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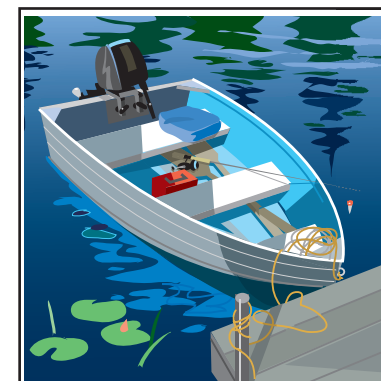
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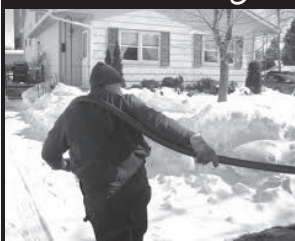
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- Brenda Weaver Source: www.theactivetimes.com

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FEBRUARY CHILDREN'S PROGRAMS AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene invites you to attend the following children's programs. **Do Music!** - February 6 & 20. Children ages infant-6 years will enjoy this wonderful, engaging children's music program. **Storytime** - (ages infant-6 years) February 13 (Valentine's Day) & February 27 (Animal Tracking) at 10AM. **Mom & Me Art Class** - (ages 4-8) February 16 at 10AM. **Fun Time Fridays** at 10AM - Drop in each Friday for playtime & crafts for young children. **Children's Drop-In Craft** - Anytime during Library hours. For more information, please call 397-3873 or email ltait@coventrylibrary.org.



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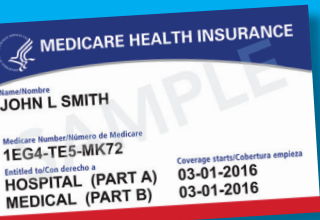
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The West Warwick Public Library, 1043 Main Street, West Warwick, is offering free ESL Classes for individuals who want to improve their English skills. Adults work in groups with a teacher or volunteer tutor on reading, writing, speaking and listening skills. The next Session runs January 7-May 7. **Beginning/Intermediate ESL Classes** meet at the Library Mondays & Tuesdays from 4:30-6PM or 7-8:30PM; **Conversation Class for advanced ESL students** meets Tuesdays from 7-8:30PM; **Conversation Class for beginning/intermediate ESL students** meets Fridays from 9:30-11AM; **Civics Practice Group** (related to the English needed for citizenship) meets on Thursdays from 10:30-11:30AM & also an **adult ESL Book Group** meets on select Thursdays from 9:30-10:30AM. A children's Literacy Teacher provides activities for children 4 years and older while their parents attend the Monday/Tuesday Classes. New students are welcome up to the midpoint in the session if space is available. Please call Maria in the Literacy Office at 828-3750, Ext. 3 for more information.

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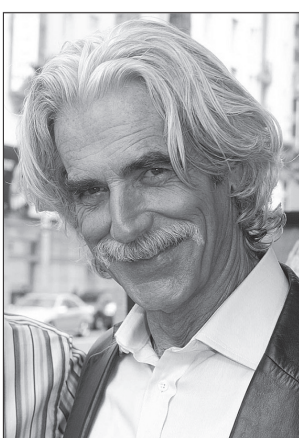
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by Tony Rizzo



Sam Elliott

HOLLYWOOD — I'm thrilled that my good friend **Sam Elliott** has finally received an Academy Award nomination for "A Star Is Born." I met Sam in 1967 when he and **Tom Selleck** were unknowns and in the contract program at 20th Century Fox, being paid \$200 a week in what they called "earning while we're learning." When they left Fox, Sam hit it big with "Lifeguard" (1976), while Tom took the TV route, eventually making films after "Magnum P.I." became a global hit in 1980. Sam was paired with **Katharine Ross** in "The Legacy" in 1978, which led to marriage in 1984.

Some of his most memorable roles were in "Mask" (1985), "Roadhouse" and "Prancer" (both in 1989), "Tombstone" (1993) and "The Big Lebowski" (1998). Sam and Tom played brothers in "The Sacketts" (1979) and "The Shadow Riders" (1982). Sam once asked me, "Am I making a mistake not going into television?" To which I said, "Follow your path and it will one day lead to an Oscar nomination." That prediction has finally come true.

His latest, "The Man Who Killed Hitler and Then The Bigfoot," was just released. Sam was nominated twice for Golden Globe and Emmy Awards, and while he didn't win (all cliches aside), just being named one of the year's five best supporting actors makes him a winner already!

I was saddened when **Carol Channing** passed away last month at age 97. She was unforgettable in "Hello Dolly" through the years and in her Golden Globe-winning role in "Thoroughly Modern Millie" (1967), but when **Kaye Ballard**, star of "The Mothers-In-Laws" (1967-69), passed away a week later (at 93), I was inconsolable. Carol and Kaye moved to Rancho Mirage, Palm Springs, and were the "Grand Dames of the Desert." Carol rekindled her romance with her childhood sweetheart **Harry Kullijian** and



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King Crossword

ACROSS

1 Departed
5 Id counterpart
8 Unclear view
12 Hebrew month
13 High-arc shot
14 Leak slowly
15 Wrinkly fruit
16 Biden, Cheney, etc.
17 Earth
18 Flood
20 Diner employee
22 Brains of the operation
26 Missteps
29 Individual
30 Neither mate
31 Apiece
32 Tin Man's prop
33 Old portico
34 Rd.
35 Nintendo console
36 Lost in reverie
37 Visa rival
40 Retain

41 Handy
45 Rivers or Collins
47 Make a choice
49 Oxen's onus
50 Doing
51 Pi follower
52 English river
53 Antelope's playmate
54 "— the season ..."
55 Equal

DOWN

1 Praise highly
2 Lip
3 Autumn
4 Win
5 Pole staff?
6 Republicans
7 X-rated
8 — buddy (close pal)
9 Investigate
10 Submachine gun
11 Kin (Abbr.)

