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Moments in time

- On Jan. 30, 1661, Oliver Cromwell was ritually executed. That is, his corpse was. The former Lord Protector of the Commonwealth of England was posthumously convicted of high treason and his remains hanged and beheaded, two years after his actual demise.
- On Feb. 4, 1789, George Washington was unanimously elected as the first president of the United States. His campaign cost nothing, as he did no public campaigning, since he didn't really want to take office. He was also the only U.S. president to be inaugurated in two cities (New York and Philadelphia).
- On Feb. 5, 1931, Maxine Dunlap became the first woman to be issued a glider pilot license. Two years earlier, her 50-second, 980-foot flight beat the previous record of 17 seconds that had been established by Amelia Earhart.
- On Feb. 2, 1937, it was reported that the White House roof was leaking, a matter of special concern since additional rain and snow was expected. The matter of repairs was complicated by the fact that Congress was still engaged in a debate over whether to spend the necessary \$400 to effect them.
- On Feb. 1, 1953, winds from some of the strongest storms on record battered the east coast of Britain from Yorkshire to Kent, resulting in up to 150 fatalities, while thousands were forced to abandon their homes due to flooding. Passengers on the Princess Victoria ferry, from Scotland to Ireland, were also forced to flee the ship in the Irish Sea due to high waves.
- On Jan. 31, 2000, family practitioner Dr. Harold Shipman, who apparently never read or didn't believe in the Hippocratic Oath, was jailed for life for murdering 15 of his patients. He was also suspected of killing more than 100 others, but did not confess to them. Shipman remains Britain's most prolific convicted serial killer.
- On Feb. 3, 2009, Harry Potter creator J.K. Rowling was made a knight of the Legion of Honour, France's highest civilian award. Rowling's great-grandfather was French, and she was given the honorary title by President Nicolas Sarkozy at a ceremony in Paris, where she apologized for giving Potter's archnemesis a French name, as well as the quality of her French accent.

Prayer to the BLESSED VIRGIN
 (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. Grateful Thanks.

Rosie

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SENIOR NEWS LINE

by Matilda Charles

Having a Pet Is Good for Us

The studies are clear: Owning a pet is good for us. For those of us who stay home much of the time, having a pet can be a boon to our physical and mental health. Play with a cat, you get laughter and stress relief. Walk a dog, you get exercise. (And don't forget the social aspect when you meet up with other dog owners along the way.) Blood sugar levels even out and blood pressure goes down, per the studies. On the other hand, those studies were written before the pandemic. Now we find that too many pet owners are having to relinquish their pets ... and those who would consider pet adoption are hesitant. No matter how much we'd like to own a pet, there can be concerns that we need to consider before we adopt, and the big one is pet food. In many areas, there have been difficulties keeping our pets fed. Ask neighbors who have pets if they've had trouble getting pet food over the past two years. Sometimes the manufacturers haven't kept up due to supply chain problems. But there are options that might ease your worry. Learn about ordering pet food online and having it delivered to your door. It's also possible that your local food bank keeps a supply of pet food on hand. Meals on Wheels often delivers pet food. The animal shelter itself is sure to have a pet food bank. I searched for "free pet food pantries" near me and found dozens — even a library and a church! Take a look at Pets for the Elderly (petsfortheelderly.org), especially the stories about seniors who've adopted pets. They work with 54 shelters in 32 states to help pet adopters over age 60. If you still aren't sure, consider becoming a foster parent to one or more pets. You'll be able to try it out and see how the situation feels.

MEALSITE

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

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Wed. 1/25 Tomato soup, Swedish meatballs, mashed potatoes, sliced carrots, multi-grain bread, fresh fruit. Sandwich: Seafood salad plate.

Thurs. 1/26 Minestrone soup, open turkey sandwich with gravy, stuffing, cole slaw, sliced bread, oatmeal cookie. Sandwich: Corned beef on rye bread.

Fri. 1/27 Fruit cup, tossed salad, beef stew, biscuit, chef salad, shortbread cookie.

Mon. 1/30 Beef vegetable soup, chicken Scarpariello with sausage and potatoes, mixed vegetables, whole wheat roll, fruit. Sandwich: Chicken sandwich on whole wheat roll.

Tues. 1/31 Greek cucumber salad, sautéed beef with mushroom gravy, mashed potatoes, sautéed spinach, cake roll. Sandwich: Sliced turkey on rye.

W. WARWICK SENIOR CENTER 145 WASHINGTON ST., WEST WARWICK
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Wed. 1/25 Tomato soup, Swedish meatballs, mashed potatoes, sliced carrots, dessert. Option: Seafood salad plate.

Thurs. 1/26 Minestrone soup, open turkey with gravy, stuffing, cole slaw, dessert. Option: Corned beef on rye.

Fri. 1/27 Fruit cup, tossed salad, beef stew, biscuit, dessert. Option: Chef salad.

Mon. 1/30 Beef vegetable soup, chicken Scarpariello with sausage and potatoes, mixed vegetables, dessert. Option: Chicken salad on roll.

Tues. 1/31 Birthday lunch. Greek cuke salad, sautéed beef with gravy, mashed potatoes, sautéed spinach, birthday cake. Option: Sliced turkey on rye.

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: REDDISH-BROWN HAIR

- Black
- Bleached
- Blond
- Brown
- Dark
- Dyeing
- Flaxen
- Ginger
- Gray
- Light
- Platinum
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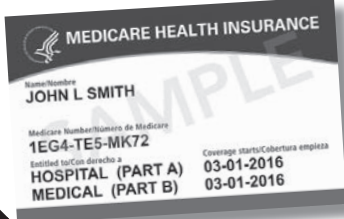
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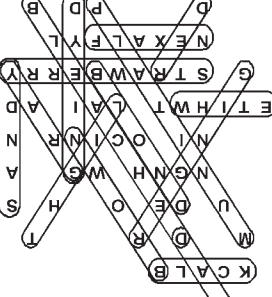
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E	L	D	V	W	N	K	E	N	O	L	V	O
8	2	7	6	8	3	2	3	5	2	4	8	6
E	Y	N	N	R	O	O	R	W	U	R	M	T
5	8	7	4	7	6	7	2	8	2	5	3	7
F	A	O	I	W	U	L	T	T	L	O	G	E
3	7	3	7	4	3	6	3	4	5	2	3	2
I	D	V	G	N	E	R	O	T	R	O	T	O
7	6	2	4	6	8	4	5	4	3	6	3	4
E	E	K	O	C	T	D	L	A	H	A	E	Y
5	6	8	5	8	6	5	3	5	6	5	3	5
E	L	E	I	R	L	S	R	U	S	R	S	E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Solution time: 22 mins.




