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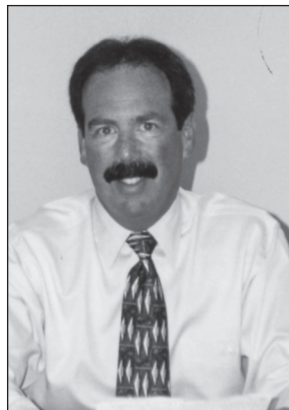
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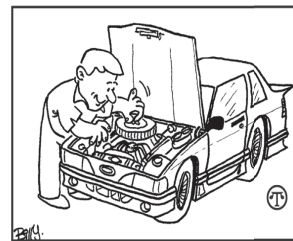
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Having your vehicle damaged in a collision and dealing with the body shop, insurance companies and car rental company can be confusing. To help, a website, www.crashrepairinfo.com, created by a group of car parts manufacturers known as the OEM Roundtable, offers tips and other information.

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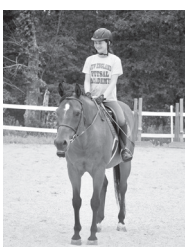
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Lighten up, just enjoy life, smile more, laugh more, and don't get so worked up about things.

– Kenneth Branagh

celebrity extra

by cindy elavsky



Candace Cameron Bure

ing that will happen soon."

Q. Can you tell me when or if my favorite guilty pleasure, "Fuller House," will be back for another season? — *Debbi T., via email*

A. Netflix recently announced a premiere date for the third season of the sitcom redux of the late-1980s/early-1990s family sitcom hit. The first part of the 18-episode season will drop Friday, Sept. 22, which also happens to be the 30th anniversary of the series' original premiere date on ABC. (If you don't want to do that math, that was back in 1987.) The second part of the season will premiere sometime in December.

Candace Cameron Bure, Jodie Sweetin and Andrea Barber all will return, and I'm sure we'll get a Bob Saget and/or John Stamos appearance here and there. You can stream seasons one and two now on Netflix if you need to catch up or refresh your memory before September.

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

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ARIES (March 21 to April 19) Aspects favor socializing with family and friends, but an irksome workplace situation could intrude. No use grumbling. Lamb. Just do it, and then get back to the fun times.

TAURUS (April 20 to May 20) There's still time for you Ferdinands and Fernandas to relax and sniff the roses. But a major work project looms and soon will demand much of your attention through the 24th.

GEMINI (May 21 to June 20) Your enthusiasm persuades even the toughest doubters to listen to what you're proposing. But don't push too hard, or you'll push them away. Moderate for best results.

CANCER (June 21 to July 22) Your energy levels are rising, and you feel you can handle anything the job requires. That's great. But don't isolate yourself. Keep your door open to your workplace colleagues.

LEO (July 23 August 22) A workplace change could lead to that promotion you've been hoping for. But you'll have to face some tough competition before the Lion can claim his or her share of the goodies.

VIRGO (August 23 to September 22) Your rigidity regarding a difficult workplace situation could be the reason your colleagues aren't rushing to your assistance. Try being more flexible in your demands.

LIBRA (September 23 to October 22) That uneasy mood could be your Libran inner voice reminding you that while it's great to be with your new friends, you need to take care not to ignore your old ones.

SCORPIO (October 23 to November 21) A sudden spate of criticism could shake the Scorpion's usually high sense of self-confidence. Best advice: You made a decision you believed in — now defend it.

SAGITTARIUS (November 22 to December 21) Your reluctance to help restart a stalled relationship could be traced to unresolved doubts about your partner's honesty. Rely on a trusted friend's advice.

CAPRICORN (December 22 to January 19) The capricious Sea Goat is torn between duty and diversion. Best advice: Do both. Tend to your workday chores, then go out and enjoy your well-earned fun time.

AQUARIUS (January 20 to February 18) Cutting back on some of your activities for a few days helps restore your energy levels. You should be feeling ready to tackle your many projects early next week.

PISCES (February 19 to March 20) A co-worker might be secretly carping about your work to mutual colleagues. But associates will come to your defense, and the situation will ultimately work to your advantage.

BORN THIS WEEK: Your ambition makes you a success at whatever you choose to do — especially if it's in the world of the performing arts.

