



Town of Carroll's Spring Newsletter

Spring 2010

We made it through another winter, not the worst winter, but by all means one of the strangest, nationwide. Here's hoping that we have a great spring and better summer than last year. It sure would be wonderful if all the folks that manage to get gardens in don't have all the problems that they had last summer and get great crops from their labor.

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.

Twin Mountain Fire Department



Auxiliary

The Auxiliary would love to see some new faces so if you have an interest, feel free to stop by! We meet monthly during the summer, normally at the station on the third Thursday, at 7pm.

Our first Pancake Breakfast will be held on Saturday, July 3, 2010 at the fire station. The time is 7:00am - 10:30am, and the cost is still just \$6 for adults and \$3 for children under 12.

Karen Moran, President 846-5935
Donna Matz, Vice President 846-2253
Kelly Trammell, Secretary 846-5464
Bobbi Amirault, Treasurer 846-5030

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**PLEASE REMEMBER TO SUPPORT OUR TOWN'S
FOOD PANTRY
HELP YOUR NEIGHBORS WHO AREN'T AS
FORTUNATE AS YOU.
THANKS TO ONE OF OUR GOOD
NEIGHBORS WE ALSO HAVE A FREEZER TOO.
THANK YOU!**

FROM THE TOWN CLERK'S OFFICE DOG LICENSE for 2010

Reminder that all dogs must be licensed by
April 30th

License fees are male or female \$9.00
Spayed or Neutered \$6.50
1st dog for owners over 65 \$2.00

Current rabies certificates need to be presented at time of licensing.

Office hours: Mon - Thurs. 8:30 - 3:00

Town of Carroll Winter Newsletter – Correction

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

The members of the Recreation Committee are: Lori Hogan, Cyndi Smith, Jenn Hancock and Corena McGee. Although Judi Scalley is one our largest community volunteers, we have yet to be successful in persuading her to become a committee member.

Corena has been a member of our committee for more than 7 years and has been instrumental in hosting parties and activities for the children sometimes single-handedly. She is a valued member of our committee and we wouldn't want her effort to be overlooked. In addition to the nice thank you in the newsletter, a special thank you to Corena for your hard work and dedication to the children of Carroll.

**TWIN MOUNTAIN PUBLIC LIBRARY
SPRING 2009**

Heart Attacks And Drinking Warm Water

This is a very good article. Not only about the warm water after your meal, but about Heart Attacks. The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit while eating. For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

Common Symptoms of Heart Attack...

A serious note about heart attacks - You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive. A cardiologist says if everyone who reads this tells it to 10 people, you can be sure that we'll save at least one life. Read this & share with a friend. It could save a life....

**STATUS OF THE TWO POLICE DEPARTMENT
VEHICLES**

Now that the election is over and the replacement of the Police Cruiser was not passed for the second year in a row, we feel that you need to be kept informed about how much it costs to keep these vehicles on the road.

In 2009 we spent \$16,479 on the Dodge Charger. And it was under warranty for half the year.

In 2010 as of 03-29 we have spent more than \$5,000. The Select Board asked legal if we could go after the dealer using the Lemon Law, but were told that municipalities are not allowed to do that, so we are still checking to see if there is anything we can do.

In 2009 we spent \$7,450 on the Tahoe.

In 2010 as of 03-29 we have spent \$3,751 on the Tahoe and it is currently in the shop.

Just a point of interest, to date we have spent \$20,195 on maintenance of the Charger. That is not including all the warranty work that was performed at no charge. Nor does it include the hourly rates of pay for officers who were required to drive it back and forth 5 times to Hillsboro and Peterborough when it was new to keep re-fixing things. Those trips were always at least 8 hours and were usually OT rates.

HOURS:

MONDAY..... 4:00PM TO 8:00PM

TUESDAY..... 9:00AM TO 1:00PM

WEDNESDAY.....1:00PM TO 5:00PM

SATURDAY.....10:00AM TO 1:00PM

TRUSTEES OF THE LIBRARY MEET IN THE LIBRARY ON THE THIRD MONDAY OF THE MONTH AT 7:00PM. THE PUBLIC IS INVITED TO ATTEND

SPRING GREETINGS FROM YOUR LIBRARY!

