

The REMINDER

Spring Home Improvement Section Pages 19-26

Rhode Island's First Buyers Guide

April 3, 2018 • Volume 63 • Issue 47

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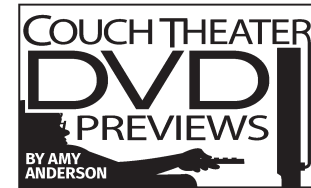
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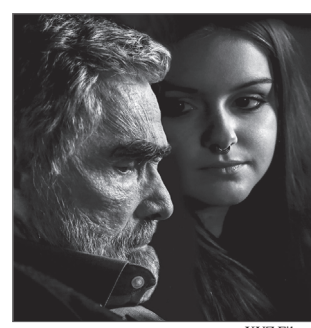
New DVDs Reviewed in This Column Will be Released the Week of March 26, 2018

SYMPATHY FLOWERS & ARRANGEMENTS for Funeral Parlors, Casket, Gravesite or Home: Call Petals at 828-0701. We're in the old white church facing Rte. 2, 103 Tillinghast Avenue in Warwick.



Last Men in Aleppo (NR) — Feras Fayyad's poignant documentary mixes devastation with the last vestiges of hope in a war-torn wasteland. The White Helmets are the men of the Syrian Civil Defense, unarmed volunteers who rush in when bombs reduce their cities to rubble. They're the difference between life and death for a staggering number of victims that they pull from the wreckage. The film follows three of these men — founders Khaled, Subhi and Mahmoud — through the dangerous landscape of Aleppo, the decisions that keep them there, and how the remaining citizens — families, children — manage the anxiety of living from moment to moment. It's a gripping look into a life of heroes and humans.

very own biopic, streaming exclusively on Netflix. Shante (played by amazing newcomer Chante Adams) was barely out of middle school when she was vaulted to notoriety. This film shows the personal adversity of Shante's life, the struggle alongside the swagger. Nia Long is raw as her alcoholic mother, and Mahershala Ali plays the much older, abusive boy friend who would father her first child.



Burt Reynolds, Ariel Winter in "The Last Movie Star"

The Last Movie Star (R) — Burt Reynolds stars as Vic Edwards, a financially unstable, has-been legend who is minorly duped into accepting a Lifetime Achievement Award in person at what turns out to be, basically, a Nashville bar. In response, he diverts his young driver Lil (Ariel Winter) on a tour through Knoxville, where he was born and raised before the flood of celebrity and its aftermath. Chevy Chase guest stars briefly as Reynolds' ... I mean Edwards', Hollywood best bud. This movie is confusing. It mixes real-life Burt Reynolds references and the fantasy actor Vic Edwards. The relationship between Vic and Lil, which I am guessing is supposed to be significant, was uninteresting.

Acts of Violence (R) — Detective James Avery (Bruce Willis) has been trying to pin an unpinnable crime king whose goons snatch a pretty girl at her bachelorette party. When the police offer no real recourse, the girl's brothers — military trained Declan (Cole Hauser, notably), Brandon (Shawn Ashmore) and Roman (Ashton Holmes) — pick up where the detective is unable to move ahead. This is a case of truth in advertising: a lot of bullets, brooding and vengeance. Is it winning Academy Awards? No. Is it do-able for a pizza and movie night? Absolutely, especially because Bruce Willis plays a stymied, underdog cop.

Roxanne Roxanne (NR) — The Duchess of Dis, Roxanne Shante, was the breakthrough female rapper who preceded today's Cardi B and Nicki Minaj by decades, clawing her way to the top of the New York rap battle scene in the early 1980s. She finally finds the respect she deserves in her

TV NEW RELEASES
The Outer Limits Season 1
The Americans Season 5
The Brokenwood Mysteries Series 4
Mr. Rogers' Neighborhood: It's a Beautiful Day Collection
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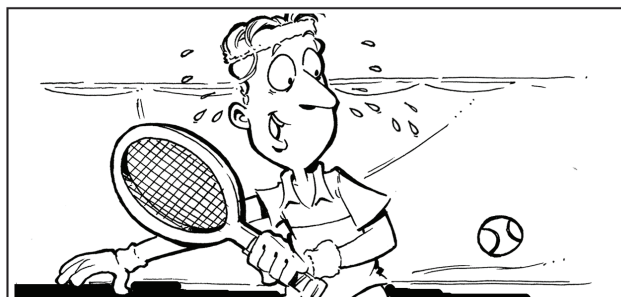


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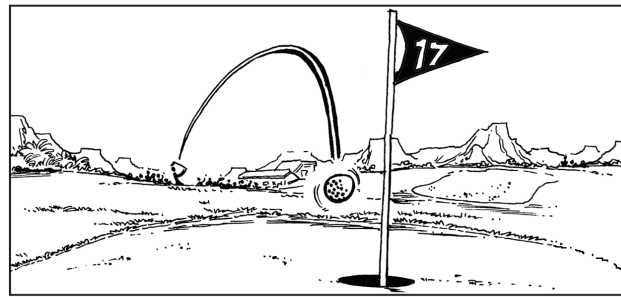
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SMORGASBORD SUPPER & BAKE SALE

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.

Did You Know?

(NAPSA)—One in five school age children is obese—but yours don't have to be. Learn how you can join the nationwide effort to prevent and control chronic diseases at www.mfpausa.org, supported by SOPHE.



When carving a turkey, use a very sharp knife, advises cookbook author Nathalie Dupree. You can keep it so with a Chef'sChoice XV EdgeSelect for an ultrasharp, triple-bevel, durable, high-performance Trizor XV edge. Precision guides eliminate guesswork. Learn more at Chefschoice.com and (800) 342-3255.

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The U.S. Army has preserved and restored artifacts to be displayed in the National Museum of the United States Army, being built at Fort Belvoir, VA. For more information, including how to sponsor a personalized brick that will line the Museum's outdoor pathways, visit www.armyhistory.org.

Whether you're hosting a game-watching party, a holiday get-together, a birthday, anniversary or any occasion, you can give the party extra zip with a zesty Buffalo Wing Dip and Crunchmaster crackers. For recipes, coupons, tips and nutrition information, join the Crunchmaster community at www.crunchmaster.com.

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Angry Orchard hard cider is made with two apples in every bottle, featuring a blend of culinary and bittersweet apples that offers a balanced and complex taste. Hard cider works well with hearty dishes popular at game day parties. For recipes, facts and tips, go to www.AngryOrchard.com.

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If you're like most Americans, your data has been compromised. Protect your data by getting your computer checked. In October, you can take it to Staples to have that done at no charge. Learn more at www.staples.com.

One in five children in the U.S. foster care system waiting to be adopted are teens. The Department of Health and Human Services' Children's Bureau, AdoptUSKids, the Ad Council and KBS advertising created public service announcements to encourage families to adopt teenagers. Learn more at www.AdoptUSKids.org.

In advance of any emergency, say the experts on animal care at Henry Schein Animal Health, prepare a disaster kit for your pet. It can make things safer for you, your pet and first responders. Download an infographic on emergency preparedness at <https://www.henryscheinvet.com/firstaid>.

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.

USED CLOTHING DROP-OFF SHEDS AT LOCAL GRANGES

There are two local Granges in the area that have Used Clothing Drop-Off Sheds. They are Exeter Grange, 469 Ten Rod Road (Route 102), Exeter & Slocum Grange, 96 Slocum Road, North Kingstown. Each Drop-Off Shed is sponsored by their own respective Grange. Accepted items include clothing, shoes, sneakers, belts, purses, blankets, sheets, pillowcases, drapes and stuffed toys. If possible, please put donations in tied or closed bags.

ST. XAVIER ACADEMY CLASS OF 1968 REUNION LUNCHEON

St. Xavier Academy Class of 1968 will hold their 50th Reunion Luncheon on October 21 at Quidnessett Country Club, North Kingstown, preceded by 11AM Mass remembering their deceased alumnae at St. Timothy Church in Warwick. We welcome all alumnae to honor the 50th class & all classes ending in 8 & 3. Reservations will be posted in the Association's Annual Alumnae Newsletter, available at stxavieralumnae.org or call 232-9006 for more information.

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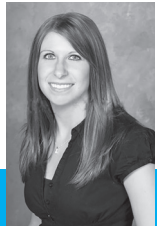
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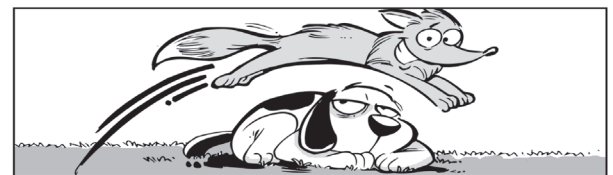
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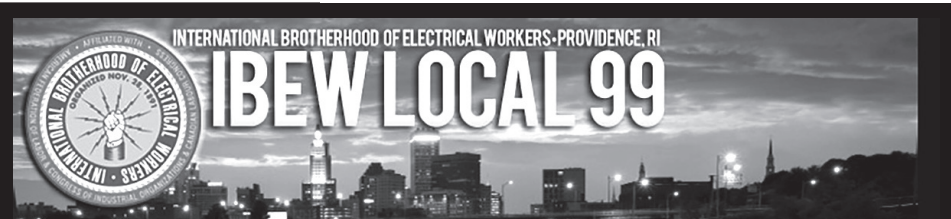
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Q. I'm a huge fan of the CW and all of its fun shows. Can you tell me what they have planned for the future? — *Ginger F., via email*

A. The CW has lots of stuff on the docket for the upcoming pilot season, including a Ben Stiller project called "In the Dark." It centers on the story of a flawed and irreverent blind woman who is the only "witness" to the murder of her drug-dealing friend. After the police dismiss her story, she sets out with her dog, Pretzel, to find the killer.

Another series on the way is "Spencer," about a rising high-school football player from South Central LA who's recruited to play for Beverly Hills High. The story is inspired by the life of pro football player Spencer Paysinger. Another is "Skinny Dip," based on the Carl Hiaasen novel of the same name, which follows a woman who, after her husband tries to kill her on their second wedding anniversary, teams up with an ex-cop to get revenge on her cheating spouse.

