

# The REMINDER *Free!*

Rhode Island's First Buyers Guide

62 YEARS IN BUSINESS

April 25, 2017 • Volume 62 • Issue 50

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at the West Greenwich Animal Hospital  
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### HELP A HOMELESS PET

Whether you are looking to adopt a new fur baby or just want to check out our pet friendly raffle baskets and have some refreshments, we would love for you to stop in!

Love,  
Your friends at the West Greenwich Animal Hospital

**SHELTERS AND RESCUES PARTICIPATING:**

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- Paws Watch RI
- Midnight Run Rescue
- RISPCA
- Faxon Animal Care/Adoption Center
- East Greenwich Protection League
- West Greenwich Animal Control
- RI Home Rescue



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Hours: Mon.-Fri. 8:30am-4pm, Sat. 8:30am-2pm (12-12:30 Closed for Lunch)



Join Us  
May 6th, 8am-1pm  
for Eco-Depot Event  
Narragansett Beach  
North Pavilion  
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## BANKRUPTCY+

IN-HOME APPOINTMENTS

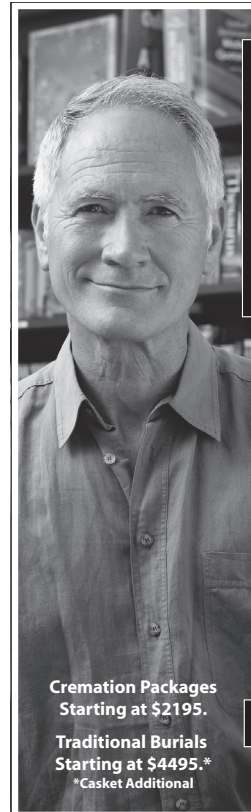
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### St. Jude's Novena

May the sacred heart of Jesus be adored, glorified, loved and preserved, throughout the world now and forever.

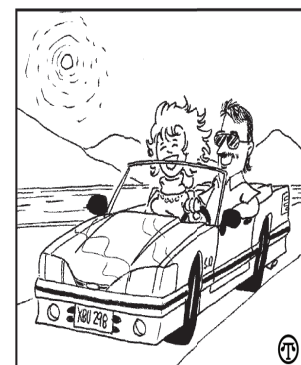
Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, help of the helpless, pray for us.

Say this prayer 9 times a day and by the 8th day your prayer will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude for answering my prayers.

C.C.

## Did You Know?

(NAPSA)—According to the nonprofit National Institute for Automotive Service Excellence, better driving habits can help you get the most out of each gallon of gasoline. Using cruise control, packing light and avoiding idling are just a few gas-saving tips. For more tips, visit [www.ase.com](http://www.ase.com).



If you love cars, your motor will rev as over 11,000 pre-1949 street rods fill the Kentucky Exposition Center at the 39th annual Street Rod Nationals. Learn more about the National Street Rod Association event at [www.gotolouisville.com/streetrod](http://www.gotolouisville.com/streetrod).

women with opportunities to jumpstart their health and wellness program. The series of 10 events was created as a venue that allows women to achieve their personal best. To learn more, visit [www.AflacIronGirl.com](http://www.AflacIronGirl.com).

Online job sites such as PrimeCB.com, a job site focused on connecting experienced and retired workers with potential employers, can be a valuable tool in a job search. For more information, visit [www.PrimeCB.com](http://www.PrimeCB.com).

A book called "The New Science of Perfect Skin" provides a cosmetic-industry insider's assessment of every type of beauty treatment and tells readers which ingredients to look for, what's new in each category and what products to expect in the near future. Visit [www.scienceofperfectskin.com](http://www.scienceofperfectskin.com).

Travel expert Amy Graff plans to drive Route 66 with her two kids and husband on a budget of \$250 a day. She'll chronicle her journey and offer money-saving travel tips at [www.bestwestern.com/tripplanner](http://www.bestwestern.com/tripplanner).

"Free Money Free Stuff" (Reader's Digest) is filled with a practical collection of more than 1,000 legitimate free giveaways and super bargains—money-saving offers available for the assertive shopper and savvy computer user.

Aflac Iron Girl events promote health and wellness and provide

To help travelers enjoy the appeal of grilling when they are on the road, grillmaster David Joachim created exclusive recipes for Hyatt Summerfield Suites' second annual "Summer Grilling Socials" program. For more information and for a selection of grilling recipes, visit [www.hssgrilling.com](http://www.hssgrilling.com).

You can help protect pets from abuse, says North Shore Animal League America, the world's largest no-kill animal shelter. For information about animal protection, visit [www.animal-league.org](http://www.animal-league.org) or call (877) 4-SAVE-PET.

### 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](http://ridenewhorizons.org) for more information.

### 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.

### 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](http://www.fohari.org)

### 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](mailto:holliegal@verizon.net)

### 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](mailto:indianchurch.ri@gmail.com)

### 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.

### WANTED ANY JUNK VEHICLE

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**To Birds, With Love**  
After 10 years, I am retiring my column. I have enjoyed all of your emails over the years. One last thought, birding starts with a healthy environment. Please do what you can to reduce the use of pesticides and other harmful things that can hurt the earth and thus, the birds. Thank you all from the bottom of my heart.  
—Cindy

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**Donna's Day** Creative family fun  
by Donna Erickson

**Rolling-Pin Printing for Artful Indoor Fun**

Roll out a rainy-day art project with kids using an unlikely printing tool: a rolling pin. Budding artists won't forget the fun of creating oodles of poster-paint prints of patterns and graphic designs on construction paper, cardstock (for a snazzy set of stationery) or even on the walls of a cardboard playhouse.



This clever printing technique isn't just for kids, so get in on the creating, too. Add some artsy touches to your home by rolling out acrylic paint on fabric for one-of-a-kind designs. Think of all the possibilities — table runners, placemats or pillows to toss on your couch to brighten it up for spring.

- Here's the stuff you'll need:**
- standard rolling pin (toy rolling pins work well for small hands)
  - thin cardboard, grocery-store bag or plastic wrap to cover and protect the rolling pin
  - scissors
  - tape
  - self-adhesive craft foam for making shapes
  - pencil

- household items such as twine, string, rubber bands, bubble wrap, etc., for designs
- Paper for printing. (Freezer and art paper on rolls works well for big projects)
- Poster paint
- Paper plate or tray
- small paintbrush

**Here's the fun:**

1. Leaving handles exposed, cut cardboard, bag or plastic wrap to cover rolling pin. Secure tightly with tape.
2. Attach shapes and designs.

For foam sheet printing: Draw shapes and alphabet letters on the foam sheet using a pencil. Cut out, peel off the paper, and press on the covered rolling pin, keeping in mind how designs will be printed on the paper. For a continuous design, attach cutouts close together. Alphabet letters must be affixed backward. (If you only have plain foam sheets, use household glue on the backside and let dry completely.)

For household item printing: Wind household string or twine tightly around the rolling pin. The rounds may be close or far apart. Tape ends in place. Or, attach rubber bands around the rolling pin however you wish. You also could wrap bubble wrap around the rolling pin and tape in place.

3. Pour a puddle of paint on plate or tray, and spread it around with the brush. Roll the pin in the paint to coat shapes and designs, then roll on the paper.

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

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**APRIL 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 April 7, 14, 21 & 28 at 10:30AM. **Time for Two's** for children age 2 & a caregiver on April 7, 14, 21 & 28 at 11:15AM. **Preschool Story Hour** for children ages 3-5 on April 10 & 24 at 10:30AM & April \*6, 13 & 27 at 2PM. \*Special presentation on Lyme disease prevention by the RIC Nursing Program. To register for programs or for more information, call 821-7910.

**DO YOU WANT TO LEARN TO KNIT?**

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

**EDUCATIONAL ASSISTANCE FOR CHILDREN OF HAITI FUNDRAISER BREAKFAST**

You are invited to an Educational Assistance for Children of Haiti Fundraiser Breakfast at the Olde Theater Diner, 33 Sandy Bottom Road, Coventry, on May 6 from 9-11:30AM. Enjoy an all you can eat breakfast, 50/50 Raffle, Silent Auction and Haitian handcrafts. \$10/person (in advance or at the door). All proceeds benefit the children of Haiti. For tickets, call Rose or Herold at 397-8644, Joanne at 209-4130 or Christine at 935-4228.

**APRIL CHILDREN'S PROGRAMS AT HOPE LIBRARY**

Hope Library, 374 North Road, Hope is offering the following Programs: **LEGO Club** (Ages 4 & up) on April 15 & 29 from 10-11AM. **Papier Mache Workshop!** on April 12 from 4-5PM (call the Library for more information). **Creative Drama Workshop!** (Grades 1-5) April 26 from 4-5PM (Registration required as space is limited). **Pajama Time** on April 27 from 6:30-7:15PM. Wear your PJ's for stories, craft & a bedtime snack! Registration required for all Programs, except Drop-In Crafts & LEGO Club, by calling 821-7910.

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**PROTECTING YOUR FAMILY**

**Being Prepared For A Natural Disaster**

(NAPSA)—No matter where you live, the American Red Cross wants you and your family to be prepared for a disaster or emergency.

According to a recent Red Cross poll, only 7 percent of Americans have taken the three steps necessary to be properly prepared:

1. Get a kit;
2. Make a plan;
3. Be informed.

To combat this alarming problem, the Red Cross has launched a free online tutorial to help families become "Red Cross Ready."

"Every region of our country is vulnerable to disasters of some type like flooding, severe storms, high winds, power outages, tornadoes, hurricanes, earthquakes or wildfires," said Red Cross preparedness expert Darlene Sparks Washington. "Every family, no matter where they live, can benefit from following these easy steps to be ready and achieve peace of mind when they're finished."

The survey of more than 2,500 respondents, conducted by Harris Interactive, also found that:

- 60 percent of American households own a pet, yet only 37 percent of owners have a plan to care for their pets during and after a disaster; and
- 69 percent of Americans living in hurricane-prone states don't have a disaster supplies kit, and 60 percent don't have an evacuation plan.

"Preparing for life's everyday emergencies and disasters doesn't require a lot of time or expensive equipment and training," continued Washington. "With our online tutorial, you can learn exactly how you



**Making a plan is an essential part of being prepared for an emergency or natural disaster.**

can become Red Cross Ready by getting a kit, making a plan and becoming informed—in less than 30 minutes."

For more information, including downloadable resources regarding how individuals and families can prepare for disasters, visit [www.redcross.org/BeRedCross](http://www.redcross.org/BeRedCross) Ready or contact your local Red Cross chapter.

