

Town Department Heads

State Senator:
Rick Bennett.....287-1505

State Representative:
Nate Wadsworth.....838-7451

Selectmen:
Richard Murray Kimberly Clarke
Tom Kingsbury Tom Klinepeter
Jim Dutton

Town Manager:
(treasurer & Tax Collector)
Katie Haley.....935-2805

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

Public Works Director
(Highway & Transfer Station)
Lester France.....935-2772

Police Chief:.
Aaron Mick.....935-3323

Fire Chief:
Andrew Dufresne.....935-2615

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

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

Code Enforcement Officer:
Christopher Walton.....935-2805

Animal Control Officer:
Cindy Eaton.....890-5313

Eastern Slope Airport:
David Cullinan.....935-4711

Fryeburg Library:
Jennifer Spofford.....935-2731

Fryeburg Business Association:
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Deadline is the 20th of each month

AUTO FACTS YOU OUGHT TO KNOW *By Eric Meltzer*

Let's talk about brakes. Brakes have evolved from early lever operated leather pads rubbing against a wheel to electronically controlled Anti-Lock units, found today on even the least expensive economy cars. Taking it a step further, electric and hybrid cars offer regenerative braking that translates that friction into energy. Most drivers don't give their brakes a second thought unless they fail or start making unusual noises. Let’s talk types of brakes!

Drum brakes utilize brake shoes that push out against the inside of a drum. That drum fits over the shoes, wheel cylinder, and hub and is located behind the wheel. They tend to build heat quickly when the brakes are used extensively leading to brake fade. When subjected to extreme moisture, such as when driving through deep water or heavy rain, they can hold water reducing friction and braking effectiveness. In winter, this excess water can freeze causing a myriad of issues. By their very design they are complex requiring various springs and linkages to operate and they are difficult to inspect and adjust.

Disc brake components include the rotor or disc, caliper, and brake pads. Disc brakes squeeze the pads against the rotor or disc to stop. The advantages to this type of system include cooler operation, ease of service and inspection, and better braking authority. There are drawbacks, however, and warped rotors along with sticking calipers and slides are among them. Maintaining a disc brake system isn't complicated and is easily diagnosed.

Noises are the most common complaint. A squeak can indicate a brake pad nearing the end of its useful life but it can also indicate a sticking caliper or slide. A grinding noise is more serious and is the sound of “metal on metal”. When a brake pad wears beyond the friction material the metal backing plate contacts the rotor and makes that distinct grinding sound. This is dangerous because without friction material, stopping power is greatly diminished, metal on metal has the ability to heat the rotor to extreme temperatures, and excessive caliper piston travel can damage the caliper itself. It's best not to let brakes get that bad.

When it comes time to service the disc brakes, my recommendation is to replace the pads and rotors together. This allows the pads to “break in” to the rotor at the same rate to consistently allow smooth braking. In the past, it was acceptable to resurface or “turn” the rotors rather than replace them however, modern rotors have so little tolerance or excess material that resurfacing can often render them too thin for use. The cost of rotors has come down in price over time, partly due to their already thinner cross section, making it comparable in cost to turning them, in many cases. The downside to thinner rotors, is their tendency to warp more easily under average use and the tendency to delaminate more easily. A warped rotor will show as a vibration or shaking in when braking while delamination is when the polished metal wears through or flakes off leaving a rough, usually rusty surface. Some prefer to replace just the pads with the old rotors to save money and there are times that may be an option. Unfortunately, more often than not, this leads to premature pad wear and almost always results in noticeable vibration under braking. If possible, replace the pads and rotors together rather than waste the time and expense of doing it twice.

The caliper is responsible for squeezing the pads against the rotor. This is done by depressing the brake pedal which forces brake fluid through the lines. Hydraulic pressure is provided by the master cylinder and a power booster typically reduces the necessary force required by the driver. The brake fluid is enclosed in a sealed system which is also relatively maintenance free. Adding any significant quantity of brake fluid indicates a leak somewhere in the system and should be checked immediately. A red warning light should illuminate on the instrument cluster signaling the driver of this issue. Don't ignore it. The caliper straddles the rotor and secures with a bracket to the hub assembly allowing the rotor to spin freely. The brake pads are allowed to move freely in and out as necessary and they ride on slide which must remain clean to be effective. Dirty or corroded slides can cause a brake pad to “hang up” or stick, or become cocked and wear unevenly. The caliper can also be compromised by dirt and corrosion preventing the piston from retracting or telescoping. Failure of the caliper can manifest itself as a dragging brake or one that's not functioning at all. Remanufactured and new calipers can be costly but replacing one is a simple repair and a necessary one when required.

