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February 21, 2017 • Volume 62 • Issue 41

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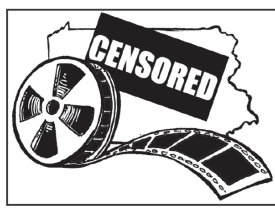
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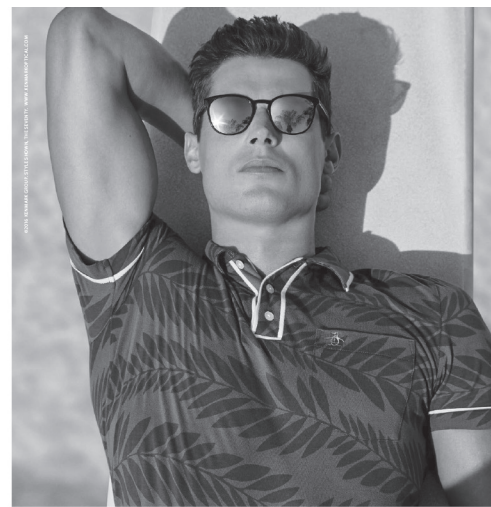


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\*\*\*

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—Diana Cortes

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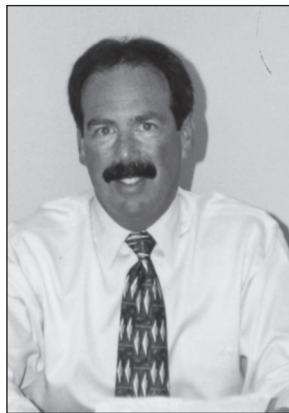
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## celebrity extra

by cindy elavsky

**Q.** I really loved Jason Isaacs in "Awake" a few years back, and I was super bummed when it was canceled. Can you tell me what he's up to now? — *Jeremy G., via email*

**A.** The British thespian — who's best known to "Harry Potter" fans as Lucius Malfoy — currently is co-starring in "The OA," a science-fiction supernatural series that premiered on Netflix in December and has been getting rave reviews. I caught up with the talented actor recently during a press junket for a Celebration of Harry Potter weekend at Universal Studios Orlando, and he had quite a valid comparison when asked about inclusiveness and tolerance as they relate to today's world, and how it relates to the world of "Harry Potter."

Jason described Lucius: "There is a very recognizable racist and supremacist, acting out of fear and thinking that the past was a better time. And scared of Muggles and scared of the future because it feels like his place was some time ago, when he was part of the super-elite who could look down on the rest of the world. You don't need to look too far to find many politicians standing on those platforms. Those issues are never more relevant than today, [but] they are dealt with in this kind of magical world."

Stop by [celebrityextraonline.com](http://celebrityextraonline.com) to read more of what Jason had to say, as well as Matthew Lewis (Neville Longbottom), Warwick Davis (Flitwick/Griphook) and Tom Felton (Draco Malfoy).

**Q.** Jodi Picoult is one of my favorite authors, and I absolutely loved the film that was made from her book "My Sister's Keeper." My sister says another one of her books is going to be a feature film. Is that true? — *Kendra F., via email*

**A.** Yep — I just received word that "Small Great Things" is going to be adapted for the big screen. So far, Julia Roberts and Viola Davis are attached to the film, and it will be produced by "La La Land" producer



Jason Isaacs in "Harry Potter"

Marc Platt and Adam Siegel, who produced "Drive" and "Scott Pilgrim vs. the World." The plot centers on Ruth Jefferson, a black nurse in a maternity ward who is instructed not to touch a white-supremacist couple's baby. When the baby dies in Ruth's care, however, a lawsuit follows, and public defender Kennedy McQuarrie is put on the case.

**Q.** When will "Stranger Things" be back for another season on Netflix? — *Linda D. in New Mexico*

**A.** Season two of the cult-hit series drops on Halloween — which is all too appropriate — and hopefully we'll finally get some answers about what happened to Eleven and discover more scary secrets about the Upside Down. The preview that Netflix released doesn't tell us a whole lot — yet — about what's happening plotwise, but early reports place the time period as pretty much picking up right where we left off at the end of season one.

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

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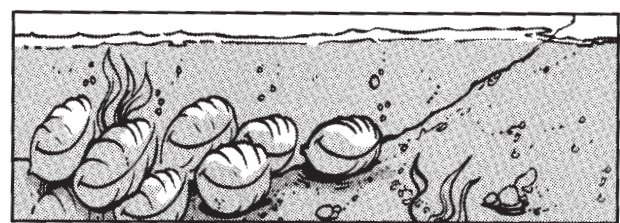
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**AARP CHAPTER 2210 OGUNQUIT MAINE DAY TRIP**  
AARP 2210 is sponsoring a day trip to Ogunquit Maine on May 24. The trip includes lunch at Jonathan's in Ogunquit, a performance of "Mama Mia" at the Ogunquit Playhouse & Deluxe Motorcoach transportation by Conway Tours. Cost is \$158/person, with payment due in full by April 20. Call Maureen, 828-5188 or Patricia, 821-3733 for reservations or for more information.


### 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!



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**Fri. 2/24** Red chowder, seafood casserole, mashed potatoes, broccoli cuts, rye bread, fresh fruit. Sandwich: Italian grinder.

**Mon. 2/27** Egg drop soup, chicken chow mein, crunchy noodles, Asian blend vegetables, marble bread, shortbread cookies. Sandwich: Egg salad on marble.

**Tues. 2/28** Potato and leek soup, oven roasted turkey with gravy, stuffing, Normandy blend vegetables, pumpnickel bread, sherbet. Sandwich: Corned beef on pumpnickel.

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**Thurs. 2/23** Tomato soup, pot roast with gravy, mashed potato, mixed vegetables, wheat roll, dessert. Option: Chicken salad on rye.

**Fri. 2/24** Vegetable soup, pub burger with cheese, whole wheat roll, French fries, dessert. Option: BLT on wrap.

**Mon. 2/27** Cheese and marinated veggies, baked ziti with meatballs, tossed garden salad on roll, dessert. Option: Spinach salad with chicken.

**Tues. 2/28** Navy bean soup, roasted chicken leg quarter, rice pilaf, green beans, dessert. Option: Turkey and cheese on wheat.



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### Can An Aspirin A Day Keep The Doctor Away?



(NAPS)—Aspirin is a familiar over-the-counter medicine that reduces pain. Taking a low-dose or “baby” aspirin every day has long been recommended to people who have had a heart attack or stroke, so they can prevent another one. Evidence now shows that for people aged 50 to 69 at increased risk of cardiovascular disease, aspirin can help prevent a heart attack or stroke from happening in the first place and, if taken for five to 10 years, can also help prevent colorectal cancer.

**Daily aspirin can help some people prevent cardiovascular disease and colorectal cancer.**

This is great news because cardiovascular disease and cancer are major causes of death in the United States. Heart attacks and strokes are responsible for 30 percent of all deaths, and colorectal cancer is the third most common type of cancer—causing 8.3 percent of all cancer deaths.

Task Force recommends that people in this group start taking aspirin after talking with their primary care clinician.

People 60 to 69 years old with increased cardiovascular disease risk can also benefit from taking aspirin, but because the risk of bleeding goes up with age, the overall benefit is smaller. Therefore, people in this group should make a decision with their primary care clinician about whether or not to take aspirin.

But just because aspirin is available over the counter doesn't mean it is safe for everyone to take on a daily basis. Aspirin can cause serious side effects, such as bleeding in the stomach and intestines, and strokes caused by bleeding in the brain. So daily aspirin is only recommended for people who are at increased risk of cardiovascular disease and who are not at increased risk for bleeding. You should not begin to take aspirin daily without speaking with your primary care clinician first.

