

# The REMINDER

Hey Kids! Look Inside to See Our Easter Coloring Contest Winners

Rhode Island's First Buyers Guide

1049 Main Street, Coventry, Rhode Island 02816 (401) 821-2216 • www.rireminder.com

March 27, 2018 • Volume 61 • Issue 48	
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 Fresh Boneless Cod Fillet <b>5.99</b> lb.	 Krakus Imported Ham <b>5.99</b> lb.	<b>GROCERY</b>
		30 oz. Kraft Miracle Whip <b>2/\$6</b>
		Guida Half & Half Half Gallon <b>1.99</b>
		16 oz. Kraft Salad Dressing <b>2/\$4</b>
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		8 oz. Cracker Barrel Cheese <b>2/\$5</b>
		7.5-8 oz. Philadelphia Soft Cream Cheese <b>2/\$5</b>
		<b>BAKERY</b>
		Fresh Baked Italian Bread <b>2/\$3</b>
		J. Skinner Assorted Flavors Danish Strips <b>2/\$6</b>
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STORE HOURS: Monday thru Saturday 7AM-9PM; Sunday 7AM-8PM  
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Not responsible for typographical errors. Art is for illustration purposes only. We reserve the right to limit quantities. All sale items while supplies last.

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### PAWTUXET VALLEY ROTARY CLUB

The Pawtuxet Valley Rotary Club is looking for new members! Start off the new year serving your local community! Interested in learning more about the Rotary Club? Email pvrotaryevents@gmail.com or call 401-589-1321.

### AARP CHAPTER 2210 CAP'N JACK'S & FOXWOODS TRIP

AARP Chapter 2210 has planned a Cap'n Jack's & Foxwoods Trip on April 18. Trip includes Lobster Bake at Cap'n Jack's, time at the Casino, Casino Bonus & Deluxe Motorcoach transportation. Cost is \$75/person. For more information call Maureen at 828-5188 or Patricia at 821-3733.

### COLORING FOR ADULTS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope, invites adults to join them for Adult Coloring on Thursdays from 6:30-7:30PM. They supply the pencil crayons and coloring pages, you supply the inspiration!

### CLEANUPS of attics, cellars, garages, build- ings, yards. Leaf Clean- ups, etc. Some cleanouts for content. Anything hailed away. Antiques and furniture bought. Very reasonable. Free es- timates. Call anytime for your small moving needs. 397-2781 or 741-2781.

### Thanksgiving Novena to ST. JUDE

O Holy St. Jude Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ. Faithful intercessor of all who invoke this special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg you, to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return, I promise to make your name known and cause you to be invoked. Say three Our Fathers, three Hail Marys and three Glory Be's. Publication must be promised. St. Jude pray for us and all who invoke your aid. Amen. This novena has never been known to fail. It helped me. Thank you St. Jude for answering my prayers.

A.S.D.

\*\*\*  
Develop interest in life as you see it; in people, things, literature, music—the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself.  
—Henry Miller  
\*\*\*

### TAX PREPARATION:

Personal and Sole Proprietor business by David Gagnon. Serving Kent County for over 25 years and still make house calls. Call 401-215-5970 or email to davidgagnon-tax@aol.com for evening and weekend appointments.

*Now here's a tip!*  
by Jo Ann Derson

- "If you make your own whipped cream, try using honey instead of sugar. I find that it has a sweeter flavor, and it also stays firm longer than regular sugar. I especially like it on tarts." — C.A. in Louisiana
  - Here's a nifty trick to store lots of sunglasses using two thumbtacks and a length of ribbon. Keep your ribbon no longer than 10 inches, and tack it up to the wall in a taut horizontal line. Then slip one arm of the sunglasses behind the ribbon. Instant display and easy access.
  - Keep charger cords from fraying by slipping on a spring from an ink pen. You also can cut a straw in half and make a slit down the side. Then slip the straw over your charging cord.
  - Dried-out markers are the worst, but they don't have to be. Refresh your dried-out washable markers with a little marker therapy — something that your kids can do! Dip a dried marker into a very small amount of water — just enough that it takes up the water rather than coloring it. Then wrap the tip with a small piece of plastic wrap, and recap. Let set for an hour or so, then repeat until refreshed. You can do the same with permanent markers using alcohol rather than water.
  - "I love bumper stickers, but hate the look of an old, faded, peeling tabeau on the back of my ride. When I get a bumper sticker I like, I apply it to a sheet magnet found at craft stores. Then I cut out and slap it on. In fact, I can change my look whenever I like, and I store them on the inside of my garage door!" — E.K. in New Hampshire
- Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

### MARCH CHILDREN'S PROGRAMS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope is offering the following Programs: **Afternoon ART!** (children Grades 1-5) on March 15 from 3:30-4:30PM - Registration required. **LEGO Time** (children ages 4 & up) on March 17 & 31 from 10:30-11:30AM. **Movie Time!** on March 17 from 12:30-2:30PM. **Drop-in Crafts** on March 21 from 3-4:30PM. **Music & Stories with Miranda!** (children ages 3 & up) on April 2 from 3:30-4:15PM. Registration required for all Programs, except Drop-In Crafts & LEGO Time, by calling 821-7910.

### KIDS' ACTIVITIES AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene, is hosting the following programs - Kids Story & Craft Hour is open to children of all ages to hear stories & create crafts every Tuesday at 5:30PM. Kids' Playtime is for all ages on Friday mornings from 10AM-12PM. Please call 397-3873 for more information and/or to register.

## Free help comparing financial aid awards



RISLA College Planning Center counselors can help you understand your financial aid award letters and give you the information you need to make the best decision for your family.

Book your free appointment at  
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## It's all about customer appreciation.

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**FLASHBACK**  
POP, ROCK & SOUL TRIVIA  
BY MICK HARPER

- Who wrote and released "Rocky Mountain High"?
- Which artist had an international hit with "Come Back and Stay"?
- Who wrote and released "Across 110th Street"?
- What was the original name of the band Gerry and the Pacemakers?
- Name the song that contains this lyric: "Now Jenny Diver, ho, ho, yeah, Sukey Tawdry, Ooh, Miss Lotte Lenya and old Lucy Brown, Oh, the line forms on the right, babe, Now that Macky's back in town."

- Answers**
- John Denver, in 1972. It was temporarily censored by the FCC for promoting drugs, due to use of the word "high."
  - Paul Young, in 1983. The song was used in "Grand Theft Auto: Vice City Stories" in 2006.
  - Bobby Womack, in 1973. He wrote most of the music for the film soundtrack of the same name.
  - Gerry Marsden and the Mars Bars, but they had to change it when Mars, the candy company, objected.
  - "Mack the Knife," by Bobby Darin, 1959. The German song was originally called "The Ballad of Mack the Knife" and became "Three Penny Opera" in America in 1933. Mack was a vicious fictional street thug by the name of Captain Macheath.
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**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

**LITERACY VOLUNTEER TUTOR TRAINING**

You can make a difference in someone's life by giving the gift of literacy. By giving just a few hours per week, you can help develop a stronger community while helping your neighbors improve their skills. Literacy Volunteers of Kent County has adult students excited to learn English as a Second Language or Basic Literacy who are awaiting a Tutor. The next Tutor Training Session begins April 9. You must be over 18 years old and a resident of Kent County to volunteer. Please email lvkc@coventrylibrary.org or call 822-9103 for more information.

**HEARING LOSS PROGRAM AT COVENTRY RESOURCE & SENIOR CENTER**

The Coventry Resource & Senior Center, 50 Wood Street Coventry, welcomes Beltone New England's Hearing Instrument Specialist, Mark Zarrella on April 4 from 11AM-12PM. Mr. Zarrella will speak and answer questions on the 10 Signs of Hearing Loss as well as conducting FREE Hearing Screenings. Sign up with Pat at the Center or call Mark at 737-1320 for more information.

**COVENTRY ANIMAL SHELTER** has many pets available for adoption that need good homes. Call 822-9106 for more information.

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

DC

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\*\*\*  
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- Stephen Hawking

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\*\*\*  
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- Margaret Thatcher

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**Saturday, April 7**  
**8:00AM - 1:00PM**  
Town Hall Annex  
1675 Flat River Rd., Coventry

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To deny people their human rights is to challenge their very humanity.

- Nelson Mandela



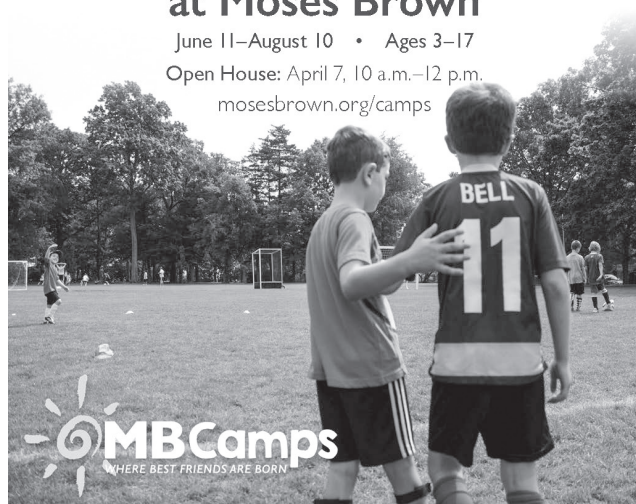
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**Saturday, March 31st**  
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**\$7.00** for 10 words.  
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### Business Classifieds

Help Wanted, Yard Sales, Wood for Sale, Real Estate, Home Improvement, Etc.  
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			10 words

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Check Enclosed  Money Order Enclosed

Circle One: Account # \_\_\_\_\_ Security Code \_\_\_\_\_ Expiration Date \_\_\_\_\_

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**THE DEADLINE FOR ALL READER ADS IS MONDAY AT 12 NOON.** (If there is a Monday Holiday, Deadline is Friday at 12 Noon)

Office Hours: Monday - Friday 8:30-5

A mail slot is located on our front door for after hours drop off. Please include payment.

**24 Hour Answering Available... Call 821-2216 Anytime**



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Please indicate the prayer that you would like published, include your initials, and mail or bring to:

### THE REMINDER

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You may place your Novena by phone if you are using a credit card.

- Prayer to the Blessed Virgin
- Prayer to St. Jude
- St. Jude Novena
- Thanksgiving Novena to St. Jude
- Novena to the Sacred Heart
- Other (indicate below or send a photo copy)

**Don't Forget Your Initials!**

\_\_\_\_\_

Indicate Initials Here

**\$12.00 per Novena**  
Please enclose payment

**Deadline is Friday at 5pm for publication in the following Tuesdays edition of The Reminder**



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Published by Beacon Communications

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Richard Fleischer ..... General Manager  
Donna Zarrella ..... Advertising Director  
Dawn Donnelly ..... Front Desk

### DISPLAY ADVERTISING

Cheryl Petrarca, Melissa Miller

### ART DEPARTMENT

Liz DeVonis, Monique Rice

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

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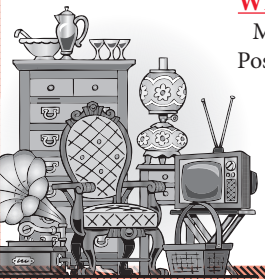
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**Moments in time**

THE HISTORY CHANNEL

• On April 8, 563 B.C., Gautama Buddha, the founder of Buddhism, is thought to have been born in what is now Nepal. Buddhist tradition had placed his birth in the 11th century B.C., until modern scholars determined he was likely born in the 6th century.

• On April 3, 1776, lacking sufficient funds to build a strong navy, the Continental Congress gives privateers permission to attack all British ships. Any goods captured by the privateer were divided between the ship's owner and the government.

• On April 6, 1830, Joseph Smith, founder of the Mormon religion, organizes the Church of Christ. Smith claimed in 1823 that he had been visited by an angel named Moroni who spoke to him of an ancient Hebrew text. Smith translated this text, and in 1830 The Book of Mormon was published.

• On April 7, 1945, the Japanese battleship Yamato, purportedly the greatest battleship in the world, is sunk in Japan's first major counteroffensive in the struggle for Okinawa. It sank after being struck by 19 American aerial torpedoes, drowning 2,498 of its crew.

• On April 5, 1969, some 100,000 antiwar demonstrators march in New York City to demand that the United States withdraw from Vietnam. The weekend of protests ended with demonstrations and parades in other cities.

• On April 2, 1979, the world's first anthrax epidemic begins in Ekaterinburg, Russia (now Sverdlozk), killing 62 people. The Soviet government blamed tainted meat, but in 1992 the real cause was found: Workers at the weapons plant had failed to replace a crucial filter.

• On April 4, 1982, hockey sensation Wayne Gretzky of the Edmonton Oilers finishes the NHL season with 212 points, the only player in NHL history to break the 200-point barrier. He went on to repeat the feat three more times.

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**SMORGASBORD SUPPER & BAKE SALE**

Oneco United Methodist Church, 1128 Plainfield Pike (Rte. 14A), Oneco, CT, will hold a Smorgasbord Supper (served Buffet style) & Bake Sale on April 7 from 4:30-6PM. Menu includes baked ham, lasagna, meatballs, Harvard beets, potato salad, macaroni salad, baked beans, gelatin salads, rolls, beverages, pies & assorted desserts. Tickets on sale at the door at 4PM. Adults \$12, children (under 12) \$5, preschoolers are guests of the Church.

**EXETER RABIES CLINIC**

The Friends of Exeter Animals will hold their Annual Rabies Clinic at the Exeter Animal Shelter, 169 South County Trail, Exeter, on Sunday, April 8 from 10AM-1PM. The Fee is \$12 and all RI residents are welcome. Bring valid Rabies Certificate for a 3-year vaccine, without a Certificate, a 1-year vaccine will be given. Dogs must be leashed and cats must be in carriers. Exeter residents may also renew Dog Licenses at this time for \$6. Please call 294-2754 or visit the facebook page of Friends of Exeter Animals for more information. Nail clipping service will also be available.

