

The REMINDER

63 YEARS IN BUSINESS

Rhode Island's First Buyers Guide

Free!

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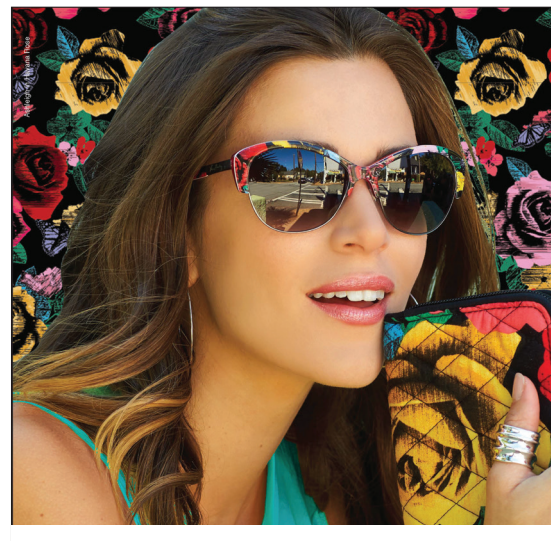
May the Sacred Heart of Jesus be praised, adored and glorified through the whole world forever. Amen.

Say this little prayer (6) times a day for (9) consecutive days, your prayer will be answered before the 9th day, no matter how impossible it may seem to you.

Don't forget to thank the Sacred Heart.

Publication promised. Many favors received.

AAS



Jana Bradley

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GOLF LEAGUE - LOOKING FOR NEW MEMBERS! TELCO Golf League, Exeter Country Club: Thursday nights, 3:30-4:30 tee times. The League season starts early May and finishes mid-September each year. A 36 member Golf League - \$120 Annual Fee. Annual Golf Tournament with prizes and Steak Fry included. If interested, please contact Fred Markson at fjmj@aol.com

ST. MARY'S CHURCH ANNUAL CORNED BEEF & CABBAGE DINNER
St. Mary's Church, 70 Church Street, West Warwick, will hold their Annual Corned Beef & Cabbage Dinner (chicken optional) on March 10. Hors d'oeuvres at 5PM, followed by dinner at 6PM. Entertainment provided by "The Three Amigos". Tickets are \$25/adult & \$10/child. Seating is limited! Please call Maureen at 828-5188 or the Rectory at 821-5555 to purchase tickets or for more information.

THE SEWING NOOK AT GREENE PUBLIC LIBRARY ACCEPTING DONATIONS
The Sewing Nook at Greene Public Library, 179 Hopkins Hollow Road, Greene, is accepting donations of fabric (scrap & yardage), magazines, books, buttons, bows & "notions", patterns, templates & other "sewing related" items you would like to recycle. For more information, call 397-3873 or peggie@coventrylibrary.org

BOOT SCOOTIN' DINNER LINE DANCE
SS John & Paul Church will host a Boot Scootin' Dinner Line Dance on March 10 from 6-10PM in the Parish Center, 341 South Main Street, Coventry. Menu includes Pulled pork, bbq chicken, baked beans, coleslaw, baked potato, salad, wings, pie, soda, water, coffee. Beer/Wine for purchase. \$20 per person/\$36 per couple. Tickets sold at the Rectory or after weekend Masses. Tickets NOT sold at the door. For more information, please call 821-5764.

FREE INCOME TAX HELP FROM AARP
AARP Tax-Aide is offering free Income Tax Help for taxpayers of any age - especially if you are 50 or older and cannot afford Tax Preparation. The Coventry Resource & Senior Center, 50 Wood Street, Coventry, is booking appointments on Thursdays & Fridays. Please call 822-9175 to make your appointment. **No walk-ins.**

ONGOING CHILDREN'S PROGRAMS AT GREENE PUBLIC LIBRARY
Greene Public Library, 179 Hopkins Hollow Road, Greene invites you to attend one of their many ongoing children's program - **Baby Books** meets on Wednesdays & Fridays at 10AM. **Kids Playtime** meets on Friday mornings from 10AM-12PM. **Preschool Storytime** meets on Wednesdays & Fridays at 10:30AM. **Story & Craft Hour** meets Thursdays between 4-6PM. For more information, please call 397-3873.

Trivia test by Fifi Rodriguez

1. GENERAL KNOWLEDGE: What is the word for "W" in the NATO phonetic alphabet?
2. LITERATURE: Who wrote the short story titled "The Monkey's Paw"?
3. GOVERNMENT: Which one of the amendments to the U.S. Constitution forbids double jeopardy?
4. ROYALS: Who was the daughter of Anne Boleyn and King Henry VIII of England?
5. MYTHOLOGY: What is the Greek counterpart of the Roman goddess Minerva?
6. TELEVISION: Which member of the "Our Gang" cast was shot to death in a dispute at age 31?
7. LANGUAGE: What does the Latin phrase "prima facie" mean?
8. U.S. STATES: Which state's official song is "Roll On, Columbia, Roll On"?
9. GEOLOGY: What kind of gemstone is actually fossilized tree resin?
10. GEOGRAPHY: What is the modern name of the country of "Cymru"?

Answers

1. Whiskey
2. W.W. Jacobs
3. Fifth
4. Queen Elizabeth I
5. Athena
6. Carl Dean Switzer, who played "Alfalpa"
7. Based on the first impression
8. Washington
9. Amber
10. Wales

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TheKitchenDiva!
by Angela Shelf Medearis



Mexican Haas Avocados Go Beyond Guacamole

Hass avocados from Mexico are prized by chefs because of their delicate flavor and smooth, buttery texture. Mexican Haas avocados provide a rich, creaminess and a distinctive flavor to a variety of dishes. One of the best things about Mexican Haas avocados is that they contain the good "heart-healthy" fats that are so important in a balanced diet. They're also packed with nutrients — 20 vitamins and minerals, fiber, folate and potassium.

Compared with other fruits, avocados rank among the highest for magnesium, vitamin E and folic acid. Mexican Haas avocados also are high in beta carotene and have 60 percent more potassium than bananas. If you're keeping an eye on your waistline, avocados are perfect for a low-carb diet.

Hass avocados are native to Mexico and grow in the Michoacan area west of Mexico City. The climate and growing conditions are perfect because of the rich volcanic soil. Mexico grows more than 40 percent of the world's avocados and is one of the leading year-round suppliers to the United States.

Check the sticker on the avocado before you buy to be sure you're getting the high-quality Haas type from Mexico. An avocado is ready to serve when the skin turns from dark green to nearly black and yields when pressed gently with a thumb. Firm, dark-green avocados will ripen in a day or two at room temperature, and even faster in a brown paper bag on your kitchen counter. Placing an apple inside the bag also speeds up the process. Ripe avocados can be kept in the refrigerator for several days. You

should be able to remove the short stem easily when an avocado is ripe. To open an avocado, cut lengthwise around the pit. Gently twist to separate the halves. To remove the pit, place the avocado half on a counter and carefully strike the pit with the blade of sharp knife and twist to remove. Scoop out the flesh with a spoon. To prevent cut or prepared avocados from darkening, sprinkle with lemon or lime juice. Then place a layer of clear plastic wrap in direct contact with the avocado, cover tightly and refrigerate.



Phil Curry

Pairing Mexican Haas avocados with citrus fruits takes an ordinary bowl of salad greens to a new taste level. Try this unusual recipe for Mexican Haas Avocado and Grapefruit Salad with Warm Bacon Dressing. It's guaranteed to take your avocado recipes beyond guacamole!

MEXICAN AVOCADO, BACON AND GRAPEFRUIT SALAD

Buttery avocado complements this warm salad, while fresh grapefruit chunks provide a refreshing bite. Invite your friends over for lunch or serve as a starter for a dinner party.

- 4 large flour tortillas (10 inches)
- 2 fully ripened avocados from Mexico, halved, pitted and peeled
- 4 cups mixed greens
- 1 large pink or white grape

- fruit, sectioned and cut into large chunks (about 1 cup packed) reserving juice
- 2 carrots, cut in 1/2-inch matchsticks
- 3 ounces queso fresco or feta cheese, cut into 1/2-inch cubes (3/4 cup)
- 6 slices bacon
- Vegetable oil, if needed
- 2/3 cup thinly sliced red onion
- 3 jalapenos, seeds removed, shell cut in thin matchsticks
- 1 tablespoon lime juice
- 2 teaspoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

1. Heat oven to 350 F.
2. Coat large baking sheet with non-stick cooking spray. Arrange tortillas on sheet; spray lightly with cooking spray. Bake until crisp and beginning to brown, 6 to 8 minutes; transfer to 4 serving plates.

3. Cut and reserve 12 thin avocado slices; dice remaining avocado. In large bowl, combine mixed greens, grapefruit chunks, carrots, cheese and diced avocado.

4. In large skillet over medium-low heat, cook bacon until crisp; drain. Pour bacon drippings from pan into measuring cup. If necessary, add oil to make 1/4 cup. Return drippings to skillet; heat over medium heat. Add onion and jalapeño; cook until tender. Add lime juice, sugar, salt, pepper and reserved 3 tablespoons grapefruit juice. Bring to a boil, stirring to incorporate the browned bits.

5. Pour mixture over avocado mixture in bowl; toss gently and divide equally onto each tortilla. Crumble bacon over salads and garnish each with 3 avocado slices. Makes 4 servings.

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.

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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.

VETERANS HELPING VETERANS FUNDRAISER FOR TINA LAVALLEE

VFW Post #9404, 29 South Main Street, Coventry will hold a Pasta & Meatball Fundraiser on March 3 from 5-8PM to benefit Tina Lavallee. Tina is a Veteran who, while on active duty on June 5, 1999, suffered a traumatic brain injury and multiple level back injuries which left her wheelchair bound. Through Sports Rehabilitation, Tina is now skiing with a mono-ski and is ready to compete. Tickets are \$20/person. All proceeds will go towards getting Tina to the 32nd National Disabled Veterans Games in Snowmass, Colorado. For more information, please call 828-9705.

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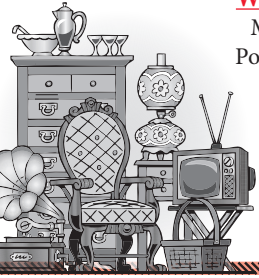
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AARP CHAPTER 2210 ST. PATRICK'S DAY CELEBRATION

AARP Chapter 2210 has planned a St. Patrick's Day Celebration featuring The McLean Avenue Band at Aqua Turf on March 20. Trip includes family-style lunch, St. Patrick's Celebration & Deluxe Motorcoach transportation. Cost is \$94/person. Deposit due by February 20. For more information call Maureen at 828-5188 or Patricia at 821-3733.