Be Red Cross Ready products, such as American Red Cross Emergency Preparedness Kits or the American Red Cross Emergency Radio by Eton, are convenient ways for families to get prepared for a potential disaster. Both products are available at the RedCross.org online store or at a retailer near you. Emergency Preparedness Kits can be found at Target and Drug store.com, and the American Red Cross Radio is available at Amazon.com, Bed Bath & Beyond, RadioShack and Hammacher Schlemmer.

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Sherry Morrissette DC, DACNB  
Chiropractic Neurologist

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## Comfort foods

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### Chicken Lo Mein

Here's an "Americanized" version of a classic Chinese dish that has a great flavor of the Orient!

- 1 (14-ounce) can Swanson Lower Sodium Fat Free Chicken Broth
- 2 tablespoons reduced-sodium soy sauce
- 1/4 teaspoon ground ginger
- 1/4 teaspoon dried minced garlic
- 2 cups frozen Oriental or stir-fry vegetables, thawed
- 1/2 cups broken uncooked spaghetti
- 1/2 cups diced cooked chicken breast
- 1/4 cup sliced green onion

1. In a large skillet, combine chicken broth, soy sauce, ginger and garlic. Bring mixture to a boil. Stir in vegetables and uncooked spaghetti. Continue cooking for 8 to 12 minutes or until vegetables are just tender, stirring occasionally. Add chicken. Mix well to combine.

2. Continue cooking until mixture is heated through and vegetables and spaghetti are tender, stirring often. When serving, top each dish with 1 tablespoon green onion. Makes 4 (1 cup) servings.

TIPS: 1) Thaw vegetables by rinsing in a colander under hot water for one minute. 2) If you don't have leftovers, purchase a chunk of cooked chicken breast from your local deli.

• Each serving equals: 231 calories, 3g fat, 22g protein, 29g carbs, 673mg sodium, 51mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 Vegetable; Carb Choices: 2.

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**AARP SAFE DRIVER'S PROGRAM**  
The Coventry Senior Center, 50 Wood Street, Coventry, will offer an AARP Safe Driving Program on May 18 from 12:30-5PM. Check with your Insurance Company to see if you qualify for a discount for taking the program. The cost of this program is \$15 for AARP members & \$20 for non-members. Don't forget to bring your AARP Card when you come in for the class. Call 822-9175 to register and/or for more information.

**AARP CHAPTER 2210 FRIESIANS OF MAJESTY TRIP**  
AARP 2210 is sponsoring a Friesians of Majesty trip to Vermont to visit the Friesians of Majesty on July 13. The trip includes lunch at the Castle Hill Resort, tour & Horse Demonstration at the Friesians of Majesty & Deluxe Motorcoach transportation by Conway Tours. Cost is \$122/person. Call Maureen, 828-5188 or Patricia, 821-3733 for reservations or for more information.

**THE NATHANAEL GREENE HOMESTEAD NEEDS CRAFTERS!**  
The Nathanael Greene Homestead, 50 Taft Street, Coventry, is looking for Crafters for their Craft Fair on May 20 from 10AM-4PM. Tables are available for \$30 each. You must supply your own table and tent is optional. Please call Sandy at 821-2444 or email slukowicz@verizon.net for more information or to reserve a space. Deadline for reservations is May 6.

**COVENTRY PARKS & RECREATION PRESENTS BROADWAY SERIES SHOWS AT PPAC**  
The Coventry Parks and Recreation Department will host trips to PPAC for the following shows: "Chicago" on May 7 (\$42/person). "Riverdance" on June 4 (\$37/person). For all shows, seating is in the 1st Dress Circle, the Recreation Bus will leave the Guy L. Lefebvre Community Center at 5PM. You can register for any Program in the Parks & Recreation Office during their normal business hours. Call 822-9107 for more information or visit www.coventryri.org

**BREAKFAST IN APRIL**  
The Coventry Senior Center, 50 Wood Street, Coventry will hold a Breakfast on April 28 from 7:30-9AM. Enjoy scrambled eggs, choice of bacon or sausage, French Toast or English muffin, with juice, coffee, & tea for just \$3. All are welcome!

**SEEKING MUSICIANS**  
Are you 55 or over? Play harmonica, guitar, banjo, mandolin, ukulele or any other instrument? We need you! Senior volunteer band plays gigs at Senior Centers, Nursing Homes, etc. Call David 368-6895 or Roger (nights) 397-5157.

# READER AD FORM

**Household Item Classifieds**  
Used Furniture, Tools, Exercise Equipment, Etc.  
**\$7.00** for 10 words.  
25¢ each additional word.

**Business Classifieds**  
Help Wanted, Yard Sales, Wood for Sale, Real Estate, Home Improvement, Etc.  
**\$8.00** for 10 words.  
25¢ each additional word.

**Automart Classifieds**  
Autos, Motorcycles, Boats, Auto Service, Etc.  
**\$8.00** for 10 words.  
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Household \_\_\_\_\_ Business \_\_\_\_\_ Automart \_\_\_\_\_  BOLD TYPE  BORDER  
Please print clearly. One word per box. \$1.50 per week extra for each.  
Phone number counts as one word. We are not responsible for words we cannot read.

					10 words

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**THE DEADLINE FOR ALL READER ADS IS MONDAY AT 12 NOON.** (If there is a Monday Holiday, Deadline is Friday at 12 Noon)  
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A mail slot is located on our front door for after hours drop off. Please include payment.  
**24 Hour Answering Available... Call 821-2216 Anytime**



**How to Place a Novena.**  
Please indicate the prayer that you would like published, include your initials, and mail or bring to:  
**THE REMINDER**  
1049 Main Street, Coventry, RI 02816-5706  
You may place your Novena by phone if you are using a credit card.

Prayer to the Blessed Virgin  
 Prayer to St. Jude  
 St. Jude Novena  
 Thanksgiving Novena to St. Jude  
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Stevens Publishing, Inc.

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Amey Stevens Tilley ..... Office Manager/Editor  
Dawn Donnelly ..... Front Desk

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**ART DEPARTMENT**  
Liz DeVonis, Monique Rice

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#### 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.

### CHURCH OF CHRIST GIVING CLOSET

The Giving Closet of the church of Christ, 42 Nooseneck Hill Road (Lower Level Coventry-West Greenwich Elks Lodge), West Greenwich, will be open every Wednesday from 1-5PM & the THIRD Saturday of the month from 10AM-2PM. Everything is FREE! 397-9700.

### 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.

### 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.

## The Kitchen Diva!

by Angela Shelf Medearis



### Homemade Mayo Adds Zip to Sandwiches

Sandwiches today range from slices of beef, turkey or chicken on whole-wheat bread to roasted vegetables stuffed in a pita. Dressings, spreads and sauces can add a delicious depth of flavor to a typical sandwich. Lunch suddenly becomes more interesting with the addition of a flavored mayonnaise. Adding herbs, spices or fruit to homemade or a good-quality, store-bought mayonnaise changes the flavor and can be made to complement a wide range of meats and vegetables.

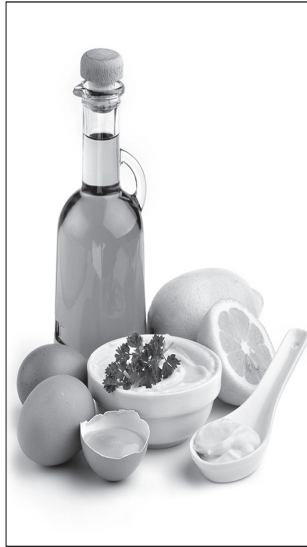
Mayonnaise is made by creating an emulsion, in this case, oil and egg yolks, two ingredients that normally don't combine. Egg yolks provide a rich, creamy base and are a key ingredient when making an emulsion for mayonnaise. Using the highest quality eggs, like Eggland's Best, reduces safety concerns to a minimum. It has one of the strictest quality-assurance programs in the industry and conducts more than 30,000 laboratory tests each year. Adding lemon juice or vinegar to our homemade mayonnaise emulsion also helps deter any bacteria growth.

The lecithin in the egg yolks also helps to stabilize the emulsion ingredients. Eggland's Best Eggs contain 200 mcg of lutein compared with 135 mcg of lutein in an ordinary egg. Lutein also is an important antioxidant that helps maintain healthy vision.

All the ingredients for making mayonnaise, especially the eggs, need to be at room temperature. Take everything out at least 30 minutes before you begin. The key to making an emulsion is adding the oil in a slow,

steady stream.

The type of oil used in the emulsion changes the flavor of the mayonnaise. Do not use unrefined oils containing monoglycerides or extra-virgin olive oil, as the flavor is too strong and the emulsion will separate. For the best results, use regular olive oil, or combine it with vegetable oil. Use this basic recipe for mayonnaise, and then add your favorite combination of herbs, ingredients and spices to create a spread that will add a special zip to your sandwiches.



Depositphotos

### BASIC MAYONNAISE

For best results, avoid making mayonnaise during wet or humid weather, as it will affect the emulsion and the mayonnaise will have a greasy texture. For a richer mayo, use only the egg yolks.

- 1 egg yolk
- 1/4 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/4 teaspoon sugar
- 1/2 cup vegetable oil
- 1/2 cup olive oil
- 3 teaspoons lemon juice or white-wine vinegar
- 2 teaspoons hot water

1. Using a food processor, blender

\*\*\*  
You can buy a person's hands but you can't buy his heart. His heart is where his enthusiasm, his loyalty is.  
—Stephen Covey  
\*\*\*

\*\*\*  
I am grateful for all my problems. I became stronger and more able to meet those that were still to come.  
—J.C. Penney  
\*\*\*



• "Add dryer sheets to storage totes along with clothes and shoes." — M.W. in Iowa

• "Try soaking an ink stain in rubbing alcohol for a few minutes before putting the garment in the wash." — B.D. in Virginia

• A.H. from Texas writes: "If you do a lot of bead work or have children who collect rocks, save your old pill bottles with the labels peeled off to put beads/rocks/findings into. The pill bottles are clear enough to see what's inside, and it saves money on pricey, specifically designed containers."

• "When your container of cornstarch is empty, take a dry cloth and wipe it out. Now you can use these canisters for your children's crayons. When there's a group of children, everyone can have their own crayons. You also can use these canisters for erasers, pins, buttons, beads, etc." — D. in Virginia

• "I do dishes the old-fashioned way: in the dishpan in the sink. I put a second dishpan in the other sink and rinse the dishes over it to catch the water. I then use it to flush the toilet. I can flush at least three times a day with the rinse water. Washing your produce also takes a lot of water that you can catch in the dishpan and use for watering outdoor plants." — C.S.R. in Florida

• "Instead of using candles during a power failure, most hardware stores and home-improvement centers sell battery-powered lanterns for \$16 to \$20, and some last for days." — J.P. in New Jersey

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

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### DEMAND FOR PAYMENT

Notice is hereby given that the undersigned demands payment amounts due to the undersigned as of 3/26/17.

