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1. Eye exam
2. Backpack
3. Pens and pencils
4. Crayons
6. Books

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

**NATURAL DISASTER AWARENESS FOR CAREGIVERS COURSE**  
Western Coventry Fire Department will host a Natural Disaster Awareness for Caregivers Course on August 24 from 8AM-12PM in the Training Room at 1110 Victory Highway, Greene. For more information call Amanda at 1-808-725-5236 or email batesa@hawaii.edu

**SS JOHN & JAMES/ST. MARY'S HEALING MASS**  
The St. Vincent DePaul Conference at SS John & James/St. Mary's Parish, 20 Washington Street, West Warwick, is sponsoring a Healing Mass on August 17 at 10:30AM with Father Fleming. A light lunch will be served in the School Cafeteria following the Mass. There is plenty of parking and church is handicap accessible. Transportation is available by calling Dillia at 828-6790. All are welcome!

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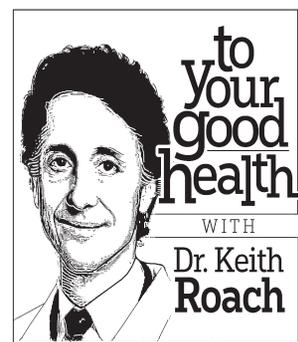
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much as 50%). The red meat and saturated fat probably present an independent risk of heart disease and cancer (even apart from its effect on cholesterol), although this remains somewhat controversial.

I do not recommend the keto diet for long-term use, at all. It may have some benefit in helping with short-term weight loss, but I think there are much healthier alternatives for most people.

\*\*\*

**DEAR DR. ROACH:** Your column about the 58-year-old woman who felt like she had oil in her eye reminded me of having a very similar situation.

I described it to my optometrist, and he also diagnosed ocular migraine. I wanted another opinion, because the only symptom I had was the oil, no headache or visual disturbances. The ophthalmologist diagnosed blepharitis, or clogged oil glands at the base of my eyelashes. She recommended placing a warm pack of rice in a sock over my eye and then washing the eye area with baby shampoo on a washcloth. I did this for a week or two, and on my visit with her to recheck the eyes, the problem was gone. — J.P.

**ANSWER:** Thank you for writing. Blepharitis is caused by changes in the meibomian glands, oil glands that are present in both eyelids, often associated with changes in bacteria. I usually see people with this condition noticing red eyes and a gritty sensation. However, you are quite right that it includes blurry vision, and the eye-care professional sometimes can see an oily or foamy film over the eye.

The treatment the ophthalmologist recommended works for most people. Gentle lid massage may help get additional oily material out of the glands. However, antibiotics or other treatments are sometimes necessary.

\*\*\*

*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.*

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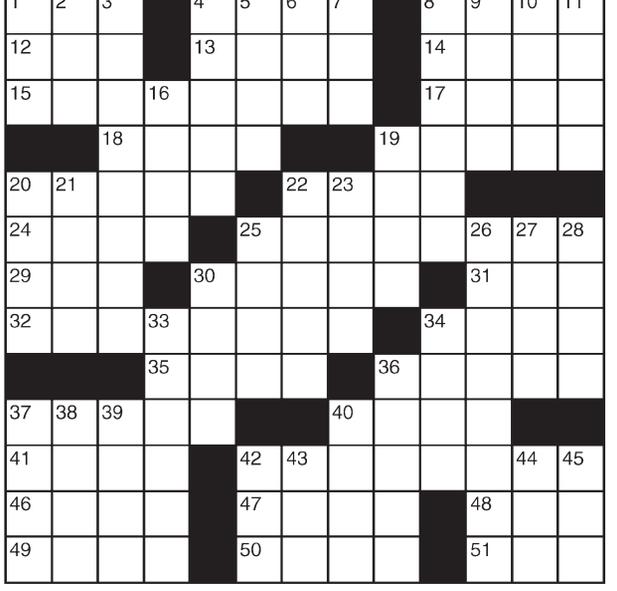
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## King Crossword

- ACROSS**
- 1 Moment, for short
  - 4 Nevada neighbor
  - 8 Detergent brand
  - 12 Savings plan acronym
  - 13 Actor LaBeouf
  - 14 Moby Dick's pursuer
  - 15 Insect repellents
  - 17 "— Lisa"
  - 18 Harbor structure
  - 19 Asian nation
  - 20 Not intoxicated
  - 22 Actor Newman
  - 24 On in years
  - 25 San Francisco carriage
  - 29 Under the weather
  - 30 Divine
  - 31 "... and seven years —"
  - 32 1776 crossing site
  - 34 Porn
  - 35 Sampras of tennis
- DOWN**
- 1 [Uncorrected]
  - 2 Geological period
  - 3 "Wichita Line-man" singer
  - 4 Leading man in the theater?
  - 5 Norse hammer thrower
  - 6 Melody
  - 7 Owns
  - 8 Mexican entree
  - 9 Breakfast chain acronym
  - 10 Carvey or Delany
  - 11 Abba of Israel
  - 16 Piper's adjective
  - 19 Seventh of a series
  - 20 Put into words
  - 21 Leer at
  - 22 Chaplain
  - 23 Competent
  - 25 Layer
  - 26 Marshmallow toaster
  - 27 Chills and fever
  - 28 Decays
  - 30 Verdon or Stefani
  - 33 Carelessness?
  - 34 Couch
  - 36 Lightweight boxer?
  - 37 Norway's capital
  - 38 Organization
  - 39 Relaxation
  - 40 "Be a sport"
  - 42 Scoundrel
  - 43 Corroded
  - 44 Martini ingredient
  - 45 Affirmative action?



