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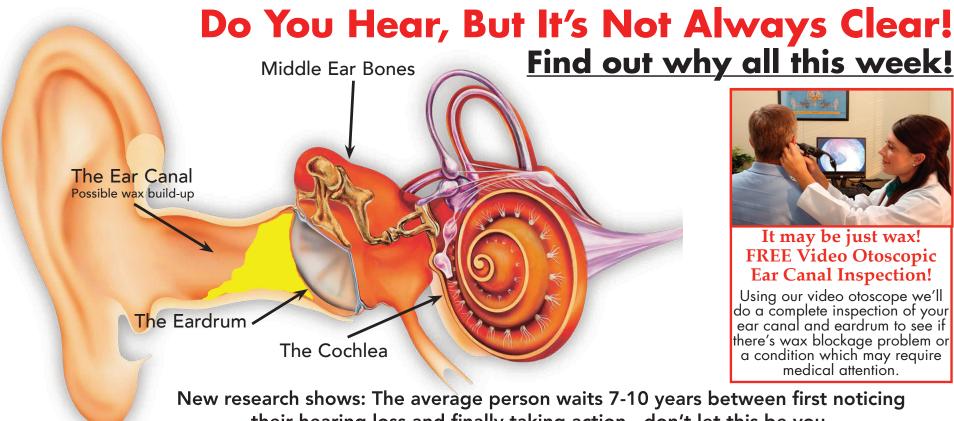
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THE CHORUS OF KENT COUNTY REHEARSALS

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.

AARP CHAPTER 2210 TALL SHIPS TRIP

AARP 2210 is sponsoring a trip to see the Tall Ships in Boston on June 19. The trip includes a fabulous Boston Harbor Cruise, a delicious lunch at the famous Gloucester House Restaurant & time on your own in Rockport. Deluxe Motorcoach transportation provided by Conway Tours. Cost is \$99/person with a \$30/person non-refundable deposit due by March 10. Call Maureen, 828-5188 or Patricia, 821-3733 for reservations or for more information.

AARP CHAPTER 2210 FOXWOODS TRIP

AARP Chapter 2210 has planned a Foxwoods Casino trip for April 5. Trip includes Casino time from 9:15AM-3:30PM, \$10 Bonus Slot Play & Player's Choice of 1 Buffet Coupon or \$10 Food. Bus pickup from Clyde Towers at 7:45AM & Coventry Senior Center at 8AM, return time is approximately 5PM. Cost is \$23/person, with payment due by March 10. For more information call Maureen at 828-5188 or Patricia at 821-3733.

US AIR FORCE AIR NATIONAL GUARD AIRMAN 1ST CLASS DANIEL K. BROWN has graduated from Basic Military Training at Joint Base San Antonio-Lackland, San Antonio, TX. The Airman completed an intensive, 8-week Program that included training in Military Discipline and Studies, Air Force Core Values, Physical Fitness and Basic Warfare Principles and Skills. He is the son of Kevin & Kathy Brown and the brother of Monika Brown of Coventry. Daniel is a 2016 graduate of Coventry High School.

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MINECRAFT GAMING AT **COVENTRY PUBLIC LIBRARY**

Coventry Public Library, 1672 Flat River Road, Coventry. invites boys & girls ages 6 & up to Minecraft Gaming on January 26. Sessions will be held at 4:30PM, 5:30PM & 6:30PM. Call 822-9102 to register.

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-theart 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.



by cindy elavsky

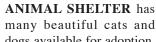
O.I was thrilled to read in your • column about the revival of "Twin Peaks." Any word yet on when it will premiere? — Adam M., via

A • Showtime president David Niv-ens announced earlier this month that cult-phenomenon "Twin Peaks" will return May 21 at 9 p.m. with a twohour season premiere. As a bonus, episodes three and four will be available immediately following the premiere on Showtime's digital platform. This season will consist of 18 episodes and, aside from the aforementioned immediate release of episodes three and four. it will unfold on a weekly basis (not all at once like Netflix is wont to do). And while Nevins did not rule out the possibility of another new season of the series, he did tell reporters that this season was designed as a close-ended, one-time event.

As I'm sure you know, Kyle MacLachlan will return as FBI Special Agent Dale Cooper, and he will be joined by several original cast members (Madchen Amick, Dana Ashbrook, Sheryl Lee, Ray Wise, David Duchovny, Sherilyn Fenn, etc.), as well as many newcomers (Robert Forster, Monica Bellucci, Jim Belushi, Michael Cera, Jeremy Davies, Grant Goodeve, Ashley Judd, Jennifer Jason Leigh, Trent Reznor, Tim Roth, Eddie Vedder, Naomi Watts and tons more).

O · I love watching "Girl Meets World" with my kids, just as my mom watched "Boy Meets World" with me back in the day. Will it be back for another season? - Jill A. in Georgia

 $A_{\:\raisebox{1pt}{\text{\circle*{1.5}}}}^{\:\raisebox{3pt}{\text{\circle*{1.5}}}}$ hate to be the bearer of bad news, but the Disney Channel confirmed that it has canceled the series after three seasons. The network released this statement: "We are proud that for over 70 episodes, Michael Jacobs, April Kelly and the talented creative team, cast and crew entertained viewers with an authentic and heartfelt look at navigating adoles-



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dogs available for adoption. These animals would make wonderful companions for the right person or family. Please visit our Shelter on Hay Street in West Warwick or call 615-3388 for details.

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1. MOVIES: What animated movie featured "The Siamese Cat Song"?

2. TELEVISION: In the 1960s sit-

com "Family Affair," what was the name of Buffy's doll?

