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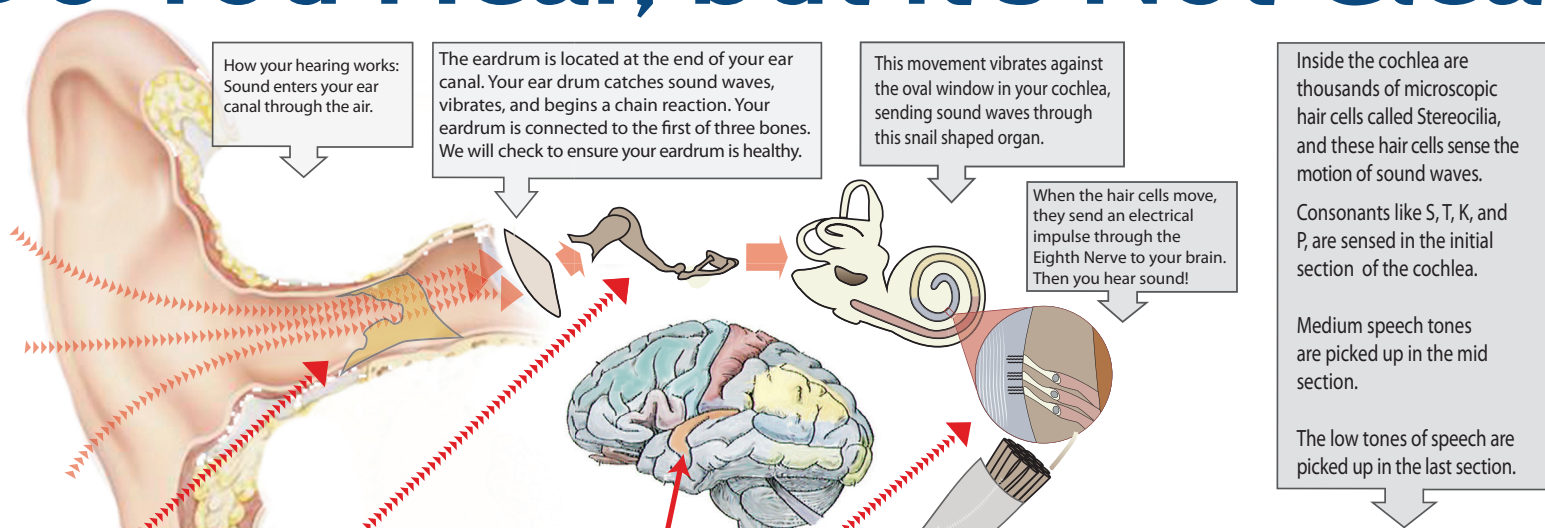
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# Do You Hear, but it's Not Clear?



**Hearing Problem #1**  
The ear canal's job is to funnel sound to your ear drum. Sometimes the canal becomes plugged with wax, which mimics a hearing loss because it blocks sound from reaching your eardrum. Use of a cotton swab will pack wax even more. We will check for impacted wax with a video ear camera to see if this is a problem.

**Hearing Problem #2**  
The three tiny bones of your inner ear conduct sound between your ear drum and your cochlea. Otosclerosis is the calcification of these bones, resulting in conductive hearing loss. About 10% of people have this type of loss.

**Hearing Problem #3**  
The cochlea is a snail-shaped organ containing thousands of living hair cells called stereocilia. A condition known as Sensorineural hearing loss (nerve type hearing loss) occurs when any of the hair cells become damaged. About 90% of hearing loss is this type. A new hearing computer has now been released that is programmed specifically for the frequencies of hair cells that are damaged, resulting in improved speech understanding.

**Hearing Problem #4**  
Tinnitus is the phantom sensation of ringing in the ears. It is the result of damaged or misfiring nerves between the cochlea and the brain. A specialist will identify the tone of your tinnitus and demo how the hearing computer may reduce it.

**If You Could Unroll The Cochlea's Tube**

In a healthy cochlea, all hair cells are alive and standing upright. As sound waves move through the fluid within the cochlea, each hair cell fires and sends an electrical impulse through the Eighth Nerve to the brain.

Damaged hair cells don't fire properly and some sounds (fricatives and high tones) are not transmitted to the brain. Hair cell damage is a natural part of aging. It can be caused by moderate sounds over long periods, loud sounds over short periods, or even by prescriptions.



Kristin Jollie Audiologist

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*Jean Bradley*

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**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.

**DONATIONS NEEDED FOR COVENTRY HISTORICAL SOCIETY'S ANNUAL PLANT & YARD SALE**

The Coventry Historical Society is looking for donations for their Annual Plant & Yard Sale to be held on May 19 at the corner of Read School House Road & Rte. 117, Coventry. Volunteers will be available at the Read School House on May 12 from 10AM-12PM to accept donations. For more information, please call Mary at 828-7523 or 330-7003.

**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.

**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@coventrylibrary.org](mailto:js@coventrylibrary.org) for more information and/or to register.

**RICE CITY CHURCH TURKEY SUPPER**

Rice City Church, 63 Vaughn Hollow Road, Greene, will hold a Turkey Supper on April 28 with seatings at 4:30 & 5:30PM. Menu includes Roast turkey, mashed potatoes, carrots, green beans, bread, cranberry sauce and pies. Cost is \$12/adult, \$5/child (ages 6-12), children 5 & under are guests of the Church. The School House Thrift Shop is open most Supper Nights. Please call Phyllis at 397-5743 for more information and/or reservations. If no answer, call Robin at 391-4545. Reservations must be made 1 week before suppers.

**PHENIX SPORTSMEN'S CLUB PORK & PEAS DINNER**

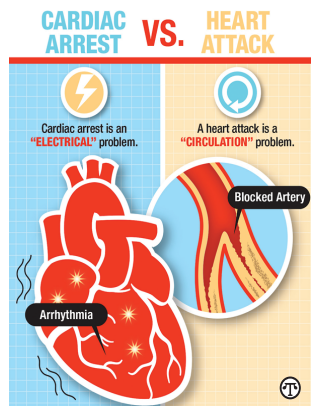
The Phenix Sportsmen's Club, 715 Main Street, West Warwick, will hold a Pork & Peas Dinner on April 21 at 6PM. Tickets are \$10 & must be purchased by April 18. Call 821-9659 for reservations or more information.

**Health Awareness**

**Sudden Cardiac Arrest Or Heart Attack: Know The Difference**

(NAPSA)—A little knowledge can be a lifesaving thing. Too often, people use "sudden cardiac arrest" and "heart attack" interchangeably, but they shouldn't.

A heart attack is when blood flow to the heart is blocked and sudden cardiac arrest is when the heart malfunctions and suddenly stops beating unexpectedly. A heart attack is a "circulation" problem and sudden cardiac arrest is an "electrical" problem. Here are a few more facts it may be healthy to know from the American Heart Association:



**What Is a Heart Attack?**

A heart attack occurs when a blocked artery keeps oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die. The longer a person goes without treatment, the greater the damage. Symptoms of a heart attack may be immediate and intense. More often, though, symptoms start slowly and persist for hours, days or even weeks before the heart attack. The heart usually does not stop beating during a heart attack. Symptoms can differ in men and women.

**Fast action can save lives: It's a good idea to know what to do if someone experiences a heart attack or cardiac arrest.**

**What Is Cardiac Arrest?**

Sudden cardiac arrest often occurs without warning. It's triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot send blood to the brain, lungs and other organs. Seconds later, a person loses consciousness and has no pulse. Death occurs within minutes if the victim does not receive treatment.

**What To Do: Heart Attack**

Even if you're not sure it's a heart attack, don't wait more than five minutes to call 9-1-1 or other emergency response number. Every minute matters. It's best to call EMS to get to the emergency room right away. Emergency medical services staff can begin treatment when they arrive—up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance may get faster treatment at the hospital, too.

**What Is the link?**

These two distinct heart conditions are linked. Sudden cardiac arrest can occur after a heart attack or during recovery. Heart attacks increase the risk for sudden cardiac arrest. Most heart attacks do not lead to sudden cardiac arrest but when sudden cardiac arrest occurs, heart attack is a common cause. Other heart conditions may also disrupt the heart's rhythm and lead to sudden cardiac arrest. These include a thickened heart muscle (cardiomyopathy), heart failure, and arrhythmias, particularly ventricular fibrillation and long QT syndrome.


**What To Do: Sudden Cardiac Arrest**

Cardiac arrest is reversible in most victims if it's treated within a few minutes. First, call 9-1-1 for emergency medical services. Then use an automated external defibrillator (AED) if one is available. Begin CPR immediately and continue until professional emergency medical services arrive. If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

Sudden cardiac arrest is a leading cause of death—nearly 360,000 out-of-hospital cardiac arrests occur annually in the United States. By performing immediate CPR, you can double or even triple a victim's chance of survival.

**Learn More**

You can find further information about how to help save a life with CPR at [www.heart.org/CPR](http://www.heart.org/CPR).



Stapes / Stirrup

The smallest bone in the human body is the stapes or stirrup bone located in the middle ear. It is approximately one-tenth of an inch long. Shaped like a stirrup on a saddle, it transmits sound vibrations through the hearing system.

**The Garden Bug**



Indian shot is another name for *canna indica*, a wildflower of the Caribbean and tropical Americas.

Its spherical black seeds are hard and perfectly round, resembling oversized BBs or buckshot from a shotgun shell. They are often used as beads.

—Brenda Weaver

Sources: usf.edu, waynesword.palomar.edu

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**Q. What's worse than no will?**  
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**to your good health**  
WITH **Dr. Keith Roach**

a recent holiday, I asked him about his symptoms. He replied that he was not bothered by heartburn for the 10 days he was away.

You see, my father takes all his meals sitting on the couch, eating off of a low coffee table. Taking a bite, sitting back to chew, bending forward toward the table, over and over. It almost looks like he's doing sit-ups while seated, and I think this must contribute to stomach acid pushing up. During the 10 days that he was away, he was sitting at a proper-height table when eating all his meals.

**What are your thoughts? He won't listen to me, because I'm not a doctor! —A.C.**

**ANSWER:** Believe me, being a doctor doesn't mean people always listen to you. However, I do hope your father listens to you, because I agree with you that his eating position may contribute to mechanical acid reflux: The increased pressure from his bent-over position may be forcing acid up into his esophagus.

However, being on holiday may lead to other reasons he was not bothered. Maybe he was avoiding foods that cause symptoms. Maybe he was feeling less stressed. It's possible he ate earlier and went to bed a longer time after eating, which allows the stomach to empty so there is less acid at night, when more damage to the esophagus can occur due to the loss of gravity and swallowing.

Sometimes several lifestyle choices are needed to address GERD. I always prefer to work on those before prescribing medication treatments, especially because the proton pump inhibitors like omeprazole have long-term side effects that are best avoided, if possible.

*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](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803.*

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**Pinpointing Cause of Hearing Loss**

**DEAR DR. ROACH:** I have worked in a loud facility for 35 years and have always worn protection and had my hearing tested annually. Several years ago, I had a threshold shift (a loss in my hearing range), and the plant nurse sent me to a hearing specialist. He said that my hearing loss is not due to noise exposure. I asked how he could tell, but I didn't get a satisfactory answer. I later asked my primary care physician, and he didn't know.

How do you determine from the result of a test whether hearing loss is caused by noise exposure or other factors, such as illness or injury? Would a hearing aid be effective? —J.G.

**ANSWER:** A comprehensive exam and hearing testing can show whether the hearing loss is likely due to loud noise exposure, based on the pattern of hearing loss across different frequencies. However, I don't think that there is 100 percent certainty about making or excluding noise exposure as the cause of the hearing loss from the pattern.

I would think that an independent evaluation, by a certified audiologist and your own ENT doctor, might give you additional information, including a discussion about how much benefit you might get from a hearing aid. The Hearing Loss Association of America (on the Web at [www.hearingloss.org](http://www.hearingloss.org)) can provide you some support and guidance through this process.

**DEAR DR. ROACH:** My father suffers from GERD and takes medication for it. After returning from

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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](mailto:wwarwickangels@gmail.com) for more information.

**RICE CITY SUPPERS**

The Rice City Ladies Aid Group will resume hosting their Suppers very soon! Please keep an eye out for upcoming dates.

**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](mailto:jenkoczan1@gmail.com)

**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](mailto:js@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!

**AARP 2210 TRIP TO "THE BIG E"**

AARP 2210 is sponsoring a trip to "The Big E" on September 18. The trip includes Admission to "The Big E", Springfield Fair & Deluxe Motorcoach transportation. Cost is \$64/person. Call Maureen at 828-5188 or Patricia at 821-3733 for reservations or more information.

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## Comfort foods

Made fast and healthy

### Ham and Cheese Chowder

If you still have a little leftover ham from Easter, here is a delicious and hearty soup to finish it off.

- 4/2 cups shredded loose-packed frozen potatoes
- 1/2 cup finely chopped onion
- 2 cups chopped cabbage
- 2 cups water
- 1 1/2 cups (9 ounces) diced 97 percent fat-free ham
- 1 (12-fluid-ounce) can Carnation Evaporated Fat-Free Milk
- 3/4 cup cubed Velveeta Light processed cheese

1. In a large saucepan, combine potatoes, onion, cabbage and water. Stir in ham. Cover and cook over medium heat for 6 to 8 minutes or until vegetables are tender.

2. Add evaporated milk and Velveeta Light. Mix well to combine. Continue simmering for 5 to 6 minutes or until mixture is heated through and cheese is melted, stirring often. Serves 6.

TIP: Raw shredded potatoes, rinsed and patted dry, may be used in place of frozen potatoes.

• Each serving: 179 calories, 3g fat, 16g protein, 22g carbs, 645mg sodium, 264mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1/2 Fat Free Milk, 1/2 Vegetable; Carb Choices: 1 1/2.

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### PAWTUXET VALLEY ROTARY CLUB

The Pawtuxet Valley Rotary Club is looking for individuals or businesses who are interested in helping the local communities of West Warwick, Coventry & West Greenwich! For more information please email pvrotaryevents@gmail.com or call 401-589-1321.

### CHASE THE RAINBOW COLOR RUN/WALK AT HOPKINS HILL ELEMENTARY

Hopkins Hill Elementary is hosting a community-wide event, Chase the Rainbow Color Run/Walk, on April 29 (rain date May 6) at the school. This event will raise funds to revitalize the outdoor space at the school that has been severely damaged by neighboring sand dunes. The PTA is still seeking sponsors. To register or for sponsorship information, please visit hopkinshillpta.org

### 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!

### HOPE LIBRARY PRESENTS...

Hope Library, 374 North Road, Hope, hosts "Top Smartphone Apps for Health & Wellness" on April 19 at 6:30PM. Barbara Barry, founder of Barry Basic Computer Coaching and a computer professional for over 30 years, will advise how to make your smartphone a partner in developing your healthy lifestyle. For more information, call 821-7910.

