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Rhode Island's First Buyers Guide

60 YEARS IN BUSINESS

December 30, 2014 • Volume 60 • Issue 33

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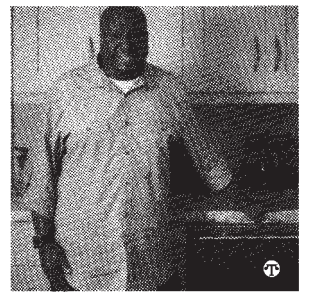
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Hints for Homeowners

Getting The Most Out Of A Kitchen Remodel

by James Young (NAPS)—According to the U.S. Census Bureau, homeowners spent \$130 billion on remodeling projects last year. If you hope to join them anytime soon, there are a few things you’ll want to keep in mind. After all, a kitchen remodel can give you one of the best returns on investment as long as you know where to save and where to spend.



TV host James Young recommends Formica® laminate to get the look of granite without the high cost.

I help homeowners who dislike their kitchens evaluate all their options, from cabinets to countertops. Here are a few tips for a kitchen renovation that’s worth the time and investment.

• **Play with color.** You spend a lot of time in the kitchen and you want it to be an inviting, comfortable place. One way you can really spice things up and show your true personality is with paint. Go bold or lighten things up with your favorite wall color; it’s really up to you and your personal style. It’s also one of the most inexpensive things to change down the road, so don’t be afraid to go outside your comfort zone or experiment with the latest color trends.

• **Mix and match materials.** Combining materials of different textures—such as stainless steel, concrete and reclaimed wood—adds warmth and visual interest. Invest in a marble slab for baking prep and a coordinating laminate or solid surfacing on other surfaces. This is your kitchen; get creative.

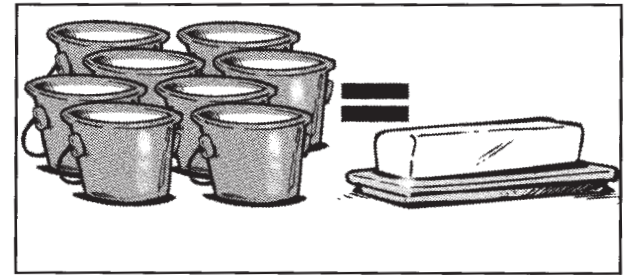
• **Make a statement with countertops.** One place you can make a big statement is with countertops. The amount

you spend on this item should account for only around 10 percent of your kitchen renovation budget. For this reason, I prefer working with Formica® brand laminate. Through the latest design and print technologies, you can get the look of granite and marble without breaking your budget. For example, the 180fx® line of laminates captures the true scale and color variation of exotic, natural surfaces but at a fraction of the cost.

• **Update your cabinets.** While this can be a pricey endeavor, new cabinets can completely transform the look of your kitchen. No budget to replace them completely? You can create a unique look by adding laminate to the fronts of cabinet doors and drawers. Even more simple: Update them with a coat of paint, add new hardware and you’ll be all set.

For more tips on renovating and getting the best bang for your buck, visit the Knowledge section at www.formica.com.

• *Mr. Young is a licensed contractor, electrician and TV host.*



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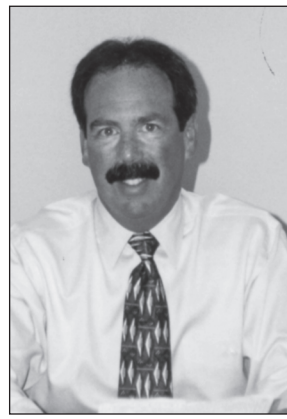


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Dollars and sense

by David Uffington

Endless Debt

If you need incentive to dig deep this year and get your finances under control, consider a recent study that concluded that 18 percent of adults expect to battle debt for the rest of their lives and die in debt. The research, done by CreditCards.com, says that it's not that we've gone crazy accruing debt, but that the Great Recession lasted longer than financial experts believe, which was 2007 to 2009. For many consumers, the effects of that recession are still going on.

With young millennials, only 6 percent believe they'll never get out of debt. Increase the age to between 50 and 64, and that goes up to 22 percent. For seniors age 65 and older, it's 31 percent. While the millennials are optimistic, perhaps they should note that those pessimistic seniors likely thought the same when they were younger ... that it was possible to get out of debt. Their likely target age to be debt free was 53.

Seniors were hit especially hard during the recession and turned to their homes to raise needed cash. Mortgage debt rose 82 percent, which means

that seniors who expected to live in a mortgage-free home are still making payments.

Since the recession, total debt went down slightly (from 79.7 percent to 77.5 percent), but the reason was due to write-offs when the companies had to cancel debts that couldn't be paid. That left consumers with lower credit scores, which led to higher interest rates on any subsequent loans they took out. Household debt went up, while incomes went down.

As has been said many times in this column, beware believing that financial bad times are over, even though in your household they might appear to be. Keep debt as low as possible. Pay off debts as quickly as you can, but don't disregard your rate of savings. If you take a higher deductible for auto or home insurance to save money, be sure that deductible amount is tucked away in savings. If you can't pay off an item in three months, don't put it on a credit card. Swap interest credit cards for those with no interest for a period of time and pay off the other balances. Develop a second source of income. Shop the sales.

In short, act as though the Great Recession is still upon us, because in some ways, it still is.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to columnreply3@gmail.com.

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Trivia test

by Fifi Rodriguez

1. TELEVISION: What was the opening theme song from "Sonny & Cher Comedy Hour"?
2. MOVIES: Who played the role of Boo Radley in the movie "To Kill a Mockingbird"?
3. MEDICAL: What is the more common diagnosis for rhinorrhea?
4. GEOGRAPHY: What four U.S. states meet borders at one point?
5. COMICS: What is the name of Snoopy's yellow bird friend in "Peanuts"?
6. RELIGION: Who was the first pope of the Catholic Church?
7. ENTERTAINERS: Who was the first actress to receive \$1 million for a single movie?
8. INVENTIONS: In what year was Velcro patented?
9. AD SLOGANS: What cereal is known as the "Breakfast of Champions"?
10. GAMES: What is a flush in a poker hand?

Answers

1. "The Beat Goes On"
2. Robert Duvall
3. Runny nose
4. Colorado, Arizona, Utah and New Mexico
5. Woodstock
6. St. Peter
7. Elizabeth Taylor, "Cleopatra"
8. 1955
9. Wheaties
10. Five cards of the same suit

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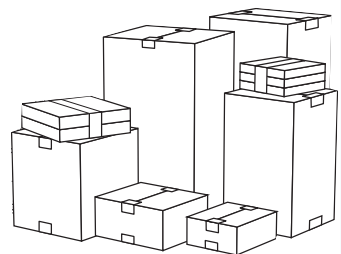


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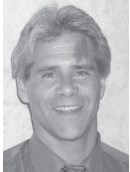