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Puzzle Page



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King Crossword

ACROSS

1 Finished
5 Western state
9 Netflix rental
12 Tragic
13 Mexican money
14 Debtor's letters
15 Doctor's determination
17 Beer cousin
18 Family member
19 Hides
21 Contribute to the mix
24 "Galloping dominoes"
25 Destroy
26 Proud birds
30 Alias (abbr.)
31 "No man is an island" writer
32 Cravat
33 Maryland city
35 Ill will
36 Wedding shower?
37 Breakfast side dish

38 Part of Hispaniola
40 Tolerate
42 Recede
43 Vibrating part of a micro-phone
48 Honest politician
49 Rim
50 Always
51 — Moines
52 American Beauty, e.g.
53 Allows

DOWN

1 Peculiar
2 Half of XIV
3 Historic period
4 Get back
5 "Once — a time ..."
6 Examination
7 "— was saying, ..."
8 Monastery lodging
9 Science of logic
10 Chevrolet

11 Union payment
16 Sister
20 "Foucault's Pendulum" author
21 Bedouin
22 Noble title
23 Bitter speeches
24 Carvey or Delany
26 Sit for a shot
27 Conclusion
28 Narc's measure
29 Spotted
31 Tie-breaking game, e.g.
34 Smack
35 Keg
37 "Humbug!"
38 Leader
39 French cleric
40 Luggage
41 Duel tool
44 Altar affirmative
45 Rd.
46 Understand
47 Wife's address

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
				18				19	20			
21	22	23					24					
25					26	27				28	29	
30				31						32		
33			34						35			
		36						37				
38	39					40	41					
42				43	44					45	46	47
48				49					50			
51				52					53			

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MAGIC MAZE

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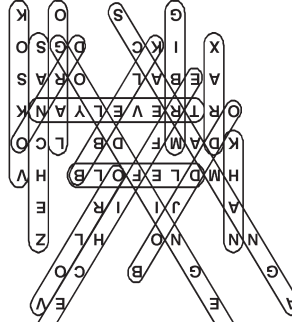
Sanchez
Scaramanga
Trevelyan

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

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FREE NOTARY SERVICE**

The Coventry Senior Center, 50 Wood Street, Coventry, offers free Notary Services to Coventry residents. Stop by the Front Office and see Cheryl.

PARLONS FRANCAIS!

Parlons Francais meetings will be held at 7PM on the third Wednesday of each month at the West Warwick Youth Center, Factory Street, West Warwick. Anyone wishing to revive their French-Canadian heritage is welcome. Please call Edith at 828-4263 or Faxine at 821-9092 with any questions.

WE NEED BOOKS TO MEND!!!

The Coventry Senior Center is always looking for books to mend. You may have a book that is special to you that needs repair. Our volunteer book menders may be able to repair it for you. Drop them off at the Center. There is no fee for this service but donations are greatly appreciated. For more information, please call 822-9175.

**JULY STORY PROGRAMS
AT HOPE LIBRARY**

Hope Library, 374 North Road, Hope is offering the following Programs: **PJ Dance Party!** for ages 3 & up on July 6 from 6:30-7:15PM. **Book Babies!** for ages birth-24 months and their caregivers, on July 7, 14, 21 & 28 at 10:30AM. **Time for Two's** for children age 2 & a caregiver on July 7, 14, 21 & 28 at 11:15AM. **Breakfast with a Book!** for children ages 3 & up on July 10, 17, 24 & 31 at 10:30AM. To register for programs or for more information, call 821-7910.

COVENTRY PUBLIC LIBRARY JULY EVENTS

Coventry Public Library, 1672 Flat River Road, Coventry, will host the following events in July: **Building Challenges** for children age 5 & up on Thursdays from 2-3:30PM. **FREE movie & popcorn** at 1PM- **July 10** "The LEGO Movie", **July 17** "Trolls", **July 31** "SING!". **Movie & Craft** for Teens entering Grades 7-12 - **July 11** "Zootopia" & key chain craft, **July 18** "Nausicaa of the Valley of the Wind" & Candy Sushi, **July 25** "Wall-E" & tot bag craft (registration required by calling 822-9102). **Fiddle 'n Fun on July 12** at 11AM for children ages 5-12. **Fairy House Craft Program on July 19** at 1PM for children in Grades 1 & up (registration required by calling 822-9102). **Ronald McDonald** will perform for children age 4 & up on **July 20** at 11AM. **Bwana Iguana** will perform on **July 28** at 11AM for children ages 5-12.

