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Rhode Island's First Buyers Guide

February 14, 2017 • Volume 62 • Issue 40

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top ten

REAL WORDS FROM Harry Potter

1. Dumbledore
2. Muggle
3. Squib
4. Basilisk
5. Hippogriff
6. Nagini
7. Grindylows /Boggarts
8. Mandrake
9. Draco
10. Arithmancy

Source: Merriam-Webster

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PASTA & MEATBALL FUNDRAISER FOR TINA LAVALLEE

Tina Lavallee has been selected to participate in the 31st National Disabled Veterans Winter Sports Clinic (NDVWSC), which will take place in Colorado from March 25-April 1. While the organization provides adaptive equipment, the cost of food, flights & lodging will total \$3171 which is Tina's responsibility. Rice City Church, 63 Vaughn Hollow Road in Greene will hold a Pasta Dinner in their Supper Hall on February 25 at 6PM. Donation is \$20. For more information, contact Joanne 209-4130 or Pat 397-5884. Let's get Tina to Colorado!

Cooking Corner

Time-Saving Slow Cooking

(NAPSA)—On those busy days when you don't have much time, a slow cooker can be the solution to getting a hot, wholesome meal on the table. Simply add all the ingredients in the morning, turn on the device, and you get to come home to a wholesome, hot meal, especially good on chilly days.

So many recipes, especially ones for slow cookers, soups, stews, and roasts call for an onion. That is because onions stand up to slow cooking and enhance the flavor of everything cooked with them.

Onions are one of the most versatile vegetables. Use these tips for buying and storing them.

Choose onions with dry outer skins, free of spots or blemishes. They should be firm and have no scent. Avoid bulbs that have begun to sprout.

Not sure what color to use? Really, you can use all three any way you like, but these guidelines will help.

Yellow onions are all-purpose, great raw or cooked. Most well-known sweet onions are yellow. Red onions are best for roasting or grilling. White onions are commonly used in Mexican and Italian cuisine, prepared salads, and sauces.

Whole, unpeeled, onions should be stored in a cool, dry, well-ventilated place, out of direct sunlight. Lack of air circulation will reduce their storage life. Do not store with potatoes.

Cut onions should be refrigerated and can be stored in a sealed container for up to 7 days.

Here's a recipe that will appeal to both children and adults: It's a fresh take on classic onion soup that combines onions with apples.



Slow Cooker French Onion Country Apple Soup with Cinnamon Cheese Toast can make for a great hot meal on a cold night when you don't have time to cook.

- ½ cup apple cider
- 1 tablespoon Worcestershire sauce
- 1 teaspoon brown sugar
- ½ teaspoon salt
- ¼ teaspoon dried thyme
- ½ teaspoon black pepper, freshly ground
- 6 slices French bread, cut ½-¾-inch thick
- 1 teaspoon ground cinnamon
- 1½ cups hickory-smoked Gruyère cheese, shredded
- 6 slices turkey bacon, cooked and crumbled (optional)

Heat oil in a large skillet. Add onion slices and cook on medium heat until transparent, stirring frequently to avoid sticking. Add apples and garlic; stir until warmed through. Transfer the onion-apple mixture to a slow cooker and add in beef broth, apple cider, Worcestershire sauce, brown sugar, salt, thyme and black pepper. Cook on low for 6-8 hours. Before serving, place French bread slices on a baking sheet. Top each with ¼ cup Gruyère cheese, sprinkle lightly with cinnamon and broil for 1-2 minutes, until just browned. Garnish soup with turkey bacon crumbles and apple slices. Serve bread alongside each bowl of soup.

Recipe and image provided by the National Onion Association. For more facts and great recipes visit www.onions-usa.org and www.usapple.org.

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ST. MARY'S CHURCH ANNUAL CORNED BEEF & CABBAGE DINNER

St. Mary's Church, 70 Church Street, West Warwick, will hold their Annual Corned Beef & Cabbage Dinner (baked stuffed chicken breast optional) on March 18. Hors d'oeuvres at 5PM, followed by dinner at 6PM. Entertainment provided by "The Three Amigos". Tickets are \$22/adult & \$10/child. Seating is limited! Please call Maureen at 828-5188 (9AM-1PM) or the Rectory at 821-5555 to purchase tickets or 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.

BLUECHIP FOR MEDICARE SEMINAR

Susan Saccoccia Olsen will be at the Coventry Senior Center, 50 Wood Street, Coventry, on February 28 at 11AM. This informational Seminar will include updates for 2017, an overview of benefits for each plan option, prescription drug coverage, Living Fit - the BlueCHIP for Medicare Fitness Benefit, working with your personal Physician & out-of-area coverage. Come learn how to get more value from your Health Plan.

Sleep Facts

Racing To Bed For Better Performance
World-Class Triathletes Incorporate Sleep In Daily Training Regime

(NAPSA)—Swim...bike...run... SLEEP? Yes, that's right. World-class triathletes Gwen Jorgensen and Melissa Stockwell say that sleep is as important as their training and nutrition routines.



Stockwell with her Purple Star and her Sleep Number bed.



Jorgensen training for her 2016 race season.

Jorgensen and Stockwell represent the U.S. while competing against the world's best athletes. Both agree that sleep is integral to their athletic performance and rely on Sleep Number® beds to ensure individualized comfort.

They've had very busy competitive seasons and both athletes will represent the United States at the Olympic and Paralympic Games in Rio this summer. Jorgensen, a two-time world champion, has secured multiple World Triathlon Series wins, while Stockwell is a U.S. veteran, mom, Paralympian and three-time world champion. Given the pressure and the travel, you'd think they may want to skip on sleep to get the most out of every training opportunity...but you'd be wrong.

seven weeks. The additional sleep resulted in faster timed sprints, improved shooting accuracy and decreased reaction times. With the additional sleep, subjects reported improved physical and mental well-being during practices and games.

The latest sleep science is clear: sleep optimizes performance. A study by Stanford Sleep Disorders Clinic and Research Laboratory, published in SLEEP, showed that Stanford University basketball players were able to improve performance by increasing the amount of sleep they got each night. After an initial two-to-four-week period of normal sleep, players were asked to increase sleep to 10 hours each night for five to

"Sleep is often overlooked in training. I take my sleep very seriously when I'm preparing for a triathlon, it's another discipline of my training," said Jorgensen. In addition to prioritizing eight hours of shut-eye at night, Jorgensen schedules naps into her triathlon training plan to ensure her body is recovering properly. "I nap 30 minutes or less, six times a week," she explained.

metrics—like heart rate and breathing rate—it also offers tips to help me sleep better; like a personal sleep coach!" she said. "Knowing how I slept helps me listen to my body and adjust when I need to rest or push myself in training."

As these athletes gear up for this summer's Olympic and Paralympic Games, they rest assured knowing that their individualized, comfortable sleep is contributing to their training routine.

Jorgensen also loves the biometric sleep data provided by SleepIQ® technology, which is integrated into her Sleep Number bed. "I am so intrigued that my bed can track my sleep; not only do I know my bio-

As these athletes gear up for this summer's Olympic and Paralympic Games, they rest assured knowing that their individualized, comfortable sleep is contributing to their training routine.

Fall seven times, stand up eight.

—Japanese Proverb

Be a hard taskmaster to yourself—and be lenient with everybody else.

—Henry Ward Beecher

Green fingers are the extension of a verdant heart.

—Russell Page

It does not matter how slowly you go, as long as you do not stop.

—Confucius

Let no one be deluded that a knowledge of the path can substitute for putting one foot in front of the other.

—M. C. Richards

Last Will and Testament

Q. What's worse than no will?
A. A poorly drafted one.

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Wed. 2/15 Chicken and brown rice soup, Sheperd's Pie, sauteed Spinach, garlic roll, fresh fruit. Sandwich: Seafood salad on rye.

Thurs. 2/16 Birthday celebration. Barley vegetable soup, roasted chicken quarter, seasoned whole wheat pasta, Capri blend vegetables, frosted cupcake, pumpernickel bread. Sandwich: Honey ham and cheese on pumpernickel.

Fri. 2/17 Minestrone soup, Yankee pot roast with gravy, parslid potatoes, seasoned zucchini, fruit cocktail, oatmeal bread. Sandwich: Eggplant grinder.

