

The **REMINDER** *Free!*

Rhode Island's First Buyers Guide

60 YEARS IN BUSINESS

February 24, 2015 • Volume 60 • Issue 41	
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When: Sat., Feb. 28, 2015 Time: 10am-2pm

No tryouts or residency requirements for West Warwick girls Softball League (Ages 4-17)
Cal Ripken is open to Coventry & West Warwick (Ages 4-12)
Babe Ruth is open to West Warwick (Ages 13-16)

DOWNLOAD A REGISTRATION FORM - www.WestWarwickSports.org



This covers
• Cal Ripken
• Babe Ruth
• Girl's Softball




Spring 2015 Exeter-West Greenwich Recreational Youth Soccer

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SIGN-UPS

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ends March 7th

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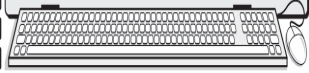
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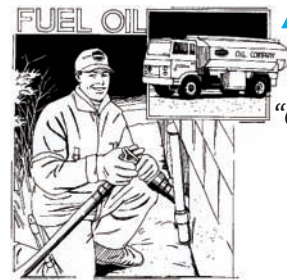
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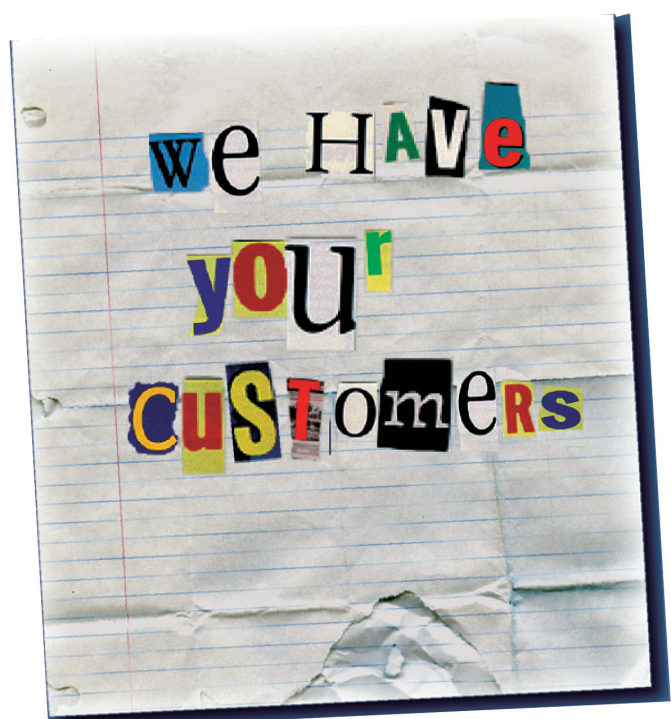
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99.4%*
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84.8%*
regularly read or look through our publication

83.1%*
frequently purchase products/services advertised.

It's Verified: We Deliver



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*Source: Sept. 2014 CVC Publication Report Audit.

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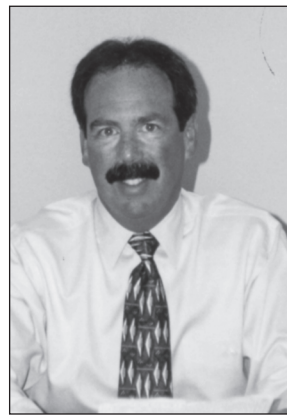


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 JAG

SNOW PLOWING & SHOVELING: Walkways, salt & sand. Insured. All calls returned. Call Mel, 390-7718.

DEMAND FOR PAYMENT
 Notice is hereby given that the undersigned demands payment amounts due to the undersigned as of 02/16/15

Unit A29 Rebecca Rounds : Amount Due \$175.00
 Unit 35 Christopher Dupont : Amount Due \$495.00
 Unit 57 Kenneth Pinault : Amount Due \$205.00

In the event that the above amount remains unpaid as of 03/16/15 any right to access terminates and goods may be sold at public auction or otherwise disposed of in accordance with the law.

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THE WEST WARWICK ANIMAL SHELTER has many beautiful cats and dogs available for adoption. These animals would make wonderful companions for the right person or family. Please visit our Shelter on Hay Street in West Warwick or call 615-3388 for details.

WEST WARWICK PUBLIC LIBRARY BOOK CLUBS
 West Warwick Public Library, 1043 Main Street, West Warwick offers two Book Clubs which meet monthly. **The Adult Book Group** will meet on Tuesday, March 24 at 7PM and Wednesday, March 25 at 2PM to discuss "Founding Mothers: The Women Who Raised Our Nation" by Cokie Roberts. An alternative genre book group "**Geek Reads**", will meet on Tuesday, March 3 at 7PM to discuss "The Mouse that Roared" by Leonard Wibberley. New members are always welcome at all of these discussions. For information call the library at 828-3750, Ext. 4 or email ref@wwlibrary.org

THE ORDER OF SONS OF ITALY IN AMERICA, VINCE LOMBARDI LODGE #2357, 39TH ANNUAL SERVICE AWARD DINNER DANCE
 The Order of Sons of Italy in America, Vince Lombardi Lodge #2357, will celebrate their 39th Anniversary by hosting their Annual Dinner Dance Fundraiser at the West Valley Inn, 4 Blossom Street, West Warwick, on February 28. Cocktails at 6PM, followed by dinner at 7PM. The 2015 Service Award Recipient is Tony (Anthony) Petrarca, Chief Meteorologist, WPRI-Channel 12. Tickets are \$35 per person. All are invited. Proceeds benefit the Vince Lombardi Lodge's local College Scholarship Program. For tickets or more information, call Phyllis at 822-0962, Elaine at 919-2290 or Kitty at 821-8950.

SWINGING SQUARES OF RI DANCE WORKSHOPS
 The Swinging Squares of Rhode Island will hold Square Dance Workshops on Monday Nights, March 2, 9, 16, 23 and 30 from 7-9:30PM at the East Smithfield Neighborhood Center, 7 Esmond Street, Smithfield. Cost is \$6/person. Contact Lynne at 1-508-852-7164 for more information.

