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Rhode Island's First Buyers Guide

July 28, 2015 • Volume 61 • Issue 11

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London Broil Steak
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DEAL #1 \$49.99

- 3 lb. Chicken Leg Quarters
- 3 lb. 80% Lean Ground Beef
- 3 lb. Cube Steak or Stew Beef
- 3 lb. Center Cut Pork Chops
- 3 lb. Bottom Round Roast or London Broil Steaks

DEAL #2 \$96.99

- 5 lb. Chicken Leg Quarters
- 5 lb. 80% Lean Ground Beef
- 3 lb. Cube Steak
- 3 lb. Center Cut Pork Chops
- 3 lb. Bottom Round Roast
- 3 lb. London Broil Roast or Steak
- 3 lb. Shaved Steak or Frozen Hamburg Patties
- 3 lb. Boneless Chicken Breast

DEAL #3 \$149.99

- 3 lb. Delmonico Steak
- 3 lb. Porterhouse Steak
- 3 lb. Chicken Culetts
- 3 lb. Ground Sirloin
- 3 lb. Boneless Pork Chops or Roast
- 3 lb. Lean Stew Beef or Shaved Steak
- 3 lb. Chicken Wings
- 3 lb. Chuck Roast
- 2 Packs Premium Bacon
- 2 lb. Frozen Haddock Fillet

DEAL #4 \$179.99

- 10 lb. 80% Lean Ground Beef
- 10 lb. Boneless Chicken Breast
- 10 lb. Chicken Leg Quarters
- 3 lb. Top Round Roast or Steak
- 3 lb. Cube Steak or Stew Beef
- 3 lb. Center Cut Pork Chops
- 3 lb. London Broil Roast or Steak
- 3 lb. Boneless Pork Chops or Roast
- 3 lb. Meat, Steak or Stew Beef
- 1 Italian Sausage or Breakfast Sausage
- 1 Roasting Chicken
- 3 lb. Bar S Hot Dogs

DEAL #5 \$199.99

- 10 lb. 80% Lean Ground Beef
- 10 lb. Chicken Leg Quarters
- 5 lb. Boneless Chicken Breast
- 5 lb. Chicken Wings
- 5 lb. Cooked Meatballs
- 5 lb. Chicken Patties or Nuggets
- 3 lb. London Broil Roast or Steak
- 3 lb. Cube Steak or Stew Beef
- 3 lb. Boneless Pork Ribs
- 3 lb. Center Cut Pork Chops
- 3 lb. Tip Roast
- 3 lb. Meat Loaf Mixed
- 3 lb. Italian Sausage or Breakfast Sausage
- 1 Roasting Chicken
- 3 lb. Bar S Hot Dogs

DEAL #6 \$89.99

- 3 lb. Delmonico or Beef Tenderloin Steak
- 3 lb. 90% Lean Ground Sirloin
- 3 lb. Sirloin Tip Steak
- 3 lb. Boneless Chicken Breast or Chicken Tenders
- 3 lb. Beef Spoon Roast or Tip Roast

6 Pack Kool-Aid Jammers
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24 oz. Hunt's Pasta Sauce
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Fresh Sliced American Cheese
 3.89 lb.

Lean Shaved Steak
 3.99 lb.

Fresh Sliced Honey Maple Turkey Breast
 6.49 lb.

128 oz. Arizona Iced Tea
 2/\$5

16.3 oz. Peter Pan Peanut Butter
 2/\$4

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Roch's Own General Tso's Chicken
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- 2 lb. Potato Salad or Macaroni Salad
- 1 lb. American Cheese
- 12 Pack Hamburger Buns
- 12 Pack Hot Dog Rolls

DELI DEAL 1 \$19.95

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31st Annual

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Ninigret Park, Charlestown, RI
 August 7, 8, 9, 2015

Fri; Noon - 11 pm • Sat; 11 am - 11 pm • Sun; 11 am - 10 pm

Entertainment Schedule

FRIDAY August 7, 2015

5:00pm - 10:00pm
Stella Tunes
 (DJ/Karaoke)

6:00pm - 8:00pm
Living on a Bad Name
 (Bon Jovi Tribute Band)

9:00pm - 11:00pm
Vyntyge Skynyrd
 (Lynyrd Skynyrd Tribute Band)

Saturday August 8, 2015

12:00pm - 4:00pm
The Reminisants

5:00pm - 7:00pm
Aquanetts
 (Music of the 80's)

8:00pm - 11:00pm
Dirty Deeds
 (ACDC Tribute Band)

9:00pm
Fireworks

Sunday August 9, 2015

11:00am to 3:00pm
Car Show
 R.I. Street Rodding Association

11:30am - 1:30pm
Squelch

2:30pm - 4:00pm
Eight to the Bar

5:00pm - 7:30pm
Cash is King
 (Johnny Cash Tribute Band)

8:30pm - 10:00pm
Merchants of Cool
 (Foreigner Tribute Band)

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Fireworks

Saturday, August 8, 9 pm
 (Rain Date Sunday)

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Admission & Specials

\$2.00 Donation to park

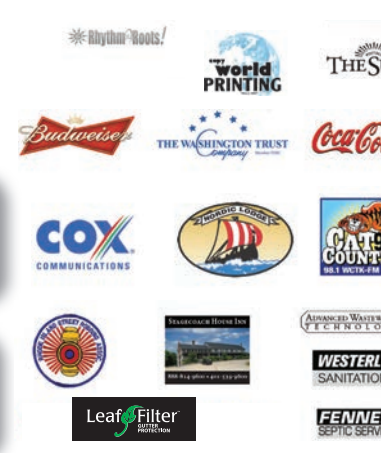
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world now and forever.

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

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

MD

**Trivia
test** by Efi
Rodriguez

1. MEASUREMENTS: What is the Fahrenheit equivalent of 100 degrees Celsius?
2. GEOGRAPHY: How many U.S. states border the state of Missouri?
3. LANGUAGE: What is a pangram?
4. BIBLE: What kind of birds did Noah send to find dry land?
5. MUSIC: Which pop music song contains the phrase, "You can't hide your lyin' eyes"?
6. ART: Jean Arp was a founding member of what art movement in the early 1900s?
7. LANDMARKS: What style of structure is the Washington Monument?
8. MOVIES: Who has won the most Oscars for Best Director of a film?
9. FIRSTS: Who was the first woman to win an Olympic gold medal for tennis?
10. INVENTIONS: What company first developed the floppy disk?

Answers

1. 212 degrees
2. Eight
3. A sentence that uses every letter of the alphabet
4. A raven and a dove
5. "Lyin' Eyes" by the Eagles
6. Dada
7. Obelisk
8. John Ford, who won four
9. Charlotte Cooper, 1900
10. IBM

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**Moments
in time**

THE HISTORY CHANNEL



• On Aug. 4, 1892, Andrew and Abby Borden, elderly residents of Fall River, Mass., are found bludgeoned to death in their home. Suspicion soon fell on daughter Lizzie and the axe she'd just bought. At her trial, the jury only took 90 minutes to decide that such a sweet-looking Christian woman could never commit such a heinous crime.

• On Aug. 6, 1928, Andy Warhol, one of the most influential artists of the latter part of the 20th century, is born Andrew Warhola in Pennsylvania. After being incorrectly credited as "Warhol" under an early published drawing, he decided to permanently remove the "a" from his last name.

• On Aug. 9, 1945, a second atom bomb is dropped on Japan by the United States, at Nagasaki, resulting finally in Japan's surrender. The devastation wrought at Hiroshima had not been sufficient to persuade the Japanese War Council to accept the Potsdam Conference's demand for unconditional surrender.

• On Aug. 3, 1958, the U.S. nuclear submarine Nautilus accomplishes the first undersea voyage to the geographic North Pole. The Nautilus dived at Point Barrow, Alaska, and traveled nearly 1,000 miles under the Arctic ice cap to reach the top of the world.

• On Aug. 6, 1964, the United States Congress overwhelmingly approves the Gulf of Tonkin Resolution, giving President Lyndon B. Johnson nearly unlimited powers to oppose "communist aggression" in Southeast Asia. The resolution marked the beginning of an expanded military role for the United States in Vietnam, Laos and Cambodia.

• On Aug. 8, 1988, the Chicago Cubs host the first night game in the history of Wrigley Field. The first-ever night game in professional baseball took place nearly 60 years earlier in Des Moines, Iowa.

• On Aug. 5, 2002, the rusty iron gun turret of the ironclad warship U.S.S. Monitor was raised from the floor of the Atlantic, where it had rested since it went down in a storm off Cape Hatteras, North Carolina, during the Civil War. She sank in December 1862, while being towed from Cape Hatteras.

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Cardinal Babies

While baby female cardinals look similar to adults, an easy way to tell the difference is that the baby cardinal will have a black beak. Fledglings also are a bit clumsy and may have a hard time perching on a feeder. But they sure are fun to watch!

E-mail: birdingbits@cfl.rr.com
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AARP CHAPTER 2210 CHRISTMAS IN KENNEBUNKPORT TRIP

AARP 2210 is sponsoring a Christmas in Kennebunkport Trip on December 5. The trip includes motorcoach transportation by Conway Tours, lunch at the Weathervane Restaurant & time on your own in Kennebunkport. Cost is \$65/person. Call Caroline at 398-0422 or Maureen at 828-5188 for reservations or 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 July 30 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.

NEW ENGLAND STEEL GUITAR ASSOCIATION STEEL JAM

The New England Steel Guitar Association will hold a Steel Jam on August 9 from 1-5PM at American Legion Post #15, 1016 Post Road, East Greenwich. "Snake Bite" will perform.