Mon. 2/20 Closed. President's Day.

Tues. 2/21 Cream of spinach soup, Chicken Marsala with mushroom gravy, roasted herb potato, mixed vegetables, sliced peaches, garlic bread. Sandwich: Meatball sub.

W. WARWICK SENIOR CENTER 145 WASHINGTON ST., WEST WARWICK
 RESERVATIONS CALL: 822-4450
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Wed. 2/15 Minestrone soup, BBQ chicken, potato salad, 3 bean salad, dessert. Option: Cobb salad.

Thurs. 2/16 Fresh fruit, turkey chili with beans, baby carrots, whole grain roll, dessert. Option: Roast beef on bulky roll.

Fri. 2/17 NE Clam chowder, fish sandwich with wheat roll, coleslaw, French fries, dessert. Option: Ham & Swiss on wheat.

Mon. 2/20 Closed. President's Day.

Tues. 2/21 **URI HI BP.** Tossed garden salad, beef stew with potato, carrots & peas, biscuit, dessert. Option: Seafood salad plate.

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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.

AARP CHAPTER 2210 FRIESIANS OF MAJESTY TRIP

AARP 2210 is sponsoring a Friesians of Majesty trip to Vermont to visit the Friesians of Majesty on July 13. The trip includes lunch at the Castle Hill Resort, tour & Horse Demonstration at the Friesians of Majesty & Deluxe Motorcoach transportation by Conway Tours. Cost is \$122/person. Call Maureen, 828-5188 or Patricia, 821-3733 for reservations or for more information.

WEST WARWICK ANGELS CARING FOR ANIMALS SPAGHETTI & MEATBALL DINNER

The West Warwick Angels Caring for Animals will hold an All-You-Can-Eat Spaghetti & Meatball Dinner on February 24 from 4-8PM at the Church of the Apostles, 170 Fairview Avenue in Coventry. Tickets are \$10/person and includes 1 drink & 1 dessert. Tickets are available at the West Warwick Animal Shelter, 106 Hay Street in West Warwick. Proceeds will benefit the animals of the West Warwick Animal Shelter.

COVENTRY ANIMAL SHELTER has many pets available for adoption that need good homes. Call 822-9106 for more information.

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Tax Topics

How To Pick A Tax Professional

(NAPSA)—If you're like most taxpayers, according to the IRS, you hire a professional to help you file your tax return—after all, a mistake could mean fines, penalties, even prison. If you do hire one, you should know that no matter who prepares the form, you are legally responsible for what's on it.

Eight Hints On Tax Help

Here are eight tips to keep in mind when choosing a tax preparer:

1. Check to be sure the preparer has an IRS Preparer Tax Identification Number (PTIN). Anyone with a valid 2015 PTIN is authorized to prepare federal tax returns.
2. Find out the fees up front. Avoid preparers who base theirs on a percentage of your refund or who say they can get larger refunds than others can.
3. Always make sure any refund due is sent to you or deposited into your bank account, not the preparer's.
4. Be sure your preparer offers IRS e-file and ask that your return be submitted to the IRS electronically. Any tax professional who gets paid to prepare and file more than 10 returns generally must file the returns electronically. It's the safest and most accurate way to file a return, whether you do it alone or pay someone to prepare and file for you.
5. Make sure the preparer will be available. You should be able to contact the tax preparer after you file your return—even after the April 18 due date. This may be helpful in the event questions come up about your tax return.
6. Good preparers will ask to see your records and receipts. They'll ask you questions to determine your total income, deductions, tax credits and other items. Don't rely on a preparer who's willing to e-file your return using your last pay stub instead of your



Tax return preparers learn your most personal information. It's wise to find one you can trust.

Form W-2. This is against IRS e-file rules.

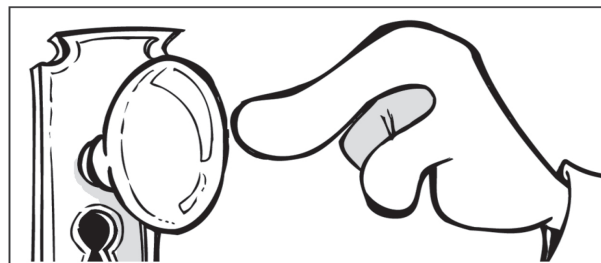
7. Don't use a tax preparer who asks you to sign an incomplete or blank tax form.

8. Ask the tax preparer if he or she is an enrolled agent (EA), belongs to a professional organization or attends continuing education classes. A number of tax law changes can be complex. A competent tax professional needs to be up-to-date in these matters. EAs are the only federally licensed tax practitioners who specialize in taxes and have unlimited rights to represent taxpayers before the IRS. Individuals who obtain this elite status must adhere to ethical standards and complete 72 hours of continuing education every three years—90 to be a member of the National Association of Enrolled Agents (NAEA).

"Enrolled agents, America's tax experts, make sure their clients take advantage of all the credits and deductions they're entitled to," explains NAEA President Terry Durkin, EA. "And, with the IRS's increased emphasis on enforcement, it's more critical than ever to have an EA making sure your taxes are done correctly."

Learn More

For further facts about enrolled agents, including how to find one nearby, go to www.eatax.org.



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CRAFTY KIDS ON SATURDAYS AT GREENE PUBLIC LIBRARY

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

WEST WARWICK PUBLIC LIBRARY OUTREACH PROGRAM

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

COVENTRY MEN'S CLUB STEAK FRY

The Coventry Men's Club, Phillips Hill Road, Coventry, will hold a Steak Fry & Chicken Dinner on February 17 at 7PM. Live music will follow. Steak Dinner \$15, Chicken Dinner \$12. Reservations MUST be made by February 15 by calling 385-3536.

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Did You Know?

(NAPSA)—Several life insurance carriers have raised rates for this year. One answer may be a life settlement—selling the policy to an investor for cash. Learn



more from the Life Insurance Settlement Association at www.lisa.org. A video on the issue is at www.lisa.org/options.

WANTED: Antiques and collectibles. Moving or just cleaning out? We pay more for your old jewelry, glassware, furniture, pottery, clocks, paintings, military items, crocks, post cards, cameras, photos, old coins, etc. For prompt and courteous service call Bill, 821-0381.

EARLY DEADLINE for Next Week's Reminder!
See below for more info.

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\$7.00 for 10 words.
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How to Place a Novena.

Please indicate the prayer that you would like published, include your initials, and mail or bring to:

THE REMINDER

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You may place your Novena by phone if you are using a credit card.

- Prayer to the Blessed Virgin
- Prayer to St. Jude
- St. Jude Novena
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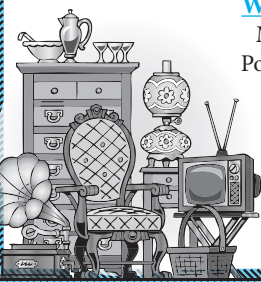
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AARP CHAPTER 2210 FOXWOODS TRIP

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.

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.

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.

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

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.

Strange BUT TRUE

By Samantha Weaver

It was Rose Bird, the first female chief justice of the California Supreme Court, who made the following sage observation: "We have probed the earth, excavated it, burned it, ripped things from it, buried things in it, chopped down its forests, leveled its hills, muddied its waters, and dirtied its air. That does not fit my definition of a good tenant. If we were here on a month-to-month basis, we would have been evicted long ago."

Have you ever heard of an "oreo" cow? It's officially known as the Belted Galloway, a breed of cattle that originated in Scotland. A typical specimen is black with a broad white band around its middle.

You might be surprised to learn that London Bridge has never actually fallen down. The bridge has had several iterations since the first one was built in 1170; wooden buildings constructed on the bridges have burned down, and some of the bridges have been torn down, but none has ever fallen of its own accord.

The paintings of Dutch master Rembrandt are so detailed that modern specialists were able to diagnose a basal cell carcinoma — a kind of skin cancer — by examining a portrait of the artist's mother.

The Guinness Book of World Records (now known simply as Guinness World Records) has earned a spot in its own roster: It is officially the best-selling copyrighted book of all time, with sales of more than 100 million copies in 100 different countries and 37 languages.

According to ancient Chinese philosopher Confucius, an ideal meal is made up of one-fourth meat and three-fourths vegetables.