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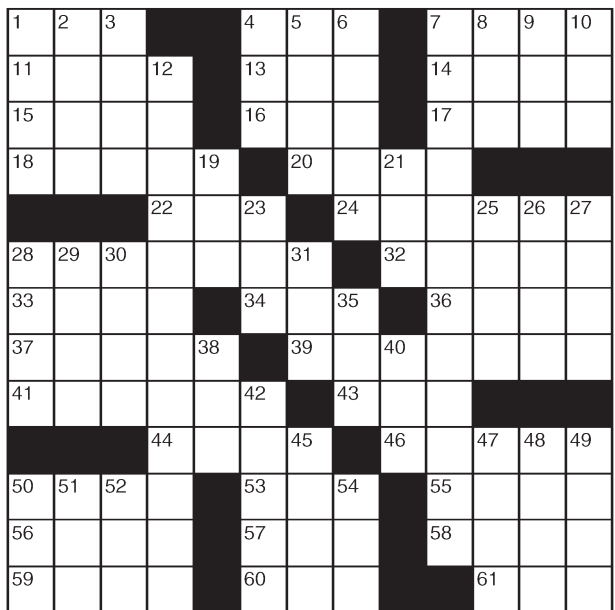
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King Crossword

- ACROSS**
- "I — Camera"
 - Film director Van Sant
 - Lather
 - Cabin makeup
 - Fire residue
 - Not working
 - Time of prosperity
 - Writer
 - Buscaglia
 - Bridle strap
 - Inert gas
 - Nitwit
 - Family
 - Preeminent person
 - Diamond merchant
 - Skeptical sort
 - Line of symmetry
 - Child
 - Eat
 - Craze
 - Made a map of
 - Like urban air, maybe
 - Historic
- DOWN**
- Actress Jessica
 - Heath
 - Wide-eyed
 - Cowboy's sweetie
 - Secondhand
 - Trembled
 - Hoses are hooked up to them
 - Praise in verse
 - Clay, today
 - Fellows
- period
44 Verb's companion
46 Contest submission
50 Coffee, slangily
53 — Zedong
55 "Take — Train"
56 October birthstone
57 Speedometer stat
58 Witnessed
59 Obtasks
60 Thanksgiving veggie
61 Wapiti
- 12 Old West communications
19 Zero
21 Atl. counterpart
23 Badminton barrier
25 One
26 Baseball team
27 Scored 100 on
28 Jellies' mates
29 Physical
30 Drunkard
31 Sinbad's bird
35 Definite article
38 Past
40 Exist
42 Delicious
45 California grape valley
47 You, old-style
48 Rod's partner
49 Tug
50 Trot
51 Gorilla
52 Cistern
54 Resistance measure



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OLHEBXUROLIEBYV
SQNKZKHBYWTROL
J(CLINTON)GEBYWUR
PNKSIGLDOBZXVST
QMUSKIEUOSMFRKH
IGOISECCHRICEAG
YWUNUSQPNSYDKII
NLJGRHFHACAAAYR
XLEWOPVJUVBMB
SQPRNSELLUDMKJL
HFECBZYXVUTRQPA

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

- | | | | |
|---------|-----------|--------|--------|
| Baker | Haig | Monroe | Rusk |
| Clinton | Jay | Muskie | Shultz |
| Dulles | Kissinger | Powell | Vance |
| Fish | Madison | Rice | |

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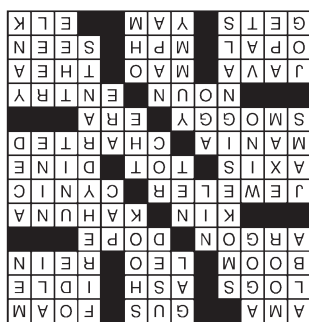
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Lic. #130 **HOPE, RI 615-9962**

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

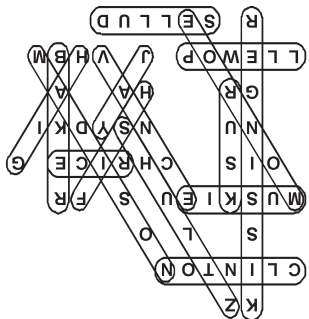
HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the 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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Solution time: 21 mins.

Answers



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YOGA & ZUMBA CLASSES AT WEST WARWICK ELKS

The West Warwick Elks #1697, 60 Clyde Street, West Warwick, will offer Yoga & Zumba Classes on Thursday nights from 6-7PM. The cost of the class is \$5/person. For more information, contact Mary at 439-8507.

BLOOD DRIVE IN MEMORY OF JAMIE MAYER

A Blood Drive in honor of Jamie Mayer's Birthday will be held on January 9 from 4-8PM at the Olde Theater Diner, 33 Sandy Bottom Road in Coventry. Jamie was a graduate of Coventry High School and was a Freshman at Franklin Pierce University when he lost his life in an untimely skateboard accident. This Blood Drive, being held in Jamie's memory on what would have been his 21st birthday, a Blood Drive that Jamie's mother says her son would surely embrace as a way of helping others, providing hope & life. Family and friends are encouraged to stop by the Drive to remember Jamie's birthday, even if they are not able to donate. For more information, call 1-800-283-8385 or visit www.ribc.org

EXETER ANIMAL SHELTER

The Exeter Animal Shelter, 169 South County Trail, Exeter, has cats & dogs needing homes. Please stop by! Call 294-2754 for hours. Pet food donations & volunteers are always welcome. Visit petfinder.com/shelters/ri55.html for Adoptable Pet List.

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FOUND: Camera was left behind at Mister Puggs Mugg Coffee Shop on Martha's Vineyard this past Summer. Please contact 787-1858 with a description of camera for its return

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Chartbusters

Top 10 Pop Singles

This Week	Last Week
1. Taylor Swift "Blank Space"	No. 1
2. Hozier "Take Me to Church"	No. 3
3. Meghan Trainor "All About That Bass"	No. 2
4. Maroon 5 "Animals"	No. 5
5. Mark Ronson feat. Bruno Mars "Uptown Funk!"	No. 8
6. Taylor Swift "Shake It Off"	No. 4
7. Sam Smith "I'm Not the Only One"	No. 7
8. Meghan Trainor "Lips Are Movin"	No. 13
9. Nick Jonas "Jealous"	No. 11
10. Ariana Grande & The Weekend "Love Me Harder"	No. 10

Top 10 Albums

1. Taylor Swift "1989"	No. 1
2. Pentatonix "That's Christmas to Me"	No. 2
3. AC/DC "Rock or Bust"	new entry
4. Sam Smith "In the Lonely Hour"	No. 5
5. One Direction "Four"	No. 4
6. Idina Menzel "Holiday Wishes"	No. 13
7. Michael Buble "Christmas"	No. 15
8. Garth Brooks "Man Against Machine"	No. 11
9. Mary J. Blige "The London Sessions"	new entry

10. Soundtrack "Frozen"



Maddie & Tae

Top 10 Hot Country Singles

1. Tim McGraw "Shotgun Rider"	No. 1
2. Carrie Underwood "Something in the Water"	No. 2
3. Maddie & Tae "Girl in a Country Song"	No. 4
4. Brad Paisley "Perfect Storm"	No. 6
5. Keith Urban "Somewhere in My Car"	No. 9
6. Eric Church "Talladega"	No. 11
7. RaeLynn "God Made Girls"	No. 17
8. Florida Georgia Line "Sun Daze"	No. 8
9. Sam Hunt "Leave the Night On"	No. 5
10. Luke Bryan "I See You"	No. 19

Source: Billboard

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Random Acts of Kindness...

On Friday, December 19th, while shopping at Shaw's Market in Cranston, I had the opportunity to meet a very kind and helpful Christmas Angel, her name is Marie. I have been ill for the last few months, however, I decided to go to Shaw's, for some last minute things for Christmas.

