

A BIG BIG THANKS

Well, the hurricane season is over; it was a busy one for sure. We want to thank the Emergency Management team for all their help. There are too many people to thank individually. People serving as callers, the firemen, police, office and phone assistance, damage assessment, Town Commissioners and Staff, Emergency Management Staff at the County level, utilities coordinators, all the EMS folks, those responsible for communication, housing, and information, and all those that called in or came in to offer their assistance.

There is one person we need to single out and that is John Terrell. John retired at the end of this season after doing an outstanding job of serving as Operations Manager for the last three years. John, the Town thanks you.

So, a big thanks to all. We hope we won't need your help next year but if we do we hope we can count on you again.

Commissioner Emily White
Director Dick Stevens
Operations Manager Skip Norcross



Squad #65

This month's article is about 12 Health Facts you should know.

True or False

1. Ulcers are contagious.

True! The discovery that bacteria are involved in most peptic ulcers and can be treated and cured with antibiotics has been one of the most impressive recent advances in medicine. However, "catching" an ulcer is pretty unlikely.

2. You'll catch a cold if you go outside with wet hair.

False! Getting a chill won't cause a cold since a cold is caused by a virus.

3. Wearing two hearing aids is better than one.

True! If you have moderate to severe hearing loss in each ear, and you're often around noise, then two may be better than one.

4. Aspirin protects against cancer.

Possibly True! Recent studies suggest that the long term use of aspirin can reduce the risk of colon cancer.

5. Wearing a copper bracelet will reduce arthritis pain.

False! The most noticeable effect will be discolored skin, not pain relief.

6. Drinking regular coffee can increase your risk of a heart attack.

False! The link between coffee and heart health isn't conclusive. In fact a 1996 study of 121,000 female nurses found that coffee consumption did not increase heart attack risk.

7. Reading in low light is bad for your vision.

False! Reading in low light won't affect your vision, but vision problems can make it difficult to read in low light.

8. Avoid insect stings by wearing light-colored, well fitting clothing outdoors.

True! Dark-colored clothes attract insects and loose-fitting clothes allow access to your skin.

9. Tea prevents cancer.

Possibly True! Polyphenols in black and green tea may prevent cancer development or its spread.

10. For best results, moisturizers should be applied to clean, dry skin.

False! Moisturizers work best with clean damp skin.

11. Chewing gum is bad for your teeth.

Not Really! If it is sugarless, it can actually help fight tooth decay.

12. Heart attack victims beware: Sex puts a strain on your heart.

Not Really! It may be anxiety associated with sex that adds to any increased risk.

Squad 65 responded to 17 medical emergencies, and 1 fire call in the month of October.

Squad 65 wishes everyone safe and healthy holidays!

Submitted by: Maureen Danehy