When brakes are functioning correctly, they hardly require any thought at all but when they start making noise, they're telling you something. Listen to your car!



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Vol 19 • Issue 08 • Editor: Donna Woodward - 207-441-8170 - donnawbe@gmail.com • Nov 2021

McSherry's Nursery - “Our Roots Grow Deep in our Community”

A Tale of Two Nurseries:

McSherry’s Nursery began in 1962 when Tom McSherry and his wife, Dorothy, purchased a seedling nursery from Western Maine Forest Nursery. Tom had been working as an arborist and tree surgeon for the nursery and was ready to branch into selling trees and shrubs himself. Tom’s son, Ned, joined the company working alongside his dad from 1967 to 1972. Ned worked with landscape designs, planting for homeowners as well as for commercial properties. Tom's daughter, Gail, began her life at the nursery with her passion, buying and selling antiques. Gail soon became more involved with plants and began selling annuals and perennials as a natural compliment to the shrubs. The third generation of McSherry's also joined the business when Gail's daughters, Paige and Bethany joined the team.



In 1959 Royce O'Donal purchased a century old nursery from the Jackson Family on County Rd. Gorham. Here, he and his wife Selma built their home and raised their six children. In 1978 the couple, with their four younger children, moved into a new home and the original home was converted to the Garden Center. Although all six children worked at the nursery when growing up, only Jeffrey made it his career. In the fall of 2006, he purchased the company from his parents; and the next part of the journey began.

When Gail McSherry made her decision to retire she called Jeff O'Donal, the current owner of

O'Donal's Nursery in Gorham, Maine. The McSherry's had known the O’Donal’s for three generations and knew they would do right by the business as well as the community. Jeff purchased the business in December 2019. Half of the "old" crew remained adding new members of the Valley with roots from multiple generations.

When the pandemic struck in April 2020 and craft fairs were cancelled, the O’Donals invited two local artisans to sell their crafts on weekends outside at their nursery. Then when the Fryeburg Fair cancelled they invited the local 4H clubs to exhibit their projects in one of their greenhouses, judging each display and awarding ribbons, all with a focus on community!

More recently they participated in the Health and Wellness Fair in Schouler Park and hosted the Valley Garden Club where Carol Felice spoke on the importance of native plants and Jeff was the guest speaker at the Mountain Garden Club. They featured an educational exhibit at the Garden Center at the Fryeburg Fair and are planning workshops with the Gibson Center for Seniors in North Conway, NH. Again with a strong focus on community involvement.

When you visit their nursery at 2599 East Main Street, Center Conway, NH you will find that they offer 10% discounts for seniors, military, and local businesses, striving to be both a successful business and a good neighbor because as their motto says “our roots grow deep in our community”.



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Fryeburg Town Managers Report - by Katie Haley

The Town Office and Departments will be closed on November 2nd for elections, November 11th for Veterans Day and November 25th and 26th for Thanksgiving.

On November 2nd there will be a ballot question asking voters to allow for the sale of alcohol for on-premise consumption (i.e. at restaurants) on Sundays. This will correct an omission that originated in the 1970's.

I am continuing my plight for people to take the internet speed test using this link: www.mainebroadbandcoalition.org/speed-test-info, so we can better understand where there are gaps in service and can advocate for better service for residents.

Dog licenses are now available. Dogs need to be registered by Dec. 31st. Proof of rabies vaccination is required. Snowmobile registrations also now available.

With the winter season bearing down on us, I want to remind residents of various things outlined below:

- The Town of Fryeburg Mailbox Policy is posted on the Town's website. If your mailbox is damaged during a winter storm, please refer to that policy before calling the Town Office.
- The small sand shed at the Public Works garage is open for residents to take up to two 5-gallon pails of sand for use on their walkways. The sand is not for commercial use. When the gate is closed, you may still get sand by parking and walking to the shed. There is no public access allowed in the main sand and salt building. If you are elderly or unable to get sand buckets on your own, please take advantage of the Sand Buckets for Seniors Program by calling Kelly Woitko at the Town Office (935-2805).
- To aid in the removal of snow from November 15, 2021 through April 15, 2022, no vehicle shall be parked on any public street or way from 11:00pm to 6:00am. Violators will be subject to a fine as defined in the Town Traffic Ordinance, and vehicles may be towed at the owner's expense if they interfere with plowing or snow removal operations.
- MRSA 29-A, Section 2396 prohibits any person from placing in the public way snow or slush that has not accumulated there naturally. Violators will be subject to fines.
- The following roads in Fryeburg will be closed to winter road maintenance from November 2021 through April 2022: Bog Pond Road, Clay Pond Road, Drift Road, Hemlock Bridge Road, Little Chatham Road, Porter Road and River Road.