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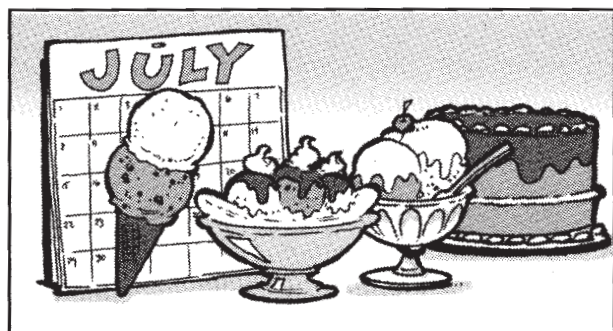
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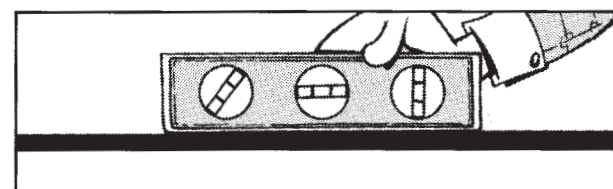
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In 1984, President Ronald Reagan declared July as National Ice Cream Month, citing the food's "nutritious and wholesome" qualities. He decreed that patriotic Americans should mark the month with "appropriate ceremonies and activities."



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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

*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.

DJW

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others

average number of people reading this issue.

*According to the nationally known audit firm Circulation Verification Council (CVC) The Reminder has an average readership of 42,243 per issue.

Audited numbers are numbers you can trust.

BREAKFAST IN FEBRUARY

The Coventry Senior Center, 50 Wood Street, Coventry will hold their next Breakfast on February 27 from 7:30-9AM. Enjoy eggs, French Toast or English muffin, bacon or sausage, orange juice, coffee or tea for just \$3. All are welcome!

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AARP Tax-Aide is offering free Tax Help for taxpayers with low- and moderate-income, with special attention to those age 60 & older. If you would like to make a tax appointment, you may call the Coventry Senior Center (50 Wood Street, Coventry) at 822-9175. Appointments currently begin taken for Wednesdays, Thursdays & Fridays mornings. **No walk-ins.**

GAME NIGHT AT WEST WARWICK PUBLIC LIBRARY

The West Warwick Public library, 1043 Main Street, West Warwick, invites all to The Big Bang Theory Game Night on March 10 at 7PM. The themed games will be "Clue: The Big Bang Theory" by USAopoly & "The Big Bang Theory Uno" by Cardinal Industries. This program is free and open to the public. Sign-up is required to ensure availability of supplies. Call 828-3750, Ext. 4 or email ref@wwlibrary.org to register.

JUNIOR GRANGE ACTIVITIES DEPARTMENT

The Junior Grange Activities Department of the RI State Grange will sponsor two events with Lip Sync and Public Speaking Contests. These events will be held on Sunday, March 1 at 2 PM at Roger Williams-Rumford Grange Hall, 125 North Broadway, East Providence. For information on these events please call Judi Chase at 486-9722.

COVENTRY HIGH SCHOOL BAND AND CHORUS

Coventry High School Band and Chorus will hold a Pasta Dinner on Sunday, March 8, 1 to 4 PM at the Coventry High School Cafeteria, 40 Reservoir Road, Coventry. Tickets are \$10 for adults. Seniors and children under 12, \$5. Proceeds to benefit the Music Department trip to Hershey, PA.

PHENIX SPORTSMEN'S CLUB YARD SALE

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Prayer to St. Jude
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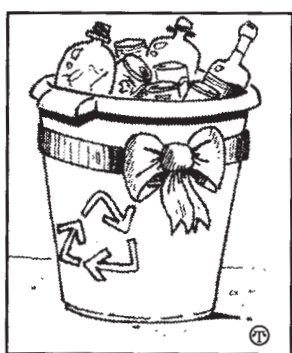
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Did You Know?

(NAPS)—You can get paid to collect empty drink pouches to be upcycled or recycled through the Drink Pouch Brigade. Supported by Capri Sun and TerraCycle, it rewards participants and their schools with points and cash donations for mailing in the drink pouches. Learn more at www.TerraCycle.com.



How well American children do in school could depend on what teachers and school administrators learn at the 70th ASCD Annual Conference and Exhibit Show—"Challenging Convention: Leading Disruptive Innovations." Educators can register at <http://annualconference.ascd.org> and learn more at www.ascd.org.

emotional journey, "Genealogy Roadshow" (running as of January 13 on PBS and also available at PBS.org) combines history and science to uncover the fascinating stories of diverse Americans. Each individual featured finds that his or her past links to a community history, revealing the rich cultural tapestry of America.

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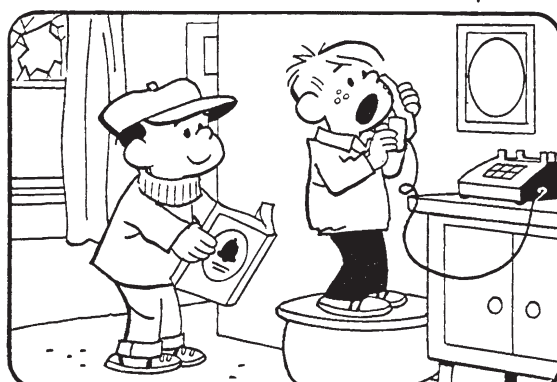
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window is broken. 2. Football is missing. 3. Switch is missing. 4. Ruffle is missing. 5. Picture is smaller. 6. Drawer is missing.

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Not often in the story of mankind does a man arrive on earth who is both steel and velvet, who is as hard as rock and soft as drifting fog, who holds in his heart and mind the paradox of terrible storm and peace unspeakable and perfect.
—Carl Sandburg

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SS JOHN & PAUL ANNUAL PARISH MISSION
SS John & Paul Church, Coventry, announces that the 2015 Annual Parish Mission will be presented by Fr. Harry J. Cain, S.J. & Virginia Blass, D.Min., M.A., M.Ed. from March 2-5. They will preach at all weekend Masses on February 28 & March 1. The Mission theme is "The First Outpouring of God is Compassion". Fr. Harry & Ginny, both trained Spiritual Directors, will offer scheduled one-on-one conferences each day of the Mission. For details, directions, to schedule a conference, or for a daily schedule of the Mission, please call the Rectory Office at 821-5764 weekdays from 8AM-4:30PM. All are welcome!