Answers
WITH HAIR COLOR

BUSINESS *Spotlight*

The Chapel of St. Therese of Lisieux

Let your New Year's resolutions bring you here



The Chapel of St. Therese of Lisieux
 1500 Main Street, West Warwick, RI 02893
A Different Kind of Catholic
Sunday Schedule: Rosary at 9:45 am and Mass at 10:30 am
 No matter where you are on life's journey, where you've been or where you're going; No matter with whom you're on that journey; No matter how long it's been;
All Are Welcome!
 stocc1500@gmail.com www.saintthereseocc.org (401) 680-9076

BY JENNIFER COATES

In its informative and enlightening website, the words "more than a church" are used to describe The Chapel of St. Therese of Lisieux. Indeed, this open-minded and welcoming church community is "more than a church;" it is one which offers its members and visitors alike a "chance to become part of something greater;" a chance to "grow in their love of God and for one another".

Though this inclusive Catholic Church is not affiliated with Rome, its teachings are rooted in Catholic tradition and sacred scripture, and its theology is "founded upon the life and teachings of Jesus Christ." Worshipping Him is woven into everything these members aspire to do.

The Chapel of St. Therese of Lisieux invites all to come worship alongside fellow believers ~ "no matter who

you are, there's a special place for you at our church."

The namesake of this all-embracing church in West Warwick is the beloved saint St. Therese of Lisieux. Therese of Lisieux (whose given name was Marie Francoise-Therese Martin) was born over 150 years ago on January 2nd in 1873. She became a nun at the age of 15 but lived a short life, dying of tuberculosis at age 24 in 1897. Therese was popularly known in English as "The Little Flower of Jesus" or simply, "The Little Flower." Together with St. Francis of Assisi, she is one of the most popular and venerated saints in the history of the church.

St. Therese had a profound sense of her own insignificance in the vastness of the universe. It was this sense of "smallness" that led her to do what so many have done before her and will yet do in times to come ~ to "seek God" and to ask Him for help.

The church named in her honor petitions all to turn to God for help, in whatever they have need of. They will find here a congregation of those who have felt marginalized by the traditional Catholic Church. As Father Charles Vohs, the congregation's Priest explains, this is a church and a faith community that provides a haven for those whose lifestyles and relationships have often left them feeling estranged, conflicted, and often unwanted. Father Chuck would say to those who feel left on the fringes of their faith ~ come, you are a Child of God and you are welcome here. Come to be replenished, edified, supported, and uplifted.


Please come to St. Therese, located at 1500 Main Street in West Warwick. Services are held every Sunday at 10:30, either in person or via Zoom. Feel free to call 401-680-9076, email stocc1500@gmail.com or visit their website www.go1500.org for more information and to view their parish bulletin. One can also learn about the availability of Pastoral Counseling and about upcoming special events.

The Sacrament of Reconciliation (Confession) will be available from 9:45am - 10:15 on Sundays and from 1:00p - 4:00pm on Saturdays (by appointment only).



Come meet Father Chuck Vohs, the acting Priest of The Chapel of St. Therese of Lisieux in West Warwick. This inclusive Catholic Church meets every Sunday at 10:30am, all are truly welcome.

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Strange BUT TRUE

By Lucie Winborne

- Research has shown that girls and women who watched the TV series "The X-Files" were more likely to believe in the importance of STEM (science, technology, engineering and math) and to encourage their own daughters and granddaughters to pursue careers in those fields—something called "The Scully Effect" after the series' female main character, Dana Scully.
- Pentheraphobia is the fear of your mother-in-law. There, folks, you now have an official name for it.
- In 2006, actor William Shatner, beloved by "Star Trek" fans as Captain James Tiberius Kirk, sold his kidney stone, complete with stent and string, to a casino for \$25,000. While Shatner retained "visitation rights," the complete proceeds were donated to Habitat for Humanity.
- Whack, zoom, out of the way! A table tennis ball can travel off the paddle at a speed of 105.6 mph.
- All of the world's pandas are technically owned by China. The country leases them to zoos in an act called panda diplomacy.
- Ever dreamed of being a swash-buckling buccaneer? Try attending MIT, where after completing courses in pistol shooting, fencing, archery and sailing, undergraduates can earn a bona fide Pirate Certificate. (Note: For entertainment purposes only!)
- On Dec. 19, 1881, Sir William Payne Gallwey, a retired conservative member of the British Parliament, died while out shooting on his estate, Thirkleby Park—but not from a gunshot. Instead, Gallwey suffered a fall and landed on a turnip, sustaining serious internal injuries to which he succumbed a few days later.
- Bananas get their curves by turning skyward as they grow, to absorb sunlight.

Thought for the Day: "Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul." — Samuel Ullman

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Support For People With Disabilities On The Journey To Work

(NAPS)—About 40.7 million Americans have some kind of disability, according to the U.S. Census Bureau. If you or someone you care about has a disability, you may wonder what it means for employment. You may be encouraged to know that there are supports and services available that can help you or your loved ones pursue work and reach your goals through Social Security's Ticket to Work (Ticket) program.

Ticket To Work Program
The Ticket program supports career development for people ages 18 through 64 who receive Social Security disability benefits and want to work. This program is free and voluntary. Program participants select a service provider to help them prepare for, and find, a job. The provider may be a State Vocational Rehabilitation (VR) agency or an Employment Network (EN)—a public or private organization that has an agreement with Social Security—to offer:

- Career planning
- Job placement assistance
- Ongoing employment support.

