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Rhode Island's First Buyers Guide

62 YEARS IN BUSINESS

September 27, 2016 • Volume 62 • Issue 20

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<p>Fresh, Grade A Boneless Chicken Breast 1.99 lb.</p>	<p>16 oz. Healthy Harvest Pasta 5/\$5</p>	<p>8 oz. Best Yet Shredded Cheese 2/\$3</p>	<p>Superior Mini Eclairs 2/\$5</p>
<p>Fresh London Broil Steak or Roast 3.49 lb.</p>	<p>8oz. Pillsbury Crescent Rolls 2/\$3</p>	<p>PREPARED FOODS</p>	<p>Roch's Own Homestyle Lasagna 3.99 lb.</p>
<p>Fresh Sliced Margherita Prosciutto 6.99 lb.</p>	<p>10.3 oz. Best Yet Coffee 2.99 ea.</p>	<p>Roch's Own Meatballs with Sauce 3.99 lb.</p>	<p>Fully Cooked Assorted Chicken Wings 3.49 lb.</p>
<p>Roch's Own Store Baked Ham 3.49 lb.</p>	<p>8oz. Best Yet Shredded Cheese 2/\$3</p>	<p>Roch's Own Homestyle Lasagna 3.99 lb.</p>	<p>Willowtree Chicken Salad 6.99 lb.</p>
<p>Mild Provolone 3.69 lb.</p>	<p>10.3 oz. Best Yet Coffee 2.99 ea.</p>	<p>Fully Cooked Assorted Chicken Wings 3.49 lb.</p>	<p>Willowtree Chicken Salad 6.99 lb.</p>

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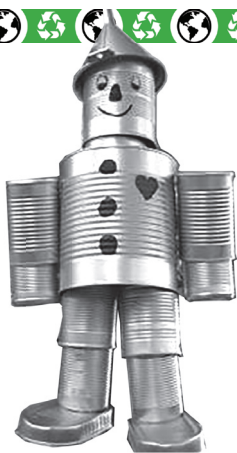
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FIREWOOD FOR SALE: Seasoned. Cut, split, delivered. \$250/cord. Brandon, 378-4839.

HALLOWEEN HARVEST

The Coventry Historical Society will hold their Halloween Harvest on October 15 (rain date October 16) from 10AM-4PM at the Read School House, corner of Rte. 117 & Read School House Road, Coventry. Enter the Pumpkin Painting Contest from 11AM-1PM, shop a selection of mums, pumpkins, gourds, corn stalks & house plants. Purchase a slice of homemade pumpkin, apple or mincemeat pie, hot dogs, hamburgers, apple cider or coffee. Halloween costumes for children are optional. For more information, contact Mary at 828-7523.

COVENTRY CHILD OUTREACH PROGRAM

The Coventry Child Outreach Program is offering FREE screening for preschool age children living in the town of Coventry. Children will be screened in the following areas of development: hearing, vision, speech and language, social emotional and general development. Much like your well-child visit with the Pediatrician, children should participate in screening annually at 3, 4 and 5 years old. Because children learn rapidly during these early years, each screening offers an up-to-date check on your child's development. Screening is offered in a variety of locations. To make an appointment, please call Lisa Neill, Child Outreach Coordinator for the Coventry Public Schools at 822-9400, Ext. 249. For more information visit www.ride.ri.gov (Instruction & Assessment). Check out the Family Engagement tab for free resources!

LIBRARIES OF FOSTER STORYTIMES

TYLER FREE LIBRARY offers Storytimes every Wednesday at 10AM for infants-2 1/2 year olds and at 10:45AM for 3-5 year olds.

SCITUATE ART FESTIVAL

The 50th Annual Scituate Art Festival will be held on October 8 & 9 from 10AM-5PM and on October 10 from 10AM-4PM on the Village Green, Rte. 116 (between Rtes. 6 & 101), Scituate. Admission is free. No pets allowed unless service related. Visit scituateartfestival.org for more information.

HELP THE CHILDREN OF HAITI FUNDRAISER

Educational Assistance for the Children of Haiti will hold a fundraiser on October 1 at Indigo Pizza, 599 Tiogue Avenue, Coventry. The night of fun includes Karaoke (4:30-5:30PM), All-You-Can-Eat Pizza, Calzones & Salad (5-7:30PM), Presentation & Slide Show (5:45-7:30PM). Donation is \$15/person. There will also be a 50/50 Raffle, Silent Auction, and items from Haiti will be on display for sale. For tickets, please call Rose or Herold at 397-8644, Joanne at 209-4130 or Christine at 925-4228.

1ST ANNUAL COVENTRY CERT 5K WALK

The 1st Annual Coventry CERT 5K Walk will take place on October 1 in the rear lot of Coventry High School, 40 Reservoir Road, Coventry. Check-In & Registration at 9AM, Walk begins at 10AM. Entry Fee is \$20 (pre-registration), \$25 (walk-in), children (under 12) are guests. There will be prizes, raffle & more. Online registration available at coventrycert.org Coventry CERT is a non-profit organization with trained volunteers in your community supporting Emergency Responders and Agencies in times of crisis. Public monthly meetings are at 6:30PM on the 2nd Wednesday of each month at the Coventry Annex building. For more information, email certteam@coventrycert.org

Prayer to St. Jude
Most holy Apostle, St. Jude, faithful servant and friend of Jesus, the church honors and invokes you universally, as the patron of hopeless cases, of things almost despaired of. Pray for me, I am so helpless and alone. Make use, I implore you, of that particular privilege given to you, to bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly (your request) and that I may praise God with you and all the elect forever. I promise, O blessed St. Jude, to be ever mindful of this great favor, to always honor you as my special and powerful patron, and to gratefully encourage devotion to you. Amen.
R.R.

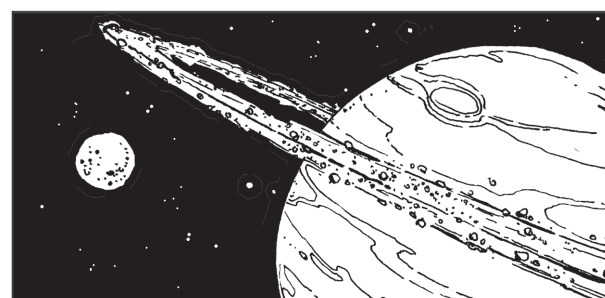
FREE: Compost bin, snaps together. Like new. 823-4236.

SLIDING DOOR: Andersen, 6'. Like new. \$400 OBO. 828-8926.

WASHER & DRYER: Whirlpool. electric. Good condition. \$250/both. 641-8050.

SOFA: Good condition. \$75. 823-8012.

TREADMILL: Pro-Form Cross Walk 397, 3 years old. Like new, used less than 30 hours. \$275. Warwick, 398-0124.



The only moon in our solar system known to have an atmosphere is a moon that goes around Saturn.

Nutrition For Active Families

Healthy Eating On The Go

(NAPSA)—Today's families are more on the go than ever, spending many hours each week in the car, making it seem hard to make time for your family to eat healthy, nutritious foods.

Increased time spent in the car has led many families to eat on the go. According to the U.S. Department of Agriculture, 48 percent of the money spent on food in this country pays for meals eaten away from the home.

During hectic days, families need energy to keep them going, but they often end up choosing more convenient foods that are high in fat, added sugar and calories.

This year, you can introduce your family to the idea of GO, SLOW and WHOA foods to help them eat healthier. GO foods are low in fat, sugar and calories and are "nutrient dense" (rich in vitamins and other nutrients). Try to avoid SLOW and WHOA foods that are higher in fat, added sugar and calories and that, often, offer fewer nutrients.

Whether you're off to a Saturday away game or driving your children to their weekly activities, use these tips for healthier eating:

• **Pack GO foods ahead of time.** If you have a busy day with your family planned—including time in the car—pack healthy snacks in a small cooler or tote bag before you leave. Consider water, fresh fruit or veggies, low-fat cheese sticks, whole-grain crackers or a low-sugar cereal portioned into baggies.

• **Make healthy choices at fast-food restaurants.** Sometimes, when you are traveling by car, fast food is the only option. Try making healthier choices such as sandwiches without cheese, sal-



Introduce your family to the idea of GO, SLOW and WHOA foods to help them eat healthier.

ads with low-fat or fat-free dressing, replacing French fries with sliced fruit, and swapping fried meats for grilled options.

• **Read the labels.** Stopping at convenience stores for a snack can easily lead to unhealthy choices. Looking at the nutrition label can help you and your children make the best choice. Pick snacks or beverages that are low in calories and added sugar—some stores stock fat-free or low-fat yogurt, fruit or individually portioned trail mix. Try to remember that some prepackaged foods may look like a single serving but actually contain multiple servings.

For more information on maintaining a healthy diet, visit the **We Can!** (Ways to Enhance Children's Activity & Nutrition)® website at www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/choosing-foods.htm.

Developed by the National Institutes of Health, **We Can!** provides parents, caregivers and communities with free tips, tools and guidance to help children maintain a healthy weight.

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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.

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Trivia test by Fifi Rodriguez

1. GEOLOGY: What is pumice made of, and what is its most unusual characteristic?
2. ANATOMY: How much blood does the human body contain, on average?
3. MONEY: How many ridges does a dime have?
4. GEOGRAPHY: What is the current name of the country once known as British Honduras?
5. LANGUAGE: What is unusual about the sentence, "Pack my box with five dozen liquor jugs"?
6. HISTORY: When was the euro introduced as legal currency?
7. U.S. PRESIDENTS: Which two presidents had sons who also became presidents of the United States?
8. MUSIC: What was Elvis Presley's first No. 1 hit on a national chart?
9. MOVIES: What actor played the character of Charlie Allnut in "The African Queen"?
10. ANIMAL KINGDOM: What is a group of coyotes called?

Answers

1. It is formed by magma, and it's the only rock that floats.
2. 10 pints
3. 118
4. Belize
5. It contains all the letters of the alphabet.
6. Jan. 1, 1999
7. John Adams and George Bush
8. "I Forgot to Remember to Forget"
9. Humphrey Bogart
10. Band

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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.

E.A.H.

ANNUAL "CHRISTMAS IS" FUNDRAISER

The Annual "Christmas Is" Fundraiser will be held on October 7 from 7-10PM at the Cranston Country Club, 69 Burlingame Road, Cranston. They will be serving beer, wine & delicious appetizers! There will also be Silent Auctions, Raffles & Door Prizes. Tickets are available at the West Warwick Senior Center, 145 Washington Street, West Warwick or from any Committee Member. Call 822-4450 for more information.

COVENTRY PUBLIC LIBRARY EVENING STORYTIMES

The Coventry Public Library, 1672 Flat River Road, Coventry, will offer **Evening Storytimes** for children ages 3-8 on Wednesdays at 6:30PM on September 28, October 5, 19, 26, November 2, 9 and 16. Thematic stories, activities and crafts will be featured. Children may wear their PJ's and slippers. No registration required. Call 822-9102 for more information.