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Puzzle Page

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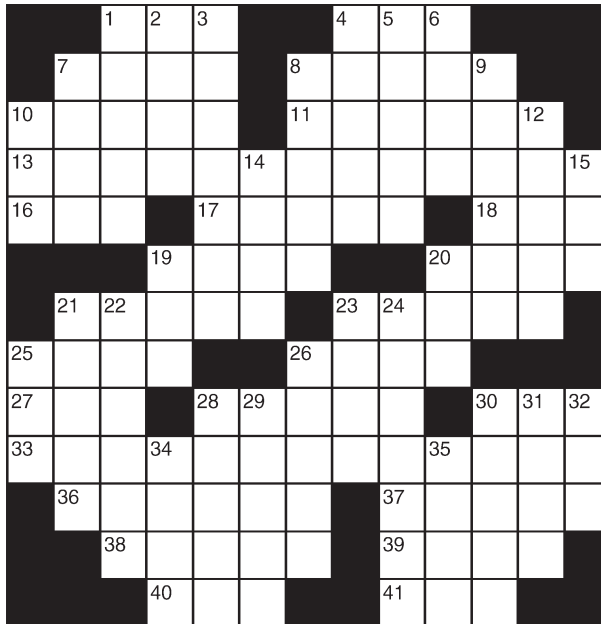
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King Crossword

- ACROSS**
- 1 — de deux
 - 4 Rotating part
 - 7 St. Louis landmark
 - 8 Sorcerer
 - 10 Durable wood
 - 11 Obliterated
 - 13 Jake and Elwood
 - 16 Foundation
 - 17 Kin of linen
 - 18 Also
 - 19 Accomplishment
 - 20 Fragment
 - 21 Scrub, as a space mission
 - 23 Old-hat
 - 25 Pitcher type
 - 26 Taverns
 - 27 Petrol
 - 28 Wails like a banshee
 - 30 School org.
- DOWN**
- 1 Exultant
 - 2 Teen's complexion woe
 - 3 Unscrupulous lawyer
 - 4 Yuletide rendition
 - 5 Playing marble
 - 6 Dog-sledding "giddyap"
 - 7 Competent
 - 8 Deserve
 - 9 Boil
 - 10 Recede
 - 12 R2-D2, e.g.
 - 14 Lake vessel
 - 15 Bribe
 - 19 Supporting
 - 20 Dol. fractions
 - 21 Prize
 - 22 Suit, old-style
 - 23 Sand formation
 - 24 Lack
 - 25 Ovum
 - 26 Chinese dogs, for short
 - 28 Deli turnover
 - 29 English homework, often
 - 30 Pound pieces
 - 31 "Star —"
 - 32 Fool
 - 34 Prior nights
 - 35 Indigent



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MAGIC MAZE ● — ROSE

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

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

- Baby
- Cabbage
- Charlie
- Cherokee
- China
- Christmas
- Coffee
- Confederate
- Cotton
- Desert
- Ground
- Japanese
- Tea
- Tokyo
- Winter

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

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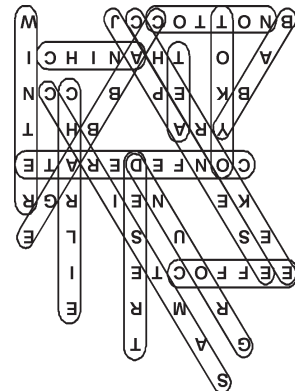
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Solution time: 25 mins.

Answers

King Crossword



— ROSE

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PUBLIC FORUM REGARDING THE FUTURE OF MT. VERNON BAPTIST CHURCH

Mount Vernon Baptist Church invites the public to a Forum on February 28 at 7PM to consider the future of their historic building which was knocked off its foundation & mortally wounded on Halloween Night. The Congregation recognizes that many people in the surrounding area have an interest in what happens to the building and surrounding property. Should it be rebuilt to resemble the original one built in 1792? Should the property be repurposed? Or a combination of these 2 options? The Forum will be held at the First Christian Church of Rice City, 63 Vaughn Hollow Road in Greene.

WWII WASHINGTON TRIP

New England Bay & Beacon Hospice are collaborating on a partnership to identify any WWII Veterans interested in flying to Washington DC for the day at NO COST. Veterans will visit Monuments, Memorials & enjoy complimentary meals. In order for Honor Flight to achieve this goal, escorts fly with each Veteran and accompany them throughout the day to ensure a safe, memorable & rewarding experience. This is a wonderful opportunity to recognize our Veterans who have given their time & service to our country. Please contact Lanya or Sandy at the New England Bay Community at 821-2445 for an application and/or further information.

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—Clement Attlee

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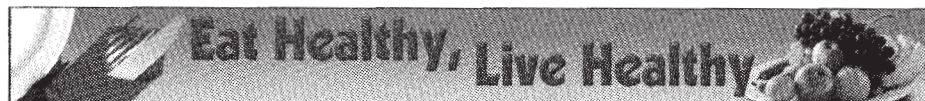
MOUNT VERNON BAPTIST CHURCH INVITES THE PUBLIC TO A FORUM on February 28 at 7PM to consider the future of their historic building which was knocked off its foundation & mortally wounded on Halloween Night. The Forum will be held at the First Christian Church of Rice City, 63 Vaughn Hollow Road in Greene

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—Mahatma Gandhi



Top 10 Pantry Essentials for Fast, Healthful Cooking

(NAPS)—Stock your kitchen with these basic building blocks for a wide variety of good-for-you recipes that are quick and easy to create.

"Keeping healthy foods on hand is one of the easiest ways to get started with a healthy eating plan," said registered dietitian Sarah-Jane Bedwell, author of "Schedule Me Skinny."

1. Canola Oil—This kitchen workhorse is one of the most healthful cooking oils available and excellent for almost any kind of recipe. It contains the least saturated fat and most plant-based omega-3 fat of all common cooking oils, plus its neutral flavor and light texture work well with many different dishes and cooking styles.

