

The REMINDER

61 YEARS IN BUSINESS

Rhode Island's First Buyers Guide

January 5, 2016 • Volume 61 • Issue 34

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www.coventrylittleleague.com

Walk-in Registration: Feinstein Middle School Jan 30 & 31, 12 - 4pm
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Minors/Majors:	1 st Child: \$95
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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.

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.

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The Coventry Public Library, 1672 Flat River Road, will offer one-on-one Adult Computer Classes free of charge. Basic Skills, Internet Searching, Word Processing, Facebook & Excel are the lessons being offered. Call 822-9105 or stop by in person to sign-up or for more information.

RIPTA BUS PASSES

AT WEST WARWICK SENIOR CENTER

You may obtain your RIPTA Bus Pass at the West Warwick Senior Center, 145 Washington Street, West Warwick on January 8 from 11:30AM-12:30PM. Cost for new customer/renewal customer is \$25, 1st replacement is \$10, 2nd replacement is \$15, 3rd replacement is \$20. Replacement cards are defined by cards that have been lost, stolen or damaged. Cash or business check only, no personal checks will be accepted. Call 822-4450 for more information.

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(NAPSA)—In a recent 3M Visual Hacking Experiment, the Ponemon Institute found that a white-hat visual hacker was able to enter a participating company and get sensitive information 88 percent of the time. To learn about data privacy, go to www.3mscreens.com/visualhacking.



Prayer to St. Jude

Most holy Apostle, St. Jude, faithful servant and friend of Jesus, the church honors and invokes you universally, as the patron of hopeless cases, of things almost despaired of. Pray for me, I am so helpless and alone. Make use, I implore you, of that particular privilege given to you, to bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly (your request) and that I may praise God with you and all the elect forever. I promise, O blessed St. Jude, to be ever mindful of this great favor, to always honor you as my special and powerful patron, and to gratefully encourage devotion to you. Amen.

R.R.

SOAP Updates

COMPILED BY DANA BLOCK



Justin Hartley stars as "Adam" on "The Young and The Restless"

THE BOLD AND THE BEAUTIFUL

Wyatt had a difficult time believing the outrageous accusations that Quinn made about Ivy, but Ivy eventually confessed. Feeling confused about his previous interaction with Brooke, Bill attempted to redeem himself with her. Ivy came clean with Liam about her plans to return to Australia. With an ulterior motive in mind, Quinn asked Steffy for an important favor. Wyatt vented to Caroline about his recent interaction with Ivy and Liam. Brooke made a gallant attempt to make the best decision for everyone. Steffy bitterly confronted Liam after overhearing an intimate conversation between him and Ivy. As a courtesy to Eric, Katie informed him of the offer that was made to Brooke. **Wait to See:** Tragedy strikes for the third time.

DAYS OF OUR LIVES

Abigail and Jennifer rushed Thomas to the hospital. Philip comforted Belle after she received some upsetting news from Shawn. Nicole took charge in order to save the Basic Black fashion show. Ava set herself on a collision course with Steve and Kayla. As the New Year's Eve re-launch of Basic Black got underway, Theresa's big moment of truth arrived. Joey bristled when Ava showed up at the party with a date. Belle arrived at the fashion show with one man at her side, but ended up leaving with another. Abigail received some stunning news about her baby. A tragic accident on New Year's Eve forever changed the lives of several Salem residents. **Wait to See:** Maggie is faced with an impossible decision.

GENERAL HOSPITAL

Spinelli came to Jason's defense. Elizabeth pleaded with Hayden and Nikolas to change the statements that they gave to the police. Michael delivered some bad news. Tracy put

up her guard around Paul. Curtis confirmed what Hayden feared all along. Johnny was willing to do Lulu's dirty work. Valerie made a bold move. Morgan overheard Sonny discussing business. Carly couldn't believe her eyes. Franco wanted to ring in the New Year in bed with Nina. Lulu received an unexpected kiss when the clock struck midnight. Morgan and Kristina agreed to keep each other's secret. Sam and Jason found themselves in familiar territory. **Wait to See:** Sabrina is rushed to the hospital.

THE YOUNG AND THE RESTLESS

Dr. Anderson hid her displeasure when Sharon told her that Nick and Sage were working through their problems. Meanwhile, Nick decided to move into Sage's penthouse with Faith. Chelsea asked Adam if he would consider having another baby. Marisa warned Noah that Luca's family was dangerous. Later, Victor told Adam that he had a plan to take down the Santori Family. Kevin confided in Mariah about his secret project and decided to make her a partner. Adam convinced Abby to invite Luca and Marisa to her wedding. Lily was disappointed that Cane couldn't make it to the wedding. Meanwhile, Billy asked Victoria to be his date. Jack expressed his concern to Ashley for taking on so much lately. **Wait to See:** Abby questions her future with Stitch.

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Thurs. 1/7 Split pea soup, baked ham with pineapple glaze, mashed sweet potatoes, green beans, roll, oatmeal cookies. Sandwich: Chicken salad on a roll.

Fri. 1/8 Clear chowder, seafood Newburg, seasoned white rice, Capri blend vegetables, wheat dinner roll, ice cream. Sandwich: Pastrami and Swiss with mustard on a roll.

Mon. 1/11 Chicken soup with ancini de pepe, kielbasa with mustard, boiled potatoes, cabbage and carrots, grinder roll, coffee cake. Sandwich: Seafood salad on roll.

Tues. 1/12 White chowder, crab cake with tartar sauce, crispy potatoes, cole slaw, hamburger bun, ice cream. Sandwich: Grilled chicken on bun.

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Wed. 1/6 Wonton soup, teriyaki beef tips, fried rice, stir fried veggies, dessert. Option: Waldorf salad.

Thurs. 1/7 Minestrone soup, baked ham with sauce, peas and onions, mashed potatoes, dessert. Option: Italian grinder with chips.

Fri. 1/8 Antipasto, baked mac 'n cheese with ham, baby carrots, fresh fruit, dessert. Option: Chicken salad grinder with chips.

Mon. 1/11 Veggie and rice soup with crackers, chicken and biscuits, roasted potatoes, green beans, dessert. Option: Cobb salad.

Tues. 1/12 Fruit salad, 1/4 rack BBQ ribs, baked beans, roasted veggies, dessert. Option: Turkey and cheese grinder with chips.

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Prayer to St. Anthony

Great Saint Anthony, friend of God, who had the happiness of receiving within your arms our blessed Lord in the form of a little Child, obtain for me of His goodness this favor that I desire from the bottom of my heart. You who were so gracious to poor sinners, do not look on my lack of merit, but consider the glory of God which will be exalted once more through thee, to the salvation of my soul and the granting of the petition that I now make with such earnestness. Amen.

CM

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Did You Know?

(NAPSA)—Two new snacks feature sweet and salty flavors combined: COMBOS Sweet & Salty Caramel Crème Pretzel and COMBOS Sweet & Salty Vanilla Frosting Pretzel. They're handy on car, plane and boat trips or tucked into your purse or backpack. Learn more at www.Facebook.com/COMBOS and www.COMBOS.com.



*** American homes use 9 billion gallons of water every day outside. Depending on the region, 30 to 60 percent of our residential water consumption is outdoors, and it's often the driest parts of the country that use the most water for landscape irrigation and outdoor fun.

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*** At www.FeedABee.com, you can have the Feed a Bee initiative plant flowers for you that produce the pollen and nectar that bees need to survive and thrive and pollinate the plants that people need.

A Sporting View by Mark Vasto

The Players Club

It's the end of the year, and as sports fans we know what that means: It's time to take a look back at the great plays and the players that made them, lest we forget. This week we profile the two great American pastimes and their players of the year.

Football: Cam Newton
In a pass-happy league, Cam Newton has put more smiles on more faces than any of the Research Triangle bean counters would care to count. Newton brought a lot of promise to Carolina and the Panthers—a Heisman pedigree and a BCS championship will do that. Whether or not the Panthers win the Super Bowl, barring an epic choke on Newton's part in the big game, it's safe to say that 2015 was the year that Newton put it all together for the Panthers... flirting with perfection along the way.