**SLOCUM GRANGE HAM & BEAN SUPPER**

A Ham & Bean Supper will be held at the Slocum Grange Hall, 96 Slocum Road, North Kingstown on April 7 at 5:30PM. Menu includes ham, homemade baked beans, beets, brown bread & a slice of homemade pie for dessert. Cost is \$12/adult, \$6/child (ages 5-10) & children 4 and under are guests of the Grange. Please call Carol at 294-2989 for reservations.

**FREE FAMILY LITERACY PROGRAM**

Coventry Public Library, 1672 Flat River Road, Coventry, is offering a Free Family Literacy Program for English Learners. Join this free 12-week program for parents & caregivers age 18 & older. This program provides English classes to help you improve communication and literacy skills to be a more active participant in your children's education. Classes are on Wednesdays from 7-8:30PM and run from March 28-June 13. Free child care is provided for age 4 & older. Registration is required. Call 822-9103 or email lvkc@coventrylibrary.org

**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.



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**The Kitchen Diva!**

by Angela Shelf Medearis



**Egg-actly Right for Easter**

During the Easter season, hard-cooked eggs act as a creative canvas for children and adults to decorate. Using natural food dyes to color eggs became popular during medieval times. English kings distributed hundreds of decorated, gold-leaf eggs during Easter. Russian Czar Alexander took this holiday custom to high art when he commissioned the famous Faberge eggs as a gift for his wife, the Empress Maria, from goldsmith Peter Carl Faberge.

For the perfect, hard-cooked eggs for your Easter holiday, follow the directions below. Happy Easter!

**PERFECT EASTER EGGS**

1. Bring eggs to room temperature.
2. Place eggs in room temperature water in a large pot.
3. Bring to a boil, then turn down to a low boil for 12 minutes.
4. Quickly chill the eggs in ice-cold water.
5. To decorate successfully, the eggs must be completely cool and dry.
6. Hard-cooked eggs should be kept refrigerated and used within one week.

NOTE: The greenish color around the yolk of hard-cooked eggs is a natural result of sulfur and iron reacting at the surface of the yolk. It may occur when eggs are cooked too long or at too high a temperature, or when there is a high amount of iron in the cooking water. Although the color may be unappealing, the eggs are still wholesome and nutritious, and their flavor is unaffected.



Depositphotos

Greenish yolks can best be avoided by using the proper cooking time and temperature (avoid intense boiling), and by rapidly cooling the cooked eggs. Occasionally, scrambled eggs can develop a greenish tint if they are overcooked at too high a temperature or left too long in a metal pan.

**Decorating Tips:**

1. Use crayons to gently color a design on the hard-cooked Easter eggs. If you want to dye the crayon-decorated eggs, the crayon wax will resist the dye and the design will show through.
2. You also can decorate the eggs with craft supplies, buttons, sequins,

glitter, beads, ribbons and pieces of felt or stickers. Use white or craft glue to attach the materials.

3. To make your own dye: Combine 1/2 to 1 tablespoon of food coloring with 2 teaspoons of white distilled vinegar in a large cup or deep bowl. You can experiment by mixing the food coloring to create a variety of hues. Add water until the cup or bowl is half full.

4. Gently place the eggs into the dyeing liquid in the cup or bowl using a soup spoon to avoid cracking the shell. The longer the eggs are left in the dye, the darker the color will become.

5. When the egg is the desired color, remove it from the dye, pat it dry with a paper towel and place it back into the egg carton or on an egg-holder. Refrigerate until ready to use.

\*\*\*

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](http://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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# Puzzle Page

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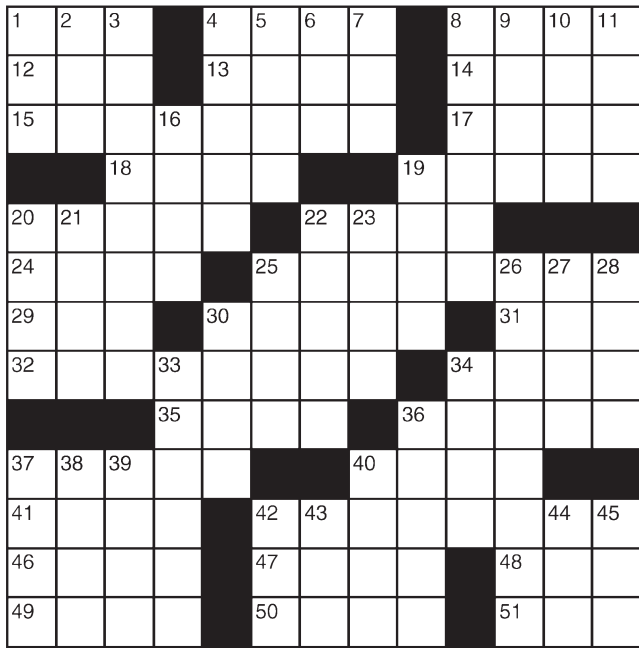
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## King Crossword

- ACROSS**
- 1 "Grey's Anatomy" network
  - 4 Facebook contribution
  - 8 Undergoes recession
  - 12 Carnival city
  - 13 Arthur of tennis
  - 14 Portrayal
  - 15 Place to find a rake
  - 17 Cheer
  - 18 Bart's sis
  - 19 Keep tabs on
  - 20 Tureen accessory
  - 22 Authoritative order
  - 24 Oodles
  - 25 Diamondback, e.g.
  - 29 Present
  - 30 Stinky
  - 31 Praise in verse
  - 32 False teeth
  - 34 Unaccompanied
  - 35 Make one's way
- DOWN**
- 1 Illustrations
  - 2 Story of a lifetime?
  - 3 Lose warmth
  - 4 Old hat
  - 5 Job safety org.
  - 6 Yon maiden
  - 7 A Kennedy brother
  - 8 Mistakes in print
  - 9 Galosh
  - 10 United nations
- 11 Eve's third son
  - 16 Bouncy melody
  - 19 Hospital section
  - 20 Come to earth location
  - 21 Lotion additive
  - 22 Celebrated with a bash
  - 23 Eye part
  - 25 Gull's cousin
  - 26 Cabana's location
  - 27 Not working
  - 28 Noble gas
  - 30 Coal or gas
  - 33 Doubly thick salad
  - 34 Cabbage
  - 36 Wasn't well
  - 37 Eatery
  - 38 Teeny bit
  - 39 Wander
  - 40 Be overly fond of
  - 42 Enthusiast
  - 43 Individual
  - 44 "— the season ..."
  - 45 With it, once



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

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

- Bars
- Brownies
- Cake
- Candy
- Cookies
- Eggs
- Fondue
- Fudge
- Ice cream
- Kisses
- Mousse
- Pudding
- Sauce
- Syrup
- Truffle

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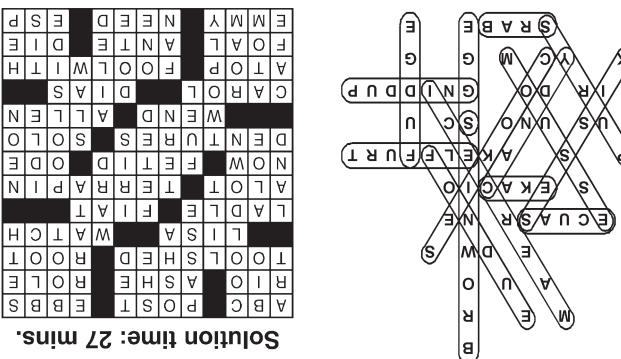
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I	U	E	L	P	U	R	V	T	E	P	U	E
2	6	4	6	4	8	7	3	6	7	3	6	8
R	H	L	E	A	T	I	E	R	V	I	V	G
3	5	4	2	3	6	7	5	8	7	4	7	2
N	A	N	L	Y	A	A	D	O	T	A	E	U
6	7	6	7	6	3	7	8	2	5	4	8	6
L	A	U	H	E	O	O	A	C	J	C	L	S
2	7	4	2	8	3	8	2	7	2	8	7	8
K	B	R	Y	S	U	H	D	B	A	I	Y	G
4	3	5	2	3	4	8	5	3	4	3	4	3
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**Women's Health**

**What Women Need To Know About Heart Disease**

(NAPSA)—Women may need to take the latest research about heart disease to heart. What many don't know is that heart disease kills more American women than all forms of cancer combined, including breast cancer. Nearly half of all women are at risk for developing heart disease, and as a woman ages, her risk increases. A heart attack can occur without warning. More than 60 percent of women who died suddenly from coronary heart disease had no previous symptoms. Women of color, including Black American and Latino American women, are more likely to develop risk factors and are at a higher risk of death from heart disease, yet research has shown they are less likely to recognize their risks. Fortunately, there are lifestyle changes you can make to lower your risk. The first step is to understand which risk factors affect you and what actions you can take to lower your risk. For example, the risk is higher for women who have a family history of heart disease or diabetes. Increasing age is another risk factor. Women are at a higher risk when they reach 55 or become postmenopausal. These are risk factors you cannot control. Risk factors you can control are diabetes, smoking, blood pressure of 140/90 mmHg or higher, and total cholesterol over 200. If you don't exercise, there's also a risk. Being 30 pounds or more over your recommended weight and having a waist measurement greater than 35 inches are also risk factors. "It's important to take action to minimize your risks," said Dr.



**Aim for 30 minutes of moderate-intensity activity every day.**

Gioia Turitto, spokesperson for Close the Gap, an educational initiative sponsored by Boston Scientific. Close the Gap encourages women to be responsible for their heart health by following these tips:

- If you smoke, quit.
- Aim for a healthy weight.
- Get moving. Make a commitment to be more physically active. Every day, aim for 30 minutes of moderate-intensity activity such as taking a brisk walk, raking, dancing, light-weight lifting, housecleaning or gardening.
- Eat for heart health. Choose a diet low in saturated fat, trans fat, sodium and cholesterol. Include whole grains, vegetables and fruits.
- Know your numbers. Ask your doctor to check your blood pressure, cholesterol (total, HDL, LDL and triglycerides) and blood glucose. Work with your doctor to improve any numbers that are not normal. To learn more about heart disease, visit YourHeartHealth.com and facebook.com/CloseTheGap, twitter.com/YourHeartHealth and youtube.com/YourHeartHealth.



The first ice cream parlor in this country opened in New York City in 1776. In 1845, the hand-cranked freezer was invented. This allowed Americans to make ice cream more easily at home.

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- Nick Jonas

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**CARPET CLEANING  
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SALES: 2 Openings.**  
Will train the right person. Monday-Saturday.  
Valid Driver's License.  
BCI check. \$500-\$800/week, benefit package.  
Also looking for Pick-up & Delivery Drivers.  
Will train. 258-9648.

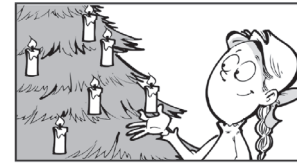
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Must have experience &  
clean Driving Record. Call  
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**CONSTRUCTION LABORER** for Asphalt Paving Company: Must have experience & clean Driving Record. Call 996-0780.



The tradition of using small candles to light a Christmas tree is thought to date back to the mid-17th century.

## Jobs Wanted

**PERSONAL ASSISTANT, Companionship:**  
Assist with errands, doctor's appointments, chores. 474-0128.

**CINDY'S CLEANING SERVICE:** Great references. Call Cindy for rates. 239-8480.

**DRIVER NEEDS WORK:** CDL-A Truck Driver, over 30 years. Coventry. Call 318-3014.



**Administrative Assistant: Part-Time, Year-Round**

Pool & Patio Center has a family-friendly culture with flexible hours (28-35 hours per week) and is a leading and award-winning swimming pool and spa retailer--established in 1986--looking for a detail-oriented, friendly and coachable team player to work directly with management and owners in our fast-paced, busy office. A typical day during our busy season--when all hell breaks loose--will include numerous interruptions.

Duties include correspondence, mail-merging, database management, service scheduling, mailing and general office duties.

Occasionally must be available to answer emails or texts during off hours since our retail store is open 7 days per week. If they call you the Post-It fanatic and you hate to make mistakes, this job may be for you!

#### Required Knowledge, Skills & Abilities:

- Must be able to handle sensitive and confidential situations.
- Attention to detail and ability to juggle multiple tasks is crucial.
- Must be reliable, dependable and self-motivated.
- Complete duties and projects in an efficient and timely manner.
- Great organizational skills must be a natural talent.
- Demonstrate clear, strong verbal and written skills and able to effectively work with all levels of employees through our organization.
- Proficiency in Microsoft Office, Word and Excel is vital.
- Must enjoy making customers happy but not be intimidated by demanding customers.
- Must never be combative or defensive.
- Team player with flexibility and ability to do whatever it takes to get the job done is crucial.

#### Education & Experience Required:

- A Certificate or Associates Degree in Administrative Assistant
- 1-3 Years' Experience Required

#### How to Apply:

- Email (ALL REQUIRED) to info@poolandpatiocenter.com (please, no phone calls)...
  - resume with salary history
  - salary requirement
  - education
  - experience

Email cover letter

- tell us why you are interested in this job
- tell us when you are available to work

All resumes will be personally reviewed by the owner and be kept confidential.

Visit our web site at poolandpatiocenter.com.

475 Tiogue Avenue, Route 3 • Coventry, RI 02816  
info@poolandpatiocenter.com • www.poolandpatiocenter.com



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**800-481-7894**



### How To Design A Bedroom That Unleashes Your Child's Creativity

(NAPSA)—Many parents may be surprised to learn that, according to Harris research, children begin taking an interest in changing their rooms just after the age of 5, citing more space to hang out and play as the No. 1 wish for the space. The study also found that 71 percent of parents think the design of a child's room impacts creativity.

