

## 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

(Highway & Transfer Station)

Richard Parmenter.....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:  
donnaawbe@gmail.com

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## What Does It Mean to Own a Habitat for Humanity Home? by Bob Holdsworth

This month marks the two-year anniversary for Nicole and Will Hardin since moving into their home on Robert Morrell Drive in Conway. The couple had been renting in Madison but their dream was to provide an affordable and safe home to raise their children. While they both had good jobs, they believed they would not be able to own a home for years because of the cost. The Hardin's applied and qualified! Working with Habitat volunteers their new home was built.

When asked what owning a home has meant, the couple proudly spoke about having the stability they wanted for their children to stay in the same school system and build friendships in the same neighborhood. Without the concern of increasing rent or the landlord selling the property, they enjoy the freedom to improve and maintain their home with skills acquired during construction.

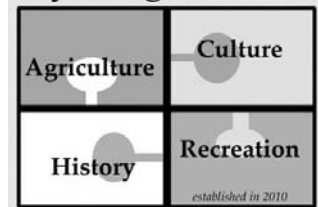
Financially, their mortgage and utilities have decreased 20% from what they paid when they rented. They know they are building their financial future because the major portion of their total monthly housing expense is fixed for the next 30 years. Also, they are implementing lessons learned from attending a series of classes offered by Northway Bank on budgeting, financial management, and home ownership.

However, the most meaningful aspect of owning their home was celebrating their first Christmas in their new home, just two weeks after moving into the house. Knowing that their children will have Christmas in the same home for years, made what is already a special time into something the whole family cherishes and remembers.

For more information, to volunteer, or to make a donation, please go to the website [www.mwv-habitat.org](http://www.mwv-habitat.org) or call the office at 603-356-3832.



## Fryeburg Business



## Association

February Members Meeting is scheduled for Tuesday, the 11th at 5PM at the American Legion on Bradley St. followed by a free public ACA seminar at 6:30PM.

It's annual membership renewal time. If you haven't already paid your 2014 dues this year please send your \$35 to FBA, PO Box 654, Fryeburg, Maine 04037. New members are always welcome!

Fryeburg Business Association's mission is to promote a positive business environment that contributes to the community and economic vitality of the Fryeburg area.

At the January meeting the new officers were elected as follows: Donna Woodward, President; Wanda Cox, V-President; Bonnie Gould, treasurer; Donna Pearce, secretary; David Chaffee, member-at-large. Congratulations to all.

Projects that the FBA will be focused on over the next several months will be to work with the Municipality and local Economic Councils on a development plan for promoting positive business in Fryeburg and working with the school to create a strong Business/ Student mentorship program. To learn more about the FBA and what projects they are involved in go to their website at [WWW.FryeburgBusiness.com](http://WWW.FryeburgBusiness.com)



# FRYEBURG TOWN MATTERS

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To download a copy of past or current Town Matters go to [www.fryeburgbusiness.com](http://www.fryeburgbusiness.com)

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## WELCOME ERIN P. MAYO, HEAD of FRYEBURG ACADEMY

Erin Mayo recalls her parents telling her how she ran off one day at the age of three 'looking for school.' Her passion for education still runs strong through her veins and to this day she proclaims her zeal as a confirmation of her calling to be an educator. Her excitement has only deepened as she begins her second semester of her first year as Head of School at Fryeburg Academy!

Before coming to Fryeburg, Erin served at both St. Johnsbury Academy, in St. Johnsbury, VT ( her alma mater), and the Episcopal School of Dallas. SJA is an independent day and boarding school with more than two-thirds of its students benefiting from vouchers provided by numerous sending towns. Much like Fryeburg Academy, this cross-section of students has always demanded a complex variety of earning opportunities, a genuine, enduring respect for diversity, and effective outreach to area communities. At ESD, Erin came to understand the joys and challenges of a more conventional private day school. The experience of such diversity was an education in itself and gave clarity to what educational attributes she most desired and was best suited for.

