artment Heads

Town Depa
State Senator: Rick Bennett
State Represent Nate Wadsworth
Selectmen: Richard Murray Tom Kingsbury Jim Tyrrell
Town Manager: (treasurer & Tax Katie Haley
Town Clerk: Theresa Shaw
Public Works D (Highway & Tran Lester France
Police Chief:. Aaron Mick
Fire Chief: Andrew Dufresn
Fryeburg Rescu

.287-1505

ntative: ..838-7451

Kimberly Clarke Tom Klinepeter

x Collector) .935-2805

.935-2805

Director

nsfer Station) ..935-2772

.935-2615

.935-3323

ue:

.935-3024 Steve Goldsmith.

Recreational Depart:

.935-3933 Rick Buzzell..

Code Enforcement Officer:

Natalie A. Foret... ..935-2805 **Animal Control Officer:**

..890-5313 Cindy Eaton.

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

Fryeburg Library: ..935-2731 Maryann Eastman...

Fryeburg Business Association: www.FindltInFryeburg.com

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> Deadline is the 20th of each month

AUTO FACTS YOU OUGHT TO KNOW By Eric Meltzer

Pressure...

We all feel it but some things need it to function. Your car actually works best under pressure. Fuel pressure for the engine, oil pressure for lubrication, and air pressure for your tires is how your car rolls. The federal government feels that correct tire pressure is so important that in 2005 the National Highway Traffic Safety Administration (NHTSA), Department of Transportation (DOT) passed a "final rule establishing a new Federal motor vehicle safety standard (FMVSS) requiring installation of a tire pressure monitoring system (TPMS) capable of detecting when one or more of a vehicle's tires is significantly under-inflated." This rule, phased into effect between September 1, 2005 and September 1, 2007, mandated the use of a suitable TPMS technology in all light motor vehicles (under 10,000 pounds), to help alert drivers of under-inflation events. The upside to this rule is that the driver of a TPMS equipped car always knows when an under-inflated tire is adversely effecting your car's performance and safety, while the downside is more government regulations, another system to maintain, and the resulting added expense. Some, like me, would say the trade off is inequitable but we're stuck with the rule so we have to comply.

Government and industry love to shorten names using acronyms and if your vehicle is equipped with a TPMS - MIL (Tire Pressure Monitoring System - Malfunction Indicator Light), you might be familiar with the symbol of a tire which illuminates in amber in the event of an under-inflated tire condition. Sensors inside the tire connected to the valve stem where you add air to your tire send a signal to a receiver in your car that illuminates the indicator. This indicator will illuminate when tire pressure drops below a threshold or there is a pressure differential between the tires. That pressure drop could be caused by many factors, from a puncture to an ambient temperature change and this time of year the latter is not uncommon. In fact, for every 10°F of ambient temperature change, tire pressures will change about 2%, or about 1 psi (Pounds per Square Inch). It's not uncommon to see a 40°F swing in temperature around here, which will result in about a 4 psi change in tire pressure. Adding air to a tire already warm from driving could also cause an issue since most TPMS sensors are calibrated to cold pressure. Volvo recommends adding 2 to 4 psi above the recommended cold tire pressure to compensate for this condition.

Some tire shops and new car dealers are using nitrogen instead of air to inflate tires. Nitrogen loses pressure at a slower rate than air so tire pressures remain more stable under fluctuating conditions. This has the added benefit of keeping the TPMS light extinguished reducing customer complaints and inquiries while providing the safety and efficiency of correctly inflated tires.

All this information begs the question, why is tire pressure so important? From an efficiency standpoint, an under-inflated tire creates additional rolling resistance and tires already account for approximately 5% of a vehicle's energy loss. An improperly inflated tire will also wear much more quickly and will wear excessively on the outer tread of an under-inflated tire while wearing the center tread of an over-inflated tire. Even more important is the safety factor. An under-inflated tire, with its increased rolling resistance, heats quickly and could compromise the tire's structural integrity. This condition also causes too much side wall softness, adversely affecting handling and can make the vehicle seem loose or "squirrelly". An over-inflated tire reduces pavement contact which could cause an early loss of grip when maneuvering, accelerating, or braking. Inclement weather just exacerbates these conditions.