Unit 41: Debbie Dalton  
Amount Due \$845.00

Unit 144: John Salvatore  
Amount Due \$835.00

Unit R5: Steven Renaud  
Amount Due \$145.00

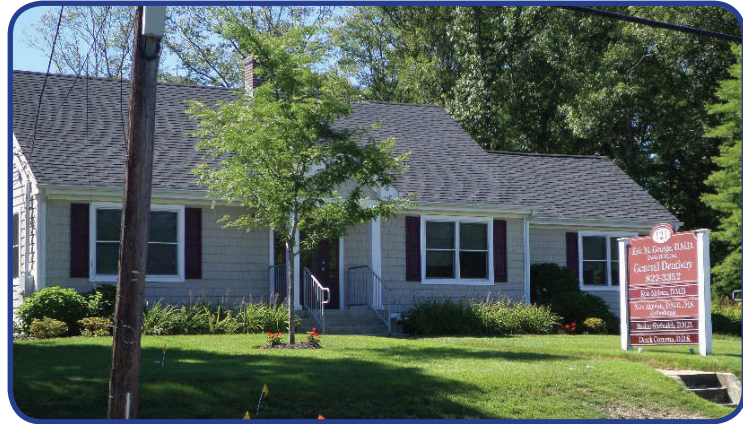
In the event that the above amount remains unpaid as of 4/26/17 any right to access terminates and goods may be sold at public auction or otherwise disposed of in accordance with the law.

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

**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.

**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.

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—Dean Acheson  
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## Your Garden

### Ten Ways To Get Prepared For Planting

(NAPSA)—When the weather warms, many people's thoughts turn to how to make sure their yard is in tip-top shape for planting. These 10 tips can help get your garden off to a great start:

**1. Make a plan.** First, decide what to plant. One thing you may want to consider is pollinator-attractant plants. Yellow, blue or purple flowers make your garden more appealing to bees. The Pollinator Partnership's Bee Smart mobile app helps gardeners select the best plants in their area. You can visit FeedABee.com to view pollinator gardens from around the country for inspiration.

**2. Observe the current state of your garden.** See how well last year's planting choices worked out. Consider placement of compatible plants, sunlight, shade and irrigation.

**3. Tidy up.** Clean out old plants and weeds from last year's garden, including the roots. Remove winter mulch or pine straw, too.

**4. Survey the soil.** Make sure the soil contains the right nutrients with a soil sampling kit, found at home and garden centers. This analysis will inform your decisions on fertilizing methods. Aerate your soil by breaking it up so air, water and nutrients penetrate the plant roots.

**5. Take care of pests.** Check for slugs, snails or aphids, treating any infestations you find.

**6. If it's broken, fix it.** Fix broken structures and gardening tools. Also, treat wood with a preservative during dry periods to prevent cracks and splitting.

**7. Gather the tools you'll need and make sure they're clean.** Sharpen and clean your



Proper planning can help you have a glorious, pollinator-attractant garden and save you time, trouble and money.

tools, as proper maintenance saves you money and keeps disease from spreading between cuttings.

**8. Planting vegetables?** Consider raised beds. These warm quickly, encourage good irrigation and aeration, and are excellent for difficult soil. In addition, you'll be able to reach every corner to pull young weeds as they appear.

**9. Prepare a compost pile.** Buy or make a compost bin and throw in all your garden waste, grass clippings, paper, wood prunings, and fruit and veggie peelings. Turn and aerate it with a garden fork every month.

**10. Label your plants.** If you're growing food, learning to identify plants or sharing a community garden, plant markers are a must. Use the plastic markers that came with the plants or buy or make your own from pebbles, bamboo skewers or broken terracotta pots. Label your plants with the variety name and date you planted it.

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(NAPSA)—October is Energy Action Month, a time to take action to save energy. Did you know that your heating and cooling systems and appliances aren't the only things in your home that use energy? It takes a great deal of energy to treat and deliver water to your home, as well as heat that water to shower, shave, and launder shirts.

If you want to save energy—as well as water and money—start with your shower. Showering is one of the leading ways we use water at home, accounting for nearly 17 percent of residential indoor water use. For the average family, that adds up to 40 gallons of water per day—or nearly 1.2 trillion gallons of water used each year nationwide just for showering!

That's why the U.S. Environmental Protection Agency (EPA) has also declared October to be Shower Better Month. By swapping out your showerhead with a model that has earned the EPA's WaterSense® label, your family can save the amount of energy it takes to power your home for 13 days, enough water to wash 70 loads of laundry, and more than \$70 in energy and water costs every year.

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importantly, all models that earn the label must be independently certified for both efficiency and performance. So you can enjoy a satisfying spray while saving water, energy, and money—in other words, you will shower better!

Make the "drops to watts" connection and stop sending water, energy and money down the drain. Swap out just one showerhead in your home with a WaterSense labeled model this Energy Action Month and start saving. For more information about WaterSense labeled showerheads and the energy-water connection, visit [www.epa.gov/watersense](http://www.epa.gov/watersense).

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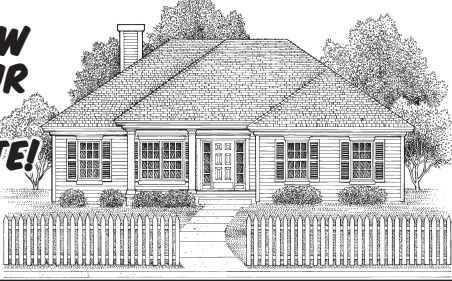
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## Decorator's Notebook

### Cork Pops Beyond The Bottle

(NAPSA)—Good news for homeowners trying to choose among beauty, function and responsible sourcing when it comes to flooring: As famed architect and designer Vern Yip points out, you can now get all three—with cork. A longtime champion of sustainable design, the HGTV star is constantly looking for eco-friendly materials with a fashion-forward appeal that can adapt to just about any taste.



Cork flooring design options have evolved greatly over the past few years.

"The variety of choices available to environmentally conscious consumers today is remarkable," he begins. "Sustainable design and decor options have come of age and the advances in cork flooring finishes are a great example."

Recognized for being soft on the feet and warm to the touch, cork flooring is often ranked high on comfort and durability but was sometimes overlooked for its limiting design options.

New technology lets the look of cork flooring range from traditional and vintage to artistic and modern, presenting an array of exquisite design possibilities. In fact, cork's versatility offers finished looks that can emulate hardwood, marble and other textured surfaces.

As Yip explains, "Thanks to its diverse, modern and natural look, cork flooring gives us elegant designs that are as eye-catching as they are functional. New finishes give it a chameleonlike quality that fits any room aesthetic."

Today's printing techniques mean cork can be matched to virtually any color, tint or shade imaginable. For example, if you love the look of marble but not the fact that it's cold to touch, cork flooring can be a great alternative.

If you want a rustic look, you can consider designs in colors such as deep mahogany or rich chocolate brown that can create a warm look and feel. If you're decorating a child's room, you can combine cork planks in different colors, styles or textures for a playful appeal.

In open-concept homes, cork flooring complements a variety of different wood stains, effortlessly bringing together colors from furniture, doors, cabinets and more. You can mix and match light with dark for added pop.

To give your kitchen a retro appeal, geometrical and angular floors are making a comeback in a big way. Try zigzag, herringbone or chevron patterns for some mid-century flair.

Cork's versatility, beauty and the fact that its production does not result in any trees being cut make it a favorite among green-living advocates.

**Learn More**

To explore the look of cork flooring, visit [www.realcorkfloors.com](http://www.realcorkfloors.com).

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*Collecting*  
 by Larry Cox

McCoy Cookie Jars

**Q.** I am not really a collector, but I have two McCoy cookie jars that I'm curious about. Both originally belonged to my mom and are probably from the 1950s. One is a Jack-o'-Lantern jar that was rarely, if ever, used. The second is a "Mr. and Mrs. Owl" and shows some wear. I remember the second jar always being full of vanilla wafers. — Cora Ann, Tulsa, Oklahoma

**A.** It isn't much of a surprise that cookie jars are among the most popular collectibles produced by McCoy. It also is not a big shock that McCoy cookie jars also are plagued by fakes. Knowing the original measurements is helpful when trying to determine if a jar is the real McCoy or not. Your Jack-o'-Lantern jar was produced in about 1958, and according to "Warman's McCoy Pottery," by Mark F. Moran and published by Krause Books, it is valued in the \$550 to \$650 range. Since you indicated your jar is pristine, it would probably be worth on the high end. The same guide lists your owl jar at about \$110. The Moran guide is excellent, and essential for anyone who collects McCoy items. \*\*\*

**Q.** My mom visited New Orleans during the 1950s and while there she purchased a copy of "The

Picayune Creole Cook Book." Is it worth keeping? — Tom, Pittsburgh

**A.** Your cookbook was published in 1954 by the Times-Picayune newspaper. Since it was purchased during the 1950s, I assume it probably was the 12th edition. The first edition was published in either 1900 or 1901 and became an instant classic. The collection featured Creole recipes and generally sells in the \$25 to \$50 range, depending on edition and condition. \*\*\*

**Q.** When I was a kid during the 1950s, I was given a small tin litho Shell service station and bank as a premium. I have kept it ever since, but have always been curious as to how much it is now worth. — Ken, Abilene, Texas

**A.** Your Shell service station and bank is worth \$140 for the pair, according to Mark F. Moran, author of Warman's Gas Station Collectibles Identification and Price Guide (Krause Publications, \$24.99).

