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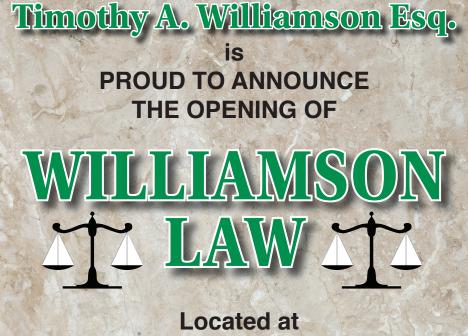
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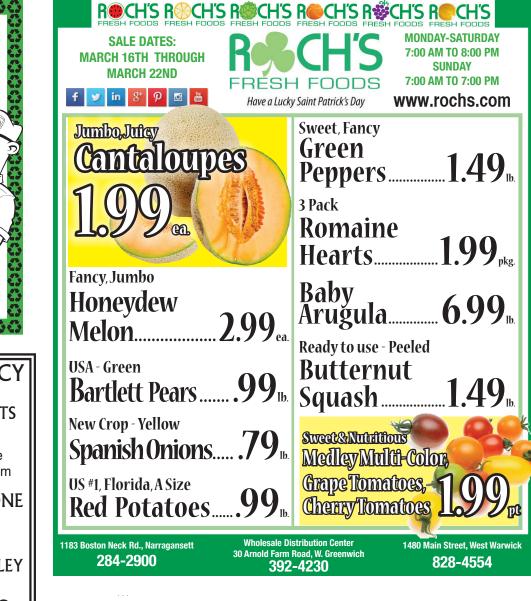
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Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained. –A.S. Roche

#### PHENIX SPORTSMEN'S CLUB ST. PATRICK'S DAY DINNER

The Phenix Sportsmen's Club, 715 Main Street, West Warwick, will hold a St. Patrick's Day Dinner on March 17 starting at 11:30AM and lasting until its gone. Corned Beef & Cabbage is \$8.50, Corned Beef Sandwich is \$5.50. Call 821-9659 for more information.

#### **COVENTRY MEN'S CLUB STEAK FRY**

The Coventry Men's Club, Phillips Hill Road, Coventry, will hold a Steak Fry & Chicken Dinner on March 18 at 7PM. Live music will follow. Steak Dinner \$15, Chicken Dinner \$12. Reservations MUST be made by March 16 by calling 385-3536.

#### ST. JOSEPH DAY FEAST IN THE PAWTUXET VALLEY

Come join the "Saintly" ethnic Celebration of St. Joseph Day scheduled for March 18 at 1:30PM at the West Warwick Town Hall, 1170 Main Street, West Warwick. Presented in concert with Kent County Order of the Sons of Italy in America & its Vince Lombardi Lodge #2357, along with the RI Junior Chamber Alliance and its West Warwick "JAYCEES" Alumni Association through the cooperation of the town of West Warwick.

#### EASTER SERVICE AT RICE CITY CHURCH

Rice City Church, 63 Vaughn Hollow Road, Greene, warmly invites everyone to their Easter Sunrise Service on March 27 at 6:30AM & an Easter Morning Worship at 9AM. An Easter Morning Breakfast will be served between the Services.



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### **Did You Know?**

(NAPSA)-Skin conditions in cluding wrinkles, dullness, lack of firmness, hyperpigmentation, irritation, sensitivity and rough texture can be treated with Powerful-Strength Line-Reducing Concentrate and Midnight Recovery Concentrate from Kiehl's Since 1851. They're at Kiehl's stores www.kiehls.com, (800) KIEHLS-2 and select specialty retailers.

Many find that tax time can be an excellent time to update their financial records. In addition to a credit report, there are other consumer reports available. The Consumer Financial Protection Bureau has put together a list. To learn more. visitwww.consumer finance.gov.

A tax refund sent to a prepaid debit card is free, eliminates the need to pay for check cashing services and will arrive faster than a paper check. To learn more, visit www.walmartmoneycard.com or www.greendot.com.



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cated to excellence in learning,

teaching and leading, has released

its latest annual report, titled "The

Promise of Leadership: Sustaining Learning, Transforming Teaching."

You can find it at ar2013.ascd.org

and learn more at www.ascd.org.

#### WARWICK VETERANS MEMORIAL **HIGH SCHOOL CLASS OF 1956**

Warwick Veterans Memorial High School Class of 1956 will celebrate their 60th Class Reunion on September 25 at the Valley Country Club, 251 New London Avenue, Warwick. More specific information will be available at a later date. Please send contact information to either Jackie (fomboy1@ aol.com), Merry (rufus5837@gmail.com) or Ken (linj0811@ msn.com

#### ST. XAVIER ACADEMY HOMECOMING 2016

St. Xavier Academy, Class of 1966, is seeking classmates to celebrate their 50th Year Anniversary at the Annual Homecoming & Reunion on October 30. Mass will be celebrated at 11AM at St. Timothy's Church, Warwick Avenue, in Warwick, followed by a Luncheon at Quidnessett Country Club in North Kingstown. Classes ending in 6 & 1 will also be honored and all SXA graduates are welcome. For more information visit stxavieralumnae.org, email info@ sxa.org, find us on facebook or contact Carol (263-1823) or Jan (353-4777).

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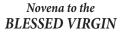
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Never known to fail). O Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the sea, help me and show me here in, you are my mother. O Holy Mary, Mother of God, Oueen 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. PAC



#### THE MUSTARD SEED FARM EQUINE-ASSISTED THERAPY CENTER SEEKING VOLUNTEERS

The Mustard Seed Farm, located in Foster, offers a diverse, challenging, life-enhancing equine-assisted therapy, equine-assisted psychotherapy program & workshops for children, adults, Veterans and their families with specific needs. Volunteers are needed to assist as side-walkers, horse leaders, grooming horses, tack cleaning & general barn duties. Comprehensive training for volunteers is offered. Please contact Peggy, 1-740-815-4123 or visit www.themustardseedfarm.com

#### **COMPLIMENTARY HAIRCUTS** T THE COVENTRY SENIOR CENTER

The Coventry Senior Center, 50 Wood Street, Coventry, will have James at the Center on the 4th Monday of the month at 9AM to cut hair. Please make sure your hair is clean. Sign up sheet is in the Mealsite.

#### **PARLONS FRANCAIS!**

Parlons Francais meetings will be held at 7PM 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.

#### **BREAKFAST IN MARCH**

The Coventry Senior Center, 50 Wood Street, Coventry will hold a Breakfast on March 18 from 7:30-9AM. Enjoy scrambled eggs, choice of bacon or sausage, French Toast or English muffin, with juice, coffee, & tea for just \$3. All are welcome!

#### **VIP BINGO**

West Warwick Manor, 62 Roberts Street, West Warwick will hold a Bingo every Tuesday at 5:30PM. Kitchen opens at 3:30PM. Free refreshments at Intermission.







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The Reminder Tuesday, March 15, 2016.....Page 3

Vision

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-Mark Twain

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**AARP CHAPTER 2210 BOSTON DUCK TOUR TRIP** AARP 2210 is sponsoring a Boston Duck Tour Trip on July 15. The trip includes motorcoach transportation by Conway Tours, lunch at Maggiano's Little Italy, 1 1/2 hour Boston Duck Tour & shopping & browsing at the NEW Assembly Row. Cost is \$114/person. Call Maureen at 828-5188 or Patricia at 821-3733 for reservations or for more information.

#### **HEALING SERVICES** AT RIVERPOINT CONGREGATIONAL CHURCH

Riverpoint Congregational Church, 75 Providence Street, West Warwick, will hold Healing Services on Wednesday nights at 6PM from February 24-March 16. Please join them for an awesome time of prayer & individual healing service (free services).

#### PHENIX SPORTSMEN'S CLUB **STEAK & CHICKEN BARBECUE**

The Phenix Sportsmen's Club, 715 Main Street, West Warwick, will hold a Steak & Chicken Fry on April 1 at 6:30PM. Cost is \$15/person for steak, \$10/person for chicken. Tickets need to be purchased by March 30 (no refunds). Call 821-9659 for more information.

#### ADULT COLORING AT GREENE PUBLIC LIBRARY

The Greene Public Library, 179 Hopkins Hollow Road, Greene, is offering "Color Me Calm", drop-in Adult Coloring on Thursdays from 4-7PM. Adult coloring is now the trend! The Library will supply the materials, a warming fire & soothing music. Just come, relax, & color your stress away! Call 397-3873 or email jean@coventrylibrary.org for more information.

#### ST. FRANCIS EPISCOPAL CHURCH **CORNED BEEF DINNER**

St. Francis Episcopal Church, 132 Peckham Lane, Coventry, will hold their Annual Corned Beef Dinner on March 19 at 6PM. Tickets are \$12/adult & \$5/child. Call 397-4337 for reservations.



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

Aging Bicvcle	History Parachute	Sailboat Ski jump	Slander Sledding
Dreams	Rocket	Skiing	Tattoo
Fire pole	Roller coaster	Sky diving	Tattoo

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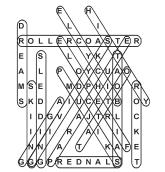
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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, 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: 25 mins.

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#### SCLERODERMA SUPPORT GROUP MEETING

The Scleroderma Support Group meets on the 4th Wednesday of each month (meetings in November & December are on the 2nd Wednesday) at 7PM at Roger Williams Medical Center, 825 Chalkstone Avenue (1st Floor Day Treatment Room), Providence. Call Carole at 241-4659 or Laura at 1-508-761-3546 for more information.

#### FRACKING MOVIE TO BE SHOWN AT WESTMINSTER UNITARIAN CHURCH

A free showing of the movie, "Groundswell Rising: Protecting Our Children's Air & Water" will be shown at the Westminster Unitarian Church, 119 Kenyon Avenue, East Greenwich, on April 2 at 7PM. Executive Producer, Mark Lichty, Esq. will be on hand to discuss the movie and to lead a discussion on fracking and the impact it has on the property & health of those citizens living in close proximity to the fracking industry. Please reserve your seat by calling the Church Office at 884-5933.

