

The REMINDER

62 YEARS IN BUSINESS

Rhode Island's First Buyers Guide

February 28, 2017 • Volume 62 • Issue 42

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

RICHMOND GRANGE CORNED BEEF SUPPER
A Corned Beef Supper will be held at the Richmond Grange Hall, 690 Usquepaug Road (Rte. 138) in West Kingstown on March 11 at 6:00PM. Cost is \$14/person. Please call Karen at 782-4005 for reservations.

VOLUNTEERS NEEDED AT GEN. NATHANAEL GREENE HOMESTEAD
The Gen. Nathanael Greene Homestead in Coventry is looking for individuals interested in becoming Tour Guides for the season. Visit us for an informational meeting at 50 Taft Street, Coventry on Saturday, March 11 at 11 AM for more information. The Homestead, also known as "Spel Hall", was built by Nathanael Greene in 1770 and has been authentically restored as a Museum dedicated to his memory. Tour Guides will learn about Gen. Greene, his family, and life in the 18th Century. Experience is not necessary. All information will be provided and scheduling is flexible. For more information, please email nathanaelgreenehmst@gmail.com. Visit us at nathanaelgreenehomestead.org

HOPE HISTORICAL SOCIETY MEETING
The Hope Historical Society will hold their next Meeting on Saturday, March 11 at 2 PM. at the Howland Barn on Ryefield Road in Hope. The Nesting Eagles of the Scituate Reservoir will be our program and everyone is invited.


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(NAPSA)—Seventy-one percent of Sleep Survey participants do not get the doctor-recommended seven to eight hours of sleep each night. At www.ProjectLuna.com, visitors can access helpful tools, including doctor discussion guides, and learn more about how making small lifestyle changes can lead to improved sleep habits.



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NEWSWORTHY TRENDS

The Sunglasses That Helped Define The Style Of The '60s Are Back

(NAPSA)—When it comes to the "Swingin' '60s," few objects are as iconic as sunglasses. Recently, the brand that helped define the style of the era, as well as the '70s and '80s—Polaroid Polarized Sunglasses—has returned to the U.S.

While looking good in sunglasses may not be that difficult, seeing clearly when looking through a pair of sunglasses can be another matter. That's because not all sunglasses can reduce the glare when sunlight reflects off of surfaces such as water, snow or glass. Glare makes it difficult to see clearly because the light hurts the eye and obscures details that may be hidden behind it. Polarized sunglasses are designed to filter out some or all of the glare, allowing the wearer to see with comfort and without potential eyestrain.

Edwin Land—acknowledged as one of the developers of 3-D movie technology—still holds more patents than anyone except Thomas Edison.

To better understand why the new glare-free collection from the innovator of polarized lens technology has quickly become a hot seller, Eden Wexler, trend expert for the SOLSTICE Sunglasses retail chain, offered some brand insight on the glasses and the brand.

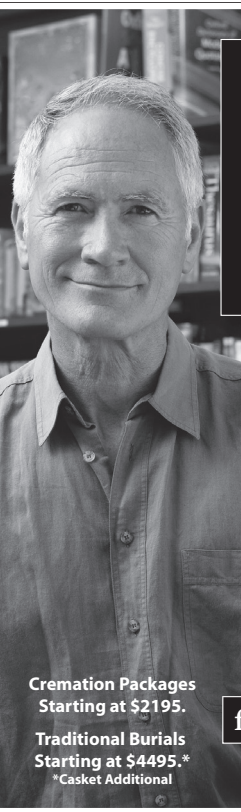
"While many are very familiar with the Polaroid instamatic camera, which was introduced in 1948, few are familiar with the fact that its inventor, Dr. Edwin Land, developed the technology for polarized lenses almost 10 years prior and began selling the first commercially sold polarized sunglasses in 1937 when he formed the Polaroid Corporation," said Wexler.

"Polaroid Sunglasses have a rich and iconic history, and today, it is one of the top four global sunglasses brands in Europe, selling over 4 million pairs of polarized sunglasses in over 80 countries," Wexler added. The new line, which features Polaroid Ultra-Sight lenses, ranges from \$60-\$98, with a higher-end Polaroid Plus line at \$140.

Other interesting fun facts about the brand:
• Dr. Edwin Land created the name for the company and polarized lenses from the words "Polarizing Celluloid" to emphasize the company's focus on polarized lens technology and sunglasses.
• Land is also credited with developing the first 3-D movie glasses in 1939 and goggles for the U.S. Air Force in the '40s worn by the likes of Gen. Patton. In 1950, Polaroid Eyewear introduced their Cool Ray sunglass generation, the best sunglasses yet, made to protect people from reflected glare.
• In the 1960s, the sunglasses were launched in Europe and became available globally in 45 countries. The company also offered a variety of unique Wind-sor rimmed sunglass models, which they followed in the 1970s with their famous aviator-style glasses.
• The year 2012 marked the brand's 75th year as a leader in polarized lens technology and saw it become part of Safilo Group—the second-largest eyewear manufacturer in the world.
• This year marks Polaroid Polarized Sunglasses' return to the U.S. at SOLSTICEsunglasses.com and better department stores such as Bloomingdale's, Lord & Taylor and Dillard's.

To learn more, visit www.polaroideyewear.com or www.SOLSTICEsunglasses.com.





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FOR RESERVATIONS CALL: 822-9180
DONATION \$3.00

- Wed. 3/1** Clear chowder, Florentine fish, crispy potatoes, carrots, fresh fruit, wheat bread. Sandwich: Turkey salad on wheat.
- Thurs. 3/2** Chicken noodle soup, pot roast with low sodium vegetable gravy red bliss mashed potatoes, zucchini, vanilla pudding, roll. Sandwich: Sliced chicken and cheese on bulky roll.
- Fri. 3/3** Butternut squash soup, roasted chicken leg quarter, rice pilaf, mixed vegetables, Mandarin oranges, marble bread. Sandwich: Meatloaf sandwich on marble.
- Mon. 3/6** Onion soup, tuna salad, pasta salad, marinated beet and onion salad, shortbread cookie, garlic roll. Sandwich: Ham salad on rye.
- Tues. 3/7** Low sodium beef and barley soup, fried steak with country gravy, O'Brien potatoes, garlic spinach, diced pears, wheat bread. Sandwich: Chicken salad on wheat.

