

Town Department Heads

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

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

Selectmen:
Paul Naughton..... 935-4273
Rick Eastman..... 542-6822
Jeff Cox..... 576-9352

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:
Josh Potvin..... 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

Mail to: Newsletter
13 West Fryeburg Road,
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AUTO FACTS YOU OUGHTA KNOW by Eric

It's here. Yes it. Winter. Last winter was particularly cold and long and this winter is predicted to be at least as bad. Regardless, winter will come and we should discuss getting your car ready. Many of these tasks can be done quickly and require little effort so roll up your sleeves or visit your favorite mechanic and be prepared.

Beginning under the hood, check all fluids. This includes oil, automatic transmission fluid, windshield washer, anti-freeze, brakes, and power steering. Checking fluids won't necessarily make your car perform better in the winter but it may give you clues to impending problems and we all know that sub-zero cold only exacerbates problems. Oil beyond its serviceable limits thickens and flows poorly and as the cold congeals and viscosity thickens, mechanical components can suffer. Automatic transmission fluid should be checked per manufacturer's instructions. Some require the car to be in park, others might be in neutral. Top off windshield washer fluid using fluid designed to withstand the cold. Diluting or using water will lead to a cracked pump or tank when the temperature drops. Anti-freeze or coolant should be checked cold if opening the system. Low brake fluid could indicate a leak or worn pads or shoes, while low power steering fluid indicates a leak. A small leak or weeping seal might not be a problem in warmer temperatures but cold tends to shrink most materials accelerating fluid loss. Always use manufacturer's recommended fluids. Mixing or replacing fluids with a non-compatible type will most certainly lead to problems regardless of the season.

Now is a good time to check your windshield wiper blades. If they have been streaking or leaving gaps it's time to change them. Don't substitute wipers for an ice scraper. Ice will chew up your wiper blades and heavy snow will tax the wiper motor. On the inside, check the fan speeds on the heater and defroster blower. Often a blower which doesn't function on all speeds is simply a bad resistor and is a relatively minor repair. A fully functioning blower will keep your windshield clear better and your feet warmer too. Grab a can of silicone spray, commonly known as WD-40 and start spraying door hinges, locks, latches, and anything that moves, pivots, or slides including the ignition switch. Lubing these items is a very simple maintenance item that is often overlooked and the results are fantastic. You can't hurt anything with this lubricant but keep it off the glass because it will streak and need to be removed with a good cleaner.

Don't overlook the condition of your tires. Tires require a tread depth of at least 2/32" all across the width of the tire, that's the distance between the top of Lincoln's head and the edge of a penny. A wear bar is molded into and perpendicular to the tread so when the tire wears to that point you've reached its serviceable limit. All wheel drive vehicles require matching tread and wear to prevent problems with the AWD system meaning all four tires must be replaced together. Tire maintenance is more than just keeping them inflated to the proper pressure. Rotating your tires regularly will balance wear and an alignment will keep all your tires pointing in the right direction thereby improving handling and increasing tire life. Tell tail signs of bigger issues are tires that wear more on the edge or center of the tread, cupping, or feathering. These can indicate an out-of-alignment condition, under or over inflation, or possibly worn shocks, struts, or suspension components. Getting back on point, be sure your tires have decent tread going into winter.

Most of these items can be addressed by anyone with limited resources or experience but if you're unsure or not confident, seek professional help from your favorite mechanic or shop. A little time now is well spent and a lot warmer than later.

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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.

To download a copy of past or current Town Matters go to www.fryeburgbusiness.com

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cover photo by Patrick LaFreniere, Semi-Pro



2015 There's No Place Like Home

MWV Photo Contest Winners
Calendar for Charity

"Calendars for Charities" can once again be found for sale in our local stores just in time for your holiday shopping.

This brain-child of Fryeburg resident, Bernie Friberg has been a very successful fundraiser for local charities for seven years now and a great showcase for fabulous photos of the valley. The goal of the MWV Photo Contest and Calendars for Charity project is to encourage, recognize, and display the photographic talent from our communities and integrate these efforts to benefit local Charites.

"Thanks to the support of the MANY Sponsors of this year's MWV Photo Contest and Calendars for Charities, all costs in creating this calendar was covered allowing for ALL monies raised from the sale of this calendars to go directly to the 4 very important charity organizations this annual fundraiser serves."

