



Town of Carroll's Winter Newsletter

Winter 2008

A very Happy New Year to all my friends and neighbors. Winter started off like it was going to be one like I used to see when I was a kid, but it seems to have slowed down; sure hope it kicks it back in so all the winter sports and enjoyments will abound and all our business owners will have a good season.

As always I want to encourage you to let me know if there is something you want to see in the newsletter; the next one will be out for 1st of April, so please get me your information before then. 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.

Annual Pot Luck

We had the 2nd annual Pot Luck in Oct. and all that attended had a great time and plenty to eat. We hope to encourage more to come out the next time we have it; maybe we should have it in the spring instead. Kathy Saffian made a Broccoli Salad, and I had requests for the recipe, so here it is: Let us shower her with Birthday cards!!

Broccoli Salad

2 qts. Broccoli Flowers cut small
1cup celery cut fine
1 ½ cup raisins (soaked in warm water 10 minutes, Drain & semi-dry on paper towel)
16 slices Bacon (1lb) cooked crisp
1 ½ cup salted dry roasted peanuts crumbled.

Dressing:

2 cups Mayo
¾ cup sugar
4 tbs. Cider Vinegar
small amount of chopped onion and black pepper
½ tsp Curry powder – optional

Chill dressing overnight before mixing with Salad ingredients. Mix all ingredients together And keep refrigerated until ready to serve.

Keeping Tabs on Your Neighbors

I want to make sure that all of you know that our oldest member of the Town of Carroll is turning 95 years old on Jan. 7th. I am speaking of Eleanor Brauns, of Parker Rd. She will be moving to The Morrison Room 301, 4 Terrace St. Whitefield, NH 03598

Gay Jordan, is still on the mend, staying with her daughter, Pam and husband Ken. Not sure of when she will be home, but hopefully soon. Her address is: 15 Martin St., Millbury, Ma. 01527. and I'm sure she would love to hear from all of you.

THE LASTEST FROM OUR PD

For those of you that have access to a computer, we would like to let you know that the Town of Carroll Police Dept. has a website where they post their report. You can find it at: carrollpd.org

JUST AN FYI

Last winter Munroe's Restaurant was closed but this year they are open all winter.

7:30AM – 1:30PM Sun, Wed. & Thurs.
7:30AM – 8PM Fri. & Sat.
They are closed Monday and Tuesdays

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.

FOR THE LADIES:

Osteoporosis (results of a recent BoneHealth Survey), effects 44 million Americans 50 years old and greater. It is estimated that 10 million individuals already have the disease and nearly 34 million have Osteopenia (low Bone Mass) that puts them at risk for osteoporosis. Most common symptom is pain secondary to fracture. Did you know that one in two females older then 50 years of age suffer with an Osteoporosis related fractures from simply lifting a bag of groceries, rolling over in bed, or a simple sneeze. Women's rate of bone loss is most rapid in just few years following menopause when the ovaries stop producing estrogen a hormone that help prevents Bone loss.

Risk Factors for Osteoporosis:

- 1) Female.
- 2) Advanced age.
- 3) Estrogen deficiency.
- 4) History of fracture after the age of 50.
- 5) Caucasian
- 6) Low body weight and body mass index.
- 7) Family history of Osteoporosis.
- 8) Smoker.
- 9) Excessive alcohol use.

Prevention of Osteoporosis can be accomplished through several practices to include diet, exercise and supplements. Vitamin D helps with the absorption of calcium and is manufactured through the skin with exposure to sunlight. Calcium can be found in green leafy vegetables such as spinach, broccoli as well as dairy products and supplements. Folate is often left out in terms of its beneficial effects in lowering homocysteine that has been strongly linked to Heart Disease, Alzheimers, and Bone Thinning in females. Folate is a B-vitamin; Folic Acid is the synthetic form of Folate. The Recommended Daily Allowance is 400 micrograms, however the current thought is 700 micrograms is optimal. Folate is readily available in whole grains, spinach, lentils, asparagus, chickpeas or kidney beans

LADIES DISCUSSION GROUP

The next meeting for the ladies group will be Jan.15th at the Town Hall at 7Pm to discuss the coming year's programs.

Feb 5th at the Town Hall at 7PM

March 4th 7 PM at Town Hall for the Meet the candidate's night. Come and See the great people running for the Open offices and ask your questions.