#### WARWICK VETERANS MEMORIAL HIGH SCHOOL CLASS OF 1966 50TH REUNION!!

Join us on Friday, June 24 for a Dinner Buffet at the 1149 Restaurant, 1149 Division Street, Warwick at 7PM. Please send a current address to wvmhsclass66@gmail.com

#### SLOCUM GRANGE BREAKFAST

Slocum Grange, 96 Slocum Road, North Kingstown, will hold a Breakfast on March 19 from 7-10AM. The menu includes pancakes, corned beef hash, eggs, bacon or sausage, cheese omelet, home fries, Johnny Cakes, toast & beverage. Adults \$9, children (5-10) \$4.50, children under 5 are guests of the Grange. There will also be a Bake Table. All are welcome. Proceeds from the breakfast support the Grange charities.

#### SWINGING SQUARES OF RI DANCE WORKSHOPS

The Swinging Squares of Rhode Island will hold Square Dance Workshops on Monday Nights in March from 7-9:30PM at the East Smithfield Neighborhood Center, 7 Esmond Street, Smithfield. Cost is \$6/person. Contact Lynne at 1-508-852-7164 for more information.

#### **RICHMOND GRANGE #6 MEETINGS**

Richmond Grange, 690 Usquepaugh Road (Rte. 138), West Kingston will hold their Monthly Meetings at 7:30PM on the 1st & 3rd Friday of each month. New members are always welcome. For more information on Meeting details or how to join, please call Carol at 269-1769.

#### STORYTIME AT TYLER FREE LIBRARY

Tyler Free Library, 81A Moosup Valley Road, Foster, will hold its Storytime for infants or preschoolers on Wednesday mornings at 10AM. Please call 397-7930 to register or for more information. SMALL INFORMAL WEDDINGS PHOTO-**GRAPHED:** Call Tom K., 391-2514. Around \$750. Book early!



By Samantha Weaver

· It was British art critic and social reformer John Ruskin who made the following sage observation: "Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather

• After the events of this past winter, you may not be surprised to learn that sales of cakes, cookies and candy spike when a blizzard is in the weather forecast.

· You've almost certainly heard of "M\*A\*S\*H," one of the most popular TV series of all time. One of the main characters on the show, which ran from 1972 to 1983, was Corporal Klinger, played by Jamie Farr. It's interesting to note that in the 1950s, Farr actually served as an enlisted man in the U.S. Army in Korea - and the dog tags he wore on the show were the same ones he wore during his service.

· For reasons that are not quite clear, inventors have created a robot that can solve a Rubik's cube in slightly more than one second.

• In 18th-century France, there was a Parisian printer who employed several apprentices, all of whom lived in the home of the printer's family. The printer's wife was, evidently, a lover of cats - and her cats begged for scraps and screeched at all hours of the night. Finally fed up with the felines. the apprentices took matters into their own hands: While the family was out of town, they held a formal trial, complete with guards, a confessor and a public executioner. After they were pronounced guilty, the accused felines were strung up on cat-sized gallows. \*\*\*

Thought for the Day: "Politics, as a practice, whatever its professions, has always been the systematic organiza-tion of hatreds." — Henry Adams

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St. Patrick's Day the Traditional Way

I read an interesting nationwide St. Patrick's Day survey recently, which found that regardless of family roots or Irish heritage, the holiday is more about food and family than drinking. More than 30 percent of respondents said they celebrate at home or at the houses of friends and family mem-bers. Less than 14 percent of those who participated in the survey cele-brated at a bar or local pub.

If you're planning to celebrate the holiday at home, my traditional St. Patrick's Day menu is easy to prepare ahead of time. The main course is a Lamb Stew with Root Vegetables and Pearl Barley with a side of Northern Irish Potato Bread. Here's a little history about my traditional Irish menu and recipes:

nd recipes: IRISH STEW: This dish originated from the old ways of cook ing over an open fire. A good Irish stew should be thick and creamy, not swimming in juice. Adding potatoes and pearl barley gives the stew body and makes it a hardy, main-course meal. Carrots are typically added for

extra color and interest. The authentic Irish recipe calls for mutton, which is usually an older lamb with a tougher texture of meat, which made it perfect for stewing. I suggest using lamb from Australia, which is read-ily available at most American grocery stores. It's juicy, tender and raised to a specific size and weight that produces a quali-

ty product that is nutritious, slightly leaner than beef, and less expensive than American domestic lamb Australian lamb typically is grass-fed, and has a phenomenal flavor and texture. To learn more about Australian lamb, beef and goat, or for more delicious Australian lamb recipes, go to

www.australian-lamb.com. NORTHERN IRISH POTATO BREAD: Northern Ireland's love of the potatoes is part of a rich legacy of dishes, including this recipe for pota-to bread (also called fadge or farls). Typically, this bread recipe incor-porates leftover boiled and mashed potatoes

INVEST IN

Try these traditional Irish recipes and use Australian lamb to add a modern twist to your St. Patrick's Day menu

#### Lamb Stew With Root **Vegetables And Pearl Barley**

pounds boneless Australian lamb shoulder, trimmed of fat and cut into bite-size pieces teaspoons salt

- teaspoons freshly ground black pepper
- tablespoon all-purpose flour tablespoon olive oil, divided medium Irish or white pota-toes, scrubbed and cut into 1 or 2
  - 1/8-inch rounds medium carrots, cut into 1/4-
  - inch rounds
  - large yellow onions, chopped cloves garlic, minced
  - cup pearl barley cups water or chicken broth tablespoons chopped, fresh
  - parsley



In a medium mixing bowl, toss the lamb with the salt, pepper and flour.

Heat 1/2 tablespoon olive oil 2 in a 4 to 5-quart Dutch oven over medium-high heat until it shimmers. Add half of the lamb, and brown on all sides, about 7-8 minutes total

Remove the lamb to a bowl and repeat with the remaining oil and lamb. Remove the second batch of lamb and add it to the bowl.

3. Add the onions to the pot, and cook for 1 to 2 minutes. Add the garlic, potatoes, carrots and the remain ing teaspoon of salt and pepper. Cook for 3 to 4 minutes, stirring occasion ally. Return the lamb to the pot with the barley. Stir to combine.

4. Add the water or chicken broth and bring to a boil. Once boiling, decrease the heat to low, cover and simmer for 30 to 45 minutes or until the liquid is absorbed and the lamb and barley are tender. Five minutes before the stew is finished, add the parsley. Stew will be thick. Taste for seasoning and add more salt and pep per as desired.

#### Northern Ireland **Potato Bread**

- cup mashed potatoes tablespoon unsalted butter or Irish butter
  - teaspoon salt
- cup flour plus more for sprin-1/4kling

1. Place potatoes into a large, microwavable bowl. Mix in the butter and salt. Heat on HIGH for 3 to 4 minutes or until warm. Mix in the flour until the mixture turns into a dough

2. Split the dough into two equal pieces. Sprinkle a cutting board with the remaining flour. Roll the dough on the floured board to create two circles about 1/4-inch thick.

3. Cut the circles into quarters. Brown on both sides on a light-ly greased hot griddle or heavy bottomed pan about 5-6 minutes Serve warm with stew. \*\*\*

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 howto videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook Recipes may not be reprinted with-

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**Help Wanted** 

**Help Wanted** 

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CONNEAUT INDUS-TRIES Inc. Has Openings for 2 Positions: TWISTING MACHINE OPERATOR, 2nd shift (2:30-10:30PM). Must be able to lift 25 lbs. Rate starting at \$11/hour with benefits after 60 days. WINDING MACHINE OPERATOR, 3rd shift (10:30PM-6:30AM). Rate starts at \$9.60/hour with benefits after 60 days. Both positions require that you work well with others, have great communication skills, ability to follow instructions and multitask in a fast paced environment. Must have great math, computer and writing skills. Good housekeeping, safety conscience and good attendance. Please apply in person at 89 Hopkins Hill Road, West Greenwich, RI.

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Childcare



Recent changes in government regulations may mean more opportunities and a better life for people with disabilities and their families.

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ntractors, f based on a disability. Recent changes to the Act now require these federal contractors to take positive steps to recruit, hire, train, promote, and retain people with disabilities. The changes include a new goal for federal con-tractors to have people with disabilities make up 7 percent of their workforce. This means that thousands of the businesses that provide goods and services to the government now need to hire more people with disabilities. These companies are also required to invite job applicants to identify themselves as people with disabilities both during the application phase and after a job offer is extended. A Ticket to Work

More Opportunities To Work

The Rehabilitation Act has supported people with disabilities for more than 40 years by pro-hibiting the federal government,

and businesses that work with

the government, known as federal

Another help is the Social Security's Ticket to Work program. The program offers free employment support services to people age 18 through 64, who receive disability benefits, and who want to work. There are 14 million Americans who are eligible for this voluntary program through which they can select a service provider to help them prepare for, and find, a job. The provider may be a state Voca-

- career planning
- job leads and job placement

• ongoing employment support. Many of these service providers

have been using the change to Section 503 to build relationships with federal contractor employers in their communities to help them ocate qualified candidates so that they can meet their recruiting and hiring goals.

#### Finding A Path To Financial Independence

The road to financial indepen-dence looks different for each person. Whether joining the work-force for the first time, or returning after a difficult diagno-sis, there are challenges that each person must navigate. Taking advantage of new opportunities related to Section 503, and using the free resources offered through the Ticket to Work program can remove some of the speed bumps on the journey to work

#### Learn More

For more information about the Rehabilitation Act or the Ticket to Work program, call (866) 968-7842 (V), or (866) 833-2967 (TTY), or visit www.socialsecurity.gov/work.













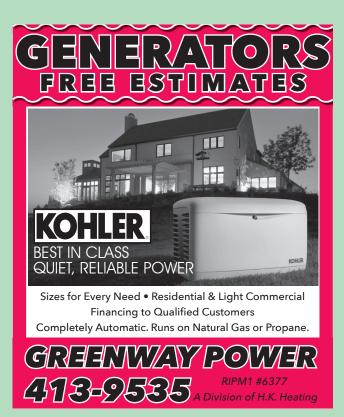
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#### **Protecting Ash Trees From An Invasive Pest**

(NAPSA)—There's good news for homeowners who have ash trees on their property. There is a simple way to protect this valu-able tree.

