

# The REMINDER

63 YEARS IN BUSINESS

Rhode Island's First Buyers Guide

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

April 24, 2018 • Volume 63 • Issue 50

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**Trivia**  
*test* by Fifi Rodriguez

1. INVENTIONS: Who invented the first successful electric razor?
2. U.S. STATES: What is Ohio's official gemstone?
3. GEOGRAPHY: Where is the Griffith Observatory located?
4. ORGANIZATIONS: What volunteer organization celebrated its 50th anniversary in 2011?
5. MEASUREMENTS: How many gills are in a pint?
6. U.S. PRESIDENTS: Which president was the heaviest?
7. LITERATURE: Who popularized the term "The Jazz Age" in a book title?
8. MUSIC: Who had a 1961 hit with the song "Hit the Road Jack"?
9. GEOLOGY: The terms "carrara" and "calacatta" refer to what type of stone?
10. PROVERBS: What is the end of the proverb that begins, "What's good for the goose ...?"

**Answers**

1. Jacob Schick
  2. Flint
  3. Los Angeles
  4. The Peace Corps
  5. Four
  6. William Taft weighed 332 pounds
  7. F. Scott Fitzgerald
  8. Ray Charles
  9. Marble
  10. "... is good for the gander."
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**FLASH BACK**  
**POP ROCK & SOUL**  
**TRIVIA BY MICK HARPER**

1. Which group had a hit with "Georgy Girl"?
2. How many members were in the group that released "Hot Fun in the Summertime"?
3. Who had a hit with "The Love I Lost"?
4. What is "Sister Golden Hair" about?
5. Name the song that contains this lyric: "Anyone can make mistakes, And we both have made our share, But a life without your love, Is a life too hard to bear."

**Answers**

1. The Seekers, from Australia, in 1966. It was used as the title song in the film of the same name.
2. Seven, in Sly and the Family Stone, in 1969. The song came out after their exposure at Woodstock and went to No. 2.
3. Harold Melvin & the Blue Notes, in 1973. The two-part song was released as sides A and B. It spent two full weeks at the top of the Hot Soul chart.
4. In America's 1975 chart-topper, a man is telling his lover why he's not ready to get married.
5. "Should've Never Let You Go," by Neil and Dara Sedaka, Neil's 17-year-old daughter. The song made it to the 1980 Top 20 list.

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**MARINE CORPS LEAGUE**

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

**HOPE LIBRARY HOURS**

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

**"TYLER TYKES" AT TYLER FREE LIBRARY**

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

**LOUTTIT LIBRARY**  
**STORYTIMES & CRAFTS NIGHT**

Louitt Library, 274 Victory Highway, West Greenwich will hold a storytime for ages 2-6 on Mondays at 10:30AM & Wednesdays at 1PM. Youth Drop-In Crafts Night will be held on Thursdays from 4:30-7:30PM. No registration required. Call 397-3434, visit [louittlibrary.org](http://louittlibrary.org) or email [louittlibrarychildrens@gmail.com](mailto:louittlibrarychildrens@gmail.com) for additional information.

**ONGOING PROGRAMS AT**  
**GREENE PUBLIC LIBRARY**

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

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**2ND HAND CLOSET SALE**  
**AT LAKEWOOD BAPTIST CHURCH**  
Lakewood Baptist Church, 255 Atlantic Avenue, Warwick, will hold a 2nd Hand Closet Sale on April 28 from 9AM-2PM. There will be gently worn clothing, some new items & children's clothing.

**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.

**WEST WARWICK PUBLIC LIBRARY BOOK DISCUSSION GROUP**  
The West Warwick Public Library, 1043 Main Street, West Warwick hosts a Book Discussion Group the last Wednesday of each month at 6PM. No sign-up is required. For more information please call 828-3750, Ext. 1.

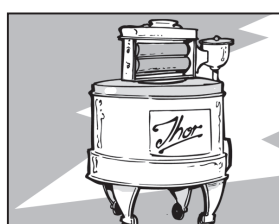
**"DO MUSIC" AT TYLER FREE LIBRARY**  
Join Dianne Du to "Do Music" on the 1st & 3rd Friday of the month at 10AM at Tyler Free Library, 81A Moosup Valley Road, Foster. Come for a music filled morning for the infant & toddler. Call 397-7930 to register or for more information.

**EXETER PUBLIC LIBRARY SPRING CRAFT FAIR**  
Exeter Public Library, 773 Ten Rod Road (Rte. 102), Exeter, will hold their Annual Spring Craft Fair on May 6 from 10AM-3PM. Come shop items from over 50 local vendors of handmade items. Perfect for Mother's Day & other Spring gift giving. Visit www.exeterpubliclibrary.org for more information.

**RUN WITH THE TROOPS RI**  
All are invited to participate in the Run with the Troops RI 4-Mile Race which will start at 6:30PM on May 4 at the historic SEA BEE Museum, 21 Iafate Way, Quonset Point, North Kingstown. Please use Coupon Code 1775 if you are military for \$10 off. Visit www.runwiththetroopsri.org to register or for more information.

**BREAKFAST IN APRIL**  
The Coventry Resource & Senior Center, 50 Wood Street, Coventry will hold a Breakfast on April 27 from 8-9:30AM. Enjoy scrambled eggs, choice of bacon or sausage, French Toast or English muffin, with orange juice, coffee, & tea for just \$3. All are welcome!

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



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\*\*\*

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**May 17, 2018**

**Full Page:** \$700 - 10.25" x 10.5"  
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**DEADLINE: MAY 4TH**

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**Little Free Library RIBBON CUTTING**



**Saturday, April 28th**

**10:00 AM:** West Warwick Ribbon Cutting at the WW Civic Center  
**11:00AM:** Coventry Ribbon Cutting at the Cov. Public Library Playground  
**12:00 Noon:** West Greenwich Ribbon Cutting at the WG Transfer Station

A service project sponsored by the Pawtuxet Valley Rotary Club.  
The club has been in existence since 1959, and currently serves Coventry, West Warwick and West Greenwich.  
Ribbon cuttings will be open to the public.



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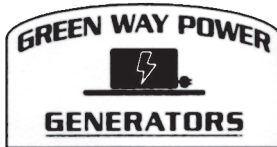
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### SHOPPING EXTRAVAGANZA!

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

### 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.

### 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.

# READER AD FORM

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Used Furniture, Tools,  
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## THE REMINDER

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

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

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

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

**Don't Forget  
Your Initials!**

Indicate Initials Here

**\$12.00  
per Novena**  
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Deadline is Friday at 5pm for publication in the  
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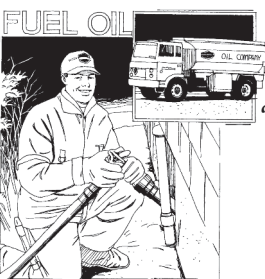


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### COVENTRY PUBLIC LIBRARY EVENING STORYTIMES

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.

### FOOD ON THE MOVE AT THE WEST WARWICK PUBLIC LIBRARY

The West Warwick Public Library, 1043 Main Street, West Warwick, will host a mobile, high-quality fresh fruit & vegetable market on Mondays from 2-4PM. For more information, visit the RI Public Health Institute's website at [riphi.org/portfolio/food-on-the-move](http://riphi.org/portfolio/food-on-the-move)

### JOIN CUB SCOUT PACK 13, CENTREVILLE

Adventure is waiting! Build Yours. Join Cub Scout Pack 13, Centreville. We meet every Wednesday at 130 Legris Avenue, West Warwick. Please contact Megan D. at 401-250-6181 or [cubscout13@gmail.com](mailto:cubscout13@gmail.com) Find us on Facebook, Pack 13 Centreville.

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## Cutest Pet of the Week April 24, 2018



Roquefort—one of the oldest types of cheese in the world—was the emperor Charlemagne's favorite cheese.



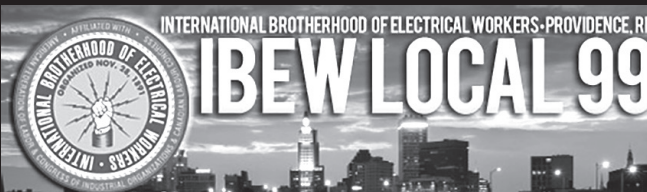
## "Moose"

They call me Moose the Goose.  
I'm the King of Weaver Hill in West Greenwich.

— Happy Companion of Wendy.

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

Please make sure your Photos are in focus. Blurry Photos Cannot Be reProduced.