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1. **Transformers: The Last Knight** (PG-13)
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 2. **Cars 3** (G)
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 3. **Wonder Woman** (PG-13)
Gal Gadot, Chris Pine
 4. **47 Meters Down** (PG-13)
Mandy Moore, Claire Holt
 5. **All Eyez on Me** (R)
Demetrius Shipp Jr., Danai Gurira
 6. **The Mummy** (PG-13)
Tom Cruise, Sofia Boutella
 7. **Pirates of the Caribbean: Dead Men Tell No Tales** (PG-13)
Johnny Depp, Geoffrey Rush
 8. **Rough Night** (R)
Scarlett Johansson, Kate McKinnon
 9. **Captain Underpants: The First Epic Movie** (PG)
animated
 10. **Guardians of the Galaxy Vol. 2** (PG-13)
Chris Pratt, Zoe Saldana
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Chicken Breast \$3⁹⁹ lb.

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DiLusso Genoa Salami \$7⁹⁹ lb.

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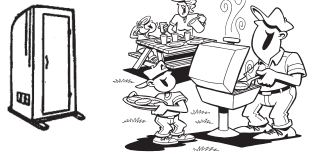
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- Thurs. 7/13** 100% cranberry juice, turkey chili, corn bread, salad with Southwest dressing, pineapple. Sandwich: Grilled chicken with Jack cheese on a roll.
- Fri. 7/14** White chowder, baked fish with lemon, roasted potato, sliced carrots, rye bread, mixed fruit. Sandwich: Ham and cheese on rye.
- Mon. 7/17** Beef vegetable soup, roasted Airline chicken, sweet potatoes, tossed salad with dressing, whole grain bread, fig bar. Sandwich: Meatloaf on whole grain.
- Tues. 7/18** Onion soup with croutons, American Chop Suey, whole grain elbows, Brussel sprouts, whole grain roll, diced pears. Sandwich: Seafood salad on a roll.

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- Wed. 7/12** Seasonal melon, roasted chicken leg quarter, sweet potato fries, Brussel sprouts, dessert. Option: Egg salad plate.
- Thurs. 7/13** Birthday Lunch. Chicken noodle soup, beef tips with gravy, mixed vegetables, mashed potatoes and wheat roll, birthday cake and ice cream. Option: BLT on wheat.
- Fri. 7/14** Fruit cup, macaroni and cheese with bacon bits, broccoli, dessert. Option: Chicken salad on bulkie.
- Mon. 7/17** Chick pea salad, chicken Vesuvio with mushrooms and potatoes, sliced carrots, dessert. Option: Ham and cheese on wheat.
- Tues. 7/18** Vegetable soup, meatball grinder on wheat roll, pasta salad with veggies, dessert. Option: Chicken salad plate.

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ST. JOSEPH CEMETERY MARKER RECOVERY

In June of 2015, the St. Joseph Cemetery was vandalized. The Johnston Police have released 25 bronze markers and 6 vases. All markers have been broken or bent beyond repair. The vases are damaged and will need attention. These markers and vases are the property of the families of the deceased. If you would like to claim your marker or vase, please call Saint John and James Rectory at 401-821-7661 by July 25th. *Proof of family relationship must be provided prior to the release of the marker or vase. Please note: Due to the generosity of the St. Joseph Cemetery Fund, all markers were replaced in the fall of 2015.

HABITAT FOR HUMANITY FUNDRAISER

Habitat for Humanity of West Bay & Northern RI invites you to "Jeeps Meet Motorcycles" In Rolling for Homes Veterans Build on July 29. The event starts & ends at Dan's Place, 880 Victory Highway, West Greenwich. Registration is at 10AM, kickstands up at 11AM - please make sure gas tanks are filled beforehand. This is a 68 mile loop with Police escorts. Beavertail Lighthouse is the half way mark with a 1/2 hour break for restrooms, water & snacks. Afternoon Registration available at 1PM. There will be a BBQ immediately following, a 50/50 Raffle, Auction, Prizes and live music by CEE CEE and the Riders. This is a rain or shine event. Cost is \$25/person. Pre-register at www.habitatirwestbay.org For more information, email Amy at amigal267@gmail.com or call 374-2724.