### CROMPTON VETS ORGANIZATION STEAK FRY

The Crompton Vets Organization, 37 Hepburn Street, West Warwick, will hold a Steak Fry or Chicken Dinner on April 20 from 6-8PM. Cost is \$15/person. Reservations must be made by Wednesday by calling 821-2660.

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



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- Donna Zarrella ..... Advertising Director
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Liz DeVonis, Monique Rice

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**FLASH BACK**  
POP ROCK & SOUL TRIVIA BY MICK HARPER

1. What group released "Mickey's Monkey"?
2. Who released "Not Enough," and when? What's it about?
3. Which artist wrote and released "Him"?
4. Name the first group to release "On Broadway."
5. Name the song that contains this lyric: "I'll never hurt you, I'll never lie, I'll never be untrue, I'll never give you reason to cry."

**Answers**

1. The Miracles, in 1963. The song helped launch the newest dance, The Monkey. Go ahead, learn it on YouTube.
2. Johnny Tillotson, of "Poetry in Motion" fame, came out of retirement to release this tribute to fire, police and uniformed U.S. personnel in 2010. The song zoomed to the top of the Indie chart.
3. Rupert Holmes, in 1980, on his "Partner in Crime" album.
4. The Drifters, in 1963. Many cover versions followed, but it was George Benson's 1978 version that won a Grammy for Best R&B Vocal Performance.
5. "Devoted to You," by the Everly Brothers, in 1958. Astonishingly enough, this fine example of the duo's close harmonies never made it above No. 10 on the Billboard Hot 100 chart. Then again, the Carly Simon-James Taylor version never topped No. 36 in 1978.

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**Party Planning Tips**

**Make Your Next Game Night A Real Winner**

(NAPSA)—Any time of year can be the right time to bring friends together for fun and food. One of the best ways to stir up the crowd is with a game night. An evening of friendly competition can be an excellent way to maximize the laughter and get everyone to interact.



Here are some tips:

- **Let the games begin:** Select games to match the interest of your guests. For example, you might want to go "old school" with board games such as Monopoly, Clue, Battleship or Candy Land.
- **Seating:** Comfort is key. Make sure that everyone has a comfortable place to sit. Think of using card tables for board games and keeping an open space for more interactive games such as Charades.
- **Beverages:** Set up an area where guests can help themselves with ease. Include an ice bucket, pitchers and shatter-resistant glassware for convenience and to avoid any potential problems. Make sure you offer nonalcoholic options.
- **Food:** Mix and match simple recipes and no-cook dishes that can be enjoyed without interrupt-

ing the action. Remember, according to legend, the sandwich was invented at a gaming table. The good news is that serving foods that feature convenience doesn't mean you have to sacrifice taste or quality. For instance, Tostitos Artisan Recipes tortilla chips can be an excellent option if you want to take your everyday entertaining to the next level. Available in two flavors—Roasted Garlic & Black Bean and Fire-Roasted Chipotle—the chips are made with a blend of nine flavorful grains and 100 percent natural ingredients, including real black beans, garlic and chipotle peppers added right into the chips before cooking. That means that unlike many chips, they don't need a dip to add flavor. In fact, some hosts and hostesses have been known to serve them straight from the bag. For more information, visit [www.facebook.com/tostitos](http://www.facebook.com/tostitos).

**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](mailto:tom@wwpl.org)

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

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

**AARP CHAPTER 2210 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.

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



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# Puzzle Page

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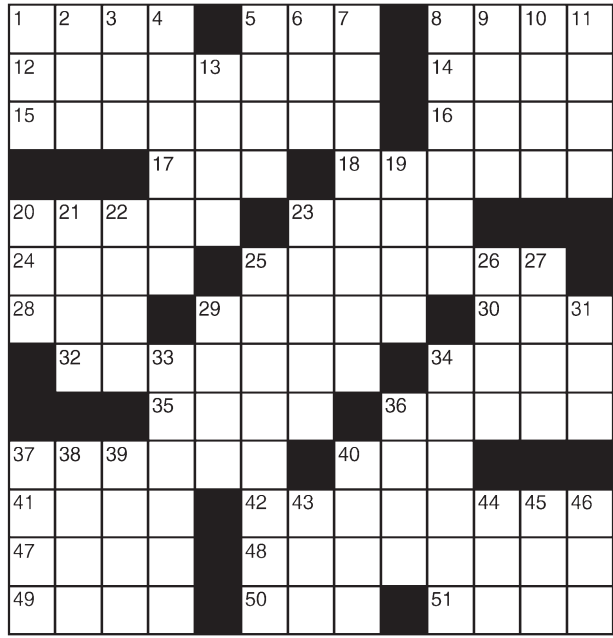
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## King Crossword

- ACROSS**
- Dillon or Damon
  - Greek vowel
  - Heap
  - Cooling drink
  - Smell
  - Execrate
  - Island garlands
  - Sch. org.
  - Not quite upright
  - Big name in California wines
  - Soreness
  - Do as you're told
  - Wide ruffle
  - Conk out
  - Lead the way
  - Playwright Levin
  - Beat decisively
  - Follow closely
  - Manitoba native
  - Tending (to)
  - Lecherous observer
  - 40 — carte
  - Off the base, for short
  - Proclaim
  - Toy block name
  - Washington Monument, e.g.
  - Rewrite, maybe
  - Hot tub
  - Chills and fever
  - merly
  - Car
  - Actress Elisabeth
  - Deity
  - Somewhat
  - Sly look
  - Carroll heroine
  - Solemn occasions
  - "Arrivederci"
  - Ireland
  - Mentor
  - Beer cousin
  - Spotted wild-cat
  - Emotional upset
  - Trudge on
  - Crooner Jerry
  - As yet unpaid
  - Boo-Boo's companion
  - " — Karenina"
  - Siesta
  - Run-down horse
  - French vineyard
  - out a living
- DOWN**
- Central
  - High card
  - Roman X
  - Doubly thick
  - Sicilian volcano
  - Sleuth, briefly
  - 212 or 718, e.g.
  - Allergy sufferer's woe
  - Concept
  - Pork cut
  - Formerly, for-



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


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

- Air
- Blood
- Cash
- Conversation
- Data
- Electrons
- Glaciers
- Ice
- Ketchup
- Lava
- Molasses
- Money
- River
- Stream
- Water

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**Acclimate Your Pet Before the Big Trip**

DEAR PAW'S CORNER: A few months ago, I moved across the country for a temporary contract job. I didn't want to uproot my two dogs, "Skip" and "Trace," and my ex-girlfriend was happy to care for them. Since then, the job has become permanent, and I plan to fly my dogs here. I'm worried about sending them in the cargo hold of an aircraft, however. Is there any way to ensure they won't be stressed out? — Carl in San Diego

DEAR CARL: It is possible to acclimate your pets, somewhat, to the stresses of travel — whether by car or airplane. You'll need to enlist your ex to help prepare them for the trip, and if possible, be on the same flight to their new home so you can greet them as soon as they're offloaded, further minimizing that stress.

Acclimating Skip and Trace to travel starts with getting them accustomed to the sturdy travel crates each of them needs to be in. Put nonslip padding on the floor of each crate, along with lightweight bedding, a chew toy, water and a piece of clothing with your scent on it. Have them go into their crates on command, giving a treat when they do.

Next, place their crates in the car and drive around, so they get used to being in the crates while in motion. Finally, add a louder noise element to the acclimation: Take the car through an automatic car wash, whose air dryers sound much like a jet engine.

Give lots of treats and positive encouragement during these sessions, which should be repeated at least a couple of times a week leading up to the big trip home.

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

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**SLOCUM GRANGE "APRIL SHOWERS" BREAKFAST**

Slocum Grange, 96 Slocum Road, North Kingstown will hold an "April Showers" Breakfast on April 21 from 7-10AM. Adults \$10, children (5-10) \$5, children 4 & under are guests of the Grange. Also be sure to visit the Bake Table. Slocum Grange is collecting food for the North Kingstown Food Pantry. The charity for April is Blessings in a Backpack to benefit North Kingstown students. Call Carol at 294-2989 for more information.

**WEST WARWICK PUBLIC LIBRARY PRESENTS...**

West Warwick Public Library, 1043 Main Street, West Warwick will host Master Kora Player, Burkina Yacouba on April 14 at 11AM in celebration of RI Library Day. Yacouba, from Burkina Faso has been in the US since 2009, touring & splitting his time between New York City and West Warwick. His performance on this 21-string instrument is a transporting experience. For more information, call Tom at 828-3750, Ext. 108 or email tom@wwpl.org

**COVENTRY PUBLIC LIBRARY EVENING STORYTIMES**

The Coventry Public Library, 1672 Flat River Road, Coventry, will offer **Family Evening Storytimes** on April 11 & 25, May 2, 9 & 16. Stories, activities and crafts will be featured. Children may wear their PJ's and slippers. No registration required. Call 822-9102 for more information.

**FREE LEGAL CLINIC AT THE COVENTRY RESOURCE & SENIOR CENTER**

The Coventry Resource & Senior Center (formerly the Coventry Senior Center), 50 Wood Street, Coventry, will offer a free "One on One" Legal Clinic on April 20. RI Legal Services will be on site to resolve your Civil (not Criminal) legal issues. Call Cheryl at 821-9175 for an appointment.

**COVENTRY PUBLIC LIBRARY HOMEBOUND SERVICES**

The Library Homebound Service is a program for Coventry residents who have a temporary or permanent physical impairment that prevents them from coming to the Library. The Homebound Coordinator visits private homes & Nursing Facilities, delivering books, music CD's & magazines. Visits are typically made every 3 weeks. Books are available in regular print, large print & disc format. Contact the Library at 822-9463 or email madame@coventrylibrary.org for more information.



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In 1869, Dr. Brown's Celery Tonic went on sale for the first time. The drink consisted of soda water and crushed celery seed. It also helped to spark a celery craze in the late 19th century that included celery flavored soft drinks, celery gum, celery soup and elixir of celery.

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Life was meant to be lived, and curiosity must be kept alive. One must never, for whatever reason, turn his back on life.  
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| <p><b>Family Pack Certified Angus Beef Ground Chuck \$2.99 lb.</b></p> <p>Quick &amp; Easy! Chicken Stir Fry ..... \$4.59 lb.</p> <p>Quick &amp; Easy Thin Sliced Pork Cutlets..... \$2.59 lb.</p> <p>Extra Thick for the Grill!! Tom's Center Cut Pork Chops..... \$2.59 lb.</p> <p>Ask For a Recipe! Super Tasty Tri-Tip Steak ..... \$7.99 lb.</p> <p>USDA Grade A Split Chicken Breast..... \$1.99 lb.</p> <p><b>USDA Choice T-Bone or Porterhouse Steaks \$8.99 lb.</b></p> <p>Simply Potatoes Simply Sides ..... \$2.99 ea.</p> <p>Certified Angus Beef Cube Steak..... \$4.59 lb.</p> <p>Tom's Own Fresh Sirloin Hamburg Patties ..... \$4.99 lb.</p> <p>Frying Pan Ready! Breaded Chicken Cutlets ..... \$6.99 lb.</p> <p>Boar's Head Pre-Cooked Bacon ..... \$3.99 pkg.</p> <p><b>Family Pack, Assorted Pork Chops..... \$1.79 lb.</b></p> | <p><b>New! Grab n' Go! Roasted Cauliflower &amp; Barley Risotto w/ Grilled Chicken \$5.99 ea.</b></p> <p>Taste of Summer! Fresh Mozzarella &amp; Tomato Salad..... \$7.99 lb.</p> <p>New! Buffalo Chicken or Steak &amp; Cheese Eggrolls..... 2/\$3</p> <p>Tom's Delicious! Edamame Succotash \$4.99 lb.</p> <p>Heat &amp; Eat! Steak Cut Onion Rings..... \$4.99 lb.</p> <p>Pubhouse Style Battered Cod w/ Remoulade \$6.99 lb.</p> <p><b>New! Grab n' Go! Sweet Potato &amp; Quinoa w/ grilled London Broil \$5.99 ea.</b></p> <p>Cheese Stuffed Rigatoni Bolognese \$6.99 lb.</p> <p>Smashed Cauliflower Parmesan..... \$5.99 lb.</p> <p>Grab Your Tortillas! Chicken Fajita ..... \$5.99 lb.</p> <p>Grab Your Chopsticks! King Pao Chicken... \$7.99 lb.</p> <p>Tom's Parmesan Roasted Brussels Sprouts... \$4.99 lb.</p> <p><b>Tuscan Style Cheese Tortellini Salad \$5.99 lb.</b></p> | <p><b>18oz. Kellogg Raisin Bran Cereal 2/\$7</b></p> <p>64 oz. Hytop Apple Juice..... \$1.69</p> <p>4 lb. Hytop Granulated Sugar..... \$1.99</p> <p>16 oz. Original or Whole Wheat Barilla Pasta ..... 4/\$5</p> <p>8 oz. Hytop Grated Cheese... 2/\$5</p> <p>12 oz. Frank's Hot Sauce or Wing Sauce ..... 2/\$5</p> <p><b>18-20oz. Post Grape Nuts Cereal 2/\$5</b></p> <p>30 oz. Hytop Mayo ..... 2/\$5</p> <p>16 oz Kraft Salad Dressing ..... 2/\$5</p> <p>Crystal Light Drink Mixes..... 2/\$5</p> <p>18 oz Sweet Baby Ray's BBQ Sauce..... 2/\$4</p> <p>16 oz Spike's Salsa..... 2/\$3</p> <p><b>Rachael Ray Dog Soup Bones..... \$2.49</b></p> | <p><b>It's a Mushroom Mania! Whole or Sliced Baby Bella or White Mushrooms 2 pkgs./\$4</b></p> <p><b>Throwback Price from the 80's! Imported Sweet Bartlett Pears 99¢ lb.</b></p> <p>Greenhouse Grown! Large Beefsteak Tomatoes ..... \$1.79 lb.</p> <p>Sweet &amp; Crunchy, Red or Green Seedless Grapes..... \$2.99 lb.</p> <p>Fresh, Crisp Iceberg Lettuce..... \$1.49 hd.</p> <p>Sweet Crunchy Baby Peeled Carrots..... 99¢ 1 lb. bag.</p> <p>Fresh Express Baby Spinach ..... 2 bags/\$5</p> <p>Jumbo Tangy Red Onions .... 99¢ lb.</p> <p>Sweet Seedless Clementines .. \$4.99 3 lb. bag.</p> <p>Extra Fancy Orange or Yellow Peppers..... \$2.99 lb.</p> <p>Try Something Different! Spaghetti Squash... 99¢ lb.</p> <p>Large Hass Avocados..... 2/\$3</p> <p>Ruby Red Grapefruit ..... 5/\$5</p> |
| BAKERY  | DELI  | DAIRY/FROZEN  | GOURMET/SPECIALTY  |
| <p><b>Fresh Baked Pumpkin Pie \$2.99 ea.</b></p> <p>Delicious Strudel Bites ..... \$3.99 12 pk.</p> <p>Fresh Baked Zucchini Nut Bread ..... \$3.99 ea.</p> <p>For Your Berries! Delicious Ricotta Pound Cake ..... \$3.99 ea.</p>   | <p><b>Boar's Head American Cheese \$4.99 lb.</b></p> <p>Tom's Own Thanksgiving Style Turkey ..... \$8.99 lb.</p> <p>Always a Favorite! Mother Goose Liverwurst ..... \$4.99 lb.</p> <p>Beef International. Rare &amp; Juicy Roast Beef ..... \$6.99 lb.</p> <p><b>Fresh Sliced German Bologna \$2.99 lb.</b></p> <p>Boar's Head Honey Maple Ham ..... \$7.99 lb.</p> <p>Kayem Corned Beef or Pastrami Round..... \$6.99 lb.</p> <p>Boar's Head Everroast Chicken.. \$6.99 lb.</p> <p><b>Watch for our Super In-Store Deli Specials!</b></p>   | <p><b>59 oz. Varieties Tropicana OJ 2/\$7</b></p> <p>16 oz. Hood Cottage Cheese..... 2/\$4</p> <p>6 oz. Varieties La Yogurt ..... 2/\$1</p> <p>Lender's Bagels..... 2/\$3</p> <p><b>64 oz. Varieties Almond Breeze 2/\$6</b></p> <p>All Varieties Alexia Potatoes..... \$2.99</p> <p>48 oz. Friendly's Ice Cream ..... \$2.99</p> <p>48 oz. Hood Ice Cream ..... \$2.99</p> <p><b>32 oz. Lactaid Ice Cream..... \$3.59</b></p>  | <p><b>Cascadian Farms Cereal \$3.99</b></p> <p>Mrs. Myers Hand or Dish Soap..... \$3.99</p> <p>15 oz. 7 Farms Organic Beans. 4/\$5</p> <p>10 oz. Kentucky Kernal Seasoned Flour ..... \$1.99</p> <p>All Varieties Stella Cheese Wedges \$3.99 ea.</p> <p><b>18-20 ct. Bigelow Teas \$2.99</b></p> <p>17 oz. Pacific Organic Soups.. \$3.39</p> <p>32 oz. 7 Farms Organic Long Grain Brown Rice ..... \$3.29</p> <p>All Varieties Panera Soups ..... \$3.99 ea.</p>   |
| SEAFOOD   |   |   |  |
| <p><b>Sweet &amp; Succulent Tilapia \$5.99 lb.</b></p> <p>Fresh Narragansett Bay Littlenecks..... \$4.99 dz.</p> <p>Ask for your Free Recipe Wild Caught Red Snapper ..... \$10.99 lb.</p> <p>Sea Best Cooked Salad Shrimp ..... \$8.99 1 lb. Bag</p>   |   |   |  |