It is not clear whether taking aspirin is beneficial for people with increased risk of cardiovascular disease who are younger than 50 or older than 69. More research in this area is needed.

A number of factors go into determining a person's risk of cardiovascular disease, including age, sex, race, blood pressure level, total cholesterol level, and high-density lipoprotein (HDL) cholesterol level—also known as “good cholesterol.” Whether a person has diabetes, smokes, or takes blood pressure medication can also affect his or her risk of cardiovascular disease. Talk to your primary care clinician if you are between 50 and 69 years old to determine your risk for cardiovascular disease and for bleeding, and to determine if taking a daily aspirin is right for you.

**Who Should Take Aspirin for Primary Prevention?**

The U.S. Preventive Services Task Force (Task Force) found that how much a person can benefit from taking aspirin depends on his or her age and risk of cardiovascular disease. Daily use of low-dose aspirin is the most beneficial for people 50 to 59 years old who have at least a 10 percent chance of having a heart attack or stroke in the next 10 years. The

**Other Ways to Reduce Your Risk**

Everyone can reduce his or her risk of cardiovascular disease and colorectal can-

cer by quitting smoking, eating a healthy diet and being physically active. Keeping blood pressure and cholesterol under control can also help prevent cardiovascular disease. Regular screening remains an important part of preventing colorectal cancer. The Task Force currently recommends colorectal cancer screening for people 50 to 75 years old, and for some individuals between 76 and 85 years old.

**Does Aspirin Prevent Other Cancers, Too?**

There is growing evidence that aspirin may also help to prevent cancers other than colorectal cancer, such as cancers of the esophagus and stomach. However, the evidence on aspirin to prevent these cancers is still new and not yet strong enough to be part of a recommendation.

No group currently recommends that people take aspirin for the prevention of cancer only, even for people who are at increased risk of cancer. In order for the potential benefits of taking aspirin to outweigh the potential risks, a person must have increased risk of cardiovascular disease.

**Recommendations to Protect Your Health**

The U.S. Preventive Services Task Force is an independent group of national experts in primary care, prevention, and evidence-based medicine. The aim of the Task Force's work is to evaluate and identify critical preventive health services that a primary care clinician can perform.

For more information on the Task Force and to read the full report “Aspirin Use for the Primary Prevention of Cardiovascular Disease and Colorectal Cancer” and the recommendation about screening for colorectal cancer, visit [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org).

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<input type="checkbox"/> Prayer to the Blessed Virgin <input type="checkbox"/> Prayer to St. Jude <input type="checkbox"/> St. Jude Novena <input type="checkbox"/> Thanksgiving Novena to St. Jude <input type="checkbox"/> Novena to the Sacred Heart <input type="checkbox"/> Other (indicate below or send a photo copy)	<p><b>Don't Forget Your Initials!</b></p> <div style="border: 1px solid black; width: 100%; height: 20px; margin-bottom: 5px;"></div> <p style="text-align: center;"><small>Indicate Initials Here</small></p> <p><b>\$12.00</b> <b>per Novena</b> <small>Please enclose payment</small></p> <p><b>Deadline is Friday at 5pm for publication in the following Tuesdays edition of The Reminder</b></p>
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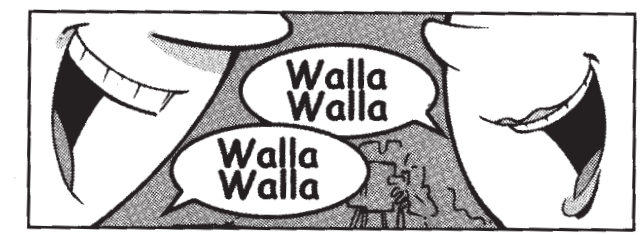
**PARKINSON'S DISEASE SUPPORT GROUP MEETINGS**

The East Greenwich PARKINSON'S SUPPORT GROUP meets at 9:30AM on the 1st Saturday of the month at The Seasons, 5 St. Elizabeth Way, East Greenwich. The YOUNG ONSET & YOUNG AT HEART PARKINSON'S SUPPORT GROUP meets at 10AM the 3rd Saturday each month at Kent Hospital Doctor's Auditorium. The FRIENDS & FAMILY (Caregiver) SUPPORT GROUP meets the 4th Saturday each month at Atria Senior Living Harborhill, 159 Division Street, East Greenwich. The DBS (Deep Brain Stimulation) PARKINSON'S SUPPORT GROUP meets at 10 AM the 2nd Saturday every other month at Kent Hospital Doctor's Auditorium. For more information about Parkinson's Disease or this Support Group please call Mary Ellen Thibodeau, RN APDA Parkinson's Information & Referral Center at Kent Hospital 401-736-1046.

**THE WEST WARWICK ANIMAL SHELTER** has many beautiful cats and 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.

**ELIZABETH BUFFUM CHACE CENTER OFFERS SERVICES FOR THOSE AFFECTED BY DOMESTIC ABUSE**

The Elizabeth Buffum Chace Center (EBCC) is a non-profit organization dedicated to ending interpersonal violence and sexual assault. EBCC provides a comprehensive range of services designed to help victims of domestic violence and educate the community to prevent further abuse. Services include, but are not limited to, a 24-hour confidential helpline and emergency safe shelter with support services. For more information, or to get help, call the Elizabeth Buffum Chace center at 738-1700.



A "walla-walla" scene is one in which extras pretend to be talking in the background. When they say "walla-walla," it sounds as though they are actually having a conversation.

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**WEST GREENWICH HAPPY SENIORS**

The West Greenwich Happy Seniors are looking for new members. This group meets (2) Mondays per month at the West Greenwich Elks Lodge on Rte. 3. They play Bingo and go out to eat at local restaurants. Call Jean at 822-9144 for more information.

**The Kitchen Diva!**  
 by Angela Shelf Medearis

**Dinner Under Pressure**

As a child, I remember coming into the kitchen and hearing my mother's pressure cooker rattling away. It sounded like a runaway steam engine had taken over the kitchen stove. I'd heard stories about pressure cookers blowing up and leaving what was supposed to be dinner all over the ceiling.

So I must admit, I was afraid to use the Fagor pressure cooker I received as a gift, until I realized that modern pressure cookers have been completely redesigned. For example, my Fagor pressure cooker has three safety valves that allow any possible excess pressure to escape, so the cooking experience is completely secure.

The pressure cooker was created by French inventor Denis Papin in 1680. The clunky heavy metal pressure regulator of old that made so much noise was the updated version of his original "marmite de Papin" or Papin Digestor. Fagor has created a sleek, easy-to-use pressure cooker with a temperature device built into the tight-fitting lid with a locking handle. When the lid is properly locked into place, an air- and steam-tight seal is created.

As the cooking liquid in the pressure cooker is heated to the boiling point (212 F), steam is created. Since the steam cannot escape from the sealed pot, intense pressure is created. The internal cooking temperature will vary depending on the different levels of pressure created by the trapped steam.

Foods cooked under high pressure reach a temperature of 250 F, which is 38 F hotter than when food is boiled in

a normal pot. This speeds up the cooking process considerably. The intense pressure also reduces cooking time by one-third, which saves energy too. It also keeps your kitchen cool, retains more than 50 percent of the vitamins and minerals in your foods — as well as the natural colors — and can cook without oil to reduce fat and calories. The steam pressure breaks down the fibers in food in a very short time, leaving food moist and succulent, with an intense intermingling of flavors.

The beauty of using a pressure cooker is that you can quickly and easily turn almost any type of produce, grain or cut of meat into a fantastic meal. And don't forget about desserts, which can be made in half the time.

If you haven't used a pressure cooker before, my recipe for Pressure Cooker Quinoa Salad is a simple and tasty introduction to this wonderful piece of kitchen equipment.



