

## Town Department Heads

**State Senator:**  
Jim Hamper..... 287-1505

**State Representative:**  
Helen Rankin.....625-4620

**Selectmen:**  
Tom Klinepeter.....935-2107  
Rick Eastman.....542-6822  
Paul Naughton.....935-4273

**Town Manager:**  
**(treasurer & Tax Collector)**  
Sharon Jackson.....935-2805

**Town Clerk:**  
Theresa Shaw.....935-2805

**Public Works Director**  
(Road Com & Transfer Station)  
Gary Whitten.....935-2772

**Police Chief:**  
Phillip Weymouth.....935-3323

**Fire Chief:**  
Richard "Ozzie" Sheaff.....935-2615

**Fryeburg Rescue:**  
Steve Goldsmith.....935-3024

**Recreational Depart:**  
Rick Buzzell.....935-3933

**Code Enforcement Officer:**  
Katie Haley.....935-2805

**Animal Control Officer:**  
Kathleen Hathaway.....935-3197

**Eastern Slope Airport:**  
David Cullinan.....935-4440

**Fryeburg Library:**  
Donnette Barnes.....935-2731

## COMMENTS , IDEAS & SUGGESTIONS

Email to:  
[donnawbe@gmail.com](mailto:donnawbe@gmail.com)

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## Jonathan Sarty and the Cold River Radio Band CD Release Sunday December 8th at Leura Hill Eastman Performing Arts Center Fryeburg, Me. Showtime 7pm/Doors open at 6:30pm

New England based performing artist Jonathan Sarty releases his new album "Cold River Radio Standards Volume 1" a collection of Classic American Jazz Hits as performed with his new Cold River Radio Band. This live performance will be held at the Leura Hill Eastman Performing Arts Center in Fryeburg, Maine Sunday, December 8th at 7PM.

Jonathan Sarty has received recognition throughout New England as a charismatic, versatile, and dynamic performer. As host of the New England based radio variety show, the Cold River Radio Show, Sarty has performed a selection of classic standards with his Cold River Radio Band. The popular new show held live bi-monthly at Theater In the Wood and broadcast on 93.5 WMWV features authors, storytellers, and musical acts, but the December album release is an exclusive Jonathan Sarty and the Cold River Radio Band performance. The combination live and studio album covers material Sarty performs with his Cold River Radio Band, a collective of Boston based musicians and special guests.

Doors open to general public at 6:30pm. Concert tickets are \$15 and are available at Spice and Grain Natural Foods Store in Fryeburg, White Birch Books in North Conway NH, J-Town Deli in Jackson NH, WatersEdge Gallery in Bridgton, online at [Coldriverradio.com](http://Coldriverradio.com), or at the door until sold out.

## Compromise Where and When You Can - a letter from Bangor Maine

*Ref: Open Letter by Mike Corthell, vol 11, Issue 7  
(a pdf of this paper can be found on [www.fryeburgbusiness.com/](http://www.fryeburgbusiness.com/) October Issue)*

Dear Residents of Fryeburg,  
The geographic location of Fryeburg locates it between a rock and a hard place: Maine and New Hampshire.

Having grown up in this lovely town, attended Fryeburg Academy, saw the process of change take place from '55 onwards to the present day, it has gone through the process of 'urban' renewal on a small scale. Physical and financial tax based changes are costly. Our mother, living on SS approved a tax increase on her property assessment to assist the town building the new middle school because she felt education was very important.

Managing the finances of a community is not easy: balancing budgets, meeting new appropriation requests, holding down inflation on existing fixed costs while matching the needs of residents based on their income and property values. Perhaps an initial review of where the town spends the bulk of its money, where have costs risen sharply and where can you hold or postpone immediate expenditures, is a means of stabilizing the budget.

Fryeburg's downtown/central business area has disappeared obviously. A new service oriented business, e.g. Subway, contributes some new tax revenue and minimum-wage paying jobs. Fryeburg continues to be a bedroom community to the White Mountain business district and not a healthy business environment for manufacturing businesses. The State of Maine regulatory and tax system is at fault here, not the town. Again, the rock and hard place. You have a lovely town with fine educational opportunities, fire, security and rescue services, nice homes, a great fairgrounds and parks for a variety of activities aside from the annual fair, and an excellent base of well-educated and socially-minded residents. Compromise where and when you can.