JULY CHILDREN'S PROGRAMS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope is offering the following Programs: **Build a Better Birdhouse!** (children entering Grades 1-5) on July 5 from 4-5PM; **Build a Better Gingerbread House!** (children entering Grades K-5) on July 13 at 6PM; **Build a Better Bridge!** (children entering Grades 1-5) on July 19 from 4-5PM. **Tuesday Movie Madness!** July 11 & 25 at 2:30PM. **Make & Take Tuesdays!** July 11, 18 & 25 from 6:30-7:30PM. **RI Wildlife with Mary Grande** (children entering Grades 2-4) on July 18 at 2:30PM. Learn about RI's amazing wildlife and local conservation efforts. **Lola Matta: World Dance & Music Center** (Grades K & up) on July 20 at 6:30PM. **Family Movie!** July 27 at 6PM. Registration required for all Programs, except Drop-In Crafts & LEGO Club, by calling 821-7910.

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 <p>Fresh, Boneless Rib Eye Steak 6.99 lb.</p>	 <p>Fresh Sliced Land O Lakes American Cheese 3.49 lb.</p>	 <p>Golden Pineapples 2/\$5</p>	 <p>Guida's 32 oz. Fresh Half & Half 2/\$3</p>
 <p>Fresh, Bone In Center Cut Pork Chops 2.49 lb.</p>	 <p>Triple M Rare Roast Beef 5.99 lb.</p>	 <p>Florida's Natural Premium Orange Juice 2/\$6</p>	 <p>20 oz. Alexia Frozen French Fries 2/\$5</p>
 <p>Fresh Lean Shaved Steak 4.49 lb.</p>	 <p>Margherita Genoa or Hard Salami 3.99 lb.</p>	 <p>Best Yet Ice Cream Sandwiches 2/\$5</p>	 <p>32 oz. Bailey's Coffee Creamer 2/\$6</p>
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Next, be aware that because of the sun's lower angle in winter, the risk of UVA exposure indoors may even be greater, according to Darrell Smith, executive director of the nonprofit International Window Film Association (IWFA).

With unrestricted access to your home's interior, the winter sun's in-line position with windows can literally make a home's furniture, drapes and artwork a faded memory.

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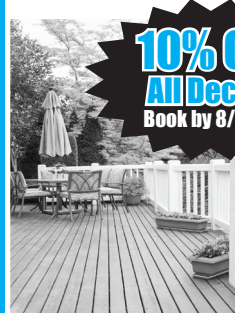
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• On July 21, 365 A.D., a powerful earthquake causes a tsunami that devastates the city of Alexandria, Egypt. The tsunami wave carried ships over the sea walls, landing many on top of buildings. Some 5,000 people lost their lives.

• On July 23, 1918, Della Sorenson kills the first of her seven victims in rural Nebraska. Over the next seven years, friends, relatives and acquaintances died under mysterious circumstances. Sorenson was arrested and confessed, saying, "I like to attend funerals. I'm happy when someone is dying."

• On July 17, 1955, Disneyland opens on 160 acres of former orange groves in Anaheim, California. Today, Disneyland hosts more than 14 million visitors a year.

• On July 20, 1973, actor and martial-arts expert Bruce Lee dies in Los Angeles at age 32 from a brain edema, possibly caused by a reaction to a prescription painkiller. Growing up, Lee was a child actor who appeared in 20 Chinese films.

• On July 19, 1989, 21-year-old actress Rebecca Shaeffer is murdered at her Los Angeles home by Robert John Bardo, a mentally unstable man who had been stalking her. Schaeffer's death helped lead to the passage in California of legislation aimed at preventing stalking.

• On July 22, 2003, Army Pvt. Jessica Lynch, a prisoner of war who was rescued from an Iraqi hospital, receives a hero's welcome when she returns to the U.S. Critics — and Lynch herself — later charged the U.S. government with embellishing her story to promote the Iraq war.

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DEAR BRIAN: There's quite a bit of technology coming onto the market that is aimed at helping you spend more time with your pet — even when you're not home.

If you already have a home security system with cameras installed that you can monitor remotely, aim a camera at your dog's favorite hangout spot to monitor what she's doing all day. With new products like Pet Cube, you can not only monitor her during the day, but speak to her and even deliver treats through an app on your phone. Another product, PlayDate, allows you to remotely control a ball through a mobile app and your home's Wi-Fi system.

Activity trackers for pets are another new product on the market. Similar to a Fitbit or other smart watches, sensors worn on your dog's collar can track her movements and activity levels, so you can find out whether she's getting enough exercise during the day.

While none of these are a good substitute for quality face time with your dog, they can bring you some peace of mind when you're away at work.

Send your tips, comments and questions to ask@pawscorner.com.

