

The REMINDER

63 YEARS IN BUSINESS

Rhode Island's First Buyers Guide

Free!

January 16, 2018 • Volume 63 • Issue 36

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A MATTER OF BALANCE PROGRAM AT COVENTRY COMMUNITY RESOURCE CENTER
The Coventry Community Resource Center, 50 Wood Street Coventry, is offering a FREE Fall Prevention Program on Mondays, February 26-April 16 from 5:30-7:30PM. Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. "A Matter of Balance" was developed to address the fear of falling in older adults. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength & balance. An Introductory Coffee Hour will be held on February 12 from 5:30-6:30PM. To register, please call Amy at 432-7003 or email acollins@ripin.org

FREE ESL CLASSES OFFERED AT THE WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick, is offering free ESL Classes for individuals who want to improve their English skills. Adults work in groups with a teacher or volunteer tutor on reading, writing, speaking and listening skills. The next Session runs January 8-May 8. **Beginning/Intermediate ESL Classes** meet at the Library Mondays & Tuesdays from 4:30-6PM or 7-8:30PM; **Conversation Class for advanced ESL students** meets Tuesdays from 7-8:30PM; **Conversation Class for beginning/intermediate ESL students** meets Fridays from 9:30-11AM; **Civics Practice Group** (related to the English needed for citizenship) meets on Thursdays from 10:30-11:30AM & also an **adult ESL Book Group** meets on select Thursdays from 9:30-10:30AM. A children's Literacy Teacher provides activities for children 4 years and older while their parents attend the Monday/Tuesday Classes. New students are welcome up to the midpoint in the session if space is available. Please call the Literacy Office at 828-3750, Ext. 15 for more information.

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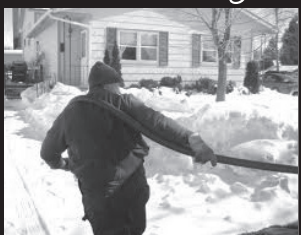
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ATTENTION NON-PROFIT ORGANIZATIONS
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CHURCH OF CHRIST GIVING CLOSET
The Giving Closet of the church of Christ, 42 Nooseneck Hill Road (Lower Level Coventry-West Greenwich Elks Lodge), West Greenwich, will be open every Wednesday from 1-5PM. Everything is FREE! 397-9700.

COVENTRY PUBLIC LIBRARY PRESENTS...
Coventry Public Library, 1672 Flat River Road, Coventry will offer "Introduction to Meditation" on January 30 at 11AM. Care New England will be there to teach how to relax. Call 822-9105 or email megan@coventrylibrary.org to register or for more information.-

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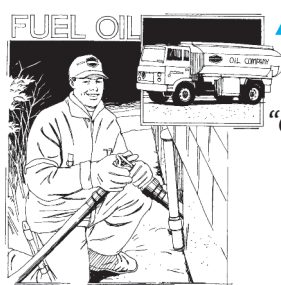
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JANUARY CHILDREN'S PROGRAMS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope is offering the following Programs: **LEGO Time** (children ages 4 & up) on January 6 & 20 from 10-11AM. **Drop-in Crafts** on January 10 from 3:30-4:30PM. **Movie Time!** on January 20 from 12:30-2:30PM. **Marble Mouse Racer Craft!** on January 24 from 3:30-4:30PM. Registration required for all Programs, except Drop-In Crafts & LEGO Time, by calling 821-7910.

JANUARY STORY PROGRAMS AT HOPE LIBRARY
Hope Library, 374 North Road, Hope is offering the following Programs: **Preschool Story Time** for children ages 3-5 on January 22 & 29 at 10:30AM & January 18 & 25 at 2PM. **Book Babies** for ages birth-24 months and their caregivers, January 19 & 26 at 10:30AM. **Time for Two's** for children age 2 & a caregiver on January 19 & 26 at 11:15AM. **Registration begins January 18.** To register for programs or for more information, call 821-7910.

RESCUED PETS 2018 CALENDARS

The 2018 Rescued Pets Calendars from the Friends of Exeter Animals are now available for \$5 at the Exeter Animal Shelter, the Exeter Public Library, Cookies Antiques (Rte. 3), Exeter Town Pizza (Rte. 2), the North Kingstown Animal Hospital & Allie's Feed Store. Proceeds benefit the Friends of the Exeter Animals. They make great gifts and help local animals in need.

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Peter Stevens..... General Manager
Amey Tilley... Office Manager/Editor
Dawn Donnelly..... Front Desk

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Cheryl Petrarca, Melissa Miller

ART DEPARTMENT
Liz DeVonis, Monique Rice

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

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Moments in time
THE HISTORY CHANNEL

- On **Jan. 26, 1788**, the first 736 convicts banished from England to Australia land in Botany Bay. With the American victory in the Revolutionary War, transgressors could no longer be shipped across the Atlantic. Over the next 60 years, some 50,000 criminals were sent to Australia.
- On **Jan. 25, 1905**, at the Premier Mine in South Africa, the largest diamond ever found is discovered. The 3,106-carat "Cullinan" weighed 1.33 pounds. Stonecutter Joseph Asscher studied the stone for six months before attempting the cut. Afterward, he fainted from nervous exhaustion.
- On **Jan. 24, 1935**, canned beer makes its debut as the Gottfried Krueger Brewing Company delivers 2,000 cans of its beer. In 1933, after two years of research, American Can had developed a pressurized can that had a special coating to prevent the fizzy beer from chemically reacting with the tin.
- On **Jan. 23, 1957**, the Wham-O toy company roll out the first batch of aerodynamic plastic discs now known as Frisbees. The Frisbee began in Connecticut in 1871 when university students would toss empty Frisbie Pie Company tins to each other.
- On **Jan. 27, 1967**, a launch pad fire during tests at Cape Canaveral, Florida, kills astronauts Gus Grissom, Ed White and Roger Chaffee inside the Apollo 1 command module. They were the first Americans to die in a spacecraft.
- On **Jan. 28, 1985**, forty-five music stars begin laying down the chorus and solos for "We Are the World," a record that would raise over \$60 million for African famine relief. Producer Quincy Jones told the pop stars to "Check your egos at the door."
- On **Jan. 22, 1998**, Theodore Kaczynski pleads guilty to 17 years of package bombings attributed to the "Unabomber." He was identified when his brother recognized his anti-technology manifesto published in a newspaper.