Eastern Slope Regional Airport by Eric Meltzer

It's been a busy summer for activity at the airport. In addition to the usual variety of flight operations and the ongoing transient hangar construction, the Eastern Slope Aviation Academy, a non-profit organization based at the field and focused on introducing local kids from the Fryeburg Academy, Kennett High School, and others with an interest to aviation careers and specialties, is now open to the public.

Through generous donations and grants, the Aviation Academy has an FAA approved flight training device or simulator available to members and they recently acquired a Cessna 150M training aircraft. This gray and white high-wing 2 seat aircraft has been earning its keep. Of the 36 members currently involved with the Academy about half are flying regularly and they're looking to add another aircraft to their fleet as well as adding additional instructors to the staff.

If you've ever wondered what it's like to fly, want to get back into flying, or would like to make a donation contact Ed, (603) 387-5883 or visit their website at www.easternslopeaviationacademy.org

Fryeburg Public Library by Jennifer Spofford

There will only be one story time in Nov. on Saturday the 20th at 10AM. Please join Miss Jennifer for a very special story, craft, and take-home goodies to celebrate Thanksgiving! The library will be closed in observance of Veteran's Day, Thursday, Nov. 11th and in observance of Thanksgiving, Thursday, Nov. 25th and Saturday the 27th.

Join our book discussion on Wednesday, Nov. 10th at 10AM. We will be discussing Rare Objects by Kathleen Tessoro. Copies of Tessoro's book can be picked up at the library or from your favorite book store! About Rare Objects, "Tessoro's sixth novel navigates a complicated friendship between two damaged young women in 1932 Boston. Tessoro's complicated heroines—and the shattering reveal of secret after secret—will keep readers guessing until the final page" (Publishers Weekly).

Stop by for an informative presentation by Tin Mountain Conservation Group, Birds of New England, Tuesday, Nov. 9th at 4:30pm. The presentation will take place in our Weston Room.

Have you ever imagined what it would be like to see Mount Everest with your own eyes? Or what kind of sights, sounds, and culture can be experienced while trekking in Nepal? Then save the date and enjoy a presentation about a month-long journey through Nepal. Christopher will share stories and photos of Kathmandu, life on the trail, and what it's like to breathe the rarified air above 20,000 feet. Join us for this insightful presentation on Tuesday, November 16th at 5PM in our Weston Room.

As with all of our programs, please let us know if you're attending by calling or stopping in. Drop-ins to our programs are welcomed and encouraged also!

Our library hours are Monday, Wednesday, and Thursday 9-4, Tuesday 12-6, and Saturday 9-12. We offer free 24/7 WIFI, Interlibrary loans, public computers, Chromebooks, "to-go" programs, phone and tablet charging station, copying, printing, and faxing services. Visit our website for program schedules, library policies, newsletters, and services- www.fryeburgpubliclibrary.org

Library Stats for the month of August: 431 patron visits, 511 items circulated from the library collection, 11 programs, 31 attendees



Friends of the Fryeburg Public Library by Nora Schwarz

An Annual Meeting will be held on Tuesday November 9, 2021 at 4:30 pm in the Mulford Room at the Fryeburg Public Library.

All members of the Fryeburg Community are encouraged to attend as we strategize how we can best support our wonderful library in 2022. Jennifer Spofford will offer remarks about the 2021 year, her plans for 2022 and where our support will be most impactful.

Questions pertaining to the Annual Meeting and in general regarding the Friends can be directed to me at this email.

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Legislative and congressional districts redrawn

The Legislature met September 29 to vote on new legislative and congressional district maps for Maine. The new district boundaries are a result of the bipartisan work of the Maine Apportionment Commission, which met to redraw them according to new census data. Their recommendations were then voted on by the full legislature.



Every ten years, the legislature is required to redraw legislative districts to account for changes in population. This includes Maine's two congressional districts, county commissioner districts, 35 Senate districts, and 151 House districts. The Maine Constitution requires that the decennial census be used to guide reapportionment.

Maine's method for redrawing district lines is also laid out in our state's constitution. We use a bipartisan commission comprised of equal members of both parties. Further, any plan must be approved by two thirds of the legislature or otherwise end up in court. That requirement meant that both parties had to work together to produce maps that had broad-based support.