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RESERVATIONS CALL: 822-4450
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- Wed. 3/1** RI clam chowder, fish cakes, coleslaw, wheat roll, dessert. Option: Italian grinder.
- Thurs. 3/2** Vegetable soup, turkey with gravy, mashed potatoes, cranberry sauce, dessert. Option: Ham and cheese on wheat.
- Fri. 3/3** Kale and bean soup, Cod Florentine, wild rice, broccoli, dessert. Option: roast beef on wheat.
- Mon. 3/6** Mushroom and barley soup, Chicken Parmesan, pasta with sauce, mixed vegetables, dessert. Option: Cobb salad.
- Tues. 3/7** Fruit salad, beef stew with potato, peas and carrots, tossed salad, whole grain biscuit, dessert. Option: Turkey and cheese on wheat.



Getting to College

Closing the Achievement Gap for Students

(NAPSA)—According to The Pell Institute, students who are from a low-income background and are first-generation college students have the odds stacked against them more than any other student population when it comes to earning a college degree. Only 10.9 percent of these students graduate with a bachelor's degree within six years—but there are ways to change that.



With the proper tools, more students are able to graduate college.

A Solution

In stark contrast to this number are the outcomes for certain seniors who are from the same population. These achievers are part of AVID, which stands for Advancement Via Individual Determination and is a college readiness system that provides educators with specific academic strategies and tools for students who are often underrepresented in college. These tools improve student engagement and create a robust and rigorous learning environment regardless of the student background.

One Student's Story

Defying odds is nothing new to many AVID students. For example, Jesula Jeannot moved to the United States from Haiti shortly after the devastating earthquake there and overcame a language barrier, bullying and a new, challenging environment. Like many students in AVID, she credits AVID with changing her outlook. "AVID changed my life. AVID made me change my ways and made me understand that I have to make my obstacles become my strengths to move forward." There are thousands of AVID students like Jeannot across the nation, and they continue to fight the odds because they have learned that determination is critical to achieving goals.

Awards

Because of its commitment to closing this opportunity gap for all students, AVID was recently recognized by the White House Initiative on Educational Excellence for Hispanics and has received many other awards over the years.

Learn More
For further information, visit www.avid.org.

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

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.

SENIOR TECH CLUB AT THE WEST WARWICK PUBLIC LIBRARY

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

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.

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- Rumi

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

JOIN CUB SCOUT PACK 13, CENTREVILLE

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

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

ZUMBA GOLD CLASSES

AT COVENTRY SENIOR CENTER

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

Happiness is when what you think, what you say and what you do are in harmony.
-Mahatma Gandhi

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JAG

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- Novena to the Sacred Heart
- Other (indicate below or send a photo copy)

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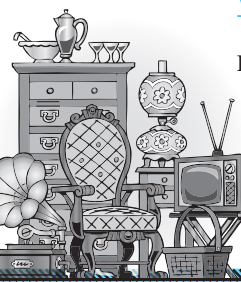
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The Order of Sons of Italy in America, Vince Lombardi Lodge #2357, will celebrate their 41st Anniversary by hosting their Annual Dinner Dance Fundraiser at Ralph's, 1418 Plainfield Pike in Cranston, on March 4. Cocktails at 6PM, followed by dinner 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.

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.

RICHMOND GRANGE #6 MEETINGS

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

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by Chris Richcreek

1. In 2015, the New York Mets' Michael Conforto became the third-youngest player (22) in World Series history to have a multiple-homer game. Who was younger?
2. Who was the last Chicago White Sox pitcher to win 20 games in a season?
3. In 2016, TCU tied a record for biggest comeback in a bowl game (31 points). Who else did it?
4. The Los Angeles Lakers (33 games) and Golden State Warriors (28) have the two longest winning streaks in NBA history. Which team is third?
5. Name the last NHL defenseman before Ottawa's Erik Karlsson in 2015-16 to have an 80-point season?
6. Toronto FC's Sebastian Giovinco, in 2016, recorded the fourth hat trick in Major League Soccer playoff history. Name two of the first three to do it.
7. Whom did Evander Holyfield beat to win the undisputed heavyweight boxing crown for the first time?

Answers

1. Andruw Jones was 19 when he did it for Atlanta in 1996, while Tony Kubek was 21 when he did it for the New York Yankees in 1957.
2. Esteban Loaiza won 21 games in 2003.
3. Texas Tech, in 2006 versus Minnesota.
4. The Miami Heat won 27 games in a row in 2013.
5. Nicklas Lidstrom had 80 points for Detroit in 2005-06.
6. Raul Diaz Arce (1996), Stern John (1999) and Landon Donovan (2014).
7. James "Buster" Douglas, in 1990.

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Healthy Ideas

(NAPSA)—Hepatic encephalopathy (HE) is a serious, chronic condition that occurs when a liver is no longer able to filter out toxins. Untreated, it may cause dementia-like symptoms. To learn more about HE, visit the American Liver Foundation's dedicated webpage: www.he123.org.



Arming yourself with information about adolescent diseases is the first step to help maintain your adolescent's health. To learn more, visit www.momcentral.com/teenhealth for an educational guide developed by Merck together with the American Nurse Practitioner Foundation and the Physician Assistant Foundation.

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Health & Well-Being

The Unexpected Faces Of America's Addiction Epidemic

(NAPSA)—Opioid abuse and dependence stories appear every day in the media. Fatal overdoses, crimes committed to feed a habit, homeless addicts—the headlines are endless. To begin to address the issue, it's critical to understand the populations at risk for dependence as well as the available treatment options. Studies from the early 2000s found heroin rates were reported highest among young, white males living in low-income, urban areas—most with a history of non-medical use of prescription painkillers. Surprisingly, the age-old face of a "drug addict" as described is not the demographic driving the growth of the new epidemic.

The New Face of Opioid Addiction

Today, it's nearly impossible to stereotype the so-called "drug addict"—people from all walks of life are abusing opioids. The gap between women and men is narrowing, as there are an increasing number of women who are becoming addicted to opioids. Women, from the suburban housewife to the career professional, are struggling with addiction. Between 2002 and 2013, the number of females with an addiction doubled. Women were rarely associated with opioid addiction; in the 1960s, less than 20% of heroin users were women.