COMMUNITY BLOOD DRIVES

The following Community Blood Drives will be held: JULY 30 from 4-7PM (Bloodmobile) at Twisted Throttle, 570 Noosneck Hill Road, Exeter. JULY 31 from 4-6PM in the Church Hall at St. Joseph's, 854 Providence Street, West Warwick. For more information call 1-800-283-8385.

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In 1891, William Wrigley, Jr. began selling soap in Chicago. To increase sales, he gave away gum to his customers. When his gum became a hit, he decided to make and sell the gum.



Three Steps Toward Protecting Young Ears

(NAPS)—According to the Centers for Disease Control and Prevention, as many as 16 percent of teens have reported hearing loss possibly caused by loud noise—but you can reduce the risk for the kids you care about.



The louder the noise, the less time a person can safely listen to it before risking hearing damage.

Employers are obliged to provide appropriate hearing protection to workers in hazardous noise environments.

Inexpensive foam earplugs can actually provide the most noise reduction and be the most comfortable if fit and used correctly. Specially designed hearing protectors such as those containing electronics are available for unique environments. Even some ear-muffs use wireless signal transmission that lets workers enjoy a personal listening device or use a mobile phone while maintaining protection from noise.

Regardless of which option employers or individuals choose, using hearing protection sometimes requires practice for maximum benefit and comfort.

Step 3: Know Your Rights. Young workers should expect a choice of suitable hearing protectors, provided at no cost to them, and to be trained in their proper use.

Being aware of noise sources, having appropriately selected and fitted protective devices, and using them correctly will help preserve a young person's hearing for many years to come.

Further Facts

To encourage people to protect their hearing, 3M has launched the Hearing Pledge. Go to www.hearingpledge.com to learn more about hearing, noise, and hearing protection.



• When I needed a new tire for my truck because I ran over a nail, the shop guy suggested I purchase a slightly used tire that was closer to the age and wear of the others. I spent less on the tire, and the tires will wear evenly. They're always looking out for me! — O.E. in Mississippi

• When baby's teething, try this trick from a grandma: Wet a washcloth and put it in a zip-top baggie in the freezer. When frozen, remove it from the bag and let the baby chew on it. Its texture and temperature are soothing to little gums, and it can be rinsed and refrozen easily.

• For fresh oil stains, sprinkle with kitty litter and grind into the oil with your foot or a stiff brush. Then sweep up. Repeat as necessary.

• Hardware stores sell special bladders that can be filled and put inside a toilet tank to take up space, allowing the toilet to use less water per flush. I use a brick. Same effect. — C.L. in Kansas

• Dusting shelves with lots of knick-knacks can be a real chore. Try slipping a knee-high stocking over the hose of your vacuum wand. You can get very close to the items on the shelf without sucking anything up but dust. If something did get sucked up, the stocking will catch it for you. This also works for toolboxes. — W.U. in South Carolina

• Over-the-door shoe racks are perfect for holding a variety of cleaning products and small canisters of wipes. I have everything I need at a glance on the back of the utility-room door. I even store batteries in various sizes there. — A.A. in Colorado

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

Attention: Electrical Contractors and Electricians

In addition to all of the "BIG" work our men and women do every single day, the IBEW is further expanding its market into Light Commercial, Residential and Security Systems. We are also continually growing our market in Residential and Commercial Solar projects.

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PAINE HOUSE MUSEUM TOURS

The Paine House Museum, 7 Station Street, Coventry, offers tours on Fridays & Sundays from 12-3PM. Please contact Sandy at 821-2444 or slukowicz@verizon.net for more information.

**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.

**SUMMER READING PROGRAM ACTIVITIES AT
GREENE PUBLIC LIBRARY**

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

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 198-1909 or Marcia at 1-781-910-4268. Your help will be greatly appreciated if you are in touch with any former alumni.



by cindy elavsky

Q. I saw previews for the new "Supergirl" series, and the lead actress looks so familiar to me. Who is she, and what can you tell me about her? — *Katie K., Naples, Fla.*

A. Melissa Benoist is the star of "Supergirl," and she is best known, so far, for her work on "Glee," where she played sweet ingénue Marley from 2012-14. The multitasking 27-year-old was dating her "Glee" co-star, Blake Jenner (who played Ryder), until March of this year — which is when the couple secretly tied the knot and then jetted off to Europe for an even-more-secret honeymoon. The news of the nuptials came to light mid-July, when Melissa was spotted at Comic-Con in San Diego, where she was promoting "Supergirl," with a wedding band on her finger.

"Supergirl," which premieres Oct. 26 on CBS, centers on Melissa's character, Kara Zor-El, cousin of Superman, who was taken in by the Danvers family when she was 12 after being sent away from Krypton, and must learn to embrace her powers after previously hiding them. The series also features Calista Flockhart, Dean Cain (of "Lois and Clark: The New Adventures of Superman"), Helen Slater (who played Supergirl in the 1984 film), Peter Facinelli, Mehead Brooks and David Harwood.

Q. Can you tell me when Adam Sandler's "Ridiculous Six" will be in theaters? — *Leonard F., via email*

A. It won't be in theaters, Leonard. And that's not because of recent uproar over some featured politically incorrect humor in the movie. The film is the first of four Netflix-only comedies that the actor is developing exclusively for the online-streaming network. The film, which is a send-up of Westerns, will hit the streaming service on Dec. 11. Some more Netflix-original films include Judd Apatow and Paul Ruebens' "Pee-wee's Big Holiday," which is currently filming and will air on Netflix in March 2016, and "Beasts of No Nation," which is being released concurrently on Netflix and in theaters on Oct. 16. "Beasts" is based on Uzod-



Melissa Benoist

inna Iweala's 2005 novel about a child soldier conscripted by mercenaries in an unnamed West African country, and stars Idris Elba.

Q. I heard that Rosie Perez is leaving "The View." Is that true? — *Gigi T., via email*

A. Rosie will be leaving the daytime talkfest after only one season as co-host, with her last original airdate being Aug. 6, which is also the final original show of the series' 18th season. According to executive producer Bill Wolff, Rosie wants to return to acting full time. When "The View" returns in September for its 19th season, comedian/comedy journalist Michelle Collins will be filling Rosie's vacant seat. Returning to dissect and discuss the latest news are Whoopi Goldberg and Raven-Symoné. As of this writing there was no news about whether Nicole Wallace would be returning. The show is said to be tinkering with the idea of making a rotation of guest co-hosts a more permanent feature of the show.

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

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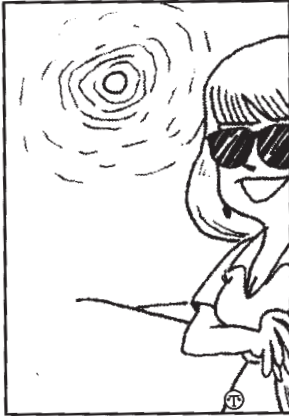
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SAN GENNARO FEAST

The Vince Lombardi Lodge Sons of Italy invite you on their Annual trip to New York City to celebrate the Annual Feast of San Gennaro on September 19. Bus departs from the Park & Ride on Hopkins Hill Road (Exit 6A), Coventry at 7AM. Hurry & save your seat!! You can enjoy Bingo, drinks, homemade cookies, pizza, prizes and lots of FUN on the ride. Round trip fare is \$45 per person. Call Phyllis 822-0962 or Elaine 919-2290 for more information.

COVENTRY/WEST GREENWICH ELKS PITCH CARD LEAGUE

The Coventry/West Greenwich Elks Lodge #2285, 42 Nooseneck Hill Road, West Greenwich, will begin their Pitch Card League on September 10. 1st Night starts at 6:30PM. Sign up now!!! 397-3700.

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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.

11TH ANNUAL FRIENDS OF TROOP 11 GOLF TOURNAMENT & STEAK DINNER

The 11th Annual Friends of Troop 11 Golf Tournament & Steak Dinner (21+) will be held at the North Kingstown Golf Club on Saturday, August 29 with a 1PM tee off and a shot gun start. Cost is \$110 per person, \$25 deposit required per person. Deadline for full payment is August 9. Includes: 18 Holes of golf with cart, lunch and Steak Dinner (6PM), gift bag for all Golfers, prizes and raffles worth thousands of dollars. \$25 per person for Steak Dinner only. For more information, contact Moira 524-4889, moirasings@verizon.net or Dave 392-3030.

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Get Into The Swing Of Summer Safety

(NAPS)—Known as "trauma season" among public health and medical professionals, summer is a time when serious injuries and unintentional deaths increase dramatically among children. Statistics show that 40 percent of all injury-related emergency room visits happen between the months of May and August. Fortunately, many of these injuries can be prevented with a few simple precautions.

"Sustaining a serious injury can be a life-altering event for a child," said Dale Stauss, chairman of the Board of Directors for Shriners Hospitals for Children®. "We see patients every day with injuries caused by accidents, and we are committed to raising awareness about how to stay safe this summer."

As experts in the treatment of pediatric orthopaedic conditions, spinal cord injuries and burns, Shriners Hospitals for Children provides critical, surgical and rehabilitative care to children, regardless of the families' ability to pay. Shriners Hospitals encourages families to take these simple precautions to enjoy a safe, injury-free summer.

Playground 101
• Choose playgrounds that are appropriate for their age and offer shock-absorbing surfaces.
• Teach children that pushing and shoving can result in accidents and injuries.
• Remind kids to use the slide one at a time and to wait until it's completely clear before taking their turn. Teach them to always face forward with their legs straight in front of them and to never slide down headfirst.

• Remind children to swing sitting down. Encourage them to wait until the swing stops before getting off and to be careful when walking in front of moving swings.
Make A Safe Splash
• Teach children to never swim alone or go near water without an adult present.
• Give children your undivided attention when they are swimming or are near any body of water.
• Always jump in feet first to check the depth before diving into any body of water.
• Never dive in the shallow end of the pool or into above-ground pools.