3. GEOGRAPHY: Ardennes Forest in Belgium was the site of what major World War II battle?

4. HISTORY: What leading figure in America's Revolutionary War took the pseudonym "Poor Richard" in his earlier writing? GENERAL KNOWLEDGE:

What is the more common name for the flower whose scientific name is papaver somniferum? 6. BUSINESS: How long did the

New Coke formula last after it was introduced in 1985? 7. LITERATURE: What mystery

writer created the character of Kay Scarpetta, medical examiner?
8. ASTRONOMY: Where is the

Lowell Observatory located?
9. FOOD & DRINK: What grated cheese is named for the capital of Ita-

10. LANGUAGE: What is a more common name for an apiarist?

Answers

- 1. "Lady and the Tramp"
- 2. Mrs. Beasley
 3. Battle of the Bulge
- Benjamin Franklin
- 5. The opium poppy6. Less than three months 7. Patricia Cornwell
- 8. Flagstaff, Ariz.
- 9. Romano Beekeeper

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letters@cindyelavsky.com. © 2017 King Features Synd., Inc

Kyle MacLachlan

• Will there be another "Puppy • Bowl" this year? — Gina F.,

A • You betcha: Allithat Franct
• begin airing "Puppy Bowl XIII"
on Sunday, Feb. 5, at 2 p.m. ET/11 a.m.

PT. The cutest competition in sports

history returns with an epic matchup between the adoptable players of Team Ruff and Team Fluff, who go nose to

nose to win the inaugural Petco Lom-

barky trophy. After the game of ear pulls and tail tugs is over, they all end

up as winners when the puppies find their forever homes. Don't forget the

Kitty Half-Time Show, with a performance by the feline musical group Chi-

cago Rock Cats with Kitty Gaga singing "Puparazzi" to her little monsters

READERS: Due to a pre-inaugura-

tion "20/20" special on ABC, the win-

ter premieres of "Grey's Anatomy" and "How to Get Away with Murder" and

the season premiere of "Scandal" have been pushed back a week to Jan. 26.

We'll have to wait a teeny bit longer to see what our favorite must-see dramas

Write to Cindy at King Features

Weekly Service, 628 Virginia Drive,

Orlando, FL 32803; or e-mail her at

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NEW ENGLAND STEEL GUITAR ASSOCIATION **STEEL JAM**

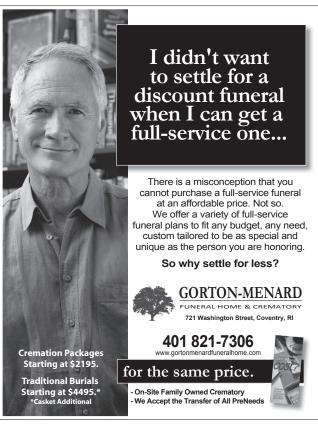
The New England Steel Guitar Association will hold a Steel Jam on February 5 from 12:30-4:30PM at American Legion Post #15, 1016 Post Road, East Greenwich. "RI Rednecks" will perform.

CHRONIC DISEASE SELF-MANAGEMENT PRO-GRAM 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. Each participant will receive a workbook, a relaxation CD & a Gift Certificate for completing this program.

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!



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.

COVENTRY-WEST GREENWICH EMBLEM VALENTINE'S DINNER DANCE

The Coventry-West Greenwich Elks Emblem Club #436 will host their Annual Valentine's Dinner Dance on February 11 from 6-11PM at the Coventry-West Greenwich Elks Lodge, 42 Nooseneck Hill Road, West Greenwich. Dinner of stuffed chicken breast with mashed potatoes, glazed carrots, dessert & beverage will be served. Music will be provided by Ron Perreault. Tickets are \$17.50 per person. Tickets are available in the "Members Lounge" after 4PM or by contacting Linda 828-5387 or Jen 885-3473. All proceeds benefit Emblem Charities.

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

Don't Forget Your Initials!

per Novena

Deadline is Friday at 5pm for publication in the following Tuesdays edition of The Reminder



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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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BUFFET DINNER FUNDRAISER TO BENEFIT COV-ENTRY 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.

STORYTIMES AT WEST WARWICK **PUBLIC LIBRARY**

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

COVENTRY COMMUNITY EMERGENCY RE-SPONSE TEAM SEEKS VOLUNTEERS

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

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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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Corn and Tomato Chowder

- teaspoons olive oil chopped
- medium onion, chopped teaspoon Cajun seasoning can (14½ ounces) diced
- tomatoes with green chiles can (14 to 14½ ounces) chicken broth (1¾ cups)
- cup water can (15.25 ounces)
- whole-kernel corn, drained packages (6 ounces each) roasted chicken-breast pieces
- (about 2 cups) cup heavy or whipping cream

1. In 4-quart saucepan, heat oil over medium heat. Add pepper and onion, and cook, covered, 4 to 5 minutes or until tender, stirring occasionally. Add Cajun seasoning; cook 30 onds stirring Add tomatoes with their juice, broth and water; cover and heat to boiling over high heat.

- 2. Stir corn, chicken and cream into broth mixture; heat through. Yields about 8 cups, or 4 main-dish servings
- Each serving: About 270 calories. 12g total fat (5g saturated), 27g protein, 19g carbohydrate, 4g fiber, 81mg holesterol, 1,435mg sodium.
 TIP: As an accompaniment, toss

1 pound green beans or Brussels sprouts with 1 tablespoon olive oil and 1/4 teaspoon salt. Spread in 15 1/2-by-10 1/2-inch jelly-roll pan and roast at 450 F for 15 to 20 minutes or until tender.

For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/recipes/.

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Good Housekeeping

Winter Vegetable Chowder

With our freeze-now, serve-later vegetable chowder, you can give your family a comfy meal on even the busiest weeknight. This thyme-scented chowder boasts a creamy finish thanks to a dose of half-and-half (or light cream, for the calorie-watchers)

- medium leeks
- tablespoon olive oil medium stalks celery
- medium parsnips
- medium red potatoes butternut squash
- can vegetable broth cups water
- teaspoon chopped fresh thyme leaves, plus thyme sprig for garnish
- teaspoon salt teaspoon coarsely ground
- black pepper cup half-and-half or light cream

1. Cut off roots and trim dark-green tops from leeks. Discard any tough outer leaves. Cut each leek lengthwise in half, then crosswise into 1/2-inchwide slices. Rinse leeks in large bowl of cold water; swish to remove sand, With hands, transfer leeks to colander, leaving sand in bottom of bowl. Repeat rinsing and draining, several times, until all sand is removed. Drain well.