2. Vinegar—The acid in vinegar, including white wine, red wine or balsamic, brightens and balances flavors. It's key to salad vinaigrette, and a splash can add depth and sweetness to soups and sautés.

3. Peanut Butter—An inexpensive source of protein, peanut butter is a healthful addition to baked goods. It's also a quick base for Asian-style peanut sauce on noodles or meat.

4. Lower-Sodium Chicken or Vegetable Broth—Boost flavor by using broth for homemade soup in a flash, whole grains or a braised dish. Store-bought broth tends to be higher in salt, so look for the lower-sodium varieties.

5. Honey or Brown Sugar—Sweetener isn't just for baked goods. Use a touch to help caramelize foods and bring out the natural sweetness in vegetables.

6. Whole Wheat Flour—Essential for baking, flour is also useful for thickening sauces, binding veggie pan-



You can enjoy delicious, simple and wholesome Salmon and Quinoa Patties with grilled vegetables on whole grain rolls or as mini appetizers.

cakes and more. The white whole wheat variety can be a great way to add extra whole grains but maintain a light texture.

7. Basic Spices—No need to buy a whole rack's worth of spices. For most dishes, you'll be good to go with pepper, cinnamon, cumin, chili powder, garlic flakes, thyme and an Italian herb blend.

8. Whole Grains—Brown rice, whole grain pasta, oats, barley and quinoa are packed with nutrition and nicely filling. Keep them on hand to round out any meal.

9. Quick Protein—Canned or dried beans and lentils as well as canned salmon and tuna are excellent pantry staples: nutritious, affordable and versatile. Toss them into salads, mix with whole grains or mash them into burgers.

10. Canned Tomatoes—Essential for sauces, soups and stews, canned tomatoes are faster (and, at most times of the year, tastier) to use than peeling, seeding and chopping your own. Select those that are lower in sodium.

"These are ingredients I reach for again and again," Bedwell added. "With a well-stocked pantry and a little bit of planning, it's truly possible to prepare healthy meals in minutes."

This entrée or appetizer is a delicious way to incorporate whole grain and other pantry essentials.

Salmon and Quinoa Patties

Yield: 8 patties
Serving size: 1 patty

- 2 Tbsp canola oil, divided
- 1 cup minced onion
- 1/2 cup finely chopped celery
- 1 cup cooked quinoa
- 2 cans, 6.5 oz each, salmon, rinsed and drained
- 3 eggs
- 2 Tbsp green relish
- 1/2 tsp salt

In large nonstick pan, heat 1 Tbsp canola oil over medium heat. Add onion and celery and sauté for about 5 minutes. Remove from heat. In large bowl, combine prepared quinoa with cooked onions and celery. Add salmon, eggs, relish and salt. Stir well to combine. Shape mixture into 8 patties, about 1/2 cup mixture each. In saucpan, heat remaining canola oil over medium heat. Cook patties for 3 to 4 minutes, undisturbed, or until golden brown. Flip over and continue cooking for about 4 additional minutes.

Nutritional Analysis per Serving: calories: 150; total fat: 9 g; saturated fat: 1.5 g; cholesterol: 90 mg; sodium: 360 mg; carbohydrates: 7 g; fiber: 1 g; sugar: 1 g; protein: 10 g.

Learn More

Find more flavorful recipes using heart-smart canola oil and other pantry essentials at www.CanolaInfo.org.

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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.

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SWINGING SQUARES OF RI MONTHLY DANCE

The Swinging Squares will host a "Beginner's Ball!" themed Square Dance (Class Level & Mainstream) on February 28 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.

NEW ENGLAND STEEL GUITAR ASSOCIATION STEEL JAM

The New England Steel Guitar Association will hold a Steel Jam on March 8 from 1-5PM at American Legion Post #15, 1016 Post Road, East Greenwich. The band "Crossfire" will perform.

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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.

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

RICHARD J. PIZZI Electrical Contractor: 125 Revere Avenue, West Warwick. Residential Wiring (home repairs). No job too small. A145, insured. 580-8803.

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THE REMINDER'S FAX SERVICE. Now you can send or receive letters, statements, invoices, etc. in seconds by using The Reminder Fax Service. Want more details? Call The Reminder and ask about our fax: 821-2216. Fax Number: 821-0397. To Send: \$3.00 (+tax) for the first page, \$1.00 for every additional page. To receive: 75c ea. page (+tax).

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VENTURA FENCE CO., INC.: Serving Rhode Island since 1975 for all your fencing needs. Fully licensed and insured. Call anytime 821-7200.

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MOFFITT & ASSOCIATES, LLC.: Financial Services and Investments, Retirement Planning and 401K rollovers. www.moffittassociates.com 1260 Main St. (Rte. 117), Coventry (401)828-0097.

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\$8.00 PER WEEK for 10 words (25c each add. word) Min. 1 Month. Deadline: Last Thursday of each month for ads starting the following month. Mail or bring your ad to The Reminder, 1049 Main St., Coventry, RI 02816. Phone: 821-2216. Fax: 821-0397.

ROOFING

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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Call **487-8694** anytime

GREENE PUBLIC LIBRARY PRESENTS...

Greene Public Library, 179 Hopkins Hollow Road, Greene, will host Naturalist Expert & Author Robert Tougias on March 12 at 7PM. Mr. Tougias will discuss "Quest for the Eastern Cougar: Extinction or Survival". He will share his expertise on this fascinating cat and address the issue of whether they still exist in the East. The program should be of particular interest to Greene residents because of several local sightings and even a picture of a cougar taken in the area. Reservation are preferred. Please call 397-3873 or email jean@coventrylibrary.org to register or for more information.

CHAIR YOGA CLASSES AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene, is sponsoring a 4-week Chair Yoga Class. Classes taught by Christie will be held from 6-7:15PM on March 5, 12, 26 & April 2. This session of Chair Yoga will focus on pain management and is appropriate for students of all abilities. Wear comfortable clothing and bring a yoga mat. Each class costs \$8, a portion of this fee is donated to the Library Association. Call Christie at 323-1649 or the Library at 397-3873 for more information or to register.