CLASSIFIED AD FORM

Household Item Used Furniture, Tools, Exercise Equipment, Etc. \$7.00 for 10 words. 25¢ each additional word.	Business Help Wanted, Yard Sales, Wood for Sale, Real Estate, Home Improvement, Etc. \$8.00 for 10 words. 25¢ each additional word.	Automart Autos, Motorcycles, Boats, Auto Service, Etc. \$8.00 for 10 words. 25¢ each additional word.
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Spicing Up Traditional Dishes

(NAPSA)—When leftovers just won't cut it, a quick trip to the grocery store may be all you need for mealtime inspiration.

Products such as canned and pouch chunk chicken breast by Tyson® offer new twists on classic dishes. A great alternative to frozen or fresh chicken, these convenient products are made with whole chicken breasts and are oven-roasted for rich flavor. They are great for on-the-go consumers who are short on prep time but are still looking for quality, protein meals.

Using these products, individuals and families can enjoy dishes like gourmet-quality chicken salad with juicy grapes and almonds or snack-worthy nachos in five minutes without the traditional steps of seasoning, boiling and dicing. Use the extra time to catch up with friends and family!

Looking to break out of your meal-making rut without sacrificing quality or the rest of the tasks on your daily to-do list? Try these new recipes below and be sure to visit www.tyson.com for more ideas.



When leftovers won't cut it, canned chicken can offer new twists on classic dishes.

Speedy Chicken Nachos

- 2 cans Tyson® Premium Chunk Chicken Breast (12.5 oz), well drained or 2 Tyson® Premium Chunk Chicken Breast Pouches
- 1 package taco seasoning mix, 1.25 oz.
- 1 bag corn tortilla chips, 14 oz.
- 2 cups shredded Mexican cheese blend
- 1 can diced tomatoes and chopped green chilies, 10 oz., well drained
- 1 can sliced black olives, drained

Cooking Instructions

1. Using a fork, mix chicken with half the package of taco seasoning in a bowl until chicken is shredded and coated with seasoning. Use less seasoning for a milder flavor or more for a spicier flavor.

2. Arrange chips on a cookie sheet and cover generously with shredded cheese. Top with well-drained tomatoes, green chilies and seasoned chicken.

3. Broil on top rack of oven about 3 minutes or until cheese bubbles. Remove and top with drained olives.

Serving Suggestion: Serve with choice of sour cream, guacamole and jalapeno peppers. Makes 6 to 8 servings.

Cooking Instructions
1. Combine chicken and mayonnaise in medium bowl, blending with a fork until chicken is shredded.
2. Mix almonds, celery and grapes into chicken.
Serving Suggestion: Serve on choice of lettuce, crackers or bread. Makes 4 servings.

Chicken Salad

- 2 cans Tyson® Premium Chunk Chicken Breast (12.5 oz) or 2 Tyson® Premium Chunk Chicken Breast Pouches
- 4 tablespoons of mayonnaise or more to taste
- ½ cup of slivered almonds
- ½ cup of diced celery
- 20 red seedless grapes



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1. Name the group that released "It Only Takes a Minute."
2. Which vocal group released albums entitled "Bop Doo-Wopp" and "Vocalese" in the same year.
3. Who wrote and released "Put a Little Love in Your Heart"?
4. Which female artist first recorded "Walkin' After Midnight," and when?
5. Name the song that contains this lyric: "Aruba, Jamaica, ooh I wanna take you to Bermuda, Bahama, come on pretty mama, Key Largo, Montego, baby why don't we go."

Answers

1. Tavares, in 1975. The song went to No. 10 on the pop charts but disco was another story: It went to No. 2 for five weeks.
2. The Manhattan Transfer, in 1984. "Vocalese" netted 12 Grammy nominations, second only to the "Thriller" album by Michael Jackson.
3. Jackie DeShannon, in 1969. Annie Lennox and Al Green covered the song in 1988 for the film "Scrooged."
4. Patsy Cline, in 1957, after appearing on Arthur Godfrey's Talent Scouts TV show.
5. "Kokomo," by the Beach Boys, in 1988. The group recorded the song just in time for the release of the film "Cocktail" and was included in the soundtrack. "Kokomo" was nominated for a Grammy that year.

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BEGINNER LINE DANCE CLASSES
AT THE COVENTRY-WEST GREENWICH ELKS
The Coventry-West Greenwich Elks Lodge, 42 Nooseneck Hill Road, West Greenwich, will hold Beginner Line Dancing Classes every Sunday night (through June) from 6:30-8:30PM. Cost is \$8 per person. All ages welcome. Call Lori at 250-6082 for more information. Proceeds benefit Elk Charities.

**MINECRAFT GAMING AT
COVENTRY PUBLIC LIBRARY**
Coventry Public Library, 1672 Flat River Road, Coventry, invites boys & girls in Grades 1-5 to a Minecraft Gaming Night on January 25. Sessions will be held at 4:30PM, 5:30PM & 6:30PM. Call 822-9102 to register. Space is limited.

HINTS FOR HOMEOWNERS

Finding Free Advice For Home Improvements

(NAPSA)—If you're looking to improve the look of your home, a little free advice may go a long way. An excellent place to begin is with recommendations from friends and family who have completed projects similar to the one you are considering. However, if no one in your circle has ever completed a project like yours, who can you ask?

When considering a major remodeling project, it helps to learn from the advice of people with years of experience. These people will likely know the questions to ask that can help you create your dream room—and avoid the nightmares many people experience when remodeling without the proper preparation.

The Value of Advice

Adding living space to your home is an investment that can provide you and your family with years of pleasure and enjoyment, but an important key to the entire process is planning. To help you navigate the sometimes unfamiliar waters of renovations, a company with more than 30 years of experience building room addi-



Handy Idea—People can find free home improvement advice in a new guide.

Four Seasons Sunrooms has created a free guide. Four Seasons Sunrooms' "Essential Guide to Sunrooms" was designed to help you through the renovation process by providing real-world information the company has compiled during its 30 years of experience building sunrooms around the world.