2. In 6-quart saucepot, heat oil on medium-high until hot. Add leeks, celery and parsnips, and cook 10 to 12 minutes or until all vegetables are tender, stirring occasionally.

3. Add potatoes, squash, broth, water, thyme, salt and pepper; heat to boiling on medium-high. Cover; reduce heat to medium-low and simmer about 10 minutes or until vegetables are tender. Stir in half-and-half and heat through. about 13 minutes. Spoon half of soup into tureen and garnish with thyme sprig; then spoon remaining into freezer-safe containers. Yields 15 cups, or 8 main-dish servings.

To Reheat After Thawing:

Top of range: In covered saucepan, heat to boiling on medium, about 25

minutes, stirring often.

Microwave oven: Heat in microwave-safe bowl, covered, on Low (30 percent) 10 minutes, stirring once or twice, then on High 15 to 20 minutes, stirring once.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes/.

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Prayer for the **BLESSED MOTHER**

Remember, O most gracious Virgin Mary, that never was it know that anyone who fled to thy protection, implored thy help and sought thy intercession was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother, to thee I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions; but in they clemency hear and answer me

My prayers have been answered. MP & RP

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King Crossword

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MAGIC MAZE

NAMES: MEN

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

Akihito Geronimo Bono Hirohito Christo Nenê Fabio Pelé

Prince Sting Suharto Sukarno

Topol Voltaire Yanni

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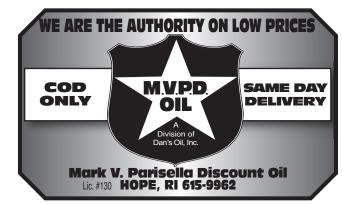
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5 5 4 6 5 3 2 8 S 6 3 8 4 U Τ R D Τ Α R Ν R 2 5 3 6 2 5 8 4 8 6 G Ν Ν Н U 6 2 7 5 2 6 5 6 5 S Α 5 D 3 8 3 4 U С G U С Α Η Α 8 4 3 8 8 ETRIMSETOSNSS

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left Then read the message the letters under the checked figures give you.

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Solution time: 21 mins. Answers

ONE-MOBD NYMES: MEN

King Crossword

Car Corner

Driving Down Fuel Use

(NAPS)—Protecting the planet can be a beautiful thing, especially when it comes to driving a new kind of hybrid car.

Turning to some of the latest innovations in automotive technology to create hybrid vehicles that are handsome and comfortable as well as fuel efficient, one car company created a plug-in hybrid with increased electric power range and driving dynamics.

This completely redesigned 2017 Optima Hybrid and its Plugin Hybrid sibling, along with the all-new Niro crossover, were all designed under Kia Motors' "Eco-Dynamics" philosophy to be environmentally friendly and fun to drive. Here's why:

Fuel Efficiency

The all-new 2017 Optima PHEV was engineered with a dual focus on efficiency and driving dynamics. Using Kia's highly efficient 2.0-liter "Nu" four-cylinder GDI (Gasoline Direct Injection) engine, mated to a six-speed automatic transmission, means power output is targeted for a class-leading 154 hp @ 6,000 rpm. Electric power is produced by a transmission-mounted 50 kW motor, which is 42 percent more powerful than in the previous Optima Hybrid to allow for greater all-electric capability. This hybrid system provides a fast and seamless transition from EV to gasoline to hybrid modes, as well as more refined shift quality.

With an estimated 600 miles of total driving range, the battery system produces roughly 60 percent more energy output than before and the battery can deliver up to 27 miles in electric-only mode. Additional power comes from regenerative braking. A full charge can be achieved in less than three hours. To increase available trunk capacity, the new battery is hidden behind the rear seat and tire well.



Newly designed hybrid vehicles are good to look at and great to drive as well as better for the environment.

Another help is the Coasting Guide that coaches you on when to coast and brake via an icon in the instrument panel. To save fuel even more, the grille automatically opens and closes at high and low speeds, to improve aerody-

Intelligent Technology

As for making driving easier and more fun, there's a host of driver assistance systems and convenience features including Autonomous Emergency Braking (under appropriate conditions, it stops the car to avoid a collision), Blind-Spot Detection, Advanced Smart Cruise Control, Lane Departure Warning System and Forward Collision Warning System.

You can use an app to remotely start the car, unlock the doors and set the inside temperature. Drivers are treated to an outstanding audio experience with the available 630-watt premium surround sound audio system and its 10 speakers.

A new body structure helps provide crash protection and better driving dynamics and even a quieter ride.

For extra convenience, heated and ventilated front seats are available with power-adjustable driver and front passenger seats.

Learn More

You can find further information about these vehicles and how to get one online at www.kia.com.



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.

SENIOR FITNESS CLASS AT COVENTRY PUBLIC LIBRARY

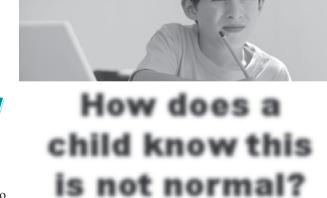
Coventry Public Library, 1672 Flat River Road, Coventry, is offering Senior Fitness Classes on Tuesdays & Thursdays from 1-2PM beginning January 31. Classes will run through February. Instruction is geared to the abilities of older participants. Registration required by calling Jane at 822-9104 or email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

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.

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



Call to make your appointment today!

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TECHNICIAN NEED-ED for local Housing Authority at one of its high-rise residential buildings. Duties include cleaning, janitorial & general building maintenance. Submit resume to WWHA. Attn: HR. 62 Robert Street, West Warwick, RI 02893. EOE

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PART-TIME CUSTOMER SERVICE/SALES: Position involves calling accounts, answering phones, helping customers with questions, etc. Flexible hours. Experience helpful. Reply to Box 107, West Warwick, RI 02893.

Direct Support Professional

The Town of Coventry, the Department of Human Services, Project Friends Program Hiring:

Part-time Direct Support Professional

Position requires assisting Adults with Developmental Disabilities to increase their skills in independent function, community access, social integration, vocational and recreation. Candidate will be an active participant of the support team to assist client in achieving their goals. Training will be provided. The program is high energy, fast moving and

Education and Experience:

right away! 258-9648.

