

Notice to taxpayers

The holiday season is upon us. With all the holiday festivities, taxes may become the last thing on your minds.

If you have not paid your Town taxes, please do so before Christmas week. January 5th is the last day to pay taxes without a penalty.

Payment before the Holiday Season would be appreciated. Wishing you and yours a very Merry Christmas.

Yours truly,

Connie G. Shelton
Tax Collector

Planning Board

The Planning Board after a lengthy review sent a proposed Commercial Property Aesthetics Ordinance to the Board of Commissioners for their consideration.

The Planning Board briefly discussed a problem with certain properties in town that do not have a clear entry for emergency vehicle access in case of emergencies.

The Planning Board voted in favor of rezoning the former Wachovia Bank property from Commercial to Municipal Service. The issue was then forwarded to the Board of Commissioners for their consideration.

There will be a combined meeting of the Planning Board for the months of November and December on Tuesday, December 4th at 3:00 p.m.

CAC - Pine Knoll Shores Gets National Recognition**More Than One Tree City USA on Barrier Islands**

In the May/June issue of *Arbor Day* we did a story about Ocean City, Maryland, and wondered aloud if this were the only Tree City USA that is also a barrier island. We soon learned it is not. Heard from were: Stone Harbor, New Jersey; Miami Beach, Florida; Patrick Air Force Base, Florida; Pine Knoll Shores, North Carolina; and Cape

Canaveral Air Force Station, Florida. Pine Knoll Shores, population 1,700, is four miles long and 3/4 mile wide at its widest point. The goal of this Tree City USA is "to preserve to the maximum extent possible, the maritime forest and shrubbery indigenous to the town." A strengthened tree ordinance and vigorous tree planting are ways in

which this community is fighting back against the ravages of recent hurricanes. And at Cape Canaveral, the folks reminded us that they are probably the only Tree City USA award winner that launches rockets into space. We now wonder, where will be the first Tree City USA in space?

**Squad #65****Health Tips for a Hangover**

The ancient Romans prescribed eating fried canaries to cure hangovers. Fortunately – although none has been proven 100 percent effective - there are plenty of modern remedies:

- **Rehydrate** with water, fruit juices or broth, since many hangover symptoms are a result of dehydration.
- **Consider** taking vitamin B6 or acetaminophen (Tylenol) ibuprofen (Motrin) or naproxen (Aleve). Taken at the time of imbibing, they may have a minor effect in reducing the severity of a hangover.
- **Warning:** Regularly taking acetaminophen (more than four extra-strength tablets daily) if you consume more than two drinks a day may result in liver damage.
- **Try Fructose**, the sugar found in honey and many fruits. Some studies have shown that it accelerates the removal of alcohol from the bloodstream, although other studies have found no effect.
- **The Best Remedy:** The only surefire cure for a hangover is not to get one in the first place. Avoid overindulgence, especially of darker drinks such as red wine, bourbon and brandy. They contain congeners, substances that can produce particularly bad hangovers.
- **Be Smart and Be Safe:** At parties, alternate beverages with fruit juices or club soda... add lots of ice to mixed drinks... sip drinks instead of gulping them. Please don't drink and drive.

Squad 65 welcomes back Andy Smetana, who now has time available and wants to serve his community.

Squad 65 responded to 11 medical emergencies, had 70 training hours, 14 members worked 1550 active duty hours.

Happy and Healthy Holidays from Squad 65.

Submitted By: Maureen Danehy

From the CAC...

Source List for Dune Plants now available at the Town Hall front desk upon request.