

# The REMINDER

62 YEARS IN BUSINESS

Rhode Island's First Buyers Guide

June 21, 2016 • Volume 62 • Issue 6	
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## ROY & COOK

### Attorneys at Law

**Edward C. Roy, Jr., Esquire**

edward\_roy@hotmail.com

**Geralyn M. Cook, Esquire**

geri\_cook@hotmail.com

577 Tiogue Avenue, 2nd Floor  
Coventry, RI 02816

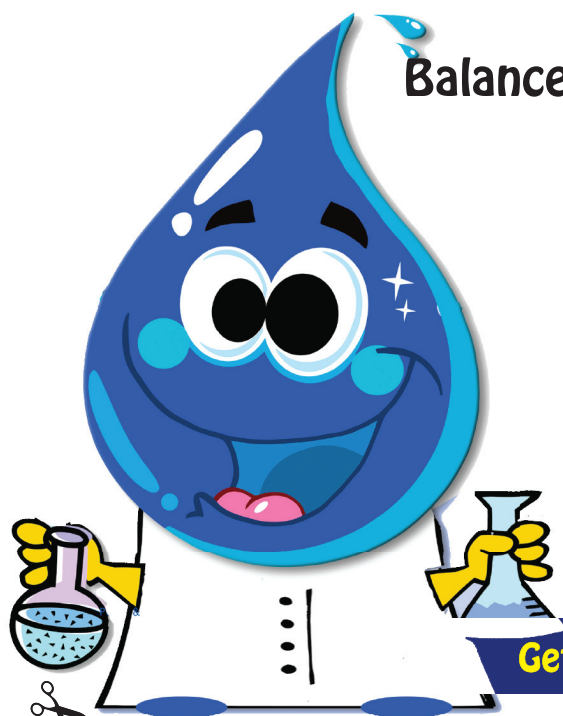
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The \$100,000 bill, with Woodrow Wilson's portrait on the front, was printed only for use in transactions between the Federal Reserve System and the Treasury Department.

## CANINE COMPANION NATURE WALK

On June 26, Tiogue Veterinary Clinic will be hosting the Canine Companion Nature Walk at Browning Mill, Arcadia State Forest. The event starts at 9AM and lasts until 1PM. Suggested donation is \$15/participant. There will be a raffle along with a Silent Auction with prizes such as Red Sox tickets and Gift Card to pet stores, restaurants and more. Also, a Bake Sale with delicious treats for humans and canines alike. Visitors will also be invited to a complementary photo op photo booth! All proceeds will benefit the animals of the West Greenwich Safehold Shelter.

# ANNUAL MEETING NOTICE CENTRAL COVENTRY FIRE DISTRICT

Pursuant to Sections 3 (b) and (c) of the Charter of the Central Coventry Fire District ("District"), the Annual Meeting of said District shall be held on Monday, September 19, 2016 at 7:00 p.m. at the Coventry High School Auditorium in said district. The Annual Meeting is for the purpose of: (1) electing a Board of Directors; (2) authorizing the assessment of all the taxable personal and real property of the District (3) authorizing the collection of taxes; (4) authorizing an annual budget to provide for the purchase and maintenance of equipment, apparatus, real and personal property, the payment of wages and salaries, and for such other expenditures deemed necessary by the qualified voters of the District; and (5) for such other lawful purposes deemed necessary and proper by either the Board of Directors or qualified voters of the District, including, but not limited to, the consideration of proposed Charter changes.

By Order of the Board of Directors

*NOTE: Change of Date from September 12th to September 19th due to the Rhode Island State Primary Election being held on Tuesday, September 13th and the lack of extra voting machines for CCFD meeting.*

An advertisement for Electric Motor Service, Inc. The top half has a black background with the company name "Electric Motor Service" in large, bold, white letters with a black outline. Below the name, the text "Has a New Facility to Better Serve You" is written in a white, italicized serif font. Underneath that, the address "197 Chestnut St., Warwick" is in bold white sans-serif font, followed by "(off Jefferson Blvd.)" in a smaller white sans-serif font. A horizontal grey bar separates this from the bottom half. The bottom half has a white background. It features the text "We Repair Pool Pumps" in a large, italicized black serif font. Below this is the phone number "401-737-2534" in very large, bold black sans-serif font. At the bottom, the website "ElectricMotorServiceRI.com" is written in a smaller black sans-serif font. On the right side of the advertisement, there is a photograph of a black and silver pool pump.

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• Divorce      (401)739-8500      • Criminal Matters  
• Child Support      Tawilliamsonlaw@gmail.com      • Employment Law



**The Garden Bug**



The **avocado** is the pear-shaped fruit of a tree cultivated in Central America for many thousands of years. Its silky texture is due to its high fat content. Sailors called them "butter pears" and spread the soft flesh on food. To grow your own, take the seed from one avocado, wash it, and use three toothpicks to suspend it, broad-end down, over a glass of water, with half of the seed resting in the water. Put the glass in a warm place out of direct sunlight and replenish water as needed.

- Brenda Weaver  
Source: about.com, californiavocado.com

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**Budget Plans to Help You Stay Ahead Call Today!**

**\$5.00 Off 100 Gallons**  
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From flags, mailbox covers  
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**VOLUNTEERS NEEDED AT GEN. NATHANAEL GREENE HOMESTEAD**

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

**AARP CHAPTER 2210 SCALLOP FEST & HYANNIS HARBOR CRUISE TRIP**

AARP 2210 is sponsoring a Scallop Fest & Hyannis Harbor Cruise trip on September 23. The trip includes admission & lunch at the Scallop Fest in Falmouth, MA, Hyannis Harbor Cruise & motorcoach transportation by Conway Tours. Cost is \$84/person. Call Maureen at 828-5188 or Patricia at 821-3733 for reservations or for more information.

**RICE CITY CHURCH STRAWBERRY SUPPER**

Rice City Church, 63 Vaughn Hollow Road, Greene (off Rte 14), will hold a Strawberry Supper on June 25 with seatings at 4:30 & 5:30PM. Menu includes ham, baked beans, brown bread & Italian bread, coleslaw, potato salad and strawberry shortcake. Cost is \$12 per adult, \$5 per child (6-12), children 5 & under are guests of the Church. The School House Thrift Shop is open most Supper Nights. Please call Phyllis at 397-5743 for more information and/or reservations. If no answer, call Jean at 823-1049 or 822-9144 and leave a message.

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

R.G.

**WANTED: Antiques and collectibles. Moving or just cleaning out? We pay more for your old jewelry, glassware, furniture, pottery, clocks, paintings, military items, crocks, post cards, cameras, photos, old coins, etc. For prompt and courteous service call Bill, 821-0381.**

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Sherry Morrisette DC, DACNB  
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### Household Item Classifieds

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**\$7.00** for 10 words.  
25¢ each additional word.

### Business Classifieds

Help Wanted, Yard Sales,  
Wood for Sale, Real Estate,  
Home Improvement, Etc.

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

### Automart Classifieds

Autos, Motorcycles, Boats,  
Auto Service, Etc.

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

Household \_\_\_\_\_ Business \_\_\_\_\_ Automart \_\_\_\_\_

Please print clearly. One word per box.

Phone number counts as one word. We are not responsible for words we cannot read.

☐ BOLD TYPE ☐ BORDER

\$1.50 per week extra for each.

				10 words

Name \_\_\_\_\_  
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Price Per Week \_\_\_\_\_ Number of Weeks \_\_\_\_\_ Amount Paid \_\_\_\_\_  
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Circle One: ☐ Discover ☐ VISA ☐ MasterCard ☐ American Express  
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THE DEADLINE FOR ALL READER ADS IS MONDAY AT 12 NOON. (When there is a Monday Holiday, Deadline is Friday at 12 Noon)

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### THE REMINDER

1049 Main Street, Coventry, RI 02816-5706

You may place your Novena by phone if you are using a credit card.

- ☐ Prayer to the Blessed Virgin
- ☐ Prayer to St. Jude
- ☐ St. Jude Novena
- ☐ Thanksgiving Novena to St. Jude
- ☐ Novena to the Sacred Heart
- ☐ Other (indicate below or send a photo copy)

**Don't Forget  
Your Initials!**

Indicate Initials Here

**\$12.00  
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**Deadline is Friday at 5pm for publication in the  
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Amey Stevens Tilley ..... Office Manager/Editor  
Dawn Donnelly ..... Front Desk

### DISPLAY ADVERTISING

Cheryl Petrarca, Melissa Hundley

### ART DEPARTMENT

Liz DeVonis, Monique Rice

THE REMINDER is published every Tuesday. Open Monday through Friday 8:30am-5:00pm. We are not responsible for typographical errors, or the content of ads paid for in The Reminder. We do, however, reserve the right to edit. We will be responsible for errors appearing in ads only to the extent of correcting the same in the next issue. Opinions expressed in articles and advertisements are not necessarily those of the editor. Political ads and/or advertisements expressing an opinion of any type must be submitted at least one week before desired publication date. All copy for this type of ad is subject to the approval of the publisher. Advertisers are asked not to encourage other papers to copy ads from The Reminder.

## THE REMINDER

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Call Bill **821-0381**



**SENIOR TECH CLUB AT THE WEST WARWICK PUBLIC LIBRARY**  
The West Warwick Public Library, 1043 Main Street, West Warwick is offering a Senior Tech Club on Thursdays from 10-11AM. No reservations needed, just drop in! Tech Club provides support for one-on-one help and to teach new technology. Available for use will be an iMac, Android Tablet, Nook & Laptops but students are also encouraged to bring their own devices. The goal of Senior Tech Club is to help older adults become comfortable with technology in a friendly environment. For more information, call 828-3750, Ext. 4.