These career development services and supports are unique to each individual. Participants work with their service providers to develop a customized plan and identify the supports they need to reach their work goals.

Finding A Path To Financial Independence
The road to financial independence looks different for everyone. Whether joining the workforce for the first time or returning after a difficult diagnosis, there are challenges that each person must navigate. Working with a Benefits Counselor and Ticket to Work service provider can help you remove some of



Social Security may have the ticket to success you need on the path to work.

the obstacles and learn more about the resources available to you.

This could include Social Security Work Incentives, which are designed to help you transition to the workplace. A Benefits Counselor can help you learn more about Work Incentives, including which ones you qualify for, and discuss how working will affect your benefits.

If you connect with an EN, the EN can help you find answers to questions, whether they're about reporting your wages to Social Security, requesting job accommodations, or even how you can advance your career to earn even more money.

With the knowledge, support and services of a Ticket to Work service provider, you may find yourself on the path to success and financial independence through work.

Learn More
For further information about the Ticket program, call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday.

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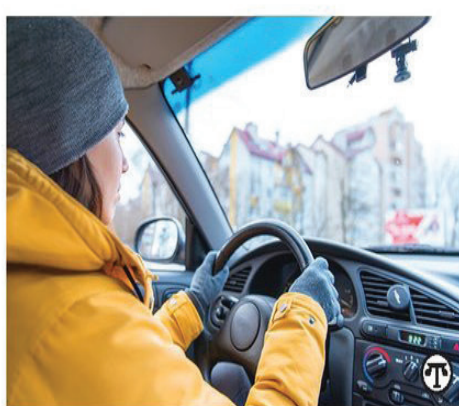
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Car Care Council
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No Need To 'Warm Up' Modern Vehicles In Cold Weather

(NAPS)—When the weather is cold, many motorists wonder if they need to let their vehicle “warm up” or idle before driving. In fact, today’s modern cars are ready to drive in cold temperatures without excessive idling.



You may have to bundle up before you drive in cold weather but your modern car is ready to go, with no need to idle a while.

The idea of idling before driving dates back to when cars were built with carburetors. With new fuel-injection technology, complex computer systems and thinner synthetic oils, drivers don’t need to warm up their cars before hitting the road.

per gallon when idling and the result is lower fuel economy and wasted money.”

According to the Environmental Protection Agency (EPA), “When a car idles for more than 30 seconds, it has several negative effects, such as increasing air pollution unnecessarily, wasting fuel and money and causing excessive wear or even damaging a car’s engine components, including cylinders, spark plugs and the exhaust system. Contrary to popular belief, idling isn’t an effective way to warm up most car engines.”

The Car Care Council has a free 80-page Car Care Guide for motorists that features several pages of fuel economy and environmental awareness tips. Available in English and Spanish, the popular guide uses easy-to-understand, everyday language rather than technical automotive jargon and fits easily in a glove box.

“Unless you are trying to defrost the windshield or warm the interior of your car, idling is not required for today’s vehicles,” said Rich White, executive director, Car Care Council. “In most cases, idling longer than 30 seconds is unnecessary, even on the coldest days. The best way to warm up your car’s engine is to drive gently at the start. Remember, a vehicle gets zero miles

The non-profit Car Care Council is the source of information for the “Be Car Care Aware” consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

To order a free copy of the popular Car Care Guide, visit the council’s consumer education website at www.carcare.org.



by Ryan A. Berenz

1. What University of Illinois Fighting Illini football star scored a kick-off return touchdown, four rushing touchdowns and threw a touchdown pass in a 1924 game vs. the Michigan Wolverines?
2. Who compiled a 15-17 record as head coach of the Miami Dolphins from 2005-06?
3. The Mean Green is the nickname of what Conference USA school’s athletic programs?
4. What baseball executive resigned from the Boston Red Sox on Halloween in 2005 and left Fenway Park wearing a gorilla suit to avoid reporters?
5. Name the filmmaker who directed the 2016 comedy “Everybody Wants Some!”, which was inspired by his time playing baseball for the Sam Houston State Bearkats in the early 1980s.
6. In the 1951 “Shot Heard ‘Round the World” National League playoff game, the New York Giants’ Bobby Thomson hit a walk-off home run against what Brooklyn Dodgers pitcher?
7. What university became the 11th member of the Big Ten Conference in 1990?

Answers

1. Red Grange.
2. Nick Saban.
3. The University of North Texas.
4. Theo Epstein.
5. Richard Linklater.
6. Ralph Branca.
7. Penn State University.

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LIVING COLOR

On-Trend Hues Reflect Comforting Lifestyle Design

FAMILY FEATURES

Upgrading your home design is an opportunity to tap into new color schemes. Knowing what shades are trendy and how different hues can work together for a cohesive design is an important step in creating an attractive design aesthetic.

While you might turn to family or friends for inspiration for your next DIY project, another resource for collecting concepts and options to upgrade your space is the internet. Consider the Valspar Color-verse, which allows visitors to explore colors in a unique way and offers paint color inspiration and decor trends they can envision within their own homes.

The interactive virtual home showcases the latest paint and design trends so you can get creative for your next project. After experiencing the Valspar 2023 Colors of the Year firsthand by painting walls and art from the collection to see the 3D virtual house come to life, you can find the perfect paint shade for your space.

“Through the Color-verse, visitors can experience the 12 Colors of the Year in a realistic virtual home,” said Gus Morales,

vice president of brand marketing for CBG Sherwin-Williams. “Aside from exploring the Colors of the Year, the home is an engaging space for visitors to create art, play games and order paint chips to see how their top color picks look and feel in their homes.”

Color Trends to Consider

Many of this year’s popular nature-inspired designs are all about finding comfort, embracing a flexible lifestyle, rediscovering joy and leaning into the growing DIY movement. The most trend-worthy, forward-thinking and livable colors reflect specific facets or emotions of life so you can update your well-used spaces with thoughtful colors that evoke positive energy and lasting change.