Still another new CW offering is "Playing Dead," a dramedy about a dysfunctional father and son whose lives are turned upside down when the wife/mother who abandoned them 15 years earlier wants them to help her fake her own death. And finally, "The End of the World as We Know It" tells the tale of a prison spaceship, carrying the universe's deadliest aliens, that crashes in Southern California, and the two women who are recruited to help hunt down the escaped criminals. The series is based on the Iva-Marie Palmer book of the same name.



Deposiphotos
Melissa Joan Hart

Melissa Joan Hart about reinventing the show for today's youths (and quite a few nostalgic adults, I'm sure), and it looks like it's going to happen. Melissa would return as Clarissa Darling, who would now be the mother of the family. "Clarissa" creator, executive producer and writer Mitchell Kriegman also has been contacted about returning to the series.

Q. I love Connie Britton and her new series "9-1-1." Can you tell me if it will be back for another season? — *Natalie D., via email*

A. The Fox drama about first responders has been renewed for a 13-episode season two, with high season-one ratings paving the way for more episodes of the exciting — if somewhat unrealistic — series. "9-1-1" also stars Peter Krause and the always-wonderful Angela Bassett, and I have to admit, the show is pretty addictive, in a high-adrenaline, fantastic sort of way.

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindyelavsky.com.

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RICE CITY SUPPERS

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HOPE LIBRARY HOURS

Hope Library, 374 North Road, Hope, is open on Mondays & Fridays from 10AM-5PM, Tuesdays, Wednesdays & Thursdays from 10AM-8PM & Saturdays from 10AM-4PM. The Library is closed on Sundays. For more information, call 821-7910.

AARP CHAPTER 2210 GLOUCESTER LOBSTER-BAKE CRUISE

AARP 2210 is sponsoring a Gloucester Lobsterbake Cruise on July 8. The trip includes a traditional New England Lobsterbake & cruise aboard the Beaport Princess in Gloucester, MA followed by shopping & browsing in Rockport, MA. Motorcoach transportation provided by Conway Tours. Cost is \$104/person. Call Maureen, 828-5188 or Patricia, 821-3733 for reservations or for more information.

AARP CHAPTER 2210 PORTLAND SYMPHONY'S "THE MAGIC OF CHRISTMAS" TRIP

AARP 2210 is sponsoring a trip to see Portland Symphony's "The Magic of Christmas" on December 14. The trip includes buffet lunch at the Merry Manor Inn, Portland Symphony's "The Magic of Christmas" & motorcoach transportation by Conway Tours. Cost is \$122/person. Call Maureen, 828-5188 or Patricia, 821-3733 for reservations or for more information.

CHAIR YOGA AT COVENTRY PUBLIC LIBRARY

Coventry Public Library is offering Chair Yoga Classes on April 9, 16, 23 & 30 at 11AM. Classes will take place at the Knotty Oak Village Community Room. Registration is required. Please call Jane at 822-9104 or email js@coven-trylibrary.org for more information and/or to register.

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Fitness Facts

Three Ways To Improve Your Spring Workout

(NAPSA)—As the weather improves, spring is the perfect time to ease back into working out. "The sooner you start, the easier it is to achieve your goal," explains Tom Holland, exercise physiologist and Bowflex Fitness Advisor. "Small changes spread out over more time is the secret to success." Holland recommends these three ways to improve your spring exercise routine.

- 1. Maximize your routine with a total-body focus.** An effective fitness regime targets the body as a whole, improving your overall fitness level. For example, the Schwinn Airdyne Pro (www.schwinnfitness.com) incorporates Airdyne technology for a total-body workout with a fan that uses your own body's resistance for power. The bike lets you tailor the level of intensity as you set your own pace—the more effort given, the more resistance it delivers. This offers a custom workout suitable for any phase of your fitness journey.
- 2. Find a low-impact option that can support long-term success.** Getting back into an exercise regime can be exciting, but finding activities that support individual fitness levels is essential. For example, running is an effective cardio workout, but can also be jarring for the body. For easing into a new routine, low-impact options such as walking, cycling and rowing can all be great places to start. Or look for equipment that can help soften the impact of high-intensity workouts. The Octane Fitness Zero Runner ZR8

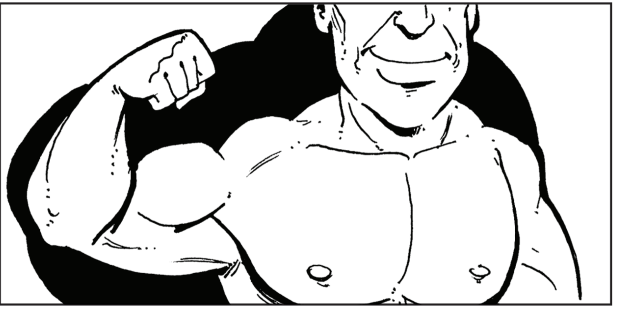


Low-impact fitness options can offer a gentle yet efficient workout that will keep you moving all year long.

(www.octanefitness.com/home/products/zero-runner/zr8) turns running into a low-impact exercise thanks to the uniquely designed frame and the machine's natural, smooth motion that replicates real running.

3. Get intentional about your choices—work out smarter, not harder. Fitness needn't be complicated to be effective. Take advantage of tools that simplify your workout. For example, the Bowflex SelectTech 560 Dumbbells (www.bowflexselecttech.com) help you work out smarter with the built-in 3DT electronic sensor and Bluetooth connectivity that records reps and weight lifted, as well as provide you with an audible cue when a rep is completed properly. The free 3DT app records and syncs data wirelessly with a favorite smart device, and also features a workout library to guide your at-home exercise sessions.

By following Holland's tips for building your springtime workout regime, you'll be well on your way to a fitter and happier life.

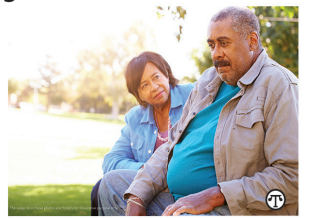


Muscles in the human body (640 in total) make up about half of the body weight

Caregiver's Corner

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

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



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

One Woman's Story

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

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

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

What The Science Says

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

Make Yourself a Priority

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

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

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

As for Ellen, she's been taking steps to make her mental and physical health a priority. During times when she feels overwhelmed, Ellen has actively started to add in her own stress relievers. "I read a book, walk around the block or sit with our cats. Sometimes I'll call a friend to come over and sit with Dan, so I can take a break or run a quick errand."

She recently signed up for a 12-week course for caregivers, something a friend offered to attend with her. It helps her feel less stressed and boosts her well-being.

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

top ten

Spring Fashion Trends

1. Sheer fabrics
2. Micro purses
3. Utility pants
4. Bold hues
5. Plaid prints
6. Kitten heels
7. Cat-eye sun glasses
8. Trench coats
9. Sequins
10. Scrunchies

Source: eBay.com/fashion

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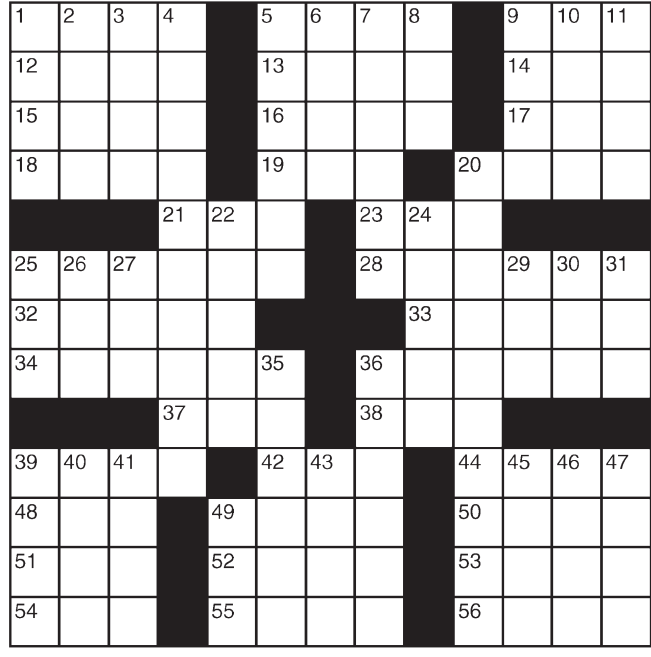
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King Crossword

- ACROSS**
- 1 Old clothes
 - 5 Chantilly, for one
 - 9 Wicked
 - 12 Persian Gulf nation
 - 13 History chapters
 - 14 Wish otherwise
 - 15 Options list
 - 16 Shopping area
 - 17 Raw rock
 - 18 Long story
 - 19 Japanese sash
 - 20 Trade
 - 21 Operate
 - 23 Barrister's abbr.
 - 25 Tools for duels
 - 28 Poinsettia family
 - 32 Downright
 - 33 Wouldn't shut up
 - 34 Trojan War hero
 - 36 Siesta cover
 - 37 Whatever amount
- DOWN**
- 1 Optician's selection
 - 2 Vicinity
 - 3 Jets or Sharks
 - 4 One of a daily trio
 - 5 Slot machine losers
 - 6 Spirited horse
 - 7 Tooth decay
 - 8 "Guinness Book" suffix
 - 9 Forehead
 - 10 Emanation
 - 11 Profound
 - 20 Roosevelt program
 - 22 City-related
 - 24 Binge
 - 25 Health resort
 - 26 Hearty brew
 - 27 Burger holder
 - 29 Genetic abbr.
 - 30 Red-staters' org.
 - 31 Away from WSW
 - 35 Forest-related
 - 36 Slim and trim
 - 39 Most popular, for short
 - 40 Pundit's column
 - 41 "Beetle Bailey" dog
 - 43 Sunrise site
 - 45 Wheelbase terminus
 - 46 Birth certificate info
 - 47 Uncontrolled
 - 49 Son-gun link



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

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

- Banana
- Beaks
- Bow
- Claws
- Crescent
- Cutlass
- Gooseneck
- Harp
- Hockey stick
- Hook
- Letter "s"
- Ribs
- Rocker
- Scythe
- Tusks

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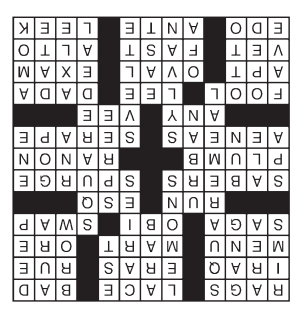
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King Crossword

Answers



CURVED

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Meryl Streep is the epitome of the modern-day movie star. That was evident from the way so many people at the Oscars focused on her. She's had 21 Oscar nominations and three wins. In the early days of television, movie stars didn't do TV, but Meryl will not pass up a good role. She'll play Alexander Skarsgard's mother in season two of HBO's "Big Little Lies," which was conceived as a one-time, seven-episode series. The success of the show and the two Emmy wins, for Nicole Kidman and Alexander Skarsgard, prompted a second season, with seven episodes.