Depositphoto

**PRESSURE COOKER QUINOA SALAD**  
*(Serves 6)*

Quinoa is a complete protein source that also is high in iron, magnesium and fiber. It has a delicate, slightly sweet and nutty flavor, and easily can be used in any recipe that calls for rice or pasta.

Quinoa has a natural coating, called saponin. Saponin can make the cooked grain taste bitter if it isn't rinsed thoroughly just before cooking. Boxed quinoa is often pre-rinsed, but it's best to rinse it again. Toasting quinoa after it has been rinsed improves the texture of the grain. You can change this recipe to incorporate your favorite herbs, spices, vegetables and flavorings as desired.

- 1 cup black quinoa, rinsed well
- 1 teaspoon olive oil plus more for drizzling (about 2 table spoons)
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1 1/2 cups of water or broth
- 1 large lime or lemon, zested and juiced
- 1 1/2 cups of chopped, raw vegetables (bell pepper, purple onion, celery, avocado, cucumbers, tomatoes, etc.)

1. Measure 1 cup of quinoa and place into a fine-mesh strainer. Rinse thoroughly with cool water for about 2 minutes, rubbing and swishing the quinoa with your hand. Drain.

2. Heat the olive oil in the pressure cooker pot (without the lid) over medium-high heat. Add the drained quinoa, salt, pepper, garlic powder and cayenne pepper. Cook, stirring, for about 1 minute to let the water evaporate and to toast the quinoa and the spices. Add the water or broth, mixing well.

3. Close and lock the lid according to manufacturer's instructions. Turn heat to high; when pressure is reached, lower the heat and cook for 1 minute at high pressure (or 2 minutes at low pressure). To release the pressure, turn off heat and wait 10 minutes for steam to release naturally. Then release the remaining pressure by carefully opening the valve. (Even if you hear the pressure releasing completely before the 10 minutes are up, do not remove the lid.)

4. When the time is up, remove the lid and fluff the quinoa gently with a fork. Toss quinoa with the zest, juice, vegetables and a drizzle of olive oil.

\*\*\*

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

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### 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.

### SEEKING RESPONSIBLE DOG LOVERS TO PROVIDE FOSTER CARE

The Little Rhodie Bully Breed Club, a RI based non-profit group, is seeking caring, responsible dog lovers to provide foster care for bully breed & bully breed mix dogs while they await adoption into their forever homes. We are also seeking volunteers to assist with fundraising and educational events. For more information, please contact Susan Parker, President of the Little Rhodie Bully Breed Club, 823-8851.

### 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

### YOGA CLASS AT WEST WARWICK SENIOR CENTER

The West Warwick Senior Center, 145 Washington Street, West Warwick is offering a Yoga Class on Wednesdays from 11AM-12PM. Cost is \$5 per class. Call 822-4450 for more information.

### FREE FELLOWSHIP DINNER AT CORNERSTONE OF FAITH UMC

Cornerstone of Faith UMC, 1081 Main Street, Coventry, will hold a Free Fellowship Dinner on the last Saturday of each month at 5PM. Please call 821-1931 for more information.

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## Help Wanted

## Help Wanted

## Help Wanted

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## Childcare



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- ACROSS**
- 1 One of the kin
  - 4 Genie's home
  - 8 Green or Rogen
  - 12 Noshed
  - 13 Bloodhound's clue
  - 14 Temptation
  - 15 Cribbage scorer
  - 16 Unescorted
  - 17 Belligerent deity
  - 18 Insignificant sum
  - 21 Still
  - 22 Last letter
  - 23 Pollster's find
  - 26 Moment
  - 27 Moo goo gai pan pan
  - 30 Deception
  - 31 Solidify
  - 32 Marathon fraction
  - 33 Mel of Cooperstown
  - 34 "Family Guy" aier
  - 35 Annie's dog
  - 36 Botheration
  - 37 Erstwhile
- DOWN**
- 1 Fools
  - 2 Thing
  - 3 Genesis maker
  - 4 Hung lazily
  - 5 Take as one's own
  - 6 Stereo fore-runner
  - 7 Tavern snack
  - 8 Chalkboard
  - 9 Continental coin
  - 10 Almond or pecan
  - 11 Pianist Dame Myra
  - 19 Bobcat kin
  - 20 Early nuclear
- acorn org.  
 38 Universe  
 45 Vicinity  
 46 Greek vowel  
 47 Court  
 48 Inmates  
 49 Watchful one  
 50 Drag along  
 51 Dangling site  
 52 Whodunit writer Paretsky  
 53 Vast expanse
- 23 However, in verse  
 24 Deterioration  
 25 Dine on  
 26 Driver's license datum  
 27 Triumph  
 28 Bygone  
 29 Crucial  
 31 Treasure seekers in a 1985 movie  
 32 Create  
 34 Rx watchdog grp.  
 35 About 30 percent of Africa  
 36 Lower in rank  
 37 Playful water critter  
 38 Endorse  
 39 Press  
 40 Heredity unit  
 41 "The Third of May 1808" painter  
 42 They give a hoot  
 43 Libertine  
 44 Relaxing practice

1	2	3		4	5	6	7		8	9	10	11
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48					49					50		
51					52					53		

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## MAGIC MAZE ● — FEET

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

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

- Acre
- Board
- Cloven
- Cold
- Crow's Cubic
- Drag your Flat
- Happy
- On your Pigs'
- Tender
- Two left
- Webbed
- Square

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Answers

Across: 1. KIN, 4. GENIE, 8. ROGEN, 12. NOSH, 13. CLUE, 14. TEMPTATION, 15. SCRIBBAGE, 16. UNESCORTED, 17. BELLIGERENT, 18. SUM, 21. STILL, 22. LAST, 23. FIND, 26. MOMENT, 27. MOOGAIPAN, 30. DECEPTION, 31. SOLIDIFY, 32. FRACTION, 33. MEL, 34. AIR, 35. ANNIE, 36. BOTHERATION, 37. ERSTWHILE, 38. UNIVERSE, 45. VICINITY, 46. VOWEL, 47. COURT, 48. INMATES, 49. WATCHFUL, 50. DRAG, 51. DANGLE, 52. PARETSKY, 53. EXPANSE, 23. VERSE, 24. DETERIORATION, 25. DINE, 26. DATUM, 27. TRIUMPH, 28. BYGONE, 29. CRUCIAL, 31. MOVIE, 32. CREATE, 34. GROUP, 35. AFRICA, 36. RANK, 37. CRITTER, 38. ENDORSE, 39. PRESS, 40. UNIT, 41. PAINTER, 42. HOOT, 43. LIBERTINE, 44. PRACTICE

Down: 1. FOOLS, 2. THING, 3. MAKER, 4. LAZILY, 5. OWN, 6. RUNNER, 7. SNACK, 8. CHALKBOARD, 9. COIN, 10. PECAN, 11. DAME, 19. BOBCAT, 20. NUCLEAR, 23. HOWEVER, 24. DETERIORATION, 25. DINE, 26. DATUM, 27. TRIUMPH, 28. BYGONE, 29. CRUCIAL, 31. MOVIE, 32. CREATE, 34. GROUP, 35. AFRICA, 36. RANK, 37. CRITTER, 38. ENDORSE, 39. PRESS, 40. UNIT, 41. PAINTER, 42. HOOT, 43. LIBERTINE, 44. PRACTICE

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**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](http://travel.state.gov)

**LAKE MISHNOCK VOLUNTEER FIRE CO. SEEKING VOLUNTEERS**  
 The Lake Mishnock Volunteer Fire Company is accepting applications for First Responders, Firefighters and EMT's and those who would like to help the community in a 9-1-1 setting. Are you that person? You could be. Please call 397-7353 for more information.