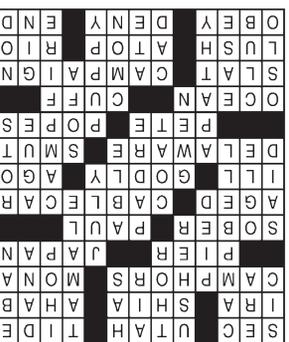
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## WORDS CONTAINING A LIE

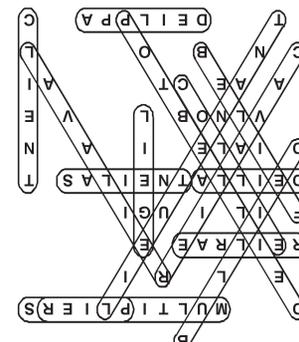
H T R O L J B G E B Y W U R P  
D N K I **M U L T I P L I E R S**  
G E D B L Z X R V I S Q O M K  
R E I L R A E I E G E C A Y W  
F U I L S I Q U G I P N L J H  
D E I L L A T N E I L A S F T  
D E I A L E C A I I Y A X V N  
U S V L N O B Q L P L N V M E  
K A J A E H C T F E C A B A I  
C Z N Y X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

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

- |         |          |            |            |
|---------|----------|------------|------------|
| Allied  | Cavalier | Lavalier   | Pliers     |
| Applied | Client   | Liege      | Potbellied |
| Belief  | Collie   | Lieutenant | Salient    |
| Bullied | Earlier  | Multiplier |            |



Solution time: 27 mins.



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6 7 2 5 4 5 2 8 7 4 8 2 6  
K I E U E A C R V X I T F  
8 2 8 6 8 7 2 3 2 6 7 2 7  
T E Y O I E D F F R A A N  
4 3 5 6 4 5 8 5 7 6 7 6 5  
T E R W R E S C D A T R O  
2 4 3 4 6 4 8 7 3 2 7 8 4  
M E I M D E Y A S E K O S  
7 5 3 5 8 3 5 8 5 8 5 3 3  
E N F T U U E R N S T L L

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- 2. ANATOMY:** What is a human's body temperature in Celsius?
- 3. PSYCHOLOGY:** What fear is represented in the condition called spectrophobia?
- 4. GEOGRAPHY:** Which is the only large major city built on two continents?
- 5. MATH:** The Roman numbers MMXIX translate to what in Arabic numbers?
- 6. ANIMAL KINGDOM:** What is a group of lemurs called?
- 7. LITERATURE:** The character of Miss Money Penny appears in which novels?
- 8. TELEVISION:** Which animated series features the character Stewie Griffin?
- 9. MEASUREMENTS:** How many yards are in a mile?
- 10. LANGUAGE:** What does the Latin phrase "ars gratia artis" mean?

**Answers**

- Beijing
- About 37 C
- A fear of mirrors
- Istanbul — Europe and Asia
- 2019
- A conspiracy of lemurs
- James Bond novels
- "Family Guy"
- 1,760
- Art for art's sake

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## Help Wanted



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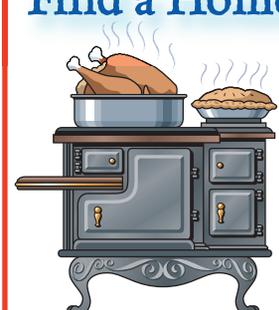
**top ten**  
Most Popular Fruits\*

1. Bananas
2. Apples
3. Grapes
4. Strawberries
5. Oranges
6. Watermelon
7. Lemons
8. Blueberries
9. Peaches
10. Cantaloupe

\*bought in past year  
Source: The Packer

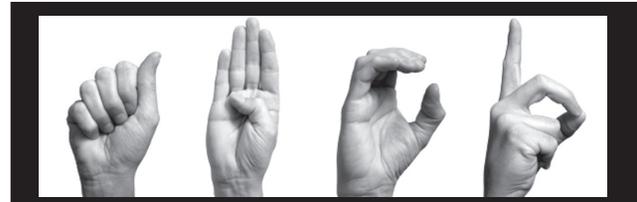
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# Sign Language Course

**WHERE:** Spring Green Memorial Church, 1350 Warwick Ave., Warwick

**WHEN:** Tuesdays, SEPTEMBER 10, 2019 through OCTOBER 29, 2019  
Class time is 6-7:15 PM for beginners and 7-8:15 PM for continuing students.

**WHY: For Fun!** To meet a new community. To research a new career. To receive a foreign language stipend from your company. To have your company more accessible to the Deaf Community. To enhance your resume. To add to your Americans with Disabilities compliance plan. For your personal growth and pleasure. To enhance your professional skills. To enter a whole new market.

**WHO:** Course is taught by **Debra Raiche, AA, LCDP**, Coordinator of Deaf Services at Bridgemark, Inc., and **Christine Harkins, MA, CCJP, CI**, President and CEO of Bridgemark, Inc., along with members of the Deaf Community.

**COST:** A fully tax deductible fee of \$100.00 and a \$20 book charge. Checks should be made payable to **Bridgemark, Inc.** The proceeds will be used to support Deaf Services at Bridgemark, Inc.

**REGISTRATION FORM** **Sign Language Course**

Send your check or money order along with this portion of the form to:  
**Bridgemark, Inc., 2020 Elmwood Ave., Warwick, RI 02888**  
or call **401-781-2700**

Register early - Space is limited - Groups are kept small for individual attention  
Classes for beginners and continuing class/practice will be offered at this time.  
Starting Tuesday, September 10, 2019

Please **CIRCLE** your preference: **Beginner Class (6:00-7:15 PM)** **Continuing Class (7:00-8:15 PM)**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_  
Email: \_\_\_\_\_

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

**"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 email your submission to [mail@rreminder.com](mailto:mail@rreminder.com)

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**AUGUST CHILDREN'S PROGRAMS  
AT GREENE PUBLIC LIBRARY**

Greene Public Library, 179 Hopkins Hollow Road, Greene invites you to attend the following children's programs. Storytime Picnics on Wednesdays at 11AM. Pack a lunch and join us for an outdoor Storytime, crafts & weekly themes! **August 21** - Teddy Bears Picnic. Bring your favorite stuffed animal! **August 28** - Jamberry. Our last outdoor Storytime featuring a Summer classic & special treats! For more information, please call 397-3873.