In addition to creating a beau-tiful landscape, the benefit from a mature, healthy ash tree is about \$217 a year in increased property value our generative configuration generation. value, air quality, cooling in sum mer, reduced heating costs and more, according to the National Tree Benefit Calculator.



#### A simple injection can protect ash trees from EAB, a particularly invasive pest.

However, they can be vulnera-ble to what some consider the most devastating of all invasive insect tree pests of the last 20 years—the emerald ash borer (EAB), a beetle native to Asia that was introduced to North America in 2002. EAB larvae live under the bark of the ash tree and feed on the tree's transport tissue, starving the tree of nutrients.

EAB has already destroyed tens of millions of trees. In fact, most trees with EAB die in a few short years after the onset of

symptoms. Fortunately, one particular trunk injection treatment from Arborjet, administered by a profes-sional applicator, will protect ash trees against EAB for up to two years, in many cases even if the trees are currently under attack.

Professionally applied trunk injection treatments cost a fraction of what tree removal and replacement does, which can be as

Homeowners can look for a number of signs to identify EAB in ash trees, including a thinning canopy (upper layers of leaves), branches sprouting low on the trunk, bark that peels easily with lines appearing underneath, small D-shaped holes in the bark, and increased woodpecker damage



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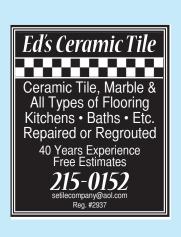
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References Available • Insured CT Lic. #615180 • RI Lic. #35888















## OUP Yare

#### How To Create An Outdoor Oasis

(NAPSA)—Wow your friends and families at gatherings, pool parties or barbecues in your backyard by creating your own outdoor oasis. Build.com and Donny Osmond have teamed up to share 10 surprisingly easy and afford-able ways to turn your backyard into a great space for both relax-ing and entertaining.

•Stay Cool: Umbrellas are a great source of shade, whether in a backyard or front yard. They're easy to move to a favorite spot, come in different sizes, and let you create an enjoyable space to spend time in.

•A Colorful Approach To Plants: Planting in containers is an easy way to add variety and splashes of color to your outdoor space.

•Light Up The Night: Brighten up those dark, hard-to-navigate areas of your deck or patio with solar accent lighting. It's generally affordable, easy to install, and the end result looks terrific. It may also be a bright idea to put lights and lanterns up around exterior doorways.

• Good Clean Fun: If you live near a beach, river or lake, don't worry about tracking sand indoors. Simply install an outdoor shower.

•Beauty Is In The Details: Small accents, such as hurricane lanterns, lightweight throws and ceramic garden seats, show guests you know how to live the good life...outdoors. •Cool It: If you have a covered

porch or deck, a fan or fan-and-light combination can make staying comfortable during warm days easier. Just be sure to get an out-door one with a DC motor or one that's Energy Star rated. They're 60 percent more efficient than con-



Relaxing in your own backyard can be even better when you improve the area with accessories such as attractive, com-fortable chairs.

ventional fanlight units. An online how-to guide at Build.com can make installation a breeze.

•Water-Saving Fountains: Build.com's popular fountains all recycle water so you can keep your fountain going even during dry seasons or droughts. •Make Sure You Have

Enough Seating: Whether wicker or wood, canvas or chrome, grouping comfortable, easy-toclean chairs and benches such as those in the Donny Osmond collec-tion around a garden table is key for parties, brunches and barbecue fun.

• This May Floor You: An outdoor rug is a terrific way to define a space and give your lounge area a little warmth when the night air cools. Build.com offers a vibrant selection of rugs.

•Look Online For Inspiration: To start decorating your outdoor area, check out the entire Donny Osmond Home accessories line at www.build.com.







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**Choosing Stain Color** (NAPSA)—When it comes to giving your home natural warmth and beauty, few things compare to wood—and wood is surprisingly flexible when it comes to color. Whether you're refinishing your floors or cabinets, restoring a fine piece of furniture or creating a new look distressing an existing piece, wood stain can enhance the beauty of the wood and add to your style.



To give wood a rustic or vintage look, layer different colors and sand away parts of the top layer.

From traditional colors such as walnut or oak, to trendy espresso or weathered gray, you can choose from a variety of wood stains or create your own custom colors by mixing stains. The experts at the Min wax Company have tips to help:

A state of the experiment of the experi

• Use a pre-stain wood conditioner to prevent streaks and blotches and ensure the wood absorbs the stain evenly. • For beautiful, even color,

•For beautiful, even color, thoroughly stir—not shake—the can to distribute pigments that may have settled on the bottom. •If you create a custom color, measure each shade carefully and

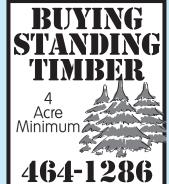
write it down so you can re-create it. • For an antique or distressed look, layer lighter and darker stain colors. Once the stain has dried, lightly sand away the top layer in different spots and then protect the piece with a clear finish. See the Minwax Pinterest board "Distressed Furniture Pro-

jects" for more information













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NNG 0

#### Living Landscapes Matter: The ABCs Of Drought-Friendly Landscapes

(NAPSA)—Living landscapes do more environmental good than many people realize. Go Green To Be Green

Here are just some of the bene-fits of protecting green spaces, starting in your own backyard:

•Carbon dioxide. Carbon dioxide is the single greatest cause of climate change. Fortunately, scientists say, grass is the greatest carbon sink in the country, removing about six tons of carbon dioxide per acre, per year from the atmosphere.

•Storm water runoff. Rain water "sheets off" hard surfaces, such as parking lots, driveways and roads, picking up pollutants as the runoff makes its way to streams, rivers and lakes. Grassy areas, however, mitigate storm water runoff, slowing down and absorbing the water while cleans-ing it of dust and other impurities.

• Soil erosion. Grass controls erosion, not only by slowing down water runoff but by holding soil in place with its natural, dense and fibrous root system

•Heat island effects. According to the Environmental Protection Agency (EPA), on a hot, sunny day, roof and pavement sur-face temperatures can be 50° to  $90^{\circ}$  hotter than the air. Synthetic turf, made from petroleum, can be even worse. A Brigham Young University study found synthetic turf's temperatures were 37° higher than asphalt and 86° hotter than natural turf. Planting vegetation and grass and installing green roofs are among the strategies the EPA recommends to mitigate the heat island effect.

•Oxygen. Lawns are incredi-

⑦

To help families understand their options when it comes to their yards, kid-friendly TurfMutt was created. ble oxygen-making machines. In

fact, a 25-square-foot area of grass will supply enough oxygen to support one person for a whole day.

•Air quality. Research has shown that grasses remove pollu-tants such as carbon dioxide and ozone from the air. Grass plays a vital role in capturing dust, smoke

and other harmful pollutants. •Play space. Outdoor areas provide a safe place for children and pets to play and for families to enjoy. Numerous studies have demonstrated the health benefits of spending time outdoors, includ-ing improved mood and decreased

anger, fatigue and depression. •Biodiversity. Unlike artificial grass made of petroleum, real grass provides a habitat for birds and animals.

What To Do About Drought The good news is, you don't have to lose all those benefits to drought conditions. During a drought, it's fine to let your lawn go brown. In fact, it is part of the natural plant cycle. It will turn green again when the rains return, and even a dormant lawn provides environmental benefits, while giving kids and pets a place to play. What's more, buffalo and

Bermuda grass and other types

require very little water, making them a smart choice for drought conditions, explains Kris Kiser, president and CEO of the Outdoor Power Equipment Institute (OPEI), the international trade association representing the small engine, utility vehicle and outdoor power equipment manu-facturing industry. "The right thing to do is to find the right plants for the right place," urges Kiser. "Rocks, mulch, hardscapes, pavers and cactus simply don't cut it

"If you xeriscape and put in rock gardens and mulch and cactus, it may not provide an adequate place for pets and kids to play," adds Kiser. Green Facts For Family Fun

To help families understand their options when it comes to their yards, the OPEI Education and Research Foundation came up with a kid-friendly character named TurfMutt and his sidekicks

called the Outdoor Powers. Created in partnership with Scholastic, Inc., the global chil-dren's publishing, education and media company, TurfMutt is a national educational program for grades & through 5. The program grades K through 5. The program offers fun activities and on online digital storybook for children. It's featured on the websites of the EPA, U.S. Department of Education, U.S. Department of Energy, U.S. Green Building Council's Center for Green Schools, and U.S. Forest Services' Climate Change Live.

#### Learn More

For more information, go to ww.opei.org/stewardship. To see fun ways kids can go green, visit www.TurfMutt.com.

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#### Avoid Gutter Cleaning

(NAPSA)—There's good news, bad news and better news for people who don't like to clean out their gutters.

The good news is, you won't have to if you get any of the more than 40 different versions of gutter covers around.

The bad news is, covered gutters are breeding grounds for mosquitoes and for nesting bees, wasps, even small rodents. Torrential rains can overwhelm the cover causing ground erosion. The covered gutter can increase the chance for damaging winter ice-dams











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Stuffing has been used to accompany chicken and turkey dishes as far back as 4000 B.C. However, "proper" Victorians preferred the word "dressing" to the more vulgar—so they thought—"stuffing."

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### **Coventry Parks and Recreation Department** Easter Egg Hunt at the Guy L. Lefebvre Community Center

1277 Main Street, Coventry

### Saturday, March 19th 9:00am sharp!

Please arrive by 8:45am so your child does not miss their turn. Bring your own basket.

For children ages 10 & younger

This is a FREE event and will be held rain or shine. Prizes will be awarded. Don't miss the chance to pet one of the many live bunnies. Great photo opt with the Easter Bunny.

In the event of rain the Egg Hunt will be held indoors at the Town Gym (across the street from the library).