**ST. FRANCIS EPISCOPAL CHURCH CORNED BEEF DINNER**  
 St. Francis Episcopal Church, 132 Peckham Lane, Coventry, will hold their Annual Corned Beef Dinner on March 11. Tickets are \$12/adult, \$6/child & children under 5 are our guests. Call Cindy at 397-4337 for reservations.

**LIBRARIES OF FOSTER STORYTIMES**  
 TYLER FREE LIBRARY offers Storytimes every Wednesday at 10AM for infants-2 1/2 year olds and at 10:45AM for 3-5 year olds.

**GREENE PUBLIC LIBRARY HOURS**  
 Hours at the Greene Public Library, 179 Hopkins Hollow Road, Greene, are as follows: Tuesday & Thursday 3-7PM, Wednesday, Friday & Saturday, 9AM-1PM. Please call 397-3873 for more information.

**IGA RECEIPTS FOR LIBRARIES OF FOSTER**  
 The Libraries of Foster are still collecting IGA grocery receipts. They are able to put them to good use.

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 — Brenda Weaver  
 Source: [nationalrosegarden.com](http://nationalrosegarden.com)

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\*\*\*  
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—Mahatma Gandhi  
\*\*\*

\*\*\*  
Mankind are greater gainers by suffering each other to live as seems good to themselves, than by compelling each to live as seems good to the rest.  
—John Stuart Mill  
\*\*\*

\*\*\*  
I always felt that the great high privilege, relief and comfort of friendship was that one had to explain nothing.  
—Katherine Mansfield  
\*\*\*

**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.wvlibrary.org 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.

**FREEMASONS TO COLLECT HOSPITAL SUPPLIES**  
The Freemasons are collecting many types of hospital supplies that may be loaned to residents of RI at no charge. Call 246-0865 or 453-4650 for pick-up or delivery.

**NIGHTTIME STORY HOUR AT GREENE PUBLIC LIBRARY**  
Greene Public Library, 179 Hopkins Hollow Road, Greene, invites children ages 3-8 to the Library every Tuesday night at 5:30PM for "Bathrobes & Books: A Nighttime Story Hour". Children are welcome to come ready for bed.... pajamas, slippers & all, to enjoy a story & craft with friends and family. Please call 397-3873 or email pfacker@coventrylibrary.org for more information and/or to register.

**NEW HORIZONS CENTER FOR EQUINE ASSISTED THERAPY NEEDS VOLUNTEERS**  
New Horizons Center for Equine Assisted Therapy is seeking volunteers as side walkers. They are located at Cornerstone Farm, 86 Foster Center Road in Foster. Please call 397-9242 or visit ridenewhorizons.org for more information.

**"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.

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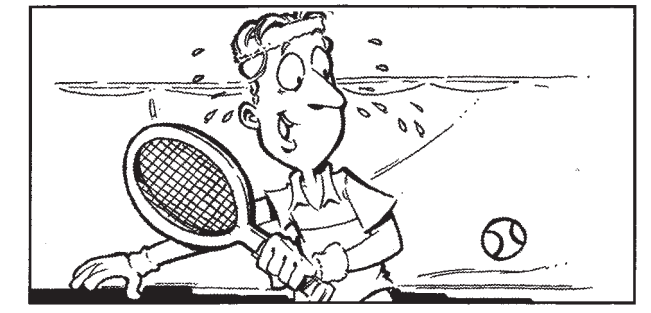
**Warwick:** Water view, 3 bed, 2.5 bath colonial, open layout, huge decks/3 sliders, garage, sprinklers, double lot, \$304,900

**Foster:** 4 bed, 2 bath log home, stone FP, copper kitchen, sunroom, C/A, garage, pool, 1.14 acres, walking trails, \$297,000

**Coventry:** 3 bed ranch, hardwoods, one car garage, corner lot, great convenient area, new septic being installed, \$184,900

**Glocester:** Spacious 3 bed, 2 bath ranch, hardwoods, stone fireplace, part finished lower, 1.7 wooded acres, \$245,000

**West Warwick:** 2 bed, 1.5 bath end unit town house, FP, lots of closets/storage, new gas furnace, shed, patio, \$179,900



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## TOP VIDEO RENTALS AND SALES

### Top 10 Movies On Demand

1. **Inferno** ..... (PG-13)  
Tom Hanks
2. **The Girl on the Train** ..... (R)  
Emily Blunt
3. **The Accountant** ..... (R)  
Ben Affleck
4. **Deepwater Horizon** ..... (PG-13)  
Mark Wahlberg
5. **Keeping Up With the Joneses** ..... (PG-13)  
Zach Galifianakis
6. **The Light Between Oceans** ..... (PG-13)  
Michael Fassbender
7. **Sully** ..... (PG-13)  
Tom Hanks
8. **The Secret Life of Pets** ..... (PG) animated
9. **Ouija: Origin of Evil** .... (PG-13)  
Elizabeth Reaser
10. **Hell or High Water** ..... (R)  
Chris Pine

### Top 10 DVD, Blu-ray Sales

1. **Inferno** ..... (PG-13)  
Sony
2. **The Secret Life of Pets** ..... (PG)  
Universal
3. **Suicide Squad** ..... (PG-13)  
Warner Bros.
4. **The Accountant** ..... (R)  
Warner Bros.
5. **Deepwater Horizon** ..... (PG-13)  
Lionsgate
6. **The Girl on the Train** ..... (R)  
Universal
7. **Sherlock: Season Four** .. (TV-14)  
BBC Home Entertainment
8. **Jason Bourne** ..... (PG-13)  
Universal
9. **Sully** ..... (PG-13)  
Warner Bros.
10. **Storks** ..... (PG)  
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Source: ComScore

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# THE REMINDER'S SPRING HOME & GARDEN GUIDE

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## Your Yard

### Keep Safety In Mind When Using Your Snow Thrower

(NAPS)—When snowflakes pile up, knowing how to use your snow thrower safely is an important responsibility.

"A snow thrower is indispensable during the winter for home and business owners," said Kris Kiser, the president and CEO of the Outdoor Power Equipment Institute (OPEI). "But remember, never put your hand in the auger or chute of a snow thrower to clear a blockage. You should always use a clean-out tool to remove snow or debris that gets stuck in your snow thrower."

Kiser offers 10 tips to help you operate snow removal equipment safely:

**Look over the owner's manual.** Remember to review your owner's manual for safe handling procedures. Most manuals can be found online, too.

**Clear pathways and drive-ways ahead of a storm.** Heavy snowfall can hide objects that could clog the chute or damage your equipment. When snow is forecast, clear the area of doormats, sleds, boards, wires and other debris before flakes fall.

**Have the right fuel on hand.** Use the correct fuel recommended by your equipment's manufacturer. Buy fuel ahead



**Snow thrower safety can be simpler if you heed 10 cool tips.**

of a storm. And remember, it is illegal to use any fuel containing more than 10 percent ethanol in any outdoor power equipment, including snow throwers, unless specified for that equipment. For more on fueling properly, see [www.LookBeforeYouPump.com](http://www.LookBeforeYouPump.com).

**Store and use fuel properly.** Always store fuel in authorized containers. Avoid spills by using containers with spouts. Fill up the fuel tank outside and before you start the engine and while the engine is cold. Never add fuel to a running or hot engine.

**Set up a safe work zone.** Do not operate your snow thrower close to people and pets. Keep bystanders, children and animals out of your work area. Nev-

er throw snow toward people or cars. Don't let anyone stand in front of your snow thrower.

**Know your energy level.** Excessive vibration, noise, emissions and uncomfortable positions may cause fatigue. Take frequent rests.

**Know how to operate controls.** Review safe handling procedures for equipment, including how to stop the snow thrower quickly and immediately. If you need to remove debris or unclog the chute, always turn off your snow thrower first.