**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 homebound@coventrylibrary.org for more information.

**PASSPORT APPLICATIONS ACCEPTED AT THE  
WEST WARWICK PUBLIC LIBRARY**

The West Warwick Public Library, 1043 Main Street, West Warwick is accepting Passport Applications (DS-11 Forms only) on behalf of the US Dept. of State. Please contact Information Services at 828-3750, Ext. 1 or email ref@wwpl.org to schedule an appointment or for more information. For even more information, you can call 1-577-487-2778 or visit travel.state.gov

**55+ FITNESS CLASS AT HOPE LIBRARY**

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

**GREENE PUBLIC LIBRARY FARMER'S MARKET**

The Farmer's Market returns to the Greene Public Library, 179 Hopkins Hollow Road, Greene, on Tuesdays from 4-6PM. Support our local Farmers by purchasing fresh produce, baked goods, jams, honey, handmade crafts & more! Interested Vendors please call 397-3873 for more information.

**BABYSITTER'S TRAINING COURSE AT  
COVENTRY PUBLIC LIBRARY**

Coventry Public Library, 1672 Flat River Road, Coventry, will offer a Babysitter's Training Course conducted by the RI Chapter of the American Red Cross on August 21 from 9AM-4PM for boys & girls ages 11-16. A non-refundable fee of \$90 is required at registration which begins August 5. Space is limited. To register or for more information, call 822-9102.

**LITERACY VOLUNTEERS OF KENT COUNTY  
OFFERS ENGLISH LESSONS**

Learn to speak, read & write English. Enroll in Literacy Volunteers of Kent County's free learning program. In just a few hours per week, you can improve your English skills in speaking, reading and writing. You will be paired with a Tutor who will instruct you, one-on-one according to your individual needs. Lessons are scheduled at your convenience and all information exchanged remains confidential. Please call 822-9103 or email lvkc@coventrylibrary.org for more information.

**COLORING FOR ADULTS AT HOPE LIBRARY**

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

**LITERACY VOLUNTEER TUTOR TRAINING**

You can make a difference in someone's life by giving the gift of literacy. By giving just a few hours per week, you can help develop a stronger community while helping your neighbors improve their skills. Literacy Volunteers of Kent County has adult students excited to learn English as a Second Language or Basic Literacy who are awaiting a Tutor. The next Tutor Training Session begins September 5. You must be over 18 years old and a resident of Kent County to volunteer. Please email lvkc@coventrylibrary.org or call 822-9103 for more information.

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- Ivan Turgenev  
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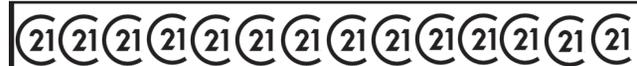
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A real estate attorney is an important professional to have in one's corner when buying or selling a home. The legal resource Find Law says that buying and selling a home can be one of the most significant purchases made in a person's life. Real estate law can be complicated, and all parties involved need to ensure they are protected as they complete transactions and negotiations. That is why it is essential to have a real estate attorney in one's corner. A lawyer trained in real estate law will review contracts and other documents like title transfers and deeds. The attorney also handles the closing. Throughout the process, attorneys will provide legal guidance and explain terminology related to the transaction. In case of a dispute, the attorney will also provide legal representation in the courtroom, if needed, or negotiate a resolution on a client's behalf. Even though a real estate attorney is another expense in the process of purchasing real estate, it is a worthwhile investment for the protection and peace of mind attorneys provide.




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 August 17, 2019



10 Years that you left us without saying goodbye.

Love & miss you,  
 Mom, Dad, David & Jean

*Always prefer the plain direct word to the long, vague one. Don't implement promises, but keep them.*  
 – C. S. Lewis

**7TH ANNUAL REMEMBER DOUG WALK**  
 A Walk honoring the memory of Douglas Auger will take place on September 15 at Goddard State Park in Warwick. Registration begins at 9AM, Walk to follow at promptly 10AM at the Carousel. All proceeds benefit the Coventry Teachers Alliance Scholarship Fund in memory of Doug. Scholarships are awarded to CHS Seniors to assist with College, Trade School or any post secondary education. To date, approximately \$70,000 (with matching funds from the CTA) has been donated in Doug's name. This Event was established to honor Douglas Auger, who passed away tragically just after his 2012 graduation from Coventry High School. This is a rain or shine event. For more information about the Walk or to make a donation, please feel free to text or call Susan at 569-2611.

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

**COVENTRY SENIOR CENTER** 1372 MAIN STREET, COVENTRY  
 FOR RESERVATIONS CALL: 822-9180  
 DONATION \$3.00

Wed. 8/14 Split pea soup, baked ham with pineapple, sweet potatoes, winter blend vegetables, pumpernickel bread, fresh fruit. Sandwich: Turkey with cheese on pumpernickel.  
 Thurs. 8/15 **Happy Birthday.** Venus de Milo soup, French meat pie with ketchup, baby whole carrots, wheat bread, frosted cupcake. Sandwich: Seafood salad on wheat.  
 Mon. 8/16 Lemonade, marinated grilled chicken, pasta salad, coleslaw, dinner roll, watermelon. Sandwich: Hamburger on roll.  
 Tues. 8/19 Beef vegetable soup, Swedish meatballs, seasoned noodles, Capri blend vegetables, oat nut bread, sliced peaches. Sandwich: Shrimp salad on oat nut bread.  
 Tues. 8/20 Corn chowder, beer battered fish with tartar sauce, rice pilaf, seasoned sliced carrots, rye bread, cookies. Sandwich: Honey ham and cheese on rye.