Comfort and Contentment: If your goal is to create a space that envelops you in a sense of comfort, consider a white with a yellow undertone that makes a space cozy like a soft blanket, like Cozy White from Valspar. Complement the softness with a muted clay that brings in brown undertones that suggest gentle contentment.



Calming Restoration: Tap into the calming tones of nature with a hazy green that has duality, which brings in both the calm and liveliness of the great outdoors. Another option is a deep midnight blue used as an elegant calming shade to restore mind, body and home.

Healthful, Mindful Living: Create an uplifting space where your wellness is a priority. Evoke a greater sense of health consciousness with a light blue that has a dose of softness used as a fresh neutral with uplifting qualities of a modern pastel, like Valspar’s Rising Tide. Reinforce the benefits of mindful living with a cool gray that is balanced by the warmth of the yellow undertone, a natural hue like a cotton muslin cloth.

Connections and Joy: Establish spaces where you can celebrate relationships with others, the world around you and happiness in your

being. Consider hues like a white softened by a violet undertone, a harmonious shade promoted by digital connectivity. Evoke joy with a dependable classic tan that features a yellow undertone suggesting new life with uplifting qualities.

Natural Balance: Bringing hints of the outdoors into a well-loved living space creates a soothing ambiance. Consider a warm neutral brown tone inspired by the shades found in nature or a cooled down blue that strikes a beautiful balance between cool and warm shades in your design.

Inspirational Thought: A work-from-home or crafting space needs color to inspire great thinking. Try a faded natural terracotta that sparks individuality and warmth or a deep blackened olive, an on-trend neutral that embodies charm and sophistication.

Explore the tool and find more colorful ideas at Valspar.com.

Navigate New Colors

Exploring color options before you apply them to a home improvement or design project gives you the chance to experience and visualize different styles before you fully commit. Using a tool like Valspar’s Color-verse, a 3D virtual home, you can experience on-trend color palettes that inspire your next big project through resources like:

- An interactive feature that allows you to repaint walls of a living room, dining room, bedroom, bathroom, kitchen, walls and cabinets using the 12 Colors of the Year then takes you directly to the site to order free paint chips to try at home
- An artistic element where you can create a 3D panorama nature scene, explore others’ artwork and share creations on social media
- A light-hearted game that inspires you to get on the road to gather your home improvement essentials

Happy NEW YEAR!!

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Betty Lamps

Think how difficult it was before 1800, when you had to have light to work at night and there were only candles or several kinds of oil lamps. By the 1850s, it was easier. There were kerosene lamps, gas lamps and finally electric lamps.

The Betty lamp is one of the earliest portable light sources. It usually is made of brass or iron. The bottom layer is a pan that shapes to a point: the spout. A second pan is on top to hold the wick, usually a twisted piece of fabric placed in the spout to soak up some fuel. The lamp also has a hook so it can be hung on a wall.

Antique Betty lamps are sold in many auctions for \$40 to about \$150. A wrought iron, copper and brass Betty lamp sold at a recent Hess auction for \$2,000 after 21 bids. It was made by craftsman Peter Derr of Pennsylvania (1793-1868), making it a prize for a collector. A new, reproduced Betty lamp sells for about \$40 to \$100.



memorative plates for Lenox and other companies until about 1960. The border, signature or provenance can add value. Some sets have sold at auction for over \$1,000.

TIP: Never put gold or platinum-trimmed dishes in the microwave. The metallic trim will spark and may damage the oven and burn the dishes.

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Q: We have a set of 12 Lenox dinner plates, each depicting a different sailing ship. They are gold-rimmed and marked with the name of the ship and a description. Eight plates depict a Challenge Cup and year, and four are Cup Defenders. They have the Lenox mark and "J. McD. & S. Co." What is this mark? Are the plates valuable?

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Doll, Hasbro, Little Miss No Name, plastic, big round eyes, straight blond hair with center part, tan linen tunic with fringed edges and patches, 1965, 15 inches, \$135.

Pearlware punch pot, slip decorated, blue-and-white speckled glaze, checkered band on shoulder and lid, C-shape handle with leafy terminals, England, c. 1815, 7 1/2 inches, \$470.

Photograph, Martin Luther King, Jr., gelatin silver print, titled and dated June 13, 1967, on lower left, signed in ink by photographer Fred McDarrah, matted, framed, 22 x 18 inches, \$1,750.

Learn the six collectibles NOT to collect anymore at www.kovels.com.

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Making Life Better

Overcoming Life's Messes

(NAPS)—Each January, people set resolutions for the New Year, but according to U.S. News & World Report, approximately 80 percent of resolutions fail by the second week of February. If organizing is your Achilles' heel, the solution is to tap into local professionals to help guide you through the process and give you the tools necessary to sustain order. Whether you commit to downsizing a storage unit of inherited items, want to find more family time, or desire to design a more peaceful living space, a Professional Organizer or Productivity Consultant can help you tackle these tasks when you don't know where to begin.



You don't have to live with clutter and chaos; a professional organizer can help.

“Studies prove that a decluttered environment contributes to productivity and happiness, so getting organized should be at the top of your list of resolutions,” explains Ellen Delap, CPO®, president of the National Association of Productivity & Organizing Professionals (NAPO). “Finding and hiring a productivity professional is no different than choosing an accountant, personal trainer, or doctor. You'll want to work with someone who takes the time to get to know you, understands your needs, and has the expertise to advise you and help you achieve your goals.”

place so it is critical to have a good rapport. An experienced professional will ask questions about you and your needs and dig into the issues that thwarted your past attempts to move forward.

January is Get Organized & Be Productive (GO) Month, an annual initiative sponsored by the National Association of Productivity & Organizing Professionals. To help, Delap offers this advice on how to get organized with the help of a Professional Organizer or Productivity Consultant:

Set a budget. As with most professions, fees vary widely based on experience, geographic location, and the type of services rendered. Some professionals may charge by the hour or project, while others offer packages of services. Avoid selecting someone strictly on price. Investing in a consultant with the personality and skill set that match your needs will offer greater, and faster, returns.