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

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

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

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

Discover the value IBEW can have for your company:

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

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

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

**401-946-9900 x 227**



# Puzzle Page



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## King Crossword

**ACROSS**  
1 Bandleader Kyser  
4 Equitable  
8 Frizzy hairdo  
12 Hockey surface  
13 Andy's pal  
14 Circulate  
15 Historic time  
16 Twist  
18 "Aida" composer  
20 Expert  
21 Food  
24 Poolroom supply  
28 Bring together  
32 Hammer or sickle  
33 Inseparable  
34 Casino machines  
36 "Kitchy- —!"  
37 Young female  
39 Remorseful  
41 Milkmaid's place  
43 Analgesic target  
44 — long way

46 Fortunetellers' reading mater?  
50 Recite a verb's forms  
55 Verily  
56 Notion  
57 "— Brockovich"  
58 Uncooked  
59 Consider  
60 Transmit  
61 Type measures

**DOWN**  
1 Ukraine's capital  
2 Farm measure  
3 Once around the sun  
4 Salon treatments  
5 I love, to Livy  
6 Charged bit  
7 Answer an invite  
8 Showing buoyancy  
9 Winter bug  
10 Deteriorate  
11 Have bills  
17 Sphere

19 Dict. info  
22 Body powder  
23 Urban hangout  
25 Mischievous Norse god  
26 Swag  
27 — gin fizz  
28 Gear teeth  
29 Not procrastinating  
30 Pianist Peter  
31 Sicilian spouter  
35 Grad student's income  
38 Blockage of a sort  
40 Genetic letters  
42 "Skip to My —"  
45 Quite some time  
47 Muse's instrument  
48 Intend  
49 Cutting implements  
50 "El —"  
51 Praise in verse  
52 Born  
53 Exist  
54 Can matter

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16				17				
18			19				20					
			21		22	23		24		25	26	27
28	29	30					31		32			
33				34				35		36		
37			38		39				40			
41				42		43						
			44		45			46		47	48	49
50	51	52				53	54			55		
56					57					58		
59					60					61		

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

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

Also	Dark men	Old pan	Rabies
Analog	Englander	Pains	Red nail
Big mule	Gray men	Panel	Serial
Chain	Laity	Pure	

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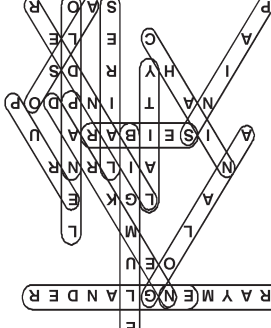

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## Job Market & Childcare

Help Wanted	Help Wanted	Help Wanted	Help Wanted	Help Wanted	Help Wanted
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---	--	---



Job Market & Childcare

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- Must have an active RI License
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\*\*\*

An idea is a point of departure and no more. As soon as you elaborate it, it becomes transformed by thought.

—Pablo Picasso

\*\*\*

\*\*\*

We find delight in the beauty and happiness of children that makes the heart too big for the body.

—Ralph Waldo Emerson

\*\*\*

Childcare

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(NAPSA)—Male students over 18 must register with Selective Service to qualify for federal student loans or grant programs, including Pell Grants, College Work Study, Student/ PLUS Loans and National Direct Student Loans.

\*\*\*

“Friendly fraud” is on the rise. Fraud perpetrated by people known to the victim, such as a relative or roommate, grew 7 percent last year, with consumers between the ages of 25 and 34 most likely to be victims of this type of fraud. To learn more, visit [www.javelinstrategy.com](http://www.javelinstrategy.com).

\*\*\*

The Junior Wildlife Champions education and activity program engages the next generation of environmental stewards. Dawn has worked to help rescue and protect wildlife for more than 30 years. For more information, visit Facebook.com/DawnSavesWildlife.

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A programmable thermostat helps you save money by reducing energy waste. One even has customizable wallpaper backgrounds and slide shows to display your own photos like a digital picture frame. Called Color Touch, it's from Venstar. Learn more at [www.venstar.com/Thermostats](http://www.venstar.com/Thermostats).

\*\*\*

By visiting a leading arts and crafts store and decorating a special jigsaw puzzle, you can support families living with autism. To learn more about the campaign, visit [www.acmoore.com](http://www.acmoore.com).

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With the help of a few Hotmail tools, you can give your email inbox a good cleaning. For more information, visit [www.facebook.com/hotmail](http://www.facebook.com/hotmail).



**CAREER OPEN HOUSE & Nurse CEU Event - April 25th**



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**Wednesday, April 25th**  
**Nurse CEU:**  
Opioid Sparring Pathway Education (1 CEU)  
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Potter Conference Room  
Career Fair and Nurse Interviews Available



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**Career Fair - 12:00pm - 5:00pm**  
**Nurse CEU Event - 3:00pm - 4:00pm**

*Career Fair will take place in the hospital main lobby*



**LEARN MORE AND PRE-REGISTER AT:**  
**[southcountycareers.org/careerfair](http://southcountycareers.org/careerfair)**



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**Decorating Trends**

**Small Is Big In Home Design**

(NAPSA)—With the average American household at around 2½ people, according to Census Bureau research, there's an increased desire for downsizing.

Many people—students, millennials, empty nesters and seniors—are now living in small apartments and tiny houses.

In addition, in homes of any size, the lines between the kitchen and other living areas are blurring as the family is coming together to entertain casually, eat and prepare in one space.

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

1) Work with your designer to define what is important to you in a kitchen. Do you want a larger refrigerator? Many burners on the cooktop? What can stay and what can go? Take a lifestyle approach to your design project for how you cook, entertain and live every day. Don't design around a specific holiday or special occasions.

2) Look for smart storage solutions. Think about installing lazy Susans or spice racks. Store pots under a cooktop where they're easier to access. Don't skimp on storage organizers—they're worth their cost to avoid your having to crawl into hard-to-reach places. Use clever pullouts to make use of dead cabinet space. Let your utensils go hang—from the ceiling, on hooks behind cabinet doors or on a Peg-Board on the wall.

3) "Never sacrifice the size of the sink; you will need the space for pots and baking sheets," advises architect Rebecca Ascher. She suggests keeping the sink between 26" and 28" minimum.

To help, there's a line of small yet spacious sinks available in eight colors—Cinder, Truffle, Biscotti, White, Anthracite, Metallic Gray, Café Brown and Biscuit—to match nearly any design. These BLAN-



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

CO PRECIS sinks feature the rock-hard durability of SILGRANT, now with the convenience and functionality to work within even the smallest of kitchens.

The undermount sinks come in a sleek modern single-bowl design; you don't have to sacrifice style for small spaces.

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

#### Learn More

For further facts and a look at all the innovative sinks available, go to [www.blancoamerica.com](http://www.blancoamerica.com).

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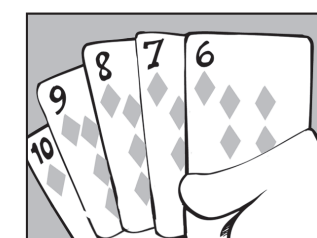
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## WATER FACTS & FIGURES

### Steps Well Owners Can Take During Drought

(NAPSA)—In any given year, parts of the United States experience conditions ranging from abnormally dry to severe drought, and for private water well owners there are steps that can help them weather a dry spell, according to the National Ground Water Association (NGWA).

#### Drought Effects On Wells

When a well goes "dry" due to drought, it often means the water table drops below the level of the pump. It is like putting a straw into the top of a full glass of water. If a person drinks the water and does not lower the straw as the water level drops, that person will end up sucking air. There is still water in the glass, but the straw is above it.

If drought is severe enough or the well shallow enough, the water level can drop below the level of the well entirely.

Wells typically do not go dry at once. Rather, the water table drops gradually due to a lack of replenishment from rain. Often, older wells drilled only into the top of an aquifer are most likely to fail first. Depending on the severity of drought, it can take multiple soaking rains over time for an aquifer to be replenished.

Some aquifers are sealed off from surface water replenishment due to an impermeable layer of rock. A well drilled into such an aquifer is drawing from a limited source of water, which, when depleted, could take hundreds or even thousands of years to replenish.

**Diagnosing Loss In Well Productivity**  
 Even in an area of water scarcity, a well's loss of productivity could be due to reasons other than a lowering of the water table. A qualified water well system contractor can determine the cause.

When the problem is not a lowered water table, a well sometimes can be rehabilitated to yield substantially more water. Often, various techniques can be applied to the well screen or surrounding geology to enable water to flow more freely into the well.

When the problem is a lowered water table, it may be possible to drill the



Even during a drought, there are ways to keep your well from running dry.

well deeper to extend its depth back below the water table. The size and condition of the well casing will dictate if a well can be drilled deeper.

Deepening a well, however, does not guarantee that it will produce more water. In some cases, a new well drilled in a different location may be necessary to provide a more reliable water supply. A reputable water well system professional can inspect a well and recommend options.

**Using Water Wisely**  
 One aspect of using water wisely is not wasting it. Installing a water meter can provide valuable information on how much water is being used and the effectiveness of various conservation efforts.