Applicant must be 18 years of age or older, possess a current Driver's License and insured safe vehicle and a clean B.C.I. Applicant must possess a High School Diploma or G.E.D. Applicant will need to be flexible with availability. Previous experience with this population is preferred but not required.

Self Motivation, Enthusiasm and Organization are a must. Applications may be completed at:

Coventry Town Hall

1670 Flat River Road, Coventry, RI

Between the Hours of 8:30am-4:00pm Monday thru Friday Application closing date will be February 3, 2017

HIRING: Cooks, Waitresses and Drivers with Experience.

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DUMP TRUCK DRIVER WANTED: CDL Class A. Tanker Endorsement & experience with septic installation. Duties include Machine Operator & be able to oversee work crew. Must pass BCI. Call 397-3167 between 9AM-3PM. Serious only need apply.

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Jobs Wanted

CLEANING: 18+ Years of experience. Thorough, reliable, with excellent references upon request. Call 248-3839.

RETIRED 62-YEAR OLD with HAZMAT & CDL looking for parttime work. 536-1541.

There is a sufficiency in the world for man's need, but not for man's greed.

-Mohandas Gandhi

Research is formalized curiosity. It is poking and prying with a purpose.

-Zora Neale Hurston

DRIVER The Town of Coventry Department of Human Services Project Friends Program is in need of a Van Driver. Must have a State of Rhode Island valid Driver's License, an incident free Driving Record, possess a High School Diploma, and an understanding and sensitivity to the special needs of the developmentally challenged.

The position will be 20 hours per week and starting pay is \$12.69 per hour. Applications may be filled out at the Coventry Town Hall, 1670 Flat River Road, Coventry between the hours of 8:30A.M.-4:30P.M. Monday thru Friday. Application closing date will be February 3, 2017.

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- "I keep coffee filters between my frying pans so I can stack them without their scratching one another. Potholders work well, too." - V.I. in Wis-
- · Ready to tackle those closets? Turn all your hangers to face the opposite way. When you use an item, return it to the closet with the hanger facing normally. At the end of each season, assess the clothing that has not been used. You likely need to donate it!
- Hang your handbags on the inside of your closet door. You will be able to see which one you want instantly. Not enough room? Hang larger bags on the very top of your closet walls, and include photos of them mixed in with the smaller bags hanging on the door. — C.A. in California
- "If you need to get a bottled or canned beverage cold fast, wrap it in a wet paper towel and put it in the freezer for 10 minutes. Icy cold refreshingness!" - A.G. in New York
- Use an inverted wine glass to cut out biscuits from rolled dough. They are just the right size.

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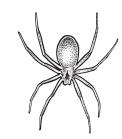
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JANUARY CHILDREN'S PROGRAMS AT HOPE LIBRARY

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.

WORSHIP SERVICES AT FIRST CHRISTIAN **CHURCH OF COVENTRY (RICE CITY)**

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



Hip-Hip Hooray, Kids Love PB&J

Peanut butter and jelly sandwiches are a lunchtime favorite. Although Dr. George Washington Carver invented more than 300 uses for the peanut, peanut butter wasn't one of them. The first U.S. patents for peanut butter were issued to Marcellus Gilmore Edson of Montreal, Quebec, in 1884, and J.H. Kellogg, of Battle Creek, Michigan, in 1897.

Edson created his version of peanut butter by milling roasted peanuts between heated surfaces until the peanuts reached "a fluid or semi-fluid state and a consistency like that of butter, lard or ointment." Health and cereal guru Kellogg called the pasty substance he created "nut butter."

Making a peanut butter sandwich using organic products is an easy way to create a healthy lunch. Peanut butter contains high levels of monounsaturated fats and resveratroi, which help to protect against the risk of cardiovascular disease. Peanut butter is packed with protein and contains vitamins B-3 and E, magnesium, folate and dietary fiber.

Peanut allergies affect about 2 percent of children in the U.S. Many schools now have a "peanut table" or forbid trading lunches at school, so check your school's peanut policy before packing your child's lunch. In some good news, recent studies show that snacking on nuts during the first year of life may reduce the risk of a nut allergy in children.

These recipes for Apple Peanut Butter on Cinnamon Raisin Bread and Grilled PB&J Sandwiches are great for breakfast, lunch or as an after-school snack. Changing the type of bread you use for your peanut butter sandwiches adds variety and nutrients. For children who prefer white bread, try white whole-grain

wheat bread, which is made from an albino or white variety of wheat. The albino wheat is lighter in color and has a sweet, mild flavor.

You can make the Apple Peanut Butter on Cinnamon Raisin Bread the night before and store them, wrapped, in the refrigerator. Grilled Peanut Butter and Jelly Sandwiches also make a deliciously easy-to-make breakfast or snack.

bread

- teaspoons organic peanut butter
- teaspoons, any flavor, fruit
- 1. If using a toaster oven, heat oven to 450 F. Spread a teaspoon of butter on one side of two slices of the bread. Spread the peanut butter and then the jelly on the remaining two slices of bread. Top with the buttered slice of



Depositphotos

APPLE PEANUT-BUTTER **SANDWICHES**

When sliced apples are exposed to air, they start to turn brown from oxidation. Dip the apples in a mixture of water and fresh lemon juice to keep them beautifully crisp.

- small organic apple, unpeeled or peeled, cored and sliced or shredded
- 1/2 cup organic peanut butter tablespoons organic honey
 - slices whole-grain cinnamonraisin bread

In a small bowl, mix together the peanut butter and honey. Spread about 2 tablespoons of the peanut butter onto one side of each slice of 4 pieces of the bread. Place an equal amount of the sliced or shredded apple on top of the peanut butter. Place the remaining slice of bread on top of the apple to make a sandwich. Serve immediately or wrap in plastic wrap and refrigerate overnight. Makes 4 sandwiches.

