






# The Jamestown Press Almanac

# March 29, 2007

## Five Day Forecast

	<b>Thursday</b> Sunny High: 50 Low: 33
	<b>Friday</b> Sunny High: 50 Low: 38
	<b>Saturday</b> Mostly Sunny High: 51 Low: 38
	<b>Sunday</b> Few Showers High: 50 Low: 40
	<b>Monday</b> Partly Cloudy High: 52 Low: 41

## Local Tides This Week

NEWPORT					CONANICUT POINT				
Day	High	Low	High	Low	Day	High	Low	High	Low
Thu	5:53 am	12:18 pm	6:10 pm	None	Thu	6:00 am	12:12 pm	6:17 pm	None
Fri	6:41 am	12:13 am	6:55 pm	12:40 pm	Fri	6:48 am	12:07 am	7:02 pm	12:34 pm
Sat	7:22 am	12:47 am	7:35 pm	12:59 pm	Sat	7:29 am	12:41 am	7:42 pm	12:53 pm
Sun	7:58 am	1:20 am	8:11 pm	1:24 pm	Sun	8:05 am	1:14 am	8:18 pm	1:18 pm
Mon	8:31 am	1:55 am	8:44 pm	1:53 pm	Mon	8:38 am	1:49 am	8:51 pm	1:47 pm
Tue	9:04 am	2:30 am	9:17 pm	2:26 pm	Tue	9:11 am	2:24 am	9:24 pm	2:20 pm
Wed	9:36 am	3:05 am	9:50 pm	2:58 pm	Wed	9:43 am	2:59 am	9:57 pm	2:52 pm

## Almanac Last Week

Day	High	Low	Precip
3/19	39	27	0.15"
3/20	48	32	0.00"
3/21	39	21	0.00"
3/22	48	37	0.01"
3/23	57	36	0.00"
3/24	48	33	0.16"
3/25	50	33	0.02"

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*"The problem with winter sports is that - follow me closely here - they generally take place in winter."*

Dave Barry

## Weather History

**March 29, 1987** - Thunderstorms spawned tornadoes in Mississippi, and produced high winds and heavy rain in Louisiana. Thunderstorm winds gusted to 92 mph at Houma, LA, and caused a million dollars damage in Terrebonne Parish.

**March 30, 1987** - A storm spread heavy snow across the Ohio Valley and lower Great Lakes region. Cleveland received 16 inches of snow in 24 hours, their second highest total of record. Winds gusting to 50 mph created 8-12 foot waves on Lake Huron.

## Planets

	Rise	Set
Mercury	5:44 a.m.	4:47 p.m.
Venus	8:00 a.m.	10:10 p.m.
Mars	4:57 a.m.	3:16 p.m.
Jupiter	12:57 a.m.	10:13 a.m.
Saturn	2:40 p.m.	4:50 a.m.
Uranus	5:48 a.m.	5:09 p.m.
Neptune	4:45 a.m.	3:02 p.m.

## Sun/Moon Chart This Week

	Day	Sunrise	Sunset	Moonrise	Moonset	
Full 4/2	Thu 3/29	6:34 a.m.	7:07 p.m.	3:20 p.m.	4:56 a.m.	New 4/17
	Fri 3/30	6:32 a.m.	7:08 p.m.	4:23 p.m.	5:19 a.m.	
	Sat 3/31	6:30 a.m.	7:09 p.m.	5:25 p.m.	5:38 a.m.	
	Sun 4/1	6:29 a.m.	7:10 p.m.	6:25 p.m.	5:56 a.m.	
Last 4/10	Mon 4/2	6:27 a.m.	7:12 p.m.	7:26 p.m.	6:14 a.m.	First 4/24
	Tue 4/3	6:25 a.m.	7:13 p.m.	8:27 p.m.	6:33 a.m.	
	Wed 4/4	6:24 a.m.	7:14 p.m.	9:30 p.m.	6:54 a.m.	