From planning where on your property to locate your new sunroom, to deciding the size, shape and materials of your new room, the guide can help you through the issues you'll need to consider as you plan your new dream room, including:

- How will you use the room?
- How will you decorate the room?
- What materials should you use?
- What kind of maintenance will the room require?
- How do you make sure that the company you hire will do a good job?

"The guide helped break the process [of renovating] down into small, simple steps," said Susan DeAngelis of New York. DeAngelis had experienced a good deal of apprehension about her home's renovations previous to seeking advice. "It really helped take the fear out of the entire process."

To order a free copy of the guide, call (800) FOUR SEASONS or visit www.FourSeasonsSunrooms.com.

Puzzle Page

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King Crossword

- ACROSS**
- 1 Gymnast's surface
 - 4 Expert
 - 7 Pops
 - 12 Brewery output
 - 13 Sleep phenom
 - 14 Unmoving
 - 15 Rotating part
 - 16 Reason to call 911
 - 18 Pump up the volume
 - 19 Heathen
 - 20 Lumber
 - 22 Run-down horse
 - 23 Blue hue
 - 27 Toss in
 - 29 Political refuge
 - 31 Groan-inducing, maybe
 - 34 Take as one's own
 - 35 Overacted
 - 37 Lingerie item
- DOWN**
- 1 Colorful parrot
 - 2 Texas mission
 - 3 Beat
 - 4 Get ready, briefly
 - 5 Order back
 - 6 Last letter
 - 7 Autograph
 - 8 "A Chorus Line" song
 - 9 Lair
 - 10 Joan of —
 - 11 Pigs' digs
 - 17 Anger
 - 21 "Inferno" writer
 - 23 Type of wave
 - 24 Swelled head
 - 25 Dada artist
 - 26 Say it's OK
 - 28 Easter buy
 - 30 Scratch
 - 31 Shell game item
 - 32 Diamond arbiter
 - 33 Phone bk. info
 - 36 Facts
 - 37 Whalebone
 - 40 Must, jocularly
 - 42 Met performance
 - 43 Silk alternative
 - 44 Vote for
 - 45 Locale
 - 46 Vortex
 - 48 Mound stat
 - 49 Unruly bunch
 - 50 Lawyers' org.
 - 51 Barracks bed

1	2	3		4	5	6		7	8	9	10	11
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53						54				55		
56						57				58		

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

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

- Burger
- Chase
- Cushing
- Ellsworth
- Fuller
- Hughes
- Livingston
- Marshall
- Rehnquist
- Roberts
- Taney
- Vinson
- Waite
- Warren
- White

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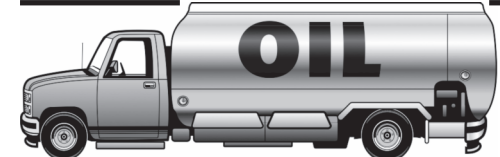
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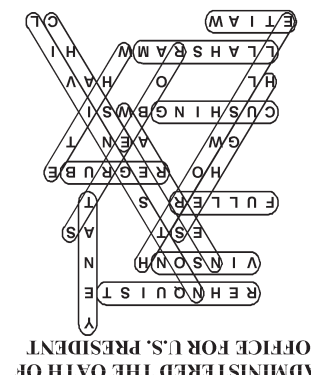
4	3	8	6	3	6	4	3	4	2	6	8	3
D	P	A	C	O	H	O	I	M	C	E	N	S
2	4	6	8	4	3	7	4	3	7	4	2	3
O	E	E	S	E	V	T	D	A	I	M	F	
4	7	3	5	4	6	8	2	3	7	5	6	8
C	L	O	B	H	R	W	F	R	U	E	F	A
6	2	6	5	8	3	4	2	7	5	8	3	2
U	O	L	O	W	V	A	R	E	R	A	I	T
5	4	3	6	5	3	7	8	5	3	5	2	5
I	R	C	D	G	T	F	R	I	O	N	A	A
6	3	6	5	8	4	8	2	7	3	2	4	8
A	R	Y	L	E	M	N	S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

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Solution time: 27 mins.

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A	L	E	R	E	M	I	N	E	R	T	
C	A	M	E	M	E	R	G	E	N	C	Y
V	A	M	P	N	A	G	A	N			
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R	E	M	I	G	R	E					
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L	O	R	E								
P	A	L	E								
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R	O	B	O								
C	O										
V	A	N									





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Life is measured in love and positive contributions and moments of grace.

- Carly Fiorina

FREE LEGAL CLINIC AT THE COVENTRY COMMUNITY RESOURCE CENTER

The Coventry Community Resource Center (formerly the Coventry Senior Center), 50 Wood Street, Coventry, will offer a free "One on One" Legal Clinic on January 19. RI Legal Services will be on site to resolve your Civil (not Criminal) legal issues. Call Cheryl at 821-9175 for an appointment.

BREAKFAST IN JANUARY

The Coventry Community Resource Center, 50 Wood Street, Coventry will hold a Breakfast on January 26 (weather permitting) from 8-9:30AM. Enjoy scrambled eggs, choice of bacon or sausage, French Toast or English muffin, with orange juice, coffee, & tea for just \$3. All are welcome!

THE CHORUS OF KENT COUNTY REHEARSALS

The Chorus of Kent County, directed by Nicholas Laroche, invite you to join them as rehearsals begin for the Spring Season. Rehearsals begin on January 18 at 7PM in the West Warwick High Chorus Room Webster Knight Drive, West Warwick. Chorus members will be there at 6:30PM to welcome you, provide you with your music for the season. New members are welcome but must sign up by February 15. They are especially seeking to enhance their Soprano I, Tenor & Bass sections. Spring Concert will be held on May 20 at 7:30PM & May 21 at 2:30PM. Visit www.chorusofkentcounty.com for more information.

COVENTRY PUBLIC LIBRARY PRESENTS...