OPEN OFFICES THAT NEED TO BE FILLED

Selectman – 3 years
Moderator – 1 year
Treasurer – 1 year
Supervisor of the Checklist -
 one 6 year position
 one 2 year position
Library Trustee – 3 years
Cemetery Trustee -
 one 2 year position
 one 3 year position

You can file to run with Town Clerk from Jan. 23 – Feb 1. Please step up to fill them.

There are two dates that you should try to make a point to try and come and express your feelings.
Budget Public Hearing – Jan 9th, at 7 PM at the Town Hall and the Deliberation on Feb 5th at 7 PM

I want to include some information about some things we will be voting on in March. This will hopefully give you time to think about it and know that these are things that we may need. For many years things that should have been done or worked towards getting done, were left to the way side. Our town is growing fast and it will not be slowing down too soon. We need to start moving to the future, because if we don't do it, the price in the future will be a lot more then it is even now.

The first thing I wish to bring up is the warrant article that you will see to replace the Ammonoosuc Bridge to Old Town Road. We have a once in a life time chance to replace this bridge and the state will reimburse the town 80% of the cost. The original date that they were going to pay us back was 2011, but due to federal concern about bridges falling down, they have moved it up to 2008. If we don't pass this, the next time we will have to pay 100% of the cost to replace it. There are people that feel that we should not have to replace this bridge, that the people who live on Mt. View Lane and Old Town Rd. could use the back way that comes out by Foster's. Well let me answer that question the best that I can. There are over 15 tax payers living in that area that need a way in and out of their property. That bridge is the only one that the town owns; yes it belongs to the town. The so called back road that comes out at Foster's Cross Road Sports is an old Railroad bed that is under the jurisdiction of the State of NH Dept of Resources and Economic Dev. and they have only been allowing us to use this right of way temporarily. In their words---"All towns are permitted to use the state owned corridors for emergency purposes only. Such purposes would include any situations in which the Police or Fire Chiefs are managing an emergency." The state uses this as a recreation trail and is in constant contact to see what the status is on the bridge replacement, as they will not allow us to keep using this right away for private traffic.

The state mandates what size the bridge needs to be, but we have worked with them and can put a 14 foot bridge that can use the existing abutments, and place a 6 foot recreation bridge next it, for less money then it would be to put the 20 foot bridge in that the state first requested. The new recreational bridge would also tie into the new bike trail as well.

The existing bridge is a historic part of the town, and the committee has worked out a new location for the bridge to be moved to. It will be relocated over Little River on Rte 3. to be used for the future bike and recreation trail.

Please give this a lot of thought because this is an important problem that needs to be dealt with and this is one of those times we need to step up to the plate.

Another warrant we are putting us is an increase for the Elderly Tax Exemption. With the increasing value of Property and not a large increase in Social Security, our seniors are having a very hard time staying in their homes. We need to help them be able to live in their homes as long as they can. So we are proposing an increase to the existing exemption that will match up with the values and today's society. There are not that many people that fall into this category so it will not be a major impact on the town, but it could mean the difference of a senior being able to stay in their home or not. So please give this a lot of thought.

We will be seeing a warrant for \$2,000 to support the Coalition Communities and below is a message sent to you that we are not out of danger of going back to being a donor town. We need this group and need your support to help make sure this does not happen again. This is serious, please contact your Reps and Senators, and vote to pass this money to help them.

Gov. Lynch has reaffirmed that he will push for a constitutional amendment on education funding when the Legislature convenes next month. If the Legislature does not pass the constitutional amendment, we will never be rid of the Statewide Property Tax and the threat of being Donor communities again. It is very important that you begin speaking with your local State Representatives and State Senators ASAP about the need for them to support this amendment, as well as to your School Board. The Governor, in today's Union Leader, said an amendment that would allow the State to target aid to the neediest schoolchildren rather than spend the same amount per every schoolchild is "the right public policy for the state and the best public policy for educating our children, and it's a policy that is consistent with that which is followed in 45 other states in the country." Remember: It takes a 60 percent vote of the Legislature to advance an amendment to

voters, where it needs to win two-thirds approval. Our Coalition lawmakers need to support this amendment!

We are working with Bretton Woods on 2.8 acres of land for a future Fire Station, but we will need these Engineering designs to help us know what needs to be done and what it will cost to do this. Please give this some thought.

