



Town of Carroll's Winter Newsletter

Winter 2009

*******HAPPY NEW YEAR*******

My--we are off again with another strange winter! First we had plenty of nice fluffy snow and then the rain! It seems like an instant replay from last winter. Hopefully it will get all this out of its system and go back to a normal Carroll Winter! Lord knows the businesses can use the help!! This has been a very busy fall and I'm not sure it's going to slow down to much, as we are busy getting everything ready for the March election. I will be putting out a special Newsletter, around the middle of Feb. and it will tell about the different warrants and people that are hopefully running for offices. I hope that this helps to let you all know ahead of time what is going on before you get to the polls.

As always I am always interested in things you would like to see in the newsletter and if you want to Send me something. Bonnie 846-5714, PO Box 152, pbandjmore@roadrunner.com or drop by.

THE HAROLD GARNEAU BRIDGE

On Nov. 15th, we dedicated the Old Town Road Bridge to Harold Garneau. Harold had worked very hard on this project and because he stayed on top of things he kept things moving along smoothly, so that everything fell into place. The Bridge was renamed the "**Harold Garneau Bridge**"

And this great little town did such a great job of keeping everything a secret that he had no idea!!

I do want to make one apology, during my little speech, I mentioned all the members of the original committee and forgot to mention Bill Rines, I am very sorry, and want all to know the Bill was a very important part of this project and kept very busy with it as well. Thank you Bill and I am very sorry.

Public Hearings

The Public Hearing for the 2009 Budget will be held at the town hall on Jan.7, 2009 starting at 6:30PM This is to go over the budget that the Select Board and the Budget Committee have worked on. They will be going over the entire budget and preparing it to present at the Deliberation Session in Feb.

There will also be a Public Hearing for a bond for a new building for the Police Dept. You will have a Warrant to vote on But the RSA says we must have public hearing about the bond making sure all is done correctly That meeting will be Jan.14, 2009 at 7 PM. Town Hall

NEIGHBOR UPDATES

Gay Jordan is living with her daughter Pam in Millbury, Mass. for the winter while she continues to have PT and regain the use of her leg. She is doing well and being very well cared for. Her address is:

15 Martin St.
Millbury, Mass. 01527

Phone for right now: 508-234-4769 ext. 3308

Peanut and Bill Wright are living in Campton, NH and if you would like to drop them a line the address is:

5 Saddle Back Circle
Campton NH 03223



Harvard University's Alzheimers Test

The following was developed as a mental age assessment by the School of Psychiatry at Harvard University. Take your time and see if you can read each line aloud without a mistake. The average person over 40 years of age cannot do it!

1. This is this cat.
2. This is is cat.
3. This is how cat.
4. This is to cat.
5. This is keep cat.
6. This is an cat.
7. This is old cat.
8. This is fart cat.
9. This is busy cat.
10. This is for cat.
11. This is forty cat.
12. This is seconds cat.

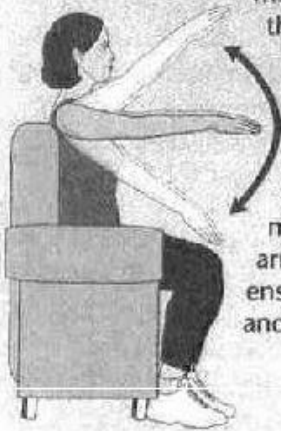
Now go back and read the third word in each line from the top down and I betcha' you cannot resist passing it on.

'Couch Potato' Calisthenics

Here are three simple exercises to do while seated at your desk (you may have to face outward) or in front of the TV, courtesy of Weill Cornell exercise physiologist Andrew Chai.