COMBAT VETS MOTORCYCLE ASSOCIATION FUNNY 4 FUNDS COMEDY FUNDRAISER

The Combat Vets Motorcycle Association is holding a Comedy Fundraiser on March 10 at the Smithfield Elks Lodge, 326 Farnum Pike, Smithfield. Doors open at 6PM, Show starts at 7PM. There will be a Pub Menu available, Cash Bar, Raffles & 50/50 Drawing. Tickets are \$20 each (18+ Adult Show). Proceeds to benefit Vets for Vets. For tickets, if you would like to sponsor a table or donate, please contact James at jreyell29@yahoo.com or 473-1176, or visit funny4funds.com/events

VOLUNTEERS NEEDED AT GEN. NATHANAEL GREENE HOMESTEAD

The Gen. Nathanael Greene Homestead in Coventry is looking for individuals interested in becoming Tour Guides for the season. The Homestead, also known as "Spell Hall", was built by Nathanael Greene in 1770 and has been authentically restored as a Museum dedicated to his memory. Tour Guides will learn about Gen. Greene, his family, and life in the 18th Century. Experience is not necessary. All information will be provided and scheduling is flexible. For more information, please email nathanaelgreenehmst@gmail.com Visit us at nathanaelgreenehomestead.org

SS JOHN & JAMES PASTA DINNER

SS John & James Parish, 20 Washington Street, West Warwick, will host a Pasta Dinner on March 3 from 4-7PM in the School Cafeteria. Menu includes pasta, meatballs, sausage, chicken, salad, bread & dessert. Cash bar available for soft drinks, beer & wine. Tickets are \$12/adult & \$6/child (under 12). For tickets or more information, call Marianne 374-0931 or Dan 828-6790.

Donna's Day Creative family fun

by Donna Erickson

Homemade Instruments to Drum and Shake

When I heard the beat of the drums, I knew I was really back in Africa. It had been years since I taught in a secondary school in the remote Ubangi region of the Democratic Republic of Congo. Accessible only by boat or plane, I was fortunate to return recently to this tropical land of mangoes, butterflies and poinsettias as large as trees to see former students, and participate with Congolese women's groups devoted to hygiene, finance, agriculture and clean-water projects.

It was the rhythmic welcomes in villages, each drum with its own sound blended with the tones and beats of rattles and voices, that got my feet stamping and hands clapping. The sounds are pervasive. All ages still beat drums to transmit messages, even while others simultaneously dial up their cellphones to do the same.

Percussion instruments are universal, really, and at their most basic level play an important part in a child's development. A simple rattle sparks an array of sensory experiences for a baby. No wonder a growing toddler enjoys finding anything that clangs to bang together like cymbals. Later, their fascination may lead them to musical training, which has been proven to increase math scores and self-expression.

Here is how to assemble a mini drum set and shaker to further your child's musical journey:
DRUMSET
—Paint various sizes of clean soup and vegetable tin cans in bright colors. Decorate with pompoms and other favorite crafty charms.

—Wrap strong paper cut in circles over the open end of some of the cans. Hold paper in place with rubber bands. Turn remaining cans open-side down on a table.

Use wooden and metal spoons to tap out a rhythm. The eraser ends of unsharpened pencils make good drumsticks.

For fun, play a game of "echo." Hit the cans and challenge others to repeat what you have done.

For mini cymbals, thread a bead 3-inches down on a wooden skewer.



Glue in place, then thread a flat canning-jar lid with a hole poked through its center, onto the skewer. Add another bead and a second lid. Top with a bead and glue in place. Tape to the side of a can. Hit with "drumsticks" as you play on the mini drum set.

BOTTLE SHAKERS

—Pour dry beans in a plastic bottle and glue the cap shut. Paint and decorate with colorful tape and stickers.

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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• "Frozen peas make the best quickie ice pack ever. They stay cold without being bulky and conform to just about any shape. You also can make a holder by doubling over a kitchen towel and stitching it up on the ends, leaving one end open. Stick your ice pack inside and apply directly to the skin. We have a bag of frozen peas that we drew a big "X" on, so we know that's the "ice pack" peas!" —R.M. in Oregon

• You may have heard that wax paper can make your kitchen and bathroom faucets shine, but did you know it can help your shower curtain slide back and forth smoothly too? Just wipe a sheet across the bar. This also can work in the closet for your rods there. Wax paper to the rescue!

• Include reminders in your planner or calendar for mundane chores like changing the air filter or treating pets for pests. As a reward, pair it with something fun, like a family game night or girls' night out!

• "If you're changing out a door, save the old hollow-core door. If you balance it on two sawhorses, it's a perfect work surface, and the door is light enough to tote around." —T.F. in Texas

• Rub a magnet along the shaft of your screwdriver to magnetize it and keep screws from dropping, which can be a real pain if you're working in a tight spot or up high on a ladder.

• "Here's a nifty trick for spots where you need a nail but there's no room for a hammer. If you can wedge a C-clamp in, hold it steady on the nail head and tighten to drive the nail into the board." —L.W. in Oregon

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Puzzle Page

King Crossword

- ACROSS**
- 1 See 12-Across
 - 5 Scoundrel
 - 8 Mine entrance
 - 12 With 1-Across, have trouble
 - 13 Bullring cheer
 - 14 Pianist Peter
 - 15 Fermi's bit
 - 16 Time on Earth
 - 18 Summerhouse
 - 20 Deviating off course
 - 21 Albacore, e.g.
 - 23 — Aviv
 - 24 Help on "... Millionaire"
 - 28 Pealed
 - 31 Commotion
 - 32 Nuptial announcement
 - 34 Dead heat
 - 35 Legal wrong
 - 37 Shipwreck aid
 - 39 Bill and —
 - 41 Sea eagle
 - 42 Cover the cost up front
- DOWN**
- 1 Carpet style
 - 2 Silents actress
 - 3 The gamut
 - 4 Reproductive cell
 - 5 House style
 - 6 Boxer
 - 7 Challenge
 - 8 Reply
 - 9 Remove hair
 - 10 Persia, now
 - 11 Chinatown gang
 - 17 Dine
- ACROSS**
- 19 Closed-up tulip
 - 22 Sandy's mistress
 - 24 Long, crosser
 - 25 "What can — for you?"
 - 26 Made to consume
 - 27 Put in a border, as a photo
 - 29 Zero
 - 30 Obtain
 - 33 Remit
 - 36 Drunkards
 - 38 Groups of quail
 - 40 LummoX
 - 42 Winter truck attachment
 - 43 Split
 - 44 Bygone times
 - 46 Icelandic epic
 - 47 Cincinnati team
 - 48 Chesapeake et al.
 - 50 Scoot

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16			17				
18				19		20					
			21			22		23			
24	25	26				27		28	29	30	
31				32			33		34		
35			36		37			38			
			39		40		41				
42	43			44		45			46	47	48
49					50			51			
52					53			54			
55					56			57			

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

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

- Ageless
- Baltimore
- Careless
- Cordless
- Fillmore
- Helpless
- Lesson
- Lessor
- Morello
- Moreno
- Moreover
- Rushmore
- Sycamore
- Unless
- Wireless

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Eye Facts And Figures

Making Clear Vision A Reality

(NAPSA)—Here's something to reflect on: not being able to see clearly because you don't have access to vision care might seem like something that only impacts people in lesser developed countries—but that's not the case. One in seven people around the world need glasses, but lack access to an eye exam and a simple pair of glasses.



When you help the world see better you help the world live better.

The issue spans across every country and continent. In the U.S. alone, one in four students has an undiagnosed vision problem significant enough to impact their academic performance. However, despite these overwhelming numbers, a new survey conducted by independent research firm Wakefield Research for OneSight, revealed that 65 percent of Americans are unaware that these problems exist in their own country. And though they may be unaware of just how many people are unable to get an eye exam and glasses in the U.S., Americans can imagine the practical and emotional implications of not being able to see clearly.

digital movement, #UNBLUR. The campaign aims to raise advocacy and funds to help provide eye exams and glasses to people in need in the U.S. and around the world.

OneSight is uniting people across the world to show firsthand what lack of access to vision care looks like and how a pair of glasses can have a life-changing impact on someone's future. Anyone can join the global #UNBLUR movement and help the world see by making a ten dollar donation at www.onesight.org/donate, which can help provide a pair of glasses to a person in need. OneSight is also encouraging people to watch the #UNBLUR video at www.onesight.org/wsd2016 and share it on social media to show how clear sight can empower people to reach their full potential.

When asked what issues they may face if they could not see clearly, 60 percent of Americans feel they'd lose their independence. Forty one percent said they would be less productive at work or school, 43 percent say they would have a harder time earning a living and 23 percent feel they would lose social connections with family members and friends.

"Access to vision care and a new pair of glasses could empower a student to reach their full potential, a parent to better connect with their children or a provider to get a better job and increase their earning potential," says Mony Iyer, OneSight's executive director. "There is no greater feeling than seeing how a simple pair of eyeglasses can alter the course of someone's life; this is why we won't stop until the world can see."

The consequences of not being able to see clearly can not only affect someone's overall well-being, but also compromises their financial stability. Research shows that clear vision enables a provider to earn up to 20 percent more each year and empowers students to be twice as effective in school. Without access to clear vision, a child's future or a parent's ability to maintain a living and provide for their family is unclear.

OneSight makes access to clear vision a reality through immediate and long-term solutions for underserved communities worldwide. Since 1988, OneSight Vision Clinics have served 9 million people in 46 countries and 49 states. With the help of dedicated partners, there are 23 permanent vision centers operating today, providing ongoing access to vision care to nearly 5 million people. That number will grow to over 20 million people by 2020.

Consider this: Americans who cannot see clearly face these issues and emotions every day.

What You Can Do

One organization making an impact is OneSight, a nonprofit leading the global movement to solve the vision care crisis. In honor of World Sight Day and throughout October, OneSight is helping the world see a better future with the launch of their

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KOVELS Antiques & Collecting
 By Terry and Kim Kovel

'The Chair'
 Danish modern chairs were offered in stores in the U.S. in the early 1950s. The Scandinavian designs were inspired by earlier furniture: the 18th-century English chair, a Chinese Ming dynasty chair, a Japanese director's chair. Many of the modern chairs were made of hand-carved curved wooden pieces joined with dovetails to make a comfortable back, arms, seat and sides. Teak, oak, rosewood and light-colored woods were used with fabric, leather or caned seats.



"The Chair," a famous and comfortable chair, sold for \$610. It is one of the 200 designs for chairs created by Hans Wegner of Denmark.

Hans Wegner of Denmark created his most famous chair in 1949. It is now known as "The Chair." It was made and sold by Hansen/Knoll company for many years. "The Chairs" were chosen for John F. Kennedy and Richard Nixon in the first-ever televised presidential debate in 1960. One of "The Chairs," made in about 1969 and featuring a leather seat, the Knoll label and Hansen stamps, sold in 2016 for \$610. Later versions of this iconic chair are available in shops and shows today.

Q. Should I loan a number of my antiques for a fundraising event? They want me to set up my exhibit and leave it for two weeks,

but I am concerned about security and other problems. What should I worry about? None of the pieces are extremely valuable, but they are among my favorites, and some are family heirlooms.

A. There is always a risk when you exhibit your collection. The exhibit should be in a secure building with a 24-hour security guard or electronic system. Security usually is good during a show, but during setup and after show hours there are people who can get into the room. Before you pack, take pictures and list every item with your estimated value for insurance purposes. Never advertise the value of your collections.

Make sure there is a barrier between the exhibit and the public, perhaps shelves behind a large table, or a locked cabinet. Don't exhibit posters or prints in a sunny window. Make sure the pieces are not remounted or altered. Decide before the show how the collection will be packed and returned. A non-profit show may be run by people with no idea of the cost of old things. We loan pieces to teach the public about the past and the joys of collecting, but we had a sundrenched poster fade to unreadable, a clever advertising sign stolen and a figurine come back missing a hand.