"We've seen how room design can unleash a child's creativity in our own family," said Cortney Novogratz from HGTV's "Home by Novogratz." "For example, it's important to give children their own workspace and play space filled with materials designed to help express their ideas in a productive and inspirational way, like arts and crafts supplies and construction toys such as LEGO Friends. It's also important to give children plenty of floor space in which to play and get creative; this gives them their own personal space in which to spread out and use their imaginations to the fullest."

In addition to inviting children to put their remodeling and rebuilding skills to the test using toys that encourage construction, Robert and Cortney Novogratz offer these suggestions for creating those special environments that children will find inspiring and parents will find appealing:

• **Give kids more space.** Leave as much floor space open for playing and hanging out as possible. Center the room with a soft rug and include easy storage solutions. The most effective stor-



Simple cubed shelving units are cost effective and can be a great way to display models, trophies and other things kids like to create and collect.

age is easily accessible to kids, where they can pull it out, play with their toys and be able to put it back without any help. The best storage solutions do not dominate the room but cleverly do the job without taking up too much space. Kids need room to build, paint, create and so on but they also need supplies to do so, so try to keep storage solutions simple.

• **Show children their ideas have value** by including them in the design decision-making process as much as possible, letting them offer their ideas. Bear in mind that boys and girls are equally interested in having a say in the design of their rooms. If you make your children a part of the creation process, they may be more likely to take better care of their environ-

ment and their belongings.

• **Personalize with color and collections.** Embrace bold colors and don't forget to have fun with it. Add more personality and originality, and foster a child's pride by displaying his or her collections. Fun solutions for displaying collections include corkboards or pin boards to display art; Lucite shelves and boxes to display collections; and simple cubed shelving units that are cost effective and great for displaying models, trophies and other things that kids gravitate toward.

• **Learn more.** For further visual inspiration from the Novogratz on how to put these tips into action, visit www.LEGOBuildTogether.com or call (800) 838-9647.



## Good Housekeeping

### Herbed Potatoes Au Gratin

"This rich, creamy side is incredibly versatile. At Easter I add thyme and parsley, and at Christmas I use rosemary and serve it with prime rib. I like the chunky potatoes better than the traditional thinly sliced ones, plus they're easier to prep." — *Ree Drummond*

- 3 tablespoon unsalted butter
- 1 medium onion
- 1/2 cup heavy cream
- Kosher salt
- Pepper
- 8 ounces cream cheese
- 3 ounces Parmesan
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tablespoon fresh thyme
- 3 pounds russet potatoes, sliced thin or cut into chunks
- Chopped fresh chives

1. Heat oven to 350 F. Butter a 3-quart shallow baking dish.
2. Melt the butter in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until beginning to soften, about 5 minutes.
3. Add the milk, cream, 1 teaspoon salt and 1/2 teaspoon pepper and bring to a bare simmer. Add the cream cheese and cook, stirring, until melted, about 3 minutes; stir in 1/2 cup Parmesan. Remove from the heat and stir in the parsley and thyme.
4. Place the potatoes in the prepared baking dish and pour the milk mixture over the top. Sprinkle with the remaining 1/4 cup Parmesan and cover tightly with nonstick foil.
5. Place the baking dish on a large rimmed baking sheet and bake for 30 minutes. Uncover and bake until the potatoes are tender and the top is golden brown, 50 to 60 minutes more. Let rest for 15 minutes, then sprinkle with chives before serving, if desired. Makes 8 servings.

For thousands of triple-tested recipes, visit our Web site at [www.good-housekeeping.com/recipes/](http://www.good-housekeeping.com/recipes/).

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### Tips On Trips

#### Survey Shows Generational Divide Over Relaxation Habits

(NAPSA)—When it comes to leaving work behind, not everyone vacations the same way. That's a key finding of a recent survey that revealed that boomers (individuals approximately 48–66 years of age) and millennials (individuals approximately 18–31 years of age) have very different approaches when it comes to what they want from a vacation. These differences can be seen in various areas—from how they approach social media while on vacation to how they maintain a work/life balance.



**According to a recent survey, boomers and millennials approach their vacation time in very different ways.**

disconnect from work on vacation. Millennials are also leaving relaxation time on the table. Of those employed with vacation time available to them, less than half used all their paid time off. Boomers, on the other hand, appreciate their vacation time and nearly 60 percent used all of their allotted time last year.

#### To Do or Not to Do

Of those surveyed, 57 percent considered themselves "relaxers"—someone who enjoys sitting back and doing nothing—as opposed to the other 43 percent surveyed who described themselves as "doers"—someone who wants to fit as many activities as they can into each escape.

#### Managing Social Media

In addition to Americans' varying views on relaxation, many respondents were divided on whether social media is a must-have while on vacation.

For example, 85 percent of millennials reported that a vacation won't stop them from making a

social media update. In contrast, only 48 percent of boomers said they would update a social channel while on vacation.

The No. 1 social media outlet for Americans vacationing is Facebook—nearly six out of 10 Americans said they would likely make an update. The survey also revealed that 16 percent would reportedly visit YouTube and 15 percent would likely visit Twitter while vacationing.

#### Parenting and Relaxation

Sixty-four percent of parents have taken a vacation without their child, although that comes with a guilt price tag. Of the parents who have vacationed without their kids, 46 percent felt guilty for not taking their kids along. More than half of moms felt guilty about leaving their kids at home but just over a third of dads share their guilty feelings.

#### Pop Culture Escape Break

On the celebrity vacation buddy front, one in four females said they would like to hang out with Chelsea Handler on a relaxing beach day, whereas 25 percent of all men would rather share their sunblock with Jay Leno.

#### Dream Escapes

When asked to describe their perfect vacation libation, 37 percent of females think their dream escape as a mai tai—tropical and beachy—whereas 27 percent of men think of their dream escape as a bottle of beer—party time!

To learn more, visit [www.princess.com](http://www.princess.com).

### TOWN OF COVENTRY NOTICE

To The Owners and Keepers of Dogs

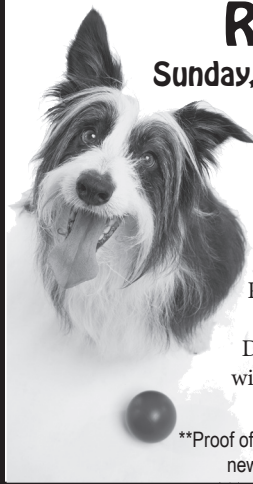
## Rabies Clinic

Sunday, April 8, 2018 - 9am-12pm

\$10 Fee (cash only)

Coventry Highway Dept.

1672 Flat River Road



Town Hall will be open during the Rabies Clinic to license dogs

Pre-Register at [www.coventrypd.org](http://www.coventrypd.org), visit the Animal Control Page.

Dogs and cats 3 months of age or over will be eligible. Dogs must be on a leash, cats in a cage

\*\*Proof of previous rabies vaccination must be shown or new vaccine will be good for one year only\*\*

### APRIL VACATION EVENTS

#### AT COVENTRY PUBLIC LIBRARY

Coventry Public Library, 1672 Flat River Road, Coventry will offer the following during April Vacation: Dinosaurs will visit on April 18 at 10:30AM (for children in Grades K-5). Dinosaur expert DinoBob will bring life-size inflatable dinosaurs & share information about dino behavior (registration required). Enjoy a free movie on April 19 at 10:30AM. Disney's "My Little Pony: The Movie" will be shown. Free popcorn! Take a Storywalk at the Library on April 19 from 10AM-4PM on the front lawn of the Library (weather permitting). No registration required for these programs. Call 822-9102 for more information.

### AARP CHAPTER 2210

#### FOSTER'S DOWNEAST CLAMBAKE TRIP

AARP 2210 is sponsoring a Foster's Downeast Clambake Tour on August 1. The trip includes a Clambake at Bill Foster's Restaurant & shopping & browsing in Kennebunkport, ME. Motorcoach transportation provided by Conway Tours. Cost is \$96/person. Call Maureen at 828-5188 for reservations or for more information.

### SENIOR COMPANION PROGRAM

The Senior Companion Program trains volunteers to serve isolated older adults in their own homes, Adult Day Centers & other community sites. Senior Companions are matched with a resident in need of socialization and companionship and will serve for 4 hours, 1 day/week at no cost to the participant. For more information, call Lynn at 822-9125.



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\*Annual Percentage Yield (APY) effective as date of this publication and subject to change thereafter. Other rates and terms available. Offer may be withdrawn at any time. Fees could reduce earnings. Minimum amount of \$50,000 is required to open an account. Advertised rate applies to balances of \$50,000 or more. Other rates and tiers are available.

## How Can You Get Hundreds of People to Help You Clean House?

Get the whole community to help you clean house - and **CASH IN!**

Convert your old couch, camping equipment, carpet and other unwanted items into cash with an attention grabbing yard sale ad in **THE REMINDER**.

A yard sale is a great way to get people to pay you to move all the items you no longer need. An ad in **THE REMINDER** is a great way to get yard sale shoppers to your address.



### THE REMINDER

1049 Main Street, Coventry, RI 02816 • [mail@rreminder.com](mailto:mail@rreminder.com)  
Monday-Friday 8:30-5

## 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](mailto:jwalsh@ibew99.org)

401-946-9900 x 227

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Obituary prices start at \$50. Placement in any of our other newspapers is half price. (Warwick Beacon, Cranston Herald, Johnston Sun Rise)  
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**TOP VIDEO RENTALS AND SALES**

- Top 10 Video On Demand**
1. **Three Billboards Outside Ebbing, Missouri** ..... (R) Francis McDormand
  2. **Coco** ..... (PG) animated
  3. **Darkest Hour** ..... (PG-13) Gary Oldman
  4. **Murder on the Orient Express** ..... (PG-13) Kenneth Branagh
  5. **Lady Bird** ..... (R) Saoirse Ronan
  6. **Daddy's Home 2** ..... (PG-13) Will Ferrell
  7. **Wonder** ..... (PG) Jacob Tremblay
  8. **A Bad Moms Christmas** ..... (R) Mila Kunis
  9. **Just Getting Started** ..... (PG-13) Morgan Freeman
  10. **Roman J. Israel, Esq.** ..... (PG-13) Denzel Washington

- Top 10 DVD, Blu-ray Sales**
1. **Coco** ..... (PG) Disney
  2. **Murder on the Orient Express** ..... (PG-13) FOX
  3. **Lady and the Tramp** ..... (G) Disney
  4. **Darkest Hour** ..... (PG-13) Universal
  5. **Wonder** ..... (PG) Lionsgate
  6. **Daddy's Home 2** ..... (PG-13) Paramount
  7. **Three Billboards Outside Ebbing, Missouri** ..... (R) FOX
  8. **The Star** ..... (PG) Sony
  9. **Blade Runner 2049** ..... (R) Warner Bros.
  10. **A Bad Moms Christmas** ..... (R) Universal
- Source: [comScore](http://comScore)

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**TOWN OF WEST GREENWICH NOTICE TO OWNERS and KEEPERS OF DOGS**

**DOG LICENSES ARE DUE AND PAYABLE APRIL 2018**

Licenses may be obtained after April 1, 2018 at the office of the Town Clerk, Monday - Friday between 8:30 A.M. and 4:00 P.M. Fee: \$8.00 male or female. **Proof of Rabies Vaccination is required.** Licenses may also be obtained by mail; address the Town Clerk, Town of West Greenwich, 280 Victory Highway, West Greenwich, RI 02817. Please enclose \$8.00 plus 60 cents postage for each dog. The following information is required: name and address of owner, phone no., sex of dog, breed, color and name. Proof of Rabies Vaccination is required and will be returned to you with the license

For animals (dogs, cats and ferrets) needing rabies vaccination, the Town of West Greenwich is holding a **rabies clinic**, which will be held at the Highway Garage located behind the West Greenwich Town Hall, 280 Victory Highway, West Greenwich, RI on **Sunday, April 22, 2018 from 10:00 a.m. to 12:00 noon. The cost is \$10.00 per animal, cash only.** Written proof of previous rabies vaccination must be presented in order to receive a 3-year vaccination, otherwise a 1-year vaccination will be given. Residents may also obtain 2018 dog license at the same time for a fee of \$8.00. Animals must be on a leash or in a cage.

Erin F. Liese, CMC Town Clerk



## Did You Know?

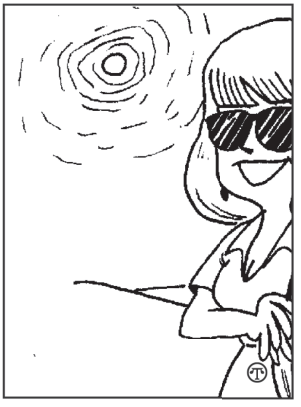
(NAPSA)—Skin conditions including wrinkles, dullness, lack of firmness, hyperpigmentation, irritation, sensitivity and rough texture can be treated with Powerful-Strength Line-Reducing Concentrate and Midnight Recovery Concentrate from Kiehl's Since 1851. They're at Kiehl's stores, [www.kiehls.com](http://www.kiehls.com), (800) KIEHLS-2 and select specialty retailers.

\*\*\*

Many find that tax time can be an excellent time to update their financial records. In addition to a credit report, there are other consumer reports available. The Consumer Financial Protection Bureau has put together a list. To learn more, visit [www.consumerfinance.gov](http://www.consumerfinance.gov).

