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A BEACON COMMUNICATIONS PUBLICATION

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September 24-30, 2019 • Volume 65 • Issue 20

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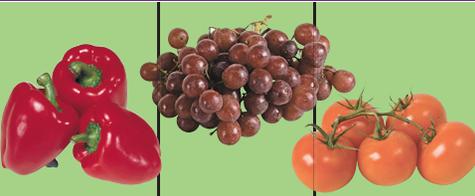
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CRAFTERS & VENDORS WANTED FOR PAINE HOUSE MUSEUM'S ANNUAL HERITAGE DAY
 The Paine House Museum, 7 Station Street, Coventry, will hold their Annual Heritage Day & Giant Yard Sale on September 28 from 10AM-3PM. CRAFTERS/VENDORS WANTED - 10'X10' Spots available for \$15 (bring your own table). Contact Faye 397-3528 - edwards_faye@yahoo.com or Bob 439-7513 - capecod379@aol.com for more information.

BEGINNER LINE DANCE CLASSES AT THE COVENTRY-WEST GREENWICH ELKS
 The Coventry-West Greenwich Elks Lodge, 42 Nooseneck Hill Road, West Greenwich, will hold Beginner Line Dancing Classes every Sunday night (through May) from 6:30-8:30PM. Cost is \$8 per person. All ages welcome. Call Lori at 250-6082 for more information. Proceeds benefit Elk Charities.

SENIOR FITNESS CLASS
 Coventry Public Library is sponsoring an 8-week Session of Senior Fitness Classes with Myrna Moore on Tuesdays & Thursdays at 1:30PM, October 1-November 21. Classes will take place at the North Road Terrace Community Room. There is no charge but registration is required. To register, call Jane at 822-9104 or email js@coventrylibrary.org

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

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Donna's Day

Creative family fun

by Donna Erickson

Creating Papier-Mache Pigs Is Goopy Fun

Creativity is at your elbow, always available. I try to remember that. If you are a parent who, like many people, considers him- or herself "non-creative," just think of creativity as a water faucet. Turn the stream on, and it can be a steady flow into your everyday life.

One thing that works for me is to let myself get sidetracked from the original plan. That's when I discover that having fun with kids is what's most important, not the end result. It can happen naturally when you stir up a gloopy, messy batch of papier-mache, a craft you probably remember from your own primary-school days. Grab stuff from the recycle bin and magically turn newspaper, plastic water bottles, golf tees and paper-towel tubes into creatures like these whimsical pigs.

This activity has all the basics for family fun: tradition, creativity and a goopy mess!

Here's how:

To make the basic papier-mache goop for any form, stir together equal parts of all-purpose flour and water in a large bowl. (Two cups of each is good to start.) Tear newspaper into strips about 1-inch wide.

To create a form for a pig and piglets, start with a small-size plastic water bottle for a piglet and a plastic liter-size bottle for a pig. Place a bottle in

front of you horizontally and note how the spout can be the snout.

For the pig's legs, tape four trimmed bathroom tissue tubes to the bottom of the body of the bottle. For piglet legs, poke the pointed end of four golf tees into the bottom of the body of a small bottle.

Make ears by cutting cardboard into two triangles. Tape in place just beyond the neck of the bottle.

Dip the newspaper strips one at a time into the mixture, remove excess goop with your fingers, and then drape strips over the form. Lay the coated strips any which way, covering the entire surface. Smooth out the wrinkles as you go, making the surface as smooth as possible. Let dry. Make a second layer, if you wish.



Paint the pig with poster or acrylic paints. The brighter, the better!

Poke a spring into what was the base of the bottle for a curly tail. For a piggy bank, cut a slit through the top to insert coins. Cut out a flap underneath the pig when you wish to retrieve the money.

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

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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

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See Page 4 for Details

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SMORGASBORD SUPPER & BAKE SALE

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

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HARVEST BREAKFAST
 Cornerstone of Faith UMC, 1081 Main Street, Coventry (Rte. 117, next to Police Station), will hold a Harvest Breakfast on October 5 from 8-11AM. Menu includes ham, bacon, baked beans, eggs, pancakes, toast, juice, coffee, tea, fresh fruit & apple crisp. Cost is only \$6/adult & \$3/child (ages 6-12). There will also be a Bake Sale.

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COVENTRY VFW POST 9404 GOLF TOURNAMENT
 Coventry VFW Post 9404 will hold a Golf Tournament at the Cranston Country Club on September 28 with a 1PM Shotgun start. Tournament will be played in a Scramble format. A Steak Fry will follow the Tournament at the VFW Post 9404, 29 South Main Street in Coventry. Cost is \$125 per Golfer or \$25/Non-golfers. Tee sponsorships available for \$100 each. Come play for a great cause. All proceeds to benefit Veterans Helping Veterans. For more information, call Humbert, 301-4360.

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.

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.
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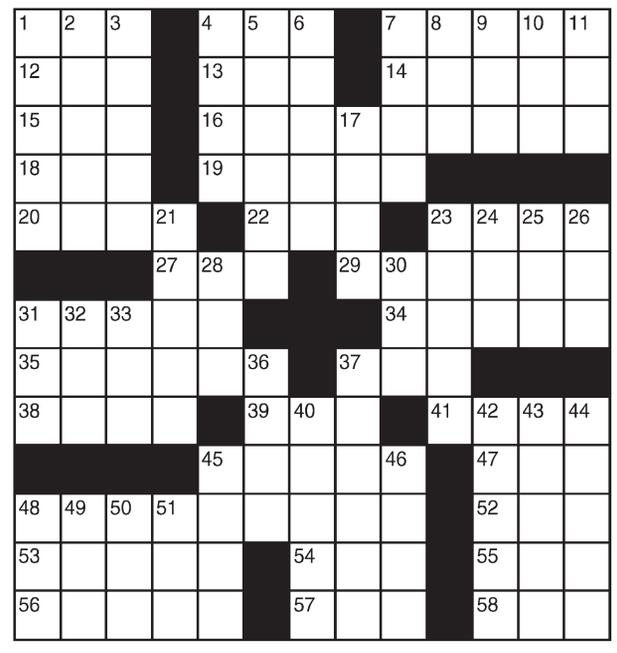
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King Crossword