Spectacular as the double-threat quarterback has been, he's still put up the same numbers we're used to seeing out of him, and they closely mirror every statistical benchmark we like to see in a quarterback here at the A Sporting View's palatial headquarters: Does he account for at least 30 touchdowns per season (passing plus rushing)? Pass for at least 3,000 yards? Have a completion percentage of 60 percent or more? Throw more touchdowns than interceptions? Start at least 10 games? Average more than 4 yards per carry? Newton's answer on all accounts

has always been a resounding yes. That's your MVP, that's the player of the year—the guy you didn't want to face.

Baseball: The Kansas City Royals
Leave it to Kansas City to enter the season as the favorite to win the World Series while simultaneously being considered the underdogs. That's Kansas City in a nutshell. It's a great town with the best steak in the country, zero traffic, pretty fountains and probably more soccer fans per capita than any other city. Fans don't throw a mean tailgate, they throw a friendly tailgate. Kansas City may not do a lot of things, but the things it does, it does right.

It's cliché to give an individual award to an entire team, but I can't ever recall a team quite like these Royals. They lost a great DH in Billy Butler in the offseason, and they signed a better one in Kendrys Morales. In a game that stresses on-base percentage and starting pitching, these guys advanced runners by simply making contact, won games with the middle-relief corps and defense.

And it was a total team effort. Ned Yost provided consistent, albeit at times bizarre, management. None of the starters won more than 13 games. Their regular closer wasn't lights-out dominant with an ERA hovering around the 4.00 mark. Only one player had more than 100 RBIs, and nobody hit over .300 or reached 30 home runs. Yet the same cast of characters that battled Madison Baumgardner last fall would not be denied this time around, and names like Moustakis, Morales, Cain, Perez and Hosmer join the pantheon of greats. Kansas City, you done made good.

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

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Money Matters

When It Comes To Saving And Investing, Make Time Your Friend

(NAPSA)—While many find it's easier to make excuses than to make a commitment to save, it doesn't have to be that way. The key is to have a plan you can follow and stick with it. To help you get started, here are some tips.

The Need For Savings

For those who seek financial security, savings need to be understood as a necessity, along with food, shelter and clothing. Every household should strive to have a cushion of savings in place—generally enough to cover three to six months' worth of expenses—in case of an emergency or a sudden loss of income.

It's also a good idea to have life insurance in place as well as investments for those long-term life goals, such as funding a college education, buying a home and building a nest egg for retirement.

Make Time A Resource

When it comes to saving and investing, time can often be your strongest ally.

However, by retirement age, Sam will only have \$382,947 in his account—almost \$320,000 less than the amount amassed by Amy. Over time, Amy ended up contributing \$96,000 to her account, while Sam contributed \$120,000 to his. In his attempt to catch up, Sam contributed 25 percent more to his account than Amy did; yet her account was worth over 83 percent more at age 65.

Though the case of Amy and Sam is hypothetical, it does illustrate the power of compounding over time. However, in the real world of investing, time has another advantage. Generally, the more time you have, the more aggressive you can be with your investments. Long-term investors can ride out market cycles, allowing them to invest more aggressively and potentially reap greater returns.

Track Your Expenses

Balancing your monthly bud-



When it comes to saving and investing, time can often be your strongest ally.

get is a prerequisite to any sound financial strategy. Start by writing down your expenditures for one month. Make sure to include every purchase, no matter how small it might seem. Once you write down your expenses, sort them according to categories such as household, food, transportation, health, debt and miscellaneous. This way, you can see exactly where your money is going and recognize where you can make adjustments to your budget.

At the end of the month, tally up all your expenses and subtract them from your income. Even if your expenses don't exceed your income, that doesn't necessarily mean your buying habits are under control.

Your monthly budget should also include allocations for savings and investments. How much depends on your needs and goals, but many experts suggest setting aside at least 10 percent of your income to these categories.

Consult A Representative

A financial representative can be a valuable resource at any stage of your life. He or she can give you an estimate of the necessary life insurance coverage, as well as a realistic projection of education costs. A representative can also discuss which financial products may be suitable for your unique needs and make specific investment and insurance recommendations.

To learn more, you can visit www.firstinvestors.com.

The Kitchen Diva!

by Angela Shelf Medearis



High-Tech Health

If you've resolved to take charge of your health in the new year, why not explore the numerous technological, food, health and fitness advances available? There are many new high-tech devices and apps for you to explore. Here are a few suggestions for ways to use technology to improve your health:

- Being physically active has a positive influence on health in a number of ways. For example, physical activity can lower the risk of heart disease and stroke, high blood pressure and cholesterol, Type 2 diabetes, and colon and breast cancer. It also can help maintain a healthy weight. Being active helps older adults prevent falls, reduce depression and maintain cognitive function.
- Walking is an easy way to meet fitness goals and a pedometer is one way to get motivated to walk more. Pedometers with apps come in an assortment of styles from simple and inexpensive to elaborate ones that can be worn as a bracelet and measure steps, heart rate, miles and location. Some have other useful features like a timer and music player. There also are apps for a mobile device that maps out your route and time and maintain a digital record of your goals and accomplishments.
- If you or your loved ones take vitamin supplements or a daily prescription, technology can save you money! GoodRx, a free website and iOS/Android app, is designed to help users find the lowest prescription prices at nearby pharmacies. Simply type in

the prescription and ZIP code to see a list of prices at nearby pharmacies and gain access to free GoodRx coupons.

Eating well is another part of a healthy lifestyle. Here are some suggestions for a healthier way to shop and eat by using technology to make better choices:

- Fooducate (iOS and Android): Scan groceries and choose the healthier options. The app also allows you to scan a barcode to see the product highlights, good and bad.



Depositphoto.com

- Interested in trying a new diet? The Paleo diet is based on the types of foods presumed to have been eaten by early humans, consisting chiefly of meat, fish, vegetables and fruit, and excluding dairy or grain products and processed food. PaleoCentral (iOS and Android) has been touted as the "perfect" app for Paleo beginners. It helps you know what you can and can't eat on this lifestyle plan. It also includes a beginner's guide for getting started and understanding how the diet works.
- Try this Paleo diet recipe for Bacon, Egg and Spinach Quiche with a Sweet Potato Crust, and stay healthy with the high-tech way this year!

PALEO DIET QUICHE

4 sweet potatoes, peeled and sliced into thin rounds (rounds should be thin enough to bend easily)

2 tablespoons olive oil
1 teaspoon salt
1 teaspoon ground black pepper
1 garlic clove, minced
1 small onion, diced
2 cups baby spinach
1/4 teaspoon ground nutmeg
1/8 teaspoon cayenne pepper
5 large eggs, beaten
3 bacon slices, cooked and crumbled

1. Heat the oven to 400 F.
2. Place sweet potatoes in a 9-inch pie dish. Drizzle with 1 tablespoon of the olive oil. Season with 1/2 teaspoon salt and 1/2 teaspoon black pepper. Toss everything together until coated. Arrange the sweet potato slices in the pie dish in an overlapping circular pattern to form a "crust" for the quiche. Place in oven and bake 15 to 20 minutes or until sweet potatoes are tender when pierced with a knife. Set the crust aside to cool. Lower the oven heat to 375 F.
3. Meanwhile, place 1 tablespoon of oil in a skillet over medium heat. Add garlic and onion. Cook until the onion and garlic are soft and fragrant, around 5 minutes.
4. Add the spinach, the remaining salt and pepper, nutmeg and cayenne pepper. Sauté until wilted, 2-3 minutes. Set aside to cool.
5. In a bowl, combine beaten eggs with the spinach mixture and bacon. Pour over the sweet potato crust, and place in the oven. Bake 30 to 35 minutes, or until the eggs are set; serve warm. Serves 4.

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

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GENTIVA HOSPICE NEEDS VOLUNTEERS

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ADDICTION COUNSELING

Narcanon can help you take steps to overcome addiction in your family. Call today for free assessments or referrals. 1-877-413-3073.