Girl Scout Troop 653 will be holding a Bake Sale at the Egg Hunt. All proceeds from the Bake Sale will go to the "Coventry/West Warwick Wildcats" team who will be competing in the Special Olympics Summer Games held at the University of Rhode Island

# COVENTRY PUBLIC LIBRARY CALENDAR

Registration for Spring Storytime programs will begin on Monday, March 21 - 9am for Coventry residents. Non-residents may register on Tuesday, March 22 - 9am by phone 822-9102 or Online.

Friday, March 25th, Good Friday, the Library will close at Noon. Sunday, March 27th, Easter Sunday, the Library will be closed.

Tuesday, April 19th at 2pm: DISNEY'S THE GOOD DINOSAUR, (Rated PG) Shown in the Youth Serv. Dept. Free Popcorn. No registration.

Thursday, April 21st: Puppet Show by SPARKY'S PUPPETS "Tales of Sea & Shore". No registration.

Call 822-9102 to Register for Youth Service events Call 822–9103 to to inquire about ESL programming www.coventrylibrary.org



#### EVENING BOOK DISCUSSION AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, will offer a new Evening Book Discussion on the 1st Monday of each month at 6:30PM. "The Art of Fielding" by Charles Harbach will be discussed on April 4. Please call 822-9105 or email Megan at megan@coventrylibrary.org to get a copy of the book. New members welcome!

#### **COVENTRY/WEST GREENWICH LIONS 42ND** ANNUAL PALM SUNDAY PANCAKE BREAKFAST & BAKE SALE

The Coventry/West Greenwich Lions will hold their 42nd Annual Palm Sunday Pancake Breakfast & Bake Sale on March 20 from 8-11AM at VFW Post #9404, 29 South Main Street, Coventry. Buffet consists of eggs, bacon, ham, sausage, pancakes, beans, home fries, juice & coffee. Cost is \$8 per adult, \$4 per child (6-12), children under 6 are guests of the Lions. Be sure to bring your camera because the Easter Bunny will be there. Proceeds to benefit local charities.



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#### ALL YOU CAN EAT CLAM CAKES & CHOWDA!

VFW Post #9404, 29 South Main Street, Coventry, will offer all you can eat Clam Cakes & Chowda on Good Friday, March 25 from 4-7PM. \$10/person. 100% of proceeds benefit local Veterans. Please help assist our heroes. 828-9705.

#### FREE SPANISH CLASSES AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, will offer a 6-week Conversation Spanish for Adult Beginner Series beginning April 19. Adults will learn the basics of Spanish pronunciation and basic conversation for work & travel. Classes meet Tuesdays from 6-7:30PM in the Town Hall Annex building, across from the Library. Classes are free, however, registration is required. For more information and/or to register, call Megan at 822-9105 or email megan@ coventrylibrary.org







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Same Great Service. **Even Greater Savings.**  season?

2. During the 1970s, two N.L. play-ers had a season of at least 30 home runs and at least 30 errors. Name either one

3. Who holds the Big Ten record for most passing touchdowns in a season? 4. When was the last time the Wash-

ington Wizards franchise won at least 50 games in a season?

Ben Bishop set a record in the 2015-16 NHL season for most career wins by a Tampa Bay Lightning goal-tender. Who had held the mark?

6. Who was the first American male skier to win an Olympic downhill gold medal? 7. In 2015, Inbee Park became the

seventh female golfer to win four dif-ferent majors. Name four of the first S1X

#### Answers

Andy Hawkins went 11-0 to start 1985

Cincinnati's Tony Perez (1970) and Atlanta's Davey Johnson (1973).
 Purdue's Drew Brees, who had 39

TD passes in 1998.

4. It was the 1978-79 season, when Washington was 54-28.
5. Nikolai Khabibulin, with 83 vice-

tories

6. Bill Johnson, in 1984

7. Louise Suggs, Mickey Wright, Pat Bradley, Juli Inkster, Karrie Webb and Annika Sorenstam.

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#### CONTRACTORS NEEDED FOR BID LISTS

Qualified Contractors needed for health/safety home repairs for low/moderate income homeowners through the Town of Coventry CDBG Program. These include replacement windows/exterior doors; vinyl siding; roofs; heating systems; lead paint conformance; handicap ramps; septic systems and wells. Bids are mailed to 3 contractors per job with the lowest bid typically being awarded. Payment is made after job is completed and passes inspection.

For further information or application please contact:

Gail Hardink/CDBG Coordinator Coventry Planning Department 1675 Flat River Road, Coventry, RI 02816 ghardink@coventryri.org (401) 822-6246





### **Fire Up The Fun With Extreme Burgers**

(NAPSA)—Nothing says summer like hamburgers and hot dogs sizzling on the grill. In fact, according to the 25th annual Weber GrillWatch Survey, more than 80 percent of grill owners say that burgers are their favorite thing to grill, followed by hot dogs (75 percent).

To celebrate America's love affair with hamburgers, brats and other classic grilled fare, Weber Grills has released "Weber's Big Book of Burgers"—their first cookbook dedicated to fueling America's passion for backyard



Try this Ultimate Backyard Classic from "Weber's Big Book of Burgers." heat, fry the bacon until crisp, 10 to 12 minutes, turning occasionally. Drain on paper towels.

Whisk the mayo ingredients, including ¼ teaspoon salt and ¼ teaspoon pepper. Mash the guacamole ingredients, including ½ teaspoon salt and ¼ teaspoon pepper.

Mix the ground chuck with the Worcestershire sauce, 1 teaspoon salt, ½ teaspoon pepper, the smoked paprika and onion powder, and then gently form eight patties of equal size, each about ½ inch thick and a The Reminder Tuesday, March 15, 2016......Page 19



#### FAMILY COURT JENNIFER HOOPIS D'AMBRA Attorney at Law

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Wed. 3/16	Beef vegetable soup, non breaded veal with mushroom gravy, seasoned spinach, fresh fruit, pumpernickel bread Sandwich: Chicken salad on pumpernickel.
Thurs. 3/17	St Patrick's Day Meal. Split pea soup, corned beef with mustard, seasoned boiled potatoes, cabbage and carrot medley, frosted cupcake, rye bread. Sandwich: Tuna on rye.
Fri. 3/18	St Joseph's Day Meal. Pasta Fagioli, Italian sausage on a roll, seasoned shells, peppers and onions, Spumoni ice cream. Sandwich: Egg salad on a roll

classics.

"This book is truly a start-tofinish guide to throwing the ultimate backyard bash," says New York Times best-selling cookbook author Jamie Purviance. "Each of the 160 recipes features a photo and goes beyond the burger, with fun twists on hot dogs, side dishes and even cocktails."

"Weber's Big Book of Burgers" also explores famous regional favorites in its America the Burgerful section, including Santa Fe, where the green chili cheeseburger rules, to Columbia, South Carolina's own pimento cheeseburger.

An in-depth Sausage and Hot Dog Geography section salutes regional favorites like Classic Chicago-Style Hot Dogs topped with pickled "sport" peppers and neon-green relish, and New York Hot Dogs with Sweet Red Onions.

#### **Extreme Burgers**

Serves: 4 Prep Time: 25 minutes Grilling Time: 6–8 minutes

- 4 slices thick-cut bacon
- ⅓ cup mayonnaise
- 1 teaspoon minced garlic Kosher salt
  - Freshly ground black pepper
- 2 ripe Hass avocados
- 1 tablespoon fresh lime juice 2 teaspoons minced garlic
- 2 pounds ground chuck (80 percent lean)
- 1 tablespoon Worcestershire sauce
- ½ teaspoon smoked paprika
  ½ teaspoon onion powder
  8 thin slices cheddar cheese
  4 hamburger buns, split
  4 leaves Boston lettuce
  1 ripe beefsteak tomato, cut crosswise into 4 slices
  - about <sup>1</sup>/3 inch thick
- In a skillet over medium

little wider than the buns.

Refrigerate the patties until ready to grill. Prepare the grill for direct cooking over medium-high heat (400° to 500° F). Grill the patties over direct medium-high heat, with the lid closed, until cooked to medium doneness (160° F), 6 to 8 minutes, turning once.

During the last 30 seconds to 1 minute of grilling time, place a slice of cheese on each patty to melt, and toast the buns, cut side down, over direct heat.

Build each burger on a bun with garlic mayo, a lettuce leaf, a tomato slice, two patties, as much guacamole as you like, a slice of bacon (torn in half) and more garlic mayo. Serve immediately.

#### Learn More

For more information or to get a copy of "Weber's Big Book of Burgers," visit www.weber.com or www.amazon.com.

- Mon. 3/21 Onion soup with croutons, Salisbury steak with gravy, mashed potatoes, California blend vegetables, peanut butter cookies, wheat bread. Sandwich: Creamy chicken salad.
- Tues. 3/22 Beef Gumbo soup, Italian style chicken cutlet, macaroni and cheese, 3 bean salad, fruit cocktail, white bread. Sandwich: Hot dog on bun with condiments.

#### W. WARWICK SENIOR CENTER • 822-4450 145 WASHINGTON ST., WEST WARWICK • RESERVATIONS CALL: DONATION \$3.00

- Wed. 3/16 Caesar salad, meatball grinder, roasted sweet potato, pasta salad, dessert. Sandwich: Tuna salad sandwich with chips.
- Thurs. 3/17 St Patrick's Day Meal. Potato & leek soup, corned beef with cabbage, carrots and potatoes, Irish soda bread, dessert.
- Fri. 3/18 St Joseph's Day Meal. Minestrone soup, Shrimp Scampi, rice pilaf, green bean Almondine, Zeppole. Option: Chicken salad sandwich with chips.
- Mon. 3/21 Cream of mushroom soup, pepper steak, egg noodles, broccoli, dessert. Option: Egg salad sandwich with chips.
- Tues. 3/22 Fruit salad, orange juice, scrambled eggs, bacon and sausage, home fries, French toast with syrup.

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#### **COVENTRY/WEST GREENWICH ELKS** EASTER PARTY

The Coventry/West Greenwich Elks Lodge, 42 Nooseneck Hill Road, Coventry, will hold their Easter Party on March 19 from 9AM-2PM. The Easter Bunny will be there, so bring your camera and get lots of pictures. Also enjoy breakfast, Easter Egg coloring, decorate your own cupcakes, looking for eggs and more. Donations welcome. Please sign-up by March 16 by calling Bonnie at 578-5941 or 397-3700 after 4PM. Proceeds benefit Elks Charities.

