

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 Tyrrell

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:
Natalie A. Foret.....935-2805

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

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

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

Fryeburg Business Association:
www.FindItInFryeburg.com

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Deadline is the 20th of each month

AUTO FACTS YOU OUGHT TO KNOW *By Eric Meltzer*

Here in the States we're blessed with open borders and a wide, fast, and efficient highway system and it all started in 1913 with the establishment of the **Lincoln Highway (LH)**. Headed by early enthusiast Carl G. Fisher, the goal was "to procure the establishment of a continuous improved highway from the Atlantic to the Pacific, open to lawful traffic of all description without toll charges.". This "Coast-to-Coast Rock Highway" from Times Square in New York City to Lincoln Park in San Francisco and would "stimulate as nothing else could the building of enduring highways everywhere that will not only be a credit to the American people but that will also mean much to American agriculture and American commerce. Fisher, better known than history credits, was not only an automotive enthusiast but also a racer, manufacturer of the Prest-O-Lite carbide-gas headlights widely used at the time, and the builder of the Indianapolis Speedway. The 1920's brought him fame as the promoter and builder of Miami Beach. He was a staunch believer in good roads and said that, "the automobile won't get anywhere until it has good roads to run on." Fisher, along with some auto industry friends, pledged 1 million dollars towards the 10 million dollar project. Notably and despite personal pleas, Henry Ford refused to contribute citing his belief that the government, not private individuals or companies, should build the Nation's roads. The LH was dedicated on 10/31/1913 to much celebration and fanfare even though traversing the 13 interconnected states took 20 to 30 days at an average speed of 18 MPH.

Dwight D. Eisenhower traveled the LH as a young Lt. Colonel while participating in an army convoy. That trip along with his experience of the German autobahn during World War II reinforced his support of a U.S. Interstate Highway System. In 1956 President Eisenhower signed the Federal-Aid Highway Act of 1956. Considered the Greatest Public Works Project in History, it would ensure safe roads, fast efficient routes, and as a bonus “in case of atomic attack on our key cities, the road net (would) permit quick evacuation of target areas.” Highways weren't without their adversaries as people, homes, and businesses were displaced and neighborhoods wiped out in the name of progress. Once thriving towns dried up as they were passed by or bisected by the new roadways.

The new highways were designed with limited access with overpasses and underpasses instead of intersections, were at least four lanes wide, and constructed for high-speed driving. Still, with the current national highway system including the interstate highway system comprising almost 161,000 miles of road there are four state capitols that aren't accessible by interstate including Juneau, Alaska; Dover, Delaware; Jefferson City, Missouri; and Pierre, South Dakota.

We're all familiar with the shield-shaped blue and red numbered signs that depict U.S. interstate highways but many don't realize there is a method to the numbering. Major interstate highways are identified by one or two digit numbers. North to South routes are odd numbered beginning on the west coast while east to west routes are even numbered beginning in the south. For example, interstate 95, a higher numbered eastern route, runs along the east coast from Miami through several states and terminates in Maine at the Canadian Border. Interstate 90 traverses the continent from Seattle, Washington, to Boston and is familiar to Massachusetts Commuters as the Mass Pike, the higher I-90 depicting a northern route. Routes that branch off major interstates are given three digit numbers. If the first digit is odd the road is a spur that goes directly to a city. If the first digit is even the road loops around a major city. The last two numbers is the parent route. So I-495 in Massachusetts loops west of Boston and branches off of I-95, it's parent road. I-195 in Rhode Island terminates in Providence as a spur off it's parent road, I-95 but I-295 loops around Providence.

Don't confuse Interstates with national highways or U.S. Routes. These highways are marked with a silhouette of a white badge on a black sign. The numbering is similar in that odd numbered roads go north to south while even numbered roads go east to west, however, lower numbers begin in the east and north which is opposite of interstates. U.S. Route 1, an example we all know, hugs the east coast from Fort Kent, Maine to Key West, Florida while U.S. Route 2 runs along the north country from Maine to Washington although it is interrupted somewhat by Canada.

I personally find highway driving boring but necessary, kind of like commercial airline travel; there's no faster way. Still I'm appreciative of the foresight of early proponents of a national highway system and I make good use of it. Next week we'll brush up on ways that personal driving behavior can contribute to a peaceful trip.



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Fryeburg Recreation Department - In the Beginning and It’s Journey



Fryeburg Recreation Department (FRD) was established in 1988 as a 501(c)(3) nonprofit organization with a mission to provide opportunities for the residents of Fryeburg and the six surrounding towns of Brownfield, Denmark, Lovell, Stoneham, Stow and Sweden to participate in recreational activities without bias toward race, gender, age or physical abilities. The Fryeburg Recreation Committee’s long range vision to build a recreation complex complete with a Community Center has happened.