The New Age of Opioid Addiction

Opioid addiction is also no longer limited to young adults or those without health insurance. Americans age 50-69 years old, with health insurance benefits, are the fastest growing population of opioid addicts. Of these Americans, almost half are high school graduates and a third have completed some college. Women (and men) have mostly fallen into opioid addiction through the use of prescription painkillers.

The New Cause of Opioid Addiction

The story of Tai J., a 34-year-old woman living in Texas and working as a registered nurse, is just one of the many accounts of addiction in the U.S. Tai was prescribed the painkiller Vicodin to treat a back injury, as many patients are, but unfortunately for Tai, routine use of the drug to ease her chronic pain led to a 15-year addiction to heroin and prescription pain medicine.

"We often see opioid addiction develop as a result of scenarios similar to Tai's, which helps to explain the alarming rate at which opioid addiction is growing to include men and women of all ages, races and socioeconomic backgrounds," said Dr. Harold Urschel, Medical Director, Enterhealth.

Prescription pills may appear more socially acceptable, particularly for women, and come with different risks compared to using drugs intravenously. Taking pills helps to eliminate the negative "addict" connotation. Dependence fed by prescription drugs is an expensive habit though, and the access to these drugs has started to decline due to efforts aimed at deterring physicians from prescribing opioids for pain. Consequently, users may choose heroin because it costs less and is easier to access.

The Evolving Treatment Landscape

As the opioid epidemic grows, U.S. federal and state governments, along with the medical community, are making it a priority to provide increased access to treatment. Research indicates that medication-assisted treatment, in combination with psychological support, helps people get into and stay in recovery. Treatment should be tailored to patients and their needs by offering a menu of available

treatment options, including naltrexone, buprenorphine and methadone, and psychological support such as cognitive or behavioral therapy.

In 2014, the Obama Administration implemented a National Drug Control Strategy to reduce illicit drug use in the U.S. The president's plan to reform drug policy includes education on prevention, expansion of access to treatment and support for those in recovery by taking actions to eliminate the negative stigma associated with addiction.

State governments are also taking action to fight the epidemic. In March 2015, Kentucky implemented better treatment options for those struggling with addiction and seeking help by allocating \$10 million to make treatment widely available.

"While prevention is important, the most immediate need is providing access to treatment for the millions of people addicted to opioids who are struggling to keep their lives together. Recovery is not easy to achieve, but may include a combination of medication-assisted treatments, psychosocial counseling and support, which together can help people treat their addiction," said Dr. Urschel.

The Hope for the Future

Continued funding by federal and state governments will provide more options to those struggling with addiction. Broader access to treatment and education on prevention and the dangers of prescription painkillers, regardless of socioeconomic class, group, location or medical insurance, could increase the likelihood that people with opioid addiction will get treatment and stay clean. All these efforts combined are increasing attention on opioid addiction.

For more information on opioid dependence and its treatment, visit www.recoveryispossible.com.

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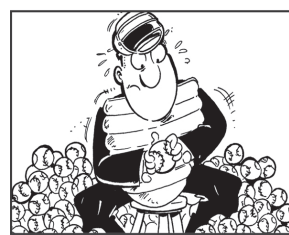
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COVENTRY PUBLIC LIBRARY PRESENTS...
Coventry Public Library, 1672 Flat River Road, Coventry, will host an Introductory Lesson in researching your genealogy on March 7 at 7PM. Trish Woodard-Harmon, President of the RI Genealogical Society will be presenting 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.

**ST. FRANCIS EPISCOPAL CHURCH
CORNERED BEEF DINNER**

St. Francis Episcopal Church, 132 Peckham Lane, Coventry, will hold their Annual Corned Beef Dinner on March 11 at 6PM. Tickets are \$12/adult, \$6/child & children under 5 are guests of the Church. Call Cindy at 397-4337 for reservations.

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"DO MUSIC" AT TYLER FREE LIBRARY

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

**SUMMIT BAPTIST CHURCH ANNUAL
CORNERED 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.

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**KNITTING CIRCLE
AT GREENE PUBLIC LIBRARY**

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

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.

**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.

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.

ENGRAVED BRICK FUNDRAISER - PHASE II

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

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Moments in time

THE HISTORY CHANNEL

- On **March 8, 1669**, Mount Etna, on the island of Sicily in modern-day Italy, begins rumbling. Multiple eruptions over the next few weeks killed more than 20,000 people. Most of the victims could have saved themselves, but stayed.
- On **March 12, 1933**, eight days after his inauguration, President Franklin Roosevelt gives his "fireside chat," a radio broadcast directly from the White House. Roosevelt explained his decision to close the nation's banks to stop mass withdrawals.
- On **March 9, 1943**, Bobby Fischer, the only American ever to win the chess world championship, is born in Chicago. His last public match, in 1992 against Boris Spassky, netted Fischer the \$2 million prize. He then became a wanted man for tax evasion, and in 2000 renounced his U.S. citizenship.
- On **March 6, 1951**, the espionage trial of Ethel and Julius Rosenberg begins after the couple is accused of running a spy ring and selling top-secret atomic bomb technology to Russia. The Rosenbergs were convicted, and were the only American civilians to be executed for espionage-related activity during the Cold War.
- On **March 10, 1969**, James Earl Ray pleads guilty to the assassination of civil- rights leader Martin Luther King Jr. and is sentenced to 99 years in prison. Ray later changed his story, claiming he had been set up by a mysterious man named "Raoul."
- On **March 11, 1989**, "COPS," a documentary-style TV series that follows police officers and sheriff's deputies as they go about their jobs, debuts on FOX. "COPS" went on to become one of the longest-running shows in television history.
- On **March 7, 1999**, American filmmaker Stanley Kubrick, whose 13 feature films explored the dark side of human nature, dies in England at age 70. Kubrick was best known for his films "Spartacus" (1960), "Dr. Strangelove" (1964) and "2001: A Space Odyssey" (1968)."

Health Awareness

Screening For The Breast Cancer Gene: Who Is At Risk?



