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**State Representative:**
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**Selectmen:**
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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:**
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Cindy Eaton.....890-5313

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Deadline is the 20th of each month

## AUTO FACTS YOU OUGHT TO KNOW *By Eric Meltzer*

Nothing says summer like a convertible. Cruising with the top down, feeling the warm sun on your face - open air driving in the summer is to experience motoring.

The first automobiles were reflections of horse-drawn buggies, little more than four wheels under planks also known as a buckboard and embodied all the comforts that one could imagine in such a primitive contraption. I'm not sure how quickly it came about but I am sure some early driver, while baking in the sun or slogging through the rain thought a cover or roof of sorts might be a good idea. No surprise then that Cadillac, pioneer of many early luxuries, fastened a top to their buggy and the days of the enclosed body were born. Others soon followed and as automobiles proliferated and prices became more affordable, the open-top option receded in favor of practicality. But, as is so often the case with the human spirit, people began to crave the freedom of the wind-in-the- hair driving and the concept of the convertible emerged.

Early convertible tops were crude, folding devices and offered little respite from noise and wind but kept the sun and rain mostly at bay. Side windows were called curtains because, well, they were curtains, and the top fabric was more resistant to weather than weather proof. As wealthier clientele gravitated towards drop-top motoring, less cumbersome mechanisms became commonplace and power tops eventually came into being. Still a compromise, the rag-top evolved into the retractable hardtop which, albeit heavy and complicated, was more effective at providing protection from the elements. By the 50s, as is often the case with fashion, the hardtop as a body style became one of the more popular looks. These steel roofed sedans and coupes wore a permanent top but without any side pillars or columns to simulate the appearance of a convertible. Unfortunately these cars were noisy and drafty and although the faux convertible lived on far too long, these phony phaetons have mercifully gone the way of the fake hood scoop.

Woven into the fabric of America in the 50's and 60's car culture, every U.S. Manufacturer had at least one convertible in their offerings and the mid 60's saw convertible sales account for 6% overall. But the 1970's were looming and with that decade came a new focus on safety and government standards. Rollover protection was a non-existent feature and taking the top off a car introduces all kinds of structural compromise. It's like taking the top off a box, the sides become weaker. Combining safety issues with lack of security and higher, average traveling speeds which turned that gentle breeze into a hurricane, the romance of the drop-top was getting pushed out in favor of practicality, again.

Some vestiges of wind-in-the-hair motoring remained and appealed to the die-hard enthusiast. The classic British and Italian roadsters were still coming ashore and removable hardtops helped make them more user friendly in seasonally harsher climates. Customization companies and coach builders were also getting involved. Some were even offering engineered conversions of production cars by reinforcing and strengthening weak areas in lieu of structurally welded tops. To address the safety and security concerns of buyers, American manufacturers offered a compromise known as the T top. This hybrid roof consisted of removable glass panels over the driver and passenger but leaving the structure largely unaffected. Porsche pioneered their Targa top allowing the entire panel over the passenger compartment to be removed but leaving a rollover hoop or roll bar of sorts to tie the car together. The Targa moniker was named after the Targa Florio, an endurance race in Italy, but in a genius of marketing, the name has come to embody this style of roof as well. Sunroofs, both factory and aftermarket, gave drivers a glimpse of sky and ventilation however far from true open air driving. Modern sunroofs have grown over the years to full length retractable panels providing a more genuine feel.

Modern soft-tops are push button affairs opening to the sky with little effort. Marvels of design, they are complex and well styled, top up or down. It seems we've seen the apex of the rag-top and retractable hard tops are once again burgeoning. Compared to years past only a very small number of convertibles are sold in the U.S. annually but modern technology looks to ensure that comfort, safety, and convenience will continue to play an important role in their latest iteration. The future of the convertible, at least for those of us who still feel the spirit and romance, looks as bright as the sun and stars overhead.


# FRYEBURG TOWN MATTERS

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Vol 20 • Issue 02 • Editor: Donna Woodward - 207-441-8170 - donnawbe@gmail.com • May 2022


## Valley Pride Day - Community Litter Clean-up Day!
## Proudly Cleaning the Valley for 22 years!

**SATURDAY**
**05.07.22**
**8:30AM - 12PM**

# Valley Pride Day

Save the date! Take a walk - Take a bag. Valley Pride Day roadside litter cleanup event returns for its 22nd year. Details TBA.

