

The **REMINDER** Free!

Rhode Island's First Buyers Guide

60 YEARS IN BUSINESS

May 5, 2015 • Volume 60 • Issue 51

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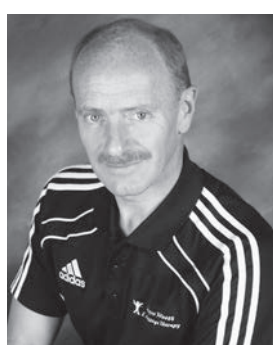
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JIM AYER, PRESIDENT

DONATIONS NEEDED FOR COMMUNITY FUND-RAISING YARD SALE

The Shabby Cottage Garden Florist & Gifts, 820 Tiogue Avenue, Coventry, is now accepting donations from your Spring clean-out for a Community Fundraiser Yard Sale on May 24 to benefit the Autism Project of RI. 100% of all proceeds will go directly to the Autism Project. Example of items accepted are clothing (all sizes/gender), shoes, belts, hats, handbags, household and bed linens, kitchen items, small appliances, toys, games, baby gear, etc. All items must be in good/reusable condition. Please call 822-8300 with any questions.

ANNUAL MOTHER'S DAY BREAKFAST AT WEST WARWICK ELKS LODGE

The West Warwick Elks Lodge #1697, 60 Clyde Street, West Warwick, invite you to their Annual Mother's Day Breakfast on May 10 from 8AM-12PM. Breakfast includes eggs, pancakes, french toast, sausage, bacon, home fries, fruit cup, toast, coffee, tea & juice. Tickets are \$7/adult, \$4/child (ages 5-12), children under 5 are guests of the Lodge. All proceeds benefit Elks Charities. Call 821-9807 for more information.

SNAP-ED NUTRITION WORKSHOPS AT THE WEST WARWICK SENIOR CENTER

The West Warwick Senior Center, 145 Washington Street, West Warwick, invites you to attend a SNAP-Ed Nutrition Workshop on May 11 from 10:30-11:30AM. Enjoy fun & lively activities with older adults! Talk about easy ways to make smart food choices, try new recipes, and learn how to shop healthy on a budget.

SHINGLES VACCINATION CLINIC

The Wellness Company is sponsoring a Shingles Clinic at the Coventry Senior Center, 50 Wood Street, Coventry, on May 13 from 10:30-11:30AM. Shingles vaccinations (less patient deductible) are covered by a number of Medicare Part D Prescription Plans, as well as by BCBSRI for ages 50+ and United Healthcare for ages 60+. Pre-registration required in order to receive the vaccine. To schedule an appointment, please call 490-0942.

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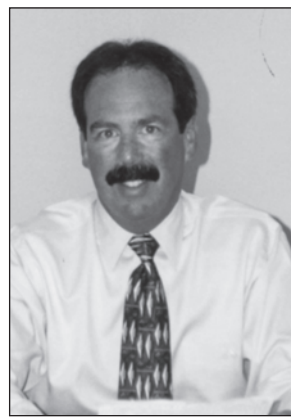
CHS CLASS OF 1970 LOOKING FOR CLASSMATES

Please help locate the Coventry Class of 1970 Classmates for a Class Reunion to be held in October. Please contact Barbara at 640-1909 or Marcia at 1-781-910-4268. Your help will be greatly appreciated if you are in touch with any former alumni.

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MOOSUP VALLEY FIRE STATION PLANT SALE
Moosup Valley Fire & Rescue will hold their 10th Annual Plant Sale on May 16 from 9AM-2PM at the Fire Station, 55 Moosup Valley Road, Foster. Come shop annuals, perennials, vegetables, herbs, birdhouses, garden items & more. Proceeds benefit the volunteer Firefighters. If you have plants or other items you would like to sell, call Celine at 397-9248 for more information.

GARDENING WORKSHOP AT COVENTRY PUBLIC LIBRARY
Garden Programs on "Seed Starting" (with Gail Tatangelo) and "Tomatoes" (with Roger Plant) are scheduled for April 23 & May 7 at 7PM in the Town Hall Council Chambers, 1672 Flat River Road, Coventry. These Workshops will help the gardener prepare for Spring planting. Free seed will be shared at each program. Please call Jane at 822-9104 for more information and to register.

PROJECT FRIENDS TREASURE CHEST
Project Friends Treasure Chest, located at 191 MacArthur Boulevard, 2nd floor, Coventry has a large inventory of new & gently used seasonal clothing. Hours are Tuesday, Wednesday & Thursday from 10-11:30AM and also Wednesday & Thursday from 1-3PM. We accept donations of new & gently used items. Public welcome. If you have any questions, please call 822-6229.

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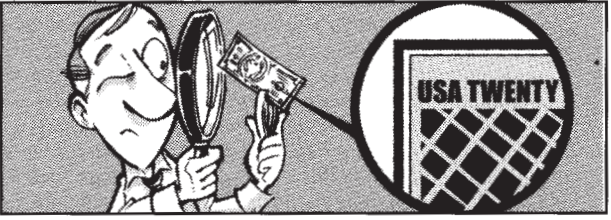
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Health Matters

Healthy Bones For Life

(NAPS)—When it comes to good health, you can certainly feel it in your bones. That's because your bones are alive. Every day, the body breaks down old bone and puts new bone in its place. While it is normal to lose some bone with age, too much bone loss can lead to osteoporosis.

What Is Osteoporosis?
With osteoporosis, the bones become weak and are more likely to break, especially those in the wrist, spine and hip.

Because bone loss often happens over time and doesn't hurt, many people have weak bones and don't even know it. A broken bone is often the first sign of osteoporosis. It's a good idea, therefore, to know the risk factors. These include:

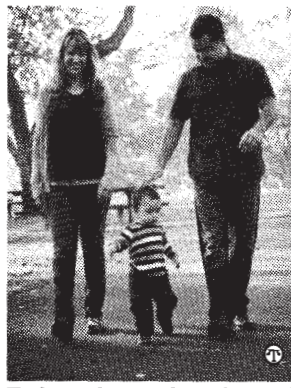
- Poor Diet.** Too little calcium can increase your chances of getting osteoporosis. Not enough vitamin D can also increase your risk. Vitamin D helps the body use the calcium in your diet.

- Not Enough Physical Activity.** Not exercising and not being active for a long time can increase your chances of getting osteoporosis. Like muscles, bones become stronger—and stay stronger—with regular exercise.

- Body Weight.** Being too thin makes you more likely to get osteoporosis.
- Smoking.** Cigarettes can keep your body from using the calcium in your diet.

- Alcohol.** People who drink a lot are more likely to get osteoporosis.
- Medicines.** Certain medications can cause bone loss.

- Age.** Your chances of getting osteoporosis increase as you get older.
- Gender.** Women have a greater chance of getting osteoporosis because they



To keep bones healthy and strong, it helps to eat foods rich in calcium and vitamin D, and get plenty of exercise.

have smaller bones than men and lose bone faster than men do. However, men can still develop osteoporosis as they age.

- Ethnicity.** White and Asian women are most likely to get osteoporosis. However, people of all backgrounds are at risk.

- Family History.** Having a close relative with osteoporosis may increase your risk.

What To Do About It
Since osteoporosis has no symptoms, it's important to talk to your doctor about your bone health. If your doctor feels you're at risk, he or she may order a bone density test. It's quick, safe and painless.

If your bone density test shows that your bones are weak, your doctor may suggest lifestyle changes and prescribe medication that can help.

Learn More
For further information on osteoporosis and bone health, you can go to www.niams.nih.gov/multicultural, the website of the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), or call toll free (877) 226-4267 and order a free publication on bone health, available in English or in Spanish.

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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.

COVENTRY-WEST GREENWICH ELKS BRONX ZOO TRIP

The Coventry-West Greenwich Elks are sponsoring a Bronx Zoo Trip on June 20. Bus departs from the Elks Parking Lot at 7:30AM. Cost is \$68/person and includes transportation, tip & Zoo Admission. For reservations and/or more information, call Debra at 828-0306.

WESTMINSTER UNITARIAN CHURCH LOBSTER ROLL DAY!

Westminster Unitarian Church, 119 Kenyon Avenue, East Greenwich, will hold their 24th Annual Lobster Roll Day on Friday May 15. A Lobster Roll (no fillers) with a side of potato chips is \$9.50. 6 Or more, free delivery (select areas). Orders must be placed and prepaid by May 12. Visit www.westminsteruu.org to place your order. For more information, visit lobster@westminsteruu.org or call 884-5933.

SWINGING SQUARES OF RI MONTHLY DANCE

The Swinging Squares will host an "Over the Rainbow" Dance (Class Level, Mainstream and Plus) on May 16, from 8-10:30PM at the East Smithfield Neighborhood Center, 7 Esmond Street in Smithfield. Cost is \$7/person. Call Lynne at 1-508-852-7164 for more information.

CRAFT SHOW

The Relay For Life Team, Jan's Stars & Stripes will host a Craft Show on May 16 from 9AM-2PM at Cornerstone of Faith United Methodist Church, 1081 Main Street, Coventry. Proceeds will benefit the American Cancer Society Relay For Life Event.

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 St. Jude Novena
 Prayer to Blessed Virgin
 Novena to Sacred Heart

Prayer to St. Jude
 Other (indicate below or send a photo copy)

\$12.00 per Novena

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Please enclose payment along with your ad. Don't forget your initials!

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THE REMINDER
 1049 MAIN STREET, (intersection of Sandy Bottom Road and Rte. 117) COVENTRY, RI 02816-5706
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THE DEADLINE FOR ALL READER ADS IS MONDAY AT 12 NOON.
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6TH ANNUAL HOLLY'S SPIRIT RUN

The 6th Annual Holly's Spirit Run - 5K Run/Walk & Kid's Fun Run will be held on May 9. This family-friendly event starts at Coventry High School, 40 Reservoir Road, Coventry, and is a fundraiser honoring the memory of a fallen soldier. Registration begins at 7AM, the Race begins at 9AM (8:30AM for wheelchairs). Holly was a sweet, kind & spirited soul and she joined the Marines after the events of September 11 because she wanted to do something for her country. Holly's life was cut short at the age of 21 when a suicide bomber struck her convoy in Fallujah on June 23, 2005. Holly was the first female Marine to lose her life during Operation Iraqi Freedom. Registration Fee for the 5K Run & Walk is \$20 before May 7, \$25 after that date and \$5 for the Kid's Fun Run (registration available online at active.com). All proceeds benefit the Lance Cpl. Holly Charette Foundation. If you need more information, please call 392-3596.