The Journey:
In 1996 the Fryeburg Recreation Department raised \$45,000 through community fundraising and used the funds to purchase 20 acres of land to construct the Fryeburg Community Recreation Complex. Between 1997 and 2002, with the assistance of the 133rd Battalion of the Maine National Guard and many volunteers, the land was transformed into an amazing outdoor athletic complex.

The Fryeburg Community Recreation Complex opened in 2002 and features three regulation size Little League/softball fields, two full-size football/soccer/field hockey/lacrosse fields, two basketball courts, four horseshoe pits, a volleyball court, a three-quarter mile walking track around the perimeter, a playground, three small maintenance buildings and a snack shack and an open, outdoor pavilion built by members of the Fryeburg Area Rotary Club.



This 17,000 sq. ft. Community Center includes a multi-use gymnasium, teen center with study area, a senior center complete with technology area, rest-rooms, kitchen, conference room and an office. Today FRD has the ability to significantly expand, offering after school enrichment programs, full-day summer camps, sports clinics, computer classes, and more. The expansion of senior programs is a welcome addition to this age group. FRD will continue to grow with Healthy lifestyle cooking programs, exercise programs for all ages; and young parents would have a safe place to engage in toddler play groups. The Community Center has become the nucleus of the town’s events.

To learn more of what is happening at the Rec and how you can be involved follow on Facebook at fryeburgrec, go to website at fryeburgrec.com, or call 935-3933.
• If you have any questions concerning the teen center please email fryeburgrecteencenter@gmail.com
• If you have any questions concerning any of our programs please email fryeburgrec.programs@gmail.com
• If you have any general questions or questions regarding the use of the building please email fryeburg.rec@gmail.com

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Fryeburg Town Managers Report - by Katie Haley

Last spring, the Town placed an “Apparel Impacts” bin at the Transfer Station. This allows residents to recycle textiles such as shoes, clothing, sheets, towels, hats and bags. This has been well used and I am thankful that people are making an effort to recycle to the fullest extent. With that being said, I also want to encourage residents to consider donating useable items to the local thrift stores. Our thrift stores rely on donations of goods and subsequent re-sales to aid in operational expenses for their organization; they also provide opportunity for locals to purchase inexpensive goods. Thank you for recycling and for considering all available options.

The Select Board appointed Municipal Complex Building Committee has begun meeting. The committee’s first steps are to establish some initial goals for the project (for example: energy efficient design, using low maintenance building materials, etc). The next steps are to consider what the necessary components are to construct a facility that will serve the town for the next 50 years. The committee expects to hold public hearings and keep residents informed as this process plays out.

Since the 2 large storms in December, the Town has been fielding a lot of questions about the removal of downed tress and limbs adjacent to the road ways and sidewalks. The Town’s initial goal was to remove the limbs/trees that impeded travel and snow removal activities on the roads and sidewalks. The secondary and ongoing goal will be to remove limbs and trees which are within the road right of ways and at town parks and cemeteries. This is expected to last well into the summer and we appreciate your patience as we deal with the extraordinary amount of debris.

As always, please reach out with any questions or comments you might have.



Eastern Slope Regional Airport by Eric Meltzer

The STEM Aviation Academy located at the airport has soloed 2 more students recently. The solo is the first big milestone in an aviator's journey to becoming a certificated (licensed) pilot. After several hours of "dual" or lessons with a CFI (Certificated Flight Instructor) learning such fundamentals as take offs, coordinated turns, aerodynamic stalls and recoveries, and some basic instrument understanding it all culminates with landings. Once these skills are mastered the instructor gets out of the plane and sends the student off on their own to perform 3 successive takeoffs and landings flying around the airport landing pattern between each. Following the solo the student may be cleared to fly alone to work on maneuvers and airmanship while still taking lessons with an instructor to learn more advanced maneuvers and "cross country" flying which is FAA speak for flying to and landing at an airport more than 50 nautical miles away. Cross Country flight teaches navigation skills, judgement, and operations at unfamiliar and complicated airfields and airspace. A few hours of night flying with an instructor, a computer based knowledge exam, and "check ride" prep are all that remains. The check ride consists of an oral segment and a practical flight portion with an FAA examiner or an FAA DPE (designated pilot examiner - an instructor qualified to administer the test). It seems like a lot to accomplish for someone unfamiliar but it's like climbing a ladder, one step at a time. After the Private Pilot certificate a pilot can work on more advanced ratings and licenses if they aspire to fly commercially or recreationally like a commercial license or seaplane rating. It all starts with a discovery flight at your local airport!