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5. The Greatest Showman(PG) Hugh Jackman, Michelle Williams
6. Maze Runner: The Death Cure(PG-13) Dylan O'Brien, Ki Hong Lee
7. Winchester(PG-13) Helen Mirren, Sarah Snook
8. The Post(PG-13) Meryl Streep, Tom Hanks
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- On **March 6, 1776**, Major William Malcolm is ordered to dismantle the Sandy Hook lighthouse in New Jersey to prevent it from helping the British to reach New York City. The British were able to put the lighthouse back into service, but the Patriots brought out cannons to blow away the British equipment.
- On **March 9, 1781**, the Siege of Pensacola begins as Spanish naval force of more than 40 ships and 3,500 men land at Santa Rosa Island in Florida. The flotilla survived a hurricane before beginning two months of constant artillery and cannon bombardment of British forts.
- On **March 11, 1818**, "Frankenstein; or, The Modern Prometheus," by 21-year-old Mary Wollstonecraft Shelley, is published. In Shelley's tale, a scientist animates a creature constructed from dismembered corpses.
- On **March 10, 1927**, engineer Robert Kearns is born. Kearns patented a design for a type of windshield wiper and later won multi-million dollar judgments against Chrysler and Ford for using his concept without permission.
- On **March 7, 1950**, one week after British physicist Klaus Fuchs was sentenced to 14 years in prison for his role in passing information on the atomic bomb to the Russians, the Soviet Union issues a statement denying any knowledge of him or his activities. Fuchs' arrest and conviction uncovered a network of spies.
- On **March 5, 1963**, the Hula-Hoop, a hip-swiveling toy that became a huge fad across America, is patented by Arthur "Spud" Melin. The hoop was dubbed "Hula" after the hip-grating Hawaiian dance of the same name.
- On **March 8, 1993**, the Music Television Network airs the first episode of the animated series "Beavis and Butthead," which would become MTV's highest-rated series to that point. Creator Mike Judge later created the Emmy-winning animated series "King of the Hill."

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Decorating Trends

Small Is Big In Home Design

(NAPSA)—With the average American household at around 2½ people, according to Census Bureau research, there's an increased desire for downsizing. Many people—students, millennials, empty nesters and seniors—are now living in small apartments and tiny houses. In addition, in homes of any size, the lines between the kitchen and other living areas are blurring as the family is coming together to entertain casually, eat and prepare in one space.



If you're looking into cooking up a small kitchen for your household, here are four hints that can help:

- 1) Work with your designer to define what is important to you in a kitchen. Do you want a larger refrigerator? Many burners on the cooktop? What can stay and what can go? Take a lifestyle approach to your design project for how you cook, entertain and live every day. Don't design around a specific holiday or special occasions.
- 2) Look for smart storage solutions. Think about installing lazy Susans or spice racks. Store pots under a cooktop where they're easier to access. Don't skimp on storage organizers—they're worth their cost to avoid your having to crawl into hard-to-reach places. Use clever pullouts to make use of dead cabinet space. Let your utensils go hang—from the ceiling, on hooks behind cabinet doors or on a Peg-Board on the wall.
- 3) "Never sacrifice the size of the sink; you will need the space for pots and baking sheets," advises architect Rebecca Ascher. She suggests keeping the sink between 26" and 28" minimum. To help, there's a line of small yet spacious sinks available in eight colors—Cinder, Truffle, Biscotti, White, Anthracite, Metallic Gray, Café Brown and Biscuit—to match nearly any design. These BLAN-

Increasingly, families are making the most of small living spaces.

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4) To maximize counter space, look for appliances, furniture and sinks with built-in accessories. BLANCO QUATRUS stainless steel sinks, for instance, come with built-in cutting boards, colanders and magnetic caddies for cleaning tools. They come in compact sizes and are the same size top and bottom to maximize the bowl.

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Hints For The Home

Easy Decluttering Tips

(NAPSA)—Even the cleanest home will look messy if it's not properly organized. Jule Eller, director of trend and style at Lowe's, says there are a few simple ways to declutter your home and make your space look tidy.



Start by assessing each room. Every home and family is different but kitchens, garages and closets tend to get the messiest the fastest.

A kitchen is a gathering place for everyone in the family, so it can become cluttered with everything from backpacks and junk mail to cereal bowls and pizza boxes. Cabinets and pantries can also become cluttered with too many dishes, utensils and spices, but installing a Rev-A-Shelf basket from Lowe's makes it easy to keep things neat.

If you have a garage, you know it's tempting to simply stash away bulky or rarely used items in it, rather than find a space inside your home. But if you make a habit of doing this, you could eventually run out of room to park your car. To avoid that from happening, put a Kobalt cabinet or rail system in your garage to transform it into a functional storage space.

While closets aren't rooms, they can definitely become a cluttered nightmare. Some people think if the door can close, there's still room for storage. Don't let closets get to that point—you'll be a better person for it.

Here are a few additional tips for sprucing up your home while keeping it functional and orderly:

1. Rearrange furniture to maximize the space in each room.
- The sofa in the living room, the bed in the bedroom and the desk in the office demand the majority of space available. Arrange these pieces first.
- Don't place too many pieces of furniture in a small space. A love seat may work better than a full-size sofa depending on the size and shape of the room.
- When creating areas for conversation, keep furniture pieces within eight feet of each other so people can talk comfortably when seated. If possible, keep these pieces facing each other instead of side by side.
- With seating used for reading, remember to incorporate a light, whether it's a floor lamp or an end table with a lamp on it.
2. Create the illusion of space by adding lighting and mirrors.
- Lighting is a key element in opening up a space. If you're lucky enough to have natural light, let it shine in.
- Recessed spot lighting is visually appealing and is perfect for a small space.

You can save time and trouble when your home is neat as well as clean. A few simple steps and inexpensive items can help.

- A torchère lamp is great for bouncing light off the ceiling and back down on the room.
- Skylights and solar tubes are natural alternatives for adding light to a space.
- Increase the appearance of the size of the room by adding mirrors. They not only reflect images, but also reflect light and color while adding a decorative element to the room.
- 3. Use storage products to help you get organized.
- If shelving and closet organization kits aren't enough, keep clothes in storage bins. If you have too much, hold a garage sale or donate items to charity. A good rule of thumb is if you haven't worn it in two years, it's time to let it go.
- Store your utensils in an orderly fashion. Inexpensive baskets and bins work for oddly shaped items or small appliances. Keep stemware, plates and bowls grouped by function, style and shape. This will not only create a uniform look, but save time when meal prep is in full swing.
- You always have the option to build custom solutions, but sometimes that forces you to choose between style and functionality. If you'd rather not sacrifice one or the other, Lowe's offers a wide variety of products that allow you to have both.

Ultimately, it's important to remember to not bite off more than you can chew. One of the biggest mistakes people make when decluttering is not setting realistic goals on the front end. Come up with a plan before diving in. Look at the room as a whole and then focus on one corner at a time. Once progress is being made, it will motivate you to keep going.

Learn More
For more organizational ideas, tips and product solutions, visit Lowe's.com.

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"Over the Counter"



by Bill Marcotte, Proprietor

In the picture given to me by Peter Stevens, my father's first store and Peter's father's REMINDER office are within feet of each other. That was back in the early 60's. We have remained all these years, although our locations aren't quite as close as then. I'm sure by now, most of you have read of the sale of the REMINDER to Beacon Communications. Time to pass the torch, and let someone else run the business. Peter and his sister Amey have been owners since 1991 when they purchased it from their father, Howard. Throughout the years we have remained friends with Peter and Amey, and will surely miss them in their capacity as proprietors. We've had a great relationship with this family owned business. We have always had that common thread, in that we are both second generation family to own our businesses. There aren't many operations left that are owned or run by family. We wish the best to Peter and Amey in their retirement, and enjoyment. Now they can pursue whatever they want! Our best wishes to the Beacon too, and we hope our relationship will continue as they take the helm of the REMINDER. From all of us at Crystal, we wish you all well!

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- Jane D. Hull

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Good Housekeeping

Sliced Citrus Topped with Lemon-Lime Syrup

Served on top of plain or vanilla yogurt, this versatile fruit dish can be eaten for breakfast or dessert. It also makes a fun addition to a brunch buffet.

- 1-2 lemons
- 1 lime
- 1/4 cup sugar
- 2 navel oranges
- 2 clementines
- 2 red or white grapefruit

1. From lemons, grate 1 teaspoon peel and squeeze 3 tablespoons juice. From lime, grate 1/2 teaspoon peel and squeeze 1 tablespoon juice.

2. In 1-quart saucepan, combine lemon and lime juices and sugar; heat to boiling over medium-high heat. Reduce heat to low; simmer 1 minute. Remove saucepan from heat; stir in lemon and lime peels. Cover syrup and refrigerate until cold.

3. Meanwhile, cut peel and white pith from oranges, clementines and grapefruit. Slice all fruit crosswise into 1/4-inch-thick rounds. Arrange slices on deep, large platter.

4. Spoon syrup over citrus on platter. If not serving citrus right away, cover and refrigerate up to 2 days. Makes 6 servings.

For thousands of triple-tested recipes, visit our Web site at www.goodhousekeeping.com/recipes/.

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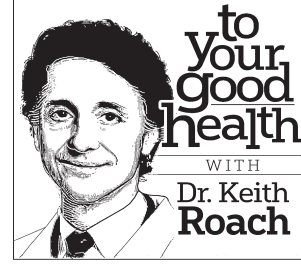
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Dr. Keith Roach

What Is a Healthy Room Temperature?

DEAR DR. ROACH: The senior center in my community is kept at a temperature that I and many other seniors find too cool for our comfort. After two hours of playing Scrabble or watching a film, we feel chilled to the bone. We have complained many times to the management, with no change. Recently, I overheard an employee explain to a complainer that the center maintains the cool temperature to keep the germ count in the air down in order to promote a healthy environment. I know very warm temperatures can promote germ growth (anyone in Bacteriology 101 has seen it proven), but would raising the temperature from 72 F to 75 F have any bad effect on the air quality? — H.L.

ANSWER: In bacteriology, most of what we did was in incubators at 37 degrees Celsius (about 99 degrees F), an optimal growth temperature for most pathogenic bacteria in or on a growth medium. However, I was surprised to find that hotter temperatures, in general, tend to reduce both viruses and bacteria in the air. So there's no validity to the employee's claim.

The people controlling the temperature (the staff) probably are more comfortable at a cooler temperature than the seniors taking advantage of the senior center (there are many reasons for this). Your suggestion of 75 F seems a perfectly reasonable temperature to me, but maybe it's worth finding out what most of the community wants.

DEAR DR. ROACH: My doctor will not issue maintenance medication prescriptions for longer than three months. My insurance company has sent me many emails asking me to have him write them for the year, and when I mention it to him, he just refuses. I have been seeing him for five years, and everything is just fine. All bloodwork numbers are excellent. He has just posted a sign in his office that no prescriptions will be refilled without an office visit, so I am not the only one subject to this policy.

We like this doctor, but we think this practice is somewhat overbearing, if not unethical. I'd like my prescription to be for a year because we are retired and travel. In the past, more than once I have had to call my pharmacy and have refills sent to another address. This doctor will not respond to calls from a pharmacy for refills; only a visit will do. Is there anything that can be done other than changing doctors? — A.