Cordially,  
Tom Hardcastle



# FRYEBURG TOWN MATTERS

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Due to the varied sources for information, Town Matters may be subject to errors from time to time. We apologize for any inconvenience this may cause and strive for accuracy in keeping the community aware and involved. Thank you for your understanding and feedback.

Check out: [fryeburgbusiness.com](http://fryeburgbusiness.com)

Vol 11 • Issue 8 • Editor: Donna Woodward - 207-441-8170 - [donnawbe@gmail.com](mailto:donnawbe@gmail.com) • Nov 2013

## November is American Diabetes Month

It's a time to focus on diabetes prevention and control. An estimated 24 million children and adults are living in the United States with diabetes, and an additional 57 million Americans are estimated to be at risk. That translates to one out of every three children born today facing a future with diabetes. The first step in diabetes prevention and control is education.

### WHAT IS DIABETES?

Diabetes is a disorder that affects the way your body uses food for energy. Normally, the sugar you take in is digested and broken down to a simple sugar, known as glucose. The glucose then circulates in your blood where it waits to enter cells to be used as fuel. Insulin, a hormone produced by the pancreas, helps move the glucose into cells. A healthy pancreas adjusts the amount of insulin based on the level of glucose. But, if you have diabetes, this process breaks down and blood sugar levels become too high.

### TYPE 1 verses TYPE 2:

There are two main types of full-blown diabetes. Type 1 diabetes is a completely different disease from Type 2 Diabetes. People with Type 1 diabetes are completely unable to produce insulin. People with Type 2 diabetes can produce insulin, but their cells don't respond to it. In either case, the glucose can't move into the cells and blood glucose levels can become high. Over time, these high glucose levels can cause serious complications.

### Can I Prevent Diabetes?

Prevention is possible for type 2. Healthy eating, maintaining a normal weight and daily exercise will not only help you feel your best, but may reduce your chances of getting diabetes.



Miranda Leavitt and her family are from Fryeburg. Miranda was diagnosed at the age of 13 with Type 1 diabetes and sadly passed away in 2007 at the age of 22 from diabetes complications. The Miranda Leavitt Diabetes Fund was founded in 2008 in her honor as to carry on her desire to help educate, assist, and fund those who need assistance in managing diabetes. Through dedication and hard work by her family, friends, and a caring community the MLDF has raised over one hundred thousand dollars to date to carry on Miranda's mission. Miranda's fund is administered by Memorial Hospital in North Conway, NH. The Diabetes Center at Memorial Hospital will be named the "Miranda Center" this month in her honor and will provide education on health, wellness, and healthy living for prevention of type 2 diabetes. The "Miranda Center for Diabetes" serves Carroll County and western Maine and is available to over 15,000 people by way of providing testing for diabetes, medications, food, education in the schools and communities on prevention, and more.

If you would like to learn more about diabetes, apply for assistance, help the mission by volunteering or make a donation please go to the MLDF website ([www.mirandaleavittdiabetesfund.com](http://www.mirandaleavittdiabetesfund.com)). We all know someone that faces the challenges of this life threatening disease. Let's pledge this month to help make a difference and get involved in the fight against Diabetes. Let's work for a cure!



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**The White Mountain Community Health Center**

Last month we wrote about the Affordable Care Act and the new Marketplace it created to make buying health insurance clearer and more affordable. Since then, the Marketplace has opened and people have begun to enroll in the new health insurance plans it offers. Here are some answers to some common questions.

- **I can't get the website to work for me. What can I do?**  
As you've probably heard or experienced, the online system for the Marketplace has been overwhelmed and having problems. While these glitches are being fixed, you have a few options. You can try to sign up during hours when there's less traffic – early in the morning or later at night or you can use the call center to submit an application over the phone, at 1-800-318-2596, or ask them to mail you a paper application.
- **I have health insurance. Do I need to do anything?**  
Most likely, no. You're considered covered if you have Medicare, Medicaid, CHIP, any job-based plan, any other plan you bought yourself, COBRA, retiree coverage, TRICARE, VA health coverage, or some other kinds of health coverage.
- **I can't afford to buy health insurance. Do I really have to?**  
You should apply through the Marketplace and see what your options are before you decide that you can't afford health insurance. Many people will qualify for tax credits that will make monthly premiums more affordable. You can estimate your premium after subsidies through the calculator at [kff.org](http://kff.org).
- **I'm having trouble signing up because I need a question answered.**  
If you don't buy health insurance before the open enrollment period is over on March 31, 2014, you may need to pay a penalty. But many people will be exempt from this fee. If you cannot afford health insurance, you will likely qualify for an exemption.

