

The REMINDER

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Rhode Island's First Buyers Guide

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- Saturday, January 28th; 10am-2pm
- Sunday, January 29th; 9am-12pm
- Saturday, February 18th; 10am-2pm
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STRICT Deadline for all signups is March 1, 2017



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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 (Instruction & Assessment). Check out the Family Engagement tab for free resources!

LEARN SOMETHING NEW AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, is offering a Learn Something New Series! **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 or visit www.coventrylibrary.org

THE MUSTARD SEED FARM EQUINE-ASSISTED THERAPY CENTER SEEKING VOLUNTEERS

The Mustard Seed Farm, located in Foster, offers a diverse, challenging, life-enhancing equine-assisted therapy, equine-assisted psychotherapy program & workshops for children, adults, and their families with specific needs. Volunteers are needed to assist with grooming horses, program assistants, tack cleaning & general farm duties such as cleaning. Comprehensive training for volunteers is offered. Please contact Peggy, 1-740-815-4123 or visit www.themustardseedfarm.com

COMMUNITY FORUMS AT WEST WARWICK PUBLIC LIBRARY

Finding Common Ground is a community forum/discussion held at 6PM on the last Wednesday of each month at the West Warwick Public Library, 1043 Main Street, West Warwick. "Climate Change" will be the topic of the January 25 session. Active participation, respectful dialogue & differing points of view are encouraged. For more information, please call Anne at 828-3750, Ext. 11 or email acapezza@wwlibrary.org

Good Housekeeping

Slow-Cooker Chunky Chili With Beans

- 4 slices bacon, cut crosswise into 1/2-inch pieces
- 1 1/2 pounds boneless pork shoulder, trimmed and cut into 1-inch chunks
- 1 1/2 pounds boneless beef chuck, trimmed and cut into 1-inch chunks
- 1 jumbo onion (about 1 pound), coarsely chopped
- 1/4 cup chili powder
- 4 large garlic cloves, crushed with press
- 1 tablespoon ground cumin
- 1 1/2 teaspoons dried oregano
- 1 can (28 ounces) diced tomatoes
- 1 cup water
- 3 cans (15 to 19 ounces each) pinto beans, rinsed and drained
- Sour cream (optional)

- In 12-inch skillet, cook bacon over medium heat until browned and crisp, stirring occasionally. With slotted spoon, transfer bacon to plate; cover and refrigerate until ready to use. Pour bacon fat into cup and reserve.
- Increase heat to medium-high; add pork and beef in 3 batches to skillet and cook until well-browned. With slotted spoon, remove meat to 5- to 6-quart slow-cooker pot as it browns.
- Return 1 tablespoon bacon fat to skillet; reduce heat to medium. Add onion to skillet and cook 8 to 10 minutes or until tender, stirring occasionally. Stir in chili powder, garlic, cumin, oregano and 1/2 teaspoon salt; cook 30 seconds to toast spices. Add tomatoes and water, stirring to scrape up browned bits from bottom of skillet. Remove skillet from heat.
- To meat in slow cooker, add onion mixture and beans; stir well to combine. Cover cooker and cook chili on low setting as manufacturer directs, 8 to 10 hours (or on high setting 4 to 5 hours) or until meat is fork-tender. Skim and discard any fat. Stir in bacon. Serve with sour cream if you like. Makes about 12 cups or 10 main-dish servings.

• Each serving: About 400 calories, 13g total fat (4g saturated), 39g protein, 31g carbohydrate, 13g total fat (4g saturated), 10g fiber, 101mg cholesterol, 875mg sodium.

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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.

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.

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.

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NARRAGANSETT CHAPTER OF TROUT UNLIMITED (TU225) MEETING

The Narragansett Chapter of Trout Unlimited (TU225) will host its first monthly Membership Meeting for 2017 at 6:30PM on January 25 at the Coventry-West Greenwich Elks Lodge, 42 Nooseneck Hill Road (Rte. 3), West Greenwich. In addition to regular business, we will be discussing upcoming educational events & activities that the Chapter will be involved in during the year. An overview of the organizations that TU225 support & collaborate with will also be reviewed. After the short meeting, the Chapter will be hosting a fly-tying class open to members and the public. For those interested in tying with our experts, bring your tools. There will be a beginners tying table for those who wish to learn. For additional information or to reserve a seat for the fly-tying class, contact Chapter President Glenn Place at 225-7712 or GlennPlace83@gmail.com

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Collecting
by Larry Cox

Shoes of Glass

Q. My late aunt had a small collection of about a dozen glass shoes. Are they worth keeping? — Beth, Waco, Texas

A. Little glass shoes were made in hundreds of styles, shapes and colors. They were a favorite of Victorian-era collectors and cluttered parlors throughout the country, especially during the early decades of the past century. One of the better guides is "Collectible Shoes of Glass," by Earlene Wheatley and published by Collector Books.

Some typical prices are: Slipper by Daisy & Button, \$75; Slipper with daisy design by Gillinder, \$100; and high-button boot in frosted amber, \$75. Many of the more common examples sell in the \$25 to \$50 range.

Q. I have a Jim Beam bottle issued during the 1971 Bing Crosby National Pro-Am tournament. What is it worth? — Stan, Colorado Springs, Colorado

A. I found your bottle referenced in "Bottles: Identification and Price Guide," by Michael Polak and published by Krause Books. According to Polak, your bottle is valued in the \$5 to \$7 range.

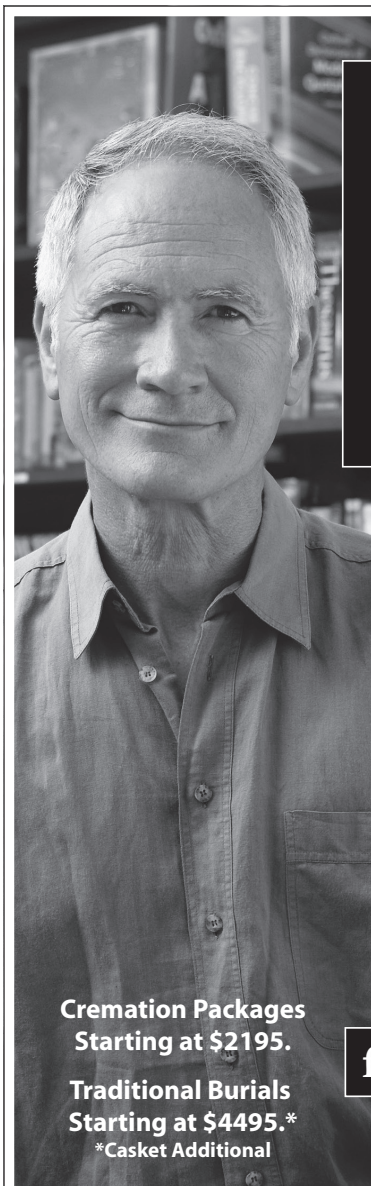
Q. I have a Bucky Beaver cookie jar made by Metlox. It is in near-mint condition. I am curious about both the company and the value of my cookie jar. — Lou, Des Moines, Iowa

A. The Metlox Pottery Company was founded in 1927 in Manhattan Beach, California. Some of its most desirable pieces were designed by well-known sculptor Carl Romanelli, who worked from the late 1930s through the 1950s. The company closed in 1989. After checking eBay and several other sources, I believe your cookie jar to be worth about \$175.

