

The **REMINDER** *Free!*

Rhode Island's First Buyers Guide

60 YEARS IN BUSINESS

June 30, 2015 • Volume 61 • Issue 7	
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Novena to the BLESSED VIRGIN
(Never known to fail). O Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the sea, help me and show me herein, 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. Thank you for answering my prayer.
DMF

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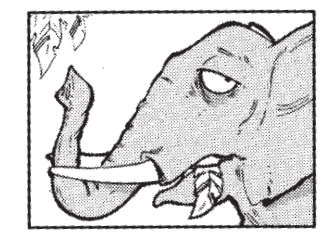
BACKHOE SERVICE FOR HIRE: Foundations & House Lots, Additions, Septic System - Design & Construction, Septic Repair & Dry Wells, Utilities, Sewer, Water Lines, Stump Removal. Lic/Ins. 397-3136.

B&D BATTERY POWERED LAWNMOWER: 18", 36 volt, mulcher, bagger & charger. \$250 OBO. 215-3827.

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GROW LIGHT KIT: Convertible Ballast, Xtrasun G4, 1000 watt. Paid \$500, asking \$300. 822-3342.

CASH FOR CARS: Any Make or Model! Free towing. Sell it TODAY. Instant offer, 1-800-864-5784.



African elephants only have four teeth with which to chew.

ATTENTION CLASSIFIED ADVERTISERS! Due to 4th of July Holiday, there will be an **Early Deadline** for the July 7 issue of "The Reminder". **Deadline for ALL Classified Ads will be Friday, July 3 by NOON.** Please plan your advertising accordingly.

BLACK & DECKER electric hedge trimmer, \$25. 2 Oscillating fans, \$10/each. Electric stand mixer, \$50. 2 Webbed chairs, \$10/each. 821-4730.

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HAPPY JULY 4TH!!!

from
VISION CARE COVENTRY

Thank you to the community for your wonderful, welcoming response!
On behalf of opticians Paula Fournier and Katie Pepper Cole, we wish you a happy and healthy Independence Day!

Present this ad for \$30⁰⁰ off a pair of prescription sunwear!*

Mon 9:00-7:00	Thu 7:30-5:30
Tue 8:00-2:00	Fri 9:00-6:00
Wed 9:00-6:00	Sat 8:00-2:00

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California, Red or Black Plums..... 1.49 lb.	
Healthy - Full Pint Blueberries..... 1.89 pt.	
Large, California White Grapefruit. 2/\$1	
California Iceberg Lettuce. .99 hd.	
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Early Deadline!

Due to the upcoming July 4th Holiday
There will be an early deadline for our July 7th Edition

Deadline for all display ads will be Thurs., July 2nd at 5pm
Deadline for all classified ads will be Friday, July 3rd at 12 noon.

Ads that need proofs must be submitted no later than
Wednesday, June 28th at 5pm

The office will be closed Monday, July 6th

Regular hours resume
Tuesday, July 7th at 8:30am

Happy 4th of July

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"Over the Counter"

by Bill Marcotte, Proprietor

Again, in recognition of the Fourth of July, I thought I would reprise my list of things to do on that day, that I wrote in July of 1999. There seemed to be a lot of people who really enjoyed that article. It was fun writing it, and I think my list of things to do would not change if I wrote it again... so here you go:

1. Take the day off.
 2. Spend the morning with a cup of coffee on the deck or in the kitchen... wherever. Just enjoy the quiet.
 3. If you live near the water take out the canoe.
 4. If you don't then try the bike path. Go for a walk.
 5. Find a parade or celebration. March along with the band.
 6. Have a bar-b-que... or a picnic.
 7. Surround yourself with friends and family.
 8. Toast marshmallows as the sun goes down.
 9. Fireworks... you have to find fireworks! (Johnson's Pond?)
 10. Listen to Kate Smith sing God Bless America. (Best presentation of that... Hill Farm Camps and it's hourly!)
 11. Celebrate independence... yours and the countries.
 12. Say goodnight to the ones you love, and sleep well.
- To all of you, have a safe and happy Fourth of July from all of us at Crystal!

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Good Housekeeping

Summer Fruit in Spiced Syrup

- 3/4 cup water
- 1/2 cup sugar
- 3 whole cloves
- 1 cinnamon stick (3 inches)
- 1 star anise
- 1 strip (3-by-3/4-inch) fresh lemon peel
- 2 tablespoons fresh lemon juice
- 6 cups fresh fruit, such as sliced nectarines, plums and strawberries, and blueberries and raspberries

1. In 1-quart saucepan, combine water, sugar, spices and lemon peel; heat to boiling over medium-high heat, stirring frequently. Reduce heat to medium-low; simmer 5 minutes. Remove saucepan from heat; stir in lemon juice. Cool syrup to room temperature.
 2. In large bowl, combine fruits and syrup. Cover and refrigerate 2 hours, stirring occasionally. Makes about 5 cups, or 6 servings
- Each serving: About 125 calories, 1 g total fat, 0 g saturated fat, 0 mg cholesterol, 2 mg sodium, 32 g carbohydrates, 4 g fiber, 1 g protein.
- For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/recipefinder/.

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Novena to the BLESSED VIRGIN

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

BAF

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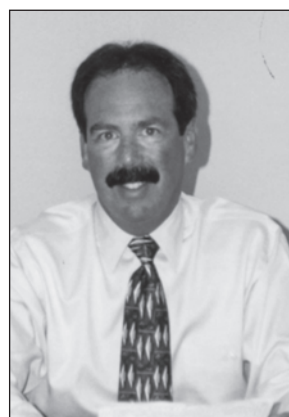
DUMP RUNS: Furniture, appliances, construction debris, brush, junk, etc. 1-866-559-5984.

FIREWOOD: Cut, split & delivered. Clean wood. \$225/Cord. Call 741-2777.

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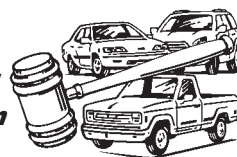
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The REMINDER
Rhode Island's First Buyers Guide
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The historic 1770 Homestead of Revolutionary War General Nathanael Greene, located at 50 Taft Street in Coventry is now open for tours. Visiting hours are Mondays, Fridays & Saturdays from 10AM-5PM and Sundays from 1-5PM. Admission is \$5/adult & \$3/child. For more information, www.nathanaelgreenehomestead.org

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STORY PROGRAMS AT COVENTRY PUBLIC LIBRARY
The Coventry Public Library, 1672 Flat River Road, will hold Registration for Summer Story Programs from June 22-July 3. **Rock & Read** for ages birth- 23 months on Monday at 9:30AM & 10:30AM. **Tales for Twos** for two-year-olds on Mondays at 11:15AM. **Storytimes** for 3-8-year olds on Tuesdays, Wednesdays & Thursdays at 10AM. Children entering Grades 1-5 must register at the Library to participate in the "Every Hero Has a Story" Summer Reading Program. Call 822-9102 or visit www.coventrylibrary.org to register for Storytimes. Space is limited.

AARP SMART DRIVING COURSE
The West Warwick Senior Center, 145 Washington Street, West Warwick, will conduct an AARP Driver Safety Program on July 9 from 12-5PM. Participants of the Safe Driving Program could be entitled to a discount on their Automobile Insurance Policy - check with your Insurance Agency. Cost is \$15 for AARP Members & \$20 for non-members. Seating is limited, so call Jo-Ann at 822-4450 to reserve your spot.

Did You Know?
(NAPS)—For pets, experts agree that fleas and ticks can be difficult to get rid of. That's why prevention is the best medicine. Now, a new product, PetArmor Plus, is proven to kill fleas and ticks and is affordable. To learn more, visit www.petarmor.com.
Children are naturally curious, move quickly and explore the world with their mouths. The American Cleaning Institute (ACI) is inspiring action among parents to take charge, handle and properly store laundry packets. Visit www.cleaninginstitute.org/handsoff/ for critical information on laundry safety.
One way to improve your written and spoken English and make the most of your first impression can be with the help of GrammarCamp.com, an online grammar training course developed by the editing professionals at Scribendi.com.
A pre-appraisal report from a reputable property history service can help a seller set the right price for a home. That's the word from the experts at Housefax. Learn more at www.Housefax.com or call (877) 598-6634.



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CHS CLASS OF 1970 LOOKING FOR CLASSMATES
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FREE Household Classifieds
20 Words or Less - NO CHARGE. 25¢ Each Word Over 20. Must be submitted in writing, but not necessarily on our form. Must be submitted before Thursday at 5pm for Tuesdays paper. Offer ends August 31, 2015.
*In person, by email, mail or fax. No cancellations. Item must be \$200 or less. One per household per week.

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

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Please print clearly. One word per box.
Phone number counts as one word. We are not responsible for words we cannot read.

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Check Enclosed Money Order Enclosed

Circle One: _____ Account # _____
Security Code _____ Expiration Date _____

Fax It! 821-0397
(Photocopy before Faxing)

How to Place a Novena.
Indicate the prayer that you would like published, include your initials, and send it to
The REMINDER
109 Main Street, Coventry, RI 02816
You may place your Novena by phone if you would like to charge it on Visa or Mastercard.

