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Come Say "Hello" to Jeanette, our local Hasbro Children's Hospital Champion of 2015!



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

COVENTRY SENIOR CENTER: 822-9180 wood street, coventry • for reservations call DONATION \$3.00

Escarole and bean soup, chicken a la king, whole grain biscuit, garden salad with dressing, seasonal fresh fruit. Sandwich: Wed. 7/20 Hamburger with side salad.

Thurs. 7/21 Happy Birthday! Tomato soup , Shepherd's pie, California blend vegetables, Snowflake roll, frosted cupcake. Sandwich: Honey ham and cheese on rye.

Low sodium V8, shrimp jambalaya, collard greens, corn bread, diced pears. Sandwich: Sliced chicken on roll. Fri. 7/22

Mon. 7/25 Beef barley soup, roast pork loin with gravy, mashed potatoes green beans, wheat bread, fresh fruit. Sandwich: Turkey and

Tues. 7/26 Chicken escarole soup, grilled chicken, corkscrew pasta primavera, side salad with dressing, garlic bread, diced peaches. Sandwich: Salmon salad on a roll.

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

Wed. 7/20 Cranberry and spinach salad, baked ham with sauce, mashed sweet potatoes, carrots, dessert. Option: Turkey sandwich.

Escarole and bean soup, stuffed shells, eggplant, green beans, dessert. Option: Cobb salad. Thurs. 7/21

Fri. 7/22 Clam chowder, fish and chips with tartar sauce, cole slaw, dessert. Option: Waldorf salad.

Mon. 7/25 Pineapple and cottage cheese, chicken Marsala, rice pilaf, asparagus, dessert. Option: Turkey Reuben.

Tues. 7/26 Vegetable soup, open turkey sandwich with gravy, broccoli, stuffing and cranberry sauce, Birthday cupcakes. Option: Spinach salad with chicken.

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PORTABLE FOLDING TREADMILL: Fully assembled. Was \$249. \$75. Call 822-2302.

CANNONDALE BIKE: Adventure 3 med on blk. Never used. \$325. 826-

WILDFIRE ELECTRIC BIKE, \$700 OBO. Richard, 823-3165.

LOG SPLITTER: Huskee 22-ton, 190CC Briggs & Stratton, 13 second cycle, auto return. Like new, used 1 season. \$550. 826-1142.

WOMEN'S RETRO BI-CYCLE: Green, with cup holder & basket. Lightly used. \$75 OBO. 575-2086.



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jwalsh@ibew99.org • www.IBEW99.org





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982 Tiogue Avenue, Coventry, RI Monday-Friday 8am-4pm

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Random Acts of Lindness...

My car broke down today and I was touched at what people did to help. Thank you Scott Copley for coming to the rescue and taking the kids and dog home. Thank you also to the anonymous person who saw me and my kids outside in the heat, went to the store, and came back with cold water for us! It's so nice to see how good people are. We seem to only hear about the bad, but kind people are everywhere.

6 ASSORTED SNOW BLOWERS: Used. Call for description & price. Buy 1 or buy all, package price. 822-0046.

FLOATING LOUNGE CHAIR for pool. Best offer. 323-1686.

> SIZZLING SUMMER SALE at D's WALK-IN CLOSET! 20%-50% **OFF a HUGE SELEC-**TION STOREWIDE. Fabulous fashions and accessories at a FRAC-TION of RETAIL. 820 Tiogue Avenue, Coventry (across from Tom's Market). Tuesday-Saturday, 10AM-5PM. Thursday til 6PM. **AVON Products and** Brochures also available. Additional parking and handicapped entrance behind build-

NEWLY ESTABLISHED NAVY JROTC AT COVEN-TRY HIGH SCHOOL NEEDS YOUR HELP

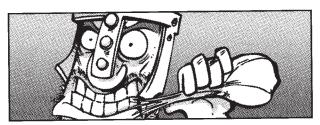
Coventry High School is pleased to announce the Navy JROTC Program for the Fall of 2016. This program will continue developing character, integrity & leadership to its students as the Air Force JROTC did for over 40 years. With your help and generosity, we look to secure the funding needed to provide our Cadets with the necessary uniforms and materials needed to transition to this branch of service. We ask you to support our Cadets and their future, in serving this community. Please share this with those you know for any contribution will be greatly appreciated. We thank you in advance for your assistance and cooperation with this campaign. www.gofundme.com/2ewnkc4

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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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by Donna Erickson

Cool Off With Fresh Homemade Lemonade

The forecast called for wind and rain. but that didn't stop 7-year-old Thomas Scott from getting up at dawn on the Saturday morning of our annual festival of neighborhood garage sales.

He painted a "Lemonade" sign in

multiple colors ("People will see it better that way," he told me) and tied polka-dotted balloons (borrowed from

his older brother's balloon-powered-car science project) on posts, and set out cups, ice and two pitchers - one for lemonade, and the other for apple juice ("I'll make more money with more choices," he reasoned). On the side bench were tempting platters of wrapped crispy rice treats and brownies that he and

a.m. while the signage was drying.
In spite of ominous dark clouds, the eager

his mom concocted at 7

entrepreneur was ready for business at 8 a.m. And they came. By 10, his wooden moneybox was overflowing with ones and fives. (Some people said, 'Keep the change." When he was just about out of goods

at 11, his mom appeared with a fresh batch of brownies and a tall pitcher of icy lemonade. That's when I put a "Be back in a minute" sign on my garage sale, walked across the street, and

If your mouth is puckering at the thought of drinking a cool glass of lemonade, but there's no lemonade stand in sight, stir up your own, and

make it special using freshly squeezed lemons. Pour in tall glasses and add a sprig of fresh mint. Cheers!

Here's how to put lemons in your lemonade

TRADITIONAL LEMONADE

In a medium saucepan, an adult should combine 2 cups water and 1 cup superfine sugar. Bring to a boil, stirring until the sugar is dissolved. Remove from heat and cool. Stir in an additional 2 cups of water and 1 cup fresh lemon juice (from about 6 lemons). Adjust flavor according to taste by adding either more sugar or more lemon juice. Pour over ice in a pitcher.

SLUSHY LEMONADE

Let your child squeeze four lemons by hand with a juicer. Pour the lemon juice into a blender with 1/2 cup sugar, 2 1/2 cups of water and a handful of ice cubes. Blend until smooth, then pour



Serving tip: Freeze cut lemon slices with water in ice-cube trays. Put them into a glass or pitcher when ready to serve the lemonade

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 and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erick-

son's Fabulous Funstuff for Families. © 2016 Donna Erickson Distributed by King Features Synd.

Don't just dream about grandiose acts of doing good. Every day do small ones, that add up over time to positive patterns.

-Marian Wright Edelman

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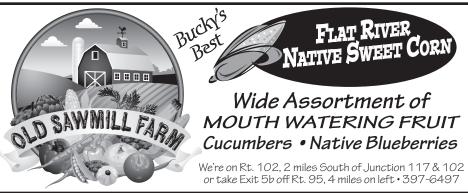
LIONEL CENTURY CLUB 1st Edition Engines: Never used. Original boxes and display cases. 726 Berkshire - 773 Hudson - 671 Turbine with Turbine Tender - GG1 & NYC F3AA. \$2000 (Lot. Pr.). LIONEL NYC 4-8-2 Mohawk L3-A. Never used, original box. \$750. LIONEL NYC J1-E Hudson, Vanderbuilt Tender. Never used, original box. \$650.

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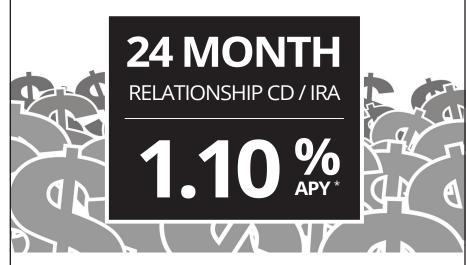
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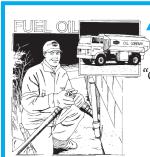
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THE DEADLINE FOR ALL READER ADS IS MONDAY AT 12 NOON. (When there is a Monday Holiday, Deadline is Friday at 12 Noon)

Office Hours: Monday - Friday 8:30-5 A mail slot is located on our front door for after hours drop off. Please include payment.