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

Wed. 8/14 Chicken soup, Sloppy Joe sandwich, 3 bean salad, dessert. Option: Sausage & pepper sandwich.  
 Thurs. 8/15 Split pea soup, Italian beef sandwiches, mashed carrots, peas, dessert. Option: Greek salad with chicken.  
 Fri. 8/16 Tossed salad, fish & chips, coleslaw, dessert. Option: Pastrami Reuben on rye.  
 Mon. 8/19 Tomato soup, breaded chicken with gravy, potato wedges, spinach, dessert. Option: Roast beef on bulkie roll.  
 Tues. 8/20 Tossed salad, sweet & sour pork, brown rice, baked beans, dessert. Option: Tuna club.

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# BUSINESS *Spotlight*

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At my firm, the Law Office of Steven J. Hart, we can help you by providing you with a wide array of options. As an experienced Attorney who practices in multiple areas of the law, I give you access to a single legal source for all of your potential needs.

My name is Steven J. Hart, and I am an experienced Attorney who can help you in many practice areas, which include:

- Bankruptcy (Chapter 7 & Chapter 13)
- Business Law
- Personal Injury Law
- Family Law (including Child Custody and Divorce Matters)
- Criminal Law
- Domestic Relations
- Estate Planning
- Landlord/Tenant Matters
- Probate Law
- Wills & Trusts

As a Lawyer who has experience practicing in multiple areas such as these, I have the experience needed and am able to adjust to the needs of each client. My clients benefit from the following:

- My commitment to highly personalized services
- The fact that I work individually with each of my clients
- I always make sure to handle their cases in

ways that are best for their particular circumstances

- My goal is to make sure my clients' rights are protected
- I always seek to do everything possible to reach favorable outcomes in their cases

My clients can rest assured knowing that they are turning to a knowledgeable and experienced Attorney.

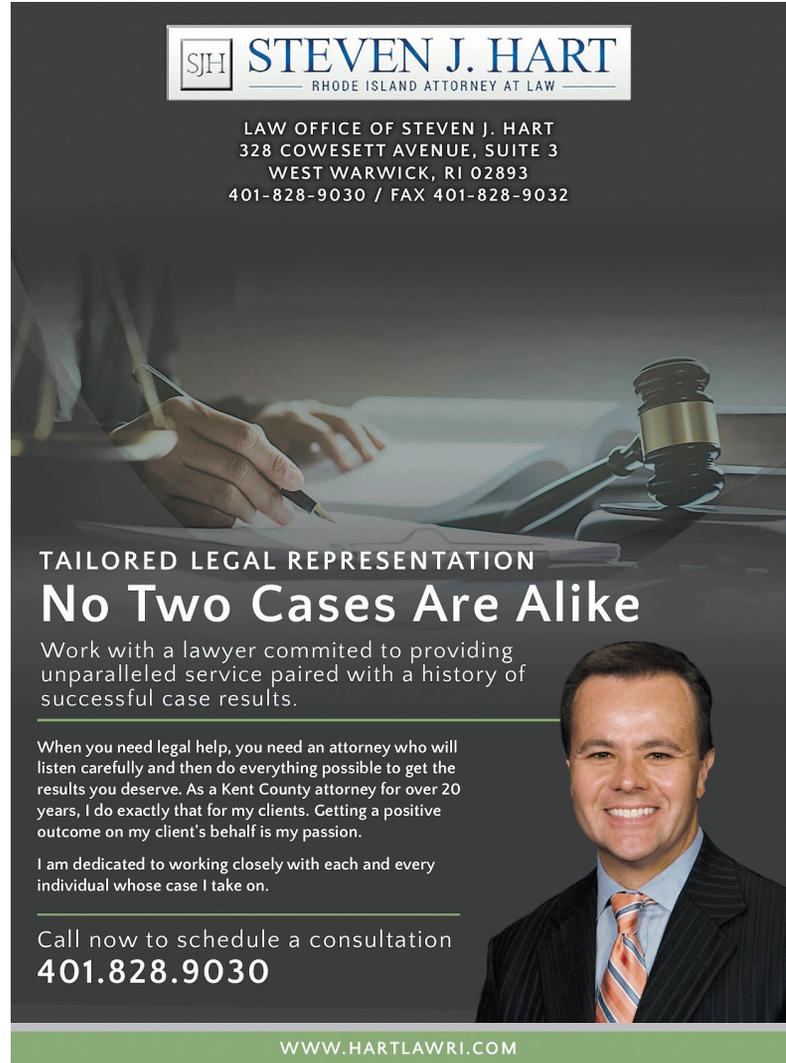
I was admitted to the Rhode Island Bar Association in 1999 and to the United States District Court in 2000. I attended Johnson & Wales University (B.S., Honors, Summa Cum Laude); and went on to attend Suffolk University Law School (J.D., Honors, Cum Laude). I hold memberships for the American Bar Association, the Rhode Island Trial Lawyers Association, the RI Family Court Bench/Bar Committee, the ABA Family Law Committee, the ABA Real Property & Probate Committee and the National Association for Consumer Bankruptcy Attorneys. While I practice all areas of law, my concentrations are in Family Law, Bankruptcy Law, Probate and Estate Planning.

When you are facing a tough or complicated legal situation, it is in your best interest to hire an Attorney who will work with you in a dedicated, compassionate and honest manner. As a Kent County Lawyer, I have made it my goal to represent each and every client whose case I take on with the utmost competence and skill. I ensure that we work hand in hand until the job is done. Every case is unique so I never assume anything but instead listen carefully to my client in order to proceed in getting results as effectively as possible. I go the distance for my client. I may be able to represent you and get an outcome for your particular case that