Bernadette (Mrs. Bernie) Friberg of Fryeburg, Starting Point Services, Mother Seton Leavitt Diabetes Fund, and Tin Mtn Conservation Center will be the recipients of this year's non-profit organizations, along with their contact information, at www.MWVphotocontest.com as well as on the back of the Calendars for Charities.

"Calendars for Charities" are offered for only \$10. Checks can be written directly to the non-profit of your choice, or made out to "Calendars for Charities" to be divided equally. To preview or order the calendar online go to www.MWVphotocontest.com OR stop by locally at one of several locations who generously offer to carry the Calendars with no profit to them - Spice & Grain, Papa's Floral, Weston's Farms and the Stow Corner Store.

These inspirational calendars make great holiday gifts while supporting and helping our local non-profits.

We hope you will shop locally this Holiday Season!

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Fryeburg Library by Librarian, Donnette Barnes

Happy Holiday Season to everyone. As you prepare for the holidays do not forget to take time for yourself by sitting quietly and reading a good book. Here are some of the books on our "New" shelves which might be of interest to you:

Mrs. Lincoln's Rival by Jennifer Chiaverini. "In 1840 Salmon P Chase was appointed secretary of the treasury in Abraham Lincoln's cabinet. Divorced he found himself at a disadvantage without a wife to host social gatherings crucial to influence-building. His daughter Kate stepped into this role. Mrs. Lincoln's Rival is an astute and lively novel of the politics of state set against the vibrant backdrop of Civil War Era Washington."

The Woman from Paris by Santa Montefiore. "When Lord Frampton dies in a skiing accident, a beautiful young woman named Phaedra appears at his funeral claiming to be the lord's illegitimate daughter. In his will, Lord Frampton has left the priceless Frampton suite of sapphires to this interloper, confirming her claim and outraging his three adult sons and widow. An attraction grows between Phaedra and the eldest son, David and the fury of a family member is determined to expose Phaedra as a fraud".

The King's Curse is book number six in Philippa Gregory's Cousins' War series. In book number one it quotes: "Philippa Gregory, "the queen of royal fiction" presents the first of a new series set amid the deadly feuds of England known as the Wars of the Roses." If you have not read this series stop by the library and pick up book one, The White Queen. If you have read the rest of the series stop by to reserve book six.

Laurel Dodge will be hosting another "Friends of the Fryeburg Public Library" informational meeting here at the library on Sat., Dec. 13th at 10:30AM.

Valerie Cole from SeniorsPlus will be at the library on Monday, December 22nd from 1:00pm to 4:00pm. Please call SeniorsPlus at 1-800-427-1241 to make an appointment to speak with Valerie on the 22nd.

The library is open Mon-Wed -9:00AM to 4:00PM., Thur -9:00AM to 1PM and 1:30PM to 4:00PM, closed Fridays, Sat -9:00AM to 12:00PM. Our telephone number is 935-7231 and e-mail is library@fryeburgmaine.org.

Betsy and I hope you and your family have a safe and enjoyable Holiday Season. Merry Christmas to all!

Harvest Hill Animal Shelter News



The Shelter has many events this holiday season!! Deb Cloutier will be sleeping in one of the dog kennels with one of the shelter dogs to raise money for the shelter's high heating and vetting costs (another long, cold winter is predicted and vet bills for the shelter are in the thousands of dollars EVERY month).

Light of our lives stars are available for purchase after thanksgiving through Christmas. Stars are \$5 and represent a current or past pet, and will be hung in the shelter for the holiday season. Help us light up our lights! It's almost newsletter time! Do you have any stories you would like to share of Harvest Hills Alumni???

Frosty's Fun Fair will be held December 13th from 4-8pm at the Bridgton Community Center. The proceeds will benefit Harvest Hills Animals Shelter, Journey Animal rescue, Ralphie's Retreat and the Bridgton Community Center. Lots of fun- face painting, photos bake sale, grab bags...AND a Prince and Princess Snowflake contest for kid's ages 1-3 years old. For more information, look up Frosty's Fun Fair on Facebook

WHAT IS A SCHOOL BOARD – Part Four by Pat White

In Maine there are 179 school boards which range in size from three members to over twenty. Our school board has twenty two members and is one of the largest school boards in Maine. MSAD 72 represents seven towns and the number of members corresponds to the population of each town.