BUILDING STUDY AND FEASIBILITY COMMITTEE

Warrant Article Proposal

To see if the Town will vote to raise and appropriate the sum of \$52,000 (Fifty Two Thousand Dollars). Said monies to be used to pay for design and engineering plans for a new Police Station to be built on the Town Hall property and a Fire Station to be built on land donated to the Town by Bretton Woods Land Co. LLC.

Why does the town need these facilities?

- The current temporary Police facility does not meet Federal or State requirements for handling of prisoners, juvenile offenders, ADA, etc.
- In addition this rented facility is not sufficient to accommodate long term growth and costs the tax payers approx. \$25,000 per year. If purchased (approx. \$500,000) renovations to make it last 10 years are estimated to cost in excess of \$300,000.
- The community is expected to grow at a rate of 70-80 homes per year in Bretton Woods for the next 10 to 12 years and additional growth in other areas of town of 15-20 homes per year. Substantial non-residential development will be accompanying this.
- Existing facilities will not support this growth, this proposal does.
- This proposal protects the public safety and tax base for the foreseeable future.

What does this proposal provide?

- Site Engineering Design Drawings
- Architectural Design Drawings
- Structural Design Drawings
- Ability to accurately estimate costs to complete these facilities
- Site Engineering Includes:
Site survey, Building site and location, existing grades and proposed re-grading, drainage plan, utilities location and routing, driveways, parking and basic landscaping
- Architectural Design Drawings
 - Building footprint and layout, exterior elevations, materials details, interior floor plan
 - Structural Design Drawings
 - Engineering details, foundation plans ,framing plans

Town of Carroll
Town Clerk/Tax Collector
PO Box 88
Twin Mountain, NH 03595

Dear Dog Owners of Carroll NH

This is a friendly reminder that your dog should be licensed by April 30th.

The fees are as follows:

Fees

Non Neutered Male/Female	\$9.00
Spayed/Neutered Animal (must bring must bring certificate of spay or Neuter	\$6.50
1 st Animal owned by a Senior Citizen	\$2.00
Puppies (3-7 months)	\$4.50

Penalty

For every month after April	\$1.00
When you receive a certified letter (for not having dog licensed)	\$25.00

Please bring a copy of current rabies certificate, and spayed/neutered certification. If your dog is no longer among us, please drop a card to let us know That way we can update our files and not send out a certified letter to you.

I'm not sure that all of you have any idea what your fire chief Jeff Duncan does. I had no idea until I asked him and after asking him I can see why the fire dept. feels that they need another full time person. Attached please find what The job entails:

Personnel Functions

May 30, 2007

The following are duties and functions performed by the Fire Department

Inspections:

1. Certificate of Occupancy inspections. At present about 20 new buildings require CO's per year. As the build out of Bretton Woods is begun that number should conservatively jump to about 50 per year. Access to some units is usually only available on weekends. The inspection itself takes about 1 hour and then the documentation takes about an additional 2 hours per unit unless there are issues.

60 Hrs

2. Assembly Inspections. Each place of Assembly requires an annual assembly permit and 2 inspections per year with at least 1 conducted during normal operation period. These inspections average about 2 Hours per inspection and 1 hour of documentation. Currently there are 37 such occupancies in the town of Carroll

222 Hrs

3. Foster Care Inspections. These take about 1 ½ hour to do and 1 hour to document. There are currently at least 6 in the town of Carroll.

15 Hrs

4. Equipment Inspections: Weekly checks of all apparatus and associated equipment should be performed to verify proper working condition and all items properly stocked. The average length of time per vehicle is about 1 ½ Hours multiplied by 5 vehicles

390 Hrs

5. Other inspection duties are biannual school inspections, following up on life safety (health) complaints, keeping updated on changing code changes (2 Hrs /week)

102 Hrs

Total 785 Hours

Emergency Calls:

1. Fire Department averages about 70 (40 during the week) calls during the day per year. The average time of a call is about 1 ½ hours with an additional 1 hour of documentation. The State of NH requires a computer generated report (NHFIRS) for each Medical and Fire call. This form takes about 20 minutes per run

175 Hrs

2. The Ambulance averages about 140 (90 during the week) calls during the day per year. The average time of a call is 2 hours with 1 additional hour to be dedicated to documentation. The State of NH requires a computer generated form (TEMSIS) be filled out for every EMS run. This form takes a statewide average of 27 minutes.

