



Town of Carroll's Spring Newsletter

Spring 2009

Well a very happy spring to all of you! This certainly has been quite the winter season and hopefully a good one for the business owners. I know for them it got off to a slow start, but it sure tried to make up for lost time!!! I know that even as a fan of winter, I am ready for spring and for things to come back to life.

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, or you can still mail me at PO Box 152, Twin Mt., NH 03595 or call 846-5714 or as always stop by.

RECREATION DEPARTMENT

The Recreation Department would like to extend a thank you to all who voted yes on the amended articles 26 and 27. It is helpful to the Department and much appreciated.

LOTS of exciting things are happening in the Recreation Department! For starters the Recreation Committee along with the Women's Discussion Group are having an Easter egg stuffing /wine and cheese gathering on Tuesday, March 31st at 7pm at the Town Hall. This year's Annual Easter Egg Hunt will be held on Sunday, April 5th starting at 10:30 am. The Easter Egg Hunt will be in memory of "Our Town Easter Bunny" the amazing Eleanor Brauns. She was always there for the kids and they loved her. It only seems fitting to honor this great lady--we have a special guest who has agreed to help carry on our Easter tradition in honor of Eleanor. Mo The Clown (out of makeup) will perform from 10:30 to 11:30. The hunt will begin at 11:00 am sharp. Don't be late as the eggs are usually all found in 10 minutes!!

We are also planning to host a teen dance for grades 6 - 10. It will have a tropical theme and we have Father Ray as our DJ!!! Come and join us Saturday, May 30th from 7:30 PM to 10:30 PM at the Town Hall. Admission to the dance is \$3 and a non perishable food donation for our food pantry. Come and help us celebrate the up coming summer season and be a part of helping those in need within our community.

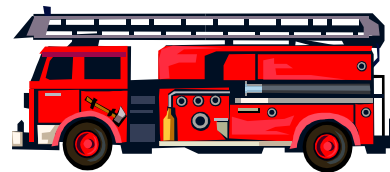
The recreation program is gearing up for another fun filled summer. Positions are available and applications may be picked up at the Town Hall. Sign-up for the summer recreation program will be held on Tuesday, April 28th from 6:30 PM to 7:30 PM. Stop by for an application or sign up with a reservation!!

The recreation program is always looking for more volunteers. Come to the Town Hall on the second Wednesday of the month and be a part of something great.

DON'T FORGET YOUR NEIGHBORS

Please remember that even though the sun is shining and the warmer weather is on its way, some of our neighbors still need a little help. So please remember to support the Town of Carroll Food Pantry. Donations may be dropped off at the town hall. We now have a freezer, so hopefully that will help even more.

Twin Mountain Fire Department Auxiliary



The Auxiliary encourages any interested town resident, 16 or older, to join us. We will be meeting at the fire station on Thursday, April 16, at 7:00 PM and Thursday, May 21, at 7:00 PM.

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

Saturday, July 4 7:00-10:30 AM

Saturday, August 1 7:00-10:30 AM

Saturday, September 5 7:00-10:30 AM Labor Day Weekend

Saturday, October 10 7:00-10:30 AM Columbus Day Weekend

***** LET US RECOGNIZE OUR VOLUNTEERS*****

It would be nice--and is much overdue--that each Newsletter have a list of the volunteers whom we have in our fine town. It would also be nice if we could do something special to recognize them, but this will have to be a start! We'll start with the Budget Committee from 2008, as we haven't had a meeting to get new members, but we are looking! These are Lori Hogan, Ken Mills, Tom Gately, Carmine Fabrizio, Mike Shea. (And Bonnie Moroney by mq) Thanks so much for all the hard work and many hours in meetings. Each year we get a little better at what we're doing..... Our first meeting of the new year is April 22, at 7 PM if you want to join us.

REMINDER – DOG OWNERS

ALL DOGS MUST BE LICENSED BY APRIL 30TH!

TOWN CLERK'S OFFICE IS OPEN

MONDAY: 8:30 AM-3:00 PM & 6:00-8:00 PM

TUESDAY, WED., THURS 8:30 AM-3:00 PM

CLOSED FRIDAYS

A LITTLE HUMOR

Why Parents Drink!

A father passing by his son's bedroom was astonished to see that his bed was nicely made and everything was picked up. Then he saw an envelope, propped up prominently on the pillow that was addressed to 'Dad.' With the worst premonition he opened the envelope with trembling hands and read the letter.

Dear Dad:

It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend because I wanted to avoid a scene with mom and you.

I have been finding real passion with Roxie, and she is so nice. But I knew you would not approve of her because of all her piercings, tattoos, tight motorcycle clothes and the fact that she is much older than I am. But it's not only the passion ... Dad she's pregnant.

Roxie said that we will be very happy. She owns a trailer in the woods and has a stack of firewood for the whole winter.

We share a dream of having many more children. Roxie has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves and trading it with the other people that live nearby for cocaine and ecstasy. In the meantime we will pray that science will find a cure for AIDS so Roxie can get better. She deserves it.