Healthcare.gov has the answers to a lot of questions you may have. You can also use the call center (1-800-318-2596), or contact a local organization that can help. Bridgton Hospital and Sacopee Valley Health Center can help Maine residents sign up for health insurance. If you are a New Hampshire resident, White Mountain Community Health Center has staff who can help you or go to [localhelp.healthcare.gov](http://localhelp.healthcare.gov) to find help in another area.

**MAINE REAL ESTATE SALES UP 20% - PRICES CLIMB 7+% IN AUGUST**

It looks like the National Real Estate recovery is finally starting to hit Maine. Buyers and sellers are showing continued interest in single-family existing homes across the state. According to Maine Listings, statewide sales jumped 20% in August. The median sales price (MSP) for the 1,506 homes sold in August reached \$182,000—an increase of 7.06%. The MSP indicates that half of the homes were sold for more and half sold for less. The National Association of Realtors reported that single-family existing home sales across the country rose 12.8% in August, and the national MSP of \$212,200 represents a 14.4% price increase.

"There's a continued optimism in the market," said Bart Stevens, President of the Maine Association of Realtors. "It continues to be a great time to list and sell in Maine overall, and those thinking of doing so need to consult with a Realtor knowledgeable of the local area early in the game."

Sellers need to understand the importance of staging their homes correctly, and those who prepare properly are selling faster. There are a lot of motivated buyers out there. Below is a chart showing statistics for Maine for the month of August statewide.

2012 Sales: 1255	2013 Sale: 1506	Change: 29.0%
2012 MSP: \$170K	2013 MSP: \$182K	Change: 7.06%

The number of homes sold in Oxford County is increasing, however, the Median Sales Prices are lagging behind the Statewide numbers a little. We're catching up, though!

**The Fryeburg Library by librarian, Donnette Barnes**

Fryeburg Library will once again be offering an AARP Driver Safety Course on Tuesday, November 5th from 10:00 a.m. to 3:30 p.m. There will be an hour break for lunch, a fee of \$14.00 and a limited number of spaces, so please call the Library at 935-2731 to reserve your space (advance registration is required). This is a 4-hour course designed to help drivers learn about defensive driving techniques, new traffic laws, rules of the road and much more. Also, insurance companies in the State of Maine are now required by law to give discounts to drivers 55 years of age and older who complete the course. Discounts of any kind are always appreciated in this economy.

By the time you are reading this article we should have quite a few new books and DVD movies. Some of the "new" books are ongoing series by the following authors: Clive Cussler; Diane Mott Davidson; Jude Devoreaux; Julie Garwood; Sue Grafton; Sarah Graves; WEB Griffin; Erin Hunter; J A Jance; Faye Kellerman; Kathryn Lasky; Debbie Macomber; Carla Neggers; Louise Penny; Kathy Reichs; Rick Riordan; Karen Robards; Nora Roberts; Charles Todd, plus some biographies, cookbooks, many stand-alone novels, non-fiction books and 12 new DVDs. Stop by and start reading your favorite authors' new books or watching some new movies.

I hope you all had a chance to stop by the Agricultural Building at the Fair and check out our first annual Library display. We received a "Second Place" ribbon in the "Special Display" category. We are so happy to be representing our town library at the fair and will try even harder next year for a "First Place" ribbon. Not that it's all about the ribbons, but more about representing our town and library at this great fair. (Ribbons are nice though, I have to admit it) I could not have done it all by myself and had tremendous help from Peter and Emily Fletcher in the set-up and taking-down processes. A HUGE THANK YOU from me to them and if you see them out and about let them know how much you appreciated their efforts.