**Ensure safety guards are functioning.** Never remove safety guards and always keep your equipment in good working order.

**Never operate your snow thrower without good visibility or light.** Keep a strong footing and firm hold on the handles. Wear safety glasses, warm clothing, and heavy footwear that can handle slippery surfaces. Eye, hearing or head protection gear may be needed.

**Use extreme caution on slopes and hills.** Do not attempt to clear steep slopes. Use caution when changing directions on slopes with your snow thrower.

**Learn More**  
 Further safety tips and information are at [www.opei.org](http://www.opei.org).

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**Business Corner**  
A Menu That Features Opportunity

(NAPSA)—There's good news for those who think owning a franchise restaurant operation is a recipe for success.

An established franchising program is seeking experienced restaurateurs to open and operate new restaurants. Applicants must meet specific financial requirements.

The chain—called Perkins Restaurant and Bakery—prides itself on offering an opportunity



An established franchising program is seeking experienced restaurateurs to open and operate new restaurants.

for success fed by multiple revenue streams (breakfast, lunch and dinner plus a bakery) that are active during all parts of the day.

The company has numerous locations and a strong brand presence across North America, a comprehensive training program that covers recipes and preparation, operational procedures, guest service and more, and a well-established supply chain that focuses on cost control and quality products.

To learn more, visit [www.perkinsrestaurants.com](http://www.perkinsrestaurants.com).

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Now here's a tip! by Jo Ann Derson

- Seat warmers are for more than cold bottoms: The next time you pick up a pizza, turn on your seat warmer to keep your pie from getting cold on the ride home!
- "My kids love snack crackers, but they can be easy to overdo. When I buy a box, I go ahead and portion them out into snack-size zip-lock baggies. Then the kids can grab a bag and won't just keep eating out of habit (and spoil their supper)." — *O.V. in New Mexico*
- A beaded necklace can make a fun imprint on the edges of your pie crust. Then, to help your pie crusts hold their shape in the oven, try freezing them for 30 minutes before filling.
- For great-looking candles, use a plain nylon stocking to buff out smudges, nicks and fingerprints. This works especially well on white or cream-colored candles, which can pick up all sorts of ugly-looking soot stains.
- "Use a tab pulled off a soda can to double hang items in your closet. Simply thread the soda tab onto the hanger hook, and put the hook of a second hanger through the bottom hole. This is a great idea for hanging outfits together." — *W.P. in Washington*
- "With two teenagers and all their friends, as soon as the snacks come home, they seem to disappear. Well, here's the trick to hiding food in plain sight: I stash candy bars in a whole-wheat noodle package. There are ice-cream sandwiches in a bag that used to hold frozen spinach. Also, chips stay nicely in an old-fashioned oatmeal container on a high shelf." — *A.R. in Missouri*

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.  
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**Moments in time**  
THE HISTORY CHANNEL

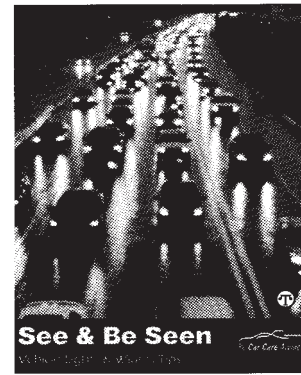
- On **March 1, 1692**, in Salem Village in the Massachusetts Bay Colony, authorities begin seeking out witches after two children began experiencing fits. After a doctor concluded that the children were suffering the effects of witchcraft, others stepped forward and incriminated more than 150 women and men of Satanic practices.
- On **March 5, 1770**, a mob of American colonists gathers at the Customs House in Boston and begins taunting British soldiers. The British regulars responded by firing their rifles, killing five colonists. Later, two British soldiers had their thumbs branded with an "M" for murder as punishment.
- On **Feb. 27, 1922**, in Washington, D.C., the 19th Amendment to the U.S. Constitution, giving women the right to vote, is unanimously declared constitutional by the U.S. Supreme Court.
- On **March 4, 1933**, at the height of the Great Depression, Franklin Roosevelt is inaugurated as the 32nd president of the United States. In his inaugural address, Roosevelt outlined his "New Deal," an expansion of the federal government as an instrument of employment opportunity and welfare.
- On **March 3, 1952**, the U.S. Supreme Court upholds a New York state law that prohibits communists from teaching in public schools. The statute applied to anyone who called for the overthrow of the government.
- On **March 2, 1966**, the Ford Motor Company celebrates the production of its 1 millionth Mustang, a white convertible. More than 400,000 Mustangs were sold in the first year, perhaps boosted by its appearance in the James Bond movie "Goldfinger."
- On **Feb. 28, 1982**, the J. Paul Getty Museum becomes the world's most richly endowed museum when it receives a \$1.2 billion bequest from the American oil billionaire. Getty died in 1976, but legal wrangling over his fortune by his children and ex-wives kept his will in probate until 1982.

**Be Car Care Aware**

**Lights, Wipers: Keys To Seeing And Being Seen**

(NAPS)—When the days get shorter, lights and wipers play a major role in safe driving, as the chance of an accident increases if you can't see or be seen.

"It's important to make sure your vehicle's lights and wipers are working properly so your visibility is not compromised and you can be seen by others," explained automotive expert Rich White. "From the driver's seat, you may not notice a light that isn't working, so inspect all of your car's lights and replace those that are out. Also, inspect and replace wiper blades so you can see clearly when wet weather hits."



**See & Be Seen**  
For safety's sake, it's a bright idea to regularly check your car's lights and windshield wipers so you can see and be seen.

**Learn About Lights**  
Lights are normal-wear items that require periodic inspection and replacement. The lighting system provides nighttime visibility; signals and alerts other drivers; and supplies light for viewing instruments and the vehicle's interior. You should replace dimming, rapidly blinking and non-functioning lights. In addition, here are four tips that can help keep you safe.

- **Keep headlights, tail-lights and signal lights clean.** External dirt and debris can dim operational lights and keep them from being seen easily.
- **Make sure your headlights are properly aimed.** Misaimed headlights blind other drivers and reduce your ability to see the road.
- **If there's any doubt about whether your headlights should be on, turn them on.** They not only help you see better in dim light, they make it easier for other drivers to see you.
- **Don't overdrive your headlights.** You should be able to stop inside the illuminated area; otherwise, you're creating a blind crash area in front of your vehicle.

**What To Know About Wipers**

The wiper system keeps excessive water, snow and dirt from building up on the windshield, maintaining clear visibility. Many factors can accelerate the replacement interval of wipers, including operating conditions, frequency of use, material and type of wipers, and sunshine. Wiper blades can deteriorate faster and need more frequent replacement if you drive a lot in dry places. Remember to check the rear window wiper blade, too.

Added White, who's executive director, Car Care Council, "Keeping your vehicle's lights properly cared for and replacing wiper blades periodically will help ensure a safer ride, keeping the road ahead well lit and giving you a clear view."

The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers. For a free copy of the council's popular "Car Care Guide" or for more information, visit [www.carcare.org](http://www.carcare.org).

**THE ORDER OF SONS OF ITALY IN AMERICA, VINCE LOMBARDI LODGE #2357, 41ST ANNUAL SERVICE AWARD DINNER DANCE**

The Order of Sons of Italy in America, Vince Lombardi Lodge #2357, will celebrate their 41st Anniversary by hosting their Annual Dinner Dance Fundraiser at Ralph's, 1418 Plainfield Pike in Cranston, on March 4. Cocktails at 6PM, followed by dinner at 7PM. The 2017 Service Award Recipient is Dr. Donna M. Degidio-Raptakis, Ed.D. Tickets are \$35 per person. All are invited. For tickets or more information, call Filomena at 822-0962 or Elaine at 919-2290.