ANSWER: I wouldn't say that this practice is unethical. Physicians need to decide for themselves how comfortable they are in treating chronic conditions without seeing their patients for a prolonged period. His method ensures very regular follow-up, and he is likely to find changes to your condition more quickly than if he wrote yearly prescriptions.

On the other hand, many people don't need such close follow-up, and it is significantly less convenient for many.

The bottom line is, no matter what his motivation for such a policy, those who find this too much of an inconvenience probably would do better with a different provider.

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 Good Health, 628 Virginia Drive, Orlando, FL 32803.

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WEST WARWICK ANGELS CARING FOR ANIMALS OFFERING SPAY/NEUTER

West Warwick Angels Caring for Animals is offering spaying/neutering of cats/kittens, as well as Pit Bulls or Pit Bull Mixes at a reduced rate. Cats/Kittens - \$25 or less/cat, includes vaccines. Pit Bull/Pit Bull Mixes - FREE. Fee does not include vaccines. Proof of residency required for services for both cats and dogs. Proof also required that dogs are registered with the town. Open to all residents who are in need of assistance. Please call 354-9277 or email wwarwickangels@gmail.com for more information.

ANNUAL ST. PATRICK'S DAY PARADE

The Friendly Sons of St. Patrick will hold their 59th traditional St. Patrick's Day Parade on March 11. The Parade will commence at 1PM from the West Warwick/Coventry Town Line on Washington Street. All are welcome

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Print Dead? Not Here!

The Reminder is still vital and effective in a digital world.

Circulation

It's true many daily papers have seen their circulation decline. The Reminder's circulation has grown over the years and has stayed consistent recently. Doesn't sound like print is dead in Coventry, RI, does it?

REMINDER CIRCULATION

2011	27,988
2012	28,525
2013	28,296
2014	28,638
2016	28,697

Readership

You think people don't read newspapers anymore... think again! The Reminder readership is as high as ever. 85% of people who receive The Reminder read The Reminder. That's amazing! That's better saturation and targeting than any website could hope to achieve!

REMINDER READERSHIP

2011	77.9%
2012	78.3%
2013	81.6%
2014	84.8%
2016	85%

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COVENTRY: 2 Bedroom, quiet neighborhood, laundry hook-up, parking. No pets. \$1100/month includes utilities. Damage deposit & credit check required. 392-0469.

WEST WARWICK: 1 Bed, 2nd, appliance on bus line. Security. No pets. \$600. 451-0089.

WEST WARWICK: 2 Bed, 2nd, heat & hot water, appliance on bus line. Security. No pets. \$830. 451-0089.

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PHENIX HOTEL, 18 Highland Street, West Warwick: Monthly \$450. 821-2636 between Noon-5PM or 241-5116.

Office Space for Rent/Lease

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COVENTRY: Commercial Garage Space. 1000 Sq. ft. \$600/month. Call Joe, 392-0140

Land for Sale/Wanted

COVENTRY, 76 Tiffany Road: Lot! 150' Of pristine waterfront on Lake Tiogue. Acre plus wooded lot. Approved 2 bed septic design. Approved up to 60X30 foundation. \$119,900. David Colardo, RE/MAX Central. 821-4111.

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Moving Ideas

Tips For A 100 Percent Hassle-Free Move

(NAPSA)—Moving can be a hassle, stressful and emotional.

If you're considering a move, know you're not alone. According to the U.S. Census Bureau, 40 million Americans moved in 2016. That's a lot of moving.

"Every year, people take on the frustrating experience of moving," said Adam Doron, CEO of Unpakt, an online platform designed to eliminate stress from the moving experience. "What many don't realize is that moving doesn't have to be difficult. There are



Moving doesn't have to be daunting when you can get a little help.

resources available to ensure an easy, hassle-free move."

According to Doron, the main challenge when moving is guaranteeing the final price of a move, as moving prices can increase on move day with no notice. Another challenge? Verifying that a mover is licensed and insured. He suggests using a reliable online service to compare guaranteed, transparent prices from prescreened moving companies, as well as customer reviews. That allows people to manage and control their move from start to finish. It's also beneficial to have a third party handling payments and issues.

"Working with an online platform like Unpakt means you can avoid the hassle of entrusting an unknown mover with getting your belongings to your new home," said Doron. "Unpakt enables consumers to compare verified, reputable movers and enjoy a stress-free move."

"For your next move, get online. Visit Unpakt and instantly compare guaranteed prices from prescreened moving companies. It's easy to book your move online, just like you would a hotel or flight. We want to become the 'go to' online comparison site for everyone's move."

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Coventry: Attention investors! Rare 2 family in Coventry, great potential for flip or rental, 2 car detached garage, \$165,000

Foster: Lots of possibilities in this 4 bed, 2 bath colonial on 40.69 acres, 2 car garage, 2 outbuildings, prior gravel business, \$599,900

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Hints For Homebuyers

Smart Ways To Keep Your New Home Safe

(NAPSA)—Home buyers rejoice—spring is here! Time to dig into the competitive real estate hunt and discover the home of your dreams.

ADT, the leading provider of home security and automation, works with new home owners throughout the year, and has shared a check-list to make sure your new home is both safe and smart.

Protect Your Investments

In the excitement of finally moving into your new home, two factors many new homeowners forget to consider are carbon monoxide and fire detectors. Be sure to work with a home security and automation provider who connects these monitored devices with your home security panel to get alerts when carbon monoxide levels increase or smoke occurs. Your family's safety shouldn't depend on just hearing and responding to an alarm; be sure to get 24/7 professional monitoring by real people.

Embrace Complete Home Automation

Wireless home automation systems have many benefits. Not only can you check in on your home from a remote location, you can manage everything from your home security: lights, locks and more. If you're an ADT Pulse customer, home automation is at your fingertips...and your voice. The system is compatible with Amazon Alexa Skills, which make controlling your home's



It's wise to live in a smart home.

functionality simple and efficient, so you can focus on more important things—such as how to furnish your new space.

Note Your New Territory

One of the easiest and most helpful items on your checklist should be to use identification stickers. Stickers for children's rooms and pets' favorite places can help first responders find your loved ones quickly, so everyone can be safe and secure in an emergency. If you're an ADT customer, these stickers are available to you at no cost. Put them to good use on your new home so you're prepared in advance of any emergency.

Learn More

For further facts about your range of options from ADT, the leading provider of home security and automation, go to www.adt.com.

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<p>Fresh, 80% Lean Ground Beef 2.69 lb.</p>	<p>Willow Tree Chicken Salad 5.99 lb.</p>	<p>Fresh, Jumbo, Green Peppers 99¢ lb.</p> <p>All Purpose 5 lb. Bag Yellow Onions \$1.99 ea.</p> <p>Sweet, Seedless Navel Oranges 99¢ lb.</p>
GROCERY		
<p>16 oz. Best Yet Shredded Mozzarella Cheese 2/\$7</p>	<p>16 oz. Ben & Jerry's Ice Cream 3.99</p>	<p>16.3 oz. Skippy Peanut Butter 2/\$5</p>
<p>16 oz. Hood Cottage Cheese 2/\$5</p>	<p>20-28 oz. Alexia Assorted French Fries 2/\$6</p>	<p>8-12 oz. Cheez-It Snack Mix 2/\$5</p>
BAKERY		
<p>Fresh Baked, 4 Pk. Portuguese Rolls 2/\$3</p>	<p>12 Pk., Assorted Gourmet Cookies 2/\$5</p>	<p>Assorted Flavors Something Sweet Real Cream Pies \$5 ea.</p>
PREPARED FOODS		
<p>Roch's Own Fresh Baked Cod Fish 5.99 lb.</p>	<p>Roch's Own Stuffed Eggplant 5.99 lb.</p>	<p>Fully Cooked, Assorted Flavors Boneless Chicken Bites 3.49 lb.</p>
<p>STORE HOURS: Monday thru Saturday 7AM-9PM; Sunday 7AM-8PM Join our Mailing List to Receive Weekly Specials www.rochsmarket.com</p>		
<p>1475 Main Street & Rte. 117 • West Warwick, RI • Tel: 401.822.2660 • rochsmarket.com Not responsible for typographical errors. Art is for illustration purposes only. We reserve the right to limit quantities. All sale items while supplies last.</p>		



COVENTRY PUBLIC SCHOOLS KINDERGARTEN REGISTRATION 2018

March 13, 2018: @Western Coventry School
 March 15, 2018: @Blackrock School
 March 20, 2018: @Washington Oak School
 March 21, 2018: @Hopkins Hill School
 March 22, 2018: @Tiogue School

Parents/Guardians must register at the school their child will attend in 2018-2019

5:30-8:00PM

It is recommended that all children be screened every year at ages 3, 4 and 5 prior to entering Kindergarten. Please sign up for a Child Outreach Screening @822-9400 ext. 249

For questions regarding which school your child will attend, please call Coventry Public Schools - 822-9400 extension 214

NOTE: Children MUST be five (5) years old by September 1, 2018

to enter kindergarten. BIRTH CERTIFICATE, PROOF OF RESIDENCY, (recent utility bill, lease agreement or purchase and sales agreement), IMMUNIZATION RECORDS, your child's latest PHYSICAL EXAMINATION are required for registration. SOCIAL SECURITY NUMBER is optional.

For registration materials, please visit our website www.coventryschools.net
 Updated 2/2/2018

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| 2014 FORD ESCAPE SE 70K, 1 owner, back up camera \$14,500/\$220mo. | 2012 JEEP LIBERTY black, 67K, 4x4, low miles \$11,900/\$183mo. |
| 2014 FORD ESCAPE SE black, back up camera, factory warranty, 54K \$14,900/\$229mo. | 2014 JEEP GRAND CHEROKEE black, 59K, Limited Edition, Premium Wheels. \$23,900/Call! |
| 2015 JEEP PATRIOT green, 56K, 4x4, 1 owner \$14,900/\$229mo. | 2013 INFINITI JX35 white, 86K, 1 owner, low miles, 7 passenger \$19,900/\$306mo. |
| 2016 JEEP PATRIOT black, 47K, great MPG, one owner \$12,100/\$185mo. | 2016 RAM PROMASTER City Wagon, white, 12K, up to 30 MPG, low miles.. \$16,900/\$260mo. |
| 2016 JEEP RENEGADE black, 32K, Latitude Edition, 1 owner \$17,900/\$275mo. | 2017 RAM PROMASTER CARGO 1500 white, 29K, 1 owner, factory warranty \$19,900/\$306mo. |
| 2015 JEEP CHEROKEE silver, 65K, 1 owner, 4x4 \$15,900/\$244mo. | 2015 CHRYSLER TOWN & COUNTRY blue, 61K, Touring Pkg, DVD, 1 owner \$15,900/\$244mo. |
| 2013 TOYOTA RAV-4 silver, 59K, AWD, 29 MPG \$15,900/\$244mo. | 2015 CHRYSLER TOWN & COUNTRY gray, 43K, 1 owner, Touring Package \$16,900/\$260mo. |

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	2004-'09 Durango	2007-'09 3500 Cab Chassis
	2005-'09 Magnum	2008-'10 4500/5500
2007-'12 Wrangler	2007-'09 Sprinter	

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Learn More
For further facts, or if you are not sure whether your vehicle is part of this, you can:

1. Go to recalls.mopar.com and enter your Vehicle Identification Number (VIN), found on the driver's side dashboard near the windshield or the inside driver's side door.
2. Get in touch with your Chrysler, Jeep, Dodge or Ram dealership.
3. Call the dedicated toll-free number: (866) 220-6765. *Se habla español.*

Car Corner

Three Reasons Not To File A Claim For That Fender Bender

(NAPSA)—Although you'll almost certainly want to have your insurance company cover the cost of a car accident involving multiple cars and serious damage, with plenty of other crashes, you may want to simply cover the cost yourself. Here are some conditions and situations when that option can make sense. The more of these that apply, the more you should consider simply paying the damage yourself.