As I got to the last few things on my list, it was apparent that I needed to sit down and rest. I found a spot at the back of the store. While sitting, a woman came up to me and asked if I was okay. Clearly, seeing that I wasn't, she insisted on shopping for the rest of the items on my list. She followed me to the registers, and put my things on the conveyor belt. Before she left, she made sure I would have help to my car.

She Wished me Happy Holidays in English and Italian, gave a big smile and was on her way. Thank you again, Marie, for your kindness, which meant so much to me. Happy Holidays to a Special Angel

Donna

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Delicious
Crabcakes
1.99 ea.

USDA!!
**Sirloin
Strip Steak** **8.99** lb.

Tom's Famous - Bone In
**Center Cut
Pork Chops** **2.79** lb.

Fresh Throughout the Day!
**Ground
Round** **4.99** lb.

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**Genoa
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Land O Lakes
**4-Cheese
Italian Blend** **5.99** lb.

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Swordfish** **5.99** lb.

USDA, Grade A **WHILE SUPPLIES
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Sausage** **3.79** lb.

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Pepperoni**..... **5.99** lb.

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By Samantha Mazzotta

Holiday Safety

We're at the height of the holiday season, and life probably is pretty busy. But as you prepare for get-togethers and dinners, remember to put safety first. Below are a few things to remember that will help you to be prepared for emergencies and keep your household safe:

- Ahead of a family gathering, move toxic cleaning supplies and other chemicals to the garage, up and out of reach of children. Clearly label any unlabeled bottles so that nothing is confused with a food or beverage item.
- Make sure a fire extinguisher is kept in the kitchen, and in any room where a fireplace is lit. It should be visible and not too near the heat source.
- Tape a list of emergency contact numbers near the phone — not just 911, but the veterinarian, poison control center and family contacts. Put these contacts into your cellphone contacts list as well.
- Keep candles away from combustible items, and place them well out of reach of children.

• Use only non-combustible or flame-retardant decorations on Christmas trees.

• Avoid small decorations that look like candy to children, who could choke on them.


• If using space heaters, follow safety rules closely: don't leave them unattended; don't drape clothes or other items over them; and don't let kids or seniors sit too close.

The National Association of Certified Home Inspectors offers more safety tips at: www.nachi.org/holiday-safety.htm

home tip Close heating registers in unused rooms and shut the door to keep visitors out. You'll save energy and improve safety during gatherings

Send your questions or home tips to ask@thisisahammer.com.

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The love of a parent for a child is the love that should grow towards separation.
—Kahlil Gibran

The follies which a man regrets most in his life are those which he didn't commit when he had the opportunity.
—Helen Rowland

Did You Know?

(NAPS)—There's now a free telephone reassurance service—a daily "safety check" phone call for the ill and elderly. Called Always in Touch, it's from Always Best Care Senior Services, a nationwide leader in non-medical in-home care and assisted living placement services. You can learn more at (855) 710-CALL and www.Always-In-Touch.com.



The Warrior Transition Command is the proponent of the Warrior Care and Transition Program, which includes Warrior Transition Units and the U.S. Army Wounded Warrior Program. It supports the most severely wounded, ill and injured soldiers and veterans. Recovering soldiers create a personalized Comprehensive Transition Plan.

Kiehl's Hydro-Plumping Re-Texturizing Serum Concentrate is made with a potent complex of plant-based glycerin—a "moisture magnet"—and Shiso Leaf Extract, which "anchors" deep moisture into the skin. It's available at Kiehl's stores nationwide, select retailers, www.kiehls.com/Hydro-Plump and (800) KIEHLS-2.

The new "VeggieTales" musical "Beauty and the Beet," starring the voice of Kellie Pickler as Mirabelle, is available now on DVD and for digital download.

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Birding BITS BY
 Cindy Brook

Birding by Season
 Winter was filled with migrating sparrows, catbirds, goldfinches and robins. Spring brought cowbirds, wrens, titmice and woodpeckers. Babies, babies everywhere in the summer. Fall had red-winged blackbirds, crows and blue jays. My yard is always filled, and so is my heart.
 Happy New Year everyone!
 E-mail: birdingbits@cflrr.com
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HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Arm is moved. 2. Frame is different. 3. Hassock scallop is missing. 4. Clock is missing. 5. Crown is turned. 6. Remote control is missing.
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The New England Steel Guitar Association will hold a Steel Jam on January 11 from 1-5PM at American Legion Post #15, 1016 Post Road, East Greenwich. "RI Rednecks" will perform.

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Collecting
 by Larry Cox

Roseville Bookends
 Q. I have a Roseville set of bookends in the gardenia pattern. Do you have any idea of its value? — *Billy, Merrill, Wisc.*

A. I found your bookends referenced in "Warman's Roseville Pottery: Identification & Price Guide" by Mark F. Moran and published by Krause Books. There are at least six Roseville price guides, but this one is my favorite, and I feel it accurately reflects current values. Moran believes your bookends in green are worth about \$140 for the pair.

family on PBS. I found some FDR campaign buttons in my granny's sewing box. I would like to know how much they are worth. — *Bill, Spokane, Washington*

A. "Warman's Political Collectibles: Identification & Price Guide" by Dr. Enoch L. Nappen and published by Krause Books. It features dozens of FDR buttons in full-color. Dr. Nappen is a political science professor at New Jersey's Monmouth University and a member of the American Political Items Collectors (APIC).

 Q. My dad collected autographed first editions, and I have inherited his collection. Among them are signed copies of Harper Lee's "To Kill a Mockingbird," Truman Capote's "In Cold Blood" and Gail Sheehy's "Passages." Where can I market my books? — *Carole, Buffalo, N.Y.*

A. One of the better rare-book dealers is Bauman's, 535 Madison Ave., New York, NY 10022; 212-751-0011; www.baumansrarebooks.com. Incidentally, Gail Sheehy has just published her memoir, "Darling My Passages" (William Morrow Books, \$29.99). "Passages" created quite a stir when it was first published in 1976. In fact, the Library of Congress has named it as one of the 10 most influential books of our time.

 Q. I have three early American paintings that I believe to be quite valuable. Can you recommend an expert who can help me determine values? — *Stan, Hartford, Conn.*

A. Jeffrey W. Cooley specializes in American painting and might be able to help you. His contact information is The Cooley Gallery, Inc., 25 Lyme St., Old Lyme, CT 06371; www.cooleygallery.com. A second source is James B. Bakker Antiques, Inc., 248 Bradford St., Provincetown, MA 02657; www.bakkerart.com.

Write to Larry Cox in care of KFWS, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to questions-forcox@aol.com. Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor do appraisals. Do not send any materials requiring return mail.