DESSERT PARTY/OPEN HOUSE AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene, will hold a Dessert Party/Open House from 2-5PM on March 1. Come and enjoy delicious homemade desserts & beverage. A suggested donation of \$12 is requested of all adults. Children 17 & under are free with a donation to the Coventry Food Pantry. RSVP by February 24 by calling 397-3873 or email jean@coventrylibrary.org

BEGINNER LINE DANCE CLASSES AT TRI CITY ELKS

The Tri-City Elks Lodge #14, 1915 West Shore Road, Warwick, will hold Beginner Line Dancing Classes every Monday night (thru June) from 7-8:30PM. Cost is \$6 per person. All ages welcome. Call Lori at 821-4361 or the Lodge at 737-9510 for more information. Proceeds benefit Elk Charities.

"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.

ECO FILM SHOWING AT LOUTTIT LIBRARY

The Louttit Library, located at 274 Victory Highway (Rte. 102), West Greenwich, directly next door to the Town Hall, will be showing videos about climate change and how it will affect all of us in the days ahead. Videos directly pointing to the impact that climate change is having on our environment will be shown on February 10, March 10 & April 14 at 7PM. Discussion is encouraged. For more information, call Hollie at 385-9876.

COVENTRY PUBLIC LIBRARY EVENING STORYTIMES

The Coventry Public Library, 1672 Flat River Road, Coventry, will offer Evening Storytimes for children ages 3-8 on Wednesdays at 6:30PM as follows: January 21 & 28, February 4, 11 & 25, March 4 & 11. Children are invited to attend these programs featuring stories, activities & crafts in their pajamas and slippers if they wish. No registration is required. Call 822-9102 for more information.

AARP 2210 NEW HAMPSHIRE RAIL & SAIL TRIP

AARP 2210 is offering a 2-day New Hampshire Rail & Sail Trip on May 31. Cost is \$299/person (double occupancy), \$289/person (triple occupancy), \$359/person (single occupancy), \$259/person (child occupancy). Trip includes hotel accommodations, meals, Conway Scenic Railway, Lake Winnepesaukee Narrated Cruise, shopping & a visit to the Mt. Washington Discover Center. Motor Coach transportation provided by Conway Tours. Call Caroline at 398-0422 or Maureen at 828-5188 for reservations and more information.

IMPORTANT NOTICE REGARDING COVENTRY-PUBLIC LIBRARY BOOK DONATIONS

All book donations to the Coventry Library Blue Bin WILL NOT BE ACCEPTED FROM FEBRUARY 1-APRIL 1 due to Winter weather conditions. Your cooperation is greatly appreciated and we look forward to your ongoing & generous support in the Spring!

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.

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.

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

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PART-TIME LUBE & TIRE TECHNICIAN: Experience preferred. Must have valid RI Driver's License and transportation. Dependable and honest need only apply. Good wages, free uniforms, commission plan available. Apply Jennings Car Care Center, 679 Quaker Lane, West Warwick.

CARPET CLEANING TECHNICIAN/SALES: Minimum 3 years residential experience. Monday-Saturday. Valid Driver's License. BCI check. \$500-\$800/week, benefit package. Also looking for Pick-up & Delivery Drivers. Will train. 500-2758.

Help Wanted

Pizza Restaurant EXPERIENCED PIZZA COOK with Certificate. WAITRESSES & DRIVERS Experienced Only

(Full time - Closing Duties)

Must be enthusiastic and willing to learn.

Apply in person.
Santoro's Pizza
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WANTED: Part-time Receptionist/Doctor's Assistant for busy Doctor's Office. Must like working with people, be efficient and have computer experience. Excellent working conditions. Good salary. Send resume to PO Box 1357, Coventry RI 02816.

SALON SERENITY IS EXPANDING: Looking for established Hairdressers and Nail Techs with clientele from the area. Commission or rent options. We are a DRAMA FREE Salon. Serious inquiries only. Call Mike 345-2274.

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CLEANER: 1st & 2nd Shifts. 15-25 Hours per week, \$9/hour. Must have valid Drivers License, reliable vehicle and clean BCI. Warwick, Cranston and Lincoln areas. 301-1162.

DRIVER/SALES: Picking up & delivering area rugs. Must have valid Driver's License. BCI check. Full or part-time. Will train. 500-2758.

Jobs Wanted

THE DREAM TEAM CLEANING COMPANY provides quality service weekly, bi-weekly, etc. for homes & offices. Experienced. References. 413-1451.

Nurture your mind with great thoughts; to believe in the heroic makes heroes.
—Benjamin Disraeli

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1, 2 & 3 Bedrooms, Applianced, No Pets.
From \$650-\$975
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WEST WARWICK
2 bed, 1st floor, appliances,
heat & hot water included,
laundry hookups
\$900
2 bed, 1st floor,
dead end street, bus route
\$725
Large, 1 bed, hot water included.
Close to all amenities
\$625

Apartment for Rent

WEST WARWICK, 50 Pleasant Street: Newly painted, new ceilings, affordable, clean, 2nd floor, 1 large bedroom, office/room, open floor plan, heat/water included, off-street parking, near Church and conveniences. \$850/month plus security. No pets. 787-2837.

WEST WARWICK: Clean 2 bed. New paint, appliances, new windows, new gas boiler, off-street parking, coin laundry & private storage on lower level. No utilities included. No dogs please. \$750/month. \$750 Security. ALSO, 1 BEDROOM. \$700/month. Call John at 265-6343.

PARKVIEW TERRACE APARTMENTS: West Warwick. HEAT, HOT WATER & COOKING GAS INCLUDED! 1 Bedrooms start at \$729. 2 Bedrooms start at \$900. Call 1-866-664-6520 to schedule a showing! Income guidelines apply.

WEST WARWICK: Nice, large, 1 bed. All utilities included. Applianced. Parking. \$160-\$165/week. 2 weeks security. No dogs. Non-smokers. 828-5080.

COVENTRY: 1 Bed with laundry hook-ups, 1st floor, private entrance, parking. Utilities not included. No pets. No smoking. 1 Year Lease. \$725/month. Call Pat, Experience Real Estate. 243-5624.

