

Town Department Heads

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

State Representative:
Caleb.Ness@legislature.maine.gov

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:
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Deadline is the 20th of each month

AUTO FACTS YOU OUGHT TO KNOW *By Eric Meltzer*

What do you do when you hear a siren? Do you move over to the right side of the road and stop? If so, thank you. For those that don't - you are outright breaking the law. Regular readers know I've been a firefighter and EMT on two different services. I can't even begin to describe the number of close calls and near misses I've encountered nearly every time we responded to a call.

I'll fill you in on some emergency service codes: A code one response is going with traffic, no lights, no siren. Code two is traveling with emergency rotating or strobe lights only. Code three is all the noise and lights – emergency lights and siren.

The sirens are loud! While the siren is not deafeningly loud inside the ambulance they can be disturbing to the patient so it's not uncommon to see an ambulance traveling with strobe lights only and using the siren only when necessary. Emergency vehicles are equipped with sirens that can change pitch and frequency at the operators discretion and you'll often hear this occur at intersections and other high traffic areas. Studies have shown that this variation has a better chance of attracting attention and therefore, hopefully, avoiding an accident.

Modern strobes are bright but new technology can dim them at night to prevent dangerous blinding. Locally, blue lights mean police and red lights mean fire and EMS although you might see a combination of blue and red on the back of an emergency vehicle. Amber lights are used to warn motorists of hazards to traffic like slow moving snow plows or roadwork crews or a wrecker loading a vehicle. Some flatbed drivers insist on leaving their strobes on when transporting a vehicle but once the vehicle is loaded and secure on the flatbed it becomes just a truck traveling with traffic so the lights are annoying and unnecessary.


We all know what to do and when, so why don't some motorists comply? I've seen some drivers sealed in their nearly soundproof cocoons, audio system probably dialed in, oblivious to the noise and lights approaching from behind. Truck drivers, with their limited field of view and behemoth size, get a little leeway but distractions like texting and fiddling with a phone get no mercy from me. Ironically, earpieces that are supposed to make driving safer via hands-free phone operation, can impede a driver's reactions by adding another layer of noise attenuation. Some drivers just ignore the law and continue on even after clearly seeing the emergency vehicle bearing down. Some make a halfhearted effort by just slowing down but not moving over or moving over without slowing down. Oncoming drivers who do the same turn the road into a slalom course with the emergency vehicle being forced to weave and bob around all these rolling roadblocks.

Frustrating? Yes. Dangerous? Often. Life threatening? Sometimes. At the very least, in an ambulance anyway, it can be uncomfortable for the patient and EMS providers in the back. Big red fire trucks tend to be noticed more easily but they are still large and heavy and ignoring a 23 ton piece of fire apparatus is not the best way to test your luck. Our friends on the law enforcement side don't have it any easier but they can do the one thing the rest of us only wish we could and that's hold drivers accountable when they break the law.

Use a little foresight when complying. Try not to pull over and stop blocking a side street because that's probably where the emergency is. Be aware of blind corners and hills or get over to the side enough to avoid forcing the emergency vehicle into the oncoming lane. And in case you don't remember, you're supposed to move over and stop even when the emergency vehicle is traveling in the opposite direction. The idea is to yield the road to the emergency vehicle, not to create an obstacle. Here's a hint, if everyone around you is moving over it's probably not because they're intimidated by your Subaru Forester, look around, there's undoubtedly a reason you should be moving over too.

Emergency vehicles must still operate within reason. Due regard is the phrase we live by. That means slowing down for intersections and other hazardous or heavily populated areas. Light and sirens give us priority but they are not an excuse to drive recklessly.

Next time your rearview mirror is lit up with those familiar red or blue lights or you see them coming, pull safely to the side of the road and stop. No one wants another emergency.



