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• Junior & Senior Division: Slow Pitch	Fee: \$90
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Page 2.......The Reminder Tuesday, January 19, 2016 It's always a good time to recycle at METAL COMMODITIES! Where Price Makes the Difference BUYING • Aluminum • Aluminum Cans • Insulated Wire Brass • Copper • Stainless Steel Batteries • Electric Motors Transformers Catalytic Converters • Appliances Lt. Iron • Cast Iron • Steel 200 Old Baptist Rd., North Kingstown, RI 885-8866 Hours: Mon.-Fri. 7:30am-4:15pm, Sat. 7:30am-3:30pm (12-12:30 Closed for Lunch)

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Boy Scout Troop 31 meets Wednesday nights at 7PM at Christ the King Church. All boys ages 10-17 are welcome.

COVENTRY POLICE DEPARTMENT

The Coventry Police Department will host free Child Seat

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.

FREE FELLOWSHIP DINNER AT CORNERSTONE OF FAITH UMC

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

WRITING GROUP FORMING AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, is looking to start a Writing Group led by one of their Librarians who is a published author. If you are interested in gathering on Wednesday evenings to share feedback, hints and your experiences with writing, please call Jane at 822-9104 or email js@coventrylibrary.org

BOY SCOUT TROOP #31 MEETINGS

JANUARY SAFETY EVENTS

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

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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.



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The Athlete of the Year

For whatever reason, there seemed to be a lot of fuss - more than usual, at least — made over one question: Who was the athlete of the year?

Most people, I'm guessing, didn't even know that there are still organizations that actually care enough (in smoke-filled rooms, natch), but apparently there are. And depending on which source you hold most dear, you heard several different answers: The Associated Press chose Serena Williams; Sports Illustrated chose Stephen Curry; and the BBC made waves across the ocean for not choosing the new heavyweight champion of the world, Tyson Fury. (Fury, who may have the coolest name in boxing history, might have won in the worst fight in history, and he may have possibly given the worst post-fight performance in history ... singing Aerosmith and offending everyone else with his mouth.) Golfer Jordan Spieth tripped off the tongues of more than a few pundits as well.

And then, of course, there were the curiosities. According to Google, the most searched-for term in 2015 was Lamar Odom, but chances are, the teeming masses weren't interested in the retired basketball player's lifetime stats. Caitlyn Jenner made it onto a bunch of lists, but I'm not quite sure how that relates to the world of sports other than an interesting asterisk for the record books.

And poor Holly Holm. She super-kicked the people's champion to the

face to become the undisputed bantamweight champion of the UFC world, and all anybody wants to talk about is the girl she beat. I have to admit, count me among those who had their heart shattered along with Rhonda Rousey's face. I was one of those holdouts when it came to mixed martial arts. In the beginning I bought the fight, and all I remember was the sumo wrestler getting his teeth blasted into the front row in the first fight. and then everyone else just rolling

around the floor for a few hours. After that, I stubbornly clung to boxing until I realized the "sweet science" wasn't all that sweet anymore. How thrilling is it to watch Floyd Mayweather hold his hands up and shake his head "no" and make a few hundred million dollars for the pleasure? Rousey only worked about two rounds in her three fights combined, but she reintroduced the sport to the world. Nobody was talking about boxing like they were talking about MMA this year, and she deserves the lion's share of the credit.

But in the end, it wasn't a lion that mattered most. Serena didn't win the Grand Slam. Rousev didn't beat Holm, and Spieth, as amazing as he was, didn't win them all either. So who was the athlete of the year? The horse, of course!

Why does everyone have such a hard time saying it? Was it because they misspelled the horse's name? American Pharoah — that's your athlete of the year. It's not a slam on any athlete to lose to an animal, in this case an incredibly beautiful one from New Jersey that glided to the Triple Crown, drawing crowds that rivaled presidential campaigns and rock concerts. In 2015, that horse, as briefly as he was around, was truly a sight to see.

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

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EXETER GRANGE MEETINGS

Exeter Grange, 469 Ten Rod Road (Rte. 102), Exeter, will hold their regular meetings on the 3rd Thursday of each month beginning at 7:30PM. All are welcome.

PARKINSON'S DISEASE SUPPORT GROUP MEETINGS

The COVENTRY PARKINSON'S SUPPORT GROUP meets at 10AM on the 1st Saturday of each month at New England Bay manor, 600 Centre of New England Boulevard, Coventry. The YOUNG ONSET & YOUNG AT HEART PARKINSON'S SUPPORT GROUP meets at 10AM on the 3rd Saturday of each month at the Kent Hospital Doctor's Auditorium. The FRIENDS & FAMILY (Caregiver) SUPPORT GROUP meets at 10AM on the 4th Saturday of each month at Atria Senior Living Harborhill, 159 Division Street, East Greenwich. The DBS (Deep Brain Stimulation) PARKINSON'S SUPPORT GROUP meets at 10AM on the 2nd Saturday every other month at Kent Hospital's Doctor's Auditorium. For more information about Parkinson's Disease or any of these Support Groups, please call Mary Ellen at The Parkinson's Center - Kent Hospital, 736-1046.

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From new bedding and home accents to running shoes and brand-name clothing, you can use these tips as inspiration to score everything you need and want to start the year off right—all for amazing prices at Marshalls and T.J.Maxx.
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• Fashion: Turning over a new

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patterns and feminine, whimsical looks. Go ahead and mix it up try new pieces with rich prints and keep warm in a new, cozy, knit sweater. Hold on to your basics and upgrade your style by integrating accessories for a fun, vibrant look. A statement necklace or bold bag can be an easy way to change an outfit, and they can be found at T.J.Maxx for a fraction of the department store price.
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large red bell peppers, cut into 1/2-inch pieces pound sweet potatoes, peeled

finely chopped

and cut into 1/2-inch pieces bunch (about 10 leaves) kale,

chopped pound carrots, cut into 1/2inch pieces

tablespoons chili powder

tablespoons ground cumin teaspoons salt

(14-ounce) cans peeled

Italian tomatoes canned chipotles in adobo, plus 1 1/2 tablespoons adobo

cups water, vegetable, chicken or beef broth

cups canned hominy, drained cups canned red kidney

beans, drained Brown rice, chopped red onions, cilantro, sour cream, tortilla chips or cornbread, for serving

Dutch oven, heat the oil. Add the onion and garlic and cook over high heat, stirring, until slightly softened, about 3 minutes. Add the bell pepper, sweet potatoes, kale and carrots; cook, stirring occasionally, until lightly browned in spots, about 5 minutes. Stir in the chili powder and cumin and

and their juices with the chipotle, adobo sauce and water or broth until very smooth. Add the mixture to the casserole along with the hominy and beans and bring to a boil. Cover partially and simmer the chili over moderate heat until the vegetables are tender, about 20 minutes. Season with additional salt, as needed. Serve with rice, red onions, cilantro, sour cream

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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TheKitchenPiva! by Angela Shelf Medearis

Re-Think Winter

Frigid weather may seem like a good excuse to stay inside, avoid workouts and overindulge in comfort foods. However, many health experts have found that these tendencies leave most people feeling less content during the winter months. Researchers say people should establish new traditions

to increase happiness and avoid wintertime woes. In other words, now is a great time to change the way you think about winter.