LITERACY VOLUNTEER TUTOR TRAINING

You can make a difference in someone's life by giving the gift of literacy. By giving just a few hours per week, you can help develop a stronger community while helping your neighbors improve their skills. Literacy Volunteers of Kent County has adult students excited to learn English as a Second Language or Basic Literacy who are awaiting a Tutor. The next Tutor Training Session begins October 13. You must be over 18 years old and a resident of Kent County to volunteer. Please email lvkc@coventrylibrary.org or call 822-9103 for more information.

CLUB FRONTENAC STEAK FRY

Club Frontenac, 1143 Main Street, West Warwick, will hold a Steak Fry from 5-8PM on the 2nd Thursday of each month beginning in April and continuing through November. Menu includes steak, potato, vegetable, salad, mushrooms, onions. \$14/person. 821-9846.

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 kmlenihan@aol.com. Also, if you have contact with former members or special friends, please pass along this information. Hope to see you there!

IGA RECEIPTS FOR LIBRARIES OF FOSTER

The Libraries of Foster are still collecting IGA grocery receipts. They are able to put them to good use.

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FREE ESL CLASSES OFFERED AT THE WEST WARWICK PUBLIC LIBRARY
The West Warwick Public Library, 1043 Main Street, West Warwick, is offering free ESL Classes for individuals who want to improve their English skills. Adults work in groups with a teacher or volunteer tutor on reading, writing, speaking and listening skills. The Fall Session runs September 6-December 13. Beginning/Intermediate ESL Classes meet at the Library Mondays & Tuesdays from 4:30-6PM or 7-8:30PM; A Conversation Class for advanced ESL students meets Tuesdays from 7-8:30PM; a Conversation Class for beginning/intermediate ESL students meets Fridays from 9:30-11AM; & a NEW Civics Practice Group on Thursdays from 10:30-11:30AM. A children's Literacy Teacher provides activities for children 4 years and older while their parents attend the Monday/Tuesday Classes. New students are welcome up to the midpoint in the session if space is available. Please call the Literacy Office at 828-3750, Ext. 15 for more information.

SEWING PROJECT TO HELP FOSTER KIDS IN RI
Organizers of The Sewing Project to Help Foster Kids are looking for volunteers to sew kid-friendly pillowcase bags for foster children. When a child is taken from a home that has been deemed unsafe by DCYF (Dept. of Children, Youth & Families), the child may take only a small amount of toys, clothes, and personal belongings. Many times, DCYF workers just don't have enough suitcases to use, so when a child arrives at a Crisis Center, Group Home or Foster Home, many times they arrive with literally 1 or 2 large black trash bags full of personal items. Let's change that! This is an ongoing project. Work at your own pace. For more information, contact Hollie at 385-9876 or holliegal@verizon.net

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\$8.00 for 10 words.
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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)

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

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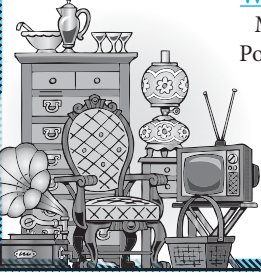
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LVKC FUNNY 4 FUNDS COMEDY FUNDRAISER

Literacy Volunteers of Kent County (LVKC) will hold a Comedy Fundraiser at Club Jogues, 184 Boston Street, Coventry, on September 30 beginning at 6PM (Show starts at 7PM). Tickets are \$25 each and include Dinner Buffet. For tickets, please call Kathy or Robin at 822-9103 or email lvkc@coventrylibrary.org

VENDORS/CRAFTERS WANTED

The West Warwick Animal Shelter is looking for Vendors/Crafters for their Annual Holiday Bazaar on November 5 from 9AM-2PM at the Church of the Apostles, 170 Fairview Avenue, Coventry. Tables are supplied and available for \$20 for a 6' or \$25 for an 8'. Application Bazaar deadline is October 5. Please email joanforevents@gmail.com for application and/or more information. All proceeds benefit the West Warwick Animal Shelter.

THE CHORUS OF KENT COUNTY REHEARSALS

The Chorus of Kent County, directed by Nicholas Laroche, invite you to join them as rehearsals begin for the Christmas Season. Rehearsals begin on September 8 at 7PM in the West Warwick High Chorus Room Webster Knight Drive, West Warwick. Chorus members will be there at 6:15PM to welcome you, provide you with your music for the season and collect dues which are \$25 for the Season. New members are welcome but must sign up by September 29. Christmas Concert will be held on December 3 at 7:30PM & December 4 at 2:30PM. Visit www.chorusofkentcounty.com for more information.

**SEPTEMBER 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 September 9, 16, 23 & 30 at 10:30AM. **Time for Two's** for children age 2 & a caregiver on September 9, 16, 23 & 30 at 11:15AM. **Preschool Story Hour** for children ages 3-5 on September 12, 19 & 26 at 10:30AM & September 15, 22 & 29 at 2PM. To register for programs or for more information, call 821-7910.

**CRAFTY KIDS ON SATURDAYS
AT GREENE PUBLIC LIBRARY**

Greene Public Library, 179 Hopkins Hollow Road, Greene, invites Elementary School aged children to the Library on Saturday morning between 10AM-Noon to do a fun, hands-on craft. Please call 397-3873 or email jean@coventrylibrary.org for more information or to find out the Craft of the Month.

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• Cold weather and quick dinner? Baked potato four ways: broccoli with cheddar cheese; sausage crumbles and Alfredo sauce; BBQ pulled pork with corn; and the Italian, with sliced meatballs, pizza sauce, mozzarella cheese and Italian seasoning.

• "Attach shower rings to the bar of a coat hanger to organize scarves or even baseball caps. Thread the adjustable strap through the rings and secure to hang hats." — *M.W. in Kansas*

• Reusables are the way to go for school lunches. Grab assorted forks, spoons and even metal containers at the thrift store and use just for lunches. That way, if the flatwear gets left behind one day, you won't miss a piece of your everyday set.

• Baby bottle-drying racks can find a new life airing out reusable water bottles, many of which are better suited to hand-washing.

• If you use a pad mop (think, Swiffer), here's a great tip from T. in Kentucky for making your own reusable pads: "I repurposed my cloth diapers to use on my mop. Just sew hook-and-loop tape to the edges of a cloth diaper so that you can wrap it around the pad, and secure it on the top."

• Make a fun coffee-can shoe storage rack by nailing clean, empty coffee cans to a section of scrap wood. Lean it against the wall on the porch to collect dirty, muddy shoes, or mount it inside the bottom of a closet for indoor storage.

Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.

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Puzzle Page

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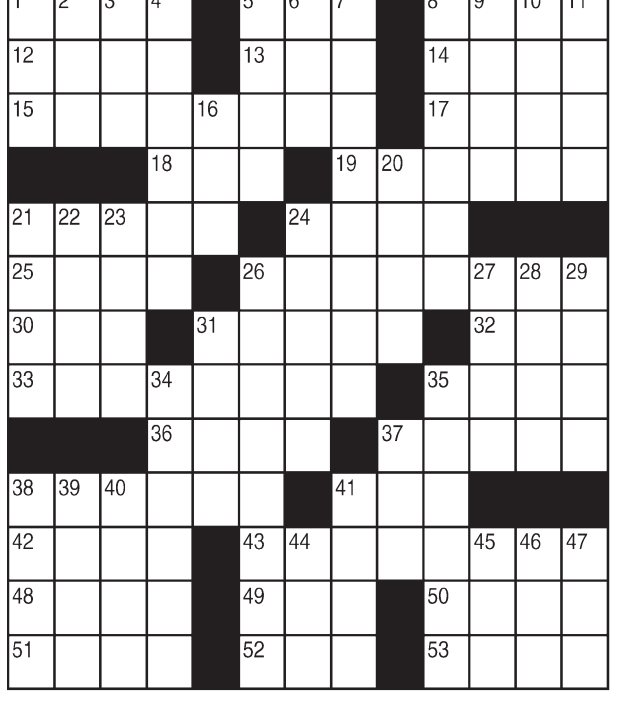
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King Crossword

- ACROSS**
- 1 Length times width
 - 5 Matterhorn, for one
 - 8 Language of Pakistan
 - 12 Man of the manor
 - 13 Bygone space station
 - 14 Tide type
 - 15 Make valid
 - 17 San —, Italy
 - 18 Pantheon member
 - 19 Stockholm's land
 - 21 West Pointer
 - 24 " — pin and pick it up, ..."
 - 25 Colors
 - 26 Fine
 - 30 Actress Hagen
 - 31 Puncture
 - 32 By way of
 - 33 Preach
 - 35 Catches some rays
- DOWN**
- 1 Everything
 - 2 Fish eggs
 - 3 Work unit
 - 4 Old sayings
 - 5 In the thick of
 - 6 "30 Rock" role
 - 7 Charisma
 - 8 Fictitious
 - 9 Clarinet insert
 - 10 Knight's lady
 - 11 "Once — a time ..."
 - 16 Parcel of land
 - 20 Frail
 - 21 Pal
 - 22 Car
 - 23 Sweetie
 - 24 Grab
 - 26 Ancient
 - 27 Terrible guy?
 - 28 Galvanizing stuff
 - 29 Facility
 - 31 Advertise
 - 34 From the start
 - 35 Penn and —
 - 37 Air safety org.
 - 38 Cornfield intruder
 - 39 Arizona tribe
 - 40 Touch
 - 41 Edinburgh resident
 - 44 Praise in verse
 - 45 A Gershwin brother
 - 46 Microwave
 - 47 "Guinness Book" suffix



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MAGIC MAZE • INCH WORDS

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

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

- Bullfinch
- Chinch
- Cinch
- Clinch
- Finches
- Inching
- Inchmeal
- Inchoate
- Inchworm
- Linchpin
- Pinch
- Squinch
- Whinchat
- Winchell
- Winchester

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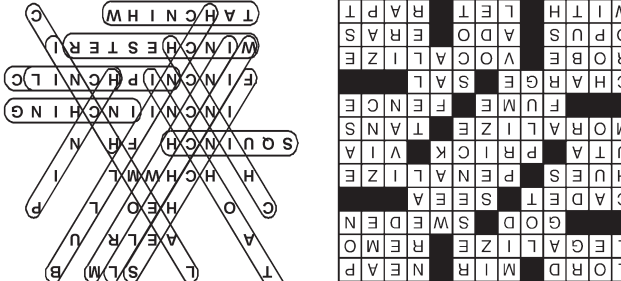
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11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your Home for Sale

Home Owners - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn

prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help home sellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-238-4613 and enter 1003. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

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Cooking Ideas

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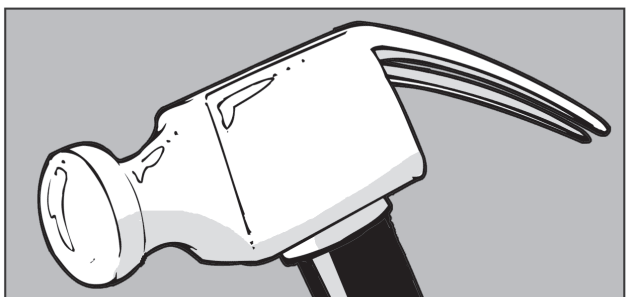


can Lamb Family Recipe contest at www.FansofLamb.com. The site also offers resources for finding local lamb, recipes and more.