Voting board members from Brownfield (2), Denmark (2), Fryeburg (6), Lovell (2), Stoneham (1), Stow (1) and Sweden (1). Each town has an alternate member who votes when the voting member from their town is absent. It is expected all members will attend every meeting unless circumstances intervene and then they should alert the Board Chair they will be absent. After three unexcused absences from a member the board can request their town to appoint a new member to replace the old one. This is a rule from the School Board Association that is seldom put to use but should not be totally forgotten.

When I was Chair of the Board at the International School in Doula, Cameroon, West Africa, the State Department issued a pamphlet stating that no school board should be larger than ten members. So, you can see that ours is over that number by more than double. However, in spite of the large number the board works well together and our towns are well served.

There are eight committees; Curriculum, Facilities, Finance, Personnel, Policy, Special Education, Student Affairs and Transportation. Each committee has 5 members save for Student Affairs which has 3. Finance committee usually meets monthly to go over monies spent and other committees meet whenever there is a need. At the monthly board meetings there is always a report from the various committees school board members have individual duties and responsibilities including being familiar with school law and regulations. They must also be familiar with their own system's policies and rules and work harmoniously with other board members and municipal officials. It's important they are impartial in their voting and they must act for the general good of the system rather than for individual interests.

The Back Pack Program - Feeding Hungry Children



Childhood hunger is a real problem. Nearly 1 in 5 children in America come from food insecure homes. Hungry children have trouble learning and are prone to behavioral and emotional problems. They can also experience short and long term health issues. Please help stop childhood hunger in our area. The Sunshine Backpack Food Program provides a bag of nonperishable food to children in need that they can take home when school meals are unavailable. These bags are distributed at school to participating children as they leave on Friday for the weekend or a school vacation. The program is available during the school year and children can opt in or out at any time. Each bag contains a breakfast and lunch for each weekend day and extra food for longer breaks. The program is run by volunteers and funded by donations. Any assistance you can provide would be greatly appreciated. The cost per meal is around \$3 per day. Currently 121 meals are supplied per day. You can sponsor 1 child for 1 month at a cost of \$35.00. All donations small and large are very helpful. Also volunteers are needed to fill the backpacks on Thursday and Friday mornings. Please send your tax deductible donations to:



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Thank you for your interest in this program!



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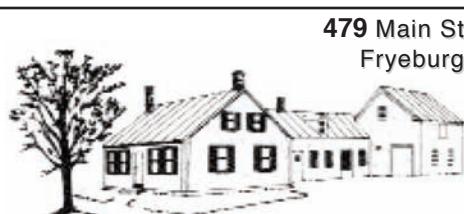
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District 70 State Representative, Helen Rankin



A FOND FAREWELL

This is a letter to say THANK YOU to those who voted for me, but also THANK YOU to ALL who chatted with me at their doors or invited me into their homes. I can honestly say, I enjoyed campaigning and it was a pleasure to meet each and every one of you.

I looked forward to the daily challenges in Augusta and there were times when we managed to get bills beyond the governor's veto that made it all worthwhile. I loved my job and put my heart and soul into my work. I will greatly miss my colleagues and the opportunity to serve the people of this District.

84 Sebago Rd
Hiram, ME 04041
207-625-4620
Heleneerankin@gmail.com

The Legislature, both here in Maine and in the United States Congress, must learn to compromise. It is impossible to move forward when there is a, " My Way or the Highway" attitude. There must be respect on both sides of the aisle.

In closing, I would like to mention my opponent, Nathan Wadsworth. Previous to Election Day, I had met him only briefly. However, while standing outside the voting area for many hours, as we greeted the voters, we had the opportunity to talk. I found our conversation to be very enlightening and I wish him best of luck as he enters the arena of politics.

And now as a door closes for me, I look forward to the future when another door will open.

Dippity Dog Tips For Your Dog by Kelly Willard Call 207-256-8108

HO HO HO - its that time of year again... First lets start with giving Dippity Dog a call to have a well groomed pet for the Christmas season. Dont wait to long as appointments are booking quick.