# Job Market & Childcare

## Help Wanted

## Help Wanted

## Help Wanted

## Help Wanted

## Childcare

## Childcare

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**RN, PART-TIME:** Cra-Mar Meadows, family owned & operated 41-bed Skilled Nursing Facility, has part-time opportunity for all 3 shifts. Hourly wage based on experience and the successful candidate could earn up to \$36/hour. For more information and to schedule and interview, call 828-5010.

**LOCAL ROOFING COMPANY** Seeking attentive, energetic Office person: Must have pleasant phone manner and basic computer skills. Please call 573-6607.

**DUMP TRUCK DRIVER:** Full time. CDL Class A for Asphalt Paving Company. Must have experience & clean Driving Record. Call 996-0780.



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EOE

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With almost 40 million visitors per year, Italy has the most hotel rooms of any nation in Europe.



Guidebooks for travelers in Greece became available as early as the fourth century B.C. They described destinations such as Athens, Sparta and Troy.

## Pointers For Parents

### Talk To Kids About Online Safety

(NAPSA)—If you're a parent, you can add one more potentially awkward—but absolutely critical—"talk" to your to-do list. While you may have discussed the risks associated with sex, smoking, alcohol and drugs with your child, if you haven't yet talked about the dangers of risky online behavior, then this is an increasingly imperative conversation to have. The Internet is now integral to all of our daily lives and your job is to help your child form healthy online connections without engaging—knowingly or unknowingly—in risky and compromising behavior.

Many parents are aware that digital communications can bring unwanted consequences. In fact, 83 percent of parents in a recent survey reported strong concerns about what their children are exposed to online. The need to have this conversation doesn't make having it any more comfortable. Having "the talk" about online safety must focus on personal boundaries and privacy and should educate children about specific and serious threats to personal safety.

To help parents prepare for and hold a successful online protection talk with their child, global cloud security leader TrendMicro has published an eGuide full of tips for navigating this sensitive topic, including:

- Use the parental control features of your security software to block children's access to harmful or inappropriate websites. Some security software, such as Trend Micro™ Titanium™ Maximum Security 2012, lets parents set this only when their kids are using the computer.
- How to avoid unwanted contact, including from bullies and sexual predators, by using the social networking privacy settings and computer security software



**Parents can empower themselves and their children with information that allows digital exploration within boundaries.**

like Trend Micro™ Titanium™ Maximum Security 2012.

• Use reputable computer security technology, and keep it up to date. The National Cyber Security Alliance (NCSA) encourages all computer users to "Keep a clean machine." For more information about the NCSA's "Stop. Think. Connect." campaign, visit www.staysafeonline.org.

Because not every parent is a technology expert nor is every child capable of grasping certain intangible concepts, the guide offers novice-friendly language and illustrations, in addition to practical tips, to help bridge gaps in technical understanding.

"We want to prepare—not scare—parents and children, because there are so many amazing benefits to learning and exploring on the Internet," said computer security expert Natalie Severino. "With this eGuide, we hope that families will gain a better understanding of what online risks look, act and feel like so that they can confidently reap the benefits of communicating and connecting online."

For practical, powerful and persuasive advice about how to have online protection discussions with your child, download the guide at www.trendmicro.com/thetalk.

\*\*\*

**Art is the desire of a man to express himself, to record the reactions of his personality to the world he lives in.**

—Amy Lowell

\*\*\*

## Pointers For Parents

### Encouraging Children To Explore Careers In Science, Technology, Engineering And Math

(NAPSA)—For many parents, the road to a great future for their kids may be easier to find than they realize. That's because eight of the top 10 best paid majors are in engineering, according to the National Association of Colleges and Employers. Children who learn the fundamentals of STEM (science, technology, engineering and math) subjects in early grades are better equipped to pursue an engineering career.

Parents play a vital role in shaping their children's education and career aspirations. Science and engineering fair projects are often students' first—and, in many cases, only—opportunity to gain hands-on experience with STEM subjects in ways that directly relate to their own lives, personal interests or aspirations. A science fair project can give your child the chance to create his or her own education experience, one that allows him or her to experiment, just as scientists and engineers do in the real world.

#### What Parents Can Do

To help your child stay excited about STEM subjects through a science fair:

1. Find a science fair at www.societyforscience.org.
2. Choose a science fair topic that means something special to your child. Don't start with a generic listing of science fair topics. Instead, start with your child's personal interests and go from there. For example, if your child likes video games, consider studying graphics processors. A website like www.sciencebuddies.org can help your child find a project geared to his or her interests.
3. Consider a mentor who can share his or her life experience with your child. Mentors can connect a child with real-world applications of their STEM studies. Microsoft found that 57 percent of STEM college students were inspired by a teacher or class.
4. Remember: There are no



**Science and engineering fairs can pave the way for rewarding careers in science, technology, engineering and math.**

"wrong" results in a science fair project. Your child's original hypothesis may not be correct but it's learning about the scientific method and engineering process that really matters.

**5. Parents don't need to be scientific experts** to help their kids with their project. Offering support and encouragement and attending the science fair are just a few ways to help.

#### What Others Are Doing

One in five STEM college students said they decided to pursue a STEM career in middle school or earlier.

To give today's students a hand, the Broadcom Foundation sponsors the nation's leading science and engineering competition for sixth to eighth graders—The Broadcom MASTERS®. The winner is awarded the \$25,000 Samueli Foundation Prize, but the thousands of young people who participate in the program through their regional and state science fairs are better prepared to meet the challenges of the future and lead the way with innovative scientific breakthroughs, engineering feats and technological know-how.

#### Learn More

You can find more facts and advice at www.broadcomfoundation.org/masters or call (949) 926-9500.



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## Good Housekeeping

### Classic Roasted Chicken Breasts

You can't go wrong with a classic, right?

- 2 1/2 teaspoons olive oil
  - 1 tablespoon lime juice
  - 1 teaspoon minced garlic
  - 1/4 teaspoon coarse salt
  - 1/4 teaspoon pepper
  - 2 4-ounce boneless skinless chicken breasts
  - 2 rosemary sprigs
1. Heat oven to 425 F. Line a baking pan with foil. Brush foil with 1 teaspoon olive oil.
  2. Stir lime juice with minced garlic, 1 1/2 teaspoon oil, coarse salt and pepper.
  3. On sheet, spoon lime-garlic oil over two 4-ounce boneless skinless chicken breasts. Top with rosemary sprigs.
  4. Roast until cooked through, 12 to 14 minutes. Let cool. Discard rosemary.

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

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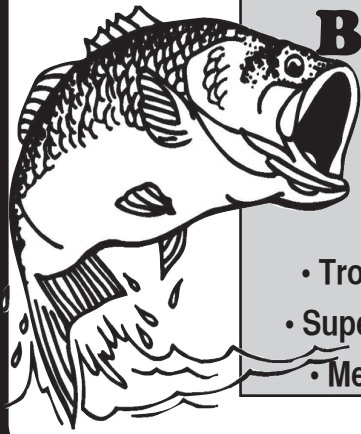
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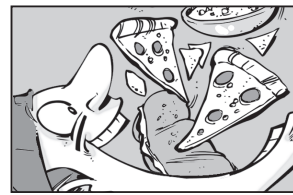
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R.I. MC. - 234



The tuxedo first appeared in England in 1887, and in the United States in 1889. It was named after Tuxedo Park, a Hudson Valley enclave for New York's social elite, where it was often seen in its early years.



According to The American Institute of Food Distribution, Super Bowl Sunday is the second-largest day of food consumption behind Thanksgiving.

## America's Heroes

### Real-Life Heroes Inspire Epic Entertainment On The Silver Screen

(NAPSA)—Courage and strength of the human spirit have always been favorite themes in literature and movies. Nowhere is that more dramatically demonstrated than in Walt Disney Studios' "The Finest Hours," the heroic action thriller based on the remarkable real-life story of the U.S. Coast Guard's legendary maritime rescue off the New England coast in 1952.

The movie, now available for home viewing in various high-definition formats, begins on February 18, 1952, when a massive nor'easter pummeled New England towns along the Eastern seaboard. A teletype described the waters as "hazardous," the seas "mountainous," the darkness "extreme," the falling snow and winter gales "violent."

When Warrant Officer Daniel Cluff (Eric Bana) received word that a 500-foot oil tanker, the Fort Mercer, was in trouble, he dispatched his best men to aid various units in the large rescue effort that eventually saved 34 crew members. However, upon learning that a second 500-foot oil tanker, the Pendleton, was also damaged and adrift, Cluff ordered coxswain Bernie Webber (Chris Pine) to quickly assemble a crew and take out the CG36500 lifeboat to look for Pendleton survivors.

Webber and three men boarded the 12-seat motorized wooden boat and set off on the perilous mission with bleak prospects, at best. Even before Webber and his three-man crew cleared the Chatham Harbor, the 36-foot motorized boat's windshield and compass were destroyed. "It was a suicide mission," says Casey Sherman, co-author of a book on which the film is based. Yet the men persevered, and managed to rescue 32 of the Pendleton's 33 men in the midst of the turbulent storm. The four men not only became local heroes; they would later receive the rare Gold Lifesaving Medal, the service's highest



The CG36500 lifeboat and crew battling the storm on the most daring rescue mission in the history of the U.S. Coast Guard. It inspired Disney's heroic action thriller "The Finest Hours."

decoration for heroism during a rescue operation.

As one of the five U.S. Armed Forces, the U.S. Coast Guard regularly exemplifies its motto "Semper Paratus," meaning "Always Ready," with "Search and Rescue" being one of the most sacred missions. While the Pendleton rescue is considered among the most daring of all, it's still just one of many the U.S. Coast Guard has deemed extraordinary.

Here are six more:

• **Hurricane Katrina.** Search and rescue operations saved 24,135 lives from imminent danger, usually off the roofs of the victims' homes as floodwaters lapped at their feet. Coast Guardsmen "evacuated to safety" 9,409 patients from area hospitals. In total, 33,545 lives were saved.

• **Prinsendam Rescue.** After a fire broke out on the Dutch cruise vessel Prinsendam off Ketchikan, Alaska, on Oct. 4, 1980, all 520 passengers and crew were eventually rescued without loss of life or serious injury. The rescue is particularly important because of the distance traveled by the rescuers and coordination among independent organizations.

• **Dorchester Rescue.** On Feb. 3, 1943, the torpedoing of the transport Dorchester off the coast of Greenland saw cutters Comanche and Escanaba respond. The frigid water gave the survivors only minutes to live in the cold North Atlantic. With this in mind, the Escanaba crew used a new "retriever technique" when pulling



Chris Pine is Bernie Webber in Disney's "The Finest Hours."

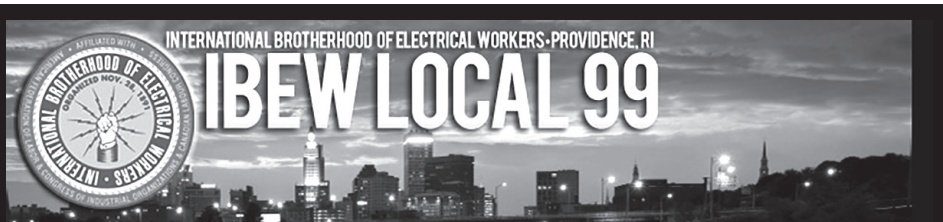
people from the water—swimmers clad in wet suits swam to victims and secured a line so they could be hauled onto the ship. Escanaba saved 133 men, Comanche, 97.

• **Mississippi River Flood.** During this disastrous flood in January-February 1937, the Coast Guard rescued a total of 43,853 persons who were "removed from perilous positions to places of safety." Additionally, Coast Guardsmen saved 11,313 head of livestock. In all, 674 Coast Guardsmen and 128 Coast Guard vessels and boats served in the relief operations.

• **Keeper George N. Gray and the Charlotte, N.Y., Lifesaving Station.** Overcoming grueling conditions, one woman and four men were saved on December 15, 1902 from the wreck of the schooner John R. Noyes. Frostbitten and ice-covered, the rescuers were "under oars" (rowing) for nearly 60 miles in heavy seas without a break.

• **Joshua James and the Hull, Mass., Lifesaving Station.** Over two days (Nov. 25 to 26, 1888), Captain Joshua James and his crew, showing versatility, endurance, skill and dedication, rescued some 28 people from five different vessels during a great storm.