Another aspect of using water wisely is managing its use; for instance, scheduling water-intensive activities such as clothes washing, dishwashing and showers across the day so they are not occurring simultaneously. This allows the well and any storage tanks to refill to meet the next need.

Yet another water management tool involves installing transducers in the well. These monitor water levels and signal the pump to activate when adequate water is available.

Learn more about water well ownership and find well owner lessons, webinars, an app, and information on well construction, maintenance, water testing, water treatment, and groundwater protection at [www.wellowner.org](http://www.wellowner.org).



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By Terry and Kim Kovel

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Why not collect food-storage antiques? Food had to be specially prepared to last during the centuries before ice boxes and refrigerators. Long hours were spent smoking, pickling, drying and canning foods. Fresh fruits and vegetables were available only "in season." Ice boxes were used in the 19th and 20th centuries. A block of ice was cut from a frozen lake then wrapped and stored in a special zinc-lined box. It melted as it cooled, and the housewife had to empty the pan of melted ice water at least once a day.



A country store spice bin shaped like a Pagoda sold for \$3,300 because of its rarity, condition and size. The 3-foot-tall lithographed tin Pagoda held six different spices that were ladled into bags by the store clerk in about 1890.

The first electric refrigerator was made in 1911, and by 1923, Frigidaire was selling a home refrigerator. Early refrigerators used freon in the cooling process, but to keep the planet green, the chemical was outlawed in the 1990s. The refrigerator-freezer combination we use today was first sold in 1939. But spices still are used to store, flavor and preserve food.

Grocery stores of the 1890s sold spices from a large container, or later, the small-sized tins sometimes used today. A spice display was an important part of the store. A 36-inch-tall Pagoda-shaped spice bin with original

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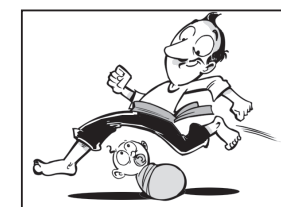
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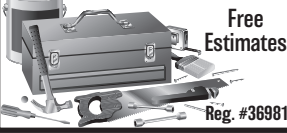
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Home improvement expert Danny Lipford and his University of Alabama-supporting doorbell.

(NAPSA)—A fun new way to show support for your school can literally be at your fingertips.

That's because you can easily install a doorbell that plays your alma mater's fight song, explains nationally syndicated radio and television host, contractor, and home improvement expert Danny Lipford.

It is a great way to greet classmates and others at reunion time, when the big game is on or at graduation. It's also a nice note for welcoming your college-age child home for the holidays.

### What It Is

Made of cast metal, the doorbell push buttons are available in high-quality satin nickel or antique brass decorative artisan finishes to match popular door hardware types and are adorned with an official school logo of your choice.

Available schools range from the University of Florida to the University of Washington; Texas A&M University to the University of Connecticut; and the U.S. Military Academy to Purdue University, plus more than 30 others.

### How It Works

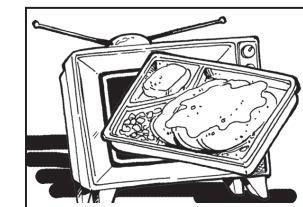
It's the only collegiate-licensed doorbell collection with MP3 customization and 128 MBs of memory, and can store up to 40 songs or sounds, offering a variety of notification options for any occasion. You can easily upload MP3 files of your school's fight song or alma mater, a seasonal song or holiday sound—any of your favorite MP3 music files will work. You can also select from one of eight preloaded tunes, such as the traditional Westminster chime.

### Easy To Install

Each NuTone College Pride doorbell comes with both wired and wireless installation capabilities and can be installed within 15 minutes in retrofit or new construction applications, adds Lipford. The manufacturer, NuTone, is an ENERGY STAR partner.

### Learn More

For further information, visit [www.NuToneCollegePride.com](http://www.NuToneCollegePride.com) and [www.NuTone.com](http://www.NuTone.com) or call (800) 558-1711.



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BY HENRY BOLTIKOFF

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by Angela Shelf Medearis



Crazy for Calzones

America has had a love affair with Italian food, especially calzones, for decades. The word calzone translates as “pant leg” or “trouser.” The original calzoni (plural of calzone) that were created in 18th-century Naples, Italy, were probably much smaller than ones served today in American restaurants. The Italian calzone’s half-moon shape indicates that they were probably made with a single, small round pizza crust that was filled with toppings, folded over, sealed and then baked.

Italian calzones often were sold by street vendors and designed to be a portable, walk-around pizza that could be eaten without utensils. Traditional ingredients include salted bread dough, ricotta, mozzarella, Parmesan or pecorino cheeses, and ham or salami; however, variations appear from region to region in Italy.

When baked correctly, the calzone’s outer crust is golden-brown and crispy, while the inside filling melts into a flavorful blend of ricotta and mozzarella cheeses combined with an assortment of Italian meats and vegetables. After baking, calzones usually are sprinkled with a blend of garlic, olive oil and parsley, and served with a side of marinara sauce for dipping.

Calzones sometimes are confused with other Italian creations like panzarotti, or stromboli. A panzarotti resembles a small calzone and is stuffed with a combination of tomatoes and mozzarella, then fried. The stromboli is an American invention that was created in the 1950s. It usually is filled with a blend of Italian cheeses, Italian meats and a tomato-based marinara sauce that are layered on a sheet of pizza dough, which is then rolled up into a rectangle. The stromboli is either finished in the oven or deep-fried.

Modern calzones grew in popularity after a reference in the TV

series “Seinfeld” in 1996, and more recently, in the hit series “Parks and Recreation” in 2014.

It’s no surprise that television has had a large part in spreading the crazy demand for calzones. It’s the perfect crispy, cheesy, hand-held snack to enjoy while watching your favorite show!

MEDITERRANEAN CALZONES

I love this Mediterranean-flavored, vegetarian version of the traditional Italian calzone. You can buy refrigerated pizza dough at a grocery store (like Safeway or Trader Joe’s) or purchase it from your favorite pizza delivery store.



Depositphotos

- 1/2

cup yellow cornmeal
- 2

(16-ounce) plain or whole-wheat refrigerated pizza dough balls
- 2

cups ricotta cheese (whole milk or low-fat works)
- 1

cup shredded mozzarella cheese
- 1/2

cup crumbled feta cheese
- 1/2

cup roughly chopped canned artichoke hearts in water, drained
- 1/2

cup chopped, fire-roasted red peppers
- 1/3

cup halved Kalamata olives
- 1/4

cup olive oil
- 1/2

cup marinara pizza sauce (plus 3/4 cup more for serving)
- 2

cloves garlic, finely minced
- 1/4

cup chopped parsley
1.

Heat oven to 450 F. Lightly oil two large, rimmed baking sheets. Sprinkle each pan with the cornmeal. Set aside.
2.

Cut each ball of pizza dough into equal thirds and set aside.

3.

In a medium bowl, mix together the ricotta, mozzarella and feta cheese. In a separate bowl, combine the vegetables and divide into 6 portions. Place a ball of the dough onto a lightly floured board or pastry mat. Sprinkle the top of the dough portions with 1 or 2 teaspoons of additional flour to prevent sticking.
4.

Use your fingers to first stretch the dough, and then roll it with a floured rolling pin into an 8-inch circle. If the dough shrinks back, let it rest for 5 minutes and try again.
5.

Sprinkle one portion of the artichoke pieces, roasted red peppers and olive filling on the bottom half of the dough circle, leaving about a 1-inch border between the filling and the edge.
6.

Place 1/3 cup of the cheese filling on the veggies. Drizzle 1 1/2 tablespoons of the pizza sauce on top of the cheese.
7.

Dip your fingers in a bowl of water and wet the edges of the bottom half of the calzone. Fold the top half over the fillings to form a half-moon shape. Press the edges firmly together to seal the calzone and then roll the edges to form a better seal, or press the tines of a fork into the edges to seal the calzone.
8.

Carefully transfer the calzone to a baking sheet and repeat steps to assemble the remaining calzones. Place three calzones on each baking sheet. Use a sharp knife to slice a 2-inch slit into the tops of each one. This allows the steam to escape and helps keep the filling from seeping out.
9.

Bake about 10-12 minutes until the calzones are golden brown. Allow the calzones to cool for about 5 minutes before serving. Sprinkle with some of the olive oil, garlic and parsley, and serve with additional pizza sauce for dipping. Makes 6 servings.

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

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# Health And Well-Being

## Have A Conversation About Long-Term Care Insurance With Your Parents

(NAPSA)—The next time you look back at the many years your parents cared for you, consider the possibility that they may require care themselves someday. Long-term care insurance can help ensure that your parents will get the care they need, should there come a time when they require help managing some of the activities we associate with independent living.