Local town contacts will host supplies pick up. Follow us for updates come Spring 2022!

Follow us on Facebook
https://www.facebook.com/MWValleyPrideNH
FMI: rmellady1@yahoo.com

### Fryeburg sign up Station

located at American Legion Parking lot on Bradley Street from 8:30-10AM
Pick up bags, gloves, and road assignment

### Hampton Inn BBQ from noon - 2PM

When you are finished cleaning head up to the Hampton Inn in North Conway for a BBQ Celebration
Includes fun & games, great food from local restaurants, music, and prizes!

### For More Information

Go to the Valley Pride Day Facebook Page
or
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## Fryeburg Town Managers Report - *by Katie Haley*

For this month's article, I am again going to make a plight for residents and businesses alike to be diligent about proper waste disposal at the Fryeburg Transfer Station. We set up rules and appropriate fee schedules to try to offset the incredible expense of waste disposal for the sake of the tax payers.

With that in mind, the Select Board have revised the Transfer Station Sticker and Use Policy. The revised policy notes that it is the responsibility of each user of the Transfer Station to properly dispose of all solid waste. This responsibility includes the voluntary separation of waste. Any waste that is not separated or disposed of in the improper location will result in a $25 fee. Placing demolition debris in trash bags does not make it qualify as traditional household waste; demolition debris needs to go in the demo container and needs to be paid for.

The revised policy also notes that scaling is required for commercial haulers, and residents who are disposing of demo, furniture and numerous bulky items. It is required that people weigh in on the scale, then dispose of waste and proceed back across the scales. After the final scaling then people need to go to the scale house and pay for the waste disposed of. Commercial haulers will get a slip noting the cost of disposal and will be billed accordingly. Driving off without scaling (before and/or after dumping) will result in additional fees ($50 for the first offense, $100 for subsequent offenses).

As always, waste generated outside of the boundaries of Fryeburg shall not be disposed of at the Fryeburg Transfer Station.

Soon we will be adding an additional recycling option at the Transfer Station. There will be an "Apparel Impact" bin, which allows for the recycling of textiles including clothing, shoes, sheets, towels, etc. This offering is free for the Town and is a great recycling option.

Please see the Transfer Station attendants if you have questions about where to dispose of waste or about the scaling procedure. They are there to help you. Thank you in advance for your cooperation.

### Spring Cleaning…brush off those goals!

MAINE Adult Education
1881 Roosevelt Trail,
Naples, ME 04055

Lake Region & Fryeburg Area Adult Education is a great place to get the support you need to meet your education goals this spring and throughout the summer. Our College Transition and Career Access programming helps students set goals and prepare for post-secondary education and training. We are your one-stop resource to prepare for a new career pathway.

Our staff helps students meet the academic challenges necessary for a successful college experience or set the groundwork in place for short and long term certification for career advancement. We can direct you to funding resources to help pay for continuing education; talk to us about our partnership with the community college system that offers a tuition-free class for enrolled students!

If you're a current senior who is graduating and planning on attending college in the fall, but you need that little bit of extra help to meet the challenges of college work, we can help with that, too! Enroll in our College Success course this summer and fulfill a 1 credit graduation requirement at both CMCC and SMCC.

So, no excuses for not doing your spring cleaning – get ready summer – get ready fall. We'll help you get prepared! Call our academic coordinator at 647-3015 or email rhonda.jacobson@lakeregionschools.org.

## Understanding Medicare by Bert Weiss • 603-694-3058 or 603-986-5650

This year in Maine, there are several 5 star Medicare Advantage plans, available from 3 companies. It is really difficult for a plan to win 5 stars. When that happens, there is a special enrollment period for 5 star plans that runs from Dec 8th to Nov 30th. You can start Medicare Advantage or change plans, most of the year. Also there is a 5 star plan available to people who get Veterans Prescription benefits. Ask me about this. You will like what you hear.

I've been asked what the difference between an HMO and a PPO is. With Health Maintenance Organization (HMO) plans your service provider must be in a network that covers your provider and service. Urgent care and Emergency care are often available worldwide with no network requirement. So, if you are sick and go to the doctor, you are covered, regardless of where you are. With one company, you only have Emergency room rights outside the USA. Then there are some benefits where no network is required, like Dental benefits in some plans. Often in an HMO, you need a referral to a specialist, while in a PPO you don't. You must learn the details about your plan, as they all have different rules.