19 Petrol
21 Raw rock
23 Poisonous
24 Midday
25 Small wagon
26 Line of fashion?
27 Volcanic out-flow
28 Emulate Johnny Weir
32 Logan or LAX
33 Fizzy drink
35 Teensy
36 "— Doubtfire"
38 Barbershop quartet member
39 Cars
42 Sad
43 Misplace
44 Basin accessory
45 "Oklahoma!" baddie
46 Unclose, in verse
48 — Beta Kappa

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
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C A L M G A Y V Z W V E D T A

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

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King Crossword

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New DVDs Reviewed in This Column Will be Released the Week of February 11, 2019



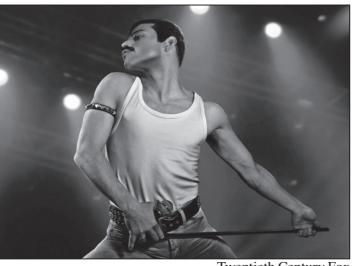
Bohemian Rhapsody (PG-13) — There is a reason Rami Malek is nominated for a Best Actor Oscar for his performance in “Bohemian Rhapsody,” the Queen biopic out this week on DVD and still storming big screens worldwide (it just surpassed \$100 million in Japan alone): He’s mesmerizing, and so was his subject. Freddie Mercury was outlandish, over the top and incredibly talented with a fascinating personal story and rocky personality. Add the rest of Queen with Brian May (Gwylim Lee), Roger Taylor (Ben Hardy) and John Deacon (Joseph Mazzello), plus good casting on peripheral players, and it’s a crowd pleaser, if not 100 percent accurate. The music is magic, and that’s all we really needed.

The Front Runner (R) — Charismatic and cocksure, Gary Hart (Hugh Jackman) blew up the 1988 campaign trail. Youth, vitality and a political swagger sent him rocketing to the top of the Democratic ticket, until allegations of womanizing brought it all crashing down around him. Director Jason Reitman gives a well-paced look into the making of a snowball and how a new, changing news world asserted itself over personality politics — the moment when it was decided that a candidate cannot be just about the issues. J.K. Simmons is electric as Bill Dixon, Hart’s campaign manager.

Maria by Callas (PG) — Another biography, this one a documentary by director and screenwriter Tom Volf, is a self-portrait of sorts, an intimate look at Maria Callas, operatic phenomenon and the world’s greatest soprano. From her New York beginnings to international renown, her story is

told unabashedly, in her own words — almost entirely in her own voice — from interviews, private footage and personal recordings supplemented by her letters (read by Joyce DiDonato, a contemporary opera powerhouse). Outspoken and outrageous, Callas was no meek miss. She was a true diva. Her voice was an extraordinary gift that she shared with the world, and she knew it.

Nobody’s Fool (R) — Tiffany Haddish and Tika Sumpter star in Tyler Perry’s latest rom-com and first foray into R-rating territory. Haddish plays Tanya, recently incarcerated comical



Rami Malek in “Bohemian Rhapsody”

misfit whose sister Danica (Sumpter) is a straight-arrow marketing exec with a ho-hum personal life (despite being insanely beautiful, she’s been jilted by her former boyfriend and is in an online relationship). When Tanya is paroled, Danica is dispatched by their mother (Whoopi Goldberg) to help her set her life in order, but shenanigans ensue when Tanya suspects Danica is being catfished online. Omari Harwick plays Frank, a local coffee shop owner who agrees to employ Tanya and courts Danica. I’d like to say it’s hilarious, but it was flat and sadly forgettable.

NEW TV RELEASES
American Vandal Season 1
Nightflyers Season 1
American Chopper Season 8
Miracle Workers Season 1
Real Housewives of Beverly Hills
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TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. **First Man** (PG-13)
Ryan Gosling
2. **The Hate U Give** (PG-13)
Amandla Stenberg
3. **Halloween** (R)
Jamie Lee Curtis
4. **The Old Man and the Gun** (PG-13)
Robert Redford
5. **Night School** (PG-13)
Kevin Hart
6. **Goosebumps 2: Haunted Halloween** (PG)
Wendi McLendon-Covey
7. **Crazy Rich Asians** (PG-13)
Constance Wu
8. **BlacKkKlansman** (R)
John David Washington
9. **The Equalizer 2** (R)
Denzel Washington
10. **Venom** (PG-13)
Tom Hardy

Top 10 DVD, Blu-ray Sales

1. **First Man** (PG-13)
Universal
2. **Halloween** (R)
Universal
3. **Goosebumps 2: Haunted Halloween** (PG)
Sony
4. **Smallfoot** (PG)
Warner Bros.
5. **The Hate U Give** (PG-13)
FOX
6. **Crazy Rich Asians** (PG-13)
Warner Bros.
7. **Venom** (PG-13)
Sony
8. **The Predator** (R)
FOX
9. **The Greatest Showman** (PG)
FOX
10. **The Meg** (PG-13)
Warner Bros.