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

\$12.00 per Novena
Indicate Initials Here: _____

Please enclose payment along with your ad. Don't forget your initials!
We will publish your Novena in the next publication date.
Deadline is Friday at 5pm for Tuesdays Paper

The REMINDER
Established 1954
Stevens Publishing, Inc.
Peter StevensGeneral Manager
Amey Stevens TilleyOffice Manager/Editor
Dawn DonnellyReceptionist

DISPLAY ADVERTISING
Cheryl Petarca, Renee Picillo

ART DEPARTMENT
Liz DeVonis, Monique Rice

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

The REMINDER
1049 Main Street, Coventry, R.I. 02816-8437
(401) 821-2216 • Fax: 821-0397

Mail or bring your ad with payment to: **THE REMINDER** 1049 Main Street (intersection of Sandy Bottom Road and Rte. 117) Coventry, RI 02816-5706
E-Mail: mail@rreminder.com Website: www.rreminder.com

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

Office Hours: Monday - Friday 8:30-5 A mail slot is located on our front door for after hours drop off. Please include payment.
24 Hour Answering Available... Call 821-2216 Anytime






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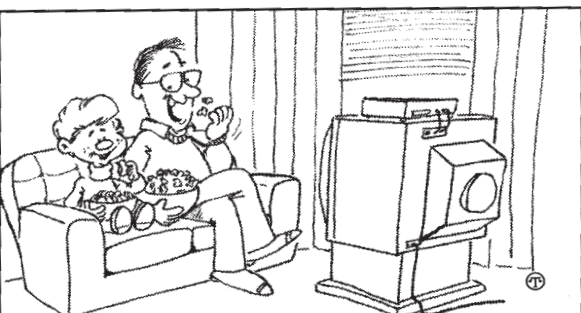
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Did You Know?



(NAPS)—The whole VeggieTales crew is joined, two by two, by animals galore in the music-filled animated adventure "Noah's Ark." To learn more and to order the DVD, visit the official VeggieTales website at www.veggietales.com or call the toll-free VeggieTales Hotline at (844) 2-VEGGIE.

To celebrate the opening of the first Dairy Queen restaurant, participating stores are offering free 5-oz.

soft-serve cones on March 16 and collecting money for Children's Miracle Network Hospitals®. Learn more at www.DairyQueen.com.

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New DVDs Reviewed in This Column Will be Released the Week of July 6, 2015



**COUCH THEATER
DVD
PREVIEWS**

BY SAM STRUCKHOFF

PICKS OF THE WEEK

Woman in Gold (PG-13) — Helen Mirren stars as Maria Altmann in this real-life story about an Austrian-born woman mounting a legal battle to reclaim an iconic painting that was seized when the Nazis took Vienna, and was claimed by the Austrian government after the war. Fighting at her side is young lawyer Randal Schoenl (Ryan Reynolds, doing something a little different), who develops his own personal attachment to the case.

It all depends on how engaged you can be with Altmann's struggle to recover the painting. "Portrait of Adele Bloch-Bauer I" by Gustav Klimt (you've probably seen a poster of it if you've ever been near a college dorm). To raise the stakes, the movie endeavors to make you feel for Altmann not as somebody fighting for an ineffably valuable painting, but somebody trying to reclaim part of her lost family.

5 Flights Up (PG-13) — A couple of retired lovebirds have nested in the same Brooklyn apartment since they bought it in the 1970s. Alex (Morgan Freeman) is a stubborn-but-loveable painter, and Ruth (Diane Keaton) is a neurotic-but-loveable ex-teacher. The neighborhood has changed a lot, and property values have pierced the sky, so the endearing couple puts their place on the market and start shopping for a new home. An alleged terrorist threat snarls traffic in the city, and there's an even less-relevant story about a sick dog.

The movie only functions on the charm of Keaton and Freeman, while the plot — especially those little subplots — are like roads to nowhere. It's a common pitfall for book-to-movie adaptations. Still, it's a sweet and smart look at the far end of long-term love.

71 (R) — A young British private, Gary Hook (Jack O'Connell) is left stranded and struggling to survive

in hostile Northern Ireland in 1971 during the full swing of the bloody, decades-long conflict known as the Troubles. Based on real accounts of what happened one night in Belfast, Hook is left wounded after a riot separates him from his unit. In one long night, Hook faces threats from all sides, doesn't know where to go or whom to trust. The film works both as an examination of modern conflict where lines are blurry, and as expertly crafted action.



Diane Keaton, Morgan Freeman in "5 Flights Up"

The Slow West (R) — Here's a killer Western with a brain, great acting and a Gatling-gun soundtrack. A baby-faced, upper-crust Scottish 16-year-old named Jay Cavendish (Kodi Smit-McPhee) should last about as long as a snowball in this version of the Old West, if it weren't for his wry, gunslinging travel-buddy, Silas (Michael Fassbender, impeccable as always). Jay's on a mission to find his lost love and experience the West, while all manner of scum and savagery close in. With this first feature film, writer-director John Maclean makes his entrance like a desperado tearing through the saloon doors.

TV RELEASES

House of Cards: Season 3

Married With Children — The Complete Series

The Brokenwood Mysteries, Series 1

Witches of East End: The Complete Season 2

Barney Miller: The Final Season


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Spanish Bean Salad

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- 1 (15-ounce) can red kidney beans, rinsed and drained
- 1 (15-ounce) can cut green beans, rinsed and drained
- 1 (15-ounce) can cut yellow wax beans, rinsed and drained
- 1 cup grated carrots
- 1 cup chopped red onion
- 1/2 cup stuffed green olives, halved
- 2 tablespoons vegetable oil
- 1/4 cup apple cider vinegar
- Sugar substitute to equal 1/2 cup sugar

1. In a large bowl, combine kidney beans, green beans, wax beans, carrots, onion and olives. In a small bowl, combine vegetable oil, vinegar and sugar substitute. Drizzle dressing mixture evenly over vegetable mixture. Mix gently to combine.
2. Cover and refrigerate for at least 2 hours. Gently stir again just before serving. Makes 8 servings.

• Each serving equals: 120 calories, 4g fat, 4g protein, 17g carb., 334mg sodium, 5g fiber; Diabetic Exchanges: 1 1/2 Vegetable, 1 Fat, 1/2 Starch.

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Puzzle Page

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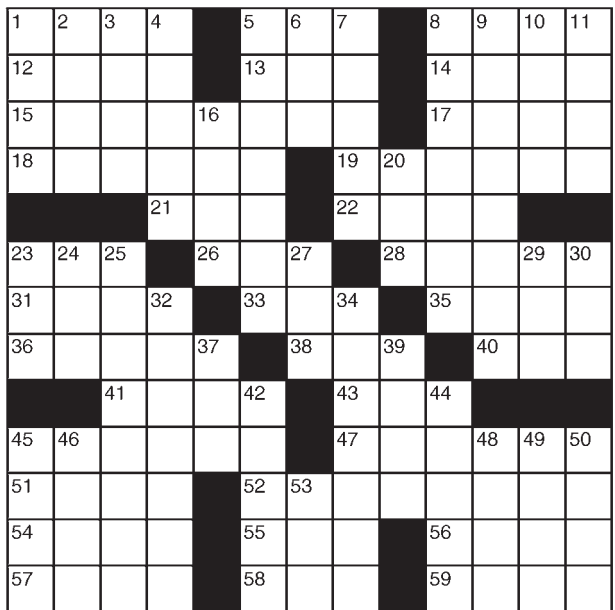
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- ACROSS**
- 1 Throws in
 - 5 Tatter
 - 8 Wound cover
 - 12 Tide type
 - 13 Compass dir.
 - 14 Corn concoction
 - 15 Severe decline
 - 17 Dermatologist's case
 - 18 As found
 - 19 Singer Sophie
 - 21 Youngster
 - 22 36-Across segment
 - 23 Blue
 - 26 "Charlotte's —"
 - 28 Make into law
 - 31 Old portico
 - 33 Homer's interjection
 - 35 Arizona river
 - 36 Variety show
 - 38 Talk on and on
 - 40 Back talk
 - 41 Advantage
 - 43 Sweet potato's kin
 - 45 Sunscreen, usually
 - 47 Complained bitterly
 - 51 Bedouin
 - 52 Sports fans' party venue?
 - 54 Astronaut Armstrong
 - 55 Conclude
 - 56 Sharpen
 - 57 Mete (out)
 - 58 Deli loaf
 - 59 Despot
- DOWN**
- 1 Opposed
 - 2 Campus bigwig
 - 3 Raised platform
 - 4 Divided
 - 5 Considered
 - 6 Blackbird
 - 7 Fellows
 - 8 What "this clue" needs
 - 9 Mixed drink
 - 10 Boleyn or Bancroft
 - 11 "Cheers"
 - 16 Pack away
 - 20 Guitar's cousin
 - 23 Georgia's ex-status (Abbr.)
 - 24 Chowed down
 - 25 Overlap
 - 27 Marsh
 - 29 Roman 151
 - 30 Spigot
 - 32 Within earshot
 - 34 Outing on a wagon
 - 37 Id counter-part
 - 39 False god
 - 42 Go in
 - 44 Possibly will
 - 45 Crow's-nest cry
 - 46 Sandwich treat
 - 48 Neighbor of Cambodia
 - 49 Sicilian spouter
 - 50 Antelope's playmate
 - 53 Whatever amount



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 I T I H R S L A E O R P C T I
 D R C C O C Y R H N T L A O A
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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

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| Charter | Hoarding | Potluck | Triumphant |
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This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: I equals T

RA SUP JOS "TC JYUPKQ ZU
 WGUTM O JKRNC UA WGCOQ,"
 NUPKQ SUP NOKK IYOI
 EGUEUJRMZ O IUOJI?