Q. I have a collection of about 50 VCR tapes featuring mostly science-fiction movies and oddities. I have been told that they aren't worth keeping. What is your opinion? — Steve, Fort Smith, Arkansas

A. Most VCR tapes sell in the \$1 to \$3 range. Values depend on several factors, including condition, rarity and collectability. There are always exceptions. For example, some VCR tapes are worth several hundred dollars each, including such titles as "Evil Dead," "Savage Intruder," "Back for Revenge," "Dr. Frankenstein's Castle of Freaks," "Petrodactyl Woman" and the "Star Wars" trilogy. I suggest you monitor eBay to determine current prices.

Write to Larry Cox in care of KFWS, 628 Virginia Drive, Orlando, FL 32803, or send e-mail to questionsforcox@aol.com. Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor does he do appraisals. Do not send any materials requiring return mail.



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GREENE PUBLIC LIBRARY CRAFT OF THE MONTH

Greene Public Library, 179 Hopkins Hollow Road, Greene, invites you to make a snowperson out of a sock on January 2 at 10AM. All materials will be supplied. To register or for more information, call 397-3873 or peggie@coventrylibrary.org

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

JOIN CUB SCOUT PACK 13, CENTREVILLE

Adventure is waiting! Build Yours. Join Cub Scout Pack 13, Centreville. We meet every Wednesday at 130 Legris Avenue, West Warwick. Please contact Megan D. at 401-250-6181 or cubscout13@gmail.com Find us on Facebook, Pack 13 Centreville.

"DO MUSIC" AT TYLER FREE LIBRARY

Join Dianne Du to "Do Music" on the 1st & 3rd Friday of the month at 10AM at Tyler Free Library, 81A Moosup Valley Road, Foster. Come for a music filled morning for the infant & toddler. Call 397-7930 to register or for more information.

SENIOR TECH CLUB

AT THE WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick is offering a Senior Tech Club on Thursdays from 10-11AM. No reservations needed, just drop in! Tech Club provides support for one-on-one help and to teach new technology. Available for use will be an iMac, Android Tablet Nook & Laptops but students are also encouraged to bring their own devices. The goal of Senior Tech Club is to help older adults become comfortable with technology in a friendly environment. For more information, call 828-3750, Ext. 4.

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- Novena to the Sacred Heart
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Reading Bookworm Grows With Books

Reading is an important part of growing, and wintertime is the perfect season to snuggle indoors with kids and a book. Picture books, chapter books, there are so many waiting for all ages at the public library. The best part is that checking them out with your child's own library card is free!

Keep turning pages and talk about exciting stories with an activity that's an incentive to keep family life full of reading. Make this growing bookworm ... or call it a reading caterpillar. It will motivate your young child to pick up a book, finish it and even give it some analytical thought. What a classic combination! Plus, it's a creative bookish idea to sharpen minds and reading skills.

Find a lightweight plastic ball with holes in it, such as a whiffle ball. This will be the bookworm's head. Decorate one half of it to create the face by gluing on felt and buttons; twist pipe cleaners through holes for whimsical features. Now, tie a 38-inch length of string to the opposite half through one of the holes in the ball. The bookworm's body will grow along the string.

After you and your child read a book, cover the outside of a bathroom tissue tube or paper-towel tube cut in half

with colored paper or paint, then add pictures cut from magazines or make original drawings that represent the characters and theme of the book. Was it about dinosaurs? Take a crayon and draw a Tyrannosaurus rex.

Was it about a little boy who couldn't fall asleep? Draw a teddy bear or pillow and press on sticker stars in the night. Write the title and author by the decor.

Slide the string through the first decorated tube so that the tube touches the ball. As books are read, add more tubes, one after the other, and watch the bookworm grow. You'll be feeding it books. How healthy! Display on a shelf or table.

Extra tip: If you have an avid reader in the family, suggest that for every two or three tubes he adds to the bookworm, he might read a book to his younger sister and help her create a new collection of tubes of her own. This will be a reminder to him that growing the bookworm is a joint family effort.



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

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COVENTRY MEN'S CLUB STEAK FRY

The Coventry Men's Club, Phillips Hill Road, Coventry, will hold a Steak Fry & Chicken Dinner on January 20 at 7PM. Live music will follow. Steak Dinner \$15, Chicken Dinner \$12. Reservations MUST be made by January 18 by calling 385-3536.

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.

JANUARY CHILDREN'S PROGRAMS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope is offering the following Programs: **Shadow Puppet Workshop!** (Grades 1-5) on January 18 from 4-5PM. First in a series of 4 workshops. Come learn how to make your own shadow puppets and create a short play to perform at the last session. **LEGO Time** (Ages 4 & up) on January 21 from 10-11AM. **Family Movie!** on January 21 from 1:30-3:30PM. Enjoy popcorn & a great movie! **Celebrate Chinese New Year** on January 25 from 3-4:30PM. Celebrate the Year of the Rooster! Registration required for all Programs, except Drop-In Crafts & LEGO Club, by calling 821-7910.

JANUARY STORY PROGRAMS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope is offering the following Programs: **Book Babies!** for ages birth-24 months and their caregivers, on January 20 & 27 at 10:30AM. **Time for Two's** for children ages 2-3 & a partner or caregiver on January 20 & 27 at 11:15AM. **Preschool Story Hour** for children ages 3-5 on January 23 & 30 at 10:30AM & January 26 at 2PM. Registration is encouraged, but drop-ins are welcome. To register for programs or for more information, call 821-7910.

NEW ENGLAND STEEL GUITAR ASSOCIATION STEEL JAM

The New England Steel Guitar Association will hold a Steel Jam on January 29 from 12:30-4:30PM at American Legion Post #15, 1016 Post Road, East Greenwich. "Luv'n Country" will perform.

SOUP-ER BOWL SUPPER AT SUMMIT BAPTIST CHURCH

Summit Baptist Church, 1176 Victory Highway, Coventry, will hold a Soup-Er Bowl Supper on January 28 from 5-7PM. Come enjoy a bottomless bowl of a variety of soups, bread, desserts & beverage. Diners will vote for their favorite soup. Donation is \$10/adult, \$5/child (age 5-10), children under 5 are guests of the Church. Call 741-0896 or 397-7069 for reservations/tickets.

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The long and the short of it is this. Humans and giraffes have the same number of bones in their necks: eight. Giraffe neck vertebrae are just much, much longer.

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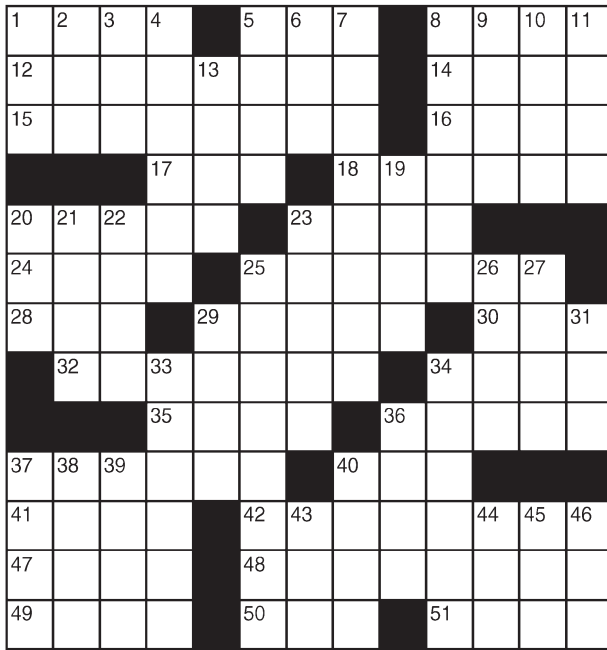
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389 MISHNOCK ROAD, W. GREENWICH, RI