24 Hour Answering Available... Call 821-2216 Anytime

CIRCULATION COUNCIL

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Please indicate the prayer that you would like published, include your initials, and mail or bring to:

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!

per Novena

Please enclose payment

Deadline is Friday at 5pm for publication in the following Tuesdays edition of The Reminder



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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 are not recessarily incise in the cultur. Fullicate and simular durint benthering spirituring 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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COVENTRY PUBLIC LIBRARY TEEN PROGRAMS

The Coventry Public Library, 1672 Flat River Road, Coventry, invites Teens entering Grades 6-12 to register for the following special events: Yoga Class on July 8 at 12:30PM, Watercolors Painting Class on July 15 at 12:30PM, Minecraft Modding with the RI Computer Museum on July 22 at 12:30PM & Giant Games Day on July 29 at 12:30PM. Call 822-9102 to register and/or for more information.

TAI CHI CLASSES AT WEST WARWICK SENIOR **CENTER**

The next 6-week session of Tai Chi Classes will begin at the West Warwick Senior Center, 145 Washington Street, West Warwick on July 26. Beginner Class runs from 12:15-1:15 & Advanced Class runs from 1:15-2:15PM. Tai Chi is an ancient Martial Art that originated in China. Regular practice of this moving meditation has shown to lower blood pressure, increase flexibility and improves muscular strength & balance. Classes run for 6 weeks at a cost of \$30. You must register by July 22. Call 822-4450 for more information or to sign up.

GREENE PUBLIC LIBRARY ASSOCIATION'S AN-**NUAL CHICKEN BBQ**

The Greene Public Library Association will hold their Annual Chicken BBQ on July 24 at 818 Hopkins Hollow Road, Greene. There will be 2 seatings - the 1st at 3:30PM & the 2nd at 5PM. Suggested donation is \$12/Adult, \$6/child (6-12), children under 5 are guests of the Library. A family of 4 is just \$30. Please call David at 397-3962 for reservations.

BABYSITTER'S TRAINING COURSE AT COVEN-TRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, will offer a Babysitter's Training Course conducted by the RI Chapter of the American Red Cross on August 19 from 9AM-4PM for boys & girls ages 11-16. Instruction will include fundamentals of babysitting & basic First Aid. A non-refundable fee of \$90 is required at registration which begins July 18 at the Library. Space is limited. Call 822-9102 to register or for more information.

"It's Time For Your Eye Exam"

Coventry Care Associate

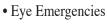
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- 1. MONEY: What is the building depicted on the back of a \$20 bill?
- 2. MEASUREMENTS: How many yards are in a fathom?
- 3. PSYCHOLOGY: What is the fear represented by pyrophobia?
- 4. TELEVISION: Who voiced the role of Charlie on the original "Charlie's Angels" TV series?
- 5. U.S. STATES: Which three state capitals have the least number of letters in their names?
- 6. LANGUAGE: What are gauchos? 7. FIRSTS: Who was the first woman to receive the Distinguished Flying
- Cross? 8. GENERAL KNOWLEDGE: In superstitious beliefs, how many years of bad luck allegedly come from breaking a mirror?
- 9. MATH: What is a 20-sided shape
- 10. AWARDS: What is the award given each year to major-league baseball's most outstanding pitchers in the American and National Leagues?

Answers

- 1. The White House
- 2. Two (six feet)
- 3. Fear of fire 4. John Forsythe
- 5. Salem, Oregon; Dover, Delaware; Boise, Idaho (five letters)
- 6. South American cowboys
- 7. Amelia Earhart
- 8. Seven
- 9. An icosagon 10. Cy Young award

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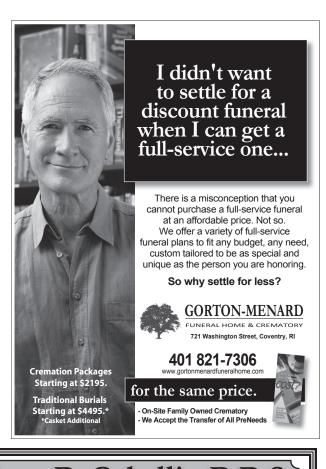
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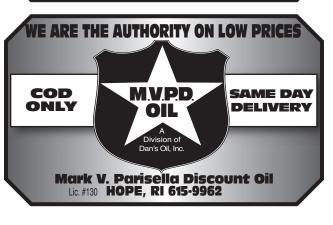
Puzzle Page



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King Crossword

ACROSS

- 1 With 5-Across, 40 Census statis- 11 "Holy cow!" fade See 1-Across 41
- Old World
- duck 12 Inauguration
- recitation 13 Genetic stuff
- Comic strip possum
- Lo-cal
- Squid's squirt 54 Pop Acknowledge
- Gold coin of old Italy
- 20 Differently
- 22 Berlin-born actress
- Hackneyed Banned pes-
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- Miners' finds
- 32 Pair Oklahoma city
- 34 Zodiac sign
- Onassis, familiarly
- Isolated hill
- 37 Berlin-born

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DOWN

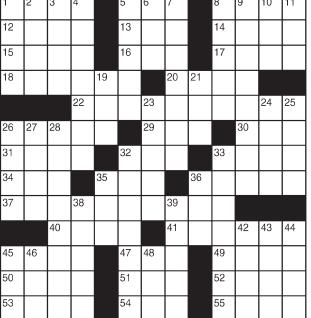
- Bar
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- 5 Quaff

- 9

- real first name 24 Send forth 50 Verve 25 Discourteous
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- dog
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- Tic Gesture
- "Beetle Bailey" ative Weary 42 Places 43 Press 44 Penny

 - 48 Alias abbr.



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WHOLE GRAINS

UVROELHEABXUROL

I E T E L L I M B Y V S Q N K

HEBYYWATTROLFJG

(BROWNRI C E)L E F B Y Y

X V S N Q O M K N T Z P L I G

ECTTAROSKTIRSYW

V U S Q P M A O N I U Q H N M

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

28 Re newborns 32 Had a ren-

10 Id counterpart

weather

21 Parcel of land

- dezvous Bicontinental
- region 35 Shock and --
- Wager 38 Represent-
- Prized
- possession Hearty brew



OIL

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WURPANKIIGEDBEZ

UHSQUERTOPARNLJ

H F E C A M R A R B M E T Y X

KJHFEEFKCBZYXWV

Amaranth Farro Oats Quinoa Triticale Brown rice Kamut Maize Wheat Einkorn Rye Emmer Millet Spelt

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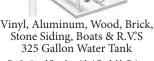
Answers — **King** Crossword —

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THE BOLD AND THE BEAUTIFUL

Ridge announced to his family that Douglas is not his son. Deacon was shocked by Quinn's rejection. Feeling betrayed by her father's lies, Steffy confronted Ridge about other times that he possibly misrepresented himself. Eric found himself in a predicament over who should be Forrester's CEO. Deacon refused to give up on Quinn and his desire to reunite with her. While Rick planned his return as the chief executive, Thomas and Steffy also had their eye on that prize. Liam found himself in an awkward position when Bill gave him his next assignment, which involved Wyatt and Steffy. A mysterious guest arrived at Forrester Creations wanting to conduct business with the new CEO. Wait to See: A young couple takes their relationship to the next level.

DAYS OF OUR LIVES

Chad spiraled out of control. Later, Chad and Jennifer disagreed over Thomas's well-being. Hope and Aiden slowly found their way back to each other. Jennifer sought advice from Doug and Julie. Dario accepted his father's job offer. Kate and Deimos set the record "straight" with the authorities. Philip considered signing Chloe to his record label. Summer continued her shady dealings. Chad and Jennifer's custody battle continued. Ciara confronted Chase, which resulted in his epic meltdown. Wait to See: Blanca is haunted by her past.