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King Crossword

Answers

REMOVE LETTERS TO FIND A PRESIDENT

RETINARG

Solution time: 25 mins.

— **King Crossword** —

If you say "We should go brown a slice of bread," could you call that proposing a toast?

ANSWER

CryptoQuip

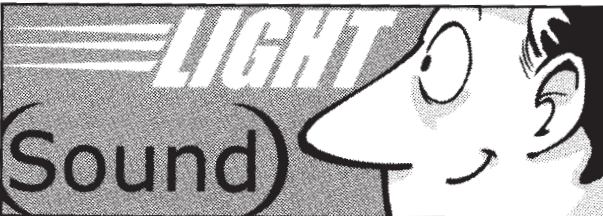
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Your Yard

Get Your Motors Running Quickly This Spring

(NAPS)—Forget about spotting the proverbial robin. For many, the first real sign of Spring is getting their lawn mower and other small-engine equipment out of storage and ready for the season.

But before you rev up the motor, it's important to remember that your equipment has been sitting for months and you need to take proper steps to get it in working order.

Proper preparation yields a variety of benefits, including better performance, saved maintenance costs and maximizing the life of your machine.

To help get your machines ready for the season ahead, here are some tips to get you started.

• **Clean 'em up.** After sitting in a storage shed for a few months, your machines have likely acquired a nice layer of dust, dirt and grime. Make sure to do a thorough cleaning of the entire machine and check for any damage or possible blockages.

• **Never a dull moment.** If you are working on your lawn mower, hedge trimmer or any other machine with a blade, the Spring tune-up is an excellent time to make sure it's in prime cutting shape. The blade should be sharpened at least once a year. While the blade is off, it's also a good time to finish cleaning the underside of the machine.

• **Don't forget the filter.** It's a good idea to start the season with a clean filter. If

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

the machine has a foam filter, you can clean it with soap and water. However, if it's a paper filter, it's best to replace it with a new one.

• **A well-oiled machine.** Whether it's a lawn mower, motorcycle or ATV, small-engine equipment will work better if it's well lubricated, particularly if it has been in storage. Make sure to oil the wheel bearings and other moving parts.

• **Prepare your engine.** To make sure your engine starts up on the first try this Spring, try a fuel additive designed for use with any small 2- and 4-cycle motors that have been sitting in storage and are ready to reactivate. Just pour it directly into the gas tank, and the engine should start up fast, hassle-free.

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HOLLYWOOD
 by Tony Rizzo

HOLLYWOOD — "Furious 7" is about to get run over by "The Avengers: The Age of Ultron" in the list of 10 top box-office champs of all time. Currently, "Furious 7" is fourth with \$1.5 billion and "The Avengers: The Age of Ultron" is fifth with \$1.35 billion but coming on strong.

Scarlett Johansson, the female lead in "Ultron," has three major films being released in 2016. February will bring "Hail Caesar!" with a bevy of hot male stars: Josh Brolin, George Clooney, Channing Tatum and Ralph Fiennes. April will see the live-action Disney film "The Jungle Book" with Bill Murray, Sir Ben Kingsley, Idris Elba, (Oscar winner) Lupita Nyong'o and Christopher Walken. On May 6, "Captain America: Civil War" with Chris Evans, Robert Downey Jr., Paul Bettany, Jeremy Renner, Don Cheadle and Paul Rudd will be released.



Scarlett Johansson
 Best song "The Way We Were" and for Score/Adaption of "The Sting," and a Tony for "A Chorus Line."

A reader wants to know what the EGOT Club is. EGOT refers to people who've won all four big awards: the Emmy, Grammy, Oscar and Tony. Twelve people are in this exclusive club, and not all of them are actors. The first EGOT member was composer/producer Richard Rodgers, who won an Emmy, two Grammys, an Oscar (for writing the 1950 song "It Might As Well Be Spring" from "State Fair") and nine Tony Awards.

Helen Hayes won one of each, plus an Oscar to spare for "The Sins of Madelon Claudet" (1932) and "Airport" (1970). John Gielgud won an Emmy, a Grammy, an Oscar (for "Arthur" 1991) and two Tonys. Audrey Hepburn won an Emmy, a Grammy, a Tony and an Oscar for "Roman Holiday" (1953) and a special Oscar in 1994. Marvin Hamlisch won four Emmys, four Grammys, three Oscars (in 1973) for Dramatic Score of and

Mel Brooks won four Emmys, three Grammys, an Oscar for the screenplay of "The Producers" (1968), and three Tony Awards for the musical "The Producers." Mike Nichols won four Emmys, a Grammy, a 1967 Oscar for "The Graduate" and nine Tony Awards. Rita Moreno won two Emmys, two Grammys, an Oscar for "West Side Story" (1961) and a Tony for "The Ritz." Whoopi Goldberg won two Emmys, a Grammy, an Oscar for "Ghost" and a Tony.

Composer Robert Lopez won two Emmys, three Grammys, an Oscar for the song "Let It Go" from "Frozen" and three Tonys for "The Book of Mormon." Composer Jonathan Tunick won Emmy, Grammy, Oscar (for "A Little Night Music") and a Tony. Producer Scott Rudin won an Emmy, Grammy, Oscar ("No Country for Old Men") and 10 Tony Awards. Did they ever rest? Talk about over-achievers!

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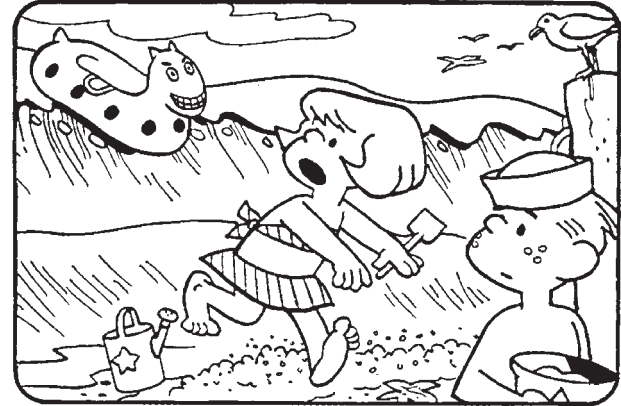
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BY HENRY BOLTINOFF



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Differences: 1. Horse is missing. 2. Watering can is missing. 3. Bathing suit is different. 4. Shovel is missing. 5. Bird is missing. 6. Hat is moved.

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A beaver can hold its breath for about 45 minutes.

Moments in time

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Strange BUT TRUE

By Samantha Weaver

- On July 10, 1887, an 80-foot-high concrete dam breaks in Zug, Switzerland, releasing a wall of water that kills 70 people. Rescue boats were ineffective, as they capsized in the roiling waters.
- On July 7, 1930, construction of the Hoover Dam begins. Over the next five years, 21,000 men would work to produce what would be the largest dam of its time, as well as one of the world's largest manmade structures.
- On July 6, 1946, FBI agents arrest George "Bugs" Moran in Kentucky. Once one of the top organized crime figures in America, Moran had been reduced to small bank robberies. His criminal career took an abrupt downturn after the infamous St. Valentine's Day Massacre in 1929.
- On July 8, 1951, Paris celebrates its 2,000th birthday. The history of Paris can be traced back to a Gallic tribe known as the Parisii, who settled an island (known today as Ile de la Cite) in the Seine River, which runs through present-day Paris.
- On July 9, 1960, President Dwight Eisenhower and Soviet Premier Nikita Khrushchev trade verbal threats over the future of Cuba. Khrushchev fired the first shot when he warned that the Soviet Union was prepared to use its missiles to protect Cuba from U.S. intervention.
- On July 11, 1978, a truck carrying 1,500 cubic feet of pressurized liquid gas crashes into a campsite crowded with vacationers in Spain. The resulting explosion killed more than 200 people.
- On July 12, 1995, a heat advisory is issued in Chicago warning of a record-breaking heat wave. When the heat breaks a week later, nearly 1,000 people are dead in Illinois and Wisconsin. The temperature in the city hit 106 degrees F.

- It was Nora Joyce, wife of the Irish novelist James Joyce, who wrote the notoriously difficult — and influential — stream-of-consciousness novel "Ulysses," who asked her husband, "Why don't you write books people can read?"
- You might be surprised to learn that contemporary model and actress Brooke Shields is descended from that notorious figure of the Italian Renaissance, Lucretia Borgia, who was suspected of such crimes as adultery, incest and murder.
- In this era of helicopter parenting, some are shocked to learn that in the 1960s, nearly half of all children in America walked to and from school by themselves.
- What do "Where's Waldo," "Where the Sidewalk Ends," "My Friend Flicka," "Brown Bear, Brown Bear, What Do You See?" and "Harriet the Spy" have in common? Aside from being books meant for a young audience, all of these titles have been banned at one time or another.
- There are about the same number of chickens as there are humans on the planet.
- If you're like 83 percent of pet owners who responded to a recent survey, you feel that you receive more unconditional love from your pet than from your kids, your best friend or even your romantic partner.
- I'm sure you've heard the term "Podunk" used to describe a small, unimportant town, but you might not know where the word came from. It seems that a Native American tribe in Connecticut was known as the Podunk, and a nearby river was called by the same name. Local small towns on the river were referred to as "Podunk," too, and so the word entered the lexicon.

