



Town of Carroll's Summer Newsletter

Summer 2008

Well, a very happy summer to all of you! The spring was a very interesting one, and we were lucky to have a beautiful Memorial Day weekend, something that doesn't always happen. I hope for all, that this is a pleasant summer and that the business owners have a great summer season. I know gas is a big issue but we all need to get away, so let's hope it's to our fine town. I would like to encourage people to let me know if they have something to put into the newsletter, or if there is something they would like to see. My e-mail address is pbandjmore@roadrunner.com; you can still mail me at PO Box 152, Twin Mt., NH 03595, call 846-5714, or, as always, stop by.

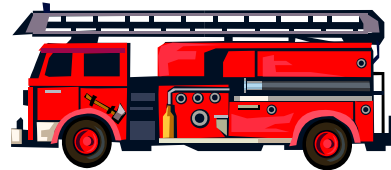
The Twin Mt.-Bretton Woods Chamber of Commerce Summer Music Series

The Summer Music Series will feature local and regional bands and entertainers each Saturday from 7-8:30 p.m. at the Town Bandstand. The bandstand is located at the intersection of Route 3 and Route 302 in the Town of Carroll. These are free concerts geared towards family material. Bring a picnic, blanket and chairs. Snacks and cold drinks will be available for purchase.

The summer line-up:

July 5	Hollow Road
July 12	Mango Groove Steel Drum Band
July 19	Still Kickin
July 26	The Sounds of Scotland
August 2	Mark Shelton and the Swimming Frogs
August 9	Katie Rose
August 16	The Jim and Karrie Band
August 23	Bobbie and Me
August 30	The NH Rock Bottom Band

Twin Mountain Fire Department Auxiliary



The dates for our Pancake Breakfasts have been set and we hope to see everybody there!

Saturday, July 5	7:00-10:30	
Continue the 4 th of July celebration		
Saturday, August 2	7:00-10:30	Mid-summer enjoyment
Saturday, August 30	7:00-10:30	Labor Day Weekend
Saturday, October 11	7:00-10:30	Columbus Day Weekend

TOWN OF CARROLL TOWN CLERK'S OFFICE WILL BE CLOSED

Becki wishes to inform you that she will be on vacation from July 21 until July 26, so her office will be closed.

NEWS FROM THE TRANSFER STATION

Bill asked to let everybody know that by the end of June, the transfer station will be accepting #4, 5, 6, and 7 plastic. Bill has found a buyer for them. He will have bins available for you to put them.

WOMEN'S DISCUSSION GROUP

The ladies had their June meeting at the Four Season's Motor Lodge that included a wonderful barbecue supplied by Lee and Robin Hallquist. The group will not meet in July or Aug. The Sept. meeting will be Sept 2 and we are hoping to have a speaker about skin care. For the Oct meeting, we are having a Party Lite candle Party. It will be at the Town Hall on Oct. 7 and it is open to the public. We are doing this to raise money for the Christmas bags that we do for our older neighbors. Please come, have a snack, and help support.

TWIN MT-BRETTON WOODS HISTORICAL SOCIETY

The Historical Society has been busy planning for the next few months. They are starting to collect for the mile long yard sale, so if any of you are cleaning and have some items that you would like to donate to the Historical Society, please call Mike Gooden, Bill Rines or John Gardiner, and they will make arrangements to pick it up.

They are also busy getting things ready for the annual tractor show and pull that happens on Sunday, Aug. 31. So start getting your tractors ready to show off.

Mr. Woolhouse asked me to remind you that they are also starting to plan for the annual craft fair that they will have on Nov. 29th at the Town Hall. If you have any questions about this, please call Mr. Woolhouse.

The third Christmas ornament is available from Becki at the Town Hall or you can contact Mike Gooden or John Gardiner to get one. This one is of St. Patrick's Church, and they are now making plans for the fourth one that will be of the Crawford House. This is getting to be a wonderful collection of the history of this great town, and you can't beat the price of \$7.00.



We would like to congratulate all the fine young people who graduated from White Mountains Regional High School and wish them all the luck in the world with all that they do.