"CUT THE CARBON KITS"-THE LIBRARY HAS KITS AVAILABLE TO PATRONS. THE KITS ADVISE HOW TO SAVE ON ELECTRIC USAGE IN YOUR HOME.

"MAKE A SPLASH!" THAT'S THE THEME FOR THE SUMMER READING PROGRAM! THE CHILDREN FROM THE "TWIN MOUNTAIN RECREATION DEPARTMENT" WILL BE VISITING THE LIBRARY ONE DAY EACH WEEK THIS SUMMER TO ENJOY BOOKS ABOUT SMALL AMPHIBIANS THAT LIVE AROUND WATER, BUGS, AND OTHER OUTDOOR CREATURES. A SPECIAL MAGICIAN, MUSIC MAKER, AND STORYTELLER ARE IN THE PLANS TO VISIT THE LIBRARY FOR THE CHILDREN'S ENTERTAINMENT.

NEW BOOKS: BAD BLOOD: FREEDOM & DEATH IN THE WHITE MOUNTAINS, BY CASEY SHERMAN; BRICK LAYER, BY NOAH BOYD; HALF BROKE HORSES, BY JEANNETTE WALLS; HOMER & LANGLEY, BY E.L. DOCTOROW; HOUSE RULES, BY JODI PICOULT; KINGDOM OF OHIO, BY MATTHEW FLAMING; MAKING ROUNDS WITH OSCAR, BY DAVID DOSA; SILENT SEA, BY CLIVE CUSSLER; SPLIT IMAGE, BY ROBERT PARKER; LOITERING WITH INTENT, BY STUART WOODS, GIRL FROM JUNCHOW, BY KATE FURNIVALL,, AND MORE ON THE SHELF OF OUR "NEW BOOK AREA."

AUDIO BOOKS: FIRST RULE, BY ROBERT CRAIS; THE WOLF AT THE DOOR, BY JACK HIGGINS, DEATH OF A VALENTINE, BY M.C.BEATON; UR, BY STEPHEN KING; LAST SNOW, BY ERIC VAN LUSTBADER, AND A FEW GREAT DONATIONS FROM OUR GENEROUS PATRON, WHICH INCLUDE BOOKS BY FERN MICHAELS AND JANET EVANOVICH.

DVD'S: AMELIA, PHANTOM OF THE OPERA, INSPECTOR LEWIS SERIES 2, AND JULIE & JULIA. MANY OF OUR NEW BOOKS, AUDIO BOOKS AND DVD'S ARE GENEROUS DONATIONS FROM OUR PATRONS, PEOPLE IN THE COMMUNITY AND OTHER LIBRARIES. NEW AND BESTSELLING TITLES ARE PURCHASED BY THE LIBRARY THROUGHOUT THE YEAR.

BUDGET COMMITTEE WARRANT ARTICLE

The warrant for electing the Budget Committee members passed so our moderator, Ben Jellison called legal to see how we move forward with this. Legal stated that we should set up the elections for next year. So next March we will be having elections for all new budget committee members. There will be two- 3 year terms, two-2 year terms and three -1 year terms. So be sure to think about who you would like to elect to work on your future budgets and have them ready to run. If you are interested in seeing how it works the present Budget Committee meets the third Wednesday of the month, the first meeting for the start of the new year will be April 21 at 7 p.m. at the Town Hall

Dad at the Mall

I took my dad to the mall the other day to buy some new shoes (he is 92). We decided to grab a bite at the food court. I noticed he was watching a teenager sitting next to him. The teenager had spiked hair in all different colors: green, red, orange, and blue. My dad kept staring at him.

The teenager would look and find him staring every time. When the teenager had had enough, he sarcastically asked, "What's the matter, old man? Never done anything wild in your life?"