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• Never dive in the shallow end of the pool or into above-ground pools.



A few precautions can help your children enjoy warm weather fun in safety and good health.

Fun On The Water
• Always have children wear a U.S. Coast Guard-approved, properly fitted life jacket while on a boat, around an open body of water or when participating in water sports.
• Educate yourself. According to the Coast Guard, 86 percent of boating accident deaths involve boaters who have not completed a safety course.

• Always check water conditions and forecasts before going out on the water.
Mowing Matters
• Teach children to never play on or around a lawn mower, even when it is not in use. They should never be permitted to walk beside, in front of or behind a moving mower.
• Children under 6 years of age should be kept inside the home while you are mowing.

• Children should be at least 12 years of age before operating a push lawn mower and at least 16 years of age before operating a riding lawn mower.
Fire Safety Simplified
• Teach kids to never play with matches, gasoline, lighter fluid or lighters. Make a habit of placing these items up and away from young children.
• Do not leave children unattended near grills, campfires, fire pits or bonfires. Always have a bucket of water or fire extinguisher nearby.

• Take your child to a doctor or hospital immediately if he or she is injured in a fire or by fireworks.
Should an injury occur, the physicians and staff of Shriners Hospitals can help. To find out more about the treatments available, visit www.ShrinersHospitalsforChildren.org.
Visit www.ShrinersHospitalsforChildren.org/SafeSummer to find more tips for preventing injuries this season.

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body and her dress. Not one story (and this column is guilty as charged, too) about 6-4, 6-4, game, set, match, Williams.

At the same time, a look at Serena's own Facebook biography describes her as, "an Athlete, an Icon...[who] embodies style, power, beauty and courage." When you go to Roger Federer's Facebook page, his bio states that he is a "A Swiss professional tennis player." It goes on to say that many pundits consider him to be the greatest tennis player who ever lived, which for the Swiss, who may on occasion cop to making pretty decent chocolate and nice enough timepieces, is about as large a statement the country has ever made outside of one of their banks. Nowhere will you read that he is "handsome."

And not that there is anything wrong with that, either. With the exception of maybe Joe Namath and Andre Agassi, you'd be hard-pressed to find many male athletes talking about looks or fashion in their player bios anyway. Danica Patrick, Maria Sharapova and, yes, Serena, make no apologies for having traded a bit on their looks. But it was on their terms.

The sexes will never have an even playing field, and for another generation at least, men's athletics will outdraw female athletics and earn more at the gate. There may never be a truly "level" playing field in that regard. But in the meantime, here's hoping that the next time a woman leaves the starting line, steps up to the plate or walks out of a tunnel, the adult sport fans among us will notice more than what she is wearing but what kind of game she is bringing.

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

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Women Athletes: More Body Than Sport?

I suppose there will come a day when a woman's looks aren't factored into her sporting prowess, but I'm guessing that day will not be coming very soon.

The comments and conjecture engendered by Serena Williams at Wimbledon and the women's World Cup provided more than enough fodder for that thought.

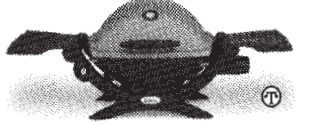
With a broad brush, Serena was alternately described as having a "manly physique," or, dressing like a "Disney princess" for the Champion's Ball. Many of the athletes on the field for the Cup were physically described in the usual terms—hot or not—by fans and announcers alike. Danica Patrick, we were told, spent July 4 in a bikini and a few days later was seen cursing out Dale Earnhardt Jr. for an on-track collision. His lament was not so much that his brakes failed and he hit a driver, as much as it was his brakes failed and he hit HER, of all drivers, so now he would never hear the end of it—just like an episode of "The Honeymooners" or any other show that features a woman nagging a guy over something.

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Great Grilling

Tips For Grilling On The Go This Summer

(NAPS)—Modern camping has evolved in every way—and for some, roasting weenies on a stick just doesn't cut it anymore. In fact, according to the 26th Annual Weber GrillWatch Survey, more than 40 percent of grill owners like to pack their grills when heading off to their favorite campsite. Outdoor enthusiasts are taking control of their menus by starting with equipment that can deliver a fireside four-star meal.



Weber's new Q1200 portable gas grill weighs just 31 pounds and is easy to tote anywhere—like America's No. 1 place to grill away from home: camping.

With camping season upon us, it's time for a refresher course to help keep you and your campsite in top shape.

"Most people want to enjoy more than just hot dogs and burgers when they're grilling on the go," says Kevin Kolman, Weber's Grill Master. "Having a powerful, portable grill gives you a lot more options for cooking than just about anything you can imagine."

If you're planning a summer camping trip, you'll want to be prepared. Check out these tips from Weber for safe and fun grilling on the go:

- **The Grill:** When it comes to grilling and outdoor cooking, the debate over gas versus charcoal could rage all summer long. "Gas and charcoal grills are both available in portable models," says Kolman. "It's really about a lifestyle choice. Gas is more convenient and quicker, but charcoal is really ideal when you have the time to kick back—like on a camping trip—and tend to the flames."

- **Fill 'er Up:** Make sure to bring enough propane or charcoal to keep the fires burning for your entire trip. On average, a 20-lb. propane tank will last for approximately 12–14 hours—but you'll need an adapter hose to attach it to a portable gas grill. A smaller, easy-to-tote 1-lb. tank will last for approx-

imately an hour and a half, so make sure to plan your meals and pack accordingly. For charcoal grills, you'll need about 50 briquettes to fuel a standard stand-up charcoal kettle—so plan to use 30 briquettes each time you grill for a compact model, like a Smokey Joe.

- **Safety First.** Always make sure you are grilling on stable, flat ground and are at least five feet away from anything flammable.

- **Use Your Head.** Make sure you extinguish your grill properly. Your grill should be cool to the touch before you dispose of spent charcoal ashes. Check with your campground to locate the proper place to dump ashes. Store your LP tank in the car in a secure upright position when not in use.

- **Stay Grounded, but Reach for the Stars.** "There's almost no limits on what you can grill outdoors vs. indoors," says Kolman. "With camping, I would recommend looking for recipes that are a little more portable, have fewer ingredients and are easy to clean up." Kolman suggests kebabs for the ultimate in convenience, but also challenges grillers to try pizza, scallops and even cake on the grill. "With the right grill and preparation, you really can do it all."

For more tips, recipes, and grill and accessory information from Weber, visit www.weber.com.

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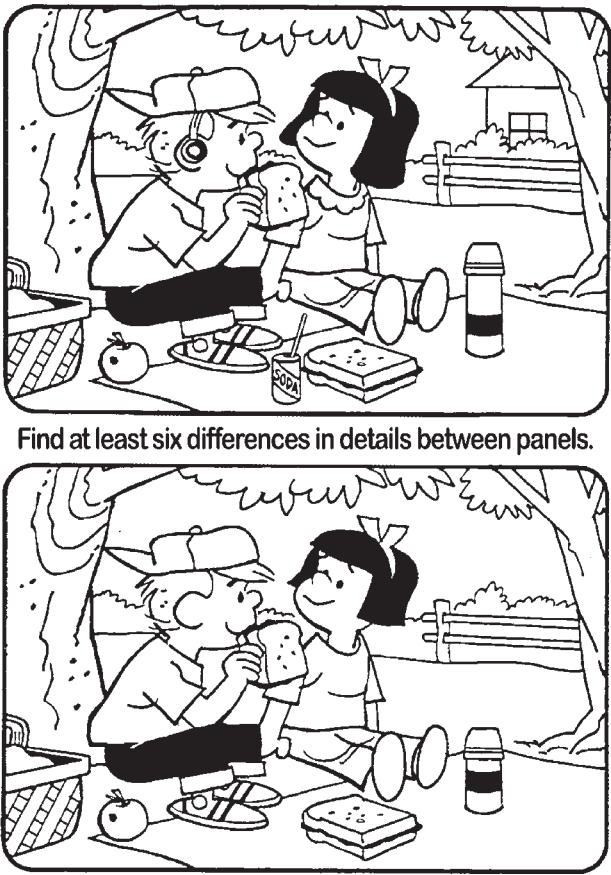
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A Sporting view by Mark Vasto

Women Athletes: More Body Than Sport?

I suppose there will come a day when a woman's looks aren't factored into her sporting prowess, but I'm guessing that day will not be coming very soon.

The comments and conjecture engendered by Serena Williams at Wimbledon and the women's World Cup provided more than enough fodder for that thought.

With a broad brush, Serena was alternately described as having a "manly physique," or, dressing like a "Disney princess" for the Champion's Ball. Many of the athletes on the field for the Cup were physically described in the usual terms—hot or not—by fans and announcers alike. Danica Patrick, we were told, spent July 4 in a bikini and a few days later was seen cursing out Dale Earnhardt Jr. for an on-track collision. His lament was not so much that his brakes failed and he hit a driver, as much as it was his brakes failed and he hit HER, of all drivers, so now he would never hear the end of it—just like an episode of "The Honeymooners" or any other show that features a woman nagging a guy over something.

When Serena won Wimbledon, J.K. Rowling took to defending her body image. The top three stories on Google News the day after were about "appreciating" Serena, her body and her dress. Not one story (and this column is guilty as charged, too) about 6-4, 6-4, game, set, match, Williams.

At the same time, a look at Serena's own Facebook biography describes her as, "an Athlete, an Icon...[who] embodies style, power, beauty and courage." When you go to Roger Federer's Facebook page, his bio states that he is a "A Swiss professional tennis player." It goes on to say that many pundits consider him to be the greatest tennis player who ever lived, which for the Swiss, who may on occasion cop to making pretty decent chocolate and nice enough timepieces, is about as large a statement the country has ever made outside of one of their banks. Nowhere will you read that he is "handsome."