Thought for the Day: "The central function of imaginative literature is to make you realize that other people act on moral convictions different from your own." — William Empson

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Chili peppers are high in vitamins, and a good source of beta carotene, calcium, and potassium. They may help reduce cholesterol.



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New Ways to Use Grapefruit

It's grapefruit season, and my home state of Texas has a bountiful crop of the bittersweet fruit featuring white, pink and red varieties. Pink and red grapefruit get their rosy blush from lycopene, the same antioxidant found in tomatoes. The numerous varieties available include Ruby Red, Pink, Flame, Thompson, White Marsh, Star Ruby, Duncan and Pummelo HB.

Grapefruits are one of the only citrus strains that came from the West Indies, not Southeast Asia. Grapefruit is a hybrid of a pummelo (citrus grandis) and the sweet orange (citrus sinensis). In 1823, grapefruit made its way to the United States in the form of seeds brought by either Spanish or French settlers to Florida. It is believed that grapefruit were brought to South Texas by visiting Spanish missionaries. Grapefruit gets its name because the fruit grows in bunches, like grapes.

Grapefruit-growing season lasts from October through May; however, since they keep so well in cold storage, you can find grapefruit in stores year-round. With good air circulation, grapefruit will keep at room temperature for a week when stored in a bowl or basket. If you place grapefruit in an airtight bag in the refrigerator's crisper drawer, it can be stored for up to two months. For the juiciest grapefruit, choose one that has a red blushed skin and feels heavy for its size, with smooth, rather than bumpy, skin.

Besides being a delicious treat, eating grapefruit has numerous health benefits. Grapefruit is an excellent source of vitamins A and C, is low

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.

NEW ENGLAND STEEL GUITAR ASSOCIATION STEEL JAM
 The New England Steel Guitar Association will hold a Steel Jam on February 19 from 12:30-4:30PM at American Legion Post #15, 1016 Post Road, East Greenwich. "Snakebite" will perform.

COVENTRY PUBLIC LIBRARY PRESENTS...
 Coventry Public Library, 1672 Flat River Road, Coventry, hosts "Unlaunch'd Voices" on February 16 at 7PM. This one-man show about Walt Whitman's life & poetry is presented by Stephen Collins of Massachusetts. To register for this event or for more information, call Jane at 822-9104 or email js@coventrylibrary.org

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

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.

LEUKEMIA, LYMPHOMA SOCIETY OF RI SNACK SALE FUNDRAISER
 A Food/Snack Sale will be held all afternoon on February 19 at the Warwick Mall (near JCPenney indoor entrance). All proceeds benefit the Leukemia, Lymphoma Society of RI.

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.

in calories and does not significantly affect blood sugar and insulin levels. Grapefruit also is a power-packed combination of fiber, potassium, lycopene, vitamin C and choline, all of which help to maintain a healthy heart and prevent against developing asthma.

Since grapefruits are made up of 91 percent water and electrolytes, it is a delicious way to prevent dehydration. Drinking grapefruit juice mixed with warm water and honey is a good way to soothe a sore throat and reduce fits of coughing.

Grapefruit can be used in place of oranges or lemons in most dishes that use citrus. My recipes for Texas Grapefruit Tea, and Spicy Shrimp with Grapefruit and Fennel Sauce are two tasty ways to incorporate grapefruit into your daily diet!



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TEXAS GRAPEFRUIT TEA
 2 cups ruby red grapefruit juice (squeezed from 2 grapefruits)
 2-4 tablespoons honey or agave syrup
 1 cinnamon stick or 1/2 tea spoon ground cinnamon
 1/2 teaspoon whole allspice berries
 2 strips of grapefruit zest

In a medium pot, combine juice, honey, cinnamon, allspice and 1/2 cup water. Bring to a boil over high heat; strain and discard solids. Place the strips of grapefruit zest in the cup for flavor and garnish.

SPICY SHRIMP WITH GRAPEFRUIT AND FENNEL SAUCE
 1 grapefruit

- 1 pound medium shrimp, peeled and deveined with tails on
- 1/4 cup extra-virgin olive oil, plus 2 tablespoons for shrimp
- 1/8 - 1/4 teaspoon red pepper flakes
- 1 small head fennel, sliced thin, reserve top green fronds
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1/2 small sweet onion, finely minced
- 1 clove garlic, minced
- 1 tablespoon capers
- 1/4 cup chicken or vegetable stock
- 1/2 cup fresh squeezed grapefruit juice
- 2 tablespoons chopped herbs (flat-leaf parsley, chives, tarragon) or green onions

1. Peel the grapefruit, remove segments and set them aside. Squeeze remaining juice out of the grapefruit into a cup or a bowl and set aside for the sauce
2. Combine shrimp, the 2 tablespoons of olive oil and the red pepper flakes in a small bowl and set aside.
3. In a 12- to 14-inch saute pan, heat olive oil over medium heat until just smoking. Add shrimp, fennel, salt and pepper, and cook until fennel is tender, about 2 minutes. Add the onion, garlic, and capers, and stir for 1 minute.
4. Add in the broth and grapefruit juice, scraping the bottom of the pan to incorporate any of the brown bits on the bottom. Add the grapefruit segments, herbs or green onion mixture. Cook until shrimp is opaque and slightly white and turns slightly pink near the tail. Garnish with fennel fronds. Serves 4.

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.



mended by your doctor makes sense. Polyethylene glycol (MiraLAX) is a generally safe treatment that works by increasing fluid in the bowel. It's a good idea to use it as little as is needed to keep the stool from getting uncomfortably hard.

READERS: The booklet on constipation explains this common disorder and its treatments. Readers can obtain a copy by writing: Dr. Roach — No. 504W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow 4-6 weeks for delivery.

Statins Can Cause Loss of Memory

DEAR DR. ROACH: I have been taking Lipitor for high cholesterol. Lately, my pharmacist said that all statins can cause memory loss. I hesitate to stop taking Lipitor, but I don't want this side effect. Please advise. —P.C.

ANSWER: Your pharmacist is quite right that some users of statins can have the unwanted side effect of memory loss. This is quite variable: Some people never get this effect, and it can be quite severe in a few. It appears to be reversible in the majority of people who get it. I wouldn't recommend stopping unless you are having the side effect.

DEAR DR. ROACH: I have chronic constipation, and have had it most of my life. I have used most of the bulking (husk) things that are out there. Nothing works. Years ago, I went to my doctor, and he said that I could take MiraLAX and use it for the rest of my life. It has worked! Now my new doctor wants me off of it, and wants me to incorporate fiber into my diet. I already do this. Plus I drink a lot of water. I start my day with a 24 ounces of water every morning before anything else. Is there anything wrong with taking MiraLAX every day? I do not take the full dose. —V.B.

ANSWER: While I recommend non-drug treatments, such as increased water intake, high-fiber diet and exercise as treatment for constipation, that doesn't work for everybody. In that case, using a medication as recom-

DEAR DR. ROACH: Have you ever heard of someone with sleep apnea outgrowing the need of a breathing aid, such as CPAP? —G.S.

ANSWER: Most cases of sleep apnea are due to obstruction of the airway, caused by the relaxation of muscles in the back of the throat. Excess weight and obesity are the major risk factors for sleep apnea, but it can happen in normal-weight people. It is more common in older people, and men are at higher risk than women.

Almost any condition can go away by itself, but in nearly every case of obstructive sleep apnea getting better without a specific treatment that I have seen, it has been associated with significant weight loss. It doesn't have to be extreme weight loss. Since alcohol can make sleep apnea worse, stopping alcohol occasionally is enough to get it under control.

I also recently mentioned singing exercises as a therapy for OSA, in addition to oral devices, CPAP or BiPAP devices, and surgery.