Get specific about your needs. Professionals offer a wide range of residential and business services, so make a list of what you want to accomplish. Are you just clearing out years of clutter or do you need someone experienced in dealing with a mental health or traumatic situation? Do you need help organizing your office or guidance on how to manage your time more effectively?

Identify an expert. We all have friends and neighbors who pride themselves on being organized but this isn't a job for your mom! Hiring a certified professional or one who has aligned him- or herself with a professional organization that has a code of ethics offers an added level of security.

Make a connection, interview candidates and be honest. It is in your best interest to be as candid as possible about your needs and goals. You will be inviting this person into your home or work-

Applaud yourself for taking the first step! Your choice is not irreversible. If you begin working with an organizing or productivity professional and are not happy with responding to his or her style, speak up. You are rarely under obligation to continue the relationship. More than likely, he or she will be happy to recommend a colleague.

When you are ready to find a professional, you can check out the NAPO Professional Organizer and Productivity Consultant Search Tool at www.NAPO.net.

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Home Improvement



Hints For Homeowners

Tips To Avoid A Multigenerational Home Energy Crisis

(NAPS)—Is your family suffering from a multigenerational home energy crisis? If so, you're not alone. Multigenerational households are on the rise, with a record one in five Americans living in homes shared by multiple adult generations, causing various domestic growing pains—including skyrocketing heating and cooling bills.



Leveraging the latest, most efficient climate control systems and technologies can cut your energy bill and increase family comfort in a crowded multigenerational household.

With home climate control comprising the largest share of household energy expense, a fresh look at your system might be a smart step toward averting this mounting issue. Especially since financial factors, including staggering child care expenses, exorbitant assisted living and nursing home costs, and college debt, are primary causes of this shared living trend. In fact, 66 percent of adults living in a multigenerational household cite the current economic climate as a factor, while 21 percent said it was the only factor, according to a Harris Interactive survey conducted on behalf of Generations United.

units to a single outdoor unit. Each zone has its own thermostat so occupants can adjust each room to the temperature they want. Further, only occupied areas are heated, which can represent a significant savings considering the kitchen, dining room, living room and bedrooms are unoccupied for at least 40 percent of the time in most households.

The good news is there are some practical tips that can help prevent home climate control from becoming a crisis.

Be "Smart"

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Upgrading your system and installing a smart thermostat can significantly reduce your utility expense. The most energy-efficient heating and cooling products on the market, ductless mini-split systems, can save as much as 25 percent on your energy bill. An efficiently controlled thermostat could save an additional 10 percent a year.

About Home Climate Control

Smart HVAC systems and smart thermostats can also help. Smart HVAC systems have built-in Internet capability and can be controlled directly without additional equipment. Smart home thermostats create "smart" systems by enabling remote temperature control via a mobile or Internet-connected device or voice-operated home automation system. Several leading manufacturers, including Fujitsu General America, offer smart systems as well as options to control its single and multi-zone Halcyon and Airstage heating and cooling systems using a third-party smart thermostat.

How Ductless Mini-Split Systems Work

Thin copper tubing pumps refrigerant from an outdoor compressor directly into an indoor air-handling unit, from where it's quietly distributed to the interior. This eliminates the need for basement or attic evaporators and bulky, expensive ductwork. Mini-splits are easy to install and usually require only a 3- to 4-inch hole through a wall or ceiling to connect the units.

"Voice" Your Temperature Preferences

Family members can "voice" their own temperature choices. Most HVAC manufacturers offer apps that let you control systems from anywhere using a mobile device. Now, voice-control capability uses digital assistants, such as Amazon Alexa, to verbally dictate home temperatures—"Alexa, set the living room temperature to 70 degrees." For instance, Fujitsu's free FGLair app enables Web-activated control via mobile devices and voice-activated control via Amazon Alexa.

Expansion Efficiency Is Key

The "boomerang" and "reverse boomerang" effect are the most common causes of these crowded houses as adult children continue to return home and aging parents increasingly move in with their "boomer" children. In response, accessory dwelling units—also known as granny flats, in-law apartments, laneway houses and backyard cottages—are increasingly popular.

You don't have to let a multigenerational home energy crisis overshadow the blessing of family bonding.

For additional spaces, mini-splits feature custom zone control, letting homeowners connect two to eight indoor

Learn More

For further information or to find a contractor nearby, call (888) 888-3424 or visit www.fujitsugeneral.com.

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Community News

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

Have trouble paying your heating bill? The Home Energy Assistance Program (HEAP) helps income eligible families pay their heating bills. The HEAP is a Primary Grant that is sent directly to your utility company or fuel provider, and it will be credited on your bill. You don't need to have an unpaid bill, you can either rent or own your home, and must meet current gross income guidelines. Please call 732-4660, Ext. 175 for more information.

VOLUNTEERS NEEDED AT GEN. NATHANAEL GREENE HOMESTEAD

The Gen. Nathanael Greene Homestead in Coventry is looking for individuals interested in becoming Tour Guides for the season. The Homestead, also known as "Spell Hall", was built by Nathanael Greene in 1770 and has been authentically restored as a Museum dedicated to his memory. Tour Guides will learn about Gen. Greene, his family, and life in the 18th Century. Experience is not necessary. All information will be provided and scheduling is flexible. For more information, please email nathanaelgreenehmst@gmail.com Visit us at nathanaelgreenehomestead.org

CRIBBAGE PLAYERS WANTED

The Coventry Resource & Senior Center, 50 Wood Street, Coventry, is seeking Cribbage Players for Thursdays at 1PM. If you want to learn, there is someone who can teach you on Fridays at 1PM. Call 822-9175 for more information.

ENGLISH CLASSES AT THE WEST WARWICK PUBLIC LIBRARY

English Classes for beginners, intermediate, and advanced students are available at the West Warwick Public Library. Classes begin the week of January 9 and continue through May 9. There is a registration fee for materials. Spanish Classes for beginners and conversational students will also be offered (book purchase required). To register or for more information, contact Maria at 828-3750, Ext. 106 or email maria@wwpl.org

BINGO AT KNOTTY OAK VILLAGE

Knotty Oak Village Community Hall Bingo is back!! Bingo to be held at 14 Manchester Circle, Coventry on Saturdays at 4PM - doors open at 3PM. Snacks & beverages will be available for purchase.