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Open “directory” and click on the Fryeburg Town Matters membership page

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Local Educator named the 2023 Special Education Administrator of the Year

MSAD 72’s Patricia (Pat) Menzel has been named the 2023 Special Education Administrator of the Year by the Maine Administrators of Services for Children with Disabilities (MADSEC). Pat was nominated by her Regional Director’s Group (Bridges) due to her dedicated work as a Director of Special Services for the past 11 years and working in the field of special education for the last 40 years.



(photo shared with permission from Pat Menzel)

Ms. Menzel’s educational career began as a Speech/Language Pathologist serving individuals in schools, preschools, nursing homes, private homes and hospital settings. Patricia has also previously served as an I.E.P. Team Coordinator, Coordinator of Special Services and a Consulting Special Education Teacher. Ms. Menzel has been referred to by her colleagues, peers, staff, students and parents as knowledgeable, insightful, a great problem solver and an asset to each and every school she has worked in. Her staff have stated that she always takes the time to get to know them and sees their strengths, putting their needs in front of her own.

Superintendent Jay Robinson from MSAD 72 shared that “Pat places a premium on consistent, ongoing communication with every member of her team, from families to educational technicians to case managers.” Robinson further noted “Pat always places students first, and she creatively and persistently focuses on supporting student needs while expecting the same of all staff members working with our kids.” Cheryl Baker, MSAD 72 Assistant Director of Special Services said, “Pat has a wealth of knowledge about both the legal and ethical requirements of being a special education administrator and the expertise to apply this knowledge effectively, often in situations that are multi-layered and complex.” One parent shared her thoughts about Pat as “she showed the utmost professionalism and respect for both of my children and me! She tirelessly answered all of my questions and listened.....” and wanted to “thank Pat for making sure her children always have been taken care of and for her kindness, compassion, and commitment to those in her care.”

Lisa Caron, a long-time colleague and friend of Pat’s shared “Pat possesses the personal qualities of intelligence, self-reflection, sensitivity, and dedication essential to exemplary leadership she continues to make a difference in her work community, exemplifies the mission of a leader in the field of special education, and has positively impacted the people she works with on a daily basis.” Caron shared that she had the honor of presenting Pat with her award at the 2023 MADSEC Director’s Academy held end of June. She stated, “while all Special Education Administrators deserve to be recognized for the complex work and requirements to do the job well, I can not think of anyone I would rather have the privilege of presenting this award to than Pat.”

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Fryeburg Town Managers Report - by Katie Haley

I hope everyone is having a happy and safe summer!

There will once again be fireworks and a 4th of July Parade in Fryeburg! The fireworks are scheduled for July 1st (July 2nd rain date) and will be held at the Recreation Complex; there will be a cornhole tournament starting at 6:00 and a live band (local favorites - Rek'lis) at 8:00 along with food and beverages. Gates close at 9:00 for parking.

The parade will be on July 4th at 10:00 am; the route is Bradley Street to Main Street to Portland Street to Pine Street and back to Bradley Street. That evening we kick off our summer Concerts in Bradley Park series starting at 7:00PM with a great band from Portland, JC & the Aces playing R&B, Blues and Soul music. Free to the public. Bring lawn chairs. Rain location will be the Fire Station. We look forward to these festivities and hope to see you there!

On July 8th, from 9 am to 11 am (July 9th rain date) there will be the 2nd Annual Chalk the Trail event taking place on the Mountain Division Rail Trail. The event will begin at the Visitor Information Center. People are encouraged to come out and create art along the rail trail. Chalk will be provided. There will also be face painting, food trucks and bike safety gear provided by the Fryeburg Police Department and the Mount Washington Valley Bicycling Club.

The 30-Day Notice of Lien for the unpaid 2022 taxes was mailed recently. If this applies to you, to avoid having a lien placed on your property you will need to pay the balance before July 24th.