Knowing my Dad, I quickly swallowed my food so that I would not choke on his response, knowing he would have a good one, and in classic style he did not bat an eye in his response: "Got drunk once and slept with a peacock. I was just wondering if you were my son."

UPDATES AFTER THE ELECTION

The budget committee in trying to save money on the budget this year, suggested that we change the use of the Recycling Equipment Special Revenue Fund to Recycling Special Revenue Fund and use \$30,000.00 of that money for this year only to pay the bond for the transfer station. Well we needed a 2/3 majority vote to be able to change the use of that fund. This didn't happen, so the money was not included in the budget. So before we get much of a start in the new year budget we are already \$30,000.00 over what we had expected.

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MEMORIAL DAY

It may seem early but we are in the process of planning for the Memorial Day Parade and hopefully the barbecue after. We have two new people who have recently moved to our little town and purchased the Motel part of the Zermatt. Their names are Andrew and Barbara Martel. Andrew has been very much involved in veteran type activities in Rhode Island, and has approached me to get involved with the Memorial Day activities.

We would like to have the children decorate their bikes or baby carriages as some did last year and again there will be prizes for the best ones. So start thinking about what you can do to decorate yours.

Please be sure to look for the posters that we will put out when the time is closer, and if you have any suggestions please let me know, and if you meet Andrew and Barbara, please give them a great big welcome.

VALLEY PRIDE DAY

There has been a Valley Pride Day for the last few years, but Evan Karpf who has been organizing it, said that he would not be doing it this year because of too many other obligations. We hope that as so many of you have done in the past, you will continue to take pride in your town, and clean up around your homes and maybe your neighbor's, if they are unable to do so. Please help to keep our town beautiful.

BENEFIT FOR BRENDAN QUIGLEY

May 1, 2010, there will be a dance and raffle to benefit Brendan Quigley. Brendan is the son of Maryclare and Eddie Quigley and had a very bad ski accident several weeks ago, requiring being airlifted to Dartmouth Hitchcock and several days in the ICU followed by surgery to repair the damage on his jaws. Friends are putting together the benefit to help Brendan with the costs of all this till he is able to get back to work.

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We were approached and asked about putting business card advertisements in the newsletter. The cost to do this is \$10.00 for the four newsletters during the year. The money goes into the general fund to help with the cost of paper and printing of the newsletters. If you are interested contact Bonnie or the Town Hall. Only business card size.

PHONE ON THE WALL.. HELLO

When I was a young boy, my father had one of the first telephones in our neighborhood... I remember the polished, old case fastened to the wall. The shiny receiver hung on the side of the box. I was too little to reach the telephone, but used to listen with fascination when my mother talked to it. Then I discovered that somewhere inside the wonderful device lived an amazing person. Her name was "Information Please" and there was nothing she did not know. Information Please could supply anyone's number and the correct time.

My personal experience with the genie-in-a-bottle came one day while my mother was visiting a neighbor. Amusing myself at the tool bench in the basement, I whacked my finger with a hammer, the pain was terrible, but there seemed no point in crying because there was no one home to give sympathy. I walked around the house sucking my throbbing finger, finally arriving at the stairway. The telephone! Quickly, I ran for the footstool in the parlor and dragged it to the landing. Climbing up, I unhooked the receiver in the parlor and held it to my ear.

"Information, please" I said into the mouthpiece just above my head. A click or two and a small clear voice spoke into my ear. "Information. ""I hurt my finger..." I wailed into the phone, the tears came readily enough now that I had an audience. "Isn't your mother home?" came the question. "Nobody's home but me," I blubbered. "Are you bleeding?" the voice asked. "No," I replied. "I hit my finger with the hammer and it hurts." "Can you open the icebox?" she asked. I said I could. "Then chip off a little bit of ice and hold it to your finger," said the voice...