GRILLED PB&J

teaspoons butter, softened slices whole-wheat white

- bread, so that peanut butter and jelly are in the middle.
- 2. If using a skillet, melt the remaining teaspoon of the butter on high heat. Place the unbuttered slice of the bread down in the skillet. Cook for 4 minutes, and then turn and cook the bread on the buttered side until golden brown and heated through.
- 3. If using a toaster oven, butter one side of the bread and spread the peanut butter and jelly on the other. Toast the slices and then place one slice on top of the other to make a sandwich. Makes 2 sandwiches.

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

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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD - Ryan Reynolds interrupted the London filming of "Life," with Jake Gyllenhaal and Rebecca Ferguson, to accept two Critic's Choice Awards for pool" — best actor in a comedy and best comedy. He also unveiled his star on the Hollywood Walk of Fame with his wife, Blake Lively, their two daughters and "Mom" star Anna Faris looking on. "Life" opens March 24, followed by "The Hitman's Bodyguard," with Samuel L. Jackson, out Aug. 18.

Emma Stone, who with Ryan Gosling delighted moviegoers in "La La Land," will play tennis legend Billie Jean King in "The Battle of the Sexes," to Steve Carell's Bobby Riggs. She's also set to star in the film of Matthew Quick's 2015 novel, "Love May Fall," and the live-action spin-off of "One Hundred and One Dalmations," as Cruella de Vil (originated by Glenn Close). Ryan Gosling has "Blade Runner 2049" due Oct. 6, and gets top billing over Harrison Ford, star of the original "Blade Runner."

Chris Hemsworth is reprising his role as James T. Kirk's father, which he played in both the "Star Trek" reboot (2009) and "Star Trek Beyond" (2016), in "Star Trek 4." Chris Pine, who plays Capt. Kirk, currently is filming the Disney fantasy-adventure film "A Wrinkle in Time," with Oprah Winfrey, Reese Witherspoon, Mindy Kaling and Zach Galifianakis. coming April 2018. But before that, we'll see him as Steve Trevor to Gal Gadot's "Wonder Woman," opening

Movie stars and giant comedy legends used to host awards shows. Now all we get are moonlighting talk-show hosts. It began with Seth Meyers hosting The Emmy Awards in September. Next came **Stephen Colbert** hosting "The Kennedy Center Honors" during the holidays and Jimmy Fallon hosting The Golden Globe Awards in early



January. Then on Feb. 11, we'll have James Cordon hosting The Grammy Awards. But the biggest awards show of all, The Oscars, will have Jimmy Kimmel as host on Feb. 26, thanks to ABC pulling rank on the Academy of Motion Pictures Arts and Sciences demanding diversity, because we need more ABC talk-show hosts emceeing the awards rather than movie stars.

Gael Garcia Bernal, who won a Golden Globe for "Mozart in the Jungle," will next play "Zorro" on the big screen. One problem: He stands only 5-foot-6, which would make him the shortest Zorro ever. It started in silent films with Douglas Fairbanks (5-foot-9), then came Tyrone Power (5-foot-11), Frank Langella (6-foot-4), Alain Delon (5-foot-10), George Hamilton (6-foot-1) in 1981's "Zorro, The Gay Blade," Antonio Banderas and Anthony Hopkins (both 5-foot-9). All their films were called "The Mark or Mask of Zorro." What will this one be called, "Little z" or "Mini

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1. How many times has a majorleague team won a best-of-five playoff series after losing the first two games at home?

2. In 2015, the Chicago Cubs set a major-league record for most home runs in a playoff game by one team (six). Who had held the mark?

3. Who was the last NFL rookie before the Raiders' Amari Cooper in 2015 to have three 100-yard receiving games in his first six games?

4. Name the first two coaches to make the NCAA Tournament's Final Four in two of their first three seasons as a men's basketball head coach. 5. True or false: The Pittsburgh Pen-

guins have never clinched a Stanley Cup on their home ice.

6. Who was the last male athlete before Ashton Eaton in 2016 to repeat as the gold-medal winner of the Olympic decathlon?

7. Through 2016, the past three winners of the PGA's Memorial tournament also have been a first-time PGA event winner. Name one of them.

Answers

1. Three: The New York Yankees (versus Oakland in 2001); San Francisco (versus Cincinnati in 2012); and Toronto (versus Texas in 2015).

2. Five teams: New York Yankees (1928), Chicago Cubs (1984), Oakland (1989), St. Louis (2004) and Chicago White Sox (2005).

3. Mike Ditka of the Chicago Bears 4. Ohio State's Fred Taylor (1960,

'61) and Bill Guthridge of North Carolina (1998, 2000). 5. True — they clinched the Stanley

Cup on the road in 1991, 1992, 2009 and 2016. 6. Great Britain's Daley Thompson,

in 1984 7. Hideki Matsuyama, David Lingmerth and William McGirt.

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-Nathaniel Hawthorne

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Fri. 1/27 White chowder, pub burger with au jus, macaroni and cheese, carrot slaw, wheat bread, sour cream coffee cake. Sandwich: Hot dog on bun with condiments. Beef noodle soup, herb roasted grilled chicken, rice pilaf, brussel

Vegetable soup, turkey meatloaf with cranberry chutney, mashed potato, green beans, marble bread, shortbread cookies.

Sandwich: Corned beef and Swiss on marble.

sprouts, oatmeal bread, sliced peaches. Sandwich: Tuna on

W. WARWICK SENIOR CENTER 145 WASHINGTON ST., WEST WARWICK **RESERVATIONS CALL: 822-4450** DONATION \$3.00

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Thurs. 1/26 Vegetable soup, pork chop, mashed sweet potatoes, cole slaw, dessert. Option: Chef salad. Fri. 1/27 Lentil soup, arroz con pollo (chicken and brown rice, diced

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Moments

- On Feb. 5, 1777, Georgia becomes the first state to abolish the inheritance practices of primogeniture and entail. Primogeniture ensured that the eldest son inherited the largest portion of his father's property. Entail guaranteed that an estate remain in the hands of
- Court of the United States meets for the first time, with Chief Justice John Jay of New York presiding. The Constitution granted the Supreme Court ultimate jurisdiction over all laws.
- failed to discharge.
- On Feb. 4, 1961, "The Misfits," starring Marilyn Monroe, Clark Gable and Montgomery Clift, is released. The film about four rootless losers trying to survive in the modern-day West was largely ignored until Gable and Monroe both died shortly after its
- On Jan. 31, 1971, Apollo 14 is successfully launched from Cape Canaveral, Florida, on a manned mission to the moon. After suffering some initial problems in docking, astronauts Alan B. Shepard Jr. and Edgar D. Mitchell made the third U.S. moon landing on
- On Feb. 2, 1996, dancer, actor and choreographer Gene Kelly dies at age 83. Kelly graduated with a degree in economics during the Great Depression, but with finance jobs scarce, he got his start by working at a dancing school partly owned by his mother.
- field goal as the clock expired.