WEST WARWICK, Pleasant Street: 2nd Floor, applianced, heat/hot water included. \$895/month. John, 447-3405.

WEST WARWICK & COVENTRY: 1 & 2 Bedroom apartments starting at \$700/month. Utilities not included. 374-3154.

WEST WARWICK: Cozy, quiet, 1 bed, 2nd floor, applianced. All Utilities Included! 1st and Last, BCI and Credit Check required! \$880/month. 401-487-8276.

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Apartment for Rent

COVENTRY: Spacious one bedroom. 2nd floor. Heat, hot water included. Appliances. No pets. \$725/mo. 821-3811.

Room For Rent

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

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.

Townhouse for Rent

WEST WARWICK: 2 Bedroom Townhome. All appliances including washer & dryer, fenced yard, storage. No dogs. \$825 plus security. 828-7233.

House for Rent

WARWICK / WEST WARWICK LINE, near Valley Country Club: Adorable 1 bedroom, recently remodeled, large kitchen, full basement with w/d hook-ups. \$850/month. David Colardo, Re/Max. 821-4111.

WEST GREENWICH: 3 Beds, 1 bath, large yard. No pets. \$1650. 487-4336.



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

Real Estate for Sale

COVENTRY: Bank Owned. Washington Village, 2 units available. \$99,900 and up. This is FHA approved, purchase this for as little as 3% down. **WEST WARWICK:** Governor Hills. Designer Townhouse. Why rent when you can own for \$1100 a month, all inclusive. Fully applianced. \$144,900. Please Call 401-641-5625. Bruce Allen Realtors.

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C'MON IN TO OUR CENTURY 21
Open House Weekend
February 28-March 1, 2015

West Warwick: Open Saturday 11-1!! 55 Pinewood Drive!! 4 bed 4 bath raised ranch, family room, media room, FP, C/A, garage, \$299,900, ask for Steve Eccleston, Ext. 333

Coventry: Open Saturday & Sunday 11-1!! 52 Coventry Drive!! 3 bed ranch, new bath, finished lower, garage, \$224,900, ask for Tracey Colucci, Ext. 302, Lisa Jester, Ext. 345

East Providence: Open Sunday 11-1!! 75 Wilmarth Avenue!! Spacious 3 bed, 1.5 bath ranch, family room, new gas furnace, \$164,900, ask for Bill Hurston, Ext. 323

Glocester: Open Sunday 1-3!! 3 Airy Acres Drive!! Waterfront Bowdish Lake, 4 room ranch, pine floors, wood stove, \$225,000, ask for Janice Lowell, Ext. 361

Johnston: Open Sunday 11-1!! 59 Bell Drive!! 4 bed, 2.5 bath colonial, FP, C/A, large master suite, 2 car garage, sprinklers, motivated, \$299,900, ask for Joe Spada, Ext. 316

Richmond: Open Sunday 12-2!! 16 Corey Trail!! 3 bed, 2.5 bath colonial, great layout, hardwoods, 2 acres, near highway/shopping, \$319,900, ask for Tracey Colucci, Ext. 302

Warwick: Open Sunday 12-2!! 46 Breana Lane!! 3 bed ranch, C/A, newer appliances & windows, garage, corner lot, cul-de-sac, \$214,900, ask for Les Ingalls, Ext. 320

West Warwick: Open Sunday 1:30-3:30!! 325 Washington Street, #D!! Nice 3 room condo, updated kitchen, deck, affordable, \$79,900, ask for Steve Eccleston, Ext. 333


West Warwick: New listing!! 3 bed ranch with garage. New boiler, some new windows, structurally sound, needs some work, \$133,000

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The Garden Bug
Japanese climbing fern
BY BRENDA WEAVER

This native of Asia and Australia was first introduced to North America as an ornamental in the early 1900s. It is considered invasive in the southeastern U.S., and smothers native vegetation by blocking sunlight. It increases fire risk by allowing fire to spread up trees along its vines and leaves.

Source: www.invasivespeciesinfo.gov, www.sfrcl.edu

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"Happy as a clam" derives from the expression "happy as a clam at high tide." Clams are harvested only at low tide.

SALE DATES: Thurs. Feb. 19-Feb. 25, 2015

Ocean State JOB LOT

STORE HOURS: Mon-Sat 8am-9pm; Sunday 9am-8pm

Wild Bird Seed

- 50 lb Black Oil Sunflower Seed **\$25** (Our Reg. \$29.99)
- 25 lb Nyjer Thistle Seed **\$25**
- 25 lb Signature Blend **\$23**
- 20 lb Country Mix **\$8.50**
- 8 lb Premium Blend **\$7**
- Suet Cakes **\$1**

150 oz Triple Action Purex Laundry Detergent **4.99**

64 oz Liquid Spa Soap Comp. \$4.99 **2.99**

Patriots Championship T-Shirts

M-2XL **\$10**

20% OFF ALL TOYS in stock

20 Lb Ice Melt
Selection varies by store

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Shoe, Boot & Glove Dryer Comp. \$40 **\$20**

4 Tube Boot & Glove Dryer Comp. \$60 **\$40**

NEW! Extraordinary Purchase! MADE IN THE USA

US Military Tactical Combat Gloves
Built with an amazing fit of extraordinary materials

Comp. \$150.50 **\$10**

Limit 2 per customer
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Mens & Ladies Winter Hats & Scarves **\$5**

rainX 2-in-1 De-Icer with Bug Remover Windshield Wash
Effective to -25F

3.49

Windshield Wash **1.99**

Brands may vary by store

Garant 18" Poly Snow Shovel **\$13**

48" Extendable Snow Brush & Ice Scraper **\$8**

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Available in most stores

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- Fleece Lined Tights & Leggings **\$5** (Comp. \$9.99)
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- Ladies Boot/Knee Highs **1.50 & 2.99** (Comp. \$5.19)

Bomber & Peruvian Hats
Lots of styles - unisex styling
Some wool blends
Comp. \$30 **\$10**

Marc Ecco Mens Crews Comp. \$12 OR Silver Fox Thermal Wool Socks Comp. \$7.99 **2.99**
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6 Element Infrared Heater
Heats 1800 sq. ft.
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The REMINDER 2ND SECTION

Rhode Island's First Buyers Guide

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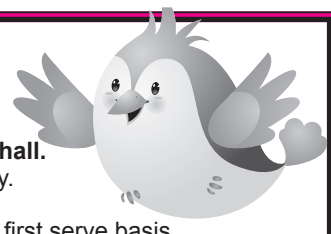
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Town of Coventry Parks & Recreation Department 2015 SPRING PROGRAMS



Spring program registration begins Monday, March 9th from 8:30am-4:30pm in the Community Center's upstairs hall. Registration will continue in the Parks and Recreation office from March 10th from 8:30-4:30pm Monday through Friday. Registration is required in the Parks and Recreation office prior to the start of any program unless otherwise noted.