Typically the work was supposed to be completed by June 11th in the year following the census. 2021 was different, because the data from the census was not available until August. It usually is available in March. That meant the commission only had six weeks to complete work that normally would be done over the course of three months.

Despite the accelerated timeline, the Commission was able to reach bipartisan agreement on the 151 districts of the Maine House. Both sides met regularly and have worked well together.

Changes in population meant that, in general, northern, rural districts moved south to account for population loss and population increases in southern Maine. This was done so that each state house district will increase in size to approximately 9,000 people per legislative district.

The boundaries of Maine's two congressional districts remained largely unchanged, with the exception of Kennebec County towns. Kennebec County was, and still is, the only county split between the two congressional districts. The new plan moved roughly 23,000 Kennebec County voters to the second district to ensure they are both equal. This was achieved by rearranging the Kennebec County's towns.

The commission worked hard under difficult circumstances to redraw the districts and the legislature overwhelmingly approved the changes. They will be in effect for the 2022 elections. The new district maps and descriptions can be found online at: <https://legislature.maine.gov/apportionment>

One of the strengths of our citizen legislature here in Maine is that our districts are small enough so that every citizen, if they choose, can meet with and get to know their legislator. Strong representation means having districts that are responsive to the citizens who live there to ensure every Mainer has a voice.

I appreciate that opportunity and welcome your thoughts, suggestions and advice in the challenging months ahead.

The Fryeburg Water District will hold a Special Election, on Nov. 2, 2021 between 8am and 8pm, at the David and Doris Hastings Community Center. This special election is to replace a Trustee who has relocated and will be held in conjunction with, but in a separate space, with the Municipal and State Elections.

FRYEBURG RESCUE by Eric Meltzer

After skipping 2020, like most events, the Fryeburg Fair was back. Traffic and crowds were challenging at times but it was exciting to return to some semblance of normalcy.

Our 3 ambulances were ready to go and our station was fully staffed for fair week with at least 2 full crews on every day in addition to our members who jumped in when call volume got busy, and it did get busy at times. Preliminary numbers show we responded to 73 calls for the time period of the fair. As usual, there were calls for service both at the fairgrounds and within our 5-town coverage area. We also responded to at least 1 mutual aid call in Bridgton.

This year's call volume during the Fryeburg Fair may have been a record for Fryeburg Rescue with an average of just over 9 calls per day for the 8 days and nights of the fair.

New this year at the fair were vaccination clinics staffed by healthcare volunteers from the area. Initial Covid shots as well as boosters and annual flu shots were given on Monday, Wednesday, and Friday. We thank all our public safety partners including Fryeburg Police, Fryeburg Fire, Saco Valley Fire, Fair First Aid and Traffic Control for all your help when needed. Working together helps us all serve the community during a large event like this.



Understanding Medicare by Bert Weiss

Fringe benefits

If you happen to get VA prescription benefits, there are plans available that sound too good to be true, but are true. You actually get paid to be on the plan, and you lose no VA benefits, and get a list of additional benefits for things like Dental, Vision, Hearing, and over the counter drug store stuff. The plans come with no prescription benefit, so are designed for people who get prescriptions from the VA.

If you happen to be on both Medicare and Medicaid, there are also plans with very rich benefits that include Dental, Vision, Hearing, and over the counter drug store stuff. Help with utility bills is even a possibility.

For the rest of us seniors, it is Annual Election Period from now through December 7th. It is quite possible you can lower your Medicare costs. Call me and we can look closer at your personal situation, to determine your best position. Everybody has different needs and my job is to dig in and help you determine which approach and plan is best for you. This year is quite competitive amongst the plans being offered. The field looks different than last year. Call me with your prescription list, (correct spelling is critical) and we can take a look.

Or stop in to Walmart and let's talk. I am at the entrance inside Walmart, Monday, Tuesday, Friday, and Saturdays 9-11:30 12:30 - 2PM.
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Senator Rick Bennett District 19
Richard.Bennett@legislature.maine.gov

Keeping Foreign Governments Out of Maine Elections

Over the last two years, something rotten has happened to our democracy here in Maine - a foreign corporation owned 100 percent by another country funneled a record-smashing amount – nearly \$15 million and counting – into a political action committee (PAC) to influence the outcome of elections here in Maine. This affront to our freedom occurred in plain sight, and it needs to stop.

That's why I sponsored a bill, LD 194, in this year's legislative session. The bill would close a dangerous loophole in our election law that allows foreign governments to meddle directly in Maine elections. My bill was voted favorably out of committee with an 11-2 bipartisan vote, and it was enacted overwhelmingly in the House and Senate. Sadly however, Governor Mills vetoed the bill, and the vote to override failed by one vote.