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- On Jan. 30, 1835, in the House chamber of the U.S. Capitol, President Andrew Jackson survives the first attempted assassination of a U.S. president. A man fired two pistols at Jackson at close range, but incredibly, both
- On Feb. 3, 2002, the New England Patriots stun the heavily favored St. Louis Rams, 20-17, for their first Super Bowl victory. Pats' kicker Adam Vinatieri made the winning 48-yard



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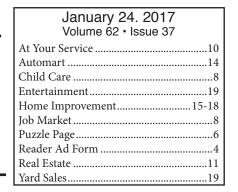


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Hopalong Cassidy Box Camera

At a recent garage sale, I paid At a recent garage sale, I paid \$50 for a Hopalong Cassidy box camera. My husband thinks I overpaid. What do you think? — Dorothy, North Canton, Ohio

A. According to "Hopalong Cassidy Collectibles" by Joseph J. Caro, there were two types of Hoppy cameras made, and both are extreme collectible. The camera is an all-metal Brownie that takes 120 size film, with a top strap and metal plate featuring the images of Hopalong castidy and his horse, Topper. The only attachment was a special flash that was sold separately. Without the original box, your camera is worth about \$250. I have seen this camera sell for more at auction.

• I have a number of serving dishes in the Candlewick pattern. Tell me what you know about this glass. - Frances, Rio Rancho, New Mexico

Candlewick glass was made by A the Imperial Glass Company from 1936 until October 1982. Accordance of the Imperial Chapter of the I ing to "Glass A-Z" by David Shotwell and published by Krause Books, the pattern, known as Imperial's No. 400, identified the plain glassware that was

and bases or stems of most of the pieces the company produced. For values, I suggest you contact antique dealers in your area

I have written to you three times and you never answer my request. I have a brand-new fishing reel that has never been used. It has a nice design and I have never seen anything like it. Thanks for answering or go to hell. — George, Albuquerque, New Mexico

• Because of the volume of letters A and email I receive, I am not able to answer each and every question from readers. You have written me four times, not three, and in none of your letters have you told me really anything about your reel except that it has a beautiful design and was sold by Sears. Sears marketed dozens of reels, and I have no idea which one you have. Because of that lack of information, I do not have a source for you.

Incidentally, there is no need to invite me to go to hell. I live in Phoenix.

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 mate rials requiring return mail

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-John R. Miller

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Hints For M. Homeowners **Generac Gives Tips To Prepare**

A Safe, Winter Storm-Ready Home

(NAPS)—Ice, snow, wind and freezing temperatures create hazardous winter conditions that can lead to utility power failures. Preparing the home for extreme winter weather is central to creating a safe and comfortable environment. Generac Power Systems offers an abundance of helpful tips for preparing a safe and winter storm-ready home.

Focus first on emergency power. Power loss can have a negative and cascading effect on the home that amplifies existing health and safety risks. Arranging for backup power with a home standby generator is the best way to ensure a warm, well-lit, safe environment for homebound families. Home standby generators will automatically keep critical home systems running during a utility power outage. It is important to consult an expert, such as an authorized Generac dealer, who is familiar with local electrical and building codes as well as product options to meet personal and home needs.

Perform outside maintenance. Trimming long tree branches near the house and power lines reduces the risk of home damage and power outages. Keep gutters, exterior chimneys and vents clear of debris and snow. Cover window wells with plastic to keep water from seeping into the basement. If you're using a portable generator, it's important to use it safely. Clear an exterior area for safe use of the unit. Never operate a portable generator inside the home or in a garage. Portable generators must be stationed outside, a safe distance away from windows or doors, while in operation.

Keep storm safety and maintenance tools accessible in the garage. Make sure the snowblower and portable generator are working properly. Winterize



You and your family can weather any storm more easily with the proper precautions and preparations.

automobiles with a full tank of gas, water, flashlights, a snow brush, sand, warm clothing and blankets. Keep a supply of sand, salt, snow melt and shovels for clearing the driveway, walkway

Stock the pantry and kitchen with food, water and first aid supplies. Keep a three-day supply of food and water for family and pets and a first aid kit with bandages, alcohol wipes, antibiotic ointment and a thermometer.

Double-check the medicine cabinet in the bathroom. Running out of life-sustaining medications can be disastrous when wintry conditions preclude a trip to the pharmacy. A three-day supply of medications-both overthe-counter and prescriptions—is recommended. Stock water for flushing if the home is on a septic system.

The home office is command central for emergencies. Vital documents may be needed at a moment's notice. Keep a list of medications and other pertinent medical information, the deed or lease to your home, birth certificates, insurance policies, and family and emergency contact information together in the home office.

For more information and detailed, weather-related safety tips, visit www.generac.com/stormprep.

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-David Seabury



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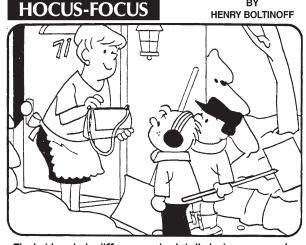
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SCLERODERMA SUPPORT GROUP MEETING

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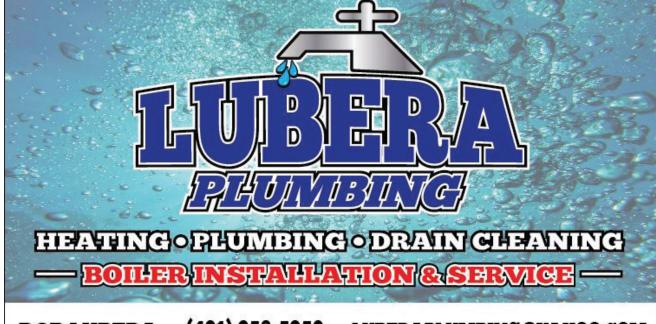
Rescued Pets 2017 Calendars are now available for \$5 at the Exeter Animal Shelter, the Exeter Public Library, the North Kingstown Animal Hospital & Allie's Feed Store. Proceeds benefit the Friends of the Exeter Animals. They make great gifts and help local animals in need.