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

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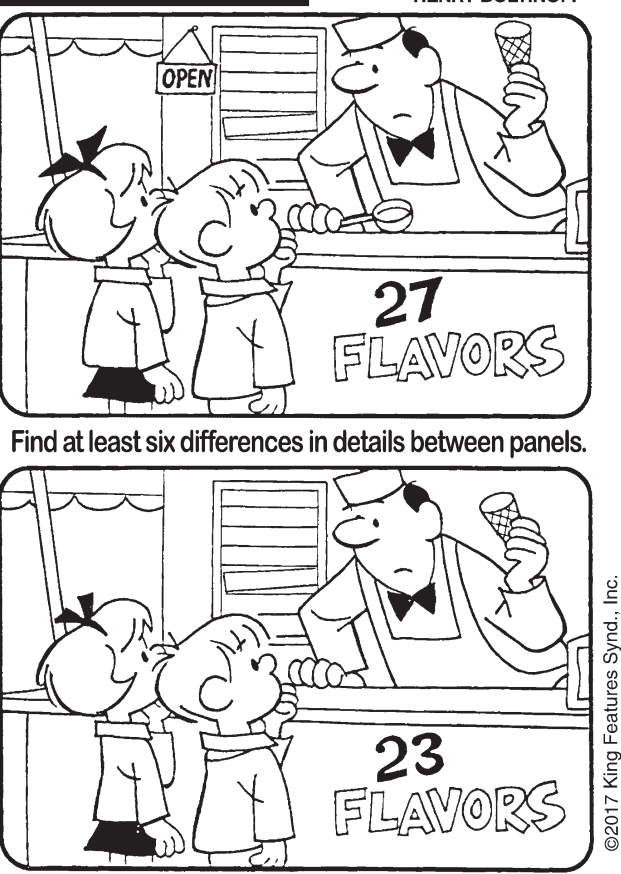
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\*\*\*  
 Democracy is the recurrent mystery that more than half of the people are right more than half of the time.  
 —E. B. White  
 \*\*\*

**SADDLE UP 4-H CLUB  
 SPRING FLING FUNDRAISER**

The Saddle Up 4-H Club will hold a Spring Fling Fundraiser on May 7 from 10AM-2PM at Jackman Hollow Farm, 45 Scott Hollow Road in Coventry. Activities for all ages including pony rides, Bake Sale, face painting, Petting Zoo, bouncy house and much more. Rain date May 21. For more information, call 533-4584.

**THE 5TH ANNUAL RAID ON SPELL HALL**

The 5th Annual Revolutionary War Reenactment & Encampment will take place on May 6 from 10AM-5PM & May 7 from 10AM-4PM on the beautiful grounds of the Historic 1770 Gen. Nathanael Greene, 50 Taft Street in Coventry. Revolutionary War Reenactors, Living Historians & Colonial Artisans recreate an authentic military encampment & battle. Meet General & Mrs. Greene, view musket & cannon demonstration & take a Historic Homestead Tour. Admission is \$6/adult, \$4/child, \$20 max. per family. Visit [nathanaelgreenehomestead.org](http://nathanaelgreenehomestead.org) or email [nathanaelgreenehmst@gmail.com](mailto:nathanaelgreenehmst@gmail.com) for more information.

**VOLUNTEERS NEEDED AT GEN. NATHANAEL GREENE HOMESTEAD**

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

**COVENTRY PUBLIC LIBRARY PRESENTS...**

Coventry Public Library, 1672 Flat River Road, Coventry will host "Albert Einstein: Relatively Speaking" on May 4 at 7PM. George Capaccio portrays Albert Einstein as a scientist & a humanitarian. George invites you to enter the boundary-breaking universe that is the mind of Albert Einstein; you will discover that time and space are inseparable. He will also focus on the great scientist's very human qualities, including his sense of humor. Call Jane at 822-9104 or email [js@coventrylibrary.org](mailto:js@coventrylibrary.org) to register or for more information.

**DIVINE MERCY SUNDAY**

The Celebration of Divine Mercy Sunday will take place at St. Mary Church, 70 Church Street, West Warwick, on April 23. Celebration begins at 12PM with Exposition of the Blessed Sacrament, followed by silent adoration, Rosary, Litanies & Diary Readings. The Chapel of the Divine Mercy will be chanted at 3PM, concluding with Benediction. Confession will be available. **PLEASE NOTE:** This is a deanery event and replaces the Celebration traditionally held at SS John & Paul Church in Coventry. For more information, please call 821-5555 or 932-8672.



**Hot Accessories For The Contemporary Cook**

(NAPSA)—These days, it's not enough for home cooks to be able to multitask—get all the elements of the meal on the table at the same time, while looking after family and career—they want their appliances to multitask, as well.

**What's Wanted**  
 In fact, according to a recent Research Institute for Cooking & Kitchen Intelligence (RICKI) study, 12 percent of small-kitchen designers want combination appliances that can multitask, the most popular request after storage and cabinet solutions.

To meet both those needs, a number of appliances and other kitchen products come with helpful built-in accessories that save space, help organize, and make cooking at home easy whether you aspire to be a chef or you already are one.

**What's Available**  
 As a result, you can now get sinks with integrated cutting boards or colanders, cabinetry with built-in recycling pullouts, plus ranges with a wide variety of functional cooking features and accessories that save space and enhance performance.

For example, the Chefs Pak from Verona Appliances features all the most popular of the company's accessories—the maple cutting board, the stainless steel griddle, the three-piece half tray steamer, the beveled spatula and the digital meat probe—in a single, convenient package.

From ILVE Appliances comes a number of exclusive built-in features as well as optional accessories made to fit just right on the company's cooktop surfaces to provide beauty, style and performance.

So, how can these range accessories help you multitask?

Consider this:  
 Oblong or fish burners (unique to ILVE) can be used to evenly heat long poachers and stockpots or several smaller pots at once.

Simmer settings for soups, sauces and melting chocolate can be achieved with a simmer plate and the inner flame of a triple-ring burner. The plate can accommodate just about any size pan.



Ranges with a variety of abilities to cook different ways at once are a popular part of many modern kitchens.

Full-size or half-size stainless steel griddles conveniently cook anything from eggs to burgers—just like a professional chef. The griddle is fully removable for easy cleanup. A griddle-top dome will also help with that by preventing grease splatters. As a bonus, it holds in moisture for a more flavorful meal.

Indulge your taste for ethnic specialties with a wok ring that goes directly over the grate to evenly distribute the heat and an optional barbecue grill that allows for juicy grilled food all year long.

To steam your vegetables and shellfish to just the right texture, consider a steamer top that sits right on top of the griddle. Just add a little water and the perforated insert. You can even chop these vegetables right on your range top using the fitted cutting board.

A French top is a unique multi-ringed flat surface that can provide a high heat in the center and a lower heat on the outer perimeter. It offers the aspiring chef a great deal of control for sauces.

All these accessories are incorporated in the ILVE range, which makes it one of the best multitasking appliances available.

**Learn More**  
 ILVE and Verona Italian-crafted ranges, ovens, cooktops and ventilation systems are internationally recognized for their innovative cooking products. Visit [www.eurochefusa.com](http://www.eurochefusa.com) for a chance to see videos of the accessories in action.

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**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

**LOUTTIT LIBRARY STORYTIME**

Louittit Library, 274 Victory Highway, West Greenwich will hold a storytime with Miss Stephanie on Mondays & Wednesdays at 10:30 AM. This is geared for preschool aged children and their caregivers. No registration necessary. Library Hours are Mondays, Fridays & Saturdays from 10AM-4PM, Tuesday, Wednesday & Thursday from 10AM-8PM. Call the Library at 397-3434 for additional information.

**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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## THE REMINDER'S ANNUAL Mother's Day Contest

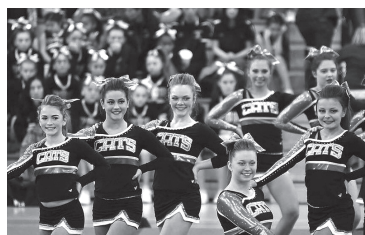
Every mother is eligible to win!  
Or any person who has been "like a mother" to you. Just send us their name, address and phone on the form below - that's it! That's all you have to do to win great prizes for that person! So, don't delay or your mom or special person may be left out. Enter today and then check the special May 9th Mother's Day Edition of The Reminder, to see if your mom is one of the lucky winners!

Mother's Name	Your Name
Mother's Address	Your Address
City or Town/State/Zip	City or Town/State/Zip
Phone	Phone
My mom's special because...	

Mail or bring your entry to:  
**THE REMINDER, 1049 Main Street, Coventry, RI 02816**  
(located on Rte. 117, near the intersection of Sandy Bottom Rd.)  
(No Faxes Please - Limit One Entry Per Person)

**Deadline for All Entries...**  
is Thursday, May 4th at Noon.  
Winners will be announced in the May 9th issue of The Reminder.  
Winners will be drawn at random.





# 2017-2018 Season ★ INFORMATION ★

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When: April 24th-28th  
Time: 6-7pm  
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**Team Placements**  
When: Sat., May 20th  
Ages 5-8: 9-10am  
Ages 9-18: 10:30-12:30am  
Address: 1000 Tiogue Ave.  
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**Contact Information:**  
**Lolita Roberts**  
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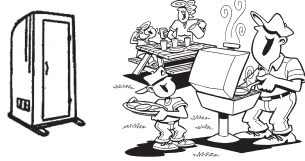
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A man should never be ashamed to own that he has been in the wrong, which is but saying that he is wiser today than he was yesterday.

—Alexander Pope

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When someone sings his own praises, he always gets the tune too high.

—Mary H. Waldrip

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### Prime Cuts

The last few weeks of March, the first few weeks of April ... these are the prime cuts for sports fans.

You have two leagues — the NBA and the NHL — wrapping up their regular seasons, hopefully with a little drama and playoff implications. The two best championship tournaments in all of sports are being played — the NCAA basketball tournaments and The Masters — and hope springs eternal for the entire nation as baseball teams break camp and head off for their home openers. At no time are there more sport fans on equal footing, more engaged in the goings-on of their favorite team or sport.

I never liked the "March Madness" moniker. It's only madness if you think that anybody outside of Duke, Kansas, North Carolina or Kentucky can win the men's tournament. These play-in games are a joke, but I guess it's all that some students will ever really have in terms of feeling the electricity of a national audience. It's not like Red Bank State or Twizler Tech is ever going to cut down any nets ... it's just better than the programming alternatives for the night. And you have to hand it to the ladies, they have really done a great job marketing and presenting their game. The past year has been the first where I've heard very serious discussion and praise of the women's game, and that's a great thing.

And please, do not weep for Sergio Garcia. Far from the "lovable bridesmaid" the fake news media have been making him out to be — this

tough-luck Spaniard who never wins anything — we can finally stop with all of that nonsense now that he has won the finest championship in all of sports — The Masters. And he's won plenty, something like 30 tour wins, and he's about to marry Golf Channel personality Angela Akins, who according to the failing BBC News, wears the "shortest skirt on campus." What's everybody so upset about? The guy plays golf for a living.