They are:

**Kerrie Walsh
Adam Selensky**

**Elliot Garneau
William Shaheen**

CONVERTER BOX PROGRAM

Beginning Feb.17, 2009 anybody using rabbit ears on their TV will no longer get any reception. But don't go throwing out your TV's as there is a Converter Box Program available to each household. Starting in Jan. 2008 all households were eligible to request up to two coupons, worth \$40.00 each to be used towards the purchase of up to two digital-to-analog converter boxes. You only need this for analog TVs with antennas, if you have cable or satellite now your TV will still work.

????????Where to get the coupons????????????????

If you have a computer, go to:

<https://www.dtv2009.gov/>

Or call

1-888-388-2009

CONGRATULATIONS TO OUR LATEST PAIR OF NEWLYWEDS

We would like to congratulate Ben, our great Town Moderator, and his lovely new bride, Melissa. They became husband and wife on June 20. Best of everything to both of you in your new life together. (If they're as happy as Ben's mom and dad, they'll have a great life!)

NEW BUSINESS IN TOWN

We would like to start by thanking Jennifer Hancock for her help in the Town Clerk's Office while she worked there. Jennifer has left the office to start a business of her own. On June 1st, she will be opening "Hancock Daycare". She is working to get her license, but can still take kids now. If you need a good daycare or know somebody who does, please get a hold of Jennifer at:

"Hancock Daycare
Jennifer Hancock
391 Lennon Road
Carroll NH 03598
603-846-9832"

Again, thanks for your help and the best of luck on your new adventure.

Town of Carroll Community Pride Day

The Carroll Community Pride Day on May 18 was a great success.

We collected close to 100 bags of refuse as well as 6 bags of recyclable aluminum cans. Thank you to all who participated and a special thanks to Stacey Boone for her help in organizing the event, The Mount Washington Hotel for their hospitality and their food donation, The Twin Mountain Chamber of Commerce for the purchase of pick-up-sticks, the Twin Mountain Snow Mobile Club for donation of food, and The Twin Mountain Fire Department for the lending of the cooking grill. Lastly, our community received a \$400 grant that I applied for to be used for this event. I want to thank Edith Tucker for bringing to my attention this grant offered by North East Power. These monies were used to purchase safety reflector vests. Evan A. Karpf, D.C.

ATTENTION: Three vests and one pick-up-stick were not returned.

Please bring these items to Town Hall. Thank you.

THE HEALTH OFFICER'S CORNER

BY DR. EVAN A. KARPf

The following will provide basic information to benefit the community of The Town of Carroll. Individual circumstances may require professional intervention and/or advice. I, Evan A. Karpf, D.C. and the Town of Carroll make no claims or guarantees concerning the information provided in this column.

Hypertension or High Blood Pressure develops in 40 % of all males in their mid-forties and kills 21,000 men each year. By 55 years of age, 50% will have hypertension and 90 % of all males will develop hypertension in their lifetime. Noncompliance in its treatment results in a 200 % increase in cardiovascular related death. Pre-hypertension, a new category of risk, as defined by The National Heart, Lung and Blood Institute, is 120/80 or higher. A change in lifestyle is recommended to avoid developing full-blown hypertension.

So what can be done to help control this condition?

- Australian Researchers found that CO-Q10, an antioxidant that attacks free radicals, reduced blood pressure by 17 points. They recommend those with a family history of high blood pressure should take 75 to 100 milligrams of CO-Q10 per day.
- Reduced salt intake and perform cardiovascular exercise 30 minutes per day.
- Calm yourself; 20 minutes of meditation a day can lower your systolic pressure, the top number by 5 points and the diastolic number, the lower number by 2.8 points.
- Chiropractic adjustments were found to reduce the systolic pressure by 17 points and 8 points for the diastolic. Doctors at the University of Chicago found that chiropractic adjustments of the Atlas (C1) vertebrae relaxed the arteries at the base of the skull, improving blood flow and a resultant drop in blood pressure.
- Prescribed ACE inhibitors, reduce your risk of heart attack and congestive heart failure. Also, Calcium channel blockers may be prescribed with ACEIs because they lower blood pressure regardless of diet.