Thierry Sollerot/Wikimedia
Alexander Skarsgard

Skarsgard is on fire. His Netflix film "Mute," with Paul Rudd and Justin Theroux, recently became available for streaming. His next Netflix film, "Hold the Dark," with Riley Keough (Elvis Presley's granddaughter), becomes available June 1. Also in the works are the thriller "The Hummingbird Project," with Jesse Eisenberg and Salma Hayek, which began filming in Quebec in November for theatrical release; "The Aftermath," with Keira Knightly, is awaiting distribution; and the comedy "Flarsky," with Seth Rogan and Charlize Theron, is set for a February 2019 release.

is represented in the Wes Anderson animated film "Isle of Dogs," which opened March 23. You won't see her, but you can't mistake that voice.

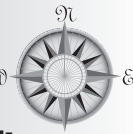
Guillermo Del Toro, a double-Oscar winner for best director and best picture for "The Shape of Water," hasn't announced his next project, but he's one of the producers of the sequel to his 2013 hit "Pacific Rim," which starred Charlie Hunnam and was produced, directed and co-written by Del Toro (at a cost of \$190 million with a \$411 million gross). The sequel, "Pacific Rim Uprising," stars "Star Wars: The Force Awakens" and "The Last Jedi" alum John Boyega (who also is one of the producers) and Scott Eastwood, son of Clint Eastwood. It opened March 23 and is expected to bring in a bigger box office than the original, thanks to Boyega's "star" power and Del Toro's Oscars.

Del Toro is more concerned now with the shape of the box office than "The Shape of Water"!

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Did You Know?

(NAPSA)—Parents can get expert advice from a group called The Genius of Play. The website, www.thegeniusofplay.org, and social media channels were created to show how to build confidence, creativity, critical thinking and other skills through the power of play.



Perfect for summer—California Avocado Cardamom Ice Cream! To try this unique dessert and other artisanal California avocado recipes, visit the California Avocado Commission at CaliforniaAvocado.com.

The USDA cautions gardeners to be wary of 19 destructive, invasive species known as Hungry Pests, which can be spread in the things people move and pack. Learn more at www.HungryPests.com.

More than 10,000 health care practitioners have recommended one medical food for irritable bowel syndrome (IBS). Among gastroenterologists, Ibgard is the No. 1 recommended peppermint oil for IBS. For more information, see a doctor and visit www.ibgard.com.

Seventy percent of Americans have spilled gasoline on themselves or their vehicles or equipment. Fortunately, there's an easy way to clean it: Gas Off from Briggs & Stratton, a special, non-toxic, plant-based formula that eliminates the mess and odor. Learn more at www.briggsandstratton.com.

Kia has placed in J.D. Power's top 10 since 2013. Kia owners report fewer issues with their vehicles within the first 90 days of ownership than all other car and truck brands in the U.S.—including German and Japanese makes. Learn more at www.kia.com.

Cabin air filters from ACDelco, which this year celebrates a century of aftermarket parts expertise, feature layered construction to capture both large and very small particles, and for strength. For facts and tips about cabin air filters and other auto parts, go to www.acdelco.com.

LASIK surgery is a permanent vision correction treatment option. To learn more about LASIK, see your eye care professional and visit www.americanrefractiveurgerycouncil.org.

Since it's hard to enjoy the outdoors if you can't start your car, boat, motorcycle or all-terrain vehicle (ATV), ACDelco offers a full line of batteries for most makes and models. To learn more and find the right battery to power your outdoor fun, visit www.acdelco.com.

Responsible home office businesses should consider a continuous source of power. Home standby generators, such as the Guardian series by Generac Power Systems, turn on automatically when utility power goes out and stay on until it's restored. Learn more at www.Generac.com and (888) GENERAC.

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BEGINNER LINE DANCE CLASSES AT TRI CITY ELKS
The Tri-City Elks Lodge, 1915 West Shore Road, Warwick, will hold Beginner Line Dancing Classes every Monday night (thru June) from 6:30-8:30PM. Cost is \$8 per person. All ages welcome. Call Lori at 250-6082 for more information. Proceeds benefit Elk Charities.

COVENTRY CARES COMMUNITY CARE CLINIC NURSE HOURS
The Coventry Cares Community Care Clinic Nurses Hours are Monday, Tuesday, Wednesday & Friday from 8:30AM-12:30PM with Nurse Helen & Nurse Jane. The Clinic is set up at the Coventry Resource & Senior Center, 50 Wood Street Coventry.

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.

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.

AARP SMART DRIVER PROGRAM
The Coventry Resource & Senior Center, 50 Wood Street, Coventry, will offer an AARP Smart Driver Program on April 26 from 12:30-5PM. You will learn defensive driving techniques, proven safety strategies, new traffic laws & rules of the road. There is no test to pass. Check with your Insurance Company to see if you qualify for a discount for taking the program. The cost of this program is \$15 for AARP members & \$20 for non-members. Call 822-9175 to register and/or for more information.

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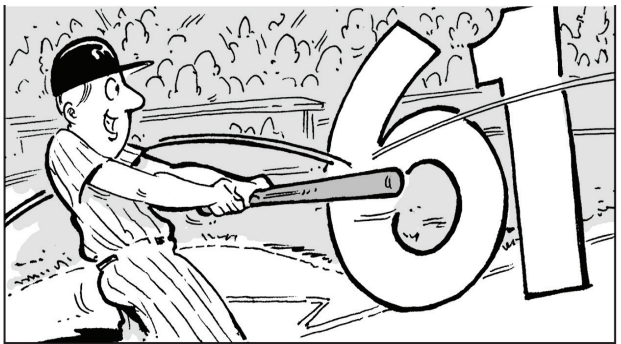


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Baseball player Roger Maris, whose record-setting 61 home runs in 1961 was not surpassed until 1998, won only that one home run title.

SOAP Updates
COMPILED BY DANA BLOCK



ABC/Craig Sjoдин
Billy Miller stars as "Jason" on "General Hospital"

THE BOLD AND THE BEAUTIFUL
During dinner, Steffy tried to focus on the future, but Liam was intent on rehashing the ugly past. Det. Sanchez interrogated Quinn in the investigation of Bill's shooting. Hope worried about Liam being alone with his father, but Liam was able to find an important piece of evidence. Later, Liam told Hope about his theory. Thorne and Steffy visited Ridge, and the three discussed potential suspects. Thorne was a bit taken aback at Ridge's strong defense of Quinn. Brooke accused Bill of using Ridge to settle a score. Hope helped Liam figure out his next move. Steffy defended herself against Hope when she implied that Bill's shooting was a result of her infidelity. **Wait to See:** Bill finds himself in a terrible dilemma.

much. Curtis paid Sam a surprise visit. Jordan and Dante grew anxious. Franco got the wrong idea. Nina's curiosity was piqued. Drew reached out to Oscar. Franco wondered where he stood. Carly bonded with Josslyn. Peter struggled with his guilt. Anna and Jason were at odds. Ava counseled Griffin. Lulu worried about Maxie. Sonny did the best he could for Mike. Jason and Elizabeth put their differences aside. Bobbie gave Maxie a pep talk. Ned crossed paths with Alexis. **Wait to See:** Lulu gets the encouragement she needs.

DAYS OF OUR LIVES
Will and Paul took the next step in their relationship. Sonny went on a date with Leo, who harbored a big secret. Belle came to Chad's rescue. Abigail freaked out when she suddenly realized that she was in another country with Stefan. Kate hired Paul to dig up dirt on Vivian. Brady and Sonny almost came to blows over Titan. Will asked Adrienne for a job at "The Spector." Steve suffered a major setback. Eve tried to get out of having to work with Brady. Chloe and Lucas were caught off guard when they found out who sent Chloe the flowers. Tripp fought with Chiara about the New Face of Bella contest. **Wait to See:** Chad questions if "Abigail" is telling the truth.

THE YOUNG AND THE RESTLESS
Nikki scolded Victor for starting a fight with Jack, but Victor stood by his actions. Meanwhile, Jack arrived home fueled up after his altercation and blamed Ashley for giving Victor something to use against him. Sharon was offended that Nick excluded her from the meeting about Rainbow Gardens and ordered him to move out. Jill had a run-in with someone from her past and had to confess some of her former sins to Billy. Later, Jill met with Nikki and demanded to know what she had in store for Chancellor Park. Cane and Lily prevented Hilary from making her doctor's appointment. Raul and Brittany visited old friends. Traci noticed J.T.'s strange behavior. **Wait to See:** Abby meets a handsome stranger.

GENERAL HOSPITAL
Drew made what he felt was a final decision. Jason supported Carly. Julian found comfort from a friend. Ned began to pick up the pieces. Jason found himself saying too



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“TYLER TYKES” AT TYLER FREE LIBRARY

Tyler Free Library, 81A Moosup Valley Road, Foster will hold Tyler Tykes, a drop-in Playgroup, on Fridays at 10AM. This Playgroup is open to preschoolers & their caregivers. Enjoy a morning of meeting & chatting with other caregivers while the children play. Coffee for moms and snacks for kids will be provided. Call 397-7930 to register or for more information.

WEST WARWICK PUBLIC LIBRARY HOMEBOUND OUTREACH SERVICES

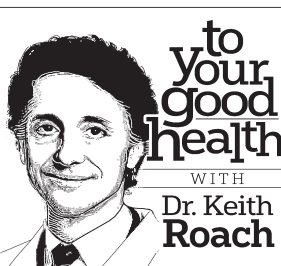
The West Warwick Public Library offers free delivery of most Library materials to the homebound, free of charge. If you are either permanently or temporarily unable to come to the Library, and you are a resident of West Warwick, this program is for you. To sign up or for more information, contact Anne at 828-3750, Ext. 11 or email anne@wwlibrary.org

“DO MUSIC” AT TYLER FREE LIBRARY

Join Dianne Du to “Do Music” on the 1st & 3rd Friday of the month at 10AM at Tyler Free Library, 81A Moosup Valley Road, Foster. Come for a music filled morning for the infant & toddler. Call 397-7930 to register or for more information.