GENERAL HOSPITAL

Anna was affected by Julian's words. Ava came to some accurate conclusions about Nikolas. A stranger on Cassadine Island was up to no good. Laura delivered some positive news to Lulu. Tracy and Hayden offered to come to Finn's rescue.



Kirsten Storms stars as "Maxie" on "General Hospital

Liz asked Franco to stop interfering with her family business. Epiphany was concerned that the hospital won't survive the latest scandal. Maxie kept a close eye on her enemy. Liz and Franco delved into his criminal history and her tendency to always choose the wrong man. Carly became aware of Nina's efforts to find Josslyn's kidney donor. TJ made peace with Jordan. Kevin exposed another piece of Helena's legacy. Sam and Jason believed that justice would finally be served. Nathan made his intentions clear. Maxie was on to Claudette. Wait to See: Lucas comes down hard on Julian.

THE YOUNG AND THE RESTLESS

Victoria was willing to pay the oil workers more money in order to keep them from talking to the press. Kevin received a call from Chelsea asking for his help in finding out the identity Victor's accomplice. Phyllis couldn't keep her mind off Billy while being intimate with Jack. Later, Billy told Phyllis that he was ready to take their relationship public. Devon told his father that he was ready to fight to get Hilary back. Abby was upset that Stitch was shutting her out. Luca was secretly pleased that the rig workers went to the press to voice their complaints. Hilary collapsed. Wait to See: Chelsea comes up with a dangerous plan to help Adam.

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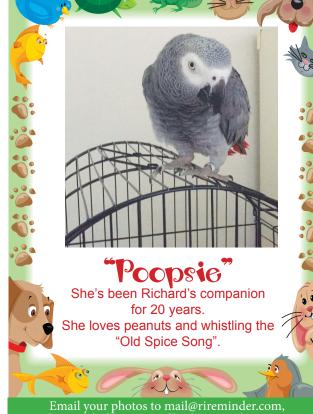
AARP CHAPTER 2210 KING ARTHUR FLOUR TOUR & THE NORWICH INN TRIP

AARP 2210 is sponsoring a King Arthur Flour Tour & Norwich Inn trip on October 21. The trip includes delicious lunch at the historic Norwich Inn, guided tour & browsing at King Arthur Flour, visit to the Vermont Country Store & motorcoach transportation by Conway Tours. Cost is \$114/ person. Call Maureen at 828-5188 or Patricia at 821-3733 for reservations or for more information.

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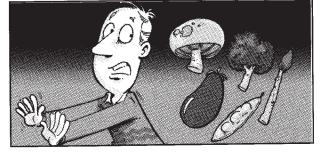
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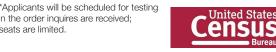
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Pontiac Sign

• I spotted a vintage Pontiac service sign in a shop in Wyoming. It reads "Pontiac Authorized Service" and is about 42 inches in diameter. I paid \$150 for it. — Ken, I spotted a vintage Pontiac Salt Lake City, Utah

A If your sign is authentic, the cardocal culture design was used during the 1930s and '40s. According to 'Picker's Pocket-Guide to Signs' by Tracket authlished by Krause . If your sign is authentic, the cir-Ed Bradley and published by Krause Books, if authentic, the sign often sells for about \$3,300. If it is the real deal and you bought it for \$150, you got an incredible bargain. Be aware, however, this sign has been reproduced.

During the 1980s, I received a copy of "White Trash Cooking" by Ernest Matthew Mickler and published by Ten Speed Press. Is it worth more than just a few dollars? — Debra, West Memphis,

A • Mickler was a visual artist who • was based in Key West, Florida, at the time he published his cookbook. The recipe collection attracted rave reviews, due in no small part because the dishes were genuine and reflected downhome cooking. "Trutti's Fruited Porkettes" and "Lady Divine's Chicken-Asparagus Pie" are two of my favorite recipes from this cookbook, which is worth about \$15. There is also "White Trash Cooking 2: Recipes for Gather-in's," which was published in 1988.

O.I have a cookie jar marked "Holiday Designs USA." I can't find anything about this company and hope you can help. — Polly, Tulsa, Oklahoma

A Holiday Designs was founded in 1964 in Sebring, Ohio, and continues to operate to the present day. Although ownership changed in 1983, the name was retained. This company makes ceramic canister sets in addition to a line of cookie jars. Many of the pieces are unmarked or identified with paper labels.

• Recently I discovered several dozen Budweiser menu sheets from a saloon/restaurant owned by my family during the early 1930s. The sheets feature an old logo not currently used, and I wonder if they have any value. — Jean, Corrales, New Mexico

A.Although your menu sheets are vintage and do seem interesting, they are probably worth only about \$5

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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A Guide To Finding And Hiring A Heating And Cooling Contractor

(NAPS)—Choosing a heating and cooling contractor can be just as important as selecting the equipment that makes up your home comfort system. That's because your contractor will help you pick the system that is best suited to your needs, install what is probably the most significant investment you make in your home and provide the technical expertise to keep it operating efficiently. As you begin your search, you should first learn as much as you can about heating and air-conditioning to prepare yourself for the interview process.

Next, ask your family and friends, co-workers, real estate agents and home improvement specialists for their recommendations. The Better Business Bureau also provides consumer ratings for specific contractors as well as complaints lodged against them.

After you have identified potential contractors, consider these steps as you make a hiring decision:

- · Ask if the contractor performs the work or subcontracts it out.
- Verify that the contractors are properly insured by having them show you proof of liability and workers' compensation insurance for the contractor, as well as any technicians and subcontractors the contractor employs.
- · Ask to see state and local licenses and certifications for refrigerant handling.
- Check for membership in professional organizations. Does the contractor belong to the Air Conditioning Contractors of America (ACCA)? s the contractor certified by the North American Technician Excellence (NATE)?



You can have more comfort for less cost if you heed a few hints on hiring a heating and cooling specialist.

- Discuss the services the contractor offers. Does the list of services include scheduled maintenance, repairs and 24-hour service?
- Determine whether the contractor has an established track record.
- Request and check references, asking about performance and whether work was completed on time and within budget.
- Expect the contractor to visit your home to conduct an on-site inspection, ask questions about your home comfort needs and address any questions you might have before making recommendations regarding service or equipment.
- · Review an itemized and written estimate for the proposed work
- · Carefully read the final contract.

It's also a good idea to begin the process long before you need to purchase, replace or repair an air-conditioning system. That way, you can conduct a thorough search without the pressure of a deadline and be confident in the selection you make.

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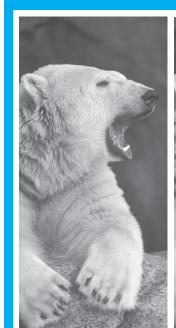
6. J'adore 7. Amazing Grace

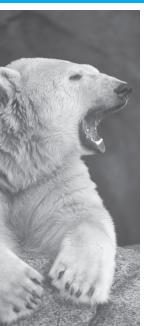
8. Chanel N°5

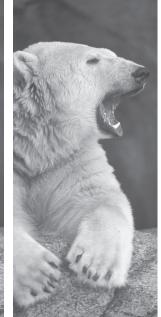
9. Black Opium

10. Angel Shooting Star Source: thefashionspot.com

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Pontiac Sign

O.I spotted a vintage Pontiac service sign in a shop in Wyoming. It reads "Pontiac Authorized Service" and is about 42 inches in diameter. I paid \$150 for it. — Ken, Salt Lake City, Utah

A • If your sign is authentic, the cir• cular design was used during
the 1930s and '40s. According to
"Picker's Pocket-Guide to Signs" by
Ed Bradley and published by Krause
Books, if authentic, the sign often sells
for about \$3,300. If it is the real deal
and you bought it for \$150, you got an
incredible bargain. Be aware, however, this sign has been reproduced.