Sources: comScore/Media Play New
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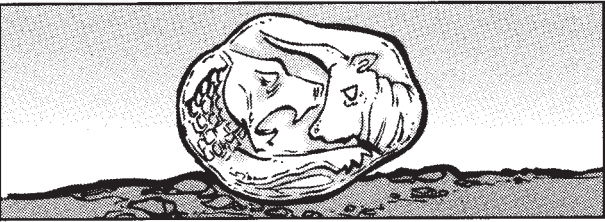
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K	E	C	O	B	Q	N	U	I	O	W	T	A
6	4	8	5	7	4	7	8	2	3	8	4	2
E	O	F	R	I	R	N	U	O	T	L	T	L
5	4	7	3	7	8	5	8	4	7	3	4	3
K	H	T	W	A	L	L	I	I	N	I	T	C
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The optimist thinks this is the best of all possible worlds. The pessimist fears it is true.
—J. Robert Oppenheimer



An Apple a Day

My sister, Marcy, and I host local community health outreach events to provide workshops and curriculum about diet-related health issues and support for other non-profits to increase attendance at their events. Our main focus is on diet-related diseases and obesity. Being obese can increase your chances of dying from high blood pressure, Type 2 diabetes, coronary heart disease, stroke, gall-bladder disease, osteoarthritis, sleep apnea, respiratory problems, high cholesterol and uterine, breast, prostate and colon cancers.

We also host or partner with other non-profits to provide a healthy meal to the attendees at community health events. We couldn't put these on without the support of local vendors like FarmHouse Delivery, Truckin' Tomato, HEB grocery stores and the donations of Dasani water and low-calorie or no-calorie drinks from our local Coca Cola distributor.

FarmHouse Delivery gifted us with a treasure trove of their beautiful locally sourced fruits, herbs and vegetables. I was going through the donation boxes when I saw several lovely Fuji apples. They looked so delicious that I had to try one. The crisp crunch, explosion of sweet juices and the flavor of that apple brought back childhood memories.

Fuji, Gala, Honeycrisp, Cripps Pink, Jonathan, Red Delicious and Golden Delicious apples are in season until May. High-quality apples are smooth-skinned, crisp, juicy and well-colored for their variety. Varieties that are not solid red should have a yellow-green undertone, often called "ground color." A ground color that is too green indicates a less sweet or under-ripe apple. Ground color that is too yellow identifies an apple that is overripe, soft and mealy textured. Avoid apples with bruises, soft spots or wrinkled skin.

Handle apples gently to avoid bruising them. Apples will remain crisp and juicy longer if refrigerated. Keep

apples in plastic bags with small air holes to maintain a high moisture level and delay withering.

Apples are a dieter's dream — a medium apple is only about 80 calories! Apples also are a good source of fiber, especially if you eat the peel, and they contain only a trace of sodium and fat.

APPLE TIPS:

- Quick-peel apples for cooking by dipping them quickly in and out of boiling water. The skin will come off much more readily.



Depositphotos

- Apple butter cooked down on top of the range requires constant stirring to prevent scorching. No time to stir? Pour apple pulp mixture into a large roasting pan and bake in the oven at 300 F, stirring only occasionally. The butter thickens as it bakes without scorching.
- Dried apple slices can be rehydrated for use in crisps, cobblers and pies.

APPLE SHAKE

- 6 – 8 apple slices
1/2 cup skim or 2 percent milk, or non-dairy milk
1 cup low-fat yogurt or vanilla ice cream

Blend ingredients together until smooth.

LEMON-HONEY APPLE FRUIT SALAD

- 2 sliced apples
2 cups pineapple chunks, fresh or canned, drained and juice added to dressing
2 oranges, peeled and cut into sections, or other fruit as desired
Lemon-Honey Dressing (see below)

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Prepare the dressing and salad as directed below. Do not cut the fruit or dress it with the salad until ready to serve.

Lemon-Honey Dressing

- 2 rounded tablespoons honey or agave
Juice of 1 lemon, or juice of 1 lime, or 1/2 of each
1/4 cup of other fruit juices
1/8 teaspoon salt

Stir the dressing together in a medium bowl. Pour over all the sliced fruit and toss together to combine or use for individual servings as desired. Refrigerate up to 6 hours.

BRUSCHETTA WITH APPLES, HONEY AND CHEESE

- 1 loaf bakery bread, sliced into 1/2-inch slices
1/4 cup olive oil
1 wedge or wheel of brie cheese, or 8 ounces goat cheese, or low-fat cream cheese
2 apples (Fuji, Gala, Honeycrisp, Cripps Pink, Jonathan, Red Delicious, Golden Delicious or Granny Smith varieties)
1-2 tablespoons of honey or light agave syrup
Freshly ground black pepper (optional)

1. Preheat broiler or set oven to 400 F or 450 F. Arrange bread slices on baking sheet and brush with olive oil on each side. Toast on each side, checking every 2 minutes to prevent burning.
2. Slice cheese or cream cheese into 1/2-inch thick slices, 2 inches long. Slice apples into thin half-moons.
3. Place toast on a cutting board. Lay 2 to 3 pieces of cheese on toast. Press cheese into the bread with fork. Lay 2-4 apple slices on the cheese. Drizzle with honey or agave syrup. Sprinkle with pepper, and cut into halves, if desired.

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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Wed. 2/20 Italian wedding soup, Italian sausage, pesto tortellini, roasted peppers and onions, multi-grain bread, ice cream. Sandwich: Tomato and mozzarella on multi-grain.

Thurs. 2/21 Birthday Celebration! Minestrone soup, Yankee pot roast with gravy, parslid potatoes, seasoned zucchini, oatmeal bread, frosted cupcakes. Sandwich: Seafood salad on oatmeal.

Fri. 2/22 Red chowder, seafood casserole, mashed potatoes, broccoli cuts, 9-grain bread, fresh fruit. Sandwich: Sliced chicken and cheese on 9-grain bread.

Mon. 2/25 Turkey rice soup, American chop suey, whole grain pasta, green beans, pumpernickel bread, sliced pears. Sandwich: Ham salad on pumpernickel.

Tues. 2/26 Lentil soup, chicken Marsala, red bliss mashed potatoes, green beans, wheat bread, fig bar. Sandwich: Hamburger on a roll.

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Wed. 2/20 Chicken soup, stuffed pepper, meatballs, baby carrots, dessert. Option: Chicken salad.