\*\*\*

A tax refund sent to a prepaid debit card is free, eliminates the need to pay for check cashing services and will arrive faster than a paper check. To learn more, visit [www.walmartmoneycard.com](http://www.walmartmoneycard.com) or [www.greendot.com](http://www.greendot.com).



\*\*\*

ASCD, a global community dedicated to excellence in learning, teaching and leading, has released its latest annual report, titled "The Promise of Leadership: Sustaining Learning, Transforming Teaching." You can find it at [ar2013.ascd.org](http://ar2013.ascd.org) and learn more at [www.ascd.org](http://www.ascd.org).



Most plants can lose only about 10% of their water content before they die. During a typical dry period, the resurrection fern can lose up to 75% of its water content (and possibly up to 97% in an extreme drought), causing it to shrivel to a grayish-brown clump of leaves. When it is once again exposed to water, it unfurls from its shriveled state to its former length, and appears green and healthy once again. In the U.S. it is found throughout the southeastern states, usually anchored to the trunk or branches of an oak tree.



Source: [www.nwf.org](http://www.nwf.org)

- Brenda Weaver

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## Cutest Pet of the Week March 27, 2018



### "Grace"

Grace is 11 weeks old and such a sweet girl who brings lots of golden joy to our home.

- Happy Companion of Elly Brown

Email your Photos to [mail@rreminder.com](mailto:mail@rreminder.com), along with the names of Both you and your Pet and tell us why they are so special!  
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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.

**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.**

**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.


**55+ FITNESS CLASS AT HOPE LIBRARY**  
Hope Library, 374 North Road, Hope is offering 55+ Fitness Classes on Mondays & Fridays from 2-3PM. Certified Senior Fitness Specialist, Myrna Moore will lead these classes that welcome all fitness levels. Class consists of stretching, body movement, light weight lifting, chair exercises, nutritional guidance & a touch of Yoga. Donation of \$1/class is requested. Please bring a 2-3 lb. weight for the weight training. For more information, call 821-7910.

**SUNDAY MORNING BREAKFAST AT THE ELKS**  
The Coventry-West Greenwich Elks is offering Sunday morning breakfast from 8-11AM. Menu includes scrambled eggs or French toast, tater tots or home fries, bacon or sausage, English muffin or toast and beverage. Cost is \$6/adult & \$2.50/child (under 10). All proceeds benefit Elk charities.

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CHEVALIER CESSPOOL CLEANERS: Cesspools and septic tanks pumped. New systems installed. Sewer connections. 736-8313.

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

JDP ELECTRIC - Specializing in wiring for additions, revamping services, generators/transfer switch installation. Licensed/insured. 401-397-6402.

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

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A GOOD PLUMBER: Plumbing, heating, drain cleaning. 401-808-2284. RI Lic. #MP002399. MA Lic. #30436.

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.

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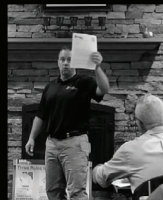
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April 14: NRA Basic Pistol

April 18: RI Pistol Permit & MA Lic Carry

April 21: Tactical Carbine



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**"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](mailto:rreminder@aol.com)

BLINGO BINGO! Friday, April 6, 6PM at Portuguese American Sports Club, 12 Bridge Street, West Warwick. Tickets are \$20. Visit [christinesblingthing.com](http://christinesblingthing.com) Play Bingo & win jewelry

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**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](mailto:nathanaelgreenehmst@gmail.com) Visit us at [nathanaelgreenehomestead.org](http://nathanaelgreenehomestead.org)

**WEST WARWICK PUBLIC SCHOOLS MENTORS NEEDED**  
Do you have an hour a week to share? That's all it takes to volunteer with a child, in a school during school time! You can work with either a girl or boy in Elementary, Middle, or High School. For more information call Dana Papitto, 822-8435 or 825-6530.

**top ten**  
College Basketball TV Markets

1. Louisville, Ky.
2. Kansas City
3. Raleigh-Durham, N.C.
4. Greensboro-High Point, N.C.
5. Cincinnati
6. Charlotte, N.C.
- (tie) Indianapolis
8. Knoxville, Tenn.
- (tie) Nashville, Tenn.
- (tie) Norfolk-Portsmouth, Va.

Source: ESPN  
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**exhibitors wanted**

**ALL NEW!!**

**"Healthy Living from 1 to 100"**  
**Family Expo**

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**Fabulous Food**

**Figs And Ginger Spice Up Homemade Granola Bars**

(NAPSA)—Granola bars are rapidly replacing traditional breakfast fare throughout the country. They're portable, portion controlled and tasty. Unfortunately, many of the commercial bars also come filled with sweet, candylike ingredients, preservatives and artificial flavors. Making homemade granola bars offers a fun and creative way to give you exactly what you want—a healthy, on-the-go bar filled with natural fig goodness. The test cooks at one of public television's top-rated cooking shows, "Cook's Country from America's Test Kitchen," created this foolproof recipe.



Sweet and fiber-full California Mission and Calimyrna figs can be a fabulous addition to practically any dish.

Granola Bars with Dried Figs and Ginger updates the classic granola bar recipe with sweet, fiber-rich, dried California Mission and Calimyrna figs and crystallized ginger. Dried figs offer a wealth of nutritional value including iron, potassium and calcium. Interchangeable in most recipes, Mission figs have smaller seeds and a bit sweeter flavor, while Calimyrna figs have a slightly nutty flavor, more developed seeds and a firmer, chewier skin. Wrapped in plastic, these delicious granola bars keep for up to two weeks. Grab one for breakfast on your way out the door, toss one in your gym bag and serve them to your kids for an after-school snack. For more recipes, go to [www.valleyfig.com](http://www.valleyfig.com) and [www.cookscountrytv.com](http://www.cookscountrytv.com).

- Granola Bars with Dried Figs and Ginger**  
*Makes about 36 bars*
- 7 cups old-fashioned rolled oats
  - ½ cup vegetable oil
  - ½ teaspoon table salt
  - ¾ cup honey
  - ¾ cup packed light-brown sugar
  - 1 tablespoon vanilla extract
  - 2 teaspoons ground cinnamon (optional)
  - 1½ cups whole almonds, pecans, peanuts or walnuts, coarsely chopped
  - 1 cup diced Blue Ribbon Orchard Choice or Sun-Maid figs (about 6 ounces), stems removed
  - ¾ cup chopped crystallized ginger

1. Adjust oven rack to middle position and heat oven to 375° F. Toss oats, oil and salt together in large bowl; spread out over 12-by-18-inch baking sheet and bake, stirring often, until pale gold, 20 to 25 minutes.
  2. While oats are toasting, heat honey and brown sugar in small saucepan over medium heat, stirring frequently, until sugar is fully dissolved, about 5 minutes. Stir in vanilla and cinnamon (if using) and set aside.
  3. Remove oats from oven and lower oven temperature to 300° F. Transfer toasted oats to large bowl and toss with honey mixture until evenly coated. Stir in nuts, dried figs and crystallized ginger.
  4. Line 12-by-18-inch baking sheet with aluminum foil, then coat lightly with vegetable oil spray. Spread oat mixture out on prepared pan, then pack tightly into even layer using wet metal spatula. Bake until golden, 35 to 40 minutes.
  5. Let cool on wire rack for 15 minutes, then cut into 2-by-3-inch bars in pan. Let cool completely before removing from pan.
- NOTE: Quick-cooking oats cannot be substituted for the old-fashioned oats here because their texture becomes too sandy when toasted.

# Entertainment

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MONDAYS ONLY

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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 April 10, 2018. Must have coupon. Eat in only.



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**20% OFF\***  
**BREAKFAST**

Valid Monday-Friday 7am-3pm  
\*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 4/17/18

Everyday  
**BUY 2 PIZZAS  
GET 3RD FREE**

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 4/17/18

March 30th

April 1st

Good Friday

Easter

Traditional  
Turkey Dinner  
Baked Virginia  
Ham Dinner



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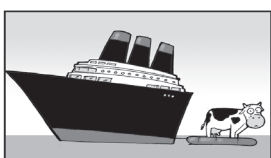
Providence 831-5700    E. Providence 438-5700    Warwick 467-5700    N. Kingstown 294-5700

## Yard Sales

### RIVERPOINT CONGREGATIONAL CHURCH RUMMAGE SALE

Martha & Mary's Shop at Riverpoint Congregational Church, 75 Providence Street, West Warwick, will hold a Rummage Sale on April 7 from 9AM-1PM. Clothing (\$.25-\$.50/item), household goods, kitchen items, books, toys, games, small baby furniture, craft supplies, plus more. All clothing is \$1/bag from 9-10AM.

DAVE'S HAVING A BARN SALE! 35 Pilgrim Avenue, Coventry. March 31, 9AM-3PM. There will be hundreds of items to look through. Rain or shine. Call 623-7890 before 3PM with any questions.



On July 4, 1840, the RMS Britannia left Liverpool, England with a cow on board to supply fresh milk to the passengers on the 14-day transatlantic crossing.

## Salome's Stars

**ARIES** (March 21 to April 19) Resist a confrontation with that irksome person. The matter will soon blow over anyway. Meanwhile, channel your high Arian energy into areas with more positive potential.

**TAURUS** (April 20 to May 20) The innovative Bovine finds a creative way to resolve a sensitive domestic problem by midweek. A former colleague returns with an intriguing business suggestion.

**GEMINI** (May 21 to June 20) An unexpected critical statement from someone you trust could catch you momentarily off guard. But you soon recover your equilibrium and rise to the challenge.

**CANCER** (June 21 to July 22) You might feel you can handle a new project on your own. But advice from someone with experience could help you avoid possibly costly as well as time-consuming obstacles.

**LEO** (July 23 to August 22) Waiting for others to make decisions is difficult for the take-charge Lion. But by week's end, you should hear news that will help you regain control of the situation.

**VIRGO** (August 23 to September 22) Your superjudgmental side could dominate the week unless you try to keep it in check. Otherwise you risk offending people, including some who are very close to you.

**VOICE/SONGWRITING LESSONS:** Friday and Saturday lessons. Call Tim at 401-225-8149 or visit www.TMWCSONG.com.

## COOKING IDEAS

(NAPSA)—Popular restaurants owned by Buffets, such as Ryan's®, HomeTown® Buffet, and Old Country Buffet®, offer made-to-order Mongolian Stir Fry with chicken, beef or shrimp. For locations and other information, visit www.Ryans.com, www.HomeTownBuffet.com and www.OldCountryBuffet.com.



\*\*\*  
QVC Program Host David Venable says be sure to have the right tools for the job when you grill, such as a Mr. Bar-B-Q Stainless Steel Oversized Spatula and a Technique Stainless Steel BBQ Chef's Pan with Grill Basket Lid, both available on QVC.com.

OPEN DAILY 7am-2pm Friday till 8pm

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Extra Pies Available Easter Sunday

GEL'S HOMEMADE ZEPPOLES - Available till Easter -

**OPEN EASTER 7AM-12PM**

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.

**LIBRA** (September 23 to October 22) Expect more information to come out about that possible career shift. Meanwhile, your loving concern helps someone close to you get through a worrisome period.

**SCORPIO** (October 23 to November 21) Despite an occasional setback, workplace pressures should continue to ease through most of the week. This would be a good time to plan that long-delayed trip.

**SAGITTARIUS** (November 22 to December 21) The sage Sagittarian quickly recognizes an opportunity when she or he sees it, especially if it's one you've been planning for. Take aim and go for it.

**CAPRICORN** (December 22 to January 19) The Sea Goat's unique insight guides you as you check out a questionable situation. Your efforts should prove rewarding for you and your many supporters.

**AQUARIUS** (January 20 to February 18) You might want to pace yourself a bit more. Rushing could lead to serious slip-ups. Take more time to check out details you might otherwise overlook.

**PISCES** (February 19 to March 20) The best way to resolve those remaining problems is to ask others for help. They'll be happy to do so, especially when you agree to share the credit for a job well done.

**BORN THIS WEEK:** Your natural gift for honest leadership earns you the respect and admiration of others.

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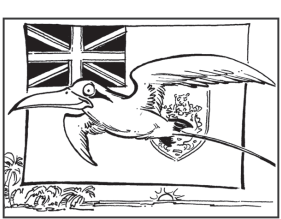
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The white-tailed tropicbird is the national bird of Bermuda.

**OFFICIAL NOTICE**  
**ANNUAL MEETING**  
 The Western Coventry Fire District will hold its Annual Meeting on:  
**Monday, April 2, 2018 at 7pm**  
 (Alternate date due to inclement weather will be April 9, 2018 at 7pm)  
**Summit Station**  
 1110 Victory Highway, Greene, RI 02827

The meeting will be for the purpose of election of one district board member, approving a proposed budget of \$809,855 and a fire tax levy of \$637,967 resulting in an increase of 4.01%, and conducting all other district business that may be deemed necessary and appropriate.

The annual meeting information packets will be available by Tuesday, March 27, 2018 at the following locations in Greene: Summit Fire Station, 1110 Victory Highway; the Summit General Store, 25 Old Summit Rd.; and Koszela Lumber, 1284 Victory Highway; and available electronically at <http://www.wcfd.net>. Doors open at 6pm.



All bodies of water are subject to the tide-producing forces of the sun and moon, but only when oceans and continents meet are the tides great enough to be noticed.

**EMANUEL LUTHERAN CHURCH**  
**SMORGASBORD**  
 Emanuel Lutheran Church, 9 New London Avenue (Parking Lot off Wells Street), West Warwick, will hold a Smorgasbord on April 7 from 5-7PM with continuous service. Adults \$8, Seniors & children (under 12) \$5. All are welcome!