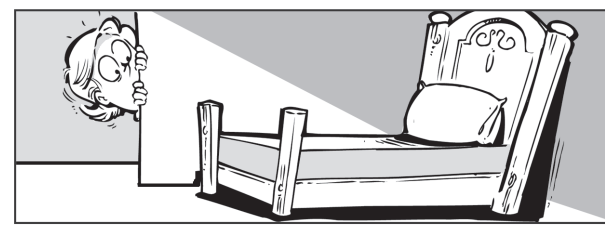
The Masters is the finest tournament in the world and one of the greatest things humans do on Earth when it comes to sports. It's a place where the best come to shine, where people behave — ever heard of anyone getting in a fight at The Masters? — where there isn't a cell-phone (calls are free), not a speck of garbage, and food and beer are inexpensive (and tasty). The entire world outside of the National could be on fire and nobody on the grounds would know until they exited the front gates. We need more places like Augusta in the world.

More teams make the NBA and NHL playoffs than do not. Think about that for a moment. It's absurd, but not when your team makes the playoffs (and if they don't, you feel terrible). It's good to have the Canadian teams back; it just feels wrong when they're not playing the game that gives their lives so much purpose. That said, I think this finally is going to be the Washington Capitals' year, providing they get past the Penguins and Rangers, and beat the Blackhawks in the finals. On the hardwood, you'd be nuts to bet against Stephen Curry and Golden State, but as long as LeBron is on the floor, there's always a chance for Cleveland.

And of course the Cubs will repeat. Good things come in pairs!

Mark Vasto is a veteran sportswriter who lives in New Jersey.

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April 25, 2017  
Volume 62 • Issue 50

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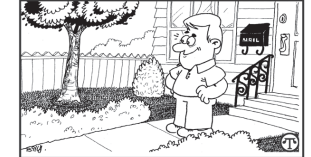
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One of the hottest video game lines around, the Sims, is now available as "The Sims Medieval." It lets players see how their Sims' lives play out in a medieval time period. You can learn about it at [www.TheSimsMedieval.com](http://www.TheSimsMedieval.com).

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(NAPSA)—You can put the brakes on skyrocketing gas prices by taking control of your vehicle's unnecessary fuel consumption.

"Most motorists don't realize that it's the little things that don't take a lot of time or cost much that can really make a difference when it comes to saving money at the pump," said Rich White, executive director of the Car Care Council. "Loose or missing gas caps, under-inflated tires, worn spark plugs and dirty air filters all contribute to poor fuel economy."

The Car Care Council offers some gas-saving maintenance and driving tips that really work:

- **Vehicle gas caps**—About 17 percent of the vehicles on the road have gas caps that are either damaged, loose or are missing altogether, causing 147 million gallons of gas to vaporize every year.
- **Underinflated tires**—When tires aren't inflated properly, it's like driving with the parking brake on and can cost a mile or two per gallon.
- **Worn spark plugs**—A vehicle can have either four, six or eight spark plugs, which fire as many as 3 million times every 1,000 miles, resulting in a lot of heat, electrical and chemical erosion. A dirty spark plug causes misfiring, which wastes fuel. Spark plugs need to be replaced regularly.
- **Dirty air filters**—An air filter that is clogged with dirt, dust and bugs chokes off the air and creates a "rich" mixture—too much gas being burned for the amount of air, which wastes gas and causes the engine to lose power. Replacing a clogged air filter can improve gas mileage by as much as 10 percent, saving about 15 cents a gallon.

Fuel-saving driving tips include:

• **Don't be an aggressive driver**—Aggressive driving can lower gas mileage by as much as 33 percent on the highway and 5

percent on city streets, which results in 7 to 49 cents per gallon.

• **Avoid excessive idling**—Sitting idle gets zero miles per gallon. Letting the vehicle warm up for one to two minutes is sufficient.

• **Observe the speed limit**—Gas mileage decreases rapidly at speeds above 60 mph. Each mpg driven over 60 will result in an additional 10 cents per gallon. To maintain a constant speed on the highway, cruise control is recommended.

• **Combine errands into one trip to save gas and time**—Several short trips taken from a cold start can use twice as much fuel as a longer multipurpose trip covering the same distance.

• **Avoid carrying unneeded heavy items in the trunk**—An extra 100 pounds can cut fuel efficiency by a percent or two.

The Car Care Council is the source of information for the Be Car Care Aware consumer education campaign, which promotes the benefits of regular vehicle care, maintenance and repair to consumers.

For more information, visit [www.carcare.org](http://www.carcare.org).

**Automart 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  
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1. **The Boss Baby** .....(PG) animated
  2. **Beauty and the Beast** .....(PG) Emma Watson, Dan Stevens
  3. **Smurfs: The Lost Village** ... (PG) animated
  4. **Going in Style** ..... (PG-13) Morgan Freeman, Michael Caine
  5. **Ghost in the Shell** ..... (PG-13) Scarlett Johansson, Pilou Asbaek
  6. **Power Rangers** ..... (PG-13) Dacre Montgomery, Naomi Scott
  7. **Kong: Skull Island** ..... (PG-13) Tom Hiddleston, Samuel L. Jackson
  8. **Logan** ..... (R) Hugh Jackman, Patrick Stewart
  9. **Get Out** ..... (R) Daniel Kaluuya, Allison Williams
  10. **The Case for Christ** ..... (PG) Mike Vogel, Erika Christensen
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**COVENTRY PUBLIC SCHOOLS RECORDS DESTRUCTION**

In accordance with RI State Law governing the destruction of student records, the Special Education Department, Preschool Screening & Child Outreach Program of Coventry Public Schools has applied for destruction of Special Education documents and child/student records. Only those records of Special Education students born in 1990 are scheduled for destruction and Outreach records from 2009. These records are no longer useful to the district but may be useful to parents/guardians/former students in applying for Social Security benefits, rehabilitation services, college admission, etc. Please call the Special Education Department at 822-9400, Ext. 269 or Ext. 231 no later than May 1 to arrange pick up of your records. Proper identification required for records release.

**DONATIONS NEEDED FOR COVENTRY HISTORICAL SOCIETY'S 4TH ANNUAL PLANT & YARD SALE**

The Coventry Historical Society is looking for donations for their 4th Annual Plant & Yard Sale to be held on May 13 from 8AM-12PM at the corner of Read School House Road & Rte. 117, Coventry. Volunteers will be available at the Read School House on May 6 from 10AM-1PM to accept donations. For more information, please call Mary at 828-7523 or Ginny at 397-3661.

**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 from March 29-May 17 (excluding April 19). 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.

**BEGINNER LINE DANCE CLASSES AT THE COVENTRY-WEST GREENWICH ELKS**

The Coventry-West Greenwich Elks Lodge, 42 Nooseneck Hill Road, West Greenwich, will hold Beginner Line Dancing Classes with Lori Enos every Sunday night (January 8-June 4) from 6:30-8:30PM. Cost is \$6 per person. All ages welcome. Call Lori at 821-4361/250-6082 or the Lodge at 397-3700 for more information. Proceeds benefit Elk Charities.

**HOPE LIBRARY CRAFT SALE & SILENT AUCTION**

Hope Library, 374 North Road, Hope, will host a Craft Sale & Silent Auction on May 6 from 9AM-3PM. Rain date May 13. Please call 821-7910 for additional information.

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A GOOD PLUMBER: Plumbing, heating, drain cleaning. 401-808-2284. RI Lic. #MP002399. MA Lic. #30436.

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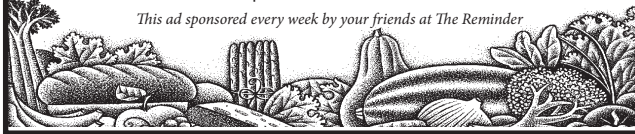
All meals include milk, coffee or tea, bread/margarine

**COVENTRY SENIOR CENTER** WOOD STREET, COVENTRY  
FOR RESERVATIONS CALL: 822-9180  
DONATION \$3.00

- Wed. 4/26** Pasta and Bean soup, fried steak with country gravy, brown seasoned rice, baby whole carrots, Mandarin oranges, wheat bread. Sandwich: Turkey meatloaf on wheat.
- Thurs. 4/27** Tomato vegetable soup, roasted airline chicken, seasoned whole wheat pasta, California blend vegetables, pudding, rye bread. Sandwich: Tuna on rye.
- Fri. 4/28** Shrimp and corn bisque, boneless BBQ rib, baked beans, coleslaw, apple pie, dinner roll. Sandwich: Italian grinder.
- Mon. 5/1** **May Breakfast.** 100% orange juice, baked honey ham, scrambled eggs with tomato slice, home fried potatoes, fresh fruit cup. Sandwich: Chicken salad on wheat roll w/side salad.
- Tues. 5/2** Chicken vegetable soup, meatballs with sauce, seasoned whole wheat pasta, tossed salad with dressing, oatmeal cookies, sliced Italian bread. Sandwich: Egg salad on Italian.

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

- Wed. 4/26** Tossed salad, beef stew with carrots, potato and peas, biscuit, dessert. Option: Italian grinder.
- Thurs. 4/27** Italian wedding soup, roasted pork loin with gravy, apple sauce, sweet potato, peas & carrots, dessert. Option: Cobb salad.
- Fri. 4/28** Escarole and bean soup, roasted lemon chicken, wild rice, cauliflower, dessert. Option: Spinach salad.
- Mon. 5/1** **May Breakfast.** Fruit cocktail, scrambled eggs, French toast with syrup, bacon, sausage, home fries.
- Tues. 5/2** Mushroom and barley soup, Shepherd's Pie, mashed potatoes, biscuit, dessert. Option: Greek salad with chicken.



This ad sponsored every week by your friends at The Reminder

## MILITARY NEWS

**CADETS JACOB FERNANDES & KATHRYN SALEMI** from Coventry High School Navy JROTC, recently completed the Youth Leadership Conference at Norwich University in Northfield, VT. This 2-day program covers numerous topics to include: Leadership, Effective Communication, The Constitution, The Bill of Rights, Free Enterprise, Cyber Security, Ethics, & what it means to be a Citizen Soldier. Divided into teams, participants are provided a challenging leadership experience through the development of individual leadership skills, self-confidence and teamwork. The program includes a Leadership Reaction Course, water survival & the climbing wall. With over 1500 Cadets and 800 students, Norwich University is the nation's oldest Senior Military College and is considered the Home of the Reserve Officer Training Corps program (ROTC).

**US AIR FORCE AIRMAN HEATHER L. FREDD** has graduated from Basic Military Training at Joint Base San Antonio-Lackland, San Antonio, TX. The Airman completed an intensive, 8-week Program that included training in Military Discipline and Studies, Air Force Core Values, Physical Fitness and Basic Warfare Principles and Skills. She is the daughter of Donna Jacobson of West Greenwich & John Free of Coventry. Heather is a 2014 graduate of Exeter-West Greenwich High School.