As always it is important to work with your doctor in choosing the best course of treatment for you.

?????WHAT'S HAPPENING AROUND TOWN??????

I'm sure a lot of you are aware of some of the changes that have happened in the last couple of months, but just in case, I will catch you up-to-date. As of April 30, Sue Kraabel has retired and is taking time to enjoy herself. Good for her, I know that I'm quite jealous! We interviewed for her replacement, and hired Maryclare Quigley to take her job, so that left her job with an opening, so we were on the search again. Well, this time the best applicant was Rena Vecchio. Now we have an opening on the Select Board, in case anybody out there would like to come join us on Monday evenings. It would only be until elections in March, and then you could run for the one remaining year on that seat. If that's not to your liking, we also have a seat available on the Budget Committee, and that only meets once a month for most of the year.

They are busy finishing up the addition to the fire station and hope to have it completed about the end of June or first part of July. We will be having an open house for all of you to come and see the improvements, so keep your eyes open for flyers around town or ads in the paper, as we have not set the date and time yet.

The highway crew has been very busy up at the recreation area. They have cleared the brush that was around the center and will be seeding it and putting picnic tables out there in the future. I think it makes it look a lot neater up there and opens up the area, so there is less chance for accidents as well as for making more parking. They are also busy fixing up the bathrooms that have needed attention for quite a few years. As always they stay busy keeping the town buildings up to par.

As for some of your neighbors, Gay Jordan has returned home after having surgery and then recouping in Massachusetts for over 7 months. Eleanor Brauns is in Room 129 at The Morrison in Whitefield. You can call her, but please after 4 PM. You may need to let her know who you are as she has some days that are a little better than others. But I'm sure she would be delighted with a friendly face.

I would like to say what a fantastic feeling it was to see our fine town pull together and have a terrific and successful benefit for Mrs. Eleanor Mason. People were so very generous with donations, food, and coming to spend their money the night of the event. A special thanks to all the volunteers who helped to make it all possible, and the Chamber for the donation of the DJ's. A wonderful time was had by all and we managed to raise \$7,000 to help Mrs. Mason with her treatment. This is a fantastic town filled with extraordinary people, thanks.

CARROLL'S CONSERVATION COMMISSION CORNER

Ammonoosuc is an Abenaki word for "fish place". In 2007, the Ammonoosuc River from Lower Falls to Haverhill was officially included in the list of rivers designated under the NH Rivers Management and Protection Program, a program designed to ensure the health of the River for the present and future generations. Recently, an Ammonoosuc River Local Advisory Committee was appointed by the state, including representatives from 7 Towns that share its banks. They voted unanimously to extend the designation of the River from the Lower Falls to Lake of the Clouds to make it complete. They are also in the process of developing a local river corridor management plan which will reflect the specific needs, interests and concerns of the committee and local citizens. River designation increases public awareness and creates a forum for the towns along the Ammonoosuc to coordinate their efforts to protect and manage the valuable River resources.

Maintaining good water quality in our River is important to us as a source of drinking water, and to fish, wildlife, and plants. There are several ways we as stewards of the River can help protect this valuable resource. Riparian landowners especially who have the privilege of living along the River can be most helpful by using good management practices when working on their riverfront property. Often landowners unknowingly remove the

vegetation along the banks in an effort to create a better view of the river or create a manicured look. However, this riparian or river's edge vegetation helps stabilize banks and filter pollution from road and lawn runoff. Riverbank erosion has an enormous negative impact on water quality by degrading riverbanks and increasing the flow of sediment which destroys habitats and deposits sediment where previously there was none. Riparian vegetation creates a protective shield which stabilizes the soil against inclement weather and floods and ice flows which slowly wear away at the banks. These vegetative buffers also support a diverse number of habitats for wildlife. It shades portions of the river which is instrumental in maintaining water temperatures necessary for the survival of certain fish species. Wildlife utilizes these buffers to access the river for food, water and shelter. Wider vegetative buffers become wildlife corridors for larger animals that need to access the river or travel safely through the area. So by simply maintaining the natural vegetation along your riverfront property you will be providing an enormous benefit to our river. The wider the buffer is the better. Just think of all the time and money you'll save eliminating the extra yard work! In addition, the minimal use and proper application of fertilizers and pesticides on lawns adjacent to the buffer can minimize the harmful effects these chemicals have on the River. All of us can help in the health of the River by periodically picking up litter and by supporting efforts to manage its future. Whether you're fishing, swimming, snowmobiling or hiking in or around the banks of our River, the Ammonoosuc provides this town with seasonal scenic beauty and entices tourists to stop and share in its recreational resources. For additional information on how you can protect the health of the River, go to the NH DES website and click on factsheets for a variety of topics.