Instead of resolving to make drastic new year changes, establish healthy traditions. Incorporate activities and habits that promote health and can be shared with spouses, friends and family mem-Here are a few suggestions to re-think your health this winter.

· A good first step is creating a vision for the future by picturing yourself happy and healthy.

Identify positive and negative aspects of your health and the health of others, including friends, family members, spouses and children. This provides a starting point for establishing new behaviors, avoiding negative habits and seeking help from others.

• Set realistic goals with measurable results, because small changes are easier than big changes and can add up over time. Focus on changing one or two behaviors. Once these are mastered, set new goals.

· Establish traditions to accommodate cold weather. Try new things, such as dance classes, indoor pools for swimming or water aerobics, or check out exercise videos from the library. Invest in home fitness equipment, such as jump ropes, DVDs, treadmills and stationary bikes. Having equip-

ment at home makes it easier to stay physically active. Search for bargains on gently used equipment, and try dif-ferent things to find what works best. • Think of things that are enjoyable,

and incorporate physical activity to enhance them. Plan activity breaks, set a timer and have 5-10 minute relays inside or outside, take a walk around the block during commercials or try games that get everyone moving.

• Practice ways to improve your mood each day, even if they seem silly or unnecessary. Try wearing bright colors, reading or watching something funny and laughing out - laughing reduces stress hormones and increases endorphins. Socialize and spend time with family, old and new friends and those in need. Creating social ties can boost happi-



ness, improve self-worth and increase your sense of purpose.

One of the easiest ways to socialize is over a great meal. Try this crowd-pleasing recipe for Chili With Winter Vegetables. Make it a potluck and invite family and friends over for dinner and game night. Just because it's cold outside doesn't mean you can't have fun inside!

CHILI WITH WINTER **VEGETABLES**

This is a great "make-ahead" recipe that's perfect for impromptu dinner parties. The chili can be refrigerated for up to two days and tastes even better after the flavors meld.

> cup vegetable oil large onion, chopped medium garlic cloves, very





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All meals include milk, coffee or tea, bread/margarine

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DONATION \$3.00

Sandwich: Tuna on wheat.

Tomato soup, hamburger on a bun, RI grown potato salad,

3 bean salad, sports bar. Sandwich: Hot dog on a bun with

HAPPY BIRTHDAY. Red chowder, Airline Chicken, mashed

potatoes, broccoli cuts, frosted cupcakes, wheat bread.

Vegetable soup, Florentine fish, wild rice, sliced carrots,

fresh fruit, 12 grain bread. Sandwich: Meatloaf on 12 grain

Minestrone soup, grilled chicken, Caesar salad with

croutons and Parmesan cheese, pineapple chunks, garlic

Lentil soup, stuffed pork chop with apple sauce, Ratatoulle

(diced eggplant with tomato), Mandarin oranges, dinner

Fresh fruit salad, liver and onions, wild rice, roasted zucchini,

Cozy Winter Meal. Butternut squash soup, stuffed chicken

breast with gravy, cranberry sauce, potatoes, creamed

Tomato soup, Shepherd's Pie, mashed potatoes, biscuit,

Orange juice, fresh fruit salad, scrambled eggs, French

Tossed salad, eggplant Parmesan with pasta, garlic bread,

roasted asparagus, dessert. Option: BLT on wheat with chips.

bread. Sandwich: Bologna and cheese on wheat.

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dessert. Option: Italian grinder with chips.

spinach, dessert. Option: Waldorf salad.

toast, sausage and bacon, home fries.

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WOOD PELLETS

dessert. Option: Cobb salad.

roll. Sandwich: Shrimp salad on a roll.



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You're alive. Do something. The directive in life, the moral imperative was so uncomplicated. It could be expressed in single words, not complete sentences. It sounded like this: Look. Listen. Choose. Act.

–Barbara Hall

Wed. 1/20

Thurs. 1/21

Fri. 1/22

Mon. 1/25

Wed. 1/20

Thurs. 1/21

Fri. 1/22

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One of the advantages of being disorderly is that one is constantly making exciting dis-

-A. A. Milne

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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.

VIP BINGO

West Warwick Manor, 62 Roberts Street, West Warwick will 3:30PM. Free refreshments at Intermission.

COMPUTER CLASSES AT COVENTRY PUBLIC LIBRARY

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.

JANUARY CHILDREN'S PROGRAMS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope is offering the following

WEST WARWICK PUBLIC SCHOOL **MENTORS NEEDED**

Do you have an hour a week to share? That's all it takes to volunteer to spend an hour a week with a child, in a school during school time! You can work with either a girl or boy on the Elementary, Middle, or High School level. For more information call Dana Papitto, 822-8435.

GREENE PUBLIC LIBRARY HOURS

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

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Phobias 1. Thunder/lightning 2. The color white 3. Sitting 4. Rabies 5. Needles 6. Medications 7. Crowds 8. Being alone 9. Mirrors 10. Baths Source: dvm360.com

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able for parents of dependent undergraduate students. This loan can cover up to 100 percent of remaining eligible educationrelated expenses. A credit check is required, but the parent's debt and current income are not considered.

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dent loans—These loans are made available to students through banks and other private lenders. These loans can typically cover 100 percent of the remaining costs of eligible education-related expenses. Full credit underwriting is required as well as a debt and current income. Most students will need a qualified co-signer to meet credit eligibility requirements.

Know your deadlines and in one lump sum each semester, if offered by your school, you can compare your options: Pay spe cial attention to the college application deadlines to make sure that you take full advantage of these opportunities

This plan can be used on its own or combined with financial aid. For additional financial aid including student loans.

Federal Direct PLUS loan resources, visit www.wellsfargo community.com or www.wellsfargo. for parents—This loan is availcom/student/.

STORYTIME AT TYLER FREE LIBRARY

hold a Bingo every Tuesday at 5:30PM. Kitchen opens at

The Coventry Public Library, 1672 Flat River Road, will

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.

Geneva

Your financial aid letter may

look different this year. Colleges have the option of using the U.S.

Department of Education's new Financial Aid Shopping Sheet for

the 2013-2014 award year. Many

of the elements contained in this

new form are the same as a

school's own financial aid award

letter, though the standardized format should make it easier to review elements such as grant

and scholarship amounts, net

costs, graduation rates, loan default rates, median borrowing

and estimated monthly loan pay

After you receive either form,

Determine additional ex-

penses: Consider all funding options including grants, scholar-

ships, institutional awards, Federal Work Study, Federal Perkins

Loans and/or Federal Direct Stafford Loans. Be realistic about

your budgeting needs. Borrow

only what you need.