#### **1ST ANNUAL COMEDY DINNER SHOW**

Major Sullivan Ballou Camp #3 SUVCW & American Civil War Ancestor will sponsor their 1st Annual Comedy Dinner Show on April 30. Dinner tickets, Comedy Show tickets or combined Dinner & Comedy Show tickets may be purchased to support this fundraiser which benefits the cemetery restoration work we do in RI & to place a memorial to your RI Veterans of the American Civil War who did not come home. Please go to acwancestor.org/fundraiser.htm to purchase tickets, donate to the cause or to get more information. Thank you!

#### STORY PROGRAMS AT COVENTRY PUBLIC LIBRARY

The Coventry Public Library, 1672 Flat River Road, will begin Registration for Spring Story Programs on March 21 for Coventry Residents and March 22 for non-residents. Rock & Read for ages birth- 23 months on Monday mornings. Tales for Twos for two-year-olds on Wednesdays at 9:30AM & 10:45AM. Storytimes for 3-8-year olds on Thursdays at 10AM & 1:30PM and Fridays at 10AM. Call 822-9102 for more information and/or to register. Space is limited.

#### **COMPUTER CLASSES** AT COVENTRY PUBLIC LIBRARY

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

#### WESTMINSTER UNITARIAN CHURCH **USED CLOTHING SALE**

Westminster Unitarian Church, 119 Kenyon Avenue, East Greenwich, will hold a Used Clothing Sale on Friday, April 1 from 9AM-1PM & Saturday, April 2 from 9AM-12PM. Sale features men's, women's & children's clothes, linens, jewelry & more. Saturday sale feature, \$5/bag!



Shirley Temple Mug

• I purchased a Shirley Temple • cobalt mug in a shop for \$20. When I got it home it looked too new to be from the 1930s, so I took it back and was refused a refund. -Don, Salt Lake City, Utah

• The market is flooded with fake A: Shirley Temple mugs, so buyers have to do their homework and educate themselves about reproductions

Carlyle, \$75; Horace Greeley, \$75; Mark Twain, \$300; and George Ber-nard Shaw, \$150. Some of his more obscure personalities generally sell in the \$35-\$50 range.

One of the better collections of "Spy" prints is at the Philadelphia Print Shop Ltd., 8441 Germantown Ave., Philadelphia, PA 19118; and philaprint@ philaprintshop.com. To check inventory and current prices, visit www.philaprintshop.com/vanfair.html.

For Effective Advertising Call 821-2216



THE FINAL DAY OF VOTER REGISTRATION FOR THE PRESIDENTIAL PREFERENCE PRIMARY IF YOU ARE NOT ALREADY REGISTERED TO VOTE, WILL BE, SUNDAY, MARCH 27, 2016 -1:00PM -5:00PM In the Coventry Police Station - 1075 Main Street

Voter registrations, name and address changes may be done at this time. You must be a registered voter in the town of Coventry by March 27, 2016 in order to vote in the Presidential Primary FINAL CANVASS NOTICE NOTICE IS HEREBY GIVEN THAT THE BOARD OF CANVASSERS & REGISTRATION OF THE TOWN OF COVENTRY WILL MEET IN THE TOWN HALL IN AND FOR SAID TOWN, ON MARCH 31, 2016 AT 9:30AM TO CANVASS THE VOTING LIST FOR THE PRESIDENTIAL PREFERENCE PRIMARY TO BE HELD ON TUESDAY, APRIL 26, 2016 BY ORDER OF THE BOARD OF CANVASSERS AND REGISTRATION.

> Frank J. Perry Jr. Willam F. Marcotte Julie A. Stefanik

Coventry Board of Canvassers & Registration 822-9150





The modern violin has been around for roughly 500 years. It was designed in the 1500s, some say by Andrea Amati, an Italian lute maker.



### NOTICE

#### CENTRAL COVENTRY FIRE DISTRICT MEETING

Pursuant to the Charter of the Central Coventry Fire District ("District"), 2nd half of the District's Financial Meeting will be held on Thursday, March 24, 2016 beginning at 7:00 P.M. at the Coventry High School Auditorium for the purposes of: (1) presenting 2nd half of FY 2015-2016 budget, any other business that may be legally done at said meeting. Standing Vote will follow special meeting.

Leslie Jacobo, District Clerk

and fakes. One tip-off concerning your transaction was the price. Most Shirley Temple mugs, authentic ones, sell in the \$35-\$50 range. Twenty dollars was a little too good to be true. When making a purchase, ask the dealer if a refund is possible if you decide you are unhappy with the merchandise. If he or she says no, walk away.

• I have two framed prints, one •identified as being a drawing of Richard Owen, 1804-1892, and the other Sir William Crookes, 1832-1919. Both are signed "Spy." What are these prints, and are they worth anything? - Connie, Mesa, Arizona

Leslie Matthew Ward was a A. Victorian-era British portrait and caricaturist who signed his work "Spy." He drew 1,325 cartoons for Vanity Fair magazine between 1873 and 1911. His autobiography, "Forty Years of Spy," was published in 1915. His work is, indeed, collectible. Typical prices are caricatures of Thomas

**Q**•I purchased a Victor Victro-la at an auction that requires steel needles. My problem is that I can't find any in my area. Can you help me? — Hubert, Sun City West, Arizona

• The Needle Doctor has a cure A. for your problem with one of the largest inventories of needles and styluses in the country for both windup machines and phonographs of a more recent vintage. His steel needles come in packets of 25 for \$6 plus postage. Contact is Brian at 6006 Excelsior Blvd., St. Louis Park, MN 55416; info@needledoctor.com; and 800-229-0644.

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

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**Apartment for Rent** 

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Coventry: New Listing!! Character abounds in this 5 bed, 2 bath colonial, 2 FPs, wood floors, enclosed porch, garage,

Coventry: New Listing!! 2 bed, 2 bath mobile, hardwoods, newer appliances, storage shed, \$39,999

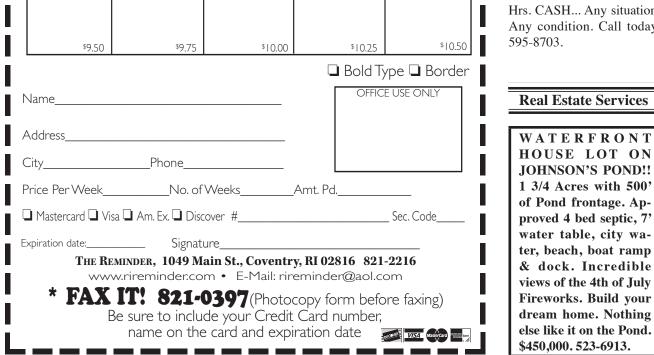
Warwick: New Listing!! Spacious 3 bed, 2 bath ranch, possible in-law, updated windows, garage, large yard, \$209,900

Providence: New Listing!! Nice 3 bed, 2 full bath colonial cape, eat-in kitchen, dining room, shed, good area, \$139,900

Coventry: Oak Haven, updated 3 bed ranch, hardwoods, new kitchen & roof, finished lower, garage, landscaped, **\$245,000** 

West Greenwich: Unbelievable VIEW OF THE BAY, 64 acres of pristine land, WG/EG line + raised ranch, possible 25 house





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Announce their 1st Annual Comedy Dinner Show to be held at The Coventry PNA on 30 April 2016

This is a fundraiser to support our Cemetery Restoration work in Kent County and to place a memorial at the RI Vets Cemetery in Exeter for our Rhode Island Civil War Veterans who gave their all for our country.

> For more details please use the QR code or go to www.acwancestor.org/fundraiser.htm

This is your chance to help restore vandalized cemeteries and bring MIAs home.

#### intercessor of all who invoke this special patronage in time of need. To

you I have recourse from the depth of my heart and humbly beg you to whom God has given such great power to come to my assistance Help me in my present and urgent petition. In return, I promise to make your name known and cause you to be invoked. Say three Our Fathers three Hail Marys and three Glory Be's Publication must be promised. St Jude pray for us and all who invoke your aid Amen. This novena has never beer known to fail. It helped me. Thank you St. Jude for answering my prayers. RSTP

Thanksgiving Novena to

ST. IUDE

O Holy St. Jude Apostle and Martyr, great in virtue and rich in miracles

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(NAPSA)-Canola oil is light in color and taste, a good source of omega-3 fats, has no trans fat and can be used in any recipe from



appetizers to desserts. For sensa tional recipes from the Northern Canola Growers Association, visit www.northerncanola.com

#### Comfort foods Made fast and healthy

by Healthy Exchanges

Winter Strawberry-Rhubarb Supreme

- Don't let the name fool you will get you thinking spring! - this
- cups chopped frozen rhubarb, thawed cup hot water cup Splenda Granular
- (4-serving) packages Jell-O sugar-free strawberry gelati (8-ounce) can crushe
- pineapple, packed in fruit juice, undrained cups frozen unsweetened strawberries, thawed, coarsely
- chopped and undrained (8-ounce) package Philadelphia fat-free cream cheese
- teaspoon coconut extract cup Cool Whip Lite tablespoons flaked coconut 1/2

1. In a large saucepan, combine rhu-barb, hot water and 1/2 cup Splenda Cover and cook on medium heat for 6

Cover and cook on medium heat tor 6 to 8 minutes or until rhubarb softens. Remove from heat. 2. Add dry gelatin. Mix well to dis-solve gelatin. Stir in undrained pine-apple. Add undrained strawberries. Mix well to combine. Pour mixture into an 8-by-8-inch dish. Refrigerate until firm about 3 hours.

into an 8-by-8-inch dish. Refrigerate until firm, about 3 hours. 3. In a small bowl, stir cream cheese with a sturdy spoon until soft. Add remaining 1/4 cup Splenda and coco-nut extract. Mix well to combine. Fold in Cool Whip Lite. Spread top-ping mixture evenly over set filling. Evenly sprinkle coconut over top. 4. Pacificareta for at laset 20 min 4. Refrigerate for at least 30 min

For Effective Advertising Call 821-2216

#### **SLOCUM GRANGE SPAGHETTI & MEATBALL SUPPER**

Slocum Grange, 96 Slocum Road, North Kingstown will hold a Spaghetti & Meatball Supper on April 2 at 5:30PM. Menu includes tossed salad, spaghetti & meatballs, Italian bread, beverage & homemade pie for dessert, all served Family Style. Adults \$9, children (5-10) \$5, under 5 are guests of the Grange. Call Carol at 294-2989 for reservations.