The Damage Cost Is Close To Your Deductible

Any damage you do to another vehicle is covered under the liability component of your policy, while damage you inflict on your own car will be handled through your collision or comprehensive insurance, assuming you have such coverage (some people drop it for older vehicles).

If you estimate the damage inflicted to your car to be below your deductible, or even slightly above it, you should just handle the repairs out of pocket. If the damages are \$300 but the deductible is \$200, you would save just \$100 by filing a claim and your premiums could easily rise by more than that in the long run.

You Alone Are Involved

In an accident with no more than two drivers, where neither is injured and the damage appears to be minimal, you can both agree to not call the insurance company. There are, however, several reasons to be cautious about doing that.

The first is that the other driver can at any time renege on the agreement to not involve the insurance companies. A second is that even seemingly minor



You don't always need to involve your insurance company after an auto accident.

fender benders involving two cars can be far pricier to fix than most drivers would expect—in the thousands of dollars, for even a slow-speed (say, 10 mph) collision.

The upshot here? Not involving the insurance company is best reserved for mishaps that involved your vehicle alone, or one in which you know, or have other reason to trust, the other driver.

You've Filed For Other Accidents

Going it alone on a minor solo crash can spare you long-term pain. That's because filing too many claims through your insurer can cause your rates to soar, possibly costing you hundreds if not thousands over the years following the claim.

The effect of making a claim varies by the state, the insurer and how long it is since you submitted a claim, if at all. But the hikes can be hefty—20 percent or more, according to research by the finance experts at ValuePenguin.

For more information on auto insurance, as well as other personal finance advice, visit www.ValuePenguin.com.

Car Care Corner

U.S.-Made Parts Can Be Key To Positive Car Repair Experience

(NAPSA)—The next time you have someone work on your car, it may pay to ask the technician why he or she chose a specific brand of replacement parts.

That's because a brand name can be a strong indicator of product quality. It can also provide added assurance that the manufacturer will stand behind the product. It might even increase the likelihood that the part was engineered and manufactured in the U.S.A.

"U.S. manufacturing can be a strong competitive differentiator in the replacement parts industry," explained John Perrin, executive director of product management for the North America Aftermarket business of Tenneco, Inc., which manufactures Monroe shock absorbers, struts and other ride control products. "Many consumers are attracted to U.S.-based manufacturers because of the perceived quality, performance and durability advantages of these parts as compared to products imported from offshore manufacturers."

A vast majority of Monroe ride control products sold in North America are manufactured or assembled in the company's plant in Paragould, Ark. Last year, the massive facility, with adjacent warehousing and strut assembly manufacturing operations, produced nearly 19 million shocks, struts and Monroe Quick-Strut modular strut assemblies.

Why Quality Matters

The choice of one parts brand over another can affect how your vehicle will perform following the repair. In the case of shocks and struts, the differences could include ride quality; handling precision; noise, vibration and harshness (NVH); component durability; and even tire wear.

Quality differences can be even more profound in preassembled modular strut assemblies, which include all the subcomponents—strut, coil spring, upper strut mount, spring seat, isolator, boot kit, and more—needed for a com-



Many car owners prefer vehicle repairs be completed using U.S.-manufactured parts.

prehensive strut replacement. While many assemblies might look alike, a single poorly designed or mismatched part could lead to a performance problem or premature failure.

"There's a lot of science in a quality strut assembly," Perrin explained. "You need a coil spring with the proper metallurgy, coil configuration and spring rate for the vehicle. The damper needs to be tuned to the proper ride and handling profile. Every component can either contribute to or detract from the consumer's driving experience."

Given that hundreds of unique strut assembly configurations are required to cover the passenger vehicle population, maintaining U.S.-based engineering and assembly operations helps companies more closely control product quality and performance. For example, each Monroe assembly is both fit- and ride-checked on the corresponding vehicle model prior to introduction.

"That would be very difficult to do if we weren't designing, engineering and manufacturing in the U.S.," Perrin said. "We believe that's an important message for consumers, who deserve to know why a specific brand was chosen for their vehicles."

Learn More
For further facts on automotive replacement parts, go to www.monroe.com.

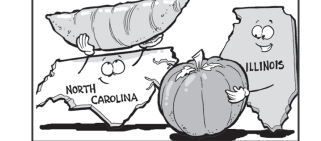
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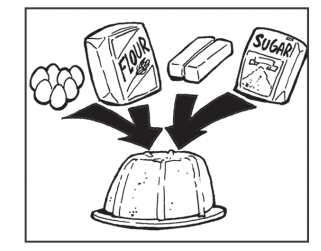
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Unit 33: Austin Damota
 Amount Due: \$295.00

Unit 10: John Edmond
 Amount Due: \$210.00

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I always wanted to be somebody, but now I realize I should have been more specific.

— Lily Tomlin

Did You Know?

(NAPS)—Some Medicare plans offer free fitness memberships through programs such as SilverSneakers, the nation's leading community fitness program designed specifically for older Americans. You can check your Medicare plan to see if you are eligible for the program and claim your free fitness membership at www.silversneakers.com.



Ductless mini-split HVAC systems, distributed by Fujitsu General America, can provide maximum energy efficiency, saving homeowners up to 25 percent of utility bills by simply eliminating wasteful ducts. To learn more and to find a contractor nearby, call (888) 888-3424 or visit www.constantcomfort.com or www.fujitsugeneral.com.

A new survey of parents in Indiana—home of the nation's largest school voucher program—finds families are more satisfied and more involved in their children's education, but many still don't know that these opportunities are available to their children. Learn more at www.edchoice.org.

You don't need expensive test prep to do well on the new SAT. It's the only college admission test with free, personalized, online study tools on Khan Academy at www.satpractice.org. Additionally, students have access to billions of dollars in scholarships through the SAT.

Soundproofing insulation in walls and ceilings dramatically reduces sound. Insulation with a dense composition and non-directional fiber structure, such as Roxul Safe'n'Sound, is highly effective and easy to install. It offers superior fire protection and is Greenguard certified for indoor air quality. Learn more at www.roxul.com.

The nation's largest 529 college savings plan, CollegeAmerica, offers low 529 expenses and flexible, easy-to-use investment options, including target date funds. CollegeAmerica is consistently recognized by Morningstar, an investment research and investment management firm, as a highly rated advisor-sold 529 plan.

Kennedy Space Center Visitor Complex brings to life the epic story of the U.S. space program, offering a full day or more of fun, bringing visitors as close as possible to NASA's Kennedy Space Center with exclusive tours and an in-depth look at the space program's past, present and future. Learn more at www.kennedyspacecenter.com.

Four new apps from Microsoft—Listings, Bookings, Connections and Invoicing—make running and growing a business easier for anyone with an Office 365 Business Premium subscription. Visit <https://aka.ms/officebizapps> to learn more.

Some 34 million vehicles need their air bags repaired. Yours may be among them. To find out, visit recalls.mopar.com, ask at any Chrysler/Dodge/Ram/Jeep dealer, or call toll-free (866) 220-6765.

You can have terrific curls without using heat or harsh chemicals. An easy-to-use styling kit called Curlformers comes in three curl styles—corkscrew, spiral and barrel. It's available at Sally Beauty and Target and at www.curlformers.com, where you can also find more handy hair care tips.

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Cooking Corner

Five Tips To Shake Up Your Everyday Chicken Dinner

(NAPSA)—While it can be easy to get stuck in a rut with family meal options, especially as schedules get hectic and you don't have much time to plan ahead, there are easy ways to shake up your next chicken dinner and excite everyone's taste buds.

Opt for bold flavors—Chicken is America's favorite way to enjoy protein—and for good reason. Not only is chicken high in protein, but it can be seasoned in so many ways. Spice up your next chicken dinner with worldly and exotic flavors, such as chipotle adobo, Jamaican spices or sweet chili.

Get the kids involved—Food prep is a great kitchen activity to bring together the whole family, even the little ones. Reach for food kits that contain the ingredients for less mess. One example is Gold'n Plump Shakers, which are ready in just three, kid-friendly steps. Pour the fresh chicken breast pieces and pre-seasoned breadcrumbs into the provided bag, shake to coat, and then bake.

Look for quick and easy food products—Studies show that many home cooks, particularly millennials, plan last-minute meals. Reach for convenient foods at the grocery stores to aid in the enjoyment of cooking at home. In half an hour or less, you can make a tasty chicken meal; just pair freshly baked chicken with a bag of romaine salad and a bottle of Caesar dressing.

Add pizzazz to your dinner plate—It's all about presentation. Add a little sparkle to the everyday by topping your finished meal with fresh herbs such as parsley. Or create a chicken taco bar with an assortment of toppings so your family members can make their own tacos based on personal preferences.

Choose wholesome chicken—According to a Chicken Labels Insights Study from Gold'n Plump Shakers, 36 percent of shoppers say no antibiotics ever is important to them when buying chicken and humanely raised means higher quality for nearly 32 percent of shoppers. They may be pleased to know that Gold'n Plump chicken follows animal welfare standards and is humanely raised with no antibiotics ever and no added solution, preservatives or artificial flavors.

Finally, you can shake up your everyday with this recipe that is ready in under 30 minutes, start to finish.



Add some zest to your day with easy chipotle chicken tacos.

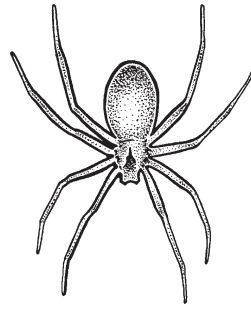
Chipotle Chicken Tacos
 Serves 4

1 package (20 ounces) Gold'n Plump® Shakers chicken breast pieces with chipotle adobo seasoned breadcrumbs
 8 (4-inch) soft or hard taco shells
 2 cups shredded red cabbage
 1 cup chopped tomatoes
 ¼ cup sliced green onions
 1 cup shredded Mexican cheese blend

Crema Sauce
 ¼ cup sour cream
 ¼ cup Greek yogurt
 Juice from 1 lime—about 2 tablespoons
 Zest from 1 lime—about 1 teaspoon
 1 tablespoon of adobo sauce from a can of chipotle peppers in adobo sauce

Bake Gold'n Plump Shakers per directions on the package. Whisk together sauce ingredients in a small bowl or measuring cup. To assemble tacos, spoon cabbage and tomatoes onto each shell. Top with chicken, sliced green onions, cheese and chipotle lime crema. Note: You can use sour cream in place of the crema. Also, sprinkle tacos with chopped cilantro if desired.