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

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If animals could speak, the dog would be a blundering outspoken fellow, but the cat would have the rare grace of never saying a word too much.
—Mark Twain

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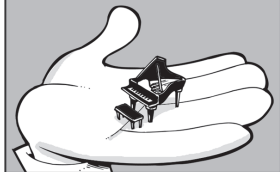
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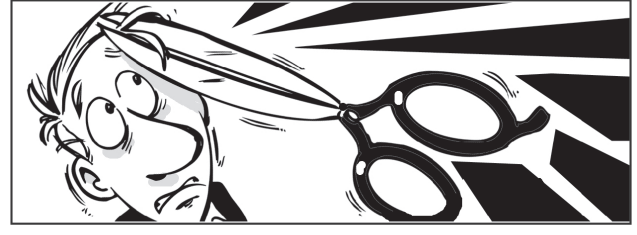
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Help Wanted

Help Wanted

Help Wanted

Help Wanted

Help Wanted



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Alpine Nursing Home, a 60 bed long term rehabilitation facility located in Coventry, RI

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- Per Diem
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- Competitive Wages and Benefits

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Coventry
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557 Weaver Hill Road, Coventry, RI



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Are you unemployed? Under-Employed? Coventry Adult Education & Vocational Training for Adults

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| | |
|---|--|
| <p>Teaching Assistant/Para Professional Certification Prep</p> <p>Become eligible to be fully licensed after successfully completing a certification pre-class. High school diploma or GED required.</p> | <p>Certified Nursing Assistant</p> <p>Become eligible to be fully licensed after successfully completing 100 hours in a certification class. High school diploma GED is required.</p> |
|---|--|

For registration information call Jason Martin At Coventry Adult Education at 822-9405 or email at Jason@coventryschools.net
Please call to reserve your spot, space is limited.

The Coventry School Department is an Affirmative Action/Equal Opportunity Employer and does not discriminate on the basis of age, color, sex, race, religion, sexual orientation, natural origin, or disability

Woodpecker Hill Health Center, a 41 bed skilled nursing facility, located in Greene, RI is looking for

LPN - Part Time Positions Available

- Must have an active RI LPN License
- Must be able to communicate effectively with Residents, Visitors and Team Members
- Experience with Matrix a plus!
- Positions are available immediately

• Paid Sick, Vacation and Holiday time are offered.

CNA - Part Time Positions Available

- Must have an active RI CNA License
- Must be able to communicate effectively with Residents, Visitors and Team Members
- Must have high school diploma or equivalent
- Experience with Matrix a Plus!
- Pay commensurate with experience.
- Positions are Available Immediately
- Paid Sick, Vacation and Holiday time are offered.

Please Contact Teri at 401-397-7504 to set up your interview.

EOE



2052 Plainfield Pike, Greene, RI 02827 • 401-397-7504
A Health Concepts Nursing & Rehabilitation Center

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


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JUDY'S CLEANING SERVICE: I'm thorough & reliable. 15 Years experience. Judy, 397-5776.

Low-Calorie Sweeteners And Weight Loss

by Robyn Flipse, MS, MA, RDN (NAPSA)—Here's good news for many people who fear they have a slim chance of getting and staying trim: Research by Adam Drewnowski and Colin Rehm at the University of Washington found regular users of low-calorie sweeteners have better diets than nonusers.

Since other research reported an association between low-calorie sweeteners and obesity, Drewnowski and Rehm wanted to know "What came first, the weight gain or the use of low-calorie sweeteners?"



Researchers found that people who are trying to lose or maintain weight are much more likely to use low-calorie sweeteners.

They went back 10 years to see people's weight histories and their intent, or motivation, to lose weight. They found the use of low-calorie sweeteners was common among people who experienced weight fluctuations and were trying to return to a lower weight. In fact, nearly a third of adults trying to lose or maintain weight used low-calorie sweetened products.

As anyone who's lost weight knows, it's easy to regain. When that starts to happen, there's a tendency to resume the strategies that helped before, such as using low-calorie sweeteners. The low-calorie sweetener is selected after the problem, not the other way around.

This suggests low-calorie sweeteners don't cause weight gain but are chosen to help reduce it.

Since we now know low-calorie sweeteners are deliberately chosen by individuals as a weight management strategy, as the experts at the Calorie Control Council point out, using low-calorie sweeteners in place of sugar is a simple step anyone can take to help reduce his or her caloric intake as part of a healthy lifestyle.

• Ms. Flipse, MS, MA, RDN, is a registered dietitian and cultural anthropologist. Reach her on Twitter @EverydayRD and check out her blog The Everyday RD.

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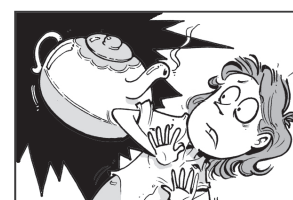
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Interested? Please stop in and apply at
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(401)821-2445, Fax: (401)821-6180

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Borrelli's Pastry Shop in Coventry, RI has immediate openings for 2 part time positions: Dishwasher/Janitor to join its team.

Responsibilities: Wash all culinary bakeware including large pans and bowls; Perform basic pantry tasks to assist Baking staff; Cleaning; Other duties as assigned. Qualified candidates will be able to lift up to 50 pounds.

Please apply in person at
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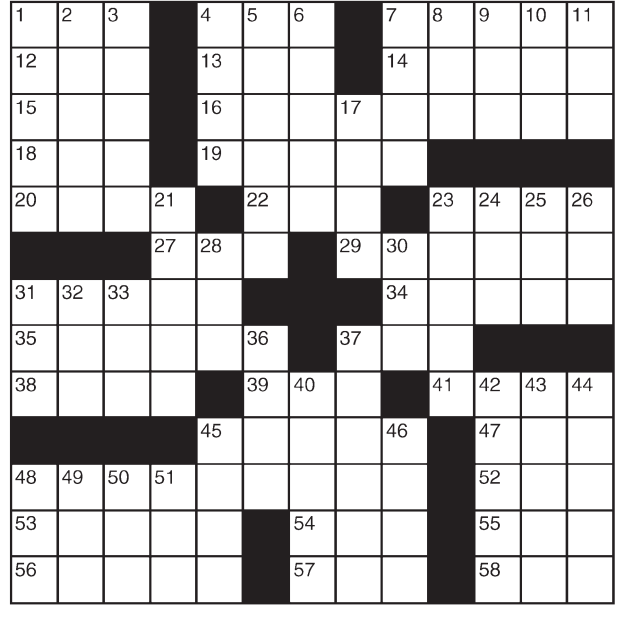
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King Crossword

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- Paid player
 - Taxi
 - Expert
 - Potential syrup
 - Lennon's lady
 - Similar
 - Citric beverage
 - Underwent reduction
 - Jeremy of basketball
 - Tijuana toodle-oo
 - Rolling stone's lack
 - Poetic nightfall
 - Antitoxins
 - de deux
 - Maintenance
 - Quibblers split these
 - Senorita's wiggle?
 - "Rabbit, Run" author
 - Feedbag morsel
 - Piratic quaff
 - Paving goop
 - "-- is life!"
- DOWN**
- Any of 150 in the Bible
 - Deejay's domain
 - Starts
 - Last few notes
 - Battery terminals
 - Jim at the Alamo
 - Church service
 - "The Greatest"
 - Kin of "i.e."
 - out a living
 - Homer's neighbor
 - Bourgeois, to Brits
 - Parsley serving
 - Revue segments
 - Conger or moray
 - Roulette bet
 - Mimic
 - Request
 - Sch. org.
 - Embrace
 - Spring mo.
 - Bachelor's last words
 - Needle case
 - Corsage bloom
 - Point of view
 - Milk dispenser
 - Moe's brother
 - Rulebook compiler
 - A "Desperate Housewife"
 - Director
 - Preminger
 - Doo follower
 - Praise in verse
 - Took the prize
 - Peacock network



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

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

- | | | | |
|----------|-----------|----------|---------|
| Aid | Committee | Home | Pension |
| Benefits | Day | Hospital | Songs |
| Bridge | Field | Parade | Stadium |
| Bureau | For Peace | Parkway | |

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ADULT COLORING AT GREENE PUBLIC LIBRARY

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

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.

PARLONS FRANCAIS!