#### FOSTER PARENTING INFORMATIONAL **OPEN HOUSE**

An Informational Open House for anyone interested in learning about Foster Parenting will be held on March 16 from 5-6PM at Family Service of RI, 134 Thurbers Avenue, Providence. Foster parents receive tax-free dollars to support the placement, free medical coverage for the child and a clothing allowance, along with 24/7 support. LGBTQQI-welcoming Call 331-1350, Ext. 3305, email wrightgr@familyserviceri. org or visit familyserviceri.org for more information.

#### SWINGING SQUARES OF RI MONTHLY SQUARE DANCE

The Swinging Squares will host a Dance (Class Level Mainstream & Plus) on March 19, from 8-10:30PM at the East Smithfield Neighborhood Center, 7 Esmond Street in Smithfield. Cost is \$7/person. Call Lynne at 1-508-852-7164 for more information.

#### **COVENTRY PUBLIC LIBRARY PRESENTS...**

Coventry Public Library, 1672 Flat River Road, Coventry, welcomes Dr. Stanley Carpenter, Professor of Military History at the Naval War College, as he presents a series of talks on American wars from the Revolution to the Pacific Theater of World War II. Dr. Carpenter will speak on World War II, European Theater on March 21 at 7PM. All presentations will take place in the Town Hall Annex Auditorium, 1675 Flat River Road (across from the Library). To register for this event or for more information, call Jane at 822-9104 or email js@coventrylibrary.org

#### **KNITTING CIRCLE** AT GREENE PUBLIC LIBRARY

"Purls of Wisdom", Greene Public Library's Knitting Circle meets every Tuesday at 6PM at the Library, 179 Hopkins Hollow Road, Greene. Come and knit by the fire with friends. New members are always welcome. Call 397-3873 for information.

#### WEST WARWICK PUBLIC SCHOOL **MENTORS NEEDED**

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

#### MARCH CHILDREN'S PROGRAMS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope is offering the following Programs: Drop-In Craft! on March 9 & 23 from 3-5PM. Shadow Puppets with Ms. Jeanne! (Grades 1-5) on March 16 from 4-5PM. Come learn how to make your own shadow puppets and have fun with puppet play. Pajama Time on March 17 & 31 from 6:30-7:15PM. Wear your PJ's for stories, craft & a bedtime snack! LEGO Club (Ages 4 & up) on March 19 from 10-11AM. Afternoon Art! (Grades K-5) on March 25 from 2-3:30PM. CD Spinners with Ms. Jeanne (Grades 1-5) on March 30 from 4-5PM. Make a spinning top using a CD decorated with your own colored design. Registration required for all Programs, except Drop-In Crafts & LEGO Club, by calling 821-7910.

#### MARCH STORY PROGRAMS AT HOPE LIBRARY

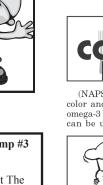
Hope Library, 374 North Road, Hope is offering the following Programs: Book Babies! for ages birth-24 months and their caregivers, on March 11, 18 & 25 at 10:30AM (20 minute program). Time for Two's for children age 2 & a caregiver

**Currently Advertising or Interested in Advertising?** 

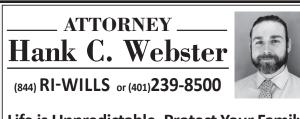
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THE REMINDER 1049 Main Street, Coventry, RI 02816	<ul> <li>tites. Cut into 8 servings.</li> <li>Each serving equals: 97 calories, 1g fat, 6g protein, 16g carb., 229mg sodium, 160mg calcium, 2g fiber; Diabetic Exchanges: 1/2 Meat, 1/2 Fruit, 1/2 Carb; Carb Choices: 1.</li> <li>© 2016 King Features Synd., Inc.</li> </ul>	on March 11, 18 & 25 at 11:15AM (30 minute program). <b>Pre-</b> school Story Hour for children ages 3-5 years on March 14, 21 & 28 at 10:30AM and March 10, 17, 24 & 31 at 2PM. To register for programs or for more information, call 821-7910.
Mail to or drop off your completed form to         The Reminder, 1049 Main Street, Coventry, RI 02816         by 03/31/16 for a chance to win a         FULL COLOR DISPLAY AD.         Name/Business         Address         City/State/Zip         Email         Phone         No purchase necessary to enter to win.         One prize winner will be drawn at random from all eligible entries on 04/01/16		Shop Local and



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Painting is easy when you don't know how but very difficult when you do. -Edgar Degas \*\*\*

#### RICE CITY CHURCH MAUNDY THURSDAY POTLUCK SUPPER

Rice City Church, Vaughn Hollow Road (off Plainfield Pike - Rte. 14), Western Coventry, will hold a Maundy Thursday Fellowship Meal (Potluck Supper) on March 24 at 6PM. Please sign up for an entree, side dish or dessert. The meal will be followed by a Maundy Thursday Communion & Tenebrae Service at 7PM.

#### GOOD FRIDAY SERVICE

Foster Clergy Association will hold a Good Friday Service of the Passion of Christ, hosted by Holy Mother of God Orthodox Catholic Church on March 25 at the Mt. Vernon Church or Parish House (parsonage).

#### **COVENTRY HIGH SCHOOL CLASS OF 1971 45TH REUNION**

Coventry High School Class of 1971 will hold its 45th Year Reunion on Saturday, October 8, 2016. The Reunion will be held at the West Valley Inn. Please contact us at CoventryHSReunion@gmail.com if you are interested in serving on the committee or attending the reunion. We are also actively searching for our classmatesí email or mailing addresses. Please forward contact information for yourself and information about how to be in touch with other classmates you have stayed in touch with to the email address above.

#### EASTER HAM RAFFLE

Sgts. David Langevin & Armand Boudreau Veterans of Foreign Wars Post 449, 197 Providence Street, West Warwick, will hold an Easter Ham Raffle on March 19 beginning at 7PM. Admission is free and refreshments will be served. There will be many prizes of Easter Hams, Easter Baskets, Food Products, Household Goods, Gift Certificates and more. All are invited. Call 828-9715 for information

#### **RICHMOND GRANGE CORNED BEEF & CABBAGE DINNER**

A traditional Corned Beef & Cabbage Dinner (served with Johnny Cakes & homemade dessert) will be held at the Richmond Grange Hall, 690 Usquepaug Road (Rte. 138) in West Kingston on March 19 at 6PM. Please call 782-4005 for reservations.

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1. MEASUREMENTS: How fast do you have to travel to break the sound barrier?

2. FOOD & DRINK: What food is also known as a groundnut?

3. MOVIES: What film ended with the words "the horror ... the horror"?

4. QUOTATIONS: What 20th-cen-

The Reminder Tuesday, March 15, 2016.....Page 23



### We put members first in **Coventry.**

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\*\*\* With ordinary talent and extraordinary perseverance, all things

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-Thomas Fowell Buxton

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tury actor once said, "Courage is being scared to death but saddling up anyway

5. MEDICAL: What is the medical symptom called dyspnea?

6. SCIENCE: What is the study of blood called?

7. GEOGRAPHY: What is the predominant language of Australia? 8. TELEVISION: Who was Sonny Crockett's partner in "Miami Vice"?

9. U.S. STATES: How many U.S. states border Mexico?

10. LANGUAGE: What is the longest English word composed only of vowels?

#### Answers

1. About 770 mph 2. Peanut 3. "Apocalvse Now" 4. John Wavne 5. Shortness of breath 6. Hematology 7. English 8. Ricardo "Rico" Tubbs 9. Four: California, Arizona, New Mexico and Texas 10. Euouae, a musical cadence © 2016 King Features Synd., Inc

One of the greatest benefits of the Electrical Union is the ability for our members to retire with dignity. Retirement of our well seasoned members provides fantastic opportunities for Electricians of Foreman and General Foreman qualifications. If you are an un-represented "lead" electrician, then we should be talking about your future.

We are also always looking for **Quality Open Shop Electrical** Contractors looking to grow with us. It does not matter if you have just 1 electrician or 1000, we have opportunities for everyone!

The IBEW has been successfully training crews for our contractors since Edison and Tesla were young men. For 125 years our signatory contractors have come to the IBEW to hire the highest quality electricians in the industry. We continue today, working in a mutually beneficial partnership with our contractors to offer the best value in the industry to our valued customers.

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Page 24......The Reminder Tuesday, March 15, 2016







MARCH 16, 1925 MOM ~ NANA

It's your birthday and we miss you so much. You were our best friend. Someone to talk to. Someone to laugh with and cry with. Now all we have is sweet memories of you that we will never forget.

Happy Birthday Mom! Your Children & Grandchildren

Novena to St. Jude May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the whole world, now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles, pray for us. St. Jude helper of the hopeless pray for us. Mai

Publication must be promised.

NORTHEAST POST & BEAM: Specializing in barns & garages. Built out of native lumber from a local sawmill. Now booking for Spring construction. Buy local! Chris, 258-9752. northeastpostandbeam.com





The Great Sphinx of Egypt was built to face the sunrise on the vernal or spring equinox.

#### Steps To Keep Your Child Alcohol-Free This Summer

(NAPSA)—Summertime can bring a flurry of social activities for children and teens. Now that school is out, invitations to attend picnics, parties, sleepovers and other events with their friends may be pouring in. And with them comes a greater risk for underage drinking, as alcohol is often present at these events.