Millions of Americans require long-term care during their lifetime,\* which includes assistance with simple tasks like bathing, eating and dressing—trivial things we do every day without a second thought. In reality, the type of care needed to provide assistance with these activities can be expensive and is generally not covered by traditional health plans or Medicare.

Should the need for long-term care arise—whether it’s assistance to perform activities of daily living or supervision due to a severe cognitive impairment—it’s likely to be provided by a family member or friend. Unfortunately, this may not be an ideal option, with many families living far apart from each other. And, your parents may not be willing to place that burden on you or even a close friend. The good news is, they are eligible to apply for coverage under the Federal Long Term Care Insurance Program (FLTCIP).

### Encourage Your Qualified Relatives To Plan Now

The best time for your family members to consider long-term care insurance is long before they need it. Because the FLTCIP is medically underwritten, it’s im-



Long-term care insurance can help your parents—and maybe someday, yourself—feel confident if assistance is ever needed with everyday life.

portant for your qualified relatives to apply when they are in good health to avoid the risk that a future illness or condition may prevent them from obtaining coverage later. Also, premiums are directly related to age. This means the younger people are when they apply for coverage, the lower their premium.

You may wish to consider applying for coverage as well, as a way to help secure your family’s future. With benefits designed specifically for the federal family, the FLTCIP offers a smart way to help protect your savings and assets should you or your loved ones need long-term care services someday.

Many members of the federal family are eligible to apply for coverage under the FLTCIP, including federal and U.S. Postal Service employees and annuitants, as well as active and retired members of the uniformed services. Certain family members, or qualified relatives, are also eligible. Qualified relatives include your spouse, domestic partner, parents and parents-in-law, and adult children.

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For a complete list of who is eligible to apply, visit [www.LTCFEDS.com/eligibility](http://www.LTCFEDS.com/eligibility).

For personalized assistance, call 1-800-LTC-FEDS (1-800-582-3337)/TTY 1-800-843-3557 to speak with a program consultant. They are available to answer any questions you may have and can walk you step by step through the plan design and application process.

### Register For An FLTCIP Webinar

If you or your qualified relatives would like to learn more about the FLTCIP’s comprehensive benefits and features, register for one of their upcoming webinars or view their existing library of on-demand topics at [www.LTCFEDS.com/webinar](http://www.LTCFEDS.com/webinar).

### More About The FLTCIP

Established by an act of Congress in 2000 and overseen by the U.S. Office of Personnel Management, the FLTCIP is designed to meet the specific needs of the federal family. The FLTCIP provides industry-leading benefits and offers flexible options that allow enrollees to tailor coverage to meet their needs.

Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. You need to apply to find out if you qualify for coverage under the FLTCIP.

The Federal Long Term Care Insurance Program is sponsored by the U.S. Office of Personnel Management, offered by John Hancock Life & Health Insurance Company, and administered by Long-Term Care Partners, LLC.

\* Centers for Disease Control and Prevention. “Long-Term Care Services in the United States,” [http://www.cdc.gov/nchs/data/nsltc/long\\_term\\_care\\_services\\_2013.pdf](http://www.cdc.gov/nchs/data/nsltc/long_term_care_services_2013.pdf) (accessed March 2015).

FLTCIP2000

## EXETER PUBLIC LIBRARY KIDS CRAFT FAIR

Exeter Public Library, 773 Ten Rod Road (Rte. 102), Exeter, will hold their 1st Annual Kids Craft Fair on April 29 from 10AM-2PM. Come shop items made by over 30 young vendors ages 8-18. Perfect for Mother’s Day & other Spring gift giving. Visit [www.exeterpubliclibrary.org](http://www.exeterpubliclibrary.org) for more information.

## COVENTRY PUBLIC LIBRARY PRESENTS...

Coventry Public Library, 1672 Flat River Road, Coventry welcomes Author, Nora Hall, as she presents “Finding Humor in Retirement Relationships” on May 1 at 7PM. Discover how to stay married successfully with joy. Register by calling Jane at 822-9104 or email [js@coventrylibrary.org](mailto:js@coventrylibrary.org)

## 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](mailto:madame@coventrylibrary.org) for more information.

## VOLUNTEERS NEEDED AT GEN. NATHANAEL GREENE HOMESTEAD

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

## THE SEWING NOOK AT GREENE PUBLIC LIBRARY ACCEPTING DONATIONS

The Sewing Nook at Greene Public Library, 179 Hopkins Hollow Road, Greene, is accepting donations of fabric (scrap & yardage), magazines, books, buttons, bows & “notions”, patterns, templates & other “sewing related” items you would like to recycle. For more information, call 397-3873 or [peggie@coventrylibrary.org](mailto:peggie@coventrylibrary.org)

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### COVENTRY CHILD OUTREACH PROGRAM

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

### COVENTRY RESOURCE & SENIOR CENTER OFFERS FREE NOTARY SERVICE

The Coventry Resource & Senior Center, 50 Wood Street, Coventry, offers free Notary Services to Coventry residents. Stop by the Front Office and see Cheryl.

### COVENTRY CARES COMMUNITY CARE CLINIC NURSE HOURS

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

### 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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### FACSIMILE SERVICE

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**Don't Let The Wrong Battery  
Stall Your Outdoor Enjoyment**

(NAPSA)—Since it's hard to enjoy the outdoors if you can't start your car, boat, motorcycle or all-terrain vehicle (ATV), choosing the right kind of battery designed for your vehicle make, model and usage habits is very important.

These tips can help.  
**Automotive batteries**  
It's important to understand the tests used to measure battery performance. The two most common are cold cranking amps (CCA) and reserve capacity (RC). CCA measures the number of amps a battery can deliver for 30 seconds at 0° F. This is a useful comparison-shopping tool because it's performed the same way by every manufacturer.

RC measures the number of minutes a battery can withstand a continuous draw of 25 amps. Today's vehicles have more on-board and consumer-installed electronics than ever before, and many systems require constant power even when the engine isn't running.

Frequent, short trips also increase the need for additional reserve capacity because the battery may not have enough time to recharge between stops and starts.

Results of both tests can be found on the battery or online. Check your owner's manual to find the right specifications for your vehicle.

**Motorcycle and ATV batteries**  
The most common powersport batteries are conventional lead-acid batteries and absorbed glass mat (AGM) batteries, also called maintenance-free batteries.

While conventional lead-acid batteries are typically less expensive, they require more routine maintenance. Users must visually check

**To get your motor running, whether in a car, boat, ATV or motorcycle, you need a properly charged battery.**

the electrolyte level through the opaque white case of the battery. If the level is low, it must be refilled with distilled water to keep up performance and avoid an explosion.

AGM batteries are more expensive but need less maintenance and perform well in extreme climates.

Conventional and AGM powersport batteries come with acid bottles for filling the batteries. A motorcycle battery charger should be used to activate these batteries once filled.

**Marine batteries**  
Marine batteries are different from car batteries. A marine battery needs to crank over an engine and supply the energy needed for continued accessory use.

For that, marine starting batteries—also known as cranking batteries—are a good fit.

If you need to power many electronic devices, such as trolling motors, GPS or fish finders, a deep cycle battery can be better.

To help, ACDelco offers a full line of automotive, marine and powersport batteries for most makes and models. To learn more and find the right battery to power your outdoor fun, visit [www.acdelco.com](http://www.acdelco.com).

## Contest Corner

### Create The Car Of Tomorrow To Win Prizes Today

(NAPSA)—The car you'll drive 12 years from now may be on the drawing board today. Will it be sleek and speedy? High tech and highly connected? Will it run on gasoline? Batteries? Fusion? Will it work underwater? Will it fly?

Whatever it is, it could mean a great opportunity for a talented high school student—perhaps one you know. That's because the sixth annual Drive for Design contest is on. It invites all U.S. students in grades 10 through 12 to design a Jeep® Wrangler for the year 2030.

**The Contest**  
“The Drive for Design contest is a unique competition designed to help expose young artists to the various career opportunities in automotive design,” explained Mark Trostle, Head of Performance, Passenger Car and Utility Vehicle Design, FCA North America. “This year, we are offering aspiring designers a once-in-a-lifetime opportunity to meet and work side by side with designers of some of the hottest vehicles on the road today.” FCA is a member of the Fiat Chrysler Automobiles N.V. family of companies. It designs, engineers, manufactures and sells vehicles under the Chrysler, Jeep, Dodge, Ram and Fiat brands, as well as the SRT performance vehicle division.