"The Finest Hours" arrives May 24 on Blu-ray™ Combo Pack, Digital HD, Disney Movies Anywhere, and On Demand, packaged with a host of bonus features that detail the making of the movie and the true-life events that inspired it.



## Open-Shop Electrical Contractors, Your Time is Now!

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**Thurs. 4/12** Pasta & bean soup, fried steak with country gravy, Whole grain rice, baby whole carrots, ice cream, wheat bread. Sandwich: Turkey meatloaf on wheat.

**Fri. 4/13** Chicken vegetable soup, rosemary chicken, Red Bliss potatoes, Prince Edward blend vegetables, fresh fruit, oatmeal bread. Sandwich: Seafood salad on oatmeal.

**Mon. 4/16** Tomato brown rice soup, Shepherd's Pie with ketchup, zucchini and yellow squash, fig bar, whole wheat bread. Sandwich: Buffalo chicken salad on whole wheat bread.

**Tues. 4/17** Beef noodle soup, Chicken Marsala, garlic mashed potatoes, broccoli cuts, sherbet, multi grain bread. Sandwich: Ham salad on Multi grain.

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**Thurs. 4/12** **Birthday Lunch.** Cream of broccoli soup, Swedish meatballs, mashed cauliflower, sliced carrots, wheat roll, dessert. Option: Greek salad with chicken.

**Fri. 4/13** Black black soup, chicken fajitas with onions, peppers, sour cream, Spanish rice, cucumber salad, dessert. Option: Meatball grinder on wheat.

**Mon. 4/16** Potato and cheese soup, Jerk chicken, brown rice, Brussels sprouts, dessert. Option: Tex Mex salad with chicken.

**Tues. 4/17** **Evening Meal 5pm.** Roasted cauliflower soup, NE style clam bake, coleslaw, whole wheat roll, dessert. Option: Chicken Caesar salad

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#### GEN. NATHANAEL GREENE HOMESTEAD

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

#### 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.

#### 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.

#### ONGOING CHILDREN'S PROGRAMS AT GREENE PUBLIC LIBRARY

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

#### NARRAGANSETT BAY QUILTERS' QUILT SHOW

The Narragansett Bay Quilters' Association will hold their 2018 Quilt Show on April 21 & 22 from 10AM-4PM at North Kingstown High School, 150 Fairway Drive, North Kingstown. Admission is \$8 per adult, children under 12 free with paid adult. For more information or directions visit www.nbqa.org

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## Strange BUT TRUE

By Samantha Weaver

• It was Swedish poet Vilhelm Ekelund who made the following sage observation: "To read fast is as bad as to eat in a hurry."

• Bullies, take note: Director Wes Craven reportedly named the character Freddy Krueger, from the "Nightmare on Elm Street" horror films, after a kid who had bullied him in school.

• Though coffee has been around for about 700 years, instant coffee was invented just over 100 years ago, in 1906. By George Washington. Of course, it wasn't *that* George Washington. The man who made coffee more convenient — and, many would say, less flavorful — was from Belgium.

• Those who study such things claim that there are roughly 5 million bubbles in a single glass of champagne. That factoid begs the question: How do you count the bubbles in a glass of champagne?

• The next time you're planning a European vacation, make time to visit the coast of the Netherlands, where you can stay in one of the world's most unusual hotels. Along the banks of the Wadden Sea you'll find Harlingen Harbour Crane, an actual derrick that was once used to haul timber. These days it holds aloft luxurious sleeping quarters designed for only one party at a time. If you need a change of scenery, just head to the control room to swing the crane around until you find a view that strikes your fancy.

• Talk about a serious typo: In 2008, the Chilean mint issued thousands of copies of a coin with the country's name spelled "Chiie" instead of "Chile."

\*\*\*

**Thought for the Day:** "It is fortunate to be of high birth, but it is no less so to be of such character that people do not care to know whether you are or are not." —Jean de la Bruyere

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- 2014 VW JETTA SE, Leather, Heated Seats, 1 Owner! 69K ..... (\$9,900) \$142/mo.
- 2016 NISSAN SENTRA S, 1 Owner, Factory Warranty!, Bluetooth! 45K . (\$11,900) \$183/mo.
- 2013 VOLVO S60 AWD T5, 1 Owner! Leather! Roof! 86K ..... (\$12,900) \$198/mo.
- 2015 JEEP PATRIOT 4WD, 1 Owner! Latitude Package! Bluetooth! 56K ..... (\$14,900) \$229/mo.
- 2014 BUICK ENCORE AWD LT! 1 Owner! Leather! Back Up Cam! 26K! ..... (\$14,900) \$229/mo.
- 2015 NISSAN ROUGE S, Back up cam, 1 Owner, Bluetooth, 42k ..... (\$15,900) \$244/mo.
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- 2017 CHEVY TRAVERSE AWD! 1 Owner, Seats 7! Back up cam! 48K ..... (\$20,900) \$321/mo.
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## HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — How could we know that when Netflix revived "Full House" (1987-95) as "Fuller House" and "The Gilmore Girls" (2000-07) as four seasonal movies, that it would unleash a flood of reboots the likes of which we've never seen? Already revived or rebooted are "Will & Grace," "MacGyver," "Hawaii Five-0," "Dynasty," "One Day at a Time," "Girl Meets World," "The X-Files," "Twin Peaks" and most recently, "Queer Eye (for the Straight Guy)" and "Roseanne."

But that's not the end of it. In the works are "Cagney & Lacey," with Sarah Drew ("Grey's Anatomy") and Michelle Hurd ("Blindspot") in the title roles; "Murphy Brown," with Candice Bergen; the CW's "Charmed," with Madeleine Mantock ("The Tomorrow People"), Melonie Diaz ("Fruitvale Station") and Sarah Jeffery ("Shades of Blue"). Still more reboots of "Roswell," with Nathan Parsons ("The Originals"); "Lost in Space," with Molly Parker ("House of Cards"); "Prison Break," with at least 10 episodes with original cast-member Wentworth Miller; "Sons of Anarchy," with Edward James Olmos; "Miami Vice," with Vin Diesel (as one of the producers); and "Jersey Shore," with most of the original cast.

In addition, pilots have been commissioned for a new "Twilight Zone"; "The Greatest American Hero," with a female in the title role; "Party of Five," with Latino siblings; "Hart to Hart," with a gay couple as the Harts; "Bewitched" and "The Office." Why do these shows again? The studios that made these series can't make money unless they reboot them, which is why film studios keep making the same movies over and over again. Also, they'd rather take a chance on a proven property than invest in a new show that they're not sure will get high ratings. If they're half as good as "Will & Grace," "MacGyver" and "Hawaii



Candice Bergen

Five-0," it'll be better than what the networks have been dishing out lately.

\*\*\*

In movie news, "The Black Panther" has sailed past the \$1 billion mark and overtaken "Frozen" and "Harry Potter and the Deathly Hallows: Part 2" to become the 14th top-grossing film of all time, while "Star Wars: The Last Jedi," is sitting at No. 8.

Casey Affleck, Oscar winner for "Manchester by the Sea" (2016), has written, directed and stars in "Light of My Life," with Anna Pniowsky, and currently is shooting "The Old Man and the Gun," with Robert Redford, Sissy Spacek, Danny Glover and Elisabeth Moss. Redford said his last two films would be Netflix's 2017 "Our Souls at Night," with Jane Fonda; and the newly released "The Discovery," with Rooney Mara. He has obviously reconsidered retiring, cause if he does, it will definitely make us re-evaluate "The Way We Were," and the way we are!

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### HOME ENERGY ASSISTANCE PROGRAM (HEAP)

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

### NARCONON

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

### 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.

### RICHMOND GRANGE ROAST BEEF SUPPER

A Roast Beef Supper will be held at the Richmond Grange Hall, Rte. 138 in West Kingston on April 14 with seatings at 5 & 6:30PM. Menu includes Roast Beef, mashed potatoes, gravy, cole slaw, green beans, Johnny Cakes & homemade pie. Cost is \$12/person. Proceeds from this Supper benefit the Grange Scholarship Fund.

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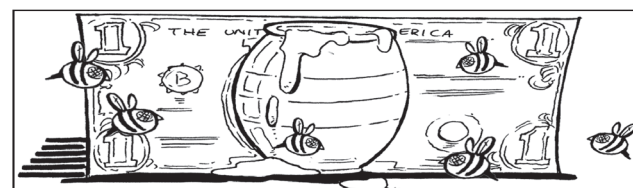
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Bees, as in "bees and honey," is Cockney rhyming slang for "money."

## Fabulous Food

### Give Classic American Dishes A Summer Twist With California Avocados

(NAPSA)—Summer is the perfect time for backyard get-togethers, whether for birthdays, reunions, Labor Day or just to hang out with friends and family. Whatever the celebration, Americans across the country will gather to share their common love of food through fantastic regional meals and favorite hometown dishes.

With premium California avocados at their peak, now is the perfect time to incorporate this delicious and nutritious fruit into any cuisine to give it an all-American taste of summer.

For inspiration on unique ways to use California avocados, try this twist on a Southern classic—crab cakes. Chef Ryan Lamon of Peaches' Smokehouse and Southern Kitchen in Los Angeles created Crab Cake Sandwiches with California Avocado Remoulade. The result is a savory sandwich with a West Coast-meets-South flavor, combining creamy California avocados with Louisiana hot sauce and paprika for a mouthwatering kick.

"I love the contrast of flavors and textures in these crab cakes. They'll take folks on a flavorful tour of the U.S. in one bite," said Lamon.

**Crab Cake Sandwiches with California Avocado Remoulade**  
Recipe created by Chef Ryan Lamon of Peaches' Truck for the California Avocado Commission  
Serves: 4

**Ingredients:**  
½ cup aioli (see make-ahead recipe below)  
1 large egg, beaten  
1 Tbsp. Dijon mustard  
1 Tbsp. Worcestershire sauce  
½ tsp. hot sauce  
1 lb. jumbo lump crabmeat, picked over  
½ cup panko breadcrumbs  
1 lemon, zest only  
1 cup all-purpose flour  
¼ tsp. salt  
1 tsp. ground black pepper  
4 rustic rolls  
California Avocado Remoulade (see make-ahead recipe below)  
½ red onion, sliced  
1 heirloom tomato, sliced  
1 fresh California Avocado, sliced  
4 green leaf lettuce leaves  
1 Tbsp. fresh lemon juice



**Crab Cake Sandwich with California Avocado Remoulade**

#### Instructions:

1. In a small bowl, whisk the aioli with the egg, mustard, Worcestershire sauce and hot sauce until smooth.
2. In a medium bowl, lightly toss the crabmeat with the breadcrumbs and lemon zest. Gently fold in the aioli mixture. Cover and refrigerate overnight.
3. Using roughly ½ cup of the crab mixture per patty, form circular patties, around 1 to 1½ inches thick.
4. Mix the flour, salt and pepper on a shallow dish.
5. Lightly flour the top and bottom of each crab cake.
6. Oil a seafood grate and place on a medium-high-heat charcoal grill.\*
7. Cook crab cakes on each side until golden brown on each side and heated through.
8. Coat both sides of the roll with a generous smear of California Avocado Remoulade.\*\*
9. Serve each roll with one crab cake and top with red onion, heirloom tomato, avocado slices and green leaf lettuce leaves that have been tossed with the lemon juice, as desired.

\*If you don't have a seafood grate for the grill, you can also pan-fry the crab cakes using ¼ cup of canola oil. Heat the oil in a cast-iron skillet and cook crab cakes on each side over medium-high heat until golden brown on each side and heated through.

\*\*For a lower-carb alternative, this recipe can also be served using a green leaf lettuce wrap in lieu of the rustic roll.

#### Aioli

**Ingredients:**  
2 egg yolks  
1¼ tsp. minced garlic  
¼ lemon, juice only

¼ Tbsp. Dijon mustard  
2 Tbsp. apple cider vinegar  
1½ cups canola oil  
½ tsp. salt or to taste  
½ tsp. pepper, or to taste

#### Instructions:

1. Combine the egg yolks, garlic, lemon juice, mustard and apple cider vinegar in a food processor. Blend on low until smooth.
2. With the food processor remaining on low speed, add oil slowly and steadily. Once all oil is added, taste and season with salt, pepper and extra lemon, if needed.

#### California Avocado Remoulade

#### Ingredients:

1 ripe, fresh California Avocado, seeded and peeled  
2 Tbsp. fresh lemon juice  
2 cups aioli (see make-ahead recipe above)  
2 Tbsp. Dijon mustard  
1 Tbsp. Louisiana hot sauce, or to taste  
2 Tbsp. fresh lemon juice  
1 tsp. Worcestershire sauce  
2 Tbsp. minced sweet onion  
2 Tbsp. chopped fresh parsley  
2 Tbsp. chopped bread and butter pickles (if bread and butter pickles aren't available, any spicy-sweet variety of pickles will work)  
1 grated medium-sized garlic clove  
1 tsp. chopped capers  
1 tsp. salt  
1 tsp. fresh ground pepper  
½ tsp. smoked paprika

#### Ingredients:

1. Puree avocado with lemon juice in a food processor until mostly smooth.  
2. Fold avocado mixture and aioli together in a medium mixing bowl. Whisk in mustard, hot sauce, lemon juice and Worcestershire sauce.  
3. Stir in onion, parsley, pickles, garlic and capers.  
4. Season with salt, pepper and smoked paprika.  
5. Cover and refrigerate for at least 1 hour before serving.

For more unique ways to enjoy California avocados, visit [www.CaliforniaAvocado.com](http://www.CaliforniaAvocado.com).

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**Finding Resources For Older Adults**  
 (NAPSA)—If you or someone you care about is an older adult, you should know about the Eldercare Locator. The Eldercare Locator, a public service of the Administration on Aging, an agency of the U.S. Administration for Community Living is a nationwide service that connects older adults and their caregivers with information on aging services.

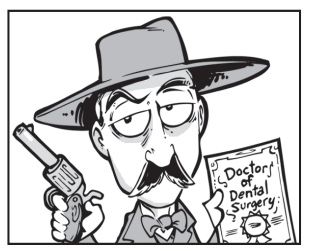


Older people can get help and advice on a number of topics from one special source.

Callers to the Eldercare Locator receive information about federal, state and local services such as transportation, in-home supportive services, and health and wellness programs. Information Specialists are there to help guide callers to the correct resources.  
 You can call the Eldercare Locator at (800) 677-1116 Monday through Friday, 9:00 am to 8:00 pm ET to speak with a knowledgeable Information Specialist, or you can visit the website, [www.eldercare.gov](http://www.eldercare.gov) to find local resources on a broad range of topics.

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The gambler and gun fighter Doc Holliday received the degree of Doctor of Dental Surgery from the Pennsylvania College of Dental Surgery in 1872.

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they wanted to, and were struggling to be treated with the same respect and dignity as any other citizen. Against all odds, they preserved and raised their children to do the same.

My three siblings all are musically or artistically gifted and work as real estate brokers and homebuilders. I love interior design, decorating homes and planning events. I also became a newspaper columnist, a children's and cookbook author and a chef. More importantly, I've become the family historian through my books and newspaper articles like this one.