Fryeburg Public Library by Maryann Eastman



We had 374 patrons in Dec and 453 items circulated. We had 8 programs with 25 attendees. The Holidays take a toll on everyone, with so much to do, and so little time. We look forward to doing a Christmas in July program with Santa this summer.

A super huge thank you goes out to two of our patrons who donated 170 children’s items to the Library. We placed 116 in the Spring Book Sale, and were able to add 53 books to our collection.

Annual Book Sale to raise money for the Library will begin in the Spring. For those of you who wish to donate books, please remember that we have no storage space at the Library, so please hold onto your donations until Spring.

We will make it known when we are ready to accept items, Thank you! The sale will be on-going within the library and will run over several months. We anticipate that items will be constantly changing, so be sure to come in often!

Interesting stats for the year 2022: We had a total of 4723 patrons utilize the library last calendar year, circulating 5903 items. Primarily, the adults borrowed the most times at 3542, but the children held their own by borrowing 1398 items! In this new year, we are seeking to increase both the number of adults and children using the library. Wi fi usage for the year comes in at approximately 4890 sign ins.

Coming up Next:
 Tuesday Feb 21st from 3 to 5 pm: Joe Shaw, local wildlife photographer will be giving a presentation on his 3 published books, and outdoor adventures. He will also have books available for purchase. Please call to reserve as space is limited.

On-Going Events:
 Story time: every Sat at 10AM, designed for ages 3 to 5
 Anime Club meets Fri 3:30 to 4:30PM in Weston Room
 Puzzle Club: Meets 1st Wed of each month. Anyone can work on current puzzle any day the library is open, set up in Mulford Room
 Crochet Club meets 10AM on 2nd and 4th Sat of the month in Weston Room
 Book Group meets on 2nd Wed of each month in Weston Room
 Fryeburg Public Library Phone: 207-935-2731
 Hours: Mon, Wed, Thurs: 9 - 4PM • Tues, Fri: Noon to 6PM • Sat: 9AM to Noon

Cupid’s Raspberry and Cream Dessert

This Cupid’s Valentine’s Day Dessert is a simple and delicious whipped cream and raspberries dessert that’s perfect for love day! Ready in minutes.

Prep Time: 15 minutes Yield: 6

ingredients
 1 cup whipping cream 1 tbsp sugar 1/2 tsp vanilla 1/2 cup sugar
 2 cups frozen raspberries

instructions

- Using a mixer, whip together the whipping cream, 1 tbsp sugar, and the vanilla. Set aside.
- In a food processor blend together the frozen raspberries and 1/2 cup sugar. Once the raspberries have been blended, fold them in to the whipping cream.
- Evenly distribute the dessert between 4-5 dessert cups or fancy glasses.

Refrigerate until ready to enjoy!



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HIGH SPEED INTERNET by Terry Lochhead, ESRB Communication

Brownfield and Fryeburg to interview Broadband Companies

Brownfield Selectman Dick Norcross says the work of the Eastern Slopes Regional Broadband coalition is speeding up. Norcross, realtor Patrick Bryant, and Selectman Ricky Emery are Brownfield's representatives on the seven-town coalition. Fryeburg Town Manager Katie Haley is also a representative.

"We met in early January to begin reviewing corporate proposals," said Dick Norcross. "We're making good progress but it's detailed work." Reviewing the proposals and interviewing the internet providers will take the town representatives several months, according to Haley.

In November, ESRB requested internet companies to propose plans for reliable, high speed internet accessible and affordable to every home and business in the MSAD 72 towns. Brownfield, Denmark, Fryeburg, Lovell, Stoneham, Stow and Sweden all have representatives at ESRB meetings so the towns can cooperate on applying for a grant to make fast internet affordable for all. "An important part of this work is achieving digital equity in Brownfield and the other towns," said Bryant. "Our goal is for everyone, regardless of income, to have affordable access to fast, reliable internet, if they want it. That's the way electricity is. It should be the same way with fast internet."

When an internet company is finally selected to partner with the coalition, the two groups will apply to the Maine Connectivity Authority for a grant. The aim is to make reliable high speed internet universally available/affordable in MSAD#72.


Patrick Bryant can be reached at pefhra@gmail.com. For more information, visit www.esrbroadband.org and www.maineconnectivity.org

Lake Region & Fryeburg Area Adult Education by Michelle Gayne

Join us for FREE Financial Aid related workshops!