**The Prizes**  
Three winners will receive:  
• Day of Design—an exclusive behind-the-scenes tour of the FCA US Product Design studios and the opportunity to work one-on-one with professional automotive designers.  
• Two-week summer automotive design course at Lawrence Technological University (includes housing, meals and field trips), a private university that offers more than 100 programs through the doctoral level in its Colleges of Architecture and Design, Arts and Sciences, Engineering, and Management.  
• Attend “EyesOn Design Vision Honored Black Tie and Silent Auction” with the FCA design team. EyesOn Design focuses on the automotive community and students coming together to commemorate, reflect and appreciate

**A high school student today could win prizes for designing the car of tomorrow.**

the craftsmanship and beauty of vehicle design.

• Entry to the EyesOn Design Automotive Design Exhibition in Grosse Pointe Shores, Michigan.

• Three-day/two-night stay in Michigan (includes flight, hotel and rental car).

In addition, the first-place winner will get a Wacom MobileStudio Pro 16, a full-featured, Intel-powered computer that offers a larger space for drawing, detailed concept art, 3-D sculpting and painting, motion graphics and advanced image editing for retouching.

The second- and third-place winners get an Apple iPad and Apple Pencil instead of the computer.

**The Rules**  
Contest rules and information can be found at [www.FCAdrivefordesign.com](http://www.FCAdrivefordesign.com). Updates will be posted on the Drive for Design Facebook page (Facebook.com/DriveForDesign), the FCA US Facebook page (Facebook.com/FiatChrysler.NorthAmerica), Twitter (@FiatChrysler\_NA) and Instagram (@FiatChrysler\_NA) using the hashtag #DriveForDesign. Student entries must be submitted by April 27, 2018, via [www.FCAdrivefordesign.com](http://www.FCAdrivefordesign.com).

by Chris Richcreek

- Who are the three official Montreal Expos in the Baseball Hall of Fame?
- How many times did Hall of Famer Steve Carlton win at least 20 games in a season for the Philadelphia Phillies?
- When was the last time before 2016 that the Temple Owls football team won a conference championship?
- Golden State's Stephen Curry set a record in 2016 for most 3-pointers in a game (13). Who had held the mark of 12?
- Who holds the NHL record for most consecutive games played?
- Which two soccer greats have won the Ballon d'Or award as soccer's best player five times each?
- Name any of the three horses trained by Bob Baffert that won the Breeders' Cup Classic between 2014 and 2016.

**Answers**

- Gary Carter, Andre Dawson and Tim Lincecum.
- Five times — 1972, '76, '77, '80 and '82.
- It was 1967.
- Kobe Bryant (2003), Donyell Marshall (2005) and Curry (2016).
- Doug Jarvis, with 964 consecutive games played.
- Cristiano Ronaldo and Lionel Messi.
- Bayern, 2014; American Pharoah, 2015; Arrogate, 2016.

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**The automobile is the most recycled consumer product in the world today.**

• Check your dishwasher for food particles, and run a cycle every week with a cup of white vinegar in the bottom. It will clear your lines of yucky mildew buildup and leave it smelling fresh.

• “If you get a small cut, try sprinkling it with black pepper (fine ground). It stops the bleeding right away and doesn't hurt or sting at all. I did this when I accidentally nicked myself in the kitchen. It worked! I rinsed it off after a minute of two, and it still didn't bleed.” — J.J. in Florida

• To get your white sneakers clean again, mix a paste of peroxide and baking soda, wet the canvas and rub the paste in with a toothbrush. Rinse and repeat scrubbing as needed. Allow to dry before wearing.

• Save plastic cups from fast-food or convenience-store visits, because they make good containers when you are painting. Pour some paint in the cup to use when you are cutting in the edges. Many paint ladders have a spot that accommodates a cup, so it's more secure.

• Have a little empty spray bottle from a travel-size body spray? They are perfect for small cleaning solutions. Add rubbing alcohol to use in cleaning off your glasses or cellphone touch surface. Add window cleaner and store with a half roll of paper towels in your vehicle for quick windshield cleanups.

• “Cheap moving supplies: paper plates. You can put them between your real plates and pans to prevent scratching, or use them as walls to separate items in a box. Store small hardware by folding the plate over and sealing the edges together (don't forget to label it!). And then you can use it for pizza when you move in.” — R.D. in Missouri

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

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# Smart Shopping

## From Farm To Store To Table New England Grocery Retailer Focuses On Locally Grown Produce

(NAPSA)—Good news for New England shoppers looking to feed their families locally grown produce and vegetables: A community-focused grocery store chain is once again partnering with independent and family farms to offer locally sourced produce. Stop & Shop, which has been serving customers in New England for over 100 years, has partnered with more than 35 farmers in Massachusetts, Rhode Island and Connecticut to provide customers with a variety of the season's freshest fruit and vegetables including corn, tomatoes, peppers, squash, cabbage, lettuce, potatoes, eggplant, apples, pears and peaches.



**Fresh, local produce can be on the farm today, on your table tomorrow.**

and your table, the less likely it is that nutrients will be lost.

**3. Local food preserves genetic diversity.** In the modern agricultural system, plant varieties are chosen for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there is limited genetic diversity in large-scale production. Smaller local farms, in contrast, often grow many different varieties of crops to provide a long harvest season, an array of colors and the best flavors.

**4. Local food supports local families.** When you buy their produce, you help support the farmers and their families.

**5. Local food benefits the environment and wildlife.** Well-managed farms provide ecosystem services: They conserve fertile soil, protect water sources and sequester carbon from the atmosphere. The farm environment is a patchwork of fields, meadows, woods, ponds and buildings that provide habitat for wildlife.

**6. Local food is an investment in the future.** By supporting local farmers today, you help ensure there will be farms in New England tomorrow.

### Learn More

For further facts on enjoying locally grown food, visit [www.stopandshop.com](http://www.stopandshop.com).



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



**Moments in time**  
THE HISTORY CHANNEL

• On **April 30, 1933**, Willie Nelson is born into a family of Texas musicians. He penned his first song at age 7. Years later he wrote "Funny How Time Slips Away," "Night Life" and the Patsy Cline classic "Crazy" all in one week.

• On **May 5, 1944**, Bertha Benz, the wife of inventor Karl Benz and the first person to drive an automobile over a long distance, dies in Germany. In 1888, Bertha drove 65 miles to her mother's, over unpaved roads. She refueled the car with Ligoir, a detergent then used as fuel. When the car's fuel line clogged, she unclogged it using one of her hairpins.

• On **May 2, 1957**, Sen. Joseph McCarthy (R-Wisconsin) succumbs to illness exacerbated by alcoholism and dies at age 48. McCarthy had been a key figure in the anticommunist hysteria known as the "Red Scare" that engulfed the U.S. after World War II.

• On **May 1, 1963**, despite running out of oxygen, James Whitaker of Redmond, Washington, becomes the first American to reach the summit of Mt. Everest, the tallest mountain in the world.

• On **May 4, 1977**, British journalist David Frost interviews former President Richard Nixon. In the televised interview, Nixon admitted that he had not thought the White House tape recordings regarding the Watergate scandal would come out.

• On **May 3, 1980**, 13-year-old Cari Lightner of Fair Oaks, California, is killed by a drunk driver while walking along a quiet road on her way to a church carnival. Cari's tragic death compelled her mother, Candy Lightner, to found the organization Mothers Against Drunk Driving (MADD).

• On **May 6, 2004**, the familiar theme song ("I'll Be There For You" by the Rembrandts) heralds the final original episode of NBC's long-running comedy series "Friends." The show had debuted in 1994 and ran for 236 episodes.

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**ANNUAL DEACONS FUND DINNER & CONCERT**  
**AT PHENIX BAPTIST CHURCH**

Phenix Baptist Church, 2 Fairview Avenue, West Warwick, will hold their Annual Deacons Fund Dinner & Concert on May 12. Spaghetti Dinner will be served at 6PM, followed by a concert featuring "Acoaxet Chapel Worship Team" at 7PM. The Church will accept Free Will Offerings. Please RSVP by May 8. Please see a Deacon or contact the Church Office at 821-1618 for tickets or more information.

**NIGHT OF WORSHIP WITH KINSMAN-REDEEMER AT STILL WATER CHRISTIAN FELLOWSHIP**

Still Water Christian Fellowship, 51 Main Street (corner of Rtes. 115 & 116), Hope, invite all to a Night Of Worship With Kinsman-Redeemer on April 27 at 7PM. iKinsman-Redeemerf (Shirley Graham and Margi Centraccio) with guest drummer, Mike Mattias, will lead an evening of praise & worship of our Lord and Savior. All are welcome! For directions or further info call 615-1956.

**TROOP 1 ARCTIC**  
**96TH BIRTHDAY CELEBRATION**

On May 2, Troop 1 Arctic will celebrate it's 96th birthday. All Scouts, former Scouts & Leaders from Troop 1 Arctic, Troop 2 Arctic & other Troops are invited to come to the Scout Hall located in the basement of St. John's Church, 40 Washington Street, West Warwick at 6:30PM to join the celebration. On display will be a scrapbook with stories about Scouting in the Pawtuxet Valley in the 1930's. Refreshments will be served. Please call Jack at 828-8041 with any questions.