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WITH Dr. Keith Roach

risk for measles in the population now. The measles vaccine strengthens, not weakens, the immune system, and provides lifelong immunity for nearly everybody who gets two doses. There are risks of the vaccine, but serious adverse effects from it are rare.

DEAR DR. ROACH: Have you ever heard of anyone being allergic or sensitive to newspaper print? I read the newspaper from front to back and like to know what the latest news is. I always seem to have burning eyes, itchy nose and some difficulty breathing. Is an allergy possible, and if so, how can I remedy it? — J.L.

ANSWER: It certainly is possible, and there have been some high-profile cases lately, including a Baltimore newspaper reporter. Most often, the chemical is from pine rosin, used in the printing process. An allergist can confirm this with skin testing. Avoiding the newspaper ink is the best solution, which may include simply washing your hands after reading the newspaper, or even using gloves.

Worst case, many newspapers have electronic versions that can be read via handheld devices or your computer.

DEAR DR. ROACH: We are regular readers of your column. At 72, I have fasting labs done every six months (metabolic and lipid panels and yearly vitamin D check). Some doctors say that having coffee in the morning before a blood draw is OK if you don't use milk or sugar; other doctors say no coffee. What is the professional advice on this? — D.B.

ANSWER: Coffee or tea without milk or sugar does not interfere with the blood testing.

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

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• “Plastic grocery bags are handy for so many uses, but keeping them organized was always a pain, until I discovered that I could use an empty tissue box to store them. I just ball up each bag individually (so there is no air trapped) and stuff it in the tissue box. You can store even more bags by using an empty 12-pack box from soda. I keep one of these in my shop.” — F.C. in Pennsylvania

• Got spotty cellphone service in your favorite stores, but have a coupon in your email? Bring it up at home, and screen shot the bar code and details. That way it will be in your stored photos, and you won't have to wait for it to load in the checkout line.

• Tech tip: “Invest in a DVR — a digital video recorder. Our kids record something the night before, and they can only press play in the morning once they're ready for school — dressed with shoes, books and bag at the ready. It gives them an incentive to hustle.” — B.R. in Washington

• To get the most juice from a lemon (or lime), microwave for 10-15 seconds, then roll on the counter to break up the pulp. Only then should you slice them and use your hand juicer.

• “My son has two laundry baskets, one white and one black. The black one is for dirty clothes, which is pretty obvious. The white one is for clothes that are clean. He wears clothes from the clean basket without ever folding, hanging or putting them in a drawer. I have learned to be OK with this, as long as they are kept separate and he looks and smells nice when he leaves the house. My mom always said I have to pick my battles!” — T.F. in Connecticut

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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Coventry: 2 bed, 2 bath town house, new central air, newer water heater, deck, cats & small dogs, \$159,900

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

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North Providence: Apartment on 2nd floor of house, 2 bedrooms, no pets, \$975 month

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Good Housekeeping

Sticky Toffee Pudding

In England, the term "pudding" refers to many kinds of desserts. This pudding is a moist cake with a sticky broiled-on brown-sugar topping.

- 1 cup dates, chopped and pitted
- 1 teaspoon baking soda
- 1 cup sugar
- 10 tablespoon (1 1/4 sticks) margarine, softened
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup packed brown sugar
- 1/4 cup heavy cream
- Whipped cream

1. Grease 13-inch by 9-inch broiler-safe baking pan. In medium bowl, combine dates, baking soda and 1 1/2 cups boiling water; let stand 15 minutes.

2. Heat oven to 350 F. In large bowl, with mixer at medium speed, beat sugar and 6 tablespoons margarine or butter until creamy. Add egg and vanilla; beat until blended. At low speed, beat in flour and baking powder. Add date mixture and beat until combined (batter will be very thin).

3. Pour batter into baking pan. Bake 30 minutes or until golden and toothpick inserted in center comes out clean.

4. Meanwhile, in 2-quart saucepan, heat brown sugar, heavy cream and remaining 4 tablespoons margarine or butter to boiling over medium heat; boil 1 minute. Set aside.

5. Turn oven control to broil. Spread brown-sugar mixture evenly over top of hot dessert. Place pan in broiler at closest position to source of heat; broil until bubbly, about 30 seconds.

6. Cool in pan on wire rack 15 minutes. Serve warm with whipped cream if you like. Makes 12 servings.

• Each serving: About 340 calories, 10g total fat (2g saturated), 18mg cholesterol, 275mg sodium, 62g carb., 3g protein.

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

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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. 4/4 100% juice, turkey chili, corn bread, California blend vegetables, Italian bread, fruit cocktail. Sandwich: Salami and provolone on Italian.

Thurs. 4/5 Tomato vegetable soup, roasted Airline chicken, seasoned whole grain pasta, Italian blend vegetables, rye bread, fresh fruit. Sandwich: Egg salad on rye.

Fri. 4/6 Beef vegetable barley soup, meatloaf with gravy, mashed potatoes, mixed vegetables, whole wheat bread, tapioca pudding. Sandwich: Ham and cheese on whole wheat.

Mon. 4/9 Onion soup with croutons, American chop suey, whole wheat elbows, garlic spinach, dinner roll, pineapple chunks. Sandwich: Italian tuna on bulky roll.

Tues. 4/10 Moroccan lentil soup, low sodium hot dog, baked beans, roasted vegetables, 9-grain bread, Mandarin oranges. Sandwich: Sliced chicken and cheese on 9-grain.

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

Wed. 4/4 Vegetable noodle soup, Bolognese with wheat pasta, tossed salad, garlic bread, dessert. Option: Spinach salad with chicken.

Thurs. 4/5 Mushroom barley soup, pork chop with gravy, mashed potatoes, butter beans, dessert. Option: Turkey and Swiss on wheat roll.

Fri. 4/6 Lentil soup, Greek style cod, carrot salad, brown rice pilaf, dessert. Option: Corned beef Reuben on rye.

Mon. 4/9 Chicken and rice soup, Dynamite on wheat roll, French fries, wax beans, dessert. Option: Chicken salad club on wheat.

Tues. 4/10 **SHOPPING.** Minestrone soup, baked manicotti, Caesar salad, breadstick, dessert. Option: Cobb salad

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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 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.

COVENTRY CHILD OUTREACH PROGRAM

The Coventry Child Outreach Program is offering **FREE** screening for Preschool age children living in the town of Coventry. Children will be screened in the following areas of development: hearing, vision, speech and language, social, emotional and general development. Much like your Well-Child Visit with the Pediatrician, children should participate in screening annually at 3, 4 and 5 years old. Screening is offered in a variety of locations. To make an appointment, please call Lisa Neill, Child Outreach Coordinator for the Coventry Public Schools at 822-9400, Ext. 249.

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.

MARINE CORPS LEAGUE

The Marine Corps League will hold their meeting the 1st Wednesday of each month at 7PM at the Langevin VFW Post, 197 Providence Street, West Warwick. Members join in camaraderie and fellowship for the purpose of preserving traditions and interests of the United States Marine Corps.

WEST GREENWICH EARTH DAY CLEANUP

The Annual Earth Day Cleanup, jointly sponsored by the West Greenwich Conservation Commission & Land Trust will be held on April 21 starting at 8:30AM (rain or shine). Participants will assemble at the Town Hall parking lot on Victory Highway & at the Exit 6A Park-and-Ride on Hopkins Hill Road to sign-in, get their supplies & assignments. Lunch for the volunteers will be served at 12:30PM at the pavilion behind the Town Hall & at Tavern on the Hill, 809 Nooseneck Hill Road. Please call Hank at 239-8500 or Sandy at 397-5022 for more information.



Should Shock Collars be Banned in U.S.?

DEAR PAW'S CORNER: What do you think about England banning "shock collars," which give dogs a mild electric shock when they misbehave or try to cross an electric-fence boundary? — *Jim H., via email*

DEAR JIM: I'm all for it. Shock collars are just plain cruel. Never mind that they give purely negative feedback, something that should be limited when training a dog.

England's ban will take effect this year. Other parts of Britain already have banned or are considering a ban on the use of shock collars, including Wales and Scotland.

Here in the U.S., however, there is no such legislation that I know of in any state that bans the sale or use of shock collars. A growing movement is taking shape, however: The Animal Rescue Site is circulating a petition and plans to deliver it to the House Committee on Agriculture, as well as the Senate Committee on Agriculture, Nutrition and Forestry, and the U.S. Department of Agriculture Animal Care.

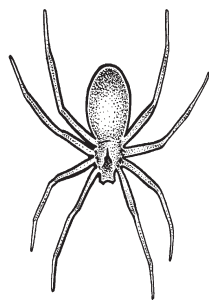
Organizations including the American Veterinary Society of Animal Behavior and the Humane Society of the United States have issued statements against the use of these collars. "The least humane and most controversial use of the shock collar is as a training device," the HSUS says on its website.

As AVSAB says in its position paper on the issue, "Training should focus on reinforcing desired behaviors, removing the reinforcer for inappropriate behaviors, and addressing the emotional state and environmental conditions driving the undesirable behavior."

In short, owners who want to train their dogs correctly should focus on positive reinforcement. If training a dog becomes difficult, consult a professional trainer rather than shift straight to a shock collar or choke collar.

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

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YARD/MOVING SALE!
242 Howard Avenue, Coventry: April 7 & 8, 8AM-1PM. Something for everyone! Tools, furniture, household, new & used items. Everything must go. Rain date April 14 & 15.

DAVE'S HAVING A BARN SALE! 35 Pilgrim Avenue, Coventry. Saturday/Sunday, April 7 & 8, 9AM-3PM. There will be hundreds of items to look through. Rain or shine. Call 623-7890 before 3PM with any questions.

Stop by our SPRING YARD SALE this Saturday, April 7 for some great treasures and fun odds and ends: Women and men's clothes, jewelry, DVDs, handbags, coats and dresses, household items! 132 Wood Cove Drive, Coventry (Wood Estates).

24 LYNN DRIVE, Coventry (in Wood Estates): Saturday April 7, 8AM-12PM. Moving out of state, everything must go! Furniture (indoor and outdoor), household items, CD's, clothes. RAIN or SHINE.

GARAGE/YARD/MOVING SALE! 42 Azalea Drive, Cranston: April 7, 8AM-4PM. Everything must go!