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

WANTED: FOSTER HOMES FOR RESCUE DOGS

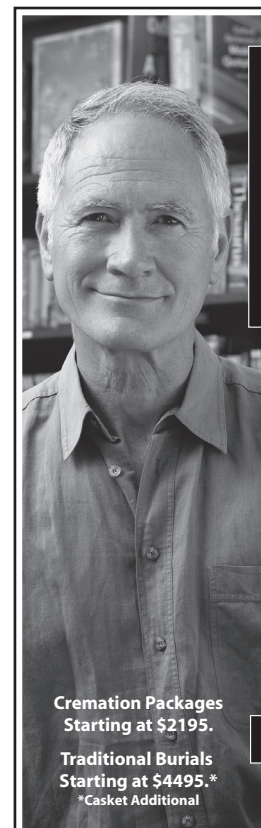
Sadly, we have to say "no" to many deserving dogs due to the lack of Foster Homes. Please consider this very important and rewarding part of rescue by becoming a Foster. Fostering is temporary, saves multiple lives & the Vet bills are paid. Fill out an application online at www.fohari.org

AARP CHAPTER 2210 MISSISSIPPI STYLE RIVERBOAT CRUISE TRIP

AARP 2210 is sponsoring a Mississippi Style Riverboat Cruise on August 24. The trip includes a 90-minute Paddle Wheeler Cruise on Webster Lake, lunch at Point Breeze Restaurant, a visit to Foppema's Farm & Deluxe Motorcoach transportation by Conway Tours. Cost is \$98/person. Call Maureen, 828-5188 or Patricia, 821-3733 for reservations or for more information.

BREAKFAST IN FEBRUARY

The Coventry Senior Center, 50 Wood Street, Coventry will hold a Breakfast on February 24 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!



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Adding Value

(NAPSA)—Sports fans know the importance of a utility player: someone who adds a great deal of value to a team because he or she can play multiple positions well.

In many ways, spray polyurethane foam (SPF) insulation can be considered a home's utility player, because it offers multiple benefits including lowering energy bills, eliminating dust and allergens and even reducing noise from outside sources. The versatility that spray foam offers comes from



Proper insulation makes your home more comfortable now and more attractive when it's time to sell.

the fact that it serves not just as insulation but also helps seal air leaks. Some products can even act as moisture barriers.

SPF is applied as a liquid and quickly expands into a high R-value foam insulation and air sealant. This process makes it highly effective at keeping cold air out by sealing cracks, seams and joints. By removing these drafts, SPF provides a major boost for improving energy efficiency—as approximately 40 percent of energy lost in buildings and homes is due to air leaks.

A recent evaluation of weatherized homes by the U.S. Department of Energy found that homeowners could save an average of \$283 a year in energy costs. In fact, although savings can vary, the DOE estimates the owners of the 440,000 weatherized homes it evaluated have collectively seen more than \$1.4 billion in energy savings.

To learn more about the benefits of spray foam insulation, visit www.whysprayfoam.org.

HVAC Checklist

(NAPSA)—Keeping your home's heating, ventilation and air-conditioning (HVAC) system clean and well maintained can help you breathe better air and save energy and money.

Here's a list of things to look for when you hire an HVAC cleaning company to ensure quality work.

Can the company show proof of NADCA membership and certification? NADCA members must adhere to a strict code of ethics.



Will the contractor conduct a thorough inspection of the HVAC system before doing any work?

Will the contractor clean the supply ductwork and return air ductwork?

Will the company remove, clean and reset supply registers and return air grilles? Are the plenums free of moisture, stains, dust, debris and other contaminants?

Are access panels properly sealed according to ACR, the NADCA Standard?

Will the contractor clean the airstream side of the heat exchanger plus the secondary heat exchanger?

Will the company remove, clean and reinstall the blower motor, housing and assembly?

Will the contractor clean the evaporator coil, drain and pan?

Will the contractor replace the air filter so it fits properly and meets the efficiency recommended by the manufacturer?

For a full checklist and additional tips, go to <http://nadca.com/en/evaluation-checklist>.



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A pound of potato chips can cost up to 200 times more than the potatoes that were used to make them.



Open House Weekend
February 18-19, 2017

Coventry: Open Saturday 12-2 & Sunday 4-5:30!! 2 Mohawk Street!! 4 bed, 1.5 bath colonial, new septic, \$234,000, ask for Tom Pisano, Ext. 327 or Allison Mayer, Ext. 304

Coventry: Open Saturday 1:30-3:30!! 541 Hill Farm Road!! 3 bed ranch, updated kitchen & bath, garage, \$184,900, ask for Paul Morin, Ext. 353

Warwick: Open Saturday & Sunday 11-1!! 67 Ocean Avenue!! New 3 bed, 2.5 bath colonial, garage, view of bay, \$359,900, ask for Rich Lutz, Ext. 318 or Greg Eccleston, Ext. 118

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

West Greenwich: Open Saturday 12-2!! 57 Mishnock Road!! New listing, 3 bed, 2 bath log cabin, C/A, oversized garage, \$259,900, ask for Nick Tasso, Ext. 307

Coventry: Open Sunday 10-12!! 160 Gervais Street! 3 bed, 1.5 bath raised ranch, wood stove, garage, \$265,000, ask for Stephanie Baker, Ext. 305

Coventry: Open Sunday 12-2!! 49 Fieldstone Drive!! 3 bed, 2.5 bath colonial, FP, C/A, garage, fenced, \$309,933, ask for Jeane Retelle, Ext. 312

Cranston: Open Sunday 11-1!! 121 Keith Avenue!! 3 bed cape, FP, central air, detached garage, fenced, \$199,000, ask for Gary Diggle, Ext. 309

North Providence: Open Sunday 12:30-2!! 6 Kennedy Drive!! 4 bed, 3 bath colonial, FP, sunroom, hardwoods, \$249,500, ask for Stephanie Baker, Ext. 305

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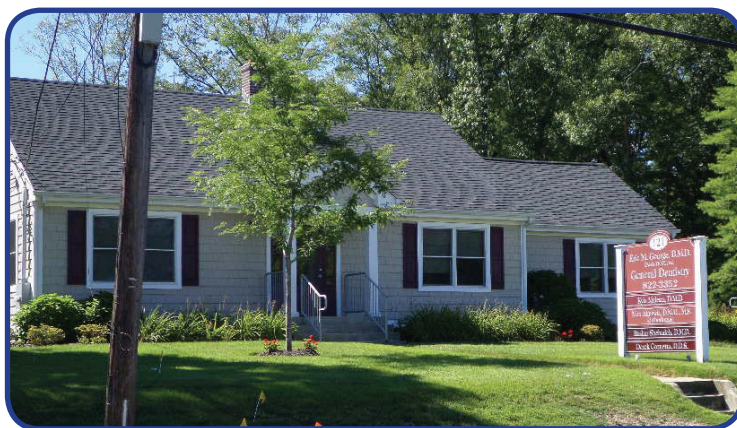


The milk bottle was invented in 1884. Plastic milk containers came later, in 1964.



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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 February 16 at 6:30PM. Card players can bring their cards to trade, play games & battle with other players. Call 822-9102 to register.

"ALL ABOUT BIRDS" AT COVENTRY PUBLIC LIBRARY

The RI Audubon Society presents "All About Birds" at the Coventry Public Library, 1672 Flat River Road, Coventry on February 23 at 10:30AM. This program is open to kids in Grades 1-5. Registration begins February 6. Space is limited. Call 822-9102 for more information.

ENJOY A FREE MOVIE AT COVENTRY PUBLIC LIBRARY

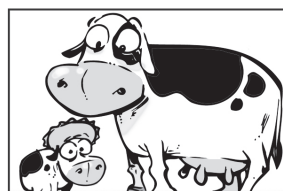
Come enjoy a FREE movie at Coventry Public Library, 1672 Flat River Road, Coventry on February 22 at 10:30AM. "Finding Dory" will be shown. NO registration. Free popcorn! Call 822-9102 for more information.

MINECRAFT GAMING AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, invites boys & girls ages 6 & up to Minecraft Gaming on February 23. Sessions will be held at 4:30PM, 5:30PM & 6:30PM. Call 822-9102 to register.

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.



A heifer is a young female cow that hasn't had a calf yet. A cow can't produce milk until she has had a calf.



by cindy elavsky

Q. I love Kristen Bell. Is it true that she'll be back in a revival of "Veronica Mars"? Please say yes! — *Kendra F., via email*

A. Yes, but they are not sure yet when this will happen. Kristen and creator Rob Thomas have teased its return in a special six-episode redux of the cult-hit series. The only hitch: They have to work around her schedule for "The Good Place" and Rob's schedule for the CW's "Lost Boys" revival.