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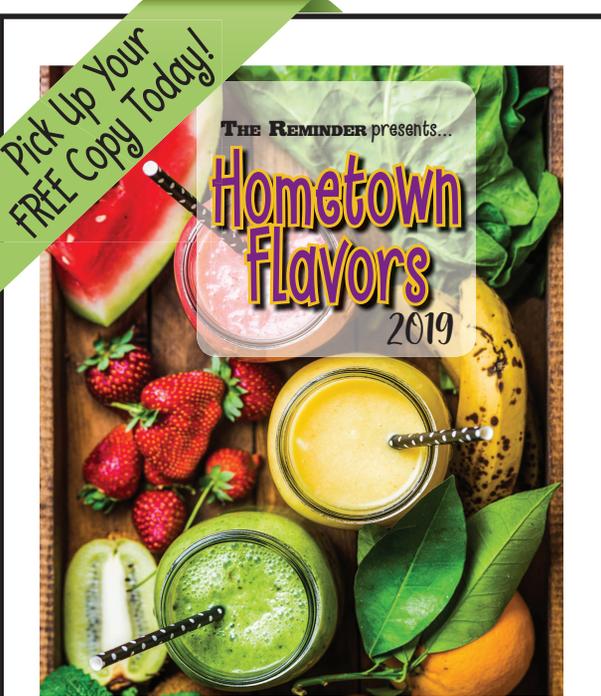
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### FAMILY PRAYER NIGHT NOCHE DE ORACION FAMILIAR

The Knights of Columbus will be sponsoring its first Family Prayer Night on the Feast of the Assumption, August 15, at 6:30PM, prior to Mass. Starting before Mass with a bilingual rosary, and offering of roses to Our Lady of the Assumption, we assemble outside the front of the church after Mass for a children's crowning of Our Lady's statue, prayer, and song. We will then relocate to the school cafeteria for some fellowship, food, and refreshment. SS John & James Parish Church, 40 Washington Street, West Warwick.

### VOLUNTEERS NEEDED AT GEN. NATHANAEL GREENE HOMESTEAD

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

### COVENTRY SENIOR CENTER WEDNESDAY BINGO

The Coventry Senior Center, 1372 Main Street, Coventry, will hold a new Bingo Program on Wednesdays at 1:30PM. The cost is \$6 for 8 games. Please note that prizes have gone up as well as adding an additional Special & Quickie. You must be 18 years or older to play.

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Sunday, August 18 - Noon to 9 pm

92<sup>nd</sup> ANNUAL  
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AUGUST 13-19, 2019

# 2nd SECTION

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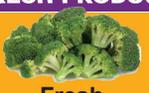


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GROCERY				
16 oz. Jif Peanut Butter <b>\$2.99</b>	8 oz. Best Yet Whipped Topping <b>5/\$5</b>	52 oz. Florida's Natural Orange Juice <b>2/\$7</b>		
Fresh Porterhouse or T-Bone Steak <b>\$5.99</b> lb.	Kretschmar Bacon Encrusted Turkey Breast <b>\$6.99</b> lb.	15 oz. Wish-Bone Salad Dressing <b>2/\$6</b>	6.5 oz. Reddi Wip Whipped Cream <b>\$2.99</b>	64 oz. Sunny Delight Orange Juice <b>\$1.99</b>
BAKERY				
Fresh Baked Parisian Bread <b>\$1.89</b>	4 Pack Fresh Gourmet Muffins <b>\$3.99</b>	4 Pack Muffin Town Cornbread Snack Loaves <b>2/\$3</b>		
PREPARED FOODS				
Roch's Own Seafood Salad <b>\$4.99</b> lb.	Tri-Color Pasta Salad <b>\$3.99</b> lb.	Roch's Own American Chop Suey <b>\$3.49</b> lb.		
STORE HOURS: Monday thru Saturday 7AM-9PM; Sunday 7AM-8PM Join our Mailing List to Receive Weekly Specials <a href="http://www.rochsmarket.com">www.rochsmarket.com</a>				
1475 Main Street & Rte. 117 • West Warwick, RI • Tel: 401.822.2660 • rochsmarket.com Not responsible for typographical errors. Art is for illustration purposes only. We reserve the right to limit quantities. All sale items while supplies last.				

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West Warwick Location: Monday, August 19th  
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East Greenwich Location: Wed., Aug. 21st, 5pm-7pm

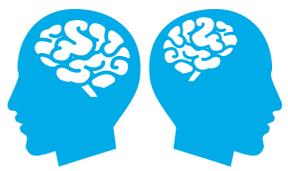
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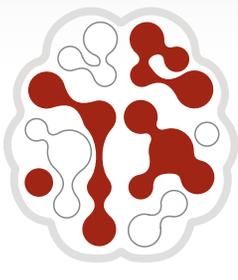
# WELLNESS UPDATE:

## Untreated hearing loss and dementia are linked.

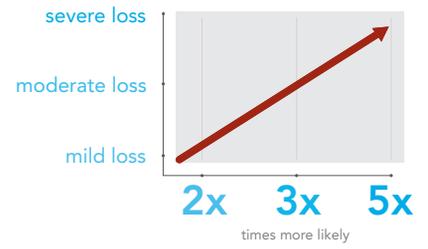
Though all human brains become smaller with age, **shrinkage is accelerated** in adults with hearing loss.<sup>1</sup>



Untreated hearing loss may result in **serious long-term consequences** to healthy brain functioning.<sup>2</sup>



Adults with untreated hearing loss are more likely to **develop dementia**.<sup>3</sup>



Treat hearing loss before it's too late.

Get an annual hearing screening once you reach age 50.

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## CUTEST PET OF THE WEEK AUGUST 13, 2019



**"STELLA"**

Stella is our rescue dog from Tennessee. We were told she was most likely born on April Fool's Day of 2012, but she is no joke! She is a wonderful member of our family!