COVENTRY SUBSTANCE ABUSE TASK FORCE FUNDING AVAILABLE

The Coventry Substance Abuse Task Force is expected to have funds available for Substance Abuse Prevention Projects (2015-2016). Interested parties/agencies who have a Substance Abuse Prevention based program/event to offer the Coventry population are encouraged to apply. Deadline for all submissions is May 11, 2015. To request an application, please call the Coordinator, Catherine Pendola at 822-9178 or email spajak@coventryri.org

The Garden Bug Rainwater harvesting BY BRENDA WEAVER

This method captures, diverts and stores falling rain for later use. It reduces the demand on existing water supplies, and reduces soil erosion due to run-off. The collected water can be used for landscape use, stormwater control, wildlife and livestock watering, in-home use, and fire protection. A rainwater harvesting system can vary in size and complexity and can be installed in all kinds of properties and structures.

Sources: www.enlight-inc.com, www.arcasa.org, rainwaterharvesting.tamu.edu

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**STOP MEDICARE FRAUD!
SAVE MEDICARE DOLLARS!**

Volunteer for the Senior Medicare Patrol Program (SMP) and teach Medicare beneficiaries how to fight fraud.

It's as easy as 1-2-3.

1. PROTECT Your Medicare Number.
2. DETECT Read your Medicare Summary Notice
3. REPORT Your Concerns

For more information, call the RI Division of Elderly Affairs at 401-462-0194 401-462-0740 (TTY)



The production of this ad was supported by grant #90MP0166/03 from the Administration for Community Living, U.S. Department of Health and Human Services (DHS).

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Novena to the Sacred Heart
I give thanks for the favor granted by the powerful Novena made to the Sacred Heart.
May the Sacred Heart of Jesus be praised, adored and glorified through the whole world forever. Amen.
Say this little prayer (6) times a day for (9) consecutive days, your prayer will be answered before the 9th day, no matter how impossible it may seem to you.
Don't forget to thank the Sacred Heart.
Publication promised. Many favors received.
JW

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

Moments in time
THE HISTORY CHANNEL

- On May 13, 1607, some 100 English colonists arrive in Virginia to found Jamestown, the first permanent English settlement in North America. The first colonial council was held by seven settlers whose names had been chosen and placed in a sealed box by King James I.
- On May 14, 1904, the Third Olympiad of the modern era opens in St. Louis, Missouri. Like the Second Olympiad, held in Paris in 1900, the St. Louis Games were poorly organized. There were few entrants other than Americans in the various events, and, expectedly, U.S. athletes won a majority of the competitions.
- On May 16, 1849, the New York City Board of Health is finally able to establish a hospital to deal with a cholera epidemic that would kill more than 5,000 people. The disease took hold on Dec. 1, 1848, when a ship arrived from France carrying the bodies of seven passengers who had died from cholera.
- On May 15, 1937, Madeleine Albright, America's first female secretary of state, is born in Prague, Czechoslovakia (now the Czech Republic). After immigrating to the United States in 1948, her father, Josef Korbel, became dean at the University of Denver, where he would later train another female secretary of state, Condoleezza Rice.
- On May 12, 1957, race-car driver A.J. Foyt scores his first professional victory, in a U.S. Automobile Club midget car race in Kansas City, Missouri. Foyt raced midgets and stock cars before moving up to bigger things in 1958, when he entered his first Indianapolis 500 race.
- On May 17, 1970, Norwegian ethnologist Thor Heyerdahl and a multinational crew set out from Morocco across the Atlantic Ocean in Ra II, a papyrus sailing craft modeled after ancient Egyptian sailing vessels. The Ra II crossed the 4,000 miles of ocean to Barbados in 57 days.
- On May 11, 1985, 50 people die in a fire in the grandstand at a soccer stadium in Bradford, England. The wooden roof, which burned in just four minutes, was scheduled to be replaced by a steel roof later that same week.

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Youth Summer Bowling Leagues at Mac's Bowl
Have a Ball League for Ages 8-21 Monday Nights at 7pm

Broken into two age divisions.
Division A, ages 14-21 Division B, ages 8-13
Each player receives a Paramount Bowling Ball of their choice as a prize at the end of the program. Special awards for champs in both divisions.
Weekly cost is \$10.50 (shoe rental included)
Absentee fee is \$3.00. 10 week minimum to get a ball. \$65 Value

All divisions play for 12 weeks. Registration fee: \$2.00
Begins Monday June 1, 2015. SIGN UP NOW!

Name _____
Age _____ Phone _____
Address _____
or Call Mac's Bowl, 828-3279 Join us for fun!
Awards for all!

Have a Ball Bumper League for Ages 4-7. Monday Nights at 5:30pm
Ball awards will be given at the end of the program.
Weekly cost is \$8.00 (shoe rental included).
Absentee fee is \$3.00. 10 week minimum to get a ball. \$65 Value. 2 games each week.

All mothers are physically handicapped. They have only two hands.
—Anonymous

COVENTRY PUBLIC LIBRARY CALENDAR

Thursday, May 7th at 7pm:
GROWING TOMATOES with Roger Plante

Wednesday, May 13th at 6:30pm:
BUDGETING 101 - Jade M. Toher CPA
will show you how to get a handle on your budget

Wednesday, May 27th at 7pm:
BONNET MAKERS & RABBLE ROUSERS, the history or women in RI with Elyssa Tardif of the RI Historical Society

Monday, June 1st: 4-WEEK COURSE IN CHAIR YOGA BEGINS
Call 822-9104 or 822-9105 to Register for All Programs.
Call 822-9105 to ask about Computer Lessons • Call 822-9103 to inquire about ESL Programs
Library Website: http://www.coventrylibrary.org

Puzzle Page

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--	---	---

*100% Financing Available Even if Your Credit is Less than Perfect.

EASTERN HOME IMPROVEMENT

828-3689 (RI Reg. #1373)

King Crossword

ACROSS

1 Binge	40 veggie	determin-
4 Founded (on)	41 Adam's mate	tion
9 Stir-fry need	42 Meadows	10 Sandwich cookie
12 Eggs	43 Went sightseeing	11 Acute
13 Scent	45 Ink stain, e.g.	16 Moon vehicle
14 Rage	47 "Impossible"	20 Has a bug
15 Quasi-modern workplace	48 Depressed	21 Moolah
17 Shelter, at sea	49 Bath alternative	22 Reed instrument
18 Flightless bird	54 Candle count	23 How pilgrims progressed?
19 Kevin of "SNL" fame	55 Obliterate	27 Remuneration
21 They give one pause	56 Hockey surface	29 Macadamize
24 Faucet problem	57 That woman	30 Watched
25 "The Daba Honeymoon"	58 Parking lot device	32 Undo a dele
26 Siesta	59 Deity	34 "The Piano Lesson" painter
28 Skier's hill	DOWN	37 Tribal chief
31 Protein-rich beans	1 Task	39 Mom
33 Felon's flight	2 St. crosser	42 Coastline
35 Move back and forth	3 Guy's companion	44 Gls' entertainment grp.
36 Lifts to test the weight	4 Bruce Wayne's alter ego	45 Mediocre
38 Thanksgiving	5 Stirring	46 Theater box
	6 Boar's mate	50 Tit for —
	7 Make corrections	51 Peruke
	8 "— go first"	52 Environmentally friendly
	9 Energetic	53 Stop signal

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In-Grounds Starting at \$150
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 With over 25 years experience the Peters' brothers will provide their customers exceptional service at a fair price.

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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
54			55						56		
57			58						59		

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

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

Cars	Load	Robbery	Timetable
Depot	Master	Set	Wreck
Dispatcher	Oil	Station	Yard
Fare	Ride	Tickets	

King Crossword

Answers

Solution time: 21 mins.

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MOOSUP VALLEY GRANGE #26 ROAST BEEF SUPPER

Moosup Valley Grange #26, 81 Moosup Valley Road (off Rte 14 - Plainfield Pike), Foster, will hold a Family Style Roast Beef Supper on May 16, with seatings at 4:30, 5:30, & 6:30PM. Menu consists of Roast Beef, mashed potatoes, (2) vegetables, rolls, coffee, punch, & dessert. Adults \$15, children (6-12) \$7. Call 397-7069 or 392-0439 for reservations.

WEST WARWICK PUBLIC LIBRARY PRESENTS...
West Warwick Public Library, 1043 Main Street, West Warwick, will host "Genealogy: Find Your Ancestors" on May 12 from 6-8PM. Andrew Boisvert from the RI Genealogy Society will be conducting a hands-on workshop to learn how to find family members, history & vital statistics and documents from major genealogy databases. There will be time at the end of the evening for questions & discussion. Space is limited. This program is free and open to all. Please call the Library at 828-3750, Ext. 4 or email ref@wwlibrary.org to register and/or for more information.

ANNUAL DEACON'S FUND DINNER & CONCERT AT PHENIX BAPTIST CHURCH
Phenix Baptist Church, 2 Fairview Avenue, West Warwick, will hold a "Spring Fling" Spaghetti Dinner & Concert on May 16. Dinner will be served at 6PM, concert by "Kyrie Road" of First Baptist Church in Wickford at 7PM. The Church will accept Free Will Offerings. Please RSVP by May 12. Please see a Deacon or contact the Church Office at 821-1618 for tickets or more information.

WALK WITH EASE PROGRAM AT WEST WARWICK SENIOR CENTER
The West Warwick Senior Center, 145 Washington Street, West Warwick, will offer the Arthritis Foundation "Walk with Ease" program on Mondays, Wednesdays & Fridays at 9AM from May 18-June 26. The Walk with Ease Program is FREE and will help you get motivated to get in shape, walk safely & comfortably, improve your flexibility, strength & stamina, reduce pain & feel great. Classes are 1-hour each, 3 times/week for 6 weeks. Please call Jo Ann or Sharon at 822-4450 for more information.

