

North Kingstown High School honor roll

These Jamestown students were named recently to the first quarter honor roll at North Kingstown High School:

From grade 12, Jeffrey Cammans, Chelsea Cordes, Donald Dauphinee, Elsie Desalvo, Alicia Farrell, Gwyneth Henning, Gary Largess, Kyle Lemke, Amanda Mulligan, Ian O'Dwyer, Alex Sugaliski and Jodie Woodside.

Matthew Barber*, Gregory Casey*, Caitlin Crawford*, Alyssa Davis*, Meryl Evangelista*, David Frank*, Elisabeth Gregoire*, Meaghan Hitt*, Caitlin Hull*, Evan Katz*, Alicia Lane*, Michael Marshall*, Shannon Mul-

doon*, Catherine Randall*, and Kelsey Wiggan*;

In grade 11, Oliver Allaux, Leah Baines, Ashley Britton, Jon-Michael Degidio, Wyatt Dunn, Sydney Ferguson, Caitlin Kelly, Emily Miniutti, Natalie Pruell, Kyra Reppe, Michael Robinson, Victoria Ryng, Ashley Smith, Ryan Spahr, Justin Sularz, Brett Uttley, and Courtney Westall. Ashley Amiot*, John Chase*, Jason Gorelick*, Peter Imbriale*, Kate Moreau*, Molly Welsh*, Jeremy Wigton*, and Kelly Wooley*;

From grade 10, Camille Baker, Catherine Brennan, Jessica Bucklin, Jessica Burrows, Alexander

Clarke, Danielle Dutra, Kenneth Lush, Emmelia Lutes, Hadley Neale, Eric O'Neill, Kathryn Safford, Caitlin Salt, Michael Wright, and Eric von Hohenleiten Colleen Bailey*, Cheryl Barber*, Kendra Davis*, Victor Lambert*, Kelsey McDonough*, Ryan Morris*, Gregory North*, Sara Pease*, Alexander Seidler*, Emma Sherer*, and Nathaniel Vigneault*;

In grade 9, Samuel Baines, Allison Bryer, Alexander Byrnes, Victoria Dolce, Quinn Earley, Nicole Ethier, Sarah Golding, Megan Greene, Michael Harpool, Eloise Heath, Rory Kirby, Kaan Kurt, Clay McKenna, Harrison Mielde, Danielle Perez, Hillary Schumacher, Michael Spahr, Dylan Walsh, Jacob Wigton, Christopher Wright, and Kyle Wright.

Eric Bednarczyk*, Eric Budd*, Eliza Chase*, Madelaine Crabtree*, Sarah Croak*, Sarah Crowell*, Emily Lester*, Kelly Scully*, Allison Smith*, and Alice Toll*.

* denotes high honors.

PTO has holiday ideas

The Jamestown PTO has some easy holiday gift ideas for island residents.

Entertainment Books are still available at Baker's Pharmacy and both school offices. These books have two-for-one or discounted coupons for a lot of restaurants and other businesses around the state. Businesses include the movies, Trinity Rep, Providence College and Brown University sports, hotels, restaurants, skating rinks,

bowling, golf, and much more. The PTO also has a wide variety of gift cards available to places such as Brookstone, Ruby Tuesdays, Stop & Shop, KFC, Amazon.com, Gap, Old Navy, American Eagle, Panera Bread, and more. Gift cards are sold at face value with the PTO buying them at a discount. If anyone is interested in buying gift cards or having an Entertainment Book delivered, call Bev Rudman at 423-1528.

Getting help for alcohol problems

Alcoholism has touched nearly every family. There are some 14 million Americans currently battling alcohol addiction, which can lead to breakdown of the family, job loss, stress, anger, depression and life-threatening illness.

Alcoholism is a disease that, according to the National Institute on Alcohol Abuse and Alcoholism, includes four symptoms: craving, loss of control, physical dependence, and tolerance. Alcoholics are compelled to drink. They are unable to limit their drinking on any given occasion, and when not drinking they suffer from withdrawal symptoms such as nausea, sweating, shakiness, and anxiety.

With treatment and support, many individuals are able to stop drinking and rebuild their lives.

The NIAAA suggests that the person should see a doctor or other health care provider. The doctor can help determine whether someone has a drinking problem and, if so, recommend the best course of action.

Area resources

The state Department of Mental

Health Retardation and Hospitals lists several agencies.

For detoxification, there is SSTAR in North Kingstown as a 30-bed residential facility that provides rehabilitation services. The number is 294-0419 or 1-800-RI-SOBER.

For outpatient counseling, the MHRH lists CODAC III in Newport at 846-4150, Child and Family Services of Newport County at 849-2300, Newport County Community Mental Health Center at 846-1213, and Meadows Edge Recovery Center in North Kingstown at 294-7240. For a complete list of services, visit the Web site at www.mhrh.state.ri.us/bh_sa_agencylist.htm.

Alcoholics Anonymous has meetings virtually every day in Jamestown and area communities. In Jamestown, AA meets on Sundays at St. Matthew's church at 4:30 p.m., Tuesdays at St. Matthew's at 5:15 p.m.; Wednesdays, at the PAC, 7 a.m.; Thursdays at St. Matthew's at 5:30 p.m.; and Fridays at St. Matthew's at 5 p.m.

Alanon, for family and friends of people with drinking problems, meets Mondays at the PAC at 6 p.m.



TRICIA'S TROPI GRILLE

CHRISTMAS TREES & WREATHS FOR SALE ON THE PATIO

The heated Tiki Bar will be open Friday & Saturday Nights!

HOLIDAY HOURS:
DINNER THURSDAY 5-9 PM
LUNCH & DINNER ON FRIDAY & SATURDAY 'TIL 9:30 PM
ON SUNDAY 11 AM - 4 PM
CLOSED MON., TUE. & WED.

14 NARRAGANSETT AVE.
423-1490

THE TROPI-GRILLE IS OPEN!



J.H. Breakell & Co.
HANDCRAFTED 14KT & STERLING SILVER JEWELRY

PROVIDING YOU WITH
THE SERVICE YOU DESERVE
OPEN SUNDAYS
CALL AHEAD
YOUR ORDER WILL BE READY
COMPLIMENTARY GIFT WRAPPING

OPEN SUNDAYS 12-5

128 SPRING ST NEWPORT 849-0195



Santa Sale!
NOW THRU CHRISTMAS

EVERYTHING you need ...
for EVERYONE on your list!

BAKER'S PHARMACY
"YOUR COMPLETE PHARMACY"

423-2800 • 53 Narragansett Avenue • 423-2800




Who said there's no such thing as a "Free Lunch?"

Buy Any In Stock Recliner
Sale priced from \$399⁹⁵
and Receive a **FREE \$50⁰⁰**
Brick Alley Pub Gift Card
-Yours to Keep...
or Give as a Gift!

Over 20 Styles
In Stock!

Offer valid 12/7-12/24/06

BEN'S Furniture Co.

166 Thames Street, Newport, RI • 847-5110
Mon-Sat 9-5, Thurs until 8pm, Sunday 12-5
Free parking in back of store