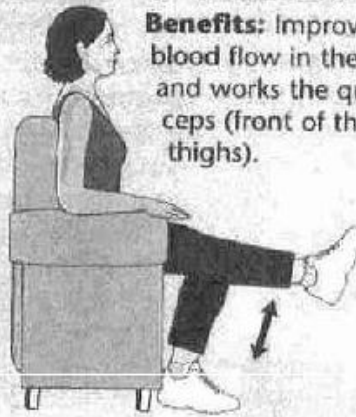
1. Put both arms out in front of you at shoulder level. Move them up and down from knee level to about six inches above your head at a moderate pace 10-20 times (up and down counts as one). The faster you move your arms, the more aerobic the exercise.

Benefits: Improves blood flow in the body and range of motion of the arms; strengthens shoulders and upper back.



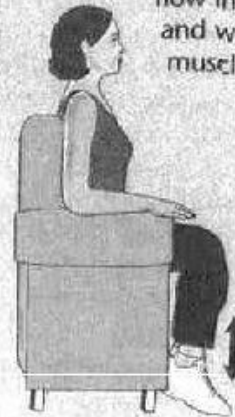
2. Start with your feet on the floor. Kick your right leg up, straightening the knee; return to the start position, then kick your left leg up and down. Alternate legs, kicking up and down 10-20 times. For variety, kick one leg up and down 10-20 times, then the other.

Benefits: Improves blood flow in the body and works the quadriceps (front of the thighs).



3. Start with your feet on the floor. Raise your heels until you're on tiptoes, then lower your heels back down to the floor. Repeat 10-20 times.

Benefits: Improves blood flow in the body and works the calf muscles.



American Cancer Society's 32nd Annual Race To Beat Cancer

This year, the American Cancer Society's 32nd Annual Race to Beat Cancer event will take place in North Conway on Sunday, February 8th at Mount Cranmore Resort. The Race to Beat Cancer is a fun, memorable experience and a great way to raise money to fight cancer. Participants enjoy a day of fun, exercise, and camaraderie, while honoring someone they love who has been affected by this disease. Whether you're a recreational skier, a snowboarder, a downhill racer, a tubing enthusiast, or just want to help in the fight against cancer, you can join this worthwhile event. Participants gather donations from friends and family and enjoy a fun-filled day on the slopes. Minimum contribution of \$75.00 per participant (\$50.00 for those 17 and under) includes a full day lift or tubing pass. To register please go to www.cancer.org/racetobeatcancer or for more information call Kathy Metz, American Cancer Society, Community Executive at 603-356-3719 or (800)ACS-2345.

LADIES DISCUSSION GROUP

The Ladies Discussion Group did very well with the Party Lite candle sale that they did. They raised over \$275.00 dollars and that money was used for the Baskets that are put together for some of our neighbors During the holiday season, to make their holidays a little happier.

We had a lovely pot luck Christmas party at the Four Seasons Motor Inn, thanks to the kindness of Lee and Robin Hallquist. Instead of doing the yankee swap, this year we asked the group to bring a toy to help with the Toys for Tots that was being collected at the town hall. We all had a wonderful time and gave some joy to some young children.

Our Jan. 09 meeting will be held at the town hall but at 6PM on Tuesday Jan. 6th, that way the ladies who play pitch will be able to make that as well. Our Jan. meeting will be to decide what direction this group wants to go. Times have changed since this group was started and we are looking for new ideas to make this group something that all women want to be part of. If you have some ideas, please feel free to come and join us, we would love to have your input.

THE HEALTH OFFICE'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.

Migraine Headaches in Children and Teenagers:

One in ten young people experience Migraine Headaches. Not all headaches are migraine in nature and it is important to differentiate the true nature of the head complaint. It is also important to note that symptoms of migraines in a teenager or child may be different than those in an adult. According to Professor Peter Sawicki of the German Institute for Quality & Efficiency Health Care, a younger person may experience the throbbing pain in the head but may also experience abdominal pain and nausea. Often the visionary changes and auras are not experienced as in the case of an adult.