Thought for the Day: "I have lived in this world just long enough to look carefully the second time into things that I am most certain of the first time." — Josh Billings

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At one point or another, all of us have lent a hand or given to a charity of some sort. Maybe you canvassed the neighborhood for Easter Seals, threw a few extra bucks into the sec-

ond collection at church, volunteered your time or work for a non-profit. We appreciate the efforts of all the non-smokers' alliances and the anti-trans-fat corps and all of the other groups out there with noble causes, spending their money on precious advertising time. The networks thank them, too. And so do the ad firms and all the people that are in the industry.

But I gotta tell ya, it's getting to the point where you're praying for the players to play in perpetuity because you know if they stop for any reason — a pitching change, a technical foul, multiple penalties to sort out — it means you're going to have to watch the guy pop out his eyeball, tear off his legs and rip out his jaw again during the station break.

As a fan, you should not have to hope that Don Mattingly blows Clayton Kershaw's arm out because you're afraid that if he stops pitching for even a second, it means you have to be subjected to a colonic camera view and thrust on another journey through the fat layers surrounding the liver of the guy who wanted to have a Fanta.

Watching a full seven-game series or a Stanley Cup win on home ice should be exciting, but there's a difference between the exhilaration of having witnessed a nail biter for the ages as opposed to being left a complete neurotic with borderline PTSD because of the public service announcements. Whatever happened to frying an egg and just saying no? #I'mJustSayin

Mark Vasto is a veteran sportswriter who lives in Kansas City.

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WEST WARWICK **828-9500** COVENTRY

NEW ENGLAND STEEL GUITAR ASSOCIATION STEEL JAM

The New England Steel Guitar Association will hold a Steel Jam on July 12 from 1-5PM at American Legion Post #15, 1016 Post Road, East Greenwich. "Branded" will perform.

COVENTRY PUBLIC LIBRARY PRESENTS...

Coventry Public Library, 1672 Flat River Road, Coventry, will host Jan Kardys, Literary Agent from Redding, CT, who has 30 years of experience with such publishers as Doubleday, Macmillan and Scribners. She will return to Coventry Library on July 8 at 7PM to help local authors get their books published. This program is free and open to all. Call Jane at 822-9104 or email js@coventrylibrary.org to register.

WEST WARWICK PUBLIC LIBRARY SUMMER READING PROGRAM REGISTRATION

The West Warwick Public Library, 1043 Main Street, West Warwick invite Readers entering Grades 1-5 to sign up for this Hero themed Summer Reading Program. 5 Weeks of programs to keep children reading & learning over the Summer will start July 7 including special Tuesday night family events. Details available at the Youth Department, online at www.wvlibrary.org or by calling 828-3750, Ext. 5.

COMMUNITY BLOOD DRIVES

The following Community Blood Drives will be held: JULY 3 from 2-5PM (Bloodmobile) at Dunkin' Donuts, 561 South County Trail, Exeter & from 4-8PM (Bloodmobile) at Dunkin' Donuts, 275 Cowesett Avenue, West Warwick. JULY 6 from 4-7PM in the Phenix Baptist Church Fellowship Hall, 2 Fairview Avenue, West Warwick & from 3-6PM (Bloodmobile) at Dan's Place, 880 Victory Highway, West Greenwich. For more information call 1-800-283-8385.

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celebrity extra

by cindy elavsky

Q. Can you tell me if we'll get another season of "The Hot Wives of Orlando"? I loved that show! — *Patty P, via email*

A. We will get more "Hot Wives," but this time they are based in Vegas. "The Hot Wives of Las Vegas" will premiere Tuesday, Aug. 18, on Hulu (with episodes streaming weekly, not all at once like on Netflix). This go-round will see returning stars take on new roles, with Casey Wilson as Jenfer Beudon, who is "cocky, Southern, white trash and very pregnant"; Tymberlee Hill as Phe Phe Reed, Esq., who is "smart, outspoken, always juggling several jobs, and newly relocated to Las Vegas from Orlando."



who discovers that his wife, Grace, has been seeing a male escort, and then ends up becoming one himself — started filming season two in April. While no premiere date has yet been given, I am going to guess that it will premiere later this summer or early fall, with 10 new episodes. Season one is now available on DVD, if you need to catch up, or refresh your memory.

Andrea Savage plays Ivanka Silverman, "a European ex-model, who believes she is the standard of beauty and perfection"; Danielle Schneider as Denise Funt, who is "neurotic, needy and recently divorced"; and Dannah Phirman as Leona Carpeze, a "tough, straight-talking broad, she's the matriarch of the group and self-appointed peace keeper." Series newcomer Erinn Hayes plays Callie Silverman, a "sensual, mysterious, raven-haired witch."

Q. I know "Bates Motel" just finished its third season, but I already miss it. Can you tell when/if it will be back? Please tell me it has been renewed for another season! — *Frankie T, via email*

A. I can do you one better: "Bates Motel" has been renewed for TWO more seasons. Production for season four begins later this year, and it is slated to return in spring 2016. A&E is pairing this chilling series based on a hit scary movie with another chilling series based on a hit scary movie: "Damien." "Damien" is based on "The Omen," and stars Bradley James as Damien Thorn and Barbara Hershey as Ann Rutledge.

Q. Please tell me that the TV show "Satisfaction" is coming back. I don't recall which station it was on, but it dared to be different, and my husband and I really enjoyed it. — *Tricia L, via email*

A. The original USA network drama — which centers on Neil,

Q. Can you tell me what filmmaking Morgan Spurlock has coming up next? — *Neda F, West Palm Beach, Florida*

A. The "Super Size Me" and "Inside Man" documentarian directed and produced a new short film called "Crafted," where Morgan captures remarkable artisans who have mastered their trades. Through these documentary subjects (the chefs behind Bar Tartine in San Francisco, Bloodroot Blades in Georgia and Nagatani-en in Iga, Japan), he explores how modern cultural influences and technology have allowed artisans to exceed previous expectations and attain the "perfect" product.

Write to Cindy at King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475; or e-mail her at letters@cindyelavsky.com.

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CHS CLASS OF 1980 REUNION

Coventry High School Class of 1980 will hold their Reunion on August 8 at the Coventry-West Greenwich Elks Lodge. Cocktails from 6-7PM, Class Photo at 7PM (you will receive it that night), Dinner, Dancing & Shenanigans begin at 7:30PM. Cost is \$45/person. RSVP by July 9. Additional information can be found by emailing covhigh80@yahoo.com

Longines Wristwatch

Q. My dad was a soldier during World War II, and I have inherited his Longines wristwatch. It is the Model 13 ZN stainless-steel chronograph, with silver dial and original strap. Should I have it appraised? — *Carl, Sun City, Arizona*

A. This exact model of Longines watch was sold by an auction house in New York earlier this year for \$50,600, so my answer is yes, do have your watch appraised. In recent years, vintage and collectible timepieces have soared in value.

You might want to contact the National Association of Watch and Clock Collectors, which has more than 15,000 members in 50 countries. Contact is www.nawcc.org, and 877-255-1849.

Q. I have a number of older books, and I would like to find out current values. Do you have any suggestions? — *Mona, Yucaipa, California*

A. One of the better sites is www.abe.com. Go to the site, type in the title and author, and you will quickly discover where that particular book is being offered for sale and for how much. Be aware that condition and edition are two very important factors when determining the value of a book.

AMERICAN SIGN LANGUAGE CLASS AT COVENTRY LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry, will begin a 4-part Workshop on American Sign Language on July 9 at 7PM. Classes will meet in Town Council Chambers on July 9, 16, 23 & 30. Call Jane at 822-9104 or email js@coventrylibrary.org for more information and/or to register.

Q. I spend my summers in Texas, where I have been finding incredible arrowheads. Is there a guide or reference book for this field of collecting? — *Steve, Elizabeth, New Jersey*

A. The ultimate guide to United States point types is "Overstreet Indian Arrowheads: Identification & Price Guide," by Robert M. Overstreet and published by House of Collectibles books. It features more than 8,000 illustrations, up-to-date regional market reports and tips on grading. Although there are other guides, this one — in my opinion — is the best.

Q. I have a teapot made by the Harker Pottery Company and in the tulip pattern. I have been offered \$50 for it. — *Connie, Galveston, Texas*

A. I found your teapot referenced in the "Antique Teapots Price Guide," edited by Kyle Husfloen and published by Krause. According to Husfloen, your teapot was made in about 1940 and the design is similar to the Jewel Tea Autumn Leaf pot. It is valued at \$30. Do the math.

Write to Larry Cox in care of KFWS, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to questions-forcox@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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Tyler Free Library, 81A Moosup Valley Road, Foster will hold Tyler Tykes, a drop-in Playgroup, on Fridays at 10AM. This Playgroup is open to preschoolers & their caregivers. Enjoy a morning of meeting & chatting with other caregivers while the children play. Coffee for moms and snacks for kids will be provided. Call 397-7930 to register or for more information.