All fees must be paid at the time of registration to receive specific policies and schedules. Registrations are accepted on a first come, first serve basis. Non-resident registration begins Monday, March 16th and is for select adult classes ONLY! Non-residents may register for trips 3 weeks prior to each trip departure pending availability.

PARENT & CHILD (\$10)
Playgroups (2-5yrs) Music class (22-35 months)

MIXED GRILL (\$25) GRADES 1-5
Kids night out without your parents, with your friends at the Community Center. Each night is theme-based. Lego building, crafts, trips (Pawsox and Bounce U), snacks and more in a safe environment. Fridays 6-9:00pm at the Community Center (7 weeks)

FRIDAY FUN NIGHT (\$25) GRADES 5-8
At Town Gym. Play dodgeball, soccer and many non-traditional games with our staff from 6-8:30pm. (Trip TBA is included along with pizza each night).

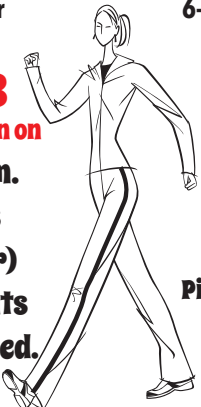
ARTS AND CRAFTS (\$5) GRADES 1-5 9-10:00AM.
Saturday mornings at the Community Center (7 weeks)
Design your own Mother's & Father's Day projects, kites, rain sticks and other crafts.

VACATION CAMPS (\$50) GRADES 1-8
(4 days) Tuesday, April 21st - Friday, April 24th
Grades 1-4 (Limit 65) - At the Community Center
Grades 5-8 (Limit 40) - At the Teen Center

ADULT WALKING CLUB
The club meets at various locations in town on Thursday mornings from 9-10am.
\$8 residents \$16 non-residents
Adult Classes (Community Center)
\$30 Residents \$50 Non-residents
Step HI-LO 6:00-7:00pm Mon. & Wed.
Zumba 7:15-8:15pm Mondays
Yoga 7:15-8:15pm Tuesdays
Cardio, Core & More 6-7pm Tuesdays

Watch the Reminder for Public Service Announcements

SPRING TENNIS LESSONS (AT PAINE FIELD)
\$30 Residents \$50 Non-residents (all skill levels)
All Lessons will be taught by Certified USPTA Elite Professional Tennis Instructor and Regional President of RI Teaching Professionals, Patrick LaSalle.
Lessons are held June 2nd - June 25th. Limit 12/class.
Tuesdays & Thursdays
Adults 55+ 10-11am Grades 6-8 3:30-4:30pm
Grades 3-5 4:30-5:30pm Adults 18+ 5:30-7pm



"LITTLE TENNIS" FOR AGES 4-7
Parents MUST participate throughout the entire lesson.
Saturdays June 6th - June 27th
6-7 yr. olds - 10-11am 4-5 yr. olds - 11-12pm

SPECIAL EVENTS
March 28th Easter Egg Hunt (Free)
April 18th Earth Day Celebration (Free)
April 20th Pitch, Hit & Run Baseball Competition (Free)
April 22nd - Fishing Derby (\$2.00)
April 24th - Family Bingo (Free)
April 26th "Dirty Dancing" Show at the PPAC (\$40) 15 tix
May 30th Tennis Across America Clinic (Free)

AT THE NEWPORT PLAYHOUSE
June 27th - "Killjoy" - (\$55)
August 17th - "Lobsterfest" - "Flamingo Court" (\$60)
October 3rd - "Odd Couple" (\$55)
Trips include a play, buffet, cabaret and transportation.

AT FENWAY PARK
May 23rd - Red Sox vs. Anaheim Angels (\$40)
September 5th - Red Sox vs. Philadelphia Phillies (\$40)



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By Samantha Mazzotta



Snow Clearing 101

Q. I just moved to Ohio from the south and have never experienced lots of snow before. This winter has certainly changed that! I've learned why newscasters warn us to be careful shoveling. It's exhausting, and the snow is much heavier than I thought. Is there any way to make it easier? — Carol in Cleveland

A. Managing the snow around your home — during really snowy winters like this one, it's more about shifting snow piles around than shoveling — can be a lumbering ballet. To minimize the amount of physical work you have to do, planning has to start before the storm.

First, determine what areas outside absolutely must be cleared. These include your driveway and walkway to the front door, and any vents to the outside — like the dryer vent, and in some homes, the heating unit's vent. In some cities, you're also required to clear the public sidewalk in front of your house. Homeowners often mark out these areas with tall orange fiberglass stakes, set a few feet apart along the perimeter of the driveway and next to vent areas.

If you have health issues and no one else to shovel, consider hiring a snow-plow service. (Plow contractors operate without much regulation, if any, so get word-of-mouth references, check out reviews on Angie's List and get all proposals in writing first.)

Now to the shoveling. It's best to start clearing snow as soon as possible, because the longer it sits on the

home tip

Can't move your car to a covered area before a storm? Cover it to make clearing snow easier, or at least lift the windshield wipers to an upward position so they don't freeze to the windshield.



ground, the more it settles and the heavier it gets. You may need to go out and shovel in the middle of a storm, once 3-6 inches have fallen, to make clearing easier once the storm is over.

