

# The Jamestown Press Almanac

# January 4, 2007

## Town Meetings

Five Day Forecast	
	<b>Thursday</b> Mostly Sunny High: 51 Low: 44
	<b>Friday</b> Rain Likely High: 55 Low: 48
	<b>Saturday</b> Partly Cloudy High: 53 Low: 42
	<b>Sunday</b> Partly Cloudy High: 54 Low: 39
	<b>Monday</b> Scat'd Rain High: 45 Low: 38

Local Tides This Week									
NEWPORT					CONANICUT POINT				
Day	High	Low	High	Low	Day	High	Low	High	Low
Thu	8:04 am	12:55 am	8:26 pm	2:15 pm	Thu	8:11 am	12:49 am	8:33 pm	2:09 pm
Fri	8:49 am	1:42 am	9:12 pm	2:47 pm	Fri	8:56 am	1:36 am	9:19 pm	2:41 pm
Sat	9:34 am	2:27 am	9:57 pm	3:18 pm	Sat	9:41 am	2:21 am	10:04 pm	3:12 pm
Sun	10:17 am	3:12 am	10:42 pm	3:49 pm	Sun	10:24 am	3:06 am	10:49 pm	3:43 pm
Mon	10:58 am	3:56 am	11:26 pm	4:22 pm	Mon	11:05 am	3:50 am	11:33 pm	4:16 pm
Tue	11:39 am	4:41 am	None	5:00 pm	Tue	11:46 am	4:35 am	None	4:54 pm
Wed	12:09 am	5:32 am	12:19 pm	5:42 pm	Wed	12:16 am	5:26 am	12:26 pm	5:36 pm

Almanac Last Week			
Day	High	Low	Precip
12/25	44	29	0.28"
12/26	50	41	0.13"
12/27	43	34	0.00"
12/28	47	33	0.00"
12/29	39	23	0.00"
12/30	44	26	0.00"
12/31	40	28	0.00"

Feel good about yourself:  
**Volunteer!**

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Planets		
	Rise	Set
Mercury	7:16 a.m.	4:13 p.m.
Venus	8:20 a.m.	5:46 p.m.
Mars	5:38 a.m.	2:44 p.m.
Jupiter	4:36 a.m.	2:02 p.m.
Saturn	7:40 p.m.	9:34 a.m.
Uranus	10:08 a.m.	9:17 p.m.
Neptune	9:07 a.m.	7:18 p.m.

Sun/Moon Chart This Week						
	Day	Sunrise	Sunset	Moonrise	Moonset	
Last 1/11	Thu 1/4	7:11 a.m.	4:29 p.m.	5:33 p.m.	8:21 a.m.	First 1/25
	Fri 1/5	7:11 a.m.	4:30 p.m.	6:42 p.m.	8:55 a.m.	
	Sat 1/6	7:11 a.m.	4:31 p.m.	7:49 p.m.	9:22 a.m.	
	Sun 1/7	7:11 a.m.	4:32 p.m.	8:53 p.m.	9:44 a.m.	
New 1/18	Mon 1/8	7:11 a.m.	4:33 p.m.	9:54 p.m.	10:04 a.m.	Full 2/2
	Tue 1/9	7:11 a.m.	4:34 p.m.	10:55 p.m.	10:22 a.m.	
	Wed 1/10	7:11 a.m.	4:35 p.m.	11:55 p.m.	10:40 a.m.	

**Weather History**  
**Jan. 4, 1989** - Up to a foot of snow blanketed the mountains of West Virginia and strong winds in the northeastern United States produced wind chill readings as cold as 60 degrees below zero in Maine. Mount Washington, N.H. reported wind gusts to 136 mph.  
**Jan. 5, 1982** - A three-day rain-storm in the San Francisco area finally came to an end. Marin County and Cruz County were drenched with up to 25 inches of rain and the Sierra Nevada Range was buried under four to eight feet of snow.