Thurs. 2/21 Roasted cauliflower soup, BBQ beef brisket, roast sweet potato, spinach, dessert. Option: Chicken Caesar salad.

Fri. 2/22 White bean soup, chicken enchiladas, rice, wheat tortilla, black beans. Option: Tuna club on wheat.

Mon. 2/25 Kale and bean soup, baked ham, scalloped potatoes, sliced carrots, dessert. Option: Sausage sandwich.

Tues. 2/26 Beef and veggie soup, chicken with veggies on pita, brown rice salad, chips, dessert. Option: Pastrami and cheese on wheat.



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Did You Know?

(NAPS)—New cholesterol guidelines from the American Heart Association emphasize a personalized approach to preventing and treating high cholesterol and cardiovascular disease. www.heart.org/cholesterol.

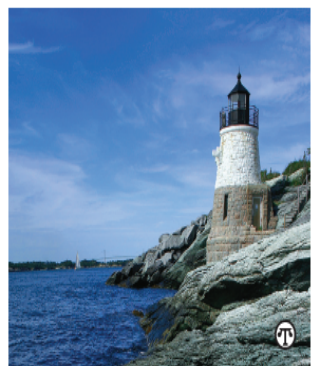
Millions of students, teachers, parents and community leaders celebrate School Choice Week from January 20 to 26. Learn more from the experts at www.schoolchoiceweek.com.

One in five Americans suffers from bunions. Foot and ankle surgeons have made several advancements to surgical techniques and fixation methods that allow patients to return to activities sooner than with the traditional method. Learn more from the American College of Foot and Ankle Surgeons at www.FootHealthFacts.org.

Your car is always there for you. An oil change, tune-up and basic service can be a great way to return the favor, advises the nonprofit Car Care Council. For a free "Car Care Guide" and more information, visit www.carcare.org.

Your mobile phone and the Walgreens app can help you set a daily reminder to be sure you take your medicine. Learn more at www.walgreens.com/pharmacy.

You don't have to live with clutter and chaos. A Professional Organizer or Productivity Consultant from the National Association of Productivity & Organizing Professionals (NAPO) can help. You can find one at www.napo.net.



"Ninety percent of Raynaud's sufferers don't seek treatment and too many physicians pay short shrift to those who do," says Lynn Wunderman, founder and chair of the Raynaud's Association. Learn more, including how you can help, at www.raynauds.org.

During National School Choice Week, millions of students, parents, teachers, schools, organizations and community groups host events and activities to connect with parents and communities—celebrations such as school fairs, open houses, information sessions and student showcases.

The world's leading voluntary organization focused on heart and brain health, American Heart Association, and The Paul G. Allen Frontiers Group, a division of the Allen Institute, launched a \$43 million research project to bridge the science of vascular and brain health through revolutionary, out-of-the-box thinking.




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PROJECT FRIENDS TREASURE CHEST HOURS
Project Friends Treasure Chest, temporarily relocated to **1372 Main Street, Coventry** offers gently used clothing for children, teens, women & men. They also have toys. Hours are Tuesday from 10AM-12PM, Thursday from 10AM-12PM & 1-3PM. Please call 822-9144 or 822-6229 if you have any questions.

HOUSEHOLD ITEMS DONATIONS NEEDED
The Chorus of Kent County is looking for donations of household items for our upcoming Scholarship Fundraiser Yard Sale/Book Sale. 100% of proceeds will benefit Kent County High School Seniors looking to pursue a degree in the music arts. For specific ideas on what we are looking for or to arrange pickup/delivery, please contact us at CKCfundraisers@gmail.com

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(Never known to fail). O Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the sea, help me and show me here in, you are my mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in my necessity (make request). There are none that can withstand your power. O Mary conceived without sin, pray for us who have recourse to thee (3 times.) Holy Mary, I place this cause in your hands (3 times). Say this prayer for three consecutive days. You must publish it and it will be granted to you.
BW

COVENTRY PUBLIC LIBRARY PRESENTS...
Coventry Public Library, 1672 Flat River Road, Coventry will host “Stop the Bleed” on March 4 at 7PM in the Council Chambers. Dick Torrey of Torrey Enterprises, a Paramedic & Director of Education, will offer a free class on using tourniquets. This program is free and open to all. For more information or to register, call Jane at 822-9104 or email js@coventrylibrary.org

COVENTRY PUBLIC LIBRARY PRESENTS...
Coventry Public Library, 1672 Flat River Road, Coventry will host “Ocean State Women on the World War II Home Front”, presented by Brian Wallin on March 5 at 7PM. This presentation will describe how those women left behind, coped on the homefront during World War II. This program is free and open to all. For more information or to register, call Jane at 822-9104 or email js@coventrylibrary.org

CHURCH OF CHRIST GIVING CLOSET
The Giving Closet of the church of Christ, 42 Nooseneck Hill Road (Lower Level Coventry-West Greenwich Elks Lodge), West Greenwich, will be open every Wednesday from 1-5PM. Everything is FREE! 397-9700.

PARLONS FRANCAIS!
Parlons Francais meetings will be held from 6-8PM on the third Wednesday of each month at the West Warwick Youth Center, Factory Street, West Warwick. Anyone wishing to revive their French-Canadian heritage is welcome. Please call Edith at 828-4263 or Faxine at 821-9092 with any questions.

? Trivia test by Fifi Rodriguez

1. MEDICAL: What is the medical name for joints that pop and crack?
2. LITERATURE: What is the name of the annual award for the best science fiction or fantasy writing?
3. U.S. PRESIDENTS: What was the Secret Service's code name for President John F. Kennedy?
4. MOVIES: What was the name of the girl gang in the movie “Grease”?
5. GENERAL KNOWLEDGE: Which top college's motto is “duty, honor, country”?
6. PERSONALITIES: In which state was author Tennessee Williams born?
7. FOOD & DRINK: Which popular liquor is made from fermented and distilled sugar cane juice or molasses?
8. ANIMAL KINGDOM: What is a group of parrots called?
9. TELEVISION: What was the name of the detective agency in the 1980s comedy “Moonlighting”?
10. HISTORY: How wide is the Korean Demilitarized Zone?