Completing the FAFSA

If you are interested in receiving financial aid to help you pay for college, filing the Free Application for Federal Student Aid (FAFSA) is an important first step. In this session, we will do an overview of the process so you know what to expect and can get answers to frequently asked questions. Then, you're free to complete it on your own, or stay for the remainder and receive real-time free help to file the FAFSA.



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Facilitated by Maria McDougal on March 7th, 2023 from 6:00 - 7:00 pm
College Access Counselor, Finance Authority of Maine (FAME)
1881 Roosevelt Trail, Naples, Maine

Paying for College

Paying for education after high school might feel daunting, but it doesn't have to be! In session, we will discuss the different types of financial aid, how to maximize free money, and the piecemeal approach to paying for college. Come with you burning paying for college questions.

Facilitated by Maria McDougal on March 1st, 2023 from 6:00 - 7:00 pm
College Access Counselor, Finance Authority of Maine (FAME)
1881 Roosevelt Trail, Naples, Maine

Call or email us at 207-627-4291, adulted@lakeregionschools.org, or visit our website to register!

Understanding Medicare by Bert Weiss • 603-986-5650

January 1 - March 31 is called Medicare Open Enrollment. In this special period, anybody already on a Medicare Advantage plan can make one change. Every year plan benefits and plan prescription formularies can change for better or worse. If you are on a Medicare Advantage plan, call an agent and ask if there is any reason to make a change.

Medicare Advantage plans have star ratings up to 5 stars. 5 stars is really difficult to earn and maintain. The plan has to perform as advertised, have a minimum of complaints, and a minimum of members leaving the plan. If a plan earns 5 stars, anybody eligible can enroll at any time (new enrollments always begin the 1st of the following month).

Another group of people who can enroll in a new plan are eligible for a low income subsidy. There are several levels of low income subsidies, but all eligible people can enroll in a new plan, once a quarter.

There are various ways to enroll in a plan. You can call a company, and they will be glad to set you up. You can call a TV call center and they appear to have plans they usually write. Neither of those approaches will get you help that is focused on your needs. A licensed agent is supposed to focus on your special unique situation.

In 2023, for people on Medicare, all covered vaccines are \$0 copay. This includes Shingrix shingles vaccine.

Fryeburg Water District by Nora Schwarz

The Fryeburg Water District invites the community to join them for their next public meeting which will be held at:
the American Legion Building on Bradley Street
Monday February 13, 2022 @ 6:00 pm

Please bring any questions or concerns, particularly those pertaining to the health and sustainability of our water, so we can discuss. Additionally, we encourage everyone to visit our website www.fryeburgwaterdistrict.org and contact us there!

FRYEBURG RESCUE by Eric Meltzer

A warmer than average winter has left us with thin ice on many ponds and lakes. As always, use caution before venturing out on any ice. If you witness a person or pet falling through, don't panic and don't put yourself in danger by going out on the ice yourself. If you do fall through the ice, understand the rule of 1-10-1 which states that it takes about ONE minute to get your breathing under control during the cold shock response, you will want to gasp and hyperventilate but stay calm. The next TEN minutes is your window of opportunity to get out of the water before extremities like hands, arms, and legs become incapacitated. Don't try to climb out, instead lay your upper body across the ice and kick until you're out of the water and flat on the ice. Spreading out your weight will help prevent the ice from braking further and getting out of the water mitigates the risk of drowning. If you can't get out of the water hypothermia and eventually unconsciousness will set in during the next ONE hour.

Hypothermia is always a concern under circumstances of cold exposure, in or out of the water, so call 911 for help as soon as possible. Hypothermia from exposure can occur in a matter of minutes. Signs and symptoms of hypothermia include muscle contractions, uncontrollable shivering, reduced muscle control, confusion, and slurred speech. In the event of exposure or suspected hypothermia, get the person to a warm area and remove any wet clothing. Gradually rewarm them by applying a gentle source of heat. Use loose, dry layers of blankets, clothing, towels, or sheets. Warm beverages can help increase the body temperature, but never give alcoholic beverages which lower the body's temperature. After body temperature has increased, keep the person dry and wrapped in a warm blanket including the head and neck. Never hesitate to call 911 to get help coming.

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How the Legislature Works

People often ask me about how the Maine Legislature actually works. Most people have an inkling based on high school civics or passive news observation of the U.S. Congress and its two chambers - the Senate and House.

U.S. Congress is structured with a Speaker of the House – third in line to the presidency after the vice president. They also established the Senate as the “upper” chamber in this bicameral system and made our vice president the President of the Senate.