During the 1980s, I received a copy of "White Trash Cooking" by Ernest Matthew Mickler and published by Ten Speed Press. Is it worth more than just a few dollars? — Debra, West Memphis, Arkansas

• Mickler was a visual artist who
• was based in Key West, Florida,
at the time he published his cookbook.
The recipe collection attracted rave
reviews, due in no small part because
the dishes were genuine and reflected
downhome cooking. "Trutti's Fruited
Porkettes" and "Lady Divine's Chicken-Asparagus Pie" are two of my favorite recipes from this cookbook, which is
worth about \$15. There is also "White
Trash Cooking 2: Recipes for Gatherin's," which was published in 1988.

ing and conditioning your hairbrush. Wash all types in soap and water, and

if your brush has natural bristles, dip

it in a cup of water with a little conditioner added. Let it dry, and brush

I have a cookie jar marked "Holiday Designs USA." I can't find anything about this company and hope you can help. — Polly, Tulsa, Oklahoma

A Holiday Designs was founded in 1964 in Sebring, Ohio, and continues to operate to the present day. Although ownership changed in 1983, the name was retained. This company makes ceramic canister sets in addition to a line of cookie jars. Many of the pieces are unmarked or identified with paper labels.

Recently I discovered several dozen Budweiser menu sheets from a saloon/restaurant owned by my family during the early 1930s. The sheets feature an old logo not currently used, and I wonder if they have any value. — Jean, Corrales, New Mexico

A. Although your menu sheets are vintage and do seem interesting, they are probably worth only about \$5 each.

Write to Larry Cox in care of KFWS, 628 Virginia Drive, Orlando, FI 32803, or send e-mail to questionsforcoc@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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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.

"ROCK THE NIGHT AWAY" AT THE COVENTRY-WEST GREENWICH ELKS LODGE

The Coventry-West Greenwich Elks Lodge #2285, Nooseneck Hill Road, West Greenwich, will hold an Oldies Dance Party on July 23. Social Hour at 6PM followed by dinner at 7PM. Tickets are \$15/person and are available by calling Beverly at 943-6507 or the Lodge at 397-3700 after 4PM. Proceeds benefit Elks Charities.

DOG & CAR WASH TO BENEFIT EXETER ANI-MALS

Friends of the Exeter Animal Shelter along with the Exeter-West Greenwich Girl Scouts will hold a Dog & Car Wash on July 23 from 1-3PM at the Shelter, 169 South County Trail, Exeter. Dogs will be washed for \$10. They must be current on vaccinations & on a leash. Girl Scouts will be washing cars for \$6 (SUV's & trucks, \$10). Pet food donations are always appreciated.

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HOLLYWOOD — It's amazing how

press outlets were so quick to report

that Brad Pitt and Marion Cotillard

filming Robert Zemeckis' romantic

thriller "Allied" in London and the Canary Islands. The press may have

assumed Brad and Marion coupled

because he and Angelina Jolie did

while filming "Mr. and Mrs. Smith" (when he was still married to Jennifer

So why is a romance unlikely? First, it's been widely reported that Brad is

worried because Angelina is so thin.

Second, they've got a parcel of kids,

and third, Marion has been partnered with French actor Guillaume Canet

since 2007. "Allied" is due for a Nov.

23 release. Meanwhile, Marion has

already moved on to her next film,

the \$200 million action/adventure

film "Assassins Creed," with Michael

Eddie Redmayne followed his "The

Fassbender, due in theaters Dec. 21.







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with her 53rd film, Tim Burton's 'Miss Peregrine's Home for Peculiar Children," with Terence Stamp, Rupert Everett and Samuel L. Jackson, arriving Sept. 30.

Another Dame, Helen Mirren, will follow "Collateral Beauty," with Will Smith, Kate Winslet, Keira Knightly and Edward Norton (opening Dec. 16), with "Winchester," about Sarah Winchester, wife of Winchester Arms Company founder William



by Tony Rizzo

Helen Mirren

Wirt Winchester. After his death, she believed their home in San Jose was cursed and that if she stopped adding to the house she would die. She kept adding rooms and stairways that went nowhere for 38 consecutive years. When she fell ill and construction stopped, she died just as she predicted. After her death the house was turned into a tourist attraction, which you can still visit today. Dame Helen has joined the cast of "Fast 8," headed for an April release.

Charlize Theron, also in "Fast 8," has the spy thriller "The Coldest City," with James McAvoy and John Goodman, premiering Aug. 11, and is awaiting dates for "The Last Face," directed by former boyfriend Sean Penn, and "Brain on Fire," with Chloe Grace Moretz and Thomas Mann.

In TV news, Whoopi Goldberg has re-signed for the 20th season of "The View," but Michelle Collins probably will be replaced ing America" weekend reporter Sara Haines. Without Whoopi, it would be an iceberg, not a Goldberg!

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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

COVENTRY PUBLIC LIBRARY EVENING STORY-TIMES

The Coventry Public Library, 1672 Flat River Road, Coventry, will offer Evening Storytimes for children ages 3-8 at 6:30PM on July 6, 13, 20 & 27, August 3 & 10. Children are invited to wear their PJ's & slippers! No registration is required. Call 822-9102 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.

COMPLIMENTARY HAIRCUTS AT THE COVEN-TRY 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.

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. Cocktails at 6PM, Dinner, Dancing to DJ "Eddie the Fixer" at 7PM. Deadline to purchase tickets is September 13. Email CoventryHSReunion@gmail.com, find us at Classmates.com or like us on Facebook!





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WEST WARWICK PUBLIC SCHOOL MENTORS NEEDED

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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.

ENJOY A FREE MOVIE AT COVENTRY PUBLIC **LIBRARY**

Come enjoy a FREE movie at Coventry Public Library, 1672 Flat River Road, Coventry on July 20 at 2PM. "Air Bud: the 7th Inning Fetch" will be shown. NO registration. Free popcorn! Call 822-9102 for more information.

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.

BREAKFAST IN JULY

The Coventry Senior Center, 50 Wood Street, Coventry will hold a Breakfast on July 22 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!

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JULY CHILDREN'S PROGRAMS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope is offering the following Programs: Ready, Get Set...Play Games! on July 6 (Marble Madness) & July 20 (outside games) from 4-5PM. Breakfast with a Book! on July 11, 18 & 25 at 10:30AM. Move, Move, Move with Miss Lynn! (Ages 2-9) on July 12 at 2:30PM. Nashville Singer-Songwriter Miss Lynn performs original & traditional music to encourage children to get up & move. Reading Partners! on July 12, 19 & 26 at 6PM. Children ages 3-8 & Teens in Grades 6-12 partner up to read together. Make & Take Tuesdays! July 12, 19 & 26 at 6:45. Family Movie Night! July 14 at 6PM. Come enjoy pizza and a family film. Malik the Magic Guy! (Grades K-5) on July 21 at 6:30PM. Celebrate Harry Potter! (Grades 3-12) on July 27 at 6:30PM. Exercise Your Mind! (Ages 4 & up) on July 28 at 6PM. Engineer your own Dancing Robot or Balancing Buddy! **LEGO Club** (Ages 4 & up) on July 9 & 23 from 10-11AM. Registration required for all Programs, except Drop-In Crafts & LEGO Club, by calling 821-7910.

SUMMER READING PROGRAM AT GREENE **PUBLIC LIBRARY**

Greene Public Library, 179 Hopkins Hollow Road, Greene, invites kids to join the "On Your Mark, Get Set, Read" Summer Reading Program. Beginning July 6 and continuing until August 10. Participants will exercise their minds with reading and their bodies with fun games at the Greene Public Library. Students are asked to read six books and the Library will offer action-filled events throughout the Summer. If you are unable to attend registration on July 6, registration by phone or email is acceptable. Call 397-3873 or email jean@coventrylibrary. org to register.

AARP SMART DRIVING COURSE

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.