**GREENE PUBLIC LIBRARY**  
**ITALIAN NIGHT FUNDRAISER**  
 The Greene Public Library, 179 Hopkins Hollow Road, Greene will hold their Italian Night Fundraiser on April 7 from 6-8PM. Suggested donation is \$10/adult, \$5/child (ages 5-12), children under 5 are guests & \$25/family for a family of 4. Come and enjoy a variety of pastas & salads. Please call Dan at 392-3131 for reservations or email [greenepubliclibrary@verizon.net](mailto:greenepubliclibrary@verizon.net) with name and number of guests attending.

**BABYSITTER'S TRAINING COURSE AT COVENTRY PUBLIC LIBRARY**  
 Coventry Public Library, 1672 Flat River Road, Coventry, will offer a Babysitter's Training Course conducted by the RI Chapter of the American Red Cross on April 20 from 9AM-4PM for boys & girls ages 11-16. A non-refundable fee of \$90 (includes instruction & materials) is required at registration which begins March 19. The Library will provide free lunch & snacks. Space is limited. To register or for more information, call 822-9102.

**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.

THE CHURCH OF CHRIST GIVING CLOSET will be closed March 28 & April 4 for Spring/Summer clothing changeover. We will reopen Wednesday, April 11. The Closet is open on Wednesdays from 1-5PM.

WHIRLPOOL UPRIGHT FREEZER, \$100. Cannon Ball twin bed, \$50. Baldwin piano, \$1500. Anvil, \$100. 647-5413.

**LARGE LOVESEAT:** Tan. Almost new. Paid \$700, sell for \$350. 828-2613.

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AFRICAN GREY PARROT with cage, \$125. 828-1062.

\*\*\*  
 While physics and mathematics may tell us how the universe began, they are not much use in predicting human behavior because there are far too many equations to solve. I'm no better than anyone else at understanding what makes people tick, particularly women.  
 -Stephen Hawking

**Comfort foods**  
 Made fast and healthy

**Asparagus Quiche**

With spring in the air and asparagus readily available, here's a great high-protein lunch dish that is sure to be a hit.

- 1 refrigerated unbaked 9-inch pie crust
  - 1/2 cups (9 ounces) diced 97 percent fat-free ham
  - 3 cups finely chopped fresh or thawed frozen cut asparagus (3/4-ounce) slices reduced-fat Swiss cheese, shredded
  - 2/3 cup nonfat dry milk powder
  - 1 cup water
  - 2 eggs, beaten, or equivalent in egg substitute
  - 2 teaspoons dried onion flakes
  - 1/4 teaspoon ground nutmeg
1. Heat oven to 350 F. Place pie crust in a deep-dish 9-inch pie plate and flute edges. Layer ham and asparagus in prepared pie crust. Evenly sprinkle Swiss cheese over top.
  2. In a medium bowl, combine dry milk powder and water. Add eggs. Mix well to combine. Stir in onion flakes and nutmeg. Pour milk mixture evenly over top.
  3. Bake for 50 to 55 minutes or until center tests done. Place pie plate on a wire rack and let set for 10 minutes. Cut into 8 wedges. Serves 8.
- HINT: Thaw asparagus by placing in a colander and rinsing under hot water for one minute.
- Each serving equals: 230 calories, 10g fat, 15g protein, 20g carbs, 515mg sodium, 190mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1 Vegetable, 1 Fat; Carb Choices: 1.
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**News For Older Americans**

**Tips On Finding A Place To Put Sparkle Into The Golden Years**

(NAPSA)—If you're ever among the estimated 65 million Americans caring for loved ones, a look at one famous family's experience may be useful to you.

Joan Lunden, former host of "Good Morning America," wife, mother of seven and caregiver to her mother, Gladycy, was faced with the challenge of finding the right senior living community for her mom. Lunden found herself completely unprepared for what was ahead.

"My mom was always a social butterfly," recalled Lunden. "I thought she would live in a place where she could make friends, entertain and socialize, but I quickly came to realize that version of my mom no longer existed. The community we initially chose was lovely but did not meet her needs."

Gladycy's first community lacked critical aspects of memory care that would help her cope with dementia, a condition that was worsening with time.

"We had to move a couple of times but ultimately found a small residential home in my mom's area that provided the hands-on, day-to-day care she needed. It was a long journey, but we finally arrived at the right place," Lunden added.

As a result of her experience, Lunden has partnered with the nation's largest senior living referral service to help educate Americans on what they need to know about this difficult, complex process. At A Place for Mom, knowledgeable and compassionate Advisors counsel families through the process, offering guidance at each stage of their search. These experts



**Joan Lunden, former host of "Good Morning America," here with her mother, Gladycy, has advice for caregivers looking for senior living options for their loved ones.**

advise there's no better way to learn about a community than to visit. Families should tour the places they're considering, together, to fully gauge if it's the right fit.

**What To Look For On a Visit**

•**Check for Cleanliness.** Look under the beds, into corners, and at baseboards and windows to ensure that the community is properly maintained. Ask for details on housekeeping protocols, maintenance and response times.

•**Follow Your Nose.** Odors offer subtle hints. Smells concentrated in one area indicate a single, recent incident. Odors throughout the community may indicate a bigger problem.

•**Visit During an Activity.** Research the activity calendar and learn what's available on- and off-site throughout the year and if those activities match your loved one's interests.

•**Meet the Management.** Meet community management so you can assess their approach to residents' care. Also look for inter-

action between staff members and residents. Are they engaged and courteous? Do they make eye contact with residents?

•**Go Outdoors.** Does the area feel safe and secure? Are activities held in these areas on sunny days?

•**Dine.** The dining room experience is very important. Discuss entrée choices, learn about dining hours, options and procedures. Enjoy a meal and meet some of the residents.

•**Ask Security and Safety Questions.** Be sure bathrooms are accessible and have convenient grab bars. Are there registered nurses on-site? How do staffing patterns differ at night?

•**Check on Personal Care.** Discuss bathing options and preferences. Observe current residents while visiting. Are they clean shaven, with well-groomed hair and nails? Are the residents dressed appropriately?

•**Ask About Move-Out Criteria.** Under what circumstances is a resident asked to move out? What notice does the resident or caregiver need to give the staff? Oftentimes, a 30-day notice is required by the property.

•**Trust Your Instincts.** Think about your loved one living in the community. Do you feel at ease? The place doesn't have to be the most beautiful to be the best fit. Follow your instincts and your heart.

**How to Learn More**

For more details on these helpful tips and further suggestions on how to find the right senior living options, visit [www.aplaceformom.com](http://www.aplaceformom.com) or call (877) 311-6099.

# Real Estate

## Apartment for Rent

## Apartment for Rent

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### Three Easy Ways To Improve Your Life

(NAPSA)—Your health, wealth and happiness may be improved if you heed these three helpful hints to ease and enhance your life:

1. Studies show money effectively motivates weight loss. So many individuals, couples, friends, families and employee groups turn to HealthyWage.com—the leading provider of money-driven diet challenges. It provides cash prizes, social and expert support, tools, resources, and goal-setting and tracking technologies. Over 200,000 participants have collectively lost over 10 million pounds, earning over \$5 million in cash prizes for their pound-shedding success.



Three helpful resources can take you a long way toward a better life.

2. Those ready to retire can avoid financial strife with the Amazon.com-listed book "20 Retirement Decisions You Need to Make Right Now." It covers key financial decisions for the critical period transitioning from work to retirement. These decisions—many permanent—will affect your financial security for decades.

3. Excessive sweating—a serious medical condition called hyperhidrosis—affects approximately 4.8 percent of the population and can lead to serious practical, social and emotional consequences. The International Hyperhidrosis Society provides support, resources and expert perspective to those struggling with this condition and others who hate to sweat. Its website, www.SweatHelp.org, offers education; treatment, insurance, and clinical trial information; a physician finder; a useful award-winning blog; and sweat-management product discounts.

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**Coventry:** 3 bed ranch, fireplace, hardwoods, central air, vinyl sided, situated on 2.4 acres, \$279,900

## Hints For The Home

### Six Steps To A Well-Maintained Home

(NAPSA)—Your home is, most likely, your biggest investment. Here, from an assortment of experts, are a few hints on how to keep it in good shape:

1. **Good Clean Fun:** When it comes to cleaning ceramic floors, there's no need to wax. Just sweep and mop on a regular basis and they stay clean and shiny. Mop floors with clear water or just a dash of liquid dish soap. Be sure to change the water when it gets cloudy. Too much soap or dirty water will make floors dull or sticky. Don't use scrub pads on ceramic tile floors or you might scratch them. Professional cleaners wash most floors by hand, cleaning and drying a small area at a time. That's the advice from Merry Maids comprehensive cleaning service, which can scale a plan—weekly, biweekly or monthly—to meet your needs and your budget.

2. **Floor Facts:** To maintain your carpets' appearance, they should be professionally cleaned every six to 12 months. If, however, you've suffered damage from water, fire or smoke, they need help right away. The ServiceMaster Clean residential services division specialists in carpet and upholstery cleaning can help either way. In an emergency, their yellow trucks can be dispatched 24/7, 365 days a year to restore your home to pre-disaster condition.

3. **When Your Yard Wants to Be a Lawn:** Great lawns require great soil with the right balance of alkaline and acid. If your soil is out of balance, you can adjust the pH with lime, potassium or other micronutrients. To help your lawn grow great, a leading provider of lawn and landscape services, TruGreen, delivers customized solu-



Your house can be less expensive to maintain, more comfortable to live in and easier to sell when the time comes if you take a few simple steps with help from home maintenance experts.

tions that are effective, innovative and responsible.

4. **Best the Pests:** Household pests are more than an embarrassing nuisance. They can carry harmful Terminix into your home. To protect your home, keep the firewood pile away from the house. Seal any cracks around windows and doors and be sure all screens are in good repair. A quarterly pest control plan from Terminix can help eradicate any pests. The program is managed by certified professionals who can also recommend modifications to prevent new infestations.

5. **Deter Termites:** You can also make your house less attractive to termites. Since the pests need moisture to survive, grade the soil around your foundation so it carries water away from the house. Keep gutters and downspouts in good repair. Consider a

Termite Inspection and Protection Plan from Terminix. You get an annual inspection of home and property. If new termite activity is later found, the damage will be covered at no cost to you.

6. **Protect Your Appliances:** For example, it's a cool idea to clean the refrigerator's interior shelves, shell and gaskets at least every three months. Once a year, clean the coils on the back or underneath with a vacuum cleaner. You can get a home warranty from American Home Shield that can be one of the best defenses against expensive and unexpected covered repair costs, with a national contractor network made up of over 11,000 approved, independently insured home-service contractors.

#### More Information

You can learn more at www.servicemaster.com and (866) 348-7672.

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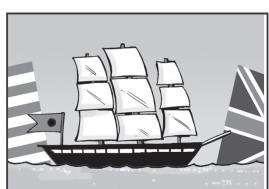
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If your property is currently listed with a real estate broker, please disregard this offer. It is not our intention to solicit the offerings of other real estate brokers. We are happy to work with them and cooperate fully. Merrill Corporation Item #15-3645 01/02



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(NAPSA)—To do more than simply spread germs around, steam clean with a HAAN HS-20 handheld, Deluxe Personal Sanitizing Steam Cleaner; sanitize clothes with a HAAN GS-60 Steam Station and kill carpet bacteria with a HAAN Duo sweeper and steamer. Learn more at www.haanusa.com.



Peanut butter was invented as a health food by a physician who was concerned about the nutrition of his elderly patients.



**RICE CITY LADIES AID SUPPERS**  
The Rice City Ladies Aid Society is getting ready to start up their delicious suppers! Keep an eye out for the dates!

**NEW ENGLAND STEEL GUITAR ASSOCIATION STEEL JAM**  
The New England Steel Guitar Association will hold a Steel Jam on April 8 from 1-5PM at American Legion Post #15, 1016 Post Road, East Greenwich. The band "Crossfire" will perform. Kitchen is open.

**NARRAGANSETT CHAPTER OF TROUT UNLIMITED (TU225) ANNUAL BANQUET**  
The Narragansett Chapter of Trout Unlimited (TU225) will host its Annual Banquet from 3-7PM on April 7 at the Coventry-West Greenwich Elks Lodge, 42 Nooseneck Hill Road, West Greenwich. There will be numerous bucket raffles, silent & live auction items. The Annual Banquet is the main fundraiser of the year. Tickets are \$35 and include a buffet dinner, cash bar & all the winning auction items you can take home. For tickets or additional information, contact Chapter President, Glenn Place at TU225President@gmail.com or by calling 225-7712.

**COVENTRY PUBLIC LIBRARY PRESENTS...**  
Coventry Public Library, 1672 Flat River Road, Coventry welcomes Sheryl Faye as she presents "Helen Keller ~ Champion of the Disabled" on April 12 at 7PM. Ms. Faye will use a taped voice over while portraying Helen discovering language at age 7 until adulthood when she wrote 12 books. Please join them for an unusual & moving evening. Register by calling Jane at 822-9104 or email js@coventrylibrary.org

## Did You Know?

(NAPSA)—According to experts at the AFL-CIO, it's time for economic patriotism. The nation must stop rewarding outsourcing and promote manufacturing in the United States instead. For more information, visit www.aflcio.org.



When shopping for a new home, take your time and analyze all aspects of the home to ensure it is perfect for you and your family. To learn about kitchen design and storage features, visit Merillat, a leading manufacturer of cabinetry, at Merillat.com.

approach car shopping with certainty, AutoTrader.com, the Internet's leading auto classifieds marketplace and consumer information website, offers a Roadmap to Car Shopping Success at www.AutoTrader.com/roadmap.

The nation's largest manufacturer of wood-alternative decking, railing and fencing products, Trex Company, recommends contractors with extensive training and product knowledge. Homeowners may locate an experienced TrexPro® on www.trex.com.

