

## Chamber announces new executive director

The Jamestown Chamber of Commerce has announced the hiring of a new Executive Director, Elizabeth Mullen. Mullen has a long tenure working in hospitality, Web design, and non-profit and business administration. She grew up in Jamestown and has lived in town for the past 10 years.

"There have been many changes in Jamestown, including a growing and increasingly diverse business community. We are seeing more artists, professional service providers and even Internet businesses based here. What I think is special about Jamestown is the way business owners have continued to improve the quality of life in Jamestown without compromising its special charm and character," Mullen noted.

"The Jamestown Chamber intends to work with others to improve life for the entire com-

munity. We do this through special events such as Night at the Farm, and working to improve downtown for businesses and residents alike," Chamber President Mike Swistak added.

The chamber currently serves 148 members and co-ordinates networking and community events throughout the year. Upcoming events include the Annual Business Expo at the Portuguese American Citizens' Club on Oct. 20 from 5 to 7 p.m.

For information on joining the chamber or to participate in events, call 423-3650.

## Jack O'Lantern Jog runs again

The Jamestown Parks & Recreation Department has announced that the 17th annual Jack O'Lantern Jog will be held on Sunday, Oct. 30, beginning at 1 p.m.

Proceeds from this year's race will be used to pay for continuing improvements to the Community Center.



Bowls for the fund-raiser are handmade by Jamestown youngsters.

## 'Empty Bowls' dinner will benefit local food banks

Everyone is invited to a dinner on Nov. 4, where 300 bowls of soup will be served and \$5,000 will be raised and donated to various food banks in this area.

The event will run from 4:30 to 8 p.m. at the Melrose Avenue School. Diners will leave with a handmade bowl, a beautiful antique spoon, and a new or vintage napkin of their choice.

This project is a collaborative community service among after-school programs and the children of Jamestown.



## Charity sail race coming Oct. 1

On Saturday, Oct. 1, Sail Newport will hold its fifth annual charity race around Jamestown. In recent years Sail Newport has raised more than \$100,000 for 9/11 relief efforts. This year proceeds will be donated to the American Red Cross to help the victims of Hurricane Katrina.

Register a boat either online at [www.sailnewport.org](http://www.sailnewport.org) or pick up a registration form at Sail Newport, IYAC, New England Boatworks, or Cafe Zelda, and mail, fax or deliver to Sail Newport at 60 Ft. Adams Drive, Newport. The fax number is 846-7245.



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Native - Locally Grown <b>Yellow &amp; Green Squash</b> . . . . . <b>89¢ lb.</b>	USDA Choice Beef Chuck <b>Boneless Center Cut Chuck Roast</b> . . . . . <b>\$2<sup>59</sup> lb.</b>
Sweet - Mixed Colors - Locally Grown <b>Cubanelle Peppers</b> . . . . . <b>79¢ lb.</b>	USDA Choice Beef Round <b>Boneless Tip Roast</b> . . . . . <b>\$3<sup>29</sup> lb.</b>
<b>ROCH'S CARRIES ALL YOUR FALL DECORATING NEEDS</b> Pumpkins - Indian Corn Tiny Jacks - Hay - Corn Stalks Assorted Colors <b>Fall Mums</b> . . . . . <b>3 for \$9<sup>99</sup></b>	DELI
<b>PASTRY &amp; DESSERTS</b>	Boar's Head <b>Black Forrest Ham</b> . . . . . <b>\$7<sup>39</sup> lb.</b>
<b>Lemon Meringue Pie</b> . . . . . <b>\$10<sup>75</sup> ea.</b>	Boar's Head <b>BBQ Chicken</b> . . . . . <b>\$7<sup>99</sup> lb.</b>
<b>Strawberry Shortcake</b> . . . . . <b>\$14<sup>00</sup> ea.</b>	Old Neighborhood <b>Mortadella</b> . . . . . <b>\$4<sup>79</sup> lb.</b>
<b>Raspberry Chocolate Chip Brownie Bar</b> . . . . . <b>\$2<sup>25</sup> ea.</b>	Boar's Head <b>Provolone Cheese</b> . . . . . <b>\$4<sup>99</sup> lb.</b>
Single-Serve Dessert of the Week <b>Chocolate Pudding Trifle</b> . . . <b>\$2<sup>95</sup> slice</b>	PREPARED FOODS MEALS TO GO!
<b>STORE HOURS MON.-SAT. 7:00 AM - 8:00 PM SUN. 7-7</b> Narragansett, 1183 Boston Neck Rd. (Rt. 1A) <b>new!</b> West Warwick 828-4343   Narragansett 284-2900	<b>Beef Tenderloin</b> . . . . . <b>\$19<sup>99</sup> lb.</b> with Fresh Herb Crust
	<b>Pork Tenderloin</b> . . . . . <b>\$6<sup>99</sup> lb.</b> Char-Crusted
	<b>Grilled Chicken</b> . . . . . <b>\$6<sup>99</sup> lb.</b> Over Penne with Pink Vodka Sauce
	Roch's Own <b>Chicken Salad</b> . . . . . <b>\$6<sup>95</sup> lb.</b>
	Roch's Own <b>Snail Salad</b> . . . . . <b>\$8<sup>99</sup> lb.</b>
	<b>Roasted Vegetables</b> . . . . . <b>\$4<sup>99</sup> lb.</b> Peppers, Squash, Mushrooms, Onions, Garlic & Spices