The chicken kits are available in five bold flavors: Savory, Sweet Chili, Jamaican, Honey BBQ, and Chipotle Adobo.
 Find more flavorful recipes at www.GoldnPlump.com.



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The REMINDER

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2,000 Gallons.....	\$310

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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 stayed at 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 the "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 it was included in the soundtrack. "Kokomo" was nominated for a Grammy that year.

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COVENTRY SENIOR CENTER WOOD STREET, COVENTRY
FOR RESERVATIONS CALL: 822-9180
DONATION \$3.00

Wed. 2/28	Beef barley soup, fried steak with country gravy, mashed potato, tomato half, fresh fruit, rye bread. Sandwich: Ham salad on rye.
Thurs. 3/1	Chicken noodle vegetable soup, pot roast with gravy, oven roasted sweet potatoes, zucchini, whole wheat roll, vanilla pudding. Sandwich: Sliced chicken and cheese on roll.
Fri. 3/2	Clear chowder, Florentine fish, crispy cube potatoes, carrots, whole wheat bread, fresh fruit. Sandwich: Turkey salad on wheat.
Mon. 3/5	Butternut squash soup, roasted chicken leg quarter, mashed potatoes, zucchini and yellow squash, marble bread, Mandarin oranges. Sandwich: Meatloaf on marble.
Tues. 3/6	Chicken soup, veal with tomato sauce, seasoned whole wheat pasta, Italian blend vegetables, Italian bread, fruit cocktail. Sandwich: Salami and provolone on Italian.

W. WARWICK SENIOR CENTER 145 WASHINGTON ST., WEST WARWICK
RESERVATIONS CALL: 822-4450
DONATION \$3.00

Wed. 2/28	Strawberry mango salad, beef tacos, Spanish rice and chopped salad, brownie. Options: Italian grinder on wheat roll.
Thurs. 3/1	Cream of mushroom soup, oven fried chicken, coleslaw, spinach, dessert. Options: Tuna club on wheat.
Fri. 3/2	Navy bean soup, fish sandwich on wheat roll, potato wedges, broccoli, dessert. Option: Greek salad with chicken.
Mon. 3/5	Minestrone soup, Sloppy Joe on wheat roll, three bean salad, green peas, dessert. Option: BLT on wheat.
Tues. 3/6	Vegetable noodle soup, roasted turkey with gravy, mashed potatoes, stuffing, dessert. Option: Chef salad.

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—Henri Matisse

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2018 College Scholarship

Earn \$1,500 toward your college tuition

Ocean State Credit Union is offering college-bound high school seniors the opportunity to compete for a college scholarship. Four (4) scholarships will be awarded in the amount of \$1,500 and may be used at a two or four year accredited educational institution.

Our 2018 College Scholarship Requirements and Applications are available at all branch locations and may be downloaded in PDF format at OceanStateCU.org

Apply Today! Submission deadline is March 16th, 2018

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EQUAL HOUSING OPPORTUNITY

FEBRUARY VACATION PROGRAMS AT LOUTTIT LIBRARY

Louittit Library, 274 Victory Highway, West Greenwich will offer the following during February vacation: **"Skins & Skulls"** on February 20 at 11AM. The Creature Teacher invites kids ages 4-11 to shake off winter boredom by enjoying African drumming, storytelling & a hands-on opportunity to touch amazing skins and skulls of creatures from around the globe. **Stuffed Animal Sleepover** on February 20 at 5PM. Bring your favorite stuffed friend to the Library and get them ready for bed with some stories, crafts & snacks (PJs welcome). Pick up your friend February 23 after 10AM and you will receive a picture of their overnight adventures. Call 397-3434, visit louittitlibrary.org or email louittitlibrarychildrens@gmail.com for additional information.

VETERAN'S APPRECIATION LUNCHEON

A Veteran's Appreciation Luncheon will be held on Sunday March 18 at 3PM at the VFW Post 9404, 29 South Main Street, Coventry. In appreciation for their service to the United States and the sacrifices they made, Veterans are invited to bring 1 guest to this free Luncheon. There is a limit of 50 Veterans with 1 guest each. Please call James at 821-4354 and leave your name, Service Branch, Rank & contact number.

SCITUATE HOME RULE CHARTER INFORMATIONAL MEETINGS

Registered voters in Scituate are invited to learn more about a Home Rule Charter and/or sign the petition for a Home Rule Charter. Informational meetings will be held at the North Scituate Library on March 6 from 5:30-8PM & March 12 from 2-4PM as well as at the Hope Library on March 10 from 10AM-1PM & March 15 from 2:30-6:30PM. More information can be found at scituatehomerule.wordpress.com or by calling 401-474-3848.

HOPE HISTORICAL SOCIETY MEETING

The Hope Historical Society will hold their next Meeting on March 10 at 2PM at the Howland Barn on Ryefield Road in Hope. The program will feature a very informative talk with pictures about the Pawtuxet Valley Fair that ran from 1907-1934. All are welcome. For more information, please call David at 828-2784.

**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.

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.

**INFORMATIONAL MEETINGS AT
GEN. NATHANAEL GREENE HOMESTEAD**

The Gen. Nathanael Greene Homestead, 50 Taft Street, Coventry, will be holding 2 informational meetings for anyone interested in volunteering as a Museum Docent for the 2018 season. The 1st meeting will be March 10 at 1PM. All are welcome. For more information, please email nathanaelgreenehmst@gmail.com Visit us at nathanaelgreenehomestead.org

ATTENTION NON-PROFIT ORGANIZATIONS

If you have not seen your Community Note in "The Reminder" for awhile, please feel free to resubmit. We run these notices on a space available basis to help you get the word out about what's going on.

**POWERFUL TOOLS FOR CAREGIVERS
PROGRAM AT COVENTRY RESOURCE
& SENIOR CENTER**

The Coventry Resource & Senior Center, 50 Wood Street Coventry, is offering a FREE Powerful Tools for Caregivers Program on Mondays, March 12-April 16 from 10-11:30AM. This is an evidence-based education program offering a unique combination of elements designed to help reduce the burden of stress caregivers experience while providing tools & strategies that can be immediately put to use. Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life. An Introductory Coffee Hour will be held on March 5 from 10-11AM. To register, please call Amy at 432-7003 or email acollins@ripin.org

**Novena to the
Sacred Heart**

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

ASD

OAK KITCHEN TABLE with 4 chairs. Quality! \$100. Call 397-9097.

WANTED: Antiques and collectibles. Moving or just cleaning out? We pay more for your old jewelry, glassware, furniture, pottery, clocks, paintings, military items, crocks, post cards, cameras, photos, old coins, etc. For prompt and courteous service call Bill, 821-0381.

CLEANUPS of attics, cellars, garages, buildings, yards. Leaf Cleanups, etc. Some cleanouts for content. Anything hauled away. Antiques and furniture bought. Very reasonable. Free estimates. Call anytime for your small moving needs. 397-2781 or 741-2781.

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FACSIMILE SERVICE

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

FENCE INSTALLATION & REPAIR

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

K.C. FENCE COMPANY: Professional installations and repairs, all styles of fencing. Free estimates. Call Charlie 397-5076.

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

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ALL PHASE FLOORING INSTALLATION, INC.: 27 Years experience. Lic. 6488. Sales and installation of carpet, vinyl, laminate, hardwood. Call for a free estimate. George Pelletier, 339-6673.

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BILL'S REMODELING: Additions, Formica, finish work, custom built vanities, siding. No job too small. Bill Langlais 397-9256 after 5pm. RI Registration #648.

JOUBERT CONSTRUCTION: Home Remodeling and Repair Specialists. All types of new construction. Reg. #3835. Call Marc, 401-741-6146. Thank you.

STEVE'S BUILDING & REMODELING CO.: Interior, exterior remodeling. Additions, garages, kitchen/baths. Complete services. Insured. RI Reg. #17997. Find us on Facebook. 392-3050. sbuilding1@verizon.net.

MASONRY

B. TRAUTMAN MASONRY: Brick/block, stone, fireplaces, and masonry landscaping. Residential and commercial. License #7933. Visa and Mastercard accepted. 447-4645.

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WINFIELD TERMITE & PEST CONTROL: All your pest needs. 821-7800.

KENT COUNTY PEST CONTROL, LLC: Residential and Commercial. Certified in Industrial, Structural and Health Related Pest Control. 100% Guaranteed. 401-569-0212.

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WILLIAM LEMOI PLUMBING: Repairs and installations, drain cleaning service. MP License #1299. 397-5446.

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IN THE NICK OF TIME DRAIN CLEANING: Clogged toilets, no removal \$75.00. Any household drain \$85.00. Main line stoppages \$149.00. Roots/severe blockages \$199.00. Insured. Contact Nick (401)575-9352.

RATES & DEADLINE FOR AT YOUR SERVICE

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

ROOFING

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

DEPIETRO ROOFING, INC.: Specials Available. Quality work, free estimates. RI Reg. #22850. Call John 573-9328.

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TLC SEPTIC SYSTEMS: Design & Installation, Foundation Digging, Land Clearing & Grading. Class 1 License. Registered Contractor. Free Estimates. Call 392-3300 or visit www.tlchrhodeisland.com.

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VICTOR MOFFITT & CO., INC.: Bookkeeping, Tax Services for individuals and businesses, 40 years experience. 1260 Main St. (Rte. 117), Coventry. 828-2155. www.vmcric.com.

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VERRIER TREE SERVICE, INC.: Total Tree Care - Removals, Pruning, Stump Grinding, Spraying, Land Clearing, Brush Mowing, Spring Clean-Ups, Licensed. Insured. 39 Years of Satisfied Customers. 24 Hour Every Day Service. Free Estimates. 397-3942.

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**DEPARTMENT OF HOMELAND SECURITY
FEDERAL EMERGENCY MANAGEMENT AGENCY**
Proposed Flood Hazard Determinations for Kent County, Rhode Island
(All Jurisdictions)

The Department of Homeland Security's Federal Emergency Management Agency has issued a preliminary Flood Insurance Rate Map (FIRM), and where applicable, Flood Insurance Study (FIS) report, reflecting proposed flood hazard determinations within Kent County, Rhode Island (All Jurisdictions). These flood hazard determinations may include the addition or modification of Base Flood Elevations, base flood depths, Special Flood Hazard Area boundaries or zone designations, or the regulatory floodway. Technical information or comments are solicited on the proposed flood hazard determinations shown on the preliminary FIRM and/or FIS report for Kent County, Rhode Island (All Jurisdictions). These flood hazard determinations are the basis for the floodplain management measures that your community is required to either adopt or show evidence of being already in effect in order to qualify or remain qualified for participation in the National Flood Insurance Program. However, before these determinations are effective for floodplain management purposes, you will be provided an opportunity to appeal the proposed information. For information on the statutory 90-day period provided for appeals, as well as a complete listing of the communities affected and the locations where copies of the FIRM are available for review, please visit FEMA's website at www.fema.gov/plan/prevent/fhm/bfe, or call the FEMA Map Information eXchange (FMIX) toll free at 1-877-FEMA MAP (1-877-336-2627).