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—Paul Gallico

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—Humphrey Bogart

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Fun Family Project

(NAPSA)—Quality time with your family can often mean lending a hand. Do-it-yourself projects are a great way to spend time with dad while creating a fun activity everyone can enjoy. All you need are the right tools and a few simple instructions. For instance, building jumbo field goal posts for a paper football game can give the family hours of entertainment year-round. Here is a step-by-step plan on how to score big with your kids by kicking it through the goalposts.



Spend time with dad and build jumbo goalpost uprights for a paper football game the whole family can enjoy.

- Tools needed:**
- Drill press
 - Miter saw
 - Drill driver and bits
 - 1-inch Forstner bit
 - Measuring tape
 - Glue
- Note—Project can be completed without a drill press or miter saw by substituting a drill and handsaw, respectively.**
- Supplies needed:**
- At least 60 inches of dowel, 1 inch in diameter
 - 2 x 6 lumber cut to 14 inches long
 - Screws
- Directions:**
1. Cut two pieces of dowel at 22 inches. These are your upright goalposts.
 2. Cut another piece of dowel at 22 inches. This is your horizontal goalpost.
 3. Cut another piece of dowel at 12½ inches. This is your upright support beam.
 4. Lay the horizontal goalpost on your workbench. Then, use a pencil and make two marks on the post exactly 1 inch in from both ends.
 5. Use the drill press with the Forstner bit to drill halfway through the dowel on your marks. This is where the uprights will be attached. A Forstner bit is used to bore a precise, flat-bottomed hole.
 6. Flip the goalpost over and make a mark in the center of the post, 11 inches from either end. Drill halfway through on your mark.
 7. Apply glue and piece the two upright goalposts into the two side drill-outs.
 8. To secure the upright goalposts, predrill from the

underside of the horizontal goalpost into the middle of the upright dowels and screw in.

9. Apply glue and place the upright support beam in the center drill-out.

10. To secure the upright support beam, predrill and screw in from the top of the horizontal goalpost.

11. Use the 1-inch Forstner bit to make a hole through a piece of 2 x 6.

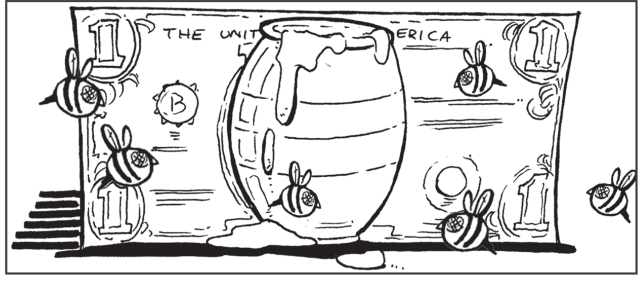
12. Apply some glue, place upright in 2 x 6 and let dry.

13. Paint or stain as desired.

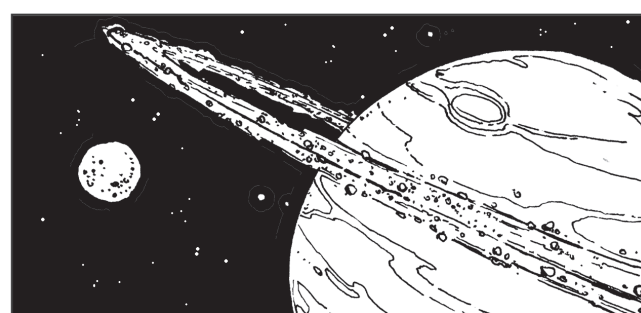
For more project ideas of all levels, visit the Craftsman Experience live in Chicago or on the Craftsman Experience tab on the Facebook page at www.facebook.com/craftsman.

The Craftsman Experience, located at 233 W. Huron Street, is the ultimate DIY playground, bringing visitors face to face with tools, live demonstrations and hands-on workstations. Clinics and demos are hosted by organizations that share their expert skills and talents in auto repair, woodworking, garage storage, and lawn and garden care. From Thursday–Sunday, the Craftsman Experience is open to the public.

If you don't live in Chicago, don't worry! The projects are streamed live over the Craftsman Facebook page. There, you can also find a schedule of upcoming events so you can tune in online. For more information on Craftsman tools, visit www.craftsman.com.



Bees, as in "bees and honey," is Cockney rhyming slang for money.



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Hints For Homeowners
 Help Protect Your Home From Mother Nature's Wrath

(NAPSA)—Don't let potentially damaging and expensive leaks throughout your home take your wallet by surprise. Instead, protect your home—and your budget—with a caulk that lasts. Silicone, which is durable and waterproof, will repair small gaps that can balloon into expensive repairs and seal miniscule unseen cracks that can elevate utility bills. Here's how:

1. Find the Culprits: Finding leaks is as much damage control as it is home energy control. Rain and snow can seep in and affect insulation and electrical wiring, a lot of which runs through attics and in unfinished basements, and can mean pricey repair bills if damaged. So check attics, basements, gutters and roofs in addition to windows and doors. Visit CaulkandSave.com's "where and how do I find the leaks?" for an interactive guide.

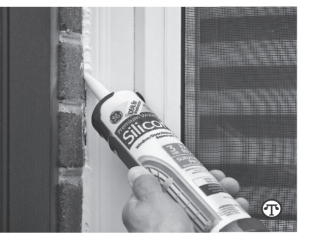
2. Choose a Caulk That Can Withstand Mother Nature: Not all caulks are created equal, so go beyond the advice to simply "seal gaps and cracks." One hundred percent silicone caulk, like GE Silicone II Window & Door, stands up to Mother Nature for the long haul. Leaks frequently occur in and around homes in places prone to extreme temperature fluctuations, moisture, humidity and damaging UV rays. Impervious to these damaging conditions, silicone caulk remains permanently waterproof and won't shrink or crack. In fact, 100 percent silicone remains unaffected by all weather and temperature conditions, so it provides long-lasting energy savings and seals money-zapping gaps and cracks. Conversely, degraded acrylic caulk can crack and crumble over time, leaving

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Acrylic caulk can shrink and crack over time, but silicone—such as GE Silicone II Window & Door—can protect for the long haul.

gaps for air and water to seep through. Those leaks can lead to water damage, mold growth and higher energy bills.

3. Get to Work: It's best to work with caulk in above-freezing temperatures and clear of snow or ice. First, clean the surface. Remove old caulk, dirt and loose particles with a caulk-removing tool or wire brush. Make sure the surface is dry. Next, apply painter's tape to either side of the joint to create a straight edge. Prep the tube and seal. Cut the nozzle to the desired bead size. Pierce the inner seal with a stiff wire or similar object. Insert the cartridge into the caulking gun. Hold the caulking gun at a 45-degree angle and seal around spaces. Keep a steady, constant grip. Smooth the caulk seal. Use your finger or a wet caulk-smoothing tool within two to five minutes of application. Remove the painter's tape immediately after smoothing caulk. Use mineral spirits to clean up.

For step-by-step photos to guide you through the project, see www.caulkandsave.com.

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Collecting
 by Larry Cox

Disc Water Pitcher

Q. I have a disc water pitcher made by Fiesta. I purchased it at a flea market for \$75 and would like to resell it. I understand these pitchers are now selling for as much as \$300 each. Mine is cobalt blue. — Nancy, Reno, Nevada

A. Your pitcher might be worth that much if it was authentic. It isn't. What you purchased is a reproduction. Color is often a tipoff for Fiesta fakes and reproductions. One of the better references is "Fiesta: Identification and Price Guide" by Glen Victory. Four of the original colors for the disc water pitchers are forest green, chartrreuse, turquoise and rose.

to the Merchandise Mart in Chicago. During World War II, the plant made glider bottoms and ammunition boxes. The 1960s and '70s were a period of great expansion, and the company still exists.

I have examined the picture you sent me of your desk, and I think it was probably manufactured during the 1930s. Only you can determine if you want to have it professionally restored. Consider the cost of this service against the current value of your desk.

Q. I have a pair of plastic salt and pepper shakers that look like Phillips 66 gasoline pumps. Are they worth keeping? — Betty, Buffalo, New York

A. Your salt and pepper shakers were manufactured during the 1950s and were given away as premiums by Phillips 66 stations. They are valued in the \$25 to \$35 range by the "Salt and Pepper Price Guide," by Mark Moran and published by Krause Books.

Q. I have a secretary desk that my parents purchased at auction in 1943. It is identified as being made by the Hekman Furniture Company. It has become a family heirloom but has been refinished and is not in its original state. Should I take it and have it professionally restored? — Carol, Bloomington, Indiana

A. The Hekman Furniture Company was founded in Grand Rapids, Michigan, in 1922 by three brothers: Henry, Jelle and John Hekman. The first pieces produced were occasional tables. In 1942, the company relocated its main show room

Write to Larry Cox in care of KFW5, 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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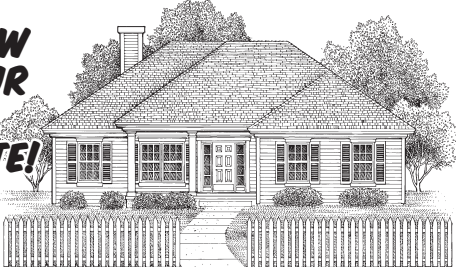
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TOOL TIPS

Tool Tips: A Handyman's Best Friends

(NAPS)—Dogs are facing some tough competition for the status of man's best friend. Sure, dogs are loyal, but men need more than loyalty—they need tools and toys to get things done and keep them entertained. Fortunately for guys and the gals who love them, finding the right tools and toys is easy (and won't require a bloodhound).

What To Get

For example, few best friends are more reliable than a Powerhorse 4,000-Watt Portable Generator with Electric Start, whether it's powering the RV for a tailgate or ensuring the game is on.

Another great friend for any handyman is the five-star-rated, Klutch Heavy-Duty Air Impact Wrench. This versatile tool removes lug nuts, loosens rusted bolts, removes crank pulley bolts and more.

To finish the job, he'll need pants as rugged and tough as he is, such as Gravel Gear Five Pocket Jeans.

For men who consider themselves masters of the charcoal grill, there's a method for making fire that's more evolved than matches and lighter fluid—the Looftlighter Airstream Firestarter. It can start a roaring charcoal fire in 15 seconds. Just plug it into a standard outlet, touch the nose to wood or coals and the superhot (up to 1,256° F) airstream it provides starts a fire quickly, without singeing off your eyebrows.

Where To Get It

You can find the Looftlighter Firestarter and Pneumatic Biker Stool at a one-stop, online store, www.Kotulas.com, which features a large assortment of guy gear to make any task easier, any setting more comfortable and any situation more fun.