Puzzle Page

King Crossword

- ACROSS**
- 1 Innocent one
 - 5 Unhappy
 - 8 Lovers' quarrel
 - 12 Nautical hanger-on
 - 14 Not pizzicato
 - 15 Barbecue fuel
 - 16 Tarzan's transportation
 - 17 Qty.
 - 18 Pictures
 - 20 Chunk of cheese
 - 23 Read bar codes
 - 24 A Great Lake
 - 25 Hire, as a boat
 - 28 "— the season to be jolly"
 - 29 Word with mouth or training
 - 30 Solemn promise
 - 32 Brown or Sheen
 - 34 Darling
 - 35 Swindle
- DOWN**
- 1 Eng. channel
 - 2 "That feels so good!"
 - 3 Lingerie item
 - 4 Anger
 - 5 Highlander
 - 6 — carte
 - 7 Fragile
 - 8 Learned one
 - 9 Overly proper one
 - 10 Dermatolo-
 - 36 Chicago, the — City
 - 37 Dig up
 - 40 Trigonometry ratio (Abbr.)
 - 41 Cons' opponents
 - 42 Entrancing
 - 47 Relaxation
 - 48 Coffee liqueur
 - 49 Sight organs
 - 50 Obama, before he became pres.
 - 51 Shrill bark
 - 11 "Piggies"
 - 13 Pinnacle
 - 19 Little lamb's owner
 - 20 Sopping
 - 21 Guitarist
 - 22 Plate
 - 23 Comic bit (Var.)
 - 25 Gathers
 - 26 Divisible by two
 - 27 Highway
 - 29 — and proper
 - 31 Kind of wit
 - 33 Mistreats
 - 34 Unnerve
 - 36 Apple invader
 - 37 Duel tool
 - 38 MRI forerunner
 - 39 Firetruck necessity
 - 40 James of "Brian's Song"
 - 43 Hasten
 - 44 Rage
 - 45 Zero
 - 46 Space



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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|-------------|--------------|--------------|--------|
| Apathy | File | Registration | Survey |
| Caging | Fraud | Rigging | Swing |
| Eligibility | Initiative | Rights | Vault |
| Fatigue | Intimidation | Rolls | |

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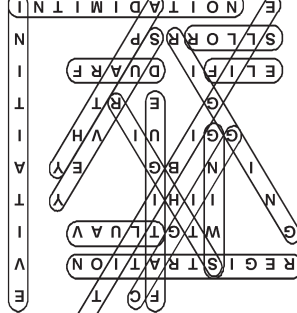
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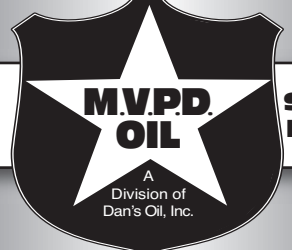

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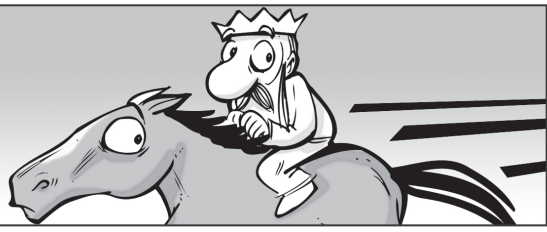


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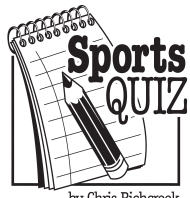
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Upon occasion, a horse's shoes were put on backwards-the toe in front and the heel in back-to mislead a pursuing enemy. It was used in the 11th century by King Alfonso in his escape from Toledo, Spain.



by Chris Richcreek

The truth is you don't know what is going to happen tomorrow. Life is a crazy ride, and nothing is guaranteed.

-Eminem

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POKEMON CLUB AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, invites boys & girls ages 10 & up to their Pokemon Club on January 19 at 6:30PM. Card players can bring their cards to trade, play games & battle with other players. Call 822-9102 to register.

BABYSITTER'S TRAINING COURSE AT COVENTRY PUBLIC LIBRARY

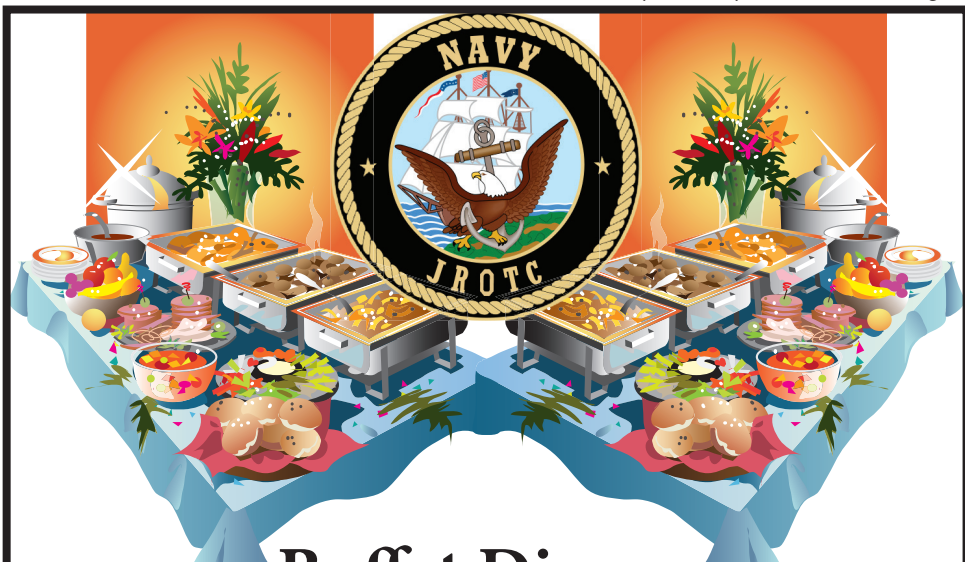
Coventry Public Library, 1672 Flat River Road, Coventry, will offer a Babysitter's Training Course conducted by the RI Chapter of the American Red Cross on February 24 from 9AM-4PM for boys & girls ages 11-16. A non-refundable fee of \$90 (includes instructions & materials) is required at registration which begins January 23. The Library will provide free lunch & snacks. Space is limited. Visit the Youth Services Department to register or call 822-9102 for more information.

"TYLER TYKES" AT TYLER FREE LIBRARY

Tyler Free Library, 81A Moosup Valley Road, Foster will hold Tyler Tykes, a drop-in Playgroup, on Fridays at 10AM. This Playgroup is open to preschoolers & their caregivers. Enjoy a morning of meeting & chatting with other caregivers while the children play. Coffee for moms and snacks for kids will be provided. Call 397-7930 to register or for more information.

CHURCH OF CHRIST GIVING CLOSET

The Giving Closet of the church of Christ, 142 Nooseneck Hill Road, West Greenwich, will be open every Wednesday from 1-5PM & the THIRD Saturday of the month from 10AM-2PM. Everything is FREE! 397-9700.



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It is easy to hate and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get.

- Confucius

Don't gain the world and lose your soul; wisdom is better than silver or gold.

- Bob Marley

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The problems we face now - poverty and violence at home, war and destruction abroad - will last only as long as we continue relying on the same politicians who created them in the first place.

- Donald Trump

FREE ESL CLASSES OFFERED AT THE WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick, is offering free ESL Classes for individuals who want to improve their English skills. Adults work in groups with a teacher or volunteer tutor on reading, writing, speaking and listening skills. The Spring Session runs January 9-May 9. Beginning/Intermediate ESL Classes meet at the Library Mondays & Tuesdays from 4:30-6PM or 7-8:30PM; A Conversation Class for advanced ESL students meets Tuesdays from 7-8:30PM; a Conversation Class for beginning/intermediate ESL students meets Fridays from 9:30-11AM; & a NEW Civics Practice Group on Thursdays from 10:30-11:30AM. A children's Literacy Teacher provides activities for children 4 years and older while their parents attend the Monday/Tuesday Classes. New students are welcome up to the midpoint in the session if space is available. Please call the Literacy Office at 828-3750, Ext. 15 for more information.