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.

FIRESIDE BOOK GROUP AT GREENE PUBLIC **LIBRARY**

Greene Public Library, 179 Hopkins Hollow Road, Greene, invites you join their Fireside Book Group. The group meets the last Thursday of the month at 6PM. "A Spool of Blue Thread" by Ann Tyler is January's selection. Books are supplied by the Library. New members are welcome! To register or for more information, call 397-3873 or peggie@coventrylibrary.org



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Clemson, Won and Done

Chances are, if you ever spend a little time at Angelo's Fairmount Tavern in Atlantic City, you will run into the odd Dallas Cowboys fan. They can be found at the bar or found in the restaurant proper, drinking house wine and shoveling in plates of pasta underneath the watchful eyes of all the sports memorabilia on the walls.

"I've alwaaays been a Cowboys fan," is the familiar refrain. Nobody knows why this is, however. Is it because of Roger Staubach? Tom Landry? The handsome star on their helmets? The cheerleaders? What is it about this team that makes guys like Gov. Chris Christie go to their home games at the taxpayers' expense and hug on Jerry Jones while wearing orange sweaters?
Atlantic City is the kind of place

that will forgive you if you are a Philadelphia fan. They may even forgive you if you like the New York Mets. But when you're rooting for teams from South Carolina and Alabama, is that where you draw the line?

Here's a guy from Galloway who changed his Facebook profile picture to the Alabama Crimson Tide logo.

'I love Nick Saban," he says. OK What does he love about jolly ol'

"He's on the Bill Parcells coaching tree," he responds. Turns out the

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guy is a high-school football coach. The whole coaching tree thing is a popular trend for fans, and apparently coaches these days. So really Coach? The love of Parcells extends all the way to Alabama? Have you ever visited that state? Ever left Atlantic County?

"Never thought of it like that," he says, deleting his profile picture. "Yeah ... kind of weird that a whole place is cheering on South Carolina and Alabama."

Not to be a contrarian, but I disagree again. We're not so much cheering on South Carolina as we are cheering on a great game.

"And this is a great game," he says in agreement. One day removed from the Giants' kind of lame loss to Green Bay (yes, he's wearing a jersey), it's as if college football made everything right in the world again.

The game goes into the waning minutes, and it's like the best heavyweight fight you've ever seen. Clemson scores. Alabama scores. There's one second left on the clock and Clemson is on the 2-yard line. Every single person is in rapt attention, all eyes on the TV screen. Deshaun Watson wins the game. He is the living embodiment of "Rocky II." The entire restaurant erupts in exhilaration. We have seen football future and its name is Deshaun. This kid can flat out play.

The tabs start getting paid. Vegas, it is said, took a huge loss on the game. Nobody feels bad ... they're already looking forward to the next game.

"Think Dallas can beat Green

That's why they play the game

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

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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.

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Source: Business Insider

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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.

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.

PASSPORT APPLICATIONS ACCEPTED AT THE WEST WARWICK PUBLIC LIBRARY

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

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Tips On Buying A House While Single

(NAPS)-A new home is one of the biggest purchases a couple will make. Now imagine doing it on your own.

In fact, homebuying while single happens quite often. According to the National Association of Realtors 2016 Profile of Home Buyers and Sellers, 24 percent of recent buyers were single, mostly women.

If you're single and thinking about diving into homeownership, here are three hints that can help:

You Can Have A Trusted Partner

The journey from home search to closing can be exhaustive. This is especially the case in today's market. Inventory is tight, prices continue to rise and listings go under contract very quickly. That's where a Realtor a member of the National Association of Realtors, comes in handy as your trusted companion. Find a Realtor familiar with the area where you're looking to buy and in the price point you're able to afford. A Realtor can quickly hone in on listings right for you, present offers to the seller's agent, and negotiate on your behalf to ensure you get the best deal.

Getting A Mortgage Means Getting Your Financial House In Order

In the immediate years after the Great Recession, obtaining a mortgage was extremely difficult for single buyers.

Fortunately, the credit box is widening a bit. However, since you're not a dual-income household, a lender may view you as more of a risk. That's why it's crucial your financial situation is in tip-top shape.



Nearly one in five homebuyers these days is a single woman.

This means a solid credit score and a manageable level of debt with a history of making payments on time.

When applying for a mortgage, make sure to shop around to see which lender will offer the most favorable terms at the lowest rate possible.

Consider Your Future Needs

Typical homeowners stay in their house eight to 10 years before selling. That's why, when determining what you want in your home, it's absolutely necessary to th about how your life may be different down the road.

Consider this: If you're currently living alone, a small condo in a walkable neighborhood makes perfect sense today. However, things could change rather quickly if you find yourself married and thinking about children in a few years. Instead of having to sell, renting out your home to earn additional income could be an attractive option. A Realtor can familiarize you with the rules and laws of renting if doing so is part of your long-term plan.

Follow this advice and you'll be on your way to experiencing one of the greatest financial accomplishments you'll have: buying a home.

Learn More

For further facts and to find a nearby Realtor, go to www. realtor.org.







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Everyone who's ever taken a shower has an idea. It's the person who gets out of the shower, dries off and does some-

makes the difference. -Nolan Bushnell

thing about it who

Cooking Corner

by Rachael DeVaux, RD (NAPS)-With more than 3.9 million "mealprep" hashtags on Instagram, many people have found success in living a healthier lifestyle through meal prepping. Not only does it save you time during the busy workweek, it allows for a better variety of healthy, ready-to-eat foods at your disposal.