ADDICTION COUNSELING

Narcanon reminds families that abuse of addictive pharmaceutical drugs is on the rise. Learn to recognize the signs of drug abuse & get your loved ones help if they are at risk. Narcanon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals. 1-800-431-1754.

HOPE HISTORICAL SOCIETY MEETING

The Hope Historical Society will hold their next Meeting on January 9 at 2PM at the Howland Barn on Ryefield Road in Hope. A PowerPoint program about the history of the Pawtuxet Valley Railroad will be presented by Don Carpenter & Ernie Gifford. Light refreshments will be available. Bring a friend! All are welcome.

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Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Which borough of New York City is the only one on the U.S. mainland?
2. ANIMAL KINGDOM: How many arms and tentacles does a squid have?
3. LITERATURE: Who wrote the novel "Where the Red Fern Grows"?
4. LANGUAGE: What does the notation "a.c." mean when it is written on drug prescriptions?
5. GENERAL KNOWLEDGE: What is a phillumenist?
6. MOVIES: What was the name of the town where "It's a Wonderful Life" takes place?
7. MEASUREMENTS: How many gallons are in a firkin?
8. TELEVISION: What is Kramer's first name in the "Seinfeld" comedy series?
9. MATH: Who is known as the father of geometry?
10. MEDICINE: What is the common name for tinea pedis?

- Answers**
1. The Bronx, the rest are islands.
 2. Eight arms and two tentacles
 3. Wilson Rawls
 4. "before meals" or "ante cibum" in Latin
 5. One who collect matchbooks
 6. Bedford Falls
 7. Nine
 8. Cosmo
 9. Euclid
 10. Athlete's foot
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COVENTRY LOCAL ADVISORY COMMITTEE (LAC) ON SPECIAL EDUCATION

Coventry's LAC on Special Education will be meeting on January 11 at 6:30PM in the School Administration Building, 1675 Flat River Road, Coventry. All Meetings are open to the public and anyone interested in Special Education issues is welcome.

NEW ENGLAND STEEL GUITAR ASSOCIATION STEEL JAM

The New England Steel Guitar Association will hold a Steel Jam on January 10 from 1-5PM at American Legion Post #15, 1016 Post Road, East Greenwich. "Snakebite" will perform.

DO YOU WANT TO LEARN TO KNIT?

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Puzzle Page

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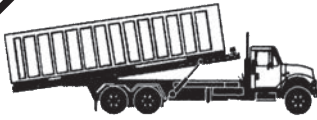
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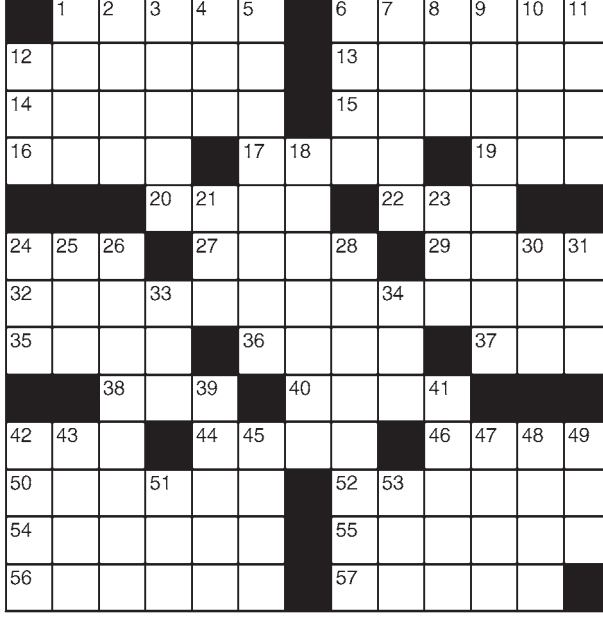
ACROSS

- Make sense
- Death-feigning critter
- Book size
- Stir up
- Briefs, e.g.
- Clincher
- On
- Fat
- Preceding
- Skewer
- Screw up
- Type squares
- Footnote abbr.
- The Tentmaker
- "American Grown" writer
- Small combo
- Pound sounds
- Pinch
- Masseur's workplace
- Jog
- Bro's counterpart
- "The Naked Maja"

- painter
- Bum
- Worshipped
- Knave
- Verb acting as a noun
- Grommet
- Liabilities' opposites
- Thermos-like flask

DOWN

- Family member
- Pedestal part
- Plumbing problems
- Salt Lake athlete
- Maybe
- Wear a rut in the rug
- Speechify
- Bribe
- Role for Reeve or Reeves
- Addict
- Unembellished
- Sine-non link
- Electric company,



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

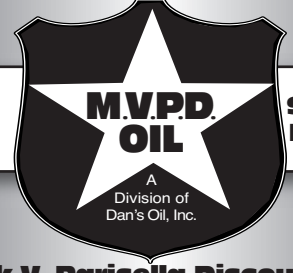
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|-------|---------|-------|---------|
| Apart | Down | Heart | Off |
| Arm | Dreams | Home | Promise |
| Back | English | Leg | Window |
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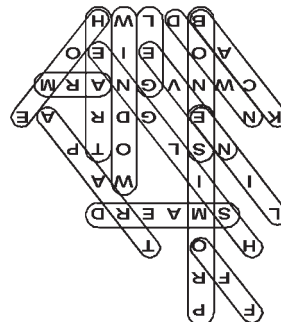
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4	2	8	7	4	8	7	5	7	8	7	8	5
T	E	O	N	A	D	T	O	A	I	N	V	T
4	8	6	5	2	3	8	7	8	5	3	2	3
R	I	A	H	A	T	S	N	I	E	A	D	L
7	8	6	7	5	3	4	5	7	4	8	2	8
O	O	C	U	R	T	T	S	N	S	N	E	O
7	8	7	8	6	2	6	7	6	8	3	8	7
C	F	E	I	C	R	L	M	A	D	E	E	E
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Health Awareness

Understanding The Seriousness Of The Flu

(NAPSA)—If you or someone you care about is among the estimated 45 million Americans who are 65 years of age and older, there's an important health fact you should know: As you age, your immune system weakens. This can make influenza ("the flu") severe and even life threatening for older adults. The 2014-2015 flu season recorded the highest hospitalization rates among people 65 years of age and older in recent history, yet a new survey of more than 1,000 U.S. seniors found that many underestimate the seriousness of the flu and are largely unaware of their vaccine options.



In a PSA at ncoa.org/Flu, the National Council on Aging and Judith Light encourage people 65 plus to ask about their flu vaccine options.

account for roughly half of flu-related hospitalizations and almost all flu-related deaths, and yet the survey we conducted shows that only 8 percent of survey respondents are concerned about getting the flu," said Kathleen Cameron, MPH, Senior Director, National Council on Aging. "Furthermore, about one third of respondents are unaware that someone with chronic health conditions would be at risk for complications from the flu."

The U.S. Centers for Disease Control and Prevention (CDC) states the single best way to prevent the flu is to get an annual vaccination. However, the survey found that more than half of seniors are unaware that there is a flu shot specifically for their age group. Older adults have flu vaccine options, including the regular flu shot and a higher-dose vaccine, both of which are widely available at a doctor's office or local pharmacy. Flu vaccination is a Medicare benefit with no copay.

Older adults and their caregivers can learn more at ncoa.org/Flu, which features more survey results, free educational materials, and a public service announcement with Judith Light.

Flu + You is a national public education initiative sponsored by the National Council on Aging in collaboration with Sanofi Pasteur.

To help educate older adults and those who care for them about the seriousness of the flu, the importance of prevention and available vaccine options, two-time Emmy and Tony award-winning actress Judith Light—starring in the new Broadway play *Thérèse Raquin*—has joined the *Flu + You* program for the second year in a row as the campaign ambassador.

"I turned 65 last year, and even though I still feel healthy and active, I know my immune system weakens with age," said Light. "I can't afford to let the flu slow me down, and luckily my doctor gave me a flu shot specifically for my age. If you're over 65 like me, talk to your health care provider about flu prevention and your flu vaccine options, and get vaccinated early before it's too late."