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We could all use a little good news to brighten our day... Have you witnessed a "Random Act of Kindness" lately? "The Reminder" would love to hear about it. Please submit your entry in writing and we will print them anonymously on a space available basis. Please mail your "Random Acts of Kindness" (with contact information) to The Reminder, 1049 Main Street, Coventry, RI 02816. Or feel free to email your submission to rreminder@aol.com



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Chicken Sausage Jambalaya
\$5.99 lb.

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Sliced London Broil with Chimichurri \$9⁹⁵lb.
Roasted Plantain and Black Bean Burrito..... \$4⁹⁹ ea.
Three Citrus Grilled Boneless Chicken Breast \$6⁹⁹lb.

Penne Feta Pasta Salad..... \$4⁹⁹lb.
Zucchini Latkes..... 2/\$5
Grab 'N Go! Chicken, Spinach and Pasta Alfredo..... \$5⁹⁹ ea.

DELI



Low Sodium Ham
\$2.99 lb.

Land O Lakes 4 Cheese Italian Blend \$5⁹⁹lb.
Boar's Head, Reg. & Lo-Salt Bologna \$4⁹⁹lb.
Boar's Head Vermont Cheddar..... \$5⁹⁹lb.
Kretschmar Bacon Crusted Turkey \$5⁹⁹lb.
Tom's Own, Rare & Juicy Roast Beef..... \$8⁹⁹lb.

CUSTOM CUT FRESH MEATS

Fresh throughout the Day!
Ground Round \$4⁵⁹lb.
Certified Angus Beef Stir Fry or Cube Steak \$4⁹⁹lb.
USDA Country Style Spare Ribs \$1⁷⁹lb.
Bar S Franks 1 lb. pkg. Excludes Beef ... 4/\$5
Oscar Mayer Ready-to-Eat Bacon .. \$2⁹⁹pkg.

USDA!! Grade A **Chicken Leg Quarters** \$3⁹⁹ lb.
USDA! Finely Trimmed **Bone-In Pork Chops** \$1.99 lb.



Barilla Pasta
5/\$5
Excludes Plus, Gluten Free, Lasagna & Shells

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16 oz. All Varieties Ken's Dressing 2/\$4
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First of the Season! Sweet & Juicy Peaches..... \$1⁹⁹lb.
Jumbo Green Peppers \$1⁴⁹lb.
Sweet, Seedless Watermelon 79¢lb.
Extra Large Greenhouse Tomatoes \$1⁴⁹lb.

Full Pint **Sweet & Plump Blueberries** \$3⁹⁹ ea.
Delicious **Butter & Sugar Corn** 8/\$3⁹⁹

SEAFOOD



Delicious Wild Caught Monk Fish "Poor Man's Lobster" \$8⁹⁹lb.
Fresh & Sweet Bay Scallops \$10⁹⁹lb.
Fresh Wild Caught **Swordfish** \$12.99 lb.
Fresh Maine Harvested Mussels..... \$2⁹⁹lb.
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All Varieties **Tate's Cookies** \$4.59 pkg.
Great for Mini Sandwiches! Baketree Mini Croissants \$3⁹⁹ 20 ct.
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WOW! What a Bargain!

Your Reader Ad in The Reminder reaches 28,000 local families for only \$7.00

Turn your no longer used items into cash quickly and easily. See page 4 for details.

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.
S.I.M.

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 Spring Session runs January 12-May 12. 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 term. Please call the Literacy Office at 828-3750, Ext. 15 for more information.



1. How did Bread come up with the band's name?
2. What was Blues Image's most successful song?
3. The Standells' "Dirty Water" was about what city?
4. Which singer netted a Grammy for "Funny Way of Laughin'?"
5. Name the song that contains this lyric: "What's your name? Who's your daddy? (He rich) Is he rich like me. Has he taken, any time. (To show) To show you what you need to live."

Answers

1. Legend says they took the name after being stuck in traffic behind a Wonder Bread truck.
2. "Ride Captain Ride," in 1970. Blood, Sweat & Tears covered it five years later.
3. Boston. The song also references lovers, thieves, locked doors and The Strangler.
4. Burl Ives, in 1962. The song climbed all the charts: singles, country, pop and contemporary adult.
5. "Time of the Season," by The Zombies in 1968. The song is often used as being representative of the late '60s. Toyota used it in advertising campaigns for the Tilda in Japan, Greece and Russia, and more recently for the RAV4 in Russia. It also saw use in television shows "South Park," "NCIS" and "Will and Grace."

AARP CHAPTER 2210 CRANBERRY HARVEST TOUR TRIP

AARP 2210 is sponsoring a Cranberry Harvest Tour Trip on September 23. The trip includes motorcoach transportation by Conway Tours, Cranberry Bog Tour, lunch at the Dan'l Webster Inn, & a visit to the Sandwich Glass Museum. Cost is \$87/person. Call Caroline at 398-0422 or Maureen at 828-5188 for reservations or for more information.

PARLONS FRANCAIS!

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

THE FINAL DAY OF VOTER REGISTRATION FOR THE COVENTRY FINANCIAL TOWN MEETING IF YOU ARE NOT ALREADY REGISTERED TO VOTE, WILL BE, SUNDAY, MAY 10, 2015 12:00PM TO 4:00PM At the LIBRARY in the Town Hall - 1670 Flat River Road

Voter registrations, name and address changes may be done at this time. You must be a registered voter in the town of Coventry by May 10, 2015 in order to vote at the Financial Town Meeting.

FINAL CANVASS NOTICE

NOTICE IS HEREBY GIVEN THAT THE BOARD OF CANVASSERS & REGISTRATION OF THE TOWN OF COVENTRY WILL MEET IN THE TOWN HALL IN AND FOR SAID TOWN, ON TUESDAY, THE 19TH DAY OF MAY, 2015 AT 4:00PM TO CANVASS THE VOTING LIST FOR THE COVENTRY FINANCIAL TOWN MEETING TO BE HELD ON TUESDAY, JUNE 9, 2015 BY ORDER OF THE BOARD OF CANVASSERS AND REGISTRATION.

Frank J. Perry Jr.
Willam F. Marcotte
Julie A. Stefanik

Coventry Board of Canvassers & Registration 822-9150

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By Samantha Mazzotta

Lawnmower Zen

Q. My lawnmower didn't seem to cut the grass as well last year as it did two years ago when it was new. Is there anything I can do to bring up its performance? — *Greg in Boise, Idaho*

A. A pre-season check and tune-up can really help your lawnmower's performance. While the main issue here may be that the blades

Gasoline can degrade over time, so empty the mower's tank and fill it with fresh gas (some older mowers use a gas/oil mix). Check the oil. If it's old or contaminated with grass particles, change it. Replace the mower's air filter. Change the spark plug. Clean the undercarriage thoroughly, removing clumps of grass and debris.

How you mow could be a factor, too. Are you mowing first thing in the morning to beat the heat? Wet grass forms clumps that can clog the mower, and mowing while it's still damp with dew can damage the grass, too. Wait a few hours past sunup so the lawn dries out a bit. And don't mow the grass right after it rains or has been watered.

Letting your lawn grow too high between mowings also can cause grass to clump, slowing or even stalling the engine. Learn the recommended mowing height for your type of grass, and set your blade height accordingly. Mow often enough so that only the top third of the grass is trimmed away.

TIP: After each mowing session, disconnect the spark plug wire (to prevent the mower from accidentally starting), tip it and remove any clumps of grass from the undercarriage using a hose or a sturdy brush — never your hand.

Send your home tips and questions to ask@thisisahammer.com.

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need sharpening, it's a good idea to check other components to make sure they're all OK. You might even want to schedule a mid-season check up, particularly if you're having to mow every week or have a lot of yard to cut.

You can sharpen the mower blades with a metal file, or a grinder, if you or a friend have one. Some hardware and home-improvement stores also offer this service.

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HOPE HISTORICAL SOCIETY MEETING

The Hope Historical Society will hold their monthly meeting on the 2nd Saturday of the month (from September thru June) at 2PM at the "Howland Barn" on Ryefield Road in Hope. Come and bring a friend!

WEST WARWICK PUBLIC LIBRARY OUTREACH PROGRAM

The West Warwick Public Library is offering free home delivery of Library material to the elderly & disabled. This Outreach Program brings Library materials (books, movies, music, etc.) to the elderly or disabled, as well as anyone who is homebound. The Program is free and patrons are accepted all year round. For more information, contact Anne at 828-3750, Ext. 11 or email acapezza@wwlibrary.org

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Find at least six differences in details between panels.

Differences: 1. Hatting is lower, 2. Sleeve is shorter, 3. Truck is missing, 4. Fence top is different, 5. Cap is missing, 6. Shovel is missing.

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Books

Recommended Reading

Find Momo Coast to Coast: A Hide-and-Seek Photography Book
by Andrew Knapp (Quirk Books, \$14.95)
Reviewed by Larry Cox

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In 1960, John Steinbeck set out on a road trip with Charley, his poodle, to discover America. The result was "Travels with Charley," a bestseller based on the experience. During the autumn of 2013, Andrew Knapp, a freelance interface designer and photographer from Ontario, Canada, loaded his border collie, Momo, into a 1977 Volkswagen Westfalia camper van and began a 15,000-mile trip across America.

Knapp's plans were much like Steinbeck's iconic trip more than half a century earlier, but with a twist. In Knapp's previous book, "Find Momo," the canine played hide-and-seek throughout its pages and does likewise in this delightful new book.

The month of travel covered a great deal of the United States, but it was after a terrible rainstorm that Knapp and Momo discovered the American Southwest. Texas, New Mexico, Arizona, Nevada and the Pacific Northwest were regions that truly captured what he called his sunny heart.

Momo, who has more than 340,000 Instagram fans, was a good traveling companion. Knapp claims that the opportunity to explore and live out of the van was a rewarding experience on several levels. For example, during the journey, he learned as much as possible about both the people and places visited.

The images in this book are fascinating. From a diner in New England to the White House in Washington, D.C., Knapp's photography captures the diversity of our country. The fun is finding Momo in the more than 100 images. It's not as easy as you might think.