Q. I have been watching the series about the Roosevelt

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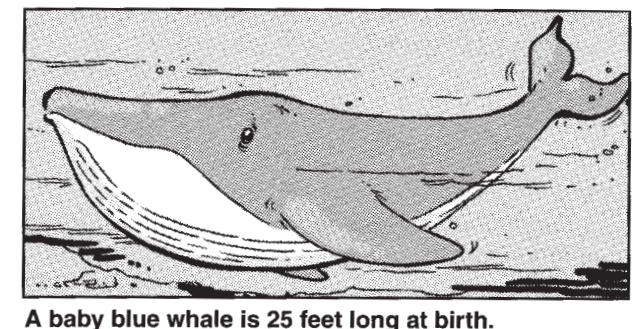
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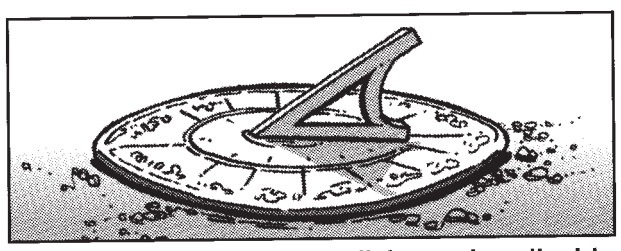
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Decorating Ideas

New Life For Flea Market Finds



A trip to a flea market or your own attic can be rewarding when you use your imagination.
 (NAPS)—Restore, refinish, repurpose: The R's have it when it comes to decorating your home. You can give used furniture new life with some imagination and a little bit of elbow grease. From turning a discarded door into a stately headboard to making a coffee table out of a wooden pallet, the possibilities are endless when you do it yourself.
 Your local flea market, or even your own attic, is a great place to start. Keep an open mind during your search for the perfect piece, and remember that even the dingiest furniture can be easily transformed with the right tools.
 To help, wood finishing expert Bruce Johnson offers these tips:
 • Check the wood for excessive dryness or splintering. A light sanding and dust removal will prepare the piece for refinishing.
 • For beautiful results in a short amount of time, choose a one-step product such as PolyShades—it's a rich stain color and clear protective finish, all in one. It can be used on bare wood or over an existing polyurethane finish.
 • Using this product, as with all stains, let the first coat dry completely before applying additional coats.
 • For quick and easy touch-ups of nicks and scratches, use Minwax Stain Markers in a color that matches your wood. Follow with Minwax Paste Wax for a hand-rubbed finish.
 By following these simple tips and keeping in mind the three R's, you can give your home a distinctive look that is full of personality. Best of all, you will be able to say "I did that!"
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Donna's Day Creative family fun

by Donna Erickson

Enjoy Holiday Card Photos Year-Round

The photo collage on the wall catercorner from my friend Susan's kitchen catches my eye whenever I pop by her back door for a visit. Brimming with images of kids, interesting friends, exotic places and happy baby smiles, it's always an attention-grabber. I call it a "hands on" Pinterest board, but to her—a retired fifth-grade teacher—it's an old-school bulletin board that informs and entertains.
 "My stainless-steel refrigerator is clear of photos nowadays, and I love the clean look of the easy-to-do wall arrangement that hangs year-round," she said as she pointed to her collection. "The beautiful photos tell the annual stories of our favorite people. Plus, they're a conversation starter that leads to sharing the ins and outs of our lives. A birth, a graduation, a wedding, a funeral, a trip to the Rock of Gibraltar."
 If you're inspired to create this simple portrait gallery for your home, here are tips and tricks for the post-holiday family project.
 1. Purchase tacks or small push pins

and a stylish bulletin board, or paint the frame of an old one to match your hallway or room decor.
 2. Choose holiday photo cards that have particular meaning to you and your family. Trim them to focus on essential subject matter and to provide plenty of space to fit them all on the board. School-age kids can use a ruler and pencil to create lines as a guide before they cut with scissors or a paper cutter.
 3. Set the bulletin board flat on a table. Arrange the photos in a pleasing combination. Attach to the board with the pins or tacks. Hang on the wall.
 4. Next year, when the 2015 holiday photos are ready to arrange, place the old photos in an envelope labeled "2014," and store in a box for safe keeping and viewing.



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

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Hints For Homeowners

Standby Generators Can Provide Safety And Comfort

(NAPS)—There's good news for homeowners who want to protect their family and property from the damage and discomfort that can be caused by a power outage.

There's technology designed to help avert the problems that can result from a loss of electrical power.

For example, installing a standby generator can help to provide peace of mind, safety and comfort by maintaining a continuous stream of electricity during a power outage caused by extreme weather or other events beyond the homeowner's control.

Unlike portable generators, standby generators are permanently attached to a home via a fuel line and hardwired into the building's power system or panel board. To maintain a constant state of readiness, it has the capacity to self-test weekly and notify the homeowner if there is a problem.

This type of generator can be configured to restore power to preselected circuits in a home or an entire house when utility power is lost.

In combination with an automatic transfer switch (ATS) or generator-ready load center, the generator will function as a completely automatic system, without the homeowner having to be there to turn on the generator. An ATS is designed to transfer power between the home's utility line and the generator.

Installing a standby generator can help provide peace of mind, safety and comfort by maintaining a continuous stream of electricity during a power outage.

The ATS models that Siemens has to offer are engineered with Digital Power Management (DPM) technology. This gives them the ability, for example, to cycle two different air conditioners on and off without adding additional components.

Once the utility power comes back on, the generator will automatically detect that power is available and switch back to utility power. The system is designed to operate so seamlessly that if you were not home and power went out, you might not even know a power outage had occurred in your absence.

Standby generators from Siemens are available from 8kW to 150kW models. In many cases, the cost of the generator and installation would likely offset the cost of any potential loss or damage incurred by a homeowner during an outage.

To learn more, visit www.usa.siemens.com/generators.



WEST WARWICK ELKS #1697 ANNUAL GAME DINNER

The West Warwick Elks Lodge #1697, 60 Clyde Street, West Warwick, will hold their Annual Game Dinner on January 11 at 12PM. Dinner menu includes Antipasto, Venison Soup, Game Pie, Bison Chili, Venison Meatballs with Ziti, Boar with Peas & Mushrooms, Rabbit & Venison with Potatoes. Tickets are only \$30/person. Call the Lodge at 821-9807 for tickets or for more information. Proceeds benefit Elks Charities.

LOCAL AUTHOR RAYMOND A. WOLF TO SPEAK AT WEST WARWICK PUBLIC LIBRARY

West Warwick Public Library, 1043 Main Street, West Warwick, will host a presentation and Q & A session with local author, Raymond A. Wolf on January 12 from 7-8PM in the Reading Lounge area. Mr. Wolf will be discussing his newest book "Gramma Larson Remembers: Elvis Presley". All are invited to attend. Please call 828-3750, Ext. 4 with any questions.

Her dignity consists in being unknown to the world; her glory is in the esteem of her husband; her pleasures in the happiness of her family.
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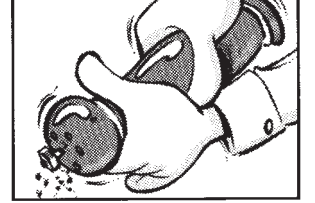
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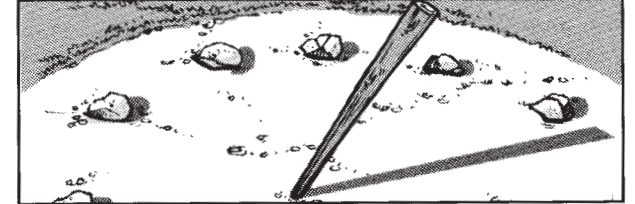
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The earliest type of timekeeper, dating from as far back as 3500 B.C./, was the shadow clock, or gnomon, a vertical stick or obelisk that casts a shadow. An Egyptian shadow clock of the eighth century B.C. is still in existence.



Books
 Recommended Reading

Charlie Chaplin: A Brief Life by Peter Ackroyd (Nan A. Talese/Doubleday, \$25.95) Reviewed by Larry Cox

Even though Charlie Chaplin was, without a doubt, one of the most famous entertainers of all time, very little is actually known about his origins. No certificate of his birth or entry in a baptism registry has ever been found. He is believed to have been born off Walworth Road in London on or about April 16, 1889. Chaplin would later confide to friends that he wasn't even certain of the identity of his biological father. In the vernacular of the period, he may have been a love child.