Our library is open Mon-Wed 9am-4pm, Thur 9am-1pm, 1:30pm-4pm, and Sat 9am-noon. We offer two public computers, printing, copying, faxing services, inter-library loan, book discussion group, writers group, storytime and toddler play time. We have free Marvel.com, Ancestry.com, and Portland Public Library cards. Please call the Library at 935-2731 to get further information on any or all the services we provide. Thank you to our loyal patrons, it is always a pleasure to see your smiling faces and assist you whenever we can.

**Fryeburg Area and Bridgton Rotarians  
Serving Baked Potatoes at the Fryeburg Fair**

Each year the Fryeburg Area Rotary Club and the Bridgton Rotary Club get together to raise funds by selling delicious baked potatoes at their booth during the Fryeburg Fair. Rotary International encourages the joining of two or more clubs to encourage camaraderie between different Rotary Clubs. All Rotarians of both clubs enjoy the Potato Booth Project.




**Inside the Potato Booth**

L to R: Emma Bodwell, Cathy Cote, Vic Rollins, Milo Robinson, and Dick Cote.

L to R: District Governor Carolyn Johnson, Ben Rollins, Peter Johnson, Sam Nesbitt, and Dick Enright



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**Town of Fryeburg by Town Manager, Sharon Jackson**

A public hearing was held October 17th to provide information and cost options to repair, replace, or remove the Red Iron Bridge. A representative from MEDOT was there to discuss the condition of the bridge and why it was closed almost a year ago. There will be no cost to the Town if the bridge is removed. However, if the bridge is replaced it is estimated that the Town and MEDOT will share the cost of \$1.2 million and will share the cost of \$1.5 million to replace. Fryeburg voters will be able to vote on November 5th by referendum ballot at the American Legion on Bradley St. Absentee ballots are also available at the town office.

It is time to license your dogs. Cost is \$6 per dog. All dogs must be licensed by December 31, 2013. You will have to pay a \$25 penalty fee on February 1st if your dog has not been licensed by January 31st. Please bring your rabies vaccination paperwork with you when you come to the town office. If you do not have a copy handy a record is available at your pet's vet office and can be faxed or emailed to the town office for you.

The Town Office will be closed Monday November 11th and Thursday & Friday November 28th and 29th; Wednesday December 25th and Wednesday January 25th. The Town Office hours are Monday, Tuesday, Wednesday and Friday from 8 – 4; and Thursday 12 pm to 6:30 pm.

Selectmen meetings are scheduled for November 7th and 21st and December 5th & 19th.

Joshua Potvin has been hired to fill a full time opening at the Police Department. Josh has been working for us as a reserve officer since January 2013. He is a graduate of the police academy with 15 years of experience. His experience will enable him to perform the duties of Police Sergeant/Detective.

Transfer Attendant Ed Holt has been hired to fill the full time opening at the Public Works Department due to an opening created by the retirement of Gary Whitten. We are in the process of hiring a new attendant at the Transfer Station. Only vehicles with a Yellow Transfer Station Sticker will be allowed to use the facility to dispose of any trash. If you do not have the Yellow Sticker, you will need to go to the Town Officer to purchase the \$20 sticker.

We want to remind all Fryeburg residents that it is the Law that you register your motor vehicles in Fryeburg and not New Hampshire. This law is being strictly enforced and carries a fine of over \$900. During the month of October, approximately ten residents were issued warnings and/or fines and had to change their registration from New Hampshire to Maine; specifically to Fryeburg.

By now everyone who owns property in Fryeburg should have received your 2014 tax bill. If you have not, please call the town office. If you purchased your property after April 1, 2013, you will not receive the tax bill.

The tax bill was sent to the owner of the property on April 1, 2013 because under Maine law, the owner on April 1st is legally responsible for the tax due. The Mill Rate increased from \$14.40 to \$15.80 due to many factors, which included: (1) \$55,000 increase to the municipal budget; (2) \$155,000 increase to the school budget; (3) loss of \$85,000 in municipal revenue sharing funds from the State of Maine; (4) lack of surplus funds. In past years, the Town has used \$250,000 - \$350,000 from surplus funds to keep the mill rate down and that is a practice that cannot be continued without jeopardizing the financial status of the Town.