Explore additional financ-

ing options: Tuition payment plan-

Instead of paying your tuition bill

enroll in this plan to make smaller, manageable installment payments.

ments after graduation.

here are some next steps:

Blackstone

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Understanding Financial Aid Award Letters: Compare Costs (NAPSA)—When comparing col-lege costs, one of a student's first



Get Your Refund Faster

(NAPSA)-Here's good financial news for a change: There are steps you can take to make April 15th a less taxing time-and even to get your tax refund as quickly as possible. A few do's and don'ts:

Tips On Taxes

•Do get organized. Put all your tax-related documents into a big box as they come in the mail.

• Don't miss the deadline. If you think you will, file an extension with Form 4868 to avoid late filing penalties. Just remember, you still have to pay on time.

•Do check everything. In particular, make sure you've taken all the deductions to which you're entitled, that your math is correct and that you've signed the return.

•Don't wait for your refund to come in the mail. According to an IRS spokesperson, the best option for taxpayers is to forgo paper and file electronically with direct deposit chosen for a refund.

An IRS report reveals that efile with direct deposit is the tax filing option for nearly 80 percent of Americans. Many would-be early filers, however, are lowincome families that still lack access to bank accounts and direct deposit options, resulting in significant refund delays for them. They have to wait for paper checks to arrive in the mail, and then potentially experience high check-cashing fees to access their refunds.

Fortunately, there's a new option for tax filers looking to take advantage of direct deposit: prepaid debit cards. These cards, available online and in major retail stores, offer the unbanked consumer convenience and a way to reduce tax refund wait time.

According to a survey by Prepaid Visa RushCard, pioneered by Russell Simmons, 73 percent of



Setting up a tax refund directly to a prepaid card can be easy and

card users who directly deposited their 2011 tax refund onto the card cited faster refunds as the No. 1 reason they chose to use direct deposit. In addition, nearly half said they used direct deposit to the card to avoid paying fees to a check casher.

Free Food

Speed and convenience aren't the only benefits prepaid cards offer consumers. Many card companies offer incentives. For example, Visa Prepaid has the 2013 Tax Sweepstakes for Refund Load. Anyone who loads a refund onto an eligible Visa Prepaid card is automatically entered to win free groceries for a year. In addition, those who use the Visa Prepaid cards before April 15, 2013 can win one of 10 prizes every week, including a week of groceries or a family dinner.

Learn More

For sweepstakes rules and regulations, see www.facebook.com/visa prepaid. To view the IRS report, visit www.irs.gov. For more information on how to receive your tax refund via direct deposit, visit www.rushcard.com/taxtime or call (866) RUSHCARD.

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.

JAYCEES & DVDS4VETS

The JAYCEES and their Foundation will be coordinating volunteers for in-kind donations of DVD's media for distribution to Veterans in areawide Hospitals, Clinics and for personal use as well. DVDs4Vets is a non-profit Charity Service which allows the public to locate local Veterans Hospitals, Clinics, Centers and State Vet Homes, in order to donate new and used DVD's. Simply contact the Kent County JAYCEES at 828-9191 or email wwJAYCEESkc@aol.com

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CRAFTY KIDS ON SATURDAYS AT GREENE PUBLIC LIBRARY

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

COVENTRY SENIOR HARMONICA BAND NEEDS MUSICIANS

Revive the old talent, dust off the instrument, enrich your life. If you are over 55 and play harmonica, banjo, or guitar, we need you! Senior band plays gigs at Senior Centers, Nursing Homes, anniversaries, etc. Call Zandy (days) 732-7870, Ext. 107 or Roger (nights) 397-5157.

BREAKFAST IN JANUARY

The Coventry Senior Center, 50 Wood Street, Coventry will hold a Breakfast on January 29 from 7:30-9AM. Enjoy scrambled eggs, choice of bacon or sausage, French Toast or English muffin, with juice, coffee, & tea for just \$3. All are welcome!

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Pork Tenderloin With Roasted Grapes

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- teaspoon fennel seeds. crushed
- teaspoons extra-virgin olive
- whole pork tenderloin (1
- pound) cups seedless red and green
- grapes (about 1 pound) cup chicken broth 1. Heat oven to 475 F. In cup, combine fennel with 1/2 teaspoon coarse-

ly ground pepper and 1/2 teaspoon salt; use to rub all over pork. 2. In 12-inch skillet with oven-safe handle (or with handle wrapped in double-thickness of foil for roasting in oven later), heat oil over medi-um-high heat until hot. Add pork and cook 5 minutes, turning to brown all

sides. 3. Add grapes and broth to skillet; heat to boiling. Cover and roast in oven 15 to 18 minutes or until meat thermometer inserted in thickest part of pork reaches 150 F. Internal tem-

upon standing.
4. Transfer pork to warm platter. Heat grape mixture to boiling over high heat: boil 1 minute or until liquid thickens slightly. Slice pork; with grapes and pan juices. Makes 4 main-dish servings.

• Each serving: About 245 calories, 25g protein, 22g carbohydrate, 7g total fat (2g saturated), 2g fiber, 74mg cholesterol, 475mg sodium. For thousands of triple-tested rec-

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We Can Help:

Need publicity for an upcoming event? The Reminder will publish your non-profit organization's upcoming event as a community note at no charge. So, Mr. or Mrs. Publicity Chairperson, please forward information of your upcoming Bake Sale, Car Wash, Food Drive, etc. to The Reminder office at your earliest convenience in order to give us sufficient time to include your event in our publication. Community notes are not guaranteed to appear in any particular publication, although we do try to accommodate everyone. So, if your event is date sensitive, please consider paying for a classified advertisement or, if your budget allows, have our art department create a display ad to promote your event. Feel free to inquire about the cost of these display advertisements by calling 821-2216.

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Help Wanted

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Expert Tips To Help Make Family Mealtimes Simple

(NAPSA)—Gathering together as a family for dinner can be a great idea, research shows. Just 20 minutes a night can positively affect children's development and

"Shared mealtimes can help reduce behavior problems, eating disorders and drug use in children and teens," says Dr. Barbara Fiese, professor and director of the Family Resiliency Center at the University of Illinois. "But some families find it difficult to eat together on a daily basis," she adds.

To help, the Family Resiliency Center and the Pampered Chef, the largest direct seller of kitchen tools, developed the following tips to make mealtimes easier:

• Try something new. Picky eaters can be a struggle at the dinner table. It can take children up to 10 times to accept a new food, but parents often get frustrated and give up aiter less than three times. Parents can set the example by trying new foods themselves.

•Institute a no-screen rule. Turn off phones, tablets, laptops and televisions when eating together. Work and home life balance can be a challenge when there are distractions at the table.

• Work together. Kids as young as 3 can help with household tasks and dinner preparations. Incorporate them into the mealtime process.