His mother, Hannah, was mentally ill and spent most of her adult life in institutions. Charlie and his half-brother, Syd, bounced around from charity homes to workhouses. Charlie began his working career as a clog dancer when he joined the Eight Lancashire Lads. After several tours, the group arrived in the United States in 1910. With Syd acting as his manager, Charlie began making films at Keystone Studios. Within a decade of his arrival in America, he had become one of the nation's most popular motion picture stars.

Best-selling biographer Peter Ackroyd focuses on Chaplin and his often controversial life. In addition to documenting many of his classic films, Ackroyd traces the actor from his humble theatrical beginnings in music halls to his work in Hollywood, which earned him an honorary Academy Award in 1972 and a knighthood three years later.

Chaplin's image still is instantly recognized throughout the world, although he died some 37 years ago. Chaplin was a complex man, especially in his relationships with women. He was married four times and fathered 11 children. Ackroyd sorts out Chaplin's personal life as well as his professional one.

Ackroyd's brief but engaging book offers fresh revelations about one of the most familiar faces of the past century and brings the "Little Tramp" vividly to life once again.

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SLOCUM GRANGE MEETING
 Slocum Grange, 96 Slocum Road, North Kingstown, will hold
 their next Meeting on January 9. The evening will start at 6PM
 with an inside picnic Pot Luck Supper, Business Meeting fol-
 lows at 7:30PM. The Grange is now collecting eyeglasses for
 donation to the Volunteer Optometric Services to Humanity
 (VOSH). For more information on donating items, please call
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The following Community Blood Drives will be held:
 JANUARY 4 from 8:30AM-1:30PM in the Parish Hall of
 SS John & Paul Church, 341 South Main Street, Coventry
 & from 9AM-12PM (Bloodmobile) at Christ Church, 1025
 Main Street, East Greenwich. JANUARY 7 from 9AM-12PM
 (Bloodmobile) at Gencorp Insurance Group, 16 Main Street,
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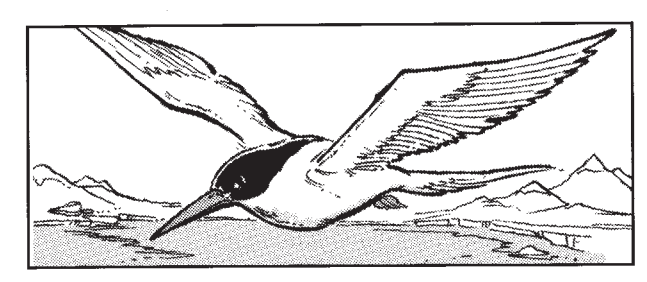
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 —Oliver Wendell Holmes

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JANUARY COMPUTER CLASSES AT WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick, will offer the following Computer Classes in January: **iPad Basics** on January 5 from 7-8PM & January 7 from 10-11AM. Bring your iPad and learn how to use it's features. **Skype & Video Chatting** on January 13 from 7-8PM & January 21 from 10-11AM. Learn how to set up an account & what is included with the free subscription. **E-Reader Workshop** on January 14 from 10-11AM. Bring your device and learn how to get free e-books through the Library. These are free classes and are open to everyone. Registration required. To register or for more information, please call 828-3750, Ext. 4.

WEST WARWICK PUBLIC LIBRARY BOOK CLUBS

West Warwick Public Library, 1043 Main Street, West Warwick offers two Book Clubs which meet monthly. **The Adult Book Group** will meet on Tuesday, January 27 at 7PM and Wednesday, January 28 at 2PM to discuss "The Tavern on Maple Street" by Sharon Owens. An alternative genre book group **"Geek Reads"**, will meet on Tuesday, January 6 at 7PM to discuss "The Princess Bride" by William Goldman. New members are always welcome at all of these discussions. For information call the library at 828-3750, Ext. 4 or email ref@wwlibrary.org

VOLUNTEERS NEEDED FOR THE TOWN OF COVENTRY 275TH ANNIVERSARY COMMITTEE

The 275th Anniversary Committee for the Town of Coventry is looking for volunteers to spearhead the many committees being put together to organize Golf Tournaments, a Mystery Dinner, Garden Tours, Heritage Days at the Paine House Museum, and many other events for the 2015-2016 year. If there is anyone from the 250th Anniversary that would like to participate and make the 275th a success, please contact Sandy at 821-2444 or email slukowicz@verizon.net

COVENTRY PUBLIC LIBRARY PRESENTS...

The Coventry Public Library, 1672 Flat River Road, Coventry, will host a 3-Week Job Hunting Workshop. This Workshop will be held on January 5, 12, & 26 from 6-7:30PM. You will learn to navigate online job sites, apply to jobs online, write a resume & Cover Letter. Space is limited. To register or for more information, please call 822-9105.

COVENTRY LOCAL ADVISORY COMMITTEE (LAC) ON SPECIAL EDUCATION

Coventry's LAC on Special Education will be meeting on January 12 at 6:30PM in the School Administration Building, 1675 Flat River Road, Coventry. The topic is Advocacy Tips for Parents. All Meetings are open to the public and anyone interested in Special Education issues is welcome.

CHAIR YOGA CLASSES AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene, is sponsoring a 6-week Chair Yoga Class. Classes taught by Christie Jeffries, will be held from 6-7:15PM on November 6, 13, 20, December 4, 11 & 18. Chair Yoga combines traditional yoga practices of breathing & meditation with modified postures. Wear comfortable clothing and bring a yoga mat. Each class costs \$8. Call Christie at 323-1649 after 5PM or the Library at 397-3873.

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Trivia test by Fifi Rodriguez

- TELEVISION: What was the opening theme song from "Sonny & Cher Comedy Hour"?
- MOVIES: Who played the role of Boo Radley in the movie "To Kill a Mockingbird"?
- MEDICAL: What is the more common diagnosis for rhinorrhea?
- GEOGRAPHY: What four U.S. states meet borders at one point?
- COMICS: What is the name of Snoopy's yellow bird friend in "Peanuts"?
- RELIGION: Who was the first pope of the Catholic Church?
- ENTERTAINERS: Who was the first actress to receive \$1 million for a single movie?
- INVENTIONS: In what year was Velcro patented?
- AD SLOGANS: What cereal is known as the "Breakfast of Champions"?
- GAMES: What is a flush in a poker hand?

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More of the Year That Was 2014

We're back with more of last year's best and worst performances.

Worst sports performance by a single person:

I didn't want to see it happen, necessarily, as I admire the guy — not only was he the funniest athlete to ever host "Saturday Night Live," even his new commercial about chicken parm tasting so good is kind of funny. And there's also the fact that the guy is one of the best quarterbacks in NFL history. I'm not going to argue this point. One thing can be said with certainty after watching his horrendous Super Bowl performance against the Seattle Seahawks, Peyton Manning is not the quarterback I would choose in a game that my life depended on. Two picks, a fumble and a general look of shellshock was to be Manning's signature the night of the Broncos' 43-8 trouncing. You can argue that there were worse performances, but the guy who just broke the NFL record for yards and touchdowns in a season has to take this ignominious award for the year that was.

Worst sports performance by a team:

I suppose you could have picked the Broncos, who had come into the Super Bowl with the NFL's best record, best offense and a record-shattering quarterback but, no... there is another. I can't help but single out the lowly Jets of New York for this category, just beating out the Washington Redskins and with stadi-

um-mates the Giants not far behind.