- ACROSS**
- 1 Salary
 - 48 Sinner's fate
 - 25 Conclude
 - 4 Homer's outcry
 - 52 Vat
 - 26 Teensy
 - 7 Duck
 - 53 Hunter in the sky
 - 28 Multipurpose truck
 - 12 Position
 - 54 Prime meridian hrs.
 - 30 Khan title
 - 13 Exist
 - 55 Recede
 - 31 Egos' counterparts
 - 14 Eye surgery device
 - 56 Madrid mother
 - 32 Margery of rhyme
 - 15 Grecian vessel
 - 57 Ultramodernist
 - 33 " - Little Teapot"
 - 16 Syrian capitalist?
 - 58 Aye undoer
 - 36 LummoX
- DOWN**
- 1 Downright
 - 37 Human - Project
 - 2 Drying rack
 - 40 Condescend
 - 3 Busybody
 - 42 Frequently
 - 4 Root beer brand
 - 43 Caribbean resort island
 - 5 Gave a talk
 - 44 Theater vestibule
 - 6 Macho type
 - 45 Poison
 - 7 Otherwise
 - 46 Aware of
 - 8 Fond du -
 - 48 Comical DeLuise
 - 9 Work with
 - 49 Coach Parseghian
 - 10 Lair
 - 50 Central
 - 11 Preceding
 - 51 Neither mate
 - 17 On in years
 - 21 Specter
 - 23 Blue cartoon character
 - 24 Japanese pond carp
 - 47 To and -



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MAGIC MAZE

● MOVE LAST TWO LETTERS TO THE FRONT TO MAKE A NEW WORD

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

- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
- | | | | |
|-------|--------|--------|--------|
| Bowel | Dentin | Ideas | Ripest |
| Braze | Eddy | Listen | Sonar |
| Cedar | Glean | Loyal | Verse |
| Demo | Holdup | Ringer | |

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Answers to puzzles can be found on page 23

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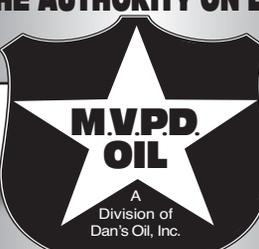
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R.R.

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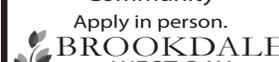
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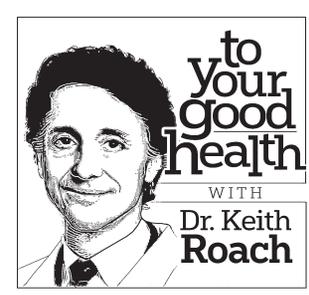
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CBD Oil Can Interfere With Other Medications

DEAR DR. ROACH: I am a 49-year-old woman who had a massive heart attack in April. My father died of a massive heart attack at 49. I have four stents in three arteries and am on Brilinta, low-dose aspirin, blood pressure medication, etc.

I have essential tremor, first noticing the tremors in middle school. The tremor is in my hands, making writing nearly impossible, and I have head bobs. I have an internal tremor that never stops. A previous practitioner prescribed a month's trial of beta blockers several years ago. I noticed no relief with the tremor but was physically ill for the first 30 minutes of the morning in the first two weeks. Recently, I found an online blog regarding essential tremor and CBD oil. Nearly all of the bloggers found some level of relief using this treatment.

If I choose to try CBD oil to assist with my tremor, is there a risk of it interfering with my heart and blood pressure medications? — M.M.

ANSWER: Cannabidiol, or CBD, is a nonpsychoactive substance found in Cannabis, as opposed to tetrahydrocannabinol, or THC, the best-known psychoactive component. CBD is typically sold as an oil and has been receiving press as a potential treatment for a wide variety of medical issues. Many or most of these claims have no data to support them. Anecdotal reports, such as most blogs, are neither reliable nor scientific (and may not be true). There also is an issue with proving the dosage and purity of products said to contain CBD.

However, in the case of essential

tremor, there is some evidence: Studies in mice have shown benefit with CBD, although a single case report showed effectiveness of THC but not CBD in essential tremor. The issue of drug interactions is a significant one. CBD inhibits two powerful pathways the body uses to detoxify drugs, the CYP3A4 and CYP2D6 systems. This is a serious issue for you. Ticagrelor (Brilinta), an anticoagulant, is metabolized by CYP3A4, as are some of the statin drugs usually prescribed to people with heart blockages. The effect of the anticoagulant could be much higher than expected, leading to bleeding risk. Other commonly used heart medications are metabolized by CYP2D6, and the effect on these medications is unpredictable.

I can't recommend CBD products given the medications you are taking, but would suggest you consider alternative treatments. You may have read about deep brain stimulation and ultrasound, two powerful and effective treatments for people whose symptoms have not responded to standard treatments.

DEAR DR. ROACH: This question is for my husband. How safe is drinking tea while on warfarin? He has his INR checked monthly, and for the most part it stays between 2 and 3. He watches his vitamin K intake regularly. He has read conflicting stories of how tea interacts with warfarin by making the INR levels high. — S.J.

ANSWER: Tea comes in two major types: black tea, which is fermented, and green tea, which is not. Black tea has no known interactions with warfarin (Coumadin). Green tea contains small amounts of vitamin K, which could make the INR lower and the warfarin less effective. However, the effect is likely to be small. Further, if he drinks a consistent amount per day, his dose can be adjusted to reflect his vitamin K intake.

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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AT THE LIBRARIES

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.

ONGOING CHILDREN'S PROGRAMS AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene invites you to attend one of their many ongoing children's programs. **Storytime** - Wednesdays at 10AM. **After-School Program** - Thursdays from 4-5PM. **Fun Time Friday** - Fridays 11AM-12PM. **Children's Drop-In Craft** - All ages are invited to drop in for the Craft of the Month. Teen volunteers are always welcome! For more information, please call 397-3873.

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.

STORY PROGRAMS AT COVENTRY PUBLIC LIBRARY

The Coventry Public Library, 1672 Flat River Road, will begin Registration for Fall Story Programs on September 16 for Coventry Residents and September 17 for non-residents. **Rock and Read** (birth-23 months) on Mondays at 10AM. **Tales for Twos** (2-year-olds with caregiver) on Wednesdays at 10AM. **Storytimes** (3-8 year-olds) on Thursdays at 10AM & 1:30PM and Fridays at 10AM. Programs begin the week of September 30. Call 822-9102 for more information and/or to register. Space is limited.

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.

ADULT MONTHLY PROGRAMS AT GREENE PUBLIC LIBRARY

Greene Public Library, 179 Hopkins Hollow Road, Greene invites you to attend the following programs - **Fireside Book Club** on September 26 at 6PM. **Cribbage/Game Night** on September 27 from 6-9PM. For more information, please call 397-3873 or email ltaite@coventrylibrary.org

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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 pages, you supply the inspiration!