Next time you wake up to a chilly morning, start the car and put on the defroster, and notice that funny looking tire light is shining that wasn't lit last night. It could be that the air in your tire just naturally lost some pressure. It could also mean something more so take a look at your tires but don't panic, it might just be a temperature change.

All of us at Fryeburg Motors wish you and yours the happiest and safest of holidays this year and we hope everyone looks toward 2023 with warmth and kindness to one another.

FRYEBURG TOWN MATTERS



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. Thank you for your understanding and feedback.

To download a copy of past or current Town Matters log onto www.Finditinfryeburg.com, Open "directory" and click on the Fryeburg Town Matters membership page

Vol 20 · Issue 09 · Editor: Donna Woodward - 207-441-8170 - donnawbe@gmail.com · Dec 2022

Providing New Technology is Critical to Our Future - We NEED Broadband Infrastructure



Senator Rick Bennett, recently spoke to the SAD 72 towns selectboards about the "generational opportunity" to secure funding for broadband infrastructure.

At a meeting with selectboards, Senator Bennett was emphatic that many locations in our school district are at a disadvantage because of slow or unavailable internet connections. He noted that providing the new technology is critical to the future of the towns and their residents.

The SAD 72 towns will target March 2023 for an application for broadband grant funds If successful, the grant dollars will support building broadband infrastructure to all the residents and businesses in the area.

The Eastern Slopes Regional Broadband committee is working on behalf of the selectboards to solicit bids from multiple providers and evaluate the options.

ESRB has found that only 20% of surveyed residents have satisfactory service. The goal of the project is to provide affordable

and reliable high-speed internet service so all locations can connect to education, health, information, and commerce online.

The ESRB is a coalition of the towns of Brownfield, Denmark, Fryeburg, Lovell, Sweden, Stow, and Stoneham working together to make sure the region is not "left behind" in the digital future.

More information is available at esrbroadband.com

Be sure to take the speed test of your internet service on the website.

IF YOU DON'T HAVE INTERNET SERVICE AT YOUR LOCATION. PLEASE CALL YOUR TOWN OFFICE TO BE PART OF THE COUNT FOR SERVICE NEEDED!

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Fryeburg Town Managers Report - by Katie Haley

I have a few various town related updates to provide people with as we near the end of the year.

First, I have some Transfer Station news and comments. As I have reported numerous times before, waste disposal is one of the Town's largest expenses. With that in mind, we try to make sure that we equitably and appropriately manage fees and disposal practices. We recently received news that the tire disposal fees have increased for the Town, and we will pass those increases along to the residents and business owners as we have always done. You will note that our Transfer Station fee schedule has been adjusted to represent this. To reiterate, the Town does not make money off this and charges only what we are charged to dispose of tires. A standard car tire increased from \$2 to \$3.

Also related to the Transfer Station, I want to remind people to pay close attention to what holiday related items are recyclable. Often times, mailers/padded envelopes are not recyclable. Tissue paper is not recyclable. If you have questions, please ask one of the Transfer Station attendants. When the Town has loads of single sort that it contaminated with non-recyclable materials, it leads to extra charges for us. Also, we don't mandate recycling but appreciate everyone's efforts to recycle; this is a cost savings tool for the town as well.

Onto a second topic; some businesses may have recently seen a letter from the Fryeburg Code Enforcement Officer distributed related to non-compliant signs. The letter noted that there has been an increase in the use of non-compliant business signs (banners and feather flags, for example). The hope is that these types of signs will be voluntarily removed before formal enforcement action needs to be taken. Please reach out to the CEO if you have specific questions about allowable signs.

Third, I am putting out an invite for residents to apply to serve on various town committees. Most notably, the Select Board is seeking members for the Municipal Complex Building Committee and the Budget Committee. There are also open positions on the Parks Open Space & Beautification Committee, the Bicycle Walkways & Trails Committee and the Economic & Community Development Committee. Applications can be found on the Town's website.

Lastly, I want to take this year-end opportunity to genuinely thank all of the town employees for their hard-work and dedication over the past-year.

I hope everyone has a very safe and happy holiday season!

Eastern Slope Regional Airport by Eric Meltzer

We've recently revised our minimum standards document for the Lease and Use of Property and Facilities at the Eastern Slope Regional Airport. These standards relate to leases, operating rights agreements, and activities on the airport, now and in the future. The goal is to promote aeronautical use of the airport, particularly commercial aeronautical use in a way that does not unreasonably burden businesses interested in doing business on the field while protecting and encouraging growth of the businesses already in operation.