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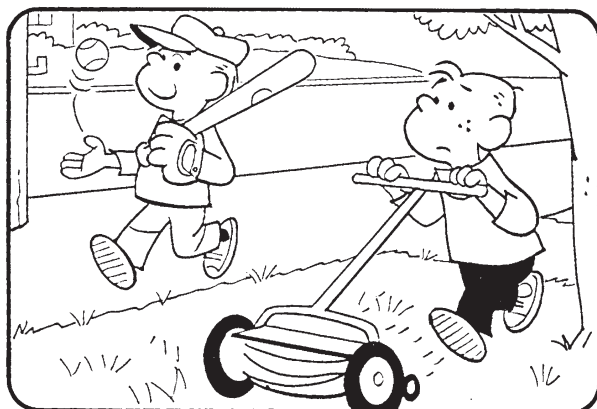
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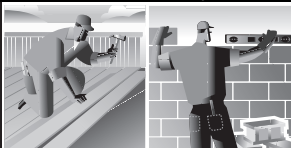
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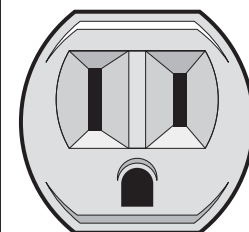
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Good Housekeeping

Berry-Banana Shortcake

We lightened up America’s beloved strawberry shortcake with some help from reduced-fat baking mix and light whipped topping. We also used strawberries and bananas to liven it up and add potassium. This is a winner!

- 3

cups reduced-fat baking and pancake mix with buttermilk
- 1

cup low-fat milk
- 4

tablespoons light corn-oil spread
- Sugar
- 3

pints strawberries
- 3

small bananas
- 1

container (9-ounces) light frozen whipped topping, thawed
1.

Heat oven to 425 F. Spray 11-by-7-inch metal baking pan with nonstick cooking spray.
2.

In medium bowl, with fork, mix baking mix with milk, light com-oil spread and 1/3 cup sugar just until blended; spoon batter into pan; sprinkle with 2 teaspoons sugar. Bake shortcake 15 to 20 minutes until top is golden brown and toothpick inserted in center of shortcake comes out clean. Cool shortcake in pan on wire rack 10 minutes. Remove from pan; cool completely on rack.
3.

Meanwhile, reserve several strawberries for garnish. In large bowl, with potato masher or fork, mash half of strawberries. Slice remaining strawberries. Toss sliced strawberries and mashed strawberries together with 3 tablespoons sugar. Thinly slice 2 bananas; gently stir into strawberry mixture.
4.

With serrated knife, slice shortcake horizontally in half. Place bottom half of shortcake on platter; top with strawberry-banana mixture. Spread with 2 cups whipped topping; replace top of shortcake.
5.

Spread remaining whipped topping over top of shortcake to within 1 1/2 inches of edge. Slice remaining banana; use to garnish top of shortcake along with reserved whole strawberries.
6.

To serve, with serrated knife, cut shortcake into 8 pieces.
- Each serving: About 400 calories, 11g total fat, 1mg cholesterol, 550mg sodium.

For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/recipes/.

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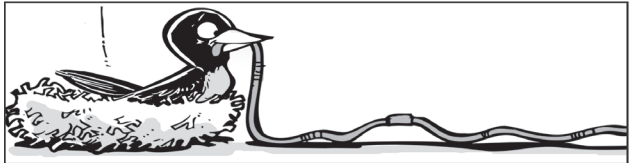
CAR WASH TO BENEFIT EXETER ANIMALS
Friends of the Exeter Animal Shelter along with the Exeter-West Greenwich Girl Scouts will hold a Car Wash on July 22 from 1-3PM at the Shelter, 169 South County Trail, Exeter. Girl Scouts will be washing cars for \$6 (SUV’s & trucks, \$10). Pet food donations are always appreciated.

2017 FOSTER OLD HOME DAYS
The 2017 Foster Old Home Days will be held on July 28 (5-9PM), July 29 (8AM-8PM) & July 30 (8AM-4PM) on the grounds of the Foster Historic Town House, just off Rte. 94 (Foster Center Road), Foster. Fun for the whole family includes Contests, Crafters, Entertainment, 4-H Animal Shows, Bingo, Great Food & Fun for All! Admission is \$5 per person (under 12 admitted free) and parking is free. Visit fosterpreservationsociety.org for more information.