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

CRAFTERS WANTED FOR COVENTRY HISTORICAL SOCIETY'S ANNUAL PLANT & YARD SALE
The Coventry Historical Society is seeking Crafters for their Annual Plant & Yard Sale on May 19 from 8AM-1PM at the Read School House, located at Read School House Road & Rte. 117 in Coventry. Table fee is \$15. You must bring your own table and covering in case of rain. Please call Mary at 828-7523 or 330-7003. for more information.

Salome's Stars

ARIES (March 21 to April 19) Rumors of a change in the workplace could make you a mite uneasy about going ahead with implementing your ideas. Best advice: Ignore the talk and proceed as planned.

TAURUS (April 20 to May 20) Everyone has an opinion on how to handle a recent business suggestion. Thank them for their advice. Then go ahead and follow your own fine instincts.

GEMINI (May 21 to June 20) While home is your main focus this week, new issues in the workplace need your attention as well. Take things step by step. Pressures ease in time for weekend fun.

CANCER (June 21 to July 22) Be less rigid when handling a relationship problem. You might believe you're in the right, but try to open your mind to the possibilities of facts you're currently not aware of.

LEO (July 23 to August 22) Leos and Leonas run at a hectic pace throughout much of the week. But by the weekend, the Lions' Dens become a purrfect place for you Fine Felines to relax in.

VIRGO (August 23 to September 22) Change is favored early in the week. This should make it easier for you to reassess your plans for handling a troubling professional relationship. Good luck.

LIBRA (September 23 to October 22) A suggestion from a colleague could give your professional project that long-needed boost. Meanwhile, someone close to you still needs your emotional support.

SCORPIO (October 23 to November 21) Before complying with a colleague's request, check to see that the action benefits all, not just one person's agenda. Continue firming up those travel plans.

SAGITTARIUS (November 22 to December 21) Your social life is on the upswing, and the only problem is deciding which invitations to accept. Enjoy yourself before settling down for some serious work next week.

CAPRICORN (December 22 to January 19) With your creative aspects on high, you might want to restart your work on that novel or painting you put aside. Your efforts will bring a surge in your self-esteem.

AQUARIUS (January 20 to February 18) While you're generous with others, be sure you're not overlooking your own needs. Take time to assess your situation and make adjustments where necessary.

PISCES (February 19 to March 20) Being applauded for your achievement is great. But watch out that you don't start acting like a star. It could lose you valuable support with your next project.

BORN THIS WEEK: Your strong belief in justice, along with your leadership qualities, help you protect the rights of others.

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Donna's Day Creative family fun

by Donna Erickson

Seed-Starting Pots Made From Newspaper

It's growing season, an ideal time for your family to poke around and play in dirt. Begin indoors! Popular plants are easily started inside during spring months to give a jump-start to your summer garden.

While many serious gardeners purchase seed-starting kits, you'll discover with this kid-friendly activity that you can save money by making your own growing containers for seedlings



out of this newspaper when you finish reading it. Once you get started, you'll be rolling them out in minutes.

Fill the mini starting pots with fresh damp potting soil, tuck in seeds, and you're on your way to growing bedding plants you can transplant in your backyard or deck garden, pot and all, since the newspaper will dissolve like a peat pot.

Here's what you'll need:
- black-and-white print newspaper
- ruler
- marker
- scissors
- 6-ounce can, such as a tomato paste can, for a mold. Use a larger can or plastic water bottle for a bigger pot

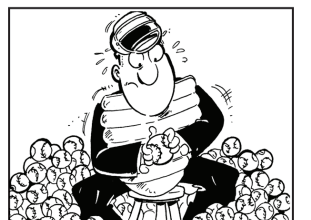
- tape
- fresh seed-starting potting soil
- seeds packaged for 2018, such as parsley, tomatoes, peppers, squash, cucumbers and melon. (Carrots, beets and radishes do best when sown directly in the garden)
- wood craft sticks for markers
- waterproof tray, such as a recycled deli container

Here's the fun:

1. Help your child measure and cut a 6-by-22-inch long strip of newspaper (for a bigger pot, use a larger can and adjust newspaper size accordingly).
 2. Set the can sideways along one end of the newspaper strip. Leave about 1 3/4 inches beyond the base of the can. Your child will enjoy rolling the newspaper evenly around the can to make a cylinder. Add tape at the end to secure paper in place.
 3. Starting at the outer seam, fold the paper edge several times over the bottom of the pot to create a flat base. Tape in place. Remove can and fold the top of the pot inward 1/2 inch to form a rim.
 4. Fill pot with moistened soil. Plant seeds and water. Write plant name on a wooden craft stick and insert it in the pot. Set on the waterproof tray.
- Repeat with more pots and seeds.
- Keep pots out of direct sun until seeds sprout, then move to a sunny window. Water when dry to the touch, being careful not to overwater.
- When ready to transplant, bring the plant-filled tray outdoors for a day to adjust, then plant the whole pots in the ground or in a container on your deck.
- TIP:** Make and plant seed-starting pots with other families, and share the seeds.

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

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Major League Baseball rule 301c says that umpires must rub down six dozen baseballs to dull their shine before a game can start.

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.

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



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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

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

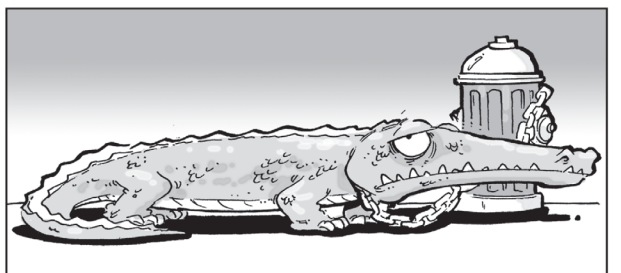
RICE CITY LADIES AID SUPPERS
The Rice City Ladies Aid Society is getting ready to start up their delicious suppers! Keep an eye out for the dates!

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.

SHOPPING EXTRAVAGANZA!
Western Coventry Elementary's Green Team invites you to a fundraising Shopping Extravaganza on April 28 from 9AM-2PM at 4588 Flat River Road, Coventry. This rain or shine event features Vendors, Crafters, Raffles, Bake Sale & Food Trucks from 11AM-2PM. For more information, including Vendor opportunities, email jenkoczan1@gmail.com

EXETER GRANGE 8TH PAINT PARTY FUNDRAISER
Exeter Grange, 469 Ten Rod Road (Rte. 102), Exeter, will a Paint Party Fundraiser, hosted by The Proud Painter, on May 14 at 7PM. Tickets are \$40/person and include a generous donation to provide funds to help with the expenses for maintenance on the Grange building, an expert artist to guide you step by step & all the art supplies you need to create a 16"X20" painted canvas. Light appetizers, bottled water & soda will be available. Advance registration required by calling/texting Joyce at 465-9571 or email joycebastien@yahoo.com

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 Noosneck 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.



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Rhode Island Blood Center
1-800-283-8385
www.ribc.org

TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. Thor: Ragnarok (PG-13) Chris Hemsworth
2. Three Billboards Outside Ebbing, Missouri (R) Francis McDormand
3. Coco (PG) animated
4. Darkest Hour (PG-13) Gary Oldman
5. Murder on the Orient Express (PG-13) Kenneth Branagh
6. Lady Bird (R) Saoirse Ronan
7. Daddy's Home 2 (PG-13) Will Ferrell
8. Wonder (PG) Jacob Tremblay
9. The Disaster Artist (R) James Franco
10. Dunkirk (PG-13) Fionn Whitehead

Top 10 DVD, Blu-ray Sales

1. Thor: Ragnarok (PG-13) Disney
2. Coco (PG) Disney
3. Murder on the Orient Express (PG-13) FOX
4. Wonder (PG) Lionsgate
5. Lady and the Tramp (G) Disney
6. Darkest Hour (PG-13) Universal
7. Daddy's Home 2 (PG-13) Paramount
8. Blue Planet II (NR) BBC
9. Three Billboards Outside Ebbing, Missouri (R) FOX
10. Lady Bird (R) Lionsgate

Source: comScore

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Information about becoming a Shared Living Provider will also be available

WEST WARWICK PUBLIC LIBRARY PRESENTS...
West Warwick Public Library, 1043 Main Street, West Warwick will host Author Angie Thomas' Livestream Author Talk "The Hate U Give" on April 13 at 11AM. Grab a front row seat & enjoy some free refreshments at one of the most anticipated author events of the year. "The Hate U Give" is the Read Across Rhode Island 2018 book selection. For more information, call Tom at 828-3750, Ext. 108 or email tom@wwpl.org

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HOPE HISTORICAL SOCIETY MEETING
The Hope Historical Society will hold their next Meeting on April 14 at 2PM at the Howland Barn on Ryefield Road in Hope. The program will be an open forum on family & friends in the Hope area. Please join us and tell us about your family and/or friends - where they are, what they are doing now, do they have a family of their own? Refreshments will be served after the program.

The Kitchen Diva!

by Angela Shelf Medearis



Celebrate Spring With Australian Lamb

Come spring, I love cooking and serving Australian grass-fed lamb, especially the shank portions for dinner. I fell in love with braised lamb shanks years ago at the now-closed Kate Mantilini's restaurant in Beverly Hills, California.

Lamb shanks can be served in many ways — as the main meat course with the braising sauce over a starch, picked off the bone and used as a filling for Greek-style gyros, mixed with barbecue sauce and placed on a toasted bun, combined with salsa and served in a taco shell, or used in casseroles, stews and soups.

The shank is the cut of lamb taken from the lower section of the animal's legs and can be from the front legs (fore shank) or the back legs (hind shank). The fore shank may include part of the shoulder, as well as part of the leg, while the hind shank will include only part of the rear leg. For detailed information about various cuts of Australian lamb go to www.trueaussiebeefandlamb.com.

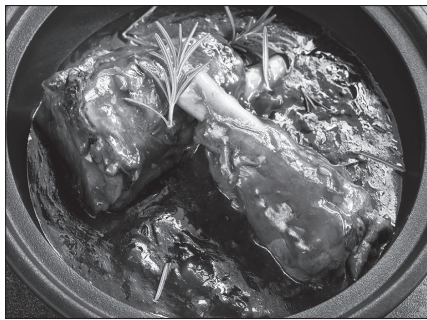
Lamb shanks have a paper-thin membrane covering that should be removed. They also have a thin layer of fat, but are leaner than the sirloin part of a lamb. Once the shank has been properly prepared, seasoned and braised in the oven or simmered for eight hours in a slow-cooker, it practically melts off the bone!