The policy sets the standard for the development of the airport and ensures that only safe, legal uses of the property are permitted. We're hopeful that this update will encourage effective use of the facilities by aviation-related businesses thereby promoting self sustainability of the airport. This is a document the FAA recommends we have but it's been a while since it has been updated

Fryeburg Public Library by Maryann Eastman

Statistics for September 434 patrons utilizing our library, with 477 items circulated. We had 19 programs with attendees numbering at 76 Statistics for October to get caught up! October showed 417 patrons, circulating 380 items, with 13 programs and 36 attendees.

The Library has had a change of Director! Maryann Eastman, your new Library Director is looking forward to meeting all the patrons, and will be bringing some new programs and events after the turn of the year. Stop on by and say hello!

Jennifer Spofford has left for new adventures and we wish her all the best in her new endeavors. Her efforts and hard work over the past few years are greatly appreciated.

Events: On-going:

Saturday Story time 10 am Dec 3,10,17 and 31 Puzzle Group Mulford Room 1 pm Dec 7 Book Group Dec 14 at 10 am The Book Thief Closed on Dec 24, 25,26 Christmas Holidays

New: Santa Claus is Coming to the Fryeburg Public library!! He will be in the area getting some work done on his sleigh and taking wish lists from area children. Santa will make two visits to our Library in December, with story time, and photo opportunities. Tuesday December 13 at 3 pm, and Friday December 16 at 3 pm. Bring your littles and listen to Santa read Christmas stories. Wear your happiest holiday sweaters!

Octavia Bishop coloring book event FOL Nov 15 was attended by a few patrons, and they had a great time coloring magical fantastical pages. If patrons express an interest, we would like to invite Octavia back on a monthly basis for adult coloring events. It is a wonderful way to relax and gain serenity. We will even provide the materials!

We are closed on Saturday, Dec 24th and Monday, Dec 26th for Christmas.

Call for Members for the Municipal Complex Building Committee

The Town of Fryeburg Select Board is seeking residents to volunteer to serve on the newly created Municipal Complex Building Committee. The general mission and assignment for this committee will be to plan for the design and ultimate construction of a new Municipal Complex to consist of a Town Office, Police Station and Fire Station. It is envisioned that this will consist of the creation of a Request for Proposal for design services, leading to a consultant selection process and evaluation of design options. Other probable tasks will include researching funding options and engaging the public for input.

The Building Committee will consist of the Town Manager, Police Chief, Fire Chief, 1 Select Board member, and 5 residents who will be chosen and appointed by the Select Board upon receipt of an application. The Select Board is seeking people with experience in building construction, site work, design/architecture, financing or any other relevant skills, along with any resident who has an interest in being involved in the planning.

If interested in serving, please fill out the required Membership Application which can be found at:

www.fryeburgmaine.org/home/pages/boards-committees-open-positions or email Katie Haley, Town Manager: townmanager@fryeburgmaine.org. Please return applications to the Town Office by December 2nd.

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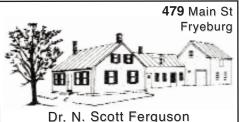
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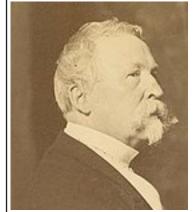


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Fryeburg is Rich With History and Notable People



Jonathan Eastman Johnson (July 29, 1824 - April 5, 1906)

Johnathan Eastman Johnson was an American painter and co-founder of the Metropolitan Museum of Art, New York City, with his name inscribed at its entrance. He was best known for his genre paintings, paintings of scenes from everyday life, and his portraits both of everyday people and prominent Americans such as Abraham Lincoln, Nathaniel Hawthorne, Ralph Waldo Emerson, and Henry Wadsworth Longfellow. His later works often show the influence of the 17th-century Dutch masters.

whom he studied in The Hague in the 1850s; he was known as The American Rembrandt in his day.

Young Johnson was born in Lovell, Maine, the eighth and last child of Philip Carrigan Johnson and Mary Kimball Chandler. He grew up in Fryeburg where the family lived at Pleasant Street.