First-time alcohol use among kids increases between the months of May and July. However, you don't need to stop your kids from participating in summer events to keep them from drinking. Parents have the power to prevent their children from drinking alcohol—even more than they may realize.

The Dangers of Underage Drinking

Underage drinking is a serious problem in the United States, and often starts much earlier than most parents realize:

• 10 percent of 9- to 10-year-olds have already started drinking.

•More than 20 percent of underage drinkers begin drinking before age 13.

•92 percent of the alcohol consumed by 12- to 14-year-olds is in the form of binge drinking.

Studies show that children who use alcohol:

• Have higher rates of academic problems and poor school performance compared with nondrinkers;

•Are more likely to be sexually active at earlier ages, to have sexual intercourse more often and to have unprotected sex; and

•Are more likely to have health issues such as depression and anxiety disorders.

Moreover, children who are frequent binge drinkers (nearly 1 million high school students nationwide) are more likely to engage in risky behaviors, including using other drugs such as marijuana and cocaine.

So What Can Parents Do? Studies show that parents have a significant influence on underage drinking. Many children identify their parents as the leading factor in their decision to drink or not to drink. Here are three steps parents can take to prevent their kids from drinking alcohol:

1. Serve as a positive role model for your child. Do not drink excessive amounts of alcohol. Do not drink and drive. If you suffer from alcohol-related problems, seek professional help.

KO



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dition. Buyer must move.

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Parents can keep their kids from drinking alcohol.

2. Monitor your child for signs that may indicate involvement in underage drinking. These signs may include:

• Switching friends, along with a reluctance to let you get to know their new friends.

• Rebelling against family rules, • A lack of involvement in their former interests,

• Changes in mood, defensiveness, or a "nothing matters" attitude,

• Lapses in memory, • Bloodshot eyes,

•Lack of coordination, and

• Slurred speech. 3. Last, but not least, talk to your child about drinking. A recent study found that 80 percent of children believe their parents should have a say in whether they drink alcohol. Parents who do not talk to their child about underage drinking may indirectly influence their child's decision.

To help parents start the conversation about underage drinking, download the Talk. They Hear You. app, developed by the Substance Abuse and Mental Health Services Administration (SAMHSA). The interactive app prepares parents to practice talking to their kids about the risks associated with drinking alcohol. It includes questions to ask and ideas for keeping the conversation going. The free app is available for download on iTunes, Google Play, the Windows Store and the Windows Phone Store. Having a conversation with your child about alcohol may be one of the most important conversations you ever

#### Learn More

For more resources on preventing underage drinking, and to download the app, visit SAMHSA's Talk. They Hear You. website at http://www.samhsa. gov/underage-drinking.

For Effective Advertising Call 821-2216

#### AARP CHAPTER 2210 COVERED BRIDGES TRIP

AARP 2210 is sponsoring a Covered Bridges Trip on April 28. The trip includes motorcoach transportation by Conway Tours, tour & tastings at Smith Country Cheese, lunch at the Inn at East Hill Farm & Covered Bridges Tour of the Monadnock Region, NH. Cost is \$76/person. Call Maureen at 828-5188 or Patricia at 821-3733 for reservations or for more information.

#### AARP CHAPTER 2210 MAGIC WINGS & THE BRIDGE OF FLOWERS TRIP

AARP 2210 is sponsoring a trip to the Magic Wings Butterfly Conservatory & Gardens in South Deerfield, MA and the Bridge of Flowers in Shelburne Falls, MA on May 18. The trip includes motorcoach transportation by Conway Tours, admission & tour of the Conservatory & Gardens and a visit to the Bridge of Flowers. Cost is \$74/person. Call Maureen at 828-5188 or Patricia at 821-3733 for reservations or for more information.

#### WINTER STORYTIMES AT WEST WARWICK PUBLIC LIBRARY

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

#### COVENTRY PUBLIC LIBRARY PRESENTS...

Coventry Public Library, 1672 Flat River Road, Coventry, welcomes Dr. Stanley Carpenter, Professor of Military History at the Naval War College, as he presents a series of talks on American wars from the Revolution to the Pacific Theater of World War II. Dr. Carpenter will speak on World War II, Pacific Theater on March 28 at 7PM. All presentations will take place in the Town Hall Annex Auditorium, 1675 Flat River Road (across from the Library). To register for this event or for more information, call Jane at 822-9104 or email js@coventrylibrary.org

#### FREE INCOME TAX HELP FROM AARP

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

#### LITERACY VOLUNTEER TUTOR TRAINING

You can make a difference in someone's life by giving the gift of literacy. By giving just a few hours per week, you can help develop a stronger community while helping your neighbors improve their skills. Literacy Volunteers of Kent County has adult students excited to learn English as a Second Language or Basic Literacy who are awaiting a tutor. The next Tutor Training Session begins on Thursday April 7. If you are over 18 and a Kent County resident, please call 822-9103 or email for more information. You'll have the fulfillment of knowing that you're not only aiding individuals, but also building a stronger, more successful community.

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For a tasty turkey, try frying it in peanut oil. Visit www.turkey frying.net to view recipes from celebrity chefs, instructional videos, and nutritional information on deep-frying in peanut oil.

#### WEST WARWICK PUBLIC LIBRARY OUTREACH PROGRAM

The West Warwick Public Library is offering free home delivery of Library material to the elderly & disabled. This Outreach Program brings Library materials (books, movies, music, etc.) to the elderly or disabled, as well as anyone who is homebound. The Program is free and patrons are accepted all year round. For more information, contact Anne at 828-3750, Ext. 11 or email acapezza@wwlibrary.org

#### **PROJECT LINUS**

Project Linus is a national, all volunteer, non-profit organization which brings comfort to seriously ill children in local hospitals through gifts of new, handmade security blankets! If you have blankets you have hand-crafted or donations of new fabric, yarn, etc. to donate, please drop them off at "The Reminder" Office, 1049 Main Street, Coventry. "The Reminder" is open Monday-Friday from 8:30AM-5PM and is the local drop off location for Project Linus donations. For more information, please call "The Reminder" at 821-2216.



#### SPRING/EASTER BAZAAR

The Pet Refuge, a non-profit No-Kill Animal Shelter will hold their Easter Bazaar on March 19 from 9AM-3PM at the Cold Spring Community Center, Beach Street, Wickford. Lots of great Easter items. Easter baskets, gift items, white elephants, baked goods, etc. will be available for purchase. Raffles & Silent Auction with lots of wonderful items will also be held. Lunch & refreshments will be available. Call 294-1115 for more information.



Fish can get seasick.

SOFA & (2) Rocker Recliners: Light green leather. OBO. 828-0285.

LA-Z-BOY SLEEPER

D's Walk-In Closet HAS **MOVED! NOW OPEN** at 820 Tiogue Avenue (across from Tom's Market), Coventry. Fabulous fashions & accessories at a FRAC-**TION of RETAIL. Sizes** zero to plus. Spring & Easter Inventory now arriving daily. WIN-TER CLEARANCE 50%-75% off. Tuesday-Saturday 10AM-5PM, Thursday till 6PM. 821-2100. AVON products & Brochures also available!

CRAFT FAIR: Coventry Community Center, Paine Filed, Route #117. April 30. 10 AM to 3 PM. Table will cost \$25, supply your own. The event will be held indoors and outdoors (first come, first serve for indoors. Food available. Proceeds benefit Celebrating Coventry's 275th Anniversary. If interested please contact Sandy, 821-2444 or email me at: slukowicz@ verizon.net.

The Reminder Tuesday, March 15, 2016......Page 25



#### FISH HILL ROAD ROAD CLOSURE DUE TO CONSTRUCTION

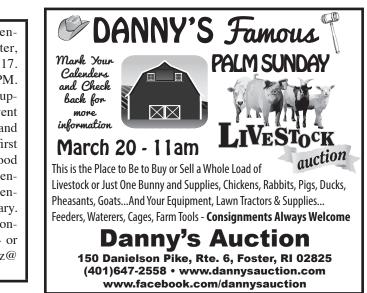
This is necessary to perform the work required for the Bear Brook Culvert Restoration.

A section of Fish Hill Road will be closed from approximately Hse #490 to Harkney Hill Road intersection. The road will be closed starting on March 21, 2016 and it will remained closed for 2-3 weeks. Please follow the detour and use Weaver Hill Road to Fish Hill Road.

Your cooperation is greatly appreciated.

If you have any questions please call 401-737-1300 (ask for Justin, Ext. 132) Thank you for your patience.

D'AMBRA CONSTRUCTION COMPANY, INC



## RUN YOUR AD ON TV

and people will head for the

bathroom

Run Your Ad In **THE REMINDER** and they'll bring



MOVING SALE: 303 John Franklin Road, Hope. March 19. 10 AM to 2 PM. Furniture, tools, household items.

60 CARRS POND ROAD, West Greenwich. Saturday, March 19 7:30 AM to 1 PM, weather permitting. Antiques, military, old toys, games, dollhouse. Billard standard weight set, Railroad crossing sign, fire, Christmas, etc. All old. Rain date April 9.



HOW CAN

YOU GET

HUNDREDS

A YARD SALE is a great way to get people to pay you to move all the items you no longer want!

An ad in **THE REMINPER** is a great way to get yard sale shoppers to your address.



	\$8.25	\$8.50	\$8.75	\$9.00	\$9.25					
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	THE REMINDER, PO Box 33, Coventry, RI 02816 · 821-2216									
			ail: rireminder@aol							
	<b>FAX IT: 821-0397</b> (Photocopy form before faxing) Be sure to include your Credit Card number, name on the card and expiration date									

## it with them.



1049 Main Street, Coventry • 821-2216 www.rireminder.com



# Entertainment





Home Made Belgian Waffles, Eggs, Potatoes, Bacon, Corned Beef Hash, Fresh Prepared Omelets, Cereals, Yogurts, Bakery Treats, Fresh Fruit & more!