Considering that both my parents are in their late 80s, their health, even with some recent difficult challenges, is fairly good. This upcoming 66th wedding anniversary is a special one, not just because of the time they've



Depositphotos

been married, but because by the grace of God, we are still together as a family. That by itself is a miracle, a blessing and a tribute to the hard work and determination of two members of the greatest generation.

One of my parents' favorite dinners features steak and potatoes, so in their honor, I'm sharing my recipes for Great Steak and Roasted Potatoes with Rosemary and Garlic. Happy Anniversary, Mom and Dad! We love you!

**GREAT STEAK**

- 2 ribeye or New York strip steaks (1 to 1 1/2 inches thick)
- 1 teaspoon Kosher salt
- 1 teaspoon ground black pepper

1. Heat oven to 200 F to 250 F.
2. Place steaks on a rack set on a rimmed baking sheet. Season steaks with salt and pepper. If possible, leave steaks in the refrigerator overnight to dry out the exterior.
3. Roast the steaks in the oven: for rare steaks, bake 20-25 minutes, until

an instant-read thermometer reads 120 F; for medium, bake 25-30 minutes to reach 130 F; for medium-well, bake 30-35 minutes to reach 140 F; for well done, bake steak 35-40 minutes to reach 150 F.

4. Next brown and sear the cooked steaks. Three minutes before the steaks come out of the oven, add a tablespoon of vegetable oil or other high-temp-friendly oil to a heavy skillet, then set it to preheat on high on your largest burner.

5. When the oil is hot, add the steaks and a tablespoon of butter. Sear steaks, swirling and lifting occasionally, until they're nicely browned on the first side, about 45 seconds. Flip the steaks and brown the second side, for another 45 seconds. Hold the steaks sideways to sear the edges. Serve immediately. Serves 2.

**ROASTED POTATOES WITH DIJON AND ROSEMARY**

- 2 pounds small red potatoes, washed, halved or quartered if large
- 2 1/2 tablespoons olive oil
- 2 tablespoons whole-grain Dijon mustard
- 2 tablespoons finely chopped rosemary
- 2 tablespoons finely chopped garlic
- 1 1/2 teaspoons Kosher salt
- 1 1/2 teaspoons freshly ground black pepper

1. Arrange a rack in the middle of the oven and heat to 425 F.
2. Place the potatoes, olive oil, mustard, rosemary, garlic, salt and pepper in a large bowl and toss to combine. Place the potatoes, cut side down, on a rimmed baking sheet.
3. Roast for 10 minutes. Flip potatoes over. Continue cooking until browned and tender, about 10 to 12 minutes more. Serves 4 to 6.

\*\*\*

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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**News Of Nutrition**

**Tips To Help Families Improve Health**

(NAPSA)—Although March is officially National Nutrition Month, anytime is a good time to eat more nutritiously, points out the Society for Public Health Education (SOPHE). It offers 12 tips to help.

**Go fresh.** Choose fresh seafood, lean poultry, and beans as your protein source. If using ground meats, choose 93 percent lean ground turkey or ground sirloin beef for tacos, enchiladas or tostadas.

**Make fresh salsa or black bean dip.** Store-bought salsa is often loaded with sodium. If you plan to have more than a tablespoon or two, fresh salsa is a much better option. Guacamole contains healthy fats, but it is high in fat and calories.

**Measure out portions.** It is easy to overeat on snacks like tortilla chips. Measure out just one serving (usually about 10) so you can save room for the main course.

**Favor whole grains.** Brown rice is a whole grain and has more nutrients than white rice. Use corn and whole wheat tortillas instead of those made with flour. Buy or bake whole grain breads and baked goods.

**Use the plate method.** Fill half of your plate with non-starchy vegetables. Fill one quarter of your plate with a lean protein. Then fill one quarter of your plate with a starchy food, such as beans or brown rice.

**Use healthy cooking methods.** Grill your chicken, fish or vegetables. You can also try baking, steaming or broiling.



**You can spend less and still eat well.**

Small amounts of vegetable oil, olive oil or cooking spray are better options.

**Beans make a great protein source.** Use dried beans when you can. They are lower in sodium than canned varieties. Always drain and rinse canned beans to remove excess sodium. If you are buying canned refried beans, buy fat-free varieties. Or make your own by blending whole black or pinto beans in a food processor with spices.

**Go easy on the cheese.** Cheese is high in saturated fat and in sodium. Queso fresco is a great choice if used in moderation. You can also try reduced-fat cheeses.

**Substitute healthier options for sour cream.** Non-fat Greek or plain yogurt and non-fat plain yogurt have a similar taste and texture to sour cream for much less calories and fat.

**Cut your portion size when eating out.** If you eat out, split the meal with someone else, eat half the meal and bring home leftovers, or order a kid-sized meal.

**Snack on fruits and vegetables.**

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**Hints For Homebuyers**

**Three Important Things To Know**

(NAPSA)—Buying a home is both a gratifying experience and challenging endeavor. This is especially the case this season.

A healthy U.S. economy and steady job growth are translating to robust demand at a time when housing supply is insufficient in much of the country.

Although the National Association of Realtors® is still anticipating this to be the best year for home sales in a decade, the journey from home search to closing can be a daunting one.

To help, here are three insider tips:

- **Be ready:** It's a swift-moving housing market right now. Rising home sales amidst inadequate homebuilding have only exasperated tight supply conditions. Consider this: The inventory for existing homes on the market has declined annually each month for the past two years and homes for sale are typically going under contract in less than a month.

Also, note that inventory is the tightest at lower price ranges. If you're on the hunt for a home in the affordable price range—around \$250,000 to \$500,000 in most areas—expect immediate interest from several other buyers. You'll need to move fast if you see a property you like.

- **Rely on a real estate agent:** With demand significantly outpacing supply in many areas, it's common for buyers to be on the receiving end of a losing offer or two before finding their dream home.

That's why, in today's competitive market, the use of a Realtor®, a member of the National Association of Realtors®, can be crucial to a successful buying experience. As your trusted partner and negotiator-in-chief, a Realtor® will identify homes in your target area once



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they hit the market, help you present an attractive offer to the seller's agent, and negotiate on your behalf to ensure you get your home at a price that works for your budget.

- **Buy only what you can comfortably afford:** Buying a home has become a little less affordable compared to a year ago because of the continued rise in prices and higher mortgage rates.

If listings are limited in your market, affordability will remain a challenge this year as prospective buyers compete against each other and bid prices upward. This is where the negotiation skills of a Realtor® can prove indispensable. Discuss your target price range and stick to it. The satisfaction of winning a bidding war will end quickly if you find yourself living above your means.

The rewarding experience of buying a home may not be easy, but if you work with a Realtor® and follow these tips, you can be confident knowing that the right home can eventually be yours.

**Learn More**

For local market information and to find a Realtor®, go to [www.realtor.com/GetRealtor](http://www.realtor.com/GetRealtor).

## Moments in time

THE HISTORY CHANNEL

- On **April 18, 1775**, as British troops march out of Boston on a mission to confiscate the American arsenal at Concord, Massachusetts, patriots Paul Revere and William Dawes set out on horseback to sound the alarm. Early on the morning of April 19, a British patrol captured Revere and briefly questioned him.

- On **April 16, 1789**, newly elected President George Washington leaves his Mount Vernon, Virginia, home and heads for New York, to be sworn in as the first American president. Washington had admitted that he would have preferred to stay in retirement.

- On **April 22, 1889**, at precisely high noon, some 50,000 to 60,000 would-be settlers make a mad dash into the newly opened Oklahoma Territory to claim cheap land. Towns like Norman, Oklahoma City, Kingfisher and Guthrie sprang up almost overnight.

- On **April 21, 1953**, two of Sen. Joseph McCarthy's chief aides return to the U.S. after a controversial investigation of United States Information Service posts in Europe. As a result, thousands of books were ordered removed from USIS libraries. Authors targeted included Dashiell Hammett, W.E.B. Du Bois, Herman Melville, John Steinbeck and Henry Thoreau.

- On **April 20, 1978**, Soviet aircraft force a Korean Air Lines passenger jet to land on a frozen lake after the jet veers into Russian airspace. A civilian American aircraft later retrieved the survivors.

- On **April 19, 1993**, at Mount Carmel in Waco, Texas, the FBI launches a tear-gas assault on the Branch Davidian compound, ending a tense 51-day standoff with the religious cult. The compound was burned to the ground, and some 80 Branch Davidians perished in the inferno.

- On **April 17, 2002**, ABC airs the 10,000th episode of the daytime drama "General Hospital," the network's longest-running soap opera. The show premiered on April 1, 1963.

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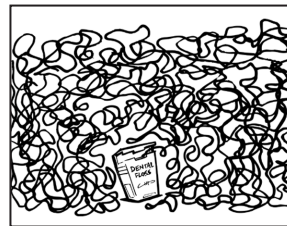
You who made me see everything and showed me the way to reach my goal. You who gave me the Divine gift to forgive and forget the wrong that is done to me and you who are in all instances of my life with me. I thank you for everything and confirm once more that I never want to be separated from you, no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Thank you for your love towards me and my loved ones.

A person must pray this prayer 3 consecutive days without asking for favor. After third day favor will be granted, no matter how difficult it may be. Promise to publish this dialogue as soon as favor is granted. My prayers have been granted.

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It's estimated that over 3,000,000 miles of dental floss are purchased in North America each year.

## 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.



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.

**Q.** We've just been given a set of silverware that we were told is 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](http://www.Kovels.com)

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## Cutest Pet of the Week April 10, 2018



### "Zoë"

She's always making me laugh!

— Happy Companion of Allison

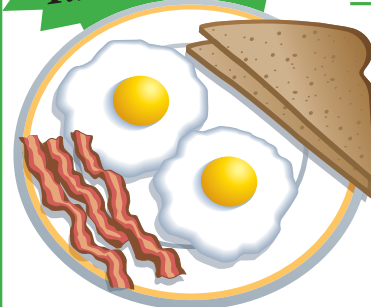
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# The REMINDER 2<sup>ND</sup> SECTION

Rhode Island's First Buyers Guide

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| Fresh, Grade A Bone-In Chicken Drumsticks or Thighs<br><b>99¢</b> lb. | Land O Lakes Muenster Cheese<br><b>4.99</b> lb.           | 128 oz. Arizona Iced Tea<br><b>2/\$5</b>               | 1 Liter Polar Beverages<br><b>75¢</b>                 | 8.8 oz. Uncle Ben's Ready Rice<br><b>1.89</b>                           |
| Fresh Top Sirloin Steak<br><b>3.99</b> lb.                            | Kretschmar Oven Roasted Chicken Breast<br><b>4.99</b> lb. | 26 oz. Porino's Pasta Sauce<br><b>3.99</b>             | 32 oz. Autocrat Coffee Syrup<br><b>3.49</b>           | 48 oz. Hood Ice Cream<br><b>2/\$6</b>                                   |
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### Trends

#### The Ever More Popular Pastime Of Vaping

(NAPSA)—More than 4 million Americans these days add more flavor and fun to their lives by lighting up electronic cigarettes. Instead of tobacco, they contain a liquid made up of USP food grade vegetable glycerin, propylene glycol, flavoring and nicotine. This is turned into vapor by a battery-powered atomizer attached to the device. You inhale (and exhale) this vapor, not tobacco smoke.

## Consumer Corner

### Stolen Cars: A New Kind Of Clone War

(NAPSA)—If you're thinking of buying a used car that looks like a "steal," take a deep breath before you reach for your wallet. It could be a steal in more ways than one.

That's because there's a particular type of auto theft involving used cars that's called VIN cloning or "car cloning." This is a lucrative scam where a criminal uses a vehicle identification number (VIN) from a legally registered car to mask the identity of a stolen car.

Car thieves obtain VINs by simply swiping the plate or the number from vehicles sitting at dealerships or in parking lots. They then use the counterfeit numbers to alter existing ownership documents using the stolen vehicle identity. Or they just forge new documents. All too often, these stolen vehicles end up in the hands of unsuspecting consumers.

Cloned cars are being discovered all over the country. Law enforcement calls it one of the nation's biggest used car scams. A recent bust turned up more than 1,000 cloned vehicles worth \$25 million.

"Scam artists can make off with as much as \$30,000 of your hard-earned money and leave you paying off a loan for a car you no longer own," said Larry Gamache of CARFAX. "What's worse, you may become part of a criminal investigation as well."

The best way to make sure your car is legitimate is with thor-



**When buying a used car, experts say it's worth remembering the old adage: "If a deal is too good to be true, it probably is."**

ough research. To help avoid being a victim, follow these steps:

- Ask the seller to provide the title, service receipts and any other documents for the vehicle. Closely examine each document to make sure the VIN and names all match.
- Just say "Show Me the CAR-FAX." Pay close attention to where and when the vehicle was registered. Registrations in multiple states over a short time should raise a red flag.
- Check if the mileage readings on all documents are consistent with the current odometer display.
- Have the vehicle inspected by a trusted, professional mechanic prior to purchase. You can learn more at [www.carfax.com](http://www.carfax.com).



**An increasing number of people are turning away from cigarettes and toward flavorful vaporizers.**

#### Flavor Favorites

Perhaps the part that appeals the most are all the flavors. Propaganda E-Liquid, which creates and distributes the flavored liquids to hundreds of "vape shops," reports that its best-selling flavors are Illuminati (a blend of blood orange, pineapple, strawberry), Subliminal (sweet and sour razzmatazz candy), Widow Maker (Bavarian cream-infused blueberries) and Wild Fire (toasted almond and mezzaluna cookie).

Propaganda's founders, Nicholas DeNuccio and Nicholas Bull, spent hours of research time developing the flavors and perfecting the ingredient percentages to create what's known in the industry as an "all-day vape."

#### Learn More

For further facts on vaping flavors, you can visit [www.propaganda.eliq.com](http://www.propaganda.eliq.com).

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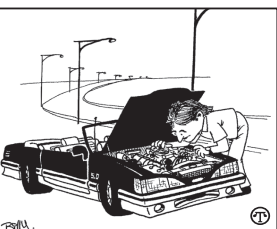
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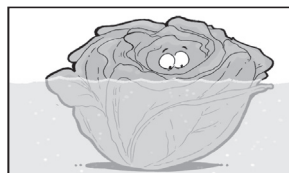


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### Driving Smart Can Mean Significant Savings At The Gas Pump


(NAPSA)—As gas prices continue to fluctuate, it's always a good time to evaluate your driving habits and take steps to keep yourself and your car on the road to savings at the pump.

To demonstrate the 10 common mistakes that drivers make to affect fuel economy, General Motors conducted a driving test. Two of their fuel economy engineers, Ann Wenzlick and Beth Nunning, drove identical Chevrolet Cruze LTs on a typical workday commute. They each drove 20 minutes with city and highway driving, including a stop for coffee.