Don't worry Dad. I'm 15 and I know how to take care of myself. Someday I'm sure that we will be back to visit so that you can get to know your grandchildren.

Love,
Your Son John

PS. Dad, none of the above is true. I'm over at Tommy's house. I just wanted to remind you that there are worse things in life than the report card that's in my center desk drawer.

I love you. Call me when it's safe to come home.

COME ONE COME ALL

TO

**THE WOMEN'S DISCUSSION GROUP'S
INDOOR FLEA MARKET AND CRAFT SALE**

APRIL 25, 2009

AT THE

TOWN OF CARROLL TOWN HALL

(in Twin Mountain)

9AM to 3PM

**SOME OF THE VENDERS WHO WILL BE THERE ARE
ZELDA'S PICKLESRHD'S HOMEMADE CANDY***
KAPPLAIN'S BARNBOARD BIRDHOUSES**

AND MANY MORE

PLUS THE TOWN LIBRARY WILL BE SELLING BOOKS

**THERE WILL BE ASSORTED YARD SALE TABLES
INCLUDING ONE FOR THE POLICE DEPARTMENT'S
"EXTRA FUND"**

**THE WOMEN'S DISCUSSION GROUP WILL BE SELLING
BAKED GOODS AND LUNCH IN THE KITCHEN**

8 FT. TABLE RENTAL \$10.00

IF ELECTRIC NEEDED \$5.00

**For information or to reserve tables please contact
Bonnie Moroney PO Box 152, Twin Mt., NH 03595,
603-846-5714 evenings, and if not home please leave message
Or e-mail pbandjmore@roadrunner.com**

SENIOR SOFTBALL

ALL AGES WELCOME

In 1992 five old timers laced up their spikes, strapped on their gloves and honed their bats for a little pitch, catch and batting activity.

Today there are 302 athletes ages 10-80, male and female on 16 teams playing 222 games from Memorial Day to Labor Day at friendly Profile Field. You can get in on the fun by calling 869-CLUB or www.littletonnhseniorsoftball.com

There are 12 pre-season warm-ups 4 or 5:30 PM Saturdays or Sundays Starting May 2nd.

If you are interested please call or e-mail for more information.

SUMMER LIBRARY HOURS

Starting May 23, the summer hours will be:

Monday: 5PM to 8:30PM -- Tuesday 9:30AM to 1PM

Wednesday 1PM to 5 PM -- Saturday 10AM to 2PM

The summer reading program for the children from the Rec. Dept. will start soon after school ends.

The Library has started placing DVD collection of family and PG13 movies on our shelves for patrons to borrow.

Audio tapes and CD are available with many new additions for your listening pleasure.

The public use computer are has been renovated with a new desk and chairs.

MEMORIAL DAY PARADE

The plans are in motion for this year's parade. It will be on May 25th, but the time has not been worked out yet. We are hoping to do something after the parade as a small get together at the fire station.

It would be nice if any of the groups wanted to do a float, enter some old cars or whatever.

Please keep your eyes open for posters telling you all the details. If you have suggestions please call me.(Bonnie)

VALLEY PRIDE CLEAN UP DAY

Plans are in motion for the Valley Pride Clean up Day, on May 9th. We will meet at the Town Hall at 8AM for our assignments and supplies. (We're looking for a group who would like to supply coffee and muffins for the volunteers) After, there will be a barbecue at the Recreation Area. Evan said that there was still one pick-up stick and vest that never got turned in last year, so if you have either of them, please contact Evan. Please keep your eyes open for posters when the time gets closer, and remember how great the town looks after all the trash is picked up. Thanks for all the help in the past. Let's get out there and do it again this year!

THE HEALTH OFFICER'S CORNER

BY DR. EVAN A. KARPf

The following information is to 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.

DID YOU KNOW THAT EACH YEAR:

\$1.1 billion is spent on antibiotics for the treatment of colds which do nothing. Antibiotics do not work on viruses.

\$2.9 billion is spent on over-the counter cold remedies.

\$7.7 billion on physician visits.

There has been no real investigation into the benefits of hot liquids until Ronald Eccles of the Common Cold Centre at Cardiff University in Wales did one such study. His results were published in Rhinology Journal in December. Essentially the study group of 30 students and faculty members received a drink of blackcurrant-and-apple flavored fruit cordial, a popular local cold remedy. Half received it hot and the other at room temperature. The results revealed no change in measured nasal air flow however all reported an improvement in their runny nose, cough and sneezing. Those receiving the hot concoction reported even more relief from the above symptoms as well as fatigue, the chills, and sore throats. Ronald Turner, a cold researcher at the University of Virginia in Charlottesville stated because there was no effect as it regards the stuffy nose, the drink has no objective effect. He also stated that the other relief in symptoms can be explained by the placebo effect. However, a pretty inexpensive alternative to some conventional high cost methods that we know may be ineffective.

CAN COFFEE WARD OFF SKIN CANCER?