Fryeburg Water District by Nora Schwarz

Fryeburg Water District thanks Town Matters, its readers, and the nearly 200 residents of the District who voted in our election of two Trustees on 6/6/23. Stephen S. Anthony was reelected and Bill Leathem was enthusiastically voted in as a write-in. They have been sworn in and they and the other Trustees eagerly anticipate your presence at our next monthly meeting on Monday July 10th. Please join us at 6:00 pm at the American Legion 47 Bradley Street, Fryeburg. We meet monthly on the second Monday at 6:00 pm @ the Legion.

Eastern Slope Regional Airport by Eric Meltzer

A 3 day aerobatics camp recently took place at the airport. This was a time for aerobatic pilots to prepare for the season of competition. Pilots and their purpose-built machines perform maneuvers like loops, rolls, spins, hammerhead stalls and more aggressive climbs and descents. They are judged on the precision of their control and the spatial awareness within their performance envelope. It's easy to dismiss these aviators as reckless but, like race car drivers, the risk is calculated and considerably minimized by extensive training, practice, and honing of their skills. These flyers come from all walks of life, some are professional transport pilots and the skills they develop and demonstrate could radically change the odds of a successful outcome in the event of an emergency during their "day job". Not to sound cliché but they are the best of the best civilian pilots. Not only are their skills sharp but the technology developed for their aircraft goes directly to improve commercially available aircraft, similar to the breakthroughs auto racing brings to production cars. We appreciate your patience during their practice sessions if the noise was bothersome and we hope you got to see and enjoy some of their performances or had a chance to visit them at the airport.

Fryeburg Public Library by Maryann Eastman - 207-935-2731

Creating Unity in the Community

- Our Book Sale has generated over \$200 so far... please keep donating books, and stop by to see what is NEW on the sale table!
- Soul Collage: an excellent class as always, creative and thought-provoking. All Welcome - call to sign up.
- Walking Group: Every Wed at 9AM - Please join us!
- The Rotary has donated two signed hardcover books to raffle off. Fairy Tale by Stephen King and Hell Town by Casey Sherman. Tickets are \$1 each or 5 for \$3. Drawing will be held on July 15
- July 7 at 4PM Local Author Kyle Newton will present "The Local Legend of Maine's First Pirate: Dixie Bull", talk and book signing.



If you have a topic that you want to talk about, or a hobby that you think others might enjoy, please contact the Library. We want varied programming/events, art classes, history talks, how to's, stories of yesteryear... let's talk! 207-935-2731

On-Going Events:

- Story time: every Sat at 10AM, designed for ages 3 to 5, but older siblings are welcome to attend.
- Anime Club will be on hiatus for the summer, reconvening in September.
- 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.
- Adult Education: Fridays from 8 am to 3 pm

Fryeburg Public Library, 515 Main Street, Fryeburg, ME 04037 207-935-2731
Hours: Mon, Wed, Thurs 9AM to 4PM, Tues, Fri: Noon to 6PM, Sat: 9AM to Noon

"More Than Just A Picture" by Joe Shaw

"2023 Fryeburg Academy Graduation.

Photographed with
a Nikon D7500
with a Nikon
24-70mm lens."



The Lovewell Pond Association is looking to hire a few folks to conduct Courtesy Boat Inspections at the State boat ramp on Lovewell Pond.

The CBI Program is a statewide effort to reduce the spread of Invasive aquatic species in the lakes, ponds and rivers in Maine. The job has three main objectives
1) inspect and clear motorized and non-motorized crafts of all plant materials
2) encourage boaters to clean and dry their watercraft
3) Educate the public and answer any questions they have about Invasive Plant species and the efforts to control them in Maine

Requirements for the job:

- thoroughness in conducting inspections
- filling out all paperwork/ documentation and payroll reporting
- availability for season long duty (June through Labor Day)
- shift..Fri thru Mon from 11AM to 4PM. (Flexible) additional hours may be available
- training and necessary supplies will be provided.
- Ability to stand and bend to check underneath boats and trailers.