The flu can make existing health problems worse and is especially dangerous for people with chronic health conditions, like heart disease and diabetes, which commonly affect older adults. People with these conditions are more likely to develop complications from the flu that can result in hospitalization and even death.

"Adults 65 and over typically

Five Tips For Dealing With An Empty Nest: Helping Parents Play It Cool And Give College Students Space

(NAPSA)—The moment you've been waiting for—and simultaneously dreading for 18 years—is finally here. There's no more putting it off: Your baby has left the house and is in college.



Letting go of your college-bound child may be difficult but it could also be fulfilling for the whole family.

We won't pretend this is easy. You've had a son or daughter in your house for nearly two decades, and now the silence is deafening. But while your first impulse may be to call, text, FaceTime, or secretly buy the house on the edge of campus so you can keep close tabs, consider taking a step back instead. Overwhelming your children with attention just as they're learning to live independently is a tactic that could backfire, according to parenting educator and New York Times best-selling author Rosalind Wiseman. Rosalind has teamed up with the Follett Corporation, leading provider of education technology, services and print and digital content, to offer some tips on how to handle your empty nest anxiety to pave the way for a healthy relationship with your newly minted college student:

Try Not to Take it Personally
If you haven't heard from your child, try not to take it personally. It's ironic that being a successful parent means that you've equipped your child to live on his or her own. "They're trying to figure out how to be an adult and have an adult relationship with you," Wiseman said. "It might take a little time, so don't smother them with needy communications."

Remember, They're Struggling, Too
You've probably spent years not falling asleep until you hear your children come home. But now they're living at college and you're wondering if you'll ever be able to sleep again as you worry about what they are doing. What's important to remember is they're navigating uncharted waters as well. They're figuring out how to live with a roommate, properly manage their time and balance it all without your input.

Choose Meaningful Contact
"Don't do the 'Hey, just thinking about you' e-mail or phone call

more than twice a week," Wiseman cautions. A huge part of your children's college experience is learning how to live on their own, so try to give them the space to figure it out on their own. While this can be difficult for the—shall we say—more "inquisitive" parents, it will help grow your relationship with your children. And if you choose to follow your college students on Facebook, Twitter and Instagram, try to keep an open mind about what you see.

Trust Your Child To Work it Out —Don't Play the Middleman
There are horror stories all over the Internet about parents contacting college professors to complain about the low grades earned by their son or daughter. While we understand the temptation, "under no circumstances should you be contacting teachers at the college," Wiseman said. "Your children are adults and, unless they are incapable of advocating for themselves, you need to butt out." The same goes for roommate disputes because navigating disagreements and learning to compromise are crucial skills for your child to develop.

Focus on Yourself, You Deserve it
Now that you've got the house all to yourself and some more time on your hands, why not use it to your advantage? Remember all those years ago when you dreamed about learning Italian, taking a pottery or cooking class or going to the gym every day? Now is the perfect opportunity to spend more time on you. Not only will it distract you from missing your college student, you'll be learning new things as well!

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JANUARY STORY PROGRAMS AT HOPE LIBRARY
Hope Library, 374 North Road, Hope is offering the following Programs: **Book Babies!** for ages birth-24 months and their caregivers, on January 15, 22 & 29 at 10:30AM (20 minute program). **Time for Two's** for children age 2 & a caregiver on January 15, 22 & 29 at 11:15AM (30 minute program). **Preschool Story Hour** for children ages 3-5 years on January 11 & 25 at 10:30AM and January 14, 21 & 28 at 2PM. To register for programs or for more information, call 821-7910.

JANUARY CHILDREN'S PROGRAMS AT HOPE LIBRARY
Hope Library, 374 North Road, Hope is offering the following Programs: **LEGO Club** (Ages 4 & up) on January 9 & 23 from 10-11AM. **Drop-In Craft!** on January 13 & 27 from 3-5PM. **Marble Mazes with Ms. Jeanne** (Grades 1-5) on January 20 from 4-5PM. **Pajama Time: Stories & Craft!** on January 21 at 6:30PM (pj's optional). **Family Movie!** on January 23 from 1:30-3:30PM. Registration required for all Programs, except Drop-In Crafts & LEGO Club, by calling 821-7910.

GREENE PUBLIC LIBRARY CRAFT OF THE MONTH
Greene Public Library, 179 Hopkins Hollow Road, Greene, invites you to make a Wool Dryer Balls on Tuesdays in January from 4-6PM. These little woolen gems can save you money, energy & time by cutting the dryer's time in half and eliminating the need for softeners. There is a \$5 fee for supplies & instructions. Please call 397-3873 or email jean@coventrylibrary.org for more information.

COVENTRY MEN'S CLUB STEAK FRY
The Coventry Men's Club, Phillips Hill Road, Coventry, will hold a Steak Fry & Chicken Dinner on January 15 at 7PM. Live music will follow. Steak Dinner \$15, Chicken Dinner \$12. Reservations MUST be made by January 13 by calling 385-3536.

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• On **Jan. 12, 1904**, Henry Ford sets a land-speed record of 91.37 mph on the frozen surface of Michigan's Lake St. Clair. His four-wheel vehicle, dubbed the "999," had a wooden chassis but no body or hood.

• On **Jan. 15, 1919**, fiery hot molasses floods the streets of Boston, killing 21 people and injuring scores of others. Some 2.5 million gallons of molasses burst from a huge tank when bolts holding the bottom of the tank exploded, shooting out like bullets.

• On **Jan. 11, 1949**, in Washington, D.C., the cornerstone is laid at the first mosque of note in the United States. The Islamic Center was built with a 160-foot minaret from which prayers were to be announced.

• On **Jan. 17, 1950**, in Boston, 11 men steal more than \$2 million from the Brinks Armored Car depot. It was almost the perfect crime. The culprits weren't caught until January 1956, just days before the statute of limitations for the theft expired.

• On **Jan. 14, 1969**, an explosion aboard the aircraft carrier USS Enterprise kills 27 people in Pearl Harbor, Hawaii. A rocket accidentally detonated, destroying 15 planes and injuring more than 300 people.

• On **Jan. 16, 1979**, faced with an army mutiny, Mohammad Reza Shah Pahlavi, leader of Iran since 1941, is forced to flee the country. Fourteen days later, the Ayatollah Khomeini, spiritual leader of the Islamic revolution, returned after 15 years of exile and took control of Iran. In November, Islamic militants stormed the U.S. embassy and took 52 Americans hostage, holding them for 444 days.

• On **Jan. 13, 1999**, NBA superstar Michael Jordan announces his retirement from professional basketball for the second time, saying he had lost the drive and desire to continue playing. Jordan originally had announced his retirement in 1993.

URI PHARMACY OUTREACH PROGRAM

The students from the URI Pharmacy Outreach Program will be at the Coventry Senior Center, 50 Wood Street, Coventry, on January 12 to discuss "Medications and Time of Day". Time of day can be very important in making sure to receive the maximum benefit of a medication with the least side effects. Also learn how certain conditions benefit from the time of drug administration.

COVENTRY POLICE DEPARTMENT JANUARY SAFETY EVENTS

The Coventry Police Department will host free Child Seat Installation Demonstrations on **January 7** from 4-7PM at Walgreens, Tiogue Avenue. **January 14** from 12-3PM at Dunkin' Donuts, 800 Tiogue Avenue. **January 21** from 12-3PM at Crystal Cleansers, Coventry Shoppers Park. **January 28** from 12-3PM at BJ's, Center of New England Boulevard. Information can also be found at www.coventrypd.org

"TYLER TYKES" AT TYLER FREE LIBRARY

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.

"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.

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.

COVENTRY PUBLIC LIBRARY PRESENTS...