You can learn about your personality if you take a quiz online at www.fishernuts.com or www.facebook.com/fishernutsbrand. The parent company, John B. Sanfilippo & Son, Inc. (NASDAQ: JBSS), is a leading processor, marketer and distributor of shelled and in-shell nuts and snacks.

North Carolina's Crystal Coast is known for its many charms, but lovers of pirate lore and fans of the soon-to-be-released "Pirates of the Caribbean 4" may be pleased to learn that it once played host to Blackbeard and his crew. For more information, visit www.crystalcoastnc.org.

Young gamers today can have their own adventures with a character that parents may remember fondly: Taz the Tasmanian Devil. A new game, "Galactic Taz Ball," is designed for the Nintendo DS and published by Warner Bros. Interactive Entertainment. Learn more at www.galactictazball.com.

According to a Consumer Electronics Association survey, nearly half of consumers will replace an accessory included with a consumer electronics purchase. You can find more information about the survey and about electronics online at www.CE.org or by calling (866) 858-1555.

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## Winners

**WINNERS AGE 4-6**



**1st Place**

**Gabryle Lecuivre**  
West Warwick



**2nd Place**


**Lucas Mallozzi**  
Hope



**3rd Place**


**Emma Andrade**  
Scituate

**WINNERS AGE 7-10**



**1st Place**

**Mathew Bartlett**  
Warwick



**2nd Place**

**Hollie Parisi**  
West Warwick



**3rd Place**

**William Warner**  
Scituate

**AGE 4-6 RUNNER-UPS**  
Sophia Caçione, Cranston / Adam Duças, Coventry  
Claudia Haskell, Coventry / Ethan Cook, West Greenwich  
Alena Holsombach, Saundertown

**AGE 7-10 RUNNER-UPS**  
Giovanni Albanese, Lincoln / Jakob Burton, Coventry  
Aria Cummiskey-Canfield, West Warwick  
Herbie Hastings, West Greenwich / Elyn Allen, Exeter

A Great Big Thank You to everyone who entered. We had over 200 entries!

**We hope everyone has a Happy Easter!**

1st, 2nd & 3rd Place Winners Each Age Category: Come in and have your picture taken and get your prizes this Thurs. or Fri. March 29th & 30th between 8:30am and 5:00pm.

We are located at 1049 Main Street, Coventry, RI  
Runners Up Certificates will be mailed.

**Special Thank You to Greenbush Elementary**



# The REMINDER 2<sup>ND</sup> SECTION

Rhode Island's First Buyers Guide

March 27, 2018  
Volume 59 • Issue 143

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## Car Corner

**14 Cars You Can Practically Drive Forever**  
by Kara Lawton

American-made SUVs dominate in a study of vehicles proven to last at least 200,000 miles, according to the automotive research company iSeeCars.com.

"The research shows that certain cars actually exceed 200,000 miles far more often than others do," said Phong Ly, the company's co-founder and CEO.

**Car Longevity Findings**

The automotive research firm's analysis of 13 million pre-owned car sales revealed some interesting information about the longest-lasting cars on the road:

- Large SUVs from GM, Toyota and Ford earned the top 7 out of 14 spots, with the SUVs logging 14,407 annual miles (14 percent higher than average).
- Domestic beat imports 8 to 6 in the list of longest-lasting cars.
- The only passenger cars and sole minivan that ranked are Japanese models from Toyota and Honda.
- In addition to seven SUVs, four pickup trucks made the list: the Toyota Tacoma, Chevrolet Silverado 1500, Ford F-150 and GMC Sierra 1500.

**The Top 14 Longest-Lasting Vehicles**  
(Ranked by percent of cars over 200k miles)

1. Ford Expedition, 5.7%
2. Toyota Sequoia, 5.6%
3. Chevrolet Suburban, 4.8%
4. Toyota 4Runner, 4.7%
5. GMC Yukon XL, 4.2%
6. Chevrolet Tahoe, 3.5%
7. GMC Yukon, 3.0%
8. Toyota Avalon, 2.6%
9. Toyota Tacoma, 2.5%
10. Honda Accord, 2.3%
11. Honda Odyssey, 2.3%
12. Chevrolet Silverado 1500, 2.2%
13. Ford F-150, 2.1%
14. GMC Sierra 1500, 2.0%

(Average for all models: 1.3%)

"For consumers who want a car that will log high miles and have more reliability after the manufacturer's warranty



Research reveals cars most likely to still be on the road after 200,000 miles.

expires, one of these 14 longest-lasting cars is likely to deliver," Ly said.

With trucks and SUVs excluded from the list, Japanese automakers represent 12 of the 16 models with higher percentages than average.

The results include some of the country's most popular cars: the Honda Accord, Honda Civic, Toyota Camry, Nissan Maxima, Subaru Forester, Ford Taurus and Chevrolet Impala.

Also of interest, one hybrid (Toyota Prius) and one luxury car (Mercedes-Benz S-Class) ranked on this list, along with four minivans, which include the Honda Odyssey and Toyota Sienna.

**Learn More**

To see the full study, use an award-winning car search engine or get a free VIN report, visit iSeeCars.com.

**About iSeeCars.com**

iSeeCars.com is an automotive data and research company that's saved car shoppers more than \$133 million so far. It helps consumers find the best deals by providing key insights and guidance, using big data analytics to objectively analyze, score and rank millions of cars and thousands of dealers. Based in the Boston area, iSeeCars.com was founded by a former TripAdvisor developer and SAP executive determined to improve the car shopping experience with free tools like its online car search engine and mobile apps.

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### AUTOMOTIVE ANSWERS

#### Is Someone "Liening" On Your Car?

(NAPSA)—When buying a used car, it's important to look for problems that aren't apparent to the naked eye. You might think of damage or fraud, but this includes any financial issues as well.

For starters, make sure any unpaid liens have been resolved before buying the car. A lien is "a legal right to the vehicle by a third party to ensure the repayment of a debt or other financial obligation."



When a lien is placed against a car, it can prevent a new owner from registering the car until it is resolved.

If you buy a vehicle with a lien on its title, you become legally obligated to pay off the debts. The lien also prevents you from registering the car until the lien is paid off.

One way to help protect yourself is to get a Carfax Vehicle History Report. It can contain a wide variety of information reported on the vehicle, such as title information, accident history and odometer readings, as well as financial issues, such as liens against the car.

Visit [www.carfax.com](http://www.carfax.com) to get a Carfax Report and learn more.

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#### Trucks & Vans

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#### Your Auto

#### The Best New Car And Truck To Fit Your Needs

(NAPSA)—The next time you're shopping for a new car or truck, you might want to consider purchasing one that offers the greatest options for customization.

Automakers are making vehicles more reliable and longer lasting than ever before. As a result, buyers are increasingly interested in a vehicle's ability to be transformed to fit their needs. So when it comes to making the final decision, the ability to personalize the vehicle can be the difference in ensuring that a vehicle meets your needs.

Just about all new cars and trucks can be modified, whether it's a new paint job, seat covers, body kit or performance enhancement. In fact, consumers spend more than \$33 billion a year on products that enhance the styling, performance and functionality of cars, trucks and SUVs.

There are, however, certain models that are more accessory friendly than others. One way to learn what the hottest vehicles for personalization are is to check out the SEMA Award winners, presented annually by the Specialty Equipment Market Association (SEMA).

models that parts and accessory manufacturers are investing in.

This year's winning vehicles were the Ford Mustang for the Hottest Car, the Honda Fit for the Hottest Sport Compact, the Jeep Wrangler for the Hottest 4X4-SUV, and the Chevrolet Silverado for the Hottest Truck.

#### Hottest Car

The SEMA Award for the Hottest Car went to the iconic Ford Mustang. Powered by a new independent rear extension, updated power train, and 2.3L EcoBoost, the 2015 Mustang can be enhanced a thousand different ways. Whether it is with performance products or appearance accessories, the Mustang is versatile in its ability to be customized, allowing owners to turn their car into something truly personal.



Honda Fit

#### Hottest Sport Compact

Honda vehicles are well known for being accessory friendly, so it is no surprise that the Honda Fit was named the winner of the Hottest Sport Compact. The body itself is both tunable and upgradable, making it easy to improve the performance and look of the vehicle. Affordable, fuel efficient and completely customizable, the Honda Fit is proof that vehicle modification is attainable at any price point.

#### Hottest 4X4-SUV

Winner of the Hottest 4x4-SUV for five years in a row, the Jeep Wrangler is a favorite in the auto enthusiast market. The Jeep



Jeep Wrangler

Wrangler is popular among the off-road community for its durability and ruggedness, yet practical and reliable enough for everyday driving.

#### Hottest Truck

Chevy trucks have been helping Americans earn their keep for nearly a century, and the Silverado is keeping the tradition going. As the SEMA Award winner for the Hottest Truck, the Silverado offers drivers unlimited versatility. Traditional truck modifications include bed liners, running boards and hitches, while those looking for greater personalization can also easily enhance the performance or look of the truck.



Chevrolet Silverado



Ford Mustang

"The SEMA Award helps guide consumers toward the hottest-trending and most accessory-friendly vehicles on the market," said Chris Kersting, SEMA president and CEO.

Awards are presented annually in four categories based on the

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**Hints For Homeowners**

**Smart Ways To Save In Your Home And Garden**

(NAPSA)—Some ways to save money at home are smarter than others—because they rely on “smart” appliances and devices that are programmed to conserve.

Such devices and appliances make sure energy and resources are not wasted when not needed. Two popular examples are automatic light dimmers that lower the lights when no one is home, and instant water heaters that only fire up when hot water is actually needed.

Every day, more of these appliances become available. To save money on energy, you can now purchase a smart refrigerator that knows when food is spoiled, or a programmable thermostat that heats your home only when needed.

You may also be paying for water you don't actually need. To lower your water bill, consider water-saving toilets and showerheads and don't forget how much water is wasted outside the home. Up to 70 percent of a household's water waste can occur outdoors. The solution can be a smart irrigation system. Such systems include:

- Weather-based irrigation controllers that keep an eye on the weather conditions and adjust timing and watering amounts accordingly;
- Moisture sensors that detect saturation levels in the soil and tell your controller when to water or stop;
- Wireless rain sensors that shut off the sprinklers when it is raining;
- Subsurface drip irrigation systems that deliver water beneath the soil surface.

When combined with smart watering habits, these products can result in water savings of up to 70 percent.



An irrigation system with weather sensors can help you save on your water bill.

A good example of this type of irrigation system is Rain Bird's revolutionary Simple-to-Set (SST) Smart Controller, which combines an intuitive, user-friendly interface with the automatic self-adjusting, weather-sensing technology found in the professional-grade smart irrigation controllers.

The technology was previously available only through professional landscape contractors but is now available directly to homeowners. Designed to be installed and used by everyday consumers, the new SST Smart Controller ensures that landscapes receive the precise amount of water needed to thrive, reducing the amount of water wasted through overuse and varying weather and temperature patterns.

The controller achieves maximum water efficiency by setting zone-by-zone watering schedules tailored to the landscape's watering needs, and adjusts them based on changing weather conditions. This self-adjusting, weather-sensing technology is housed in a rugged controller and creates daily adjustments in watering schedules so that landscapes receive the right amount of water every time.

For more information, visit [www.rainbird.com](http://www.rainbird.com).

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**Hints For Homeowners**

**Easy Ways To Save Money**

(NAPSA)—Saving energy saves you money. That's the message of a new series of public service announcements (PSAs) launched by the U.S. Department of Energy (DOE) and the Ad Council. The announcements offer great energy-saving tips such as switching from traditional lightbulbs to energy-saving lightbulbs, adjusting the thermostat at night or while outside the home, as well as purchasing appliances and products that have earned the ENERGY STAR® designation. The PSAs were created pro bono by Texas-based advertising agency GSD&M.

*Save Energy. SAVE VACATION.*



Saving Energy SAVES YOU MONEY. ©

**EnergySavers.gov Website Information**  
 “Americans spend about \$2,000 per household on energy every year—but many of them could save a few hundred of that without changing their lifestyle,” said Energy Secretary Steven Chu. “Many American families can take simple steps to reduce their energy bill, while making their homes more comfortable, and use that money for something they really need or want.”

**Using ENERGY STAR®-qualified appliances can save homeowners money.**

The PSAs direct homeowners to [www.energysavers.gov](http://www.energysavers.gov), where they can find tools and information to help them make their homes more efficient. According to the DOE, here are a few ways you can save energy:

of the energy bills. Using ENERGY STAR®-qualified appliances can save homeowners money.

- Upgrading 15 of the inefficient incandescent lightbulbs in your home could save you about \$50 per year. ENERGY STAR®-qualified LEDs use only 75–80 percent of the energy and last up to 25 times longer than the traditional incandescent bulbs they replace.
- In a typical U.S. home, appliances and home electronics are responsible for about 20 percent

- You can save around 10 percent a year on heating and cooling bills by turning your thermostat back 10° to 15° for eight hours a day. Use a programmable thermostat to make sure you are only conditioning your home when you need to be.

The TV PSAs are viewable on the DOE's YouTube channel located at [www.youtube.com/usdepartmentofenergy](http://www.youtube.com/usdepartmentofenergy) and the Ad Council's YouTube channel at [www.youtube.com/adCouncil](http://www.youtube.com/adCouncil).

In an effort to further the reach of the campaign online, the DOE and the Ad Council launched a social media program on Facebook, Twitter and YouTube.

**Campaign Background and Statistics**  
 To see tips and the ads prepared as part of the campaign, visit [www.energysavers.gov](http://www.energysavers.gov).