**REP HELEN RANKIN House District #97**  
 Tel. (207)625-4620 rankin8076@roadrunner.com



**FABULOUS FALL !**

How about this weather? I hope that you are doing well and enjoying the crisp air and our beautiful landscape as it turns from green – to vibrant hues – to bare in a flash and we look forward to what winter has to offer. I've been traveling a bit for legislative work and have had some wonderful experiences I'd like to report about.

I had the pleasure of meeting with Erin Pike Mayo the other day at her Installation. She of course is the 54th Head of School at Fryeburg Academy and first woman to hold the position. Erin is a delightful person and we are so lucky to have her as part of our community. Her impressive background provides encouragement for a fantastic future for students and teachers.

Meeting with her got me thinking about the roles women are playing throughout our society. I recently had the honor of representing Maine at a Women Legislators' Lobby conference in Washington D.C. There, women from all over the country came together to discuss current events, ways to work together and how to focus on more humanitarian efforts. The Women Legislators' Lobby is a national nonpartisan network of women state legislators who work together to influence federal policy and budget priorities.

Of course, this conference was held during the federal government shutdown, so the room was a-buzz with talk of who would step up and lead the way out of the mess. We couldn't have known then that our very own Sen. Susan Collins and neighbor, New Hampshire Sen. Jeanne Shaheen, would take on leadership roles and negotiate a way out of the stalemate.

I left D.C. feeling hopeful that when we sit down with each other, we can solve problems and make our world better. The legislative session will start in January and I am looking forward to returning.

**Make Fryeburg Attractive to Businesses and Families - by Mike Corthell**

'In-migration' is critical to rural community development. Traditionally, many communities try to attract residents through job creation. Research has shown that active recruitment and retention of new residents must be a component of any economic development plan. Therefore, the recruitment of new business to Fryeburg requires marketing that focuses on both the business and the potential employee. When asked what new residents to rural communities in western Maine are looking for, many indicated the desire for a simpler pace of life, less congestion, lower cost of housing and cost of living, and being closer to family and relatives. In Maine we have to promote our lifestyle in order to lessen the impact of our states tax structure. Many tools and resources are available to communities trying to attract new businesses and new residents. A strong website, with a mass email program for efficient dissemination of information, that showcases the community and the surrounding area has the potential to be the number one draw to a new company. New residents can also be lured to a community by active recruitment and representatives making personal visits. In order to retain residents they need a sense of belonging. Communities who keep their new residents offer opportunities for participation in the community (volunteer, elected, etc.) and also for leadership development. New residents look for networking opportunities and other social functions as a way to get to know other community members.

There are in-depth studies and research being done concerning business and resident recruitment at the Mt. Washington Valley Economic Council currently, which I will bring to you in future articles.

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### Mistaken Responsibilities

While I was attending church on Sunday and a man in his late eighties, someone that I have know for 37 years, came to me and asked if I was responsible for the recent government shutdown in Washington and I assured him that I was not. So I add this encounter to e-mails I receive; the ones that scream at me about something going on in Washington, and I feel I need to give a little civics lesson.

During my eight years in the Maine House of Representatives, I would receive the occasional e-mail that would demand my action on some issue in front of the U.S. Congress, but these were far and few in between. With the last election I began my service in the Maine Senate and with that; an increase in the confusion as to where I serve.

Both those who serve in Augusta and in Washington D.C. are referred to as Representatives, after all that is what we are elected to do; represent you. Maine has a Legislature and Washington has a Congress. The Legislature and Congress have two bodies; the House of Representatives and the Senate. Maine's House has 151 voting members and 3 non-voting Tribal Representatives, Washington has 435 voting members. The U.S. Senate has 100 members, two from each state, and Maine has 35 Senators and the districts are based on population.

Maine has term limits, Washington does not. In Maine, a person could serve four consecutive two year terms and at that point they could run for a seat in the other body or sit out for two years. Because of an empty Senate seat; I was able to switch bodies, moving from the House to the Senate. In Washington, you could serve as long as you win elections.