**COVENTRY HIGH SCHOOL CLASS OF 1966 LOOKING FOR CLASSMATES**  
Coventry High School Class of 1966 is looking for classmates for their 50th Reunion. They have an old fashioned Sock Hop planned for June 25 as well as a New England Clam Bake on June 26. If you have not received an invitation, please contact Jeff at jleeri@verizon.net or Bonnie at beulah48@aol.com

**TEEN VOLUNTEERS NEEDED AT HOPE LIBRARY**  
Hope Library, 374 North Road, Hope, is in need of teen volunteers in Grades 6-12 to partner up and read with a younger child in the Library this Summer. The program will run on Tuesdays at 6PM from July 12-August 9. All reading will be done in the Children's Room and will be followed by a quick craft at 6:45PM. Other volunteer hours may be available assisting with other programs. Call 821-7910 for more information.

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We are a debt relief agency that helps people file for bankruptcy protection

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Call 474-5723 anytime

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# Puzzle Page

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## King Crossword

### ACROSS

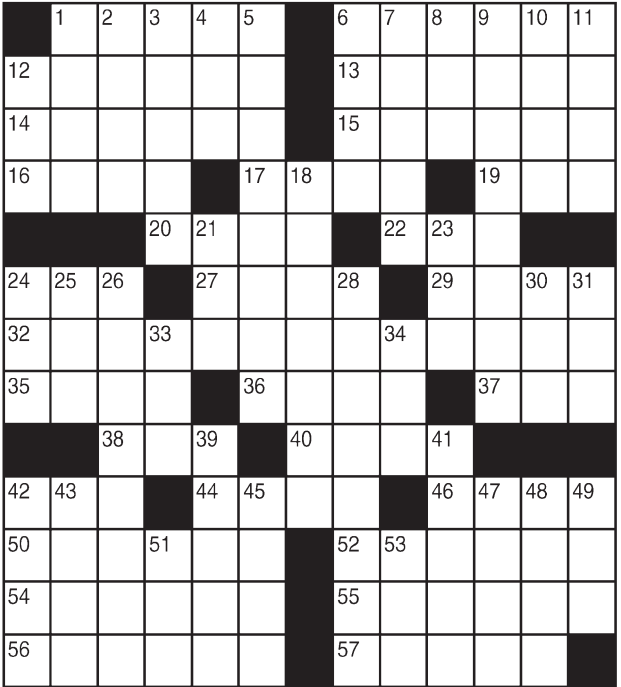
1 Year-end refrains  
6 Farthest point  
12 Girl in "Peanuts"  
13 TV ad spokescat  
14 More sore  
15 Hitching posts?  
16 Criterion  
17 Wan  
19 Shirt shape  
20 Comic Idle  
22 Not "post-"  
24 Petrol  
27 Taj Mahal locale  
29 Nowhere near  
32 Including the latest information  
35 Adolescent  
36 Abound  
37 Superman foe Luthor  
38 Shell game need  
40 Pull along  
42 Past  
44 Lucy's hubby

### DOWN

1 Pleasing  
2 Ahs' mates  
3 Upper crust  
4 David -- Roth  
5 Unbending  
6 Eastern nursemaid  
7 Coral creature  
8 Scrap  
9 Appreciative  
10 Green land  
11 Being (Lat.)  
12 Cistern  
18 Lengthy discourses  
21 "House That Jack Built" critter

46 Ostriches' kin  
50 U.S. neighbor  
52 Fold  
54 Online periodicals  
55 Small Pacific seabird  
56 Go to bed  
57 Fits inside snugly

23 Scooted  
24 Eviscerate  
25 Gorilla  
26 Hurry  
28 Cheese choice  
30 Chowd down  
31 Mystery writer Stout  
33 Indivisible  
34 "-- Little Teapot"  
39 Venomous viper  
41 Nerds  
42 Computer brand  
43 Hypnotist's look  
45 Relaxation  
47 21-Down's food  
48 Handles  
49 Collection  
51 Singer DiFranco  
53 Wish undone



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## MAGIC MAZE • PARTED WORDS

B S P N K I F R C A X V I T S

Q O L J H E E C A X V M N N T

R P N L J N E H F D P E B E Y

E X V T T R P T L A M P O M M

Y K K R (DEPARTMENT) I

G L A E L C I T R A P M A R E

D P T T B T I A Y T P Z P A X

W U T R R S P R Q T W A O P N

L J I A A A G F D C R A N M A

Y X P N W P P V T T S A Y O R

P O N L K J I G S F E C P C B

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

Apartment	Impart	Partisan	Partway
Bonaparte	Partake	Partly	Party
Compartment	Partial	Partner	Rampart
Department	Particle	Parts	



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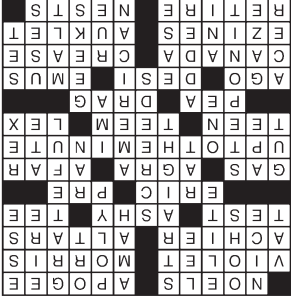
## Wishing Well®



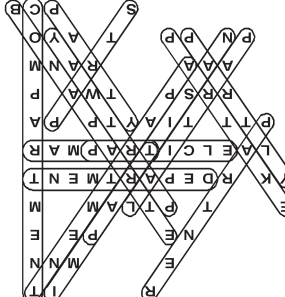
8	3	8	2	4	2	3	6	5	6	7	3	8
A	A	B	C	A	A	F	Y	C	O	N	F	E
4	3	4	8	2	5	8	3	7	2	4	2	4
R	I	E	A	S	L	M	R	O	H	W	I	A
3	7	3	7	4	3	2	3	6	3	8	4	6
M	R	A	A	R	T	N	I	U	V	I	D	S
3	7	5	8	2	6	3	2	5	2	3	4	5
E	I	E	N	A	T	L	L	A	E	I	I	R
3	7	3	2	3	4	2	4	8	5	2	4	8
N	N	E	T	O	N	T	G	G	T	E	C	S
5	4	3	2	3	6	4	8	3	4	6	5	3
H	A	F	R	A	A	R	M	C	E	R	I	T
5	4	8	3	5	4	8	5	3	5	8	3	5
N	E	I	I	K	R	L	I	O	N	E	N	G

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: 24 mins.**



**PARTED WORDS**



Olympian Offers “Gold Medal” Health Tips And Recipes

(NAPSA)—Four-time Olympic gold medalist Janet Evans is no stranger to nutrition and fitness. She’s been swimming since she was two years old and is one of the greatest swimmers in U.S. history. Now a mother, Evans is dedicated to promoting a healthy lifestyle for the whole family. She offers “gold medal” tips and recipes to help you be the champion of your kitchen and health.

- Eat Smart**
- Think of your heart when you go grocery shopping, choosing whole grains, beans, fruits and vegetables. Use a cooking oil that is low in saturated fat, such as canola oil.
  - Read labels and nutritional information. Consume reasonable portion sizes and note serving sizes on food labels.
- Be Active**
- Swim, bike, run, whatever you enjoy. Vary your activities and add strength training to your routine. Set small goals each week to improve performance.
  - Explore other activities that improve strength and flexibility, such as yoga or Pilates. Work exercise into your everyday schedule, such as walking to work.
- Live Well**
- If you smoke, quit. If your loved ones smoke, encourage them to break the habit.
  - Get plenty of sleep, seek balance in your life, and try not to stress about things you can’t control.
- This taco salad is Evans’ signature dish. Using canola oil in the dressing makes it low in saturated fat and trans fat-free and allows the savory and sweet flavors to shine through.

Taco Salad With Homemade Pita Wedges

- Dressing:**
- 1 cup canola oil
  - ¼ cup white vinegar
  - 2 Tbsp lime juice
  - 1 garlic clove, minced



- ¼ tsp dry mustard
  - 2 Tbsp sweet pickle relish
  - 2 Tbsp ketchup
  - ½ tsp salt
  - ½ tsp pepper
- Salad:**
- 1 head romaine lettuce, washed and torn
  - 1 (15-oz) can red kidney beans, drained and rinsed
  - ½ cup low-fat cheddar cheese
  - ¼ cup red onion, sliced
  - 1 tomato, diced
  - 2 small whole wheat pitas, split in half and quartered

In a bowl, whisk together canola oil, vinegar, lime juice, garlic, mustard, relish, ketchup, salt and pepper. Refrigerate until ready to use. Dressing will keep for 3-4 days in the refrigerator.

Heat oven to 350° F. Brush each pita quarter with ¼ tsp of dressing. Place on baking sheet and bake for 8-10 minutes or until crisp.

In a large bowl, combine lettuce, beans, cheese, onion and tomato. Divide salad into 8 servings. Add 2 Tbsp dressing to each serving and toss. Serve with baked pita wedges. Serves 6-8.

For more recipes and information, go to [www.canolainfo.org](http://www.canolainfo.org).

**COVENTRY PUBLIC LIBRARY**  
**SUMMER READING PROGRAM REGISTRATION**  
Coventry Public Library, 1672 Flat River Road, Coventry, will hold Registration for the Summer Reading Program, “On Your Mark, Get Set, Read!”, from June 20-July 2. Children entering Grades 1-5 may register in the Youth Services Department. Reading Records and information about special Summer events will be provided at registration. Call 822-9102 for more information.

**COVENTRY PUBLIC LIBRARY SUMMER FUN**  
Coventry Public Library, 1672 Flat River Road, Coventry, will host “Mad Science of RI” on June 28 at 11AM for children ages 5-12. Participants will explore the Science of Sports through exciting hands-on activities & demonstrations. No registration required. Call 822-9102 for more information.

**WEST WARWICK PUBLIC LIBRARY PRESENTS...**  
West Warwick Public Library, 1043 Main Street, West Warwick, will host Paranormal Expert, Jeff Belanger on June 27 from 7-9PM. Mr. Belanger is the Emmy-nominated Host & Producer of the New England Legends series on PBS. The talk will include images, audio clips & video from some of the world’s most infamous haunts, plus a Q&A session. This program is free and open to all. Please call the Library at 828-3750, Ext. 4 or email [ref@wwlibrary.org](mailto:ref@wwlibrary.org) for more information.