Rob recently revealed: "Kristen and I both want to figure out some way we could do a six-episode 'Veronica Mars' mystery. If I were a betting man, I bet that it will happen. I just don't know when it will be. We need to find a window where we could both do it. When actors are on network shows, most standard contracts will give them outs for, like, one episode a year of guest-starring. But then there also are sometimes outs if you're doing something that is noncompetitive. Would NBC consider a 'Veronica Mars' thing on, like, Netflix noncompetitive? We haven't figured that out yet."

Q. You mentioned a while back that "Hand of God" would be back on Amazon soon, but I haven't been able to find anything else about it. Do you have an update? — *Valerie F., Madison, Wisc.*

A. The second and final season of the series starring Ron Perlman and Dana Delany is slated for March 10. Creator Ben Watkins gave me a few teasers on what to expect: "In season two, Pernell's empire is in jeopardy, and part of that Harris-family empire includes (new cast member) Linda Gray (as Pernell's aunt). She becomes a bigger part of the story because she wants to make sure that if he goes down, the Harris family doesn't go down with him. We get to explore a little bit about what was going on with PJ and the software he was working on. And there's a connection there to Jocelyn (PJ's wife) — that mystery is



Ron Bartzdorff/NBC

Kristen Bell

driven by Crystal Harris. She really steps into a leading role and drives the story forward because she is intent on finding out what happened to her son's software and fulfilling his legacy."

Q. Do you know if "Longmire" will be back for a sixth season on Netflix? — *Jeff S., via email*

A. Netflix has announced that the Western crime drama will be back for a sixth and final season. All we know as of this writing is that it will premiere sometime this year, and it will be 10 episodes. Executive producers Greet Shephard, Hunt Baldwin and John Coveny released this statement: "We are grateful to Netflix for the opportunity to compose a closing chapter for these beloved characters who inspire lasting memories. Most importantly, we're committed to delivering a dynamic and satisfying conclusion to our fans that rewards their longtime loyalty."

Write to Cindy at [King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803](mailto:KingFeaturesWeeklyService@628VirginiaDrive.com); or e-mail her at letters@cindyelavsky.com.

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EARLY DEADLINE



February 21st Issue of The Reminder

**Deadline for All Display Ads Is
THURSDAY, FEBRUARY 16TH
at 5:00PM**

**Deadline for Classified Ads is
FRIDAY, FEBRUARY 17TH
at 12:00PM**

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will be Closed On
President's Day
Monday, February 20th
We will reopen Tuesday, February 21st at 8:30AM**



The REMINDER 2ND SECTION

Rhode Island's First Buyers Guide

February 14, 2017
Volume 62 • Issue 40

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The character lineup includes: **Dory, Nemo, The Little Mermaid and SpongeBob.**
Doors will open at **8:45am.**

The fee is \$10 per person (regardless of age) for residents and \$12pp for non-residents. Pre-registration is required. The breakfast is limited to 200 people. Spaces are filling up fast.



IN-PERSON & ON-LINE REGISTRATION

Office Location: 1277 Main St. Coventry, RI 02816
Hours: Monday – Friday 8:30am – 4:30pm
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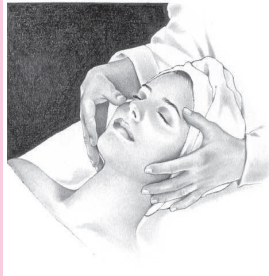
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The secret of managing is to keep the guys who hate you away from the guys who are undecided.
 —Casey Stengel

AUTO NEWS

(NAPSA)—The Car Care Council urges motorists to get their cars ready for cold weather. The council is the source of the "Be Car Care Aware" consumer education campaign promoting regular vehicle care. For a "Car Care Guide" or more information, visit www.carcare.org.



Used Car Buying Online
 (NAPSA)—A recent study by Interactive Advertising Bureau shows that 96 percent of consumers begin their car search online. In fact, millennials spend as much as 12 to 13 hours researching cars online before making the decision to buy.
 Buying a used car requires even more research and there are lots of places online to do so. Here are four points to help you avoid wasting time.



When buying a used car online, it pays to pay close attention to each vehicle's history.

- 1. Know what you want.** Have a budget and clear idea of the type of car that's right for you first. Use online reviews, too. Getting pulled off track will overcomplicate things.
- 2. Where you shop can be just as important as what you buy.** Choose reputable websites and dealerships where vehicle history information is readily available.
- 3. Get a good handle on what the car you're looking at is worth.** That way, you'll know when a bargain looks too good to be true.
- 4. Find the cars you want and avoid the ones you don't** by starting your search using vehicle history at Carfax.com. Choose 1-Owner, no reported accidents and more, plus every car there comes with a free Carfax Report.

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Car Care Corner

Be Prepared For Whatever Nature Throws At You

(NAPSA)—You have a better chance of keeping yourself, your vehicle and your passengers on the road to safety even when the weather is bad if you prepare in advance so your vehicle can be your refuge. These seven tips can help.



A cleaner car can mean a safer ride in bad weather.

Take Inventory Inside
 Make sure you know what's inside your vehicle. See that you have a blanket, first aid kit, current snacks and an inflated spare tire; also, a cell phone charger and some basic tools. All those can be useful if your vehicle leaves you stranded.

Clean and Coat
 Your windshield allows you to see what's coming. Clean the inside thoroughly to remove buildup, smoke and haze. On the outside, use a product such as Invisible Glass Clean & Repel to add a protective coating to help shed rain, snow and ice while increasing visibility.

Inspect the Outside
 See that all your lights work, front and rear. Working lights are key to seeing and being seen. They're not just for looks. Plus, driving with burned-out bulbs can result in a hefty fine.

Checkups Count
 Perform regular maintenance, including checking that little oil change sticker on the windshield. Regular maintenance is similar to a checkup. Metal shards in your oil, discolored coolant or an irregular noise can help diagnose something that could go wrong with your ride.

Keep Your Wheels Turning
 Your vehicle's tires and wheels take a beating every time you drive. Brake dust, grease, oil, and road grime can cause permanent damage over time. A simple cleaning can help protect your tires and wheels, prolonging their life. For example, Stoner Wheel Cleaner quickly penetrates deep into hard-to-reach areas, making cleanup fast and easy.

Don't Pass Gas
 If you have the chance to fuel up, take it. On any trip, never let your tank drop below half full. Doing that means you should always have enough gas to get back to where you were.

Charge Your AC
 The air conditioner system does more than cool your vehicle. It also removes excess moisture. Fogged windows are a sign that your defrosters may not be able to keep up the pace. Have your mechanic top off your refrigerant.

Learn More
 There are many ways to make sure your vehicle is ready for any season. For further tips, visit www.Facebook.com/StonerCarCare and www.stonercarcare.com.

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CRAFTY IDEAS
 Brighten Up The Long Winter Months With These Three Simple DIY Projects

(NAPSA)—The winter season is here and with it brings cooler temperatures and shorter days. For many of us, winter means spending less time outdoors and more time inside with family and entertaining friends. To make the winter months more enjoyable for everyone in your home, try these DIY projects that will add subtle character and help brighten up the gray days ahead:

Warm Decor: Your front door isn't the only place for a wreath during the winter months. Add a little bit of cheer and warmth to your home by hanging a winter-inspired wreath on your mantel, or in an unexpected place like above your couch or over a large, decorative mirror.

What You'll Need: Krylon® Glitter Blast™ in Diamond Dust, Krylon® Glitter Blast™ Clear Sealer, a hot glue gun, a Styrofoam wreath, pinecones, dried cranberries and three faux cardinals.

What You'll Do: First, coat the pinecones with Krylon® Glitter Blast™ in Diamond Dust. This spray paint creates a sparkling glitter finish that makes ordinary objects more festive. Wait 20 minutes for the paint to dry and then coat the pinecones with Krylon® Glitter Blast™ Clear Sealer. The sealer will help protect the pinecones and preserve the sparkle and hue of the paint. Once the sealer is dry, hot glue the pinecones, dried cranberries and faux cardinals to the Styrofoam wreath. Lastly, hang the wreath for all to admire.

Bring the Outdoors In: Adding natural touches throughout your home can bring tranquility and an earthy feel to your living space. From shells to antlers to florals, natural elements are subtle pieces that can bring a casual comfort to your home. Try this enchanted forest arrangement to bring the essence of the outdoors into your home.

What You'll Need: Krylon® Chalky Finish Paint in Misty Gray, tall glass vase and a bushel of branches.