My dogs love getting presents under the tree (sometimes they even open ones that aren't theirs)...silly puppies! A great idea for not only your dogs but you as well is the benefits of organic coconut oil..easy peezy bottle at Shaws. When taken internally it is believed to prevent and help with a lot of canine health problems.

- **Disease prevention:** strong antibacterial,antiviral and antifungal functions
- **Weight control:** beneficial for overweight dogs who need to avoid animal fat
- **Joint and bone health:** helps relieve symptoms of arthritis, not only can it be taken internally but also applied topically...
- **Disinfects cuts** and promotes wound healing, improves dogs skin and hair condition, makes coat smooth and shiny, clears up numerous skin problems,

Always remember to check with your vet on amounts to give as to much can give your dog diarrhea and greasy stools...no one wants that around christmas!

Parents' Friday Night Out at the First Congregational Church

Parents, drop off your kids ages 3-11 at 5:30PM on Friday, Dec 12th at the church on Fri, Dec 12th and then enjoy an evening out together. The children will arrive for pizza, crafts, games, snacks and movies until 8PM and it's FREE! Please register your children by Dec 8th by calling 935-3227 or email fryeburgfirstchurch@fairpoint.net Although there is no charge donations are greatly appreciated.

FRYEBURG RESCUE by Eric Meltzer

Members of Fryeburg Fire and Brownfield Fire recently took the time to familiarize themselves with our newest ambulance, unit 502 as well as our rescue unit 504 and ATV. The members of our local Fire Departments never fail to respond when needed and help in vital roles from emergency vehicle operation to patient extrication. We sincerely appreciate all they do for us and the community.

Please pay attention to your heating system, regardless of fuel type, and in particular the exhaust ventilation. Carbon Monoxide (CO) has a tendency to rear its ugly head this time of year as long dormant heaters are awoken and dwellings are sealed up. CO is an odorless, colorless gas that can cause sudden illness and even death. CO is found in combustion fumes from heat sources such as wood, gas ranges and heating systems. Large and small gas engines such as those used in your car or on generators are also a source of CO. Never use a generator or any fuel combustion engine indoors or in a garage or basement, including idling your car in a garage. CO from these sources can build up in enclosed or semi-enclosed spaces. People and animals in these spaces can be poisoned just by breathing it.

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. High levels of CO inhalation can cause loss of consciousness and death. Unless suspected, CO poisoning can be difficult to diagnose because the symptoms mimic other illnesses. People who are sleeping or intoxicated can die from CO poisoning before ever experiencing symptoms. Each year, more than 400 Americans die from unintentional CO poisoning, more than 20,000 visit the emergency room and more than 4,000 are hospitalized due to CO poisoning. Fatality is highest among Americans 65 and older. *Information and statistics gathered from the CDC (Centers for Disease Control and Prevention). For safety, be sure to have a working CO detector in your home and change the batteries regularly. Fryeburg Rescue and Fryeburg Fire have portable multi-gas meters capable of detecting unhealthy CO levels in your home or business. Contact either of us through the Emergency 911 system if you suspect Carbon Monoxide problems.

Health Insurance Marketplace - Time to enroll...or re-enroll

Open enrollment for the Health Insurance Marketplace started on Nov. 15 and ends Feb 15, 2015. If you want your new plan to start on January 1, you need to enroll by December 15. These are the deadlines, but what do you need to do? Well, it depends on your situation.

If you enrolled last year, you'll automatically be re-enrolled for 2015 if you don't do anything by December 15. Your health insurance company should have sent you a letter explaining your 2015 premium and plan details. You may miss out on savings and new options if you don't update your information however. Also, Harvard Pilgrim has joined Maine's Marketplace so there are new plans to choose from in addition to the plans offered last year.

If you didn't enroll last year, and your income is above the federal poverty level (\$11,670 for an individual, \$23,850 for a family of four), take a look at your options at healthcare.gov. You can browse using the widget on the homepage marked "See Plans & Prices." You can also get your questions answered there. If you're confused, overwhelmed, or just want a little personal help, you can find a free, local assister by clicking "Find Local Help".