COVENTRY PUBLIC LIBRARY PRESENTS...

Coventry Public Library, 1672 Flat River Road, Coventry will host Paranormal Investigator, Thomas D'Agostino on October 3 at 7PM. Mr. D'Agostino will talk about the Witches of Blackstone Valley. To register, please call Jane at 822-9104 or email js@coventrylibrary.org

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 or email neilllisa@coventryschools.net



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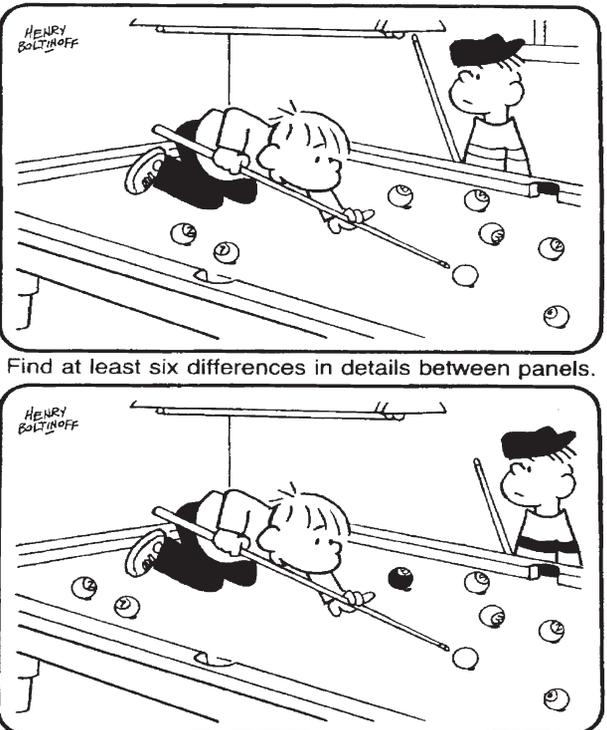
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 (Never known to fail). O Most Beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the sea, help me and show me here in, you are my mother. O Holy 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.

Rosie

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Eight ball is black. 2. Boy's shirt stripe is black. 3. Boy's cue stick is shorter. 4. Balls #2 and #7 have moved. 5. Window is missing. 6. Boy standing has moved.

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Thurs. 9/26 Lentil soup, veal cutlet with marinara sauce, seasoned whole grain ziti, Italian blend vegetables, Italian Bread, frosted brownie. Sandwich: Salami with provolone and mustard on Italian.

Fri. 9/27 Red chowder, seafood salad, chickpea salad, coleslaw, multi grain bread, fresh fruit. Sandwich: Chicken salad on multi grain.

Mon. 9/30 Vegetable soup, Italian style chicken cutlet, wild rice, stewed tomatoes, oatmeal bread, apricot halves. Sandwich: Seafood salad on oatmeal.

Tues. 10/1 Vegetable beef soup, Chicken Cordon Bleu with gravy, mashed potatoes, green beans, rye bread, fresh fruit. Sandwich: Tuna on rye.

W. WARWICK SENIOR CENTER 145 WASHINGTON ST., WEST WARWICK
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Wed. 9/25 Fresh fruit, Italian chicken, cauliflower, green cucumber salad, dessert. Option: Seafood salad plate.

Thurs. 9/26 100% juice, scrambled eggs, homefries, bacon & sliced ham, French toast.

Fri. 9/27 Vegetable soup, sticky chicken thighs, bean salad, baby carrots. Option: Egg salad plate.

Mon. 9/30 Tomato soup, pork chop suey, garlic noodles, egg roll, dessert. Option: BBQ chicken.

Tues. 10/1 Chicken escarole soup, pepper steak, mashed potatoes, broccoli, dessert. Option: Cobb salad.

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Say this prayer for 3 days, promise publication and your favor will be granted no matter how impossible. Thank you also to the Divine Mercy.