To make mealtimes quick, simple and affordable, try this familyfriendly, inexpensive recipe for Chicken Parmesan Soup with homemade croutons:

Chicken Parmesan Soup

- ¼ of a 16-oz loaf of French
- bread 2 Tbsp olive oil
- 3 Tbsp garlic and herb rub,
- divided 1½ cups unsalted chicken stock 2 cups marinara sauce



A hearty main-dish soup such as Chicken Parmesan can be easy and inexpensive to make with the right tools and attitude.

- 1 can (14.5 oz) diced tomatoes with garlic and onion (about 1% cups), undrained 2½ cups diced cooked chicken
- 3 garlic cloves
- 1 oz fresh Parmesan cheese % cups shredded mozzarella cheese, divided

1. Cut bread into \(\frac{1}{2} \)-in. (2-cm) cubes using color-coated bread knife. (You should have about 2 cups.)

2. Toss bread cubes, oil and 1 Tbsp of the rub in deep covered baker.

3. Microwave bread cubes. uncovered, on HIGH 3-4 minutes or until they begin to brown, stirring every minute. Spread croutons over a piece of parchment paper to cool.

4.Stir stock, remaining 2 Tbsp rub, marinara sauce, tomatoes, chicken and garlic pressed with garlic press into

5. Microwave, covered, on HIGH 11-13 minutes or until soup is hot.

6. Grate Parmesan using microplane adjustable fine

7. Carefully remove baker from microwave and stir in Parmesan.

8. Top soup with half of the mozzarena and sprinkie with half of the croutons. Top with remaining mozzarella.

9.Let stand, covered, 2-3 minutes or until cheese is melted. Serve soup with remaining croutons.

Yield: 6 Servings

U.S. Nutrients per serving (about 11/4 cups): Calories 330, Total Fat 13 g, Saturated Fat 4 g, Cholesterol 60 mg, Sodium 980 mg, Carbohydrate 23 g, Fiber 3 g, Protein 28 g

At the company's in-home cooking shows, you can see and try products, prepare and sample recipes, and learn quick and easy food preparation techniques and tips on how to entertain with style and ease-transforming the simple to the spectacular. For more information, visit www.pampered chef.com or www.facebook.com/ ThePamperedChef.

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Puzzle Page

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King Crossword

ACROSS

- 1 React to gravity
- G-man's orq.
- 8 Gym-floor padding
- Sandwich cookie
- "— the fields we
- go ...' 14 Shrek is
- one Paper
- quantity
- Leave 18 Distinguish
- Senate staffers
- "Monty Python" starter
- Solidify 23 Intended
- Faint
- Noah's boat 30 Actor Cruise
- Omega preceder
- 33 Protract Tablet bearer
- Bagel topping
- Yon maiden
- 40 Rice (Sp.)

- 43 Endure Coopers-
- Omit 49 Emanation
- 50 Logical 51 Ailing
- Romantic?" Probability
- 54 Deposit "Untouchable" Eliot
- **DOWN**
- 1 Dressmaker's dummy
- Vicinity Plumbing
- problem Chinese
- noodle recipe Concentrate
- (on) Suspenders alternative
- Anger Aesopian
- conclusions Enthusiastic. plus
- Verifiable Collections
- Tarzan's clique
- 19 Giant in

- town 22 Group of
- whales
- Crazy 24 Blunder
- 25 Alias (Abbr.)
 - Cauldron Chances, for short
 - Work with "- the sea
 - son to be jolly" 31 Formal wear
 - 34 Boxer's gear
 - 35 Seep
 - 36 First name
 - of 19-Down Invest with
 - authority With ardor
 - Moreover 41 Peruse
 - 42 McNally
 - partner 43 Island dance 44 River of
 - England 45 Coffee shop
 - array Skin art,
 - for short 48 Lubricate

12 16 15 18 20 30 32 33 44 45 46 43 49 48 50 52 53

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NONKHDAXURPMJGD

AXVSQNKIFDAXVTQ

OMJHFCAYWURFYPN

L S N A K E(S)S J H I A T F D

S B Z X S R H T T S V I I G T R T Q T E M A O H S M L S N K

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V L T N R I S Q W H O E O L N

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

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

Failure Aging Bats Fish Cats **Flowers** Dying Flying

Heights Obesity Sharks

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Answers

PHOBIAS: FEAR OF

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PHENIX SPORTSMEN'S CLUB STEAK & CHICKEN BARBECUE

The Phenix Sportsmen's Club, 715 Main Street, West Warwick, will hold a Steak & Chicken Barbecue on January 29 from 6:30-8:30PM. Cost is \$15/person for steak, \$10/person for chicken. Tickets need to be purchased by January 27 (no refunds). Call 821-9659 for more information.

FREE ESL CLASSES OFFERED AT THE WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick, is offering free ESL Classes for individuals who want to improve their English skills. Adults work in groups with a teacher or volunteer tutor on reading, writing, speaking and listening skills. The Spring Session runs january 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.

NIGHTTIME STORY HOUR AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene, invites children ages 3-8 to the Library every Tuesday night at 6PM for "Bathrobes & Books: A Nighttime Story Hour". Children are welcome to come ready for bed.... pajamas, slippers & all, to enjoy a story & craft with friends and family. Please call 397-3873 or email jean@coventrylibrary.org for more information and/or to register.

THE FRIENDLY SONS OF ST. PATRICK PITCH TOURNAMENT

The Friendly Sons of St. Patrick, the organization that plans the St. Patrick's Day Parade in West Warwick, will hold a Pitch Tournament on February 5 at Club Jogues on Boston Street in Coventry. Registration for partners is at 6PM & cards are up at 6:30PM. Entry is \$20/person and food is provided. Proceeds benefit the 2016 St. Patrick's Day Parade. For more information, contact Mike at 465-9271 (mik2716@aol.com), Tim at 374-3418 (TDaley629@verizon.net) or Tom at 828-7262 (tomfx49@verizon.net).

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 Civil War on February 1 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

Tips For Parents: Discussing Underage Drinking

(NAPSA)—There's welcome news for parents who have yet to have a discussion with their son or daughter about underage drinking.

designed to help parents begin the conversation and maintain an ongoing dialogue with their

According to a recent study, 67 percent of parents feel that they have influence on their teens' decisions about underage drinking and they think their teens listen to what they have to say. Additionally, the parenting poll revealed that parents who've already talked to their teens about underage drinking this back-to-school season believe they're getting through to their kids, with 88 percent saying their teens were receptive. The survey was conducted by Impulse Research for Anheuser-Busch.

A Program to Help Parents First launched more than 20

years ago, Family Talk was revamped in 2011 and now focuses on parenting stages-teacher, facilitator and coach—that help parents use and adapt their influence to help prevent underage drinking as their children grow and mature. The program was recently renovated and expanded with help from

certified parent coach MJ Corcoran to be a comprehensive resource for parents of kids of all ages.