Johnson's career as an artist began when his father apprenticed him in 1840 to a Boston lithographer. Later in 1844, the senior Johnson was appointed by US President James Polk as Chief Clerk in the Bureau of Construction, Equipment, and Repair of the Navy Department. The family moved to Washington, DC just a few blocks from the White House. Eastman was about age 20 at this time and supported himself while in Washington by making crayon portraits. Some of his subjects included John Quincy Adams, and Dolly Madison, likely due to his father's political connections. He returned to New England and settled in Boston in 1846 at the age of 22.

In 1849, Johnson went overseas to Germany, for further studies. He ended his European travels in 1855 to return to the United States due to the death of his mother. By 1859, Johnson had established a studio in New York City. He secured his reputation as an American artist that year with an exhibit at the National Academy of Design featuring his painting, Old Kentucky Home. His careful attention to light sources contributed to the realism and success. Later he became a member of the Union League Club of New York, which holds many of his paintings.

He married late in life at age 55, to Elizabeth Buckley and they had one daughter, Ethel born in 1870.

When Eastman died he was 81 years old. his body was buried at Green-Wood Cemetery in Brooklyn, New York.



We are pleased to introduce this year's Christmas Eve Sleepover celebrity, Oliver! Seven-year-old Ollie is the son of our vet tech and has been an outstanding foster brother to hundreds of Harvest Hills animals over the years. He is a super celebrity to all of us and soon will be to you too!

We hope that you will find it in your heart to help our mission by donating to the only big fundraiser we can have this year. Donations can be made Via the GoFundMe, PayPal (on our site), check (send to 1389 Bridgton Road Fryeburg Maine 04037) or bring cash to the shelter. Thank you so much for your help!

Understanding Medicare by Bert Weiss • 603-986-5650

Medicare Annual Enrollment, for Medicare Advantage and Prescription Drug plans ends December 7th.

Everybody is abuzz about all the TV ads. They are barely legal. First, they tell you every benefit available only to people on Medicare and Medicaid. Then they say, "call and see if you qualify". You don't. Once they have you on the phone, they do their best to sign you up for a plan, without actually researching your personal needs. The amount of complaints from their clients is enormous. They seem to pick plans that are a poor fit.

My advice is to work with a local licensed agent. My approach is to look at your prescription list, doctor list, and special needs like dental, vision, and hearing. everybody has different needs, and a different financial outlook. Together we can determine which plan is your best fit.

Happy holidays to all and may we look to the coming year with peace and optimism for good things to come.

Lake Region & Fryeburg Area Adult Education by Michelle Gayne

We are currently underway with building our Winter/Spring 2023 catalog of offerings and need vour help!

Do you or someone you know have a talent for cooking, crafting, music or art? We would love to talk with you about teaching for us and enriching the community! We are currently recruiting instructors for courses to add to our new catalog. Class topics can include more than just what was mentioned! Contact Micah at

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1881 Roosevelt Trail, Naples, ME 04055 Main Office: 207-627-4291 Direct Line: 207-647-5135 Fax #: 207-693-3003

207-647-5138 or micah.peterson@lakeregionschools.org for more information.

As part of our mission to provide relevant and accessible education and training opportunities for the residents of the Lake Region & Fryeburg Area Adult Education communities, we also help people to achieve their high school credential (both diploma and diploma equivalency options) as well as opportunities for healthcare and workforce training opportunities. For instance, did you know that as part of an agreement with the Maine Community College System, you can take a free community college course? Contact us to learn more!

Whether you are interested in earning your high school credential, looking for a new career, or looking to start college courses, reach out to us. We offer a comprehensive and holistic approach to work and learning for everyone!

Visit our website at: https://lakeregion-fryeburg.maineadulted.org/ and don't forget that we have a CNA course beginning January 7th!

We here at Lake Region & Fryeburg Area Adult Education wish everyone a safe and happy holiday season.

fryeburgwaterdistrict.org fryeburgwaterdistrict@gmail.com



The Fryeburg Water District will hold its next public meeting at the American Legion Building on Bradley Street on Monday December 12, 2022 @ 6:00 pm.

All are invited to attend.

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New Legislature to Get to Work in New Year

As we enter the season of giving and gratitude, I want to thank you for allowing me the honor of serving you in the Maine Senate. We are all pleased to have the elections over. I am grateful that you again have put your trust in me, and I will continue to work tirelessly on your behalf.