The Powerhorse Generator, Klutch Air Impact Wrench and Gravel Gear Jeans, as well as more than 30,000 other tools and accessories, are available at more than 70 Northern Tool + Equipment stores and online at www.NorthernTool.com.

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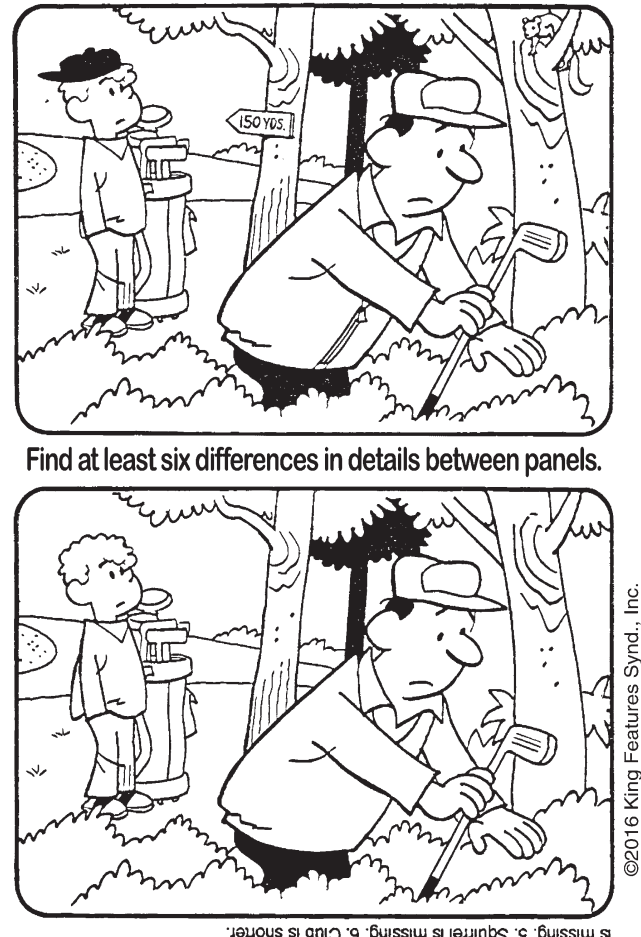
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Find at least six differences in details between panels.

Differences: Cap is missing. 2. Sweat shirt is fuller. 3. Sign is missing. 4. Zipper is missing. 5. Squirrel is missing. 6. Club is shorter.

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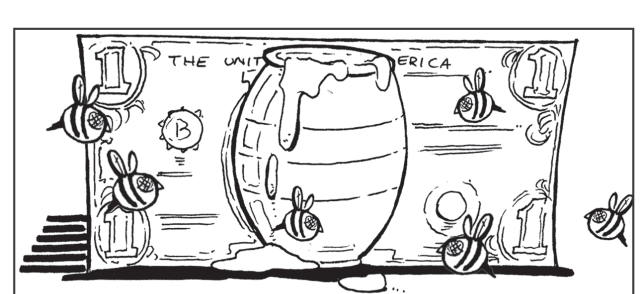
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ST. XAVIER ACADEMY HOMECOMING 2016
St. Xavier Academy, Class of 1966, is seeking classmates to celebrate their 50th Year Anniversary at the Annual Homecoming & Reunion on October 30. Mass will be celebrated at 11AM at St. Timothy's Church, Warwick 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 stxaverialumnae.org, email info@sxa.org, find us on facebook or contact Carol (263-1823) or Jan (353-4777).

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.

EXETER GRANGE COLLECTING CELL PHONES
The Exeter Grange #12, in connection with Cell Phones for Soldiers, is collecting old cell phones for soldiers serving overseas. The goal of Cell Phones for Soldiers is to help keep troops connected with their families by providing every US soldier with a way to call home free. A Drop Box will be located at the Exeter Grange Hall, 469 Ten Rod Road (Rte. 102), Exeter. For more local information, call Celeste at 822-2603, email mrfisher1968@cox.net or you can visit www.cellphonesforsoldiers.com for more information about the program.

ELIZABETH BUFFUM CHACE CENTER OFFERS SERVICES FOR THOSE AFFECTED BY DOMESTIC ABUSE
The Elizabeth Buffum Chace Center (EBCC) is a non-profit agency dedicated to ending interpersonal violence and sexual assault. EBCC provides a comprehensive range of services designed to help victims of domestic violence and educate the community to prevent further abuse. Services include, but are not limited to, a 24-hour confidential helpline and emergency safe shelter with support services. For more information, or to get help, call the Elizabeth Buffum Chace center at 738-1700.

EXETER ANIMAL SHELTER
The Exeter Animal Shelter, 169 South County Trail, Exeter, has many adult cats needing good homes. Call 294-2754 for hours. Visit exeteranimalshelter.petfinder.com for Adoptable Pet List

PARKINSON'S DISEASE SUPPORT GROUP MEETINGS
The East Greenwich PARKINSON'S SUPPORT GROUP meets at 9:30AM on the 1st Saturday of the month at The Seasons, 5 St. Elizabeth Way, East Greenwich. The YOUNG ONSET & YOUNG AT HEART PARKINSON'S SUPPORT GROUP meets at 10AM the 3rd Saturday each month at Kent Hospital Doctor's Auditorium. The FRIENDS & FAMILY (Caregiver) SUPPORT GROUP meets the 4th Saturday each month at Atria Senior Living Harborhill, 159 Division Street, East Greenwich. The DBS (Deep Brain Stimulation) PARKINSON'S SUPPORT GROUP meets at 10 AM the 2nd Saturday every other month at Kent Hospital Doctor's Auditorium. For more information about Parkinson's Disease or this Support Group please call Mary Ellen Thibodeau, RN APDA Parkinson's Information & Referral Center at Kent Hospital 401-736-1046.

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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NIGHTTIME STORY HOUR AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene, invites children ages 3-8 to the Library every Tuesday night at 6PM for "Bathrobes & Books: A Nighttime Story Hour". Children are welcome to come ready for bed.... pajamas, slippers & all, to enjoy a story & craft with friends and family. Please call 397-3873 or email jean@coventrylibrary.org for more information and/or to register.

MOMS FOR MOMS

You can make a difference with just ONE HOUR a week! Moms for Moms/Families First RI helps pregnant women and new mothers deal with an enormous transition by matching them with trained volunteers who are mothers themselves. The program provides emotional and social support and strives to connect new moms to resources within their own communities. We will train you and provide supervisory support to all volunteers. For more information, call 383-9933 or email admin@familiesfirstri.org

COVENTRY SENIOR HARMONICA BAND NEEDS MUSICIANS

Revive the old talent, dust off the instrument, enrich your life. If you are over 55 and play harmonica, banjo, or guitar, we need you! Senior band plays gigs at Senior Centers, Nursing Homes, anniversaries, etc. Call Zandy (days) 732-7870, Ext. 107 or Roger (nights) 397-5157.

WANTED: FOSTER HOMES FOR RESCUE DOGS

Sadly, we have to say "no" to many deserving dogs due to the lack of Foster Homes. Please consider this very important and rewarding part of rescue by becoming a Foster. Fostering is temporary, saves multiple lives & the Vet bills are paid. Fill out an application online at www.fohari.org

CRAFTERS WANTED

The Coventry Historical Society is seeking Crafters for their Halloween Harvest event to be held on October 15 (rain date October 16) from 10AM-4PM at the Read School House, corner of Rte. 117 & Read School House Road, Coventry. Spaces are \$15 each and you will need to bring your own table. For more information, contact Mary at 828-7523 or Ginny at 397-3661.

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For a healthful treat, try this delicious (and cheesy) pasta salad.

(NAPSA)—Nutrient-rich dairy foods can play a delicious role in building and maintaining your healthy family.

The cheeses, yogurts, dips, puddings, drinks and more in the dairy group supply most of the calcium you consume and help in increasing bone density, strengthening teeth and lowering blood pressure. Recent findings suggest dairy foods can even help in weight loss.

Did you know:
• More than one-third of all milk produced each year in the U.S. is used to manufacture cheese.

• There are over 2,000 varieties of cheese.

• Opened cheese should be used within three to five days.

• Cheese can be frozen for up to two months.

Here's a family-pleasing recipe to try:

Summer Vegetable Pasta Salad

- 8 oz. multicolored rotini pasta, uncooked
- 1 cup cut fresh broccoli
- 1 cup cut fresh cauliflower

- 1 yellow bell pepper, cut into short, thin strips
- 2 cups (8 oz.) shredded mozzarella cheese
- 1 cup cherry tomatoes (halved)
- 2 tsp. dried basil
- 2 Tbsp. minced sun-dried tomatoes
- ½ cup balsamic vinaigrette dressing
- Salt and pepper to taste

Cook pasta according to package directions, adding broccoli, cauliflower and bell pepper during the last 3 minutes of cooking. Drain and rinse with cold water in colander. In large bowl, mix the pasta and vegetables with dressing. Add 1½ cups of cheese, tomatoes, basil and sun-dried tomatoes; toss. Serve on lettuce with remaining cheese.

Sweepstakes News

The National Frozen & Refrigerated Foods Association (NFRA) celebrates Dairy Month in June with special prices and promotions and a National Park Family Vacation Sweepstakes. For contest dates, official rules and entry form, visit www.EasyHomeMeals.com.

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The Garden Bug
The red-spotted purple
(*Limenitis arthemis astyanax*)
This butterfly lives from Florida over to eastern Texas, and northward into Minnesota, Wisconsin, Michigan, New York, Vermont, and New Hampshire. Adults prefer to feed on tree sap, fermenting fruit or dung, but they also take nectar from flowers and frequently feed at mud puddles. Plant hosts for red-spotted purple larvae are black cherry, deerberry, willows, aspens, poplars, cottonwood, hawthorn, birches and black oak. - Brenda Weaver
Source: entnemdept.ufl.edu

CRAFT SHOW

The Relay For Life Team, Jan's Stars & Stripes will host a Craft Show on October 1 from 9AM-3PM at Cornerstone of Faith UMC, 1081 Main Street, Coventry. Table rentals available for \$20/6' table space. Lunch menu will be available. Call 397-3695 or 486-2143 for more information. All proceeds will benefit the American Cancer Society Relay For Life of Coventry.

LITERACY VOLUNTEERS OF KENT COUNTY OFFERS ENGLISH LESSONS

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

WII GAMES AT COVENTRY SENIOR CENTER

The Coventry Senior Center, 50 Wood Street, Coventry, invites Seniors to play Wii games on Thursday afternoons. They offer golf, baseball or bowling and also have purchased Wii Fit.

FUN OCTOBER EVENTS AT COVENTRY PUBLIC LIBRARY

The Coventry Public Library, 1672 Flat River Road, will hold the following during the month of October: **Free Movie** (NO registration required) on October 3 at 10:30AM. Enjoy "Monsters, Inc." with free popcorn. **Frankentoy's Workshop** on October 3 at 2PM (ages 10 & up). Come transform boring old toys into something freakishly new & fun! Materials provided. **Annual Trick-Or-Treat Halloween Costume Parade & Storytime** for ages 3-8 on October 25 at 4PM. **Jack-O-Lantern Display & Contest** from October 24-29 (all ages). Bring in a carved or painted Jack-O-Lantern to be entered. **Monster Bash** (NO registration required) on October 26 at 6:30PM. Enjoy monster crafts, stories & activities. Free refreshments. Wear your Halloween costume if you like. Call 822-9102 for more information and/or to register.

