast with the Stars (\$10)**

Dory, Nemo, The Little Mermaid and SpongeBob Saturday, March 11 at 8:45am at the Community Center

**Adult Classes (\$35)**

- Held at the Community Center
- Meditation Workshop (\$5 cash at door)** Thurs., Jan. 12 from 7-8pm
- Interval Training** Mondays & Wednesdays 6-7pm Jan. 9-Feb. 27
- Evening Yoga** Tuesdays 7-8pm Jan.10-Mar.7
- Morning Yoga** Wednesdays 10-11am Jan.11-Mar.1

**Adult Gym Programs (\$23 winter session) (\$43 for the winter and spring sessions when purchased together)**

- Winter & Spring Volleyball 18+ Co-Ed.** Mondays 6:30-9pm at the Town Gym. Jan.9-Mar. 6 & Mar.13-May.1
- Winter & Spring Basketball 18+ Sundays** 5:30-8:30pm at The Town Gym Jan. 8-Mar. 5 & Mar. 12-May 7
- Winter & Spring Basketball 18+ Tuesdays** 5:30-8:30pm at the Middle School Jan. 10-Mar. 7 & Mar.14-May 2
- Winter & Spring Basketball 40+ Slow Break Tues.** 6-8pm at The Town Gym. Jan. 10-Mar. 7 & Mar.14-May 2

**Adult Walking Club (\$11)**

Stay fit & warm by walking with us at the Town Gym Thursdays 9-10am. Jan. 19-Mar. 9



Look for more details in the Winter Flyer. Watch The Reminder for Public Service Announcements detailing programs. For more information, brochures are available at the Recreation Office, Library, Senior Center, and Town Hall or check out our Web site: [www.coventryri.org](http://www.coventryri.org). Office Hours: Monday-Friday 8:30am-4:30pm. 822-9107