**Weather Trivia**  
What is the Bermuda High?  
**Answer:** Each summer, a huge area of high pressure sets up over Bermuda.



## Struggling with alcohol?

The National Institute on Alcohol Abuse and Alcoholism offers help to those who are struggling with addiction to alcohol. According to the NIAAA, the questions that an alcoholic must answer are:  
Have you ever felt you should cut down on your drinking?  
Have people annoyed you by criticizing your drinking?  
Have you ever felt bad or guilty about your drinking?  
Have you ever had a drink first thing in the morning (as an "eye opener") to steady your nerves or get rid of a hangover?

Answering just one "yes" suggests a possible alcohol problem. Anyone who answered "yes" to more than one question is highly likely to be suffering from alcoholism. There are several resources available in the Jamestown area to help with substance abuse issues. For detoxification, the MHRH lists 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 [http://www.mhrh.state.ri.us/bh\\_sa\\_agencylist.htm](http://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.

## The Island Calendar

- Thursday Jan. 4**  
Yoga with Rose Russo, golf course, 8:25-9:40, fee.  
Alcoholics Anonymous, St. Matthew's church, 5:30 p.m.  
Foreign Film Series, library, "Bon Voyage," library, 7 p.m.  
Gamblers Anonymous, St. Lucy's Church, Middletown, 8 p.m.
- Friday Jan. 5**  
Moderate yoga with Kim Chandler, Community Center, 9 a.m., fee.  
Senior bowling, Senior Center, 9 a.m., \$3.  
Beginner yoga with Kim Chandler, Community Center, fee.  
Alcoholics Anonymous, St. Matthew's church, 5 p.m.

- golf course, 9 a.m.  
Sunday worship, Central Baptist Church, 9:30 a.m.  
Sunday service Jamestown Chapel, Senior Center 9:30 a.m., Sunday school at 11 a.m.  
Sunday knitting circle, library, 1-3 p.m.  
Alcoholics Anonymous, St. Matthew's church, 4:30 p.m.
- Monday Jan. 8**  
Alanon meeting, PAC downstairs, 6 p.m.  
Pilates, Community Center, 6 p.m., fee.  
Jamestown Community Chorus rehearsal, Central Baptist Church, 7 p.m.

- Tai chi, golf course, 7-8:15 p.m., fee.
- Tuesday Jan. 9**  
Yoga with Rose Russo, Community Center, 8:25-9:40, fee.  
Thrift Shop, St. Matthew's church, 9:30-11:30 a.m., 423-1762.  
Bridge, Pemberton Community Center, 1 p.m.  
Alcoholics Anonymous, St. Matthew's church, 5:15 p.m.  
Moderate yoga with Kim Chandler, Community Center, 5:30 p.m., fee.  
Women's Bible Study, St. Matthew's church, 7 p.m.  
Jamestown Community Band rehearsal, PAC, 7 p.m.  
Co-dependents Anonymous, St.

- Matthew's church, 7:30-9 p.m.
- Wednesday Jan. 10**  
Alcoholics Anonymous, PAC, 7 a.m.  
Pilates, Community Center, 6 p.m., fee.  
Bible study, Jamestown Chapel, 7:15 p.m., 423-0617.
- Thursday Jan. 11**  
Yoga with Rose Russo, Community Center, 8:25-9:40, fee.  
Alcoholics Anonymous, St. Matthew's Church, 5:30 p.m.  
Latin dance class, Community Center, 5:30 p.m.  
Gamblers Anonymous, St. Lucy's Church, Middletown, 8 p.m.



**First anniversary**  
Karin Bentley and Alexander Shupe celebrated their first wedding anniversary on Dec. 17, 2006. The bride is the daughter of David and Jane Bentley of Jamestown. The groom is the son of Ken and Missy Shupe of Old Orchard Beach, Maine. Karin and Alex now reside in Scarborough, Maine.

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