After that, I called "Information Please" for everything. I asked her for help with my geography, and she told me where Philadelphia was. She helped me with my math. She told me my pet chipmunk that I had caught in the park just the day before, would eat fruit and nuts. Then, there was the time Petey, our pet canary, died. I called, Information Please," and told her the sad story. She listened, and then said things grown-ups say to soothe a child. But I was not consoled. I asked her, "Why is it that birds should sing so beautifully and bring joy to all families, only to end up as a heap of feathers on the bottom of a cage?" She must have sensed my deep concern, for she said quietly, "Wayne, always remember that there are other worlds to sing in." Somehow I felt better. Another day I was on the telephone, "Information Please." "Information," said in the now familiar voice. "How do I spell fix?" I asked. All this took place in a small town in the Pacific Northwest. When I was nine years old, we moved across the country to Boston. I missed my friend very much.

"Information Please" belonged in that old wooden box back home and I somehow never thought of trying the shiny new phone that sat on the table in the hall. As I grew into my teens, the memories of those childhood conversations never really left me. Often, in moments of doubt and perplexity I would recall the serene sense of security I had then. I appreciated now how patient, understanding, and kind she was to have spent her time on a little boy.

A few years later, on my way west to college, my plane put down in Seattle. I had about a half-hour or so between planes. I spent 15 minutes or so on the phone with my sister, who lived there now. Then without thinking what I was doing, I dialed my hometown operator and said, "Information Please."

Miraculously, I heard the small, clear voice I knew so well. "Information." I hadn't planned this, but I heard myself saying, "Could you please tell me how to spell fix?" There was a long pause. Then came the soft spoken answer, "I guess your finger must have healed by now." I laughed, "So it's really you," I said. "I wonder if you have any idea how much you meant to me during that time." "I wonder," she said, "if you know how much your call meant to me. I never had any children and I used to look forward to your calls. "I told her how often I had thought of her over the years and I asked if I could call her again when I came back to visit my sister. "Please do", she said. "Just ask for Sally." Three months later I was back in Seattle. A different voice answered,

"Information."

I asked for Sally. "Are you a friend?" she said "Yes, a very old friend," I answered.

"I'm sorry to have to tell you this," She said. "Sally had been working part time the last few years because she was sick. She died five weeks ago."

Before I could hang up, she said, "Wait a minute, did you say your name was Wayne?" "Yes." I answered. "Well, Sally left a message for you. She wrote it down in case you called. Let me read it to you." The note said, "Tell him there are other worlds to sing in. He'll know what I mean." I thanked her and hung up. I knew what Sally meant. Never underestimate the impression you may make on others. Whose life have you touched today?

Why not pass this on? I just did..... Lifting you on eagle's wings. May you find the joy and peace you long for. Life is a journey... NOT a guided tour.

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

Most of us generally consume many hidden calories of sugar each day. This represents 430 empty, (no nutritional value) calories that contributes to those unhealthy pounds we would like to shed. There are many other health reasons why this consumption of sugar should be avoided. Diabetes, Type II is growing in record numbers in this country and the involvement of children is significant. Diabetes can lead to loss of eye sight, circulation issues that may lead to amputation and many other serious health concerns like pancreatic cancer and heart disease.

The Good Housekeeping Complete Household Handbook reads three ideas for reducing one's sugar intake.

- 1) Brew your cup of 'Joe' with a cinnamon stick or vanilla bean. Flavored creamers can contain 6 gram of sugar.
- 2) 12 grams of sugar, about 50 calories can be added to your morning pancakes. Substitute fresh fruit.
- 3) When baking you can often reduce the amount of sugar in the recipe by one third.

Did you know that carrots contain polyacetylenes? Beta-carotene is not the only cancer fighting compound found in carrots. A recent study found that polyacetylene, particularly falcarinol significantly impacted cancer cells. These compounds are also found in parsley, celery, parsnips, and fennel. In the study human intestinal cells when exposed to these compounds demonstrated powerful anticarcinogen effects. Precancerous cells were also less likely to become cancerous as well when exposed to the compounds. So What's Up Doc, Carrots are Up and can be enjoyed raw, as soup, as a snack, your vegetable at dinner, juiced and many other ways. Oh, by the way they are also good for your eyesight.