Fryeburg Academy offered so much of what attracted Erin: its commitment to serving a broad range of students and remaining foundational to the surrounding community; a faculty that is clearly invested in the school's mission and dedicated to its members; a wide embrace of world citizens and cultures as demonstrated in its vibrant residential program. "While no school can be all things to all people, few others can offer and deliver so much to so many like Fryeburg Academy does", replies Erin. "It's my tremendous privilege to lead in such a rare place, and I will focus my energies on protecting its future, promoting its growth, and ensuring its mission. As Academy families, alumni, and friends, your support will, as always, prove essential as we move forward together."

Fryeburg is very fortunate in having someone of Ms Mayo's experience and drive as Headmistress. She makes herself as available as possible and is open to the community for input, questions, and comments. If you would like to know more about our new Headmistress or would like to welcome her to our community and express your appreciation for the work she is doing with our students please direct your E-mails to [emayo@fryeburgacademy.org](mailto:emayo@fryeburgacademy.org).



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### FRYEBURG POLICE REPORT by Chief Phil Weymouth

Our new cruiser is now out on the roadways patrolling. We had the opportunity to purchase a 2013 leftover which saved a \$1000.00 and has all the warranties of a 2014. It will be going to the radio shop on the 20th to be set up.

Check out the Fryeburg Police Web Page: www.fryeburgmaine.org We're constantly updating and adding photos of our department and officers. Let us know what you think as your ideas and suggestions are always welcome.

Our newest Officer Stephen Witham leaves for the academy January 21st for 18 weeks so you will be seeing some others officers covering some of the open shifts.

We have been very busy with complaints and working on older cases. We are still very active in the East Fryeburg cases and are still receiving information, collecting DNA samples and working with the State for processing.

### Lifelong Learning Opportunities Offered To Fryeburg Residents Over 50

Attention all you folks over 50! Interested in lifelong learning for the fun of it? Want to meet people with like-minded interests? Osher Lifelong Learning Institute at Granite State College (OLLI) in Conway is offering 21 classes and workshops this spring. Come join us on Tuesday, Feb.11 at noon at Granite State College for a preview of what will be offered. A light lunch is on us, with raffle prizes as well! Hear the presenters give a quick summary of their classes and pick up an advance copy of the OLLI Spring 2014 course catalogue. You will be surprised at the diversity of classes and the expertise of this year's presenters. The preview is also a great time to learn about this great membership organization and what it can offer you! FFI see: olli.granite.edu or call 603 513-1377.

### Dippity Dog Tips For Your Dog by Kelly Willard

#### TO GROOM OR NOT TO GROOM?

Winter is in full force and your pet is probably in the house more and you noticed that they are looking shaggy or perhaps there is a "not so pleasant odor" to them. You start thinking that your pet might need some grooming but are unsure whether it's a good idea to do this during the cold winter months. Well the answer is YES!!!!!! To maintain a healthy coat it needs to be brushed and washed, especially when you are noticing some issues.

Short coats benefit from grooming by getting rid of all the dead hairs and making room for a healthy shiny new coat. This will also help control the shedding that keeps you constantly vacuuming and cleaning up after. Longer coats benefit also because they are more prone to matting. Some people believe that the matted coats keep there pets warm so they wait but they couldn't be more wrong. When your pet has a matted coat it is pulling on there skin and causing more harm and discomfort than good. Reach to the back of your own neck, grab a little piece of your hair and pull upwards a few times. That is similar to what your pet goes threw when they have these tight mats of fur on their skin. Doesn't feel to nice does it? Also these mats can become so tight that it stops the air circulation from reaching the skin which hinders your pet from being able to keep themselves warm. When matting becomes real bad the only options is shaving your pet so it is best not to wait too long to resolve your pets grooming issues. Your pet and you will be much happier and healthier by maintaining a good grooming schedule.

For more information on grooming and other pet issues please call Kelly at 207-256-8108 or email her at willard3628@roadrunner.com. Or drop in and see her at her shop on Bridgton Rd next to Froagie's.