Answers

1. Crepitus
2. The Hugo Award
3. Lancer
4. The Pink Ladies
5. U.S. Military Academy at West Point
6. Mississippi
7. Rum
8. A pandemonium
9. Blue Moon Detective Agency
10. 2.5 miles wide

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Meet AJ and Al Hill, the co-owners of Hill's Tavern and Grill, the newest dining sensation in the Johnston/Chepachet area. Come for the food, come for the entertainment, come for the hospitality ~ and bring the whole family. Open seven days a week!

Since it first opened in September of 2018, Hill's Tavern and Grill has become the closest thing in Chepachet to the legendary "Cheers" where everyone feels like family, and everyone is treated like family. The tavern is the passion of AJ Hills and his father Albert who have partnered to run this family-friendly tavern on Route 44. Along with the help of many other dedicated family members, this father-son team took a tired former bar and gave it a complete makeover. They worked together to make the tavern cozy and comfortable; they worked next to their cooks to create a first-rate menu and they now work with their many customers to make every corner of this casual restaurant welcoming and relaxing.

On any given day, the bar ~ complete with its huge selection of craft beers and beers on tap ~ is filled with regulars and new-comers alike. They come for the company, they come for the food and they come for the hospitality of the tavern's friendly servers and bartenders. The tavern is a place to

relax at the end of the day with a refreshing drink

The menu at Hill's is full of old-fashioned, finger-licking-good food. There are the timeless classics like juicy burgers with a huge variety of toppings (including "The Mozzarella", a mouth-watering burger topped with two breaded mozzarella sticks) and showstopping pasta dishes (can you say "Triple Pig Mac & Cheese"?). There are garden fresh salads, sandwiches loaded with fresh meats and veggies, seafood dishes and an enticing list of appetizers to please every palate. Nothing on the menu is frozen or processed. It will bring you back time and time again.

The other thing that will bring customers back is

the tavern's LIVE entertainment. The Hill's has attracted some great local bands as well as some bands that are renown on the national stage. There are live bands here every weekend, but there is also an "open mic" night on Wednesday nights as well as a pool table, Hi-Lo Jack leagues, karaoke nights and special "theme nights". There is no end to the fun (and food) at Hill's Tavern.

Hill's Tavern and Grill is located at 417 Putnam Pike, minutes from the Johnston border. It is open seven days a week, noon - 1:00am. For large groups or to reserve your next party, call 401-349-5512. Learn more on Facebook and Instagram.



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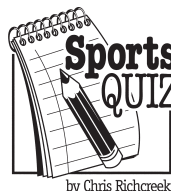
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1. Slagroom
2. Biche
3. Fahrt
4. Phoque
5. Damit
6. Kant
7. Slutspurt
8. Faca
9. Coque
10. Womit

Source: Oxford Dictionaries

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by Chris Richcreek

1. For which major-league team did Francisco Rodriguez save a record 62 games in 2008?
2. Name the last team before the Minnesota Twins in 2016-17 to go from 100-plus losses in one season to a winning record the next.
3. In 2018, Kansas City's Travis Kelce became the second tight end in NFL history to have three consecutive seasons of 1,000 or more receiving yards. Who was the first to do it?
4. When was the last time before 2018 that the University of North Carolina's men's basketball team lost an NCAA Tournament game in the state of North Carolina?
5. In how many seasons did Chicago's Bobby Hull lead the NHL in goals scored?
6. When was the last time before 2018 that a U.S. athlete won an Olympic medal in cross-country skiing?
7. Name the last time before 2018 that Tiger Woods won a PGA event.

Answers

1. The Los Angeles Angels of Anaheim.
2. The 2008-09 Seattle Mariners.
3. Carolina's Greg Olsen (2014-16)
4. It was against Pennsylvania in 1979.
5. Seven times, with a high of 58 goals in 1968-69.
6. Bill Koch won a silver in the 30 km in 1976.
7. He won the WGC-Bridgestone Invitational in 2013.

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Tips For Easy Snow Removal



Snow shoveling can be easier when you spray your blade to keep the snow from sticking.

(NAPS)—It's the heart of winter, which means plenty of snow removal is in your future. Poorly maintained equipment and using the wrong clearing techniques can make shoveling or blowing your driveway and walkways a chore. Follow the tips below to make snow removal as easy as possible. Start Early and Shovel Often

It's easier to shovel an inch or two of fresh snow than half a foot of snow that's densely packed. Shovel first thing in the morning and, if it continues to snow, go out every couple of hours to clear a few inches at various points throughout the day. Maintain Your Equipment
If you didn't perform maintenance on your snowblower before the winter season, it's not too late. On gasoline-powered ma-

chines, check the oil level before each use. Inspect and change damaged or worn spark plugs, belts and shave plates. On all snowblowers, be sure to maintain proper tire pressure. After you've finished for the day, run the machine for a minute or so to clear out snow. Shovel the Right Way
Shoveling to remove snow can be hard work, so protect your body and make the job a bit easier by pushing the snow instead of lifting it. To prevent aches and pains, keep your feet hip-width apart, bend your knees, keep your back straight and avoid twisting your torso if you must lift the snow. Finally, spray WD-40 Multi-Use Product on the shovel blade to prevent snow from sticking to it for easier transfer of snow from sidewalks and driveways.