You can make this delicious recipe ahead of time and warm up the shanks right before serving. I've also included a recipe for Lemon and Baby Spinach Fettuccini, which is the perfect spring side dish. The warm pasta and tender spinach soak up the flavorful braising liquid, and the lemon complements

the shanks beautifully. Serve with a loaf of crusty garlic bread, and you'll welcome spring with gusto!

BRAISED LAMB SHANKS

- 3 tablespoons vegetable oil
- 4 lamb shanks (about 14 ounces each), trimmed
- 1 tablespoon plus 1/2 teaspoon kosher salt
- 1/4 teaspoons black pepper, divided
- 1 yellow onion, quartered
- 1 large carrot, cut into 2-inch pieces
- 4 garlic cloves, smashed
- 1 tablespoon red wine vinegar
- 1/2 cup grape juice
- 2 tablespoons Worcestershire sauce
- 1 (14.5-ounce) can crushed tomatoes
- 1/4 teaspoon ground cloves or nutmeg
- 1/4 teaspoon sugar
- 1/2 cups chicken broth
- 1/4 cup Parmesan cheese, grated
- 1/4 cup chopped fresh flat-leaf parsley



Depositphotos

1. Heat oven to 300 F.
2. Heat oil in a large roasting pan over medium-high heat. Season lamb with 1 tablespoon salt and 1 teaspoon pepper. Brown lamb in hot oil, 5 to 7 minutes on each side. Remove from pan. Add onion, carrot and garlic cloves. Cook until slightly softened, 5 to 6 minutes.
3. Add vinegar, grape juice and Worcestershire sauce; cook 2 minutes, stirring and scraping bottom of pan. Stir in tomatoes, cloves, sugar and broth; cook 2 minutes. Return lamb to pan; bring to a boil. Place parchment paper directly on lamb; cover pan tightly with aluminum foil.
4. Bake in oven for 3 1/2 hours. Remove foil, and bake until the meat

falls off the bone or when a meat thermometer inserted in thickest portion registers 200 F, about 30 more minutes, turning halfway through.

5. Transfer lamb to a platter; cover loosely with the foil. Strain cooking liquid into a medium saucepan; discard solids. Add the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and cook over medium-high until reduced to about 3 cups, about 5 to 7 minutes. Spoon 1 cup sauce over lamb, and serve with remaining braising sauce. Sprinkle with Parmesan cheese and chopped parsley.

6. Serve over Lemon and Baby Spinach Fettuccini (see recipe below), rice, polenta or mashed potatoes.

LEMON AND BABY SPINACH FETTUCCINI

Heavily salt the boiling water when making the pasta and reserve 1/2 cup of the starchy liquid to create a sauce.

- Fettuccini pasta, cooked, hot
- 3 quarts cooked (1 1/2 pounds dry)
- 3 quarts fresh baby spinach
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons lemon zest
- 1 teaspoon salt
- 1 tablespoon ground black pepper
- 1/4 teaspoon red pepper flakes
- 1/2 cup warm pasta cooking liquid
- 1/2 cup Parmesan cheese, grated

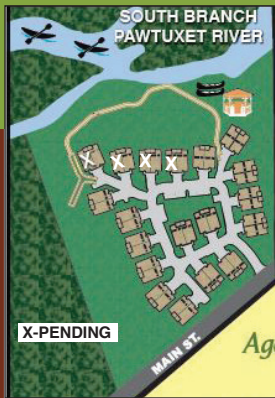
1. In a bowl, toss together hot fettuccini, spinach, oil, lemon juice and lemon zest, salt, and black and red pepper until mixed. Add the cooking liquid, a few tablespoons at a time, as needed to loosen mixture. Sprinkle with half of the Parmesan cheese.

2. Divide the Lemon-Spinach Fettuccini among 4 rimmed plates. Top with the lamb shank, the braising liquid and sprinkle with the remaining Parmesan cheese and parsley, if desired. Serves 4.

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

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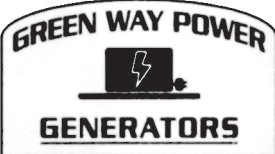
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NARFE MEETING

The National Active & Retired Federal Employees South County Chapter #998 will hold their next meeting on April 10 at the Cowesett Inn, 226 Cowesett Avenue, West Warwick. Lunch (order off the menu) at 12:15, followed by fellowship & meeting. Contact Service Officer George at 732-0190 for reservation.

MOOSUP VALLEY GRANGE ROAST BEEF SUPPER

Moosup Valley Grange, 81 Moosup Valley Road (off Rte 14 - Plainfield Pike), Foster, will hold a Family Style Roast Beef Supper on April 21, with seatings at 5PM & 6:30PM. Menu consists of Roast Beef, mashed potatoes, (2) vegetables, rolls, coffee, punch, & dessert. Adults \$15, children (6-12) \$7. Call 397-7069 or 392-0439 for reservations.

WEST WARWICK PUBLIC LIBRARY FOOD FOR FINES

The West Warwick Public Library, 1043 Main Street, West Warwick will hold a "Food For Fines" Amnesty Day on April 14. Bring in any non-perishable food item & have your overdue fines removed from your Library Card. This does not apply to lost or damaged materials or charges on accounts sent to Unique Collections. Get rid of those nasty fines and help restock the West Warwick Senior Center Food Pantry!

EXETER GRANGE WALKATHON WALKING FOR A CAUSE - FOR PEOPLE & PAWS

Exeter Grange #12 will sponsor their 14th Annual Walkathon, "Walking for a Cause - For People & Paws" to benefit the Exeter Food Bank and Friends of Exeter Animal Shelter on April 22. The Walk begins at 2PM at Exeter Animal Shelter, 169 South County Trail. For more information and/or Sponsor Sheets, contact Celeste 206-9837, Sylvia 295-0311 or Exeter Animal Shelter 294-2754.

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The REMINDER 2ND SECTION

Rhode Island's First Buyers Guide

April 3, 2018
Volume 63 • Issue 47

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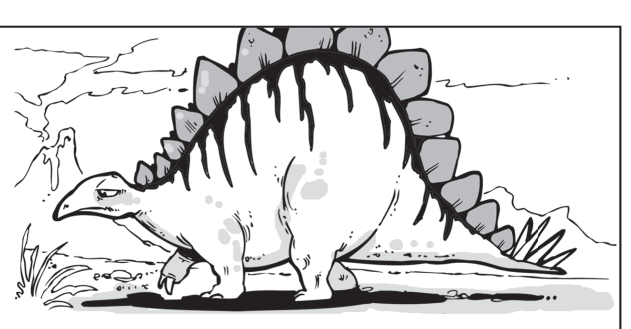
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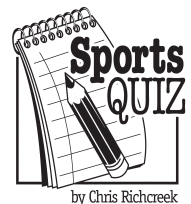
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- Sports QUIZ**
by Chris Richcreek
- In 2016, Miguel Montero of the Chicago Cubs became just the third player to have a pinch-hit grand slam in the postseason. Name either of the other two to do it.
 - Which pitcher is the Milwaukee Brewers' franchise leader in career strikeouts?
 - How many consecutive AFC East titles have the New England Patriots won entering 2018?
 - Which of these two conferences, entering 2018, was the last to win an NCAA men's basketball championship: Big Ten or Pac-12?
 - In 2017, Washington's Barry Trotz became the fifth NHL coach to reach 737 career regular-season victories. Name two of the four ahead of him on the list.
 - Who was the first Asian boxer to hold a world heavyweight title in one of the four major sanctioning organizations?
 - In 2017, Weston McKennie became the third youngest player (19) to score in his U.S. men's soccer debut. Name either of the two younger players.

Answers

- Cincinnati's Mark Lewis, in 1995, and Ricky Ledee of the New York Yankees, in 1999.
- Yovani Gallardo, with 1,226 strikeouts.
- Nine AFC East championships.
- The Big Ten won in 2000, while the Pac-12 last won in 1997.
- Scotty Bowman, Joel Quenneville, Ken Hitchcock and Al Arbour.
- Ruslan Chagaev, who won the WBA title in 2007.
- Juan Agudelo (age 17) in 2010, and Landon Donovan (18) in 2000.

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- Songwriter Bob Montgomery penned "Misty Blue" for which artist?
- What '60s artist performed in a robe and turban, driving around in a hearse with velvet curtains?
- Who released "Kiss an Angel Good Mornin'," and when?
- "State of Shock" was a duet between which two artists?
- Name the song that contains this lyric: "You took advantage of my trust in you when I was so far away, I saw you holding lots of other guys."

Answers

- He wrote it for Brenda Lee, who said no thanks. Wilma Burgess cut the song instead, releasing it in 1966. It peaked at No. 4 on the country charts.
- Sam the Sham, of the Pharaohs. The group had hits with "Li'l Red Riding Hood" (which begins with a wolf howl) and "Woolly Bully."
- Charley Pride, in 1971. Within a year, the song was covered by two other country artists: George Jones and Conway Twitty.
- Michael Jackson and Mick Jagger, in 1984. Jagger filled in for Freddie Mercury, who wasn't available.
- "I Can See for Miles," by The Who in 1967. The song came together in pieces: Vocals were done in New York, backing tracks in London and mastering in Los Angeles.

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It's A Myth That Only New-Car Dealers Can Service Vehicles Under Warranty

(NAPSA)—True or false: Until your vehicle is out of warranty, it must be serviced by the new-car dealer or the factory warranty will be void. Although many people would have answered "true," the correct answer is "false," according to the Car Care Council.

By law, independent repair shops can also provide services to maintain your new-car warranty. Consumers are protected by the Magnuson-Moss Warranty Act, enforced by the Federal Trade Commission (FTC), which prohibits a manufacturer from voiding the vehicle warranty because service was done by a nondealer.

According to the FTC, "It's illegal for a dealer to deny your warranty coverage simply because you had routine maintenance or repairs performed by someone else. Routine maintenance often includes oil changes, tire rotations, belt replacement, fluid checks and flushes, new brake pads and inspections." It's also important to note that the "Magnuson-Moss Warranty Act makes it illegal for companies to void your warranty or deny coverage under the warranty simply because you used an aftermarket or recycled part."