### The Fryeburg Library by librarian, Donnette Barnes

The Fryeburg Public Library is pleased to again be offering FREE TAX help every Tues., 9AM to 2PM from Feb 4th - Apr 15th. AARP tax specialists will be providing tax aide for individuals with low to moderate income. They are qualified to help prepare certain tax forms, but cannot prepare the following: Schedule C (Business Profit and Loss) if a loss or expenses exceed \$10,000; Complicated Schedule D (Capital Gains and Losses); Schedule E (Rental Property) with expenses; Schedule F (Farm Income); 2106 (Employee Business Expenses); 3903 (Moving Expenses); 8615 (Minor's Investment Income); Portions of Schedules A and B that are not include in their training; Schedule K-1 that involves depreciation or deductible expenses; Other rental income or business income; Returns (original or amended) farther back than three prior years. If you have any of these forms you might try getting an appointment with the AARP tax people at the Norway Memorial Library (207-333-6448). If you would like to set up an appointment, please call 935-2731 during library business hours. We have sheets available that explain what you should bring with you and the appointment form which you can pick up and fill out at home (saving you and the tax people time on your appointment day). When you come for your appointment, bring the following: valid picture I.D. and Social Security cards, including those for dependent children; all W-2, 1098 and 1099 forms, including Social Security statements, and a list of other income; a copy of last year's tax return, if available. If you qualify for child/dependent care credit, bring the child care provider's address and tax I.D. number. For direct deposit of your refund, bring your saving account number or a blank voided check.

The Maine Residents Property Tax and Rent Refund "Circuitbreaker" Program has been replaced by the Property Tax Fairness Credit. In order to file for that credit you will need to file the Maine Income Tax Form 1040 and the Property Tax Fairness Credit Worksheet. If you filed a Circuitbreaker application on or after August 2, 2012, you will receive by mail a Form 1040ME income tax booklet in January, even if you did not file an income tax form last year. The AARP tax people will be able to help you with these forms. Call the library at 935-2731 to set up an appointment. Be sure to bring your receipts showing how much you paid in property taxes on your primary residence during 2013. If you are filing a rent rebate, please bring the name and phone number of your landlord and the total amount you paid for rent during 2013. If your rent includes heat or utilities, your landlord may be able to provide a statement of the amount charged for them. If you do not have a separate statement, the tax form will estimate their value and subtract it from the total. If you moved during the year, include the amount of rent paid to live in each home or apartment and the number of months you lived there as well as the name and phone number of each landlord.

The Fryeburg Public Library is open Mon-Wed 9:00am-4:00 pm; Thur 9:00am-1:00pm & 1:30pm- 4:00pm; closed Friday; Sat 9:00am-12:00pm. Our telephone number is (207) 935-2731, our fax (207) 935-7217.

### HAVE YOU SIGNED UP FOR AFFORDABLE CARE YET?

Through the efforts of the Fryeburg Business Association and the MWV Chamber of Commerce a date of Tuesday, Feb.11th starting at 6:30PM has been scheduled for an educator to come to Fryeburg to answer any questions and explain how to sign up. It is easier than you might think and most will be pleasantly surprised in the affordability if they have no insurance now and the savings if the do have insurance. There are many misconceptions and everyone should come to this presentation and take advantage of this opportunity. Individual appointments can be made at no charge to sit with a trained navigator and see what your health insurance options are. You are not obligated to sign on if you decide it's not for you. You owe it to yourself to know all the information before you make your decision. Presentation is free and will be held at 6PM at the American Legion on Bradley Street so mark your calendars and come learn about affordable Healthcare.



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**FRYEBURG TOWN MANAGER'S REPORT by Sharon Jackson**

We'd like to invite everyone to visit our Fryeburg website [www.fryeburgmaine.org](http://www.fryeburgmaine.org). Our website is managed by our staff and we try to keep it updated with current information. You'll find information about town departments, links to Town related organizations and resources, and a meeting calendar, to name a few. Selectmen Meetings will be Thursdays- February 13th and 27th and March 13th and 27th. The meetings will held at the Town Office at 6 pm. The agenda is posted on our website before the meeting.