Doors Open 7pm

Band Starts at 8pm

Prepping 101

Of course, this doesn't mean you should spend your entire day in the kitchen prepping every last detail of your meals for the week—simply cook up or prepare several staple items to have on hand for those quick and wholesome, no-brainer meals or snacks when you need them. Here are some tips on how to make the most of your prepping sessions:

Chop, slice, dice, repeat. Start with something as simple as prepping fruits and veggies in advance to have ready in the fridge for meals or snacks; store them in glass containers for easy organization and motivation to stick to your meal plan.

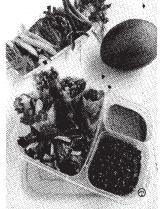
Double the batch. Along with prepared produce, cook large batches of staple ingredients such as quinoa, brown rice and proteins to make meal assembly quick and easy.

Add a dash of this, a dash of that. Use seasonings and sauces to mix up the flavor profile of similar ingredients. One night, dinner could be an Asian stirfry, while the next it could be a Mexican-inspired bowl.

Try something new. Meal "preppers" may eventually become tired of throwing together the same old meals and find the food they prepare mundane. When fatigue hits, seek out a new recipe or work with a new ingredient. I like to

Freshen Up Your Meal Prep

Cover



To save time, prep veggies and other ingredients in advance of making your meals. To make them more nutritious and fun, include mangos.

incorporate tasty and brightly colored fruit such as mango to refresh everyday meals and

Roll Up Your Sleeves

For a healthy, tasty and quick meal this week, try my Mango Spring Rolls. This recipe is a delicious step out of the ordinary and it's chock-full of nutrients. One cup of mango provides 100 percent of your daily vitamin C, 35 percent of your daily vitamin A and 12 percent of your daily

> Mango Spring Rolls Servings: 5 spring rolls

Ingredients: ½ fresh mango ¼ small head purple cabbage 5 green onion spears ½ medium cucumber ½ medium red bell pepper 5 pieces rice paper Handful cilantro 1 cup shredded carrot

Almond Butter Dipping Sauce: 3 Tbsp creamy almond butter 1 tsp tamari

1/2 lime, squeezed 1 Tbsp honey 2-3 Tbsp hot filtered water

Directions: Slice two mango cheeks into long, narrow strips and set aside. Slice cabbage, onion, cucumber and red bell pepper into very thin 4-inch pieces and set aside. Prepare rice paper as instructed on package. Once pliable, place a few of each ingredient (including cilantro and carrots) in the center of the paper, folding in the sides and rolling until all veggies are inside and paper is closed. To store, leave some space between rolls to prevent rolls from sticking together.

Dipping Sauce: Whisk or blend together all ingredients until consistency is creamy.

Mango How-To

If you're new to working with mangos, follow these quick tips for proper prep.

Selection. Don't judge a mango by its color—red does not mean ripe. A ripe mango will be slightly soft like a peach or avocado.

Storage. Keep unripe mangos at room temperature. Never refrigerate mangos before they're ripe. Once ripe, mangos can be moved to the refrigerator to slow down ripening for several days.

Cutting. To cut a mango, simply slice off the sides of the fruit, avoiding the large seed in the center. Once you have these two sides (cheeks), you can get to the flesh and slice or dice as needed. Then, simply scoop the fruit out of the skin.

Learn More

Visit www.mango.org for additional information on mango varieties, availability and recipes.

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ARIES (March 21 to April 19) The changes you've waited to see in your work situation might not be happening quite as quickly as you'd hoped. Although the pace is slow, it's ongoing. Expect to hear news soon.

TAURUS (April 20 to May 20) You should be feeling very proud of the fine effort you've made to get that important project done. Now take some time out to celebrate with family and friends. You've earned it.

GEMINI (May 21 to June 20) You're close to reaching your objectives. That's the good news. But be careful: Your aspects show lots of potential distractions looming. Stay focused and keep your eyes fixed on your goals.

CANCER (June 21 to July 22) Be careful not to let that suspicious Cancerian mind create a problem where none exists. What you might believe is an act of betrayal could be nothing more than a misunderstanding.

LEO (July 23 to August 22) Your Lion's heart overflows with self-confidence. All you need to do is tap into it, and you'll be able to handle any change that must be made regarding that recent surprise development.

VIRGO (August 23 to September 22) The need to watch what you say becomes increasingly crucial this week. Be as temperate as you can with your comments and avoid arguments for the sake of controversy.

LIBRA (September 23 to October 22) A longtime family problem presents new demands. But this time, you won't have to go it alone: Someone else is asking to help share your responsibilities. Let it happen.

SCORPIO (October 23 to November 21) A period of feeling vulnerable is about to give way to a stronger, more self-confident aspect. Use this new strength to reaffirm promises you've made to others and yourself.

December 21) A creative dilemma stalls your progress. Instead of letting it raise your ire, use the time to re-examine your aims and, perhaps, come up with a new target.

CAPRICORN (December 22 to January 19) Your nimble will finds a way for you to work out those newly emerged problems plaguing your new project. Stay with it. The results will be well worth your efforts.

AQUARIUS (January 20 to February 18) You might feel overwhelmed at having to decide which new opportunity you should follow. Best advice: Check them all out and see which offers what you really want.

PISCES (February 19 to March 20) Continue to tread water before you even consider plunging into something that never seemed quite right. Some facts will soon emerge that can help you make a decision.

BORN THIS WEEK: You're a natural-born peacemaker. You value truth and have little patience with those who lie to you for their own purposes.

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SATURDAY, JANUARY 28TH VFW Post 9404, 29 South Main St. Coventry

Ticket sales begin at 12pm Early bird bonus ticket if you purchase before 1pm

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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.

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.



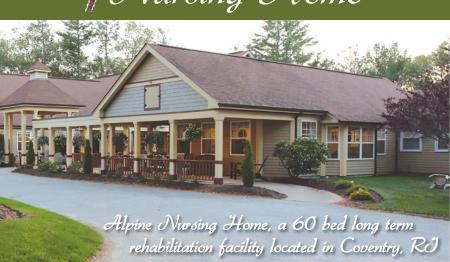
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