INDIAN CHURCH OF RHODE ISLAND

The Indian Church of RI (serving Indian Christians in RI, CT & Southern MA) would like to invite those who are from India or other Asian countries and would like to enjoy the Christian fellowship in a traditional way, to join them in their Worship & Communion Services. For information call 280-1231 or email indianchurch.ri@gmail.com

WEST GREENWICH HAPPY SENIORS

The West Greenwich Happy Seniors are looking for new members. This group meets (2) Mondays per month at the West Greenwich Elks Lodge on Rte. 3. They play Bingo and go out to eat at local restaurants. Call Jean at 822-9144 for more information.

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397-7501

Did You Know?

(NAPSA)—In response to the nostalgic bent of its 55 million members, venerable social networking site Class mates.com acquired vintage content to transform itself into MemoryLane.com. The new website features the largest archive of nostalgic content on the Internet, letting boomers relive decades of Americana.

For resources that can help your children get their physical activity, check out **We Can!** (Ways to Enhance Children's Activity & Nutrition) at <http://wecan.nhlbi.nih.gov>. **We Can!**, developed by the National Institutes of Health, provides strategies and resources for parents, caregivers and communities to help children ages 8 to 13.

"Today's buses are more environmentally friendly than ever, thanks to cleaner-burning engines, specialized particulate filters and alternative fuels," notes Gary Catapano, senior vice president for Safety at FirstGroup America, the largest provider of ground transportation services in North America. Learn more at www.firstgroupamerica.com.

To make an environmental impact and potentially reduce a significant amount of energy use, use a highly reflective shingle, such as GAF's Timberline Cool Series, which reflects sunlight to help reduce attic heat buildup and



save energy. For more ideas on energy-saving roofing, visit www.GAF.com.

Honda Power Equipment markets a complete line of rugged, easy-to-use, portable, gasoline-powered pumps and offers software to help homeowners calculate which one they need at www.hondapowerequipment.com.

For information on the new Interdisciplinary Doctorate in Education (Ed.D.) Program in Leadership at Creighton University, visit www.creighton-online.com or call (866) 717-6365 to speak with an admissions representative.

Cloud productivity services, such as Microsoft Office 365, make it possible for small businesses to access the best productivity technology at a predictable monthly cost while leaving the IT management to the technology experts. Learn more at www.Office365.com.

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

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Wed. 9/28 100% juice, beef Wellington with ketchup, Brussels sprouts, tossed salad with dressing, fresh fruit, wheat bread. Sandwich: Sliced chicken and cheese on wheat.

Thurs. 9/29 Beef noodle soup, Southwest salad, grilled chicken/lettuce, black beans/corn/tomato, honey lime dressing, garlic bread, shortbread cookies. Sandwich: Meatloaf on white bread.

Fri. 9/30 Lentil soup, Italian sausage on roll, peppers and onions, carrot slaw, unsweetened apple sauce, rye bread. Sandwich: Corned beef and cheese on rye.

Mon. 10/3 Chicken vegetable soup, honey BBQ beef tips, mashed potatoes, winter blend vegetables, vanilla pudding, marble bread. Sandwich: Egg salad on marble.

Tues. 10/4 Orange juice, scrambled eggs, baked ham, home fried potatoes with ketchup, fruited yogurt.

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Wed. 9/28 Escarole & bean soup, BBQ pulled pork sandwich on multi grain roll, 3 bean salad, fruit cocktail. Option: Chicken Caesar salad.

Thurs. 9/29 Minestrone soup, rigatoni with meatballs & sausage, roasted zucchini, wheat Italian bread, apple turnover. Option: Roast beef sandwich on wheat.

Fri. 9/30 Fresh fruit cup, baked stuffed cod, brown rice pilaf, spinach, Jell-O. Option: Turkey and cheese on wheat.

Mon. 10/3 Tossed salad, chicken Parmesan, pasta, green beans, multi grain roll, fresh fruit. Option: Italian grinder.

Tues. 10/4 Vegetable soup, beef tips, rice pilaf, sliced carrots, roll, pudding. Option: Chicken salad on wheat.

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YOGA CLASS AT WEST WARWICK SENIOR CENTER

The West Warwick Senior Center, 145 Washington Street, West Warwick is offering a Yoga Class on Wednesdays from 11AM-12PM. Cost is \$5 per class. Call 822-4450 for more information.

BOY SCOUT TROOP #31 MEETINGS

Boy Scout Troop 31 meets Wednesday nights at 7PM at Christ the King Church. All boys ages 10-17 are welcome.

FREEMASONS TO COLLECT HOSPITAL SUPPLIES

The Freemasons are collecting many types of hospital supplies that may be loaned to residents of RI at no charge. Call 246-0865 or 453-4650 for pick-up or delivery.

JAYCEES & DVDS4VETS

The JAYCEES and their Foundation will be coordinating volunteers for in-kind donations of DVD's media for distribution to Veterans in areawide Hospitals, Clinics and for personal use as well. DVDs4Vets is a non-profit Charity Service which allows the public to locate local Veterans Hospitals, Clinics, Centers and State Vet Homes, in order to donate new and used DVD's. Simply contact the Kent County JAYCEES at 828-9191 or email wwJAYCEESk@aol.com

FREE FELLOWSHIP DINNER AT CORNERSTONE OF FAITH UMC

Cornerstone of Faith UMC, 1081 Main Street, Coventry, will hold a Free Fellowship Dinner on the last Saturday of each month at 5PM. Please call 821-1931 for more information.

EXETER GRANGE MEETINGS

Exeter Grange, 469 Ten Rod Road (Rte. 102), Exeter, will hold their regular meetings on the 3rd Thursday of each month beginning at 7:30PM. All are welcome.

Moments in time
THE HISTORY CHANNEL

- On Oct. 6, 1866, in Indiana, the Reno gang carries out the first robbery of a moving train in the U.S., making off with over \$10,000. Holding up moving trains in remote locations soon became popular in the American West.
- On Oct. 5, 1947, President Harry Truman makes the first-ever televised presidential address from the White House, asking Americans to cut back on their use of grain in order to help starving Europeans. He asked that the public voluntarily forgo meat on Tuesdays, eggs and poultry on Thursdays and to save a slice of bread each day.
- On Oct. 4, 1957, the "Space Age" begins with the Soviet Union's launch of Sputnik, the world's first artificial satellite. Other firsts for the Soviet space program included first man in space, first woman, first three men, first space walk and first to orbit the moon.
- On Oct. 3, 1961, the United Auto Workers union goes on strike at Ford plants across the country to win higher wages and better benefits. It was the first company-wide strike since Ford had agreed to a collective-bargaining deal in 1941.
- On Oct. 8, 1970, Matt Damon, the future star of a long list of hit movies, including "The Bourne Identity," is born in Cambridge, Massachusetts. Damon, who left Harvard University before graduating to pursue an acting career, made his big-screen debut with a small role in 1988's "Mystic Pizza."
- On Oct. 7, 1984, at Soldier Field, Chicago Bears running back Walter Payton runs for 154 yards to become the NFL's all-time rushing leader, breaking the record set by Cleveland's Jim Brown in 1965.
- On Oct. 9, 1992, a bowling ball-sized meteorite crashes through an orange 1980 Chevy Malibu in Peekskill, New York. Scientists say it came from the asteroid belt between Jupiter and Mars.

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Rhode Island's First Buyers Guide

September 27, 2016
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 —Isak Dinesen

 Life is made up of little things. It is very rarely that an occasion is offered for doing a great deal at once. True greatness consists in being great in little things.
 —Charles Simmons

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Washington **wants to know**

Highway Bill Could Speed Up Economy

(NAPSA)—The next time you take to the road for a business trip or vacation, you may remember how important it is for Congress to adequately fund transportation—and consider letting them know how you feel about it.

“It’s a pivotal time to remind our federal elected officials of the importance and urgency of finding solutions to the dire situation the construction industry and our highways are facing,” says Gerald F. Voigt, P.E., president and CEO of the American Concrete Pavement Association.

Congress needs to do the right thing by making highways and other elements of the surface transportation system a top priority, said Voigt.

This year marks the sixth anniversary of the signing of the most recent highway bill, which, since its expiration, has been extended seven times.

Extensions make it difficult for businesses to invest in the future, and not having a clear timeline for the next transportation bill will continue to jeopardize the economic vitality of companies—and the nation.

The ability to move people and goods is critical to the nation’s economy.

When the federal government underinvests in transportation infrastructure, it’s easier for the nation to fall behind in the global marketplace.

“China, India and other developing nations understand the value of infrastructure development and the critical link between infrastructure, commerce, personal mobility and safety,” said Voigt. “Why are those issues any



The nation needs to make elements of the surface transportation system a top priority, say the experts.

less important in the U.S. than in other nations?”

Fuel prices are rising at an alarming rate, and with widespread speculation that motorists might pay \$5 per gallon for gasoline, motorists can scarcely afford to waste fuel because of the inefficiency and disrepair of the nation’s highways.

As the nation’s economy continues to falter, said Voigt, unemployment remains high in the construction industry. Passage of a new highway bill would create and sustain well-paying, long-term jobs for people who want to work and need to work.

“Talk to your neighbors, your colleagues, your employees and everyone you know who has the power of the vote and urge them to take a stand; to tell their elected officials to find and invest the funds to repair and preserve the nation’s highways,” said Voigt.

You can let your elected officials know how you feel about this and any other issue. For more information, visit www.acpa.org or www.pavements4life.com.

**4TH ANNUAL RISPCA
GLOWBALL GOLF TOURNAMENT**

The 4th Annual RI Society for the Prevention of Cruelty to Animals (RISPCA) Glowball Golf Tournament will be held on October 14 at Jamestown Golf Course. Sign in begins at 5PM with a 6:15 Shotgun Start. Cost of \$60/person includes golf, food & t-shirt. Golf balls will be for sale that night. For more information or to register, call/text Denise at 490-1812 or email turtlerockfarm@aol.com All proceeds will help support the animals waiting to be adopted at the RISPCA.

SMORGASBORD SUPPER & BAKE SALE

Oneco United Methodist Church, 1128 Plainfield Pike (Rte. 14A), Oneco, CT, will hold a Smorgasbord Supper (served Buffet style) & Bake Sale on October 1 from 4:30-6:30PM. Menu includes baked ham, lasagna, meatballs, Harvard beets, potato salad, macaroni salad, baked beans, gelatin salads, rolls, beverages, pies & assorted desserts. Tickets on sale at the door at 4PM. Adults \$12, children (under 12) \$5, preschoolers are guests of the Church.