RBW

THE REMINDER

TURKEY BOWL SECTION

TUESDAY, NOVEMBER 20TH



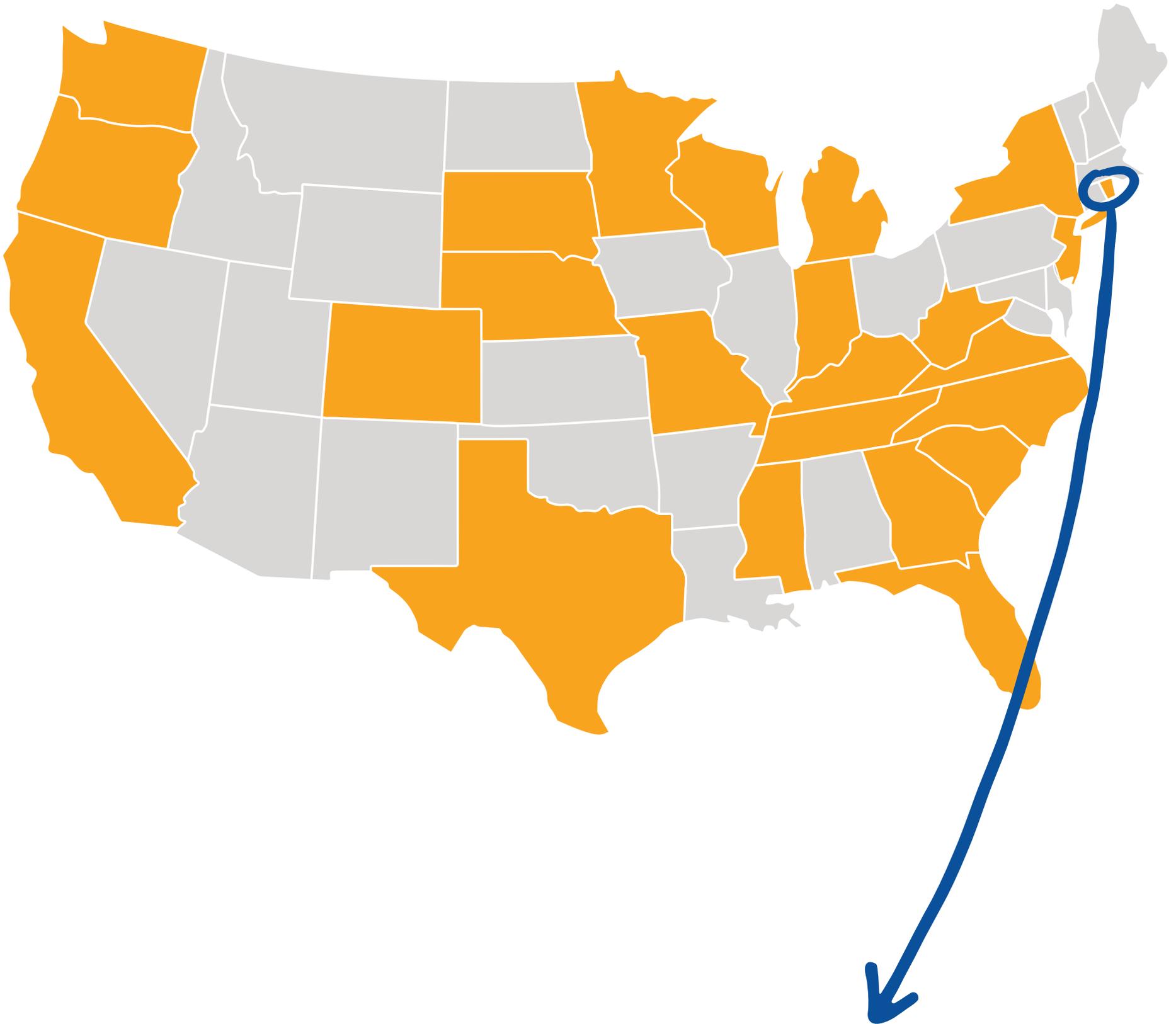


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The partners are Geraldyn M. Cook and Edward C. Roy, Jr, both with over thirty years' experience. Roy & Cook- Attorneys at Law are a general practice law firm focusing on all aspects of Family and Divorce law, Mediation, Probate, Estates, Wills, Trusts, Guardianships, Personal Injury, DUI, criminal matters, landlord tenant matters, evictions, and Union Employment matters.

Attorney Geraldyn M. Cook is a member of the Rhode Island Bar since 1986 and the New York Bar since 1987; she is admitted in the United States District Court for the District of Rhode Island and the United States District Court for the Eastern and Southern Districts of New York, as well as, the Supreme Court. She is a qualified Guardian Ad Litem, a member of the Family Court bench bar, Family Court Inns of Court, the Rhode Island Bar Association and the Kent County Bar Association.



Attorney Edward C. Roy, Jr., is a member of the Rhode Island Bar since 1983 and a member of the United States District Court, for the District of Rhode Island since 1984. Attorney Roy is a member of the Rhode Island Bar Association. He has represented all aspect of negotiations, many Union matters and has

been instrumental in handling Sexual Assault cases. Mr. Roy handles all types of Criminal Defense matters. He is a former Federal Public Defender and was named Kent County's Attorney of the year in 2008.

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SEPTEMBER 24-30, 2019

2nd
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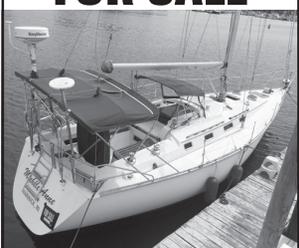
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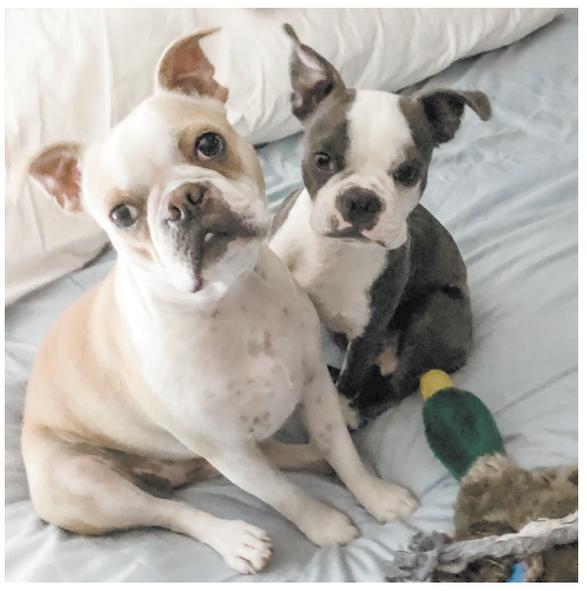
Car Corner

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SEPTEMBER 24, 2019



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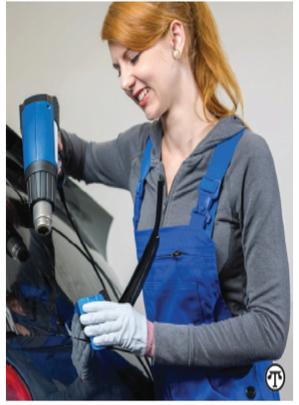
Sports QUIZ
 by Chris Richcreek

- Name either of the two Canadian-born major-league pitchers to toss a complete-game no-hitter.
- Who was the first Houston Astros pitcher to win at least 20 games in a season?
- How many times has a Penn State football player gone No. 1 in the NFL Draft?
- Before San Antonio in 2008, name the last NBA playoff team with only one player (minimum 10 games played) who averaged 12 or more points a game during the regular season.
- Hall of Famer Red Kelly won eight Stanley Cups during his 20-season NHL playing career. With which two teams did he win them?
- In 2019, Kyle Busch tied a NASCAR Cup record by posting 11 consecutive top-10 finishes to open a season. Who else did it?
- Who was the last British female tennis player before Johanna Konta in 2019 to reach the French Open semifinals in singles?

Answers

- Dick Fowler (1945) and James Paxton (2018).
- Larry Dierker, who recorded 20 victories in 1969.
- Twice — Ki-Jana Carter in 1995 and Courtney Brown in 2000.
- The 1953-54 Minneapolis Lakers.
- Detroit and Toronto (four each).
- Morgan Shepherd, in 1990.
- Jo Durie, in 1983.

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Throughout North America, automotive window film is measured objectively by Visible Light Transmittance standards, or the percentage of light passing through glass, and subjectively whether a driver can be seen from the outside looking in, explains the nonprofit International Window Film Association.

Government authorities regulate how dark window tints can be, so you have to make sure your vehicle complies. If in doubt, you can visit www.iwfa.com and click the "State Law Chart" tab listed under "News & Events." You can find a free automotive tint booklet at <https://iwfa.com/consumers/Literature>.

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House POWERWASHING TIPS

Powerwashing the exterior of the home can be an effective way to clean it in the spring and fall.

Powerwashing, also known as pressure-washing, utilizes a high-velocity water spray to remove dirt and residue from the exterior surfaces of a home. It is frequently used on vinyl siding, concrete and sometimes wood decks to treat mildew and other growth that accumulates over time.