Recently an e-mail accused me of having a big office and expensive lunches. I want to clear this up. The State of Maine does not provide me with office space in the capital or anywhere else. My office at home is a space in the basement and mostly I use the kitchen table. When I was the House Chair of Environment and Natural Resources, I shared an office space with the Senate Chair. All of the Committees have this arrangement, a small office space for the Chairs to share and the closest thing to staff would be the Committee Clerk who works for the entire thirteen member Committee. The clerk is not the Chairs' personal secretary. While on the subject of staff; I do have the help of a Senate staffer, whose help is shared by 6 other Senators and is responsible for helping on constituent issues. The Maine Legislature does not provide any personal staff to us.

I serve in Augusta and not Washington and deal with issues concerning the State of Maine.

Next month I will talk about compensation, salary and the workload.



The 250th Birthday Celebration for Fryeburg this summer was a huge success. So many wonderful fun things to do, see, hear, and taste. Great buys too, like this 250th special keepsake t-shirt! If you didn't get yours or if you are looking for a great gift for someone from Fryeburg **here it is!** Only \$10 ea.

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### SAD #72 School District by Pat White, Member Building Committee

Many of you may remember reading Steve Gourley's letter to the Conway Daily Sun (Oct. 9) and the Bridgton News (Oct. 10) encouraging parents and citizens of the SAD 72 school district to learn more about the plans and options to replace the C.A. Snow school in Fryeburg. Having had only 67 responses from all the town meetings held in September the committee felt it could not make a recommendation to the school board concerning the public's preferred option for the school. There was not enough input from the community due to a number of reasons, mainly not fully understanding building plans and financial commitments as well as personal emotions involved in the possibility of losing local schools.

I hope Mr. Gourley's advice was followed before the survey was sent in mid-October to residents of the seven towns asking their opinion and preference on the two available building options for the new school. The decision for the school site to be on the Molly Ockett campus was voted at the annual budget meeting in May. The survey results on public preference between Options B or C will be completed by November 1st but since this letter has to be submitted by October 20th you will need to call the Superintendent's office (935-2600) for the results or read the results in the Conway Daily Sun or the Bridgton News.

To answer Mr. Gourley's question as to why there is no longer a Principal at the Brownfield/Denmark school is easy and understandable. The school population throughout the district is down considerably and the Brownfield/Denmark school has less than a hundred students. It would be financially irresponsible to have a Principal for so few students. Not too many years ago we had approximately 1100 students K through 8, now we are closer to 800.

In the first several weeks of this month there will be another round of local town meetings explaining and answering questions on either Option B or C, whichever the public chose in the survey. These meetings are to answer any and all continuing questions residents still might have on the option that was chosen. When the referendum finally comes to a vote, hopefully, most residents will understand the facts and figures and be able to cast a knowledgeable vote.

Dates of these local meetings will be posted at town offices, listed in the local papers and available at the Superintendent's office. Residents must have all possible information in order to make a thoughtful, wise and solid decision concerning the new Snow School.

Remember this school, whatever option is chosen, belongs to the community and is where our children will be educated for the next 40 to 50 years.

### Fryeburg Area Rotary's 8th Annual Bountiful Harvest & Food Festival

The Fryeburg Area Rotary Club will hold it's 8th Annual Bountiful Harvest and Food Festival on Saturday, November 16th at the new Fryeburg Fair EXPO CENTER from 5:30 PM to 9:00 PM. This year the dinner will be like a "Taste of the Valley" with twenty of the Valley Originals providing signature entree dishes. It is bound to be an "epicurean delight." During the food festival we will have background musical entertainment by Mary Bastoni and "The Joker's Wild." The club will also hold its exciting silent and live auction. There are bound to be items that everyone would like to have and at a reasonable cost.

Each entry ticket will allow the holder to participate in a door prize drawing for one of two dinners for two at a "Valley Original Restaurant." The tickets are \$25.00 each and are available from any Rotarian or call Judy Raymond at 207-935-2155. The proceeds will be used to fund scholarships and various community projects.

### "Star in the East" Craft Fair -

Pythagorean Chapter #169  
Order of the Eastern Star,  
in Fryeburg, will hold their annual  
craft fair on Saturday, Nov. 23,  
from  
9AM to 1PM  
at  
the Masonic Hall  
on Portland Street in Fryeburg.

Listen to carols as you shop, and  
enjoy the wonderful aromas of  
Christmas. There will be wreaths,  
baked goods, ornaments, vendors,  
handmade crafts and much more.

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