Coventry Public Library, 1672 Flat River Road, Coventry presents "Pirate Ghosts & Phantom Ships" on January 30 at 7PM. Thomas D'Agostino will present a narrative of stories from his book. Ghosts of pirates, centuries dead, still roam New England's coast and the towns they terrorized in life. Hear stories of legendary pirates and learn about Goat Island, where wraiths of hanged pirates rise up, seeking vengeance for their untimely deaths. Call Jane at 822-9104 or email js@coventrylibrary.org

PHENIX SPORTSMEN'S CLUB STEAK FRY

The Phenix Sportsmen's Club, 715 Main Street, West Warwick, will hold a Steak Fry on January 20 starting at 5PM. Tickets are \$10/person. Call 821-9659 for more information.

COVENTRY MEN'S CLUB STEAK FRY

The Coventry Men's Club, Phillips Hill Road, Coventry, will hold a Steak Fry & Chicken Dinner on January 19 at 7PM. Live music will follow. Steak Dinner \$15, Chicken Dinner \$12. Reservations MUST be made by January 17 by calling 385-3536.

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The Garden Bug
Adult squash bugs spend the winter months hiding in sheltered places. Emerging in the spring, they look for squash and pumpkin plants to feed on the leaves and stems and also to lay eggs. Plants can be easily destroyed from extensive feeding by these pests. To trap them, leave boards or newspaper out near infested plants; squash bugs will congregate under them at night. In the morning, collect the bugs from their hiding places and destroy them.
Source: www.extension.umn.edu/garden/insects - Brenda Weaver

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For the Game! USDA Boneless Pork Butts..... \$2.59 lb.	Bar S Classic Meat Franks..... 10/\$10 Excludes Beef	Delicious Wood Grilled Steak Tips..... \$12.99 lb.	Tom's Own Fish & Chips..... \$7.99 lb.	64 oz. Hytop Apple Juice..... 2/\$3	5 oz. Friskies Canned Cat Food..... 10/\$6	Sweet & Crunchy Grape Tomatoes.... \$2.99 pt.	Something New! Franklin Farms Veggie Burgers..... \$3.99 pkg.
Certified Angus Beef Top Round Oven Roast..... \$3.99 lb.	Simply Potatoes Simply Sides..... \$2.99 ea.	NEW! Creole Shrimp with Rice..... \$6.99 lb.	Grab n Go Linguini & Clam Sauce..... \$5.99 ea.	12 oz. Hytop Honey Bear..... 2/\$5	Calise Bakery Bulky, Kaiser, or Potato Deli Rolls..... 2/\$6	Jumbo, Imported Sweet Onions..... \$1.29 lb.	Stock Up! 16 oz. Bag Wonderful Pistachios..... \$9.99
Shady Brook, Fresh Turkey Cutlets..... \$4.99 lb.		Tom's Famous Mini Meatloaf..... \$5.99 ea.		Hytop Canned Corn, Peas or Beans..... 2/\$1		Soup Time! Fresh Crisp Celery..... 99¢ bu	

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Something Different! Sliced Cornbread..... \$2.49 pkg.	Kretschmar Low Sodium Turkey \$5.99 lb.	Pepperidge Farms Garlic Bread..... 2/\$5	17 oz. Huy Fung Sriracha Sauce..... \$3.79	Fresh From Maine!! Mussels \$2.99 lb.
New! Fresh Brioche Rolls..... \$4.99 pkg.	Boar's Head Lower Sodium Ham \$6.99 lb.	59 oz. Tropicana OJ..... 2/\$6	18 oz. Stash Teas..... 2/\$5	Fresh Wild Caught Swordfish..... \$15.99 lb.
Fresh Baked Strudel Bites \$2.99 12 Pk.	Boar's Head Baby Swiss Cheese..... \$6.99 lb.	48 oz. Hood Ice Cream..... 2/\$7	10 oz. Tribe Hummus..... 2/\$3	For Your Chowda! Minced Clams..... \$4.99 lb.
	Hilldale, Pre-Sliced American Cheese..... \$2.99 lb.	4 Pk. O-Pudding or Gelatin..... 2/\$4	32 oz. Pacific Bone Broth..... \$6.29	Extra Large Peeled & Cleaned Shrimp..... \$8.99
		16 oz. Hood Sour Cream..... 2/\$3	McCann's Irish Oatmeal Tins..... \$7.99	
		16 oz. Hood 1/2 & 1/2..... \$1.29	28 oz. 7 Farms Organic Canned Tomatoes \$2.79	

We accept manufacturer's coupons! Prices in effect Jan. 17-Jan. 23 *Not Responsible for Typographic Errors. We reserve the right to limit quantities.

Timothy A. Williamson Esq.

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SLOCUM GRANGE BREAKFAST

Slocum Grange, 96 Slocum Road, North Kingstown, will hold their monthly breakfast on January 20 from 7-10AM. The menu includes French Toast, eggs, bacon or sausage, cheese omelet, home fries, Johnny Cakes, toast & beverage. Adults \$10, children (5-10) \$5, children 4 & under are guests of the Grange. There will also be a Bake Table. All are welcome. The charity for January is to support the North Kingstown Food Bank. For more information, call Carol at 294-2989.

SENIOR FITNESS CLASS

Coventry Public Library is sponsoring Senior Fitness Classes with Myrna Moore on Tuesdays at 1:30PM beginning January 23. Classes will take place at the North Road Terrace Community Room. There is no charge. To register, call Jane at 822-9104 or email js@coventrylibrary.org

RI VET CORPS AT THE COVENTRY COMMUNITY RESOURCE CENTER

The Coventry Community Resource Center, 50 Wood Street, Coventry, will have a Representative from the RI Vet Corps on site January 31. Navigators connect Military Veterans & their families with Veterans' Benefits and Social Services in RI. Please call Cheryl at 822-9175 for an appointment.