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10. Womit

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FEBRUARY VACATION PROGRAM AT GREENE PUBLIC LIBRARY

The Greene Public Library, 179 Hopkins Hollow Road, Greene, will offer the following programs: **Toe Jam Puppet Band** on February 19 at 2PM. A unique, interactive story telling musical program that's fun for all ages! **Teen Movie & Pizza Night** on February 21 at 6PM. Please call 397-3873 or email ltait@coventrylibrary.org for more information.

GREENE PUBLIC LIBRARY AFTERSCHOOL BOOK CLUB & CRAFT

Children ages 9-12 are invited to Greene Public Library, 179 Hopkins Hollow Road, Greene for an Afterschool Book Club & Craft on February 7, 14 & 28 from 4-5PM. Come to read and discuss "The Marvelwood Magicians" by Diane Zahler, make a craft & enjoy snacks. Call 397-3873 to reserve your copy or if you have any questions.

MINECRAFT GAMING AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, invites boys & girls in Grades 1-5 to a Minecraft Gaming Night on the last Thursday of each month at 4:30PM, 5:30PM & 6:30PM. Advance registration is required. Call 822-9102 to register & reserve a computer.

ONGOING ADULT PROGRAMS AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene invites you to attend one of their many ongoing programs - **Rug Braiding Group** meets on Saturdays from 9:30AM-1PM. **Purls of Wisdom Knitting Group** meets on Tuesdays at 6PM. For more information, please call 397-3873.

GREENE PUBLIC LIBRARY SEEKING TEEN VOLUNTEERS

The Greene Public Library is seeking Teen volunteers. If you are interested in volunteering or have a program idea for the Library, please contact Lori at ltait@coventrylibrary.org

TAI CHI CLASSES

West Warwick Senior Community Center, 145 Washington Street. Next session starts Tuesday, February 26. Class time 12:15 - 1:15pm. Sessions run for 6 consecutive weeks. Cost for 6 week class is \$30. Register by Thursday, February 21. For more information, call 822-4450



• On **Feb. 28, 1844**, President John Tyler cruises the Potomac with 400 others aboard the U.S. Navy's new steam frigate USS Princeton. The Princeton carried a new 12-inch, 27,000-pound cannon called the Peacemaker. During a test firing, the cannon exploded, killing several aboard, including two members of Tyler's cabinet.

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• On **Feb. 25, 1964**, Cassius Clay shocks the odds-makers by dethroning world heavyweight boxing champ Sonny Liston in a seventh-round technical knockout. Later that year, Clay took the Muslim name of Muhammad Ali.

• On **March 1, 1971**, a bomb explodes in the Capitol building in Washington, D.C., destroying a bathroom and barber shop but injuring no one. A group calling itself the "Weather Underground" claimed credit for the bombing, done in protest of the ongoing U.S.-supported Laos invasion.

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Strange BUT TRUE

By Samantha Weaver

• It was British Prime Minister Winston Churchill who made the following sage observation: "All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."

• In Washington state it once was illegal to carry a concealed weapon that was more than 6 feet in length.

• Dominique Bouhours, a Frenchman who lived in the 17th century, was a priest, an essayist and a grammarian. The love of language may have been closest to his heart, though; it's been reported that the final words he uttered on his deathbed were, "I am about to — or I am going to — die; either expression is used."

• You might be surprised to learn that Italians spend more time on social media than people of any other nationality.

• England's virgin queen, Elizabeth I, went bald at the age of 29. Smallpox was the culprit.

• According to a survey by the National Association of Convenience Stores, 11 percent of adult Americans have at some point in their lives worked at a convenience store or gas station. For 3 percent of adults, that was their first job.

• Those who study such things claim that to get a truly random mix in a deck of playing cards, the deck must be shuffled seven times.

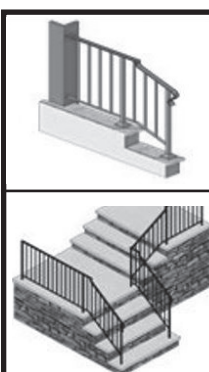
• Chocolate lovers like myself may not believe it, but the most popular flavor of ice cream in the United States is actually vanilla. Chocolate comes in second place.

• In 1875, a locust plague of epic proportions descended upon the Great Plains. Observers say it was 110 miles wide, and at 1,800 miles long, stretched from Canada all the way down to Texas.

Thought for the Day: "We may not imagine how our lives could be more frustrating and complex — but Congress can." — Cullen Hightower

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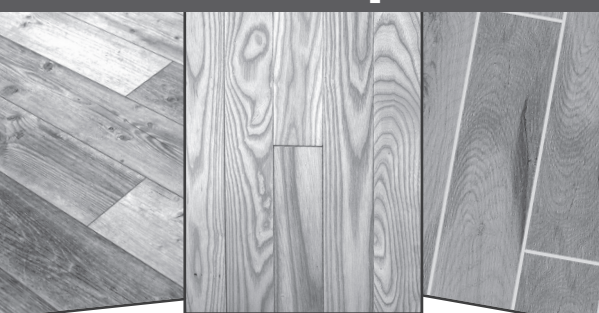
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• On Feb. 28, 1844, President John Tyler cruises the Potomac with 400 others aboard the U.S. Navy's new steam frigate USS Princeton. The Princeton carried a new 12-inch, 27,000-pound cannon called the Peacemaker. During a test firing, the cannon exploded, killing several aboard, including two members of Tyler's cabinet.