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

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

Our patience will achieve more than our force.
—Edmund Burke

ATTENTION: The Reminder will no longer be able to laminate large poster size sheets. We will, however, continue to laminate smaller cards and up to an 8"X11" sheet. We are sorry for any inconvenience this may cause. **THE REMINDER.**

Selling Your Home?
All Cesspools in RI are Subject to the RI Cesspool Act of 2007 and Will Need to be Replaced with an ISDS Approved Septic System within One Year of the Closing Date.

- Foundation Digging
- Land Clearing & Grading
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Financing Available. Call Today for a Free Estimate
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Presidential Jocks

Contrary to what the White House press corps may have you believe, the favorite pastime of the president is not dodgeball. Politics, by nature, is a competition, and as follows, many politicians like to take their game to the sporting fields as well. George Washington, the father of our country, was an expert shot and considered to be one of the toughest wrestlers of his era. He was known to eschew church for fox and hound hunts, a nod to his English upbringing. Abraham Lincoln, the other president we recognize on President's Day, was a state champion wrestler and a handball fanatic. This probably was due to the fact that he had very large hands — and at 6-foot-4 he towered over the men of his day. Lincoln kept in shape, and once was said to have chopped wood for Union soldiers during the Civil War. After several minutes of vigorous chopping, he held the axe straight out and didn't quiver a bit. No soldier, it was said, could duplicate the feat. The most avid presidential sportsman was Teddy Roosevelt. Roosevelt installed the White House tennis courts and even set up a boxing ring so he could spar with anyone who would take up the challenge.

He also studied jujitsu and once tossed the Swiss minister to the floor during a luncheon — no doubt enraged by his neutrality. Now that's a statesman. His cousin, Franklin Delano Roosevelt, ravaged by polio, could not participate in sports that he had once loved — particularly golf. But Roosevelt was able to swim and he was an avid yachtsman. His successor, Harry Truman, was a sportsman of a different kind. Accustomed to dealing with gangsters in downtown Kansas City, Truman was known to be a very good poker player — the type who would drink bourbon with you all night (or morning) long and always keep it together. Truman also was known as being an avid speed walker. In fact, he would often conduct interviews with the press during his morning walks. The press gave up — they couldn't match his stamina. Dwight Eisenhower's love of golf was legendary. Not only did Eisenhower create a sort of pitch and putt area on White House grounds, he scored a hole in one at a California country club just before his death. John F. Kennedy played football as a youth (so did Gerald Ford, who played center for Michigan in college), and his family was known for their ultra-competitive touch-football games. Still, rumors of Kennedy's nightlife and his penchant for hanging out with the Rat Pack led many in the press to wonder just what, exactly, he meant when he said he only played "touch."
Mark Vasto is a veteran sportswriter who lives in New Jersey.
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Waste Away Septic Services
397-7501

Nobody makes a greater mistake than he who did nothing because he could only do a little.
—Edmund Burke

BOOKCASE: Oak wood, purchased at Cardi's, 60"H, 32"W, 11"D. \$125. Call 823-4390.

NEWLY ENGAGED? Congratulations! Call Petals to schedule your Floral Bridal Consultation today at 828-0701. We're in the old white church facing Rte. 2, 103 Tillinghast Avenue in Warwick.

New Members
Earn 1.50% APY* on a 1 Year CD** | Earn 2.25% APY* on a 2 Year CD**

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A New Ocean State Credit Union Membership has its Options & Benefits

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<ul style="list-style-type: none"> • 1 year Certificate of Deposit at 1.50% APY* • Service Charge Free Personal Checking for 1 year! • We will provide the opening deposit of \$5 for your new Member Share account! 	<ul style="list-style-type: none"> • 2 year Certificate of Deposit at 2.25% APY* • Service Charge Free Personal Checking for 2 years! • We will provide the opening deposit of \$5 for your new Member Share account!

OceanStateCU.org | 877.397.1900
Coventry | West Warwick | North Kingstown

OCEAN STATE CREDIT UNION
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*Annual Percentage Yield (APY) shown is effective 1/22/2018. To receive this promotion all three parts of the options listed above are required. Minimum deposit to open the one and two year promotional CD is \$1,500. Minimum deposit to open the Personal Checking account is \$500. The Personal Checking account monthly service fee will be waived for the initial term of the promotional CD you have selected from the options above. Once the promotional period has ended the monthly service fee may only be waived by meeting the criteria outlined in the OSCU Truth in Savings disclosure. All accounts listed in the options above must remain open for the selected term. CD: Substantial penalties for early withdrawal. Personal Checking account: If account is closed before the term of the promotional CD selected, the rate on the promotional certificate of deposit will revert to the posted non-promotional rate at that time for that specific term. This promotion is for new members only and must be funded with money not on deposit at OSCU. This offer may be withdrawn at any time and rates may change without notice. Federally insured by NCUA.

INTERNATIONAL BROTHERHOOD OF ELECTRICAL WORKERS-PROVIDENCE, RI
IBEW LOCAL 99

Open-Shop Electrical Contractors, Your Time is Now!

For the past several years IBEW Local 99 has been actively recruiting, testing and welcoming into our Local: Apprentices, Journeymen Wiremen, Tele-com Techs and Contractors.

That effort has been an amazing success. We now have a database of many unrepresented hard working men and women who will be coming in the Union. Many of these people currently work in parts of the industry that the IBEW has historically not been as prevalent in, such as Residential and Light commercial.

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

Discover the value IBEW can have for your company:

- You pay nothing to the Union to sign with us!
- Immediate access to indentured apprentices!
- 1-1000 qualified Men and Women available with a single phone call!
- IBEW quickly becoming the main source of manpower in the Northeast!
- Flexible rates for non-traditional work!
- Your partner in protecting the industry!
- The safest and most productive workforce in the industry!
- The undisputed best training facility and staff in the industry!
- Complete flexibility in Staffing!
- Access to General Contractors and Bidding Opportunities!
- Free Benefit Management!
- Contractor Training and Support!

We are looking for only the best in manpower and contractors. If you are a great contractor, we should be talking to you now. There are many very unsatisfied craftspeople looking for a better life who are available right now and ready to move to your company!

jwalsh@ibew99.org 401-946-9900 x 227

Entertainment

BOOT SCOOTIN' DINNER LINE DANCE



**SATURDAY, MARCH 10, 2018
6:00PM - 10:00PM**

**SS John & Paul Parish Center
341 South Main St., Coventry**

Live DJ

Pulled Pork, BBQ Chicken, Wings & More!

Dessert, Coffee/Water/Soda

Cash Bar (beer & wine)

**\$20 per person / \$36 per couple (Save \$4)
(adults only)**

**Purchase tickets after weekend Mass or at Rectory
(tickets will NOT be sold at the door)**

Children's Skating Program

William Thayer Arena, Warwick, RI

**Learn to Skate • Ages 3 -14
Thursdays 5-6pm • March 22nd-May 10th**

Basic Hockey & Figure Skating Skills

8 Week Session: \$125.00

Application: www.childrensskating.com

Contact: Ms. Lee Horner
508-274-5218 • lee.lmh2006@gmail.com



ARIES (March 21 to April 19) Your soft-hearted self is drawn to a tempting offer. But your hard-headed half isn't so sure. Best advice: Do it only after every detail is checked out to your liking.

TAURUS (April 20 to May 20) Your inventive mind should help you find a way to get around an apparently impassable barrier and make yourself heard. Your efforts get you noticed by the right people.

GEMINI (May 21 to June 20) You're enjoying this creative period. But by midweek, you'll need to emphasize your more pragmatic talents as you consider a risky but potentially lucrative move.

CANCER (June 21 to July 22) An unexpected rejection could turn into something positive if you pocket your pride and ask for advice on how you can make changes that will make the difference.

LEO (July 23 to August 22) Your Lion's heart gives you the courage to push for answers to a job-related situation. Stay with it. You'll soon find more believers coming out the ranks of the doubters.

VIRGO (August 23 to September 22) Your curiosity pays off this week as you push past the gossip to find the facts. What you ultimately discover could lead you to make some changes in your plans.

LIBRA (September 23 to October 22) A new sense of enthusiasm helps get you out of on-the-job doldrums and back into a productive phase. Family matters also benefit from your more positive attitude.

SCORPIO (October 23 to November 21) A bit of nostalgia is fine. But don't stay back in the past too long or you might miss seeing the signpost up ahead pointing the way to a new opportunity.

SAGITTARIUS (November 22 to December 21) If you feel you need to take more time to study a situation before making a decision, do so. Don't let anyone push you into acting until you're ready.

CAPRICORN (December 22 to January 19) As the Great Advice Giver, the Goat really shines this week as family and friends seek your wisdom. Someone especially close to you might make a surprising request.

AQUARIUS (January 20 to February 18) Spiritual concerns dominate part of the week before more worldly matters demand your attention. An old promise resurfaces with some surprises attached.

PISCES (February 19 to March 20) You're in a highly productive period and are eager to finish all the projects you've taken on. But don't let yourself get swamped. Take a breather now and again.

BORN THIS WEEK: You have a gift for learning new things quickly and applying your knowledge to best advantage where needed.

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VFW Post #9404

29 South Main St. Coventry • 828-9705

WEEKLY POST EVENTS

Tuesdays: Hot Weiners, Karaoke with RAM

Wednesdays & Fridays Best Fish & Chips Only \$8⁰⁰

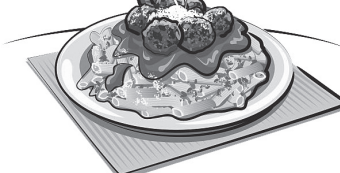
Watch for New Weekly Specials!

Wing Wednesday & Apps

PUBLIC WELCOME AT ALL POST EVENTS

HALL RENTAL /CATERING AVAILABLE!
Call 828-9705 or email kerryfleming121@gmail.com

\$20.00 Pasta, Meatballs and salad



**MARCH 3RD, 5PM-8PM
VFW POST 9404
29 SOUTH MAIN ST., COVENTRY**

FUND RAISER FOR Tina Lavalley, US Army Retired WHO IS PARTICIPATING IN THE 32ND NATIONAL DISABLED VETERANS GAMES IN SNOWMASS, COLORADO

Tina served eleven years, ten months, and twenty-five days in the United States Army. While on active duty on June 5, 1999, she suffered a traumatic brain injury and multiple level back injuries which left her wheelchair bound. She deals with painful sporadic and rigid muscles and has anxiety, PTSD, and seizures she controls with medication taken every three hours. Tina's VA doctor recommended sports rehabilitation last year. It turned out to be the best thing for her. She can now ski with a mono-ski. It is freeing. She has regained confidence and self-worth again.

FOR MORE INFORMATION CALL 401-828-9705

**VFW Post #9404
Coventry, RI 02816**

Veterans Helping Veterans

Happy St. Patrick's Day!

Lobster & Meat Raffle

SATURDAY, MARCH 10TH

VFW Post 9404, 29 South Main St. Coventry

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.

HALL RENTAL AVAILABLE!
Call 828-9705 or email kerryfleming121@gmail.com

Yard Sales

INDOOR YARD SALE! 198 Blackrock Road, Coventry: March 3 & 4, 8AM-2PM. No early birds.

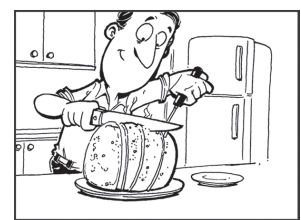
HALL FOR RENT: Coventry Men's Club available for Bachelor Parties, Weddings, Birthdays, Retirement Parties, Etc. Menu available. Call 385-3536 after 2PM for more information.