COVENTRY HIGH SCHOOL CLASS OF 1986 REUNION

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 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

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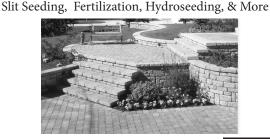
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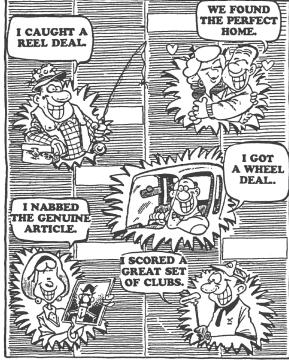
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DEBT RELIEF, COLLECTIONS and BUSINESS LAW



COVENTRY HIGH SCHOOL CLASS OF 1976 40TH REUNION

Coventry High School Class of 1976 will hold their 40th Reunion on August 6 at Twelve Acres, 444 Douglas Pike, Smithfield. More information will follow. Looking for contact information for classmates. Please contact Anne Niquette-Rocchio 822-4395 or momee59@gmail.com for more information or to update your information.

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.

GREENE PUBLIC LIBRARY PRESENTS...

Greene Public Library, 179 Hopkins Hollow Road, Greene, will host the following programs: Little Yoga with Rebecca Mele on July 13 at 10AM. Farm Fresh With Farm Fresh Rhode Island (ages 11 & up) on July 21 at 4PM. The Rain Ninja with Breakdancer & Gymnast Javier de le Camara on July 22 at 12PM. Zumba with Sue Chaffee Standish on July 27 at 10AM. Reservations are preferred. Call 397-3873 or email jean@coventrylibrary.org to register.

JULY 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 July 8, 15, 22 & 29 at 10:30AM (20 minute program). **Time for Two's** for children age 2 & a caregiver on July 8, 15, 22 & 29 at 11:15AM (30 minute program). **Pajama Party** on July 7 from 6:30-7:30PM. Wear your pj's! To register for programs or for more information, call 821-7910.

DO YOU WANT TO LEARN TO KNIT?

If you knit or you would like to learn, join the Knitting Group at the Coventry Senior Center, 50 Wood Street, Coventry. The group meets on Wednesday mornings at 9:30AM. This is a great way to socialize and make new friends.





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Check weekly for news and updates

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.



Top 10 Video On Demand

1. My Big Fat Greek
Wedding 2(PG-13)
Nia Vardalos
2. Zootopia (PG)
animated
3. London Has Fallen(R)
Aaron Eckhart
4. 10 Cloverfield Lane (PG-13)
John Goodman
5. 13 Hours: The Secret Soldiers
of Benghazi(R)
John Krasinski
6. Hello, My Name is Doris(R)
Sally Field
7. Deadpool(R)
Ryan Reynolds
8. The Brothers Grimsby(R)
Sacha Baron Cohen
9. Finding Nemo(G)
animated
10. Midnight Special (PG-13)
Michael Shannon

Top 10 DVD, Blu-ray Sales

rop to D v D, Dia ray Saics
L. Zootopia(PG)
Disney
2. My Big Fat Greek
Wedding 2(PG-13)
Universal
3. London Has Fallen(R)
Universal
4. Deadpool (R)
FOX
5. 13 Hours: The Secret Soldiers
of Benghazi(R)
Paramount
6. 10 Cloverfield Lane (PG-13)
Paramount
7. Gods of Egypt(PG-13)
Lionsgate
8. Star Wars: The Force
Awakens(PG-13)
Disney
9. The Revenant(R)
FOX
10. Midnight Special (PG-13)
Warner Bros.
Source: comScore

BITS BY Cindy Brook

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Serendipity

I heard from Jim C. in Orlando, who wanted to share that sun-flower seed sprouted under his bird feeder, and sunflowers bloomed! He and his family think the sunflowers are a happy addition to their backyard garden. I'm sure the birds do, too.

E-mail: birdingbits@cfl.rr.com

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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 celebratingcoventry@gmail.com and get yours today!

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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 coventryhsclassof1974@gmail.com They are also looking for many classmates who cannot be located. Please forward any information to the email address listed.

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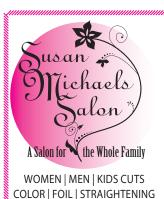
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Island's First Buyers

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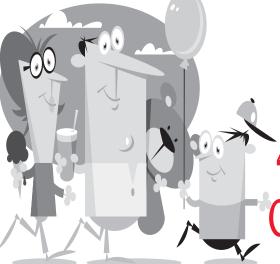
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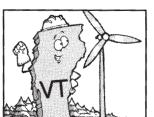
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1992 HARLEY DAVID-SON Heritage Softail: Runs great. Many extras, hard bags, Hogtunes, progressive springs, EV27 80 spoke rim, black. \$6000.602-5956.

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I never saw an ugly thing in my life: for let the form of an object be what it may-light, shade, and perspective will always make it beautiful.

-John Constable

Vloments

THE HISTORY CHANNEL

- · On July 31, 1715, a hurricane strikes the east coast of Florida, sinking 10 Spanish treasure ships and killing nearly 1,000 sailors. Although much of the gold and silver was salvaged, coins and other artifacts occasionally wash up on Florida beaches.
- · On July 25, 1898, during the Spanish-American War, U.S. forces launch an invasion of Puerto Rico. With only seven deaths, U.S. troops under Gen. Nelson Miles were able to secure the island by mid-August.
- On July 26, 1908, the FBI is born when U.S. Attorney General Charles Bonaparte orders a group of 10 newly hired federal investigators to report to the Department of Justice. Notorious gangsters such as George "Machine Gun" Kelly and John Dillinger met their end at the hands of the FBI.
- On July 27, 1953, after three years of bloody war, the United States, the People's Republic of China, North Korea and South Korea agree to an armistice, bringing the Korean War to an end. The war cost the lives of more than 50,000 Americans.
- On July 29, 1976, the "Son of Sam" fires five shots in the first in a series of shootings that would terrorize New York City over the course of the next year. Shooter David Berkowitz claimed that "Sam" was his neighbor Sam Carr, who transmitted his kill orders through his pet black Labrador.
- On July 28, 1990, Maximo Menendez falls into a coma and later dies after drinking a Colombian soft drink, Pony Malta de Bayaria in Florida The soft drink had been laced with liquid cocaine, apparently by smugglers who planned to reclaim the bottles.
- On July 30, 2003, the last of 21.529.464 Volkswagen Beetles built since World War II rolls off the production line at Volkswagen's plant in Mexico.

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Dream Vacation Or Nightmare Road Trip? Pre-Trip Vehicle Check Can Make The Difference

(NAPS)—Road trip car trouble can be a real nightmare but performing a pretrip vehicle check can help you avoid a vacation breakdown disaster.

Before you hit the road, the Car Care Council recommends a vehicle check to help avoid the inconvenience, potential safety hazards and unplanned expense of breaking down miles away from home.

- Check the tires including tire pressure and tread. Underinflated tires reduce a vehicle's fuel economy and uneven wear indicates a need for wheel alignment. Tires should also be checked for bulges and bald
- Check the hoses and belts as they can become cracked, brittle, frayed, loose or show signs of excessive wear. These are critical to the proper functioning of the electrical system, air-conditioning, power steering and the cooling system.
- Check filters and fluids including engine oil, power steering and brake, and transmission, as well as windshield washer solvent and antifreeze/coolant.
- Check the wipers and lighting so that you can see and be seen. Check that all



Checking on a few things before your road trip can help keep you on the road to a good time.

the brakes are functioning properly.

"A pre-trip inspection gives motorists peace of mind by reducing the chance of unplanned, costly car trouble and providing an opportunity to have any repairs performed by a trusted technician before hitting the road," explained Rich White, executive director, Car Care Council.

The Car Care Council also recommends that motorists restock their emergency kit, consider a pre-trip tune-up to help the engine deliver the best balance of power and fuel economy, and order a free copy of the Car Care Council's popular "Car Care Guide" for the glove box at www.carcare.org/car-care-





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Check weekly, news and updates

SHINGLES VACCINATION CLINIC

The Wellness Company is sponsoring a Shingles Clinic at the West Warwick Senior Center, 145 Washington Street, West Warwick, on August 11 from 12:30-3PM. Shingles is a painful, but preventable condition, that can lead to long term pain & scarring. Shingles vaccinations are covered by BCBSRI & United Health with no out-of-pocket cost to you. If you have Medicare Part D Prescription Drug Plan, your out of pocket cost will be only \$25. In order to receive the vaccine, you must pre-register by August 8. To register, visit fs30.formsite. com/thewellcomp/wwsr or call 490-0942.