Powerwashing can be a great way to remove grime without having to scrub by hand. But it requires a delicate touch to get it right. Sometimes it is best to leave the job to professionals. But homeowners willing to give it a go can try powerwashing themselves, as various stores rent power washers.

The home improvement website ImproveNet says that, until very recently, pressure washers were almost exclusively commercial machines sold to professionals or rented to do-it-yourselfers. Lately manufacturers have targeted homeowners looking to buy with lightweight options. For those who see powerwashing as a routine venture, purchasing a unit may be worth the investment.

It is important to exercise caution when operating a powerwashing machine. The high-velocity spray can tear through skin. It is key to get a feel for the washer, and try less pressure first to get a handle on the magnitude of the tool.

Don safety gear prior to using a pressure washer. Gloves, eye protection and ear protection can be handy. Most units will connect to a standard garden hose. Choose old clothing and expect to get wet. Never point a powerwasher hose at anyone and do not attempt to rinse feet or hands in the spray.

The renovation resource The Family Handyman suggests starting with a wide-degree nozzle to test out the spray on the surface that needs to be cleaned. A 15- or 25-degree nozzle is usually the wand for general cleaning and paint stripping without damaging the surface of the home. Experiment with an optimal distance of the washer wand to get the desired cleaning effects without causing any damage. Work using a horizontal and slightly downward angle to avoid driving water up under the siding of a home.

Avoid spraying any electric wires or components on the home. Also, try not to spray upward, and angle the spray away from doors, windows and vents.

Some washers have reservoirs that will hold a detergent solution. Choose the right detergent for the job. Keep in mind that cleansers containing bleach can damage surrounding plants, so they may need to be covered while the washing takes place.

Avoid the use of ladders when operating a powerwasher. The push-back from the wand can cause falls. Instead, opt for an extension wand to address the upper reaches of a home.

Powerwashing a home is an effective way to remove stubborn grime and refresh the look of a home's exterior.

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Fix wet spots in the landscape

Gras that is greener than green coupled with perfectly manicured shrubs set the tone for impressive curb appeal. Creating such landscapes requires hard work, and while doing such work, homeowners may find they have to contend with certain issues that are adversely affecting their lawns and gardens.

Wetness in a landscape is one problem many homeowners encounter. Wet areas in a lawn not only become muddy and messy, but they also can cause permanent damage to the grass. Puddles can kill the roots, while wet spots can freeze and damage the lawn. Particularly problematic spots can remain soggy for days, while some people find their yards are seemingly always wet.

Wet spots can be caused by various factors. Compacted soil may prohibit adequate drainage, as can heavy clay or less porous soil materials. Landscape grading issues may be another concern. Neighbors who have home downspouts that extend into their yards may be pushing roof water into other areas, contributing to puddles and problems.

Understanding what is causing the issue makes it easier to treat.

Heavy, compacted soil can be aerated and amended with sand and compost. Tilling the soil and mixing in these soil additions may help prevent further drainage issues.

Homeowners may need to have their property professionally regraded to alleviate wet issues. Otherwise, the installation of a drainage system may be necessary. An underground trench or pipe can redirect water from wet areas to sewers. (Check with local municipalities about the legality of draining water properly.) Another potential solution is to build up low-lying areas that collect water with soil.

Homeowners who want the path of least resistance may consider embracing the wet spot of their landscape by turning it into a man-made pond. Lining a pond and installing an air pump will help circulate the water and keep it from becoming a breeding ground for mosquitos.

Water issues in a landscape can be a tough nut to crack. But identifying the problem can help homeowners resolve soggy lawns and landscapes.

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Why homeowners should add more exterior light to their properties



Homeowners are increasingly realizing the benefits of improving the exteriors of their home, which can be just as valuable as improving the interior spaces. As individuals design picturesque garden beds and cultivate lavish lawns or revamp exteriors with architectural features, they probably want to spotlight these improvements. This is where exterior lighting can be put to great use.

Exterior illumination can cast a glow on various features, but there are many other reasons to increase lighting around the exterior of a home.

Safety: Trips and falls can occur at night when trying to traverse walkways and landscapes in the dark, as it can be difficult to see rocks, stairs and uneven pavement. Outdoor lighting can illuminate pathways, entryways and other areas for safer access for homeowners and their guests.

Extend outdoor entertaining: Ample lighting can increase the amount of time one can use outdoor spaces and make them the perfect gathering spot. As autumn arrives, days become shorter. However, patios, porches and more can get

extended use with lighting. Safeguard security: A well-lit home may be less likely to be targeted by burglars than one swathed in darkness and shadows. Lights can remain on all evening or be motion-triggered. Setting lights on timers also ensures that the home is illuminated whether residents are home or not.

Create drama: Landscape lighting designers can establish focal points around the landscape and highlight the best features of a property. Uplighting in trees, silhouetting techniques to showcase plants and spotlights to show off architectural features are all options for homeowners to consider.

Add value: The experts at Parker Homescape, a landscape design service, say that exterior lighting can add roughly 30 percent to the value of a home.

They also indicate that 50 percent of all home buyers say that outdoor lighting is important when buying a home. If current residents are thinking about selling, now may be the time to invest in exterior lighting.

Improving a home's exterior may be as simple as adding more lighting to improve functionality and beauty.

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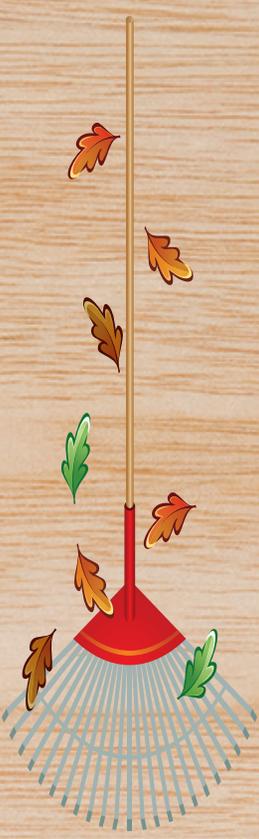
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The threat posed by ice dams



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Cold, snowy weather can present various issues for homeowners to contend with. One such problem, ice dams, can cause damage to walls, ceilings and other areas.

The University of Minnesota Extension says that an ice dam is a ridge of ice that forms at the edge of the roof and prevents melting snow from draining properly. A complex combination of heat loss from a home, snow cover and outside temperatures can lead the formation of ice dams. An ice dam will be fed by melting snow above it and cause a backup at the edge of the roof.