If your income is below the federal poverty level and you're a Maine resident, there are still no new affordable health coverage options for you. The Affordable Care Act was designed to give you free health coverage but Maine opted out. However, some of the qualifications for MaineCare changed in 2014 so it's worth finding out if you are now eligible – there is no longer an asset test for most parents and guardians. You can start by calling the Department of Human Service's at 1-877-543-7669.

And remember, with or without health insurance, White Mountain Community Health Center has a sliding fee scale that can make your primary care more affordable.

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THE DAYS OF THE BOOMERS

My post election travels this year involved a long overdue visit to Sun City West, Arizona to see my aging mother. The trip was scheduled two months in advance and little did I know how timely it would be. Mom is 89 and living alone and just two weeks prior to my scheduled visit, she did what many older people do; she fell. Thankfully it was not serious but did land her in rehabilitation care with advice to not have her live alone anymore.

So my trip changed from a visit to a mission of packing mom for different living circumstances with my sister in California. Like so many boomers, we are dealing with elderly parents and their care. In this case with so many miles that separate family members a move was necessary. We packed up her needed items and closed down the house. Then there is the process of cleaning out the collection of "stuff" that has accumulated over the years, little by little, and sometimes coldly throwing "stuff" away.

As I have been going through this experience, I can't help think about how many people in Maine are doing the exact same thing, that is making decisions about where and what to do with mom or dad. Remember that Maine has the oldest population in the United States, so this drama is playing out every day from Kittery to Fort Kent. In my case we went as far as we could go with the concept of aging at home, staying in the familiar surroundings, until it was just not safe for mom. Then the trauma of moving, be it with a family member, assisted living or nursing home; it's a disruption to their lives.

So what can I do for those around me who are aging? Communication is first, and foremost. We all have a neighbor or two that is getting on in years. Talk with them and the need will be revealed, maybe the need is just social contact, someone to talk to occasionally. Then there is; be available should a need arise. Be the neighbor that can be called. My mother had her two immediate neighbors that she could rely on, they watched out for each other. There is no room for isolation.

Yes, western Maine is mostly rural living, but we can still be mindful of our neighbor's well being. Take the time out of your busy schedule to touch the life of another who lives near by. You will glad you sowed the seeds.

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From Harvest Hills volunteer extraordinaire Deb Cloutier...

Hi Everyone! I am looking for help to boost donations to my fundraiser for Harvest Hills Animal Shelter via the GoFundMe account I have created for my Christmas Eve Shelter Sleepover. The link is www.gofundme.com/g3o90K and it is very easy to donate using this method. So, please hit up your friends, relatives and fellow employees and have them go to my GoFundMe page and make a quick \$5, or more, donation. Thanks and have a great week!



Lake Region Vocational Center

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 - Our Culinary Arts Program is ACF certified.
- Our Construction Technology Programs build all kinds of sheds and outbuildings. You can purchase them to help support the program's activity fund! Have a special request? Call them! Russell Moores, Instructor: 693-3864



- LRPC hosted its second annual Senior Lunch which was prepared and served by the Diversified Occupations Program students from grades 8, 9, and 10. Over 70 senior citizens from our surrounding communities attended a delicious senior lunch and feasted on a turkey dinner with all the trimmings. Guests were treated to either strawberry shortcake or berry crisp for dessert! The event was held in the LRPC Great Room and was enjoyed by all!



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6TH ANNUAL NUTCRACKER

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\$12 adult ~ \$8 children 12 and under



It's the holiday season. Be kind to one another and do something special for someone less fortunate than yourself. Spread joy and cheer and see the old year out knowing you made the world a little better simply by being in it. Happy Holidays everyone!

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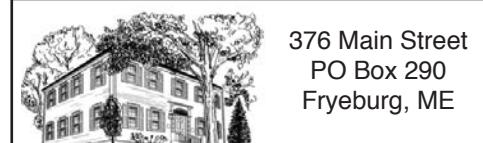
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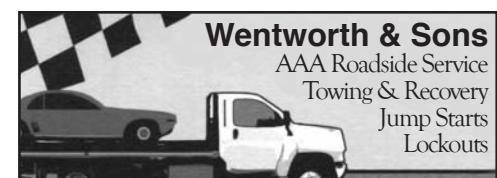


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