RI GENEALOGICAL SOCIETY MEETING

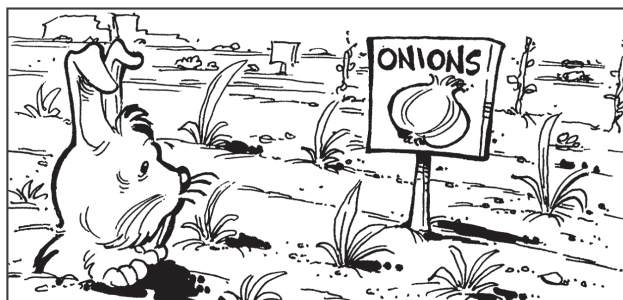
The RI Genealogical Society will hold a Meeting on January 28 from 9:30AM-3:30PM at STS John & Paul Church, 341 South Main Street, Coventry. Speakers include Beth Mariotti, Director of the Godfrey Library in Middletown, CT, discussing what the Library has to offer both online and on site. Jeffrey Greene will speak about The Townsends & Goddards, 2 of the most famous names in furniture design in the 1700's in Newport. Erica Lake, Executive Director of South County Historical Center, will discuss changes made at the center & what they offer in genealogy resources. James Crothers, Executive Director of South County Museum, will discuss the Narragansett Planters, who arrived shortly after the Pilgrims in Massachusetts. Coffee & goodies will be served at 9:30AM. Lunch will be served at 12PM at a cost of \$5. Please make reservations by calling Pat at 783-7006 by January 25. For more information, call Marie at 301-0047 or Helen at 423-0442. All are welcome.

A MATTER OF BALANCE PROGRAM AT COVENTRY SENIOR CENTER

The Coventry Senior Center, 50 Wood Street Coventry, is offering a Fall Prevention Program on Mondays from February 6-April 3 from 10AM-12PM. Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. "A Matter of Balance" is an award-winning 16 hour program designed to manage falls. This program emphasizes practical strategies to manage falls. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength & balance. An informational/sign-up Coffee Hour will be held at the Senior Center on January 23 from 10-11AM.

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM AT COVENTRY SENIOR CENTER

The Coventry Senior Center, 50 Wood Street Coventry, is offering a free Chronic Disease Self-Management Workshop Mondays at 6PM beginning February 6. This Workshop is geared for people living with chronic disease including, but not limited to, asthma, arthritis, cancer, COPD, chronic pain, diabetes & heart disease. You will learn how to manage symptoms and medications, communicate with family & doctors, work with a healthcare team and problem solve effectively. You will also learn how to relax, handle difficult emotions, eat well, exercise safely & set goals to improve health & lifestyle. An informational/sign-up Coffee Hour will be held at the Senior Center on January 23 from 5:30-6:30PM. If you cannot make the Coffee Hour, call Pat Fleming directly to reserve your spot.



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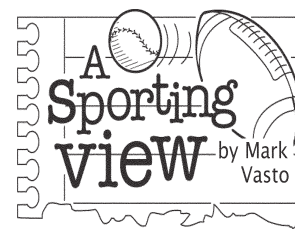
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It's On You, Jed York

In October 2010, after a close loss to Philadelphia, ESPN's Adam Schefter received not so much a text as a bold proclamation. The message was from Jed York, the 30-year-old CEO of the 0-5 San Francisco 49ers, and it simply stated "We're going to win the division."

The message was ridiculed. The 49ers under Mike Singletary — a head coach who mooned his team — looked to be careening out of control, far removed from the stately grace of Bill Walsh or precision play the team used to execute under Joe Montana, Steve Young, Jerry Rice and Roger Craig. Making bold predictions doesn't make them smart or learned takes on a situation ... it just makes them bold. I went into a new diner and the menu was typed out in bold comic sans, it didn't help the meat-loaf one bit.

The 49ers would almost pull it off though, but York's star didn't rise along with it ... in fact, it probably only exacerbated the problems to come. Unlike his very well-respected father, John York, one of the country's foremost cancer researchers and great philanthropist, Jed fit the mold of the rich kid who didn't earn his spot ... the kid born on the opponent's one-yard line who thinks he just ran back a kickoff for 99 yards. He had a BA from Notre Dame, he was captain of his high-school base-

ball team, but he spent only one year in the work force before his family brought him into the family business, owning one of the premier franchises in sports.

The turnaround occurred when Jim Harbaugh took over the reins. Harbaugh, a fierce competitor and brilliant football mind with the abrasive personality to match, took the team to a Super Bowl. Allegedly, Harbaugh and Jed clashed behind the scenes, and Harbaugh had insulted him in front of the team. Apparently unable to stomach the slight, Jed took every opportunity to point out shortcomings in Harbaugh's game plan. Harbaugh left for Michigan after being fired amid a slew of stories that were obviously leaked by Jed and then-49ers GM Trent Baalke.

There would be some who would (wrongly) point out parallels between him and George Steinbrenner III. George used to love talking about how he was captain of the high-school football team. He too was keen on firing coaches and leaking damaging information to the press. The comparison stops there, as Steinbrenner had true business acumen and after a fan revolt, mellowed enough to find the right set of winners.

After firing Chip Kelly, an uncharacteristically brazen press started asking Jed questions about his future as CEO. Fans and columnists in the Bay Area alike are calling for his removal, a move that would seem likely if the team plans on getting any head coach with substance to take over the job and carry the once-great team back to the heights of success.

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



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21 COVENTRY SHOPPER'S PLAZA

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.

**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.

**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.

ENGRAVED BRICK FUNDRAISER - PHASE II

The Coventry Historical Society has completed Phase I 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.

THE CHORUS OF KENT COUNTY REHEARSALS

The Chorus of Kent County, directed by Nicholas Laroche, invite you to join them as rehearsals begin for the Spring Season. Rehearsals begin on January 19 at 7PM in the West Warwick High Chorus Room Webster Knight Drive, West Warwick. Chorus members will be there at 6:30PM to welcome you, provide you with your music for the season and collect dues which are \$25 for the Season. New members are welcome but must sign up by February 9. Spring Concert will be held on May 20 at 7:30PM & May 21 at 2:30PM. Visit www.chorusofkentcounty.com for more information.

**VETERAN BENEFITS WORKSHOP AT
COVENTRY SENIOR CENTER - RESCHEDULED**

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 31 from 10-11:30AM 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.



**Moments
in time**

THE HISTORY CHANNEL

- On **Jan. 28, 1777**, British general John Burgoyne proposes an ill-fated plan to isolate New England from the other colonies by invading from Canada with 8,000 British troops. The plan failed, and Burgoyne surrendered his remaining 6,000 British forces to the Patriots at Saratoga.
- On **Jan. 26, 1838**, the first Prohibition law in U.S. history is passed in Tennessee, making it a misdemeanor to sell alcoholic beverages in taverns and stores.
- On **Jan. 23, 1849**, Elizabeth Blackwell is granted a medical degree from Geneva College in New York (now known as Hobart College), becoming the first female in the U.S. to be officially recognized as a physician.
- On **Jan. 27, 1888**, the National Geographic Society is founded in Washington, D.C. The 33 men who originally met and formed the National Geographic Society were a diverse group of geographers, explorers, teachers, lawyers, cartographers, military officers and financiers.
- On **Jan. 24, 1908**, the Boy Scouts movement begins in England with the publication of the first installment of Robert Baden-Powell's "Scouting for Boys." By the end of April, the serialization of Scouting for Boys was completed, and scores of impromptu Boy Scout troops had sprung up across Britain.
- On **Jan. 29, 1922**, as a blizzard dumps more than 2 feet of snow on Washington, D.C., snow buildup on the flat roof of the Knickerbocker Theatre collapses the building, and tons of steel and concrete crash down on 300 theatergoers attending a Saturday night movie. One hundred and eight people were killed.
- On **Jan. 25, 1968**, the Israeli submarine Dakar, carrying 69 sailors, disappears. The exact fate of the boat remains a mystery. The Dakar last radioed its position as it passed the island of Crete. It was never heard from again.