Twice in the past five years, Rex Ryan had this team knocking on the door for the Super Bowl, and now it's come to watching Geno Smith and Michael Vick fighting for playing time as Mark "Butt Fumble" Sanchez makes like Roger Staubach down in Philly? Vick, the standard for disgrace in the NFL, is seen as a savior? The Jets want to root for that? Of course they do. They're Jets fans. Gotta love 'em, wouldn't want to sit in front of 'em in the cheap seats. Good luck and good riddance, Rex... though you will be missed by the press. The candor was appreciated, and it's only a matter of time before you end up hoisting the Lombardi Trophy — just not with the Jets.

Most overhyped sporting event:

Pick any Floyd "Money" Mayweather fight, and it's automatically overhyped. Facts are, he is one of the best — if not the best — defensive boxer, pound-for-pound, in history. But you know with that mouth, that self-love, he won't be able to resist the money, and will come back for just one more fight, and then his stock as best-ever drops out of the top 10 and he goes onto the scrap heap of boxing history.

Nobody cares anymore award:

Manny Pacquiao had his chance to fight Mayweather, but Mayweather's demands that he prove to everyone that he was free of performance-enhancing drugs stopped him cold. Since then, Pacquiao has lost speed, lost fights, lost box-office appeal. The fight will happen, someday — the big fight always does — but by then, will anyone really care?

Most heartening trend:

Americans watching and rooting for Team USA soccer in the World Cup and knowing that the best is yet to come.

Mark Vasto is a veteran sportswriter who lives in Kansas City.
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COVENTRY, Blackrock Area: 1 Bedroom, starting at \$725. 2 Bedrooms, \$925. Heat, hot water and cooking gas included. Laundry on site. Zero security deposit for qualified applicants. 823-4813.

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COVENTRY: 1 & 2 Bed, newly renovated, all brand new. Starting at \$800/month, water included. No pets. No smoking. Call Dan 465-8584 or Cheech 474-6766.

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WEST WARWICK: This apartment has it all! Large, modern 1 bed on 1st floor. Deck, eat-in tiled kitchen with appliances, large tiled bath, ceiling fans in each room, new carpeting, new window blinds, off-street parking, fire alarm. Gas fired baseboard heat. \$725/month includes hot water. \$600 Damage Deposit. No pets. 699-3005.

SHADY OAKS & PILGRIM PARK APTS.: West Warwick/Coventry. 1 Bedrooms start at \$900. 2 Bedrooms start at \$1025. HEAT & HOT WATER INCLUDED! Affordable security deposit options! Pet friendly. 1-866-708-0612 or visit www.ShadyOaksApts.com or www.PilgrimPark.com

WEST WARWICK: 1-2 Bedroom Townhouses. Start \$198/week. 1 Month free. 467-3171.

Apartment for Rent

WEST WARWICK: Nice, large, 1 bed. All utilities included. Appliance. Parking. \$160-\$165/week. 2 weeks security. No dogs. Non-smokers. 828-5080.

WEST WARWICK: 1 Bed, great location, clean, newer windows, 1st floor, off-street parking, hot water included. \$675/month. 465-8903.

WEST WARWICK, Cowesett Avenue: 2nd Floor, 1 bedroom, stove & refrigerator, heat included. \$750/month. Security deposit. 821-3874.

COVENTRY: 1 Bed, appliances, storage, parking, 2nd floor, quiet area. \$800. Heat & hot water included. Security deposit required. Willing to accept Section 8. Contact Sandra at 644-7199 or 921-4996.

WEST WARWICK: Loft apartment. \$225/week includes everything. \$500 Security deposit. Brian, 573-7480.

EAST GREENWICH: 2 Bed plus utilities, \$850. 1 Bed, \$695 with hot water. 1 Bed, \$650 with hot water. No pets/smoking. 286-0500.

WEST WARWICK, Crompton: Waterview. Nicely renovated 1 bedroom. All utilities included, appliances, parking. No dogs please. only \$185/week. Security deposit \$400. Won't last! 301-4465.

COVENTRY: Immaculate 2 Bed. Heat/hot water, appliances, 2nd floor. No pets. \$825/month. 821-3811.

COVENTRY: Spacious 1 bedroom. Heat/hot water, appliances, 2nd floor. No pets. \$750. 821-3811.

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Apartment for Rent

COVENTRY: 3 Bedroom, \$1000/month. Utilities not included. New kitchen and bath. References required. Call 401-639-641.

WEST WARWICK: Clean 2 bed. New paint, appliances, new windows, new gas boiler, off-street parking, coin laundry & private storage on lower level. No utilities included. No dogs please. \$800/month. \$800 Security. ALSO, 1 BEDROOM. \$750/month. Call John at 265-6343.

COVENTRY: Beautiful 2 bed, 1 bath apartment in lovely Victorian home. 2nd Floor, hardwood floors, modern kitchen. Available February 1. \$850/month. No utilities. No dogs. Allan, 823-9293.



by Healthy Exchanges

Shrimp Cocktail
Pizza Appetizers

If you are hosting (or attending) a potluck party for New Year's, be sure to put this on the menu. Everyone will be glad you did.

- 1 (8-ounce) can reduced-fat crescent rolls
- 1 (8-ounce) package fat-free cream cheese
- 1/4 cup no-fat sour cream
- 1/2 cup cocktail sauce
- 2 cups finely shredded lettuce
- 2 (6-ounce) packages frozen shrimp, thawed, cooked and chopped

1. Preheat oven to 350 F.
2. Spray a rimmed 10-by-15-inch baking sheet with butter-flavored cooking spray. Unroll crescent rolls and carefully pat into prepared baking sheet to form a crust, being sure to seal perforations. Bake for 10 to 12 minutes or until crust is light golden brown. Place baking sheet on a wire rack and allow to cool completely.
3. In a large bowl, stir cream cheese with a sturdy spoon until soft. Stir in sour cream and cocktail sauce. Evenly spread mixture over cooled crust. Sprinkle lettuce evenly over sauce mixture. Evenly sprinkle chopped shrimp over top.
4. Refrigerate for at least 1 hour.

- Each serving equals: 193 calories, 5g fat, 16g protein, 21g carb., 704mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch; Carb Choices: 1 1/2.

House for Rent

COVENTRY: Cottage for Rent. Heat & electric, washer/dryer included. \$900/month. 206-2410.

Townhouse for Rent

WEST WARWICK: 2 Bedroom Townhome. All appliances including washer & dryer, fenced yard, storage. No dogs. \$825 plus security. 828-7233.

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Coventry: Move-in ready, 2 bed mobile, new floors & appliances, Florida room, new carport, nicely landscaped, \$39,900

East Providence: Spacious 3 bed, 1.5 bath ranch, hardwoods, family room in lower, new gas furnace, \$169,900

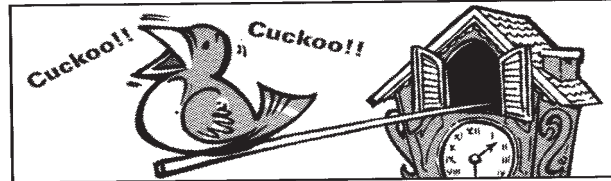
Richmond: Nice 3 bed, 2.5 bath colonial in Wyoming, hardwoods, office, dining room, family room, 2 acres, \$319,900

Providence: Great renovated two family home in nice area, 3 beds each unit, hardwoods, near East Side, \$155,000

West Warwick: Great investment opportunity, 2 family, 2 beds each unit, new windows, long-time tenants, \$140,000

Coventry: One side of 2 story duplex for rent, 6 rooms, 3 beds, no pets, \$925 month

Sales Positions now available.....call 828-2100 for details!