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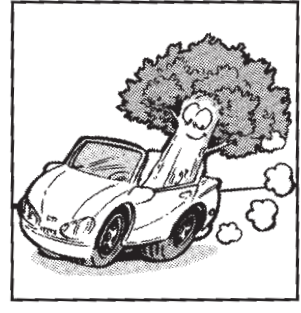


by Chris Richcreek

1. In 2014, Penn State turned two triple plays in one game, only the second time it happened in NCAA Division I baseball history. Who did it first?
2. Who was the last Chicago White Sox rookie before Jose Abreu (2014) to be selected to the All-Star Game?
3. Who holds the Pittsburgh Steelers record for most rushing yards in a season?
4. When was the last time before 2014 that Villanova's men's basketball team won the Big East regular-season title outright?
5. How many players were on all four of the Montreal Canadiens' Stanley Cup winners between 1976 and 1979?
6. When was the last time before 2010 and 2014 that Canada's men's hockey team won back-to-back Olympic gold medals?
7. Name the three men in golf's modern era to have top-five finishes in each of a PGA season's four majors.

Answers

1. Gonzaga, versus Washington State in 2006.
2. Ron Kittle, in 1983.
3. Barry Foster, with 1,690 yards in 1992.
4. It was 1982.
5. Fifteen.
6. It was 1948 and 1952.
7. Jack Nicklaus, Tiger Woods and Rickie Fowler.



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The following Community Blood Drives will be held: MAY 8 from 11AM-2PM (Bloodmobile) at Centerville Savings Bank, 777 Tiogue Avenue, Coventry. MAY 10 from 9AM-12PM (Bloodmobile) at Emanuel Lutheran Church, 9 New London Avenue, West Warwick. MAY 11 from 4-7PM in the Fellowship Hall of Phenix Baptist Church, 2 Fairview Avenue, West Warwick. MAY 12 from 2-7PM (Bloodmobile) at Dunkin' Donuts, 1199 Chopmist Hill Road, North Scituate. For more information call 1-800-283-8385.

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ADULT CRAFT HOUR AT WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick, invites you to join them on May 19 at 7PM to create Stone Hot Plates (trivets). Materials will be provided, but if there is a desired color, pattern, or material, participants are encouraged to bring their own supplies. This program is free & open to all. Sign-up is required to ensure the availability of supplies. Call 828-3750, Ext. 4 or email ref@wwlibrary.org to register or with any questions.

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2. **Paul Blart: Mall Cop 2** (PG) Kevin James, Raini Rodriguez
3. **Cybernatural** (R) Heather Sossaman, Matthew Bohrer
4. **Home** (PG) animated
5. **The Longest Ride** (PG-13) Scott Eastwood, Britt Robertson
6. **Get Hard** (R) Will Ferrell, Kevin Hart
7. **Woman in Gold** (PG-13) Helen Mirren, Ryan Reynolds
8. **Monkey Kingdom** (G) documentary
9. **Insurgent** (PG-13) Shailene Woodley, Ansel Elgort
10. **Cinderella** (PG) Lily James, Cate Blanchett

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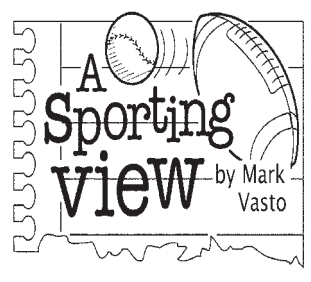
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Price Is Not Right

Believe it or not, most reporters do not like confrontation. Be it a city beat reporter, restaurant critic or sports writer, most of the time reporters just want to do their job and go home just like everyone else.

Yes, there are people who lay in wait for the "big story" that will make their career, and there are times when the "news" tramples over people's lives and leaves only smoldering remains as the news crews move on to the next story. Most of the time, however, the complaints you hear about "the media" are from people who are just frustrated that they can't control or manipulate the media. Reporters did not go to school to learn, say, the engineering that goes into the building of a dam. But they are trained to ask questions about it, and with experience they know when they're not getting straight answers.

Sometimes reporters are asked if they can go "off the record." This is a gentleman's agreement. Since most reporters will go to jail rather than give up a source, this is taken very serious. Other times the reporter gets a wagging index finger attached to a red-faced person saying, "Don't go putting this in your paper now!" which, of course, signals to the reporter that he or she will have a story for the paper.

And then there's professional sports. Grown men, making millions of dollars playing little boys' games. Putting the players aside for a moment — much has been written over the years about events like Reggie Jackson dissing Thurman

Munson to a reporter ("the straw that stirs the drink"), Marshawn Lynch's strategy to avoid getting fined for missing press conferences, and Allen Iverson's repetitive use of the word "practice" when discussing practice — let's focus on the guys that coach them for a moment.

A few weeks ago, soon-to-be-fired Cincinnati Reds manager Bryan Price launched into a tirade for the ages, joining the pantheon of epic breakdowns by coaches who couldn't handle the mean ol' media asking questions and stuff. Barring an epic run to the World Series, which would seem unlikely given Price's temperament, he can count on his 77 f-bomb tirade to reporters to be cherished for the ages, up there alongside the famous rants of Dennis Green, Jim Mora, Bobby Knight, Hal McRae and Mike Gundy.

Big-time sports do bring a lot of big-time pressure, so I'm not entirely making light of the situation here. When you're getting paid millions, or in the case of a manager, hundreds of thousands of dollars, to participate in the league, you want to keep the money train rolling because the window of opportunity closes quick. But the question Price couldn't handle wasn't about the plight of the homeless or about Russian missile sites in Cuba ... no, the crisis that Price couldn't get right was about a catcher going on the disabled list that was reported by, you know, a baseball reporter.

Well, maybe Price will turn it around and he'll get counseling or something. No matter how many games he wins, you have to figure that the Reds can't have that sort of hair-trigger leadership in place for long. In the meantime, we can always remember the age-old adage: He who loses their cool first loses.

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

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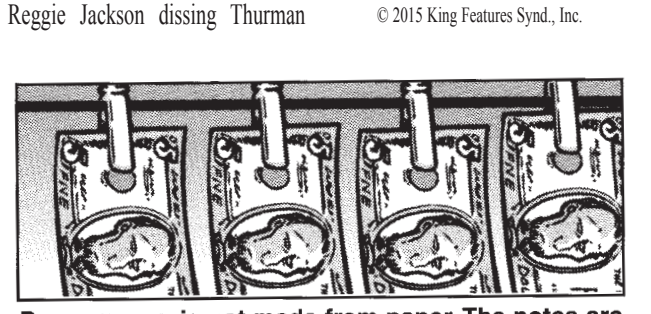
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Hints For Homeowners

Tips To Help You Sell Your House

(NAPS)—If you're considering putting your home on the market in the coming months, there are a few tips you should follow.

House sales generally peak around June and July, with many families beginning their home search in the spring, in hopes of settling into their new home in time for the next school year.

It's wise to work with a Realtor. According to a survey from the National Association of Realtors, 88 percent of recent homesellers used an agent. A Realtor can provide expert advice and counsel on the selling process, including listing your house on the Multiple Listing Service (MLS), marketing it to prospective buyers and accepting offers and negotiating on your behalf. To find a Realtor nearby, go to www.realtor.com/realstateagents.

Know your neighborhood when setting your asking price. Realtors have real insights in the markets where they do business. A Realtor is your best source for accurate, up-to-date information and comparable properties to help you determine a competitive listing price for your home. He or she will give you an idea of how long homes are staying on the market and at what price they're selling. While it's important to get the best possible deal for your home, a

Selling your house can be simpler—and more lucrative—with professional help.

Realtor will help you understand the importance of pricing your house appropriately. Overpricing your home could lead to it staying on the market too long—compelling you to compromise on the asking price or terms.

Decide on how to market your home. Given the mass amounts of information available today to consumers, the days of just placing an ad in your local newspaper and putting a "For Sale" sign in front of your yard are over. A Realtor® can place your listing on the MLS and work with you to decide other ways to market your home. Marketing your listing on a popular real estate website such as www.realtor.com will ensure your listing is generating the most eyeballs from interested buyers.

If you're looking to sell your home as quickly and easily as possible, you could use the real insights you'll get having a Realtor help you through the process of finding interested buyers and eventually closing the deal.

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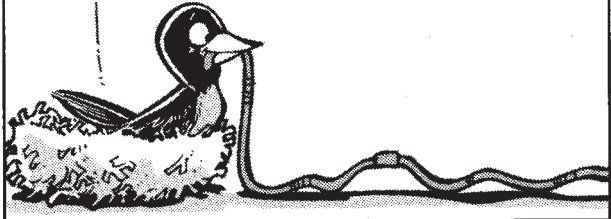
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'Cleaning Green' With Vinegar

(NAPS)—With the array of cleaning options at the grocery store, it is easy to forget that the most natural and effective cleaner could be sitting in your cabinet at this very moment. Vinegar is an all-in-one cleaner. It can take on most any cleaning challenge, no matter the size, and there's no need to worry about harmful effects typically associated with harsh, chemical cleaning agents. Budget conscious and eco friendly, vinegar is truly a product with many talents.

Live Green With White Vinegar

An online survey conducted by The Vinegar Institute found that cleaning/disinfecting are the second most popular uses for white distilled vinegar next to food preparation uses. Here are a few hints on how to utilize the cleaning power of vinegar in your home:

- Use full-strength vinegar to banish grease and eliminate mildew.
- Dilute with water to remove grease and grime on miniblinds.
- Use full strength to clean chrome fixtures and whiten grout.
- Dilute with water to brighten brickwork.
- Dilute with ammonia and baking soda to freshen a musty closet.
- Mix with salt and baking soda to unclog drains.
- Dilute with water to deodorize the garbage disposal.
- Spray full strength to get rid of unwanted grass and weeds.
- Use full strength to remove your child's ballpoint pen "art" from painted walls.



White distilled vinegar is a cost-effective, all-in-one cleaner that can be used in any room of the house.

- Dissolve 1 teaspoon of salt in 1 cup of white distilled vinegar and stir in flour until it becomes a paste. Apply paste to brass, copper or pewter and let it stand for about 15 minutes. Rinse with clean warm water and polish until dry.
- Add 2 tablespoons sugar and 2 tablespoons white vinegar to a 1-quart vase of water to keep flowers fresh longer.
- Mix white distilled vinegar and linseed oil to clean leather. Rub the mixture into the leather and then polish with a soft cloth.