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## top ten

### 'POWERHOUSE' FOODS

1. Watercress
2. Chinese cabbage
3. Chard
4. Beet green
5. Spinach
6. Chicory
7. Leaf lettuce
8. Parsley
9. Romaine lettuce
10. Collard green

Source: CDC  
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### 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.

### GREENE PUBLIC LIBRARY PRESENTS...

Greene Public Library, 179 Hopkins Hollow Road, Greene, will host Master Gardeners Gail Tatangelo & Roger Plante on May 9 at 6PM. This fun & informative program will be "Soil Preparation". Register by calling 397-3873 or email [gail@coventrylibrary.org](mailto:gail@coventrylibrary.org)

### 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.

### 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 5:30PM 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 [peggie@coventrylibrary.org](mailto:peggie@coventrylibrary.org) for more information and/or to register.

### 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.

## Rumor's Gift Certificates Make Wonderful Mother's Day Gifts!

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The first movie comic to have a pie thrown in his face was Fatty Arbuckle. Mabel Normand did the tossing in the 1913 silent film "A Noise From the Deep."

## Cutest Pet of the Week April 25, 2017



### "Bella"

"This is my baby girl Bella. She is so special because she is my service dog. I'm a diabetic and Bella will let me know when my blood sugar is too low or high. She is my white angel."

-Happy Companion of Marie

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

Please make sure your Photos are in focus. Blurry Photos cannot be reproduced.

## JOHN J. JESTER



April 16, 2017

JESTER, John J., 53, of Coventry, passed away at Miriam Hospital surrounded by his loving family on Sunday, April 16, 2017. He was the beloved husband of 31 years to Lisa A. (Harrington) Jester.

Born in Providence, he was a son of the late Earl G. and Judith (Saul) Jester.

John worked in Human Services with the Town of Coventry before his illness. He loved watching his boys play basketball, his dogs, 80's music and he was an avid antique car enthusiast.

Besides his wife, he leaves two sons, Michael T. Jester of Coventry and his fiancé Deborah Henriksen and Matthew E. Jester of Coventry and his companion Kailyn Medeiros; a brother, Stephen M. Jester and his wife Delores of Tampa, FL and two sisters, Lauren Heiss and her husband Craig of Arizona and Cheryl L. Grossi and her husband Robert of North Providence.

Visitation will be held on April 29th from 10:00am - 12:00 pm in the Iannotti Funeral Home, 415 Washington St. (Rte. 117), Coventry, with a Funeral Service at 12:00pm. Burial will follow in Mapleroot Cemetery, Coventry.



# Real Estate

## Aparment for Rent

## Aparment for Rent



### Crowe Properties

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

**COVENTRY: 89 Station Street**  
\$1,175 per month

Second Floor: 2 bedrooms, 2 bathrooms, washer and dryer, dishwasher, stove, refrigerator, deck, enclosed fireplace stove, private entrance, off street parking.

Newly renovated, near Coventry Greenway  
- NO PETS/NO UTILITIES -

**COVENTRY: 10 Stone Street**  
\$820 per month.

1 bedroom, 1 bathroom, refrigerator and stove.  
All new renovations  
- NO PETS/NO UTILITIES -

Background Check & Security Deposit

## COVENTRY & WEST WARWICK:

1, 2 & 3 Bedrooms, Applianced, No Pets.

From \$650-\$975

Bernard, 821-1500

## WEST WARWICK:

Spacious 1 bed apartment. All utilities included. No dogs. Non-smoking. 2 Week security deposit. \$165-\$170/week. 828-5080.

## Commercial For Sale/Rent/Lease

RENTAL BAY AVAILABLE: C&A Landscape Materials, Rte. 3, Coventry. 39'X25'; 13'11"X11'10" OH door. Facilities. Secure, video surveillance, clean bay & surroundings. Pay own heat & electricity. Call 822-2265 days, 473-8978 evenings.

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Karen

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Blushing is the color of virtue.  
—Diogenes  
\*\*\*



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\*\*\*  
Any party which takes credit for the rain must not be surprised if its opponents blame it for the drought.  
—Dwight Morrow  
\*\*\*

## Hints For Homeowners

### Know Your Options For Home Cooling Systems

(NAPSA)—When the weather heats up, many homeowners crank up their central air conditioning or turn to multiple noisy window units. Unfortunately, neither option is ideal: central air, wastes energy by its all-or-nothing nature. Window units, in addition to being cumbersome, diminish a room's attractiveness and obscure its views.

Luckily, there is a third option: mini-split systems.

#### Up To 25 Percent Savings

Mini-splits are ductless heating and cooling systems that allow you to control the temperatures in individual rooms rather than the entire house. You're not only customizing your comfort, you're saving considerable energy, and up to 25 percent on utility bills. Overall, mini-split provider Fujitsu General offers the most energy-efficient lineup.

#### Advantages Over Window-Mounted AC & Central Air

Compared to window units, mini-split systems are more attractive, quieter and more energy efficient. Plus



Floor mounted indoor units are excellent solutions for rooms with minimal wall space.

efficiency. You can keep different rooms at different temperatures—a solution to the thermostat wars waged by so many families, especially those with young children or senior parents. And while central air systems and window units can be noisy, mini-splits are whisper quiet indoors and out.

#### Maximum Flexibility, Minimum Space

Mini-split system compressors are outside the house but there's no need for a basement or attic evaporator unit, thanks to thin copper tubing that pumps refrigerant directly to discreet evaporators inside. In cold weather, the same unit works in reverse, absorbing heat from the outside air and moving it indoors. The result is efficient cooling and heating for year-round, whole-house comfort.

Finally, mini-split systems come in all shapes and sizes for a refreshing amount of choice. Wall-mounted systems rest well above eye-level, while floor-mounted systems, with their compact size, are excellent for residential radiator replacements or any room with limited upper wall space, such as a kitchen or sunroom. Slim duct systems are ideal for homeowners who want units completely out of sight, since they're concealed in a ceiling or framed enclosure below a ceiling.

For a nearby Fujitsu General contractor, call (888) 888-3424 or visit [www.constantcomfort.com](http://www.constantcomfort.com) or [www.fujitsugeneral.com](http://www.fujitsugeneral.com).



to your good health  
WITH  
**Dr. Keith Roach**

### Stretching Helps Ease Spinal Stenosis Pain

**DEAR DR. ROACH:** My wife suffered from spinal stenosis. She had a cortisone shot, which helped for 90 days. She had regular physical therapy meetings. She was in constant pain, but insisted on playing tennis (against her doctor's wishes).

Then, we happened to vacation for a month in Florida, and one of the offered activities was a "stretch" workout. She insisted that she wanted to try it. After the very first time she thought she felt a little better. She went to several more sessions, and finally asked the trainer what she could buy to keep it up at home.

The trainer suggested a stretching DVD. It takes about an hour to complete it, and she now does it three times a week. She plays hard tennis five days a week, hasn't complained about pain since 2010, and hasn't needed any physical therapy, either. I continue to be amazed.

Certainly this kind of therapy can't hurt anyone, since you do it only to your personal comfort levels. Perhaps you might mention this type of therapy in your column sometime. It worked miracles for us at virtually no cost. —R.M.

**ANSWER:** Spinal stenosis is caused by pressure on the nerves at the level of the spinal column. Physical therapy is one effective treatment, and one I always recommend prior to considering surgery. I thank you for taking the time to point out that gentle stretching can help, probably by opening up the spaces in between the vertebrae to allow the nerve more room.

The booklet on back problems gives an outline of some causes of and treatments for the more-common back maladies. Readers can order a copy by writing: Dr. Roach — No. 303W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

**DEAR DR. ROACH:** We recently lost a dear relative to cholangiocarcinoma. He had served in the Navy in Vietnam. The probable cause of his cancer was from a parasite, a river fluke, which is common to that region. The diagnosis came way too late to save his life. How can veterans be tested or diagnosed early enough for a possible successful cure? Are there any current tests available? —J.A.E.

**ANSWER:** I am sorry to hear about your relative. Cholangiocarcinoma is cancer of the bile duct, a rare cancer. Liver flukes are a risk factor, and so is a condition called primary sclerosing cholangitis, a condition associated with ulcerative colitis. The cancer is rare but highly lethal, because by the time symptoms show up, the cancer usually is advanced.

Also because of its rarity, screening for the cancer in a general population won't be effective. However, for people at high risk, such as those with PSC or a history of liver parasites, at least one study has shown that screening with a blood test (CA 19-9, CEA) or by endoscopy can be effective. It would be reasonable to speak with the expert taking care of this problem, usually a gastroenterologist, about screening.

*Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803.*

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**Coventry: New Listing!!** 2 bed, 2 bath mobile, great condition, eat-in-kitchen, appliances, shed, on large lot, **\$74,900**

**West Greenwich:** Huge 4 bed, 3.5 bath colonial on 4 acres, granite/SS appliances, finished lower, large garage, new roof, **\$369,900**

**West Warwick:** Greenwich Estates, 2 bed, 1.5 bath end unit town house, hardwoods, finished lower, garage, **\$179,900**

**Warwick:** Bay views, beautiful 3 bed, 2.5 bath colonial, hardwoods, 2 decks, oversized two car garage, **\$299,900**

**North Providence:** Lots of living space, well maintained 4 bed, 3 bath colonial, FP, formal dining, sunroom, **\$239,000**

**Coventry:** Cute 3 bed cottage, breezeway, lots of potential, needs TLC, being sold in "as is" condition, **\$125,000**

**Scituate:** Beautiful 3 bed, 1.5 bath country colonial has it all, granite kitchen, 3 season room, reading nook/FP, garage, 2+ acres, **\$339,900**



# Yard Sales

## Plainfield Pike Flea Market

2111 Plainfield Pike, Johnston, Rhode Island

**OPEN  
EVERY SUNDAY**

**VENDORS WANTED - ALL SPOTS \$20**  
(Vendors can arrive at 5:30am)

**CLEANING OUT YOUR HOUSE?  
Come sell it at the Flea market!**

**Every Sunday 6am-2pm  
April 23-October 22, 2017  
401-640-2601**

**Rhode Island's Largest  
Outdoor Flea Market!**

**You will be responsible for  
cleaning area.  
Nothing will be left behind**



### EXETER GRANGE GIGANTIC INDOOR 2-DAY YARD & BAKE SALE

Exeter Grange Hall, 469 Ten Rod Road (Rte. 102), Exeter, will hold a Gigantic 2-Day Yard & Bake Sale on April 29 from 9AM-3PM & April 30 from 12-4PM. On Sunday only, fill a bag for \$5 (we will provide the bag). This Sale will be held rain or shine. Please call Celeste at 822-2603 or 206-9837 with any questions or for more information.