Coventry Public Library, 1672 Flat River Road, Coventry, welcomes Dr. Stanley Carpenter, Professor of Military History at the Naval War College, as he presents a series of talks on American wars from the Revolution to the Pacific Theater of World War II. Dr. Carpenter will speak on the American Revolutionary War on January 11 at 7PM. All presentations will take place in the Town Hall Annex Auditorium, 1675 Flat River Road (across from the Library). To register for this event or for more information, call Jane at 822-9104 or email js@coventrylibrary.org



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RM



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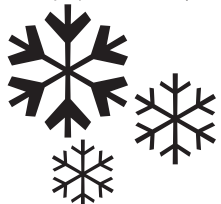
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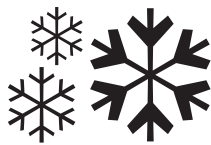


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FREE ESL CLASSES OFFERED

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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 11-May 10. Classes meet at the Library Mondays & Tuesdays from 4:30-6PM or 7-8:30PM. A children's Literacy Teacher provides activities for children 3 years and older while their parents attend the Monday/Tuesday Classes. A Conversation Class for intermediate/advanced ESL students is offered Tuesdays from 7-8:30PM & a Conversation Class for Beginners will meet Fridays from 9:30-11AM. 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.

GREENE PUBLIC LIBRARY PRESENTS...

Greene Public Library, 179 Hopkins Hollow Road, Greene, will host "Piping Plovers: A Year in the Life of a New England Shorebird", on January 14 5 at 7PM. Naturalist, Birder & Piping Plover Biologist, Andy Northup, will present an in-depth look at these fascinating creatures. Learn about their natural history, migration, mating habits and the many challenges these hardy, diminutive birds meet in their fight for survival. Reservations are preferred. Please call 397-3873 or email jean@coventrylibrary.org to register or for more information.

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 17 at 12:30PM. The 7 Course Dinner includes Game Pie, Venison Soup, Antipasto, 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.

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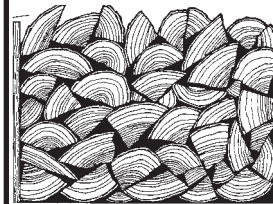
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SWINGING SQUARES OF RI DANCE WORKSHOPS

The Swinging Squares of Rhode Island will hold Square Dance Workshops on Monday Nights in January from 7-9PM at the East Smithfield Neighborhood Center, 7 Esmond Street, Smithfield. Cost is \$6/person. Contact Lynne at 1-508-852-7164 for more information.

SWINGING SQUARES OF RI MONTHLY DANCE

The Swinging Squares will host an "Animal Prints" Dance (Class Level Mainstream & Plus) on January 16, from 8-10:30PM at the East Smithfield Neighborhood Center, 7 Esmond Street in Smithfield. Cost is \$7/person. Call Lynne at 1-508-852-7164 for more information.

ANGELS ON HORSEBACK NEEDS VOLUNTEERS

Angels on Horseback Therapeutic Riding School in Ashaway is taking applications for volunteers. Assistance is needed to help handicapped children with riding lessons as well as side walkers, qualified horse leaders, barn help, game assisting and arts & crafts. Come see what all the Buzz is about at Angels and experience a wonderful volunteering experience. For more information, call 364-6106 or visit www.angelson-horsebackri.org

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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Wishing tree traditions

At the famous Wishing Tree of Lam Tsuen (near Hong Kong, China), wishes are written on "lucky" papers, rolled up, then tied up with red string and attached to an orange for weight. All are tossed into the tree; if they catch in the branches, the wishes are said to then come true. "Wishing trees" can be found in many cultures throughout the world. - Brenda Weaver
Source: www.greenfield-thong.com



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Rhode Island's First Buyers Guide

January 5, 2016
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top ten
Favorite Female SPORTS STARS

1. Serena Williams
2. Danica Patrick
3. Venus Williams
4. Ronda Rousey
5. Mia Hamm
6. Hope Solo
7. Alex Morgan
8. Abby Wambach
9. Maria Sharapova
10. Chris Evert

Source: Harris Poll



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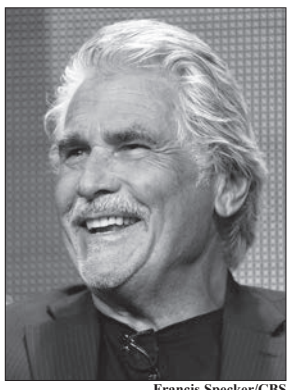
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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — There has been talk for years about **Barbra Streisand** directing and starring in the remake of the musical "Gypsy," but she appears to be considering a lesser project for the moment. Streisand — who directed "Yentl," "The Prince of Tides" and "The Mirror Has Two Faces" — is considering directing an episode of the CBS show "Life in Pieces." Yes, you guessed it ... the star of the show is her husband, **James Brolin**. He revealed, "I originally proposed that she might direct one, but she said maybe in the second season."

Streisand has visited Brolin on the set many times and has talked with producer **Jason Winer**, who admits, "We've talked about a couple of different possibilities. I think it would be fun to have her play a weird character who is nothing like her." But Brolin says, "The best bet is to nab her as a director." Given her track record, they'd be wise to have her direct if they plan to have her act. After all, what episodic television director could direct Barbra Streisand, a known perfectionist?



Francis Specker/CBS
James Brolin

While we're on the subject of weird characters, "Absolutely Fabulous," the British comedy series starring **Jennifer Saunders** and **Joanna Lumley** (it ran from 1992-1995 and in 1996, was revived in 2001 and ran until 2004, as well as three new episodes filmed in 2012), is being revived as a feature film opening July 1 in the U.K., with U.S. dates still to be set. In the film, Edina (Saunders) and Patsy (Lumley) retreat nonetheless to the French Riviera, where they meet 100 drag queens, **Lulu**, **Kate Moss**, **Rebel Wilson**, **Kim Kardashian West**, **Dame Joan Collins** and "Glee's" **Chris Colfer**. As the name says ... you know it will be "Absolutely Fabulous."

"The Today Show" said goodbye to **Willard Scott**, who at 81 years of age and 35 years on "The Today Show," read his birthday greetings to viewers for the last time in December. He won't be forgotten though; a street near Rockefeller Center has been named Willard Scott Way in his honor. To sign off on "Today," Scott led the anchors of the show in a rendition of Roy Roger's theme song, "Happy Trails."

HAPPY BIRTHDAY is now free forever! The judge who was to hear the trial that might have kept the song out of the public domain vacated the court date and declared the song free for anyone who wants to sing it on TV or in movies. That came a week too late for them to sing Happy Birthday to me on TV ... not that anyone was going to, so I sang "Happy Birthday" to myself in my mirror!

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News For Older Americans

Aging In Place Made Safer & Easier

(NAPSA)—A recent Harris Poll released by HomeServe USA found some surprising facts about Americans 50 and over.

Not Going Anywhere
 For one thing, many have no intention of leaving their homes until well into retirement, if at all. Forty-one percent plan to stay where they live now until age 81 or older.

Feeling Safe At Home
 The majority are confident about growing old in their homes, too. Only 37 percent expect they'll need to make modifications to their homes as safer and easily accessible as they age.

Handling Emergencies
 The survey found that two in five have experienced a home emergency in the past 12 months. A faulty heating or air-conditioning system was the No. 1 most common home emergency, with 14 percent needing to repair or replace one of these systems over the last year. The second most common was a blocked or overflowing toilet (10 percent), followed by a faulty electrical circuit, switch or outlet, and a water heater repair or replacement (each 7 percent).

Many Are Unprepared
 Many Americans 50-plus are not prepared to cover the expenses of unexpected home emergencies. Close to a third report they have not set aside money to cover an emergency home repair, while 17 percent have \$1,000 or less put away for emergency home repairs.

Despite this, saving for unexpected expenses ranks a close third among 50-plus Americans' top financial concerns, with 26 percent reporting it as the one that worries them the most. The No. 1 financial concern is identity theft (30 percent), followed by running out of money in retirement (27 percent).

With identity theft top of mind for Americans 50-plus, letting a stranger in the house to do repairs may be a source of anxiety.