And not that there is anything wrong with that, either. With the exception of maybe Joe Namath and Andre Agassi, you'd be hard-pressed to find many male athletes talking about looks or fashion in their player bios anyway. Danica Patrick, Maria Sharapova and, yes, Serena, make no apologies for having traded a bit on their looks. But it was on their terms.

The sexes will never have an even playing field, and for another generation at least, men's athletics will outdraw female athletics and earn more at the gate. There may never be a truly "level" playing field in that regard. But in the meantime, here's hoping that the next time a woman leaves the starting line, steps up to the plate or walks out of a tunnel, the adult sport fans among us will notice more than what she is wearing but what kind of game she is bringing.

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

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Birding BITS BY Cindy Brook
Cardinal Babies
While baby female cardinals look similar to adults, an easy way to tell the difference is that the baby cardinal will have a black beak. Fledglings also are a bit clumsy and may have a hard time perching on a feeder. But they sure are fun to watch!
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Collecting
by Larry Cox

Bobble-Head Bozo
Q. I picked up a Bozo bobbing head figurine at a local flea market. It is marked "Capitol Records" on its base. I paid \$10 for it but suspect it could be worth more. — Jim, Weatherford, Texas
A. Your instincts are good. According to "Today's Hottest Collectibles" published by Krause Books, your Bozo is valued at about \$300. If you grew up during the 1940 and '50s, you probably are familiar with the Bozo albums, which were issued by Capitol Records. When Bozo honked his horn, you were instructed to turn the page in the picture book that accompanied the album. "Bozo at the Circus," "Bozo Under the Sea" and "Bozo and His Rocket Ship" were among the most popular titles.

Q. I have a piece of 96 percent silica glass. What exactly is it? My piece looks like it could have originally been some sort of lab equipment. — Eula, Stigler, Oklahoma
A. I had to search for this answer, but finally found a reference in one of my favorite references, "Glass A-Z" by David Shotwell. According to Shotwell, 96 percent silica glass is made by removing all compounds except silica from borosilicate glass after being formed by conventional techniques. It has extraordinary thermal endurance and chemical resistance, and excellent electrical characteristics.
You are correct in assuming your piece could have been lab equipment, since that is one of the ways this special glass was used in addition to antenna shields for space vehicles and sight glasses. It is more a curiosity than collectible.

Q. While vacationing in Wisconsin, I went to a farm sale and purchased a banded green glass bottle with galvanized feet. What do I have? — Betty, Flagstaff, Arizona
A. I examined the pictures you sent and immediately identified your bottle as a minnow trap. It was placed in a creek, and when minnows swam through the opening they were captured to be used later as fishing bait. I have seen these sell in the \$40-\$60 range. Since the one you have is green glass, I think it would be valued on the upper end of that scale.
Write to Larry Cox in care of KFWS, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to questions-forcox@aol.com. Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor does he do appraisals. Do not send any materials requiring return mail.
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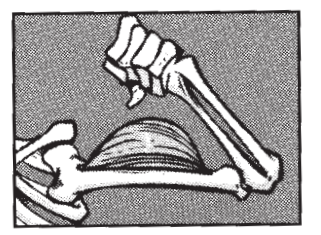


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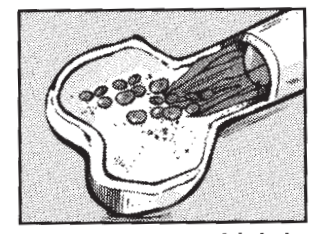
top 10 movies

- Minions(PG) Animated
- Jurassic World(PG-13) Chris Pratt, Bryce Dallas Howard
- Inside Out(PG) animated
- Terminator Genisys(PG-13) Arnold Schwarzenegger, Jason Clarke
- The Gallows(R) Reese Mishler, Pfeifer Brown
- Magic Mike XXL(R) Channing Tatum, Juan Piedrahita
- Ted 2(R) Mark Wahlberg, Seth MacFarlane
- Self/less(PG-13) Ryan Reynolds, Natalie Martinez
- Bahubali: The Beginning ..(NR) Prabhas, Rana Daggubati
- Max(PG) Thomas Haden Church, Josh Wiggins

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THE BOLD AND THE BEAUTIFUL
 Julius shocked everyone by giving Maya and Rick his blessing. Thorne arrived in town and received an upsetting update on Aly's recent behavior. Rick took partial blame for Aly becoming unraveled. Ivy found herself at the right place at the right time. Wyatt offered Ivy a sympathetic shoulder. Zende became Nicole's biggest supporter of her dreams. Thorne put a plan in place to get Aly the assistance that she needed. Katie played peacemaker as bitter rivals Bill and Deacon came face-to-face for the first time in months. Steffy was unaware that Ivy held a key piece of information. Thomas returned to Los Angeles from Paris with the intention of staying for good. **Wait to See:** A husband's ex comes to visit.

home. Elizabeth was overcome with guilt about keeping Jake's identity a secret. Laura questioned Nikolas about his recent behavior. Regrettably, Brad told Lucas that he couldn't marry him. While Luke contemplated his next move, he was visited by three spirits from his past. Lulu vented to Maxie about what was going on with Dante, while Dante opened up to Nathan about his marriage issues. Sabrina and Michael spent a romantic afternoon together. Luke had a poignant moment with Bobbie. Laura updated Scott on her adventure and later admitted that she was harboring a secret. **Wait to See:** Laura confronts Elizabeth about what she's been hiding.

DAYS OF OUR LIVES
 Daniel proposed to Nicole. Eric attempted to start over — and made it clear to Serena that she was not part of his future. Abigail told Will that she was prepared to take extreme action if her baby turned out to be Chad's. Will and Sonny had a heart-to-heart about their marriage. Serena pressed Eric for the truth about what happened between him and Nicole. Paige issued Jennifer a warning about JJ. Kayla offered a heartfelt apology to Hope. Paul bonded with his new family. Nicole realized that Serena could destroy her future with Daniel. Jennifer was stunned when she learned the truth about JJ. Paige made a date with Kyle. Stefano implored Chad not to give up on Abigail. **Wait to See:** Eric has a revelation about his feelings for Nicole. Serena is out for revenge. A vulnerable Paige opens up to JJ.

THE YOUNG AND THE RESTLESS
 Cane initiated a fight with Joe. Devon and Hilary forged ahead with their wedding plans. Victoria begged Nikki not to keep quiet about her theory that Victor set up Jack. Nick confided in Sage that he was relieved to be in a relationship where everything was out in the open. Avery told Dylan that she was leaving town for good. Lily slapped Cane after he accused her of sleeping around. Marisa warned Noah that she wasn't the woman he thought she was. Meanwhile, Kevin learned about Marisa's past with Marco. Billy was furious when Abby dropped the ball on a deal for Newman-Abbott. **Wait to See:** Devon finds himself in hot water.
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TIPS FOR HOMEOWNERS

Five Steps To Help You Weather Summer Storm Season

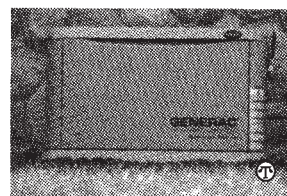
(NAPS)—Properly preparing your home and family before the start of this year's summer and hurricane storm season will help you be ready for whatever Mother Nature sends your way. The following five tips can help you and your loved ones stay safe.

- **Charge your electronics before the storm hits.** No one can predict if the power will go out during or after a storm, so charge your cell phone, computer and other electronic devices in advance. Put new batteries in flashlights and have a backup case of batteries in a watertight container.

- **Stock up on essentials.** Having drinking water, three days of nonperishable food, extra batteries and water-proof emergency numbers on hand is a smart idea on its own and will come in extra handy if you can't leave your house or you have no power. If you have little ones, create an activity box full of games, cards and books to keep them busy—and yourself stress-free—during a storm.

- **Remove all outdoor furniture prior to the storm.** Patio furniture, plants, trash cans and children's toys can become airborne in high winds and damage your house. Put them in a garage or shed.

- **Invest in hurricane-proof windows and garage doors.** When hurricane winds blow, they can damage not only your windows, doors and roof, but also the



A backup generator can make a big difference to your home and family in a power outage.

actual structure of your home. Invest in wind-load and impact-resistant garage doors and hurricane-proof windows to protect your home.

- **Have a backup generator installed.** Unlike portable generators, which are another great option to stay powered during summer storms, automatic home backup generators, like those from Generac, turn on automatically when the power goes out. And they don't require refueling, which could be a problem if local gas stations are also without power. Automatic standby generators remain on until power is returned, giving you and your family peace of mind and a sense of safety and security during severe storms and extended power outages.

Preparing now, before a storm hits, is the best way to prevent damage, power outages and stress during hurricane and summer storm season.

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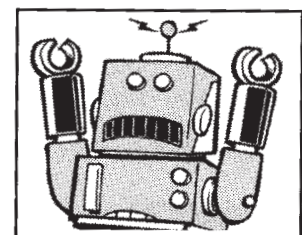
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The word "robot" was created by Karel Capek. It came from the Czech word "robotovat," which means "to work very hard."

 Humor is just another defense against the universe.
 —Mel Brooks



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Get Your Outdoor Space In Shape Six Ways

(NAPS)—Here's the buzz when it comes to backyard fun: Before you plan those barbecues, pool parties and bonfires, you need to transform your outdoors into a great entertaining environment and stop insects from making themselves at home.