HEALING MASS & ANOINTING SERVICE

SS John & James Church, 20 Washington Street, West Warwick, invites everyone to celebrate a Healing Mass and Anointing Service during the Mass on August 20 at 11AM. Lunch will be served in the School Cafeteria following the Mass. RSVP no later than August 13 to Dillia 828-6790 or Normand 828-0520.

HASBRO CHILDREN'S HOSPITAL 5TH ANNUAL MUSIC FEST FUNDRAISER

All are invited to attend the 5th Annual Music Fest Fundraiser to benefit Hasbro Children's Hospital on August 6 from 4PM-Midnight & August 7 from 2-10PM at Club Jogues Field, 184 Boston Street, Coventry. The CMN Music Fest is an outdoor Music Fest with live bands, food, drink, raffles, games & a whole lot more. Great time! Great cause! Tickets are \$10 in advance, \$15 at the gate, kids 12 & under are considered guests. Tickets available at Club Jogues, at www. hasbrofundraiser.org or by contacting Mark at 640-3803.

COVENTRY PUBLIC LIBRARY TEEN PROGRAMS

The Coventry Public Library begins the Teen Summer Reading Program, "Get In The Game, Read!", on July 5. Teens entering Grades 6-12 may enter books read on the Library website (www.coventrylibrary.org) to earn chances to win weekly raffles. Teens who read 6 books by the end of the program may enter the Grand Prize Raffle to win an iPad Mini. Call 822-9102 for more information.



FAMILY COURT

JENNIFER HOOPIS D'AMBRA Attorney at Law

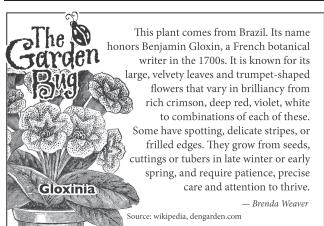
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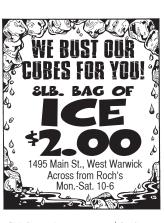
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- 1. MONEY: What is the building depicted on the back of a \$20 bill?

 2. MEASUREMENTS: How many
- yards are in a fathom?
 3. PSYCHOLOGY: What is the fear
- represented by pyrophobia?

 4. TELEVISION: Who voiced the role of Charlie on the original "Charlie's Angels" TV series?

 5. U.S. STATES: Which three state
- capitals have the least number of letters in their names'
- 6. LANGUAGE: What are gauchos?
 7. FIRSTS: Who was the first woman to receive the Distinguished Flying
- 8. GENERAL KNOWLEDGE: In superstitious beliefs, how many years of bad luck allegedly come from breaking a mirror?
- 9. MATH: What is a 20-sided shape
- 10. AWARDS: What is the award given each year to major-league baseball's most outstanding pitchers in the American and National Leagues?

Answers

- 1. The White House
- 2. Two (six feet) 3. Fear of fire
- 4. John Forsythe
- 5. Salem, Oregon; Dover, Delaware; Boise, Idaho (five letters) 6. South American cowboys
- . Amelia Earhart 8. Seven
- 9. An icosagon
- 10. Cy Young award
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TheKitchenPiva!

by Angela Shelf Medearis

Freeze a Little Summer

The key to enjoying the best summer berries all year long is hidden inside your freezer. A little prep time

and cold temperatures are the secret to enjoying fresh summer flavors even in the depths of winter. Not only are berries a tasty treat, they're a healthy one, too. The June 2013 issue of

Tufts University Health and Nutrition

Letter reports on results published in the journal Circulation that "women

the journal Circulation that "women who ate the most strawberries and blueberries — three or more servings per week — were 34 percent less likely to suffer such an early heart attack."

Researchers followed about 93,600 women aged 25 to 42 for 18 years, checking in periodically to see what

wolfer aged 23 to 42 for 18 years, checking in periodically to see what they were eating and how it was affecting their health. The heart health benefits were likely due partly to the presence of anthocyanin, an antioxidant compound found naturally in bright-red fruits like strawherries.

bright-red fruits like strawberries.

Tufts University researchers also have studied older rats that would approximate 65-year-old humans.

After various berries were added to the rats' diets, they were put through a series of tests to evaluate memory (comparable to remembering where you parked your car) and balance (comparable to us walking on a slippery, ice-covered sidewalk).

Pretty much every berry studied —

pery, ice-covered sidewalk).

Pretty much every berry studied —
blueberries, strawberries, blackberries, cranberries — improved learning, memory and balance in aging rats. Early results have led researchers to move forward with studying these potential benefits using human subjects.

Berries offer other health benefits

as well. One cup of strawberries provides 140 percent of the recommended daily allowance of vitamin C,

more than a medium orange. They also provide 16 percent of recom-

subjects.

bright-red fruits like strawberries

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mended dietary fiber. This fiber content makes strawberries low on the glycemic index, meaning they help slow the body's process of turning the berries into blood sugar, despite their sweetness. Strawberries also contain potassium, folate and more than 25 percent of recommended manganese, which helps process cholesterol.

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Likewise, a cup of red raspberries has nearly 50 percent of the recom-mended daily allowance of vitamin C and 30 percent of recommended fiber.

as well as some potassium, magnesium, calcium and vitamin A.

For a nutritious, tasty treat that also may help memory and balance, consider eating fresh berries in the sum-mer and follow the recipes below to preserve summer berries for the winter. Eating berries, whether fresh, preserved or frozen, all year long is a delicious way to improve your health. 1/2 to 3/4 cup sugar per quart of berries; gently stir until sugar dissolves. Spoon into plastic freezer jars, leaving 1/2-inch headspace. Wipe jar rims clean; secure lids. Freeze up to 12 months.

Serving Tip: Use to top off short-cakes, stir into yogurt or layer in an ice-cream parfait.

Dry Sugar Pack: Pat 1 quart of berries just until damp. Gently toss with 1/2 to 3/4 cup sugar. Place in a single layer on a jelly-roll pan; freeze until firm. Pack into plastic freezer containers; cover and seal. Freeze up to 12 months. Serving Tip: Add frozen berries to

cobblers or pies, stir into pancake

batter.

Packed in Syrup: Stir together 1
quart cold water and 2 1/2 cups sugar
until sugar dissolves. Pack berries
in wide-mouth canning jars; cover



PRESERVING BERRIES

Just before freezing, gently wash berries in cool water and pat them dry with paper towels. Remove and dis-card stems, leaves and any under-ripe or damaged fruit. Any of the suggest-ed preservation methods below are a good way to store berries. Freezing berries with sugar helps retain their

berries with sugar helps retain their color and texture. Use berries frozen without adding sugar as an addition to quick breads or cakes.

Flash Freezing: Place berries in a single layer on a jelly-roll pan; freeze until firm. Pack into zip-top plastic freezer bags, leaving 1-inch headspace. Squeeze out excess air; seal and freeze up to 8 months.

Serving Tip: Add frozen berries to muffin, cake or quick-bread batter;

muffin, cake or quick-bread batter; spoon over oatmeal or cereal. *Sliced, Crushed or Pureed:* Add

with syrup, leaving 1/2-inch head-space. Wipe jar rims clean; secure lids. Freeze up to 12 months.

Serving Tip: Thaw in fridge and use like fresh berries. Remember to drain and reserve the syrup to use as a topping for desserts or to sweeten and flavor drinks.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbooks in The Kitchen Diver Diabetic book is "The Kitchen Diva's Diabetic Cookbook." Her website is www. divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis. The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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• I was lucky enough to get to see "Hamilton" on Broadway this year, and I recall talk of a "Hamilton" special for television. Is that still happening? — Ginger C., via email

A • The groundbreaking Tony-award-winning musical has received an airdate for "Hamilton's America," which will be a part of PBS's Great Performances Series. On Oct. 21 at 9 p.m. ET you can watch the documentary, which will feature interviews with the Obamas, former President George W. Bush, Jimmy Fallon and Questlove. "Hamilton" star Lin-Manuel Miranda (who also wrote the book, music and lyrics) revealed at a press conference in June that the film "more of a how-this-thing-came-together," rather than a straight-up airing of the musical. Aside from seeing mino numb the behind-the-scenes scoop about the origins of the show, how it made its way to Broadway, and all the accolades and hullabaloo that has surrounded it since theatergoers first embraced it.