The program guide, which can be downloaded for free from the program's Facebook page, offers parents a number of tips for having more meaningful conversa-tions with their children about drinking, including:



ents should ask open-ended questions, such as "If there's drinking at the party, what will Asking open-ended questions, such as "If there's drinking at the party, what will you do?" or "What

When discussing drinking, par-

do you think about kids who drink?" ·Listening with an open mind In other words, stay focused on what your child is saying right then, not on what he or she has said in the past, or what parents

think their child should be saying. Setting consistent, clear

In addition to downloading the guide, when visiting the Facebook page, parents can interact with a parent-coach expert and other parents to share tips and advice on handling real-world situations.

Maintaining a Dialogue
"Our Family Talk About Drinking program is designed to help

parents begin the conversation and maintain an ongoing dialogue, whether their child is in elementary, middle or high school, or even headed to college," said Kathy Casso, vice president of Corporate Social Responsibility for Anheuser-Busch.

learn www.facebook.com/ABFamilyTalk.

Small Adjustments Can Make A Big Difference

(NAPSA)—Here's news many parents may care to keep an eye on: At schools around the country, teachers are increasingly incorporating 3-D imaging, digital devices and the latest computer applications into their teaching tools. What's more, according to the tion's (AOA) latest American Eve-Q survey, 60 percent of parents estimate their child spends up to four hours a day looking at the screen of a computer, video game, MP3 player or handheld electronic

The Problem

Unfortunately, prolonged use of these technologies can cause eye-strain, headaches, fatigue, burning or tired eyes, loss of focus, blurred vision, double vision or head and neck pain. The AOA calls this condition computer vision syndrome (CVS)

What To Do

Parents and teachers can help students avoid CVS by encouraging them to follow the 20-20-20 rule. When using technology or doing near work, take a 20-second break every 20 minutes and view something 20 feet away. Studies show that people need to rest their eyes to keep them moist. Plus, staring off into the distance helps the eyes from locking into a close-up position.

Additional ways to reduce CVS include:

· Position the computer monitor or handheld device slightly below eye level. Ideally, a screen



Optometrists say it's wise for your eyes when you're working at a computer screen to take a 20second break every 20 minutes and view something 20 feet away.

should be 15 to 20 degrees below eve level (about four or five inches) as measured from the center of the screen and 20 to 28 inches from the eyes.

larly from overhead lighting or

•Blink frequently to keep the front surface of the eye moist

ullet Most importantly, students should see a doctor of optometry for a comprehensive eye examina tion prior to or early in each school year to ensure their eyes are healthy and functioning properly. Early detection and treatment are key in correcting vision problems and helping students ee clearly.

Learn More

To find a nearby optometrist and for additional information on children's vision and the importance of schooltime eye exams, visit www.aoa.org.

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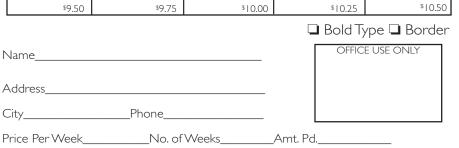
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TYLER FREE LIBRARY offers Storytimes every Wednesday at 10AM for infants-2 1/2 year olds and at 10:45AM for 3-5 year olds.

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

YOGA CLASS AT WEST WARWICK SENIOR CENTER

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

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- 1. Detroit Tiger pitchers set an A.L. record in 2015 for most consecutive shutout innings to start a season (24). Who had held the mark?
- 2. How many times has a San Diego Padres pitcher struck out 250 or more batters in a season?
- 3. Quarterback Boomer Esiason ranks No. 3 on the University of Maryland's list for career passing yards (6,259). Who are No. 1 and No.
- 4. Who is the Phoenix Suns' career leader in steals?

 5. Between 1990 and 1999, seven
- different teams won the Presidents Trophy for the best regular-season NHL record. Name five of them.
- 6. How many consecutive years did an Audi win the 24 Hours of Le Mans before Porsche won the race in 2015?
- 7. Of the 14 times tennis stars Serena and Venus Williams have faced each other in a grand slam singles match, how many times has Serena won?

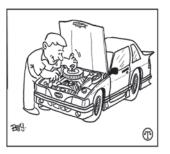
Answers

- 1. The Chicago White Sox tossed 22 shutout innings to start the 1947 sea-
- 2. Once Kevin Brown struck out 257 batters in 1998.
- 3. Scott Milanovich (7,301) and Chris Turner (6,543).
- 4. Center Alvan Adams, with 1,289. 5. Boston, Chicago, Colorado, Dallas (twice), Detroit (twice), the New
- York Rangers (twice) and Pittsburgh.
- A five-year stretch.

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(NAPSA)-If you're like an in-

creasing number of Americans at

springtime, you've begun thinking

about better weather and outdoor

entertaining. One of the most pop-

ular ways to enjoy the season is making sure you have a great out-

door space. For some 30 million

American homes, this means a

Why A Deck Here are three of the reasons why decks of all types are becom-

1. A deck adds to the value of

your home. According to Remodel-

ing magazine, vou can expect

about a 65 percent return on your

more durable and easier to

weather entertainment space. Add

an outdoor grill, portable bar or

ity is the use of composite decking

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today's composite decking manu-

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of durability and low mainte-

nance-unlike wood decks that

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keep their beauty for decades.

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tance to scratches, mold and

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Decorating

Neutrals Make A Splash In Kitchens And Bathrooms

(NAPSA)—A growing number of decorators-and homeownersare expressing positive opinions about the trend of using neutral

Survey Shows

According to the National Kitchen & Bath Association's annual design trends survey, gray is currently used in 55 percent of kitchens and 56 percent of bathrooms, creating chic, sophisticated spaces.

Other popular looks for kitchens include:

- white painted cabinetry
- glass backsplashes
- •LED lighting
- water-saving faucets
- satin-nickel finishes.

In the bath, look for more and

- · ceramic and porcelain tiles
- undermounted sinks.

What Homeowners Want

In both, the big idea is an increase in the expression of individuality. As more and more people are deciding to stick with the home they have, many are also working on ways to improve it to please themselves as well as prospective buyers when that time comes. Kitchen and bath remodels are particularly popular and shades of white, gray and beige are what's in.

For example, consider the color called Cinder, a striking shade of dark gray with a natural, stonelike appeal and delicate hints of brown that give it an inviting warmth.

This timeless modern hue is reminiscent of dark natural stones such as slate and goes very well with stainless appliances.



This stunning sink is shown in the latest of several shades of gray, popular for kitchens and bathrooms.

What They Can Get

It's available in top-quality Silgranit sinks, which are crafted of 80 percent natural granite, feature the look and feel of natural stone, and resist scratches, stains, chips and heat. Because the color goes all the way through, it won't fade in direct sunlight and is impervious to household acids and alkalis. Advanced surface technology ensures that it is nonporous, easy to clean and extremely hygienic.

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For further facts, a color assistant to guide your choices, and pictures of great kitchens to inspire you, go to www.blanco america.com.