The Maine Constitution of the legislative body is called the Legislature and the President of the Senate is actually next in line to the governorship. Both are considered equal branches of the Legislature, but the Maine Senate is considered the upper chamber since it exclusively handles the confirmation of appointments made by the Governor among others.

While each chamber of the U.S. Congress has separate committees, the Maine Legislature operates primarily under a Joint Standing Committee structure, meaning members of both chambers make up each of the Legislature's 17 joint standing committees. This allows more collaboration between both, which often leads to better legislation that may be more acceptable to the members of both chambers.

The path of legislation is also different under this constitutional structure. After a committee has completed a public hearing and its work on a particular bill, it reports the bill to the appropriate chamber during the "reports of committees" in the daily order of business. Reported bills are usually given a second reading immediately. The chambers do not vote on a bill at the time it's reported; instead, they are placed on the Calendar for the next legislative day. This second reading is made by title only. I was honored this session to be appointed to serve on the Appropriations and Financial Affairs (AFA) Committee.

The AFA Committee's policy work is one of the most extensive since it includes all budgeting and general fiscal policy work for the three branches of Maine's State Government. In working with all Maine Executive and Judicial Branch departments and primarily with the Department of Administrative and Financial Services, the Committee handles all fiscal matters involving General Fund appropriations, the biennial budget, general obligation bond issues, and the financial evaluation of state government agencies. We also review and vote on every bill that has a fiscal impact regardless of how small – which seems the majority of them.

As a consequence, the AFA Committee is considered the most powerful committee of the Legislature. The workload is considerably larger than the other committees, as well. And the panel meets year-round, even when the Legislature is not in session. Another committee I've been appointed to is one I served on during the last Legislature. The Government Oversight Committee (GOC) isn't a Joint Standing Committee but rather the only standing investigative committee that serves as the Legislature's watchdog over the Executive Branch.

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As an investigative committee, GOC has more authorities granted and operates differently than the Legislature's other committees. It has the broad powers of access to otherwise nonpublic information to; examine witnesses; hold hearings; administer oaths; issue subpoenas; and to hold those who obstruct its process in contempt.


Of particular note, GOC also oversees the Legislature's nonpartisan Office of Program Evaluation and Government Accountability, which is currently investigating the Department of Health and Human Services' handling of four cases where children died in 2021. The investigation was authorized by GOC in 2021.

As we begin the 131st Legislature in earnest, I look forward to my work on both these committees. If you have questions about how the Legislature works, or any other matters relating to state government, please feel free to contact me at Richard.Bennett@legislature.maine.gov or 207-287-1505.

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

Legislature will consider over 2,200 bills and develop a state budget

The 131st Legislature is underway, with over 2,200 bills being introduced and referred to the legislative committees that will schedule public hearings and issue recommendations to the full legislature. I have been appointed to serve on the Joint Standing Committee on Innovation, Development, Economic Advancement and Business. Commonly referred to as the “IDEA” committee, it is responsible for looking at a wide range of issues, including supporting Maine's workforce, supporting small businesses and encouraging economic development.



Over the next several months, the legislature will be developing a biennial (two-year) budget. The process recently began when Governor Mills submitted her proposed budget for legislative consideration. The Appropriations Committee will hold hearings on her proposed budget and ultimately make recommendations. That process has traditionally involved both political parties in order to win broad-based approval.

I am hopeful that we can work together to find common ground on pressing state issues. When we disagree, I hope that we can do so without being disagreeable. The growing split between rural and urban areas is of concern to me. Hopefully, state policies can factor in the unique differences of our diverse state and allow local control on matters that are best decided at the community level.

Earlier this month, the legislature considered a emergency winter energy assistance bill. The bill passed both houses and was signed by the governor. While it is far from perfect, it will result in \$450 energy relief checks going out to 880,000 people, ninety-two percent of all taxpayers. Those who were eligible for last year's \$850 checks will receive one in the coming months.


I believe Maine needs to stop over taxing its citizens and then mailing part of the money back to people via check. In the last year alone, \$1.5 billion was collected over budget. Rectification is needed before the federal covid money ends.

I appreciate the opportunity to serve you in the Maine House. If there is anything I can do to assist you, or if you have questions or concerns involving state agencies, please contact me at Caleb.Ness@legislature.maine.gov.

Poland Spring® donates to Maine

Poland Spring donated a total of \$35,000 in heating assistance to Maine communities including \$10,000 to Fryeburg and Denmark.

Over the holidays, associates also donated more than a thousand pounds of non-perishable food and forty turkeys to those in need. “Each year, our dedicated team generously supports community charities that help local families,” said Heather Printup, Community Relations Manager for Poland Spring. “



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