If you have a history of breast or ovarian cancer in your family, talk to your doctor about genetic screening.

woman with a family history of BRCA-related cancer should be screened by her primary care doctor or nurse to determine if she is at increased risk of having a BRCA mutation. During this screening, the doctor or nurse will ask questions about the history of BRCA-related cancer in a woman's family. After screening, women who are found to be at increased risk should see a genetic counselor, a type of health care professional who specializes in genes and disease. A genetic counselor may recommend BRCA testing based on that counseling. Before this type of screening, most doctors will first test a family member with known breast or ovarian cancer for a BRCA mutation, if possible.

The BRCA test is not a test for cancer itself, but rather a test for the gene mutation and a positive test does not mean that a woman will definitely get cancer. For women who are at increased risk of having a BRCA mutation, genetic counseling and genetic testing can help them determine their best course of action based on their risk.

The BRCA test is only recommended for women who are at increased risk for certain types of cancers. This is because the test does not always provide a clear answer—results are often inconclusive, which can lead to increased anxiety.

All women can reduce their cancer risk

While a BRCA gene mutation can be frightening, it is not something that most women need to worry about. All women can reduce their risk of cancer by adopting healthy lifestyle habits, such as limiting alcohol, not smoking, being physically active and maintaining a healthy weight. Receiving regular mammograms is also an important tool to help identify breast cancer early. The U.S. Preventive Services Task Force recommends mammograms every other year for women aged 50 to 74 and for some women in their 40s based on their values about the benefits and harms of screening.

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 professional can perform.

For more information on the Task Force and to read its full report on risk assessment, genetic counseling and genetic testing for BRCA-related cancer in women, visit www.uspreventiveservices.org.

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I am fully conscious of the fact, that aphorisms are like wandering Gypsies. They must always be published without guarantee of the authenticity.
—Erkki Melartin

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—Rupert Hart-Davis

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Puzzle Page

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King Crossword

- ACROSS**
- 1 Eden evacuee
 - 4 Temporary gifts
 - 9 School org.
 - 12 Lucy of "Elementary"
 - 13 Liver or lung
 - 14 Parcel of land
 - 15 Hearth
 - 17 Past
 - 18 Hot tub
 - 19 Porter
 - 21 Occur
 - 24 Great Lake
 - 25 Web address
 - 26 Banned pesticide
 - 28 "— alive!"
 - 31 Bound
 - 33 Surprised cries
 - 35 Citrus fruit
 - 36 Fancy neckwear
 - 38 Special —
 - 40 Nashville-based awards org.
 - 41 "Zounds!"
 - 43 Rouse
 - 45 Autobiog-
- DOWN**
- 1 Sprite
 - 2 Evening hour, in a way
 - 3 Asia's neighbor (Abbr.)
 - 4 Pruned
 - 5 Florida city
 - 6 Khan title
 - 7 Mother-of-pearl
 - 8 Derisive looks
 - 9 Football tactic involving a tee
 - 10 Roman garment
 - 11 On
 - 16 Sixth sense, for short
 - 20 Use a rotary phone
 - 21 Hawaiian dance
 - 22 War god
 - 23 Settings for settings?
 - 27 Nevertheless, for short
 - 29 Model nee Melissa Miller
 - 30 Penn or Astin
 - 32 Comic-strip possum
 - 34 Glisten
 - 37 James Clavell novel
 - 39 Stole
 - 42 Histrionics
 - 44 Popular ISP
 - 45 Partner
 - 46 Verve
 - 50 Spinning stat
 - 51 "Eureka!"
 - 52 Police officer
 - 53 Ram's 45-Down

1	2	3	4	5	6	7	8	9	10	11
12			13						14	
15			16						17	
			18			19		20		
21	22	23				24				
25			26		27	28			29	30
31			32		33	34		35		
36			37		38	39		40		
			41		42		43	44		
45	46					47				
48			49		50			51	52	53
54			55					56		
57			58					59		

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There is nothing more miserable in the world than to arrive in paradise and look like your passport photo.

— Erma Bombeck

MAGIC MAZE ● — FEET

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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'
- Square
- Tender
- Two left
- Webbed

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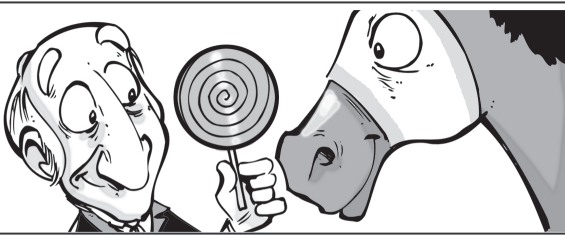
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George Smith claimed to be the inventor of the modern style lollipop in 1908. Smith named the treats after his favorite racehorse, Lolly Pop.

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.

DO YOU WANT TO LEARN TO KNIT?

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

WEST WARWICK PUBLIC LIBRARY DEBUTS "NASH THEATER"

West Warwick Public Library, 1043 Main Street, West Warwick is happy to announce the completion of their state of the art Blu Ray theater in the Nash Room. The theater offers a high definition, surround cinematic experience and is completely free & open to the public. The Library will host a monthly "Sci-Fi Film Series" that features popular recent releases, as well as other movie events throughout the year. Visit the Library website at www.wvlibrary.org for titles, dates & times.

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.

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!

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—Dereke Bruce

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

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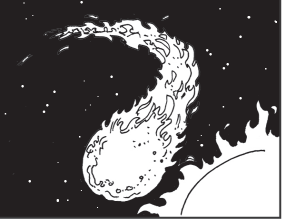


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The Coventry Public Library, 1672 Flat River Road, Coventry, will offer **Evening Storytimes** for children ages 3-8 on Wednesdays at 6:30PM from January 18-March 8 (excluding February 22). Thematic stories, activities and crafts will be featured.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

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DECORATOR'S NOTEBOOK

Simple Tips to Creating a Room That's Truly "You" with Paint Color

(NAPSA)—When it comes to transforming your home with design and paint projects, selecting paint color is easier than you think; and with a few expert tips and simple steps, you'll gain the confidence needed to transform your home with colors that reflect both your personality and lifestyle.

1. Setting the Stage: Before heading to the paint aisle, consider the mood and functionality of the room you are looking to transform. Are you seeking a restful and calming haven in the bedroom? Do you prefer a sociable and stimulating environment in the dining area? Maybe it's a combination of both in the living room? Understanding the purpose of the room—both in the mood it conveys and the function it serves—will help you hone in on colors that are best suited for it.