**ZUMBA GOLD CLASSES AT COVENTRY SENIOR CENTER**  
The Coventry Senior Center, 50 Wood Street, Coventry is offering Zumba Gold Classes on Wednesdays from 9:30-10:30AM. Zumba Gold is an instructional class to learn the basic steps of the dance. Cost is \$3 per class.

**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.



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Fresh Iceberg Lettuce ..... <b>\$1.49</b> hd.	5 lb. Bag, Long White Potatoes ..... <b>\$2.99</b> bg.	Kretschmar Honey Ham Off the Bone ..... <b>\$4.99</b> lb.	Citterio Rosemary Ham ..... <b>\$6.99</b> lb.	5.5oz. Food Should Taste Good Chips ..... <b>2/\$5</b>	10 oz. Lea & Perrins Worcestershire Sauce ..... <b>\$2.99</b>	Certified Angus Beef NY Sirloin Steak ..... <b>\$6.99</b> lb.	Fresh Throughout the Day! Sirloin Beef Patties ..... <b>\$4.99</b> lb.			
Crunchy Pickling Cucumbers ..... <b>99¢</b> lb.	White Flesh Peaches and Nectarines ..... <b>\$2.49</b> lb.	Boar's Head Teriyaki Style Chicken Breast ..... <b>\$7.99</b> lb.	Citterio Mortadella with Pistachios ..... <b>\$5.99</b> lb.	15-16 oz. Skippy Peanut Butter ..... <b>2/\$4</b>	All Varieties, 12 pk. Cans Coke ..... <b>2/\$9</b>	USDA Choice Sirloin Tips ..... <b>\$8.99</b> lb.	Tom's Famous Spatchcock Chicken ..... <b>\$2.99</b> lb.			
Sweet & Juicy Black Plums ..... <b>\$1.99</b> lb.	Sweet Jumbo Cantaloupes ..... <b>\$2.99</b> ea.	Margherita Thin Sliced Prosciutto ..... <b>\$9.95</b> lb.	Tom's Own Thanksgiving Style Turkey Breast ..... <b>\$8.99</b> lb.	18 oz. Stubbs BBQ Sauce ..... <b>\$2.99</b>	48 oz. Crisco Vegetable Oil ..... <b>\$2.99</b>	For the Grill! St. Louis Style Pork Ribs ..... <b>\$3.99</b> lb.	Godshall's Fully Cooked Turkey Bacon ..... <b>\$3.99</b> pkg.			
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 <p><b>59oz., All Varieties Tropicana Orange Juice</b> <b>2/\$6</b></p>	8 oz. Kraft Shredded Cheese ..... <b>\$2.99</b>	 <p><b>Fresh Baked Blueberry Pie</b> <b>\$5.99</b> ea.</p>	Grill Ready Jumbo Shrimp ..... <b>\$12.95</b> lb.	 <p><b>Sweet Potato, Lentil &amp; Quinoa Salad</b> ..... <b>\$5.99</b> lb.</p>	 <p><b>Hood Ice Cream Sandwiches or Hoodsie Cups</b> <b>\$3.19</b></p>	8oz. Philadelphia Cream Cheese Tubs.. <b>\$2.29</b>	For Your Berries! Angel Food Cake ..... <b>\$4.99</b> ea.	Wild Caught North Pacific Scrod ..... <b>\$5.99</b> lb.	Jumbo Chicken or Veal Parmesan... <b>\$5.99</b> ea.	 <p><b>London Broil with Chimichurri</b> <b>\$8.99</b> lb.</p>
	64 oz. Lactaid Milk ..... <b>\$3.49</b>	Fresh Baked Sesame Semolina Batard ..... <b>\$3.99</b> ea.	Grilling Time!! Sashimi Quality Tuna Steaks ..... <b>\$8.99</b> lb.	Tom's Own Wood Grilled Vegetables ..... <b>\$4.99</b> lb.			Chicken or Tuna Salad Stuffed Avocados <b>\$3.99</b> ea.			
	Hood, 32 oz. Lactaid Ice Cream ..... <b>\$3.19</b>			Award Winning Dill & Chive Potato Salad ..... <b>\$4.59</b> lb.						

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- First, evaluate the condition of your house. Look for bare wood, metal or masonry surfaces. That's where the paint is worn and you



Exterior of a home painted by CertaPro Painters.

need a new coat. You might have other problems, such as moisture, that a professional painter should assess for you.

- Use a cleaning solution to remove dirt on siding. Scrub well and rinse thoroughly.
- Prepare your house well if you are repainting it. Some loose paint is obvious, but some is hard to find by just looking at it.
- Buy the best paint possible for the exterior of a house. The same goes for brushes and rollers.
- Be sure to paint in the shade on a bright day. Painting in the sun can cause the paint to dry too fast and blister.
- Brush first, then roll. Paint the trim last.

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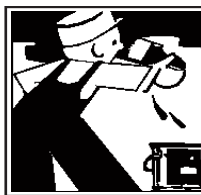
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Napoli Glass

**Q.** I purchased a bowl that has been identified as Napoli glass. What exactly is Napoli glass?  
— *Sherrie, Westport, Connecticut*

**A.** According to "Glass A to Z" by David Shotwell, Napoli glass was patented in 1894 by Albert Steffen, then supervisor of the Mount Washington Glass Company. This type of glass is made by forming an outline of a figure or design on one side of the ware and forming the actual figure or design on the opposite. When viewed from the side with the outline, the outline will appear to combine with the main body. Colored glass and metallic bits are sometimes used in the decorating process. Early pieces of Napoli glass are considered scarce and quite collectible.

\*\*\*

**Q.** I have inherited about four dozen pieces of Fiesta. The collection was started by my mom in about 1940. I have decided to keep them, but have no idea of current values. Can you recommend a good price guide that you feel is reliable? — *Sharon, Albuquerque, New Mexico*

**A.** There are several guides available, but one that I have found especially useful is "Warman's Fiesta: Identification and Price Guide" by Glen Victorey, and published by Krause Books. Values can differ from region to

region, so keep this in mind when using any reference source. Victorey, who has collected Fiesta for more than three decades, features a production timeline for establishing date of manufacture, a color chart (which is very important since color impacts scarcity) and what I feel is up-to-date pricing. It is illustrated with more than 700 photographs in full color.

\*\*\*

**Q.** In 1965, my mom bought me a Mickey Mouse alarm clock for my birthday. I still have it, and I am curious about how much it might be worth 50 years later. — *Tom, Littleton, Colorado*

**A.** Your alarm clock is a re-issue of an earlier clock manufactured by Bayard in France. The dial face has separate diecut pointer hands and a separate diecut in its head that nods as seconds tick. Your clock in its original box is worth in the \$300-\$1,300 range, \$250-\$800 without box, according to the "Official Price Guide to Disney Collectibles" by Ted Hake and published by House of Collectibles.

Write to Larry Cox in care of KFWS, 628 Virginia Drive, Orlando, FL 32803, or send e-mail to [questionsforcox@aol.com](mailto: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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The West Warwick Senior Center, 145 Washington Street, West Warwick, will conduct an AARP Driver Safety Program on July 21 from 12-5PM. Anyone can take this course but Seniors 55+ (and sometimes 50+) could be entitled to a discount on their Automobile Insurance Policy - check with your Insurance Agency. Cost is \$15 for AARP Members & \$20 for non-members. Seating is limited, so call 822-4450 to reserve your spot.

## GREENE PUBLIC LIBRARY PRESENTS...

Greene Public Library, 179 Hopkins Hollow Road, Greene, will host an informative Owl Presentation on June 23 at 7PM. A night for owls: Audubon Refuge Manager Laura Carberry will discuss the unique features of owls and what owls can be seen in Rhode Island. The program will include a slide show and a visit from a live owl. Reservations are preferred. Call 397-3873 or email jean@coventrylibrary.org

## S.T.A.R. ORGANIZATION 50TH ANNIVERSARY & REUNION

The S.T.A.R. organization (Senior Teens Assisted Recreation, previously known as Senior Teens Aid the Retarded) will be holding its 50th Anniversary and Reunion this year. The dinner will be on October 1 at the Elks' Home, 60 Clyde Street, West Warwick. To reserve your place or for more information, please contact Joanie or Kathie Lenihan at 401-821-5089. You can also email Kathie at kmilenihan@aol.com. Also, if you have contact with former members or special friends, please pass along this information. Hope to see you there!

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Our Lady of Czenstochowa, 222 MacArthur Boulevard & Rte. 117, Coventry, will hold their Annual Polish Festival on June 24 & 25 from 5-10PM & June 26 from 12-4PM. There will be games, crafts, raffles, Cow Chip Bingo, Live Music & more, as well as all kinds of Polish & American food. Admission is free and parking is available. Call 821-7991 for more information.

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The Class of 1986 will be celebrating their 30th Reunion on August 27 at the East Greenwich Firemen's Club. Tickets are \$40. Call 821-4121 or email [flynnsusan@coventryschools.net](mailto:flynnsusan@coventryschools.net) with any questions/updated information.