To keep your backyard looking its best this season, try these six tips:

1. Good gardening: Choose a lively combination of colorful plants and flowers to brighten your outdoor spaces during the day and light them at night to add drama. Try citronella plants and marigolds to naturally repel mosquito populations and be sure to eliminate standing water as it attracts mosquitoes.

2. Check your equipment: Make sure the lawn mower, weed-whacker and the like are primed and ready, blades sharpened, tank refilled and so on.

3. Rake it in. Get rid of last year's dead leaves and twigs that can keep your lawn from soaking up the sun. Consider composting the debris.

4. Beating the pests: Fortunately, protecting your yard against insect-borne diseases such as chikungunya, West Nile virus and Eastern equine encephalitis (EEE) does not have to be a challenge, nor does it have to involve chemical sprays. Instead, you can use environmentally friendly solu-



Don't let insects bug you when you are enjoying your backyard.

tions to keep bugs at bay while enjoying the outdoors.

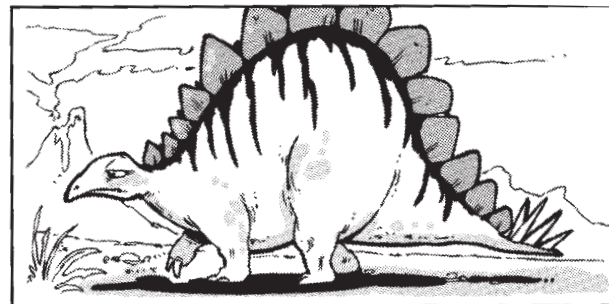
For example, Dynatrap insect traps can provide relief from mosquitoes, biting flies and other flying bugs without pesticides. Since they come in a variety of styles and finishes, you can even find one to match your deck decor.

5. Grilling idea: Clean the grill after each use to save yourself time and trouble when you want to fire it up for your next get-together. That will also help keep bugs from hovering on the deck.

6. Deck design: Your outdoor space can make or break your backyard, so be sure it reflects your style and makes a statement. Keep in mind the primary use of your outdoor space and remember to think about mosquito control as it relates to the size of your yard. Position the insect trap where it will draw bugs away from where you spend most of your time.

Learn More

For further facts, visit www.dynatrap.com, Frontgate and other retailers, or on Facebook, Twitter@Dynatrap or Pinterest.



The stegosaurus was a large, plant-eating dinosaur that lived about 150 million years ago in what is now the western United States. It had two rows of bony plates, shaped like huge arrowheads, sticking out of its back.

Car Care Corner

Don't Forget To Replace Your Vehicle's Brake Hardware

(NAPS)—Brakes are a critical component for maintaining vehicle safety. Whether it's trying to stop your vehicle on an icy, snow-packed road or slowing down on a rain-soaked highway, properly functioning brakes are key to maintaining control of the vehicle.

However, brake wear can compromise vehicle performance and, ultimately, threaten vehicle safety. AAA encourages motorists to have a certified technician inspect their brakes to ensure they are ready for whatever Mother Nature has to offer.

In an article featured on theautochannel.com, John Nielsen, director, AAA Auto Repair and Buying Services, noted that there are several warning signs that motorists should closely monitor to identify and resolve brake wear before it can impact vehicle safety.

"Often, the first sign of worn brakes is a brake pedal that seems to require more pressure to stop the vehicle. Scraping, squeaking or chirping noises that come from the wheels when the brakes are applied are other signs of potentially excessive brake wear. A car that pulls to the left or right when the brakes are applied could also mean trouble," Nielsen said.

He further advises consumers to ask for an annual brake inspection when taking their vehicle into an auto repair shop for service.

Complete Brake Inspection Includes Hardware

According to Chris Miller, Product Development Engineer, of International Brake Industries (IBI), consumers should ask their technician to also inspect their vehicle's brake hardware in order to ensure that their vehicle receives a complete brake job.

Miller explained that brake noise is the No. 1 cause of dissatisfaction and complaints about brake systems. Brake noise is usually caused by the vibration of components that are not properly installed and secured—typically, it's not the fault of brake pads or shoes, but it can more likely be caused by worn-out brake hardware.



For a few extra dollars, car owners can enhance vehicle safety and protect their investment in brake pads and shoes by replacing their vehicle's brake hardware.

He added that, like most mechanical parts, brake hardware will wear out over time and can't function if the parts are corroded or stretched. If brake hardware is worn, it can even cause newly installed brake pads to wear out prematurely, reducing the life span of the pads and shoes.

Brake hardware—including clips, bolts, rubber bushings, rubber seals and springs—is integral to the proper operation of the vehicle's entire braking system.

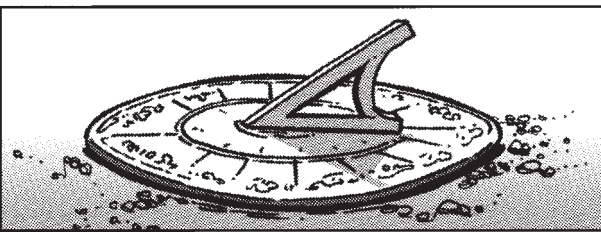
"It's very common for drivers to leave an auto repair shop with newly replaced pads and shoes, but still experience brake noise because their brake hardware was not replaced," Miller said. "We have a simple message for consumers: For a few extra dollars, you can protect your investment in brake pads and shoes and ensure optimum performance by also replacing your vehicle's brake hardware."

Superior Brake Performance

To reduce brake noise and drag (that is, brake pad friction, which can affect fuel economy), IBI recently introduced the new line of QuietGlide® brake clips. QuietGlide brake clips feature a coating of vulcanized rubber on one side to reduce brake noise and a low-friction PTFE coating on the other side of the clip to reduce drag.

By installing new QuietGlide brake clips, consumers are truly receiving a complete brake job—ensuring smoother, quieter riding brakes and extending the life of their brake pads and shoes.

For more information, visit www.completebrakejob.com.



The first hemispherical sundial was described in the third century by Chaldean astronomer Berossus.

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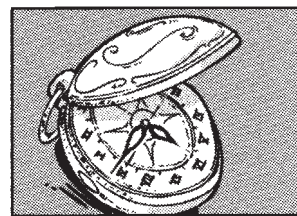
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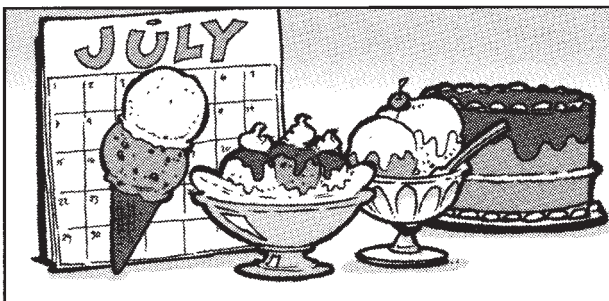
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In 1984, President Ronald Reagan declared July as National Ice Cream Month, citing the food's "nutritious and wholesome" qualities. He decreed that patriotic Americans should mark the month with "appropriate ceremonies and activities."

CryptoQuip

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

Clue: J equals L

KY WLC AZQ RCBBZO

KORHKGMQKLO QL SGKQZ

HZGYZFQ SLGBR YLG M RLOA,

LOZ EKAIQ FMJJ QIMQ M

JWGKFMJ EKGFMFJZ.

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HOLLYWOOD

by Tony Rizzo



Stephanie Powers

films, which collectively have cost \$690 million and grossed over \$2 billion. The first two films starring **Chris Pine**, "Star Trek," (grossed \$283 million) and "Star Trek: Into Darkness" (\$232 million) now will have a threequel, "Star Trek Beyond" with **Chris Pine**, **Zachary Quinto** and **Zoe Saldana** returning, as well as **Idris Elba**. It will hit big screens in July 2016.

A reader wants to know what has become of "Hart to Hart" star **Stephanie Powers**. Powers took time off in 2009 to battle cancer, and from all appearances, she has won the war. In 2013 she starred in the TV movie "Reading, Writing and Romance," with "Ugly Betty's" **Eric Mabius**. Now 72, she has her "Hart" set on doing a new musical show, "Gotta Dance," about a senior citizen dance team, co-starring with "Mary Tyler Moore" and "Hot in Cleveland" star **Georgia Engel**. The production will tryout in Chicago, December 12-January 10, en route to The Great White Way. Maybe they should have had the tryout in Ohio, where Georgia Engel was "Hot in Cleveland!"

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Ah, summer, what power you have to make us suffer and like it.

—Russell Baker

Military News

AIR FORCE AIRMAN KEVIN R. KELLY has graduated from Basic Military Training at Joint Base San Antonio-Lackland, San Antonio, TX. The Airman completed an intensive, 8-week Program that included training in Military Discipline and Studies, Air Force Core Values, Physical Fitness and Basic Warfare Principles and Skills. He is the son of Jacqueline & Michael Kelly of Smithfield, brother of Timothy Kelly of North Providence, Grandson of Marie Kelly of Coventry and nephew of Helena Harwood of Cranston & Raymond Bastow of East Providence. He is also the brother of Michael Kelly, Jr. & cousin of Maureen Salzer. Kevin is a 2014 graduate of Ponagnaset High School.

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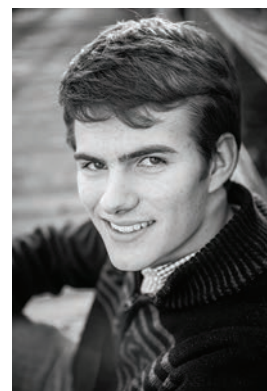
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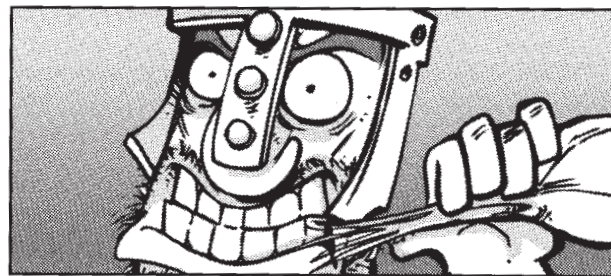
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Women Athletes: More Body Than Sport?