This information comes from the professionals at The Vinegar Institute, an international trade association representing the vast majority of vinegar manufacturers and bottlers, as well as suppliers to the industry. Members manufacture a range of vinegar types including white distilled, apple cider, balsamic, red wine, white wine, malt and rice vinegar.

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Prior to taking the Tutor Training Workshop (TTW), prospective tutors must take 2 required classes online at www.proliteracyednet.org/ They are free and are "Principles of Adult Learning" & "Working with Adult Literacy Learners". Sessions will be held at Coventry Public Library, 1672 Flat River Road, Coventry from 6-9PM on the the following dates: March 5, 12 & 26, April 2 & May 14. Call 822-9103 to register.

A MATTER OF BALANCE - MANAGING CONCERNS ABOUT FALLS

Do you have concerns about falling? "A Matter of Balance" can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. The West Warwick Senior Center, 145 Washington Street, West Warwick, will offer an 8-week program on Thursdays from 10AM-12PM beginning May 14. Please call Sharon at 822-4450 to register or for more information.

Did You Know?

(NAPS)—The Eldercare Locator is a free, public service that connects older adults and caregivers to information about local programs that help older adults. Learn more by calling 800-677-1116 or visit www.eldercare.gov. The Eldercare Locator is a service of the U.S. Administration on Aging.



Trilane Anti-Aging Moisturizer with Squalane can help you have softer, smoother, younger-looking skin overnight. To get a bottle to try for only the cost of shipping and handling, call 1-800-931-9929.

TaxACT makes filing taxes easy. Just answer simple questions about your income and expenses. The program will take care of the calculations and tax forms while helping you get all your deductions to maximize your refund. Learn more at www.taxact.com.

When it comes to pollinating flowering plants, gardeners should choose perennials with simple, single rather than double flowers to make nectar and pollen more accessible to bees and butterflies. To learn more about protecting pollinators, visit the website www.burpee.com/pollinators.

Keeping kids happily hydrated may now be easier with two great-tasting USDA Organic-certified Grape- and Fruit Punch-flavored waters. From good2grow, they're 17 percent juice, with no added sugar or artificial sweeteners and only 20 calories per serving. Learn more at www.good2grow.com.

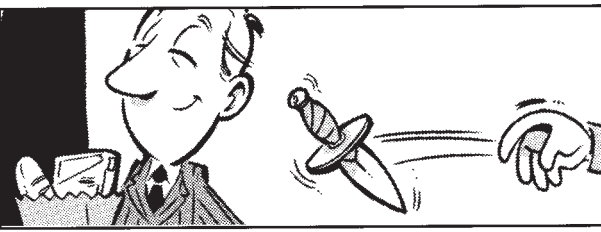
The Federal Emergency Management Agency says nearly 60 percent of Americans have not participated in an emergency drill. America's PrepareAthon! is a grassroots campaign to help families, businesses, schools, and houses of worship prepare for emergencies through group discussions, drills and exercises. Learn more at ready.gov/prepare.

Nicholas DeNuccio and Nicholas Bull, founders of Propaganda, which creates and distributes flavored liquids to "vape shops," perfected the ingredient percentages to create what's known as an "all-day vape." For further facts on vaping flavors, visit www.propagandaeliquid.com.

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The REMINDER 2ND SECTION

Rhode Island's First Buyers Guide

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Fri. 5/8 MOTHER'S DAY LUNCHEON. Italian wedding soup, baked stuffed chicken with gravy and cranberry sauce, oven roasted potatoes, spinach with garlic, oatmeal bread, Spumoni. Sandwich: Low salt ham & Swiss on oatmeal.

Mon. 5/11 Barvarian lentil soup, beef lasagna, California blend vegetables, Italian bread, pineapple chunks. Sandwich: Low fat chicken salad on Italian.

Tues. 5/12 Beef barley soup, chef salad with assortment of meats and cheeses, multi-grain bread, fresh fruit. Sandwich: Low salt bologna on multi-grain.

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Fri. 5/8 Cottage cheese, fish sandwich, cole slaw, French fries, cupcake. Option: Egg salad sandwich.

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18TH ANNUAL ECOLOGY DAY CELEBRATION

The JAYCEES of Kent County invite you to their 18th Annual Ecology Day Celebration on May 9 at 10AM at Riverpoint Community Park, 110 Hay Street (Rtes. 115W/33E) in West Warwick along the Greenway. The Celebration will include Military Honors, Spiritual Presentations, Station Fire Memorial and Public Plantings. Rain date May 17. Call 828-9191 for more information.

COVENTRY PUBLIC LIBRARY PRESENTS...

The Coventry Public Library will host "Money Smart Week: Budgeting 101" on May 13 at 6:30PM. Budgeting lies at the foundation of every financial plan. Jade M. Toher, CPA, MST, will explain how to create & maintain a budget at this special Money Smart Week presentation. Call 822-9105 or email megan@coventrylibrary.org

LOCAL AUTHOR ANDREW BOISVERT TO SPEAK AT WEST WARWICK PUBLIC LIBRARY

West Warwick Public Library, 1043 Main Street, West Warwick, will host local author, Andrew Boisvert on May 18 at 7PM. Mr. Boisvert will discuss his book, "Legendary Locals of Coventry". There will be a presentation by the author, followed by a Q&A session. All are invited to attend. No registration required. For more information, call 828-3750, Ext. 4 or email ref@wwlibrary.org

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I think it must somewhere be written that the virtues of mothers shall be visited on their children, as well as the sins of their fathers.

—Charles Dickens

Don't aim to be an earthly saint, with eyes fixed on a star. Just try to be the fellow that your mother thinks you are.

—Will S. Adkin

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L&L ROOFING CO.: Flat Roofing, tar/gravel, all types of shingle roofs, tear-offs, new plywood, specialist at flashing. Free estimates. Insured. Lic.#135. 1527 Main Street, West Warwick. 823-0490.

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'11 Ram 2500 4x4 Quad Cab, Hemi, auto, ac/pw/pl, 81k \$20,900 - \$338/mo.	'06 Dodge 1500 Quad Cab 4x4, Hemi, loaded, sharp, 119k \$12,900 - \$209/mo.	'04 Ford F150 Xcab 4x4, Fx4 pkg., leather, loaded \$9,900 - \$160/mo.

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Our most recent **Circulation Verification Council** audit shows:

98.9%* of area households regularly receive our publication	81.6%* regularly read or look through our publication	84.1%* frequently purchase products/services advertised.
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It's Verified: We Deliver



*Source: Sept. 2013 CVC Publication Report Audit. View entire audit at www.rireminder.com

"Over the Counter"



by Bill Marcotte, Proprietor

A mixed bag of things to talk about today. First, let me say thank you for all the cards, well wishes, phone calls, etc. that I received during my recent hiatus from Crystal. As some of you may know, I had two valves repaired in my heart on March 10th. Through the efforts of Dr. Arun Singh, I'm back to work, and feeling much better!

Next on the agenda. Here in the Coventry Shoppers Park, we have a new neighbor coming, in about 2 weeks. Crystal Nails will be opening soon and we welcome them. Now, don't get them mixed up with Crystal Cleansers. We won't be doing nails, and I'm sure they won't be pressing pants...

I had the pleasure of walking on the bike path yesterday. What a beautiful place to be on a sunny day. The new section on the western end of town is really nice. If you haven't been, you should try it! Not only is it good for your health, it's also good for the mind and soul.

That's about it for today. Please remember to support your local business people and always say you "saw it in The Reminder!" Have a great day.

Crystal Cleansers
 One Coventry Shoppers Park
 Coventry, RI 02816
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 Since 1946



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 05/19/2015 11:00am 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 A11 Rita Cambio
Unit 35 Christopher Dupont
Unit 125 Michael Fontaine

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.

The sun, with all those planets revolving around it and dependent upon it, can still ripen a bunch of grapes as if it had nothing else in the universe to do.
 —Galileo

MANCHESTER LODGE #12, 585 Washington Street, Coventry, will hold an All-You-Can-Eat Breakfast Buffet on May 9 from 7:30-10:30AM. Adults \$8, children (under 8) \$4.

ANTIQUES SALE: Oil Stoves ('30's/'40's), Wood Stoves ('60's), 3 Hp Evinrude, Trunk, Window Sashes, Twin Antique Radios. Call 392-0450 for details/prices.

FENDER TELECASTER: Copy. Midnight burgundy, with strap & soft case. Excellent condition. \$385. 822-2822.

GLASS TOP COFFEE TABLE & (2) matching glass top end tables. Call 828-3811.

(4) OUTDOOR BAR STOOLS: Brand new! \$75 each. 662-0307.

COMPUTER DESK with shelves, \$35. Desk chair, \$30. 823-7078.

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JOTUL CAST IRON WOOD STOVE: 29X16X13H. Moving. Must see. Plus much more. \$375 OBO. 742-2962.

BRAND NEW Coleman Powermate electric generator: 41.7 Amps. \$400 OBO. 742-2962.

CAMPWOOD: Cut and split, \$135 per load. 623-0271.

ORDER NOW! May 15 take away a LOBSTER ROLL at Westminster Unitarian Church, 119 Kenyon Avenue, East Greenwich. Pick-up by 12:30 or delivery available with 6+ rolls. Still \$9.50 with chips. Visit westminsteruu.org for details and to order (pay by May 12). For assistance: lobster@westminsteruu.org or call 884-5933.

FENDER STRAT: Copy. Black with strap and soft case. Excellent condition. \$385. 822-2822.

SEASONED OAK: 8 Cords, \$150 per. Plus much more. Moving. 742-2962.

FOR SALE: (3) Table saws. Call 821-3323 for details.

TV ENTERTAINMENT CENTER: Medium Oak, good condition, 54X49. \$125. 529-3129.

BAD BACK? Teeter Hang Ups. Was \$450, asking \$350 OBO. Works wonders! 206-7267.

CRAFTERS NEEDED FOR PAINE HOUSE MUSEUM ANNUAL CRAFT FAIR

Crafters are needed for the Annual Craft Fair at the Paine House Museum, 7 Station Street, Coventry on June 13. Tables are \$25 each. Tables are not provided, so you must supply your own. There is room for at least 40 Crafters. No other event will be taking place on that day. If interested, please contact Sandy at 821-2444 or slukowicz@verizon.net

COVENTRY HIGH SCHOOL CLASS OF 1975 40TH YEAR REUNION

Coventry High School Class of 1975 will hold their 40 Year Reunion on July 18 from 6-11PM at Twelve acres, 445 Douglas Pike in Smithfield. Join them for a New England Clam Bake, Cash Bar and music by "Illusions". Email CovRI1975@aol.com or visit them on Facebook at Coventry RI Class of 1975 for more information.