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DONATION \$3.00

Wed. 1/18 100% orange juice, baked ham, cheese omelet with tomato slice, crispy cube potatoes, fruited yogurt. Sandwich: Turkey on 9 grain with side salad of lettuce and tomato-Italian)

Thurs. 1/19 Happy Birthday! Tomato soup with brown rice, Airline chicken, Red Bliss mashed potatoes, green beans, wheat bread, frosted cupcake. Sandwich: Tuna on wheat.

Fri. 1/20 Corn chowder, stuffed sole with scallops and clams, oven roasted potatoes, broccoli slaw, dinner roll, sliced pears. Sandwich: Italian grinder.

Mon. 1/23 Onion soup with croutons, Shepherd's pie with ketchup, Prince Edward blend vegetables, garlic roll, Italian ice. Sandwich: Turkey meatloaf on wheat.

Tues. 1/24 Lentil soup, stuffed pork chop with applesauce, Ratatouille (diced eggplant and tomato), dinner roll, Mandarin oranges. Sandwich: Shrimp salad on a roll.

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145 WASHINGTON ST., WEST WARWICK • RESERVATIONS CALL:
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Wed. 1/18 Navy bean soup, beef tips, brussel sprouts, mashed potato, whole grain roll, dessert. Option: Chicken salad on wheat.

Thurs. 1/19 Sweet potato soup, stuffed chicken breast with gravy, cranberry sauce, roasted potatoes, baby carrots, dessert. Option: Ham and cheese on wheat.

Fri. 1/20 Tomato soup, open Shepherd's pie, mashed potatoes, wheat biscuit, dessert. Option: Egg salad on wheat.

Mon. 1/23 100% fruit juice, Salisbury steak with mushroom gravy, whole grain biscuit, peas and carrots, dessert. Option: Tuna salad plate.

Tues. 1/24 Tossed garden salad, veal Parmesan, pasta, wax beans, dessert. Option: Seafood salad on wheat.

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COVENTRY: 1st Floor, 2 beds, full basement with washer/dryer, newer kitchen, deck, private parking. Separate heat & electric. \$975/month. Credit Check. Call Mary Ann, 487-9429.

MULTIPLE UNITS AVAILABLE at 448 Washington Street, Coventry: Only serious inquiries please. No pets. No utilities. On busline, off-street parking, 2 bed, 2nd floor, \$700. 1 bed, 1st floor, \$500. Shown by appointment only on Tuesdays. Call 821-5820 to schedule.

WEST WARWICK: Large 2 bedroom, 1st floor, washer/dryer, large yard. No pets. \$1000 plus deposit & Credit Check. 465-6972.

COVENTRY, Read Avenue: 1 Bedroom, 1st floor, washer/dryer hook-up, parking, newly renovated, stove & fridge, shed storage. No pets. No smoking. \$800/month plus security deposit. 714-5553.

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Real Estate for Sale

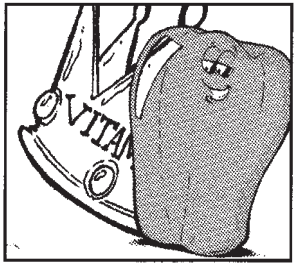
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Stupid is forever, ignorance can be fixed. —Don Wood

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C'MON IN TO OUR CENTURY 21

Open House Weekend
January 21-22, 2017

Coventry: Open Saturday 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 Saturday & Sunday 11-1!! 10 Darton Street!! Lakeview, 3 bed, 1.5 bath cape, \$219,900, ask for Stephanie Baker, Ext. 305 or Gary Diggle, Ext. 309

Coventry: Open Saturday 11-1 & Sunday 1:30-3:30!! 16 Charlotte Street!! 3 bed ranch, C/A, garage, \$219,900, ask for Nick Tasso, Ext. 307 or Steve Eccleston, Ext. 333

Warwick: Open Saturday 1:30-3:30!! 67 Ocean Avenue!! New construction! 3 bed, 2.5 bath colonial, garage, \$359,000, ask for Andrew Ghali, Ext. 343

Foster: Open Saturday 12-2!! 16 Walker Road!! 4 bed, 2 bath log home, FP, sunroom, copper kitchen, C/A, garage, pool, \$297,000, ask for Jim Spearman, Ext. 321

Coventry: Open Sunday 1-3!! 160 Gervais Street! New listing!! 3 bed, 1.5 bath raised ranch, finished lower/wood stove, garage, \$265,000, ask for Stephanie Baker, Ext. 305

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: Open Sunday 11-1!! 140 Windsor Park Drive!! 3 bed ranch, hardwoods, garage, corner lot, new septic, \$184,900, ask for Tracey Colucci, Ext. 302

Coventry: Open Sunday 12-2!! 49 Fieldstone Drive!! Walker Ridge, 3 bed, 2.5 bath colonial, FP, garage, C/A, \$309,933, ask for Therese Stafford, Ext. 328

Warwick: Open Sunday 2-4!! 40 Magnolia Street, 2-3 bed raised ranch, open layout, newer roof/heat/hot water, \$169,000, ask for Allison Mayer, Ext. 304

Coventry: New Listing!! 3 bed, 2.5 bath raised ranch, level acre, newer septic, needs total rehab, sold as is, \$230,650.

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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.

GENTIVA HOSPICE NEEDS VOLUNTEERS

Gentiva Hospice is looking for dedicated & compassionate volunteers to provide companionship and 1:1 interaction to terminally ill patients in the community. Your smile, friendship, and a few hours each month can improve the quality of someone's life, including yours! Volunteers in all cities/towns throughout RI are needed. Please call Gentiva Hospice at 738-1492 and ask for the Manager of Volunteer Services.

SLOCUM GRANGE BREAKFAST

Slocum Grange, 96 Slocum Road, North Kingstown, will hold their monthly breakfast on January 21 from 7-10AM. The menu includes French Toast, eggs, bacon or sausage, cheese omelet, home fries, Johnny Cakes, toast & beverage. Adults \$9, children (5-10) \$4.50, children 4 & under are guests of the Grange. There will also be a Bake Table. Food donations will be collected. All are welcome. Proceeds from the breakfast support the Grange charities.

USED CLOTHING DROP-OFF SHEDS AT LOCAL GRANGES

There are two local Granges in the area that have Used Clothing Drop-Off Sheds. They are Exeter Grange, 469 Ten Rod Road (Route 102), Exeter & Slocum Grange, 96 Slocum Road, North Kingstown. Each Drop-Off Shed is sponsored by their own respective Grange. Accepted items include clothing, shoes, sneakers, belts, purses, blankets, sheets, pillowcases, drapes and stuffed toys. If possible, please put donations in tied or closed bags.

COVENTRY-WEST GREENWICH ELKS WINTER WONDERLAND DINNER DANCE

The Coventry-West Greenwich Elks, 42 Nooseneck Hill Road, West Greenwich, will host a Winter Wonderland Dinner Dance on January 28. Cocktails begin at 6PM, followed by dinner at 7PM. Tickets (in advance only) are \$25 per person. For more information call Annette or Debra at 397-3700.