Dams can cause gutters to tear off and loosen shingles and may lead to water backing up and pouring into the home, advises This Old House. Ice dams also can contribute to soggy insulation, making the insulation lose its protective R-value and becoming a magnet for mold and mildew.

Homeowners can do a number of things to temporarily prevent the formation of ice dams. Heated cables clipped to the roof's edge in a zigzag pattern can help prevent dams that lift shingles. Pushing snow off the roof can help. Laying an ice melt product in gutters to help melt the ice that forms also can prevent ice dams.

More permanent solutions involve keeping the entire roof the same temperature as the eaves by increasing ventilation, adding insulation and properly sealing air leaks that can warm the underside of the roof. This may involve calling in a professional contractor. Such an investment is well worth it, as it can prevent much more costly damage down the line.

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Prepare your deck for winter



Homeowners often take steps to winterize the interior of their homes in the weeks before winter's arrival, but such efforts should extend to the outside of a home as well.

Decks make for great gathering places when the weather permits. Decks are where many people spend their free time and eat their meals come spring and summer, when the temperatures climb and the sun sets well into the evening. But as summer turns to fall, homeowners must take measures to protect their decks from potentially harsh winter weather.

Inspect the deck for problems. Decks tend to be used more often in summer than any other time of year. That makes fall and early winter an ideal time to inspect for wear and tear and any additional issues that may have cropped up throughout the summer. Damaged boards and loose handrails should be fixed before winter arrives, especially for homeowners who plan to use their decks in winter. Fixing such issues in winter and even into spring may be difficult thanks to harsh conditions, so make good use of the relatively calm autumn weather to fix any issues on the deck.

Clear the deck of potted plants. Even homeowners who intend to use their decks in winter should remove potted plants from

the deck in the fall. The home improvement experts at HGTV note that moisture can get trapped between deck boards and plastic, wood or ceramic containers in cold weather, and that can contribute to mildew, discoloration or decay.

Store unnecessary furniture. Homeowners who like to sit on their decks in winter will no doubt want to leave some furniture out over the winter. But those with lots of furniture for entertaining guests can likely move the majority of that furniture into a garage or shed for the winter. HGTV notes that doing so will prevent the potential formation of blemishes on the deck that can result from inconsistent weathering.

Remove snow, but do so carefully. Prolonged contact with snow and ice can damage a deck. As a result, homeowners should clear snow from their decks when accumulation is significant. HGTV recommends using a snow blower on the deck to avoid scarring. If a shovel must be used, push snow with the planks to reduce the risk of damaging the deck.

Homeowners who take steps to protect their decks throughout the winter months can ensure these popular areas are ready once entertaining season returns in the spring.

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A cord of hardwood can cost between \$120 - \$180

A fireplace is a cozy and warm spot around which a family can gather. The home and real estate resource HomeGuides.com indicates that 60 percent of new homes have a fireplace, which is up from 36 percent in the 1970s.

Naturally, fueling a fireplace for the season may require homeowners with wood-burning units to keep an ample supply of wood at the ready. How that wood is stored is important, as properly stored firewood can prevent waste and other issues around the house.

Wood that is freshly cut has a water content of 60 percent or more. Yet, for best burning ability, wood should be near 20 percent in water content. Green wood is hard to ignite and will not burn nearly as well or efficiently as seasoned wood. Another concern associated with green wood is that it can contribute more to creosote accumulation in the flue of a fireplace. Creosote is a combustible material that may lead to fires if left unchecked.

According to BioAdvanced®, a science-based lawn, garden and home improvement innovator, seasoning wood typically takes six months to a year. Homeowners may opt to purchase seasoned wood that already has sat and dried.

Homeowners who have an abundance of firewood have to store it somewhere. Log Splitters Direct suggests choosing a dry, breezy area of the property that is about 20 feet from the nearest door to the house. This helps avoid hitchhiker pests from coming inside with the wood, such as termites, ants, spiders, and mice. Do not stack the wood flush against a structure. It should be at least a few inches away to allow airflow behind the stack.

Stick to organized rows of wood no more than four feet high. Log racks and pallets and posts will keep the wood up and off of the ground where moisture and rotting can develop. Placing the logs in an unorganized pile will impede air flow and cause the wood to rot rather than continue to dry and season even more.

Homeowners also should use a cover to protect seasoned firewood from the elements. Position a tarp or plastic sheeting so it blankets the top of the stack and extends a few inches down the sides. Keep the sides mostly exposed to air. Others prefer to stack it in a barn or shed or under an overhang.

Green wood is less expensive than seasoned wood. Those who prefer this method should do so in the early spring and let it season over the next several months.

Bankrate says that the cost of a cord of wood varies across the country, but in general one can expect to pay between \$120 and \$180 for a cord of hardwood that is split and seasoned. This price may be higher in mid-winter when demand increases.



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Trivia test

by Fifi Rodriguez

1. ANATOMY: What is a common name for the condition known as "caries"?
2. LANGUAGE: What does the Latin phrase "ad astra" mean?
3. GAMES: How long is a bowling alley lane?
4. GEOGRAPHY: Where is the Gulf of Tonkin?
5. MOVIES: Which Disney animated movie featured the song "Bibbidi-Bobbidi-Boo"?
6. LITERATURE: Which 20th-century author often featured the fictitious Yoknapatawpha County in his stories?
7. FAMOUS QUOTATIONS: Which 19th-century playwright and poet once wrote of September, "And all at once, summer collapsed into fall"?
8. U.S. STATES: Which is the only U.S. state to border four of the five Great Lakes?
9. COMICS: Which 1980s comic strip featured the characters of Milo, Steve and Opus?
10. FOOD & DRINK: What process gets rid of bacteria in milk?



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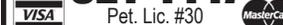
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CPL HOLLY CHARETTE MEMORIAL MOTORCYCLE RUN

The Cpl. Holly Charette Memorial Motorcycle Run will be held on September 29. Registration begins at 8:30AM at the Rolfe Square Post Office in Cranston, Kick Stands up at 10AM. Dinner & Raffle (rain or shine) follows at 2PM at the Crowne Plaza in Warwick. Tickets are \$30 per person and include Dinner. All pre-registered riders (by September 15) are automatically guaranteed a t-shirt. Scholarship recipients to be awarded at the Dinner. Holly was a sweet, kind and spirited soul. She joined the Marines after September 11 because she wanted to do something for her country. Holly was just 21 years old when her convoy was struck by a suicide bomber on June 23, 2005. Holly was the first female Marine to lose her life during Operation Iraqi Freedom. Proceeds benefit the Holly Charette Scholarship Fund. Please contact Ed & Regina Roberts at 615-9265/623-1164, Ray 347-9619 or email cplhollycharette2005@gmail.com for tickets or more information. Visit cplhollycharettescholarship.com for additional information on becoming a sponsor or to make a donation. Due to safety concerns, Police have limited the Run to 300 bikes.