COVENTRY MEN’S CLUB STEAK FRY
The Coventry Men’s Club, Phillips Hill Road, Coventry, will hold a Steak Fry & Chicken Dinner on July 21 at 7PM. Live music will follow. Steak Dinner \$15, Chicken Dinner \$12. Reservations MUST be made by July 19 by calling 385-3536.

GREENE PUBLIC LIBRARY ASSOCIATION’S ANNUAL CHICKEN BBQ
The Greene Public Library Association will hold their Annual Chicken BBQ on July 23 at 818 Hopkins Hollow Road, Greene. There will be 2 seatings - the 1st at 3:30PM & the 2nd at 5PM. Suggested donation is \$12/Adult, \$6/child (6-12), children under 6 are guests of the Library. A family of 4 is just \$30. Please call David at 397-3962 for reservations.

COVENTRY PUBLIC LIBRARY EVENING STORYTIMES
The Coventry Public Library, 1672 Flat River Road, Coventry, will offer **Evening Storytimes** for children ages birth-8 years old on Wednesdays at 6:30PM from July 12-August 9. 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.



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AARP CHAPTER 2210 ATLANTIC CITY TRIP
AARP Chapter 2210 has planned a trip to Resorts Casino Hotel in Atlantic City from January 2-4. The Tour includes 2 nights accommodations, 4 Meal Vouchers, \$20 Slot Bonus, 2 Revue Shows, Driver Escorted Deluxe Motorcoach Transportation. Cost is \$219/person (double occupancy), \$215/person (triple occupancy) or \$299/person (single occupancy). For more information call Maureen at 828-5188 or Patricia at 821-3733.

FOOD ON THE MOVE AT THE WEST WARWICK PUBLIC LIBRARY
The West Warwick Public Library, 1043 Main Street, West Warwick, will host a mobile, high-quality fresh fruit & vegetable market on July 19 from 2-4PM. For more information, visit the RI Public Health Institute’s website at riphi.org/portfolio/food-on-the-move

COVENTRY CARES COMMUNITY CARE CLINIC NURSE HOURS
The Coventry Cares Community Care Clinic Nurses Hours are Monday, Tuesday, Wednesday & Friday from 8:30AM-12:30PM with Nurse Helen & Nurse Jane. The Clinic is set up at the Coventry Senior Center, 50 Wood Street Coventry.

PHENIX BAPTIST CHURCH VACATION BIBLE SCHOOL
Phenix Baptist Church, 2 Fairview Avenue, West Warwick, invites children age 3-Grade 6 to find the truth below the surface and be “Submerged”. As kids are submerged in God’s Word, they will discover that Jesus saw people differently. He saw people for who they were deep down, not who they appeared to be on the surface. This Vacation Bible School runs daily from 9AM-12PM from July 17-21. Call 821-1618 or email phenixbc@verizon.net 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 Visit us at nathanael-greenehomestead.org

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There will be Christmas items galore and even some other
“Holiday” items as well. Claire’s Collectible Corner will also
be open. The Grange will be serving their scrumptious Straw-
berry Shortcake for only \$5 each. Please call Celeste at 822-
2603 or 206-9837 with any questions or for more information.

14 METRO DRIVE, Cov-
entry: July 15 (rain date
16), 8AM. HUGE! Clothes,
books, household, outdoor,
furniture, toys, tons of
Lego and halo, Xbox, much
more!!!

**81 NOTTINGHAM
DRIVE, West War-
wick: July 15, 8AM-
2PM. Clothing, kitchen,
household, collectibles,
miscellaneous.**

77 WOODCOVE DRIVE
(WOOD ESTATES),
Coventry: Saturday July
15, 7AM-12PM. Chil-
dren’s clothing (boy’s &
girl’s size Large & Extra
Large), Misses clothing,
shoes, accessories, pic-
ture frames/albums and
small household items.

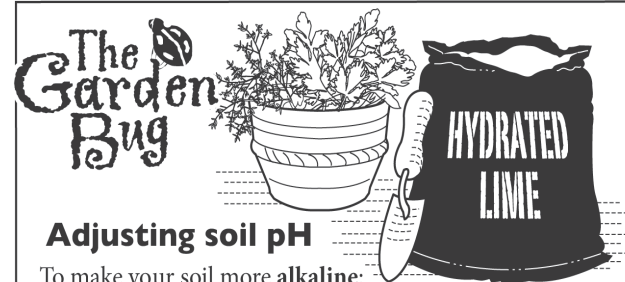
MOVING SALE! 17 Gilles
Street, Coventry: Saturday
July 15, 7AM-3PM. Every-
thing must go. Tools, col-
lectibles, clothing (adult and
boys 8-14), housewares, fur-
niture, wood, books, Wilton
cake pans, and much more.