CHS NAVY JROTC FUNNY 4 FUNDS COMEDY FUNDRAISER

The Coventry High School Navy JROTC Unit is holding a Comedy Fundraiser on February 10 at the Coventry Men's Club, 30 Phillips Hill Road, Coventry. Doors open at 6PM, Show starts at 7PM. Light snacks will be provided but feel free to bring your own. There will be a Cash Bar & great Raffle items. Tickets are \$20 each. Proceeds raised will be used to help the support the Unit and to defray cost to send our Award-winning Drill Team to Florida for National Competition in May. For tickets, if you would like to sponsor a table or donate, please contact Lucy at 580-5413, Dawn at 523-6664 or visit funny4funds.com/events

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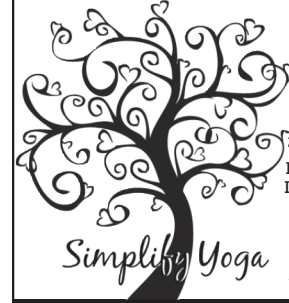
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We are now looking to expand our recruitment of high quality and ethical open shop contractors that specialize in that type of work.

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jwalsh@ibew99.org

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The REMINDER 2ND SECTION

Rhode Island's First Buyers Guide

January 16, 2018
Volume 63 • Issue 36

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Boneless Rib Eye Steak or Roast 6.99 lb.	Kretschmar Bacon Encrusted Turkey Breast 5.99 lb.	GROCERY		
Premium Bone-In Center Cut Pork Chops 1.99 lb.	Fresh Sliced, Mild Provolone Cheese 4.49 lb.	10.50 oz. Assorted Flavors Campbell Soups 5/\$5	48 oz. Friendly's Ice Cream 2.99	24 oz. Classico Pasta Sauce 2/\$4
Fresh Whole Chickens 99¢ lb.	Butterball Buffalo Style Chicken Breast 4.99 lb.	8-12.4 oz. Cheez-It Crackers 2.99	8 oz. Cabot Shredded Cheese 2/\$4	10 ct. Starbucks K-Cups 6.99
		BAKERY		
		4 Pack, Fresh Baked Portuguese Rolls 2/\$3	12 Pack, Assorted Gourmet Cookies 2.99	Boston Cream Cake 5.99
		PREPARED FOODS		
		Assorted Flavors Fully Cooked Boneless Chicken Bites 3.49 lb.	Roch's Own Potato Salad 2.99 lb.	Roch's Own Meat Lasagna 3.99 lb.
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- 2014 VW JETTA S 1 Owner, Factory Warranty, Just 36K miles! \$9,800/ \$141 PER MONTH!
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- 2014 HYUNDAI ELANTRA SE, 1 Owner, Back up Cam! Factory Warranty! (63K miles) \$10,900/ \$156 PER MONTH
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- 2012 NISSAN FRONTIER SV KING CAB, 1 Owner, Well Serviced, 4WD (105K miles) \$11,900/ \$183 PER MONTH!
- 2015 HONDA CIVIC LX, 1 Owner, Back up Cam, Bluetooth! (54K miles) .. \$11,900/ \$183 PER MONTH!
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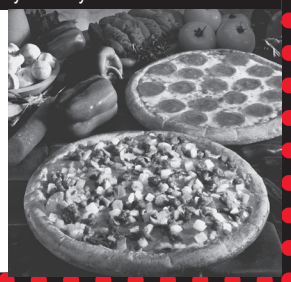
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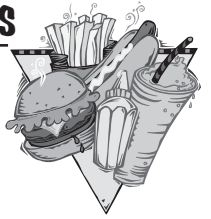
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SOUP-ER BOWL SUPPER AT SUMMIT BAPTIST CHURCH

Summit Baptist Church, 1176 Victory Highway, Coventry, will hold a Soup-Er Bowl Supper on February 3 from 5-7PM. Come enjoy a bottomless bowl of a variety of soups, bread, desserts & beverage. Diners will vote for their favorite soup. Donation is \$10/adult, \$5/child (age 5-10), children under 5 are guests of the Church. Call 741-0896 or 397-7069 for reservations/tickets.

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: What country has a region known as Catalonia?
2. SCIENCE: What do you call an animal that lives part of its life on land and part in the water?
3. HISTORY: When did the Spanish Civil War take place?
4. ANIMAL KINGDOM: A male bird is called a peacock, and the female is called what?
5. GENERAL KNOWLEDGE: How many colors are in a rainbow?
6. MOVIES: What was the name of the princess in the animated Disney movie "Aladdin"?
7. WEATHER: What is the wind speed at which a tropical storm is designated a hurricane?
8. AUTOS: What was the manufacturer of the Viper car model?
9. U.S. PRESIDENTS: What was first national monument established by President Teddy Roosevelt?
10. MONEY: Whose portrait is on a U.S. dime?

Answers

1. Spain
2. Amphibian
3. 1936-1939
4. A peahen
5. Seven: red, yellow, orange, green, blue, indigo and violet.
6. Jasmine
7. 74 mph
8. Dodge
9. Devils Tower, Wyoming
10. Franklin D. Roosevelt

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HALL FOR RENT: Coventry Men's Club available for Bachelor Parties, Weddings, Birthdays, Retirement Parties, Etc. Menu available. Call 385-3536 after 2PM for more information.

PHENIX SPORTSMEN'S CLUB STEAK FRY: 715 Main Street, West Warwick. January 20, 5PM. Tickets are \$10/person. Call 821-9659 for more information.

Yard Sales

ESTATE SALE! 9 Overhill Drive, West Warwick: January 20, 9AM-2PM. Beautiful stuff, including Dining set & Living Room set, etc.

Salome's Stars

ARIES (March 21 to April 19) Guess what, Lamb? You're about to experience a new perspective on a situation you long regarded quite differently. What you learn could open more opportunities later.

TAURUS (April 20 to May 20) The Bold Bovine is tempted to charge into a new venture. But it might be best to take things one step at a time, so that you know just where you are at any given point.

GEMINI (May 21 to June 20) It's a good time to go on that fun getaway you've been planning. You'll return refreshed, ready and, yes, even eager to tackle the new challenge that awaits you.

CANCER (June 21 to July 22) The Moon Child loves to fantasize about magical happenings in the early part of the week. But the sensible Crab gets down to serious business by week's end.

LEO (July 23 to August 22) What goes around comes around for those lucky Leos and Leonas whose acts of generosity could be repaid with opportunities to expand into new and exciting areas of interest.

VIRGO (August 23 to September 22) Your concern about your job responsibilities is commendable. But you need to take some quiet time to share with someone who has really missed being with you.