I suppose there will come a day when a woman's looks aren't factored into her sporting prowess, but I'm guessing that day will not be coming very soon.

The comments and conjecture engendered by Serena Williams at Wimbledon and the women's World Cup provided more than enough fodder for that thought.

With a broad brush, Serena was alternately described as having a "manly physique," or, dressing like a "Disney princess" for the Champion's Ball. Many of the athletes on the field for the Cup were physically described in the usual terms—hot or not—by fans and announcers alike. Danica Patrick, we were told, spent July 4 in a bikini and a few days later was seen cursing out Dale Earnhardt Jr. for an on-track collision. His lament was not so much that his brakes failed and he hit a driver, as much as it was his brakes failed and he hit HER, of all drivers, so now he would never hear the end of it—just like an episode of "The Honeymooners" or any other show that features a woman nagging a guy over something.

When Serena won Wimbledon, J.K. Rowling took to defending her body image. The top three stories on Google News the day after were about "appreciating" Serena, her

body and her dress. Not one story (and this column is guilty as charged, too) about 6-4, 6-4, game, set, match, Williams.

At the same time, a look at Serena's own Facebook biography describes her as, "an Athlete, an Icon...[who] embodies style, power, beauty and courage." When you go to Roger Federer's Facebook page, his bio states that he is a "A Swiss professional tennis player." It goes on to say that many pundits consider him to be the greatest tennis player who ever lived, which for the Swiss, who may on occasion cop to making pretty decent chocolate and nice enough timepieces, is about as large a statement the country has ever made outside of one of their banks. Nowhere will you read that he is "handsome."

And not that there is anything wrong with that, either. With the exception of maybe Joe Namath and Andre Agassi, you'd be hard-pressed to find many male athletes talking about looks or fashion in their player bios anyway. Danica Patrick, Maria Sharapova and, yes, Serena, make no apologies for having traded a bit on their looks. But it was on their terms.

The sexes will never have an even playing field, and for another generation at least, men's athletics will outdraw female athletics and earn more at the gate. There may never be a truly "level" playing field in that regard. But in the meantime, here's hoping that the next time a woman leaves the starting line, steps up to the plate or walks out of a tunnel, the adult sport fans among us will notice more than what she is wearing but what kind of game she is bringing.

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

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



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Coventry Public Library, 1672 Flat River Road, Coventry will host everyone's favorite clown, Ronald McDonald, on August 6 at 11AM. Ronald McDonald's "The Hero in YOU!" Reading Show is geared for children ages 4 & up. No registration required. Call 822-9102 for more information.

COVENTRY PUBLIC LIBRARY PRESENTS...

The Coventry Public Library, 1672 Flat River Road, Coventry, will host **Professional Storyteller Shawn Middleton** on August 4 at 2PM. Children ages 5-12 are invited to this program which is part of the 2015 "Every Hero Has a Story" Summer Reading Program. No registration required. Call the Library at 822-9102 for additional information.

HASBRO CHILDREN'S HOSPITAL BLOCK PARTY FUNDRAISER

Mark DeCosta & RE/MAX are hosting the 4th Annual Block Party Fundraiser to benefit Hasbro Children's Hospital on August 8 from 4PM-Midnight at Club Jogues Field, 184 Boston Street, Coventry. The CMN Rockin' Block Party is an outdoor Music Fest with live bands, food, drink, raffles, games & a whole lot more. Great time! Great cause! Tickets are \$10 in advance, \$12 at the gate, kids 12 & under are considered guests. Tickets available at Club Jogues, at www.cmnblockparty.myevent.com or by contacting Mark at 640-3803.

COMMUNITY BLOOD DRIVES

The following Community Blood Drives will be held: **AUGUST 2** from 10AM-2PM at the Mishnock Barn, 200 Mishnock Road, West Greenwich. **AUGUST 5** from 4-7PM (Bloodmobile) at Fat Belly's, 760 Tiogue Avenue, Coventry & from 2-8PM at the South Foster Fire Community Hall, 7 Mount Hygeia Road, Foster. For more information call 1-800-283-8385.

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Refresh Yourself

As the heat rises in the summer, so does your body temperature, your output of sweat and the need to drink more fluids. Sweating is the body's way of naturally cooling itself. Since your body is actually losing fluids as you sweat, it is important to keep hydrated.

Water makes up about 60 percent of your body's weight and is a key part of many body processes. Besides helping to regulate body temperature, water is present in every cell and helps protect some body tissues. Water aids in the transport of nutrients and promotes the elimination of waste.

According to the book "Nutrition Concepts and Controversies" by Frances Sizer and Eleanor Whitney, by the time you become thirsty, you already may have lost 2 percent of your body fluid. Mild dehydration is when you have lost 2 percent to 5 percent of your body fluids. Symptoms of mild dehydration include thirst, dry mouth and throat, rapid pulse, low blood pressure, weakness or lack of energy, and reduced quantity of urine. When there is a fluid loss of more than 5 percent, the body has severe reactions, which include pale skin; bluish fingertips and lips; rapid, shallow breathing; weak, irregular pulse; and confusion or disorientation. It can result in

shock, seizures, coma and death.

A person who burns about 2,000 calories should get about 8-12 cups of fluid per day. Your fluid intake doesn't have to come just from water. Many foods contain a high percentage of water, and that counts as part of the 8-12 cups of needed fluid. Celery, cucumber, lettuce, summer squash and watermelon are up to 95 percent water. Grapefruit, strawberries, broccoli and tomato are 90 percent to 94 percent water, and milk, yogurt, egg whites, fruit juices, apples and carrots are 80 percent to 89 percent water.

The thirst mechanism can become weak in senior citizens or may be ignored by young children, so they may need to be monitored to assure they drink enough fluids. A good gauge of hydration is urine color.



Watermelon juice contains 92 percent water and 8 percent natural fructose sugar. The flesh and especially the rind are rich sources of citrulline, an amino acid. Citrulline is used to make another amino acid, arginine, which is responsible for removing ammonia from the body and regulating vascular tone and healthy blood pressure. Watermelon also contains a number of other essential vitamins, especially vitamins A and C, as well as the essential mineral potassium.

Try this refreshing recipe for Watermelon Aqua Fresca, and remember to stay hydrated this summer!

WATERMELON AQUA FRESCA

"Aqua fresca" is Spanish for "fresh water." It is a popular drink in Mexico and the Southwestern United States

- 6 pounds seedless watermelon, cut into 2-inch pieces
- 2 cups cold water
- 1 tablespoon lime juice
- 1 tablespoon agave nectar or honey

1. In a blender, combine half of the watermelon and 1 cup cold water. Blend until smooth. Pour through a strainer into a pitcher; mashing the solids with the back of a spoon to extract the juice. Discard solids. Repeat with remaining watermelon and cold water.

2. Stir in lime juice and agave or honey. Refrigerate for 1 hour. Serve over ice. Makes 6 (1 1/3 cup) servings.

(Additional information provided by Tammy Roberts, MS, RD, LD, Nutrition and Health Education Specialist and Livestrong.com.)

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

The REMINDER 2ND SECTION

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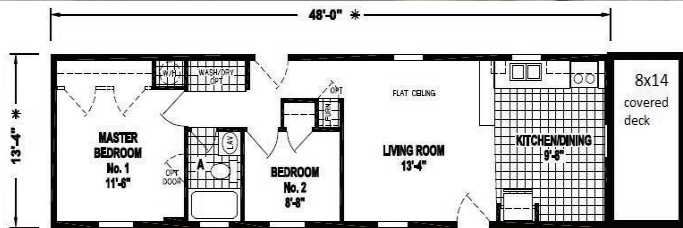
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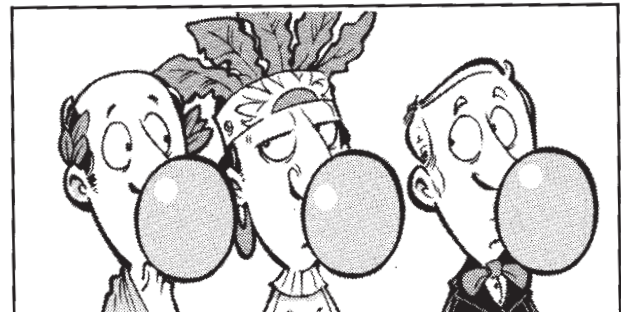
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The ancient Greeks chewed a chewing gum made from the resin of the mastic tree and the Mayans chewed chicle, which is the sap of the sapodilla tree. In 1906, Frank Henry Fler invented a bubble gum that he called Blibber-Blubber.

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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 through August 12. Children are invited to attend in their pajamas and slippers if they wish. No registration is required. Call 822-9102 for more information.

DEMO WEEK AT COVENTRY PUBLIC LIBRARY
Demo Week at Coventry Public Library, 1672 Flat River Road, Coventry, will be from August 3-8 showcasing all of their new technology. See how the 3D printer works, find out about converging old cassettes & video tapes to digital files & learn how to stream music, books, movies and more. Schedule is as follows: 3D PRINTER (August 3, 2-4PM), CONVERSION LAB (August 4, 1-3PM), HOOPLA, FREEGAL, DATABASES (August 5, 1-3PM), eREADERS, NOOKS & KID'S TABLETS (August 6, 1-3PM), NOOKS & HOOPLA, FREEGAL (August 8, 10AM-12PM). This program is free and open to all. Visit www.coventrylibrary.org for more information. Call 822-9105 to register.