Wishing Well®

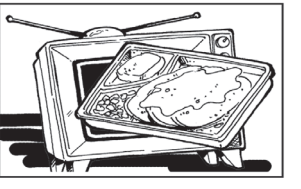
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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6,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

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Let meat rest before carving or slicing. As meat cooks, the meat's juices collect toward its center. As it begins to cool, the juices are reabsorbed and redistributed throughout the meat.



The first frozen TV dinner was introduced in 1954. It featured turkey, cornbread dressing and gravy. Ten million turkey dinners were sold that first year.

FREE VETERAN'S APPRECIATION LUNCHEON: Sunday March 18, 3PM at the VFW Post 9404, 29 South Main Street, Coventry. In appreciation for their service to the United States and the sacrifices they made, Veterans are invited to bring 1 guest to this FREE LUNCHEON. There is a limit of 50 Veterans with 1 guest each. Please call James at 821-4354 and leave your name, Service Branch, Rank & contact number.

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*Must order from Breakfast Menu

*One coupon per check, per visit. Not valid with any other coupon or offer. Gratuity not included. Must purchase one beverage per person. *Coupon does not discount taxes, alcohol and beverages. Expires 3/13/18

Everyday

**BUY 2 PIZZAS
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TAKE OUT ONLY!
Must be same size of equal or lesser value
Excludes special offers. Cannot be combined with any other offer.
Must have coupon - Expires 3/13/18

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Buy One Get One FREE

Choose from Any of Our Famous Pizzas, Calzones or Grinders

Applied to the item of equal or lesser value. Available Mondays in the Dining Room: 6pm-11pm. Each guest must purchase a beverage. Cannot be combined with any other offers, coupons or promotions. Valid through March 6, 2018. Must have coupon. Eat in only.

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WEST WARWICK PUBLIC LIBRARY TO HOST AN AFTER ANNUAL ST. PATRICK'S DAY PARADE PARTY

West Warwick Public Library, 1043 Main Street, West Warwick will be open from 1-5PM on Sunday, March 11 for the Annual St. Patrick's Day Parade. There will be a post-parade celebration featuring the Irish Punk/Sea Shanty Band "Sharks Come Cruisin'" at 3PM. Free hot coffee & refreshments will be served.

THE FRIENDLY SONS OF ST. PATRICK ANNUAL BANQUET

The Friendly Sons of St. Patrick will hold their Annual Banquet on March 3 at Club Jogues. Cocktails served at 6PM, followed by dinner at 7PM. Tickets are \$20/person. For tickets or more information, call Michael 828-8842 or Thomas 828-7262.

AARP CHAPTER 2210 OGUNQUIT MAINE DAY TRIP

AARP 2210 is sponsoring a day trip to Ogunquit Maine on May 23. The trip includes lunch at Jonathan's in Ogunquit, a performance of "Smokey Joe's Cafe" at the Ogunquit Playhouse & Deluxe Motorcoach transportation by Conway Tours. Cost is \$160/person, with \$65/person non-refundable deposit due by April 16 & balance by May 16. Call Maureen, 828-5188 or Patricia, 821-3733 for reservations or for more information.

PHENIX SPORTSMEN'S CLUB GAME DINNER

The Phenix Sportsmen's Club, 715 Main Street, West Warwick, will hold a Game Dinner on March 11 from 1-5PM. Call 821-9659 for reservations or more information.

ST. FRANCIS EPISCOPAL CHURCH CORNED BEEF DINNER

St. Francis Episcopal Church, 132 Peckham Lane, Coventry, will hold their Annual Corned Beef Dinner on March 10 at 6PM. Tickets are \$14/adult, \$7/child & children under 5 are guests of the Church. Call 397-4337 for reservations

COVENTRY PUBLIC LIBRARY PRESENTS...

Coventry Public Library, 1672 Flat River Road, Coventry welcomes Dennis Hilliard, Director of the RI State Crime Laboratory & an Adjunct Professor of Biomedical Sciences in the College of Pharmacy at URI on March 1 at 7PM. Mr. Hilliard will speak on his work with analysis of evidence including hair & fiber, DNA, breath, blood and fire debris. Come hear how science is used to solve crimes across the state. Call Jane at 822-9104 or email js@coventrylibrary.org

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It is a golden rule not to judge men by their opinions but rather by what their opinions make of them.
—G.C. Lichtenberg



Good Dental Health for Dogs and Cats

DEAR PAW'S CORNER: My dog "Chip" and I were at the veterinarian recently, and she told me that Chip may have an abscess near a molar. He is now taking an antibiotic to try and heal the abscess, but if that doesn't work he may lose a tooth. How did this happen, and how can I prevent it from happening again? — *Worried Mom in Wichita*

DEAR WORRIED MOM: Even healthy young dogs can develop dental problems. There are a number of possibilities as to why it happens — sometimes it's blamed on a diet rich in soft, canned dog foods, or too many doggie treats. But many owners strictly regulate their pets' diet and yet still see signs of tooth decay and other issues like abscesses.

Regular checkups are important to catch dental problems early. You did that, and hopefully Chip will respond to treatment without the need for surgery. Another way to prevent some dental issues, or keep them from getting worse, is to brush your dog's teeth regularly.

Cat owners, don't think you're exempt, either. For both dogs and cats, brushing their gums and teeth gently about once a week takes about 10 minutes and can make a huge difference in their dental health.

Pet supply stores and vets' offices carry meat-flavored toothpastes designed for pets (don't use human toothpaste). You can purchase a finger brush, or simply wrap a clean, soft cloth around your index finger. Put a little paste on the end of the brush or your finger, lift your pet's lip out of the way, and gently swipe from the gum line down each tooth. Give your pet a little treat and some love once you're done.

Send your questions, tips or comments to ask@pawscorner.com.

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Caregiver's Corner

Caring For A Loved One With Mental Illness Starts By Caring For Yourself

(NAPSA)—Roughly 40 million Americans are family caregivers. As the nation's population ages, that number is expected to increase, according to AARP. That's one reason health experts have an important message for caregivers: To properly care for your loved one, you must first take care of yourself.



Ellen and Dan are finding ways to cope with his mental illness without risking her health.

One Woman's Story
Like many caregivers, "Ellen" (not her real name) is so focused on her husband's needs and managing their household that her own wellness is often neglected.

"Some days can be very long and difficult," she explains. For the past six years, she's been a caregiver for her husband, "Dan," who was diagnosed with a mental illness. Dan's anxiety and depression can be paralyzing and he gets scared, agitated and nervous when Ellen isn't by his side.

In addition to the emotional stress she feels from her 24/7 role of caring for Dan's physical and mental needs, Ellen, who is in her late 50s, also worries about finances. "I wonder how I'll find a job that will pay the bills and still allow me to be available to my husband." In the same breath, despite the obvious challenges she faces, Ellen speaks to the rewards of being a caregiver. "I believe it's made our marriage stronger in many ways. We cut out the silly little things couples fight about and focus on the important aspects of life."

What The Science Says
Researchers have closely studied the effects of caregiving on health and well-being. The Family Caregiver Alliance says caregivers are less likely to practice preventive health care and self-care behaviors than noncaregivers. They frequently suffer from sleep deprivation, poor eating habits and lack of physical exercise. They're at increased risk of an excessive use of alcohol, tobacco and other drugs, as well as having a chronic illness, including high cholesterol and blood pressure. Studies also show an estimated 46 to 59 percent of caregivers become clinically depressed.

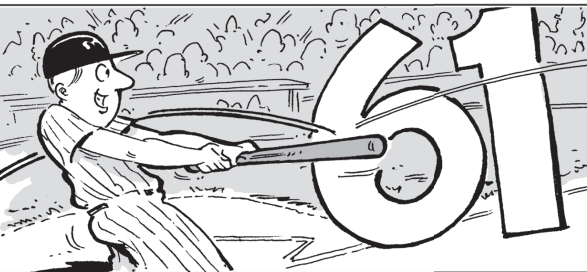
Make Yourself a Priority
To help, the Substance Abuse and Mental Health Services Administration (SAMHSA) offers free online wellness resources so caregivers can manage stress and stay healthy. These recommendations for the mind, body and spirit include:

- **Follow a healthy lifestyle.** Start with the basics. Eat healthful foods and limit alcohol intake. Don't smoke or use addictive substances. Exercise regularly. Consistently practice good sleep habits. Make time for rest and relaxation.

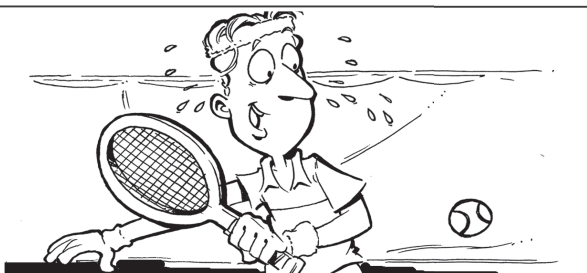
- **Make wellness part of everyday life.** Online resources, such as the Eight Dimensions of Wellness, provide practical ways to develop healthy habits that can have a positive effect on your mental and physical health. SAMHSA's wellness strategies address emotional and general health, which are both needed to improve personal resilience and manage stress.
- **Connect with friends and family.** Relationships and social networks that provide support, friendship, love and hope are essential to well-being.
- **Schedule regular checkups and health screenings.** Act on results of checkups and health screenings, such as maintaining a healthy weight and blood pressure. Primary care physicians can recommend medications or treatments to help manage stress.
- **Find a support group or mental health professional.** Family doctors may be able to recommend a counselor or therapist. SAMHSA can also identify mental health professionals by zip code through its Behavioral Health Treatment Services Locator: www.findtreatment.samhsa.gov.

As for Ellen, she's been taking steps to make her mental and physical health a priority. During times when she feels overwhelmed, Ellen has actively started to add in her own stress relievers. "I read a book, walk around the block or sit with our cats. Sometimes I'll call a friend to come over and sit with Dan, so I can take a break or run a quick errand." She recently signed up for a 12-week course for caregivers, something a friend offered to attend with her. It helps her feel less stressed and boosts her well-being.

Providing care for loved ones is an act of great generosity and it can be rewarding. However, it can also be stressful and may occupy a great deal of time. It's critical for caregivers to balance their own needs with what they provide to others. Not only will they feel better, they'll be better able to help. The key is learning to incorporate wellness into everyday life.



Baseball player Roger Maris, whose record-setting 61 home runs in 1961 was not surpassed until 1998, won only that one home run title.



It's estimated that the average person will burn 100 calories in just 14 minutes of tennis.

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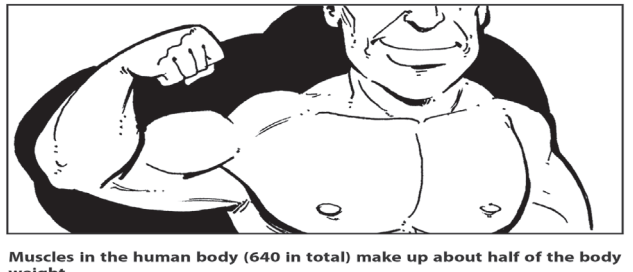
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