Cuckoo clocks, containing carved wooden birds that emerge and "sing" to tell the time, were made in the Black Forest of Germany as early as 1730 and are still popular.

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TOP VIDEO RENTALS AND SALES

- Top 10 Videos On Demand**
1. Let's Be Cops(R)
Jake Johnson
 2. 22 Jump Street(R)
Channing Tatum
 3. The Hundred-Foot Journey (PG)
Helen Mirren
 4. Dawn of the Planet of the Apes(PG-13)
Gary Oldman
 5. The November Man(R)
Pierce Brosnan
 6. How to Train Your Dragon 2(PG) animated
 7. And So It Goes(PG-13)
Michael Douglas
 8. Tyler Perry's A Madea Christmas(PG-13)
Tyler Perry
 9. The Expendables 3(PG-13)
Sylvester Stallone
 10. Tammy(R)
Melissa McCarthy

- Top 10 DVD, Blu-ray Sales**
1. Dawn of the Planet of the Apes(PG-13)
FOX
 2. Frozen(PG)
Disney
 3. How to Train Your Dragon 2(PG)
FOX
 4. Maleficent(PG)
Buena Vista
 5. The Expendables 3(PG-13)
Lions Gate
 6. Harry Potter: The Complete 8-Film Collection(NR)
Warner Brothers
 7. Tyler Perry's A Madea Christmas(PG-13)
Lions Gate
 8. 22 Jump Street(R)
Sony
 9. The Hobbit: The Desolation of Smaug(PG-13)
Warner Bros.
 10. X-Men: Days of Future Past(PG-13)
FOX
- Source: Rentrak Corp.
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Some 200 million pounds of herbs and spices are consumed annually in the U.S., with black pepper, cinnamon and nutmeg heading the list.

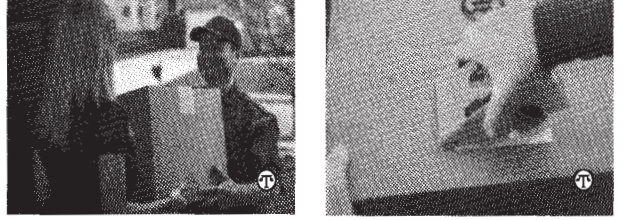
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HELPFUL HOUSEHOLD HINTS

Smart Shipping And Storage Suggestions



When making up a package for shipping or storing, remember to tape it shut—flaps taped down along the middle and on both ends over the corners—and reinforce the seams with a good-quality clear tape.

(NAPS)—Whether you're sending gifts for the holidays, packing for a move or storing keepsakes, heeding a few hints on how to prepare things for shipping and storage can help your package stay safe and intact.

Packing Tips

- First, choose a strong, rigid carton made of high-quality corrugated cardboard, preferably double walled to ensure strength, durability and protection. Be sure it has enough room for the cushioning material around the contents. If you're reusing a box for shipping, cover up or black out any old labels and markings.
- Next, place plenty of cushioning around your items. Wrap each item separately within the carton with protective cushioning. Don't let any items touch the walls of the carton. Close and gently shake the box to see whether there is enough padding. If you hear items moving around as you shake the box, add more newspaper, packing foam or plastic material to secure the package.
- Before you ship or store your stuff away, make two lists of what's in the box. Put

one inside the box and then tape the other to the outside, so you know what's in which container and what not to overlook when you open one.

- Tape your box shut and reinforce the seams with quality tape. Don't use cord, string or twine, which can get caught in mail processing equipment. Fortunately, you can now get a tape that is almost three inches wide, so packages can be secured with just one strip of tape. Gorilla Shipping Tape also has a 3.4-mil construction, which makes it thicker, tougher and wider than other tapes. Plus, it's water and temperature resistant, so it stands up to the elements—whether you're shipping a package across the country or storing a box in a humid attic. It comes on an easy-to-grip, quiet dispenser, and the tape cuts easily for smooth dispensing.
- If traveling for a holiday or visit, ship packages and boxes ahead of time to save space in your luggage.

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top ten
Holidays FOR Auto Thefts



1. New Year's Day
2. Halloween
3. Memorial Day
4. Labor Day
5. Presidents' Day
6. Christmas Eve
7. Valentine's Day
8. Independence Day
9. New Year's Eve
10. Thanksgiving

Source: National Insurance Crime Bureau
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celebrity extra
by cindy elavsky

Q. I thought I read a while back that a movie about the life of Whitney Houston was going to be made. Is that still happening? — *Freesia L., via email*

A. It is, indeed. Lifetime will bring us the story of the critically acclaimed songstress whose life was tragically cut short in February 2012. Angela Bassett makes her directorial debut with the Lifetime Original Movie "Whitney," featuring Yaya DaCosta ("Lee Daniels' The Butler") in the lead role, with Arlen Escarpeta ("Final Destination 5") alongside her as Bobby Brown. The much-anticipated world premiere will be Saturday, Jan. 17, at 8 p.m. ET/PT.



Yaya DaCosta as Whitney Houston

"Whitney" chronicles the headline-making relationship between the iconic singer, actress, producer and model, and singer and songwriter Bobby Brown from the time they first met at the very height of their celebrity to their courtship and tumultuous marriage that followed. Throughout it all, difficulties dogged the superstar couple while they dealt with the overwhelming rewards and consequences of Houston's meteoric rise that would soon overshadow them both.

Q. Is it true that J.K. Rowling's latest book series is going to be turned into a movie? — *Hal R., Albany, New York*

A. Not a movie, Hal, but a series. BBC announced last month that it is going to adapt Rowling's Cormoran Strike novels into a series, beginning with the first book, "The Cuckoo's Calling." Rowling will collaborate on the project in conjunction with BBC and Bronte Film and TV, which also is producing Rowling's "The Casual Vacancy" adaptation, a three-part series that will air on BBC One in February. There's no word yet when either series will be available in the U.S., but I'm hoping they've worked out some sort of deal with PBS (or another station), where we get to see it here across the Pond a few months after the Brits.

ous withdrawals here! — *Larry E., Orlando, Florida*

A. You'll have to wait just a little longer, Larry. Season five continues on Feb. 8 on AMC. Series star Andrew Lincoln told TV Guide that this half of the season contains two episodes that probably are his favorite since the pilot episode.

Q. It's been forever since "Shameless" has had new episodes. Will it be back for another season? — *Gerry Y., via email*

A. Showtime's hit dark-comedy will be back for its fifth season on Sunday, Jan. 11. You'll get 12 more episodes of the William H. Macy-starring series, with Emmy Rossum, Cameron Monaghan, Ethan Cutkosky and Jeremy Allen White all returning to their roles in this dysfunctional family.

Q. When will the Golden Globes air this year? — *Patty R., Fredericksburg, Virginia*

A. The 72nd Annual Golden Globe Awards will air Sunday, Jan. 11, on NBC starting at 8 p.m. ET/5 p.m. PT. Write to Cindy at KingFeaturesWeeklyService, P.O. Box 536475, Orlando, FL 32853-6475; or e-mail her at letters@cindyelavsky.com.