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.

PROJECT LINUS

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

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West Greenwich: Open Sunday, 1-3!! 124 Bates Trail!! 3 bed, 3 bath raised ranch, granite kitchen, hardwoods, FP, 2 car garage, C/A, 5 acres, \$379,999, ask for **Jenn Cook, Ext. 317**

Cranston: Open Saturday, 12-2!! 16 Harvest Street!! 3 bed, 2.5 bath raised ranch, finished lower, gas marble FP, C/A, corner lot, garage, \$295,900, ask for **Nick Tasso, Ext. 307**

North Providence: Open Sunday, 11:30-1!! 212 Lexington Avenue!! 3 bed, 2 bath raised ranch, possible in-law, granite kitchen, decks, garage, \$314,900, ask for **Joe Spada, Ext. 316**

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| Total Cost to State | Less than \$500 million | Over \$1 billion | \$500+ million lower cost to RI |
| VLT Share | 50% | 85% | No change to RI law; perpetual competition on VLTs protects integrity of State's VLT revenues (over \$300 million annually) |
| Financial Guarantee: Jobs and Performance | 20% at risk – \$100 million based on achievement of all commitments including jobs | None | Up to \$100 million at risk to guarantee satisfaction of all commitments and performance including 1,100 jobs for 12 years |
| New Development and Construction | <ul style="list-style-type: none"> \$50 million at Twin River for development and amenities New Corporate Headquarters of 50,000 sq.ft. in RI | None | ~\$75 million of economic development; Twin River improvements will enhance ability to compete with MA, driving State gaming revenues |

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YARD SALE

LAKWOOD BAPTIST CHURCH FLEA MARKET, BAKE SALE & SNACK BAR

Lakewood Baptist Church, 255 Atlantic Avenue, Warwick, will hold a Flea Market, Bake Sale & Snack Bar on September 28 from 9AM-2PM (rain or shine). Table rentals are \$25. Proceeds to benefit the 2020 Mission Trip. For more information, contact Lincoln at 263-8245 or linc3113@verizon.net

PHENIX BAPTIST CHURCH FALL YARD/CLOTHING & BAKE SALE

Phenix Baptist Church, 2 Fairview Avenue, West Warwick, will hold their Fall Yard/Clothing & Bake Sale on October 5 from 8AM-1PM featuring clothing, books, toys, household items, baked goods, etc. All are welcome!

2155 MAPLEROOT VILLAGE, Noosneck Hill Road, Coventry: September 28, 7AM-2PM. Come one, come all! Bring your own table - \$10/spot for non-resident, \$5/spot for resident. Rain date October 5.

121 COUNTRY DRIVE (off Cowesett Avenue), West Warwick: Saturday, September 28, 8AM-3PM. Rain date September 29

ESTATE SALE! 60 Kinne Street, West Warwick: September 28 & 29, 9AM-3PM. Household, furniture, tools.

22 DRIFTWOOD DRIVE, Coventry: September 28 & 29, 8AM-3PM. Craft & homegoods, wardrobe closet, holiday decorations, sewing & fabric supplies, plus more.

WEST WOOD ESTATES, 1 Liena Rose Way: Great Annual Yard Sale! September 28, 7AM-12PM. Vendor Fee \$10, Residents \$5. Bring your own table.

47 BIRCHWOOD LANE, West Warwick: September 28, 7:30AM-1PM. Rain date October 5. See Craigslist ad for the details.

6 THREE M ROAD, Coventry: September 28, 8AM-2PM. Lawnmower, Christmas stuff, tools, lots more.

25 COUNTRY LANE, Cranston: September 28 & 29, 9AM-2PM. Vintage, partial estate, newer items & women's clothes.

357 JOHN FRANKLIN ROAD (off Hope Furnace Road), Coventry: September 28, 8AM-1PM. Rain date September 29.

73 LENOX AVENUE, West Warwick: September 28, 8AM.

ANNUAL MULTIFAMILY! 1260 Main Street, Coventry: September 28, 8AM-2PM.

CRAFT HOLIDAY SALE! Christmas & Halloween. Saturday, September 28, 9AM-1PM. 34 Monroe Drive (Tiogue Avenue to Jefferson Drive to Monroe), Coventry.

3336 FLAT RIVER ROAD, Coventry: September 28-29. Lots of girl's clothes 6/12.

WINDSOR PARK, 19 Wilshire Way, Coventry: September 28, 9AM-2PM. Huge assortment of quality items.

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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.



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MANOR DINNER CLUB AUTUMN CRAFT FAIR
West Warwick Manor, 62 Robert Street (rear), West Warwick will hold their Autumn Craft Fair on October 5 from 9AM-2PM. Vendors welcome! All proceeds to benefit the Manor Dinner Club. For more information contact Joan at 318-6477



ARIES (March 21 to April 19) Travel plans could be interrupted by the re-emergence of a workplace problem that was never quite fully resolved. Deal with it at once, and then take off on that well-deserved trip.

TAURUS (April 20 to May 20) Aspects favor cultural activities for sensuous Bovines. Attend a concert or an art show. Better yet, create something yourself (a poem, perhaps?), and dedicate it to someone special.

GEMINI (May 21 to June 20) Respect any doubts you might now be feeling about a new situation. They could be reflecting your inner awareness that some essential information might be missing. Check it out.

CANCER (June 21 to July 22) It's important to start the new month with as clean a slate as possible. Either complete all those unfinished tasks or pass them on to others who would be more than happy to take them on.

LEO (July 23 to August 22) This is a good time to cut down on expenses and tame that urge to splurge. Applying some financial discipline now could help the Big Cat ride out a possible monetary crunch later on.

VIRGO (August 23 to September 22) Money matters are dominant this week. Recheck your accounts and make sure they're up-to-date. Also, pay more attention to personal issues before they become major problems.

Comedy Nights!