When using a nondealer, independent aftermarket shop to maintain your vehicle, the council strongly recommends you keep records and receipts for all maintenance done to the vehicle and adhere to scheduled maintenance requirements. If a warranty claim arises, these records will provide proof that maintenance has been performed in accordance with the manufacturer's recommendations and requirements.



You don't have to get your car serviced at the dealer—but wherever you go, keep the receipts.

"It's a common misconception that only car dealers can perform the routine maintenance and repairs on a newer vehicle that is under warranty," said Rich White, executive director, Car Care Council. "The truth is that consumers can have routine repairs performed by their local independent repair shop or do the work themselves without affecting the warranty."

The nonprofit Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

Learn More

For information from the FTC about auto warranties and routine maintenance, visit www.consumer.ftc.gov/articles/0138-auto-warranties-routine-maintenance. For a copy of the council's "Car Care Guide" or for further facts, visit www.carcare.org.

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Decorating Trends

Give Your Kitchen Convenient Country Charm

(NAPSA)—Kitchens are no longer a back room; these days, they're a major living space, and designers and consumers are looking for elements of warmth and comfort to tie a kitchen into the rest of the home. As a result, the latest look for kitchens is old-fashioned comfort and convenience—but with a material difference.



That's because you can now install a sink that looks like it came from a decades-old farmhouse but is made of the most modern materials so it will look good and work well for decades to come. The apron front design dates back to a time when water had to be hauled in for cleaning and cooking and the sink needed to hold large amounts. There were no counters or cabinets between the homeowner and the sink—which made for better ergonomics, though no one called it that at the time.

From farm to city: The rural and rustic—farmhouse tables, reclaimed wood, wide plank floors and apron front sinks—are particularly popular in kitchens today.

surface is easy to clean and there's a limited lifetime warranty.

To make the sink even easier to use, you can also get a custom-fit floating grid accessory, which rests along the walls of the sink and can be used as an additional workstation for prepping and cleaning or as a trivet on the countertop. Since the grid doesn't have to protect the sink surface, it floats gently above the sink bottom (and above any debris and water) and can easily handle the weight of most pots and pans.

Originally, such sinks were made of soapstone, which needs frequent care such as oiling, and fireclay, which often only comes in white. Now you can get an innovative IKON sink from BLANCO, which is the first composite granite, apron front sink made from a patented material called SILGRANIT.

This sink can do more than enhance the look of your kitchen. BLANCO has a long tradition of environmental stewardship and production facilities that operate to strict environmental performance standards. In addition, it's a member of the Caux Round Table, an international network of companies working to promote moral capitalism.

The sophisticated apron front design is not only durable, it works with both contemporary and rustic interiors—from farm to city. It comes in three neutral shades: Anthracite, White and Café Brown. SILGRANIT sinks are beautifully designed and scientifically proven to be scratch, stain and heat resistant so they look good for years of use. The smooth

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KOVELS Antiques & Collecting
 By Terry and Kim Kovel

Underdog Is Here
 Many comic book, movie and TV heroes are so popular that they inspire hundreds of different collectibles. Often, interest in the characters dies about 25 years after the last new episode of their shows are shown. Some have continued to be popular because of TV reruns and their rebirth in new movies, comics or even plays.

Q. We've just been given a set of 100-plus years old. It belonged to a friend of my husband's grandmother who gave it to his mother about 1910. It's a service for eight and pieces are marked "Lake Betty Silver Plate" on the backs. All are in excellent condition in a leather, velvet-lined case. We are wondering if the set has any value, other than sentimental.

A. Your silver-plated flatware is not as old as you think it is. The pattern name is Lady Betty and was introduced by International Silver Co. of Meriden, Connecticut, in 1940. The company was formed when some independent silver makers merged in 1898. Silver plating by electricity began (in the U.S.) in 1847, earlier in England. By the 1880s, more than 40 firms, mostly centered near Meriden, made simple to elaborate silver-plated tableware until the 1980s. Silver-plated items generally have a modest value unless they are either very fancy or very rare. Your flatware is not worth much — under \$100 — and places that buy silver to melt are looking for sterling silver, not silver plate.

RECENT PRICES
 Soap dish, Union Porcelain Works, white, green transfer emblem, oval, rolled rim, marked, c. 1905, 3 1/2 x 5 inches, \$25.
 Watering can, Toleware, cream with brown and green cattails, tapered cylinder, dome base, top handle, 1800s, 10 inches, \$150.
 Hatpin, Carnival glass, flying bat, purple, turquoise, gold iridescent, black ground, stars, triangular, c. 1910, 1 1/2 inches, \$325.
 Sewing machine, Singer, black metal, gilt scrolling, leaves and flowers, folding oak tabletop, foot pedal, 1800s, \$900.

TIP: Do not wrap or store scrapbooks in furniture made with pressboard. The pressboard emits gases over the years.
 For more collecting news, tips and resources, visit www.Kovels.com
 © 2018 King Features Synd., Inc.



Underdog is pictured on this metal lunchbox and matching thermos that auctioned for \$2,296. The comic character has remained popular since the 1950s because of television reruns.

"Underdog" was one of the characters created in 1959 for television cartoons selling General Mills cereal. He formerly was Shoeshine Boy, who went into a phone booth to take a pill that turned him into the superpowered Underdog. He always damaged the booth and spoke in rhymes. In 1969, the show lost its sponsor, but 62 shows continued in syndication. They can be seen on TV, and other syndicated shows with Underdog as the hero were edited, rewritten and re-bundled to remain on TV until the late 1990s.
 Many years on the air have helped "Underdog" collectibles remain popular ... and expensive. A 1974 child's metal "Underdog" lunchbox and thermos sold at a Hakes.com auction in fall 2015 for \$2,296. Other undiscovered "Underdog" memorabilia still is waiting in garage sales and flea markets, usually without the history that gives it value.

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Hints For Homeowners

Triple Threat: Save Money, Water And The Environment

(NAPSA)—If your home is like most in America, 27 percent of your water consumption comes from flushing it right down the toilet. And if that sounds like a money-sucking waste to you, it's because it is. A huge one, which may make you say WHAT THE FLUSH? Luckily, there's a solution. You can save up to 20,000 gallons of water a year—enough to fill an 18-foot by 40-foot inground swimming pool—and cut your water bills by up to 60 percent without having to change any of your bathroom behavior, just your toilet. Niagara Conservation created the Stealth Toilet, which uses less than one gallon of water per flush compared to the average toilet that uses 3.5 to five gallons per flush. Even homeowners who have installed so-called "high-efficiency" toilets can reduce water use by an additional 35 to 50 percent by switching to the Stealth Toilet. Plus, you may even get a rebate from the water supplier just for installing it. To find out if you're eligible, visit www3.epa.gov/watersense/rebate_finder_saving_money_water.html.



When it comes to saving water and money, a new device can have you flushed with success.

and refill, while strategically positioned rim wash holes add to the flushing power and make cleaning easier. And on top of everything, it gets the job done silently in one fell swoop, meaning your days of double flushing are over.

Save A Billion

Saving a billion gallons of water this year sounds ambitious, but it would only take 50,000 Stealth Toilets to do it. That means replacing 50,000 clunky, water-wasting toilets across the country. To that end, Niagara Conservation is inviting everyone to Like or follow it on Facebook or Twitter to get the word out and learn what you can do to be a money-saving, water-conserving superhero.

Learn More

Visit www.WhatTheFlush.com to learn more about the toilet and see Jenni Pulos in a cheeky "Potty Talk" video. For more on other water- and energy-saving products, visit www.niagaracorp.com or call (800) 831-8383.

On top of that, the affordable price of \$149, coupled with the amount of money saved each month on your water bill, means that the Stealth Toilet pays for itself. With all these benefits, your next step is a no-brainer. As Jenni Pulos of Bravo's hit show "Flipping Out" explains, "As a California resident, I feel the gravity and importance of water conservation. That's why I'm asking America to stop this invisible drain on our planet. With the Stealth Toilet, we can do our part to save water and money with every flush. So join the cause for water conservation."

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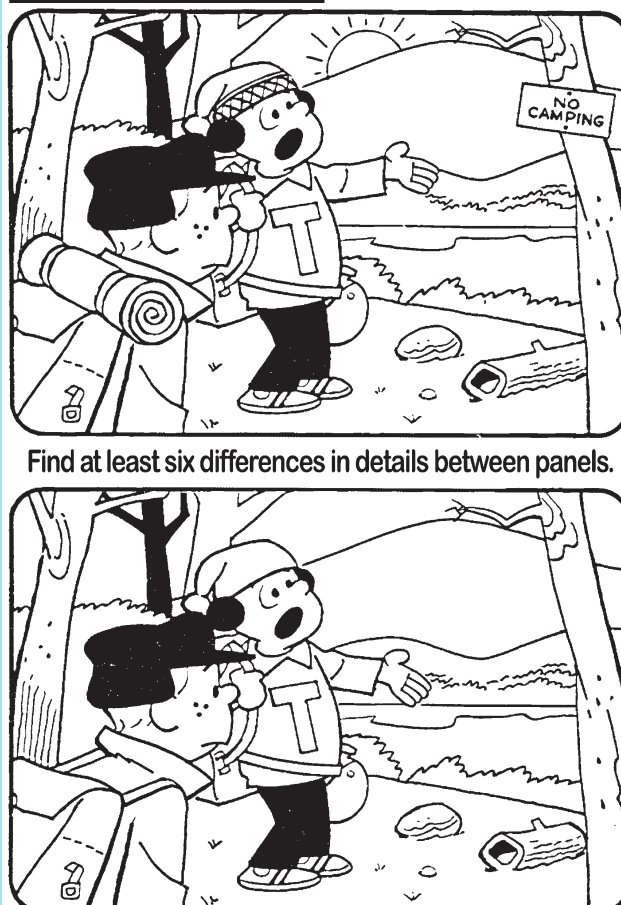
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Safety Around The Home

How To Keep The People And Things You Care For Safe At Home

(NAPSA)—From kids and pets, to your home or business, there is a lot you want to protect. There are many things you need to consider when wanting to keep your loved ones safe and your valuables secure. To help, here are some top tips:

First and foremost, security has come a long way from the days of alarm systems with monthly monitoring fees from a security company, or the dependency on your neighbors to respond when they hear the alarm. With today's smart home and Internet of things technology, it is economical, easy and very effective to install an enterprise-level security system to keep a constant eye on what matters most to you.