ONGOING FOOD DRIVE TO BENEFIT VETERANS

The High 5 Pantry at Flat River Tavern, 2260 Flat River Road in Coventry will have an ongoing Food Drive to benefit local Veterans. Please drop off your non-perishable donations anytime during their normal business hours. Call 407-2121 with any questions.

SATURDAY GRAB & GO WEEKLY MEALS

Are you or is someone you know an elder in Coventry or West Warwick? St. Vincent de Paul Society is offering a warm meal from their Saturday Grab & Go weekly meals. To schedule a delivery or pick up of a warm meal, please call 828-3090 before 3PM on Wednesdays. If picking up your meal, please go to the OLC School Gym, 445 Washington Street in Coventry, between 11AM-12PM on Saturday

"THE LORD'S SUPPER"

AT CORNERSTONE OF FAITH UMC

Cornerstone of Faith UMC, 1081 Main Street, Coventry, will hold a supper on January 28 from 5-6PM in the Church Hall. All are welcome to attend. Donations appreciated.

COVENTRY PUBLIC LIBRARY OFFERS SOCIAL MEDIA BASICS CLASSES

Coventry Public Library is offering Social Media Basics Classes on Tuesdays at 11AM, January 17-February 7. Join us for this series of classes where we will learn about Privacy and Safety on Social Media, Facebook, Facebook Marketplace, and Instagram. Each week will be an individual sign up. You may sign up for one or all four as long as space is still available. Space is limited, so please register at the Reference Desk or call 822-9105. No laptop is needed; the library has one for you to use during the class.

THE CHORUS OF KENT COUNTY SEEKS NEW MEMBERS

Do you love to sing? The Chorus of Kent County is a multi-generational chorus that welcomes diversity and strives for inclusion. We rehearse on Thursdays from 7-9PM at Christ the King Church Hall (124 Legris Avenue, West Warwick). The spring season kicks off on January 19, and new members can join through February 9. No audition needed. For more information, email chorusofkentcounty@gmail.com. We look forward to seeing you!

COVENTRY SENIOR CENTER

WEDNESDAY BINGO

The Coventry Senior Center, 50 Wood Street, Coventry, will once again hold Bingo on Wednesdays from 1:30-4PM. The cost is \$6 for 8 games. Please note that prizes have gone up as well as adding an additional Special & Quickie. You must be 18 years or older to play.

SEEKING MUSICIANS

Are you 55 or over? Play harmonica, guitar, banjo, mandolin, ukulele or any other instrument? We need you! Senior volunteer band plays gigs at Senior Centers, Nursing Homes, etc. Call David 368-6895 or Roger (nights) 397-5157.

YOUTH PROGRAMMING AT THE WEST WARWICK PUBLIC LIBRARY

West Warwick Public Library is offering the following Programs: **FAMILY/ALL AGES - DANCERCISE** (ages 5+), Tuesdays in January at 4PM. **MISS EMMA'S FAREWELL PARTY**, January 30 at 4PM. **EARLY LEARNERS - DROP-IN PLAY GROUP** (0-6 years), January 26 at 10:45AM. **SCHOOL AGE - INTRO TO CODING** (Grades 3-6), January 25 at 6PM. **ART CLUB** (Grades 2-4), January 26 at 3:30PM. **TEENS (MIDDLE-HIGH SCHOOL) - GRAPHIC NOVEL BOOK CLUB** (Grades 4-8), January 27 at 4PM. To register or for more information, please call 828-3750.

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 20 & 27 at 10:30AM. **Time for Two's** for children age 2-3 & a caregiver on January 20 & 27 at 11:15AM. **Preschool Storytime** for children ages 3 & up on January 17, 24 & 31 at 10:30AM. **Pop-Up Storytime** for children ages birth-5 years (siblings welcome) on January 28 at 11AM. **Sensory Story & Play** for children ages 3-8 on January 31 at 4PM. To register for programs or for more information, call 821-7910.

COVENTRY PUBLIC LIBRARY SERVICE SPOTLIGHT: MEMORY KITS

The Coventry Public Library now has four different kits available to borrow that can help individuals with memory loss and their caregivers. Each kit has a different theme: Relaxing Activities, Reminisce, Stress Relief, and Touch Therapy. Memory Kits check out for 21 days with no holds and 2 renewals. Memory Kits are fine free! For more information about checking out a Memory Kit, visit the Reference Desk or call 822-9105.

SENIOR COMPANION PROGRAM

The Senior Companion Program trains volunteers to serve isolated older adults in their own homes, Adult Day Centers & other community sites. Senior Companions are matched with a resident in need of socialization and companionship and will serve for 4 hours, 1 day/week at no cost to the participant. For more information, call Lynn at 822-9125.

PASSPORT APPLICATIONS ACCEPTED AT THE WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick is accepting Passport Applications (DS-11 Forms only) on behalf of the US Dept. of State. Please contact Information Services at 828-3750, Ext. 1 or email ref@wwpl.org to schedule an appointment or for more information. For even more information, you can call 1-577-487-2778 or visit travel.state.gov

LITERACY VOLUNTEERS OF KENT COUNTY OFFERS ENGLISH LESSONS

Learn to speak, read & write English. Enroll in Literacy Volunteers of Kent County's free learning program. In just a few hours per week, you can improve your English skills in speaking, reading and writing. You will be paired with a Tutor who will instruct you, one-on-one according to your individual needs. Lessons are scheduled at your convenience and all information exchanged remains confidential. Please call 822-9103 or email lvkce@coventrylibrary.org for more information.

COVENTRY CARES COMMUNITY CARE CLINIC NURSE HOURS

The Coventry Cares Community Care Clinic Nurses Hours are Monday, Tuesday, Thursday & Friday from 8:30AM-12:30PM with Nurse Jane or Nurse Carolyn. The Clinic is set up at the Coventry Resource & Senior Center, 50 Wood Street, Coventry.