**CHAIR YOGA AT COVENTRY PUBLIC LIBRARY**

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

**HEALTHY IDEAS**

(NAPSA)—To register to become an organ donor, go to the website of the Department of Health and Human Services' Division of Transplantation, [www.organdonor.gov](http://www.organdonor.gov). You should also tell your family and friends about your desire to be a donor.

\*\*\*

The high-capacity dehumidifiers from Santa Fe are the most energy efficient around and designed to effectively operate in the cooler temperatures of a basement or crawl space while helping to maintain the structural integrity of the house. Learn more at [www.DehumidifierSolutions.com](http://www.DehumidifierSolutions.com).

\*\*\*

Walking more, eating right and medication when necessary can help the 4 million Americans whose triglycerides are too high. To help, biopharmaceutical company Amarin launched the Lower My Trigs campaign, a national initiative aimed at raising awareness of triglycerides. Learn more at [www.lowermytrigs.com](http://www.lowermytrigs.com).

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# top ten

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1. United States
2. Canada
3. Germany
4. Denmark
5. Belgium
6. Austria
7. Switzerland
8. Australia
9. Holland
10. Spain

*\*per capita*

Source: U.N. Int'l Narcotics Board

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# Mother's Day

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

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## The Happy Homeowner

### Happier As A Homeowner

(NAPSA)—Despite 41 percent of millennials opting for “vacation moves”—relocating somewhere without the intention of staying permanently—reports show that the nomadic life might not be all it’s cracked up to be. Mobility has its perks, but the greatest social advantages are found in homeownership, says a recent National Association of Realtors study.

While the economic impacts of homeownership are well known, there are other benefits that are just as, if not more, valuable. For instance, homeownership is at the core of community building. The stability gained in an area through consistent ownership creates strong, cohesive relationships and social networks.

Likewise, neighborhoods with more family-owned homes than rentals experience higher property values and social capital, according to a Harvard University review. Compared to renters, homeowners display increased civic engagement and feel a greater sense of responsibility to invest time, money and resources in community and environmental improvements.

Collectively, these factors lead to better school systems, lower crime rates and stable neighborhood growth—a ripple effect that persists for generations.

While renting undoubtedly allows for the ability to move and explore, homeownership enables the freedom to customize one’s home to truly reflect personality and lifestyle. Unlike renting, a lack of restrictions allows space for self-expression and personalized functionality, two of the biggest contributors to personal growth and life satisfaction, as recognized by psychologists around the world.

The desire to be upwardly mobile isn’t the only reason some are choosing to rent. Many consumers find the idea of locating and financing a home to be daunting. However, tools such as Rocket

## Apartment for Rent

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**Homeownership generates higher levels of happiness, especially among millennials.**

Mortgage from Quicken Loans are revolutionizing the home-buying process and making it so simple that it can be managed on a cell phone—in as few as seven minutes, the company says.

“Rocket Mortgage takes a formerly intimidating process and makes it fast, simple and transparent. It keeps the mortgage process on pace with that of today’s busy generation, eliminating tedious paperwork,” says Bill Banfield, Quicken Loans EVP of Capital Markets. “By pulling personal financial information directly from the source, Rocket Mortgage provides a totally unique, customized mortgage solution. No guesswork, no misleading rates or timelines—just simple, personalized options paired with an unmatched process and world-class communication.”

Tools such as Rocket Mortgage provide around-the-clock counsel and access to personalized options, helping potential home buyers feel confident and prepared.

While there certainly is a time and place for renting, it’s worth learning about the many benefits of owning a home before making the decision to pay a landlord for another 12 months.

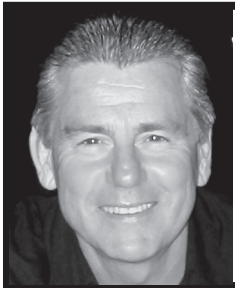
Investing in homeownership early allows greater long-term flexibility with income, proving that homeownership doesn’t tie you down. Instead, it brings empowerment, freedom and sense of purpose.

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—Gerald R. Ford

\*\*\*

\*\*\*

Some minds seem almost to create themselves, springing up under every disadvantage and working their solitary but irresistible way through a thousand obstacles.

—Washington Irving

\*\*\*



### What To Look For When Entering The Housing Market

(NAPSA)—According to a report by the National Association of Realtors, millennials are the largest generation in the housing market, but in comparison to older generations, they’re delayed in purchasing their first home. When they are ready to take the plunge, millennials are particularly interested in smart technology. In fact, in 2015, 41 percent of millennials were aware of and interested in owning smart home products—focusing primarily on connected security and monitoring devices, smart lighting, power and appliances. One vital component of a connected home is the garage—a key entry point to the household.

More than just a place to park the car or store the lawn mower, the garage is an important part of the home, providing access, safety and security, and total home control for homeowners and their guests. As you or the first-time homebuyers in your life look to purchase, consider the following:

- **Access:** Millennials use their phones for more than just communicating—they use them to buy coffee, book exercise classes and directly pay friends and family. Through the free MyQ® app, the garage is just as easily accessible, letting homeowners open, close and monitor their garage door from anywhere in the world, at any time, from any internet-enabled smartphone, tablet or computer.
- **Safety and Security:** For more than 70 percent of homeowners, the garage is the main access point to the home, which means when viewing a potential home or during an official inspection, millennials should ensure the garage door opener functions securely and safely with a quick safety check. If a garage door doesn’t rebound upon impact with



**The latest generation of homebuyers is looking to hook up with the latest generation of smart home technology.**

an item placed in its path, be sure to call a certified dealer to conduct a professional inspection. Garage door openers should also provide a sense of security, while meeting millennials’ desire for smart home products. With LiftMaster’s Nest Cam, users can access a video feed of what’s happening in the garage the moment the garage door is activated, allowing for enhanced security and peace of mind.

- **Home Control:** A connected garage is an easy way to make any home a “smart home.” When looking to purchase a home, millennials should examine the capabilities of the garage door opener. Is it Wi-Fi® capable? Can it integrate with technology to control the lights or thermostat? If not, consider asking the seller to replace the garage door opener with one that comes fully equipped with the latest features, such as built-in Wi-Fi, and is compatible with other home automation systems.

With these helpful tips, first-time homebuyers can get the most out of their homes, while ensuring they are safe and functional. For more information on garage door openers with smart home capabilities, visit [www.LiftMaster.com](http://www.LiftMaster.com).

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# SHOP LOCAL

**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

**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.

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

**NEW ENGLAND STEEL GUITAR ASSOCIATION STEEL JAM**  
The New England Steel Guitar Association will hold a Steel Jam on April 29 from 1-5PM at American Legion Post #15, 1016 Post Road, East Greenwich. The band “Farmhands” will perform. Kitchen is open.



# MAY BREAKFASTS

**NORWOOD BAPTIST CHURCH**  
Norwood Baptist Church, 48 Budlong Avenue, Warwick, will host their 93rd Annual May Breakfast on May 5 from 7-10AM. Adults \$9, children (5-12) \$5, children under 5 are guests of the Church. Tickets are available at the door. Reservations suggested for parties of 5 or more, call 941-7040.

**FIRST BAPTIST CHURCH OF EAST GREENWICH 48TH ANNUAL MAY BREAKFAST**  
The First Baptist Church of East Greenwich, corner of Pierce & Montrose Street, East Greenwich, will hold their 48th Annual May Breakfast on May 5 from 6:30-10AM. Adults \$8, Children \$4 (children under 5 are guests of the Church). Homemade May Baskets filled with fudge or flowers will be available for purchase. For more information or to purchase tickets, call 884-2322.

**CORNERSTONE OF FAITH UMC MAY BREAKFAST**  
Cornerstone of Faith United Methodist Church, 1081 Main Street, Coventry (next to Police Station) will hold their Annual May Breakfast on May 5 from 8-10:30AM. Menu includes eggs, hash browns, bacon, sausage, Johnny cakes, muffins, toast & beverages. Cost is \$5/person, children 5 & under are guests of the Church.

**WARWICK CENTRAL BAPTIST CHURCH 43RD ANNUAL MAY BREAKFAST**  
Warwick Central Baptist Church, 3270 Post Road, Warwick, will hold their 43rd Annual May Breakfast on May 5 from 7-11AM. Menu features fruit salad, scrambled eggs, pancakes, sausage, ham, home fries, baked beans, muffins, cereal & beverages. May baskets also available. Cost is \$8/adult, \$4/child (age 5-12) & children under 5 are guests of the church. No reservations needed.