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SS John & James Church, 20 Washington Street, West Warwick, invites everyone to celebrate a Healing Mass and Anointing Service during the Mass on August 8 at 11AM. Lunch will be served in the School Cafeteria following the Mass. All areas are handicapped accessible. Transportation is available if needed. RSVP no later than August 1 to Dillia 828-6790 or Normand 828-0520.

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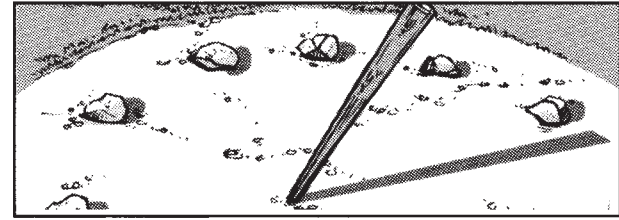


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The earliest type of timekeeper, dating from as far back as 3500 B.C., was the shadow clock, or gnomon, a vertical stick or obelisk that casts a shadow. An Egyptian shadow clock of the eighth century B.C. is still in existence.



Helianthus annuus, the common sunflower, was domesticated in North America roughly 5000 years ago. Many indigenous American peoples used it as the symbol of their solar deity, including the Aztecs and the Otomi of Mexico and the Incas in South America. Early Spanish explorers carried its seeds back to Europe, and by the early 1800s Russian farmers were growing over 2 million acres of sunflower.

Sources:
wikipedia.org/wiki/Helianthus_annuus
www.sunflowerusa.com

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

EP

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FLASH BACK
 POP ROCK & SOUL TRIVIA BY MICK HARPER

1. Sad letters, a photograph and a rose are all mentioned in which Connie Francis song?
 2. Which song do Bessie Banks and The Moody Blues have in common?
 3. Name the Boston song that was used in the "October Road" television pilot.
 4. Who wrote and recorded "Sundown" in 1974? (Hint: He's Canadian.)
 5. Name the song that contains this lyric: "The problem is all inside your head, she said to me, The answer is easy if you take it logically, I'd like to help you in your struggle to be free."
- Answers**
1. "Among My Souvenirs," 1959. The song originally had been released in 1928 by Paul Whiteman.
 2. "Go Now!" in 1965. Banks' husband had written the song for her to record, but The Moody Blues beat her to the charts.
 3. "Don't Look Back," 1978. The song was used shortly after the death of band member Brad Delp in 2007.
 4. Gordon Lightfoot.
 5. "50 Ways to Leave Your Lover," by Paul Simon, 1975, on his "Still Crazy After All These Years" album. Simon wrote and recorded the song just after his divorce. The song went to No. 1 and stayed at the top for three weeks.

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

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Thurs. 7/30 Portuguese soup, pork loin with gravy, sweet potatoes, broccoli cuts, rye bread, apricot half. Sandwich: Low fat turkey salad on rye.

Fri. 7/31 Lemonade, hamburger on bun with mustard and ketchup, Boston baked beans, RI grown tomato and cucumber salad, strawberry shortcake. Sandwich: Hot dog on roll with mustard and ketchup.

Mon. 8/3 Chicken soup with anci de pepe, pot roast with gravy, red bliss mashed potatoes, RI grown zucchini, sliced peaches, wheat bread. Sandwich: Egg salad on wheat.

Tues. 8/4 Beef vegetable soup, Italian sausage on roll, RI grown peppers and onions, broccoli, butterscotch pudding. Sandwich: Chicken sausage on a roll.

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Wed. 7/29 Fresh fruit, chicken parmesan, Italian green beans, roasted potatoes, Jell-O. Option: Ham and cheese wrap.

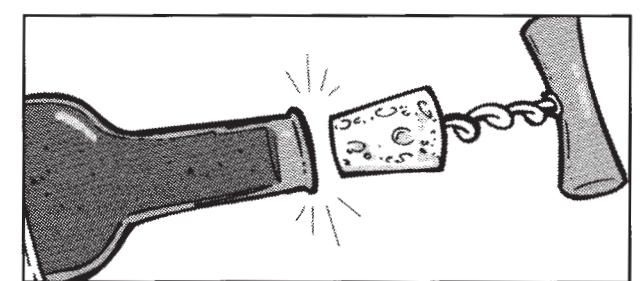
Thurs. 7/30 Split pea soup, pot roast with gravy, mashed potatoes, green beans, biscuit, carrot cake.

Fri. 7/31 Sliced cantaloupe, baked fish, rice pilaf, cauliflower, pudding. Option: Greek salad.

Mon. 8/3 Greek salad, meatball sandwich, roasted sweet potato, pasta salad, chocolate cake. Option: Roast beef sandwich.

Tues. 8/4 Fresh fruit, chicken Marsala, rice pilaf, creamed spinach, cookie. Option: Egg salad sandwich.

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Woman Is Fit, Yet Can Barely Stand

DEAR DR. ROACH: I am a 66-year-old white female, 5 feet, 5 inches tall (was 5 feet, 6 inches), weighing 170 pounds. Even though I use gym weight machines for upper and lower body three times a week, walk daily for two miles and spend 15 minutes on a motion trainer at the gym, I cannot stand up easily after gardening on my knees or getting on my knees on the floor. Is there anything I can do to regain the ability to get up off the floor/ground without a struggle? —S.C.

ANSWER: It sounds to me that despite your good exercise regimen, you may have weakness specifically in your thighs — what we call "proximal muscle weakness." There is a very long list of medical illnesses that affect these muscles specifically (my textbook lists 28 different diagnoses), including common conditions such as low thyroid levels and vitamin D deficiency. I would recommend a visit to your doctor for a careful exam of your nerves and muscles to see if my suspicion is correct. Your doctor may suggest a trial of vitamin D.

If no medical cause is found, I would work specifically on strengthening the hip muscles, which extend the thighs. A trainer at the gym can show you those exercises.

DEAR DR. ROACH: I am a 65-year-old man, and two weeks ago I developed a painful hemorrhoid almost overnight. I had never had hemorrhoids before. My primary-care doctor examined me and said I had a "thrombosed hemorrhoid." It is not very large and

in the past week, the pain has diminished, but the bulging vein is still present, albeit less tender. Should I have this removed surgically, or will it eventually disappear? —S.D.

ANSWER: A hemorrhoid, a normal vascular structure, can develop a blood clot ("thrombosis"), and then can be exquisitely painful. Often, the clot is removed at the time of examination, giving immediate relief. In most cases, the clot will be reabsorbed within a few days. However, in very large hemorrhoids, occasionally surgery is necessary.

There is some suggestion that thrombosed hemorrhoids may indicate a higher risk for colorectal cancer. You should be sure that you have had a recent colonoscopy.

DEAR DR. ROACH: A few years ago, my granddaughter, who was raised in Costa Rica, got Dengue fever. I heard that if you get it a second time, it can be fatal. Is this justified? I am worried about her going back to Costa Rica for holidays.

Is there a vaccination or specific treatment? —A.R.B.

ANSWER: Dengue fever is common, but people who live in areas with Dengue are at much higher risk than travelers. The worst complication of Dengue, called Dengue hemorrhagic fever, happens in people who previously have had an episode of Dengue, so the concern for your granddaughter is justified.

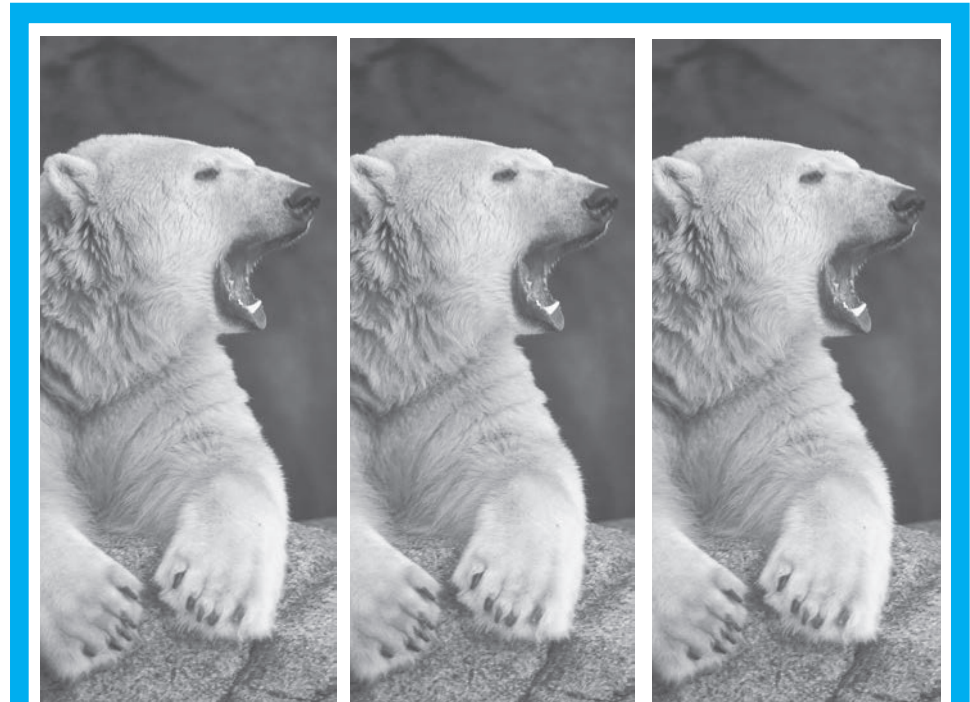
There is no commercially available vaccine for Dengue (yet), and no specific treatment. The most effective prevention for travelers is avoiding mosquitos by staying in well-screened or air-conditioned buildings, wearing protective clothing and using effective mosquito repellent.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com; or write to Pamphlets, 628 Virginia Drive, Orlando, FL 32803.

