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Job Market & Childcare**Help Wanted****NOW HIRING/
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necessary. Rhyda Tire,
447-3405.**Help Wanted****HEAD CUSTODIAN**At the West Warwick Public Library. Wide range of maintenance, cleaning, and repair duties both in the building and on library grounds. 35 hours/week. \$15.76/hour. Monday-Friday, 7AM-3PM. Union position. View job description at wwlibrary.org/custodianPlease mail or deliver resume to West Warwick Public Library, 1043 Main Street, West Warwick, RI 02893, Attn: Tom O'Donnell. Or email tom@wwpl.org Start: January, 2018

He who has not Christmas
in his heart will never find it
under a tree.

—Roy L. Smith

A recent study from the University of Vermont indicates that

Pointers For Parents**Reading, Writing And Flavored Milk**

(NAPSA)—One of the most important lessons to teach children—one that's reinforced at home, rather than in the classroom—is that a well-balanced diet, particularly one that includes milk on a regular basis, is an essential ingredient for school success.

Calcium is the single nutrient most likely to be missing from the American diet, and the government has identified low calcium intake as one of the priority nutritional problems in the United States, according to the National Institutes of Health.

Start your child's day off right with a healthy breakfast!

In order to reduce health risks associated with low calcium intake, children should get into the routine of eating a nutritious breakfast, the most important meal of the day. Research from *The American Journal of Clinical Nutrition* suggests that not having breakfast can affect children's intellectual performance, making the simple act of drinking a glass of milk worthwhile in the development of strong bones and healthy teeth. By consuming enough calcium now, kids can lower their risk of developing osteoporosis and fragile bones later in life.

Kids enjoy fun foods that taste great. So why not include flavored milk with breakfast? Strawberry and chocolate milks are very popular with kids and provide higher calcium and eight essential nutrients needed to optimize calcium intake, such as vitamin D and protein.

A recent study from the University of Vermont indicates that



Flavored milk is a delicious, nutritious way for children to get their daily calcium.

children (ages 5 to 11) and adolescents (ages 12 to 17) who drink flavored milk, despite the perception that flavored milk is not a healthy option, do not intake any more sugars and total fat than if they drink regular milk.

"In an effort to address low calcium intake, Morningstar Foods offers consumers a solution—Hershey's Milk with 67 percent more calcium than regular milk," said Toby Purdy, senior vice president of marketing for Morningstar Foods. "Hershey's MilkShakes are also a fun way for moms to serve up a good source of calcium."

**Wherever you are,
grab a milk and go!**

Hershey's milkshakes, reduced-fat chocolate and strawberry milks, fat-free chocolate milk are available in resealable, single-serve plastic bottles, for easy, on-the-go access.

To drink up more information about these products, visit www.hersheymilk.com.**Children's Health****How To Help Sick Kids Get Better
When Insurance Isn't Enough**

(NAPSA)—Imagine this: You take your child to the doctor thinking she has an infection. You discover she has a life-altering condition and your health insurance doesn't cover all the costs.

The Bells

That's what happened to Alicia Bell when her daughter Karis was diagnosed with type 1 diabetes. Says Bell: "There are no vacations from being a parent and there are no vacations from being a parent of a T1D child."

Bell was not only surprised at her daughter's diagnosis, she was further amazed to find her insurance wouldn't pay for all the diabetic testing supplies Karis would need.

The Problem

The Bell family is far from unique. Each year, more and more Americans are forced to choose between paying for lifesaving treatments and for food, housing and utilities. People may cut pills in half, skip meals or housing payments or declare bankruptcy. An estimated 29 million Americans are underinsured and over 60 percent of all bankruptcies in the U.S. are related to medical expenses. In the Bells' case, Alicia would need to go into serious credit card debt just to pay for her daughter's diabetes monitoring and testing supplies.

An Answer

Fortunately, when health insurance is not enough, there is a group that helps close the gap, putting life-changing medications within reach for thousands of people in need and helping to pay for prescription drug copayments, deductibles and health insurance premiums for critical medical treatments.

A HealthWell Foundation Pediatric Assistance grant not only pays for Karis's supplies—including an insulin



Karis Bell can now get the medical equipment she needs to stay healthy.

monitor, so Karis doesn't have to have her finger stuck several times a day—it pays the co-insurance for her hospital and clinic visits and will help pay for an insulin pump if and when she needs one.

The FoundationAn independent 501(c)(3), non-profit organization, HealthWell has served as a safety net for more than 225,000 underinsured patients. Eligibility is based on the family's medical, financial and insurance situation. HealthWell's Pediatric Assistance Fund is specifically designed to provide financial assistance to children 18 years old or younger living with chronic or life-altering conditions that their families are struggling to treat due to cost when health insurance is not enough. Learn more by visiting www.healthwellfoundation.org/pediatric-assistance-fund.**What You Can Do**You can be a part of the solution with a tax-deductible gift that will enable children to access the life-changing treatment they desperately need. To help, visit www.healthwellfoundation.org and click on Ways to Give.

The human brain is about 80 percent water, which makes it more watery than human blood.

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(Phone No. = 1 Word. Price = 1 Word.)

Use Punctuation as needed. Please print clearly.

10 words: \$8.00 - 25¢ for each additional word.

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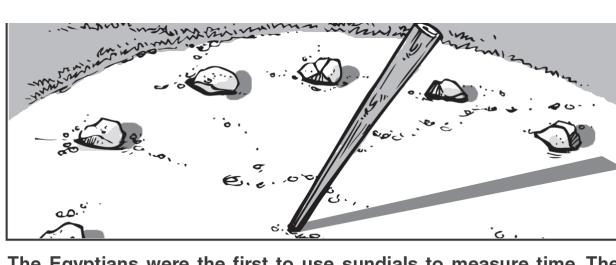
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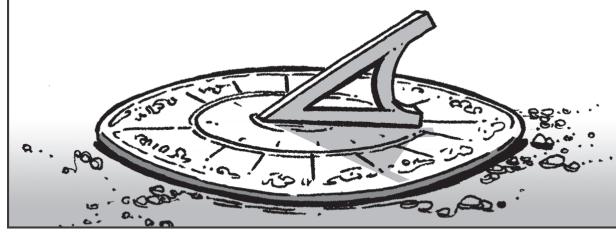
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The Egyptians were the first to use sundials to measure time. They used a stick or pillar called the gnomon and the passage of time was calculated based on the length of the shadow cast.



The invention of the sundial, dating from the third century B.C., is credited to the Chaldean astronomer Berossus.