Selectmen Workshops for February will be the 6th and 20th. The Selectmen will meet with representatives from Southern Maine Planning Commission on the 6th to discuss grant funds for Brownsfield Projects and on the 20th with Fryeburg Business Association to continue discuss on economic development. The preliminary budget meeting will be Monday February 3rd and we expect to begin meetings with department heads in March. The Comprehensive Plan Committee meets monthly on Mondays.

The Town Office, Library, and Transfer Station will be closed on Monday, February 17th for President's Day. The Transfer Station will also be closed Wednesday February 19th.

We are waiting for the equipment to be installed in the new 2013 Ford Interceptor cruiser. As soon as all the equipment is in, we will take the 2008 off the road and you will see a for sale sign on it at the highway garage on the Bridgton Road.

Please remember there is no parking on any town streets from 10 PM to 6 AM through April 15, 2014. It is also illegal for anyone to put snow in any Town way.

If you notice a street light that is not on, please call the Town Office. We need the CMP number that is on the pole, and the street name the pole is located on so we can contact CMP to replace the light. We had two lights reported to us since this last letter and work orders have been issued by CMP.

Voting for 2014 will be Tuesday June 10th and will be held at the American Legion building on Bradley Street from 8 AM to 8 PM. Annual Town Meeting will follow on Thursday June 12th at Fryeburg Academy's Performing Arts Center at 6 PM.

As most of you know, we have had a very challenging winter, especially with all the ice. We have used over three quarters of our budgeted supply of salt and sand for the winter and like other municipalities, we have had to make a very hard decision that has not been very popular with our citizens. We are legally responsible to keep the town and state roads safe and passable. In order to accomplish that we need to preserve the remainder of the sand and salt we have. Fryeburg has allowed its residents to take (3) 5-gallon buckets each storm for their walkways. It is posted on the front of the small sand building as to how much is allowed, and who is and is not allowed to have the sand. After going through 200 yards we closed the shed to stop the unauthorized use of large quantities being taken for commercial and private use as well as some non-residents. The shed was re-opened and another 100 yards were put into the shed over a 7-day period. After carefully reviewing all the options, the Selectmen, Town Manager, and Public Works Director decided it was necessary to keep the remainder of salt and sand for the roads. Therefore, the Selectmen voted at the January 16th Selectmen's meeting to close the shed for public use for the remainder of the winter season. Municipalities who provide sand to their citizens do so as a courtesy. Ice melt and calcium chloride products are alternatives to using sand and are already used by many households. We sincerely hope you understand that it is an absolute priority that the remainder of salt and sand be saved for the roads. It is unfortunate that some people choose to abuse these privileges and we will work to find a solution against this happening again in the future. The combination of a particularly harsh winter and the abuse of the Sand and salt shed has left us with a shortage of product. We thank you for your cooperation and understanding.

**What's Fryeburg Area Rotary Club been doing lately? by Pres, Dave Chaffee**

Our 8th Annual Bountiful Harvest Fundraiser in November was a total success. Proceeds are specifically donated to local scholarship programs at the Fryeburg Academy and Lake Region Vocational Center.

Permanent cedar raised garden beds for the Mother Seton House was a recent Rotary project and will be ready for gardening this spring for home residents to learn how to maintain and grow fresh vegetables. Rotary donated \$500 to Fryeburg Rescue in December and \$300 to the White Mtn Aquatic Foundation.

The Rotary Club continues its on-going recognition monthly for a "Student of The Month Award" from the Molly Ockett Middle School and "Rising Star Award" student from the Fryeburg Academy.