## Weather Trivia

Do some people sneeze after they look into the sun?



**Answer:** Yes, it is due to an allergic reaction of the lower eyelid.

## National Weather Summary This Week

The Northeast will see mostly clear to partly cloudy skies today and Friday, scattered showers Saturday, with the area's highest temperature of 78° in Cahokia, Ill. The Southeast will see partly cloudy to mostly cloudy skies with a few showers and thunderstorms today through Saturday, with the area's highest temperature of 85° in Rome, Ga. The Northwest will see partly cloudy to mostly cloudy skies today through Saturday, with the area's highest temperature of 66° in Pasco, Wash. The Southwest will see mostly clear skies today through Saturday, with the area's highest temperature of 90° in Yuma,

# The Island Calendar

## Thursday Mar. 29

- Open Rec., Community Center, 3-5 p.m.
- Teen night, Community Center, 5:30-9 p.m.
- Alcoholics Anonymous, St. Matthew's church, 5:30 p.m.
- Yoga Flow with Kim Ferguson, 32 Pemberton Ave., 6-7 p.m.
- Latin dancing, Community Center, 5:30-6:30 p.m., fee.
- Swing/ballroom dancing, Community Center, 6:30-7:30 p.m., fee.
- Family caregivers talk, library, 7 p.m.
- Tango dancing, Community Center, 7:30-8:30 p.m.
- Gamblers Anonymous, St. Lucy's Church, Middletown, 8 p.m.

## Friday Mar. 30

- Moderate yoga with Kim Chandler, 32 Pemberton Ave., 9 a.m., fee.
- Senior bowling, Senior Center, 9 a.m., \$3.
- Alcoholics Anonymous, St. Matthew's church, 5 p.m.

## Saturday Mar. 31

- Alcoholics Anonymous, PAC Club, 9 a.m.
- Thrift Shop, St. Matthew's church, 9:30-11:30 a.m., 423-1762.

Sacrament of Reconciliation, St. Mark Church, 3:30-4 p.m.

Weekend Mass, St. Mark Church, 4 p.m.

## Sunday April 1

- Sunday services, St. Matthew's church, 8 a.m. and 10 a.m.
- Sunday Mass, St. Mark Church, 8:30 and 10 a.m.
- Over 40 soccer, Lawn Avenue gym, 9-11 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.
- Alcoholics Anonymous, St. Matthew's church, 4:30 p.m.

## Monday April 2

- Tax assistance for seniors and moderate income residents, library from 10 a.m. - 2 p.m., no fee.
- Open Rec., Community Center, 3-5 p.m.
- Alanon meeting, PAC Club, downstairs, 6 p.m.
- Pilates, 32 Pemberton Ave., 6 p.m., fee.
- Jamestown Community Chorus rehearsal, Central Baptist Church, 7 p.m.

## Tuesday April 3

- Pilates, 32 Pemberton Ave., 9-10 a.m.
- Thrift Shop, St. Matthew's church, 9:30-11:30 a.m., 423-1762.
- Bridge, Pemberton Community Center, 12:30-4 p.m.
- Open Rec., Community Center, 3-5 p.m.
- Alcoholics Anonymous, St. Matthew's church, 5:15 p.m.
- Moderate yoga with Kim Chandler, 32

Pemberton Ave., 5:30-6:45 p.m., fee.

Youth volleyball, Lawn Avenue gym, 6:30-7:30 p.m.

Women's Bible Study, St. Matthew's church, 7 p.m.

Jamestown Community Band rehearsal, PAC Club, 7 p.m.

Adult Volleyball, Community Center, 7-9 p.m.

Co-dependents Anonymous, St. Matthew's church, 7:30-9 p.m.