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8	6	4	3	4	5	8	6	4	7	2	8	3
A	L	E	W	N	A	N	O	D	B	A	E	I
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R	L	E	S	I	A	D	L	I	Y	E	A	D
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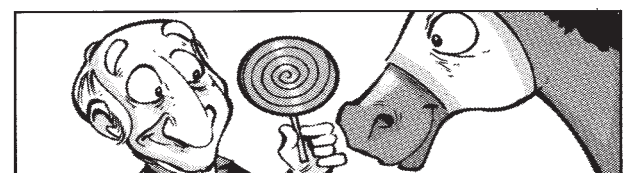
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COVENTRY-WEST GREENWICH LIONS CLUB ANNUAL CHARITY YARD SALE
 The Coventry-West Greenwich Lions will hold their Annual Charity Yard Sale on August 1 from 7AM-1PM at the Coventry Community Center, 1670 Flat River Road, Coventry. Come early for those bargains! To donate items for the Sale, contact Ray at 821-7219.

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

THE OLD MILL FLEA MARKET in the Historic Centreville Mill, 3 Bridal Avenue, West Warwick: Open 8AM-4PM every Saturday & Sunday. Free admission. Quality Vendors wanted. Antiques, collectibles, architectural, garage memorabilia & much, much more. Contact Andy, 226-3377.

COVENTRY-WEST GREENWICH LIONS ANNUAL CHARITY YARD SALE! Coventry Community Center, 1277 Main Street (Rte. 117), Coventry. August 1, 7AM-1PM. To donate items for the Sale, contact Ray at 821-7219. Proceeds to benefit local charities.

YARD SALE: 185 Gibson Hill Road, Sterling, CT. 8-2. Horse stuff, dog kennel, clothing, Mary Kay, household items, toys and more.

61 ANGUS STREET, Coventry: August 1, 8AM-3PM. Downsizing, great bargains! Reasonable offers accepted. No clothes.

38 BORDER STREET, West Warwick: August 1 & 2, 8AM-2PM.

10 VALLEY CREST DRIVE, West Warwick: August 1, 8AM-2PM. Kid's clothes, books, etc.

33 ELLISON STREET, Cranston: August 1, 8AM-12PM. Household, luggage, electronics, baby & kid items, golf clubs, car stereos, clothes. Rain date August 2.

143 LOCKWOOD STREET (off Cowesett Avenue), West Warwick: August 1, 7AM.

INDOOR MOVING SALE! 81 Maple Street, Coventry: August 1, 9AM-2PM or call 821-7471.

All water has a perfect memory and is forever trying to get back to where it was.
 —Toni Morrison



COVENTRY PARKS & RECREATION DEPARTMENT 2015 SUMMER CONCERT SERIES
 Coventry Parks and Recreation Department invite all to attend its Summer Sunday Night Free Concert Series. Concerts begin at 6PM and are held at Paine Field (west lawn). **AUGUST 2**, "Old2Kool" (Classic Rock & Oldies). In the event of rain, all concerts will be held inside the Community Center. Blankets and/or lawn chairs are suggested. No smoking or alcoholic beverages allowed. Donations are needed to continue the Concert Series. Call 822-9107 for more information.

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

VOLUNTEERS NEEDED FOR COVENTRY HUMAN SERVICES/SENIOR CENTER
 The Coventry Department of Human Services/Senior Center is looking for a volunteer for the Gift Shop on Monday mornings. Our Master Gardeners could use help maintaining the Community Garden. If you can help in these areas, or would like more information, call the Coventry Cares Volunteer Office at 822-9144.

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

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

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

CHRISTMAS IN AUGUST BLOCK PARTY
 The Crompton Vets Organization, 37 Hepburn Street, West Warwick, will hold a Christmas in August Block Party on August 15 from 1PM-?. Enjoy 2 bands, food & drink, raffles, games, etc. Public welcome (over 21 only). Admission is \$6/person. Call 821-2660 for tickets or more information.

WEST WARWICK PUBLIC LIBRARY PRESENTS...
 West Warwick Public Library, 1043 Main Street, West Warwick, will host The Center for Women & Enterprise presenting "How to Create Your Own Brochure" on August 3 & 11 from 5:30-7:30PM. This 2-part class will be presented by Paul Waxman and is designed for small to mid-sized businesses. This program is free & open to the public. Registration required by visiting eventbright.com (search "How to Create Your Own Brochure"). For more information, contact Lina at 427-6535 or lecheverry@cweonline.org

COVENTRY VFW POST 9404 GOLF TOURNAMENT
 Coventry VFW Post 9404 will hold a Golf Tournament at the North Kingstown Country Club on August 22 with a 1PM tee off. Tournament will be played in a Scramble format. Cash prizes, complimentary gifts & raffles will be featured. A Steak Fry (or Chicken Dinner) will follow the Tournament. Cost is \$100 per Golfer. Tee sponsorships available for \$100 each. Come play for a great cause, help preserve VFW 9404 and to honor its members. For more information, call 828-9705 or 688-6976.

CELEBRATE COVENTRY "TOUCH-A-TRUCK" EVENT
 Come "Touch-A-Truck" on August 8 from 11AM-3PM at the Coventry Town Hall, 1670 Flat River Road, Coventry. You can explore first hand a variety of Fire, Police, Military & Construction vehicles. Free parking is available for this family friendly event. Donations appreciated to support Prevention Programming for the Town of Coventry. Rain date is August 9.

Yard Sale Form

DIRECTIONS: Print one word in each box; phone number counts as one word. 10 words \$8.00, 25¢ for each additional word. Mail or bring your ad to **THE REMINDER, 1049 Main St., Coventry, RI 02816 DEADLINE MONDAY AT 12:00 NOON.** Except when there is a Monday holiday, deadline is Friday at 12:00noon.

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Entertainment

New DVDs Reviewed in This Column Will be Released the Week of August 3, 2015



PICKS OF THE WEEK

Far From the Madding Crowd (PG-13) — Bathsheba Everdene (Carey Mulligan) has a rare opportunity for women of her time — she has enough wealth that she doesn't have to marry for business reasons. She can pick any man she wants, which isn't as easy as it sounds. She's got three very different men on the line, but for each one, there are complexities to the relationship.

An adaptation of a romantic and melodramatic English novel hardly seems like the place to look for takes on contemporary love, but in the hands of director Thomas Vinterberg, the country comes to life and the love-quadrangle stays engaging. Carey Mulligan once again shows how she can keep audiences invested in what's going on behind her eyes.

The Salvation (R) — Jon (Mads Mikkelsen, TV's "Hannibal"), a Danish veteran, takes his family to the Wild West to make a new start, but their bright future is robbed by a pair of drunk dirtbags who murder his wife and son. Jon gets revenge on the brutes, but raises the ire of the local boss (Jeffrey Dean Morgan). Jon is hunted by outlaws and commoners alike, but refuses to back down to the evils of the frontier.

This is a hard-nosed Western shoot'em-up with a strong connection to its Spaghetti Western roots. The hero is as stoic as stone, and the boss is as twisted as the devil. It's not blazing a new trail in Western cinema, but it's good for a night of cowboy comotion.

A Little Chaos (R) — In the opulent gardens of King Louis XIV's palace at Versailles, there works a surprisingly modern touch. Sabine (Kate Winslet) is a single garden designer who lost her only child. She's completely

out of place in the elegant palace full of powdered pandering aristocrats. As a commoner, her romance with her superior is totally forbidden, but in a time of symmetrical and formal design, Sabine believes in employing "a little chaos" in her landscapes. It's not the historical/fictional romance to win over new fans, but Alan Rickman as the Sun King monarch is very fun to watch.



Kate Winslet in "A Little Chaos"

True Story (R) — Mike Finkel (Jonah Hill) was a disgraced journalist who needed to get his career and credibility back. He found a strange opportunity in the form of a murderer, Christian Longo (James Franco), who was using Finkel's identity after he killed his own wife and children. When Longo is captured and imprisoned, Finkel comes to visit him and pick his brain. The inmate is all too willing to talk, and a lot of these conversations ensue. Unfortunately, both characters are so boring they blow away like dry dirt, along with any hope of a chilling or memorable story.

TV RELEASES

- Royal Canadian Mounted Police: 4 Movie Collection**
- Madeline - The Complete Collection**
- Looney Tunes: Rabbits Run Space Brothers Collection 4**
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ARIES (March 21 to April 19) Don't gnash those pearly whites because you might have to delay your plans. This could give the Lucky Lamb a better perspective of what's been done, and what still needs doing.

TAURUS (April 20 to May 20) Scoring financial bull's-eyes is easy for the focused Bovine who knows the ins and outs of the marketplace. But even with your success record, caution is still the watchword.

GEMINI (May 21 to June 20) Watch that tendency to over-romanticize a situation that should be given closer scrutiny. Better to be suspicious now and ask for an explanation, or face a sad surprise later.

CANCER (June 21 to July 22) Bruised self-confidence can make things difficult unless you accept the fact that you have what it takes. Ignore the critics and concentrate on believing in yourself. Good luck.

LEO (July 23 to August 22) Congratulations on what you've accomplished. But this is no time to curl up for some serious catnapping. Your rivals are probably already working on plans to overtake your lead.

VIRGO (August 23 to September 22) Your adventurous side wants to play a more dominant role this week, and you might want to oblige. Try to arrange for some getaway time with that special person.

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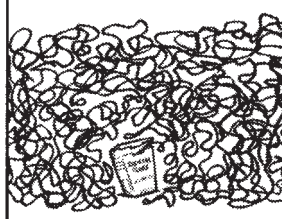
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