With "Fantastic Beasts and Where to Find Them" opening later this year and all of the buzz surrounding the play "Cursed Child," I need to know if the "Harry Potter' gang is going to get back together for more movies. — Linda T., Amherst,

. While there are no plans as of A mow for the original "Harry Potter" stars to reconvene on a new movie, we've learned to never say never in the movie biz. When asked about this recently, Daniel Radcliffe (who of course played the titular character in all the movies) told Britain's "Radio Times": "It would depend on the script. The circumstances would have to be pretty extraordinary. But then I am sure Harrison Ford said that with Han Solo, and look what happened there. So I am saying no for now but leaving room to backtrack in the future.

•As usual, this season of Games of Thrones" is over

Surely there will be many more, because, dang, this is getting good! Daniel N., via email . The megahit fantasy drama has A been renewed by HBO for a sev-

Lin-Manuel Miranda

and already I miss it. Do you have

any news about future seasons?

enth and an eighth season, which will be the final two seasons. These seasons will be shorter as well, with season seven comprising seven episodes and season eight being six episodes long "Thrones" showrunner David Benioff told "Deadline": "It's two more seasons we're talking about. From pretty close to the beginning, we talked about doing this in 70 to 75 hours, and that's what we'll end up with. Call it 73 for now.

While fans would love for the show to go on for years and years, David explained: "It's not just (about) trying not to outstay your welcome; we're trying to tell one cohesive story with a beginning, middle and end. pieces are on the board now. Some of the pieces have been removed from the board, and we are heading toward the

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindvelavskv.com.

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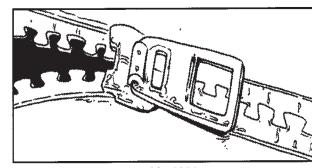
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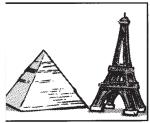
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7 DEERFIELD ROAD, Coventry: July 23, 8AM-?. Household items.

243 HARKNEY HILL ROAD, Coventry: Sat-

ESTATE SALE! 19 Lake Drive, West Greenwich: Saturday, July 23, 9AM-3PM. Furniture, dishes, sewing machine, microwaves, A/C units, Jeep parts and Jeep storage crates. Something for everyone!

10 VALLEY CREST DRIVE (off Burlingame), West Warwick: July 23, 9AM-1PM. Children's toys, boy's & girl's clothes, housewares, etc.

55 ROBINSON WAY (off Pulaski Street), West Warwick: July 23, 7AM-1PM

25 BELL STREET, West Warwick: Saturday, July 23. 2 Family Yard Sale. Lots of great stuff!

urday, July 23, 8AM-PLENTY IN STOCK! ??. Household, clothes, miscellaneous. BARN AND YARD 3 WILDFLOWER DRIVE: SALE! 35 Pilgrim Ave-Multi Family. July 23, 8AMnue, Coventry: Thursday, 3PM. Baby items, home-July 21 thru Saturday goods, toys. Rain date July July 23 from 8AM-4PM. Lots of different stuff PRE-MOVING! 57 Shippee that has never been out. Avenue, West Warwick: July Power tools, lawn chairs 23,9AM-3PM. RAIN DATE & tables, furniture, hun-August 6. Lots of different dreds of table items, stuff from before. bikes, lawnmowers, air conditioners & much **BARGAIN CITY GAL**more. Hope to see you LERIA, 1 Ann & Hope there! Thanks. Way, Cumberland RI: Saturday & Sunday, 9AM-5PM. Specialty Shops & Flea Market Vendors. CAST OFF YOUR

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The Charlestown Seafood Festival, named one of the "Top 100 Events in North America for 2008", will be held on August 5, 6 & 7 at Ninigret Park, 4890 Old Post Road (Rte. 1A) in Charlestown with Fireworks scheduled for 9PM on August 6 (rain date Sunday). As well as featuring all of RI's best seafood, the Festival will also feature a wide variety of Arts & Crafts, Amusement Rides, plus much, much more. All (3) festival days feature continuous live musical entertainment. Admission is \$9 per person, children 10 & under are admitted free. Free Parking. No pets allowed.

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.

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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 purchase for only \$50. For Order Forms & more information, visit www.welloneri.org and click on "Ways to Give".

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.

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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).

KNITTING CIRCLE AT GREENE PUBLIC LI-**BRARY**

"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.

COVENTRY PUBLIC LIBRARY FREE FAMILY FITNESS EVENTS

The Coventry Public Library, 1672 Flat River Road, Coventry, invites children and families to register for the following fitness events: Rising Sun Jiu Jitsu on July 8 at 11AM, Yoga with Nora Brennan on July 15 at 11AM, Breakdancing & Gymnastics with Javier de la Camara on July 22 at 11AM & Yoga with Rebecca Mele on July 29 at 11AM. Call 822-9102 to register and/or for more information.

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.

OLD BOAT ... Whether you're looking for a buyer for your used sailing vessel or inexpensive dock space for your new one, you'll find row, row, rows of boats and related services in our automart pages. 1049 Main Street, Coventry • 821-2216 www.rireminder.com DIRECTIONS: Print one word in each box; phone number counts as one word. **BORDERS** 10 words \$8.00, 25 for each additional word. Mail or bring your ad to \$ 1.50 EXTRA THE REMINDER, 1049 Main St., Coventry, RI 02816 BOLD TYPE \$1.50 EXTRA DEADLINE MONDAY AT 12:00 NOON. Except when there is a Monday holiday, deadline is Friday at 12:00noon. \$8.00 \$8.25 \$8.75 \$9.00 \$9.25 ■ Bold Type ■ Border Name_. OFFICE USE ONLY Price Per Week No. of Weeks Amt. Pd. Mastercard Visa Am. Ex. Discover Sec. Code Expiration date:_ Signature THE REMINDER, PO Box 33, Coventry, RI 02816 · 821-2216 E-Mail: rireminder @ aol.com FAX IT! 821-0397 Be sure to include your Credit Card number, name on the card and expiration date

Everyday

BUY 2 PIZZAS

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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 8/15/16

Entertainment

THE COZY GRILL FAMILY RESTAURANT Entire Guest Check 473 Tiogue Ave. Coventry, RI

401.821.3440 Sun.- Thurs. 7am-3pm;

Fri. 7am-8pm; Sat. 7am-3pm

One coupon, per check, per visit. Not valid with any other coupons or promotional offers. Coupon has no cash value. No change returned. Taxes and gratuity not included. Valid in Coventry only. Selection and prices may vary. Only original coupon accepted. Photocopied coupons are not valid. Excludes Holidays. Excludes Alcoholic Beverages.

No substitutions. Expiration 9/13/16.

ARIES (March 21 to April 19) You face the possibility of raising your relationship to another level. However, your partner might demand that you make promises for which you're not sure you're ready.

TAURUS (April 20 to May 20) As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open new career prospects.

GEMINI (May 21 to June 20) Confront the person who caused your hurt feelings and demand a full explanation for his or her actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.

CANCER (June 21 to July 22) That personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

LEO (July 23 to August 22) You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for future

VIRGO (August 23 to September 22) That former friend you thought you'd cut out of your life is still affecting other relationships. Counter his or her lies with the truth. Your friends are ready to listen.

HALL FOR RENT: Coventry Men's Club available for Bachelor Parties, Weddings, Birthdays, Retirement Parties, Etc. Menu available. 401-533-4584 Call 385-3536 or 821-5904

HALL RENTAL: Newly remodeled, available for all types of parties & functions. Very reasonable rental rates. VFW 449, 197 Providence Street, West Warwick. Call 828-9715 after 3PM.

for more information.

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.