**SACRED HEART CHURCH
ANNUAL GOLF TOURNAMENT**

Sacred Heart Church will hold their Annual Golf Tournament on October 3 at Valley Country Club beginning with a Putting Contest at 11AM, followed by lunch consisting of hamburgers, hot dogs, chips, water & soda. There will be a 12:30PM Shotgun Start followed by Dinner at 7PM. Cost is \$125/person which includes Awards Dinner. Dinner only is available for \$30/person. Call 821-4184 or stop in the Rectory Monday-Friday from 8AM-2:30PM.

**DONATIONS FOR BOOK & BAKE SALE
AT THE COVENTRY PUBLIC LIBRARY**

The Coventry Public Library, 1672 Flat River Road, Coventry, is seeking donations of books, games, DVD's & puzzles for their Book & Bake Sale to be held on November 4 & 5 from 9AM-3PM. Volunteers also needed for set-up & tear down on November 3 & 5. Proceeds of the Sale benefit the Coventry Library Foundation & Literacy Volunteers of Kent County. Contact Jane at 822-9104 or Dorothy at dorothyb@coventrylibrary.org for more information.

CHURCH OF CHRIST GIVING CLOSET

The Giving Closet of the church of Christ, 15 Sandy Bottom Road, Coventry, will be open every Wednesday from 10AM-5PM beginning October 5. Free clothing for those in need. Please call 397-9700 with any questions.

Healthy Tip: Try Meatless Mondays

(NAPSA)—There's a new initiative, called Meatless Mondays, to help you improve your health. By eating plant-based foods in place of meat just one day a week, you can help reduce your risk of heart disease, cancer, diabetes and obesity.



Adding mushrooms to your meal can help replace the savory taste of meat.

In fact, a recent Harvard University study found that by replacing saturated fat, found in animal foods, with foods rich in polyunsaturated fats (such as canola oil), the risk of heart disease was reduced by 19 percent. And adopting such a diet could save you money, as a plant-based diet tends to be less expensive.

Serving a meatless meal that your family will enjoy starts with taste. Meat is appealing because of its savory taste, called umami. Umami is also naturally found in some vegetables (such as mushrooms and beans), dairy products and fish. Substituting another umami food for meat will help satisfy the desire for meat protein.

Here are some tips to help you eat meatless on Mondays or any day of the week:

- Build your meal around whole grains and vegetables, which will fill you up with their fiber and texture. Follow the USDA's guidelines—divide your plate so that half of it contains vegetables, one-quarter is whole grains and one-quarter is protein of some kind.

- Use inexpensive canola oil in place of butter and other saturated fats. Canola oil is cholesterol free, trans fat free, low in saturated fat as well as high in unsaturated fat and omega-3 fat.

- Try new recipes such as this flavorful umami-filled Mushroom Loaf.

Mushroom Loaf

Canola cooking spray
½ cup canola oil

- 16 ounces portobello mushrooms, chopped
- 1 small red onion, finely diced
- 1 red bell pepper, seeded and finely diced
- 2 tablespoons ground sage
- 1½ cups cooked brown rice
- ½ cup walnuts, finely chopped
- 1 envelope onion soup mix
- 1 cup oat bran
- 1 cup wheat germ
- 2 eggs, lightly beaten
- 1 teaspoon Worcestershire sauce
- 2 teaspoons mustard

Preheat oven to 350° F. Spray 9x5-inch loaf pan with canola cooking spray.

Heat the canola oil in a large skillet over medium heat. Stir in the mushrooms, onions and bell peppers. Once the onions are transparent, add ground sage and cook for another 5 minutes. Transfer to a large bowl. Add the remaining ingredients to the mushroom mixture until thoroughly blended. Spoon into prepared pan, pressing down mixture to flatten top. Bake for 50-60 minutes. Let rest 10 minutes before slicing. Top with fresh sage leaves, if desired.

For more information, visit www.meatlessmonday.com. For canola oil information, visit www.northerncanola.com.

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Book & Bake Sale
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To Benefit the Coventry Library Foundation and Literacy Volunteers of Kent County

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PUZZLES, GAMES, DVD'S
in addition to **BOOKS** to donate?
We will gladly accept all donations.

Volunteers are needed to help with set-up and tear down on the 3rd and 5th

Contact Jane at 822-9104 or Dorothy at dorothyb@coventrylibrary.org
Library Website: <http://www.coventrylibrary.org>

THE FINAL DAY OF VOTER REGISTRATION FOR THE GENERAL ELECTION IF YOU ARE NOT ALREADY REGISTERED TO VOTE, WILL BE SUNDAY, OCTOBER 9TH, 2016, 12PM-4PM AT THE COVENTRY LIBRARY REFERENCE DESK, 1670 FLAT RIVER ROAD.

Voter registrations, name and address changes may be done at this time. You must be a registered voter in the town of Coventry by October 9th, 2016 in order to vote in the General Election.

FINAL CANVAS NOTICE

NOTICE IS HEREBY GIVEN THAT THE BOARD OF CANVASSERS & REGISTRATION OF THE TOWN OF COVENTRY WILL MEET IN THE TOWN HALL IN AND FOR SAID TOWN, ON **WEDNESDAY, OCTOBER 25TH, 2016 AT 4PM** TO CANVASS THE VOTING LIST FOR THE GENERAL ELECTION TO BE HELD ON NOVEMBER 8TH, 2016
BY ORDER OF THE BOARD OF CANVASSERS AND REGISTRATION

FRANK J. PERRY JR.
WILLIAM MARCOTTE
JULIE A. STEFANIK

COVENTRY BOARD OF CANVASSERS & REGISTRATION 822-9150

Lisa's #1 Priority: Eliminate the Car Tax

"Instead of spending \$100 million on corporate welfare, let's eliminate the car tax and give the money back to the people. The middle class deserve it and will spend that money in the local economy - helping small businesses and growing RI's economy. With your vote on November 8th, I will fight hard to end the car tax."

Lisa TOMASSO
FOR STATE REPRESENTATIVE
COVENTRY ★ W. GREENWICH

For more information about Lisa's priorities, visit LisaForStateRep.com
Paid for by Friends of Lisa Tomasso | Edward Inman III, Treasurer

So the years hang like old clothes, forgotten in the wardrobe of our minds. Did I wear that? Who was I then?
—Brian Moore

CASH PAID: Up to \$25/box for unexpired, sealed Diabetic Test Strips. 1-DAY PAYMENT. 1-800-371-1136.

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SHOP LOCAL



Attention all Electricians, Tel-Com Techs and Solar Electricians

Are you ready to earn a wage and benefit package that will provide you the opportunity to live a fruitful life and retire with dignity?

Did you know that over 40% of IBEW Members are organized into our Family? Every day great men and women leave their non-union jobs and join the union. Not only for obvious increase in wages and benefits that are commiserate with their commitment to the craft, but also so they may have a voice in their future that they for so long did not.

Every day in the IBEW, the best unrepresented workers stop into IBEW Union Halls all across this Nation in search of a better way of life.

Local 99 is constantly and actively recruiting workers with the best work ethics with the highest skills. If you have the work ethic but need additional training, we also offer the absolute best training in the industry!

In the IBEW, the mutually agreed upon contracts assure both the worker and the contractor work towards a common goal so everyone has the chance to live an amazing life. When was the last time you had a seat at your Boss's table?

What are you waiting for, we are interviewing the best workers in the industry every day for an opportunity to join our team. Our contractors are growing fast and we are signing new contractors all the time. Both demand the highest skilled, the highest motivated and the most ethical workers in the industry. Is that you?

jwalsh@ibew99.org

401-946-9900 x 227



COVENTRY PUBLIC LIBRARY

www.coventrylibrary.org

"IT'S MONSTER MONTH AT THE LIBRARY!"

Monday, October 3rd at 10:30am: FREE Movie: "Monsters, Inc." No registration. Popcorn & drinks

Monday, October 3rd at 2pm: Frankentoy event for ages 10 and up. Create your own freakish designs from cast off toys. Materials provided Register at youth services.

October 24th-29th: Jack-O-Lantern Contest & Display. Bring in a carved or painted jack-o-lantern on Monday, October 24th to display in the library. All pumpkins will receive recognition and one will be judged Grand Jack for a prize!

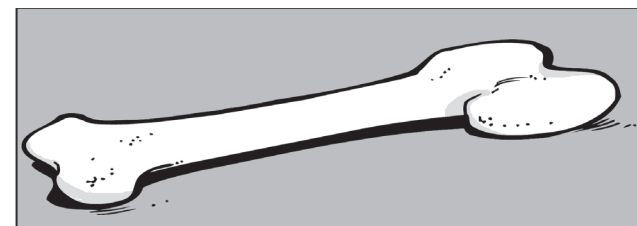
Tuesday, October 25th at 4pm: Trick or Treat Halloween Parade & Storytime. Ages 3-8. Children are invited to wear their Halloween costumes for a trick-or-treat parade in the library. Storytime will feature Halloween stories and craft. **Register beginning October 11th** in Youth Services or by phone 822-9102.

Wednesday, October 26th at 6:30pm: Monster Bash! Enjoy monster crafts, stories and activities. Free refreshments! Wear your Halloween costume if you'd like. No registration.



DUMP RUNS: Furniture, appliances, construction debris, brush, junk, etc. 1-866-559-5984.

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Although the outsides of a bone are hard, they are generally light and soft inside. They are about 75 percent water.

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 and click on "Ways to Give".

ANGELS ON HORSEBACK NEEDS VOLUNTEERS

Angels on Horseback in Ashaway, RI is looking for qualified volunteers ages 15+ as sidewalkers, qualified horse leaders, game assistants & farm work. If you are seeking a rewarding & fun volunteer Community Service opportunity, please visit angelsonhorsebackri.com or contact Donna at 316-6418.

GREENE PUBLIC LIBRARY HOURS

Hours at the Greene Public Library, 179 Hopkins Hollow Road, Greene, are as follows: Tuesday & Thursday 3-7PM, Wednesday, Friday & Saturday, 9AM-1PM. Please call 397-3873 for more information.

SEEKING RESPONSIBLE DOG LOVERS TO PROVIDE FOSTER CARE

The Little Rhodie Bully Breed Club, a RI based non-profit group, is seeking caring, responsible dog lovers to provide foster care for bully breed & bully breed mix dogs while they await adoption into their forever homes. We are also seeking volunteers to assist with fundraising and educational events. For more information, please contact Susan Parker, President of the Little Rhodie Bully Breed Club, 823-8851.

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.

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.

Strange BUT TRUE

By Samantha Weaver

• It was 20th-century Florida politician Claude Pepper, member of the U.S. Senate and the U.S. House of Representatives, who made the following sage observation: "If more politicians in this country were thinking about the next generation instead of the next election, it might be better for the United States and the world."

• Those who study such things say that the letter "s" begins more words in the English language than any other letter. The letter "c" takes second place, followed by "p" in third.

• In 1958, a woman named Ella Petry, then residing in St. Leonards-on-the-Sea, England, spent 21 days carrying an egg around in the bosom of her dress, successfully hatching a chick at the end of the three-week period.