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TEEN VOLUNTEERS NEEDED AT HOPE LIBRARY

Hope Library, 374 North Road, Hope is in need of teen volunteers in Grades 6-12 to partner up and read with a younger child in the Library this Summer. The program will run at 6PM from July 7-August 11. Other volunteer hours may be available assisting other programs. Call 821-7910 for more information.

AARP 2210 VALLEY FORGE & 9/11 MEMORIAL TRIP

AARP 2210 is offering a 3-day Valley Forge & 9/11 Memorial Trip from October 4-6. Trip includes 2-night accommodations at the Valley Forge Casino Resort, meals, \$20 Slot Bonus Package, guided tour of Valley Forge National Park & 9/11 Memorial Museum. Motor Coach transportation provided by Conway Tours. Cost is \$379/person (double occupancy), \$369/person (triple occupancy), \$499/person (single occupancy). Call Caroline at 398-0422 or Maureen at 828-5188 for reservations and more information.

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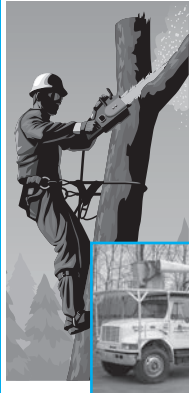
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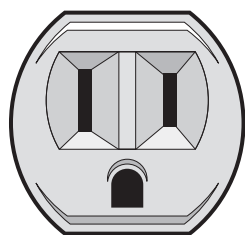
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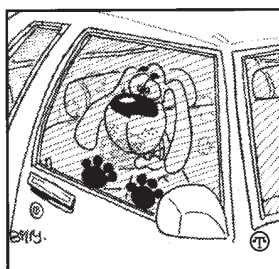
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Did You Know?

(NAPS)—The Web series "Rescue Waggin": Tales from the Road" chronicles the stories of dogs and puppies from communities with more pets than adopters to communities where adoptable pets are in demand. It's produced in partnership with PetSmart Charities. To learn more, visit www.rescuewaggin.org.

One of the world's most beloved and enduring family films ever, Walt Disney's "Mary Poppins," was released in the mid-1960s, the setting for "Saving Mr. Banks," which is now on Digital HD, Blu-ray and DVD. To learn more, visit www.movies.disney.com.

According to the Agriculture Council of America, the national organization that promotes the annual celebration of National Ag Day—a tribute to farm families—any day is a good time to be grateful to America's farmers. Learn more at www.agday.org.



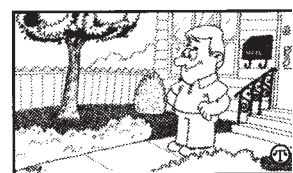
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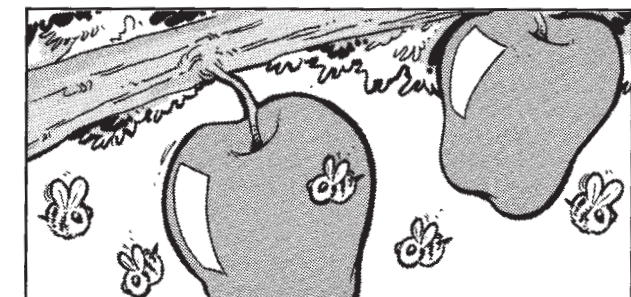
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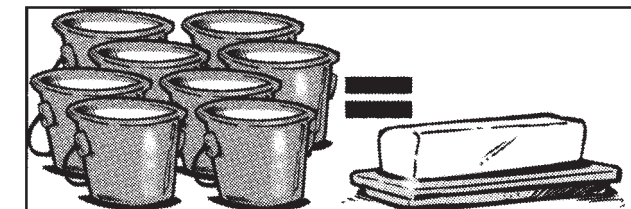
(NAPS)—EPA sponsors Fix a Leak Week every year to remind Americans to check twist and replace their fixtures to curb household leaks



This year, Fix a Leak Week is planned for March 16 to 22. Visit www.epa.gov/watersense/fixaleak to learn more



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Safety Around The Home

An Electrical Safety Guide For The Outside

(NAPS)—Warmer weather means more time spent outside for both children and adults. Whether your outdoor activity includes improvement projects around the home or fun and games in the backyard, you need to be aware of some electrical hazards that may occur.

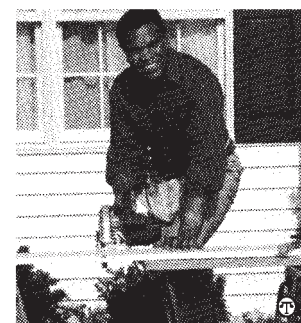
To help, the Electrical Safety Foundation International (ESFI) would like to share these tips.

- It's common knowledge that water and electricity don't mix, but spring showers may increase your risk of electrical shock due to sudden rain or standing water. Do not use an electrical tool that is wet or close to water.

- To further reduce your risk, install ground fault circuit interrupters (GFCIs) in your outdoor outlets and in the garage to help prevent electrocutions and electrical shock injuries. You can also purchase portable outdoor GFCIs for temporary use.

- Next, check the product label or manual and use only electrical products, such as extension cords, that were intended for outdoor use. Also, be sure to use only equipment that displays a mark indicating that it has undergone testing by an independent laboratory such as Underwriters Laboratories (UL), Intertek (ETL) or Canadian Standards Association (CSA).

- Inspect your tools' cords and plugs for damage. Any damaged products should not be used and instead should be taken to an authorized



Installing ground fault circuit interrupters (GFCIs) in your outdoor outlets and the garage can help to prevent electrocutions and electrical shock injuries.

repair center or thrown away. As you work, remember to always hold power tools by the insulated gripping surface to avoid electrical shock. Lastly, if your work requires a generator, make sure your generator is properly grounded and well ventilated.

Also, make sure you remind kids of these important safety tips:

- If they see a downed power line, they should stay away from it and report it to an adult.
- Do not play with toys, especially kites and remote control airplanes, or climb trees near power lines.
- Go inside right away if they hear thunder or see lightning—do not seek shelter under trees.
- Do not play around neighborhood electrical substations or boxes.

For additional electrical safety information, visit www.esfi.org.

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

Prayer to St. Anthony
 Great Saint Anthony, friend of God, who had the happiness of receiving within your arms our blessed Lord in the form of a little Child, obtain for me of His goodness this favor that I desire from the bottom of my heart. You who were so gracious to poor sinners, do not look on my lack of merit, but consider the glory of God which will be exalted once more through thee, to the salvation of my soul and the granting of the petition that I now make with such earnestness. Amen.
 RM

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DEAR DR. ROACH: I have a question about vitamin D-3 pills. How does 400 mg fit into such a tiny pill? I also thought you needed sunlight to make vitamin D. — A.S.

ANSWER: Four hundred mg is very small. Most of the tablet isn't even vitamin D — it's starch and other materials to hold the tablet together.

The skin does make vitamin D-3 from precursors in the presence of sunlight. However, there are several factors that affect this process. During winter months at moderately high latitudes (above the line from Los Angeles to Atlanta), the sunlight might not be strong enough to efficiently convert enough vitamin D, so many are vitamin-D-deficient during winter.

People who don't go outside, who usually wear clothing and hats to cover their skin or who have darker skin are less able to create vitamin D. People over 70 also are less able to make their own vitamin D. This is why many foods are supplemented with vitamin D. Even so, a sizable proportion of the population has low levels of vitamin D.

There remains great controversy about whether supplementation will improve overall health. Studies are ongoing to test the effect of vitamin D supplementation to reduce fracture risk, improve muscle function or reduce cancer risk.

DEAR DR. ROACH: You mentioned lupus in a recent column. Is there a connection between lupus and arthritis? — D.J.T.

ANSWER: Systemic lupus erythematosus (SLE) is a disease that can affect virtually any organ in the body, and usually affects several — often at the same time. The most common symptoms are fatigue, fever and weight loss. Skin signs can be very specific, such as the classic "butterfly rash," a red, butterfly-shaped rash across the nose and cheeks. Arthritis (joint inflammation) or arthralgia (joint pain) is present in 90 percent of people with lupus at some point in the illness.

The arthritis booklet discusses joint pain found in rheumatoid arthritis, osteoarthritis and lupus. Readers can order a copy by writing: Dr. Roach — No. 301W, 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.

DEAR DR. ROACH: If you walk briskly for a certain time and distance, is that not just as good for you as jogging, if you are going for the same time? — A.

ANSWER: It depends on what you mean by "good." If you mean what I think you do, in terms of overall health and maybe living longer and feeling better, then yes, a brisk walk is nearly as good for you as jogging.

Jogging probably is better for preventing osteoporosis, since it gives more impact to the bones, but on the other hand it is harder on the joints. If your goal is to get faster and win races, then you need to practice going faster. But walking is nearly as good for most aspects and is easier on the body than jogging for most people.

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, or write to P.O. Box 536475, Orlando, FL 32853-6475.

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Alpine Nursing Home, 557 Weaver Hill Road, Coventry, will hold a Mini Bazaar on July 11 from 9AM-12PM.