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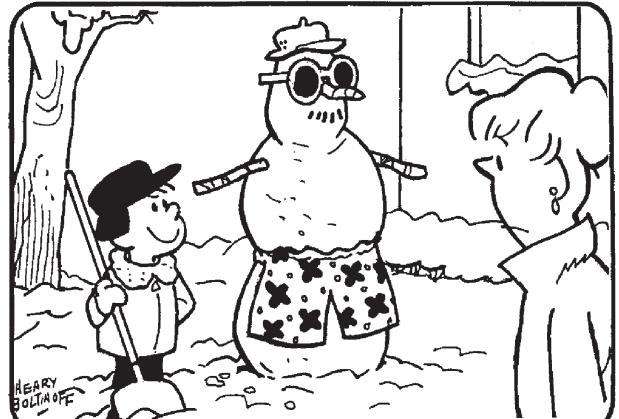
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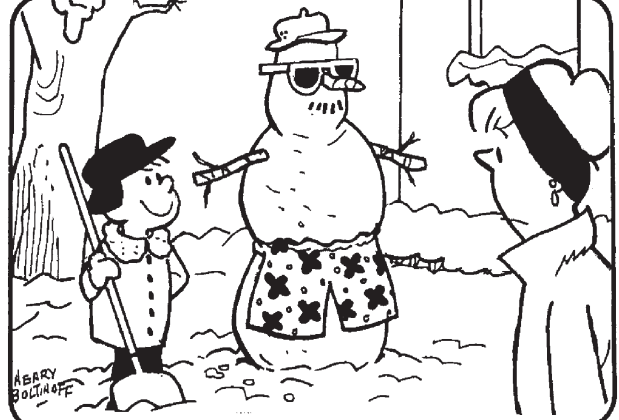
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AARP CHAPTER 2210 FOXWOODS TRIP

AARP Chapter 2210 has planned a Foxwoods Casino trip for March 20. Trip includes Casino time from 9:15AM-3:30PM, \$10 Bonus Slot Play & Player's Choice of 1 Buffet Coupon or \$10 Food. Bus pickup from Clyde Towers at 7:45AM & Exit 6A Park & Ride at 8AM, return time is approximately 5PM. Cost is \$30/person. For more information call Maureen at 828-5188 or Madeline at 821-8766.

AARP CHAPTER 2210 "THE MUSIC MAN" TRIP

AARP 2210 is sponsoring a trip to the Goodspeed Opera House in E. Haddam, CT to see "The Music Man" on June 13. The trip includes performance & lunch at the Gelston House. Motorcoach transportation provided by Conway Tours. Cost is \$151/person. Call Maureen, 828-5188 or Madeline, 821-8766 for reservations or for more information.

AARP CHAPTER 2210 TURNING STONE RESORT CASINO TRIP

AARP Chapter 2210 has planned a trip to Turning Stone Resort Casino in Verona, NY from August 11-12. The Tour includes overnight accommodations, 2 \$15 Meal Vouchers, Casino Bonus Package & Driver Escorted Deluxe Motorcoach Transportation. Cost is \$239/person (double occupancy), \$235/person (triple occupancy) or \$319/person (single occupancy). For more information call Maureen at 828-5188 or Madeline at 821-8766.

BEGINNER LINE DANCE CLASSES AT TRI CITY ELKS

The Tri-City Elks Lodge, 1915 West Shore Road, Warwick, will hold Beginner Line Dancing Classes every Monday night (thru May) from 7-9PM. Cost is \$8 per person. All ages welcome. Call Lori at 250-6082 for more information. Proceeds benefit Elk Charities.

PHENIX SPORTSMEN'S CLUB STEAK & CHICKEN FRY

The Phenix Sportsmen's Club, 715 Main Street, West Warwick, will hold a Steak & Chicken Fry on March 1 at 6PM. Tickets are \$12 for steak & \$10 for chicken & must be purchased no later than February 27. Call 821-9659 for more information.

ST. MARY'S CHURCH ANNUAL CORNED BEEF & CABBAGE DINNER

St. Mary's Church, 70 Church Street, West Warwick, will hold their Annual Corned Beef & Cabbage Dinner (baked stuffed chicken breast optional) on March 9. Hors d'oeuvres at 5PM, followed by dinner at 6PM. Entertainment provided by "The Three Amigos". Tickets are \$25/adult & \$10/child. Seating is limited! Please call Maureen at 828-5188 (9AM-1PM) or the Rectory at 821-5555 to purchase tickets or for more information.

FEBRUARY VACATION EVENTS AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry will offer the following during February vacation: Sparky's Puppets will present "Stories From Snowy Lands" on February 20 at 10:30AM (for children ages 3-10). Enjoy a free movie on February 22 at 10:30AM. Disney's Pixar's "Incredibles 2" (Rated PG) will be shown. Free popcorn & drinks! No registration required for these programs. Call 822-9102 for more information.

FEBRUARY ADULT PROGRAMS AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene invites you to attend the following programs - **Quilting Bee** on February 7 from 5-7PM. **Cribbage/Game Night** on February 22 from 6-9PM. **Craft of the Month** on February 26 from 5-7PM. **Fireside Book Club** on February 28 at 6PM. For more information, please call 397-3873 or email ltait@coventrylibrary.org

ST. FRANCIS EPISCOPAL CHURCH CORNED BEEF DINNER

St. Francis Episcopal Church, 132 Peckham Lane, Coventry, will hold their Annual Corned Beef Dinner on March 9 at 6PM. Tickets are \$14/adult, \$7/child & children under 5 are guests of the Church. Call Cindy at 397-4337 for reservations.

HALL FOR RENT: Coventry Men's Club available for Bachelor Parties, Weddings, Birthdays, Retirement Parties, Etc. Menu available. Call 385-3536 after 2PM for more information.

PAINT NIGHT! Come paint The Northern Lights at Tavern on the Hill, February 27 at 6PM. Call 489-1334 to reserve your spot.



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celebrity extra

by Dana Jackson

Q. I was so sad to hear that the actor who played Neil on "The Young and the Restless" died unexpectedly. I watched him for years on the soap. A friend of mine told me that he used to be on "The Cosby Show," but I don't remember him. Who did he play? — D.E.