AARP CHAPTER 2210 BOSTON DUCK TOUR TRIP
 AARP 2210 is sponsoring a Boston Duck Tour Trip on June 20. The trip includes motorcoach transportation by Conway Tours, lunch at Maggiano's Little Italy, 1 1/2 hour Boston Duck Tour & shopping & browsing at the NEW Assembly Row. Cost is \$110/person. Call Caroline at 398-0422 or Maureen at 828-5188 for reservations or for more information.

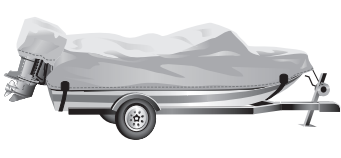
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Mother's Day Special

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Mother's Day is May 10th
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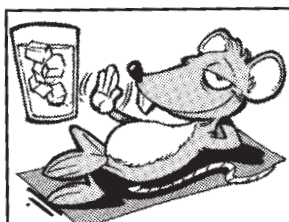
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most have fully equipped kitchens you can stock with your own snacks and healthier meal options. Learn more at www.WyndhamVacationRentals.com.

3D mammography technology reveals significantly more invasive cancers than a traditional mammogram and reduces false positives. To learn more, visit www.3dmammography.com.

Travelers looking for a healthy vacation can get larger accommodations with homelike amenities at vacation rental homes and condos. Some offer gyms and

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Jobs Wanted



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You Can Be One Reason Mom Feels Loved

(NAPS)—From the big milestones to the everyday moments, chances are, you knew Mom would be there for you. So on her special day, you want to find exactly the right way to let her know how much she continues to inspire and encourage you.

A Beautiful Breakfast

To help, you can now start Mother's Day morning with a wonderful gift from Wolferman's specialty foods brand. The Mother's Day Tote is filled with their famous English muffins, decadent pastries and Earl Grey tea, along with clover honey sticks to complete the luxurious breakfast gift. Afterward, the tote can be reused and act as a brilliant reminder of your thoughtfulness. For additional information, visit www.Wolfermans.com.

Clever Cookies

You can also sweeten her day with decadent gifts from Cheryl's. The gourmet cookie brand's Long Stemmed

Cookie Flowers is a delicious bouquet of 12 long-stemmed, buttercream-frosted cutout cookies and hand-decorated crunchy sugar cookies. Delivered in a real florist box, this unique and memorable gift can really show you care. Available at www.Cheryls.com.

A Blooming Good Idea

The Mom's Tea Party arrangement from 1-800-Flowers.com serves up plenty as a two-in-one gift with a lovely selection of pastel roses, carnations and white daisies, beautifully hand designed inside a reusable floral teapot. For more details, visit www.1800flowers.com.

For this Mother's Day, send her a breakfast to remember, something to satisfy her sweet tooth and a truly original arrangement that she'll treasure. That can help her know she's loved, not just on Mother's Day but every day.

Learn More

For more gift ideas to celebrate Mom this Mother's Day, visit www.1800Flowers.com and www.Wolfermans.com.

I am rather inclined to silence, and whether that be wise or not, it is at least more unusual nowadays to find a man who can hold his tongue than to find one who cannot.

—Abraham Lincoln

The richness I achieve comes from nature, the source of my inspiration.

—Claude Monet

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5	8	7	6	2	6	8	2	5	4	7	6	3
L	R	O	A	E	S	C	A	E	R	U	E	L
7	5	2	7	8	4	2	3	4	7	2	4	7
T	S	P	L	H	E	O	O	L	O	E	I	O
8	4	8	3	8	4	8	2	8	7	4	3	4
O	S	I	V	C	H	E	M	S	K	E	E	D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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You're Invited

Coffee Hour with Principal Hodes at Father John V. Doyle School Thursday, May 21st 9am-10am

Our school is passionately Catholic, academically challenging and athletically competitive. Every student at Father Doyle School is met with the expectation that they are bound for greatness. Join us! Refreshments will be served. For more information call 821-3756.

Father John V. Doyle School
 Accredited by the New England Association of Schools and Colleges
 343 South Main Street, Coventry, RI 02816
 401-821-3756 • www.fjvd.org

Did You Know?

(NAPS)—Dogs are considered senior by age 7. Purina Pro Plan BRIGHT MIND Adult 7+ formulas contain enhanced botanical oils, shown to promote alertness and mental sharpness in senior dogs. To learn more, visit www.brightmindefect.com.

The No. 1 farm insurer in the U.S. is Nationwide. To help farmers navigate traffic safely, it set up ruralroad safety.com. For more information or to participate with them, go to www.ruralroad safety.com or www.nationwideagribusiness.com.

Recently, King Mohammed VI of Morocco awarded the Wissam al-Arch (Order of the Throne), a Moroccan decoration for distinguished civil or military service, to representatives of the Christian, Jewish and Muslim religions in France.

If you're seeking a soul-

mate, consider taking a cruise. Princess Cruises has long been a leader in love on the high seas, thanks to its heritage as the backdrop of the iconic "The Love Boat" television series. Learn more at www.princess.com.

A new seminar and webinar could help you plan your financial future. It's based on the No. 1 national best seller "Smart Couples Finish Rich" by best-selling author and vice chairman of Edelman Financial Services David Bach. Learn more at www.SmartCouplesLive.com and www.finishrich.com.

TOP VIDEO RENTALS AND SALES

- ### Top 10 VOD Movies
1. Interstellar (PG-13) Matthew McConaughey
 2. The Imitation Game (PG-13) Benedict Cumberbatch
 3. Unbroken (PG-13) Jack O'Connell
 4. The Hobbit: The Battle of the Five Armies (PG-13) Ian McKellen
 5. Into the Woods (PG) Anna Kendrick
 6. Annie (PG) Quvenzhané Wallis
 7. Big Hero 6 (PG) animated
 8. Hunger Games: Mockingjay, Part 1 (PG-13) Jennifer Lawrence
 9. A Most Violent Year (R) Oscar Isaac
 10. Last Knights (R) Clive Owen
- ### Top 10 DVD, Blu-ray Sales
1. Interstellar (PG-13) Paramount
 2. The Hobbit: The Battle of the Five Armies (PG-13) Warner Bros.
 3. Into the Woods (PG) Disney
 4. Big Hero 6 (PG) Disney
 5. Game of Thrones: Season 1 (TV-MA) Warner Bros.
 6. Unbroken (PG-13) Universal
 7. Wild (R) FOX
 8. The Imitation Game (PG-13) Anchor Bay
 9. Hunger Games: Mockingjay, Part 1 (PG-13) Lionsgate
 10. Penguins of Madagascar (PG) FOX

JOB MARKET/DAY CARE AD FORM

DIRECTIONS: Print one word in each box (Phone No. = 1 Word. Price = 1 Word.) Use Punctuation as needed. Please print clearly. 10 words: \$8.00 - 25¢ for each additional word. **DEADLINE: MONDAY AT 12 NOON.** (Except when there is a Monday holiday, deadline is Friday at 12 noon.)

Help Wanted
 Jobs Wanted
 Child Care

					\$8.00
	\$8.25		\$8.50		\$8.75
				\$9.00	\$9.25
	\$9.50		\$9.75		\$10.00
				\$10.25	\$10.50
	\$10.75		\$11.00		\$11.25
				\$11.50	\$11.75
	\$12.00		\$12.25		\$12.50
				\$12.75	\$13.00

Name _____
 Address _____
 Phone _____
 Mastercard Visa Am. Ex. Discover
 # _____ Sec. Code _____ Expiration date: _____
 Signature _____

BOLD TYPE \$1.50 EXTRA
 BORDER \$1.50 EXTRA

PRICE PER WEEK _____
 NO. OF WEEKS _____
 AMOUNT PAID _____

Yard Sales

Plainfield Pike Flea Market

2111 Plainfield Pike, Johnston, Rhode Island

OPEN EVERY SUNDAY

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

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Come Sell it at the Flea Market!

Every Sunday 6am to 3pm until November 22, 2015

401-640-2601

Rhode Island's Largest Outdoor Flea Market!

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



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615-5500

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10K \$400/oz.

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18K \$750/oz.

Sterling \$11/oz.

Pure Silver or Gold
90% of Gold Market

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TV's • Tools
Landscape Equipment**

**BUY - SELL
HONEST PRICES PAID!**

RIVERPOINT CONGREGATIONAL CHURCH RUMMAGE SALE

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

WEST WARWICK ANIMAL SHELTER ANNUAL INDOOR RUMMAGE/YARD SALE

The West Warwick Angels Caring for Animals will hold their Annual Indoor Rummage/Yard Sale on May 16 from 8AM-2PM at the Church of the Apostles, 170 Fairview Avenue, Coventry. Table rentals are available for \$15/each (8') or \$12/each (6') by emailing justshell@gmail.com by May 1. Table rental fees benefit the homeless animals residing at the West Warwick Animal Shelter.

PHENIX BAPTIST CHURCH SPRING RUMMAGE/YARD/BAKE SALE

Phenix Baptist Church, 2 Fairview Avenue, West Warwick, will hold their Spring Rummage/Yard/Bake Sale on May 9 from 8AM-1PM featuring baked goods, books, toys, household items, clothing, etc. Call 821-1618 for more information.

COVENTRY HISTORICAL SOCIETY PLANT & YARD SALE

The Coventry Historical Society will hold a Plant & Yard Sale on May 16 from 8AM-1PM at the corner of Read School House Road & Rte. 117. Donations gladly accepted. Please call Debbie at 397-7578 for more information.

WEST WARWICK ANGELS CARING FOR ANIMALS RUMMAGE & YARD SALE

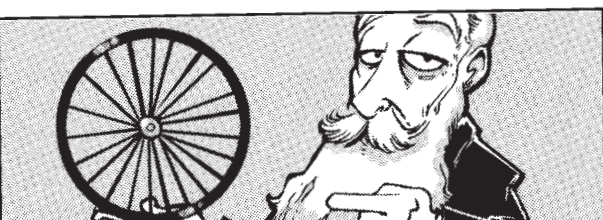
The West Warwick Angels Caring for Animals will hold their Annual Rummage & Yard Sale on May 16 from 8AM-2PM at the Church of the Apostles, 170 Fairview Avenue, Coventry.