Wenzlick averaged 37 miles per gallon using efficient driving habits and by maintaining her car and Nunning averaged 21 miles per gallon. On average, that was a \$100 price difference at the pump. Here are some of their tips based on what they learned:

- **Get out of the drive-through lane.** Idling for 15 minutes burns through about a quarter of a gallon of gas. Parking your car and going into the store to get what you want can actually help to save money on gas.
- **Take it easy.** Jumping on the gas at every light, only to hit the brakes, isn't going to get you home any faster. However, driving smoothly can improve your mileage by 20 percent.
- **Drive 70, not 80.** It may not sound like much, but it's likely a 10-mph difference can save you up to four miles per gallon when driving on the highway.
- **Use cruise control.** It turns out that maintaining a constant speed over time is much more efficient than speeding up and slowing down over and over again.
- **Roll up the windows.** At slower speeds, turning off the air-conditioning can save you a little, but on the highway, it's better to roll up the windows. If the windows are down, the increased air pressure can slow the car and consume more energy than air-conditioning will.

**SMART DRIVING PAYS OFF AT THE PUMP**  
Based on tests in identical Chevrolet Cruzes on the same commute, small changes to driver behavior and vehicle maintenance could save drivers up to \$100 a month.

| Inefficient Driver   | Efficient Driver   | Savings   |
|--|--|---|
| Average Fuel Economy <span style="font-size: 2em;">4</span><br><b>20.5 mpg</b> | Average Fuel Economy <span style="font-size: 2em;">4</span><br><b>37.4 mpg</b> | <b>405¢</b><br><small>Premium</small>   |
| P 000770 E   | P 000910 SE  |  |
| <b>325 miles/tank</b>  | <b>575 miles/tank</b>  | <b>250 miles/tank</b>   |
| <b>\$2,857/year</b>  | <b>\$1,621/year</b>  | <b>\$1,236/year</b>   |

- **Get rid of that extra stuff in the trunk of your car.** Every 100 pounds of weight you carry in the car can reduce fuel economy by 2 percent.
- **Don't ignore the "check engine" light.** Serious engine problems can cut your fuel economy by up to 40 percent.
- **Try to bundle your errands.** Plan ahead. An engine at operating temperature can be up to 50 percent more efficient than a cold engine. So, when possible, it's much better to run five errands in an afternoon than running one errand every day of the week.
- **Make your tires last.** Properly inflated tires will improve your fuel economy and they will last longer. Also, rotate tires at manufacturer-recommended intervals.
- **Use the grade of motor oil recommended for your vehicle; the same goes for the octane level of gasoline.** Motor oil that says "Energy Conserving" on the performance symbol of the American Petroleum Institute contains friction-reducing additives that can improve fuel economy.

In most cases, using a higher-than-recommended-octane gas offers no benefit—and costs more.

- **Ditch the roof ornaments.** At highway speeds, up to a third of your fuel is used to overcome wind resistance, so even small changes to your vehicle's aerodynamics can have a big impact in fuel economy.
- **It pays to be prudent.** According to the Roger Clark, manager of the GM Energy Center, "With a well-maintained car, the best drivers get up to 25 percent more miles per gallon than average. When you combine a poorly maintained car with inefficient driving habits, the fuel economy of the worst drivers can be 50 percent below average."

Clark added, "The fuel economy of every vehicle is greatly affected by how you drive and how you care for your vehicle. Often, relatively small changes to your driving habits and vehicle maintenance can make the difference between being on the bottom or the top of the fuel-economy scale."

To learn more and for more tips, visit [www.chevrolet.com](http://www.chevrolet.com).

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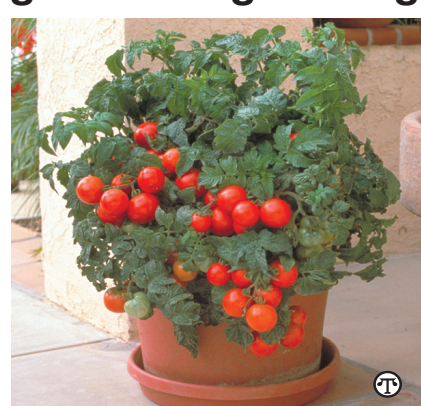
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## Your Garden

### Container Gardening: Choosing The Right Plant For The Pot

(NAPSA)—It's a growing trend: Twenty-one million households are planting container gardens. It saves space, helps control pests and overcome soil issues, and lets you enjoy fresh, homegrown produce even without a yard.



**You don't need a lot of space to enjoy fresh homegrown vegetables.**

To ensure your success, it's important to pick the right plant for the pot. Fortunately, seed companies are developing vegetable seeds well adapted for container gardens.

"Today's container gardeners now have access to even more plants that are compact in size, yield more, taste great and feature unique colors and shapes," said John Marchese of Seminis Home Garden seed.

To help you get started, consider these tips from experts at the University of Illinois Extension:

#### Choosing a Container

- Anything that holds soil and has drainage holes in the bottom may be transformed into a container garden for terrestrial plants.

- For vibrant plant growth, the containers must provide adequate space for roots and soil media, allowing the plant to thrive.

#### Soil

- Soils for containers need to be well aerated and well drained while still being able to retain enough moisture for plant growth.

- Never use garden soil by itself for container gardening, no matter how good it looks or how well things grow in it outside.

- Containers often use soilless or artificial media that contain no soil at all.

- When these mixes are used, they should be moistened slightly before planting. Fill a tub with the media, add water and lightly fluff the media to dampen it.

- When filling containers with media, don't fill the pot to the top. Leave about a one-inch space between the top of the soil and rim of the pot.

#### Fertilizer

- A regular fertilizer program is needed to keep plants growing well and attractively all season.

- The choice of fertilizer analysis will depend on the kinds of plants you grow. High-nitrogen sources would be good for plants grown for their foliage while flowering and vegetable crops would generally prefer lower-nitrogen and higher-phosphorous fertilizer types.

#### Choosing Plants For Your Container Garden

- Plants that thrive in like soil, watering and light conditions make successful combinations. When combining plants, size, texture, proportion, color, setting and lighting all play a role.

#### Caring For Your Vegetables

- Containers offer the advantage of being portable. As the seasons, temperature and light conditions change, you can move your containers so they enjoy the best

conditions for peak performance.

- Most fruit-bearing vegetables such as tomatoes, peppers, cucumbers, squashes and eggplant require full sun.

- Leafy vegetables such as lettuce, cabbage and spinach can tolerate more shady locations, unlike root vegetables such as radishes, carrots and onions.

- There are no hard and fast rules when it comes to watering. You have to watch your containers and understand how much moisture each plant needs. Feel the soil—if the first inch or so is dry, add water until it starts to drip out of the drainage holes.

#### Special Seeds

"Just because they are using a smaller space to grow the plant doesn't mean the fruit has to be small, too," Marchese explained. "For example, if container gardeners are looking for a compact plant that produces large and tasty tomatoes, they should try a new hybrid tomato variety called Debut."

Container gardeners don't have to sacrifice flavor for a more conveniently grown plant either. "Husky Red is a medium-sized tomato hybrid that has great flavor. We have also developed a cherry tomato hybrid version called Husky Cherry Red that has the potential to set lots of sweet, flavorful fruit," added Marchese.

Other compact hybrid tomato varieties include Patio, which produces about a 4-ounce tomato, and a saladette tomato variety called Yaqui that produces large-sized fruit.

#### Learn More

For more information on home garden varieties, visit [www.seminis.com](http://www.seminis.com).

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**Your Garden**

**Money-Saving Vegetable Gardening**

(NAPSA)—Millions of us are buying seed packets or plants and heading to the backyard to plant our own vegetables. The reason? According to the National Gardening Association, it's all about creating better-tasting produce and saving money.

"Tomatoes, cucumbers, peppers, beans and carrots are some of the most popular vegetables to grow in your backyard," said Lance Walheim, co-author of the "Sunset Vegetable Gardening" book and gardening expert for Bayer Advanced". "Homegrown veggies taste great and you'll save hundreds of dollars a year."

Walheim has a few tips for successful vegetable gardening:

- **Choose the easiest veggies to grow.** Tomatoes, radishes, zucchini, carrots, peas, peppers and lettuce will help make your first attempt at vegetable gardening successful.
- **Choose the sunniest spot.** Vegetables need up to eight hours of direct sunlight in rich, well-drained soil. Start with a 6' x 10' plot to keep the size manageable. Use string to mark off rows running east to west for the best sun exposure.
- **Plant at the right time.** Your local county extension service can help guide you on what to plant and when.
- **Control destructive pests.** Aphids, mites, leafhoppers and mealybugs are the kinds of pests that eat veggies. Bayer Advanced™ Natria Multi-Insect Control kills harmful insects on contact and it's made with canola oil. It's for organic gardening (www.BayerAdvanced.com). Always read and follow label directions.
- **Deep, infrequent watering is key:** Stick your finger in the soil. If it's dry, then water. One inch of water will wet sandy soil a foot deep and clay soil about five inches deep.
- **Organic mulch helps keep the weeds out.** It also decomposes, feeds the plants and keeps the soil loose and cool.
- **Feed your veggies.** Apply nitrogen fertilizer regularly, especially when they're young.

You might consider sharing your great-tasting veggies with your neighbors. If they become interested in gardening, you can pool your resources, create your own neighborhood food co-op and save even more money.



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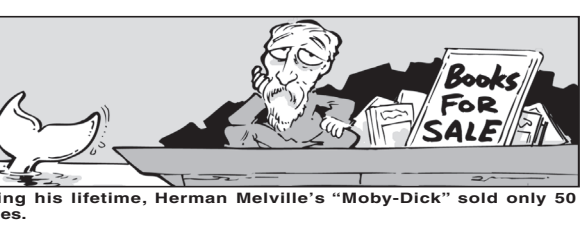
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## Your Garden

**How To Prune Your Hydrangea**

(NAPSA)—You prize your hydrangeas for their beautiful flowers. You also want to make sure you prune them at the right time to encourage the stunning blooms every season. But do you wonder whether or when to prune them?

"The first step is to determine the variety of your hydrangea," said Tim Wood, new product manager at Proven Winners ColorChoice. "This is fairly easy to do. If your plant produces big pink or blue flowers, it is a Hydrangea macrophylla. If its flowers are round and white—or pink in the case of the new Invincibelle Spirit—the plant is a Hydrangea arborescens. Finally, if the plant has large, conical flowers, which are often white but may also be green or pink, you own a Hydrangea paniculata."

**Bigleaf Hydrangeas**  
 If you have Hydrangea macrophylla, also known as Bigleaf Hydrangea, Wood says you can relax. This plant requires little more than a trimming and only immediately after flowering. You should never prune it in winter or spring, because it sets flower buds the year before and if you shear it back, then you will cut off all of summer's flowers.

Newer reblooming varieties such as the Let's Dance series from Proven Winners ColorChoice will also bloom on the current season's growth, but you still want to leave the plant intact through spring so you can enjoy early summer flowers.

**Smooth Hydrangeas**  
 Hydrangea arborescens, also known as Smooth Hydrangea, are beloved for their adaptable nature and reliable blooms. You should prune it back in late winter or early spring. These hydrangeas bloom on "new wood"—the current season's growth. Pruning them



**Little Lime Hydrangea, a new compact form of Hydrangea paniculata.**

back at that time encourages new growth, which produces flowers. Spring pruning will also result in a fuller, stronger plant that's less likely to flop under the weight of its abundant summer flowers. Cutting the stems back to one or two feet will leave a good framework to support the blooms.

Today, there are two new "Annabelle" Hydrangea arborescens with stronger stems, so they won't flop after being established. Invincibelle Spirit Hydrangea is the very first pink-flowered form of "Annabelle." Invincibelle Spirit continues to produce new pink flowers right up until frost, providing a beautiful display across several seasons in your garden, from mid-summer to fall. Incrediball Hydrangea has the biggest flowers and the strongest stems of any of the "Annabelle" hydrangeas. Incrediball produces incredibly large white blooms as big as a basketball.

**Hardy Hydrangeas**  
 Hydrangea paniculata, sometimes called Hardy Hydrangea, also blooms on new wood. You should prune it back in late winter or early spring. You can cut it back to the ground or, if you want

slightly taller plants, cut it back to one to three feet. This is a great job for one of those early spring days when everything is still dormant but it's so beautiful and warm you need to be in the garden.

A new variety of Hydrangea paniculata won't require as much pruning to keep it smaller. The new Little Lime Hydrangea boasts the same colors and benefits of the famous "Limelight" Hydrangea though only reaching three to five feet fully grown. At one-third the size of other hardy hydrangeas, it fits well into practically any landscape. Little Lime produces bright cone-shaped lime-green flowers, later turning into pink, from mid-summer to frost.

Fortunately, even if you make a mistake and prune at the wrong time of year, these plants will forgive you. You may not have flowers for a season but, with proper timing, you'll see them the following year. Just remember to start by correctly identifying which kind of hydrangea you have. With just a little work, you'll get beautiful flowers from your hydrangeas year after year. For more information on the newest hydrangeas, visit [www.provenwinners.com](http://www.provenwinners.com).

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## Your Garden

### 10 Ways To Help Bees And Butterflies Thrive

(NAPSA)—Here's news that's created a buzz. Three-quarters of the world's flowering plants and food crops rely on pollinating insects such as bees and butterflies to help them reproduce.

Unfortunately, bee populations are being threatened by a range of issues such as colony collapse disorder, pesticides, mites, disease and climate change. Butterfly populations are also at risk.

The good news is that gardeners can help restore balance by creating habitats that encourage pollinators to thrive.

Bees and butterflies need places to live and breed in, and food to eat. The plants that provide this food also need pollinators to help them reproduce, so planting gardens that are friendly to bees and butterflies is a win-win situation.

Pollination occurs naturally as small creatures forage for food, carrying pollen from plant to plant as they go. That is why it's important to offer them a "buffet" of attractive flowers throughout the seasons, and to have sufficient natural habitats so that they don't have to travel far to find what they need.

Here are 10 easy ways to help:

- 1)BEE friendly to bees! Honeybees are not aggressive; they sting only as a defense mechanism.
- 2)Plant trees, shrubs and flowering plants to increase food and shelter for bees and butterflies.
- 3)Create a seasonal buffet for pollinators by planting perennial flowers with a mix of colors, shapes and scents in containers, window boxes and plant beds.
- 4)Choose perennials with simple, single rather than double flowers to make nectar and pollen more accessible to bees and butterflies.
- 5)Cut and use garden flowers for bouquets to encourage re-



You can help bees and butterflies thrive by creating natural habitats.

blooming and to prolong the foraging window for pollinators.

6)Use beautiful native plants such as echinacea, coreopsis, sunflowers and butterfly milkweed for at least 75 percent of your garden.

7)Water, weed and fertilize soil appropriately to create a healthy garden that minimizes pests and diseases.

8)Provide clean water for insects in shallow bowls, birdbaths and ponds, or let fresh water drip over stones.

9)Imperfection is OK! Bees and butterflies may damage leaves and flowers while breeding and feeding. Create areas of natural habitat with old stumps, fallen branches and tall grass for nesting.