Checking References
 That may be why 74 percent say it's important to get references before hiring a technician, though

only 43 percent actually do so. Similarly, 62 percent believe it's important to check that the work will be guaranteed but only 38 percent follow that advice. 58 percent believe it's important to perform a background check before hiring a home technician but a meager 18 percent have actually conducted one. 65 percent believe it's important to do a cost comparison before hiring a contractor but only 44 percent have done so.

Finding Help
 Fortunately, there is a convenient way to find a trusted resource in a time of need. Home repair service plan provider, HomeServe USA offers a better way to pay and manage home repairs with service plans that protect against the expense and inconvenience of water, sewer, electrical, HVAC and other home emergencies. The company just launched a new program in partnership with AARP, with a suite of specially designed service plans for AARP members. HomeServe USA plan holders can access a Repair Hotline 24 hours a day, 365 days a year to bring local, licensed and insured technicians right to their home for repairs. All technicians have been pre-screened and all covered repairs are guaranteed for a year.

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 Marriage is the triumph of imagination over intelligence. Second marriage is the triumph of hope over experience.
 —Oscar Wilde

Hints For Homeowners

Seven Steps Toward A Greener, Cleaner Bathroom

(NAPSA)—When people think of ways to live green and save energy in their homes, the bathroom may not be the first place that comes to mind. However, Carter Oosterhouse, home and design expert, proves there are several simple ways you can make a big difference in one of the most trafficked rooms in your home.

- 1. Save Water with Every Flush.** Put a small plastic juice bottle or laundry soap bottle in your toilet tank. First, soak off the label, fill the bottle with water, replace the cap and place it in the tank. Because the bottle is in the toilet tank, less water is needed to fill the tank and therefore less water will be flushed. Be careful that the bottle doesn't interfere with the flushing mechanism, and with five minutes work, you can save on or two gallons per flush.
- 2. Purchase Green Products.** You can swap your traditional toilet paper for Scott Naturals® Tube-Free bath tissue and toss the tube. There's no cardboard core so it has major potential to reduce a portion of the 17 billion toilet paper tubes thrown away each year in the U.S., enough to fill the Empire State Building twice.
- 3. Reduce Waste.** Use bathroom necessities with less packaging such as bar soaps, which are friendlier to the environment (and your budget). The carbon footprint of liquid soaps is about 25 percent larger than that of bar soaps. Liquid soaps also require more energy for packaging production and disposal.
- 4. Clean the Air.** Bathrooms are one of the most humid rooms in the house. Excess humidity can cause mold, which can spur allergies, asthma and other breathing troubles. Use nontoxic cleaning solutions to remove mold, such as household ingredients (baking

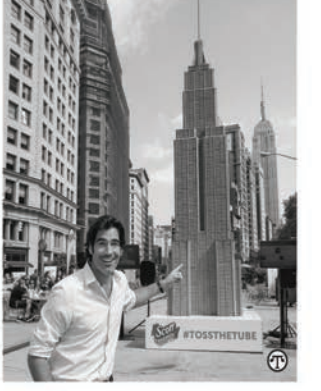
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Carter Oosterhouse teamed up with the Scott Naturals® brand in New York City to launch its tube-free bath tissue nationally by building a 30-foot tower made out of toilet paper tubes to demonstrate the 17 billion tubes thrown away each year.

soda and vinegar) or other natural cleaners. Help prevent mold by better ventilating the bathroom which removes the moisture that mold needs to grow.

5. Install a Tankless Water Heater. With a tankless water heater, you only heat the water that you use, which saves energy and money. Gas water heaters give off an average of 58 percent fewer carbon emissions than electric ones.

6. Save Energy. Compact fluorescent bulbs use about 75 percent less energy than traditional incandescent bulbs and last 10 to 25 times longer. Energy-efficient bulbs can also save you money on electricity.

7. Conserve Water. Aerators on faucets and showerheads use half the water with twice the power. If everyone used one, aerators could save 250 million gallons of water a year.

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— Charles de Lint

Collecting by Larry Cox

Collector Plates

Q. I have a set of eight collector plates, all featuring locomotives. Do they have any value, and where would I sell them? — Steve, Mason City, Iowa

A. There seems to be a glut of collector plates, and selling them is more than just a little difficult. Almost every antique mall I visit has stacks of these plates, many in original boxes and most with so-called certificates of authenticity. My suggestion is to show them to dealers in your area to see if there is any interest.

from the 1930s, '40s and '50s. Are they worth keeping? — Sally, Cheyenne, Wyoming

A. Although the issues might be interesting, they don't seem to be of much interest to magazine collectors. While other publications from this same period such as Saturday Evening Post, Colliers, Look and Life are considered quite collectible, the older issues of Reader's Digest sell for only \$2 or \$3 depending on condition and content. Based on this information, only you can determine if your copies are worth keeping.

Q. I have three Native American baskets that were purchased on the Navajo Reservation in Northern Arizona during the 1930s. Can you recommend someone who can help me place a value on them for insurance purposes? — Laura, Sierra Vista, Arizona

A. Deborah and Alston Neal are owners of "Territorial Indian Arts & Antiques," a Scottsdale business since 1969. Alston is the basket expert, and he can help you. This is one of the better stores dealing in Indian crafts and antiques that I have found, and it has an international reputation. Contact is 7077 E. Main Street, No. 7, Scottsdale, AZ 85251; 480-945-5432; www.territorialindianarts.com and territorialarts@aol.com.

Q. When I was in grade school during the 1950s, I received a pack of 12 pencils with the Coca-Cola logo. I got them as a prize for a spelling contest. Are they rare, and should I keep them? — Carol, Tyler, Texas

A. According to "Kovels' Antiques and Collectibles Price Guide" by Ralph and Terry Kovel (Krause Books), your pencils are worth about \$30. To a Coca-Cola collector, perhaps even more.

Write to Larry Cox in care of KFWS, 628 Virginia Drive, Orlando, FL 32803, or send e-mail to questionsforcox@aol.com. Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor does he do appraisals. Do not send any materials requiring return mail.

Q. I have a collection of about 65 back issues of Reader's Digest

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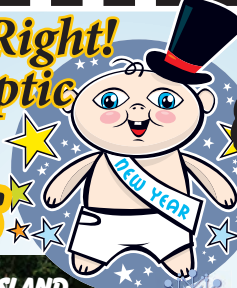
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Eye On Health

Early Diagnosis, Effective Monitoring And Treatment Can Help Prevent Vision Loss From AMD

(NAPSA)—There's good news for those at risk for, or in the early stages of, age-related macular degeneration, or AMD—an eye disease that is also a leading cause of vision loss among people ages 50 and older.



When AMD progresses, it can rob people of their central vision and often the ability to read a book, recognize a face, see fine details and distinguish some colors.

Early diagnosis, effective monitoring and appropriate treatment can all help to prevent vision loss from AMD.

To help educate the public on AMD, Prevent Blindness, the nation's oldest eye health and safety organization, created the free online resource "The AMD Learning Center."

Understanding AMD
 Millions of Americans are currently affected by AMD—a condition that causes damage to the macula, a small spot near the center of the retina. This is the part of the eye needed for sharp, central vision. It also makes it possible to see objects that are straight ahead.

Dry And Wet AMD
 There are two forms of AMD: "dry" and "wet." Dry AMD is the most common form of the disease. Vision loss usually progresses slowly. In some cases, it will progress to the most advanced wet AMD.

Wet AMD is less common, but more rapidly threatening to vision. It causes tiny blood vessels under the retina to leak or break open, distorting vision and causing scar tissue to form. Wet AMD currently affects an estimated 2.2 million Americans age 50 and older, according to the recent report "The Future of Vision: Forecasting the Prevalence and Costs of Vision Problems" prepared by Prevent Blindness. Due to the rapidly aging population, these numbers are expected to grow.

The exact cause of AMD is unknown, but risk factors for the disease include age, smoking, and history of cardiovascular disease and hypertension. Caucasians are more susceptible, as are patients with a family history of AMD.