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## Home Ideas

### How To Choose Exterior Siding Colors And Textures For Your Home

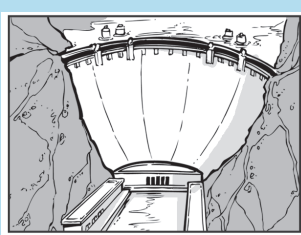
(NAPSA)—When it comes to picking the right colors and textures for a home, most homeowners color themselves confused. There are so many styles to choose from. Exterior design does not need to be difficult. Here are eight tips to help you pick the perfect home palette:

- 1. Think about the kind of statement you want to make.** Do you want your home to naturally blend in with the environment or be bright and distinctive? Would you like your home to be welcoming or stately?
- 2. Look around at color schemes that appeal to you.** What makes the homes you see look friendly and appealing? Take pictures and think about how the color scheme helps deliver that look.
- 3. Consider the materials already used in the house.** Is the foundation brick, stone or concrete? What colors are the roofing shingles? The colors and textures you choose don't have to match existing materials but should harmonize with them.
- 4. Use an exterior design visualizer that lets you try colors and styles on your home's exterior without leaving the comfort of your home.** For example, with siding manufacturer Exterior Portfolio's Dream Designer visualizer you can mix and match siding colors, textures and styles online to find the right exterior home design. The online tool gives users the freedom to change siding, window, door and corner trim, as well as roof color. You can also choose from a gallery of homes or upload images of your own home to design with. Try the Dream Designer at [www.ExteriorPortfolio.com/DreamDesigner](http://www.ExteriorPortfolio.com/DreamDesigner).
- 5. Consider the surroundings.** Some siding textures and col-



Using an online digital program, you can upload a picture of your home and design and color it to your heart's content.

- 6. What colors work best with the style of your home?** Colors can be brighter with a Victorian house, say, than a Colonial house, if you want to stay accurate to the period.
- 7. Get samples to see how each color looks on your home.** Swatches and color samples aren't just for a home's interior. The best way to test your home's design decisions is with actual color samples. Through Exterior Portfolio's Dream Designer program, you receive a customized Dream Designer Board with high-resolution images of your exterior design and large siding sample pieces of the selected products so you can try it before you buy it.
- 8. Lighten up.** Pick a lighter neutral shade for the walls; use white for window trim and darker colors on add-on features such as shutters. Use bold colors or bright neutrals to play up beautiful architectural features.



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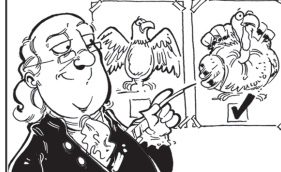
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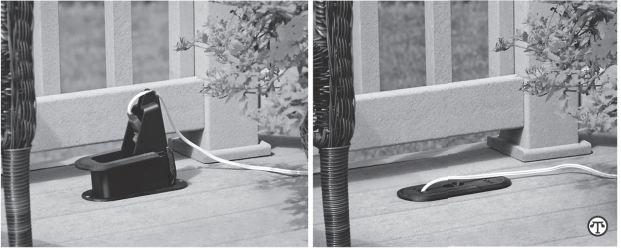
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Benjamin Franklin thought the wild turkey—not the bald eagle—was the best choice for the national bird.

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Now there's an easy and inexpensive way to power lights, fountains or small appliances on outdoor raised decks. The Deck Grommet securely holds an outdoor extension cord that runs underneath the deck, and seals out moisture and debris while in use.

(NAPSA)—Americans, it seems, have more leisure time than ever, and more of that time is spent on their decks: Almost 85 percent of U.S. homes have some type of deck.

**Decked Out For Delight**  
Now, many families are finding they want to make their deck do more. For example, they're adding an outdoor kitchen, a fire pit or a fireplace with seating. Some set up outdoor speakers or decorative lights and fountains.

**The Problem**  
While cooking and eating on your deck are easy, other activities, such as reading at night, listening to music or enjoying that fountain, require a nearby power receptacle. Installing an outdoor electrical outlet usually means calling an electrician. And running extension cords over the deck can be unsightly and unsafe.

**An Answer**  
There is, however, an easy-to-install solution to put power exactly where you need it on your raised deck: the Red•Dot Deck Grommet, a rugged polymer housing, constructed to withstand outdoor conditions, that you install in the deck surface. It securely holds an outdoor extension cord that runs underneath the deck and seals out moisture and debris while in use.

Perhaps best of all, it's easy to install:

**How to Install It**  
Trace the bottom end of the flange on the deck surface. Cut out the hole and install the flange into the opening. Secure with the two screws provided.

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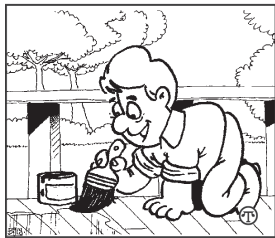
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# Spring HOME IMPROVEMENT PAGES

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Automatic standby generators offer many advantages over portables during a power outage. To learn about the long-term advantages of home standby power, visit the Generac website at [www.generac.com](http://www.generac.com).

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A Kärcher K3 Follow Me pressure washer is a top-notch cleaning tool that homeowners can use with ease and confidence. Simply plug it in and start cleaning. For more cleaning tips, visit [www.karcher.com/us](http://www.karcher.com/us).

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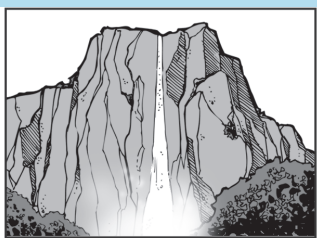
Kenneth D. Quaranto, founder and owner of KDQ Landscaping, is a RI Certified Horticulturist and has a URI degree in Turf Management and Plant & Soil Science. He is an active member of the RI Nursery and Landscape Association.



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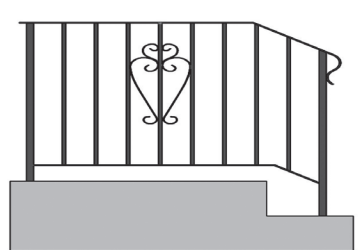
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## Spring Cleaning Tips

### Cleanse Your Closet

by Jill Martin  
(NAPSA)—Spring can be a great time to sort through what you have and create more space by getting rid of the items you no longer need or use. To help, here are some tips to tackle those tedious tasks.

- **Cleanse your closet.** Typically, people only wear 25 percent of what they have in their closet, so 75 percent can go. Start by fill-

ing just one trash bag for donation. Make purging easier by following these guidelines: If it hasn't been worn in a year, has stains or is pulled, still has tags on it or you don't remember when it was bought—get rid of it.

- **Uniformity is key.** Invest in slim hangers that provide more room and make your closet look organized. For example, try the hangers in my line, the Jill Martin Set of 50 Space-Saving Flocked Hangers, QVC Item #V32141.
- **Use all the space you have.** Opt to buy items that are multi-purpose, such as ottomans that are also made for storage, bins that are fashionable enough to be displayed, and jewelry organizers that can be hung on the wall for decoration.

Jill Martin is a New York Times best-selling author, Emmy® Award-winning television personality, fashion expert and the creator of *Jill by Jill Martin* for QVC, a stylish line to keep life clutter-free. It's available, while supplies last, through QVC.com, the QVC apps or by calling 800-345-1515.

## Top Toys

### Pokémon Phenomenon Lives On

(NAPS)—A new line of toys brings to life the experience of a Pokémon™ Trainer: to catch, trade and battle Pokémon.

The toys coincide with the successful launch of the *Pokémon Black Version* and *Pokémon White Version* video games for Nintendo DS™ and TV animation series on Cartoon Network. More than 150 all-new characters from the brand-new Unova region are found in the video games, TV animation, trading card game and toy line.

Popular toy brand expands with new ways to play.

The innovative new toy line from JAKKS Pacific incorporates the many ways kids like to play with Pokémon as inspired by the TV animation:

- Skill and action play, featuring the Pokémon Catcher and Pop 'n' Battle Launcher and target. The Catcher allows kids to catch microfigures using a unique, retractable Poké Ball. The Pop 'n' Battle Launcher allows kids to launch and battle their favorite characters in a head-to-head competition with friends.
- Action figure play featuring figures and playsets based on the all-new characters from the Unova region.
- Trainer role play items and a collection of plush characters.

You can find the new toys at major retailers nationwide. For more information, visit [www.jakks.com](http://www.jakks.com) or call (877) 875-2557.

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stain in colors to match most wood stains. Apply the stain to the wood and wipe off any excess with a soft cloth.

To repair scratches and nail holes in stained and finished wood on furniture, cabinets and more, try the company's Blend-Fil Pencils. They come in a variety of colors to match specific stain colors. You simply work the pencil point into the nail hole, scratch or other imperfection and then wipe off the excess for a durable repair that's virtually undetectable.

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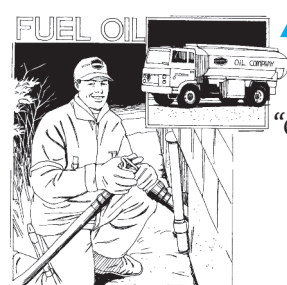


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# Children's Health

## Sobered By Childhood Hunger, Pioneering Educators' Approach To Serving School Breakfast Pays Off

(NAPSA)—An overwhelming three in four teachers and principals report regularly seeing hungry kids in their schools, says a new report released by Share Our Strength's No Kid Hungry campaign. As Americans gear up for back to school, the report highlights the on-the-ground view of hunger as told by public school teachers and principals and points to an unlikely program—in-the-classroom breakfast—that's increasing academic achievement and reducing childhood hunger at the same time.

The new report, "Hunger In Our Schools: Teachers Report 2013," generously supported by C&S Wholesale Grocers Inc., asks front-line educators to explain the hunger they see in school, steps they take to address it, and what's working to help their students access food and succeed academically.

Half of teachers surveyed say hungry children in their classroom is a serious issue—the highest level measured in the four years of conducting this research. These teachers and principals are spending more out of their own pocket to help hungry kids. According to the new report, on average, teachers who buy food for hungry students spend \$37 a month—up from \$26 a month in 2012. Principals report spending about \$60 a month to buy food for their students.

Educators surveyed saw bright spots, too. Nine in 10 see break-



Since moving school breakfast after the opening bell, more than half of all teachers report seeing improvements in students' behavior and health.

fast as key to academic achievement. Many identified creative approaches to serving school breakfast as a critical part of any effort to help students succeed.

### Benefits of Breakfast After The Bell

The U.S. Department of Agriculture (USDA) administers the National School Lunch Program and the School Breakfast Program, both of which offer free and reduced-price meals to low-income students. However, of the number of low-income students who eat a free or reduced-price school lunch (21 million), only about half currently also eat a school breakfast (less than 11 million). Stigma of being sent to eat in the cafeteria while other kids socialize and transportation issues are often barriers to students receiving school breakfast.

Proven ways to close this gap include rethinking how breakfast

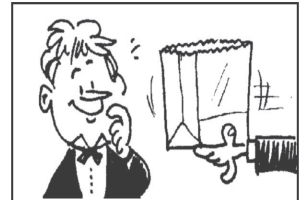
is served—often moving it from the cafeteria to the classroom or changing when it is served. Traditionally, schools serve breakfast in the cafeteria before class begins; breakfast after the bell makes eating the first meal of the day an integrated part of the school day, which makes it easier for kids in need to access this meal.

### Making A Difference

Early experience with breakfast after the bell shows it's working in surprising ways. Teachers and principals who have breakfast in the classroom say they've seen improvement in alertness (76 percent), better attendance (57 percent), fewer disciplinary problems (54 percent), fewer visits to the school nurse (55 percent) and fewer tardy students (49 percent). More than half of teachers report seeing behavior and health improvements in students since implementing the program. Importantly, these are benefits that improve the entire classroom dynamic.

### Help Make Sure No Kid Hungry Starts With Breakfast

The No Kid Hungry campaign is working to connect more kids to the federal School Breakfast Program. With the public's help, the campaign is building a map that paints an unprecedented snapshot of school breakfast programs across the country. Help identify how schools are serving school breakfast at [www.NoKidHungry.org/BackToSchool](http://www.NoKidHungry.org/BackToSchool) and map your school.



The first machine for making paper bags was built in the 1860s.

## Did You Know?

(NAPSA)—Many veterinarians suggest dogs get dental treats for oral care. The brand they recommend most now has a new product that helps canine joint health. These GREENIES JointCare Canine Treats won Product of the Year in a TNS consumer survey. Learn more at [www.greenies.com](http://www.greenies.com).



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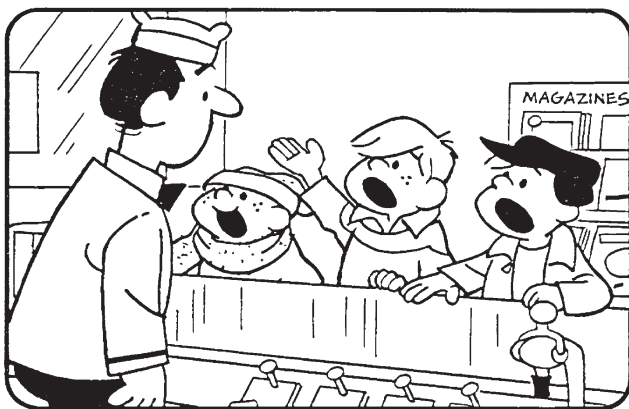
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## INFORMATIONAL MEETINGS AT GEN. NATHANAEL GREENE HOMESTEAD

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 2nd meeting will be March 24 at 1PM. All are welcome. For more information, please email [nathanaelgreenehst@gmail.com](mailto:nathanaelgreenehst@gmail.com) Visit us at [nathanaelgreenehomestead.org](http://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.

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See page 4 for details on how to place a fast acting classified in...