**GREENE PUBLIC LIBRARY FARMER'S MARKET**

The Farmer's Market returns to the Greene Public Library, 179 Hopkins Hollow Road, Greene, on Tuesdays (beginning May 31) from 4-6PM, rain or shine. More Vendors & a Market Manager are needed. Please call 397-3873 or email [gail@coventrylibrary.org](mailto:gail@coventrylibrary.org)



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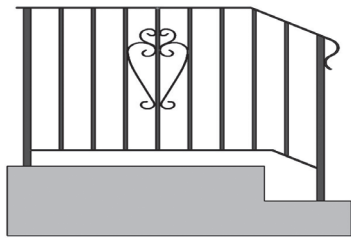
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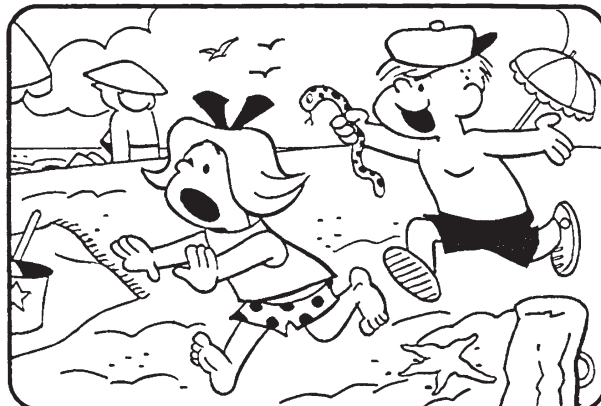
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## HOPE LIBRARY SUMMER READING PROGRAM REGISTRATION

Hope Library, 374 North Road, Hope, begins registration for the Summer Reading Program, "On Your Mark, Get Set, Read!", on June 20. Children can come in and pick up Reading Logs & other materials to play the Summer Reading Game. Once children begin to read, they can bring in their Logs weekly to be eligible for some great prizes. Call 821-7910 for more information.

## HOPE LIBRARY SUMMER READING KICK-OFF PROGRAM

Hope Library, 374 North Road, Hope, will host Storyteller, Joe Theroux on June 29. Joe will share stories of 8 animals who battle in a tournament to be crowned the World Champion of the Animal Kingdom. For registration and other information, call the Library at 821-7910.

## 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.

## 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.

## 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.



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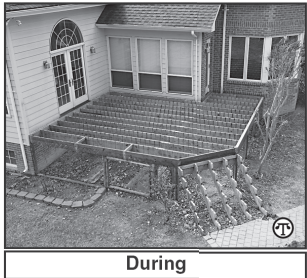
The only thing necessary for the triumph of evil is for good men to do nothing.  
—Edmund Burke

## Decked Out With Style

Give Your Deck A "Face-lift"



Before



During



After

(NAPSA)—A large percentage of the nearly 40 million Americans who own decks may be choosing a "staycation" and enjoying leisure time at home with family and friends. Homeowners with older wood decks, however, may notice that these are falling into disrepair and becoming more of an eyesore than an oasis.

As wood decks age, they begin to rot, crack and splinter—eventually causing a home's overall value to depreciate. With 85 percent of all decks in the country constructed 10 or more years ago, many homeowners are searching for an economical way to help their old decks look new again—and remain comfortable, splinter-free and attractive for decades to come, without extensive maintenance.

Rather than tackling a complete rebuild, it's sometimes to retain the substructure of a current deck and simply replace the existing planks and railings at a fraction of the time and cost. This new concept of deck "refacing" is rapidly catching on among homeowners as a budget-friendly, value-increasing home-improvement project. The savings are considerable: having a contractor perform a deck make-

over can cost up to 30 percent less than having a new deck installed; for a DIY deck makeover, the savings could be double.

A deck makeover can be done relatively quickly in three steps, according to Adam Zambanini, senior product manager for decking at Trex—the largest manufacturer of wood-alternative decking, railing and fencing.

**1. Inspect the deck and check its structure.** The existing deck's framing system must be sound and meet local code standards.

**2. Remove the old, deteriorating decking and railing.** Be sure to leave the deck's framework intact. Determine whether additional joist and blocking is required. For help with determining joist spacing and blocking, Trex offers an installation guide. Make any necessary repairs or adjustments.

**3. Install new decking and railing.** Attach replacement deck boards to the existing framing system. Select complementary railing for a completely updated and customized appearance.

For a deck that continues to look like new for years, homeowners

may opt for wood-alternative replacement materials such as Trex. Wood-alternative products won't rot, crack, splinter or weaken under harsh weather conditions or heavy foot traffic. Additionally, most wood-alternative decking requires only periodic cleaning to maintain, and never needs sanding, staining or power washing—saving homeowners considerable time and money over the years. Coupled with high-performance durability, composite decking offers unsurpassed style and comfort, as well as a wide range of design options to create the perfect outdoor escape that complements any home—or homeowner's—style.

At a time when big-ticket renovation projects just don't add up for most homeowners, a deck makeover with wood-alternative materials can be a smart investment that requires a minimal commitment of time and money—yet returns significant value to a home. A recent Remodeling magazine report found that homeowners can recoup 73 percent of the cost invested in a composite deck.

For more information, visit [www.trex.com](http://www.trex.com).



• If you use plastic grocery-store bags to line a small garbage can, here's a great way to keep them from falling into the bottom of the can: Use two Command hooks (they have a stick-on back) on either side of your trash can. Aim the hook toward the bottom of the can, so that the bag's handles catch on it. This works great in our house!" —M.M. in Pennsylvania

• Use a binder clip to help your kitchen sponge stand up. That way, it will dry out better, as both sides will be exposed to the air instead of one lying flat. The sponge will collect less mildew, which is yucky. When it's ready for a good wash, use the binder clip to secure it in the dishwasher.

• To remove dust and dirt that collect in the tracks of your windows, first use a hand vacuum to remove the big stuff, then dip a cotton swab in vinegar and run it along the edges to get out the rest.

• "I pinned a manila envelope on the wall behind my calendar. I pick up greeting cards well ahead of the occasion, and I slip them into the envelope. When I turn a new month, I fish out all the cards to be mailed that month, write my messages and add postage. They are ready to send! I love finding personal mail in my mailbox and not just bills and advertisements. I know my friends and family do too!" —P.C. in Washington

• Got an old T-shirt that you love but can't really wear anymore? Maybe it's too small or too big or has a stain, but you love the print. Sew the bottom shut, cut off the sleeves and widen the opening. Instant reusable shopping tote.

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### Quick Macaroni and Beef Skillet

From our "it couldn't be any quicker" file. Try it for lunch and skip the fast food!

- 1/2 cup chopped onion
- 1 (10 3/4-ounce) can Healthy Request Tomato Soup
- 1/3 cup fat-free milk
- 3/4 cup (3 ounces) shredded Kraft reduced-fat Cheddar cheese
- 1 teaspoon dried parsley flakes
- 1 cup (5 ounces) diced cooked lean roast beef
- 2 cups cooked elbow macaroni, rinsed and drained
- 1/8 teaspoon black pepper

1. In a large skillet sprayed with butter-flavored cooking spray, saute onion for 5 minutes or until tender.

2. Stir in tomato soup, milk, Cheddar cheese and parsley flakes. Continue cooking, stirring occasionally, until cheese melts. Add roast beef. Mix well to combine. Stir in macaroni and black pepper.

3. Lower heat and simmer for 5 minutes or until mixture is heated through, stirring occasionally. Makes 4 (1 cup) servings.

HINTS: 1) If you don't have leftovers, purchase a chunk of cooked roast beef from your local deli. 2) Usually 1 3/4 cups uncooked macaroni cooks to about 2 cups.

• Each serving equals: 297 calories, 9g fat, 20g protein, 34g carb., 316mg sodium, 194mg calcium, 2g fiber. Diabetic Exchanges: 2 Meat, 2 Starch.

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### BREAKFAST IN JUNE

The Coventry Senior Center, 50 Wood Street, Coventry will hold a Breakfast on June 24 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!

### "TYLER TYKES" AT TYLER FREE LIBRARY

Tyler Free Library, 81A Moosup Valley Road, Foster will hold Tyler Tykes, a drop-in Playgroup, on Fridays at 10AM. This Playgroup is open to preschoolers & their caregivers. Enjoy a morning of meeting & chatting with other caregivers while the children play. Coffee for moms and snacks for kids will be provided. Call 397-7930 to register or for more information.

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

Join 100 of your former classmates at the Class of 1971 Coventry High School 45th Year Reunion. Celebrate with us on Saturday, October 8, 2016 at the West Valley Inn. Evening event will include hors d'oeuvres, buffet dinner, entertainment and dancing. Tickets - \$50 per person. To join the party email [CoventryHSReunion@gmail.com](mailto:CoventryHSReunion@gmail.com), find us at [Classmates.com](http://Classmates.com) or like us on Facebook!

### BANNERS FOR BUSINESSES IN COVENTRY

The Celebrating Coventry Committee is celebrating the 275th Anniversary of the Town of Coventry with limited edition street banners, personalized with your business or organization name (available only for purchase in 2016). Cost per banner is \$249. Order your banner soon so it may be strategically placed at your location before supplies run out. Call Sandy Lukowicz at 821-2444 or email [celebrating-coventry@gmail.com](mailto:celebrating-coventry@gmail.com) and get yours today!

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**All Pets Welcome!**

**Send in Your Pet Photos for a Chance to be Featured in The Reminder's Weekly, "Cutest Pet Spotlight" Starting July 5, 2016**

Email your photos to [mail@rireminder.com](mailto:mail@rireminder.com), along with the names of both you and your pet and tell us why they are so special!

If you were in Windsor, Ontario, Canada, and traveled due North, the first foreign country you would hit would be the United States. Detroit, Michigan, is just across the Detroit River from Windsor.

Snails travel on "roadways" that they make themselves. A snail produces a sticky liquid on the underside of its flat foot. The rim of its foot skids along on the liquid with a rippling motion. Wave after wave of this motion pushes the snail along.

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—Welsh Proverb

\*\*\*

Life grants nothing to us mortals without hard work.

—Horace

\*\*\*

My work is a game, a very serious game.

—M. C. Escher

### WEST GREENWICH SCOUTING COMMUNITY CAMPFIRE

Join Pack 7 & Troop 35 West Greenwich for a Scouting Community Campfire at the Campfire Circle behind the Hianloland Fire Station, 270 Victory Highway, West Greenwich, on June 22 at 7PM. Enjoy songs, skits & refreshments as well as learning more about the Cub Scout & Boy Scout Programs in town.