- Some signs of AMD include:
- Straight lines—such as telephone poles, the sides of buildings or streetlight poles—look wavy.
 - Written text and/or type can appear blurry.
 - A dark or empty spot may block the center of your vision.

Monitoring for signs of wet AMD can be helped by using a method called the Amsler grid, or the ForeseeHome™ AMD Monitoring Program (www.foreseehome.com) for monitoring progression of dry AMD to wet AMD, from Notal Vision, Ltd.
 For more information, visit the AMD Learning Center at www.preventblindness.org/amd or call Prevent Blindness at (800) 331-2020.

 You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas.
 —Shirley Chisholm

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Children's Health

More Organ Donors Key To Saving Children

(NAPSA)—There is hopeful news for the nearly 2,000 children waiting for the "Gift of Life"—a lifesaving organ transplant. To help as many of these children as possible, a national effort is being made to increase the number of available donors—the key to saving more lives.



Caitlin, an organ recipient, is now enjoying a full life with her family.

It Makes A Difference
 When she was just 5 months old, Caitlin's life was saved by organ donation. Caitlin was born with a life-threatening liver condition and needed a transplant. She received her new liver when another family saw through the grief of losing their son and said "yes" to donation. Today, this cheerful little girl loves life and her family, and charms everyone with her sunny smile.

in a hospital. Their organs can be transplanted because machines have continued to pump oxygen into their bodies, keeping the organs healthy. However, this represents a very small percentage of all deaths and demonstrates why many more registered donors are needed.

Her story is one of hope for those still waiting. According to www.organdonor.gov, more than 123,000 individuals of all ages are on the national organ transplant waiting list, waiting for a kidney, heart, intestine, pancreas, lung or liver. About 18 people die each day because they do not receive a new organ in time.

One "Yes" Can Save Many
 There are no age restrictions on being an organ donor. People from the very young to the very old have donated organs and through their generous acts have given others a second chance at life. One person can save up to eight lives by donating organs and improve the lives of up to 50 more by donating corneas and tissues.

More Donors Are Needed
 Despite advances in medical technology, the ability to perform a successful organ transplant still rests on finding a matching donor. Having access to such a donor is more difficult than many realize.

To register, go to www.organdonor.gov and connect to your state's donor registry. You should also tell your family and friends about your desire to be a donor. Organdonor.gov is the website of the Department of Health and Human Services' Division of Transplantation.

While millions of adults have already registered to be donors, very few people die in circumstances that make them eligible to donate. In most cases, the individuals who actually become organ donors have suffered brain death

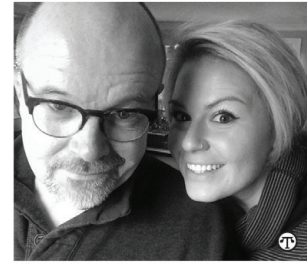
 Don't just dream about grandiose acts of doing good. Every day do small ones, that add up over time to positive patterns.
 —Marian Wright Edelman

 The person who gets the farthest is usually the one who is willing to do and dare. The sure-thing boat never gets far from shore.
 —Dale Carnegie

Eating Right And Living Well

Suggestions From Two Big Losers

(NAPSA)—If you've long felt you have a slim chance of getting fit, the inspiring story and useful tips from one father and daughter pair may help in a big way.



Back in 2010, Jay and Jennifer Jacobs were a combined weight of 678. By May 2011, after being on NBC's "The Biggest Loser" show, they had lost a combined weight of 295. Now, Jay Jacobs is a wellness ambassador and author and Jen a health coach and certified spinning instructor. They offer these suggestions for a more healthy lifestyle:

A wholesome and nutritious snack can help you maintain a healthy lifestyle, say weight-loss experts Jay and Jennifer Jacobs.

- Tips to Help You**
- **Really get clear** what living a healthier life looks like for you. It's more than just what you weigh, what size clothes you wear. It's how you feel physically, mentally and whether you're doing things you love.
 - **Work it out.** Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan. Look for ways to get up and get active. For example, take the stairs, take a walk after dinner, take a parking spot at the far end of the lot. Set aside specific times for physical activity in your schedule and treat it like any other appointment you can't easily break.
 - **Start slowly and work your way up** to more physically challenging activities. If necessary, break up your 30 minutes of daily activity into three 10-minute sessions or two 15-minute sessions.
 - **Have a workout buddy.** Activities with friends or family members can help with motivation. Surround yourself with like-minded people who value living a healthier lifestyle and have a can-do mind-set.
 - **Read up.** Surf healthy recipe websites; read health, wellness and exercise magazines and books.
 - **Live mindfully.** Always be aware of your thoughts, your self-talk; are you moving toward "I can" or "I can't"? Consider this: What you're for strengthens you, what you're against weakens you.
 - **Relax.** Find a few minutes to pause and reflect before you start your day, midday, or at the end of the day about your health and wellness goals and plans.
 - **Eat right.** A good diet

emphasizes fruits, nuts, vegetables, whole grains, fat-free or low-fat dairy products, lean meats, poultry, fish, beans and eggs, and is low in saturated fats, trans fats, cholesterol, salt and added sugars.

• **Drink to your health.** Choose drinks without calories, such as water, sparkling water or unsweetened iced tea. Drink fat-free or low-fat milk.

• **Plan and prepare for success.** Take a few minutes to really think what your day's going to be like so that you can make sure you've got an entourage of smart snacks that you love and a back-up plan to have a few extra options on hand if you need some extra energy, or your mood changes.

For example, for many years, the Jacobses have enjoyed a snack bar made of simple and wholesome ingredients: fruits, nuts and spices. "It's a choice you can feel good about to provide a boost of energy between your meals," Jay said. The LARABAR, the Original Fruit & Nut Bar, is minimally processed, keeping the ingredients as close to their natural state as possible. There's no sugar added (except for the bars that contain chocolate chips) and all the ingredients are gluten free, kosher and non-GMO. "Plus, they're easy to grab and perfect for on the go," added Jennifer.

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Creative family fun
 by Donna Erickson

lingonberry preserves and a dusting of confectioners' sugar. A satisfying, easy meal for a lazy Saturday morning breakfast, or a casual weeknight supper. Here's my easy "best" recipe. Stir it up for your family and make it your own with a little of this ... maple syrup on top? Or that. How about some freshly sliced strawberries and a dollop of whipped cream?

SWEDISH PANCAKES

- 1 cup flour
 - 1/4 teaspoon salt
 - 2 cups milk, or 1 1/2 cups milk and 1/2 cup half and half (optional)
 - 3 eggs
 - 1/4 cup butter, melted and cooled, plus butter for cooking.
1. In a medium bowl, combine all of the ingredients with a whisk until smooth. Do not overbeat.
 2. For each pancake, lightly butter griddle or large skillet; heat over medium-high heat. When quite hot, pour 1/3 cup of the batter into skillet. Swirl it around so that it forms a thin 8- to 9-inch layer on the bottom of the pan.
 3. Cook until the pancake is golden brown on the bottom (lift up a corner to check the color) and small bubbles are visible on the top. This happens quickly. Flip with a narrow spatula and lightly brown on the other side.
 4. Set on a plate, and fold in half or quarters, if you wish. Serve hot with traditional lingonberry, strawberry or raspberry preserves. Top with a dusting of confectioners' sugar. Makes 12 pancakes.



Growing up, I recall that my Grandma Ruth, a second-generation Swede, actually didn't work from a formal recipe. "A little bit of this, a lot of that," she'd say to me as I stood on a footstool by her side, carefully pouring milk into a wide bowl. A lot of "that" usually meant the melted butter that would blend smooth as silk into the batter. I later learned the basic techniques for flipping the pancakes from my dad. (Unlike the thicker American flapjack, a Swedish pancake is more like a French crepe, so flipping can be unwieldy at first.) Happily, my family and I have continued the tradition of making Swedish pancakes topped with bright-red

 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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Salome's Stars

LIBRA (September 23 to October 22) Expect a temporary setback as you progress toward your goal. Use this time to re-examine your plans and see where you might need to make some significant changes.