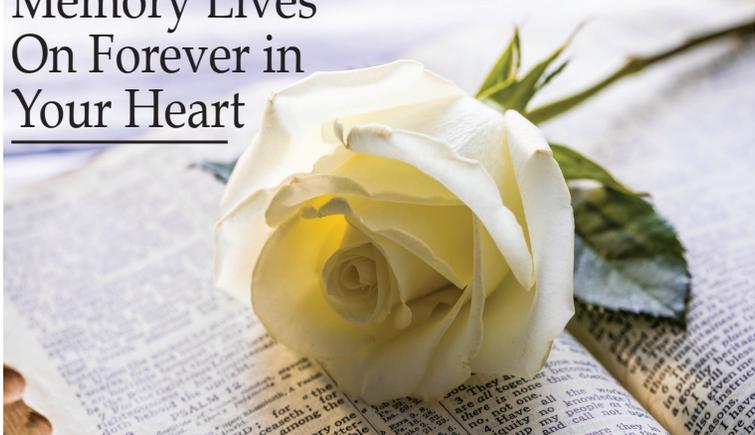
Happy Companion of the West family.

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**Why You Need A Hammock Or Hanging Chair**



Create a retreat in any corner of your yard or home. A hanging chair can be hung in the corner of a bedroom to provide a spot to curl up with a good book or rock a baby to sleep. The same chair can be brought to a covered deck or patio so

Sunny days and warm weather beckon us to the great outdoors. A day spent in the pool or lounging around the patio is a great way to embrace the relaxing spirit of summer. But those who want to go the extra relaxing miles should consider adding a hammock or swinging chair to their backyard oasis.

people can swing with the breeze when the weather allows.

Hammocks and swinging chairs make great investments. Outdoor enthusiasts can take them on camping trips, and they're equally at home right in the backyard. People on the fence about these symbols of relaxation can consider these benefits of hammocks or swinging chairs.

Super stargazing retreat Hammocks and swinging chairs can make it easier and more comfortable to stargaze at night. With a double hammock or chair, bring a romantic partner along to snuggle and watch the cosmos. Or teach children about the constellations in the night sky.

Nap comfortably outdoors Who needs an excuse to catch up on missing sleep? If the time presents itself, the sun and the fresh air can induce a deep sense of relaxation. Lying on a hammock or floating in a hanging chair provides that additional soothing rocking motion that can make a cat nap even more enticing. Use it indoors or outdoors

Be inconspicuous among nature Lying on the ground disturbs the lawn and other outdoor components. Being suspended several inches above the ground in a chair or a hammock can help a person blend in with the natural environment. Birds, small animals and insects may not even know you're there, and that can make them easier to observe. Everyone can appreciate the opportunity to sit back and relax. Hammocks and swinging chairs can help a person feel lighter than air and recharge in the warm summer air.

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Differences: 1. Boy's hair is different. 2. Birds have been added. 3. Shoreline is longer. 4. Shoreline is longer. 5. Bushes are different. 6. Boy on left is shorter.

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## Add A Pop Of Color to Your Garden This Winter

Winter weather comes on the heels of a vibrant, colorful autumn season. Shortly after fall foliage falls to the ground, nature tends to greet us with a considerably less colorful palette. What's more, much of the wildlife and plants that make spring, summer and fall so awe-inspiring tend to hibernate in winter, making it more difficult to find bright spots on drab days.



If you think that winter means the end of beautiful garden colors, think again. There are plenty of cool-season flowers and other plants that can add a pop of color to brighten your day. These flowers provide color right when most people need it most.

In areas where winter is not marked by a deep freeze, homeowners can plant pansies, snapdragons, English daisies, calendula, and other blooms from early fall through late winter. These plants will survive the cold, keeping containers, borders and gardens full of color.

Camellias are a type of flower that bloom in fall and winter in hues of red, pink, coral, white, and more. The plants are evergreen and will grow from shrubs or small trees when fully established.

Homeowners who live in climates marked by cold winters can opt for plants that offer color but without flowers. According to HGTV, these include cabbages and kales, which can survive most cold winters and lend an interesting texture to a winter landscape bed.

Of course, no list of winter's colorful plants would be complete without holly, which offers an eye-catching display of evergreen leaves and bright red berries, though sometimes the berries are golden. Either way, they can be a sight for sore eyes on gray winter days.

For more ideas, visit a local garden center to learn about plants that can add vibrant color to a landscape, even as autumn transitions to winter.

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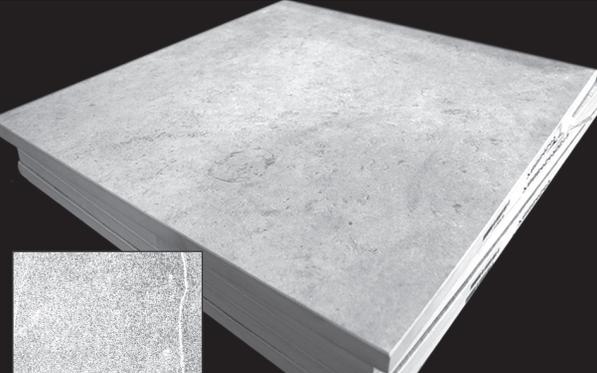
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 (Never known to fail). O Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the sea, help me and show me here in, you are my mother. O Holy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

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## Compost Is Part Of The Circle Of Life In Gardens



The season for fresh fruits and vegetables grown right in the backyard is upon us. Warm weather breathes life into fresh berries, tomatoes, eggplant, cucumbers, and many other delectable fruits and vegetables. Home gardens can be supplemented with delicious finds from the supermarket or farmer's market, including melons, corn and more. The bounty of the garden can be made more abundant and fruitful with the addition of the right soil amendments. Compost is a key element of rich, nutritious soil. Scraps from items that have been grown in the garden can then be reused in the production of the compost that feeds that same garden. It's a continuous circle of garden life.

Here are some kitchen-related items that can go into the compost material:

- Eggshells
- Fruit peels
- Vegetable peels and scraps
- Coffee grounds
- Shredded newspaper

In addition to these materials, grass and plant clippings, dry leaves, bark chips, straw, and sawdust from untreated wood can go into the pile. Avoid diseased plants, anything with animal fats, dairy products, and pet feces.