Efficient snow shoveling is more like snow scooping. Use a proper snow shovel — wide, slightly curved and very light. Push snow to the side as much as possible and avoid lifting the shovel until you absolutely have to. After a heavy storm you will find yourself having to lift new snow over existing piles alongside the walkway or driveway. Load the shovel only one-third full and — bending your knees — lift the shovel and toss the snow over the perimeter pile with the minimum motion required. No turning or flinging the shovel upward.

Even with a minimum of motion, shoveling is hard work. So stop frequently to catch your breath and stretch your back. Be sure to stretch for a few minutes when you're done, and while you're doing it, think deep thoughts about getting a snowblower.

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

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SATURDAY, March 7 from 2-6PM, the Tri City Elks Lodge, 1919 West Shore Road, Warwick, RI 02889 will hold "Change for Change". Bring your change to this event and shop local vendors to support Domestic Violence Awareness. All funds raised during the raffle, cupcake table and change buckets will be donated to Elizabeth Buffum Chace Center in Warwick, RI.

ANGELS ON HORSEBACK NEEDS VOLUNTEERS
 Angels on Horseback Therapeutic Riding School in Ashaway is taking applications for volunteers. Assistance is needed to help handicapped children with riding lessons as well as side walkers, qualified horse leaders, barn help, game assisting and arts & crafts. Come see what all the Buzz is about at Angels and experience a wonderful volunteering experience. For more information, call 364-6106 or visit www.angelsonhorsebackri.org

WASHINGTON COUNTY GRANGE #2 MEETING
 The next Meeting of Washington County Grange #2 will be held on February 28 at 4PM at the Richmond Grange Hall, 690 Usquepaugh Road (Rte. 138) in West Kingston. The afternoon program will be a slideshow of the 2014 Washington County Fair Season. The evening program will be the report of the 2014 Washington County Fair. The Women's Activity Committee will be holding their Annual Silent Auction. They are asking for donations of homemade crafts, baked goods, or any articles for the Auction. For more information on the Silent Auction, please call Celeste at 822-2603 or 206-9837.

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

COMPUTER CLASSES AT WEST WARWICK PUBLIC LIBRARY
 The West Warwick Public Library, 1043 Main Street, West Warwick, will offer the following classes in March: **MS Excel - Part 1** on March 2 from 6-7PM, **Part 2** on March 9 from 6-7PM, **Part 3** on March 16 from 6-7PM, **Part 4** on March 23 from 6-7PM & **Part 5** on March 30 from 6-7PM. **Computer Basics Workshop - Keyboard & Mouse** on March 4 from 10-11AM, **Terminology** on March 11 from 10-11AM, **Intro to Internet** on March 18 from 10-11AM & **Intro to Email** on March 25 from 10-11AM. These are free classes and are open to everyone. Registration required. To register or for more information, please call 828-3750, Ext. 4.

ST. MARY'S CHURCH ANNUAL CORNED BEEF & CABBAGE DINNER
 St. Mary's Church, 70 Church Street, West Warwick, will hold their Annual Corned Beef & Cabbage Dinner on March 7. Hors d'oeuvres at 5PM, followed by dinner at 6PM. There will be door prizes, raffles & entertainment by "The Three Amigos". Tickets are \$20/adult & \$7/child (10 years & under). Seating is limited! BYOB. Soda & water are free. Please call Maureen at 828-5188 (9AM-1PM) or the Rectory at 821-5555 to purchase tickets or for more information.

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LIBRA (September 23 to October 22) While you might begrudge the added time it will take to get your project from point A to B to C, etc., you could benefit from the facts that will emerge over this expanded time span.

ARIES (March 21 to April 19) Having second thoughts could be a good thing, even if you're determined to go through with your plans. You might find it worthwhile to take a fresh look at how things have been set up.

SCORPIO (October 23 to November 21) Regarding your workplace suggestions, be prepared to produce the facts to counter reactions from skeptics who feel your approach is unreasonable or even impossible.

TAURUS (April 20 to May 20) Financial matters could continue to be a problem until you're able to straighten out some of the more pesky situations. Once that happens, the rest should be easier to unsnarl.

SAGITTARIUS (November 22 to December 21) Savvy Sagittarians will look for work-related answers on their own rather than rely on unproved assumptions. It might take more time to do so, but the payoff is worth it.

GEMINI (May 21 to June 20) Family matters once again take center stage, and should be dealt with competently and quickly. And, again, insist on others taking on their fair share of the responsibilities.

CAPRICORN (December 22 to January 19) Your aspects continue to favor family issues, with special emphasis this week on changes in and around your home. Get everyone to suggest what he or she would like to see done.

CANCER (June 21 to July 22) Your creative pursuits seem to be running into a roadblock. But rather than blame outside factors, look within to see if you might be holding back your efforts for some reason.

AQUARIUS (January 20 to February 18) A matter you thought had been settled might still produce surprises. Best advice: Continue to gather facts to bolster your position just in case you need to produce them quickly.

LEO (July 23 to August 22) Keep that keen Cat's Eye focused on relevant aspects of this new situation in your life. Don't be distracted by trivial matters. You need the pertinent facts before making a decision.

PISCES (February 19 to March 20) While your instincts are usually right when discerning 'twixt truth and deception, you could benefit from doing more research on the new "prospect" that you've been pitched.

VIRGO (August 23 to September 22) As much as you prefer doing things on your own, continue to accept help if you still need to resolve the problem affecting your project. Some cheerful news is about to come your way.

BORN THIS WEEK: Your wisdom is only matched by your generosity, making you the sort of friend everyone hopes to have.

Why do people think artists are special? It's just another job.
—Andy Warhol

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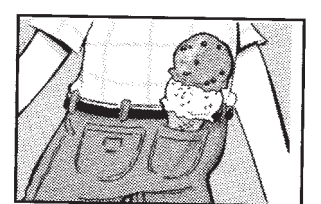
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CLUB FRONTENAC, 1143 Main Street, West Warwick will be having a Fish Fry on Friday, February 27 from 5-8PM. This week's featured specials: Fish & Chips, \$7.95 & Baked Sole Florentine, \$9.95. Salad & chowder included. Take-Out available starting at 4:30PM. Call 822-1860.



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