## Wednesday April 4

- Alcoholics Anonymous, PAC, 7 a.m.
- Morning yoga with Rose Russo, 32 Pemberton Ave., 9 a.m., fee.
- Tax assistance for seniors and moderate income residents, library from 10 a.m. - 2 p.m., no fee.
- Open Rec., Community Center, 3-5 p.m.
- Pilates, 32 Pemberton Ave., 6 p.m., fee.
- Bible study, Jamestown Chapel, 7:15 p.m., 423-0617.
- Over 35 basketball, Lawn Avenue gym, 7:30-9:30 p.m.

## Thursday April 4

- Pilates, 32 Pemberton Ave., 9-10
- Open Rec., Community Center, 3-5 p.m.
- Alcoholics Anonymous, St. Matthew's Church, 5:30 p.m.
- Latin dance, Community Center, 5:30-6:30 p.m., fee.
- Swing/ballroom dancing, Community Center, 6:30-7:30 p.m., fee.
- Tango dancing, Community Center, 7:30-8:30 p.m.
- Gamblers Anonymous, St. Lucy's Church, Middletown, 8 p.m.

## Contra dance set for Fenner Hall

There will be a contra dance on Saturday, April 7, from 7 to 10:30 p.m., at Fenner Hall, 15 Fenner Ave., Newport. This is a time change from previous dances. All ages are welcome and no experience is necessary. Soft-soled shoes are requested and light snacks served will be served during the break. Bob Golder will be calling, with music by Wild Goose Nation.

Directions are available on the website, www.newportdance.org.

Admission is \$7 for adults, \$5 for seniors and students, and children under 10 are free.

## Ballet season tickets offered

Island Moving Co., Newport's resident contemporary ballet company, celebrates its 25th anniversary season with its first ever season ticket offer. Tickets to the Company's New York performances May 10 through May 12, the spring performances at Newport's Great Friends Meeting House, May 17 through May 19, and Flight of Steps at Fort Adams, July 13 through July 22, can be purchased at a 25 percent discount.

Season ticket purchasers will also receive a free pass to the Newport International Film Festival in June.

Tickets are \$15 to \$20 and patrons can use the discount on an unlimited number of subscriptions.

Seating for some performance is limited.

## Town meetings

### Tuesday, April 3

Noon, Town Council agenda deadline.

### Wednesday, April 4

7:30 p.m., library: regular meeting of the Planning Commission.

### Thursday, April 5

7 P.M., Lawn library: regular meeting of the School Committee.

## Easter egg hunt at Shoreby Hill

The Jamestown Women's Club will hold its annual Easter Egg Hunt on Saturday, April 7, at 10 a.m. sharp on Shoreby Green. The hunt will be held rain or shine.

Prizes will be awarded in several categories, including, pre-kindergarten, kindergarten, first and second grades, and third and fourth grades. There will be an egg toss for fifth and sixth grades.

Participants should bring their own baskets to hold candy. The Easter Bunny has been invited.

## Helping elders stay independent

Valerie Topp, director of operations for Home Instead Senior Care, will address the church's pastoral care committee members on Thursday, April 5, at 10 a.m. in the St. Matthew's parish hall. Home Instead is an organization which provides numerous services to elders at home to allow them to maintain an independent lifestyle and to prolong the time before assisted living facilities or nursing homes become necessary.

All are invited to attend this informative session.

## Free rides to health care event

The seventh annual Newport Hospital Health Fair will take place on Saturday, April 14, from 9 a.m. to 1 p.m.

The 9 a.m. opening event will be a speech given by keynote speaker Michael Samuelson, president of the Health and Wellness Institute entitled, "Healthy Lifestyles in Newport County."

From 10 a.m. to 1 p.m., various screenings and educational booths will be offered, as well as special programs for children, and all are free of charge. This one-day event is an educational opportunity for people of all ages.

The Jamestown Medical Fund will provide free transportation. The bus will leave the PAC Club at 8:30 and 9:30 a.m. on April 14 with return trips. Anyone who is unable to get to the PAC Club should contact LuAnn at 423-0550 for door-to-door service or to answer any questions.

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