**FOSTER CENTER BAPTIST CHURCH**  
Foster Center Baptist Church, off Rte. 94 in Foster Center, will hold their 66th Annual May Breakfast on May 1 from 6:30-10AM. Adults \$8, children (6-12) \$4, children under 5 are guests of the Church. Check out the “Gift Boutique” to find a thoughtful May Day or Mother’s Day gift.

**CLUB JOGUES MAY BREAKFAST**  
Club Jogues, 184 Boston Street, Coventry, invites everyone to join them at their May Breakfast on May 6 from 8-11AM. Tickets at the door are only \$8/adult, \$4/child (age 5-10) & children under 5 are guests of the Club. Proceeds to benefit local charities. For more information, contact Rick at 965-6895.

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

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## Good Housekeeping

New Banana Tea Bread

Enjoy a slice for dessert or to start your day off right — it also makes a great snack. For a whole-grain variation, substitute 1/2 cup whole-wheat flour for 1/2 cup of the all-purpose flour.

1 3/4

1/2

1

1/2

1/2

1

1/3

2

1

1/4

cups all-purpose flour

cup sugar

teaspoon baking powder

teaspoon baking soda

teaspoon salt

cup (about 3 small) bananas, mashed, very ripe

cup fruit-based fat replacement or unsweetened apple sauce

large egg whites

large egg

cup pecans, chopped

1. Heat oven to 350 F. Spray 9-by-5-inch metal loaf pan with nonstick cooking spray.

2. In large bowl, combine flour, sugar, baking powder, baking soda and salt.

3. In medium bowl, with fork, mix mashed bananas, fruit-based fat replacement, egg whites and egg.

4. Stir banana mixture into flour mixture just until moistened. Spoon batter into loaf pan, sprinkle with chopped pecans.

5. Bake 40-45 minutes, until toothpick inserted in center of loaf comes out clean with just a few moist crumbs attached. Cool loaf in pan on wire rack 10 minutes. Remove loaf from pan, cool completely on wire rack.

NOTE: Fruit-based fat replacements are sold in the baking section of some supermarkets and health-food stores.

- Each slice: About 110 calories, 2g total fat (0g saturated), 3g protein, 22g carbohydrate, 13mg cholesterol, 140mg sodium.

# MEALSITE

All meals include milk, coffee or tea, bread/margarine

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

Wed. 4/25

Vegetable soup, Pub Burger with au jus, scalloped potatoes, sliced carrots, diced peaches, pumpernickel bread. Sandwich: Chicken salad on pumpernickel.

Thurs. 4/26

Clear chowder, stuffed sole, wild rice, California blend vegetables, fresh fruit, whole wheat bread. Sandwich: Meatloaf on wheat.

Fri. 4/27

Italian Wedding soup, meatballs with sauce, seasoned whole wheat pasta, peppers & onions, ice cream, sliced Italian bread. Sandwich: Italian sausage on a roll.

Mon. 4/30

Chicken soup, turkey with gravy, mashed potatoes, mixed vegetables, diced pears, wheat bread. Sandwich: Tuna on wheat.

Tues. 5/1

**May Breakfast.** 100% orange juice, baked Virginia, ham, scrambled eggs with tomato slice, crispy cube potatoes, fresh fruit cup. Sandwich: Chicken salad on wheat roll with side salad.

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

Wed. 4/25

Venus de Millo soup, chicken kabobs with veggies, Rice Florentine, whole wheat roll, dessert. Option: Roast beef on wheat roll.

Thurs. 4/26

Italian Wedding soup, pot roast with gravy, roasted sweet potato, green beans, dessert. Option: Chicken salad on wheat.

Fri. 4/27

Vegetable stew, sausage & pepper sandwich on wheat roll, chips and creamed spinach, dessert. Option: Tuna salad plate.

Mon. 4/30

Chicken soup, pepper steak, mashed potato/mixed vegetables, dessert. Option: Taco salad with chicken.

Tues. 5/1

**May Breakfast.** Fruit, scrambled eggs, French Toast with syrup, bacon & sausage, home fries, dessert.

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#### EXETER GRANGE

#### GIGANTIC INDOOR 2-DAY YARD & BAKE SALE

Exeter Grange Hall, 469 Ten Rod Road (Rte. 102), Exeter, will hold a Gigantic 2-Day Yard & Bake Sale on April 28 from 9AM-3PM & April 29 from 12-4PM. On Sunday only, fill a bag for \$5 (we will provide the bag). This Sale will be held rain or shine. Please call Celeste at 822-2603 or 206-9837 with any questions or for more information.

#### SHEPHERD OF THE VALLEY SPRING RUMMAGE SALE

The Shepherd of the Valley United Methodist Women will hold their Annual Spring Rummage Sale on Friday, April 27 from 9AM-6PM & Saturday, April 28 from 8:30-11:30AM at 604 Seven Mile Road, Hope. On Saturday, fill a bag for \$3. Family clothing household items & more. Call 821-8217 for more information.



The Family of **MICHAEL A. STANDISH**, age 61, invite family and friends to a "Remembrance of Life Gathering" **Saturday, April 28, 2018 12-4pm** **Coventry Men's Club 30 Phillips Hill Rd., Coventry, RI 02816**

**110 PULASKI STREET** (in front of Dreamland Learning Center), West Warwick: April 28, 8AM-1PM. Homegoods, toys & clothes.

**LARGE YARD SALE!** **56 Phenix Avenue, West Warwick: Sunday April 29, 9AM-2PM.** Weather permitting.

**58 STONE STREET**, Coventry: April 28, 7AM-2PM. Everything must go! Pre Moving Sale. Rain date May 5.

**TWO DAY INDOOR YARD SALE!!!** **505 Kingstown Road, Route 138, Richmond.** Saturday/Sunday April 28 & 29, 8AM-2PM. All items in house for sale. Furniture: kitchen, bedroom and Living Room, kitchen glass and pots and pans, books, bedding and other linens, curtains, sewing items and sewing machine, Christmas items, ceramics kiln with finished and unfinished ceramics. All offers considered!!!

**3 MOSKALYK STREET**, West Warwick: April 28, 8AM-1PM. Household, office supplies, electronics, miscellaneous.

**42 AZALEA DRIVE**, Cranston: April 28 & 29, 8AM-4PM. Household, furniture, clothes & much more.

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## PROJECT CHICK!

Casey Farm at the Greene Public Library

Saturday, April 28th • 10-11am

179 Hopkins Hollow Road, Greene RI

Learn how chickens are raised, what they eat, who their predators are and the stages of their life cycle. Kids will learn how to hold a baby chick properly and meet a Dominique chicken!

An incubator will be set up with eggs that will hatch in May!

**VIDEOS! GAMES! EGG DISPLAY!**

For more information call the library at 397-3873



**ARIES** (March 21 to April 19) Don't waste your time and energy fretting over remarks you consider unnecessary or unkind. Best advice: Ignore them, and just keep doing your usual good job.

**TAURUS** (April 20 to May 20) Getting that new perspective on a workplace situation could lead to a solution everyone will accept. Meanwhile, make time to keep up with your creative pursuits.

**GEMINI** (May 21 to June 20) Those changes you planned to implement in early summer might need to be reassessed. But don't make any moves until you've discussed this with someone you trust.

**CANCER** (June 21 to July 22) Your aspects favor harmony, making this a good time to work out problems in relationships — whether personal or professional, big or small. An old friend comes back.

**LEO** (July 23 to August 22) While you're still riding that high-powered beam, you might begin to lose focus by week's end. Could be that you'll need to do a little cat-napping to restore your spent energies.

**VIRGO** (August 23 to September 22) An unexpected development creates a lot of excitement. Where it takes you is your decision. Check out the possibilities, then decide if you want to go with it or not.

**LIBRA** (September 23 to October 22) Although your supporters help you squash an unfair claim against you, don't let this go unchallenged. You need to learn more about the motives of those behind it.

**SCORPIO** (October 23 to November 21) There still are some tasks to clear up by midweek. Then you can welcome the new month on a high note. A friend brings surprising but very welcome news.

**SAGITTARIUS** (November 22 to December 21) You might want to change your plans before they're set in cement. Consider advice from colleagues. But remember that, ultimately, it's your choice.

**CAPRICORN** (December 22 to January 19) A difficult situation is working itself out. Lingering problems should be resolved by week's end, allowing the Goat to enjoy a calmer, less stressful period.

**AQUARIUS** (January 20 to February 18) Be careful not to move so quickly that you miss possible warning signs that could upset your plans. Slow down. Your supporters will continue to stand by you.

**PISCES** (February 19 to March 20) Your generosity in sharing your time and wisdom with others leads to an intriguing development that could have you considering some interesting choices.

**BORN THIS WEEK:** You have a way of influencing people to be and do their best. You would make an excellent teacher.

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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.