**SEWING PROJECT TO HELP FOSTER KIDS IN RI**

Organizers of The Sewing Project to Help Foster Kids are looking for volunteers to sew kid-friendly pillowcase bags for foster children. When a child is taken from a home that has been deemed unsafe by DCYF (Dept. of Children, Youth & Families), the child may take only a small amount of toys, clothes, and personal belongings. Many times, DCYF workers just don't have enough suitcases to use, so when a child arrives at a Crisis Center, Group Home or Foster Home, many times they arrive with literally 1 or 2 large black trash bags full of personal items. Let's change that! This is an ongoing project. Work at your own pace. For more information, contact Hollie at 385-9876 or [holliegal@verizon.net](mailto:holliegal@verizon.net)

**LOUTTIT LIBRARY STORYTIME**

Louittit Library, 274 Victory Highway, West Greenwich will hold a storytime with Miss Stephanie on Mondays & Wednesdays at 10:30 AM. This is geared for preschool aged children and their caregivers. No registration necessary. Library Hours are Mondays, Fridays & Saturdays from 10AM-4PM, Tuesday, Wednesday & Thursday from 10AM-8PM. Call the Library at 397-3434 for additional information.

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**A Sporting view** by Mark Vasto

Brady the Best Ever? Roger That

If you've done a little studying in your life, you know that there are abstract concepts you can ponder (think Descartes) and cold, hard facts (I was told there would be no math, however). The scientific method teaches us that we learn by observing. So, by any measure, if you watched Super Bowl 51, you witnessed something that can only be called irrefutable in the truest, most classic form of the word: Thomas Edward Patrick Brady Jr. is the greatest quarterback to ever play the game of football, in any era, in any stadium, in any game, for any team, ever.

I don't know what it is about the New England Patriots that inspires every coach not named Tom Coughlin to shave hundreds of IQ points off their cerebrum in the fourth quarter of the Super Bowl. This bewildering tendency to just do the stupidest things imaginable with the Patriots on the ropes is almost as awe-inspiring as Brady's leveling up in response each time. The Seahawks passing instead of running? The Falcons acting like they smoked legal weed at halftime? It almost looks like the equivalent of Ali knocking out Sonny Liston without laying a glove on him.

Either way, Brady is the greatest of all time. This cannot be disputed any longer. Five Super Bowl rings will tend to work in your legacy's favor. It's a matter of record that I called for a Falcons-Patriots Super Bowl, and I have the texts to prove that I believed the smart money was on the Patriots to win and cover the spread, beating the over.

But like anyone who grew up a Giants fan and can't stand seeing Ben Affleck any more than I absolutely must, I was pulling for the Falcons. It's a great franchise, headed up by a great owner, led by Matt Ryan, the rightful MVP. The people and fans of Atlanta are championship starved, and on any other Sunday, against any other team, they would be coming home with the hardware.

But how could you not root for Brady in the final minutes of the fourth quarter? In overtime? After his 60th passing attempt? And how could you not smirk along with him as Roger Goodell — possibly the worst commissioner in organized sports history, the guy that stupidly suspended the league's only real marquee star over a few ounces of missing air — had to hand the Lombardi Trophy to him? If your life depended on it, could you imagine starting any other quarterback?

Baby Boomers and subsequent generations have witnessed some of the greatest players and athletes of all-time. We've seen Kareem Abdul-Jabbar, Jordan, Gretzky, Howe, Bonds, Ali, Federer, Nicklaus, Woods, Serena Williams ... and now we can say we saw Tom Brady. And nobody summed it up better than the man himself. "I've been labeled a cheater. I've been suspended. My mom is dealing with cancer. I've been ripped for my Donald Trump friendship. I'm playing the Super Bowl against the MVP of the league (Matt Ryan). I was a sixth-round pick, No. 199. Nothing is easy. Nothing is handed to me. I'm going to do what I set out to do in this league from the start. And that is become the greatest quarterback that ever played."

Greatest quarterback to ever play the game? Absolutely. Roger that. You bet your life.

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

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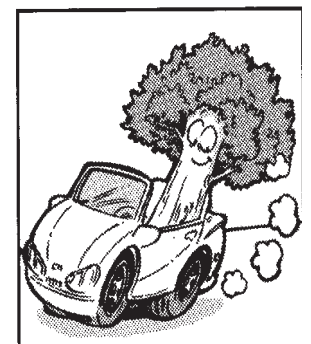
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C	C	L	O	L	E	O	H	V	E	V	E	E
6	8	4	6	5	4	8	7	6	7	4	7	2
O	A	J	L	A	O	R	R	L	C	Y	O	E
4	5	2	6	8	6	7	8	7	4	3	6	4
I	W	I	E	N	G	M	N	E	S	R	E	Y
7	6	7	5	2	8	3	2	3	7	2	7	8
O	B	B	A	S	E	A	F	B	S	O	T	W
5	7	5	3	4	7	5	8	3	5	4	8	6
Y	A	T	O	O	C	O	S	U	S	U	K	O
2	6	7	8	7	8	7	8	6	8	5	4	3
R	U	L	I	E	L	S	L	N	S	U	R	N
6	5	3	2	4	5	2	5	2	5	2	3	5
D	C	D	E	S	C	V	E	E	E	R	S	D

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 to right. Then read the message the letters under the checked figures give you.

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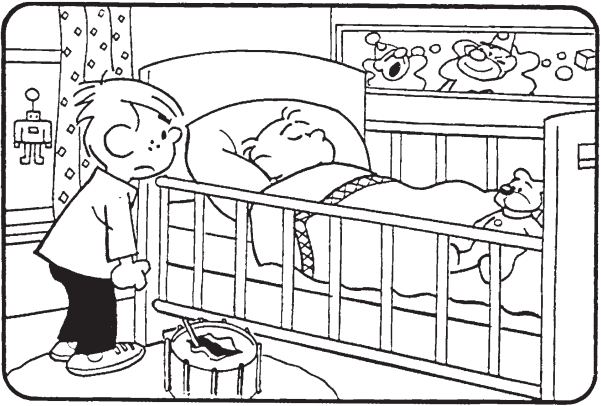
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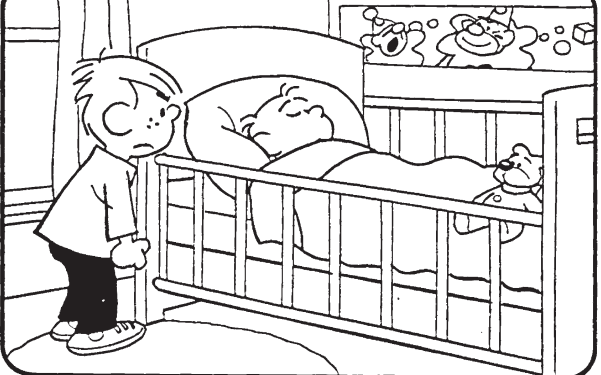
Find at least six differences in details between panels.

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Differences: 1. Robot is missing. 2. Curtain is different. 3. Drum is missing. 4. Bedcover hem is missing. 5. Frame is missing. 6. Teddy bear is smaller.

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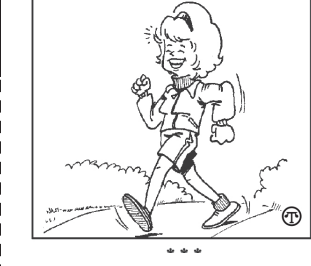
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**COVENTRY PUBLIC LIBRARY PRESENTS...**  
Coventry Public Library, 1672 Flat River Road, Coventry, will host an Introductory Lesson in researching your genealogy on March 7 at 7PM. Trish Woodard-Harmon, President of the RI Genealogical Society will be presenting this lesson. A follow-up lesson will be held on March 16 highlighting techniques to use on the Internet. Please bring your laptop and/or tablet to the follow-up lesson. Please call Jane at 822-9104 or email js@coventrylibrary.org to register or for more information.