If you are seeking an easy way to have a watchful eye on your home when you are away, you can install a smart home security camera system for a relatively small investment, compared to the security systems of old. A good example is the NETGEAR Arlo security camera systems, which can take a lot of the worrying out of your life. "Install" is a bit of a misleading term in that Arlo cameras are 100 percent wire-free; just snap the cameras onto the magnetic mount for easy placement. Without the need for power or a hardware to your Internet connection, you can strategically place the cameras inside and outside, with no concern for how they would perform in adverse weather conditions because they are weatherproof rated. In minutes, you'll be set up to monitor your valuables from the palm of your hand anywhere in the world. You can even share camera access or specific videos with friends and family.

These cameras also come with rechargeable batteries and have an optional solar panel accessory that is worry free. And, with the two-way audio, you can even greet FedEx and let the delivery person know where to place your latest Amazon purchases.

Simplicity is the name of the game here with these new technologies. The free app is designed so you can access video, receive alerts and get a live view of your video feed. It is available for iOS



A smart home security system can help you have peace of mind wherever you are.

(Apple), Android, Apple TV and Web browser with no hidden charges and allows you to check in with a live video feed at any time. With the motion-activated alerts, you can respond to emergencies immediately—100-decibel siren included—and also have a record for any potential follow-up with your local police department.

The Arlo camera system can protect in three ways:

- 1. At Home:** Whether you're on the couch or at the office, it will alert you when someone's coming. From housekeepers and babysitters to repairmen, mail delivery and gardeners, you can keep tabs on all the activity around your house.
- 2. Business Security:** See what your workers are up to when you're not there or check to ensure the cleaners locked up properly after closing.
- 3. Pet Monitoring:** See what happens when you're away and take whatever steps are needed to keep pets (and neighbors) smiling. Geofencing is available.

Additionally, NETGEAR has created an initiative called Arlo Cares, to partner with communities to provide options when it comes to their security. Arlo Cares works with public safety professionals as well as nonprofit organizations to demonstrate how easy it can be for community members, working together, to promote a safer and more secure environment for their friends, family and fellow neighbors.

There are also plenty more tips you can follow to ensure the security of your property.

Something that may not always be common sense in this day of connected networks is: Don't post your travel plans on social media. We all love to share our travel experiences with friends and family and our social channels make it so easy to do so; however, be warned if your accounts are public. You could be broadcasting to the world that no one is home.

Also, the old standby still holds: If you'll be away for any extended time, stop mail and newspaper deliveries, and ask a neighbor to remove any flyers that might be placed on your doorstep.

It is always a good idea to keep shrubs and bushes trimmed and to use outdoor lighting to eliminate places where a potential prowler could hide. There are even plenty of motion-activated lights that can put more light on a subject, so to speak. And remember those timers; these are still effective ways to turn lights and televisions on and off when you are not home. It gives the impression of activity to any passersby.

You should also be wary of anyone offering repairs or contract work door-to-door. Ask to see his or her operating license and call the company. They may just be snooping to see if someone is home during the day, or if they do get contracted, they may have an open invitation to evaluate the contents of your home and accessibility options.

Many of us have very busy lives and the sense of community is often a remote one, but it is still important to get to know your neighbors. You can also leave spare keys with someone you trust, and don't place them under a doormat or planter or other obvious hiding place. Lock exterior doors at night and every time you leave the house, even if it's just for a few minutes. Lock gates, garage doors and shed doors after every use. Keep outdoor lights on in the evening—whether or not someone is home. Secure sliding glass doors with a dowel or pin.

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Moving Ideas

Tips For A 100 Percent Hassle-Free Move

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

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

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

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

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

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

For moving tips or to book a move, visit www.Unpakt.com or download the Unpakt app on iTunes or Google Play Store. Enter promo code UnpaktNews to save 5 percent on your next move.

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

Trivia test by Fifi Rodriguez

1. U.S. CITIES: Which U.S. city is popularly known as "Beantown"?
2. MUSIC: What was the best-selling music single of all time?
3. MYTHOLOGY: In Greek mythology, how many graces are there?
4. TRANSPORTATION: Which major airport is known by the three-letter code DCA?
5. TELEVISION: What are the names of the two Muppet characters that heckle the cast from their balcony seats?
6. LITERATURE: What is the first name of Agatha Christie's detective Miss Marple?
7. PSYCHOLOGY: What is triskaidekaphobia?
8. GEOGRAPHY: What is the largest freshwater body in Africa?
9. GENERAL KNOWLEDGE: What was the strongest earthquake recorded?
10. TOYS & GAMES: What is the main ingredient of Silly Putty?

Answers

1. Boston
2. "Candle in the Wind" (1997, Elton John)
3. Three: Aglaia, Euphrosyne and Thalia
4. Washington National Airport
5. Statler and Waldorf
6. Jane
7. Fear of the number 13
8. Lake Victoria
9. 9.5 magnitude, near Valdivia, Chile, in 1960
10. Silicone

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The Garden Bug Spring planting

Deciding when to plant can be tricky; each region of the country is different, and even within a region there may be wide fluctuations due to factors like altitude and terrain. The average date of the last spring frost and recommended times to put out summer plants like tomatoes and corn in the lower 48 states are given in this chart.

Region	Average Last Freeze	Plant Summer Garden
Gulf Coast	February 1 – March 1	March 1 – April 1
Southeast	March 1 – April 1	March 15 – April 15
Midwest	April 1 – May 1	April 7 – May 7
North	May 1 – June 1	May 15 – June 15

Source: www.todayshomeowner.com - Brenda Weaver

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Sports QUIZ
by Chris Richcreek

- In 2016, Miguel Montero of the Chicago Cubs became just the third player to have a pinch-hit grand slam in the postseason. Name either of the other two to do it.
- Which pitcher is the Milwaukee Brewers' franchise leader in career strikeouts?
- How many consecutive AFC East titles have the New England Patriots won entering 2018?
- Which of these two conferences, entering 2018, was the last to win an NCAA men's basketball championship: Big Ten or Pac-12?
- In 2017, Washington's Barry Trotz became the fifth NHL coach to reach 737 career regular-season victories. Name two of the four ahead of him on the list.
- Who was the first Asian boxer to hold a world heavyweight title in one of the four major sanctioning organizations?
- In 2017, Weston McKennie became the third youngest player (19) to score in his U.S. men's soccer debut. Name either of the two younger players.

Answers

- Cincinnati's Mark Lewis, in 1995, and Ricky Ledee of the New York Yankees, in 1999.
- Yovani Gallardo, with 1,226 strikeouts.
- Nine AFC East championships.
- The Big Ten won in 2000, while the Pac-12 last won in 1997.
- Scotty Bowman, Joel Quenneville, Ken Hitchcock and Al Arbour.
- Ruslan Chagaev, who won the WBA title in 2007.
- Juan Agudelo (age 17) in 2010, and Landon Donovan (18) in 2000.

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- On **April 15, 1783**, the Continental Congress of the United States officially ratifies a preliminary peace treaty with Great Britain. Five months later, the Treaty of Paris was signed, bringing an end to the Revolutionary War.
- On **April 9, 1859**, a 23-year-old Missouri youth named Samuel Clemens receives his steamboat pilot's license. Clemens is better known by the pseudonym "Mark Twain," a boatman's call noting that the river depth was two fathoms (12 feet) and safe for travel.
- On **April 14, 1912**, the luxury liner RMS Titanic, on its maiden voyage, fails to divert its course from an iceberg, ruptures its hull and begins to sink. Of the estimated 2,224 passengers and crew aboard, some 1,500 were killed.
- On **April 12, 1945**, while on a vacation, President Franklin Roosevelt suffers a stroke and dies. FDR had been elected president four times and had served for more than 12 years, the only president ever to serve more than two terms.
- On **April 11, 1951**, President Harry Truman relieves the flamboyant and egotistical Gen. Douglas MacArthur of command of U.S. forces in Korea. The firing set off a brief uproar among the American public, and he returned home to a hero's welcome.
- On **April 10, 1963**, the atomic submarine USS Thresher sinks in the North Atlantic during deep-diving tests, killing the entire 129 man crew. An investigation found that a silver-brazed joint in the engine room had caused a short in critical electrical systems.
- On **April 13, 1970**, disaster strikes 200,000 miles from Earth when oxygen tank No. 2 blows up on Apollo 13. Commander James Lovell reported to mission control on Earth: "Houston, we've had a problem here." Using dramatic and untested maneuvers, Apollo 13 touched down safely in the Pacific Ocean four days later.

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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.

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SENIOR TECH CLUB AT THE WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick is offering a Senior Tech Club on Thursdays from 10-11AM. No reservations needed, just drop in! Tech Club provides support for one-on-one help and to teach new technology. Available for use will be an iMac, Android Tablet, Nook & Laptops but students are also encouraged to bring their own devices. The goal of Senior Tech Club is to help older adults become comfortable with technology in a friendly environment. For more information, call 828-3750, Ext. 4.

OPENING DAY FISHERMAN'S BREAKFAST AT CORNERSTONE OF FAITH UMC

Cornerstone of Faith UMC, 1081 Main Street (next to the Police Station), Coventry, will hold an Opening Day Fisherman's Breakfast on April 14 from 6-11AM. Menu includes eggs, sausage, bacon, ham, pancakes, Johnny Cakes, toast, juice & more. Suggested donation \$7. All are welcome!

ONGOING PROGRAMS AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene invites you to attend one of their many ongoing programs - **Purls of Wisdom Knitting Group** meets on Tuesdays at 6PM. **Rug Braiding Group** meets on Saturdays at 10AM. **Adult Coloring** meets on Thursdays from 4-6PM. **Teen Takeover** (for Grades 6-12) meets on Tuesdays from 4-5PM. **Fireside Book Club** meets on the last Thursday of the month at 6PM. **Quilting/Sewing Group** meets on the 1st Thursday of the month at 5:30PM. **Short Story Writing** meets on Tuesdays from 5-6PM. For more information, please call 397-3873.

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ATTENTION NON-PROFIT ORGANIZATIONS - If you have not seen your Community Note in "The Reminder" for awhile, please feel free to re-submit. 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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