• It's been claimed that English is the only language that capitalizes the pronoun "I."

• It may be difficult to picture a pope in anything other than the robes of office, but they certainly lead normal lives when they're young. Pope John Paul II reputedly was an excellent soccer goalkeeper, and he worked as a playwright — and even performed as an actor in some productions.

• When black sheep get old, their wool turns gray.

Thought for the Day: "Moral certainty is always a sign of cultural inferiority. The more uncivilized the man, the surer he is that he knows precisely what is right and what is wrong. All human progress, even in morals, has been the work of men who have doubted the current moral values, not of men who have whooped them up and tried to enforce them. The truly civilized man is always skeptical and tolerant, in this field as in all others. His culture is based on 'I am not too sure.'" — H.L. Mencken

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uniform in size. The patty should be a little larger or about the same size as your hamburger bun.

4. Lightly press three fingers into the center of the patty, making a slight, dimple indentation in the center and pushing the meat to the outer edges. (Making it thinner in the middle and thicker around the edges will allow the patty to cook evenly. As hamburger patties cook, they shrink in size. As they shrink, the edges tend to break apart, causing deep cracks to form. To combat this, you want the burger patty to be thinner in the middle than around the edges.) Season the patties on both sides with salt, pepper, onion and garlic powder.

5. Place the hamburger patties into the hot skillet. For a rare burger, cook 4 to 5 minutes on the first side, turn the patties and cook for an additional 4 to 5 minutes; for a medium burger, cook 7 to 8 minutes per side; for well-done burger, cook 8 to 10 minutes per side.

6. If desired, place a slice of cheese on each burger during the final minute of cooking. When the cheese has melted, remove the burgers to a plate.

7. Rub the skillet with a folded paper towel to clean it. Place the hamburger buns, cut side down, in the skillet for about 1 minute to toast them. Serve the hamburger patties in the buns with your favorite condiments and vegetables.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of five cookbooks. Her new cookbook is "The New African-American Kitchen." She is known as The Kitchen Diva and is the executive producer and host of "The Kitchen Diva!" television cooking show. Visit her Web site at www.divapro.com.

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If Interested...
email: SIMMA@AOL.COM
OR CALL 385-9142



Classic Hamburger Is All-American

A contest is held in California's Napa Valley every year about this time to "Build a Better Burger." Contestants creatively cook a wide variety of "burgers" containing everything from pickled saffron pears and green curry to Spanish chorizo, pork, lamb and even Spam. While I enjoy sampling all the unusual toppings, oddly shaped burger buns and mind-boggling flavor combinations, sometimes I just want a classic, all-beef hamburger.

Ground chuck is the meat of choice for most hamburger purists. The preferred combination is 80 percent lean meat to 20 percent fat. The fat makes the burgers moist and flavorful. If the fat content is too low, your hamburger patty will dry out during the cooking process.

Combining ground chuck with other ground meats adds a delicious combination of juiciness and flavor to your burger. The top choice for making the ultimate hamburger patty is to combine ground chuck with ground

sirloin. Try this great recipe to make a classic American burger!

CLASSIC HAMBURGERS

- 1 pound ground chuck (80/20 blend) or a combination of chuck and sirloin
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

1. Heat a large skillet to medium hot. The pan is at the proper temperature when a drop of water dances on its surface.

2. Place the Worcestershire sauce in a medium-size bowl. Gently press the ground meat into the liquid and turn and fold it over once or twice to com-



Depositphotos.com

bine. (Remember, the more you handle the meat, the softer it will become, and the more likely it will be to fall apart when you cook it.) Wet your hands to keep the meat from sticking.

3. Divide the meat into 4 equal portions. Hold one portion of the ground meat in the palm of your hand, gently turning and shaping the meat into a patty that is tightly compact and

Real Estate

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Aparment for Rent

Space for Rent

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SPACE AVAILABLE FOR RENT: 10' X 15' Room. Perfect for private office or Hair/Nail Salon. Call 996-3977 for details.

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EDWINA 440-7368

WEST WARWICK:
1 bedroom, hardwoods, central air!!
Heat & hot Water included.
Call Edwina - 440-7368

COVENTRY: 2 Beds, first floor. Recently updated, quiet neighborhood, kitchen appliances included. No utilities. Washer/dryer hookup. No smoking. No pets. \$900/month. Call 368-1242.

COVENTRY, 23 Edward Street: 1, Possible 2 bedrooms, 2nd floor. Quiet area. \$725/month. 1-321-960-1407.

WEST WARWICK: 2 Bed, 2nd floor, appliances, laundry on site, parking. \$850/month. 301-1892.

RENTAL BAY AVAILABLE: C&A Landscape Materials, Rte. 3, Coventry. 39' X 25'; 13' 11" X 11' 10" OH door. Facilities. Secure, video surveillance, clean bay & surroundings. Pay own heat & electricity. Call 822-2265 days, 473-8978 evenings.

WEST WARWICK: Office/Retail Space. 800+ Sq. ft. (can divide), off-street parking, all utilities included. Call Rob at Ropal, 368-2255 for details.

Roommate Wanted

MATURE FEMALE HOUSEMATE to share rent with mature female: Presently lives in Coventry, willing to relocate. Must have references. Call 263-5270.

Real Estate Services

AVOID FORECLOSURE! Free Consultation! 401-714-2055. ripreventioncenter.com

House to Rent

WEST WARWICK: 1-2 Beds, large backyard. No pets. \$850/month. 828-0606, leave message. Call returned after October 4.

Room For Rent

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

WEST WARWICK: 1st Floor, small 1 bed. Private entrance, deck, parking, laundry, heat, hot water included. \$795. 1410-1412 Main. Jeff 378-6204.

WEST WARWICK: Large 2 bedroom, 1st floor, washer/dryer, large yard. No pets. \$1100 plus deposit & Credit Check. 465-6972.



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Access America
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Real Estate for Sale

COVENTRY: 2 Bed, 1 bath Mobile Home in Non-age Restricted Park. Furnished and well maintained. Shed, off-street parking, Sunroom & deck. Possible Owner Financing with 50% down. \$19,500. 1-941-565-6155.

Real Estate Wanted

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

Land for Sale/Wanted

COVENTRY: 15+ Acres. Builders/ Contractors. Stream, pond, waterfall, walk to town, town water, a little of everything. \$215,000. Ropal Realty, 821-2190. MLS #1127549. Call Gary, 413-5614.



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Cranston: Open Sunday 12-2!! 170 Belmont Road!! 3-4 bed cape, new kitchen, updated bath, new heat system, nice yard, \$204,900

Warwick: New Listing!! 3 bed, 1.5 bath bungalow rebuilt in 2007, all appliances, C/A, detached garage, \$214,900

Coventry: New Listing!! Wood Estates! 3 bed, 2 bath raised ranch, FP, potential in-law in lower, garage, fenced, \$219,000

Cranston: Forest Hills, 3 bed bungalow, updated kitchen, hardwoods, FP, new heat & windows, garage, fenced, \$229,900

Coventry: Hopkins Hill, 3 bed raised ranch, hardwoods, updated kitchen, finished lower, garage, deck, nice lot, \$199,900

East Greenwich: Mint 3 bed ranch, granite baths/kitchen/center island/SS appliances, FP, hardwoods, C/A, acre, \$345,500

Scituate: 3 bed, 2 bath ranch, open kitchen, big master/walk-in closet/bath, wood stove, newroof, ¼ acre lot, \$219,900



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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	

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Name _____

Address _____

City _____ Phone _____

Price Per Week _____ No. of Weeks _____ Amt. Pd. _____

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The REMINDER 1049 Main Street
Coventry, RI

Yard Sales

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615-5500

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18K \$700.oz.
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Landscape Equipment
Furniture • Appliances**

**BUY - SELL - PAWN
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160 MACARTHUR BOULEVARD, Coventry: October 1. Last Yard Sale of the year! All sizes men's, women's & children's clothing, kitchen table, end tables, household & much more.

6 GRANT DRIVE (off Arnold Road), Coventry: October 1, 8AM-2PM. Something for everyone! Men's, women's, children's clothes, shoes (like new), Little Tikes trampoline, household items, new case of adult cloth diapers (small), Christmas items. A must see! Rain date October 2.

32 BLACKROCK ROAD, Coventry: October 1, 8AM-2PM. Moving! Everything must go. Rain date Sunday.

TABLES AVAILABLE FOR COVENTRY SENIOR CENTER COMMUNITY YARD SALE

The Coventry Senior Center, 50 Wood Street, will hold a Community Yard Sale on October 15 from 8:30AM-1:30PM. Tables are available for rent for \$15 each or 2 for \$25. Call 822-9175 for more information.

RIVERPOINT CONGREGATIONAL CHURCH RUMMAGE SALE

Martha & Mary's Shop at Riverpoint Congregational Church, 75 Providence Street, West Warwick, will hold a Rummage Sale on October 1 from 9AM-1PM. Clothing (\$.25-\$.50/item), household goods, kitchen items, vintage solid Oak folding chairs (in very good condition), plus more.

PHENIX BAPTIST CHURCH FALL YARD/CLOTHING & BAKE SALE

Phenix Baptist Church, 2 Fairview Avenue, West Warwick, will hold their Fall Yard/Clothing & Bake Sale on October 8 from 8AM-1PM featuring clothing, books, toys, household items, baked goods, etc.

THE OLD MILL FLEA MARKET in the Historic Centreville Mill, 3 Bridal Avenue, West Warwick: Open 8AM-4PM every Saturday & Sunday. Free admission. Quality Vendors wanted. Antiques, collectibles, architectural, garage memorabilia & much, much more. Contact Andy, 226-3377.

77 JACKSON FLAT ROAD, Hope: Saturday, October 1. From 8AM-?. Household, clothes, books and much more!

377 EAST GREENWICH AVENUE, West Warwick: October 1, 8AM-12PM. Weather permitting.

15 GARFIELD DRIVE, Coventry: October 1, 8AM-?. Rain or shine.

HUGE GARAGE SALE! 48 Eddy Street, West Warwick: Multi Family. October 1 & 2, 8AM-2PM. No previews.

MOVING SALE! 9 Pierce Street, Coventry (off Hill Street): Saturday October 1, 7:30AM-2PM. Rain date Sunday October 2. Everything must go!

433 COUNTRY VIEW DRIVE (off Gauvin Drive - Rte. 117 West Warwick/Warwick line, near Cumberland Farms), Warwick: October 1, 8AM-2PM. Large! Furniture, tools, homegoods, etc.

6170 FLAT RIVER ROAD, Coventry: October 1, 9AM-3PM. Lots of home goods, DVD's, furniture & more!

MOVING SALE! 15 Lion Street, East Greenwich: October 1, 8AM-4PM. Everything must go.

Entertainment

Pie Eating Contest

Saturday, October 1st

-Anyone May Enter -
If you prefer to watch the contestants, including West Warwick Politicians please bring in a canned good for a local food bank donation. We will donate a pie to "Be the Change" for every contestant who enters.