PARKINSON'S DISEASE SUPPORT GROUP MEETINGS

The COVENTRY PARKINSON'S SUPPORT GROUP meets at 10AM on the 1st Saturday of each month at New England Bay manor, 600 Centre of New England Boulevard, Coventry. The CRANSTON PARKINSON'S SUPPORT GROUP meets at 9:30AM on the 1st Friday of each month at the Cranston Senior Center, 1070 Cranston Street, Cranston. The YOUNG ONSET & YOUNG AT HEART PARKINSON'S SUPPORT GROUP meets at 10AM on the 3rd Saturday of each month at the Kent Hospital Doctor's Auditorium. The FRIENDS & FAMILY (Caregiver) SUPPORT GROUP meets at 10AM on the 4th Saturday of each month at West Bay Manor, 2783 West Shore Road, Warwick. For more information about Parkinson's Disease or any of these Support Groups, please call Mary Ellen at The Parkinson's Center - Kent Hospital, 736-1046.



The smallest bone in the human body is the stapes, or stirrup bone, located in the middle ear. It is approximately one-tenth of an inch long. Shaped like a stirrup on a saddle, it transmits sound vibrations through the auditory system.

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SUMMER READING PROGRAM ACTIVITIES AT GREENE PUBLIC LIBRARY
Greene Public Library, Hopkins Hollow Road, Greene is offering the following "Every Hero Has a Story" Summer Reading Program Activities: **Registration & Cape Making** on July 8 at 10AM. **Build a Synthesizer and Rock Out!** (ages 11 & up) on July 9 at 6PM. **Rick Morin, Drummer** on July 15 at 10AM. **Bwana Iguana** on July 22 at 10AM. **Local Heroes** on July 29 at 10AM. **Superhero Science** on August 5 at 10AM. **Superhero Training Camp & Final Party** on August 12 at 10AM. Call 397-3873 or email jean@coventrylibrary.org to register.

COVENTRY PARKS & RECREATION DEPARTMENT 2015 SUMMER CONCERT SERIES
Coventry Parks and Recreation Department invite all to attend its Summer Sunday Night Free Concert Series. Concerts begin at 6PM and are held at Paine Field (west lawn). **JULY 5, "Al Carter & the Nashville Boys"** (Traditional Country). In the event of rain, all concerts will be held inside the Community Center. Blankets and/or lawn chairs are suggested. No smoking or alcoholic beverages allowed. Donations are needed to continue the Concert Series. Call 822-9107 for more information.

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

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The Reminder
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COVENTRY PUBLIC LIBRARY TEEN/TWEEN SPECIAL EVENTS & CRAFTS
The Coventry Public Library, 1672 Flat River Road, Coventry, has scheduled the following Teen/Tween Programs: **Yoga & Smoothies** on July 17 at 12PM. **RI Museum of Science & Art** on July 24 at 12PM. **Watercolor Workshop** on July 31 at 12PM. **Iron Chef Challenge** on August 7 at 12PM. **Comic Book Craft** on August 14. Registration begins June 22. Get details at www.coventrylibrary.org or call 822-9102.

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COMPUTER IN-HOME SERVICES: Home Calls. Repairs, spyware removal, networking, wireless A+, Net+ Certified. \$20 Minimum. Please call Paul 301-9582.

COOLING & HEATING
H.K. HEATING, INC.: All phases of Heating, Air Conditioning, Air Conditioning, Solar and Kohler Generators Serviced & Installed. 24 Burner Service. (401)397-3316. Lic. #6377/insured.

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JADE ELECTRIC: Wiring, emergencies. 24 hour. 640-1451. 828-5908 or 738-7835. Lic.# A1538. Insured.

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WILLIAM LEMOI PLUMBING: Repairs and installations. Electric roofer and drain cleaning service. 397-5446. Master Plumbers License #1299.

R.E. CARD PLUMBING AND HEATING CO.: 24 Hours. Telephone 828-0477. Member of Better Business Bureau. MP License #1117. Master Pipefitter Lic. #2432. For emergencies: 529-8803.

JOHN P. KEOGH PLUMBING & DRAIN CLEANING: Electric sewer roofer service. Master Plumber Lic. #1881. 401-862-8810.

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The Kitchen Diva!

by Angela Shelf Medearis



Barbeque and Fireworks

Here in Texas, we celebrate two holidays that commemorate freedom. June 19 (also known as Juneteenth) is the day slaves in Texas received the declaration of their emancipation from slavery. July 4 is the celebration of the hard-fought freedom and privileges we enjoy as Americans.

But Independence Day was almost celebrated two days earlier. On July 2, 1776, the Continental Congress voted in favor of independence, and two days later, July 4, the delegates signed the Declaration of Independence. Future presidents Thomas Jefferson and John Adams fought to have July 2 as Independence Day, but were out-voted by the other delegates. This is why we celebrate on July 4, the date the document was signed, rather than the date the resolution of independence was approved by Congress.

Like many American families, we enjoy celebrating Independence Day by gathering together for barbeques and fireworks. These recipes for Grilled Buttermilk Chicken and Grilled Potato Salad with Buttermilk Dressing are guaranteed to set off an explosion of flavor in your mouth while providing you the freedom of time to enjoy this wonderful holiday.

GRILLED BUTTERMILK CHICKEN

Marinating chicken in buttermilk and hot sauce is an old Southern recipe for tenderizing and adding flavor to chicken. If you don't have buttermilk on hand, see the tips below for creating a tasty alternative. When grilling, create two heat zones: start with high, direct heat over the coals, and then move the food away from the coals to cook all the way through

- without burning.
- 1 1/2 cups buttermilk, shaken well
 - 8 cloves garlic, chopped
 - 1 tablespoon paprika
 - 2 tablespoons poultry seasoning
 - 1 1/2 teaspoons salt
 - 1 teaspoon black pepper
 - 2 tablespoons hot sauce
 - 6 pounds bone-in chicken pieces

1. In a small bowl or measuring cup, combine buttermilk, garlic, paprika, poultry seasoning, salt, pepper and hot sauce.

2. Divide buttermilk mixture and chicken between two large re-sealable plastic bags. Place the bags of chicken in a bowl or on a sheet pan. Marinate

chicken in the refrigerator, turning bags occasionally, for at least 1 hour and up to overnight.

3. Heat grill to medium-low. Remove chicken from marinade (discard marinade); pat chicken dry with food-safe paper towels. Grill chicken, covered, turning occasionally, until cooked through, 30 to 40 minutes. Serves 8.

GRILLED POTATO SALAD

- 1 1/2 pounds red potatoes, cut into 2-inch pieces
- 1 red onion, cut into 1/2-inch-thick rings
- 4 tablespoons extra-virgin olive oil
- 2 bell peppers (red and green), seeded and cut in half
- 4 celery stalks, leaves and white stalk removed
- 2 teaspoons salt

- 1 1/2 teaspoons ground black pepper
1. Heat grill to medium. Toss potatoes, onion and 2 tablespoons oil in a bowl. Arrange in single layer on grill and cook, turning frequently, until tender and slightly charred, about 15 minutes. Dice onions, bell peppers and celery and mix with the potatoes, salt and pepper.
2. Add 1/2 cup of Buttermilk Dressing (see recipe below) to potato mixture and toss to coat. Add additional dressing as desired. Serve warm or at room temperature. Serves 4.

BUTTERMILK DRESSING

- 1/2 cup plain, low-fat Greek Yogurt
- 1/4 cup low-fat mayonnaise
- 1/3 cup buttermilk
- 3 tablespoons coarse-grained mustard
- 2 tablespoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 2 teaspoons sherry wine vinegar
- 2 tablespoons chopped fresh parsley or basil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Mix all of the ingredients in a medium bowl until blended. Refrigerate dressing until ready to use. Makes 1 1/4 cups.

TIP: Buttermilk Substitutes

Milk: Combine 1 cup milk (2 percent whole, or heavy cream) and 1 tablespoon lemon juice or white vinegar. Let mixture stand at room temperature for 5-10 minutes. The milk will be thicken slightly, but not as much as buttermilk, and contain small curdled bits.

Yogurt: Mix 3/4 cup plain yogurt with 1/4 cup water.

Sour Cream: Mix 3/4 cup sour cream with 1/4 cup water.

Cream of Tartar: Mix 1 cup of milk with 1 3/4 teaspoons cream of tartar. Let stand 5-10 minutes until slightly thickened and curdled.

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

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WEST WARWICK: 2 Bedrooms, 1st floor, plenty of storage, laundry on site, off-street parking. No utilities. No dogs. \$700/month. 649-3954.

House for Rent
COVENTRY, Western: Cozy 2 bedroom Cottage in country setting. Appliances, washer/dryer, window A/C's, Lead Safe. No utilities/pets/smokers. \$795/month plus security. \$35 Application Fee for Credit/Background Check. 397-3455.

WEST WARWICK:
2 Bedroom, 1st floor, appliances, parking, laundry on-site. \$900. 301-1892.

Room For Rent
PHENIX HOTEL, 18 Highland Street, West Warwick: Monthly \$425. 821-2636 between Noon-5PM or 241-5116.

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COVENTRY: Furnished Room for Rent. 1 Person only. Cable TV, access to Laundry Room and kitchen. \$110/week or \$440/month plus security. 823-3663.

WEST WARWICK: 2 Bedroom, appliances, parking, storage. No utilities. \$650. 339-7079.

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WEST WARWICK: 3-4 Bedroom Duplex. Washer/dryer, off-street parking. Pets considered. \$300/week. 401-632-9765.