Preferred Provider Organization (PPO), allows you to go out of network, as long as the provider is willing to accept Medicare reimbursement. You usually pay a higher copay, and sometimes have a higher out of pocket maximum. My rule of thumb for most people in a PPO is to NEVER go to an out of network hospital. There is no need to do that, and you will be charged the maximum allowable. Another kind of plan is called Point of Service (POS). They also let you go to out of network doctors, if they agree to accept Medicare billing. You have to ask before you get the services.

There are a lot of variables and these plans can be extremely confusing so you must to do your homework to determine your best fit or call me and I will walk you through it at no charge to you.

My mantra these days is: If you are not confused, you aren't paying enough attention. My job is to have a conversation with every client to determine their best fit based on their personal situation relative to health, travel or other factors.

## Poland Spring Donates 25K to Rec Center

Poland Spring recently donated $25,000 to the Fryeburg Teen Center.

Town manager, Katie Haley stated that the center is run entirely on donations with more than 30 Fryeburg kids enjoying the activities at the center on a typical day.

Poland Spring appreciated the wonderful card the teens made thanking them for the donation.

## Eastern Slope Regional Airport by Eric Meltzer

We're excited to announce an important addition to our team. Allison Navia has agreed to come aboard as an administrative consultant working with airport manager, Dave Cullinan and the Eastern Slope Regional Airport Authority members. Allison worked for a time at ESRA with Dave early in her career helping to maintain the airport and learning about operations. Later, she went to Bar Harbor where she worked as a flight instructor and air tour pilot, eventually signing on as the assistant airport manager before becoming the airport manager at that busy seasonal airport. Allison is currently the airport manager at Sanford, the busiest airport in the state operationally where she successfully helped that airport become financially stable, attracting new businesses and tenants to the field. In a unique agreement between the ESRA and the City of Sanford, Allison will be spending some of her time here, using her vast aviation knowledge, experience, and contacts to bring the same success to our airport in Fryeburg. Allison comes aboard at a critical time as we complete the transient hangar project and prepare to embark on the earmarked runway improvements. She'll be crucial to helping navigate a long term strategic plan at ESRA. Welcome back, Allison.

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## Fryeburg Public Library *by Jennifer Spofford*

### FRYEBURG LIBRARY JOINS COHORT OF MAINE LIBRARIES IN HEALTH CONNECT PROGRAM

Fryeburg Public Library is now offering telehealth services through a dedicated Telehealth Room. Telehealth uses technology to provide access to real-time appointments with healthcare providers from a distance. Individuals who opt to receive telehealth care from their healthcare provider can now book the Telehealth Room at the library for their appointment. The library provides a private room equipped with a laptop, camera, computer mouse, lights, headphones, and other technology relevant to telehealth needs. For more information contact the library 207-935-2731.

Thank you to Vana Carmona, Autumn Blakeley, Bob Greene, and Adelaide Solomon-Jordan who came from all parts of Maine to our cemetery stand ceremony! We had a great turnout despite the rain. Thank you to the many helpers for this endeavor which include the Fryeburg Historical Society, USCA, and Luna Paranormal.

We are the recipients of the Maine Public Library grant. The funds will be used to build a community garden next to our library. We will start construction during the late spring. Once we are finished, we hope everyone will join us for the reveal. Dates for the reveal will be posted soon.

Join us for our Afternoon Walking Group with Donna, every second and last Wednesday of the month at noon. The walks will begin in front of the library. Dress for the weather and bring water.

We will be discussing The Nest by Cynthia Sweeney on Wed, May 11th at 10AM. Join us in person or by Zoom. Please email or call the library for more details.

Outdoor Story Time begins May 7th at 10:00am. Join Ms. Jennifer for a fun story and craft in our garden.

Finally, Oceans of Possibilities summer reading sign ups start in May. Children ages 5-12, who sign up, will receive a free book and a bingo card for their chance to win free ice cream and Portland Sea Dogs tickets! We will be hosting monthly ocean-themed movie nights with snacks and games. More details to come.

Our library hours are Mon 9-4, Tues 12-6, Wed 9-4, Thurs 9-4 and Sat 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 or call 207-935-2731.

Library Stats for the month of February: 305 patron visits, 429 items circulated from the library collection, one virtual program with 20 attendees, one in person program with 5 attendees, three virtual story times with 3 views. 20 take and make kits dispersed.