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Holidays Can Put Pets in Danger

If you're a social media user, you've doubtless seen at least one message warning pet owners to keep their pets away from certain foods. Being able to circulate this information across Facebook, Pinterest and other sites is one of the great benefits of online communication.

Each year, I've done the same with this column, warning my readers about potential dangers to pets during the holidays (and throughout the year). And I definitely want to keep this information circulating. So, here are many of the common food hazards and other dangers that pet owners need to be aware of. These can cause serious illness or death:

DOGS: Grapes and raisins (and currants), chocolate, macadamia nuts, avocado, onions, garlic, flavored chips, sugar-free candies (or anything containing xylitol), rhubarb, tomato plant leaves, raw bread dough, beer and wine, and liquor.

Keep dogs out of the trash and away from chicken or fish bones, peach and plum pits, persimmon seeds, raw meat or fish, moldy foods and old cigar or cigarette butts (tobacco is very toxic). Lock up your marijuana stash too, please.

CATS: All of the above; plus, cats are very sensitive to the following popular holiday plants: poinsettia, lily, mistletoe and amaryllis. Ivy, azalea, philodendron, caladium and difffenbachia also are dangerous.

SMALL PETS: Hamsters, guinea pigs, etc., are very sensitive to changes in diet, so avoid the temptation to give them extra treats or holiday foods. They can suffer great harm if they ingest any plastic, tinsel or other tempting items lying around. Keep small pets in their cages during busy holiday get-togethers, and in a quiet spot where they won't be stressed.

If your pet exhibits any signs of distress, or is lethargic, vomiting, drooling heavily or otherwise acting abnormally, contact your veterinarian right away.

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

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Strange BUT TRUE

By Samantha Weaver

- It was 19th-century German philosopher, poet and composer Friedrich Nietzsche who made the following sage observation: "He who has a 'why' to live can bear with almost any 'how.'"
- The beer can was introduced in 1935 by the now-defunct Kreuger Brewery.
- The first Rambo movie originally was shot with two different endings. The one that made it into the final cut, of course, left the title character spent, but alive. In the ending that was cut, Rambo was shot and killed by his nemesis. Just think of all the sequels that would never have been ...
- In China, farmers often use colonies of ants to control the population of insects that are detrimental to their crops.
- Just 150 years ago, New York City was home to 10,000 free-range hogs.
- According to the Talmud, a central text of Judaism, if someone is bitten by a rabid dog, the victim should write on the skin of a male hyena, strip naked and bury the clothes for a year, then burn the clothes and scatter the ashes. Of course, early medical treatment for the bites wasn't much better. Some doctors recommended pouring boiling oil on the wound or cauterizing it with a red-hot iron. Some went as far as packing the bite with gunpowder, then igniting it. Greek doctors suggested that victims bathe in the juice of crawfish. Castration and massive doses of asparagus also were suggested as cures for rabies.
- On average, 56,000 pounds of ore must be mined in order to find one karat's worth of diamond.
- A man by the name of Walter Cavanaugh once possessed 1,196 different credit cards in his name — all of them valid. He was also known as "Mr. Plastic Fantastic."

Thought for the Day: "Who overcomes by force hath overcome but half his foe." — John Milton

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LIBRA (September 23 to October 22) Encourage family members to join you in supporting a relative who could be facing a difficult emotional challenge in the New Year. Showing your love and concern helps keep his or her hopes up.

ARIES (March 21 to April 19) Events could inspire adventurous Lambs looking to make a major career or personal move. But as always, get all the facts before rushing into any sort of deal or commitment.

TAURUS (April 20 to May 20) What seems to be a great opportunity could cause even usually practical Taureans to ignore their inner caution cues. Best to move carefully to avoid falling into unseen traps.

GEMINI (May 21 to June 20) Need a holiday now that the seasonal festivities are behind you? Good idea. Plan to go someplace wonderful. You'll return refreshed and more than ready for a new challenge.

CANCER (June 21 to July 22) Progress continues to be made on that pesky workplace problem. Meanwhile, don't assume a personal situation will work itself out. Best to get more involved earlier than later.

LEO (July 23 to August 22) Catnaps are definitely recommended for Leos and Leonas who had been going at a hectic pace over the holidays. Adding relaxation time to your schedule helps restore your overdrawn energy reserves.

VIRGO (August 23 to September 22) Sure, some of the new friends you made over the holidays might move out of your life at some point. But at least one might show significant "staying power" with some encouragement.

The Garden Bug

Prevent tree damage

Rabbits and mice damage young trees in winter by feeding on bark and roots, especially when there is prolonged snow cover and food has become scarce.

Remove all mulch and debris from around the tree, as it provides cover for mice as they feed on bark and roots.

Wrap the trunk with screen wire — enough below the ground to protect major roots, and high enough above the snow line to prevent rabbits from reaching the trunk. — Brenda Weaver

SNOW LEVEL
 GROUND LEVEL

Source: www.mortonarb.org

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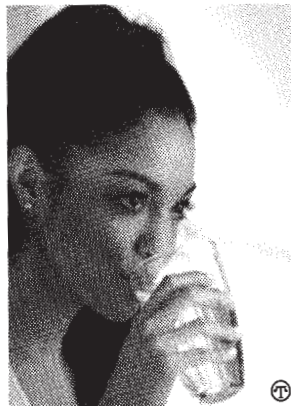
Drink (Water) To Your Health

(NAPS)—Here's health news you should find easy to swallow: Whether you're working, traveling, playing sports or just relaxing, it's important to stay hydrated regardless of the season.

Making up more than two-thirds of the weight of the human body, water is critical to keep the body's cells and organs functioning properly. Keeping your body hydrated, says the American Heart Association, helps the heart pump blood more easily through the blood vessels to the muscles and helps the muscles remove waste so that they can work efficiently.

As you work, play and exercise, here are six questions to ask yourself to ensure you and your family are staying regularly hydrated:

- 1. How much water should I drink each day?**
• Recommendations for water intake vary by person but wellness experts generally agree that drinking 6 to 8 eight-ounce glasses of water each day is a healthy goal. Individuals who exercise frequently and pregnant women should increase their intake.
- 2. Sugary drinks seem to quench my thirst as much as water. Is one better than the other?**
• Under most circumstances, water is the best source of fluid to keep the body hydrated. Caffeinated beverages can cause you to actually lose more fluids and sugary drinks can be hard on the stomach. It's best to stick to water when trying to stay hydrated.
- 3. What else can I do to stay well hydrated?**
• Foods such as fruits and vegetables that contain a high percentage of water can help supplement your intake. Try



An in-home water filtration system can filter out harmful contaminants, providing great-tasting, cleaner drinking water for your family.

tomatoes, cucumbers, celery, watermelon and strawberries.

- 4. I have trouble remembering to drink water. What should I do?**
• Add drinking a glass of water or reusable water bottle of water to your daily routine. For example, drink a glass of water after you wake up or while watching your favorite show. Drinking water before a meal can help you feel fuller faster and perhaps prevent overeating.
- 5. How can I be sure my water is pure?**
• To help reduce contaminants that may be in your tap water and provide filtered drinking water for your family, you can get a water filtration system. For example, 3M offers a wide range of filtration products, some of which address pesticides, nitrates, arsenic and other contaminants that may be found in water.
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- What are the strengths of the Coventry Public Schools?
- What are the improvement priorities?
- What do we need to do to gain community support for the School Department?

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