#### For the lunch lovers

A Carving Station {Baked Ham & Steamship Round}, Our Famous West Valley Inn's Chicken Soup, Cod Casserole, Meatballs, Chicken in Wine, Potatoes, Rice Pilaf, Penne Pasta, Salads

#### A Dessert Station

Cakes, Cookies, Pastries. Coffee served throughout your meal Brunch: Adults \$28 - Children [5 to 10] \$13.00 Children 4 and under free

18% service charge and 8% sales tax will be added to all parties. Deposits required when making a reservation

#### **Family Style Dinner served from** [12pm to 5pm]\*

Enjoy a full course ALL YOU CAN EAT Complete Meal. Family Style Dinner with Soup • Penne Pasta Salad • Roasted Chicken • Baked Ham



GREENS FEES FOR 2016: Juniors & Seniors (Age 60+) now just \$6. Adults \$10. RI Children's Golf Course at Washington Village. Now until April 1: Play all day for \$5 (all ages). Driving Range Open!

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





ARIES (March 21 to April 19) The week promises a calmer aspect. Although there might be some lingering effects of a recent job problem, things should continue to ease up. Also expect a change in a home-based situation.

TAURUS (April 20 to May 20) If you feel uneasy about a colleague's suggestion, it might be that your wise inner Taurean guide is alerting you to a potential problem. Stepping away could turn out to be the right thing to do. GEMINI (May 21 to June 20) A family get-together opens up new

opportunities for renewing ties. It can be especially effective in dealing with disagreements that should have been, but never were, fully resolved. CANCER (June 21 to July 22) You

might be surprised at the response you get to a recent decision. You might be even more surprised by the reasons behind it. In any event, you'll learn something important.

LEO (July 23 to August 22) Your aspects favor resolving any tensions left over from a recent incident. You might want to consider having a "clear the air" talk as soon as you can. A call can lead to a change of plans.

VIRGO (August 23 to September 22) Avoid repeating yourself. If your first few efforts fail to connect, maybe it's because you haven't found the right way to get your message across. Try changing your approach.

LIBRA (September 23 to October 22) Good intentions plus a strong resolve to succeed can take you where vou want to go. Don't give up just because someone suggests you might be pursuing an impossible cause.

SCORPIO (October 23 to November 21) An unexpected setback can be a blessing in disguise. Use it to recheck your facts and how you've presented them. Meanwhile, look for ways to expand your contacts.

SAGITTARIUS (November 22 to December 21) You should finally be seeing a positive change in a recent personal situation. However, an on-the-job matter might need more attention than you realized. Stay with

CAPRICORN (December 22 to January 19) While you should be close to completing an important matter, you still need to focus on being focused. But things ease up in time for weekend fun with family and friends.

AQUARIUS (January 20 to February 18) A certain matter might take an unexpected turn. Don't simply accept it; ask for an explanation. What you learn might be helpful in shifting the situation around to your benefit.

PISCES (February 19 to March 20) Projecting a positive attitude helps restore calm even when you're confronting some pretty stormy situations. Stay the course. The outcome will be well worth your efforts.

BORN THIS WEEK: While you enjoy tradition and stability, you also appreciate the good things that change can bring.

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Mashed Potatoes & Vegetables

#### Family Style Dinner: Adults \$21 -Children [5 to 10] \$12 - Children 4 and under free

18% service charge and 8% sales tax will be added to all parties. Deposits required when making a reservation

Check out our Easter Dinners to Go:

Including Complete Ham and Prime Rib Dinners. (see westvalleyinn.com for detailed information.)

#### And Don't Forget West Valley can also cater your dinner.

Lastly, Don't forget Soup & Sauce and So Much More offering weekly specials! {Fish & Chips & Chowder on Fridays only} Soup and Sauce Hours: Wednesday, Thursday, Fridays 11 am to 7pm Saturdays 10am to 6pm; Sundays 8am to 6pm \* Sorry No 3pm Reservations Like Us On Facebook @ westvalleyinn.com



### **Did You Know?**

(NAPSA)—By adopting a pet from a rescue shelter, you can be a part of PetSmart Charities' mission to end pet homelessness in a generation. For more information, go to www.petsmartcharities.org.

IDShield monitors your identity and will spend up to \$5 mil-lion to restore victims' identities to pre-theft status. Learn more at www.IDShield.com.

\* \* \* Generac Power Systems offers a broad range of backup power solutions, from portable generators to automatic home backup power systems to commercial and industrial generators that, in the long term, could save millions and provide peace of mind. Learn more at www.generac.com.

\*\*\* Kiehl's Powerful-Strength Line-Reducing Concentrate is 10.5 percent vitamin C, a formula proven to reveal improved skin texture and radiance. Kiehl's Pow-erful-Strength Line-Reducing Eye-Brightening Concentrate offers similar benefits to the deli-



cate eye area. Learn more at www.kiehls.com/pslrc

Since 2012, the Verizon Foundation has awarded cash grants to 58 winning teams in the Verizon Innovative App Challenge. To learn more and enter the challenge, visit verizon.com/AppChallenge.

To help inform consumers about the factors that determine the price of meat, CME Group has released "Risk on the Ranch," a video using a combination of live action and animation to explain concisely and clearly what determines food prices. It is available at www.futuresfundamentals.com.

#### \*(All plus 18% gratuity and 8% sales tax)

Enjoy family and friends at RI's finest family style restaurant, West Valley Inn Special St. Patrick's Family Style Dinner!

Visit our Soup and Sauce at West Valley Inn for single serving Combo Plate of Corn Beef, Cabbage, Potatoes, Carrots, and Beets for \$10.25!

#### Get more Selections of food than anywhere around!

## Call for your reservation at 401-822-2834







dining-room table with a white lace cloth. (She collects hers at tag sales.) Then place cups, saucers, spoons and

page son's Fabulous Funstuff for Families.

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local Veterans. Please help assist our heroes. 828-9705

**Providence Street, West** Warwick. Call 828-9715 after 3PM.









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### **FREE CONSULTATIONS**

1500 Nooseneck Hill Rd., Coventry, RI 02816 Phone (401)823-9200 • Fax (401)823-9278 Visit Our Website at www.itwlaw.com

### **Advertisers & Parents:**

Are you planning to support a local school or team program? Did you know that the Reminder can create a booster ad for your Business? And parents, we can put together a "shout out" for your child for booster books, yearbooks, etc.







On March 22, 1765, to raise funds to pay off debts and defend the new American territories won from the French, the British government passes the Stamp Act. It levied a tax on all materials printed in the colonies, from newspapers and pamphlets to playing cards and even dice.

• On March 25, 1911, the Triangle Shirtwaist Company factory in New York City burns down, killing 145 workers. Owners had refused to install sprinkler systems and take other safety measures in case they needed to burn down the shop to collect fire insurance, a not uncommon practice at the

• On March 23, 1937, Craig Breed love, the first person to reach land speeds of up to 600 mph in a jet-powered vehicle, is born. He designed a three-wheeled, rocket-shaped vehi-cle powered by a surplus military jet engine and dubbed it the Spirit of America.

• On March 27, 1945, Nazi Germany launches its last V-2 long-range rock-ets, killing 162 civilians in England and Belgium. The V-2 could carry a 2,000-pound warhead and became the precursor of the ICBM of the postwar era.

· On March 26, 1953, American medical researcher Dr. Jonas Salk announces that he has successfully tested a vaccine against the virus that causes polio. In 1952 — an epidemic year for the crippling disease — there were 58,000 new cases reported in the U.S.

• On March 21, 1965, in the name of black voting rights, 3,200 civil-rights demonstrators, led by Martin Luther King Jr., begin a historic 54-mile march from Selma, Alabama, to the state capitol at Montgomery.

On March 24, 1989, the worst oil spill in U.S. territory begins when the supertanker Exxon Valdez runs aground on a reef in Alaska's remote Prince William Sound. An estimated 11 million gallons of oil was released and eventually covered 1,300 miles of

Classes now

enrolling for

April 2016!



1,500 Gallons	\$24
2,000 Gallons	
www.FriendlySeptic.co	
	••••

COVENTRY ANIMAL SHELTER has many pets available for adoption that need good homes. Call 822-9106 for more information.

BACKHOE SERVICE FOR HIRE: Foundations & House Lots, Additions, Septic System - Design & Construction, Septic Repair & Dry Wells, Utilities, Sewer, Water Lines, Stump Removal. Lic/ Ins. 397-3136.

\$\$\$ CASH \$\$\$ Top prices paid for gold, silver, coins, diamonds, jewelry, chains, charms, all gold - even broken. Michael Gerard Jewelry. Over 30 years in West Warwick. 822-4150. RI Lic. #8016.

#### FREE Health & Health Wellness Workshops, iness Massage & More!

# A Day of Relaxation!

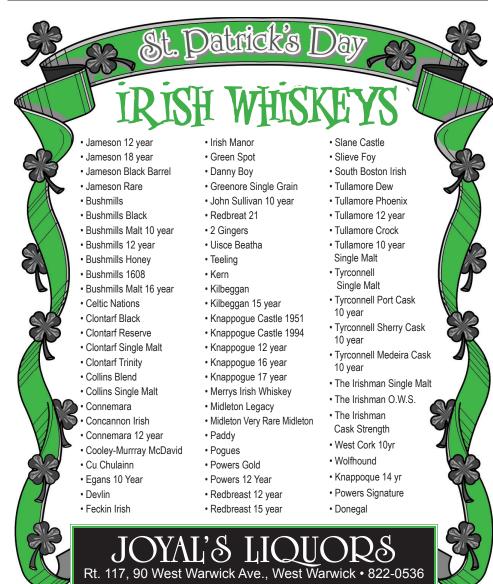
- Chair Massage
- Hand & Foot Massage
- Guided Meditation
- **Yoga Class**
- Tai Chi
- Adult Coloring for Mindfulness
- Aromatherapy 101: Make and Take Project



**Flood Zones Have Changed!** Are You Covered?

**Call Kim Raymond** to learn more about flood insurance.

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Learn how to give a great foot massage

Saturday, March 19, 2016 10:00 - 2:00Ridley Lowell Business & Technical Institute Lower Level of Thundermist Health **186** Providence Street West Warwick, RI 401-262-3117 www.ridley.edu

#### **Ridley-Lowell Business & Technical Institute**

For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website @ www.ridley.edu