If you aren't sure, you can start by looking for a favorite item in the room—a piece of furniture, a rug or beloved artwork—to use as the centerpiece to build around. This item provides a potential starting point to help determine the color palette or hues to work with.

And don't forget to take a step back and look at the other paint colors in your home. A balanced color scheme that seamlessly connects one space to the next creates a sense of continuity and harmony throughout the home. Choose between three and five favorite colors and then alternate between rooms. Perhaps the ceiling color in one room becomes an accent wall in another.

2. Selecting the Color: Color expert Sue Wadden explains that color selection is a very personal choice but there is also a method to picking the color that fits best with the mood, tone and function of a room. Here is her take on the most popular paint color groups:

- **Red** is viewed as an exciting, vibrant color with a passionate feel. The deepest reds, such as burgundy and maroon, give a feeling of richness—excellent for bringing out the competitive spirit in a game room.
- **Orange** radiates cheerfulness and boldness but can still be subdued and calming. A vibrant orange fills a space, such as a dining room, with energy and a sunny disposition while a softer



Design and create a room that's truly "you" with paint color.

orange brings a feeling of warmth and coziness to a living room.

- **Yellow** is a warm and inviting color that brings a sense of optimism and joy to the space it inhabits. Softer yellow tones convey happiness while giving the room a sophisticated and timeless look. Brighter shades have the ability to fill virtually any room in the house with a feeling of bliss.
- Cool earthen tones of **green** add a splash of nature to the room, giving it a sense of comfort and harmony. When looking to create an atmosphere that is both soothing and sunny, try incorporating several shades of green.
- Lighter shades of **blue** evoke feelings of serenity and comfort when used in the bedroom. These calming tones make for a relaxing way to end the day and a great way to encourage a restful night's sleep. Brighter hues bring warmth and a sunny temperament to the room.
- **Purple** is a versatile color that anchors a space but also complements the use of neutrals and patterns. It conveys a feeling of luxury and refinement while still giving the room a fresh, soft look.
- Similar to green, **brown** is associated with nature. This relaxed neutral is a great color to incorporate into spaces in the home that are for both living and working. Darker hues look sophisticated and stylish while lighter shades give the space a warm and modern vibe.
- **Gray** is an elegant neutral that provides depth when paired with subtle accent colors. It evokes feelings of sophistication

and airiness to create a haven of relaxation and calm.

3. Test-Drive Your Color Choice: Once you have chosen your preferred colors, Wadden recommends sampling the colors at home in various stages of light.

Lighting is one of the most essential factors when selecting paint color. Natural daylight shows the truest hue, while incandescent lighting brings out warm tones and yellows and fluorescent lighting casts cooler, bluer tones.

The easiest way to test how light affects color is to simply tape the color chip on a wall that sees both natural and artificial light. Or for a more effective analysis, get small paint samples of each color, such as Dutch Boy Platinum Interior Color Samples or Dutch Boy Twist & Try, and apply large swatches directly on the course of several days. Fluctuations in natural light can vary from sunny skies to cloudy days. Time of day is really important as well—color that looks bright and cheery in the morning can appear duller at nighttime.

4. Gauging Number of Gallons: Once you are confident in your color choice, the next step is to find out how much paint you'll need to paint the room. DutchBoy.com has an easy-to-follow paint calculator for both interior and exterior paint projects. Simply enter the dimensions of your room along with the number of windows and doors and the calculator will tell you how much paint is needed to complete this project. Consider the number of coats needed for each job and factor that in as well. Be sure to reference the paint label for square foot coverage.

No matter what you are looking for, Dutch Boy has a great number of color choices that run the spectrum. And with a new website that features everything from inspiration to color advice and painting tips, possibilities of designing and creating a room that's truly "you" are limitless. Check out the store locator on DutchBoy.com to find a nearby retailer.

Learn More

For additional painting tips, color advice and project ideas, visit www.dutchboy.com.

The REMINDER 2ND SECTION

Rhode Island's First Buyers Guide

February 28, 2017
Volume 62 • Issue 42

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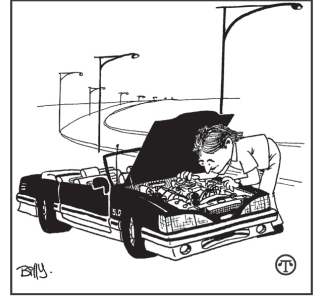
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Strange BUT TRUE

By Samantha Weaver

• It was world-renowned American photographer Ansel Adams who made the following sage observation: "It is horrifying that we have to fight our own government to save the environment."

• You might be surprised to learn that the blood of a grasshopper is white.

• Tacumbú prison in Asunción, Paraguay, is notorious for its overcrowded conditions: 3,500 inmates are crowded into a space designed for half that number, and many of them sleep on cardboard directly on the floor. One inmate, however, until recently enjoyed amenities that many outside the prison walls would love to have. Drug trafficker Chimenos Pavao bribed officials to look the other way, then set up a fully furnished, tastefully decorated three-room suite, complete with air conditioning, a refrigerator, a library, a flat-screen TV, a DVD player and a treadmill. The luxury cell was discovered when a bomb threat caused police to search the entire prison.

• If you've ever been the victim of a purse-snatching, here's a discouraging bit of information: Those who study such things say that four out of five perpetrators get away.

• In 1804 our planet hit a milestone: a population of 1 billion people. It took 123 years to add another billion, then only 33 more to get to 3 billion, in 1960. We crossed the 4 billion mark in 1974, hit 5 billion in 1987, and got to 6 billion in 1999. In 2011 (or early 2012, depending on who's doing the estimating, the earth's population passed 7 billion, and those who study such things expect us to get to 8 billion sometime in the mid- to late 2020s.