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**LUNG CANCER?** And age 60+? You and your family may be entitled to a significant cash award. Call 1-866-428-1639 for information. No risk. No money out of pocket.

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**UNABLE TO WORK DUE TO INJURY OR ILLNESS?** Call Bill Gordon & Associates, Social Security Disability Attorneys! FREE Evaluation. Local Attorneys nationwide. 1-800-586-7449. Mail: 2420 N. St. NW, Washington DC. Office: Broward Co. FL (TX/NM Bar).

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**COMCAST HI-SPEED INTERNET:** \$39.99/month (for 12 months). No term agreement. Fast downloads! PLUS ask about our Triple Play (TV-Voice-Internet) for \$89.99/month (lock in 2 years!). Call 1-844-835-5117.

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**2015 CHEVY MALIBU LT (36K) 1 OWNER! Back up cam! Remote Start! ..... \$183/mo. (\$11,900)**

**2016 MAZDA 3 SPORT! (46K) 1 Owner! Blind Spot! Factory warranty! ..... \$183/Mo. (\$11,900)**

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**2013 DODGE CHALLENGER SXT (71K), 1 Owner! 20" Wheels!, Bluetooth! ..... \$229/mo. (\$14,900)**

**2011 CADILLAC SRX AWD Performance (75K), Navigation!, 1 Owner! Sunroof!**

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Rest in Peace, Riley

**DEAR PAW'S CORNER:** I wanted to write and tell you about "Riley," a little dog we fostered. He came to us after being rescued from a terrible living situation, and he had spent a long time getting medical treatment at the local shelter before being cleared to stay with a family.

Riley was emaciated when he was rescued. He was missing one eye from an attack by another dog. As a mixed-breed toy terrier, he had specific health needs that weren't met, and by the time he reached the shelter had severe kidney disease and diminished neurological function.

The vet told us that we would likely be his last family. Because his heart and kidneys were damaged, along with other issues, he was not expected to live more than six months. Knowing this, we were determined to make his final days as comfortable and loved as possible. We have another rescue, a fierce little mutt named "Zu-Zu," who became Riley's little sister and protector, cuddling next to him in his doggie bed.

Despite the abuse he suffered, Riley was an incredibly loving dog. Under our care and with Zu-Zu at his side, his health improved. He lived with us for just over two years before finally passing away last week.

We were thrilled to foster Riley and just wanted the world to know about him. Please tell your readers, if they have the means, to consider fostering rescued pets to prepare them for eventual adoption. — Tracey L., Gloucester, Massachusetts

**DEAR TRACEY:** Riley indeed sounds like a wonderful dog, and I'm glad he found his way to you. Thank you for sharing his story.

## MEALSITE

*All meals include milk, coffee or tea, bread/margarine*  
**COVENTRY SENIOR CENTER** WOOD STREET, COVENTRY  
 FOR RESERVATIONS CALL: 822-9180  
 DONATION \$3.00

- Wed. 3/28** Italian wedding soup, beef tips with mushrooms, seasoned whole wheat pasta, baby carrots, sliced peaches, wheat bread. Sandwich: Seafood salad on wheat.
- Thurs. 3/29** 100% juice, turkey chili with cheese, corn bread, broccoli spears, pudding. Sandwich: Cheeseburger on whole wheat bun.
- Fri. 3/30** Tomato & brown rice soup, country crisp fish with tartar sauce, garlic mashed potatoes, stewed tomatoes, fresh fruit, wheat dinner roll. Sandwich: Turkey and cheese on wheat.
- Mon. 4/2** Chicken soup with anci di pepe, baked ham with pineapple slice, mashed sweet potatoes, roasted Brussels Sprouts, oatmeal cookies, multi grain bread. Sandwich: Chicken salad on multi grain.
- Tues. 4/3** Tortilla soup with sour cream, seasoned chicken strips, peppers & onions, side salad with dressing, coffee cake, whole grain tortilla. Sandwich: Tuna on whole grain tortilla.

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

- Wed. 3/28** Baked potato soup, roast beef sandwich on wheat roll, onion rings, dessert. Option: Seafood salad plate.
- Thurs. 3/29** Black bean soup, BBQ chicken quesadilla, tossed salad, Spanish Rice, dessert. Option: Italian grinder.
- Fri. 3/30** CLOSED GOOD FRIDAY.
- Mon. 4/2** EASTER MEAL. Creamy split pea soup, baked ham with gravy, scalloped potatoes, honey glazed carrots, dessert. Option: BLT on wheat.
- Tues. 4/3** Tomato soup, roasted chicken leg quarter, whole grain wild rice, broccoli and cauliflower, dessert. Option: Chef salad.

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### RICHMOND GRANGE EASTER EGG HUNT

Richmond Grange Hall, 690 Usquepaugh Road (Rte. 138) in West Kingston will hold an Easter Egg hunt on March 31. Event starts at 9:30AM, with the Hunt starting around 10:30AM. The Hunt will be divided into 2 age groups up to age 12. All are welcome to join them for crafts, fun & refreshments. Take your own picture with the Easter Bunny too!

### PROJECT LINUS OF RI NATIONAL MAKE A BLANKET DAY

Project Linus of RI will sponsor National Make A Blanket Day from 10AM-2:30PM on April 7 at Blaine's Sewing Center, 1280 Oaklawn Avenue, Cranston. Join Project Linus "Blanketeers" for a blanket making workshop - sewing, making blankets, learning, socializing. Pizza lunch & snacks provided. Project Linus is a 100% volunteer non-profit organization. For more information contact Martha at esholes@aol.com or call 781-8044.

### HOME ENERGY ASSISTANCE PROGRAM (HEAP)

Have trouble paying your heating bill? The Home Energy Assistance Program (HEAP) helps income eligible families pay their heating bills. The HEAP is a Primary Grant that is sent directly to your utility company or fuel provider, and it will be credited on your bill. You don't need to have an unpaid bill, you can either rent or own your home, and must meet current gross income guidelines. Please call 732-4660, Ext. 175 for more information.

### ATTENTION NON-PROFIT ORGANIZATIONS

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## EVERY "BUNNY" SAVES AT THE DOCKSIDE

<p><b>USDA TENDER &amp; TASTY FLAVORFUL WHOLE FILET MIGNON</b> 6.99 lb. 5-7 LB. AVG.</p> <p><b>BEEF TENDERLOIN</b></p> <p><b>FRESHLY DELI SLICED NATURAL JUICES</b></p> <p><b>VERMONT MAPLE HAM</b> 1.99 lb. NO NITRATES ADDED</p> <p><b>FRESHLY DELI SLICED "PERDUE" Oven Roasted TURKEY BREAST</b> 2.99 lb.</p> <p><b>LAND O LAKES PRE-SLICED WHITE AMERICAN CHEESE</b> 2.99 lb. ANY SIZE PACKAGE</p> <p><b>ITALIAN 4 CHEESE</b> 4.99 lb.</p> <p><b>FRESHLY DELI SLICED GENOA SALAMI</b> 4.99 lb.</p> <p><b>HOT/SWEET CAPICOLA</b> 5.99 lb.</p> <p><b>BELGIOIOSO PROVOLONE</b> 5.99 lb.</p> <p><b>CITTERIO MORTADELLA</b> 5.99 lb.</p> <p><b>DANIELLE THIN SLICED PROSCIUTTO</b> 10.99 lb.</p>	<p><b>FRESHLY HARVESTED TRIPLE WASHED MAINE STEAMERS</b> 3.99 lb.</p> <p><b>FRESHLY DELI SLICED "HATFIELD" ALL BEEF BOLOGNA DOMESTIC HAM</b> 1.99 lb. 2.99 lb.</p> <p><b>WILLOW TREE ALL NATURAL CHICKEN PIE</b> 2.99 26oz. NOT THE SMALL ONE</p> <p><b>"OUR BEST" HOMESTYLE BEEF PATTIES</b> 2.99 lb. 2 lb. box 8 - 1/4 pound patties</p> <p><b>STORE MADE DAILY 100% ALL WHITE MEAT CHUNKY CHICKEN SALAD</b> 2.99 lb. WITH HELLMANN'S MAYO</p> <p><b>FAMILY MEAL DEAL MACARONI &amp; CHEESE</b> 5.99 tray OVEN READY • 6 LB. EACH</p>	<p><b>"PRICE BREAK" WILD CAUGHT NORTH PACIFIC SCROD COD</b> 4.99 lb.</p> <p><b>STORE MADE DAILY STUFFED COD OR SOLE</b> 6.99 lb. WITH SEAFOOD STUFFING SHRIMP, CRAB, LOBSTER</p> <p><b>FULLY COOKED PEELED &amp; DEVEINED JUMBO 26-30 CT COCKTAIL SHRIMP</b> 7.99 2.5 lb. bag THAW AND SERVE</p> <p><b>"MATLAWS" SEAFOOD MEDLEY</b> 3.99 1 lb. CRAB, SQUID, OCTOPUS, MUSSELS &amp; SHRIMP</p> <p><b>ALL PURPOSE POTATOES</b> 1.49 5 lb. bag</p> <p><b>RED/GREEN GRAPES</b> 1.99 lb.</p> <p><b>CARROTS</b> 69¢ lb.</p>	<p><b>"FRESH ONLY" FULLY COOKED BONELESS EASTER HAMS</b> 99¢ lb. NO NITRATES 7-9 LB. AVG.</p> <p><b>JUMBO SWEET &amp; SUCCULENT BAY SCALLOPS</b> 8.99 60-80 CT. FRY - BAKE - BROIL</p> <p><b>STORE MADE DAILY JUMBO BAKED STUFFED SHRIMP</b> 1.99 ea. 5 FOR 5.99</p> <p><b>CLAMS CASINO GOURMET STUFFIES</b> 2.50 ea.</p> <p><b>HEAT &amp; EAT MUSSELS in Garlic Butter</b> 2.99 1 lb. box VERY TENDER &amp; FLAVORFUL</p> <p><b>"FAMILY MEAL" SHRIMP SCAMPI</b> 1/2 LB. EXTRA LARGE SHRIMP w/Linguine &amp; Sauce 9.99 ea. FEEDS 4 - HEAT &amp; EAT</p> <p><b>"PERDUE" FULLY-COOKED ALL WHITE BREAST MEAT CHICKEN FILLETS</b> 1.99 lb. 5 lb. bag</p>
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(Never known to fail). O Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the sea, help me and show me here in, you are my mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in my necessity (make request). There are none that can withstand your power. O Mary conceived without sin, pray for us who have recourse to thee (3 times.) Holy Mary, I place this cause in your hands (3 times). Say this prayer for three consecutive days. You must publish it and it will be granted to you. Grateful Thanks. S.I.M.

### NEED QUICK CASH?

Sell your no-longer-used items with a REMINDER READER AD. Now it's easier than ever. Call 821-2216 for information. All Credit Cards accepted.

## Health And Well-Being

### This Spring, Power Up With These Tips

(NAPSA)—What sounds more like spring than the crack of a bat hitting a baseball or the screech of sneakers on a court? Spring is a great time to get back to the track, field or blacktop for fun and healthy competition. Play to win this season, and fuel your game with healthy eating. You may build habits to help you move more, eat better and stay in shape throughout the year.

Challenge yourself to better health this spring with these tips from the Weight-control Information Network (WIN), a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health:

**Power Up for the Game**

- Eat more whole grains, vegetables, fruits, lean meats, seafood, beans and peas, nuts, and low-fat or nonfat dairy products.
- Eat and drink less sugar and salt, including sugary sodas and juices.

**Get and Stay Active**

- No time? Exercise before work, during your lunch break or before dinner.
- Stay energized by playing ball or working out with friends.

**Spring into Healthier Habits**

- Did you slip into unhealthy habits this winter? This spring, make realistic and gradual changes to improve your diet and physical activity level.

Find more tips in WIN's "Climb These Steps to a Healthier You" and "We Challenge You to Improve Your Health." Try these tips at home, at the gym or at your local community center, where they can help you and others in your area eat better, exercise more and work to get to and stay at a healthy weight. Contact WIN for your copies.

For more information, call WIN at 1-877-946-4627 or visit [www.win.niddk.nih.gov](http://www.win.niddk.nih.gov). Read WIN's "Climb These Steps to a Healthier You" at [www.win.niddk.nih.gov/publications/PDFs/Changing\\_Your\\_Habits\\_Flyer.pdf](http://www.win.niddk.nih.gov/publications/PDFs/Changing_Your_Habits_Flyer.pdf) and "We Challenge You to Improve Your Health" at [www.win.niddk.nih.gov/publications/PDFs/Getting\\_on\\_Track\\_Flyer\\_508.pdf](http://www.win.niddk.nih.gov/publications/PDFs/Getting_on_Track_Flyer_508.pdf). Like WIN on Facebook at [www.facebook.com/win.niddk.nih.gov](http://www.facebook.com/win.niddk.nih.gov).

Photo credit: Amanda Mills/Centers for Disease Control and Prevention.

**Experts say eating and drinking less sugar and salt—including sugary sodas and juices—may help you "spring" into a healthier you.**

## JOIN US TO LEARN MORE ABOUT MULTIPLE MYELOMA

Register for this free educational program to hear about a treatment option for multiple myeloma by calling

# 1-844-247-1641

or visit [myelomaevent.com](http://myelomaevent.com)

Sponsored by Takeda Oncology

**WHEN:**  
Thursday, April 5, 2018  
Registration: 5:30 PM  
Program Start: 6:00 PM

**WHERE:**  
Providence Marriott Downtown  
1 Orms Street  
Providence, RI 02904

**FEATURING:**  
Krista Tucker, ANP-BC, AOCN®, Tufts Medical Center & a Patient living with multiple myeloma

Friends and family are welcome!  
Complimentary parking and light fare provided.

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