\*\*\*  
Many of life's failures are men who did not realize how close they were to success when they gave up.  
—Thomas Edison  
\*\*\*

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## Making Life More Fun

### Journey To The Music: Tips For Music Festival Travel

(NAPSA)—In the U.S. alone, there are now more than 800 music festivals annually, and according to Nielsen, 32 million people go to at least one of these festivals a year, traveling an average 903 miles to get there. If you're one of these travelers, you know how rewarding and exhilarating it is to see some of your favorite bands beside a few hundred thousand fellow fans. If not, you may want to consider these cool benefits of festival travel.

Explore a new destination in a unique way. When you visit a destination during a festival, you'll see a completely different side of the local culture than you would normally. At High Water Music Festival in Charleston, South Carolina, for example, they celebrate the best of Southern cuisine with local chefs collaborating on their favorite dishes for a unique, family-style dining experience. Not only do you get to see the best in Southern music, but you get to eat some of the best Southern cooking, too.

So much music in one place. Though the price of tickets ranges dramatically, with dozens of bands playing, you're more than likely to get your money's worth by seeing a few of your favorite artists. Festival goers also get to discover new and upcoming artists they'd have never heard before. At Hangout Music Festival in Gulf Shores, Alabama, music ranges from folk to country to rap to pop, with more than 60 bands scheduled to play over the span of three days. Talk about an eclectic mix of music.

A group experience. Music festivals typically serve up something for everyone, which makes it an excellent activity for a group trip. On top of the



There are many ways you can enhance your experience when you visit a music festival—and some of them may surprise you.

camaraderie, you'll also be able to split costs. One way to save is to stay in a vacation rental home with a company such as Wyndham Vacation Rentals. With amenities that typically include multiple bedrooms, bathrooms, a kitchen, a washer/dryer and more, you'll get way more than you would by camping out on the festival grounds.

It's not all about the music. Music festivals are not just about the music anymore. They are platforms for philanthropy, sustainability, fashion and healthy living. Coachella has been informing fashion trends and retailers over the past several years and always includes some type of sustainability and charitable component for guests to be a part of making a difference in the community.

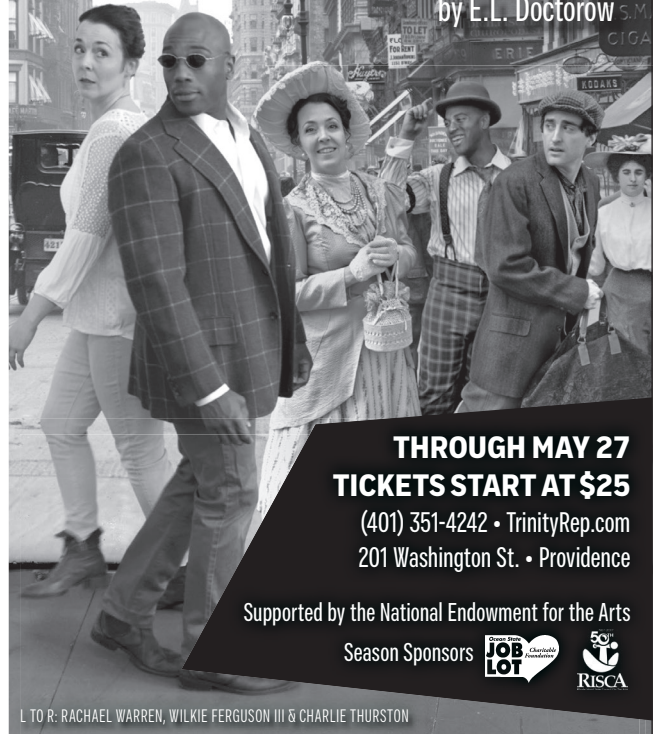
Learn more about music festival destinations and vacation rentals at www.VacationDifferently.com. The travel resource offers great tips on family travel, ideas for vacation rental accommodations, and inspiration on a different way to travel.

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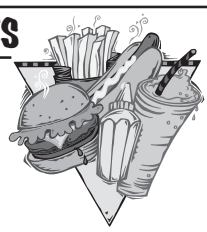
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—Logan Pearsall Smith  
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| 2013 HYUNDAI ELANTRA GLS, 1 owner!,<br>bluetooth! 53K ..... (\$9,900) - \$142/mo.                        | 2015 TOWN & COUNTRY TOURING, Leather,<br>DVD system, Back up cam!<br>61K ..... (\$15,900) \$244 /mo.               |
| 2014 VW JETTA SE, leather, heated seats,<br>1 owner! ..... 69K (\$9,900) – \$142/mo.                     | 2008 FORD F350 XL Reg Cab , 4x4, 1 Owner!<br>119K ..... (\$10,900) \$156 /mo.                                      |
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**SENIOR TECH CLUB AT  
THE WEST WARWICK PUBLIC LIBRARY**  
The West Warwick Public Library, 1043 Main Street, West  
Warwick is offering a Senior Tech Club on Thursdays from  
10-11AM. No reservations needed, just drop in! Tech Club  
provides support for one-on-one help and to teach new tech-  
nology. Available for use will be an iMac, Android Tablet,  
Nook & Laptops but students are also encouraged to bring  
their own devices. The goal of Senior Tech Club is to help  
older adults become comfortable with technology in a friendly  
environment. For more information, call 828-3750, Ext. 4.

**WEST WARWICK PUBLIC SCHOOLS  
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For more information call Dana Papitto, 822-8435 or 825-6530.

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The West Warwick Public Library offers free delivery of most  
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at 828-3750, Ext. 11 or email [anne@wwlibrary.org](mailto:anne@wwlibrary.org)

**21ST ANNUAL ECOLOGY DAY CELEBRATION**  
The JAYCEES of Kent County invite you to their 21ST Annu-  
al Ecology Day Celebration on May 5 at 10AM at Riverpoint  
Community Park, 110 Hay Street (Rtes. 115W/33E) in West  
Warwick along the Greenway. The Celebration will include  
Military Honors, Spiritual Presentations, Station Fire Memo-  
rial and Public Plantings. Under the Pavilion if rain. Call 828-  
9191 or email [wwjayceeskc@aol.com](mailto:wwjayceeskc@aol.com) for more information.

**PROJECT LINUS**  
Project Linus is a national, all volunteer, non-profit organi-  
zation 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-Fri-  
day 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.

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nerstone of Faith United  
Methodist Church, 1081 Main  
Street, Coventry on May 5  
from 8-10:30AM. \$5/Adult.

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**Books Worth Reading**



**What The Power Of The Supreme Court Means To You**


(NAPSA)—From health care to civil  
rights, from abortion to marriage, the  
Supreme Court and its nine appoint-  
ed members affect every major area  
of American life. Now, an insightful  
new book by best-selling author and  
Senior U.S. District Judge Ted Stewart  
explains just why that happened. The  
book shows the evolution of the Court's  
vastly expanded interpretation of law and  
illustrates the power of judicial review to  
make sweeping, often unforeseen chang-  
es in American society, decades after de-  
cisions are handed down.

Told through seven pivotal cases, it  
weaves the historical narrative into the  
legal basis for each decision and exam-  
ines the far-reaching effects. Stewart  
explores such intriguing issues as the  
Court's role in sanctioning racism, why  
a nation founded by devout men and  
women banned religion from the public  
arena, and why justices can raise taxes,  
manage school districts and generally  
work their will.

Each chapter presents an easy-to-  
read brief on the case and explains what  
the decisions mean and how the Court  
ruling, often a 5–4 split, had long-term  
impact. For example, in *Lochner v. New  
York*, a widely accepted turn-of-the-  
20th-century New York State law limited  
excessive overtime for bakery workers.  
That law was overturned by the Court  
based on the due process clause of the  
Constitution. The very same precedents,  
Stewart points out, were used by the  
Court 70 years later and expanded to  
a new right to privacy in *Roe v. Wade*,  
making abortion legal in the nation.

A thought-provoking and easily ac-  
cessible read, "Supreme Power: 7 Pivotal  
Supreme Court Decisions That Had a  
Major Impact on America" (Shadow  
Mountain) also examines how the  
Court became so supreme and unex-  
pectedly influential in American soci-  
ety and considers whether this was the

Foreword by U.S. Congressman  
CHRIS STEWART



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POWER**

7 Pivotal Supreme Court  
Decisions That Had a  
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**This book shows how the Court has  
more influence over America than  
the president or Congress.**

intent of our Founding Fathers.  
In an endorsement of the book,  
Jason Chaffetz said, "As a former  
congressman and Chairman of the  
Oversight and Government Reform  
Committee, I saw again and again how  
the balance of power has been tilted  
much too far toward the judicial. This  
important book addresses the imbalance  
with powerful examples that are easily  
understood and very informative. Ev-  
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free speech, religious freedom, immi-  
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