There is so much need in rural Maine, and I am eager to get to work for the people of our state, and particularly those in Senate District 18. The 131st Legislature must work collaboratively to solve problems and ease the burdens of every day Mainers. I have heard from countless constituents who are tired of the fighting, and want to see their government start working for them. I could not agree more.

The 131st Maine Legislature will be sworn in on December 7th. On that day, we will also elect our state's Attorney General, State Treasurer and Secretary of State. Unlike most all other states, under Maine's Constitution these positions are elected by the Legislature rather than by the people or appointed by the Governor.

Our deadline for submitting bills and other legislative measures without getting approval of leadership is likely to be December 16th. So if you have any ideas for legislation, please get in touch with me as soon as possible to discuss.

Committee assignments will be made in the next few weeks, and the Legislature will start its work in earnest soon after the start of the new year.

I intend to focus my work on advancing common sense policies aimed at protecting Maine's natural resources, lowering the costs of goods and services, and assisting our small businesses. With rising inflation and economic uncertainty, the work the Legislature does at the State House directly affects the lives of every Mainer. When I cast votes in the Senate Chamber I do so after thoughtful consideration about what is best for the people I was elected to represent. I hope that during these difficult times we all come together as a community, and reach out to our neighbors in need. Check in with each other and reach out if you or someone you know is struggling. As always, I am eager to help with state-related issues.

Again, I thank you for the privilege of serving you in the State Senate. I believe that if we work together, we can build a better Maine for ourselves and future generations. Please feel free to contact me at 287-1505 or (Richard.Bennett@legislature.maine.gov) if you have comments, questions or if you would like assistance in navigating our state's bureaucracy.

I wish you and your family happy holidays and a merry Christmas.

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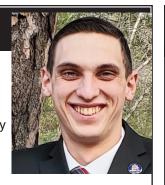
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District 82 Rep Caleb Ness caleb.ness@legislature.maine.gov

First I would like to say thank you to all who voted for me and put their trust in my ability to work on behalf of my district and its people. I appreciate the opportunity given to me to represent the good people of this area in the Maine House of Representatives! It is a responsibility that I am very humbled and honored to undertake and i assure you I will work hard and listen to what your needs and concerns are over the years of my tenure.



Since the November election I've been in Augusta getting ready to start the session in January. December will start off with a swearing in ceremony on the 7th in Augusta.

It is amazing for me to think that I get the chance to do this for my friends and neighbors in the area. Ultimately, I'm here to represent you. If I can be of service, please feel free to reach out to me by email. I look forward to meeting you!

Coconut Macaroons

Ingredients

14 ounces sweetened shredded coconut

14 ounces sweetened condensed milk

1 teaspoon pure vanilla extract

2 extra-large egg whites, at room temperature 1/4 teaspoon kosher salt

Directions

Preheat the oven to 325 degrees F.

- · Combine the coconut, condensed milk, and vanilla in a large bowl.
- Whip the egg whites and salt on high speed in the bowl of an electric mixer fitted with the whisk attachment until they make medium-firm peaks.
- Carefully fold the egg whites into the coconut mixture.
- Drop the batter onto sheet pans lined with parchment paper using either a 1 3/4-inch diameter ice cream scoop, or 2 teaspoons.
- Bake for 25 to 30 minutes, until golden brown. Cool and serve.

FRYEBURG RESCUE by Eric Meltzer

Community outreach is one of the cornerstones of our mission and again this year our members came together to assemble all the ingredients and fixin's for 25 hearty Thanksgiving meals.

Thanks to the generosity of our members and a benefactor we were able to donate and deliver these meals to families in our coverage area whose situation may not have allowed them to celebrate in the traditional way. We tried not to leave anything out and the meals include a turkey (of course!) gravy, vegetables, stuffing, potatoes, rolls, cranberry sauce, dessert and the pan for cooking. We hope this contribution helped ease some of the burden of these difficult times and gave some comfort and joy to the recipients of this kindness on Thanksgiving.

Thank you to our members for their donation of time, effort, and food and thank you for your continued trust and support of Fryeburg Rescue. Be safe and well. And may your Christmas holiday be enjoyed with family and friends.



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