LIBRA (September 23 to October 22) Aspects favor getting out and meeting new people. And as a bonus, you might find that some of your newly made friends could offer important business contacts.

SCORPIO (October 23 to November 21) You might take pride in wanting to do everything yourself. But now's a good time to ask family members to help with a demanding personal situation.

SAGITTARIUS (November 22 to December 21) Pay more attention to the possibilities in that workplace change. It could show the way to make that long-sought turn on your career path.

CAPRICORN (December 22 to January 19) Your need to succeed might overwhelm obligations to your loved ones. Ease up on that workload and into some well-deserved time with family and friends.

AQUARIUS (January 20 to February 18) Love rules for amorous Aquarians who can make good use of their ability to communicate feelings. Don't be surprised if they're reciprocated in kind.

PISCES (February 19 to March 20) Fishing for compliments? No doubt, you probably earned them. But it's best to let others believe they were the ones who uncovered the treasure you really are.

BORN THIS WEEK: Your good works flow from an open, generous heart. Nothing makes you happier than to see others happy as well.

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Ticket sales begin at 12pm
Early bird bonus ticket if you purchase before 1pm

Raffle begins at 1pm

Raffle prizes will vary and may include other items.

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<small>All of the above include chowder, salad, bread & butter</small>	
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Decorator's Notebook

Decorating With Natural Light

(NAPSA)—The benefits of abundant daylight in our homes are well documented. Studies show that students learn better, adults suffer less Seasonal Affective Disorder, and older Americans have less trouble reading and getting around when rooms are filled with natural light.



Joe Patrick, product manager with VELUX America, points out that natural light comes into most homes through doors and windows. "If there are enough of them, and if they are placed properly, they can do an adequate job of admitting light," Patrick says. "But if you want to add beauty and style to your home and lift your spirits while visually expanding rooms, consider the additional natural light and ventilation that can be provided by skylights," he says.

Many areas of the home are prime locations for the natural light and ventilation offered by skylights and roof windows.

Light from above makes all rooms more functional and livable. Kitchens become more enjoyable when they are bright, cheerful and free of cooking odors and heat, and when moisture is allowed to escape through venting skylights. In baths, we can have a degree of privacy impossible to achieve with vertical windows, while freeing an extra wall for storage or decorating (where a window that must be kept covered when the bathroom is in use would be).

ver-based Architect Doug Walter, AIA. "In their search for suitable areas, particularly for children, they should reconsider. Children don't require large areas with soaring ceilings. On the contrary, the sloping ceilings of small attics and the little hideaways they make are particularly appealing to youngsters."

When converting upstairs areas with energy-efficient skylights and roof windows, expensive dormers aren't necessary, so labor and material costs can be reduced. And finished attics and bonus rooms typically appraise at 100 percent of the value of other living space while basements typically do not. "Many property owners dismiss the idea of an attic conversion on the grounds that the space available seems too small," says Den-

In smaller areas where traditional skylights may not fit or just aren't necessary, more light can be easily added with VELUX SUN TUNNEL™ skylights with flexible tunnels that bend around obstructions and are simple for homeowners to install. They work particularly well in entry areas, hallways, inner bathrooms, pantries and closets.

For more on the benefits of natural light and skylight selection call 1-800-283-2831 or visit www.veluxusa.com. For government information on window and skylight energy efficiency visit www.energystar.gov, and for independent agency information visit www.nfrc.org or www.efficientwindows.org.

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Design Is In The Detail



(NAPSA)—“God is in the details,” legendary twentieth century architect Mies van der Rohe said. The minimal interiors he created were unforgiving in that any small mistake is apparent. But even in less minimal interiors savvy designers know that details count. Peter Fallico, a contemporary interior designer and TV personality, believes that it's the details that give depth and interest to interiors. Quality and fine craftsmanship provide the bones of good decoration.

For color, Fallico favors the calmness of earth tones but with a hint of jewel colors to spark a room's ambiance. If you look closely at landscape paintings there is often just a hint of red that sparks all the browns and greens. It's the same with interiors.

At the windows, Fallico likes layers, but no swags and tassels, please. He often uses Hunter Douglas light-diffusing Silhouette® window shadings framed by drapery panels or the texture of wood blinds from the Country Woods® Collection™, which comes with the exclusive TopShield™ finish to help protect against everyday wear.

The array of painted and stained finishes and the abundant choices of decorative tapes and three architectural wood valances in this collection enable matching the window coverings to the room's décor. As Fallico says, “It's all in the details.”

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Strange BUT TRUE

By Samantha Weaver

It was Margaret Chase Smith, the first woman to serve in both houses of the U.S. Congress, who made the following sage observation: "Those of us who shout the loudest about Americanism in making character assassinations are all too frequently those who, by our own words and acts, ignore some of the basic principles of Americanism: The right to criticize; The right to hold unpopular beliefs; The right to protest; The right of independent thought."

According to historians, British Prime Minister Sir Winston Churchill slept on silk sheets and wore silk underwear. It seems he had very sensitive skin, and rough fabric made him break out in a rash.

It probably won't surprise you to learn that members of the Sampit tribe in Borneo eat bananas. What is surprising, though, is that they don't remove the peels first.

In the 1979 gubernatorial election in Louisiana, a man named Luther Knox was fed up with the candidates on the ballot. In order to give like-minded Louisianans an option, he ran for the office himself — after legally changing his name to "None of the Above."

Everyone knows that a sophomore is someone in their second year of high school or college. Most people don't realize, though, that the word is derived from the Greek words "sophos," which means "wise," and "moros," which means "stupid."

Resources are very scarce in space, so it's important to conserve wherever possible. The astronauts on the International Space Station might be going a bit far, however; it's been reported that they change their underwear only every three or four days in order to cut down on laundry.