Millions of people are affected by Skin cancer annually in the USA. Exposure to ultraviolet or UV radiation increases that risk. The sun the source of UV radiation is generally beneficial, however high exposure of UV can result in cellular damage. This exposure is increased with the use of tanning beds as well as the depletion of the ozone layer. Outdoor recreation a common pass time here in the North Country can result in excessive exposure if we do not protect ourselves during these activities. Some good news is that current research is showing that an ingredient in caffeine may help ward skin cancer. Published in the Journal of Investigative Dermatology, February 2009, a study done on *cultured skin cells*, not human skin showed caffeine helping to destroy cells damaged by UV. This effect prevented the development of potentially cancerous cells. Enjoy your morning Cup of Joe!

DAYLIGHT SAVINGS TIME and a BETTER MOOD?

Dr. David Mischoulon, a specialist in seasonal affective disorder, says that additional sunlight exposure means a potential upgrade to our cheerfulness. Those having a serious case of this disorder may experience depressed mood, change in sleep patterns, changes in appetite, (increased craving for carbs), poor concentration, social withdrawal. Note there are inexpensive light fixtures to help with this disorder during the short days and long months of decreased sunlight.

HAPPY SPRING!

Dr. Evan

WE WISH TO SAY THANK YOU AND GOODBYE

On March 7th a retirement party was held for Pastor Ernie Gault and his wife Deanna. He has been the pastor of the Twin Mountain Free Will Baptist Church for 25 years, and a pastor for 45 years. There were 165 friends and family there to help them celebrate this wonderful day. Pastor Gault and Deanna were presented with a trip to the Holy Land, and a money tree, plus a slide presentation of his life.

Pastor Gault and his lovely wife raised 4 daughters and 3 sons, and have been a wonderful addition to our fine town during their time living here. Pastor Gault was always there to help us with our Memorial Day celebration with an inspiring message and prayer, and driving his great car in the parade. The couple will be retiring to a warmer climate, in Crossville, Tenn.

There will be an interim pastor coming to run the church -- Pastor Kris Casey and his wife Rachel. They have two children, a daughter Kameron 2 years old, and a son, Kaleb 1 year old. We would like to welcome them and hope they find our town as enjoyable as the Gaults have.

We would like to thank the Gaults for 25 wonderful years and for all the hard work they did. We wish them all the best in their retirement.

*******Not A Joke!!*******

Even if you dislike attorneys..... You will love them for these tips.

Read this and make a copy for your files in case you need to refer to it someday. Maybe we should all take some of his advice! A corporate attorney sent the following out to the employees in his company:

1. Do not sign the back of your credit cards . Instead, put ' PHOTO ID REQUIRED.'
2. When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the 'For' line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.
3. Put your work phone # on your checks instead of your home phone. If you have a PO Box use that instead of your home address. If you do not have a PO Box, use your work address. Never have your SS# printed on your checks. (DUH!) You can add it if it is necessary. But if you have it printed, anyone can get it.
4. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a Name, address, Social Security number, credit cards.

Unfortunately, I, an attorney, have first hand knowledge because my wallet was stolen last month. Within a week, the thieves ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more. But here's some critical information to limit the damage in case this happens to you or someone you know:

5. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
6. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).

But here's what is perhaps most important of all: (I never even thought to do this.)

7. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and also call the Social Security fraud line number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the internet in my name.

The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit.

By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them dead in their tracks.

Now, here are the numbers you always need to contact about your wallet, if it has been stolen: 1.) Equifax: 1-800-525-6285

2.) Experian (formerly TRW): 1-888-397-374

3.) Trans Union: 1-800-680 7289

4.) Social Security Administration (fraud line): 1-800-269-0271

FROM THE SELECTBOARD

“Just say NO” is not a viable strategy to conduct the business of the Town of Carroll. Even though the warrant for a new PD was reduced to one dollar, the Select Board would have been able to work and find grants for the project, but due to the fact that it did not pass, our hands are tied.

By not voting for the purchase (and appropriating the funds) of a generator for our disaster preparedness plan, we are now precluded from even applying for grant monies that have recently come available through the state.

This approach to funding in our town cannot continue if we are to ever make the essential capital improvements to our infrastructure. We implore the citizens to learn the methodologies of grant funding and application and to know the true consequences of our actions (and inaction).

We want to see Carroll grow and develop in a manner befitting the character of the community. It takes money and effort to accomplish that. Sometimes “no” is necessary, but the result of the last voting on warrant articles indicates a need for more awareness and education on the funding processes going forward so that we do not continue to miss opportunities. Most grants must have the money available and the projects in motion or completed before we get the money. There are stipulations with these grants, and they need to be done the way the grant applications say it must be done. And of course there are no guarantees that we will get the grant--but we need the money up front to be able to work this process.

MONDAY MEETINGS

Beginning Monday, April 13, we will start a new schedule of meeting every OTHER Monday – so April 20, there will NOT be a meeting. We are doing this on a trial basis through the summer, for several reasons including reducing costs, to see how it works. This way there will only be two weeks between meetings, whereas with the old schedule of twice a month, there could be three weeks between meetings. If we need to return to the weekly schedule, we will.