A low-maintenance pile has an equal amount of brown and green plant matter in the compost plus moisture to keep the bacteria growing and eating at the right rate. Aerating the compost occasionally, or turning the bin when possible, will allow the compost to blend and work together. Compost will take a few months to form completely, says the Planet Natural Research Center. The finished product will resemble a dark, crumbly soil that smells like fresh earth. Compost will not only add nutrients to garden soil, but also it can help insulate plants and may prevent some weed growth. It is a good idea to start a compost pile as a free source of nutrition for plants and a method to reduce food waste in an environmentally sound way.

Getting started with compost is relatively easy. Homeowners should choose an outdoor space near the garden but far away from the home so that it won't be disturbed by kids or animals. Some people opt for an open compost pile, while others choose closed bins to contain the possible smell and to camouflage the compost. A sunny spot will help the compost to develop faster, according to Good Housekeeping. The next step is to start gathering the scraps and materials that will go into the compost. Better Homes and Gardens suggests keeping a bucket or bin in the kitchen to accumulate kitchen scraps.

**WEST WARWICK MANOR SEEKING VENDORS**  
 West Warwick Manor, 62 Robert Street, West Warwick is seeking Vendors for their Autumn Craft Fair on October 5 from 9AM-2PM. For more information contact Joan at 318-6477.

**AARP CHAPTER 2210 ATLANTIC CITY TRIP**  
 AARP Chapter 2210 has planned a trip to Resorts Casino Hotel in Atlantic City from January 6-8. The Tour includes 2 nights accommodations, 4 Meal Vouchers, \$20 Slot Bonus, 2 Revue Shows, Driver Escorted Deluxe Motorcoach Transportation. Cost is \$235/person (double occupancy), \$229/person (triple occupancy) or \$319/person (single occupancy). Deposit due by October 30. For more information call Maureen at 828-5188 or Madeline at 821-8766.

**AARP CHAPTER 2210 PENN DUTCH CHRISTMAS TRIP**  
 AARP Chapter 2210 has planned an overnight Penn Dutch Christmas Trip from December 5-6. The Tour includes motorcoach transportation by Conway Tours, overnight accommodations, 2 meals, Sight & Sound Millennium Theater ("Miracle of Christmas") & Peddler's Village. Cost is \$329/person (double occupancy), \$319/person (triple occupancy), \$379/person (single occupancy). Deposit due by August 29. For more information call Maureen, 828-5188 or Madeline, 821-8766.

**AARP 2210 WINNIPESAUKEE SCENIC RAILROAD TRIP**  
 AARP 2210 is offering Winnepesaukee Scenic Railroad Trip on October 12. Trip includes lunch at Hart's Turkey Farm & a 2-hour ride on the railroad. Motor Coach transportation provided by Conway Tours. Cost is \$103/person. Call Maureen, 828-5188 or Madeline, 821-8766 for reservations and more information.

**AARP 2210 CONNECTICUT RAIL & SAIL TRIP**  
 AARP 2210 is offering a Connecticut Rail & Sail Trip on September 30. Cost of \$106/person includes Motor Coach transportation by Conway Tours, lunch aboard the Train, Train Excursion aboard the Essex Steam Train and a ride on the Essex Riverboat. There will also be time on your own at the Essex Station Museum Gift Shop. Call Maureen, 828-5188 or Madeline, 821-8766 for more information.

**COVENTRY-WEST GREENWICH LIONS 23RD ANNUAL DAVE JONES SCHOLARSHIP STEAK FRY/LAKE MISHNOCK REUNION & CLASSIC CAR SHOW**  
 The Coventry-West Greenwich Lions will hold their 23rd Annual Dave Jones Scholarship Steak Fry/Lake Mishnock Reunion & Classic Car Show on September 8 from 11AM-4PM (gates open at 9AM) at Mishnock Grove, 200 Mishnock Road, West Greenwich. Dottie Zack & The Outlaws will provide live music. Tickets are \$15/adult, \$5/child (for a burger), children under 6 are guests. For tickets, call Ray at 465-4742.

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# Entertainment

## YARD SALE

**TABERNACLE BAPTIST CHURCH YARD SALE**  
 Tabernacle Baptist Church, 182 Seven Mile Road, Hope, will hold a Yard Sale August 20-23 from 8AM-3PM. Saturday August 24 ONLY, 7AM-1PM - 4 bags for \$1. Please drop off gently used clothes to be donated to school children ages 5-18.

### SCITUATE ROTARY CLUB SEEKS YARD SALE VENDORS

The Scituate Rotary Club is hosting a family fun event on August 25 from 10AM-3PM. It will include a giant Yard Sale. If you are interested in selling at the Yard Sale please email agsharon7950@gmail.com or call Jen at 451-7483. You must bring your own tables. There will be no fee to participate. However, we request a donation to the Scituate Rotary Playground.

502 HILL STREET, Coventry: August 17, 8AM-2PM. Good stuff cheap! DVD's (2/\$1), lots of household & dishes.

**YARD SALE - ALL POTTERY!** 103 Main Street, Hope: August 17, 9AM-1PM. John Allan sold his pottery at the Scituate Art Festival for many years. Retired now, he has many first quality pieces as well as "seconds" and glaze test pieces. Proceeds to Hope Mill Concerned Citizens to support responsible development of Hope Mill.

**ONE DOLLAR YARD SALE!** 99 Tower Road, West Warwick: August 17, 8AM. All items \$1 each.

**CORNER OF EAST AVENUE & Riverdale Court, Warwick:** August 17. Little bit of everything, priced to sell. Lots!

**DAVE'S BARN & YARD SALE! 35 Pilgrim Avenue, Coventry:** Friday-Sunday, August 16-18, 8AM-4PM. **We are going all out on this Yard Sale!** There will be something for everybody. Stop by and take a look! Thank you, Dave.