I am now leading an effort to get this important measure before Maine voters in a public referendum. You can support our "Protect Maine Elections" campaign by signing our petition to get the measure on the ballot.

A large number of Mainers turned out to testify in support of my bill, but there were two groups of note who testified in opposition - Hydro-Quebec and the Maine Chamber of Commerce. While they didn't directly testify, Central Maine Power – which is owned by a Spanish conglomerate – followed up with a newspaper column to express their opposition. CMP's strong opposition is undoubtedly fueled by their desire to make \$3 billion off of the Corridor, which they know is deeply unpopular.

Hydro-Quebec is a crown corporation, owned 100% by the Province of Quebec. Their participation in the public hearing was especially ironic, given that they refused to appear before any of our regulatory bodies to testify under oath about the NECEC Corridor project, on which they stand to make \$12.4 billion. If this project goes through, it would be HQ's largest export contract to date, and it would help this state-owned utility reach their goal of doubling profits by 2030.

During questioning, Sophie Brochu, CEO of HQ, defended their involvement in our referendum process, despite the fact that foreign interference is illegal in Canadian referendums. She said, "When we have a referendum in Quebec, or in Canada, it's really a big thing, politically loaded, very heavy and the impacted can have politically-wise in the country." But, by her logic, since our referendums are initiated by the people, they carry less weight and shouldn't be afforded the same protections as Canadian referendums.

She has also dismissed Mainers' right to self-determination, saying, "We are accused of interfering in an electoral process, but it is not an electoral process. It's a commercial process." And she told a parliamentary committee in Quebec, "Ultimately, you almost have to play dirty with people playing dirty."

While HQ's opposition to this bill was predictable, nothing speaks to the rottenness more than our own State Chamber of Commerce, which supposedly exists to help our own local businesses, using their political capital to shill for foreign governments. Last year, the Chamber signed onto the lawsuit to strip Mainers of the right to vote on the NECEC Corridor, and now, they're demanding that we give a bullhorn to a foreign government to drown out the voices of Maine people.

According to their testimony, the Chamber believes that the people of Maine must share their rights of self-determination with foreign governments, which begs the question - How much money does the Maine Chamber of Commerce receive from foreign companies like Hydro-Quebec, Avangrid and CMP? And who are they really serving? The Chamber's ongoing efforts to back large, foreign-owned corporations over businesses owned and operated by Mainers is deeply misguided and indefensible.

Opponents falsely claimed that my bill aims to "muzzle" free speech. The bill simply says that a company owned by a foreign government, such as Hydro-Quebec, should not be allowed to electioneer in this state. And to be clear, prohibiting electioneering is not the same thing as prohibiting speech. Even with this legislation, Hydro-Quebec could still publish columns, op eds, or even run ads about their business. But Hydro-Quebec nor any other foreign-state-owned entity should not be allowed to tell Mainers how to vote in an election that 80,000 Mainers initiated.

Both America and Canada recognize that foreign influence has no place in elections, which are the cornerstone of any democracy. Whether that influence comes from a friendly neighbor, or a hostile enemy, it's dangerous just the same. While it's the Province of Quebec spending money to influence Maine voters today, it could very easily be China or Russia exploiting this staggering loophole tomorrow. We should not allow foreign countries the ability to meddle in our voting here in Maine, so I urge you to sign the petition and protect Maine elections.

Adult Education – There's Something for Everyone!

- If you have been thinking about going back to school and furthering your education our Maine College Transitions program is here to help you set those goals and create a plan.
- Thinking about going to college and not sure how to pay for it? It's time to fill out the FAFSA form! We can help with that, too!

Our college and career advisor, Rhonda Jacobson, can be reached at 647-5135 or email Rhonda.jacobson@lakeregionschools.org.

- Explore workplace training options that will be coming up after the first of the year: Certified Residential Medication Aid (CRMA), CRMA Recert (required every two years), Personal Support Specialist (PSS), and both the AHA Heartsaver CPR/First Aid, and AHA Basic Life Support (BLS).
- Whether you know exactly what you want, or you are still exploring options, our programs can help you find the best place for you to start.
- And don't forget about our enrichment programs! There's still availability in some of our upcoming fun and interesting classes.

If you are interested in workplace training or enrichment classes, call Micah Peterson at 647-5138 or email micah.peterson@lakeregionschools.org. Remember, we are online only . Winter/spring catalog will be online mid-January!

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