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 EVENING STORYTIMES

The Coventry Public Library, 1672 Flat River Road, Coventry, will offer **Evening Storytimes** for children ages 3-8 on Wednesdays at 6:30PM from January 18-March 8 (excluding February 22). Thematic stories, activities and crafts will be featured. Children may wear their PJ's and slippers. No registration required. Call 822-9102 for more information.

CUB SCOUTS

Pack 1 Arctic is starting a new Bear Den. Boys who are in the 3rd Grade or 9 years old are invited to join. Please call Jack at 323-8031 for more information.

BUFFET DINNER FUNDRAISER TO BENEFIT COVENTRY HIGH SCHOOL NJROTC

A Pasta & Meatball Buffet Dinner Fundraiser will be held on February 3 from 6-10PM at the Coventry-West Greenwich Elks, 42 Nooseneck Hill Road, West Greenwich. There will be great Raffle Prizes and music provided by DJ Lana. Tickets are \$20/person. For tickets or more information, contact Chrissy 527-2701, Sue 286-9622 or Dawn 523-6664.

Comfort foods



by Healthy Exchanges

Wild Rice and Beef Soup

Nothing says January (National Soup Month) better than a steaming bowl of hot soup!

- 8 ounces extra-lean ground sirloin beef or turkey breast
- 1 (14-ounce) can Swanson Lower Sodium Fat Free Chicken Broth
- 1 (10¾-ounce) can Campbell's Healthy Request Cream of Mushroom Soup
- 1/2 cup shredded carrots
- 1 (12-fluid-ounce) can evaporated fat-free milk
- 3 tablespoons all-purpose flour
- 3/4 cup shredded reduced-fat Cheddar cheese
- 1/2 cup fat-free half & half
- 1 teaspoon dried parsley flakes
- 2 tablespoons chopped green onion
- 2 tablespoons fat-free ranch dressing
- 2/3 cup uncooked quick wild rice

1. In a large saucepan sprayed with butter-flavored cooking spray, brown meat. Stir in chicken broth, mushroom soup and carrots.

2. In a covered jar, combine evaporated milk and flour. Shake well to blend. Pour milk mixture into meat mixture. Add Cheddar cheese, half & half, parsley flakes, green onion and ranch dressing. Mix well to combine.

3. Lower heat. Simmer 10 minutes, stirring occasionally. Stir in uncooked rice.

4. Remove from heat, cover and let sit for 5 minutes. Gently stir just before serving. Makes 6 (1 cup) servings.

• Each serving: 234 calories, 6g fat, 17g protein, 28g carb., 580mg sodium, 373mg calcium, 1g fiber; Diabetic Exchanges: 2 Starch/Carbs, 1 1/2 Meat; Carb Choices: 2.

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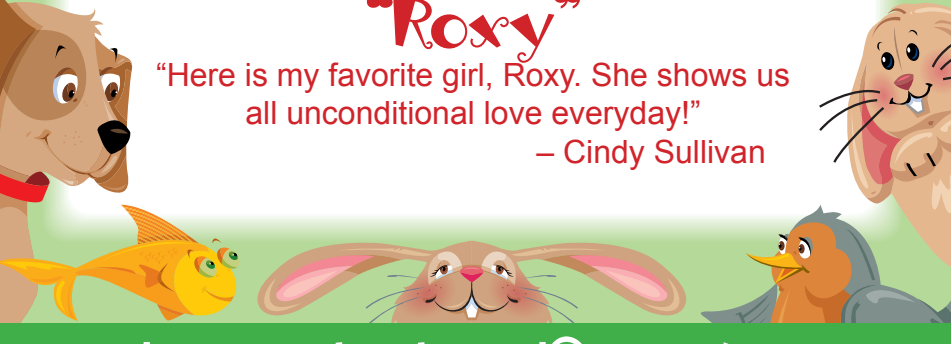
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Cutest Pet of the Week
January 17, 2017



"Roxy"

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— Cindy Sullivan



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top ten

Word Lookups

of 2016

1. Surreal
2. Revenant
3. Icon
4. In Omnia Paratus
5. Bigly
6. Deplorable
7. Irregardless
8. Assumpsit
9. Faute de Mieux
10. Feckless

Source: Merriam-Webster

The REMINDER 2ND SECTION

Rhode Island's First Buyers Guide

January 17, 2017
Volume 62 • Issue 36

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THIS WEEK'S SALE DATES:

SALE DATES
Fri., January 20th through
Thurs., January 26th

THE FRESHEST MEATS



Lean Shaved Steak
3.49 lb.



Bone-in Rib-Eye Steak or Roast
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Fresh Sliced Honey Ham
3.99 lb.

80% Lean Ground Beef
2.89 lb.

Fresh Sliced Provolone Cheese
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London Broil Steak or Roast
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Fresh Sliced German Bologna
2.49 lb.

Fresh, Grade A Boneless Chicken Tenders
1.99 lb.

Fresh Sliced Sandwich Style Pepperoni
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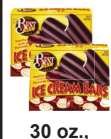
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48 oz. Best Yet Ice Cream
2/\$5



8.5-10.5 oz. Smart One Entrees
5/\$5



30 oz., Best Yet Ice Cream Bars
2/\$5



12.3 oz. Best Yet Waffles
2/\$3



15 oz. Land O Lakes Soft Margarine
2/\$4



16 oz. International Delight Creamer
2/\$4



6 Pk. Swiss Miss Pudding
2/\$5



16oz. Best Yet Sour Cream
2/\$3

BAKERY



Fresh Baked Italian Bread
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7 in. Boston Cream Cake
5.50 ea.



12 Pk. Mini Vanilla or Chocolate Cupcakes
2/\$5



10 Pk. Assorted Gourmet Cookies
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American Chop Suey
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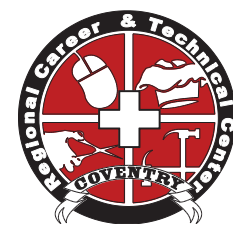
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Jan 3, 2017 5:30-7:00pm West Warwick Public Library
1043 Main St. W. Warwick

Jan 4, 2017 6:30-7:30pm East Greenwich Public Library
82 Peirce St. E. Greenwich

Jan 5, 2017 5:30-7:00pm Hope Library
374 North Rd. Hope, RI

Jan 18, 2017 6:00-8:00pm Coventry High School Media Center
40 Reservoir Rd. Coventry

Jan 24, 2017 5:30-7:00pm N. Scituate Public Library
606 W. Greenville Rd. Scituate

For more information contact director Lori Ferguson at 822-9499
Ext. 283 or fergusonlori@coventryschools.net
or go to: <https://sites.google.com/site/careercenteratchs/>

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TOP VIDEO RENTALS AND SALES

- Top 10 Movies On Demand**
1. The Magnificent Seven . (PG-13) Denzel Washington
 2. Sully (PG-13) Tom Hanks
 3. The Secret Life of Pets (PG) animated
 4. Suicide Squad (PG-13) Will Smith
 5. Jason Bourne (PG-13) Matt Damon
 6. Storks (PG) animated
 7. Elf (PG) Will Ferrell
 8. Miss Peregrine's Home for Peculiar Children (PG-13) Eva Green
 9. Bridget Jones's Baby (R) Renee Zellweger
 10. Dr. Seuss' How the Grinch Stole Christmas (PG) Jim Carrey

- Top 10 DVD, Blu-ray Sales**
1. The Magnificent Seven . (PG-13) Sony
 2. The Secret Life of Pets (PG) Universal
 3. Suicide Squad (PG-13) Warner Bros.
 4. Sully (PG-13) Warner Bros.
 5. Storks (PG) Warner Bros.
 6. Finding Dory (PG) Disney
 7. Jason Bourne (PG-13) Universal
 8. Miss Peregrine's Home for Peculiar Children (PG-13) FOX
 9. Star Wars: The Force Awakens (PG-13) Disney
 10. Pete's Dragon (PG) Disney
- Sources: comScore
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2002 CROWN VIC: Runs great, only 75,000 original miles. \$2000. West Warwick, 1-860-823-8894.