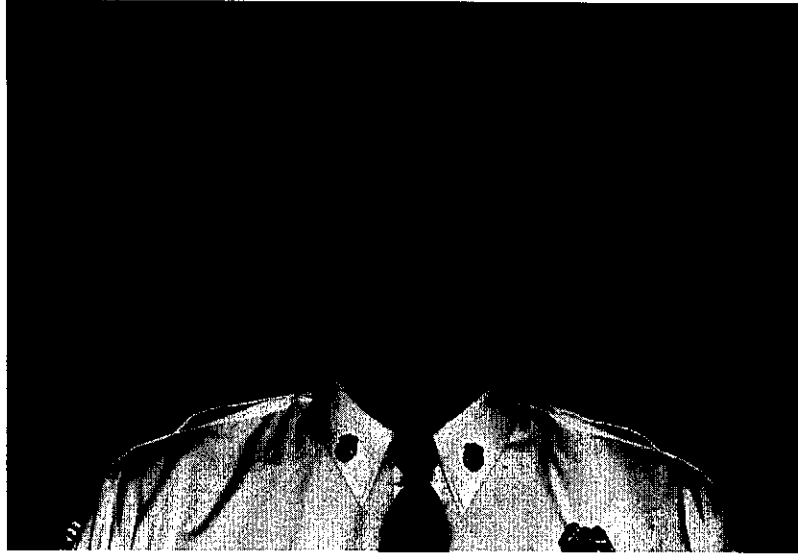
TOWN OF CARROLL CONSERVATION COMMISSION SENDS A FRIENDLY TIMELY REMINDER FROM NH FISH AND GAME:

Don't feed the habit

As snow disappears in the early spring hungry bears leave their winter dens. Early spring offers the promise of abundant bear foods, but yields no such benefit until grasses grow, bulbs sprout and flowers bloom. Hungry bears lack the option to wait for spring growth. Although bears are generally shy and usually avoid humans, their need for food and their fondness for sunflower seeds often draw them to New Hampshire bird feeders.

Here are some suggestions to prevent your bird feeder from becoming a bear feeder:

- Complete your bird feeding activities by **April 1** each year. Don't feed the birds until late fall (the birds will do just fine).
- Bears are clever. This, coupled with their strength and agility, make it very difficult to establish bear proof bird feeders.
- Purposeful feeding can result in the bears getting accustomed to humans. This "habituation" of bears may cause a variety of conflicts with humans. The end result may be the removal (most often with lethal consequences) of the offending bear.
- Encourage your bird-feeding friends and neighbors to adhere to these guidelines. Be reminded that many people have an irrational fear of bears. A black bear's presence in a residential area may create fear among neighbors and lead to negative consequences for the bear.



Long time Carroll Fire Fighter Retires

Dick Vinal, a veteran firefighter from Carroll retired recently after over sixty years in the Fire Service. Dick Joined the Twin Mountain Fire Department in 2000 and had served the town for nearly 10 years. His specialty for the department was in water supply and pumping and he served as a Water Supply Officer for most of his time with the department.

Dick started his career in 1949 as a call member of both the Dracut and Pelham Fire Departments. Over the course of his career he rose to the rank of Deputy Warden and Deputy Chief and served in those capacities for nearly 35 years. He witnessed firsthand the emergence technology in the fire service. When he first began his career they were using mostly garden type hoses and rubber turn out gear. The first so called "modern apparatus" arrived in 1961 and changes came fast and furious from then on. Despite the changes, Dick was able to keep his level of proficiency up by attending numerous courses and trainings both locally and at the Meadowood Fire Academy.

As the owner of a construction company, Dick was afforded the necessary time to devote to his love of the fire service. Some of his more memorable fires during his career were the mill fires in northern Massachusetts such as the Malden mills fire as well as several others. Dick considers it an honor to have been able to serve the public and with his increase in spare time he plans to concentrate on his skiing and traveling.

A gracious thank you goes out to Dick and his family, from all the departments and people he has served, for his service and the sacrifices they have made over the past 60 years.