**SUMMIT BAPTIST CHURCH ANNUAL CORNED BEEF & CABBAGE DINNER**  
Summit Baptist Church, 1176 Victory Highway, Greene, will hold their Annual Corned Beef & Cabbage Dinner on March 11 at 5PM. Donation is \$12/person, children (ages 6-12) \$6, 5 years & under are guests of the Church. Call 397-7069 or 392-0232 for reservations/tickets.

**GLORIA HARRINGTON 17TH ANNUAL CHILI NIGHT**  
The Greene Public Library, 179 Hopkins Hollow Road, Greene will hold the 17th Annual Gloria Harrington Chili Night on February 25 from 6-8PM. Bring a pot of your favorite chili or just come by and see who makes the best chili in Greene. Suggested donation is \$7.50/adult & \$3/child. Chili cooks enter for free.

**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 February 22 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. As usual, this meeting will allow our members & guests to network, tell fishing and fly tying tales of the cold winter months & other stories of interest. After a short meeting, the Chapter is pleased to welcome Corey Pelletier, RIDEM Fish & Wildlife, Fisheries Biologist, Habitat Conservation. He will be joined by Allan Libby, RIDEM Fish & Wildlife, Principal Freshwater Biologist. For additional information, please contact Chapter President Glenn Place at 225-7712 or GlennPlace83@gmail.com

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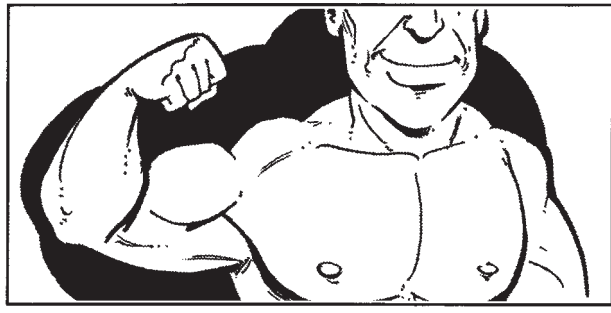
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(NAPS)—With winter fast approaching, outdoor enthusiasts are gearing up for hunting and ice fishing. Traditional hunting camps and ice fishing shanties have gone hi-tech with the use of phones, tablets, TVs, fish finders and microwaves—powered by portable generators.



**A quiet, lightweight, portable generator can make your outdoor adventures more fun and more comfortable.**

According to the experts at Honda Power Equipment, which produces some of the quietest, most dependable generators, most first-time generator buyers purchase a model based strictly on how many watts they can get for the least amount of money.

"Getting the most from a portable generator at your favorite outdoor activity starts with estimating real needs and electrical requirements," said Tom Pernice, Honda Power Equipment. For key applications such as lights, refrigerators and battery charging, a 1,000-watt generator is a good choice. When powering appliances such as heaters, hair dryers, Crock-Pots and toasters, select a 2,000-watt model. When it comes to powering multiple devices, consider a 3,000-watt (or larger) generator. More information is available at <http://powerequipment.honda.com/generators/wattage-calculator>.

"Beyond basic power requirements, there are other factors to consider when choosing a generator," added Pernice. Evaluate features such as quiet operation, running times, portability, an easy-starting engine and inverter technology (providing stable, consistent power).

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## COVENTRY PUBLIC LIBRARY

### EVENING STORYTIMES

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

### CUB SCOUTS

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

### 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.wvlibrary.org](http://www.wvlibrary.org) 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.

### FREEMASONS TO COLLECT HOSPITAL SUPPLIES

The Freemasons are collecting many types of hospital supplies that may be loaned to residents of RI at no charge. Call 246-0865 or 453-4650 for pick-up or delivery.

### NIGHTTIME STORY HOUR AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene, invites children ages 3-8 to the Library every Tuesday night at 5:30PM for "Bathrobes & Books: A Nighttime Story Hour". Children are welcome to come ready for bed.... pajamas, slippers & all, to enjoy a story & craft with friends and family. Please call 397-3873 or email [pfacker@coventrylibrary.org](mailto:pfacker@coventrylibrary.org) for more information and/or to register.

### NEW HORIZONS CENTER FOR EQUINE ASSISTED THERAPY NEEDS VOLUNTEERS

New Horizons Center for Equine Assisted Therapy is seeking volunteers as side walkers. They are located at Cornerstone Farm, 86 Foster Center Road in Foster. Please call 397-9242 or visit [ridenewhorizons.org](http://ridenewhorizons.org) for more information.

### "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.

### LOUTTIT LIBRARY STORYTIME

Louittit Library, 274 Victory Highway, West Greenwich will hold a storytime with Miss Stephanie on Mondays & Wednesdays at 10:30 AM. This is geared for preschool aged children and their caregivers. No registration necessary. Library Hours are Mondays, Fridays & Saturdays from 10AM-4PM, Tuesday, Wednesday & Thursday from 10AM-8PM. Call the Library at 397-3434 for additional information.

### SEWING PROJECT TO HELP FOSTER KIDS IN RI

Organizers of The Sewing Project to Help Foster Kids are looking for volunteers to sew kid-friendly pillowcase bags for foster children. When a child is taken from a home that has been deemed unsafe by DCYF (Dept. of Children, Youth & Families), the child may take only a small amount of toys, clothes, and personal belongings. Many times, DCYF workers just don't have enough suitcases to use, so when a child arrives at a Crisis Center, Group Home or Foster Home, many times they arrive with literally 1 or 2 large black trash bags full of personal items. Let's change that! This is an ongoing project. Work at your own pace. For more information, contact Hollie at 385-9876 or [holliegal@verizon.net](mailto:holliegal@verizon.net)

### MOMS FOR MOMS

You can make a difference with just ONE HOUR a week! Moms for Moms/Families First RI helps pregnant women and new mothers deal with an enormous transition by matching them with trained volunteers who are mothers themselves. The program provides emotional and social support and strives to connect new moms to resources within their own communities. We will train you and provide supervisory support to all volunteers. For more information, call 383-9933 or email [admin@familiesfirstri.org](mailto:admin@familiesfirstri.org)

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2. Vaccinations
3. Cash
4. Credit Cards
5. Cars/Houses
6. Bar soap
7. Deodorant
8. Cereal
9. Diamonds
10. Cable TV

Source: SFGATE

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# Entertainment

**Celebrate President's Day!**

## Lobster & Meat Raffle

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 Early bird bonus ticket if you purchase before 1pm  
**Raffle begins at 1pm**

Raffle prizes will vary and may include other items.

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### FRIDAY FISH FRY RETURNS!

**All New Menu**

Fish & Chips ..... \$7.95  
 Baked Scrod ..... \$8.50  
 Fried Shrimp ..... \$9.50  
 Fried Scallops ..... \$9.50

All of the above include fries or baked potato, cup of chowder, salad, bread & butter

Fried Chicken ..... \$6.95  
 Includes fries or baked potato & salad

**Call for Take out!**

Open 5pm-8pm Every Friday through April 14th

**The Mishnock Barn** **WiFi**

200 Mishnock Rd., West Greenwich, RI  
[www.mishnockbarn.com](http://www.mishnockbarn.com)

### Weekly Dance Schedule

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

<b>Monday*, Tuesday &amp; Wednesday</b>	<b>Beginner Dance Lessons &amp; Requests</b> Doors Open at 7pm • Lessons at 7:30pm	<b>\$10</b>
<b>Friday &amp; Saturday</b>	<b>Dance Lessons &amp; Requests</b> Doors Open at 7pm Lessons at 8:00pm	<b>\$10</b>
Every 1st Thursday of the Month Doors Open 7pm Band Starts at 8pm	<b>"Mishnock All Stars" Thursday Night Rocks!</b> Dancing to DJ and Bands	<b>No Cover</b>



**ARIES** (March 21 to April 19) The adventurous Aries won't be disappointed with taking on a new challenge, despite some initial misgivings. Look for this move to open other opportunities down the line.