Car Care

- Quick Tips To Keep Your Car In Top Shape**
- (NAPSA)—Routine maintenance is essential for extending your car's life, ensuring it stays out of the shop and improving gas mileage. Here are three simple tasks that are easy to do and will benefit any vehicle. Be sure to check your owner's manual because timing and instructions vary by vehicle.
- Changing the Air Filter**
 About every 10,000+ miles you put on your car, change the air filter. It can be easily removed and replaced as it's generally secured with only a few metal clips.
- Lubricate Moving Parts**
 Regularly lubricating your vehicle's moving parts such as door, hood and trunk hinges will not only prevent squeaking when you open or close them, but will keep them from wear or damage due to the constant movement and corrosion from wet weather.
- Prevent squeaks and corrosion from building up in the future by using a water-displacement lubricant such as WD-40 Multi-Use Product. The new WD-40 EZ-REACH™ can make this process easier with its attached 8-inch flexible straw that bends and keeps its shape.



A flexible straw that keeps its shape can help you keep your car in shape.

Monitoring Tire Pressure
 If your car's tire pressure is too low, you will wear out your tires more quickly and will get poor fuel efficiency.

Tire pressure gauges are inexpensive and an easy way to determine the pressure in your tires. Find your vehicle's recommended PSI and how to test it in the owner's manual. Compare the number on the gauge with your vehicle's recommended PSI and add or release air to match it. Do this regularly on all four tires.

Arm yourself with the right tools and you can save money by tackling easy car maintenance projects. For more information about how to make automotive repairs simpler, visit www.wd40.com/EZ.

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Don't Get Left Out In The Cold... Practice Tire Safety

(NAPSA)—Rough roads aren't the only thing to worry about when the temperature drops. Tires also get cold and need extra grip to perform at their best. That's something your all-season tires might not be ready for. In fact, in temperatures of 45° F or below, the rubber in all-season tires gradually hardens, leading to decreased road traction and less grip. That can cause difficulty with braking and turning.

Winter tire safety experts urge drivers to consider the weather; if you often drive when it's below 45° F—snow or no snow—it's time for a set of winter tires to keep you and your family safe on the roads this year.

"Winter tires are not just for drivers in cities that get snow and ice," explained Mark Marrufo of DISCOUNT TIRE. "Customer safety is our number one priority at DISCOUNT TIRE, so we urge drivers to swap out their all-season tires to help ensure they don't suffer from any performance issues when driving regularly in temperatures below 45°."

Winter tires use specially engineered tread rubber with enhanced compound to add the extra grip needed in winter driving conditions that helps keep a car safely in motion without skidding off the road. This added grip provides 25 to 50 percent more traction in snow and ice than regular all-season tires. Tread design in winter tires also uses thousands of extra traction edges for exceptional grip in cold weather driving conditions where ice, snow, slush and water may be present. What many drivers may not realize is that precipitation can actually pack in the larger grooves of all-season tires, leading to dangerous skidding and impaired braking.

Consider these five tire and road safety tips:

1. **Replace your all-season tires** with superior cold traction
2. **Don't forget the wheels** when switching to winter tires. Having a set of wheels specifically for your set of winter tires will save money in the long run. They pay for themselves by eliminating the cost of changeovers at the beginning and end of the winter season and by saving your expensive wheels from the wear and tear of ice, slush, snow and salt.
3. **Check tire pressure regularly** and don't forget to check the spare. Underinflated or overinflated tires may result in poor handling, uneven tread wear and poor fuel consumption. For every 10° change in temperature, tire air pressure changes 1 psi.
4. **Rotate your tires** at least every 6,000 miles or earlier if irregular or uneven wear develops.
5. **Make sure your tire shop properly torques the lug nuts** to the specifications for your vehicle when changing over to winter tires.

Drivers who are unsure whether winter tires are necessary for their vehicle can stop by any DISCOUNT TIRE location for a free safety inspection. To locate a store nearby, schedule tire service appointments or search tires and wheels by size, brand and style—or by vehicle year, make and model—visit www.discounttire.com.

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HINTS FOR HOMEOWNERS
 Do-it-Yourself Tips On Silencing Squeaky Floors

(NAPSA)—The next time you are looking for a way to give a noisy floor the "silent treatment"—there's good news. With a little bit of effort and the right equipment, eliminating squeaks can be the type of home-repair project that responds to the do-it-yourself approach.

Experts say most squeaks are often caused when the subfloor rubs on the top surface of the floor joist and/or on the shank of regular nails.

Begin by locating the squeaks. Once they are located and marked with painters' blue masking tape, find your joists and the direction in which they run.

Next, check to see if the squeaks you marked are in the same area as the floor joists. If they are, you are ready to begin attacking them directly. Here's where floor hardware designed specifically for the task can make all the difference.

Fortunately, there are repair kits created to eliminate floor squeaks whether they're found under carpeting, in hardwood or softwood floors, or in stairs.

In the past, getting rid of squeaks usually required getting direct access to the underneath floor to get at the joist. Not anymore. When the squeak is under a carpeted floor, there is an innovative repair kit—called Squeeeeek No More—that contains a plastic molded alignment and depth control fixture, 50 specially scored 3-inch by 1/2-inch diameter screws, a customized driver bit to regulate the depth at which to drive the screws, and a joint finding saw to

the added convenience of not having to crawl around under the floor to get the job done.

When the squeak is in a hardwood floor, a different product designed specifically for that kind of project may help. Called Counter Snap, it was created to help repair squeaky hardwood floors and stairs. Each kit includes 30 screws, the Counter Snap fixture, a No. 2 recess square-head driver and instructions.

Another product, called Squeak-EndeR, pulls the subfloor securely to the joist to help fix squeaks between the bottom side of the subfloor and the top of the floor joist. The bracket slips over the bolt and slips around the joist and the nut is tightened.

The lesson was, as far as



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The Garden Bug
 Plant dormancy

Scientists believe that in autumn, the shorter days trigger the beginning of winter dormancy in plants. As the temperatures lower, plants acclimate to the cold and begin a deeper stage of dormancy: cell processes slow down, and some water begins to leave the cells, since freezing water can burst cells. Sugars and other protective chemicals with lower freezing points are increased. Plants have a maximum level of cold they can tolerate, which varies by species and even variety, and may be determined by its location.

— Brenda Weaver
 Source: pss.uvm.edu

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Hints For Homeowners

The Next Step In Heat Pump Technology

(NAPSA)—There's good news for homeowners looking for more efficient and economical ways to heat and cool their home. The next generation in geothermal technology has arrived. These systems are designed to leverage underground thermal energy to provide ultra efficient heating and cooling of a home.

That's the word from experts at WaterFurnace who say that new variable capacity geothermal technologies are more than twice as efficient as any air source heat pumps or air conditioner and a third more efficient than existing geothermal systems.

Less Wasted Energy
Compressors in conventional heat pumps typically run at only one or two speeds. About 90 percent of the time, a fixed-speed compressor cycles on and off or uses some other energy-wasting technique to throttle back capacity. The 7 Series from WaterFurnace—the latest in variable capacity geothermal heat pumps—can scale up and down over 12 speeds.