Thought for the Day: "All human beings should try to learn before they die what they are running from, and to, and why." — James Thurber

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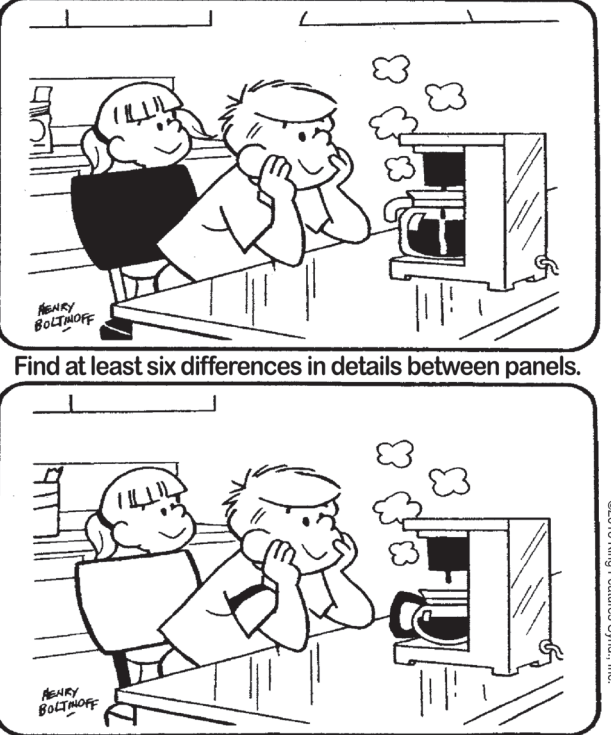
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Paw's corner

by Sam Mazzotta



Is Chocolate Really a Danger to Dogs?

DEAR PAW'S CORNER: Just after Halloween, our dog "Skipjack" got into one of my kids' candy stashes and ate everything, including the wrappers. I kept an eye on him overnight and he seemed fine, just drank water more often. The next day he was normal, other than passing a pretty loose stool with plenty of brightly colored wrappers mixed into it. Is the "never let your dogs eat chocolate" rule overblown? — Tim F., Wichita, Kansas

DEAR TIM: I've heard anecdotes from several readers about accidental chocolate consumption. Most of them say their pets didn't have a problem with it. But then, I'm not a veterinarian, and it's a good bet that vets see quite a few sick pets that got into a chocolate stash, particularly around the holidays.

I recently read an article about mass-produced U.S. chocolate having less cocoa content than chocolates made elsewhere. The Food & Drug Administration requires milk chocolate to contain no less than 10 percent chocolate liquor. Compare that to the U.K., where milk chocolate must contain at least 25 percent cocoa solids.

The size and weight of your pet also must be taken into account. Bigger dogs may process toxic foods more easily than small dogs.

So, cheap Halloween candy consumed by a large dog may not have a noticeably negative effect. However, it's still a gamble. Another issue to consider is Xylitol, a sweetener often used in sugar-free candies. That can be a danger to dogs of any size. In short, keep candy and pets separate — period.

Send your pet care tips, questions or comments to ask@pawscorner.com.
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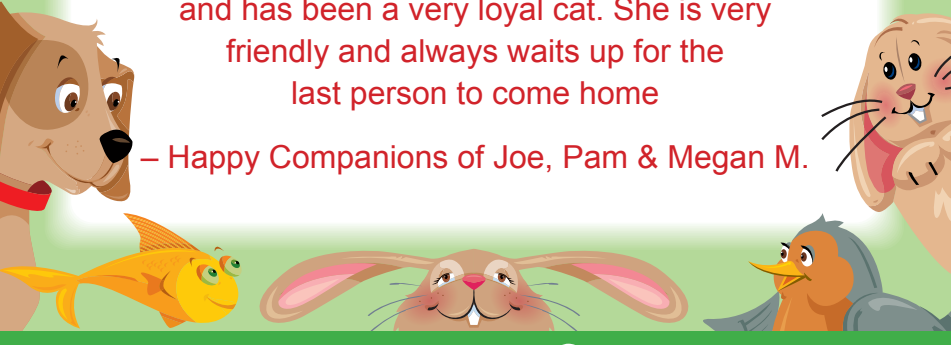
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ed. No dogs. Non-smok-
ing. 2 Week security
deposit. \$170/week.
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ing. \$850/month. Call
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HEALTHY IDEAS

(NAPSA)—Pro beach volleyball player and gold medalist Misty May has worked hard to accomplish her goals in the sport. From being named High School National Player of the Year in 1995 to being named Best Offensive Player in 2005 by the International Federation of Volleyball, May also works hard to surround herself with the best coaches, partners and tools to help her achieve her ongoing goals. That includes using a moisturizing lens solution, such as Complete MoisturePlus, to help keep her eyes comfortable during her long practices in the sun.



The treatment most frequently prescribed by ear doctors and pediatricians is an ear drop called CIPRODEX® OTIC SUSPENSION. To learn more, speak with your doctor and visit the Web site www.ciprodex.com.

Picky eaters can now get the whole grains they need without sacrificing the color, taste and texture of traditional bakery prod-

ucts. New white bakery products, such as Stroehmann® Soft & Tasty™ made with Whole Grain White and Thomas® Original made with Whole Grain English Muffins, contain whole grains to help picky eaters get hidden nutrition. These foods maintain the classic look, taste and texture of their traditional counterparts, but actually help increase whole grain consumption.

NARCONON

Drug overdoses have become the leading cause of accidental death in the United States with heroin & other opiates being the largest contributor. If your loved one is struggling with drug abuse of any kind, now is the time to get them the help they need. If you believe one of your loved ones is abusing drugs, learn how you can make a difference by visiting narcononnewliferetreat.org/drug-rehab

PROJECT LINUS

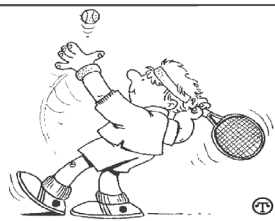
Project Linus is a national, all volunteer, non-profit organization which brings comfort to seriously ill children in local hospitals through gifts of new, handmade security blankets! If you have blankets or donations of new fabric, yarn, etc. to donate, please drop them off at "The Reminder" Office, 1049 Main Street, Coventry. "The Reminder" is open Monday-Friday from 8:30AM-5PM and is the local drop off location for Project Linus donations. For more information, please call "The Reminder" at 821-2216.

COVENTRY PUBLIC LIBRARY EVENING STORYTIMES

The Coventry Public Library, 1672 Flat River Road, Coventry, will offer **Family Evening Storytimes** on Wednesdays at 6:30PM from January 17-March 7 (NO Storytime on February 21). Stories, activities and crafts will be featured. Children may wear their PJ's and slippers. No registration required. Call 822-9102 for more information.

