Food for Thought

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Shape Up America! 6707 Democracy Blvd., Suite 107, Bethesda, MD 20817. E-mail: suainfo@shapeup.org. Web site: http://www2.shapeup.org/sua/index.html.

Squad 65 responded to 21 medical emergencies, 5 fire calls and 2 transports in the month of August.

Submitted by: Maureen Danehy

WASTE INDUSTRIES SPECIAL BULK COLLECTION Thursday, October 21

We will collect large bulky items such as:

- ✓ Furniture (indoor and out)
- ✓ Mattresses, box springs, bedding
- ✓ Lawn movers (empty of gas and oil)
- ✓ Small appliances (microwaves, mixers, grills, cookers, toaster ovens, etc.)
- ✓ Large appliances (washer, dryer, stove, dishwasher, refrigerator, freezer, water softener, water heater, etc.)
- ✓ Construction and Demolition material (bricks, wood, shingles, plywood, fencing, etc. individual items must be 4 feet or less in length and not over 50 lbs. each, please place loose C&D items in a bag, box or tie into a bundle)
- Other small loose items will need to be placed in a box, bag or tied into a bundle for ease of collection by our men.

We will not be able to collect items such as:

- Ø Oil, Gasoline, Antifreeze or any other liquid
- Lead acid batteries (automotive, marine or lawn and garden equipment)
- ø Tires
- Paint cans which still contain liquid paint
- Aerosol cans
- Trees, limbs, firewood, leaves or landscaping material

Bogue Banks PKS, Branch County



Public Library, of Carteret Public Library

Calendar for October

Preschool Storytime is on Mondays at 10:30 a.m.

During October the Carteret County Arts and Crafts Coalition will display original artwork by area artists representing various media throughout the month.

Bogue Banks Branch Library is now operating under its regular hours of 8:30 a.m. to 5 p.m. Monday through Saturday.

The Bogue Banks Public Library is a branch of the Carteret County Public Library in Beaufort and is affiliated with the Craven-Pamlico-Carteret Regional Library.



Hopefully, we haven't had another hurricane by the time you read this!

The good news is Hurricane Dennis caused no structural damage to the Aquarium; however, several large trees fell on the nature trails, resulting in trail closures until the trees could be removed. The Aquarium's rooftop weather station recorded hourly data during Hurricane Dennis. The highest wind speed gust measured 65 mph, and a little more than seven inches of rain was recorded on Monday, August 31.

Don't forget the Aquarium's ninth annual Surf Fishing Weekend coming up Oct. 8-10. Fishing experts Mae Currin and Joe Malat will be the instructors. Fishing

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