5 PATTY STREET, Coventry: August 17, 8AM-2PM.

8 HIGHWOOD DRIVE, Coventry: **Saturday/Sunday, August 17 & 18, 9AM-3PM.** Baby, adult, housewares, etc. Cash or Credit!

155 BLACKROCK ROAD, Coventry: August 17. Lots of great stuff!

10 WEST LAKE DRIVE, Coventry: August 17, 7AM. Moving! Coke, DVD's, furniture, Christmas, kitchen, games, controllers.



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### Salome's Stars

**ARIES** (March 21 to April 19) A chaotic atmosphere taxes the patience of the Aries Lamb, who prefers to deal with a more orderly environment. Best advice: Stay out of the situation until things settle.

**TAURUS** (April 20 to May 20) Tension runs high in both personal and workplace relationships. This can make it difficult to get your message across. Best to wait until you have a more receptive audience.

**GEMINI** (May 21 to June 20) This is a good time to take a break from your busy schedule to plan for some well-deserved socializing. You could get news about an important personal matter by the week's end.

**CANCER** (June 21 to July 22) An offer of help could come just when you seem to need it. But be careful about saying yes to anything that might have conditions attached that could cause problems down the line.

**LEO** (July 23 to August 22) Sometimes a workplace colleague can't be charmed into supporting the Lion's position. That's when it's time to shift tactics and overwhelm the doubter with the facts.

**VIRGO** (August 23 to September 22) You continue to earn respect for your efforts to help someone close to you stand up to a bully. But be careful that in pushing this matter you don't start to do some bullying yourself.

**LIBRA** (September 23 to October 22) Don't ask others if they think you're up to a new responsibility. Having faith in your own abilities is the key to dealing with a challenge. P.S.: That "private" matter needs your attention.

**SCORPIO** (October 23 to November 21) This is a good time to use that Scorpion creativity to come up with something special that will help get your derailed career plans back on track and headed in the right direction.

**SAGITTARIUS** (November 22 to December 21) While change is favored, it could be a good idea to carefully weigh the possible fallout as well as the benefits of any moves before you make them.

**CAPRICORN** (December 22 to January 19) The Goat continues to create a stir by following his or her own path. Just be sure you keep your focus straight and avoid any distractions that could cause you to make a misstep.

**AQUARIUS** (January 20 to February 18) A colleague's demands seem out of line. But before reacting one way or another, talk things out and see how you might resolve the problem and avoid future misunderstandings.

**PISCES** (February 19 to March 20) A personal matter appears to be making more demands on your time than you feel you're ready to give. See if some compromise can be reached before things get too dicey.

**BORN THIS WEEK:** You're able to communicate feelings better than most people. Have you considered a career in the pulpit or in politics?

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### COVENTRY MEN'S CLUB STEAK FRY

The Coventry Men's Club, 30 Phillips Hill Road, Coventry, will hold a Steak Fry & Chicken Dinner on August 16 at 7PM. Live music will follow. Steak Dinner \$15, Chicken Dinner \$12. Reservations MUST be made by August 14 by calling 385-3536.

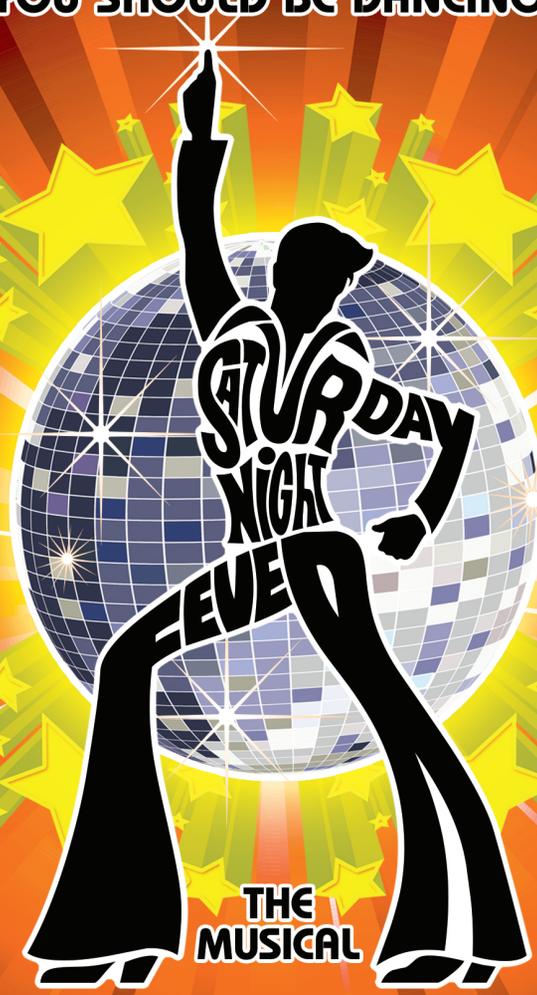
**HALL FOR RENT:** Coventry Men's Club available for Bachelor Parties, Weddings, Birthdays, Retirement Parties, Etc. Menu available. Call 385-3536 after 2PM for more information.



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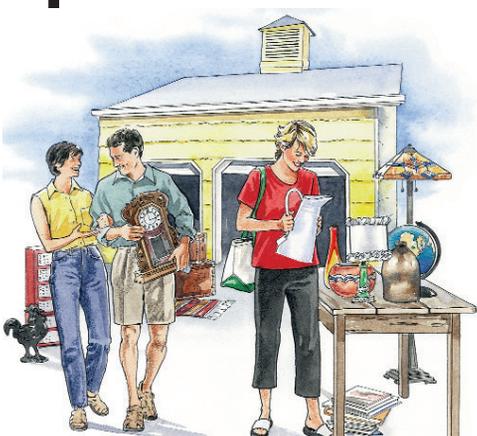
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**WEST WARWICK ANGELS CARING FOR ANIMALS BINGO**  
 The West Warwick Angels Caring for Animals invite you to play Bingo on September 8 at 12PM (doors open at 11AM) at the West Warwick Senior Center, 145 Washington Street, West Warwick. Limited to the first 80 players. All proceeds benefit West Warwick Animals.

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