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sustainable practices. The manufacturing process captures 98.5 MYTHOLOGY: In Roman mythology, Neptune is the equivalent of which Greek god? percent of waste materials. And 40,000 tons of wood and plastic 3. COMICS: In what year did detecare kept out of landfills. There's

tive Dick Tracy make his debut in a comic strip? 4. HISTORY: How many presidents

have served more than two terms of office? . MOVIES: What was the first Pixar

film to receive a PG rating?
6. LITERATURE: Who wrote the children's book "Black Beauty"?
7. CHEMISTRY: What is the Periodic Table symbol for the element iron? 8. AD SLOGANS: What 1960s and '70s aftershave warned consumers to

'be careful how you use it"? 9. LANGUAGE: What is a ewer? 10. MEDICAL: What part of the body does Bell's palsy affect?

Answers

- 1. Ohio

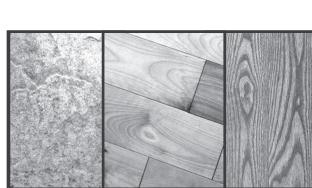
- 2. Poseidon 3. 1931 4. One Franklin D. Roosevelt 5. "The Incredibles"
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crystal, carnival glass, opalescent,

. Many of the so-called Holly-

ments of the studios. With that in

mind, you might want to contact one

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The website is cytreasures.com. This

company can determine if your signa-

tures are authentic and, if so, the mar-

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rials requiring return mail.

ket value.

• Hopalong Cassidy radio manmilk glass, Vasa Murrhina and various ufactured by Arvin. It is red with a other types of art glass. metal front depicting the cowboy star astride his horse, Topper. I paid Ouring the 1940s, I wrote dozens of letters to major \$250 for it, and my wife thinks I made a major mistake. — Tim, Alamotion picture stars requesting an autographed picture. More than 50 responded, and I still have them.

• I spoke to several collectors and A also consulted "Hopalong Cas-They include Bing Crosby, Tyrone sidy Collectibles" by Joe Caro. Almost Power, Alice Faye, Betty Grable everyone agreed that your radio and Harry James. Where can I sell in working order and in reasonable them? — Joan, Plantation, Florida condition — is worth at least \$1,000. A. wood autographed pictures There were several models in various colors, but the bottom line is you made were not signed by the actual stars but by employees in the publicity depart-

• I have inherited several dozen • pieces of Fenton glass, mostly from the 1950s and '60s. I don't collect Fenton, but I wonder if it is worth keeping. Is there a reference you can recommend so I can determine whether I should keep or sell? - Della, Spring Branch, Texas

Cowboy Radio

mo Heights, Texas

a wise purchase.

At a garage sale, I found a

• There are several excellent A guides, but I especially like "Warman's Fenton Glass: Identification & Price Guide" by Mark F. Moran and published by Krause Books. This guide features current prices for more than 1,000 pieces of Fenton Glass in addition to the history of colors and designs. It also is illustrated with more than 800 full-color photos.

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Spruce Up Your System And Save While You Sprinkle

(NAPSA)—Spring may have sprung, but is your sprinkler ready? Before you ramp up your watering this season, it might be time to spruce up your sprinklers to stop wasting water, save money, and promote a healthy lawn or

If you have an irrigation system, chances are it has been dormant for the past several months and could use some maintenance to get in shape for the spring and summer growing season. A home with an automatic irrigation system that isn't properly programmed or maintained can waste as much as 30,000 gallons of water annually!

Take a few minutes to check your system for common problems such as leaks or malfunctioning sprinkler heads. In fact, just one broken sprinkler head could waste up to 25,000 gallons of water and more than \$90 over a six-month irrigation season-the cost of about 300 daffodil bulbs.

To get started, follow these four simple steps—inspect, connect, direct and select:

• Inspect. Check your system for clogged, broken or missing sprinkler heads. If you're not the do-it-yourself type, go with a prolook for an irrigation professional certified through a WaterSense labeled irrigation program to help maintain your system.

·Connect. Examine points where the sprinkler heads connect to pipes or hoses. If water is pooling in your landscape, you could have a leak in your system. A leak as small as the tip of a ballpoint pen (1/22nd of an inch) can waste about 6,300 gallons of water per



You can have a healthy lawn and

• Direct. Experts estimate that as much as half of the water we use outdoors is being wasted due to evaporation, wind or runoff caused by inefficient irrigation methods and systems. Redirect sprinklers to apply water only to your lawn or prized plants, not your driveway or sidewalk!

• Select. An improperly scheduled irrigation controller can waste a lot of water. Update your system's schedule with the seasons, or select a WaterSense labeled controller to take the guesswork out of scheduling.

Properly maintained irrigation systems are the key to healthy landscapes and outdoor water sav ings. So remember to add "sprin-kler spruce-up" to your springcleaning list this year!

You can learn more about maintaining a water-smart yard, search for a certified irrigation professional, or view a list of WaterSense labeled irrigation controllers by visiting the U.S. Environmental Protection Agency's WaterSense website at www.epa. gov/watersense/ outdoor:



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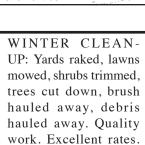
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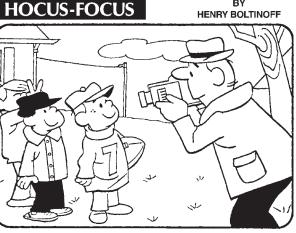
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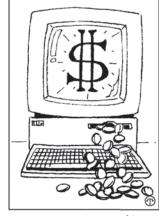
Did You Know?

(NAPSA)—Symantec, maker of released its annual Internet Security Threat Report, which shines a bright light on the topic and helps clarify common misconceptions around cybersecurity. For more information, go to www.symantec.com/ threatreport.

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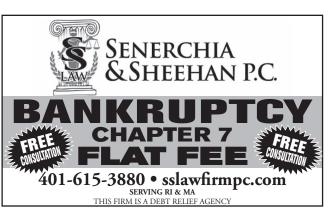
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Program Promotes Heart-Healthy Home Cooking

(NAPSA)—Cooking at home can be simple, affordable and hearthealthy. The bad news is that it's

becoming increasingly rare.

That's the word from experts who say take-away-from-home meals account for at least half of all U.S. food expenditures. These meals typically contain more saturated fat, trans fat, cholesterol, sodium, added sugars and calories and fewer fruits, vegetables and whole grains than home-cooked meals.

The American Heart Association is serving up help for families who are looking for healthy, affordable solutions thanks to its Simple Cooking with Heart program. The popular website has added 30 recipes, a good mix of popular dishes from around the world, to help teach people that cooking at home can be simple, affordable and heart-healthy.

The program, funded by a \$1 million grant from the Walmart Foundation for the second year, features several recipes that can feed four people for under \$15.

In addition, there are live cooking demonstrations, online how-to videos, tips and free downloadable host kits that encourage people to host cooking demonstrations or parties with family, friends and neighbors.

A Nutritional Impact

"With busy, on-the-go lifestyles, many Americans have lost touch with their kitchens and thrown in the towel on eating healthy, which is key to prevention of heart disease and stroke," said Rachel Johnson, Ph.D., R.D., an American Heart Association spokesperson. "The program and its recipes make it easy to bring nutrition back in the home, and it's easy on the pocketbook, too."