Real Estate for Sale
WEST WARWICK: Solid 3 Bed, 1 bath Ranch. Hardwoods, gas, sewers, breezeway, integral garage, walkout. \$157,900. Kathy Murray, ReMax. 529-2070.

WEST WARWICK:
Nice, large, 1 bed. All utilities included. Appliance. Parking. \$165-\$170/week. 2 weeks security. No dogs. Non-smokers. 828-5080.

ONCE IN A LIFETIME HOME! Coventry: Custom built 3 bed, 3 1/2 bath Colonial. 2-Car attached garage, finished walkout with gym/sauna. Situated on over a 1/2 acre of peaceful, quiet enjoyment. \$339,900. Kathy-Murray, ReMax. 529-2070.

WEST WARWICK, Arctic: 3 Rooms, 3rd floor, heat & hot water included. \$800/month plus security. 821-2225.

House for Rent
WESTERN COVENTRY: 2 Bed, 2 bath Guest House. Washer/dryer. Some utilities included. \$1075/month. References. 1-941-661-4416.

WEST WARWICK: 1st Floor, 2 bedrooms, heat included. Quiet area. \$800/month. David, Re/Max. 821-4111.

WEST WARWICK, Arctic: Efficiency, 2nd floor, heat & hot water included. \$625/month plus security. 821-2225.

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TOP VIDEO RENTALS AND SALES

- Top 10 VOD Movies**
1. Focus(R) Will Smith
 2. American Sniper(R) Bradley Cooper
 3. Jupiter Ascending(PG-13) Channing Tatum
 4. The SpongeBob Movie: Sponge Out of Water(PG) animated
 5. McFarland, USA(PG) Kevin Costner
 6. Fifty Shades of Grey(R) Dakota Johnson
 7. The Loft(R) Karl Urban
 8. Survivor(PG-13) Milla Jovovich
 9. Seventh Son(PG-13) Ben Barnes
 10. Still Alice(PG-13) Julianne Moore

- Top 10 DVD, Blu-ray Sales**
1. The SpongeBob Movie: Sponge Out of Water(PG) Paramount
 2. Jupiter Ascending(PG-13) Warner Bros.
 3. American Sniper(R) Warner Bros.
 4. Focus(R) Warner Bros.
 5. McFarland, USA(PG) Disney
 6. Fifty Shades of Grey(R) Universal
 7. Justified: The Final Season(TV-MA) Sony
 8. Seventh Son(PG-13) Universal
 9. Jurassic Park Collection (PG-13) Universal
 10. Paddington(PG) Anchor Bay
- Source: Rentrak
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Birding BITS BY Cindy Brook

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2. Hang feeders at least 8 feet from the ground.
3. Don't hang feeders on tree branches.
4. Try a squirrel baffle on your pole or post. It should be at least 5 feet from the ground.

E-mail: birdingbits@cfl.rr.com
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The Garden Bug Seaweed fertilizer BY BRENDA WEAVER

Seaweed stimulates beneficial soil microbial activity and enhances photosynthesis and growth in plants. Make your own liquid fertilizer with it by taking 2 sheets of sushi nori seaweed paper (found in Asian food stores), rip them into small pieces and drop it into a jug of water. Let the seaweed and water solution sit for a few days, shaking it occasionally. When the water turns a rich greenish-brown color, the mixture is ready to apply. Try 2 or 3 teaspoons at a time per plant.

Source: Zuditaka on YouTube, www.ghorganics.com



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Coventry: Well cared for 2 bed mobile, open kitchen with dining area, large living room, Florida room, \$39,900
Cranston: Dean Estates, 3 bed, 1.5 bath ranch, beautiful hardwoods, kitchen has granite, C/A, garage, fenced, \$409,000
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404 WASHINGTON STREET, Coventry: July 4, 7AM-7PM. Lots of stuff for young & old.

COVENTRY-WEST GREENWICH ELKS LODGE YARD SALE TABLE RENTALS

The Coventry-West Greenwich Elks Lodge #2285, Noose-neck Hill Road, West Greenwich, will hold a Yard Sale on July 18. Tables are available to rent for \$20. For information call Bonnie at 385-3076.

RIVERPOINT CONGREGATIONAL CHURCH RUMMAGE SALE

Martha & Mary's Shop at Riverpoint Congregational Church, 75 Providence Street, West Warwick, will hold a Rummage Sale on July 11 from 9AM-1PM. Clothing (\$.25-\$.50/item), household goods, kitchen items, vintage solid Oak folding chairs (in very good condition), plus more.

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19 JOHNSON BOULEVARD, Coventry: Saturday, July 11. Rain date Sunday, July 12. 8AM-1PM. Everything must go.

26 KOWALIK DRIVE, West Warwick: July 4, 8AM-2PM. Rain date Sunday. Large assortment.



1. Name Norman Greenbaum's one big hit.
2. Which band released "Sing a Song," "Serpentine Fire" and "September"?
3. Who released "He Ain't No Angel" and "Giving Up"?
4. Which group released "Shimmy Baby" with "Face of An Angel" on the flip side?
5. Name the song that contains this lyric: "It's the heart afraid of breaking that never learns to dance. It's the dream afraid of waking that never takes the chance."

Answers

1. "Spirit in the Sky," in 1969. Greenbaum also was responsible for "The Eggplant That Ate Chicago," released by Dr. West's Medicine Show and Junk Band.
2. Earth, Wind & Fire. All topped the R&B chart.
3. The Ad Libs, in 1965 and 1969. Their first single was "The Boy From New York City" in 1965.
4. Joey Dee and the Starlites, in 1960. Their sole No. 1 hit was "Peppermint Twist" the following year.
5. "The Rose," by Bette Midler, in 1979. Midler recorded the song for the soundtrack of the film by the same name. Although nominated in multiple categories for an Academy Award, Best Original Song was not among them because a song must be "original and specifically written for a motion picture," according to Academy rules.

SOAP Updates

COMPILED BY DANA BLOCK

THE BOLD AND THE BEAUTIFUL

The staff at Forrester Creations welcomed Caroline back on her first day in the office since her accident. Rick asked Maya to move in with him again. As CEO, Ridge was inundated with inquiries from the press and the public about Maya's employment status. Deacon questioned Quinn's motives for helping Ivy. Liam was noticeably jealous when he witnessed Wyatt flirting with Steffy. Later, Ivy was heartbroken when she overheard Liam professing his feelings for Steffy. After hearing that Caroline hadn't sketched any designs since her accident, Ridge gave her an incentive to be creative again. Rick proved to Maya just how much he still loved her. **Wait to See:** Some unexpected faces return to L.A.

DAYS OF OUR LIVES

Eric and Nicole bonded as they faced certain death. Ben made a shocking discovery. Paul told Sonny that he still believed they belonged together. Eric and Nicole were rushed to the hospital in serious condition. Serena was questioned by the police. Chad kissed Zoe. Ben gave Abigail a chance to come clean. Eric and Nicole were haunted by their secret. Victor condemned Xander to death. John and Marlena grew closer over Eric's crisis. Stefano tricked Kate into meeting with him. Eric and Nicole attempted to deal with the ramifications of their actions. Sonny was furious when he uncovered Will's machinations. Will asked Kate for a favor regarding Paul. **Wait to See:** Brady gives Victor an ultimatum.

GENERAL HOSPITAL

Dante grew increasingly suspicious of what Lulu and Dillon were hiding. TJ was leery about accepting Sonny's offer to help because he wasn't sure how involved Sonny was with the attempted hit on Jordan. Lucy explained the reasoning behind her



Jacqueline McInnes-Wood stars as "Steffy" on "The Bold and the Beautiful"

ELQ vote just as Nikolas arrived to proclaim his vote. Madeline demanded that Ric give her a status report on Nina. Nikolas asked Rosalie to retract her statement or he would reveal her secret. Franco introduced Nina to his "date." Madeline had a proposition for Ric that could send Nina over the edge. After Lulu continued to lie to him, a frustrated Dante allowed himself to be consoled by Valerie. Luke and Laura confronted an intruder. **Wait to See:** Denise is determined to visit Avery.

THE YOUNG AND THE RESTLESS

Victor spent Father's Day with his children and grandchildren at the athletic club dining room. Paul and Christine were trying to mourn the loss of their baby when Nikki arrived hoping to make amends. Victoria asked what Jack was planning, but Billy evaded the question. Nikki was skeptical of Victor's motives after he surprised his family with a Hawaiian vacation. Adam tried to comfort Chelsea after she grew emotional on Father's Day. Phyllis wondered if Ashley was telling the truth about Jack sleeping with Kelly. Lily saw the security footage of Lauren visiting Cane's suite late at night. Victoria reminded Billy of Jack's selfishness. Avery called Dylan in a panic after someone broke into her apartment. **Wait to See:** Kevin gets closer to finding the killer's identity.

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

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PHENIX BAPTIST CHURCH VACATION BIBLE SCHOOL

Phenix Baptist Church, 2 Fairview Avenue, West Warwick, invites all children to attend "Agency D3 - Discover, Decide, Defend" Vacation Bible School daily from 9AM-12PM from July 20-24. While investigating at Agency D3, kids will collect and log evidence about the life of Jesus. As Special Agents, they will examine eyewitness reports, physical proof & biblical accounts to uncover & defend the truth about who Jesus really is. Call 821-1618 or email phenixbc@verizon.net for more information.