270 Hrs

3. Additional Documentation. The previous forms (TEMSIS & NHFIRS) must be completed for all applicable calls. FD calls an additional 80 per year and EMS calls 130

210 Hrs

Total 655 Hours

Additional Duties:

1. 911 signs and posts

40 Hrs

2. Investigations- The town of Carroll averages about 4 structure fires per year. The average length of time per inspection is about 20 hours

80 Hrs

3. Monthly EMS supply inventory 1 Hr.

12 Hrs

4. Burn permits- the Twin Mountain Fire Department issues about 300 permits per year. Each permit takes roughly 10 minutes to complete.

50 Hrs

5. Annual inspections of equipment. Ladder inspections, SCBA pack and mask inspections, Cascade inspection, vehicle inspections twice per year, pump tests.

30 Hrs

6. Documentation of hours worked/ time sheets, jobs performed 30 min. / week

26 Hrs

7. Administration- Bill payments, supply orders, record keeping, ambulance billing, schedules, personnel record updating 15 hrs per week

780 Hrs

8. Training- In order to keep an EMS license must complete 36 hours of refresher classes and 36 hours of continuing Ed as well as a 4 Hr CPR recert. every 2 years. In addition Fire department members are required to attend in service trainings and meetings. 3 Meeting are held monthly and generally last 2 Hrs each.

110 Hrs

9. Monthly Mutual and Quarterly mutual aid meetings are held that generally take about 2 Hours

32 Hrs

Total 1200 Hours

There are numerous other duties that are performed on a daily basis such as attending Town meetings such as Select Board, Planning Board or Zoning Board (another 120Hrs/year) but just including these hours equals about **2640 Hours per person.**

Not included in hours is any necessary item that may occur on daily basis- washing apparatus, cleaning station, day to day person that comes into the station for minor injuries, BP checks, salesmen (phone and drop in) for updated products or needs.

An average calendar work year consists of

1872 Hrs per year

((40Hrs /wk X 52 Wks / Year) -120 Hrs for vacation and -88 Hrs for town holidays) not including any sick days (80 Hrs per year)

I have shown you this for two reasons, to give you a clearer idea of what your fire dept does, also since this was calculated in May, with the beginning of large scale commercial development, the inspection time/ researching information has more than doubled. I am going to include two of the warrants that you will be seeing at election, please take time to Think about them.

To see if the Town will vote to authorize the Select board to enter into a five year lease purchase agreement for the purpose of leasing an engine for the Fire Dept. Further, to raise and appropriate the sum of one hundred and fifty five thousand dollars (\$155,000) as a down payment and first payment for the lease. Out of this amount ninety thousand dollars (\$90,000) is to come from the Fire Dept and Ambulance Apparatus, Equipment and Personnel Special Revenue Fund and sixty five thousand dollars (\$65,000) is to be raised thru taxation. Upon completion of the lease, the Town of Carroll will be allowed to purchase the Engine for a nominal cost. This lease contains an escape clause. Majority vote required.

To see if the Tow will vote to raise and appropriate the sum of forth three thousand dollars (\$43,000) to hire a new full time EMT/Fire-fighter. This amount includes salary and benefits and is figured as three quarter (3/4) of the maximum starting salary of thirty five thousand dollars. This position will be used to staff the station with daytime coverage of at least one person 7 days per week.

These warrants and other will be discussed in more detail at the Deliberation, so please make a point to come and listen and ask your questions.

Historical Society

The new ornaments are in for this year. They are of the St. Patrick's Church
You can purchase them at the town hall or contact,
Mike Gooden 846-5536
They are still a reasonable \$7.00 and worth every penny.

Twin Mt. Snowmobile Club

Valentine's Day Dance and Skidoo Raffle--February 16
Twin Mt. Town Hall \$8 pp or 2 for \$15
(BYOB)
RAFFLE DRAWING
door prizes & 50/50 raffle
& FOOD (donated by local businesses)
The Raffle for the Snowmobile will happen that evening as well, only 500 tickets sold -get yours today!!!

I am sorry that this is so long and that I included so much information. But I am hoping that if you can take this home and read it at your leisure and have time to think about it and hopefully come out and ask your questions that at voting time things will be easier. Thank you all for your time, and patience.