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10/13, 11/9 & 12/15: All at the Pub on Park, Cranston 7:30pm \$15pp
 10/17, 12/12, 12/18 & 12/19: All at the Lemongrass Asian Bistro, Warwick \$35pp (Lemongrass shows feature All U Can Eat Buffet!) 6:30pm
 10/20: Knights of Columbus, Warwick 3pm (Scott Cole Benefit Show) \$20pp
 11/1: Club Frontenac, West Warwick 8pm \$15pp
 11/15: Finn's Harborside, East Greenwich 8:30pm \$15pp
 11/16 Asia Grille, Lincoln 9:30pm \$15pp
 11/22 Skyline at Waterplace, Providence 7:30pm \$40pp (includes buffet, dessert, coffee, show, tax & tip)
 12/7: VFW Post, Warwick 8pm \$15pp Live music by Donnie & Kelley plus comedy show
 12/31: Spirito's Restaurant New Year's Eve "All You Can Eat-All You Can Laugh" Dinner-Comedy Show! Featuring a DJ, 5 comedians, & more! 7:30pm \$45pp

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12TH ANNUAL JOHN H. URWIN III MEMORIAL PASTA DINNER FUNDRAISER

The 12th Annual John H. Urwin III Memorial Scholarship Fund Pasta Dinner and Raffle is being held on Saturday September 28 from 4-7PM at the Guy L. Lefebvre Community Center, 1277 Main Street, Coventry. Tickets are \$10/adult, \$6/children (5-12) & under 5 our guest. There will be several raffle prizes, a Bake Sale and the Grand Prize is 5 tickets to Gillette Stadium to see your New England Patriots vs Buffalo Bills on December 22. Price is \$10/ticket. You do not have to be present to win. We hope to see you there! For additional information call (401)826-1746.

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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

Solution time: 27 mins.

FRONT TO BACK: WISHING WELL
 BACK TO FRONT: A NEW WORD TO MAKE LETTERS OF THE



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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

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HEALING SERVICE WITH FR. PAT

Fr. Andre Patenaude M.S., better known as "Fr. Pat" of the National Shrine of Our Lady of LaSalette, will be conducting a Healing Service at Our Lady of Good Counsel Church, Pleasant Street, West Warwick, on September 24 at 7PM. All are invited. Call 821-8042 for more information.

Coventry Parks and Recreation

1277 Main St. Coventry, RI 02816 Phone: (401) 822-9107

Office Hours: Monday-Friday 8:30am-4:30pm

E-mail: parksandrecreation@coventryri.org

Website: coventryrecreation.com



Free Community Events

Community events held at Guy L. Lefebvre Community Center

Annual Halloween Spooktacular

Friday, October 25, 6-8pm
Rain date, Saturday, October 26

Family Harvest Bingo

Friday, November 15, 6:30-8pm
Rain or shine

Annual Holiday Celebration

Friday, December 6, 6-8pm
Rain date, Saturday, December 7

Youth Programs

Tumble and Twirl Ages 2-5

\$20 res./\$25 non-res.
Tuesdays, October 1-November 12, 9-10am
Thursdays, October 3-November 14, 9-10am
Town Hall Annex Gym

Kids' Club (\$36) Gr. K-5

Open to Residents Only.
Fridays, September 20-November 22, 6:30-8:30pm
Guy L. Lefebvre Community Center

PPAC Shows

Come From Away

Fee: \$56 res. & non-res.; price includes ticket and transportation. Friday, December 6 - Bus departs at 6pm from the Coventry Town Hall Annex, 1675 Flat River Rd. Show starts at 7:30pm

How the Grinch Stole Christmas!

Fee: \$52 res. & non-res.; price includes ticket and transportation. Friday, December 22 - Bus departs at 12:45pm from the Guy L. Lefebvre Community Center. Show starts at 2pm

Trips

SCREEMFEST at Canobie Lake Park (NH)

\$55 res./\$65 non-res.
Sunday, October 13, 11am-11pm

NYC Holiday Motor Coach

\$47 res./\$57 non-res.
Saturday, December 14, 8am-11pm

Health & Wellness

Guy L. Lefebvre Community Center

Basic Yoga 18+

\$40 res./\$50 non-res.
Thursdays, October 3-November 21, 7-8pm

Cardio Kickboxing 18+

\$40 res./\$50 non-res.
Wednesdays, October 2-November 20, 7:15-8:15pm

Gentle Yoga ages 18+

\$40 res./\$50 non-res.
Tuesdays, October 1-November 19, 6:30-7:30pm

Adult Sports Programs

Men's Slow Break Basketball 40+

\$25 res./\$30 non-res.
Tuesdays, September 17-November 19, 6-8pm
Town Hall Annex Gym

Co-ed Basketball 18+

\$25 res./\$30 non-res.
Wednesdays, September 17-November 20, 5:30-8:30pm
Town Hall Annex Gym

Volleyball 18+

\$23 res./\$28 non-res.
Mondays, September 16-November 18; 6:30-9pm
Town Hall Annex Gym

Open Court Games & Meet Ups

(Free, 18+) Paine Memorial Park

Tennis

Mondays, June 3-October 28 9am-12pm
Pickleball Tuesdays & Thursdays,
September 17-October 31 9am-12pm

S.T.E.A.M. Programs

Guy L. Lefebvre Community Center

Mad Science® - Expedition Energy! Gr. 1-6

\$50 res./\$60 non-res.
Mondays, October 21-December 2, 5:30-6:30pm.

New England Science & Sailing

\$105 res./\$115 non-res.
Marine Mammals - Tuesdays, October 15-November 19, 4:30-5:30pm Grades K-2
STEAM Challenge - Tuesdays, October 15-November 19, 5:45-6:45pm Grades 3-5

Right Brain Curriculum

\$105 res./\$115 non-res.
Business Sharks - Wednesdays, October 16-November 20 5-6:30pm Gr. 2-4
MetroCraft - Wednesdays, October 16-November 20 6:30-8pm Gr. 5-7

Snapology

\$105 res./\$115 non-res.
Machine & Contraptions
Thursday, October 17-November 21, 5-6pm Gr. K-3
Amusement Park Engineering
Thursday, October 17-November 21, 6-7pm Gr. 3-5
Sports Science
Thursday, October 17-November 21, 7-8pm Gr. 3-5

Coventry Teen Center Gr. 6-12 Free

The Teen Center is located at Guy L. Lefebvre Community Center Upstairs Hall. September 23-June 11.
Monday - Thursday, 2:30-6pm and Friday, 2:30-6:30pm

After School Enrichment Program

RWP Zoo After School Program Gr. 2-4
\$25res./\$30 non-res.
Thursdays, October 3 - November 14, 5-6pm
Guy L. Lefebvre Community Center

For more detailed information, including program dates and locations, visit us at www.coventryrecreation.com