The Carroll Conservation Commission meets the third Thursday of the month in Town Hall at 7:00 pm. If you are interested in becoming a member, you can call me, Joan Karpf at 846-5505 or e-mail me at Megellana3@aim.com. You can also send me your name and e-mail address if you are just interested in attending free local workshops on environmental topics.

TOWN OF CARROLL LIBRARY NEWS

The Twin Mountain Public Library is really busy at this time of year and will no doubt last during the summer.

We have added more patrons than before and have been utilizing the ILL (Interlibrary Loan) system quite piously.

Our faithful volunteers including Lori Hogan and her son, have begun the Cataloging system by starting with the "Mystery" section. Do come in and see the color code. Since that time, Diane Sweeney has dutifully kept up with other areas and corrected some books that needed revision Ann Fabrizio has also taken part. Before getting started, Georgia Brodeur took it upon herself to start weeding the books so the effort of cataloging would not be wasted with another task. With 15 hours per week, I would say we are very busy. I never wanted to cover books in my life, but here I am, doing it every week. We now have a new computer just waiting until the old one fails for the last time.

The library is always looking for volunteers for many activities, so why not put your name on the list?

We have acquired an HP Printer with a separate scanner should any non-profit group wish to acquire FREE! As usual, we accept hard cover or paperback books as donations to add to our collection or for the next book sale, just let us know which you prefer and that will take place Labor Day weekend.

Librarian Eleanor Mason is doing her therapy and each day there is more improvement. Do visit our small library and find that it is an interesting place to visit and keep busy.

Substitute Librarian Needed

The Board of Library Trustees of the Twin Mountain Public Library is seeking an individual to temporarily fill the position of Librarian while the current Librarian is on medical leave. The position is a paid position for the summer months and the commitment would require 15 hours a week. Prior knowledge of library operations are a plus but not required.

For further information or to make application please contact Trustee John Gardiner at 846-5573, or Post Office Box 36 Twin Mountain, NH 03595

UPDATE ON ELEANOR MASON

Eleanor is progressing every day with her Visual Restoration Therapy. Her left vision field has greatly increased and improved in the short amount of time that she has been doing VRT. She can see things more clearly and easily helping her get back to reading and writing. The VRT program is also helping Eleanor with her progress towards walking with a walker by increasing her left vision field. VRT has been an important part of her recovery and she is grateful for the support received from the community that made it possible to access this program.

EL RANCHO CASSEROLE

- 2 POUND GROUND BEEF
- 2 PACKAGE TACO MIX
- 1 - CHOPPED ONION
- 1 - CHOPPED GREEN PEPPER
- 1 – 10 ½ OUNCE CAN WHOLE KERNAL CORN
- 1 ½ CUP CHEDDAR CHEESE, SHREDDED
- 1 CUP SALSA
- 1 – 7 OUNCE CAN DICED GREEN CHILIES
- 8 - FLOUR TORTILLAS

Brown off ground beef, drain . Sauté chopped onions and peppers in a separate pan. Add to meat, and pour in the can of corn, liquid also, salsa, and the two packages of Taco Mix. Mix well.

Pre-heat oven at 350 degrees.

In a greased round casserole dish the size of the flour tortillas, place a flour tortilla, then some of the meat mixture, diced chilies and shredded cheese, place the next flour tortilla and repeat. On the last flour tortilla, sprinkle cheese.

Place in oven and bake for 30 minutes.

Remove from oven and let stand 10 minutes before serving.

Cut in wedges.

Top with sour cream.