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## FRYEBURG RESCUE by Eric Meltzer

Spring and summer finds more people taking in all that nature has to offer. With time outdoors comes exposure to insects, some that carry pretty nasty diseases.

Ticks are parasitic arachnids that feed off blood of mammals, birds and reptiles. Only a few of the nearly 100 varieties in the US actually bite humans. Ticks are commonly found in grassy or wooded areas, or on animals. They typically wait on the tips of branches, leaves or tall grasses for prey to walk by, but they can't fly or jump. According to the Center for Disease Control (CDC), vector-borne diseases -- those transmitted by ticks, mosquitoes, and fleas -- tripled between 2004 and 2016 with the majority caused by ticks including seven new tick caused illnesses. One of the most common is Lyme disease. Signs and symptoms of tick-borne illness include rash, fever, chills, aches and pains, headache, fatigue, and muscle aches. A bull's-eye rash that typically starts at the site of a tick bite and expands outward, up to a foot or more is a common indicator of Lyme disease. A simple antibiotic, doxycycline, can be used to combat many tick-borne diseases if they are recognized and treated early.

Ticks often attach themselves to warm areas such as the knees, behind the ears, groin, armpits and hairline so pay close attention to these areas. Ticks need to be embedded between 2 hours and 96 hours to transmit disease so the quicker they can be removed the better the chances of avoiding illness.If you find an embedded tick, use fine-tipped tweezers to grasp it by the head as close to the skin as possible. Gently pull the tick upward, making sure not to twist or squeeze it.

Dedicated tick removal tools are available for those who choose. Some look like a tiny spoon with a center slot to get under the tick and pull against it. There are a lot of folk remedies for tick bites as well such as petroleum jelly and nail polish but these are largely unproven. After removing the tick, thoroughly clean the area with rubbing alcohol or soap and water. The CDC recommends disposing of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

## DENMARK ART CENTER *by Susan Beane* - FMI: www.denmarkarts.org/events

DAC will follow CDC guidelines for all events. Masks are available.

- April 30 at 7pm & May 1 at 3pm: KIPPY-Pray for the Dead and Fight Like Hell for the Living!
- May 28 from 5-7pm: Art Opening With Flying Colors with Kristen Pobatschnig Thanks to Hannaford Supermarket for in-kind support
- May 29 at 3pm & May 31 at 7pm: Lott String Quartet Center. This show is worth seeing twice so we have to different locations you can experience the it!

For more information and details on the scheduled shows and locations please visit or website at **www.denmarkarts.org/events**

## FWD SEEKS CANDIDATE (s) TO FILL ONE VACANT SEAT:

The Fryeburg Water District is looking for one FWD resident who is a registered Fryeburg voter to join the Board of Trustees. Please reach out to us via email or give us a call if you are interested. The election is on June 14, 2022.

FRYEBURG WATER DISTRICT

207-256-6246 (Steve Anthony) • fryeburgwaterdistrict@gmail.com

## Plant and Flower Sale at Fryeburg Fairgrounds

Plant and Flower Sale opening day of the Flea Market at the Fryeburg Fairgrounds on May 29th, Memorial Day Sunday. Look for us in EXPO 1 Building from 9am to noon. Cash only please. We will have locally grown perennials and flats of flowers from Kimball's Green House in Waterford, also baked goodies and "garden treasures". Benefit of the Saco Valley Garden Club. Traditionally this is a sell out , so plan to come early.

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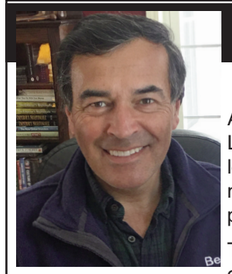

## Senator Rick Bennett District 19
Richard.Bennett@legislature.maine.gov

### What we've learned from DHHS

As we wrap up the 2nd Regular Session of Maine's 130th Legislature we've seen different issues in front of legislators, few issues as important as how we handle matters involving the aid of Maine's children. It's my pleasure to share this week's Republican Radio Address.

There's no doubt we've had to tackle some tough challenges during this session. We've seen bills ranging from dealing with "forever chemicals" in our soils to saving two of our precious Maine Veterans homes in Caribou and Machias. Yet what has been one of the most eye-opening issues for me has been how we handle child welfare and safety at the Department of Health and Human Services' (DHHS) Office of Child and Family Services (OCFS).