Did You Know?

(NAPSA)—Consumer advocates are urging Americans to contact their members of Congress and ask them to oppose legislation that experts say would freeze their credit reports. Learn more about how you can protect your personal financial information at www.handsoffmycredit.com.



Instead of letting the kids watch DVDs during your next road trip, use those long hours in the car to sharpen their minds. That's the advice from Dr. Katherine Wiesendanger, an education professor at Longwood University in Farmville, Va. She says simple activities, such as having children play navigator or simply listening to a book on tape, can help keep kids from taking a vacation from thinking.

tion destination: Pigeon Forge, Tenn., gateway to America's most visited national park, Great Smoky Mountains National Park. More information is on the Web at www.MyPigeonForge.com or can be had by calling toll free to (800) 251-9100.

While diet and exercise are the best solutions for looking and feeling better, many women also turn to shape wear, such as shape fx™, a unique collection of ready-to-wear apparel with built-in panels that trim the waist, slim the hips and shape the rear. The collection is currently available through Newport News and Spiegel catalogs and Web sites www.newport-news.com and www.spiegel.com.

Brawny® paper towels recently packed eight husbands off to Brawny Academy—a training camp for husbands who require domestic guidance—where their training in the ABC's of pitching in at home will be captured in a reality show created for the Web. For more information and to view the webisodes, visit www.brawnyacademy.com.

Many people are first told that they have depression or anxiety when, in fact, they actually have a different medical condition. Of these people, 1 in 2 will first be told they have depression, 1 in 4 will be told they have anxiety. To learn

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Donna's Day Creative family fun

by Donna Erickson

Whirl Up Smoothies for After-School Snacks

Smoothie. It feels good just to say the word, doesn't it? I used to think of the concoction of naturally sweet, fresh fruit flavors with crushed ice and yogurt as a magical summer thirst quencher, but with so many healthy and sometimes surprising add-ins nowadays — from kale to beets and chia seeds — I recently dusted off my blender to give some new combos a whirl.

While my preference is still a traditional blend of vitamin-rich fruits and berries (even when they come out of a package from the freezer), my family likes a variety of updated twists, too — including adding coconut milk to the goodness for a refreshing, light taste.

But first, some smoothie basics using a standard blender.

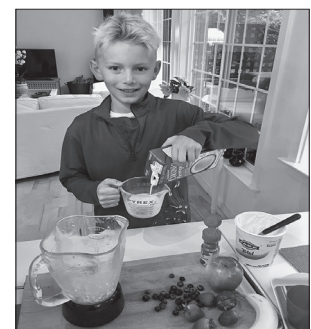
1. Start with liquids such as juice, milk, kefir, yogurt, sparkling water and crushed ice.
2. Add fresh fruit (a half or whole banana is a standard ingredient for flavor and for thickening the mixture of any smoothie) and/or vegetables. To cut prep time, your school-age kids can pre-package and freeze fruit-and-veggie combinations in small plastic-bag packets. When it's time to make a smoothie, toss in the contents of a packet with other ingredients.
3. Whirl it all together. I pulse a few times, then blend for 15 seconds or until smooth.

Now for my go-to recipe that is quick to make at breakfast time before sending kids out the door to the bus stop, or as a satisfying afternoon snack to refuel. Older school-age kids can make it themselves with attention to tastes and health needs. Be flexible, too, and experiment

with the addition of other ingredients you have on hand, such as a few chunks of pineapple, slices of kiwi or a ripe mango. You really can't go wrong.

FRUIT SMOOTHIE WITH COCONUT MILK

- 4 ice cubes, crushed
- 1 cup coconut milk
- 1/2 banana
- 1/2 cup plain, unsweetened yogurt
- 1 cup fresh or frozen berries, such as a combination of blueberries, strawberries and raspberries
- Dash of cinnamon (optional)



Place ingredients in blender starting with liquids, and process until smooth. Pour into glasses. Makes about 2 1/2 cups

TIP: If smoothie is too thin, add more fruit or yogurt. Too thick? Just add milk or fruit juice.

Donna Erickson's award-winning series "Donna's Day" is airing on public television nationwide. To find more of her creative family recipes and activities, visit www.donnasday.com and link to the NEW Donna's Day Facebook fan page. Her latest book is "Donna Erickson's Fabulous Funstuff for Families!"

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Wed. 1/17 Italian wedding soup, pot roast with gravy, garlic mashed potatoes, asparagus, fresh fruit, 9 grain bread. Sandwich: Seafood salad on 9 grain.

Thurs. 1/18 Happy Birthday! Tomato soup with brown rice, Airline Chicken, pasta with pesto, sliced carrots, frosted cupcake, wheat bread. Sandwich: Tuna on wheat.

Fri. 1/19 Corn chowder, stuffed sole with scallops and clams, wild rice, broccoli cuts, sliced pears, dinner roll. Sandwich: Meatball sub.

Mon. 1/22 Onion soup with croutons, Shepherds pie with ketchup, Prince Edward blend vegetables, Italian ice, garlic roll. Sandwich: Turkey and cheese on wheat.

Tues. 1/23 Vegetable soup, turkey meatloaf with cranberry chutney, sweet potato, green beans, shortbread cookies, marble bread. Sandwich: Corned beef and Swiss/marble.

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Wed. 1/17 Navy bean soup, chicken Tetrzini with peas and mushrooms, whole wheat pasta, chocolate chip cookie. Option: Chicken salad on wheat roll.

Thurs. 1/18 Chicken soup, Italian braised beef, roasted potatoes, mixed vegetables, Lorna Doone cookies. Option: Chef salad.

Fri. 1/19 Kale & bean soup, chicken stew, mashed cauliflower, wheat corn bread, fruit cup. Option: Ham salad on wheat.

Mon. 1/22 Vegetable soup, turkey stir fry, fried rice, eggroll, lemon square. Option: Greek salad with chicken.

Tues. 1/23 Split pea soup, meat ragu over mashed potato, roasted eggplant, whole wheat roll, pudding. Option: Cobb salad.

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