Guest speaker at the February 21st Rotary was Donna Woodward representing the Fryeburg Business Association. FMI on the Rotary of Fryeburg go to their website at [www.fryeburgarearotary.org](http://www.fryeburgarearotary.org)



Donna Woodward, President of the FBA and David Chaffee, President of the Rotary of Fryeburg

**To the voters of MSAD #72 from Jay Robinson, Superintendent of Schools**

The negotiating committees from Fryeburg Academy and MSAD #72 have reached agreement on a five-year contract that will go into effect July 1, 2014, pending voter approval. Both the Board of Trustees at Fryeburg Academy and the Board of Directors of the District voted unanimously to support the contract, and we both feel that the contract is fair to both parties and more importantly will meet the needs of the District's secondary students.

From a District perspective, we felt it was very important to continue our long-standing and successful relationship with Fryeburg Academy. The students of our District have been the direct beneficiaries of a quality education for many years, and we are happy that this relationship will continue into the future. Additionally, the Academy has been willing to negotiate the financial implications of the contract, to the benefit of District taxpayers, at a time when districts all over the State are struggling to pass local school budgets.

Another important aspect of the contract is that it guarantees that the Academy can maintain its autonomy in making decisions that support its mission and beliefs. The contract provides that the District and Academy will regularly communicate to assure the mutual exchange of information such as enrollment numbers, standardized test results, attendance data, etc. It also provides both parties with the opportunity to meet during "Liaison Meetings," where ideas can be exchanged and issues of interest to both parties can be explored and resolved.

In the next few weeks we will have a plan to inform the public on the contract itself. We will hold at minimum three meetings, one in Lovell, one in Denmark, and one in Fryeburg, to discuss specifics and to answer any questions people might have. The date for the public referendum will most likely dovetail with a projected vote on the new-building project as well as any recommendations that come out of the cost-sharing committee for the new school project. As soon as the date is determined it will be posted and presented to the public. We encourage your participation and sincerely hope that the voters of MSAD #72 will turn out later this year to vote in support of the proposed contract.

Board meetings are held every second Wednesday of the month at 7PM at the Molly Ockett cafeteria.

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## WHITE MTN COMMUNITY HEALTH CENTER *by Siena Kaplan*

**Note to readers:** I'm going to take a break from writing about the new Health Insurance Marketplaces, but remember that you can go to [healthcare.gov](http://healthcare.gov) or call 1-800-318-2596 to sign up for health insurance and get help paying for it.

We're only a little ways into 2014, but if you're like me, a lot of your ambitious New Year's resolutions have already proved to be wishful thinking. Mark Bittman, a food writer for the New York Times, pointed out this New Years Day that we're better off making small changes that will actually last.

With that in mind, here are some suggestions from Bittman and other foodies that will have you and your family eating better all year long:

- Every weekend, cook big batches of vegetables, dried beans and grains. Once they're cooked, it's easy to throw these healthy ingredients into quick salads, soups, wraps, and other meals.
- Keep humus, bean dips, or nut butters around. These are easy and cheap to make, and taste great as a dip for vegetables. If you buy them, read the label and make sure you're eating the real thing – not hydrogenated fats or added sugars.
- Stock your kitchen with fresh fruit and nuts. Bananas, apples and oranges make tasty grab-and-go snacks, and nuts are portable and filling when you need something more substantial.
- Spice it up. Experiment with flavorings like spices, curry pastes, citrus juices, vinegars and herbs for cooked vegetables, beans, and lean meats. Eating healthy foods isn't a chore when it tastes good.

What are you doing this year to eat healthier? Send tips and recipes to me at [skaplan@whitemountainhealth.org](mailto:skaplan@whitemountainhealth.org) and I'll post them to White Mountain Community Health Center's Facebook page!