### 5TH ANNUAL VETERANS HELPING VETERANS MOTORCYCLE RUN

The 5th Annual Veterans Helping Veterans Motorcycle Run & Pig Roast will be held on June 26 starting at the VFW Post 9404, 29 South Main Street, Coventry. Registration begins at 8AM, Kickstands up at 11AM. Tickets are \$20/rider & \$10/passenger. You don't have to ride a motorcycle to attend, all are welcome! This is a rain or shine event. Proceeds benefit Veterans. Tickets and/or more information are available by calling 828-9705.

### COVENTRY HIGH SCHOOL CLASS OF 1974 RE-UNION & 60TH BIRTHDAY PARTY

The Coventry High School Class of 1974 will hold their 42nd Reunion/60th Birthday Party at 7PM on September 3 at Nautika Restaurant, 28 Water Street, East Greenwich. Join us on facebook, Coventry High School Class of 1974 Reunion. Not on facebook? Email your contact information to [coventryhiclassof1974@gmail.com](mailto:coventryhiclassof1974@gmail.com) They are also looking for many classmates who cannot be located. Please forward any information to the email address listed.

### CHAIR YOGA AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, is offering 4 Mondays of Chair Yoga on June 20, 27, July 11 & 18 at 11AM. This free 1-hour exercise series will be taught by Emma of Simplify Yoga. Registration is required. Please call Jane at 822-9104 for more information and/or to register.

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# The REMINDER 2<sup>ND</sup> SECTION

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## THIS WEEK'S SALE DATES:

Friday, June 24th through Thursday, June 30th!

### FRESH MEAT & SEAFOOD

#### MEAT FEATURE OF THE WEEK



Fresh Made 86% Lean Beef Patties or Ground Beef  
**2.99** lb.



New York Strip Steak Fresh  
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Chipotle BBQ Chicken Breast Kretschmar  
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**3.79** lb.



Boneless Chicken Tenders Fresh Grade A  
**2.39** lb.



Cod Fillet Fresh  
**4.99** lb.



Honey Maple Turkey Breast Fresh Sliced  
**5.99** lb.



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**2.89** lb.

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Roch's Own Store Baked Ham  
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Chocolate, Blueberry or Banana Muffins 4 Pack, Fresh  
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2lbs. Frozen Beef Patties or 80% Lean Ground Beef  
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2lbs. Potato or Macaroni Salad  
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Served with Soup or Salad, Potato & Vegetable

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

BAF

**WELLONE PRIMARY MEDICAL & DENTAL CARE BRICK PROGRAM INITIATIVE**  
WellOne Primary Medical & Dental Care, a non-profit corporation founded in 1909 and a Federally-Qualified Health Center that provides primary medical, dental & behavioral health services to individuals of all ages is seeking community support to help pay for a new HVAC system in its Pascoag facility. Individuals can support this critical need by purchasing a personally engraved brick in the Memorial Walkway at the entrance to the Pascoag Health Center. Personally engraved brick can be purchased for only \$50. For Order Forms & more information, visit [www.welloneri.org](http://www.welloneri.org) and click on "Ways to Give".

**ADDICTION COUNSELING**  
Narcanon reminds families that abuse of addictive pharmaceutical drugs is on the rise. Learn to recognize the signs of drug abuse & get your loved ones help if they are at risk. Narcanon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals. 1-800-431-1754.

**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.

**RHODE ISLAND HOSPITAL OPIATE STUDY**  
Do you have an opiate problem? Do you have a goal of being opiate free? Are you on Probation or Parole? You may be eligible for a Study at Rhode Island Hospital. Participation is voluntary, transportation is provided and you will be compensated for your time. Please call 444-6427 to learn more about the Study.

**ADDICTION COUNSELING**  
Narconon can help you take steps to overcome addiction in your family. Call today for free assessments or referrals. 1-877-413-3073.

**ANGELS ON HORSEBACK NEEDS VOLUNTEERS**  
Angels on Horseback Therapeutic Riding School in Ashaway is taking applications for volunteers. Assistance is needed to help handicapped children with riding lessons as well as side walkers, qualified horse leaders, barn help, game assisting and arts & crafts. Come see what all the Buzz is about at Angels and experience a wonderful volunteering experience. For more information, call 364-6106 or visit [www.angelsonhorsebackri.org](http://www.angelsonhorsebackri.org)

**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 [stxavialumnar.org](http://stxavialumnar.org), email [info@sxax.org](mailto:info@sxax.org), find us on facebook or contact Carol (263-1823) or Jan (353-4777).

**COME AND VISIT US AT "BEAUTIFUL DOWNTOWN PHENIX"!** April Showers, The Phoenix-Past & Present, Gypsy Wagon, William's Barber Shop, Hudson's Cleaners & Laundry, Bargain Hunter, JC's, All Phase Plumbing, Ropal Realty, Northerbee's Auctions at 5:30PM Wednesdays at the Phoenix Sportsmen's Club, Bill's Pizza, Phenix Oil, Cumby's, Coventry Credit Union, Phenix Square Diner, Janton Electric. Hours vary.

**GOAT MILK SOAP SHACK!** Open Every Wednesday and Thursday, Noon to 5 PM. Snowberry Farm. 211 Williams Crossing Road (off Rte. 117), Coventry. 397-3010.

**SOCIAL SECURITY DISABILITY BENEFITS:** Unable to work? Denied benefits? We can help! WIN or pay nothing! Contact Bill Gordon & Associates at 1-800-586-7449 to start your application today!

**WARM WEATHER IS YEAR ROUND IN ARUBA!** The water is safe and the dining is fantastic. Walk out to the beach. 3 Bedroom weeks available. Sleeps 8. \$3500. Email [carolaction@aol.com](mailto:carolaction@aol.com) for more information.

**LUNG CANCER?** And 60 years old? If so, you and your family may be entitled to a significant cash award. Call 1-800-364-0517 to learn more. No risk. No money out of pocket.

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There is a misconception that you cannot purchase a full-service funeral at an affordable price. Not so. We offer a variety of full-service funeral plans to fit any budget, any need, custom tailored to be as special and unique as the person you are honoring.

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## Did You Know?

(NAPSA)—More than 640 primary stroke centers in the United States are certified by The Joint Commission—a private, nonprofit organization that provides certification programs for health care organizations. To learn more about stroke and where to find a primary stroke center, visit [StrokeAssociation.org](http://StrokeAssociation.org).

\*\*\*

Progressive protects pets up to \$1,000 if they're hurt when you're in an accident or in the event of a loss like a theft or fire. The coverage is free to RV and auto customers with Collision insurance. Learn more at [www.progressive.com/pet](http://www.progressive.com/pet).

\*\*\*

"When you think about how to pay for long-term care in the future, most people don't automatically think of annuities," said Mutual of Omaha's Yuri Veomett. "Hybrid annuities, however, can be an appealing option." For information about annuity products, visit [www.mutualofomaha.com](http://www.mutualofomaha.com).

\*\*\*

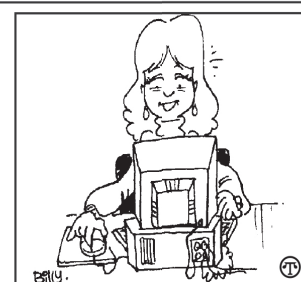
CyberPatrol Online Protection allows parents to effectively monitor online chat conversations in AOL, IM, Facebook and MySpace. With Cyber Bully Alerts, parents learn when a cyber bullying "trigger word" is used in an online chat. The software can be downloaded for a free, 15-day trial at [www.cyberpatrol.com](http://www.cyberpatrol.com).

\*\*\*

Growing your own lemon tree can be a treat. Bayer Advanced Fruit, Citrus & Vegetable Insect Control is formulated to aid more than 100 fruit, vegetable and citrus plants, including lemons. Visit [BayerAdvanced.com](http://BayerAdvanced.com) for gardening tips and how-to videos or call (877) BAYERAG.

\*\*\*

The experts at the nonprofit National Institute for Automotive Service Excellence (ASE) can give you car care advice—such as looking for an orderly repair shop with modern equipment and ASE-certified repair technicians—if you visit [www.ase.com](http://www.ase.com).





Mon.-Sat. 7:00 AM to 9:00 PM  
Sunday 7:00 AM TO 8:00 PM  
[www.rochs.com](http://www.rochs.com)

SALE DATES: June 22nd-June 28th

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we have...  
FRUIT & VEGGIE  
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Fancy Black Plums ..... <b>.99</b> lb	Fresh, Tender Broccoli Crowns ..... <b>1.49</b> lb.
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Fancy - Sweet Cantaloupes or Honeydews ..... <b>2/\$5</b>	Hothouse Tomatoes Roma/Plum Tomatoes <b>1.49</b> lb.
Mangos ..... <b>.99</b> ea.	Fancy - Sweet Red Peppers ..... <b>1.49</b> lb.
Carrots 2lb. Bag..... <b>1.49</b> bag	

1183 Boston Neck Rd., Narragansett  
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392-4230

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828-4554

## CONTRACTORS NEEDED TO BID

Qualified Contractors needed for various home repairs for low/moderate income homeowners through the Town of Coventry CDBG Program. Typical repairs include replacement of inadequate windows; vinyl siding; roofs; heating systems; installation of handicap ramps; septic systems and new 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](mailto:ghardink@coventryri.org)  
(401) 822-6246

### WANTED

ANY JUNK VEHICLE  
*Highest Prices Paid!*  
*Paying \$100-\$500 cash*  
*Same Day Removal*  
Call **474-5723** anytime

7-PIECE DINETTE, \$150. Baker's rack, \$50. Good condition. 789-8876.

FULL SIZE SOLID BRASS Bed Frame, \$80. Dresser & bureau, \$80. 742-2962.