### CRAFTERS WANTED FOR COVENTRY HISTORICAL SOCIETY'S ANNUAL PLANT & YARD SALE

The Coventry Historical Society is seeking Crafters for their Annual Plant & Yard Sale on May 13 from 8AM-2PM at the Read School House. Table fee is \$10. You must bring your own table and covering in case of rain. Please call Mary at 828-7523 for more information.

### PHENIX BAPTIST CHURCH SPRING RUMMAGE/YARD/BAKE SALE

Phenix Baptist Church, 2 Fairview Avenue, West Warwick, will hold their Spring Rummage/Yard/Bake Sale on May 6 from 8AM-1PM featuring baked goods, books, toys, household items, clothing, etc. Call 821-1618 for more information.

### SHEPHERD OF THE VALLEY SPRING RUMMAGE SALE

The Shepherd of the Valley United Methodist Women will hold their Annual Spring Rummage Sale on Friday, April 28 from 9AM-6PM & Saturday, April 29 from 8:30-11AM at 604 Seven Mile Road, Hope. On Saturday, fill a bag for \$3. Family clothing household items & more. Call 821-8217 for more information.

**CLEARANCE SIDE-  
WALK SALE!** Coventry  
Paint, 600 Tiogue Avenue:  
Saturday & Sunday, May 6  
& 7, 7:30AM-2PM. Close-  
out & overstock paints and  
stains as low as \$5/gallon.  
Cabot Stains, Olympic  
Stains, Pittsburgh Paints,  
Sikkens & more...

**MOVING SALE! 25  
Watercress, Coventry:  
April 29, 8:30AM-1PM.  
Rain date April 30.**

**MOVING SALE!** Bureaus,  
Mirrors, Art work, Lamps,  
Tables. Oak roll-top desk  
(partial). Household. By  
appointment. 477-3862.

**YARD SALE: SAT  
4/29. 77 WOOD COVE  
DRIVE (WOOD ES-  
TATES), COVENTRY.  
7AM-12PM. Childrens  
Clothing (Size Large  
and Extra Large), Miss-  
es Clothing & Shoes,  
Accessories, Photo Al-  
bums, Frames, & More.**

6 TULIP ROAD, Coventry: 3 Families! April 29, 8AM-12PM. Little bit of everything.

5 COLVINTOWN ROAD, Coventry: April 29, 8AM-1PM. Cleaning out!

1 EASTGATE DRIVE, Coventry: Saturday, 8AM-12PM. No earlier. Home decor.

**DAVE'S BARN SALE,**  
35 Pilgrim Avenue, Coventry, will be open Friday, April 28, Saturday, April 29 & Sunday, April 30 from 8AM-4PM. We have been busy loading up with all kinds of nice stuff!!! Toys, tools, household items, antiques, bikes, furniture, etc., etc. Stop by and take a look. Thanks, Dave

### 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.

### 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.

### ADDICTION COUNSELING

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

### COVENTRY PUBLIC LIBRARY PRESENTS...

Coventry Public Library, 1672 Flat River Road, Coventry, will host "Money Smart Week: Tame Your Paper Clutter" on Monday, May 1 at 6:30PM. Paper management is an issue that many people struggle with, and creating working organized systems can be a challenge. Kristin M. MacRae, Organizing & Efficiency Expert, will give you all of the information you need to tame your paper clutter and get it under control permanently. By the end of this presentation, you'll be motivated and energized to tame your paper clutter! Free. Register by calling 822-9105 or email [megan@coventrylibrary.org](mailto:megan@coventrylibrary.org)

### 20TH ANNUAL ECOLOGY DAY CELEBRATION

The JAYCEES of Kent County invite you to their 20th Annual Ecology Day Celebration on May 6 at 10AM at Riverpoint Community Park, 110 Hay Street (Rtes. 115W/33E) in West Warwick along the Greenway. The Celebration will include Military Honors, Spiritual Presentations, Station Fire Memorial and Public Plantings. Under the Pavilion if rain. Call 828-9191 for more information.

### THE PET REFUGE PASTA & MEATBALL DINNER

The Pet Refuge is hosting a Pasta & Meatball Dinner on April 29 from 5-8PM at the American Legion Post 15, 1016 Main Street in East Greenwich. There will also be a Silent Auction & Raffle. Gluten free pasta & vegetarian meatballs will be available. Pasta dinner includes salad, dessert 7 beverage. Tickets are \$16/adult, \$6/child (under 12) and children under 3 are guests of the Refuge. Tickets and more information available by calling the Pet Refuge at 294-1115.

### 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.

### THE CHORUS OF KENT COUNTY PRESENTS...

The Chorus of Kent County, under the direction of Nicholas Laroche, will present "All You Need Is Love", featuring love songs by Bill Joel, Elton John, The Beatles & more. Performances will be on May 20 at 7:30PM & May 21 at 2:30PM at the West Warwick High School Auditorium, Webster Knight Drive, West Warwick. Tickets are \$12 in advance or \$15 day of the show, cost for children under 10 is \$5. Doors open 30 minutes prior to start of the concert. Contact 862-3105 for tickets.

### 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.

### 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.

### WOMEN OF ST. MARY'S PARISH HOST DINNER & SHOW

The Society of Women at St. Mary's Parish, West Warwick, will host a fun filled evening on May 5 at 6PM at the Cranston Country Club. You will enjoy a delicious pasta dinner & a performance not to be missed by "Two of Hearts", featuring music, song & comedy. Tickets are \$25. For tickets and/or more information, contact Pat at 821-6838 or Paula at 828-5273.

### WESTMINSTER UNITARIAN CHURCH LOBSTER ROLL DAY!

Westminster Unitarian Church, 119 Kenyon Avenue, East Greenwich, will hold their 26th Annual Lobster Roll Day on Friday May 19. A Lobster Roll (no fillers) with a side of potato chips is \$10. Order 6 or more and delivery is free in Kent County, Cranston, North & South Kingstown, Exeter and Narragansett. There is a \$5 Delivery Fee to Providence, Pawtucket & Johnston. Delivery only available to areas listed. Orders must be placed and prepaid by May 14. Visit [www.westminsteruu.org/lobster](http://www.westminsteruu.org/lobster) to place your order. For more information, email [lobster@westminsteruu.org](mailto:lobster@westminsteruu.org) or call 884-5933.



## May Breakfasts

### CLUB JOGUES MAY BREAKFAST

Club Jogues, 184 Boston Street, Coventry, invites everyone to join them at their May Breakfast on May 7 from 8-11AM. Tickets at the door are only \$8/adult, \$4/child (age 5-10) & children under 5 are guests of the Club. Proceeds to benefit local charities. For more information, contact Rick at 965-6895.

### RIVERPOINT CONGREGATIONAL CHURCH

Riverpoint Congregational Church, 75 Providence Street, West Warwick, will hold their 53rd Annual May Breakfast on May 6 from 7-10AM. Cost for this all-you-can-eat Breakfast Buffet is \$9 for adults, \$4.50/child (ages 4-12), children under 3 are guests of the Church. May Baskets with homemade fudge & candy will be available for sale as well. Call 821-1195 for tickets.

### FIRST BAPTIST CHURCH OF EAST GREENWICH 47TH ANNUAL MAY BREAKFAST

The First Baptist Church of East Greenwich, corner of Pierce & Montrose Street, East Greenwich, will hold their 47th Annual May Breakfast on May 6 from 6:30-10AM. Adults \$8, Children \$4 (children under 5 are guests of the Church). Homemade May Baskets filled with fudge or flowers will be available for purchase. For more information or to purchase tickets, call 884-2322.

### NORWOOD BAPTIST CHURCH

Norwood Baptist Church, 48 Budlong Avenue, Warwick, will host their 92nd Annual May Breakfast on April 29 from 7-10AM. Adults \$9, children (5-12) \$5, children under 5 are guests of the Church. Tickets are available at the door. Fudge Baskets, gifts & plants for Mother's Day will be available. Reservations for parties of 5 or more, call 941-7040.

### WARWICK CENTRAL BAPTIST CHURCH 42ND ANNUAL MAY BREAKFAST

Warwick Central Baptist Church, 3270 Post Road, Warwick, will hold their 42nd Annual May Breakfast on May 6 from 7-11AM. Menu features fruit salad, scrambled eggs, pancakes, sausage, ham, home fries, baked beans, muffins, cereal & beverages. May baskets also available. Cost is \$8/adult, \$4/child (age 5-12) & children under 5 are guests of the church. No reservations needed.

### CORNERSTONE OF FAITH UMC MAY BREAKFAST

Cornerstone of Faith United Methodist Church, 1081 Main Street, Coventry (next to Police Station) will hold their Annual May Breakfast on May 6 from 8-10:30AM. Cost is still only \$5/person & children under 5 are guests of the Church. There will also be a Bake Sale.

**SELL YOUR STRUCTURED SETTLEMENT** or Annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-938-8092.

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# Entertainment

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21 and Over, ID's Required Under 21 Must be with a Parent or Guardian		
Monday*, Tuesday & Wednesday	Beginner Dance Lessons & Requests Doors Open at 7pm • Lessons at 7:30pm	\$10
Friday & Saturday	Dance Lessons & Requests Doors Open at 7pm Lessons at 8pm	\$10
Every 1st Thursday of the Month Open 7pm Band 8pm	Mishnock All Stars Thursday Night Rocks!! Dancing to DJ and Bands No Cover Charge	Free

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\*\*\*  
 We all grow up with the weight of history on us. Our ancestors dwell in the attics of our brains as they do in the spiraling chains of knowledge hidden in every cell of our bodies.  
 \*\*\*  
 —Shirley Abbott



**ARIES** (March 21 to April 19) Temper your typical Aries urge to charge into a situation and demand answers. Instead, let the Lamb's gentler self emerge to deal with a problem that requires delicacy.

**TAURUS** (April 20 to May 20) You are aware of what's going on, so continue to stand by your earlier decision, no matter how persuasive the counter-arguments might be. Money pressures soon will ease.

**GEMINI** (May 21 to June 20) By all means, have fun and enjoy your newly expanded social life. But don't forget that some people are depending on you to keep promises that are very important to them.

**CANCER** (June 21 to July 22) You need to wait patiently for an answer to a workplace problem and not push for a decision. Remember: Time is on your side. A financial matter needs closer attention.