10) Help convert small parcels of land into community gardens and green spaces to create closely linked areas for bees and butterflies to visit.

Burpee offers a wide range of seeds and plants that are attractive to bees and butterflies. All of Burpee's seeds are Non-GMO.

To learn more about protecting pollinators, visit the website [www.burpee.com/pollinators](http://www.burpee.com/pollinators) or call Burpee at (800) 888-1447.

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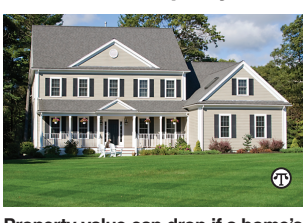
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**Hints For The Home**

Help Prevent Weeds And Protect Your Property Value

(NAPSA)—Anyone who lives in Oklahoma City or Washington, D.C., is living in an improving housing market with a projected 6 percent annualized gain in home values over the next three years, according to Local Market Monitor, a real estate research firm. A 5 percent annualized gain is projected for Austin, Texas.



The real estate investment mantra of "location, location, location" also applies to neighborhoods. You can drill it down even more. The condition of a specific property also impacts value. Real estate experts say property value can drop if a home's manicured lawn turns to weeds and landscaping deteriorates.

Property value can drop if a home's manicured lawn turns to weeds and landscaping deteriorates.

Lawns (www.BayerAdvanced.com) kills existing broadleaf weeds and prevents new broadleaf weeds for up to six months. Always read and follow label directions.

"The secret to weed control is prevention," said Lance Walheim, author of "Lawn Care for Dummies" and lawn care expert for Bayer Advanced. "The easiest way to help keep weeds out is to have a healthy lawn."

• **Fertilize:** Your local county extension service can advise you on how much fertilizer to apply and when to apply it based on the grass you have and the conditions of your area.

**Weed Prevention Tips**  
• **Don't cut your grass too low:** Set your mower's wheel height to the type of grass you have. The thicker the grass, the fewer weeds you'll have.  
• **Use pre-emergent weed control and weed killer:** One application of Bayer Advanced Season Long Weed Control for

• **Deep, infrequent watering is best:** It promotes strong root growth and strong turf. Overly wet, dry or compacted soil promotes weeds.

If you plan to sell your house in 2011, keep one thing in mind: You must have curb appeal before a prospect even considers walking inside your home. If your lawn has lots of weeds, you'll never get a second chance to make a first impression.

\*\*\*  
If you would attain to what you are not yet, you must always be displeased by what you are. For where you are pleased with yourself there you have remained. Keep adding, keep walking, keep advancing.  
—Saint Augustine

\*\*\*

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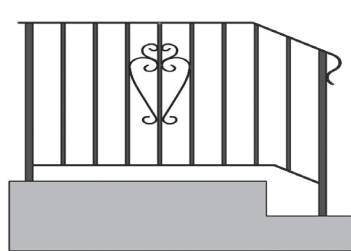


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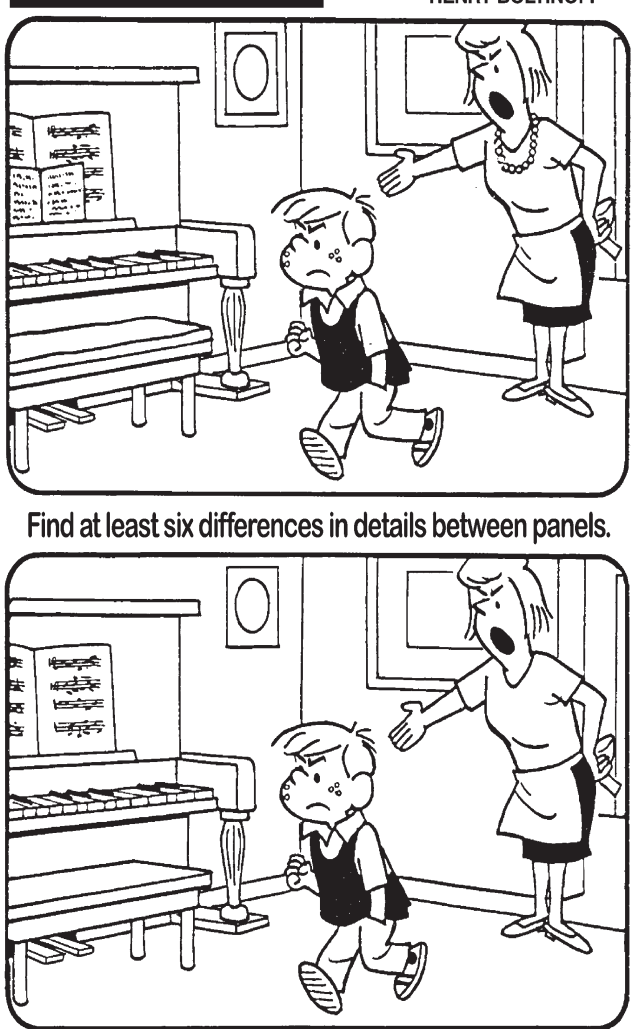


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Find at least six differences in details between panels.

Differences: 1. Songbook is missing. 2. Cushion is missing. 3. Picture is different. 4. Arm is missing. 5. Leg is shorter. 6. Beads are missing.

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## Fashionable Flooring

### The Floors Of Tomorrow Will Reflect What's On The Runway Today

(NAPSA)—When you walk into a room, your eyes do not move from top to bottom—quite the opposite. Your gaze starts at the floor and moves up. Just as the clothes you wear make a fashion statement, your floors set the tone, add the drama and create the mood in your home.



When it comes to decor, the largest palette is right beneath your feet. Now, bold stripes, oversized florals and marine blues are hitting the floor in style.

According to the World Floor Covering Association (WFCA), the latest products and trends in flooring offer high-tech innovations, low-maintenance attributes and eco-friendly features. Below, you'll find a closer look at some of the latest styles to consider when it's time to dress your floors:

look is that it pairs well with all interiors, does a wonderful job of hiding blemishes, and works well with both soft and bold color accents.

**Weathered and Worn**  
 Aged and vintage looks have maintained their firm grip when it comes to floor trends. Think genuine hardwood with worn, heavily textured wood grain and the weathered imperfections that can only be achieved with years of use. For many, price has kept these highly sought floors out of reach—until now.

**Depth and Dimension**  
 The right flooring can make large spaces cozy and small spaces grand with long, wide planks and tile.

Manufacturers today are building the patina of reclaimed wood into brand-new flooring products. Solid and engineered hardwood formats can have all the distressed and eroded character of products much older so each board has a unique look.

Longer wood planks and large-format porcelain tiles mean fewer seams and grout lines, lengthening smaller spaces such as hallways and bathrooms as the eye is not distracted by breaks in the flooring. Fewer seams and less grout means easier cleaning, too.

The same vintage looks are available in laminate and luxury vinyl tile (LVT). The surfaces are created using high-resolution digital imaging and state-of-the-art embossing techniques. Designed to minimize repeats, they're almost impossible to tell from the real thing—and significantly less expensive!

**Texture and Pattern**  
 The latest looks in LVT involve nature-inspired low-luster and matte finishes.

Porcelain tiles feature salvaged looks such as oxidized metal and weathered wood. Tiles with dry, earthen textures and parched surface finishes in light to mid sun-baked shades and hazy grays are also popular.

Also in step with toned-down looks are oil-finish hardwood floors, which are steadily gaining ground among designers and consumers. Natural oils penetrate the wood grain for a satiny, zero-gloss appearance. In soft-surface flooring, highly affordable synthetics offer a more delustered look that mimics more expensive natural materials including wool, silk and cotton. The matte surface also works to mask vacuum marks and footprints.

complementary and adaptable to all kinds of interior settings.

Another trend is to mix contrasting materials such as wood and tile. Though not possible with the "real thing" due to wood's tendency to expand and contract, pairing wood and stone looks in porcelain creates a stunning effect.

Tiles made to look like bricks are also popular. The laid-back "loft look" in porcelain is much easier to maintain than the real thing. The most basic of shapes, the stripe, is also appearing in all categories of flooring, especially soft surface. It appears frequently in the form of striated rock looks in weaves; in porcelain and glass, as mini finger tiles; and in vinyl, in looks that mimic linen, sedimentary rock and parquet.

Carpet continues to get softer and more plush as technology advances. The latest look features layered color, soft texture and lots of dimension. Using another technique that combines both loops and sheared fibers, carpets are imbued with 3-D effects featuring multiple heights and colors ranging from subtle to bold.

Growing in popularity are carpets and rugs in florals and foliage looks in shades of indigo, petrol, purple and green. Other new carpets show sculpted surfaces that look like sand dunes, ocean waves and tree bark.

**Modern Conveniences**  
 Beauty is important in floor coverings, but function is also key. Over 70 percent of the population owns a pet, so one manufacturer offers a 100 percent "All Pet Warranty" on carpets with built-in stain repellent and total moisture absorption. New technology forces all the water from the stain to evaporate so the trace material left over can simply be wiped away.

**Learn More**  
 Further information and practical tips are on the WFCA website, www.WFCA.org, and blog, FloorTalk.wfca.org.

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 —Nancie J. Carmody  
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—Samuel Johnson  
\*\*\*



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## Health Awareness

### Irritable Bowel Syndrome (IBS): Practical Ways To Manage The Condition

(NAPSA)—“There was the time that I was on my first vacation,” recalls Melissa D., “which was a cruise, and I became sick with abdominal pain and cramping. My IBS was incredibly overwhelming for me,” explains the young adult from Illinois. She is not alone. More than a decade ago, Melissa joined the one in six Americans who are diagnosed with Irritable Bowel Syndrome (IBS). With proper medical guidance and the addition of a new, non-prescription product called IBgard® to her management plan, Melissa lives an energetic lifestyle surrounded by family and friends, while also attending school and working—and taking some memorable vacations, too.



A clinically studied non-prescription medical food is now available for the dietary management of IBS.

see can create stress for anyone. Build in time for rest and relaxation. Plan to spend more time than one might think is needed at a destination. This may allow for time to see things that may have been missed otherwise and makes space for extra rest stops, if they happen to be needed. Speaking of rest stops, don't forget the benefits of getting a sufficient amount of sleep every night.

**Create Calm.** Make relaxation and gentle exercise a priority, if that is soothing. Maybe this trip is the opportunity to begin a meditation practice or reflect on ways to manage stressful situations a person experiences at home. This might be the moment to set aside time for that book that's been waiting to be read. When traveling with companions, inform them that time for these things will help everyone be at their best throughout the adventure.

**Speak Up Early, Completely and Often**

People with IBS have a significant daily burden affecting them physically, emotionally and socially. A recent “IBS in America” survey<sup>2</sup> by the American Gastroenterological Association (AGA) shows that because symptoms can be so unpredictable, IBS sufferers experience a significant burden that profoundly affects their daily quality of life. This survey points to the need to take a more proactive approach in managing IBS.

The findings, gathered from patients and physicians, demonstrated that the symptoms of IBS are often so bothersome and unpredictable that they interfere with daily life. Among the key points gathered are:

- 85 percent discussed IBS primarily with family or friends in addition to a doctor;
- 70 percent said they had symptoms at least two to three days per week;
- 52 percent reported “extremely/very bothersome” symptoms, and among them, 55 percent said they

would give up caffeine, 47 percent said they would give up their cell phone or the Internet, and 40 percent said they would give up sex for one month for the chance to feel one month of relief.

The AGA survey also notes the need for sufferers to move from self-help to communication: Talking to your doctor, not your BFF, is half the battle. Have an honest, open conversation with your doctor, early and often. Two-thirds of those who have spoken with their doctor report being somewhat or very satisfied with their care.

With open, honest conversations and feedback, doctors are more likely to be able to help their patients navigate their own IBS treatment path.

### IBgard: A New, Non-prescription Medical Food That Works

Though IBgard® should not be assumed to be an alternative to FDA-approved drugs, more than 10,000 health care practitioners, including 3,000 gastroenterologists, are estimated to have already recommended IBgard® for their patients. In a recent nationwide survey of gastroenterologists, IBgard® is the No.1 recommended peppermint oil® for IBS. While it doesn't require a prescription, it must be used under medical supervision. The usual adult dose of IBgard® is one to two capsules as needed, up to three times per day, not to exceed eight capsules per day. As with almost all medical foods, individual results may vary.

### Is it Right for You?

Talk to your doctor to determine if IBgard® is right for you. In a landmark clinical study<sup>1</sup>, IBgard® was shown to significantly manage the symptoms of IBS at four weeks, with a substantial number of patients noting improvement in as early as 24 hours. IBgard® contains l-Menthol, the principal component in peppermint oil that has been specially formulated for the dietary management of IBS. Peppermint oil has been shown in clinical studies to be effective for managing IBS symptoms. This is the only peppermint oil formulated into tiny microspheres to help deliver product quickly and reliably to the lower gut, helping to minimize the potential for side effects.

For more information, see a doctor and visit [www.ibgard.com](http://www.ibgard.com). IBgard® is available in the digestive aisle at most CVS/pharmacy, Walgreens and Rite Aid stores.

# Mother's Day

## Special Pages May 1, 3, 8, 10

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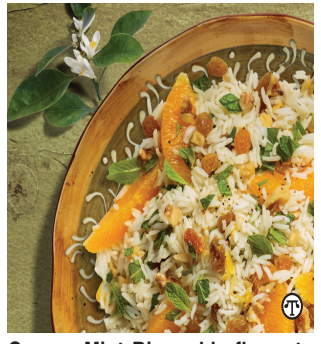
### Versatile Rice Salads

(NAPSA)—Add interest to your menu with grain-based salads. They can double as a meal or a side dish and complement a variety of foods.

Rice is one of the most popular grains to use. With its nutty flavor and delightful aroma, American-grown RiceSelect™ Texmati® Rice complements most ingredients you have on hand to create your own special dish.

For example, mix cooked rice with marinated, dried tomatoes and green onion; drizzle with Caesar dressing, feta cheese and olives for an Athenian salad.

Or try a slightly sweet blend of rice, apples and dried cranberries in a yogurt dressing topped with toasted chopped nuts.



Orange Mint Rice adds flavor to your table.

Rice salads can be eaten warm or chilled, depending on what you add. Since the flavor gets better with time, consider making it in advance and chill for a quick-to-serve meal.

Try this refreshing idea:

#### Orange Mint Rice

- 3 oranges
- 3 cups cooked RiceSelect Texmati Rice
- ½ cup golden raisins
- ½ cup chopped fresh mint leaves
- ½ cup chopped walnuts
- Salt and pepper to taste

Peel and segment two oranges; set aside. Squeeze juice from remaining orange; set aside. In a large bowl, combine rice, orange segments, raisins, mint and walnuts. Add orange juice; toss well. Salt and pepper to taste.

*Yield: 6 servings*

You can find more recipes and tips to bring worlds of flavor to your table at [www.riceselect.com](http://www.riceselect.com).