"DO MUSIC" AT TYLER FREE LIBRARY

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

COVENTRY POLICE DEPARTMENT JULY SAFETY EVENTS

The Coventry Police Department will host free Child Seat Installation Demonstrations on **July 2** from 4-7PM at Anytime Fitness, 55 Sandy Bottom Road. **July 9** from 12-3PM at Walgreens, Tiogue Avenue. **July 16** from 4-7PM at Crystal Cleansers, Coventry Shopper's Park. **July 23** from 12-3PM at Walgreens, Tiogue Avenue. **July 30** from 4-7PM at Anytime Fitness, 55 Sandy Bottom Road. Information can also be found at www.coventrypd.org

WEST WARWICK PUBLIC LIBRARY OFFERS FREE MATH & READING TUTORING

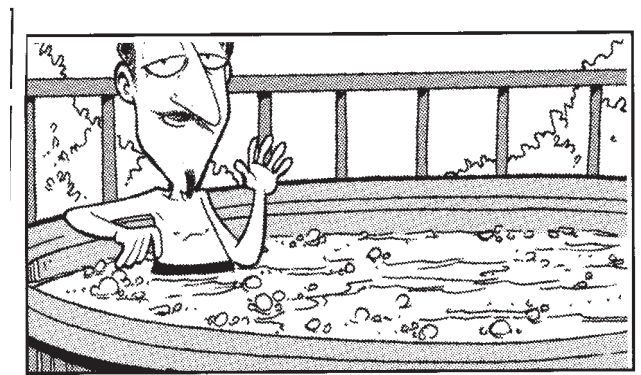
The West Warwick Public Library Youth Department, 1043 Main Street, West Warwick will offer free tutoring to early Elementary students this Summer. Applications are available in the Youth Department at the Library in June. Tutoring Sessions are 30 minutes once a week by Teen Volunteers in High School & College. Students entering Grades 1-3 can sign up for 5 weeks of reading tutoring on either Tuesday evenings or Friday mornings. Math Fun for students entering Grades 2 & 3 will be on Thursday afternoons in July. Details available at the Youth Department, online at www.wwlibrary.org or by calling 828-3750, Ext. 5.

DIABETIC SHOES

On July 21, Jackie from Lifeline Wellness will be at the Coventry Senior Center, 50 Wood Street, Coventry, from 10:30AM-12PM with her display of shoes for diabetics. These shoes are made seamless specifically for people with diabetes. Most insurances are accepted, including Medicare (along with a copay depending on your insurance). Please be sure to bring your Medicare Card and any Supplement Card you may have.

FREE ESL CLASSES OFFERED AT THE WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick, is offering free ESL Classes for individuals who want to improve their English skills. Adults work in groups with a teacher or volunteer tutor on reading, writing, speaking and listening skills. The 2015 Summer Session runs June 1-July 21. Classes meet at the Library Mondays & Tuesdays from 4:45-6:15PM or 7-8:30PM. A children's Literacy Teacher provides activities for children 3 years and older while their parents attend the Monday/Tuesday Classes. A Conversation Class for intermediate/advanced ESL students is offered Tuesdays from 7-8:30PM & a Conversation Class for Beginners will meet Fridays from 9:30-11AM. New students are always welcome throughout the session if space is available. Please call the Literacy Office at 828-3750, Ext. 15 for more information.



Roy Jacuzzi, who is credited with inventing and marketing the first integrated whirlpool bath in 1968, came from a family of inventors who are credited with inventions in both aviation and agriculture, including an agricultural pump.

Entertainment

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

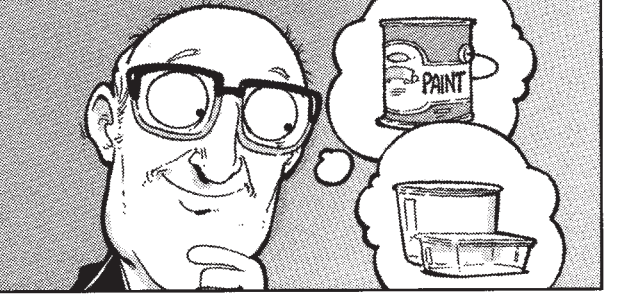
Weekly Dance Schedule
 (note listings below for exceptions to this schedule)
 21 and Over, ID's Required
 Under 21 Must be with a Parent or Guardian

Monday*, Tuesday & Wednesday	Beginner Dance Lessons & Requests Doors Open at 7pm • Lessons at 7:30pm	\$9
Friday & Saturday	Dance Lessons Closed July 3rd & 4th at 7pm	\$8
Every 1st Thursday of the Month Doors open at 7pm Band starts at 8pm	Mishnock All Stars Thursday Night Rocks!! Dancing to DJ and Bands	No Cover
Sunday July 5th 5pm-10pm	Mishnock Barn's FREEDOM CONCERT Mishnock All Stars, Sundance and The All Bro's Wicked Good Pizza and Snacks	\$10 per person Cash bar

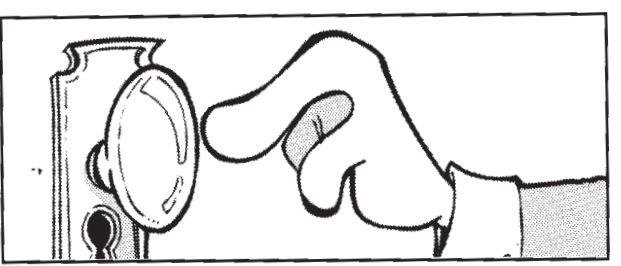
Mishnock Barn's Freedom Concert
SUMMER MUSIC FESTIVAL
 Sun., July 5th • 5pm-10pm
 Mishnock Barn
\$10.00 Cover Charge

BANDS • CASH BAR
WICKED GOOD PIZZA & SNACKS

Featuring The All Bro's, Mishnock All-Stars and Sundance



Earl Tupper, of Tupperware fame, is believed to have gotten the design for Tupperware's liquidproof, airtight lids by duplicating the lid of a paint can.



The normal static electricity shock that zaps your finger when you touch a doorknob is usually between 10,000 and 30,000 volts.

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

WORKSHOPS: Acoustic stringed instruments, 2nd & 4th Monday. Club Jogues, 184 Boston Street, Coventry. Bring your instrument & \$10. Call 487-3705.

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

STEAK FRY: Club Frontenac, 1143 Main Street, West Warwick. Thursday, July 9, 5-8PM. Menu includes steak, potato, vegetable, salad, mushrooms, onions. \$14/person. 821-9846.



One way to tell the difference between alligators and crocodiles is by their teeth. On crocodiles, the fourth tooth on each side of the lower jaw projects outside the snout when the mouth is closed.



ARIES (March 21 to April 19) Although you don't like to change plans once they're set, once again, you might find that doing so can make a big difference in your favor. Family matters dominate the weekend.

TAURUS (April 20 to May 20) You continue to get encouragement for your proposals, including some support from unlikely sources. Use this positive flow to move forward with your plans. Good luck.

GEMINI (May 21 to June 20) Family matters are dominant this week. It's a good time to be with those you love. It's also a good time to contact and reunite with loved ones with whom you've lost touch.

CANCER (June 21 to July 22) Be careful not to allow differences of opinion to create unpleasant feelings, especially in the workplace. A neutral observer could check out the situation and suggest a resolution.

LEO (July 23 to August 22) While the Lion's Den is the center of attention this week, with family matters dominating much of your time, workplace issues are also important. Try to find a balance between them.

VIRGO (August 23 to September 22) The future of a new relationship could depend on how much the usually impatient-to-get-things-done Virgo is willing to stop pushing and let things happen naturally.

LIBRA (September 23 to October 22) Worry over a loved one's well-being is eased with good news from a sympathetic source. Your continued show of love and support is important. Stay with it.

SCORPIO (October 23 to November 21) This is a good time to consider mending fences with someone you wish was back in your life. Forget about blame, and focus on the good things you once shared.

SAGITTARIUS (November 22 to December 21) This is a good week to start researching information regarding whatever changes you're considering, whether it involves a new home, a new location or a new job.

CAPRICORN (December 22 to January 19) A long-anticipated job opportunity could turn out to be less than you expected. But appearances might be deceiving. Check it out before you decide it's not for you.

AQUARIUS (January 20 to February 18) Good news: Adapting to a new situation might come more easily than you expected. You can look for continued support from colleagues who appreciate your contributions.

PISCES (February 19 to March 20) Someone you care for might need more reassurance from the typically "unemotional" Pisces. Go ahead. Open up, and you might be surprised at what you find when you do.

BORN THIS WEEK: You are a romantic at heart, although you can be amazingly practical when you need to be.

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 Baked with wine sauce and cracker crumb topping - full dinner \$8.50*
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Enjoy (also Friday's only) Our Specially Priced Famous Fish and Chips for \$8.50. (comes with a clam cake, cole slaw, and tartar sauce)

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Red Chowder - 1/2 gallon at \$8.50 and one gallon for \$15.00

New England Clam Chowder - 1/2 gallon at \$9.50 and one gallon for \$16.00

Clear Chowder - 1/2 gallon at \$8.50 and one gallon for \$15.00
 (These soups are available cold on other days)

*Fresh vegetables marinated in balsamic vinaigrette, corn, carrots, potatoes and rice make up some of our side dishes to go along with full course dinner options.

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