**LEO** (July 23 to August 22) You now have information that can influence that decision you planned to make. But the clever Cat will consult a trusted friend or family member before making a major move.

**VIRGO** (August 23 to September 22) Good news: You're finding that more doors are opening for you to show what you can do, and you don't even have to knock very hard to get the attention you're seeking.

**LIBRA** (September 23 to October 22) Your gift for creating order out of chaos will help you deal with a sudden rush of responsibilities that would threaten someone less able to balance his or her priorities.

**SCORPIO** (October 23 to November 21) Congratulations. Your energy levels are coming right back up to normal — just in time to help you tackle some worthwhile challenges and make some important choices.

**SAGITTARIUS** (November 22 to December 21) The sage Sagittarian should demand a full explanation of inconsistencies that might be cropping up in what had seemed to be a straightforward deal.

**CAPRICORN** (December 22 to January 19) A conflict between obligations to family and to the job can create stressful problems. Best advice: Balance your dual priorities so that one doesn't outweigh the other.

**AQUARIUS** (January 20 to February 18) Don't guess, speculate or gossip about that "mystery" situation at the workplace. Bide your time. An explanation will be forthcoming very soon.

**PISCES** (February 19 to March 20) Boredom might be creeping in and causing you to lose interest in a repeat project. Deal with it by flipping over your usual routine and finding a new way to do an old task.

**BORN THIS WEEK:** You can warm the coldest heart with your lyrical voice and bright smile. You find yourself at home, wherever you are.

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 Sunday, May 14  
 Call for Reservations

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## Entertainment News and Notes

### Now Playing A Leading Role In Hollywood Productions: Paper

(NAPSA)—For the better part of a century, Hollywood—in the northwest part of downtown Los Angeles—has been America's dream factory, it's film capital. But every movie that comes through Tinseltown—from the big-budget blockbuster to the tiniest of independent films—has something in common: It starts with an idea that gets put down on paper.

Before a movie is made, there's the script coverage: A high number of screenplays are turned in to production companies and the screenplays are graded by the "script development" department of the production company. A written report contains the valuation of whether a script is adaptive or not. Most writers know there can be a long timeline, especially if a script is at a grade of "consider." But sometimes it goes to a department head or executive.

Currently, 70,000 screenplays are written each year; that's 7 million sheets of paper. Only 2,100 of these screenplays written annually get any attention from Hollywood. And, down to earth, a bit more than 400 films are produced. Big film companies such as Universal Pictures, Warner Bros. or Columbia Pictures produce about 30 films on average per year.

What makes paper a hidden champion in Hollywood? In the world of movies, it is omnipresent; a screenplay (which generally ranges from 100-130 pages) is like the framework for a movie, and lots of people draw on the script—people acting behind the scenes as



Hollywood runs on paper, with scripts and schedules generated for thousands of actors and crew members.

well as the cast. They use a copy of the script to grasp the plot and understand what happens to the characters on stage and off. People on the set read the screenplay again and again—to break down scenes and characters, to focus on the props, costumes, lighting, sound effects, etc. Even the big movie stars take their script everywhere, to the hotel room, to the beach.... What this means is that even if the latest technology is used to produce movies for theaters all over the country and the film production is mostly digitalized, you cannot do without paper.

What many people may not realize is just how many people can make up a film's crew—from a few dozen to more than a thousand on a big, special effects-laden film. That's because on the set every duty is assigned to a profession—cinematography, postproduction, writer and script editor, art department, sound department, etc.

For example, in the cast and crew for the third "Pirates of the Caribbean" movie with Johnny Depp in 2007, 1,499 people were

involved (83 actors, 1,416 crew). The story is being told on 100 pages of screenplay. That's about 100,000 pages of scripts only for actors and directors for one film. Movie triumph "Forrest Gump," winner of six Academy Awards, supplied 133 actors and 456 crew members with 75 pages of screenplay each.

No wonder that the City of Los Angeles' annual paper consumption is more than 600 million sheets (3,000 tons). And it's not only screenplays and schedules that produce a lot of paper on the set. Julia Roberts, for example, compiled a lot of printed research material for "Charlie Wilson's War," as the film is based on true events.

Tons of paper used in Hollywood and across the U.S. are produced on paper machines from Voith Paper, the big process supplier for the worldwide paper industry. Voith manufactures paper machines that can use a high amount of recycled fibers for the production of new paper as used for screenplays. As the papermaking process is very complex, high-tech machines are necessary. Voith develops technological solutions that cover the entire paper production process—from fiber to wrapped paper.

Over one-third of all paper consumed worldwide is made on Voith production lines. And the company has extensive experience—beginning with the fiber technology, through finishing and right up to printing technology. To learn more, visit the Web site at www.voithpaper.com.

**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.

### Did You Know?

(NAPSA)—One of the latest developments in dietary supplements used to reduce joint discomfort is a combination of glucosamine, chondroitin and two unique ingredients that protect and replenish your joints. The supplement is called Move Free® Advanced. To learn more, visit www.keepmovingwithmovefree.com.

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 Heating and cooling, along with ventilation, refrigeration and water heating, are responsible for about 75 percent of residential energy use. The American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE)—an international non-profit technical engineering society—offers tips to cut heating bills at www.ashrae.org/consumer.



\*\*\*  
 Laminates with attached underlayment, such as Vintage Home from Pergo, save time and money during installation. For more information, visit www.pergo.com.

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**9TH ANNUAL PATRICIA COLLINS FUNDRAISER DINNER**  
 The 9th Annual Patricia Collins Fundraiser Dinner will be held on April 30 at 1PM at the West Warwick Senior Center, 145 Washington Street, West Warwick. This dinner serves to honor the memory of Patricia Collins and her outstanding service to those in need. Menu includes Soup, Salad, choice of Pork Loin or Fish Fillet Dinner, dessert & coffee/tea. Cost is \$22/person. Proceeds benefit the West Warwick Soup Kitchen. Call Dan 828-6790 or Bill 463-6477 for tickets.

**SPRING FLING PASTA DINNER & CONCERT AT PHENIX BAPTIST CHURCH**  
 Phenix Baptist Church, 2 Fairview Avenue, West Warwick, will hold a “Spring Fling” Pasta Dinner & Concert on May 13. Dinner will be served at 6PM, followed by the concert featuring “DRM Band” at 7PM. Tickets are \$15. Contact the Church Office at 821-1618 for tickets and/or more information.

**TROOP 1 ARCTIC 95TH BIRTHDAY CELEBRATION**  
 On May 3, Troop 1 Arctic will celebrate it’s 95th birthday. All Scouts, former Scouts & Leaders from Troop 1 Arctic, Troop 2 Arctic & other Troops are invited to come to the Scout Hall located in the basement of St. John’s Church, 40 Washington Street, West Warwick at 6:30PM to join the celebration. On display will be a scrapbook with stories about Scouting in the Pawtuxet Valley in the 1930’s. Refreshments will be served. Please call Jack at 828-8041 with any questions.

**ENGRAVED BRICK FUNDRAISER - PHASE II**  
 The Coventry Historical Society has completed Phase 1 of their Brick Fundraiser. The walk is completed and it is beautiful. Phase II will begin where you are still able to purchase a brick to be added to the walk in the near future. Sizes available are 6”X6” (\$75) & 6”X9” (\$125). This walk is dedicated to their founder, Lillian Thurston. For more information, contact Mary at 828-7523.

**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.

**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.

**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](http://exeteranimalshelter.petfinder.com) for Adoptable Pet List.



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 Every effort must be made in childhood to teach the young to use their own minds. For one thing is sure: If they don’t make up their own minds, someone will do it for them.  
 —Eleanor Roosevelt

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 Man, unlike any other thing organic or inorganic in the universe, grows beyond his work, walks up the stairs of his concepts, emerges ahead of his accomplishments.  
 —John Steinbeck

\*\*\*  
 They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety.  
 —Benjamin Franklin

\*\*\*  
 Books and ideas are the most effective weapons against intolerance and ignorance.  
 —Lyndon Baines Johnson

Town of Coventry Notice

## DOG LICENSE DUE AND PAYABLE IN APRIL

(R.I.G.L. 4-13)

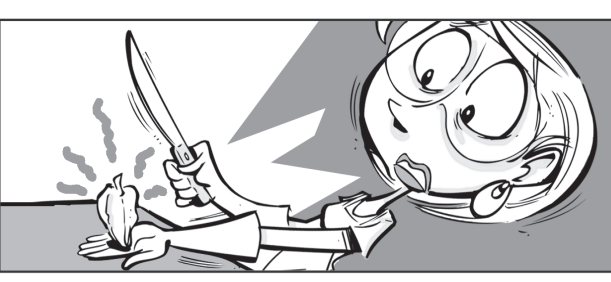
Fee For Dog License: \$8.00

Licenses may be obtained at the Office of the Town Clerk, 1670 Flat River Rd., Coventry, RI Monday through Friday 8:30 a.m. to 4:30 p.m.

If license is obtained by mail, send self-addressed stamped envelope. Specify Sex, Breed, Color, Name of Dog, Birth Date of Owner and Home Phone Number. Rabies certificate must accompany fee and will be returned.

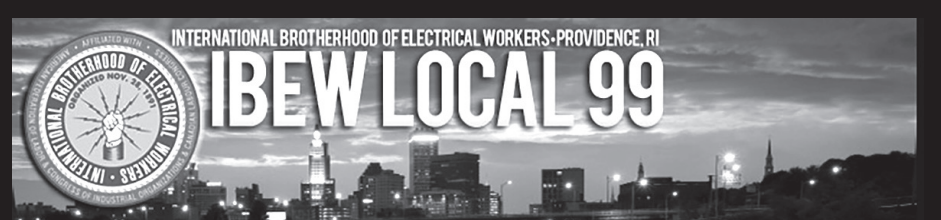


Make check or money order payable to the Town of Coventry. Dog Licenses Expire April 30th, New Licenses Must be Purchased on or Before April 30th or a \$25.00 penalty may be imposed pursuant to Rhode Island Gen. Laws 1956 as Amended Sec. 4-13-4.



When handling peppers, especially if it is a pepper you have never used before, wear gloves. Some oils can blister skin or result in an allergic reaction.

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Every conversation is 100% confidential. We meet with open-shop workers every single day and many are welcomed to join our ranks. Our new contractors breathe a sigh of relief knowing they finally can count on every member of their team, and younger people looking for that right avenue, figure out that the IBEW has incredible training and career opportunities for people who meet the highest standards.

You would be hard pressed as an Apprentice, Journeyman or Contractor to find a better opportunity than partnering up with the IBEW. So what have you been waiting for? Give us a call today!

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