37 KILEY WAY, Coventry:
Multi Family! July 15, 8AM.
Something for everyone!
Rain date July 16.

325 HARKNEY HILL
ROAD, Coventry: July 15,
8AM-2PM. Large assort-
ment.

233 STATION STREET,
Coventry: Multi Family!
July 15, 8AM-3PM.

19 NOBILE STREET, West
Warwick: July 15, 8AM-
1PM. Jewelry, clothes, toys,
miscellaneous.



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Sources: www.thegardenhelper.com/acidsoil

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Can Magnesium Pills Help Control A-Fib?

DEAR DR. ROACH: Ten years ago, I had many episodes of rapid heartbeats, diagnosed as atrial fibrillation. My cardiologist put me on a medication, which I took for a couple of years, but the A fib came back. The doctor changed my medication to sotalol, but that didn't help either. I read that low magnesium could be a cause of atrial fibrillation, and I started taking calcium, magnesium and potassium, and have not an episode of rapid heartbeat for four years. I went back to my doctor, who told me it was a crazy idea. I haven't seen him in four years. It seems a shame that we hear of so many treatments for A fib when it might be stopped with a simple supplement. — S.Z.

ANSWER: Well, it certainly isn't a crazy idea, but low magnesium isn't the only cause of atrial fibrillation, and supplementing magnesium and other electrolytes will not stop atrial fibrillation in most people. However, low blood magnesium levels are a recognized risk factor for developing atrial fibrillation, and giving magnesium during heart surgery reduces the risk of developing A fib afterward in some (but not all) studies, so there certainly is something to it. Also, oral magnesium can make other medications for A fib work more effectively. Since oral magnesium is safe and cheap, I think it is reasonable to try.

However, I am concerned because atrial fibrillation can go on in some people without their being aware of it, and the major risk of A fib is blood clots. I would recommend that you continue to get evaluated periodically



SHOP LOCAL

and see the savings!

to make sure your heart rate is persistently normal. I also would try to find a physician who is willing to work with you on combining "alternative" treatments like magnesium with traditional therapy if needed.

READERS: Atrial fibrillation is quite common, affecting some 2 million Americans, and becomes more common with age. To learn more, order the booklet on Heartbeat Irregularities by writing: Dr. Roach — No. 107W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

DR. ROACH WRITES: I wrote a column awhile back about a man who kept falling, whose doctor wasn't able to find the cause after a thorough search. I had suggested checking his vitamin D level, but many readers wrote in to tell me about conditions that were missed in themselves or in a loved one. I thought that a few of these were worth sharing.

Many people wrote that a physical therapist (and perhaps an occupational therapist as well) would be important, and I fully agree. I have found physical and occupational therapists to be among my most treasured but underappreciated colleagues, and almost always, they are able to improve people's function.

Other suggestions included looking for low oxygen levels, and checking whether the blood pressure drops too much upon standing. One person wrote in to note that walkers and wheelchairs can decrease activity and lead to loss of strength and balance. Another recommended looking for hidden infections, such as in the urine. These should have been checked for.

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. To view and order health pamphlets, visit www.rbmamall.com.

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SCLERODERMA SUPPORT GROUP MEETING

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

YELLOW HORSE EQUINE ASSISTED ACTIVITIES & THERAPY PROGRAM SEEKS VOLUNTEERS

In partnership with the unique attributes of the horse, Yellow Horse facilitates social, emotional and behavioral growth and learning to children, adults, families and the community through equine assisted activities and therapy programs. We are looking for volunteers to join our Yellow Horse family. Volunteers can participate in many different aspects of our programs including: side walkers, horse leaders, horse grooming, farm maintenance, trail clearing, fundraising, and other tasks. Horse experience is not necessary; just a positive attitude and desire to participate! Free training provided. Ages 15 and Up. Located at 2552 Ten Rod Road, Exeter. For more information contact Joye Briggs 249-1520, Rachael Malley 1-607-621-6125, visit www.yellow-horse-equine.com or email yellow.horse@aim.com

AARP CHAPTER 2210 MONTREAL TRIP

AARP Chapter 2210 has planned a trip to Montreal from October 8-10. The Tour includes 2 nights deluxe accommodations at Le Centre Sheraton Montreal Hotel, 2 breakfasts & 1 dinner, guided tour of Montreal, Montreal Casino visit, Church Street Marketplace & the services of a professional Conway Tour Manager. A Passport is required for this trip. Cost is \$469/person (double occupancy), \$459/person (triple occupancy), \$679/person (single occupancy) or \$429/child rate (with 2 adults in the room). For more information call Maureen at 828-5188 or Patricia at 821-3733.