BEAUTIFUL MAPLE DINING SET: 6 Chairs, leafs & hutch. \$600. 742-2962.

### PINE FIREWOOD BUNDLES

loose cords, slabs. Call John, 226-3362.

LANDSCAPE STONES: Cobble, curb & much more. Must sell. Moving! 742-2962.

OAK OVAL CLAWFOOT PEDESTAL Ktchen Table with 4 chairs, \$350. Paino, \$125. 397-7735

**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.

## Tired of just having a job? Do you want an Amazing Career?

### IBEW Local Union 99 is expanding again!

For over 125 years, the IBEW has been recruiting, training and providing work for the highest skilled and most efficient crafts people in the industry. We do this with a training program, safety record, wage and benefit package that is unmatched in the industry.

If you are brand new, but have an amazing work ethic, are intelligent and love to learn, then you need to talk to us! If you are a licensed journey person who has a great work ethic, is accomplished at the craft and want to be rewarded for your commitment to the industry, then you need to speak to us! If you are licensed and a Foreman, General Foreman or Superintendent and are tired of an unbalanced reward for your investment, then you need to speak to us! If you are an electrical estimator or project manager, we may have opportunities for you also, license preferred but not always necessary!

We are testing and interviewing entry level apprentice applicants right now! We are testing and granting advanced placement to high quality registered apprentices right now! We are testing, training and welcoming into membership qualified open-shop electricians right now!

We are currently expanding our market share and job opportunities for men and women of superior stock, so what on earth are you waiting for!

**[jwalsh@ibew99.org](mailto:jwalsh@ibew99.org) • [www.IBEW99.org](http://www.IBEW99.org)**

The first nickelodeon—now called a movie theater—was established in McKeesport, Pennsylvania, in 1905 by John P. Harris and Henry Davis.

**STORY PROGRAMS AT COVENTRY PUBLIC LIBRARY**  
The Coventry Public Library, 1672 Flat River Road, will hold Registration for Summer Story Programs beginning June 20 (Story Programs begin the week of July 5). Story Programs for babies & toddlers will be on Mondays at 9:30AM & 10:30AM; Programs for 2-year-olds on Mondays at 11:15AM; & Programs for children ages 3-8 on Tuesdays, Wednesdays & Thursdays at 10AM. Call 822-9102 or visit [www.coventrylibrary.org](http://www.coventrylibrary.org) to register for Storytimes. Space is limited.

**GENTIVA HOSPICE NEEDS VOLUNTEERS**  
Gentiva Hospice is looking for dedicated & compassionate volunteers to provide companionship and 1:1 interaction to terminally ill patients in the community. Your smile, friendship, and a few hours each month can improve the quality of someone's life, including yours! Volunteers in all cities/towns throughout RI are needed. Please call Gentiva Hospice at 738-1492 and ask for the Manager of Volunteer Services.

# Donna's Day

Creative family fun

by Donna Erickson

### Getting Things Done

Have you ever been out in the middle of a lake in a fishing boat and there weren't any hooks in your tackle box? Or have you ever started to sew on a button and didn't have a needle?

Looking at the steps involved in getting something done — what educators call "task analysis" — is for all ages. Thinking ahead and planning what direction to take in accomplishing a task are skills we continue to develop throughout our lives.

Teachers in lower elementary grades begin the process of helping students learn how to map out steps to complete a task. As they grow older, students benefit from these skills when they begin to write term papers, do research reports and study for exams.

Breaking large tasks down into smaller, more manageable parts takes practice and patience. This skill can be taught and reinforced at home, too, whether it's planting a vegetable garden or baking a batch of chocolate-chip cookies.

Before your kids begin a craft project or chore, encourage them to ask, "What will it take to get this done?" Here are additional questions to guide them through the process:

**—How much time will the project take?**

Discuss the time required to complete the task (including cleanup) and the time available. Will it be done

before your piano lesson?

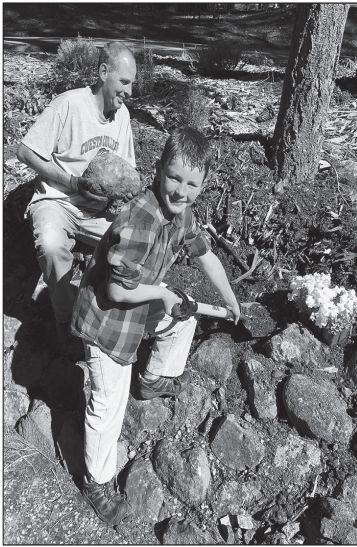
**—What equipment is needed?**

If you work in the yard, do you have garbage bags and brooms so you don't have to run back and forth to the hardware store?

For a craft project or recipe, check for ingredients and utensils on hand, such as the right-size pan, bowl and measuring cups. It's hard to make two quarts of lemonade in a one-quart container!

**—Is an adult needed, and will that person be available?**

Many activities require extra strength or supervision, for safety reasons, when using sharp objects, a hot iron or a stove.



\*\*\*

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit [www.donnasday.com](http://www.donnasday.com) and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families."

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Snails travel on "roadways" that they make themselves. A snail produces a sticky liquid on the underside of its flat foot. The rim of its foot skids along on the liquid with a rippling motion. Wave after wave of this motion pushes the snail along.

## 2016 Draw Your Dad Contest Winners

### AGES 4-7 YEARS

1st Place Winner

Coryn Washburn

2nd Place Winner

Kelsey Bonin

3rd Place Winner

Amelia Bartlett

### AGES 8-12 YEARS

1st Place Winner

Jacob Clarke Silva

2nd Place Winner

Desmond Lee

3rd Place Winner

Lindsey Andrews

## Thank You! To All Who Entered.

Watch for Our Pumpkin Drawing Contest Coming in October.



# Real Estate

## Apartment for Rent

## Apartment for Rent

## Apartment for Rent



### Crowe Properties

45 Reservoir Rd., Coventry, RI 02816  
Phone: (401)826-1649  
www.CrowePropertiesRI.com

#### COVENTRY: 2 Park Street

1 apartment available – \$1085 per month  
First Floor: 2 bedrooms, 2 bathrooms, washer and dryer, refrigerator, stove, private entrance, private deck, off street parking, next to Coventry Greenway - bike and walking path, hot water included only  
– NO PETS –

#### COVENTRY: 45 Reservoir Road

OFFICE SPACE Second Floor: \$485 per month.

Security, Deposit, Application, Background Checks  
– NO PETS –

### COVENTRY & WEST WARWICK:

1, 2 & 3 Bedrooms, Applianced, No Pets.  
From \$650-\$975  
Bernard, 821-1500



## Real Estate Ad Form

DIRECTIONS: Print one word in each box; phone number counts as one word. 10 words \$8.00 25¢ for each additional word. Mail or bring your ad to  
**THE REMINDER, 1049 Main St., Coventry, RI 02816 DEADLINE MONDAY AT 12:00 NOON,**  
except when there is a Monday holiday, deadline is Friday at 12:00 noon.

**BORDERS**  
\$1.50 EXTRA  
**BOLD TYPE**  
\$1.50 EXTRA

				\$8.00
\$8.25	\$8.50	\$8.75	\$9.00	\$9.25
\$9.50	\$9.75	\$10.00	\$10.25	\$10.50

☐ Bold Type ☐ Border

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Phone \_\_\_\_\_

Price Per Week \_\_\_\_\_ No. of Weeks \_\_\_\_\_ Amt. Pd. \_\_\_\_\_

☐ Mastercard ☐ Visa ☐ Am. Ex. ☐ Discover # \_\_\_\_\_ Sec. Code \_\_\_\_\_

Expiration date: \_\_\_\_\_ Signature \_\_\_\_\_

**THE REMINDER, 1049 Main St., Coventry, RI 02816 821-2216**  
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**\* FAX IT! 821-0397**(Photocopy form before faxing)

Be sure to include your Credit Card number,  
name on the card and expiration date



## WANTED

Multi Family  
2, 3 or 4 Unit  
Fixer-Upper Ok  
Karen 401-447-3405

## Room For Rent

PHENIX HOTEL, 18 Highland Street, West Warwick: Monthly \$450. 821-2636 between Noon-5PM or 241-5116.

## Commercial For Sale/Rent/Lease

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Auto Repair, etc. Karen,  
447-3405.

## Real Estate Wanted

We Buy UNWANTED HOUSES Fast! Offer in 48 Hrs. CASH... Any situation. Any condition. Call today, 595-8703.



## Moments in time

THE HISTORY CHANNEL

• On **July 2, 1839**, Africans on the Cuban schooner Amistad rise up against their captors and seize control of the ship, which had been transporting them to a life of slavery on a sugar plantation in Cuba. Despite an international ban, Cuba continued to transport captive Africans until the 1860s.

• On **June 28, 1862**, Confederates posing as paying passengers make a daring capture of a commercial vessel on Chesapeake Bay. The conspirators planned to use the St. Nicholas to force other Yankee ships into Confederate service.

• On **June 30, 1900**, four German boats burn at the docks in Hoboken, New Jersey, killing more than 300 people. The combination of old wood, strong winds and fuel-filled cargo sheds made the fire spread very rapidly. The fire was so large that it could be seen throughout the New York City area.

• On **June 27, 1940**, the Germans set up two-way radio communication employing their most sophisticated coding machine, Enigma, to transmit information. The Germans considered Enigma unbreakable, but the British had broken the code as early as the German invasion of Poland.

• On **July 3, 1957**, Nikita Khrushchev takes control in the Soviet Union by orchestrating the ouster of his opponents in the government. Khrushchev's action delighted the United States, which viewed him as a more of a moderate.

• On **June 29, 1967**, blond bombshell actress Jayne Mansfield is killed instantly when the car in which she is riding strikes the rear of a trailer truck on I-90 east of New Orleans. A thick white fog from a mosquito sprayer may have obscured the truck.