THE BEAT DJ Entertainment. Specializing in Weddings and all occasions. Interactive DJ's with all types of music and lighting. Call Russ for estimate. 401-415-6210.

GREAT DEAL! CHOW-DER & CLAMCAKES! Sons of the American Legion, Squadron #2, 2 Legion Way, West Warwick, will offer Chowder & Clamcakes on July 22 from 12-7PM. Cost is only \$6 per serving.

LIBRA (September 23 to October 22) What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel something is out of balance, by all means, correct it.

BREAKFAST SPECIAL

Buy a Juice and a Coffee and Get

3 Scrambled Eggs FREE!

Add Toast, Homefries or 2 pieces of bacon for \$1.00 Each

alid Monday-Friday 6am-11:45am. Max 1 add-on per order. Dine in only "One coupon per check, per visit. Not valid with any other coupon or offer. Graltuily not included. "Coupon does not discount taxes, alcohol and beverages. Expires 8/15/16

SCORPIO (October 23 to November 21) A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.

SAGITTARIUS (November 22 to December 21) A co-worker shares some startling news, but before you can use it to your advantage, make sure it's true. The weekend favors family matters.

CAPRICORN (December 22 to January 19) Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.

AQUARIUS (January 20 to February 18) Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help could make all the difference.

PISCES (February 19 to March 20) Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create

BORN THIS WEEK: You have a keen, insightful intellect and enjoy debating your views with others who disagree with you. You also love to solve puzzles — the harder, the better.

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200 Mishnock Rd., West Greenwich, RI www.mishnockbarn.com

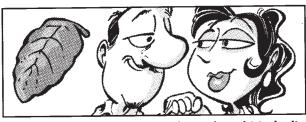
Weekly Dance Schedule

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

21 and Over, ID's Required Under 21 Must be with a Parent or Guardian Monday* **Beginner Dance Lessons** \$10 Tuesday & & Requests Wednesday Doors Open at 7pm · Lessons at 7:30pm **Dance Lessons & Requests** Friday & ^{\$}10 Doors Open at 7pm Saturday Lessons at 8pm **Mishnock Country Dance Tickets** Sunday 24th Anniversary BBQ \$37-July 31st Special Guest Instructors plus your Noon to 6pm choice of Steak or Chicken with Shrimp \$40 Cocktail & lots more food! See website for details



The Coventry VFW Post #9404 Presents: 1st Annual Saturday, July 30th 11am - Until all Bikes are Clean 29 South Main St., Cov. (401)828-9705 All Proceeds to Benefit Coventry Memorial VFW Veterans Helping Veterans Supporting Rhode Island Veterans in Need



Throughout history, basil has been thought to incite romantic passions; in Italy it symbolizes love.



Peanuts And Peanut Butter Can Reduce Diabetes Risk

(NAPS)—Enjoying peanut butter sandwich at lunch or snacking on a handful of peanuts won't just fill you up. It'll also reduce your diabetes risk, according to a new Harvard School of Public Health study published in the American Journal of Epidemiology.The study is the first to

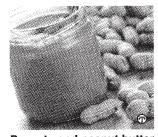
compare the long-term effects of eating animal protein versus plant protein on type 2 diabetes risk. Over 200,000 participants,

followed for 20 years, showed that those who ate diets high in plant protein reduced their type 2 diabetes risk by 9 percent. Alternatively, those who ate diets high in animal protein increased their risk by

According to the study, "whole grains, peanuts and peanut butter were the most commonly consumed major food sources of vegetable protein." In fact, peanuts and peanut butter are among the most popular plant proteins eaten in the United States

Peanuts contain about eight grams of protein, more than any other nut. They're also a good source of fiber and essential nutrients. Unlike animal protein, which can be high in cholesterol and saturated fat, peanut protein is cholesterol-free and high in healthy fats. This nutritious package supports heart health, weight management and diabetes prevention.

Researchers also looked at peanuts and peanut butter specifically and their effect on diabetes risk. When one serving of peanuts or peanut butter was swapped for one serving of deli meat, diabetes risk decreased by 21 percent. Swapping peanuts for refined grains or potatoes resulted in a 7 to 16 percent diabetes risk reduction.



Live Music

Peanuts and peanut butter are rich in healthful plant protein.

This study provides new evidence that increasing plant protein, particularly peanuts and peanut butter, can greatly improve health, especially when substituted for meats and refined carbohydrates.

Since most households already keep peanut butter on hand, incorporating more plant-based eating into your diet can be very easy.

Peanut Butter & **Strawberry Quesadillas**

- Makes 2 quesadillas 2 (8-inch) whole-wheat flour tortillas
- 4 tablespoons creamy peanut butter
- 1/2 teaspoon cinnamon
- 1 cup strawberries,

hulled and sliced Combine the peanut butter and cinnamon in a bowl. Spread half of the peanut butter over the tortilla. Arrange half of the strawberries over half of the tortilla. Fold the top half over the strawberries to form a half circle. Repeat for the second quesadilla. Cook quesadillas in skillet over mediumlow heat, turning once, until lightly browned and heated through (6-8 minutes). Transfer to a cutting board, let cool, then cut

each into thirds. Learn More

For more recipes and health facts, visit www.peanut power.org.



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 Full & Rough Boarding Spacious 12x12 Stalls Automatic Waterers Large Outdoor Arena Round Pen • Daily Turnout Trestle Trail within Riding Distance

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will be closed to thru traffic until further notice. Thank You, R.T. Nunes & Sons, Inc.

BLOOD DRIVE AT THE COVENTRY SENIOR **CENTER**

The Coventry Senior Center, 50 Wood Street, Coventry, will hold a Community Blood Drive (co-sponsored with the Coventry-West Greenwich Elks) on August 5 from 11AM-3PM. Please do not forget your Driver's License or other form of identification when you donate. Visit www.ribc.org (Sponsor Code 1245) to set up an appointment.

AMERICAN SIGN LANGUAGE CLASS AT **COVENTRY LIBRARY**

Coventry Public Library, 1672 Flat River Road, Coventry, will begin a 6-part Workshop on American Sign Language on August 4 at 6:30PM. Classes will meet in Town Council Chambers on August 4, 11, 18, 25, September 1 & 8. Call Stacey at 822-9105 for more information and/or to register.



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25-40% Off **FLAGS - SPINNERS MAIL BOX COVERS**

NEW LOCATION! RI Grinding Service 649 East Greenwich Ave. West Warwick



"Over the Counter'



With the upcoming election cycle fast approaching, thought I would share some important dates with you. If you are not a registered voter, the last date to register for the September Primary is August 14th. You may stop in to the Board of Canvassers office at Town Hall during the day from 8:30am until 4:30 pm Monday through Friday to do so, or you may do it online at elections@ sos.ri.gov. The second date to remember is October 9th, to register to vote in the general election. The primary is set for Tuesday, September 13th and the general election is Tuesday, November 8th. Don't forget to bring a picture ID with you for voter check in. Secondly, if you or anyone you know is interested in being a poll worker, please call the Board of Canvassers at 822-9151. Lori Anderson will be happy to answer any question for you about being and training for poll working. It's an enjoyable job and guite interesting. Remember to get out and vote!

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FRESH NATIVE STEAMERS



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- Served Daily -Take Out or Dine In **CLAM CAKES** 1/2 Doz. \$3.95/ Dozen \$7.50

CHOWDERS or Gallons BUY 3 QUARTS/ GET 1 FREE Take Out Only

Buy 1 Quart of Chowder **Get 1/2** Dozen Clam Cakes FREE

DAILY SPECIALS ALL DAY - TAKE OUT OR EAT IN All Sandwiches, Burgers, Pizzas & Calzones

DAILY SPECIALS - ALL DAY Luncheon Lobster Roll

Take Out or Dine In 2 Fish & Chips 1/2 Dozen Clam Cakes, 2 Cups Chowder

includes Chowder, Fries & Cole Slaw

Prime Rib

Friday, Saturday & Sunday 12 Noon-10 pm

Served with Soup or Salad, Potato & Vegetable

1lb. King Cut

12oz. Queen Cut