Make your home cozy and festive this winter with DIY decor ideas from Krylon.

What You'll Do: First, spray the branches with Krylon® Chalky Finish Paint in Misty Gray to give them an ultra-matte distressed finish and earthy look. Once the branches dry, place them in the vase to create a forest inspired arrangement.

Light up the Room: Nothing is more comforting than a cozy fire and a warm wool blanket. Bring those toasty elements into your home with a set of DIY antiqued votive candle holders. They will create a beautiful and peaceful winter ambience as the days become shorter and the longer nights set in.

What You'll Need: Krylon® Sea Glass Finish paint in Ice, three glass votive candle holders (two small, one larger), newspaper and three LED candles.

What You'll Do: First, cover the top of the candle holders with newspaper. Next, spray the outside of the candle holder with a light coating of Sea Glass Finish spray paint. Wait a few minutes for the paint to dry and then cover with a second coat of paint to achieve a smooth, powdery finish. This paint will give your glass items a beautiful, sophisticated look with a semi-translucent frosted finish that allows light to filter through. Once dry, place the LED candles in the votive holder for a warm holiday glow.

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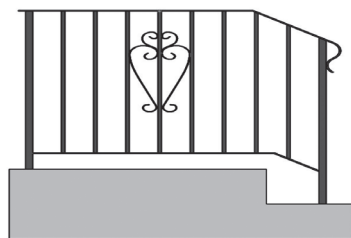
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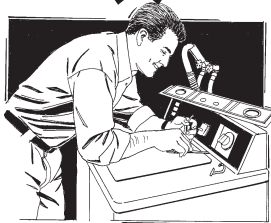


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Collecting by Larry Cox

Old Washboard

Q. My mom was raised on a farm in Nebraska during the 1930s and '40s. When she moved to Canton, Ohio, after World War II, she brought with her several items, including a washboard. It was manufactured by the National Washboard Company of Chicago and is model 862. Do you have any idea of its value? — *Betty, Canton, Ohio*

A. Most of the older washboards sell in the \$25 to \$45 range. Also associated with washday were the boilers, which often sell for \$150 and more because of their copper content.

Q. While visiting a thrift store in Wichita, I found a small box of paperback books, all by Raymond Chandler and all from the 1950s and '60s. They include "The Big Sleep" (original cover price of 25 cents), "Five Sinister Characters," "Pick-up on Noon Street," "The Finger Man" and "Lady in the Lake," the last the Armed Services edition from 1944. I bought nine paperbacks for a total of \$3. I have two questions: Are paperbacks from the 1940s collectible and, if so, how much are the ones I bought worth? — *Mark, Wichita, Kansas*

A. Depending on the exact edition and condition, most of the titles

you listed sell in the \$5 to \$35 range. I have seen guides that list much higher prices, but something is only worth what someone is willing to plunk down in cold cash to buy it. Most price guides for collectibles should be read with a grain of salt.

Q. In about 1960, a friend gave me the Pez full-body Santa. It has been packed away ever since. A neighbor heard about it and has offered \$50 for it. Before I sell it, I thought I would check with you. — *Brett, Arkadelphia, Arkansas*

A. The Pez candy dispensers have been around for over half a century. During the 1950s, Pez began producing a series of Santa dispensers, and they became the most popular ones ever produced by the company. The full-body Santa was issued during the 1950s, and according to "Warman's Pez Guide" by Shawn Peterson and published by Krause Books, it is valued in the \$150 to \$200 range.

Write to Larry Cox in care of KFW5, 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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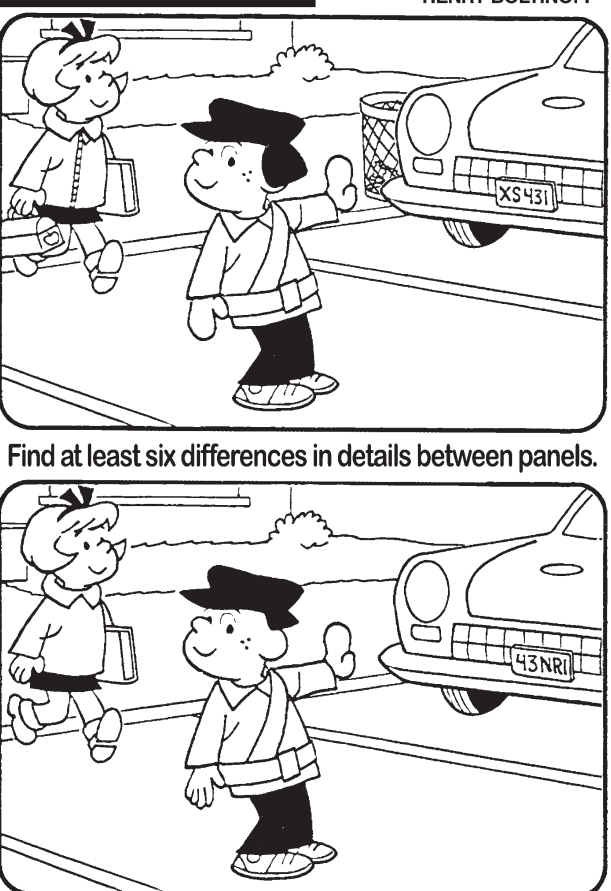
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ATTENTION CLASSIFIED ADVERTISERS! Due to the Presidents' Day Holiday, there will be an **Early Deadline** for the **February 21** issue of "The Reminder". **Deadline for ALL Classified Ads will be Friday, February 17 by NOON.** Please plan your advertising accordingly.

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Health Hints

Getting Real About the Bathroom: Tips and Resources for Managing IBS-D

(NAPSA)—For most people, going to the bathroom is a routine and uneventful experience that requires little planning. Yet for as many as 15 million Americans with Irritable Bowel Syndrome with Diarrhea (IBS-D), trying to predict when they'll need the bathroom again is a daily source of anxiety.

IBS-D, a chronic disorder characterized by diarrhea and recurring abdominal pain, gives sufferers little or no ability to predict when they'll have to run to the bathroom. Beyond the physical and emotional impact of IBS-D is the fact that this is a condition that is difficult to talk about, making it harder for those affected to receive the support and treatment they need. A recent national survey showed that those with IBS-D would feel more comfortable speaking to others about sexually transmitted diseases than about their bowel movements, and that 67 percent of IBS-D patients suffer with symptoms for at least a year before discussing their symptoms with a doctor. Shockingly, 11 percent of patients wait a decade or more before asking for medical help.

Dr. Jonathan Rosenberg, M.D., of the Illinois Gastroenterology Group, shares his top three tips for people struggling to manage their IBS-D:

1. Make That Appointment: Many patients have told me that they are embarrassed to discuss their symptoms with anyone, including a health care provider (HCP). But the reality is that IBS-D is a chronic health condition—just like asthma or arthritis—and can be treated with the help of an HCP. The sooner you see an HCP about your symptoms, the faster you can reach an accurate diagnosis.

2. Use Credible Online Resources: I really like a new web-



Many people with IBS-D find relief after talking to their doctors.

site, IBSDonTract.com, created by Allergan, which has great information and downloadable resources including a symptom tracker, self-assessment tool, and doctor discussion guide. Fill out the symptom tracker for one to two weeks and bring these materials with you to your next appointment. This should help you to have a more productive and open discussion with your physician.

3. Open Up to Your Inner Circle: Although IBS-D can be difficult to talk about, it can be helpful to let your closest family members, friends and colleagues know what you're going through. In addition to relieving the burden and stress of keeping your diagnosis a secret, you'll be able to rely on them for support.

To learn more about IBS-D, including signs, symptoms, tips and expert resources, visit www.IBSDonTract.com.



Moving Yourself Right

(NAPSA)—Many people these days are taking things into their own hands when it comes to moving to a new home. If you're ever among them and you need to rent and drive the moving truck, there are a few facts and figures that can help you save time, trouble and money:

•The tall story. "Trucks are taller, wider and may weigh up to 10 times more than the average car," explained Don Mikes, senior vice president—rental, Penske. "You have to be extra vigilant."

•Don't be blindsided. Trucks also have big blind spots, what the Federal Motor Carrier Safety Administration calls the "No-Zone." You should know where these areas are, especially when changing lanes or coming to a stop.