"We believe in supporting initiatives that help people improve their nutritional knowledge and skills, so they are able to identify, shop for and prepare healthy, home-cooked meals," said Karrie Denniston, director of hunger relief and nutrition at the Walmart Foundation.

Spanish-language materials that include recipes and instructional videos can be accessed at www.heart.org/cocinasimple. To download the Simple Cooking



Take-away-from-home meals typically contain more saturated fat, trans fat, cholesterol, sodium, added sugars and calories than home-cooked meals.

with Heart organization or host kits, find a live cooking demonstration in your area or for more information on the Simple Cooking with Heart program, visit www.heart.org/simplecooking.

> Spicy Asian Salad Cups About \$1.50 per serving

- ½ cup light mayonnaise 1½ teaspoons Dijon mustard
- 1½ teaspoons Dijon mustare 1 teaspoon Chinese chili sauce
- 2 (12.5-oz) cans salt-free white meat chick∈n packed in water, drained 1 (8-oz) can water chestnuts,
- drained and chopped 4 green onions, chopped 2 tablespoons unsalted
- chopped nuts (cashews, almonds or walnuts) ¼ teaspoon black pepper
- Juice of 1 lime or 2 teaspoons from jar 12 lettuce leaves (iceberg, green leaf, bib, etc.)
- 1. In a medium mixing bowl, combine mayonnaise, mustard and chili sauce.
- Stir in chicken, chestnuts, onions, nuts, pepper and lime juice.
- 3. Spoon equally into lettuce leaves ("cups") and serve.

Per serving: Calories 215, Total Fat 8.0 g, Saturated Fat 0.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 4.5 g, Monounsaturated Fat 2.5 g, Cholesterol 59 mg, Sodium 297 mg, Carbohydrates 8 g, Fiber 2 g, Sugars 0 g, Protein 26 g, Potassium 301 mg, Calcium 8 mg.

MOMS FOR MOMS

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

BABYSITTER'S TRAINING COURSE AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, will offer a Babysitter's Training Course conducted by the RI Chapter of the American Red Cross on February 19 from 9AM-4PM for boys & girls ages 11-16. Instruction will include fundamentals of babysitting & First Aid. A non-refundable fee of \$90 is required at registration which begins January 19 at the Library. Space is limited. Call 822-9102 to register or for more information.

FREEMASONS TO COLLECT HOSPITAL SUPPLIES

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

IGA RECEIPTS FOR LIBRARIES OF FOSTER

The Libraries of Foster are still collecting IGA grocery receipts. They are able to put them to good use.

SEEKING RESPONSIBLE DOG LOVERS TO PROVIDE FOSTER CARE

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

SEWING PROJECT TO HELP FOSTER KIDS IN RI

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

INDIAN CHURCH OF RHODE ISLAND

The Indian Church of RI (serving Indian Christians in RI, CT & Southern MA) would like to invite those who are from India or other Asian countries and would like to enjoy the Christian fellowship in a traditional way, to join them in their Worship & Communion Services. For information call 280-1231 or email indianchurch.ri@gmail.com

AMERICAN LEGION POST #2 LEGION RIDERS MEAT RAFFLE

American Legion Post #2 Legion Riders, 2 Legion Way, West Warwick, will hold a Meat Raffle on January 23 at 7PM. Proceeds benefit Operation Comfort Warriors.

US CITIZEN INFORMATIONAL PROGRAM AT THE WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick, is hosting a free US Citizen Information Program on January 26 from 6-8PM. A USCIS Representative will provide information about the benefits of US Citizenship & the steps in the naturalization process. Advance sign-up is required as space is limited. Please call the Literacy Office at 828-3750, Ext. 15 or email mara@wwlibrary.org for more information.

PROJECT LINUS

Project Linus is a national, all volunteer, non-profit organization which brings comfort to seriously ill children in local hospitals through gifts of new, handmade security blankets! If you have blankets you have hand-crafted or donations of new fabric, yarn, etc. to donate, please drop them off at ø

FREE INCOME TAX HELP FROM AARP

AARP Tax-Aide is offering free Tax Help for taxpayers with low- and moderate-income, with special attention to those age 50 & older. On Mondays & Thursdays at 9AM, the first 10 clients to walk-in and sign in will be served per day. There are no appointments and this is on a first come, first served basis. This service is available at the West Warwick Senior Center, 145 Washington Street, West Warwick. Please call 822-4450 for more information and to find out what paperwork you will need to bring.

Yard Sales



MARKET in the Historic Centreville Mill, 3 Bridal Avenue, West Warwick: Open 8AM-4PM every Saturday & Sunday. Free admission. Quality Vendors wanted. Antiques, collectibles, architectural, garage memorabilia & much, much more. Contact Andy, 226-3377.

THE OLD MILL FLEA

CAPE CORAL, FL: Water-front building lot, 125' on wide canal. Sold in 2005 for \$170K, buy now for \$25K cash. Also have oversize building lot - beautiful, for \$9900. Call Frank, 1-239-707-0761.

WARM WEATHER IS YEAR ROUND IN ARU-BA! The water is safe and the dining is fantastic. Walk out to the beach. 3 Bedroom weeks available. Sleeps 8. \$3500. Email carolaction@ aol.com for more information.

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Moments in time

The History Channel

On Jan. 26, 1500, Spanish explorer Vicente Yanez Pinzon, who had commanded the Nina during Christopher Columbus' first expedition to the

during a voyage under his command, the first European explorer to do so.

On Jan. 25, 1759, Scottish poet Robert Burns is born. The day is still celebrated by Burns fans with high-spirited "Robert Burns Night" feasts, featuring haggis and other Scottish delicacies, as well as enthusiastic

New World, sights the coast of Brazil

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- drinking, toasting and speechmaking.

 On Jan. 29, 1936, in Cooperstown, New York, the Baseball Hall of Fame elects its first members: Ty Cobb, Babe Ruth, Honus Wagner, Christy Matthewson and Walter Johnson. Today it has elected 278 individuals, including 225 players, 17 managers, eight umpires and 28 executives and nioneers
- On Jan. 30, 1948, Mohandas Gandhi, the world's chief advocate of non-violence, is assassinated in New Delhi, India. Assassin Nathuram Godse was hanged in 1949 against the wishes of Gandhi's sons, who argued that the execution stood against everything Gandhi believed in.
- On Jan. 31, 1950, President Harry Truman publicly announces his decision to support development of the hydrogen bomb. The discovery of a Soviet spy in the U.S. nuclear program forced Truman to approve massive funding to build the world's first "superbomb."
- On Jan. 27, 1965, the Shelby Mustang GT 350 is launched. The Shelby, a Mustang modified for racing, featured a 306 horsepower V-8 engine and today is a valuable collector car.
- On Jan. 28, 1973, a cease-fire goes into effect in Saigon, Vietnam, but military operations quickly resumed after each side claimed the other had violated the truce. What resulted was an almost endless chain of retaliations, averaging 2,980 combat incidents per month.