SCORPIO (October 23 to November 21) Some missteps are revealed as the cause of current problems in a personal or professional partnership. Make the necessary adjustments and then move on.

SAGITTARIUS (November 22 to December 21) Jupiter's influence helps you work through a pesky problem, allowing your naturally jovial attitude to re-emerge stronger than ever. Enjoy your success.

CAPRICORN (December 22 to January 19) Set aside your usual reluctance to change, and consider reassessing your financial situation so that you can build on its strengths and minimize its weaknesses.

AQUARIUS (January 20 to February 18) Some recently acquired information helps open up a dark part of the past. Resolve to put what you've learned to good use. Travel plans continue to be favored.

PISCES (February 19 to March 20) Act on your own keen instincts. Your strong Piscean backbone will support you as someone attempts to pressure you into a decision you're not ready to make.

BORN THIS WEEK: You embody a love for traditional values combined with an appreciation of what's new and challenging.

ARIES (March 21 to April 19) Your batteries should be fully recharged by now, making you more than eager to get back into the swing of things full time. Try to stay focused so that you don't dissipate your energies.

TAURUS (April 20 to May 20) You're eager to charge straight ahead into your new responsibilities. But you'll have to paw the ground a little longer, until a surprise complication is worked out.

GEMINI (May 21 to June 20) Rival factions are pressuring you to take a stand favoring one side or the other. But this isn't the time to play judge. Bow out as gracefully as possible, without committing yourself to any position.

CANCER (June 21 to July 22) Reassure a longtime, trusted confidante that you appreciate his or her words of advice. But at this time, you need to act on what you perceive to be your own sense of self-interest.

LEO (July 23 to August 22) You need to let your warm Leonine heart fire up that new relationship if you hope to see it move from the "just friends" level to one that will be as romantic as you could hope for.

VIRGO (August 23 to September 22) There's still time to repair a misunderstanding with an honest explanation and a heartfelt apology. The sooner you do, the sooner you can get on with other matters.

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HALL FOR RENT: Coventry Men's Club available for Bachelor Parties, Weddings, Birthdays, Retirement Parties, Etc. Menu available. Call 385-3536 or 821-5904 for more information.

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GREAT DEAL! CHOWDER & CLAMCAKES! Sons of the American Legion, Squadron #2, 2 Legion Way, West Warwick, will off Chowder & Clamcakes on January 8, February 12 & March 11 from 12-7PM. Cost is only \$4 per serving. The Monthly Steak Fry will be back starting April 8. Guests are invited to attend.

TOP VIDEO RENTALS AND SALES

- Top 10 VOD Movies**
1. Ant-Man (PG-13) Paul Rudd
 2. Minions (PG) animated
 3. Trainwreck (R) Amy Schumer
 4. The Transporter Refueled (PG-13) Ed Skrein
 5. Scouts Guide to the Zombie Apocalypse (R) Tye Sheridan
 6. No Escape (R) Lake Bell
 7. American Ultra (R) Jesse Eisenberg
 8. Ricki and the Flash (PG-13) Meryl Streep
 9. Amy (R) Amy Winehouse
 10. Elf (PG) Will Ferrell

- Top 10 DVD, Blu-ray Sales**
1. Minions (PG) Universal
 2. Ant-Man (PG-13) Disney
 3. Inside Out (PG) Disney
 4. Star Wars: The Complete Saga (NR) FOX
 5. Star Wars Trilogy (NR) FOX
 6. Jurassic World (PG-13) Universal
 7. Star Wars Prequel Trilogy (NR) FOX
 8. Avengers: Age of Ultron (PG-13) Disney
 9. Elf (PG) Warner Bros.
 10. The Hobbit Trilogy (NR) Warner Bros.
- Source: Rentrak
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Strange BUT TRUE

By Samantha Weaver

• It was 20th-century American poet, physician, educator, researcher and essayist Lewis Thomas who made the following sage observation: "We haven't yet learned how to stay human when assembled in masses."

• Those who study such things say that when Jell-O is hooked up to an EEG machine, the movements registered are almost identical to those produced by the human brain.

• Historians claim that notorious pirate Blackbeard made himself fearsome to enemies by tying lighted fuses into his beard.

• In a survey conducted in five major U.S. cities, men were asked to choose which activity they'd rather do: spend a romantic evening in a hotel with a sexy woman, or go to the Super Bowl. Three-quarters of respondents chose the football game.

• There were no domestic cats in North America until they arrived with voyagers from Europe.

• You've probably noticed that St. Pauli Girl beer has on its label the image of a buxom blond beauty. You probably aren't aware, however, that the beer was named after the St. Pauli neighborhood of Hamburg, Germany — a notorious red-light district. So while you may think the lovely image is that of a simple serving girl, it's not out of the question that the lady's occupation may have been somewhat less savory.

• If you're planning to wrap a mummy in the proper Egyptian manner, you'll need about 500 feet of linen to finish the job.

• Parts of Australia have been undergoing an intense drought for more than a decade. The water shortage has been so severe that in 2002, the nation's environmental minister issued a plea for those in affected areas to shower with a partner in order to conserve the scarce resource.

Thought for the Day: "The higher we soar, the smaller we appear to those who cannot fly." — Friedrich Wilhelm Nietzsche

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Your Health

Three Ways Air Quality Affects Your Ability To Think

(NAPSA)—Scientific evidence shows that breathing polluted air can impair memory and reasoning, reduce academic performance and even result in lower intelligence—but you don't have to put up with it.

Here are three important ways air quality directly affects your ability to think:

1. Standardized tests
 Standardized tests have become increasingly important in education. Parents and educators already debate the potential effect of family income, cultural background, gender and other influences on test results. Now, researchers also look closely at the effect of air quality on standardized test scores—and conclude that it's significant.

One study of schoolchildren in Southern California found that exposure to higher levels of fine particulate air pollution (known as PM2.5) is linked to consistently lower scores on standardized tests in math and reading. A separate study of fifth-grade schoolchildren concluded that every increase of 2.1 cubic feet per minute (cfm) in ventilation was associated with a 2.9 percent increase in students passing a standardized math test.

2. Getting older
 Evidence is growing that cognitive decline associated with aging is at least partially related to breathing air pollution. In one study, scientists administered math and memory tests to 780 people age 55 or older, then correlated scores with pollution levels where the participants lived. After adjusting the results for education, employment and other factors, the researchers still found significant differences in scores based on air quality. Participants in areas with high pollution levels had error scores that were 150 percent higher than those living in areas with low pollution.

3. Memory
 Neuroscience researchers exposed mice to high levels of particulate air pollution (similar to levels in Beijing or Mexico City) for 10 months. They observed that the mice exposed to high pollution levels took longer to navigate through a maze and made more mistakes.



Researchers are discovering that air quality has a direct impact on a person's ability to think.

Examining the brains of the mice exposed to pollution, the researchers found physical changes in the tips of neurons in the part of the brain responsible for memory. The researchers also found that the mice exposed to high levels of pollution showed increased levels of pro-inflammatory chemicals in the brain.

What You Can Do
 Each person can help reduce the sources of pollution, better ventilate indoor environments and support air filtration for schools and other places as needed. Here are a few examples of positive steps that can clean the air:

Get involved: Schools with better indoor air quality have better attendance rates and test scores. You can ask the school principal, school board members or the American Lung Association what you can do to get involved in improving classroom air quality.

Avoid unnecessary exposure: Avoid unnecessary exposure to outdoor air pollution and use a high-performance air purifier such as the IQAir HealthPro Plus to keep the air clean at home. Visit www.iqair.com for more information. To see a ranking of the best and worst regions of the nation in terms of air pollution, visit www.stateoftheair.org.

Reduce air pollution: Conserving energy, recycling, driving less or driving low-polluting vehicles—the choices you make can help reduce air pollution for everyone. The negative effect of air pollution on the ability to think is just one of the many ways air pollution affects health. By taking action today to reduce air pollution, you can help ensure a cleaner, smarter future for all of us.



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