Have Your Picture Taken With **MICKEY & MINNIE** at Gel's Kitchen

Saturday and Sunday
October 8th & 9th
10am-1pm

Gel's Kitchen 1745 Main Street, West Warwick • 821-7285
BREAKFAST • LUNCH • DINNER OPEN DAILY! 7am-2pm; Friday till 8pm

Order Your Holiday Pies Early! Receive a Coupon See Restaurant for Details

The Mishnock Barn ^{WiFi}
200 Mishnock Rd., West Greenwich, RI
www.mishnockbarn.com

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
Thursday October 6 Doors Open 7pm Band at 8pm	Mishnock All Stars Thursday Night Rocks!! Dancing to DJ and Bands No Cover Charge	Free
Friday & Saturday	Dance Lessons & Requests Doors Open at 7pm Lessons at 8pm	\$10
Sunday October 9 Doors Open 6pm Band at 7pm	"Rocktober" Return to the 70's Party Mishnock All Stars • Not for Nuttin' Dancing and DJ	\$10

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.

HALL FOR RENT: Coventry Men's Club available for Bachelor Parties, Weddings, Birthdays, Retirement Parties, Etc. Menu available. Call 385-3536 after 2PM for more information.

PLAY THE GUITAR AT CHRISTMAS! Make this holiday unforgettable with super-easy private/family course for beginners. Learn to play and strum many cherished holiday favorites. Call/text The Stan Munslow Studio, 378-1999.

LOOKING FOR A GREAT PLACE TO CELEBRATE the Fall Season? You're invited to enjoy the peaceful, pleasant, comfortable, and intimate atmosphere of "The Village Cafe" at Still Water Christian Fellowship, 51 Main Street in Hope. Come over on Friday, September 30 for free coffee, light refreshments, and live Contemporary Christian music by singer/songwriter Lisa Boisclair. Doors will be open from 7-10PM. For more information, call (401) 615-1956.

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.

BORDERS \$1.50 EXTRA
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Name _____

OFFICE USE ONLY

Address _____

City _____ Phone _____

Price Per Week _____ No. of Weeks _____ Amt. Pd. _____

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_____ Sec. Code _____ Expiration date: _____

Signature _____

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

Thanks

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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 10/31/16

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 10/31/16

Entertainment

11th Annual Cowboy Rendezvous

New England's Own Weekend of the West

COLUMBUS DAY WEEKEND

October 7th-10th

MUST PURCHASE DINNER/DANCE TICKETS BY OCTOBER 4TH!
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You don't need a horse to have a Great Time!

Spectators are FREE!

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473 Tiogue Ave. Coventry, RI
401.821.3440
Sun.- Thurs. 7am-3pm;
Fri. 7am-8pm; Sat. 7am-3pm



ARIES (March 21 to April 19) Cosmic changes create a potential for disruptions in your travel plans. In the meantime, you might want to consider shifting your focus to another area of your life that needs attention.

TAURUS (April 20 to May 20) It's a good time for beauty-loving Bovines to enjoy something special for the senses. It will restore your spirit and return you to the workaday world ready for the next challenge.

LIBRA (September 23 to October 22) An ongoing problem with a co-worker might need to be sent to arbitration. Get all your facts together so that you have a solid base from which to make your argument.

SCORPIO (October 23 to November 21) You are usually decisive about most matters. But you might want to defer your decision-making this week until you get more facts. Someone is holding out on you.

SAGITTARIUS (November 22 to December 21) That quiet period is ending, and a new burst of activity creates some problems at the workplace. But things are soon resolved, and everything goes back to normal.

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289 Cowesett Ave., West Warwick
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www.pagspizza.com

OPEN SUNDAYS

Donna's Day Creative family fun

by Donna Erickson

with a final coating of glue and water. Let dry.

Here are some creative add-on ideas:

Baby's Room
Attach a piece of self-sticking Velcro near the base of the lamp. Place a matching piece on a toy, doll or stuffed animal and attach to the lamp.

Barnyard-Themed Room
Cut out more tissue paper in recognizable barnyard-animal shapes for a young child's room. Cookie cutters make good patterns. Glue them to the tissue-covered shade parading around the shade near the bottom rim. When dry, an adult may outline the shapes with acrylic paint in squeeze bottles.



Outer-Space-Themed Room
Glue glow-in-the dark stars on a shade that has been covered with navy or other dark-colored tissue squares.

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 Erickson's Fabulous Funstuff for Families."

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NEWLY RENOVATED

The Pond Pub & Pizzeria

NEW WINTER HOURS
MON-WED: 3PM-1AM
THURS-SUN: 12PM-1AM

Thurs. - Sun. \$5 Lunch Specials

FULLY EXPANDED MENU
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Live Entertainment Every Friday & Saturday

MONDAY BUY 1, GET 1 PIZZA 50¢ WINGS LADIES NIGHT 1/2 PRICE COCKTAILS	THURSDAY \$5 BURGER DAY KARAOKE WITH CHRIS PHILLIPS
TUESDAY LARGE 1 TOPPING PIZZA \$8.00 RAM ONE MAN BAND	FRIDAY FISH & CHIPS CLAM CAKES & CHOWDER
WEDNESDAY LARGE 1 TOPPING PIZZA \$8.00 FISH & CHIPS CLAM CAKES & CHOWDER	SUNDAY RACES & FOOTBALL 50¢ WINGS 1/2 PRICE APPETIZERS

2260 Flat River Road, Coventry (across from Mobile Station) 401.397.0001

Children's Skating Program

William Thayer Arena, Warwick, RI

Learn to Skate • Ages 3 -14
Thursdays 5-6pm • Oct. 20th-Dec. 22nd

Basic Hockey & Figure Skating Skills

9 Week Session: \$140.00
Parents Can Skate Too!: \$25.00

Application: www.childrensskating.com
Contact: Ms. Lee Horner
508-274-5218 • lee.lmh2006@gmail.com

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Across from Roch's
Mon.-Sat. 10-6

SHINGLES VACCINATION CLINIC
The Wellness Company is sponsoring a Shingles Clinic at the Coventry Senior Center, 50 Wood Street, Coventry, on October 7 from 10:30AM-12PM. 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. Part D Prescription Plans will have an out-of-pocket cost of \$25. In order to receive the vaccine, you must pre-register by October 5. To register, visit www.thewellcomp.com, under Register Now, click Community Programs, then select the event or call 490-0942.

FREE CLASSES FOR RI SENIORS
Artists' Exchange, 50 Rolfe Square in Cranston is offering FREE classes to RI Seniors. Artists' Exchange offers free and engaging classes in art, ceramics, theater & music for all ages and abilities. Free classes run Monday-Friday, 10:30AM-12PM & 12:30-2PM. Art classes are offered in painting, drawing, mixed media & ceramics. Theater classes are for beginner, intermediate & advanced actors. Space is limited. Seniors please call 490-9475 to reserve a spot in one or more free classes.

NEW HORIZONS CENTER FOR EQUINE ASSISTED THERAPY NEEDS VOLUNTEERS
New Horizons Center for Equine Assisted Therapy is seeking volunteers as side walkers. They are located at Cornerstone Farm, 86 Foster Center Road in Foster. Please call 397-9242 or visit ridenewhorizons.org for more information.

LOUTTIT LIBRARY HOURS
Louttit Library, 274 Victory Highway, West Greenwich will hold a storytime with Miss Shannon on Mondays at 10:30 AM. This is geared for preschool aged children and their caregivers. No registration necessary.


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Coventry Parks and Recreation

Fall Program Registration begins on Wednesday, September 28th

Non-resident registration, for adult classes and PPAC shows, begins on October 5th

On-line registration: <https://www.coventryrecreation.com/info>

Registration at the Recreation Office: Monday-Friday 8:30am-4:30pm

Located at: 1277 Main St. Coventry, RI 02816

Parent & Child Playgroups (\$13) Ages 2-5
Partners in Play Tuesdays 9:30-10:15am
Partners in the Arts Tuesdays 10:20-11:05am
At the Community Center. (7 weeks)

Mixed Grill (\$28) Grades 1-5
Kids' night out. Each night is theme-based. Trips to Honey Cone and to Chuck E. Cheese are scheduled. Fridays 6-9pm at the Community Center. (7 weeks)

Arts & Crafts Class (\$8) Grades 1-5
Create autumn, holiday themed, and other crafts. Saturdays 9-10am at the Community Center. (7 weeks)

Saturday Night Gym Party (\$28) Grades 1-5
Play dodgeball, volleyball, and many non-traditional games. Saturdays 6-8pm at the Town Gym. (7 weeks)

Christmas Vacation Camp (\$65) Grades 1-5
Trips include: Showcase Cinema, Chuck E. Cheese, and the Audubon Society's Raptor Encounter Program! Tuesday, Dec. 27th – Thursday, Dec 29th from 8:30am-4:30pm at the Community Center. (3 days)

Friday Fun Nights (\$34) Grades 5-8
Play dodgeball, soccer, and many non-traditional games. A field trip is included along with pizza most nights. Fridays 6-8:30pm at the Town Gym. (7 weeks)

Coventry Teen Center (free) Grades 6 and up
Wi-Fi is here! Opening 10/4. Mon-Thurs 2:30-6:30pm, Fri 2:30-8:30pm
668 Washington St. in Anthony Village.

Free Community Center Events

Halloween Party	10/29/16
Family Bingo	11/18/16
Tree Lighting/Festival of Trees	12/7/16
Letters to Santa	12/14/16

Broadway Shows at the PPAC (evenings)

The King and I	11/6/16	(\$40)
The Nutcracker	12/18/16	(\$33)
The Lion King	3/5/17	(\$72)
Chicago	5/7/17	(\$42)
Riverdance	6/4/17	(\$37)

*Seating for all shows is in the First Dress Circle and includes transportation. Tickets are limited, register early.

Adult Classes at the Community Center

(\$33) Residents	(\$54) Non-Residents
Step and Sculpt	Mondays & Wednesdays 6-7pm
Yoga	Tuesdays 7:15-8:15pm
Zumba	Thursdays 6:15-7:15pm
Kickboxing	Thursdays 5-6pm
(7 weeks- Yoga, Zumba, and Kickboxing)	
(12 weeks- Step and Sculpt)	

Adult Gym Programs (\$23)
18+ Co-ed Volleyball
Mondays 6:30-9pm at the Town Gym. (8 weeks)

Adult Men's Basketball (\$23)
18+ Sundays 5:30-8:30pm at the Town Gym.
18+ Tuesdays 5:30-8:30pm at the Feinstein Middle School.
40+ Slow Break Tuesdays 6-8pm at the Town Gym. (7-9 weeks)

Walking Club (\$11) Residents (\$19) Non-Residents
Stay fit and join our Adult Walking Club. Thursdays 9-10am (meet on the Coventry Greenway) (7 weeks)

For more information, brochures are available at the Recreation Office, Library, Senior Center, Town Hall and at www.coventryri.org

Look for more details in our Fall Flyer, including specific program dates and times. Continue to check The Reminder for Public Service Announcements and additional program details.