VOLUNTEER TOUR GUIDES NEEDED

The Paine House, 7 Station Street in Coventry is looking for volunteer Tour Guides to share this unique historical site with the general public. Can you spare a few hours once or twice a month? All training and materials will be provided, no special skills required. This opportunity is suitable for High School students to adults. Training classes for the 2022 season will begin soon. If interested, call Bob at 439-7513 or email info@westernrihistory.org

PAINE HOUSE MUSEUM NEEDS VOLUNTEERS

Paine House needs your help. Volunteers needed to preserve local history. Looking for folks interested in research, computers, photography, gardening & yard work, fund raising, etc. If interested, call Bob at 439-7513 for more information.

ZUMBA FITNESS CLASSES

AT COVENTRY RESOURCE & SENIOR CENTER

The Coventry Resource & Senior Center, 50 Wood Street, Coventry is offering Zumba Fitness Classes on Tuesdays from 11:15AM-12:15PM. Join them for some fun, easy to follow, low impact dance moves. Cost is \$3 per class. Call 822-9175 to register.

TOPS MEETING

TOPS (Taking Off Pounds Sensibly) #38 meets Thursday mornings at St. Luke's Episcopal Church, 99 Pierce Street in East Greenwich (lower level). Weigh-in begins at 9:30AM, the meeting begins at 10AM. The meeting will last no more than one hour, beginning to end. They welcome new members at any time. At the side parking lot, you will see a set of doors. Enter, stairs to lower level are in front of you. Donations of canned goods are welcome. For more information, call Joan Tinkham at 401-739-5322.

FIRST BAPTIST CHURCH OF WEST WARWICK HEAVENLY HEART FOOD PANTRY

First Baptist Church of West Warwick, 1613 Main Street, has their Heavenly Heart Food Pantry open to all from 11AM-2PM on the 1st Saturday of every month.



Family History of Breast Cancer Prompts Man to Get Examined

DEAR DR. ROACH: My mother and both of her sisters had breast cancer in their 30s, with my mother eventually passing after her third bout at age 43. They all grew up in the same house that I grew up in. I'm now a 34-year-old father of three small children. I don't want to die early because I need to be around for them, but the generalized advice I'm seeing is that I don't need a cancer screening until my 40s.

Am I overly sensitive, or am I missing something that I should potentially screen for? — *M.M.*

ANSWER: With your mother and two aunts having breast cancer at such a young age, I would be concerned about an inheritable cancer gene such as BRCA1 and BRCA2. This gene may not have been identifiable at the time they had their cancers, as the first test became available in 1996. It is worth a discussion with a genetic counselor to consider testing for you.

Men with the BRCA1/2 genetic mutations are at risk to develop breast cancer themselves and are recommended to do monthly breast self-examinations starting at age 35, with a clinician exam yearly. A PSA test is also recommended for men who are positive for BRCA2 (and maybe for men with BRCA1), as men with these mutations are more at risk for prostate cancer at a younger age than average-risk men.

Although BRCA increases the risk of colon cancer, all men should get colorectal cancer screenings at age 45, regardless of BRCA status. Those with a strong family history of colon cancer

should speak with an expert about the right time to begin screening.

I honor you for considering your family and expect you are doing as much as you can with your lifestyle to keep yourself healthy. A diet including plenty of fresh fruits and vegetables, with little to no processed meat, has been shown to reduce cancer risk as well as heart disease risk, which is still the major cause of death in industrial societies.

The most likely causes of death in men your age include motor vehicle accidents and suicide. These are not completely preventable, but driving safely, not texting while driving, never driving while intoxicated and seeking help with symptoms of depression go a long way at reducing your immediate risk so that you can continue to be there for your children.

DEAR DR. ROACH: I first tested positive for COVID eight days ago. Should I start Paxlovid now? — *P.M.*

ANSWER: This medicine has made a huge reduction in the number of people who get so sick from COVID that they need to be hospitalized, but only when used properly. This means it has to be used at the right time — ideally within 24 hours of getting sick and certainly within five days. It's not likely to be of any help to you eight days after symptom onset.

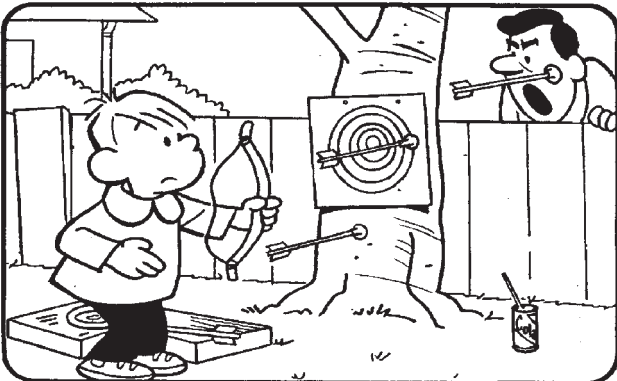
The medicine is of most value to people who are at high risk of severe COVID. This includes people who are unvaccinated, people over 65 and people with high-risk conditions such as advanced HIV, organ transplantation or other severe problems with the immune system (including cancer chemotherapy and similar powerful drugs used for autoimmune diseases). Healthy, younger, vaccinated people with initial mild to moderate symptoms are at low risk for severe COVID (as of the time of this writing, with the omicron strains currently circulating) and do not benefit much from Paxlovid.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

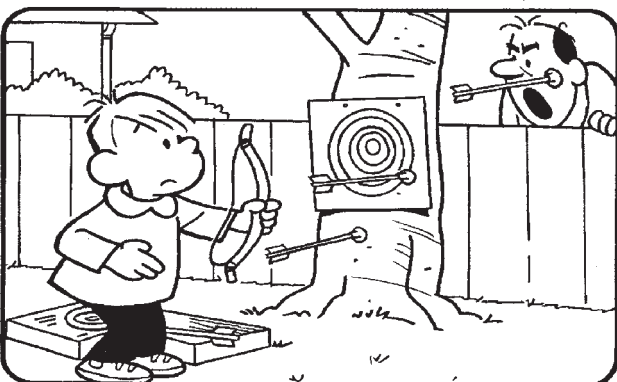
Entertainment

HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Fence board is moved. 2. Collar is different. 3. Bow string is different. 4. Arrow is moved. 5. Hair is different. 6. Can is missing.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Will Harrison Ford ever slow down? The 80-year-old superstar has completed "Indiana Jones and the Dial of Destiny," due June 30. Then he steps in for the late William Hurt as Thaddeus Ross in "Captain America: New World Order," due May 3, 2024. July 2024 brings "Thunderbolts," where Ford will reprise the role of Thaddeus Ross. His Paramount+ Western series "1923" premiered Dec. 18, 2022, and will run for two seasons, eight episodes each. You'd think Ford would take time to spend his \$300 million enjoying time with his wife, Calista Flockhart, and his children!