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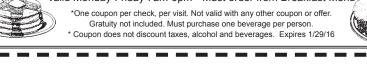
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Thursday Nights \$5.00 BURGERS

Saturday January 23rd MIKE WENDOLOSKI

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WEST GREENWICH HAPPY SENIORS

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

FREE CLASSES FOR RI SENIORS

Artists' Exchange, 50 Rolfe Square in Cranston is offering FREE classes to RI Seniors. Artists' Exchange offers free and engaging classes in art, ceramics, theater & music for all ages and abilities. Free classes run Monday-Friday, 10:30AM-12PM & 12:30-2PM. Art classes are offered in painting, drawing, mixed media & ceramics. Theater classes are for beginner, intermediate & advanced actors. Space is limited. Seniors please call 490-9475 to reserve a spot in one or more free classes.

WII GAMES AT COVENTRY SENIOR CENTER

The Coventry Senior Center, 50 Wood Street, Coventry, invites Seniors to play Wii games on Thursday afternoons. They offer golf, baseball or bowling and also have purchased Wii Fit.

AMERICAN LEGION POST #2 MEAT RAFFLE

American Legion Post #2,2 Legion Way, West Warwick, will hold a Meat Raffle on January 23 at 7PM. All are welcome. All proceeds benefit American Legion Charities. Call 821-9855 for more information.

WINTER STORYTIMES AT WEST WARWICK PUBLIC LIBRARY

West Warwick Public Library, 1043 Main Street, West Warwick is offering the following Winter Storytimes: Mother Goose Storytime (up to 24 months with an adult) on Wednesdays at 11AM. Two Year Old Storytime with an adult on Wednesdays at 10AM. Preschool Storytime (for children age 3-5) on Thursdays at 10:30AM. Library Playgroup (for all ages accompanied by an adult) on Thursdays at 11:15AM. Curious About Science (a 6-week after school Storytime for ages 4-7) on Tuesdays at 4PM. No sign-up is required for these programs. Call 828-3750, Ext. 5 or visit www.wwlibrary.org for more information.

COVENTRY PUBLIC LIBRARY PRESENTS...

Coventry Public Library, 1672 Flat River Road, Coventry, welcomes Professor Stanley Carpenter, Command Historian of the Naval War College, on February 1 at 7PM in the auditorium of the Town Hall Annex. Professor Carpenter will speak on the Civil War, "1863, this hallowed ground". To register for this event or for more information, call Jane at 822-9104 or email js@coventrylibrary.org

LOUTTIT LIBRARY HOURS

Louttit Library, 274 Victory Highway, West Greenwich will hold a storytime with Miss Shannon on Mondays at 10:30 AM. This is geared for preschool aged children and their caregivers. No registration necessary.



ARIES (March 21 to April 19) Single Lambs looking for romance could find Cupid especially accommodating this week. Paired partners also find their relationships benefiting from the chubby cherub's attention.

TAURUS (April 20 to May 20) Keep your keen Bull's eye focused on your target, and shake off any attempt to turn your attention elsewhere. You should get some news later in the week that might answer some questions.

GEMINI (May 21 to June 20) Your early enthusiasm for a project might have been somewhat premature. Although you feel positive about it, you might need more information in order to make an informed decision.

CANCER (June 21 to July 22) Taking on a new responsibility might seem like the politically correct thing to do. But even with the promise of support, was it the wisest? Consider reassessing your upcoming decision.

LEO (July 23 to August 22) Apply yourself to completing your task despite all the distractions that might be interfering with your work. Then reward yourself with a weekend of fun shared with people who are close

VIRGO (August 23 to September 22) A business agreement from the past might need to be looked at again. Use this unexpected development to check out other matters related to it. A weekend venture proves to be rewarding.

HALL RENTAL: VFW Post 9404, 29 South Main Street. Coventry. Call 828-9705 for a quote or we will negotiate a price based on your needs.

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.

HALL RENTAL: Newly remodeled, available for all types of parties & functions. Very reasonable rental rates. VFW 449, 197 Providence Street, West Warwick. Call 828-9715 after 3PM.

The truth is of course is that there is no journey. We are arriving and departing all at the same time.

- David Bowie

LIBRA (September 23 to October 22) Don't ignore that uneasy feeling about making a commitment. It could be a case of understandably cold feet, or a warning that something isn't as right as it should be.

SCORPIO (October 23 to November 21) A colleague could be more supporting of one of your efforts. But it's up to you to make the case for it, and that could mean opening up a secret or two, which might be a problem for you.

SAGITTARIUS (November 22 to December 21) Expect some good news about a relative you've been worried about. But don't expect the full story to be told — at least not yet. A workplace matter might face shifting priorities.

CAPRICORN (December 22 to January 19) Despite some anxious moments, you could have good reason to be pleased with how things are turning out. An end-of-the-week call might hold some interesting informa-

AQUARIUS (January 20 to February 18) A long-overdue expression of appreciation could be offered soon. But admit it: You never really expected it would happen, right? Meanwhile, keep your weekend options open.

PISCES (February 19 to March 20) It's a good time to dive right into a new challenge, whether it's learning a computer app, or how to drive a stick shift, or making a new friend. Whatever it is, good luck.

BORN THIS WEEK: You see the wisdom in honesty, and you help others appreciate your vision.

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Hot Dark Chocolate

quart milk

cup unsweetened cocoa

cup sugar

ounces semisweet chocolate, finely chopped teaspoons vanilla extract

1. In 2-quart saucepan, heat milk to simmering over medium heat.

2. With wire whisk, stir in cocoa, sugar, chocolate and vanilla. Heat mixture 3 minutes or until chocolate melts, stirring occasionally. Pour into warm mugs to serve. Makes 4 cups.

Mexican Hot Chocolate: Prepare Hot Dark Chocolate as above, but add 1 cinnamon stick (3 inches long) to milk in step 1.

Coffee-Spiked Hot Chocolate: Prepare Hot Dark Chocolate as above, but stir 1/4 cup coffee-flavored liqueur into chocolate mixture just before serving. • Each serving: About 290 calories,

10g protein, 34g carbohydrates, 13g total fat (8g saturated), 2g fiber, 33mg cholesterol, 120mg sodium.

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SATURDAY, JANUARY 23RD VFW Post 9404, 29 South Main St. Coventry

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Raffle begins at 1pm Raffle prizes will vary and may include other items.



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Saturday

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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.

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

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

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.

COVENTRY PUBLIC LIBRARY EVENING STORYTIMES

The Coventry Public Library, 1672 Flat River Road, Coventry, will offer Evening Storytimes for children ages 3-8 on Wednesdays at 6:30PM from January 20-March 9. No registration is required. Call 822-9102 for more information.



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If you are interested, please contact: Dr. Gilbert Teixeira, 401-575-0681 Donna Ford 400 Massasoit Ave Building 300 • East Providence, RI

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