• On **July 1, 1979**, the first Sony Walkman goes on sale for \$150 after a breakneck development phase of only four months. The initial production run of 30,000 units looked overly ambitious when only 3,000 were sold the first month.

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## BUYING OR SELLING?

The Summer Market is **HOT!**

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We **SELL** houses....and now is the time to **SELL!**

We have buyers waiting to **BUY!**

**Coventry: New Listing!!** Charming ranch! 2 beds, 2 baths, family room/FP, cabana with hot tub, C/A, **\$249,933**

**South Kingstown: New Listing!!** 4 bed 2 bath country cape/gambrel, kitchen/granite island, finished lower, garage, **\$384,900**

**Coventry: New Listing!!** Beautiful 3 bed, 2.5 bath upgraded colonial, bonus room on 2nd, FR/bar in lower, pool, deck, cul-de-sac, **\$419,900**

**Cranston: New Listing!!** Great 2 family for owner occupied/ investors, 2 beds each, 2 car garage, finished basement, **\$229,900**

**Coventry: Wood Estates**, large contemporary, possible in-law, 3 bedrooms, 3.5 baths, C/A, garage, pond access, **\$379,900**

**Warren: Unique property**, possible commercial, multi-family, or home business, 3 beds, 1.5 baths, big corner lot, **\$270,000**

**West Warwick: Multi-family** on good size lot, units have 2 beds each, detached garage & storage for tenants, **\$199,900**

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Rhode Island's First Buyers Guide

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First Lady-to-be Abigail Adams was referring to tea when she called a popular American import "that bainful weed."



# Yard Sales

Big John's

Pawn Shop

1495 Main Street, West Warwick

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WE BUY GOLD

10K ..... \$400<sub>oz.</sub>

14K ..... \$600<sub>oz.</sub>

18K ..... \$700<sub>oz.</sub>

Sterling ..... \$12<sub>oz.</sub>

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90% of Gold Market

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Games & Consoles

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DVD's • Electronics

TV's • Tools

Landscape Equipment

Furniture • Appliances

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Plainfield Pike

Flea Market

2111 Plainfield Pike, Johnston, Rhode Island

OPEN

EVERY SUNDAY

VENDORS WANTED - ALL SPOTS \$20

(Vendors can arrive at 5:30am)

CLEANING OUT YOUR HOUSE?

Come sell it at the Flea market!

Every Sunday 6am-2pm

April 17-October 23, 2016

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Rhode Island's Largest

Outdoor Flea Market!

You will be responsible for

cleaning area.

Nothing will be left behind



**HUGE ESTATE SALE!**  
**60 Tampa Street, West Warwick: Tools, Furniture, Kitchen, Books, DVDs! June 25 & 26, 8AM until Noon both days.**

**YARD SALE: June 18th and 25th from 9 to 4. 104A Old Plainfield Pike, Foster, RI. Yard tools, shovels, rakes, hoes, kitchen tools, baking dishes, lamps, shelves, decorative water fountain, some antiques and collectibles.**

**MOVING! HOUSE & YARD SALE! 9 Rotary Drive, West Warwick: June 25, 8AM. Rain or shine.**

**45 BENOIT STREET, Coventry: Multi Family. June 25, 8AM-?. English china, Wedgewood, linens, toys, smalls, small furniture. Rain date Sunday.**

**42 AZALEA DRIVE, Cranston. Saturday, June 25. 7 to 3. Many household items and more.**

**3 POND VIEW DRIVE, Coventry. 2 Families. June 25. 8 AM to 1 PM.**

**Connecting Listeners To Music In A New Way**  
(NAPSA)—Good news for music lovers: A new kind of audio cable offers a significantly better listening experience. The cable is designed to protect the signal between the source and



**A breakthrough in technology can mean a significantly better listening experience at home, in your car and beyond.**

the listener for a more beautiful, rich, clear sound.

**The Problem**  
Typically, cable or wire that carries sound—whether through a home stereo system, an instrument, a microphone or headphones—uses decades-old technology. “Noise” interferes so the listener hears only a portion of the original sound. The goal is to deliver as much of the original sound to the listener as possible.

**What's New**  
The new cable technology from Asterope provides a sound that listeners have described as “breath-taking,” “truly revolutionary” and “unlike anything ever heard before.”

The company's first products were music instrument and microphone cables. They've become the cable of choice for music industry professionals in live performances and recording sessions and can be heard on Grammy Award-winning albums and live concerts around the world.

**What's Next**  
Soon, you can enjoy this “Asterope difference” in concert halls, studios, theaters, in your car and at home.  
**Learn More**  
For further facts, visit [www.asterope.com](http://www.asterope.com) and [www.facebook.com/asteropeaudio](http://www.facebook.com/asteropeaudio).

99 JAMBRAY AVENUE, Warwick (Off Providence Street). June 25 & 26. 8-? Pub style tables and chairs. Household items. Baby toys.

**WESTWOOD ESTATES: Saturday, June 25. 9am-2pm. Multi Family Yard Sale. Darius Lane/Liena Rose Way. Lots of everything!!! We are off Reservoir Road in Coventry.**

YOUNGS AVENUE, West Warwick: June 25 & 26. 8AM-3PM. Lawnmowers, Yard tools, monitor, solar buddies, and more .

**DAVE'S BARN AND YARD SALE:** 35 Pilgrim Avenue, Coventry. Thursday, the 23rd thru Sunday, the 26th. 8 to 4. Lawn and garden. Tools. Bikes. Lawnmowers. Power tools. Furniture. Antiques. Household items and much more. Stop by and take a look. Thanks, Dave.

38 HELEN AVENUE, Coventry. Saturday and Sunday, June 25 and 26. 7 AM to 1 PM. A little bit of everything.

1 SANDALWOOD COURT (off Blackrock Road), Coventry: June 25, 8AM-2PM. Children's & women's clothing, toys & household items.

33 EAST SHORE DRIVE, Exeter (Boone Lake): June 25, 9AM-2PM. Rain or shine.

90 ARNOLD ROAD, Coventry. Saturday, June 25. 8 to 3. Multi-family. Household Furniture. Miscellaneous items. Rain date, June 26.

376 SEVEN MILE ROAD, Hope: Multi Family. June 25. 8 to 3. Furniture. Wood splitter. Trash Compactor. Some antiques. Wheelchairs. Walkers. Other medical equipment. Player piano. Organ. Women's and men's clothing. Kids clothes and toys. Bedding.

Yard Sale Form

DIRECTIONS: Print one word in each box; phone number counts as one word. 10 words **\$8.00**, 25¢ for each additional word. Mail or bring your ad to **THE REMINDER, 1049 Main St., Coventry, RI 02816 DEADLINE MONDAY AT 12:00 NOON.** Except when there is a Monday holiday, deadline is Friday at 12:00noon.



# Entertainment

## OUT in NOWHERE BREAKFAST & CREAMERY

Serving Breakfast Wednesday-Sunday  
5:30AM-12 Noon

**Buy 1 Breakfast, Get the Second  
1/2 PRICE**

Wednesday thru Friday 5:30AM-12 Noon

### Menu Expansion & New Waitstaff

OPEN FOR ICE CREAM 7 DAYS  
12 NOON-10PM/11PM ON WEEKENDS  
Serving 38 Flavors of Gifford's Hard Serve Ice Cream  
25 Flavors of Soft Serve  
Inside and Outside Dining • Plenty of Picnic Tables

CAR SHOWS EVERY SUNDAY AT 5PM WITH CRUISIN' BRUCE

Right Off the Bike Path - Directly Across from Mobile  
2246 Flat River Road, Coventry • 401-385-9139



45 Scott Hollow Road, Greene, Rhode Island  
401-533-4584

### Summer Camps:

June 27-July 1  
Horse Show Week

July 11-15  
Horse Science

August 8-12  
Gymkhana

Time: 9:00-3:00 daily

Cost: \$300/wk using farm horse  
\$350/wk using own horse

Lessons/Training Available  
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### REMINDER COUPON

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33 Sandy Bottom Rd., Coventry • 828-1810 • www.theoldetheaterdiner.com • Everyday 6am-11pm • Bar 'til 1am

**20% OFF\***  
**BREAKFAST**

Valid Monday-Friday 7am-3pm  
\*Must order from Breakfast Menu

\*One coupon per check, per visit. Not valid with any other coupon or offer. Gratuity not included. Must purchase one beverage per person. \* Coupon does not discount taxes, alcohol and beverages. Expires 7/10/16

Everyday  
**BUY 2 PIZZAS  
GET 3RD FREE**

TAKE OUT ONLY!  
Must be same size of equal or lesser value  
Excludes special offers. Cannot be combined with any other offer.  
Must have coupon - Expires 7/10/16

**Best  
Wings  
In RI**



**Enter as  
Friends  
Leave as  
Family**

2260 Flat River Road, Coventry (across from Mobile Station) 401.397.0001  
OPEN 7 DAYS 11:30am-1am

**MONDAY**  
**BUY 1, GET 1 PIZZA**  
LADIES NIGHT  
**50¢ WINGS**  
**1/2 PRICE COCKTAILS**

**TUESDAY**  
**1 TOPPING PIZZA**  
**\$8.00**  
TBA

**WEDNESDAY**  
**1 TOPPING PIZZA**  
**\$8.00**  
Bike Night

**THURSDAY**  
**KARAOKE**  
WITH CHRIS PHILLIPS

**FRIDAY, JUNE 24TH**  
LIVE ENTERTAINMENT WITH  
**KENNY PAYNE**

**SATURDAY, JUNE 25TH**  
LIVE ENTERTAINMENT WITH  
**GARY HOPP & FRIENDS**

**SUNDAY, JUNE 26TH**  
**RACES  
& FOOTBALL**  
- DRINK SPECIALS -  
**CAR SHOW 5PM**  
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## Good Housekeeping

### Nectarine Custard Pie

Juicy, ripe nectarines are delicious enough to eat unadorned; however, they're just as tasty in this custard pie. And each one is loaded with potassium, magnesium and healthy fiber, but has a virtuously slim 62 calories. What could be better?