A. Kristoff St. John, who played Neil Winters on "The Young and the Restless" for almost 30 years, was found dead in his home at the age of 52 from what appeared to be an alcohol overdose. The official cause of death is still pending as of this writing.

The actor had been deeply wounded emotionally since the loss of his son, Julian, by suicide in 2014. St. John later took a leave of absence from "Y&R" after being admitted to a mental-health facility for his own safety due to severe depression.

Eric Braeden, who plays Victor Newman on the soap, had nothing but praise for his fellow cast member, telling "People" magazine: "He was a wonderful actor to work with ... he was so instinctive. He had empathy. I think good actors all have empathy. He was just one of the good guys."

St. John's acting career began in the mid 1970s when he guest starred as a child on shows like "Happy Days" and "Wonder Woman" and was a regular on the TV spinoff of "The Bad News Bears." Your friend is correct in that he appeared on "The Cosby Show," having played Denise's (Lisa Bonet) boyfriend in one episode.

Kristoff leaves behind two daughters, Paris and Lola, as well as his fiancée, Kseniya Mikhaleva.

Q. Is it true that Becca, who was "The Bachelorette" last year, just had a baby? Did she marry the fly-fisherman guy she got engaged to from the show? — S.M.

A. No, Becca Kufrin of "The Bachelorette" is not a mom yet. She's still engaged to Garrett Yrigoyen, but they haven't tied the knot or procreated. You're thinking of Bekah Martinez,



Sonja Flemming/CB

Kristoff St. John

who also was a contestant along with Kufrin on "The Bachelor," as they both competed for the final rose from Ari Luyendyk Jr.

Now that we've got the name: straight, it was Martinez who recently gave birth to her first child, but the baby's father isn't a reality-show star. His name is Grayston Leonard, and the two met at a climbing gym with no TV cameras around. In fact, even though it was early in their courtship, Martinez decided not to try her luck by dating in a bikini on "Bachelor in Paradise" because she was so smitten with Leonard back home.

Everything seems to have worked out the way it should, as even the man on a thousand smooches, Mr. Luyendyk is going to be a father soon. He just married Lauren Burnham, who won his heart over Becca, Bekah, etc. as a contestant on the 2018 season of "The Bachelor." Burnham is expecting their first child this June.

Send me your questions at NewCelebrityExtra@gmail.com!

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ARIES (March 21 to April 19) Try to say as little as possible about the work you're doing through the end of the month. Then you can make your announcement and accept your well-deserved plaudits.

TAURUS (April 20 to May 20) You face a more difficult challenge than you expected. But with that strong Taurean determination, you should be able to deal with it successfully by week's end.

GEMINI (May 21 to June 20) Before you act on your "feelings" about that upcoming decision, it might be wise to do a little fact-checking first. You could be very much surprised by what you don't find.

CANCER (June 21 to July 22) A recent workplace success can open some doors that were previously closed to you. On a personal level, expect to receive some important news from a longtime friend and colleague.

LEO (July 23 to August 22) Put your wounded pride aside and do what you must to heal that misunderstanding before it takes a potentially irreversible turn and leaves you regretting the loss of a good friend.

VIRGO (August 23 to September 22) One way to kick a less-than-active social life into high gear or rebuild an outdated contacts list is to throw one of your well-organized get-togethers for friends and associates.

LIBRA (September 23 to October 22) Getting out of an obligation you didn't really want to take on can be tricky. An honest explanation of the circumstances can help. Next time, pay more attention to your usually keen instincts.

SCORPIO (October 23 to November 21) Use your **Scorpion** logic to push for a no-nonsense approach to a perplexing situation. This could help keep present and potential problems from creating more confusion.

SAGITTARIUS (November 22 to December 21) A friend's problem might take more time than you want to give. But staying with it once again proves the depth of your Sagittarian friendship and loyalty.

CAPRICORN (December 22 to January 19) The Sea Goat can benefit from an extra dose of self-confidence to unsettle your detractors, giving you the advantage of putting on a strong presentation of your position.

AQUARIUS (January 20 to February 18) You might want to ask a friend or relative for advice on an ongoing personal matter. But be careful not to give away information you might later wish you had kept secret.

PISCES (February 19 to March 20) Use the weekend for a creativity break to help restore your spiritual energy. Once that's done, you'll be back and more than ready to tackle whatever challenge you need to face.

BORN THIS WEEK: You get great joy out of creating beautiful things and sharing them with others who appreciate them.

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by
Jo Ann
Derson

• "I store my extra sheets under the bed they go with in a storage box. On the lid of the box, I write the date when the mattress needs to be flipped. This way I never forget how long it has been." — *W.F. in Arkansas*

• One way to de-pill a sweater is using a new scrubbie from kitchen. Just hold the sweater taut, and use the rough side of a kitchen sponge to lightly brush the fabric, letting it catch the pills and sweep them away.

• "To get rid of brassy undertones in your hair, mix 10 drops of blue food coloring and 5 drops of red food coloring in 2.5 cups of vinegar, and apply as a rinse to hair. The purple cools the red tones, and banishes the brass. The vinegar smell does dissipate, and it leaves hair with a softened shine, too." — *I.W. in Louisiana*

• Did you squeeze out too much eye cream? Use it on your cuticles." — *A.S. in Florida*

• Here's the secret to dealing with muddy shoe prints: Let them dry. Loosen dirt clumps and vacuum up as much as possible. Then come in with an appropriate carpet cleaner. Never add water to mud.

• Set a standing appointment to check in with your budget and checkbook. If you don't already have a budget set, now's the time. Remember to factor in quarterly or yearly payments. You can divide them by the number of months they cover (say, six for car insurance) and pay that amount into your savings account each month. When the time comes to pay the bill, you'll have the money ready.

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

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