A Constant Temperature
Imagine that your car had only two choices: 30 mph and 70 mph. It would be hard to maintain a speed of 55 mph and the car wouldn't be very fuel efficient because it takes more gas to get up to speed than it does to maintain it—gently accelerating and then maintaining constant speeds increases fuel efficiency. Similarly, a variable speed compressor uses low capacities and just a small amount of energy to constantly maintain building temperatures.

This can translate to savings, since variable speed compressors cut energy consumption by varying compressor capacity to match exact cooling and heating needs.

With no cycling on and off, there is less wasted energy ramping back up to capacity. This allows the system to run more often at very low capacities, keeping a building at a stable, constant temperature and improving energy efficiency.

To change speed, the compressor uses an external variable frequency drive (VFD)—also known as an inverter—to slow or speed up the alternating current (AC) electric motor that drives the rotating elements inside the scroll compressor.

Efficient Operation
Using the earth as a natural energy source, a geothermal system can operate more efficiently than ordinary heating and air-conditioning systems, delivering five units of energy for every one unit of electrical energy used—a 500 percent efficiency rating.

That means a geothermal system can provide a precise distribution of comfortable air all year long, eliminating hot and cold spots throughout the home while operating quietly.

WaterFurnace International, Inc. is a leading manufacturer of residential, commercial, industrial and institutional geothermal and water source heat pumps.

To learn more, you can visit www.waterfurnace.com.



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**WEST WARWICK PUBLIC LIBRARY DEBUTS
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**ZUMBA GOLD CLASSES
AT COVENTRY SENIOR CENTER**

The Coventry Senior Center, 50 Wood Street, Coventry is offering Zumba Gold Classes on Wednesdays from 9:30-10:30AM. Zumba Gold is an instructional class to learn the basic steps of the dance. Cost is \$3 per class.

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

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Friday & Saturday	Dance Lessons & Requests Doors Open at 7pm Lessons at 8:00pm	\$10
Every 1st Thursday of the Month Doors Open 7pm Band Starts at 8pm	"Mishnock All Stars" Thursday Night Rocks! Dancing to DJ and Bands	No Cover

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

Sometimes by losing a battle you find a new way to win the war.

-Donald Trump



Salome's Stars

ARIES (March 21 to April 19) Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.

TAURUS (April 20 to May 20) The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time, so that you know just where you are at any given point.

GEMINI (May 21 to June 20) It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.

CANCER (June 21 to July 22) The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.

LEO (July 23 to August 22) What goes around comes around for those lucky Leos and Leonas whose acts of generosity could be repaid with opportunities to expand into new and exciting areas of interest.

VIRGO (August 23 to September 22) Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.

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Grilling Expert Shares Number One Tip For Tailgating Success

(NAPSA)—With tailgating season in full swing, acclaimed grilling expert and New York Times best-selling cookbook author Jamie Purviance says game day grilling should be low stress, yet full of flavor. His Chicken Nachos with Chipotle Cream Sauce are ideal for a tailgate party as you can smoke the chicken the day before, leaving more time to relax and celebrate with friends.



Purviance infuses ethnic flair into traditional barbecue with fresh, modern flavors.

"Preparation is key for a successful parking lot party," says Purviance, author of "Weber's New American Barbecue." "The majority of steps for this Chicken Nachos recipe involve smoking the chicken—which can be done in advance. When the grill is fired up on game day, you're less than 10 minutes away from delicious smoky, cheesy nachos."

Smoked Chicken Nachos With Chipotle Cream And Avocado
Serves: 6 | Prep Time: 20 Minutes
1 Grilling Time: 32 To 39 Minutes
1 Special Equipment: 2 Large Handfuls Mesquite Or Hickory Wood Chips, Large Grill-Proof Pan Or Disposable Foil Pan

Chipotle Cream
1 cup sour cream
1 canned chipotle chile pepper in adobo sauce, minced
1 tablespoon fresh lime juice
¼ teaspoon kosher salt

Rub
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
1 teaspoon ground cumin
1 teaspoon paprika
½ teaspoon ground cayenne pepper

4 chicken breast halves (with bone and skin), each about 8 ounces
12 ounces corn tortilla chips
14 ounces Monterey Jack cheese, coarsely grated
4 scallions, cut into thin slices
2 tablespoons finely chopped jalapeño chile peppers
1 large Hass avocado, cut into ½-inch cubes
Juice of ½ lime
¼ cup roughly chopped fresh cilantro leaves
Store-bought salsa (optional)

This is a fun way to use up left-over barbecued chicken or turkey. Who doesn't love some cheesy, meaty nachos with smoky sour cream and fresh avocado? It's worth smoking some spice-rubbed chicken breasts just for this recipe. Using bone-in rather than boneless chicken breasts requires a longer cooking time, but there's a dividend: the meat has more time to absorb the flavorful smoke.

1. Soak the wood chips in water for at least 30 minutes.

2. Whisk the chipotle cream ingredients, including any juices remaining from mincing the chipotle chile. Refrigerate until ready to use.

3. Prepare the grill for indirect cooking over medium heat (350° to 450° F).

4. Mix the rub ingredients. Season the chicken breasts all over and between the skin and meat with the rub.

5. Drain and add the wood chips to the charcoal or to the smoker box of a gas grill, following manufacturer's instructions, and close the lid. When smoke appears, grill the chicken, skin side down first, over indirect medium heat, with the lid closed, until the juices run clear and the meat is no longer pink at the bone, 25 to 30 minutes, turning once when the skin releases easily from the cooking grates. Remove the chicken from the grill and, when cool enough to handle, shred into pieces, discarding the skin and bones.

6. Increase the temperature of the grill to high heat (450° to 500° F).

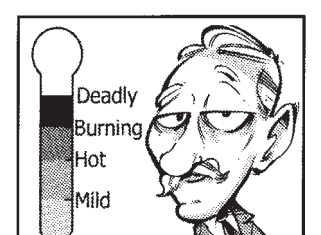
7. Spread half of the tortilla chips into a large grill-proof pan. Distribute half each of the cheese, scallions, jalapeño, and chicken over the chips. Repeat with another layer.

8. Place the pan with the nachos over indirect high heat, close the lid, and cook until the cheese is melted and the chips are tinged golden brown, 7 to 9 minutes. Wearing insulated barbecue mitts or gloves, carefully transfer the pan to a heat-proof surface. Top the nachos with the avocado and then drizzle with the chipotle cream and lime juice. Garnish with the cilantro. Serve hot with salsa, if desired.

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Yard Sales

ESTATE SALE! 442 Victory Highway, West Greenwich: January 21, 9AM-3PM. All contents - furniture, household, kitchen, holiday & clothing.



The heat produced by spices or other foods is measured in Scoville Heat Units (SHU), which were created by Wilbur Scoville.

LIBRA (September 23 to October 22) Aspects favor getting out and meeting new people. And as a bonus, you might find that some of your newly made friends could offer important business contacts.

SCORPIO (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.

SAGITTARIUS (November 22 to December 21) Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.

CAPRICORN (December 22 to January 19) Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

AQUARIUS (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.

PISCES (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

BORN THIS WEEK: Your good works flow from an open, generous heart. Nothing makes you happier than to see others happy as well.

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The best morale exists when you never hear the word mentioned. When you hear a lot of talk about it, it's usually lousy.
—Dwight D. Eisenhower

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

BREAKFAST IN JANUARY
The Coventry Senior Center, 50 Wood Street, Coventry will hold a Breakfast on January 27 from 7:30-9AM. Enjoy scrambled eggs, choice of bacon or sausage, French Toast or English muffin, with orange juice, coffee, & tea for just \$3. All are welcome!ð

To send a letter is a good way to go somewhere without moving anything but your heart.
—Phyllis Theroux

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