Even though the exact cause of Migraine headaches is unknown, there are a variety of possible triggers such as certain foods like chocolate as one example. Other potential causes may include stress or the lack of sleep. One way to prevent a headache is to simply avoid known offending triggers. Cold packs on the side of the head in pain as well as a quiet dark room often provide a release from the headache. It is important to note that the same medications prescribed for the adult sufferer often are not recommended for the younger person and may have adverse effects on their growing bodies. There exists a much broader supply of medications to treat the adult migraine sufferer however, medication such as ibuprofen and a drug called paracetamol cause the least side effects in children. Sumatriptan, a migraine nasal spray medication can be used in those older than 12 years of age. As always consult with your health care provider to determine an accurate diagnosis and the best treatment.

For additional information you can visit the web site: <http://www.InformedHealthOnline.org>.

TIP:

A Great Spice for the Holidays is Cinnamon. A tasty additive to your muffins, hot chocolate, apple cider, and much more. Cinnamon not only is an antioxidant but is high in phenols which help prevent cellular damage and this spice that comes in a powder form or a stick also may lower your blood sugar after all those wonderful treats.

The Karpf Family wishes you all a Happy Healthy Holiday Season!

With all that is going on in our fine country people can't help but be nervous and upset. They see years of retirement savings shrinking, and places closing and unemployment going up. It's during times like this that tempers start flying and things are done and said that normally would never happen. But it's times like this that we need to work together and try to look at the big picture that if we stick together we can make it through just about anything. So because of this I have attached the following little story to make you stop and think a minute and hopefully look at things a little different.

The Wooden Bowl

I guarantee you will remember the tale of the Wooden Bowl tomorrow, a week from now, a month from now, a year from now.

A frail old man went to live with his son, daughter-in-law, and four-year - old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table .But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess 'We must do something about father,' said the son.

'I've had enough of his spilled milk, noisy eating, and food on the floor.' So the husband and wife set a small table in the corner.

There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl. When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone.

Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence. One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, 'What are you making?' Just as sweetly, the boy responded, 'Oh, I am making a little bowl for you and Mama to eat your food in when I grow up. The four-year-old smiled and went back to work. The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done. That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled. On a positive note, I've learned that, no matter what happens, how bad it seems today, life does go on, and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he/she handles four things: a rainy day, the elderly, lost luggage, and tangled Christmas tree lights. I've learned that, regardless of your relationship with your parents, you'll miss them when they're gone from your life. I've learned that making a 'living' is not the same thing as making a 'life..' I've learned that life sometimes gives you a second chance. I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. I've learned that if you pursue happiness, it will elude you but, if you focus on your family, your friends, the needs of others, your work and doing the very best you can, happiness will find you. I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one. I've learned that every day, you should reach out and touch someone. People love that human touch -- holding hands, a warm hug, or just a friendly pat on the back. I've learned that I still have a lot to learn. I've learned that you should pass this on to everyone you care about I just did.

TWIN MOUNTAIN SNOWMOBILE CLUB

The 1st prize for the 2009 Twin Mountain Snowmobile Club Raffle is
2009 Skidoo GS X 500 Far-E Start
Plus 5 other Cash Prizes
Tickets are \$20.00 each or 6 for \$100.00

Valentine's Day Dance and Raffle @ Twin Mt. Town Hall \$8 pp or 2 for \$15 (BYOB) RAFFLE DRAWING, door prizes & 50/50 raffle & FOOD (donated by local businesses). Feb. 14, 2009, 8pm-12am

Monthly meetings are Jan. 21, 2009, March 18,2009, April 15,2009 (Nomination of Officers) to be held at the 4 Season's Motor Inn starting at 7 PM and May 20,2009
At the Carlson's Motor Lodge, for Election of Officers also starting at 7 PM
The Feb 13th meeting & Dance setup @ Twin Mt. Town Hall at 7 PM

Many thanks to all the great people who helped to support the Toy for Tots that was being collected for. It's good to see that no matter what we can always try to make sure each child has a nice Christmas and knows that people care about them.

MAY YOU AND YOURS HAVE A HAPPY AND HEALTHY 2009