But his 77-year-old co-star, Oscar winner Helen Mirren, is no slouch either. Both "Golda" (as in Golda Meir) and "Shazam! Fury of the Gods," with Zachary Levi, hit screens this March, followed by "Fast X" and "White Bird: A Wonder Story" this May.



Salome's Stars

ARIES (March 21 to April 19) Shutting people out to avoid distractions, even under a deadline, can cause hurt feelings. Instead, return calls and emails, and explain why you need a zone of privacy for now.

TAURUS (April 20 to May 20) Although your keen Bull's eyes usually can discern what's fact from what's faux, that upcoming decision will need really solid data before you can risk a commitment.

GEMINI (May 21 to June 20) As your confidence grows, you should be able to work toward your goals with more enthusiasm. Open your mind to suggestions. Some of them might even work for you.

CANCER (June 21 to

July 22) Reconnecting with someone from your past stirs up that old sense of adventure. But before you do anything else, be sure to get answers to any lingering questions.

LEO (July 23 to August 22) Some people might resent the way you plan to resolve a difficult situation. But your commitment to making tough but fair decisions soon wins you their respect and support.

VIRGO (August 23 to September 22) Mixed signals could be causing that vexing workplace problem. Before you choose to leave the project, ask for a meeting so that you can get things out in the open.

LIBRA (September 23 to October 22) Your good intentions could backfire if you're not careful with other people's feelings. Try using persuasion, not pressure, to get others to see your side of the

situation.

SCORPIO (October 23 to November 21) Your dedication to finishing the task at hand is laudable. But be careful not to overdo the midnight oil bit. Take time for relaxation with someone very special.

SAGITTARIUS (November 22 to December 21) Although your intuition will help you make some tough choices in the first half of the month, you'll need more facts to back up your actions later on.

CAPRICORN (December 22 to January 19) All that hard work and research in the workplace finally pays off as you hoped it would. Ignore comments from jealous types who are out to get the Goat riled up.

AQUARIUS (January 20 to February 18) An unfair decision creates unnecessary

problems. But avoid anger and move carefully as you work this out. Expect to get support from an unlikely source.

PISCES (February 19 to March 20) A fuzzy financial vista persists until the end of the month, when things begin to clear up. You'll also gain a better perspective on how to handle pesky personal problems.

BORN THIS WEEK: You have a wonderful way of being there for those who need your help in difficult times.



In 1968, while shooting celebrities during a press screening of Steve McQueen's film "Bullitt," I got into an altercation with Elliott Gould, then married to Barbra Streisand. We four photographers had to walk backward as they rushed out, and when Streisand saw us, she went crazy and kept covering her face with her hands, saying "You have enough, don't you?" I answered her with: "If you'd been polite and stopped for us, we wouldn't have to bother you now!"

An infuriated Gould lunged at me, grabbed my heavy Nikon Camera chain, and lifted me off the ground. He threw me into the street, pummeling me against a parked car. Doctors at UCLA Medical Center said I had a dislocated shoulder as well as other injuries. It took three years to get to court, at which time I won all three charges for battery against him. I was awarded four figures, but I told Gould that at the time, it wasn't about money. It was about principal and precedent. Everytime I encountered him after that, he was civil, saying, "They told me to be nice to you." Once, at a charity event, he offered me a marijuana joint as a peace offering, but I declined.

A few weeks ago, I went into a local Smart & Final store, and when I reached the glass cleaner aisle, I was astounded to see Elliot Gould there. I said to him, "Do you recognize me?" He said, "You look familiar." I replied, "Does the name Tony Rizzo mean anything?" "Oh," he said, "You're that guy who won a lawsuit against me." I said, "I hope you know I never blamed you. You, Ryan O'Neal, Don Johnson and Jon Peters all acted as Barbra's protectors when she saw photographers and flipped out." I asked him why he was there, and he just said, "My maid sent me to get Windex." Such is the price of fame and fortune!

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Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: What is the second-longest river in North America?
2. MOVIES: Which 1973 movie advertised itself as a place "where nothing can possibly go wrong"?
3. GAMES: Which party game claims that it can "tie you up in knots"?
4. U.S. PRESIDENTS: Which president was the first to appoint an African American as a member of his Cabinet?
5. HISTORY: When was the Warsaw Pact between the Soviet Union and seven Eastern Bloc countries signed?
6. TELEVISION: Which TV game show often uses the phrase "Survey says ..."?
7. ANIMAL KINGDOM: What is a female peacock called?
8. FOOD & DRINK: How many meals do Hobbits eat in a day, according to the movies?
9. ADVERTISING: Which product used a manicurist named Madge in its advertisements?
10. MEDICAL: What is a common name for the condition called septicemia?

Answers

1. The Mississippi.
2. "Westworld."
3. Twister.
4. Lyndon Johnson.
5. 1955.
6. "Family Feud."
7. A peahen.
8. Seven.
9. Palmolive dishwashing liquid.
10. Blood poisoning.

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The Garden Bug

Feeding birds in winter

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Sources: almanac.com, birdwatchersdigest.com

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Valentine's Day Contest...

Find Cupid's Arrow hidden in this week's pages. for a chance to win a **Mystery Date Night package.**



Arrow shown actual size



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Entries must be postmarked by February 6th - Winners will be notified that week.

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Phone: _____

I found the arrow on page: _____

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