### Selectmen and FBA Work Together Toward Solution For Tax Relief

Town of Fryeburg and Fryeburg Business Association had their first discussion and brainstorming session on January 9th to determine what needs to be done to help build a more solid commercial tax base and relieve some of the burden that falls upon the residential taxpayers. Over the years Fryeburg has lost much revenue from businesses that have left the community. Without these tax dollars, and with educational costs constantly rising, and now state funding cuts being handed down to us, it is agreed that Fryeburg is falling into financial hard times. We can no longer continue with business as usual. When FBA proposed working together for a resolve at a Selectmen's meeting recently, the Selectmen agreed.

The meeting was moderated by Glen Holmes, Director of the Western Maine Economic Development Council and the meeting was open to public comments.

Some of the ideas that were raised during the meeting were as follows:

1. How to attract and be pro-active to new business in Fryeburg. Suggestions were creating a "Guide to Doing Business in Fryeburg" and a welcome packet to start.
2. Working relationship with Mt. Washington Valley and the Bridgton area.
3. Better communication and education to the voting community on the needs
4. Recognition program for new Businesses to help them achieve more visibility
5. Frequently asked Question Section (with answers) on the Towns web page
6. Examine and explore possible updates and changes to Fryeburg's infrastructure
7. Expanding the commercial area out away from the current downtown with a clear plan to enhance and not take away from the existing downtown. Rte 302/ Bridgton Rd has already started as a commercial development area.
8. Creation of an industrial Park and better use and awareness of airport assets
9. Work more closely and have an FBA presence on the 113 Corridor Committee.
10. Explore the benefits of Tax Increment Financing District (TIF)

The next meeting is scheduled for February 20th at 6:00 PM at Town Office.



Senator Jim Hamper  
District 13  
[rep.hamp@gmail.com](mailto:rep.hamp@gmail.com)

### And the Beat Goes On

"The beat goes on, the beat goes on. Drums keep pounding a rhythm to the brain", so said the popular tune by Sonny and Cher for 1967. The debate on Medicaid expansion will reach that same beat; on and on and on.

In the next months there will be much public discussion about accepting federal dollars to expand Medicaid coverage in Maine. Medicaid is the state paid and run medical system administered by the Department of Health and Human Services (DHHS), it is also known as MaineCare. Maine receives federal dollars for this program, the reimbursement rate fluctuates and is currently 62.5%. So every dollar the state spends to administer a MaineCare program, the Fed gives us 62.5 cents.

In July 2000, MaineCare had 160,000 people enrolled in the program and current figures are 323,000 at this time in 2014. Enrollment has doubled in 13 years. The same is true for the budget to fund MaineCare; \$1.2 billion dollars in 2000 and now DHHS spends \$2.5 billion. So in 1998 Maine's Medicaid program was 13% of Maine's general fund spending, today it is 25% of all general fund expenditures.

The cost drivers? Emergency Department overuse, increased utilization (more people using the system), rising cost of health care, an aging population and a loss in federal funds. While on the subject of an aging population; the state has seen a decrease in nursing home beds available and long term care facilities have been closing, there is a crisis building but that is a subject for another day.

The subject of the "wait lists" will come up in the debate. The wait lists are priority populations, that are already on MaineCare but are not receiving all the services they need. These include the elderly who need Home Based Care (less expensive to help your Grandmother stay in her own home than in a nursing home). There are over 2500 people waiting for services because there is not enough money in the system to support the need.

There are 850 on the Section 21 Home and Community Based Services wait list. Sec. 21 refers to the DHHS manual that applies to those who have Intellectual and Developmental Disabilities. Those in Sec. 21 require the most care, sometimes costing over \$300,000 per year, this is the 24/7 type of care. We have 478 on the Sec. 29 wait list which are those who need some care during the day at an average of about \$22,000 per year. The wait lists also include 73 persons who are physically disabled who are waiting for the services they need, along with those who have suffered a brain injury and need residential services.

These are the people who need help the most. These are the families that are struggling the most, and there they sit, waiting. To fully fund these, the most vulnerable, would take an additional \$48 million per year.

These are just some of the basic facts, I will continue this next month and the beat goes on.

If you have questions about MaineCare and how it works please be sure to write to your Senator or State Representative for more information.



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