Thought for the Day: "Justice will not be served until those who are unaffected are as outraged as those who are." — Benjamin Franklin

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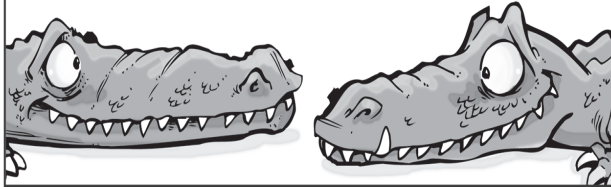
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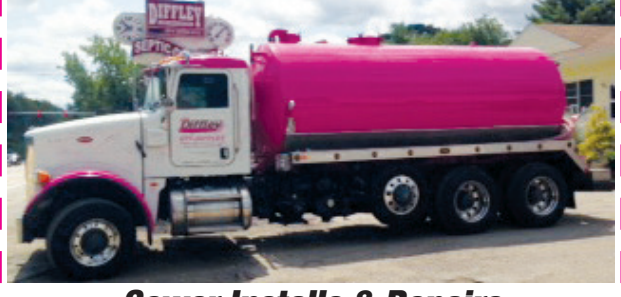
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Hints For The Home

Save Time With These Smart Cleaning Shortcuts

(NAPSA)—These clever cleaning shortcuts can help you have both a sparkling clean house—and more time for yourself and your family.

Nurture Neglected Areas
 Vents, walls and baseboards are often forgotten nooks and crannies where dust and grime collect. Use a vacuum extension hose to remove dust from vents and fans. Then wipe down baseboards with a damp cloth and spot clean walls.

Let It Go
 Toys and clothing are typical clutter culprits. Focus on these and donate or ditch anything unused, outdated or outgrown. Trouble parting? Remind yourself that you'll never have to clean these items again.

Shades of Success
 Open and close shades and blinds frequently to shake off the dust that can accumulate on the fabric.

Tote Your Tools
 Keep all your cleaning supplies together in a bucket or plastic box on wheels. That way, you won't have to keep going back for another bottle, rag, bag or brush.

Deal With Dust
 When you dust, work top to bottom and back to front so the dirt falls onto the floor. Clean the floor last.



Time-saving tricks and tools to help you enjoy a cleaner house with less effort.

Track Down Stains
 Freshen flooring and furniture that have fallen to spots and spills. Opt for a multisurface stain remover such as Motsenbocker's Lift Off that's safe to use on carpets, upholstery and hard surfaces. Spray soiled areas, then blot dry.

Let The Sunshine In
 Clean windows wiping side to side and avoid circular motions that create a static charge and attract dust to the surface. Choose a cleaning formula developed specifically for glass, such as Invisible Glass, that's free of streak-causing soaps, scents and dyes.

Learn More
 You can find more quick cleaning products and pointers online at <http://www.invisibleglass.com>.

Always the path of American destiny has been into the unknown. Always there arose enough of reserves of strength, balances of sanity, portions of wisdom to carry the nation through to a fresh start with ever-renewing vitality.
 —Carl Sandburg

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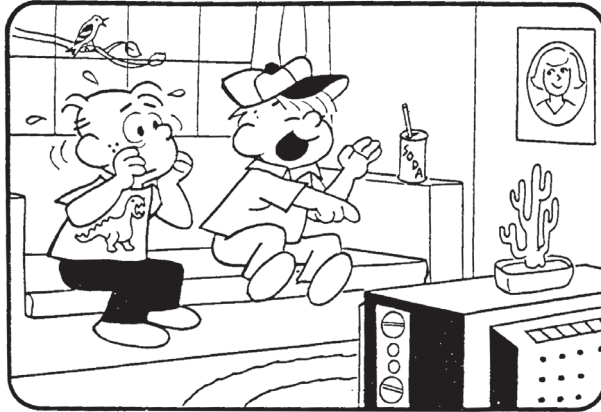
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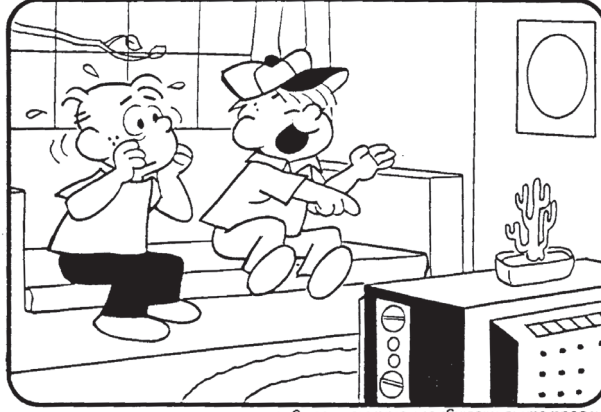
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• Start seeds in the cups of an egg carton, the kind that are made from paper. You can get them going on a windowsill inside. When it's time to plant in the ground, score the bottom of each cup and plant it — paper and all — in the dirt.

• "I found a decorative cardboard box that is big enough to hold a power strip. After installing it in the box so it looks pretty, I made holes out the side for different kinds of chargers (Apple, Android, etc.). The cord can be stored in the box or pulled out enough to charge a device. It looks nice on the side table instead of a mess of cords." — *W.L. in Alabama*

• "Cheese can be grated, then frozen. The frozen cheese can be used in casserole dishes without even defrosting. I find it convenient to freeze my mozzarella in batches because we make a lot of individual pizzas. I can get a big block, grate it and freeze. It keeps for a long time." — *J.M. in Pennsylvania*

• Lipstick and lip gloss (including lip balms) shouldn't be kept for more than a year. You can extend the life of your favorite lip wear by shaving a bit off and using a brush to apply it from the cut-off portion. If it touches your face, it can collect and breed bacteria. Be sure to replace mascaras every six months at minimum, and clean brushes regularly.

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

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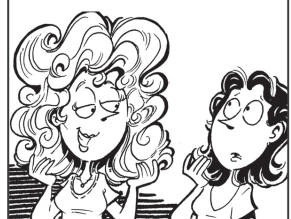
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Kitten's Sudden Illness Has Owner on Guilt Trip

DEAR PAW'S CORNER: We had a very scary weekend when our new kitten, "Maxie," who is about 12 weeks old, curled up on his bed and wouldn't wake up. I rushed him to the veterinarian, where he was given fluids but took several hours to come around. He stayed lethargic for the next couple of days.

I feel terrible that he got so ill with a respiratory infection, and that I didn't notice anything wrong. What signs should I have looked for that might have kept him from getting so ill? — *Doreen in Wheeling, West Virginia*

DEAR DOREEN: Observant owners often can spot when things aren't quite right with their kittens and adult cats, but sometimes illness strikes seemingly without warning. Kittens can become ill very quickly; Maxie may have begun showing symptoms during the night, when you were asleep and couldn't observe him. And often, cats reveal few to no symptoms at all. They'll frequently try to hide symptoms of illness — an instinct for self-preservation.