•Don't pack problems. Most truck rental agreements say something like the language from the U.S. Department of Transportation that prohibits the "carrying or hauling of explosives and other dangerous articles." That means you can't pack paint, chemicals and cleaning materials, flammable solvents, propane, gasoline and the like. Check with your rental agent if you're not sure about a particular item.

•Plan ahead. When planning your trip, take into account the time of day you intend to travel and likely traffic patterns. Always leave lots of extra time and be



Riding high: If you're renting a truck to move yourself, bear in mind that trucks are much taller and wider and take longer to stop than cars.

aware of possible bottlenecks along the way.

•Familiarize yourself with the vehicle. Make sure you can find and understand the use of all the truck's switches and gauges. Adjust the seat and side mirrors so they match your height and comfort zone.

•Insure yourself. "Most insurance and credit card companies won't cover truck rentals under existing policies," Mikes added. If your insurance company is among them, consider signing up for additional coverage options to protect yourself and your belongings. You may feel more confident knowing that his company offers free 24/7 emergency roadside assistance.

•Learn more. You can find other moving facts and tips at www.PenskeTruckRental.com and (800) GO-PENSKE.

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Salome's Stars

ARIES (March 21 to April 19) Your ideas are finally reaching those who can appreciate them. But don't expect any immediate reactions. That will come later. Meanwhile, a personal matter needs your attention.

TAURUS (April 20 to May 20) Your energy levels are rising, and you're feeling restless and eager to get into some activity, whether it's for profit or just for fun. In either case, the aspects are highly favorable, so go for it.

GEMINI (May 21 to June 20) A relationship seems to be winding down from passionate to passive. It's up to you to decide what the next step will be. But don't wait too long to take the initiative. Delay could create more problems.

CANCER (June 21 to July 22) A decision looms. But be very sure that this is what you really want before you sign or say anything. Once you act, there'll be little or no wiggle room for any adjustments.

LEO (July 23 to August 22) Money matters improve, but you still need to be cautious with your spending. Also, set aside that Leonine pride for a bit and apologize for contributing to that misunderstanding.

VIRGO (August 23 to September 22) A tempting financial situation could make the usually unflappable Virgo rush in before checking things out. Be alert to possible hidden problems. Get the facts before you act.



Some 200,000,000 pounds of herbs and spices are consumed annually in the U.S., with black pepper, cinnamon and nutmeg heading the list.

LIBRA (September 23 to October 22) It's nice to know that you're finally getting due credit for your efforts. You also should know that new opportunities will follow. A family member brings important news.

SCORPIO (October 23 to November 21) Any uncertainty that begins to cloud an impending decision could signal a need to re-examine your reasons for wanting to take on this commitment.

SAGITTARIUS (November 22 to December 21) You benefit from taking time out of your currently hectic schedule to do more contemplation or meditation. This will help re-energize you, both in body and soul.

CAPRICORN (December 22 to January 19) Nursing hurt feelings can zap the energies of even the usually self-confident Sea Goat. Best advice: Move forward. Success is the best balm for a painful ego.

AQUARIUS (January 20 to February 18) A display of temperament surprises you, as well as those around you. It could be all that pressure you're under. Consider letting someone help you see it through.

PISCES (February 19 to March 20) Some things don't seem to be working out as you'd hoped. Don't fret. Instead, take some time out to reassess your plans and see where changes could be made.

BORN THIS WEEK: You enjoy traveling and meeting people. You are especially good with children and would make an excellent teacher.

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2 Eggs any Style,
 Home Fries & Toast.....\$1.99
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 Fridays only
 Fish & Chips.....\$6.99

The Mishnock Barn **Wi-Fi**
 200 Mishnock Rd., West Greenwich, RI
 www.mishnockbarn.com

Weekly Dance Schedule
 21 and Over, ID's Required
 Under 21 Must be with a Parent or Guardian

| | | |
|--|---|-----------------|
| Monday*, Tuesday & Wednesday | Beginner Dance Lessons & Requests Doors Open at 7pm • Lessons at 7:30pm | \$10 |
| Friday & Saturday | Dance Lessons & Requests Doors Open at 7pm Lessons at 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 |

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Celebrate President's Day!

Lobster & Meat Raffle

SATURDAY, FEBRUARY 25TH
VFW Post 9404, 29 South Main St. Coventry

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

Raffle prizes will vary and may include other items.

HALL RENTAL AVAILABLE!
 Call 828-9705 or email kerryfleming121@gmail.com

THE OLDE THEATER DINER
 33 Sandy Bottom Rd., Coventry • 828-1810 • Monday-Sunday 6am-1am

Breakfast Coupon Extravaganza!
Buy One Get One FREE

The Hungry Man Breakfast Special
 Includes: 2 Eggs, Homefries, Toast, Two Sausage Links, Two Bacon Strips and Two Pancakes



Available Monday-Friday 6am-11am. Each guest must purchase a beverage. Cannot be combined with any other offers, coupons or promotions. Valid through March 28, 2017. Must have coupon. Eat in only.

REMINDER COUPON

THE OLDE THEATER DINER
 33 Sandy Bottom Rd., Coventry • 828-1810 • www.theoldetheaterdiner.com • Everyday 6am-11pm • Bar 'til 1am

20% OFF* BREAKFAST
 Valid Monday-Friday 7am-3pm
 *Must order from Breakfast Menu

Everyday **BUY 2 PIZZAS GET 3RD FREE**
 TAKE OUT ONLY!
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RICHMOND GRANGE #6 MEETINGS
Richmond Grange, 690 Usquepaugh Road (Rte. 138), West Kingstown 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.

SLOCUM GRANGE BREAKFAST
Slocum Grange, 96 Slocum Road, North Kingstown, will hold their monthly breakfast on February 18 from 7-10AM. The menu includes pancakes, 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.

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.

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!

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.

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ing champs."
Well, LeBron James has had enough. When an ESPN staff writer reached out to him after a loss for comment, James did another thing Barkley is pretty good at: He teed off.

When a King Bows to a Sir

Charles Barkley has a big mouth, which is appropriate considering he also has a very large head. He used to get paid for bouncing a ball, but for the past 10 years he's gotten paid to break them as a game-day analyst for TNT.

Nobody knows this more than the King — LeBron James.

Barkley was one of the first to rip James' decision to leave Cleveland for Miami in his "The Decision" telecast that needlessly cuckolded a fan base that only loved the guy. "Punk move" was how Barkley put it out there.

This year he made a comment about how James will never be considered in the top five of basketball's all-time players (for the record, Barkley counts them as Michael Jordan, Oscar Robertson, Kareem Abdul-Jabbar, Wilt Chamberlain and Bill Russell). Last week Barkley called him "inappropriate" and "whiny" after James openly complained about the Cavs' inability to sign another playmaker for their anticipated title defense.

"The Cleveland Cavaliers, they have given him everything he wanted," Barkley expounded. "They have the highest payroll in NBA history ... he's the best player in the world. Does he want all of the good players? He don't want to compete? He is an amazing player. They're the defend-

"I'm not going to let him disrespect my legacy like that," James said. "I'm not the one who threw somebody through a window. I never spit on a kid. I never had unpaid debt in Las Vegas. I never said, 'I'm not a role model.' I never showed up to All-Star Weekend on Sunday because I was in Vegas all weekend partying. All I've done for my entire career is represent the NBA the right way. Fourteen years, never got in trouble. Respected the game. Print that."

And that's exactly what we'll do. There's James' take on Barkley. James had every right to pursue championships in Miami. He has professional pride; he may become the all-time leading scorer, winner of championships ... who knows? He's certainly in the top 10. He has represented the NBA the right way. He was great with Amy Schumer in "Trainwreck." And why shouldn't he be concerned with Golden State returning with a vengeance — this time with Kevin Durant in tow?

Problem is, Barkley said nothing wrong. "The Decision" was a punk move. LeBron James isn't on the NBA's Mount Rushmore plus one, at least not yet. And Barkley was right, complimentary even, when he called him the "best player in the world."

James asked why Barkley is even relevant in today's game. The answer is because James, the King, deigned to get into a mudfight with a lowly "Sir," so quit your whining!

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

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February 14, 2017



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Curiosity...endows the people who have it with a generosity in argument and a serenity in cheerful willingness to let life take the form it will.

—Alistair Cooke



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