- 3/4 cup buttermilk
- 3/4 cup sugar
- 2 large eggs
- 1/4 cup all-purpose flour
- 1/8 teaspoon salt
- 4 cup chopped nectarines

1. Whisk buttermilk, sugar, eggs, all-purpose flour and salt in bowl until smooth.
2. Spread chopped nectarines in refrigerated ready-to-use piecrust placed in 9-inch pie plate. Add buttermilk mixture.
3. Bake 40 minutes or until just set, covering edges if over-browning. Cool completely. Serves 8.

For thousands of triple-tested recipes, visit our website at [www.good-housekeeping.com/recipes/](http://www.good-housekeeping.com/recipes/).

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



### Why Dogs Can't Use People Toothpaste

**DEAR PAW'S CORNER:** My dog's veterinarian said that I need to brush her teeth to keep them from falling out. He then tried to sell me a tube of "special" toothpaste that cost \$9! Plus it smelled like canned chicken. What is the point if brushing isn't going to freshen her breath? Can I just buy regular toothpaste from the drugstore? Sign me — *Angry in Iowa*

**DEAR ANGRY:** The No. 1 reason not to use "regular" toothpaste made for humans on a pet is because it contains fluoride, which can be fatal to pets if ingested. And because your dog will swallow all toothpaste being used on her teeth, that is a problem.

Why brush? Healthy teeth and gums don't just preserve her teeth, they can prevent heart disease. So, knuckle down and buy a dog-specific toothbrush and toothpaste, either from the vet or the pet store. Or, you can even make your own baking soda- and bulion-based recipe.

To brush your dog's teeth, hold her securely and place a little bit of doggy toothpaste on the brush (you can use a cotton ball on puppies and small dogs, to start). Let her taste it, then cradle her muzzle and lift one side of her lip. Place the brush against her gums and gently sweep downward.

She will lick the toothpaste away as you work, so use as much as you need. The first few tries may even be frustrating as she tries to break away. The key is to brush regularly, at least once a week, and try different flavors. And never scold her: give lots of encouragement during the brush and a healthy treat right after.

Send your tips, questions or comments to [ask@pawscorner.com](mailto:ask@pawscorner.com).



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## Outdoor Youth Activity Day!

**Presented by the Youth Activities Committee  
of Coventry-West Greenwich Elks #2285**

**DATE:** Saturday, June 25th, 2016 **TIME:** 9am-2pm

**WHERE:** Coventry- West Greenwich Elks

42 Nooseneck Hill Road, West Greenwich, RI 02816

**Activities are as follows just to name a few  
Coffee & Donuts Available**

Steve's Bounce House  
Cat Country 98.1 from Noon-2pm  
Stranger Danger Karate Demonstration  
RI State Police Car Simulator & K-9 Demonstration  
Shriner Clowns • Ray Ward & His Reptile World

The 1st 100 children under 12 get a \$5.00 Gift Certificate for attending

**For more information contact**

**Bonnie Richardson @ 401-578-5941**

**LUNCH  
12-1pm**



## Weekly Dance Schedule

21 and Over, ID's Required  
Under 21 Must be with a Parent or Guardian

Monday*, Tuesday & Wednesday	Beginner Dance Lessons & Requests Doors Open at 7pm • Lessons at 7:30pm	\$10
Friday & Saturday	Dance Lessons & Requests Doors Open at 7pm Lessons at 8pm	\$10
Saturday July 2nd Open 6pm Band 7pm	Freedom Concert NOT FOR NUTHIN', SUNDANCE & THE MISHNOCK ALL STARS Great Rock & Roll! Drawing to benefit: Wounded Warrior Project	\$10
Thurs. July 7th Open 7pm Band 8 pm	Mishnock All Stars Thursday Night Rocks!! Dancing to DJ and Bands - No Cover	Free



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2 TOPPING  
PIZZAS**

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Join Us For Entertainment

Thursday, June 23rd  
**JOHNNY EDWARDS**

Friday, June 24th  
**MONDELLO'S**

Saturday, June 25th  
**NOT FOR NUTHIN'**

Starts at 9:30







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DEBT RELIEF, COLLECTIONS and BUSINESS LAW

**FREE DIABETES EDUCATION CLASSES**  
Healthcentric Advisors, the New England Quality Innovation Network-Quality Improvement Organization (NE QIN-QIO), in collaboration with the RI Department of Health, is offering FREE Diabetes Self-Management Classes. These classes are conducted in an interactive workshop format and are 2 1/2 hours in length, once each week for 6 consecutive weeks. A new class is scheduled to begin at the Louttit Library in West Greenwich on July 8 from 12:30-3PM. A light lunch will be provided from 12-12:30PM. Please call Brenda at 528-3246 or Joyce at 528-3268 to register and/or for more information.

**COVENTRY/WEST GREENWICH ELKS  
YOUTH ACTIVITY DAY**  
The Coventry/West Greenwich Elks Lodge, 42 Nooseneck Hill Road, Coventry, will hold a Youth Activity Day on June 25 from 9AM-2PM. This FREE Family Fun Event is presented by the Coventry-West Greenwich Elks Youth Activities Committee. Activities include Steve's Bounce House, RI State Police Car Simulator & K-9 Demonstration, Stranger Danger Karate Demonstration, Entertainment by Cat Country 98.1 (12-2PM), Shriner Clowns, Ray Ward & His Reptile World. Lunch available from 12-1PM. For more information, contact Bonnie at 578-5941.

**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.

**WEST WARWICK PUBLIC LIBRARY DEBUTS  
"NASH THEATER"**  
West Warwick Public Library, 1043 Main Street, West Warwick is happy to announce the completion of their state of the art Blu Ray theater in the Nash Room. The theater offers a high definition, surround cinematic experience and is completely free & open to the public. The Library will host a monthly "Sci-Fi Film Series" that features popular recent releases, as well as other movie events throughout the year. Visit the Library website at [www.wvlibrary.org](http://www.wvlibrary.org) for titles, dates & times.

**"DO MUSIC" AT TYLER FREE LIBRARY**  
Join Dianne Du to "Do Music" on the 1st & 3rd Friday of the month at 10AM at Tyler Free Library, 81A Moosup Valley Road, Foster. Come for a music filled morning for the infant & toddler. Call 397-7930 to register or for more information.



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(60-70 new staff members needed)  
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A New Concept in Nursing Home Care



Please join us for information sessions:  
**Tuesday, June 21, 2016 at 6:00 pm**  
**Monday, June 27, 2016 at 6:00 pm**  
**Wednesday, June 29, 2016 at 6:00 pm**

**Saint Elizabeth Home**  
One Saint Elizabeth Way, East Greenwich, RI 02818

To register contact Sarah Bowater at  
[sbowater@stelizabethcommunity.org](mailto:sbowater@stelizabethcommunity.org)  
or 401-471-6060.

[www.stelizabethcommunity.org](http://www.stelizabethcommunity.org)



Registration for the information session is suggested as space is limited.

**♥HEART HEALTH**

**Take Charge Of Your Health With Daily At-Home Blood Pressure Monitoring**



(NAPSA)—According to the Mayo Clinic, at-home blood pressure monitoring is an important part of managing high blood pressure. What many don't realize is that blood pressure monitoring should be a part of their daily routine, just the same as showering or brushing their teeth. That is because about 72 million adults (nearly one in three) in the United States have high blood pressure. In addition, about 59 million American adults have prehypertension, a condition that also increases the chance of heart disease and stroke.

Why? High blood pressure has a correlation to obesity, and, according to the Centers for Disease Control and Prevention, during the past 20 years there has been a dramatic increase in obesity in the United States. In recent years, only one state (Colorado) had a prevalence of obesity less than 20 percent, while 30 states had a prevalence equal to or greater than 25 percent.

**How Weight Affects Blood Pressure**  
Obesity is defined simply as too much body fat and recognized as a major risk factor for coronary heart disease, which can lead to heart attacks. When obesity sets in, it thickens blood vessels, which in turn makes them rigid. Thus, the heart has to work harder to push

the blood through the body and results in increased blood pressure.

Most people are familiar with the 120/80 mmHg reading, which represents the systolic (120 mmHg) and diastolic (80 mmHg) measurements. It is measured in millimeters of mercury (mmHg) and recorded as two numbers—systolic pressure (when the heart beats) over diastolic pressure (when the heart relaxes between beats). When taking readings at home, health organizations generally agree that optimal readings should be less than 135/85 mmHg or less than 130/80 mmHg in those patients who are at high risk.

To obtain readings at home, the American Heart Association (AHA) says it's important to purchase a monitor that has been clinically validated to accurately measure blood pressure. All Omron home blood pressure monitors are clinically validated and

designed to make it easy to measure and accurately track daily readings.

**Healthy Heart Practices**  
The following are some key steps that Americans can weave into their routines to achieve and maintain a healthy blood pressure:

- Monitor your blood pressure at home with an Omron blood pressure monitor. The AHA recommends people with or at risk of high blood pressure to routinely monitor their blood pressure at home, taking readings in the morning and at night.
- Make physical activity part of your daily routine by getting 30 minutes of exercise daily.
- Select heart-healthy foods when planning meals, including foods low in saturated fat.

**Pledge To Have A Healthy Heart**  
Pledge to achieve a heart-healthy lifestyle at [www.healthyheartpledge.com](http://www.healthyheartpledge.com) and you'll automatically be registered for the Healthy Heart Pledge Sweepstakes. By signing up, you will be entered for a chance to win one of 49 prizes for the mind, body and soul—from Omron product packages to a seven-night cruise or even a Hawaiian vacation. Visit now through December 31, 2009 and sign up to take another important step toward a heart-healthy lifestyle.