**TAURUS** (April 20 to May 20) Let that beautiful Bovine smile not only put you at ease, but also show that you're ready, willing and more than able to confound the naysayers around you. A new admirer has important news.

**GEMINI** (May 21 to June 20) Be careful how you handle a relationship that you're hoping to save. You already have the facts on your side. Avoid weakening your position by embellishing it with unnecessary dramatics.

**CANCER** (June 21 to July 22) Taking definitive stands isn't easy for the often-wavering Moon Child. But you not only need to stay with your decision, but also reassure others it was the right thing to do.

**LEO** (July 23 to August 22) As a proud Lion, you're right to be upset about those who might be lying about you to others. But the best revenge is proving them wrong by succeeding at what you set out to do.

**VIRGO** (August 23 to September 22) Caution is still advised before making a financial commitment to a "promising" project. Look for the facts behind the fluff. Devote the weekend to loved ones.

**LIBRA** (September 23 to October 22) A Taurus offers comfort and advice as you deal with an upsetting event. Use this as a learning experience that will help you avoid similar problems in the future.

**SCORPIO** (October 23 to November 21) A romantic situation creates some chaos for single Scorpions. But it's well worth the effort to work things out. A trusted friend can offer some helpful advice.

**SAGITTARIUS** (November 22 to December 21) Expect to make new friends as your social circle expands. Also, remember to tell that family member how proud you are of his or her achievements.

**CAPRICORN** (December 22 to January 19) New ventures continue to be favored. And with your self-confidence rising all the time, you'll want to see how well you can do with a new challenge. So, go to it.

**AQUARIUS** (January 20 to February 18) This is a good time for the usually "serious-minded" Aquarian to let loose and enjoy some fun times. Expect to get good news about a workplace issue.

**PISCES** (February 19 to March 20) Changed plans might upset some people, but your needs should be respected. Offer explanations when necessary. But don't let yourself be talked into changing your decisions.

**BORN THIS WEEK:** You have a gift for bringing people together. You would make a fine judge or counselor.

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\*\*\*  
**Courage is the first of human qualities because it is the quality which guarantees all others.**  
 —Winston Churchill  
 \*\*\*

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Hey... I know That Song!



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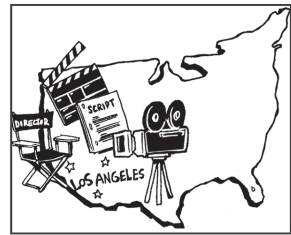
Bob Fleury • Steve Powers • Pete Stevens  
 at On the Roch's this Friday, February 24th  
**8:00pm - Midnight**



1. Split (PG-13) James McAvoy, Anya Taylor-Joy
  2. Rings (PG-13) Matilda Anna Ingrid Lutz, Alex Roe
  3. A Dog's Purpose (PG) Josh Gad, Dennis Quaid
  4. Hidden Figures (PG) Taraji P. Henson, Octavia Spencer
  5. La La Land (PG-13) Ryan Gosling, Emma Stone
  6. Resident Evil: The Final Chapter (R) Milla Jovovich, Iain Glen
  7. Sing (PG) animated
  8. Lion (PG-13) Dev Patel, Nicole Kidman
  9. The Space Between Us (PG-13) Gary Oldman, Asa Butterfield
  10. xXx: Return of Xander Cage (PG-13) Vin Diesel, Donnie Yen
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**HALL FOR RENT:** Coventry Men's Club available for Bachelor Parties, Weddings, Birthdays, Retirement Parties, Etc. Menu available. Call 385-3536 after 2PM for more information.

**GREAT DEAL! CHOWDER & CLAMCAKES!** Sons of the American Legion, Squadron #2, 2 Legion Way, West Warwick, will offer Chowder & Clamcakes on February 24 from 12-7PM. Cost is only \$6 per serving. \*\*The Monthly Rib Eye Steak Fry will be back Starting May 12, 2017.



Filmmakers began to arrive in the Los Angeles area around 1905. They were drawn by the favorable climate and a variety of natural scenery. The first movie was made there in 1909.

**REMINDER COUPON**

## THE OLDE THEATER DINER

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**20% OFF\***

**BREAKFAST**

Valid Monday-Friday 7am-3pm  
 \*Must order from Breakfast Menu

\*One coupon per check, per visit. Not valid with any other coupon or offer. Gratuity not included. Must purchase one beverage per person. \* Coupon does not discount taxes, alcohol and beverages. Expires 3/28/17

Everyday

**BUY 2 PIZZAS GET 3RD FREE**

TAKE OUT ONLY!  
 Must be same size of equal or lesser value  
 Excludes special offers. Cannot be combined with any other offer.  
 Must have coupon - Expires 3/28/17

Pagliarini's Homestyle Pizza



**Pag's Pizza**

Cowesett Plaza  
 289 Cowesett Ave., West Warwick  
**822-0690**

**Large Square Cheese Pizza \$9.99**

Available Toppings \$1.50 ea.  
 \*Pepperoni, Sausage, Meatballs, Mushrooms, Olives, Onions, Peppers, Spinach

With this coupon | one coupon per visit | expires 3/9/17

## THE OLDE THEATER DINER

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

Breakfast Coupon Extravaganza!

Buy One **FREE** Get One

**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.

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**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.

**WANTED: FOSTER HOMES FOR RESCUE DOGS**

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

**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!

**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.



**Birding BITS** BY Cindy Brook  
*Listening*  
In the early-morning hours, just before light, I stand still in my yard and just listen. In a matter of seconds I hear catbirds, cardinals, titmice, grackles, red-winged blackbirds, wrens, an ovenbird, goldfinches, robins, doves and a red-shouldered hawk. All those birds in a heartbeat of time. What do you hear?

E-mail: [birdingbits@cfl.rr.com](mailto:birdingbits@cfl.rr.com)  
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**Donna's Day** Creative family fun

by Donna Erickson

**Preschoolers Create Art Michelangelo-Style**

What child doesn't love to create art using colorful pencils, paper and pots of paint? As they grow, watch their enthusiasm blossom while they develop new techniques and get inspired by one another and the great masters. Yes, artists like Michelangelo.

Here's a fun, unusual artsy activity to inspire your kids to consider art from an entirely new vantage point when they lie on their back under a chair and draw Michelangelo-style.

First, talk to your children about Michelangelo and how it took him years (1508-1512) to paint the ceiling of the Sistine Chapel in the Vatican in Rome. Thumb through pages in an art book from the library, or grab some images of the Sistine Chapel online to show them examples of one of the most famous painted interior spaces in the world.

Here's where the kids shine. Explain how Michelangelo would lie on his back on a scaffold facing the ceiling, and paint and paint and paint. In dim light. In the heat. In the cold.

Then pull over a kitchen chair and say, "Artists, it's your turn!"

**Here's the stuff you'll need:**

Kitchen chair or bench with a flat

- seat, or low child's play table
- Drawing paper
- Masking tape
- Markers, pencils and crayons

**Here's the fun:**

Tape a sheet of paper to the bottom side of a chair.

Place markers, pencils and crayons within reach to the side of the chair, then prompt your child to wiggle under.

Now go ahead, reach up and create a masterpiece.

**Parenting note:** The kids will no doubt be enthralled. Somehow there's a real intimacy between the art and the creator that doesn't quite happen out in the open with a desk and chair. Try it. You'll see!



Tip: If your kids want to use paints, here's where you come in. Carefully wipe their brush off at the side of the paint container before they start painting the "ceiling." Otherwise, they may be painting their heads!

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

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