1. MEASUREMENTS: How much is a dram in U.S. measurements?
2. ASTRONOMY: What kind of star is our sun?
3. LITERATURE: What children's book features the characters Tigger, Eeyore and Piglet?
4. GEOGRAPHY: Where is the island nation of Cape Verde located?
5. MATH: What is M divided by L in Roman numerals?
6. MOVIES: Who was the lead actor in the 1968 movie "Planet of the Apes"?
7. TELEVISION: What 1960s show featured POWs by the name of Newkirk, LeBeau and Kinchloe?
8. U.S. PRESIDENTS: What is the call sign of the helicopter that carries the president?
9. GENERAL KNOWLEDGE: What is the name of Bangkok in native Thailand?
10. RELIGION: How many candles does a Hanukkah menorah have?

#### Answers

1. One-eighth fluid ounce
2. Yellow dwarf
3. "Winnie-the-Pooh"
4. Off the western coast of north Africa
5. XX (1,000 divided by 50)
6. Charlton Heston
7. "Hogan's Heroes"
8. Marine One
9. Krungthep
10. Nine

# Yard Sales

## RIVERPOINT CONGREGATIONAL CHURCH RUMMAGE SALE

Martha & Mary's Shop at Riverpoint Congregational Church, 75 Providence Street, West Warwick, will hold a Rummage Sale on Wednesday, April 18 from 9AM-12PM. 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.

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HUGE YARD SALE this Saturday & Sunday, April 14 & 15. Something for everyone. 9 Lorraine Avenue, Coventry.

**LARGE YARD SALE!** 56 Phenix Avenue, West Warwick: April 14, 9AM-2PM. Weather permitting.

**YARD/ESTATE SALE!** April 14 & 15, 9AM-4PM. Furniture, fishing/hunting gear, tools, appliances, household goods. 273 Plainfield Pike, Greene RI 02827.

**178 COWSETT AVENUE, West Warwick:** April 14, 8AM. Tools, jewelry, glassware, DVD's, musical instruments, some antiques & much more! Rain date April 21.

**GIANT BASEMENT SALE!** 108 Clubhouse Road (street behind Mishnock Barn), West Greenwich: April 14, 7AM-1PM. Rain or shine. New toys! Games, Shopkins, Melissa & Doug puzzles, kid's books, clothes, household, Play-Doh sets, Monster High, Barbies, Action Figures, Activity Sets, Hot Wheels Sets, coloring books, baby toys, DVD movies & Blu-Rays.

INDOOR YARD SALE! 7 Alvero Road (off 117), Coventry: Friday/Saturday, April 13 & 14, 8:30AM-2:30PM. Good stuff. Great buys!

# Print Dead? Not Here!

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

| Circulation   | REMINDER CIRCULATION |               |
|---|----------------------|---------------|
| It's true many daily papers have seen their circulation decline. The Reminder's circulation has grown over the years and has stayed consistent recently. Doesn't sound like print is dead in Coventry, RI, does it? | <b>2011</b>          | <b>27,988</b> |
|   | <b>2012</b>          | <b>28,525</b> |
|   | <b>2013</b>          | <b>28,296</b> |
|   | <b>2014</b>          | <b>28,638</b> |
|   | <b>2016</b>          | <b>28,697</b> |

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# Entertainment



**ARIES** (March 21 to April 19) A little woolgathering is OK. But don't let that dreamy state linger beyond midweek, when you'll want to be ready to take on new workplace responsibilities.

**TAURUS** (April 20 to May 20) Love rules the week for single Bovines seeking romance. Attached pairs also find new joy in their relationships. Friday should bring news about a business opportunity.

**GEMINI** (May 21 to June 20) Home becomes the center of a new social whirl, as you show your talent for hosting great parties. You can expect to impress a lot of people who've never seen this side of you.

**CANCER** (June 21 to July 22) The Moon Child might have to raise those powers of persuasion a notch to get a still-wary colleague to agree to go along. Finding more facts to back up your position helps.

**LEO** (July 23 to August 22) Hold off trying to fix the blame for an apparent mishandling of a work situation. A full investigation could reveal surprising facts on how and why it really happened.

**VIRGO** (August 23 to September 22) Your ability to find details others might overlook gives you an advantage in assessing a possibly too-good-to-be-true offer. A trusted colleague has advice.

**LIBRA** (September 23 to October 22) Expect to be called on once again to act as peacemaker in a long-simmering dispute that suddenly flares up. Offer advice, but be careful to stay out of the fray.

**SCORPIO** (October 23 to November 21) Your organizational skills help you line up your priorities so that you get things done without added pressure. The weekend could hold a special surprise.

**SAGITTARIUS** (November 22 to December 21) New ventures are favored. But don't launch yours before rechecking all facts and sources. Also, be sure you can rely on support from certain people.

**CAPRICORN** (December 22 to January 19) Don't be pushed into renegotiating an agreement, even though it might help avoid a potential impasse. Get legal advice before you sign or agree to anything.

**AQUARIUS** (January 20 to February 18) Helping others is what Aquarians do so well. But this time, someone wants to help you. Expect to hear some news that will both surprise and delight you.

**PISCES** (February 19 to March 20) Things go so swimmingly that you're tempted to take on more tasks. Best advice: Finish what you have now, then enjoy a well-earned relaxing weekend.

**BORN THIS WEEK:** Your understanding of human nature helps you make wise decisions that are appreciated by all. You would make a fine judge.

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

\*\*\*  
**Certainty? In this world nothing can be said to be certain, except death and taxes.**  
—Benjamin Franklin  
\*\*\*

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**TOP VIDEO RENTALS AND SALES**

**Top 10 Video On Demand**

1. Justice League (PG-13) Ben Affleck
2. I, Tonya (R) Margot Robbie
3. The Shape of Water (R) Sally Hawkins
4. Thor: Ragnarok (PG-13) Chris Hemsworth
5. Ferdinand (PG) animated
6. Coco (PG) animated
7. Three Billboards Outside Ebbing, Missouri (R) Francis McDormand
8. Daddy's Home 2 (PG-13) Will Ferrell
9. Darkest Hour (PG-13) Gary Oldman
10. Murder on the Orient Express (PG-13) Kenneth Branagh

**Top 10 DVD, Blu-ray Sales**

1. Justice League (PG-13) Warner Bros.
2. Thor: Ragnarok (PG-13) Disney
3. Ferdinand (PG) FOX
4. Coco (PG) Disney
5. The Shape of Water (R) FOX
6. Wonder (PG) Lionsgate
7. I, Tonya (R) Universal
8. Call Me by Your Name (R) Sony
9. Murder on the Orient Express (PG-13) FOX
10. Wonder Woman (PG-13) Warner Bros.

Source: comScore  
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## Entertaining Ideas

**Easy And Affordable Fun At Home**

(NAPSA)—As seasons change, people tend to spend more time at home with friends and family—and look for entertainment options that will stretch their dollars through the weekends.

Here are a few suggestions for families and couples on a budget:

- Turn Friday evening dinner into smorgasbord night. It's a great way to use up all the leftovers in the fridge while not having to plan dinner. Just heat in the microwave or the toaster oven, and a variety-filled dinner is ready in minutes. Then dust off one of the classic board games in the closet, such as "Scrabble," and get the kids' competitive juices flowing by letting winners choose ice cream or cake for dessert.
- There are no lines and no late fees for films on the digital cable Movies On Demand lineup. Instead, enjoy a wide selection of movies anytime without ever leaving the couch.

With just a click of the remote, turn any night into date night with Queen Latifah and Common's romantic comedy about love and other games, "Just Wright." Girls night in? Grab some gal pals, put on some waterproof mascara and watch Amanda Seyfried's "Letters to Juliet." Instantly



**It's easy to hold a movie fest at home. Rent a movie. Pop some popcorn and enjoy the latest releases together.**

embrace your inner rock star with the misadventures of Russell Brand and Jonah Hill in "Get Him To The Greek." Or supersize your family night with a comedy about an oversized pooch, "Mar-maduke." Pajamas and popcorn not included.

Renting the newest releases has never been easier. Many films are available the same day as their DVD release, so there's no waiting in traffic, at store check-out or for the mail.

Movies on demand are never sold out or out of stock, and you always get the best seat in the house. With several choices in high-def, you can enjoy high-definition entertainment at your fingertips.

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

## Pointers For Parents

### Family Movie Nights Spark Meaningful Family Dialogue

(NAPSA)—Disney's "Queen of Katwe," now available for home viewing, is the perfect film for family movie night and can spark important family conversations. In addition to providing a captivating, funny and heartwarming glimpse into the lives of children in current-day Africa, it also has the advantage of providing valuable life lessons that can help open your children's minds to new ways of approaching problems and inspire them to try new challenges that can expand their skills for navigating the world.

"Queen of Katwe" is based on the true story of Phiona Mutesi, a courageous young girl from the slums of Africa who sells corn on the streets of rural Uganda and whose world rapidly changes when she's introduced to the game of chess. As the movie unfolds, it presents a wonderful example of how mastery of the game of chess helps Phiona become a champion in the game of life. (Phiona, now 20, hopes to earn a college degree and continue to study chess in the hope of becoming a Grandmaster.)

What makes "Queen of Katwe" different from other inspirational stories is its setting. As Phiona dreams of a better life, she must face the possibility of not making it out of the slum. And even if she does, she'll have to navigate in a world she has no idea existed. Most audiences will never experience her world or even know there is such a place or that kids manage to grow up and thrive in such dire circumstances.

Adding to the realism are the actors and their backgrounds. Madina Nalwanga, who plays Phiona, is herself from a Ugandan slum, and director Mira Nair, very familiar with the environment, having lived nearby, shot the film mostly in the Katwe slums. Over 100 Ugandans worked as extras in the



**Madina Nalwanga, as the Ugandan chess champion Phiona, can teach your kids many lessons.**

film's street scenes, 80 of them without any prior experience with, or in front of, cameras. David Oyelowo, best known for playing Martin Luther King, Jr. in "Selma," is the charismatic chess teacher who understands the vulnerabilities of his young charges and knows how to lift their diminished spirits while teaching them how to win.

Here are a few things that Phiona learns along the way that children can universally relate to as they watch the film. These points would also make for great family discussions that encourage kids to connect the concepts to their own challenges.

— **Learn to use your mind.** The movie shows how chess teaches the children to make a plan and focus on that plan as they move forward. It is not just about winning. The purpose of the competitions is really to learn strategy and reasoning to overcome challenges in life.

— **Do not be too quick to give up.** Instead, stay focused on the destination and let the journey unfold. It's easy to get discouraged when something dreamed for looks as though it's slipped away. The important thing is to concentrate on the goal no matter how you're feeling in the moment.



**Phiona's triumph at chess can thrill your family as it did her friends and fellow students.**

— **Where you come from does not define where you're going.** Phiona shows us it ultimately doesn't matter where you've come from. It can actually be a positive thing for your dreams to exceed your current ability to achieve them.

— **Losing is part of life.** While feeling defeat is normal, don't succumb to those feelings. It's about what you can learn from the loss. As David Oyelowo's character, Katende, advises Phiona, "Losses happen to everyone. But then you reset the pieces and play again."

— **Never compromise integrity to win.** Staying true to your values and your morals is what will take you far in life, and open up doors no one can close. Too often, we're paying attention to what everyone else is doing. "Queen of Katwe" proves that winning is not about compromising to fit in. It's about showing up, being true to yourself and doing what you do best.

Such considerations paired with the crowd-pleasing victories, comedic moments, and approachable, family-friendly tone of the film enhance the impact of the film's life lessons and encourage kids to come up with their own.

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### PROJECT LINUS

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

### 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!

### SCHOOL VACATION WEEK PROGRAMS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope will offer the following April Vacation Programs: **Breakfast with a book!** on April 16 at 10:30AM. **Movie Time!** on April 18 from 1:30-3:30PM. Enjoy popcorn and a newly released movie. **Drop-in Crafts** on April 19 from 2-4PM. Registration is encouraged but drop-ins are welcome. Call 821-7910 to register and for more information.

### APRIL STORY PROGRAMS AT HOPE LIBRARY

Hope Library, 374 North Road, Hope is offering the following Programs: **Book Babies** for ages birth-24 months and their caregivers, April 20 & 27 at 10:30AM. **Time for Two's** for children age 2 & a caregiver on April 20 & 27 at 11:15AM. **Preschool Story Hour** for children ages 3-5 on April 23 & 30 at 10:30AM & April 5 at 2PM. **LEGO Time** for children ages 4 & up on April 14 & 28 from 10:30-11:30AM. To register for programs or for more information, call 821-7910.

### WEST WARWICK PUBLIC SCHOOLS MENTORS NEEDED

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



# INMAN & TOURGEE

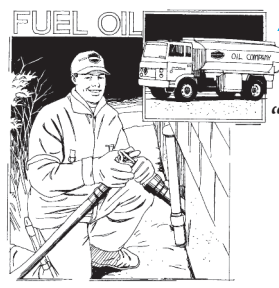
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—Mohandas K. Gandhi

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For more information and to register, visit [lincolnschool.org/camps](http://lincolnschool.org/camps)



### Well System Parts Vital For Good Water Quality

(NAPSA)—If you ever get water from a well, you should know there's more to it than just, well, a well. In fact, a water well is really a water well system because it consists of numerous components—many of which can affect water quality if not well maintained.

#### What's In A Well

These components are designed to protect water from contaminants that are harmful to health or adversely affect the water's appearance, taste or odor. They include:

- **The Well Casing:** This is the tubular structure that is placed in the drilled well to maintain the opening. Along with grout, the casing confines the groundwater to its zone underground and can prevent contaminants from mixing with the water.

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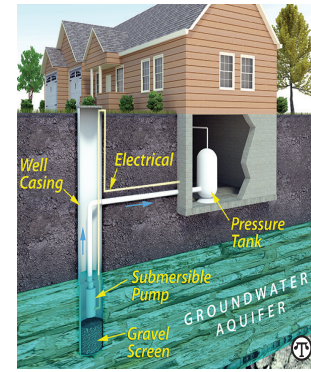
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Whether you get great water out of your well depends, in part, on the sum of its parts.

well. Well owners should visually inspect their well cap from time to time and contact a water well system professional if a problem is detected.

- **The Pitless Adapter:** This connector is used in places where freezing occurs. It's installed underground below the frost line to provide a sanitary seal between the well casing and the water line running to the house. If this seal is compromised, it could allow bacteria or other contamination into the well. A water well system contractor can determine whether a faulty pitless adapter is contributing to such water quality problems.

- **The Well Screen:** This prevents excess sediment from entering the well. The screen attaches to the bottom of the casing, letting water move through the well while keeping out most gravel and sand.

There are assorted styles of screens, and a water well system professional can determine which type is best suited to your well. The wrong type of screen or a deteriorated screen could allow sediment, sand and gravel into your well and your water.

The National Ground Water Association (NGWA) advises household well owners to maintain their well systems, including these important components, to protect drinking water quality and health.

Learn More

For further information about well systems, water quality, and groundwater protection, visit [www.WellOwner.org](http://www.WellOwner.org).