Issues involving children aren't new to me. I currently chair the Legislature's Children's Caucus, which examines issues surrounding children and families in our state. We work to improve the availability and effectiveness of services across the system of care through both government and various community groups, and our goal is to improve outcomes for Maine's children and families.

A critical piece of that is OCFS and its Child Protective Services (CPS) unit. And the work of that unit transcends the interests of any one legislature – and certainly beyond the adjournment of it.

Currently, CPS has oversight of 2,297 children under its direct custodial care, a drastic measure taken when a court finds a child is no longer safe in their home environment and must be temporarily placed elsewhere. They also oversee another 1,500 or so children in foster care and about 4,500 through child care subsidies. In 2021, CPS conducted almost 9,800 child abuse investigations in 2021. In all, DHHS is involved with about 18,000 children across its many programs and services.

Yet in 2021, four children aged four and younger who were in OCFS custody died within weeks of each other in May and June. But that wasn't the worst of it – last year ended up being the deadliest on record with another 25 child deaths linked to cases of abuse or neglect that were being tracked by OCFS.

In response to the four deaths a year ago, the Legislature's Government Oversight Committee – of which I also am a member of – asked our Office of Program Evaluation and Government Accountability (OPEGA) to investigate the practices of OCFS. What they found was a staff of caseworkers who were overworked and often didn't have the required time to complete full investigations that would effectively assess children's safety. They also recommended to DHHS management that they evaluate the nature and extent of after-hours work requirements and expectations currently placed on caseworkers, which could lead to burnout. That may all be good, but it doesn't go far enough.

What we saw from both OCFS and DHHS is a defensive culture that indicates a lack of transparency, and it seems there may be deeper problems. After OPEGA released its report, and my committee met in March to review it, DHHS's commissioner turned the tough but fair questions from legislators who are charged with oversight and government accountability into a narrative about how we were attacking the department and its staff.

If the death of children under its care doesn't invite legitimate scrutiny, I don't know what does.

We are still in the midst of reviewing OPEGA's report and recommendations, and we're still learning more information about the struggles of OCFS and how we can help them reform to a better agency. It's our role to do this, and it's our responsibility to Maine's families.

Yet we need a Department of Health of Human Services that is transparent to both the Legislature and Maine's people. Circling the wagons is never the answer.

## District 70 Rep Nathan Wadsworth
Nathan.Wadsworth@legislature.maine.gov

### Returning Taxpayers Money

Legislature has concluded almost all of its work for 2022, with the exception of constituent services and some committee work. I'm pleased to say that along with my colleagues we have succeeded in returning most of the $1.2 billion in projected, over-collected tax revenues back to taxpayers.

As soon as June, eligible citizens will receive $850 relief checks provided that they filed a 2021 tax return. That is 57,000 more people than the Governor's original proposal, for a total of roughly 920,000 Mainers. Income eligibility caps are increased to $100,000 per individual, $200,000 per couple, and $150,000 for a Head of Household filer. This part of the Supplemental Budget returns $729 million back to taxpayers, instead of being spent on new/expanded government programs.

If you are not required to file a 2021 tax return, I encourage you to do so before October in order to receive a tax relief check, and to see what other tax benefits you may qualify for.

I am pleased that Republican budget negotiators were able to get add structural tax reform for pensioners and retirees to the budget. In 2022, the existing state pension deduction amount increases from $10,000 to $25,000. It then increases to $30,000 in 2023, and to $35,000 in 2024 and beyond. All told, it will provide substantial ongoing tax relief to 80,000 retirees, many of whom may stay in Maine instead of moving to a more tax friendly state.

There are many other important priorities that received support in this budget. These include funding for: transportation, Direct and Long-term Care facilities, nursing homes, and their employees, for PFAS, for elder care (in-home and community services), and child protections services. The budget also includes $655,200 to rebuild the Fryeburg Shooting Range, something I have been working on for eight years.

The Supplemental Budget is the product of a unanimous, bipartisan report from the Appropriations Committee. It received overwhelming support from legislators, something that is harder to achieve in this day and age.

I will say it again, I believe that it is wrong for the government to grow bigger as family budgets get smaller due to inflation and higher heating, gasoline, electric, food and other times necessary for daily life. I voted for the budget because you know best how to spend your money, and this budget sends more back than it keeps.

I appreciate those who reached out to me regarding matters that have come before the legislature and the opportunity to serve you these past eight years. If there is anything I can do to assist you between now and when I leave office, please do not hesitate to contact me.

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