Subtle signs that things aren't right include your cat hiding away and not wanting to come out; reduced appetite; lack of interest in toys and things that used to stimulate him; and physical signs like slower response or trouble walking. Vomiting or diarrhea are major warning signs, of course.

Today, put aside any guilt at not catching Maxie's illness sooner — that may not have been an option — and instead focus on helping him recover. Follow the vet's instructions on giving him medicine, what to feed him and when, and make sure his bedding is clean and warm (a heating pad underneath can be a big help).

Send your questions, tips or comments to ask@pawscorner.com.

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Kids In The Kitchen

How To Have A Kid-Friendly Kitchen

(NAPS)—A few simple steps can help you convince your kids that cooking, even cleaning, can be fun.

Here, from blogger Amy Mascott of Teachmama.com, are a few hints on how.

- Designate a few kid-only drawers low enough for little ones to reach and that hold only kid dishes, plates and flatware.
- Designate a special helper each day. That child acts as your assistant chef and helps prepare meals and set the table.
- Let them make menu choices. Sit down as a family and decide on the meals for the week ahead. Keep it interesting by picking out new foods you've never tried before, perhaps mango, lentils or kale. Make a grocery list, set aside coupons and gather up the ingredients.
- All but the youngest can probably help you unload the dishwasher, measure ingredients (a good way to help them learn math) and put away groceries.
- Create a kid zone in the refrigerator. To help, the new Whirlpool 4-Door French Door Refrigerator is flexible enough to accommodate every family's needs, with a refrigerated fourth drawer that's the right height for kids to keep their favorite snacks.
- Give each one a chance to organize the fridge the way he or she wants and snap a photo. You may be surprised how much each child's personality shows through. Send it to www.facebook.com/whirlpoolusa or show your youngsters the other pictures on that site for inspiration.

5 Tips for raising kids who can rock it in the kitchen

1. Make your kitchen kid-friendly.
Even if you can't make major changes in your kitchen layout, designate a few kid-only drawers low enough for kids to reach and that hold only kid dishes, plates, and flatware. You can also create a kid-only zone in the refrigerator. The new Whirlpool 4-Door French Door Refrigerator has a FreshStor™ refrigerated drawer that's easy for kids to access and perfect for storing snacks.

2. Make one child your 'special helper' each day.
That child helps you prepare meals, set the table, and act as your assistant chef. This is a great way to allow kids to experience serious hands-on learning each day.

3. Let them make menu choices.
At the beginning of the week, sit down as a family and choose the meals for that week, looking at recipe books and your favorite websites for inspiration. Make a grocery list, set aside coupons, and get ready to assemble ingredients!

4. Show your kids that you trust them.
Give kids space in the kitchen. Let them help you unload the dishwasher, measure ingredients, crack their own eggs and put away groceries. You can even give each of your little ones permission to organize the fridge the way they want and snap a photo (or #fridge). When you compare your family's #fridges, you'll be surprised how much each child's personality is reflected! It might not always be pretty, but you will slowly grow confident kids in the kitchen.

5. Make being in the kitchen fun.
Play music. Dance around. Play games where and when you can, and make being there a relaxing and exciting place. It's all about the attitude!

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The correct response to the Irish greeting, "Top of the morning to you," is "And the rest of the day to yourself."

ARIES (March 21 to April 19) You're correct to want to help someone who seems to need assistance. But be careful that he or she isn't pulling the wool over those gorgeous Sheep's eyes. You need more facts.

TAURUS (April 20 to May 20) Your Bovine optimism soon will dispel the gloom cast by those naysayers and pessimists who still hover close by. Also, that good news you recently received is part of a fuller message to come.

GEMINI (May 21 to June 20) Feeling jealous over a colleague's success drains the energy you need to meet your own challenges. Wish him or her well, and focus on what you need to do. Results start to show in mid-March.

CANCER (June 21 to July 22) You're likely to feel somewhat Crabby these days, so watch what you say, or you could find yourself making lots of apologies. Your mood starts to brighten by the weekend.

LEO (July 23 to August 22) Your pride might still be hurting from those unflattering remarks someone made about you. But cheer up, you're about to prove once again why you're the Top Cat in whatever you do.

VIRGO (August 23 to September 22) A misunderstanding with a co-worker could become a real problem unless it's resolved soon. Allow a third party to come in and assess the situation without pressure or prejudice.

LIBRA (September 23 to October 22) Call a family meeting to discuss the care of a loved one at this difficult time. Be careful not to let yourself be pushed into shouldering the full burden on your own.

SCORPIO (October 23 to November 21) An upcoming decision could open the way to an exciting venture. However, there are some risks you should know about. Ask more questions before making a commitment.

SAGITTARIUS (November 22 to December 21) Personal matters need your attention during the earlier part of the week. You can start to shift your focus to your workaday world by mid-week. Friday brings news.

CAPRICORN (December 22 to January 19) You've been going at a hectic pace for quite a while. It's time now for some much-needed rest and recreation to recharge those hardworking batteries.

AQUARIUS (January 20 to February 18) This is a good time to upgrade your current skills or consider getting into an entirely different training program so that you can be prepared for new career opportunities.

PISCES (February 19 to March 20) Keep a low profile in order to avoid being lured away from the job at hand. Focus on what has to be done, and do it. There'll be time later to enjoy fun with family and friends.

BORN THIS WEEK: You can be a dreamer and a realist. You dream of what you would like to do, and then you face the reality of how to do it.

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 I always wanted to be somebody, but now I realize I should have been more specific.
 - Lily Tomlin

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Kitchen Corner

Five Tips For A Well-Stocked Pantry

(NAPSA)—A well-stocked pantry is your answer when there is no food in the fridge, if guests show up unannounced and on days when the weather just isn't cooperating. It arms you with the ingredients you need to throw together a meal fit for a king.

Here are five quick tips for assembling your well-stocked pantry:

Dried Herbs & Spices
A selection of your favorite herbs and spices is a must. Consider buying them from the bulk section of the supermarket or natural foods store so you can get just the right amount. Store them in matching jars with homemade labels if you're so inclined.