GIANT YARD SALE AT THE PET REFUGE

The Pet Refuge, a No-Kill Animal Shelter, 500 Stony Lane, North Kingstown, will hold a Giant Yard Sale on May 9, from 9AM-3PM. Lots of household items, furniture, hundreds of books, DVD's, CD's & VHS tapes. Donations are greatly appreciated and can be dropped off at the Pet Refuge Monday thru Saturday from 11AM-3PM. Call 294-1115 for more information.

MOVING TO FLORIDA! Saturday, 8AM-4PM. 159 Acres of Pine Road, Coventry.

1 EASTGATE DRIVE, Coventry: May 9, 8AM. No early birds.



The pneumatic tire was invented by John Boyd Dunlop in 1888 for use on push-bikes. Boyd also invented the word "pneumatic."

114 RESERVOIR ROAD, Coventry: May 9, 9AM-3PM. Stove, birdcage, books, lighting & lots more! Rain date May 10.

6 LOWELL, Coventry: May 9. Silpada, clothes, Princess House, Bissell rug cleaner, leaf blower, trimmer, radios, folding chairs.

5/9/2015 MULTI FAMILY YARD SALE. RAIN OR SHINE. Furniture, Patio Sets, Bakeware, Clothes, Shoes, Bikes, ATV, Dish Sets, House Decor, and much more! From 7AM-12PM. 88 Twin Brook Lane, Coventry, RI (off Fish Hill Road). Rain or Shine. Early Birds welcomed.

MULTI-FAMILY YARD SALE & FUNDRAISER: Please support Orphan Hosting! Saturday, May 9, 7AM-2PM. Roger's Paint Parking Lot, 199 Washington Street, West Warwick. Hot Dogs, Drinks, and Baked Goods available.

FERNCREST AVENUE (off South Main Street), Coventry. Downsized. Lots of stuff for everyone.

1600 HILL FARM ROAD, Coventry: May 9, 8AM. Multi Family. Rain date Sunday.

8 GIOVANNI ROSE COURT, Coventry: May 9, 8AM-3PM. Few odd items, such as sink, faucet, island countertop. Some furniture, including corner hutch & many household items.

ALVERO ROAD (off Rte. 117), Coventry: Giant 3 Family! Friday & Saturday, May 8 & 9, 7AM-3PM. Miscellaneous furniture.

LAKE WINNIPESAUKEE, Weirs Beach, NH: Channel Waterfront Cottages - 1, 2, 3 & Queen Bedrooms, kitchens, beach, air conditioning, free WiFi, walk to everything, clean & comfortable. Call today. 1-603-366-4673. www.channelcottages.com

CASH FOR CARS: Any make, model or year. We pay MORE! Running or not. Sell your car or truck TODAY. Free towing! Instant offer. 1-800-871-0654.

MAINE: Pretty 2+/- acres. Take over payments. Out in the country. \$22 monthly. Owner, 1-207-942-0058.

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.

DISH NETWORK: Get MORE for LESS! Starting at \$19.99/month (for 12 months) PLUS Bundle & SAVE fast Internet for \$15 more/month. CALL Now! 1-800-615-4064.

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

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

WANTS TO PURCHASE minerals and other oil and gas interests. Send details to PO Box 13557, Denver, CO 80201.

AVIATION Grads work with JetBlue, Boeing, Delta and others. Start here with hands on training for FAA Certification. Financial Aid if qualified. Call Aviation Institute of Maintenance, 1-866-453-6204.

MAKE A CONNECTION: Real people, flirty chat. Meet singles right now! Call LiveLinks. Try it FREE. Call now, 1-888-909-9905. 18+.

AUTO-INSURANCE-HELP-LINE: Helping you find a Car Insurance payment you can afford. Toll free, 1-800-231-3603. www.auto-insurance-helpline.org

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DISH TV Starting at \$19.99/month (for 12 months). SAVE! Regular price \$34.99. Ask about FREE SAME DAY installation! CALL Now! 1-877-477-9659.

KIRKS FOLLY JEWELRY SALE: 409 Tiogue Avenue, Coventry. Saturday, May 9, 8:30AM-3:30PM.

BRIAN'S RIDE 2015

Brian's Ride 2015 will be held on June 14. Registration takes place from 9-10AM at the West Warwick High School Outdoor Track, New London Avenue, West Warwick. Breakfast will be served for an additional donation. KSU at 10:30AM. Dinner immediately following the Run (approximately 2PM) at the Holy Ghost Hall, 11 Ventura Street, West Warwick. Proceeds benefit the Sgt. Brian R. St. Germain Foundation - a 501 (c)(3) Corporation. For more information, call 837-7331 or email brianstgermainfoundation@yahoo.com

CHS CLASS OF '80 REUNION

Coventry High School Class of '80 will hold their Reunion on August 8. Visit Additional information can be found by emailing covhigh80@yahoo.com or on Facebook at Coventry High, RI Class of 1980.

RETIREMENT EXPENSE PROTECTION WORKSHOP AT COVENTRY SENIOR CENTER

The Coventry Senior Center, 50 Wood Street, Coventry, will host an Informational Workshop on "Retirement Expense Protection" on May 21 from 6-6:45PM. Learn how to create a lifetime income for your retirement, how to protect your assets from unnecessary risks, ways to plan ahead for the costs of long-term care for you and your family & safe ideas for IRA rollovers. A light supper will be served. Please RSVP to Pat, 822-9175.

THE RAID ON SPELL HALL

Revolutionary War Reenactors, Living Historians & Colonial Artisans recreate an authentic military encampment & battle on the grounds of Spell Hall, the Historic 1770 Gen. Nathanael Greene Homestead (home of George Washington's most trusted General) on May 16 & 17 from 10AM-4PM. Meet General & Mrs. Greene, experience Colonial camp life, music, musket & cannon demonstrations, tour the Homestead and watch Continental Troops defend Spell Hall from British & Loyalist Raiders. Admission is \$6/adult, \$4/child. Visit nathanaelgreenehomestead.org for more information.

WHERE ARE YOUR LOVED ONES BURIED?

St. Joseph Cemetery on Gough Avenue, West Warwick is reaching out to all who have loved ones buried there to help them preserve this final resting place with reverence & grace. The St. Joseph Cemetery Fund is launching the 6th Annual 10/10 Club for capital improvements & maintenance in June 2015 thru March 2016. Membership Dues of \$10/month can win you monthly cash prizes. To join the 10/10 Club or for more information, please call the Office 821-7661, Cindy 826-1039 or Raymonde 821-6795.

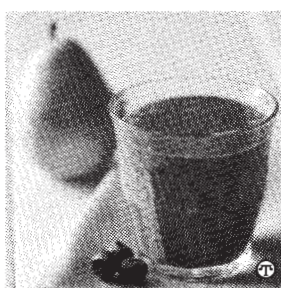
"ESTATE PLANNING & ELDER LAW" INFORMATION SESSION

SS John & Paul Church, 341 South Main Street, Coventry & Riverview Health Care will co-host a Supper Seminar, "Estate Planning & Elder Law" on May 26 in the Church Parish Center (handicap accessible). A light supper will be served at 5:30PM, presentation at 6PM, concluding with a Q & A period. Pre-registration by May 15 is required. Call the Rectory Office at 821-5764 weekdays from 8AM-4:30PM to register or for more information. This is a free event and is open to all. "Free Will" donations will be accepted.



Fuel Your Day With Fresh Pear Smoothies

(NAPS)—Shake up your smoothie routine and add fresh pears to the blender to boost your breakfast or snack. Pears are packed with fiber, making them a sweet and satisfying smoothie ingredient. By pairing pears with other whole-food ingredients, you can fuel your day with fiber and protein. Pears blend well with a variety of smoothie staples, such as bright berries, vibrant greens, Greek yogurt, nuts and seeds.



By pairing pears with other whole-food ingredients, you can fuel your day with fiber and protein.

Keep the skin on your pears for optimum fiber content. Whether ripe and juicy or still slightly firm, pears add great texture and flavor to smoothies.

Experiment with nutty textures and flavors to complement pears' natural sweetness. Hazelnuts, chia seeds, shredded coconut, and oats all add nutrients for easier meals on the go. Rather than adding ice for texture, go with frozen berries for a smooth, creamy drink.

In this recipe, pears, blueberries and oats combine for a hearty breakfast drink. Think of it as a bowl of oatmeal to go!

Pear, Oatmeal and Blueberry Breakfast Smoothie

Preparation time: 5 minutes
Serves 2

- Ingredients:**
- 1 large, ripe USA Pear, such as Anjou
 - 2 cups milk or milk alternative
 - ½ cup quick-cooking oats
 - 1 cup frozen blueberries
 - 1 teaspoon cinnamon

Directions:
Place all the ingredients into a blender and puree at high speed until smooth and creamy.

Entertainment



LIBRA (September 23 to October 22) Travel and career are strong in your aspect. Perhaps your job will take you to someplace exotic. Or you might be setting up meetings with potential clients or employers. Whatever it is, good luck.

ARIES (March 21 to April 19) A seemingly stalled romantic situation could benefit from your reassurance that you want this relationship to work. And if you do, use a tad more of that irresistible Aries charm.

TAURUS (April 20 to May 20) Going to new places and meeting new people appeals to both the Taurean's romantic and practical sides. After all, you never can tell where those new contacts can take you. Right?

GEMINI (May 21 to June 20) That career-change opportunity that didn't work out when you first considered it could come up again. But this time, remember that you have more to offer and should act accordingly.

CANCER (June 21 to July 22) There could be some tensions in relationships — domestic or workaday. But a calm approach that doesn't raise the anger levels and a frank discussion soon will resolve the problem.

LEO (July 23 to August 22) It's a good idea to begin preparing for that career change you've been thinking about for a while. Start to sharpen your skills and expand your background to be ready when it calls.

VIRGO (August 23 to September 22) Bless that Virgo skepticism that has kept you from falling into traps others seem to rush into. But you might want to give a new possibility the benefit of the doubt, at least on a trial basis.