BABYSITTER'S TRAINING COURSE AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, will offer a Babysitter's Training Course conducted by the RI Chapter of the American Red Cross on August 18 from 9AM-4PM for boys & girls ages 11-16. A non-refundable fee of \$90 (includes instruction & materials) is required at registration which begins July 17. The Library will provide free lunch & snacks. Space is limited. Visit the Youth Services Department to register or call 822-9102 for more information.

ZUMBA CLASSES AT WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick will offer the following free Zumba Classes with Mary from Mind & Body Studios: Family & Kid Zumba, July 13 from 1:30-2:30PM. Teen Zumba, July 20 from 1:30-2:30PM. Senior Zumba, July 27 from 1:30-2:30PM. Zumba for Everyone, August 3 from 1:30-2:30PM. Call 828-3750, Ext. 4 or 5 for more information.

FREE MOVIES AT WEST WARWICK PUBLIC LIBRARY

West Warwick Public Library, 1043 Main Street, West Warwick is happy to announce the completion of their state of the art Blu Ray theater in the Nash Room. The theater offers a high definition, surround-sound cinematic experience. Join them for free showings of blockbuster movies! For titles, times & dates, call 828-3750, Ext. 4 or visit the Library Information Services Desk.

GREENE PUBLIC LIBRARY ASSOCIATION'S ANNUAL CHICKEN BBQ

The Greene Public Library Association will hold their Annual Chicken BBQ on July 23 at 818 Hopkins Hollow Road, Greene. There will be 2 seatings - the 1st at 3:30PM & the 2nd at 5PM. Suggested donation is \$12/Adult, \$6/child (6-12), children under 6 are guests of the Library. A family of 4 is just \$30. Please call David at 397-3962 for reservations.

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Thanksgiving Novena to ST. JUDE

O Holy St. Jude Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ. Faithful intercessor of all who invoke this special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg you, to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return, I promise to make your name known and cause you to be invoked. Say three Our Fathers, three Hail Marys and three Glory Be's. Publication must be promised. St Jude pray for us and all who invoke your aid. Amen. This novena has never been known to fail. It helped me. Thank you St. Jude for answering my prayers.

MCCC

Prayer to the BLESSED VIRGIN

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

BW

LIVE LIVER DONOR NEEDED: Donor must be between 18-55 years old and much match Blood Type A+ or O-. Recovery time of 6 weeks +/- Ron, 397-4799.

CHANDLER BLIND STITCH MARK 60 Industrial Sewing Machine: Excellent condition, 1 owner. \$500 OBO. Call 821-0634.

OAK ENTERTAINMENT CENTER ARMOIRE: 76"HX36"WX19"D. Can fit up to 42" TV. \$75 OBO. 439-9286.

Notice of the disposal and or sale of personal property in accordance with the provisions of the Rhode Island State Statutes, Chapter 42, Title 34-42-4 enforcement of the Self-Storage Facilities Operator's Lien, the property in the listed units will be disposed of on 07/18/17 at 10:00am at the premises of TLC Mini Storage, 389R Mishnock Rd., W. Greenwich RI 02817 (401)392-3300. TLC Mini Storage reserves the right to cancel this sale at any time for any reason.

Unit 47 Rowan Alexander
Unit 20 Amany Darwish

Terms: Cash or Certified Check. Pre-registration required. TLC Mini Storage reserves the right to cancel this sale at any time for any reason, and hereby gives notice of it's intention to bid at such sale and any postponement or adjournment there-of.

Random Acts
of Kindness...

To the 5 people that stopped to assist me with a flat tire on July 3, 2017 on Route 3, "Thank You" from the bottom of my heart. I will pay it forward. Bless you.
— Karen Blue Honda

3 LARGE BIRD CAGES, \$25 for all. 787-7319.

KENMORE WASHER & DRYER, \$450. Electric range, self-cleaning. \$250. All 2 years old. 8000 BTU A/C, \$75. Table saw, \$250. 1-508-208-2140.

PATIO GLASS TABLE & 2 High Chairs: Like new. Asking \$150. Call Art, 248-1909.