Oil & Vinegar
Oil and vinegar are essential. Olive oil is delicious for salad dressings. Safflower oil, which is neutral in flavor, is good for everyday cooking. And then of course there is coconut oil with its multitude of health benefits. As for vinegars, they go far beyond being the key ingredient to your basic vinaigrette; they are ideal for marinades, quick pickling and even cleaning. Red wine, balsamic and white vinegar are all worthy additions to your pantry.

Pasta & Grains
Long, short, large or tiny pasta, a few boxes will keep you covered whether you're making a full-on spaghetti dinner or tossing a few handfuls into your favorite chicken or vegetable soup. And don't forget to stock up on grains including rice, quinoa, polenta, farro and barley.

Nuts & Seeds
Healthy and tasty, nuts and seeds add texture and crunch when sprinkled on salads, yogurt, and hot and cold cereal. It's a good idea to keep a variety on hand—walnuts and pine nuts are delicious in pesto, sunflower and pumpkin seeds are great in a homemade trail mix. And who doesn't love a handful of pistachios or cashews, especially to stave off hunger?

Jarred & Canned Goods
Olives, capers, peppers, pickles, tuna, anchovies, beans, chicken broth and tomatoes add fun and flavor to every meal. Your pantry isn't complete without an ample stash of jarred and canned goods.

Following is a recipe using primarily ingredients found in your well-stocked pantry.



Colorful, flavorful and filling, this easy dish will delight family and friends.

The Perfect Pantry Pasta: Pasta Puttanesca

- Ingredients You'll Need:**
- ½ cup olive oil
 - 1 onion, cut into ½-inch dice
 - 4 cloves garlic, smashed
 - Pinch red pepper flakes, plus more for serving
 - 4 anchovy fillets, chopped (optional)
 - ½ cup dry white wine
 - 1 28-ounce can crushed tomatoes
 - 10 ounces spaghetti, linguini, fettuccine or other favorite pasta
 - ¾ cup halved Lindsay® Naturals Kalamata Olives
 - 2 tablespoons drained Lindsay® Capers
 - 2 tablespoons chopped fresh oregano
 - Salt and black pepper, to taste
 - Grated or shredded Parmesan cheese, for serving

Cooking Directions:

In large skillet over medium heat, warm olive oil. Add onion, garlic, red pepper flakes and anchovies, if using; cook, stirring occasionally, until onion is tender, 6 to 8 minutes. Stir in wine and increase heat to high; cook until reduced to thin layer in skillet, 2 to 3 minutes. Add tomatoes, bring to a boil, and reduce to a simmer; cook, stirring occasionally, until sauce is slightly thickened, 8 to 10 minutes.

Meanwhile, cook pasta according to package directions. Add olives, capers, oregano, and salt and pepper to taste to tomato sauce. Drain pasta and add to skillet, tossing with sauce. Transfer to plates and serve, with cheese and additional red pepper flakes on the side.



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Famous Films

Celebrating Walt Disney's Very First Classic Animated Film And The Woman Who Helped Bring The Heroine To Life

(NAPSA)—Little girls and their families around the world have loved Walt Disney's "Snow White" for nearly 80 years—ever since Walt brought his groundbreaking version of the Grimms' Fairy Tale to the screen in 1937. The epic story of love and friendship, which the American Film Institute calls "The Greatest Animated Film Of All Time," tells of living life "happily ever after" and teaches such lessons as real beauty comes from within and never give up hope. Disney's first-ever High Definition version will be available beginning January 19 to launch the new Walt Disney Signature Collection.

One girl who learned the film's lessons firsthand was a young dancer whom Walt Disney auditioned as one of 300 and then ultimately chose to be the "live-action" model for Snow White.



Her name was Marjorie Celeste Belcher, daughter of a Hollywood ballet coach, who later became known as legendary dancer and choreographer Marge Champion.

"Scouts from the studio came to watch my father's class and they narrowed it down to three of us," Champion told CBS News years later. "I was thrilled to finally get the opportunity, but more important for this 14-year-old girl, it was the chance to get out of Hollywood High four days a month," she admitted.

Walt and his animators wanted to make Snow White look as human as possible. So they filmed Marge performing dances and improvising special movements that were then studied and copied in the final animation. The relatively new process was a precursor of digital techniques used



today in movies like "Avatar" and "Pirates of the Caribbean."

"The animators set up a clothesline, from which hung a bunch of ropes representing trees and branches that I had to push aside. My acting came out of instinct because I was not a trained actress. All of that gave them much more of a guide for Snow White's movements." Champion often added ideas on what she thought the character might do to elaborate or extend the action of a particular scene.

At 96, actress/dancer/choreographer Marge Champion remains a living legend from Hollywood's Golden Age of stage, screen, television and Disney Animation. She is probably best known as one-half of the renowned "Marge and Gower Champion" husband-wife dance team that lit up the screen in seven classic musical films, as well as on TV and Broadway. They went on to become the screen's most appealing dance team since Astaire and Rogers.

Marge made her film debut in 1939's "The Story of Vernon and Irene Castle," although it was Ginger Rogers who actually danced with Fred Astaire. Among the many projects she choreographed was "Queen of the Stardust Ballroom," which won her an Emmy in 1975. In addition to

"Snow White," she modeled for the Blue Fairy in "Pinocchio," Hyacinth Hippo in the "Dance of the Hours" segment of "Fantasia" and Mr. Stork in "Dumbo."

She remembers her Disney days with fondness. "The atmosphere was like a giant high school or college, as far as I was concerned. Mr. Disney, for me, was like a very friendly head principal. Of course, that's a 14-year-old's point of view. I later learned that he was probably one of the most important men in Hollywood, certainly in animation, and probably in the movie industry."

Marge is a Trustee Emeritus of the Williamstown (Mass.) Theatre Festival (near her home in Stockbridge), has taught master classes at the Jacob's Pillow Dance Festival, and was a member of the Advisory Board of the Berkshire Theatre Festival. In 1997, Massachusetts honored Marge with its Commonwealth Award, citing her "leadership as a true patron of the arts."

Finally, Ms. Champion has the unique distinction of sharing a star on Hollywood Boulevard Walk of Fame with this favorite character she played. Both she and Snow White each have their own!

To learn more about the title and watch the trailer, visit <http://movies.disney.com/snow-white-and-the-seven-dwarfs>.