SCORPIO (October 23 to November 21) Someone might use deception to try to push you into making a decision you're not fully comfortable with. But those keen Scorpio senses should keep you alert to any such attempt.

SAGITTARIUS (November 22 to December 21) Romance dominates this week when Cupid spears the Archer, for a change. Positive things also are happening in the workplace. Expect important news to arrive by the week's end.

CAPRICORN (December 22 to January 19) Anyone trying to bully the Sea Goat — whether it involves a personal or a professional matter — will learn a painful lesson. Others also will benefit from the Goat's strong example.

AQUARIUS (January 20 to February 18) Congratulations. With things going the way they are, you should be able to spare some time and take a break from your hectic schedule for some well-earned fun and games.

PISCES (February 19 to March 21) Your sharp Piscean intuition should be able to uncover the true agendas of those who might be trying to catch the Fish in one of their schemes.

BORN THIS WEEK: Your flair for innovative art and design keeps you at least a step ahead of most everyone else.

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Daycare and Overnight Pet Lodging for All Your Pets.
Cozy "lodges" for your pet's comfort!
Enjoy the indoor/outside playground and overhead flat screen TV!
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All You Can Eat Pasta Bar \$14.95
Watch Chef Michael prepare the dishes that you create from a fine assortment of ingredients including seafood, poultry, beef and so much more
Wed. Only 4pm-8pm
665 Main Street, Rt. 115, Coventry • 823-9178

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655 Main Street, Rt. 115, Coventry • 825-6044
Daily: Fresh Grinders, Hot Soups, Fish & Chips, Chowder & Clam Cakes
11am-6pm Tues.- Thurs., 11am-8pm Fri., 11am-3pm Sat.
Let us Cater Your Party/ Banquet Pick up or Delivery

CHURCH OF CHRIST THE KING MAY BREAK-FAST
Church of Christ The King, 124 Legris Avenue (Rte. 117), West Warwick, will hold their Annual May Breakfast on May 17 from 7:30-11:30AM in the Church Hall. Adults \$7, children (6-12) \$4, children 5 & under are guests of the Church.

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

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.

GREAT DEAL! GREAT DEAL! Sons of the American Legion Post #2, 2 Legion Way, West Warwick, will run their Monthly STEAK FRY on Friday, May 8, at the Post Home at 7PM. A 1 LB. RIB EYE with all the fixin's for ONLY \$15. Kindly call the Post Home at 821-9855 and reserve your tickets. Guests are invited to attend. Thanks!

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.

REMINDER COUPON
2 For Tuesday Sub*
*with purchase of a beverage
Buy 1, Get 1 FREE
*Equal or Lesser Value/Must Purchase Drink.
Limited time offer 11am-6pm. One promotion per customer per visit.
Offers/specials cannot be combined. Expires 5/26/15
SUBWAY
West Warwick Ave. RT. 117
88 West Warwick Ave., West Warwick • 828-8028

NOW BOOKING...
FOR ALL YOUR CATERING NEEDS!
Britay's Deli & Catering
435 Washington Street., Coventry
Call 821-4411 or go to fb.com/BritaysDeli for Details

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 & Requests Doors Open at 7pm Lessons at 8pm	\$8
Sunday June 21st Noon-5pm	Traditional Country Music Eddie Zack Jr. & Friends Great Country Music with the areas Best Country Singers Raffle to Benefit Wounded Warrior project	\$10 per person Cash bar & Kitchen

Have Your Bachelor Party With Us!
Also Showers/Birthday Parties
Steak Frys • Pasta Dinners
Catering Available
VFW Post 9404,
29 South Main St. Coventry • 828-9705



Quesadillas Get a Healthy Makeover

Quesadilla is a Spanish word for "little cheese thing." The recipe typically calls for mounds of cheese and pork chorizo between two corn tortillas. Although there's just a small amount of cheese in this recipe, it's the lean ground chicken, the spices and the delicious salsa that are the stars of this healthy dish.

The substitution of lean ground chicken breast for pork chorizo cuts down on the calories without sacrificing any of the flavor. Chorizo sausage is usually made with ground pork and combined with fat, wine, paprika and salt and stuffed into a casing made of tripe. Paprika and red chilies are the primary spices in Mexican chorizo and infuse it with a deep reddish color.

This recipe uses the same spices as the pungent Mexican sausage to marinate the ground chicken, allowing you to mimic the flavor of chorizo while cutting out the fat. Small, diced potatoes add a distinctive texture and also absorb the spices. The avocado salsa completes the dish and adds a burst of fresh citrus with the addition of the lime juice.

Try one of these healthy quesadillas, accompanied by a dab of fat-free sour cream, if desired, for breakfast, lunch or dinner. You'll never miss the original recipe!

- CHICKEN CHORIZO AND POTATO QUESADILLAS**
- 1/2 pound ground all-natural chicken breast
 - 2 tablespoons chili powder
 - 1 teaspoon salt
 - 1 teaspoon pepper
 - 1 small bay leaf, ground in a spice grinder

- 1/2 teaspoon ground cinnamon
- 1 teaspoon Italian seasoning
- 1/8 teaspoon ground cloves
- 1 tablespoon cider vinegar
- 1 cup diced and peeled potato
- 2 teaspoons canola oil
- 1/2 cup diced, purple onion
- 1/2 cup shredded reduced-fat Cheddar cheese
- 8 corn or whole-wheat tortillas



- The Salsa:**
- 1/2 ripe avocado
 - 1/2 cup chopped tomato
 - 1/2 cup diced purple onion
 - 1 large garlic clove, minced
 - 1/4 cup chopped fresh cilantro leaves
 - 1/2 Serrano chili, minced
 - 2 teaspoons fresh lime juice
 - 1 teaspoon salt
 - 1 teaspoon pepper

- To prepare the Quesadillas:**
1. Combine the chicken, chili powder, salt, pepper, bay leaf, cinnamon, Italian seasoning, cloves and vinegar in a bowl, mix well. Set aside.
 2. Boil the potato in lightly salted water in a saucepan until tender, drain. Heat 1 teaspoon canola oil in a nonstick skillet over medium-high heat. Sauté the chicken mixture, stirring to break up the pieces, until the chicken is almost cooked through.
 3. Add the potato, onion and remaining canola oil, cook until the potatoes

begin to brown. Remove from heat and mash mixture. Top each of 4 tortillas with an equal amount of chicken mixture. Top with shredded Cheddar cheese, then another tortilla. Spray a griddle or nonstick skillet with non-stick cooking spray.

4. Cook the Quesadillas over medium heat until both sides are crisp, turning once.

To prepare the Salsa:
In a small bowl, mix together the avocado, tomato, onion, garlic, cilantro, chili, lime juice, salt and pepper until well-combined. Cut Quesadillas into wedges and serve with the salsa. Makes 4 servings. ***

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

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Good Housekeeping

Polynesian Drumsticks

A quick marinade adds a sweet and tangy glaze to grilled skinless drumsticks — a favorite with everyone in the family.

- 1 can (8 ounces) crushed pineapple in unsweetened juice
- 1/4 cup packed brown sugar
- 3 tablespoons soy sauce
- 1 tablespoon grated, peeled fresh ginger
- 1 garlic clove, crushed with garlic press
- 12 chicken drumsticks (about 4 pounds), skin removed

1. In blender, puree pineapple with its juice and remaining ingredients except drumsticks. Spoon 1/2 cup pineapple mixture into large self-sealing plastic bag; reserve remaining pineapple mixture for grilling. Add drumsticks to bag, turning to coat. Let stand at room temperature 15 minutes.

2. Remove drumsticks from bag; discard bag with marinade. Place drumsticks on grill over medium heat and cook 15 minutes, turning over once. Cook drumsticks 10 to 15 minutes longer, or until drumsticks are golden and juices run clear when thickest part is pierced with tip of knife, brushing twice with reserved pineapple mixture and turning occasionally. Makes 4 servings.

• Each serving: About 260 calories, 8g total fat (2g saturated), 38g protein, 8g carbohydrate, 0g fiber, 123mg cholesterol, 385mg sodium.

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

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Cast-Iron Cookware value of your figurine at \$195.

Q. I have a Wagner 1891 6-inch iron skillet and a 10-inch Wagner griddle. I would like to know how much they are worth and where I can sell them. — Brenda, Daytona Beach, Florida

A. The Wagner Manufacturing Company was founded in Sydney, Ohio, in 1891. It was family owned until the mid-1950s. The company was acquired by Griswold and eventually liquidated in 2000. The skillets, cooking pots and griddles made by Wagner are popular with collectors, but aren't all that valuable.

I found a set of three Wagner skillets — a 10 inch, 8 inch and 6 inch — on eBay for \$35. Most of the ones I have seen in shops and at antiques malls sell in the \$25 to \$50 range, depending on size and condition. As to the ones you have, you might begin with shops and dealers in your area.

Q. I purchased a figurine called "Bath Time" made by Lladro. I paid \$300 for it and was told that Lladro pieces have become quite collectible. — Liz, Homestead, Florida

A. Before making a purchase, always do your homework. Case in point is your figurine. Yes, it was made by Lladro in 1997, but it was considered rare. I found it in "Collecting Lladro: Identification & Price Guide" by Peggy Whiteneck and published by Krause Books. Whiteneck places the

Q. I have an unopened pack of Hit Parade cigarettes made by the American Tobacco Company of Durham, North Carolina. Does it have any value? — Janet, Oswego, Illinois

A. The Cigarette Pack Collectors Association was organized in 1976 and currently has about 100 members scattered throughout the country. The group publishes a newsletter for members, "Brandstand." This might be a good place to explore the value of your cigarette pack. Contact is 86 Plymouth Grove Drive, Kennebunk, ME 04043; cigpack@aol.com.

Q. I have 26 volumes of Reader's Digest condensed books. Are they worth keeping? I am downsizing this summer. — Ethel, Memphis, Tennessee

A. The Reader's Digest books were abridged and are not of interest to book collectors. My suggestion is to donate them to a charity.

Write to Larry Cox in care of KFWB, 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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2. Peanut butter
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4. Chocolate
5. Wintergreen oil
6. Baby powder
7. Cigarette butts
8. Mothballs
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Source: Yale University

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