Pay rate is \$15 per hour

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THE GIBSON CENTER - by Director, Marianne Jackson


- Fourth of July Weekend Craft Fair: July 1 from 10-5, and July 2 from 9-4.
- Monday the 3rd: Full Moon Dance, after lunch. Ballroom and Line dances. If you have a favorite CD, bring it along and we will play a song or two.
- Closed July 4th
- Thursday the 6th: Art for Lunch - Half of the Saturday Night Boys are bringing their guitars, harmonicas, and vocals, playing the music from the 70's and 80's. invite your friends and family for lunch!
- Monday the 10th: Walking Tour of Wales Slide Show, after lunch. Join us for a show of green pastures, ancient castles, vistas, and delightful people.
- Wednesday the 12th: Cone for a Cause at Trails End in Intervale. Stop in for ice cream, and 10% will be donated to the Gibson Center.
- July 17-20 : Join the NCCC camp for their Art Week. Work with student campers making props and be part of the play Candy Hearts for Breakfast. Sign up!
- Wednesday the 26th Vermont Slide Show. Join us after lunch, whether you traveled with us, or want to travel vicariously!
- Gibson fundraiser: August 1st, FlatBread Dine to Donate.
- Safe and Smart Home EXPO: Aug 1st, 3-8 PM at the Farmer's Market- Tour a Smart Home on Wheels, check in with an Occupational Therapists, enjoy demonstrations, visit with AARP experts and more!
- Wednesday, August 30th, AARP Driver Safety 6 hour class

**FRYEBURG HISTORICAL
SOCIETY**

**All you can eat -
Beat the Heat**



Ham & Salad Buffet Supper
Friday, July 21, 2023 5:00PM - 6:30PM
Tossed Salad, Cole Slaw & More! Bread, Beverages & Ice Cream Sundaes



EAST CONWAY COMMUNITY HALL at 2861 East Conway Road
ADULTS \$15 - Kids \$10

Lovewell Pond Association by Colleen Thompson-Wilkens

Lovewell Pond is a true Fryeburg treasure and abounds with amazing wildlife. It also is a perfect environment for invasive plants to be introduced and thrive as it is considered a shelf pond and has a State owned boat ramp (Route5/113) which is quite busy in the Spring, Summer and Fall. Maine established a Courtesy Boat Inspection (CBI) Program many years ago to reduce/prevent the spread of invasive damaging species such as variable leaf milfoil and other plants in our lakes, ponds and rivers. Invasives are typically introduced via boats, kayaks, and trailers that have been in infested water. They spread very quickly and can choke a waterbody and the remediation efforts for removal are timely and costly. The Lovewell Pond Assoc. (LPA) has taken positive steps to protect the pond, participating in management of Courtesy Boat Inspection, applying for grant funding, hiring and training inspectors, identifying and coordinating suspicious plant samples, summarizing all boat, trailer and watercraft inspections and submitting the paperwork to the State of Maine for final accumulation. To date, Lovewell Pond inspectors have found 5 harmful invasives on boats and trailers prior to being launched into the pond, luckily, as the result could have been devastating. We currently have one CBI Inspector and are in need of more. The job has three main objectives: Inspect all motorized and non-motorized crafts of all plant materials, Encourage boaters to clean and dry their watercraft, and educate the public and answer any questions they have about Invasive Plant species and the efforts to control them in Maine. This is a great outdoor part time summer job with flexible hours and a pay rate of \$15 per hour. For more information contact Peter Wilkens at peterwilkens@yahoo.com

FRYEBURG RESCUE by Eric Meltzer

Black flies. Just saying the name makes some people itch and swat at those robust little buggers. These biting pests are annoying but fortunately, none are known to transmit disease agents to humans in the U. S. Black fly bites do cause different reactions in humans, ranging from a small puncture wound to swelling where the blood meal was taken but can also include headache, nausea, fever, and swollen lymph nodes in the neck. Not all black fly species in North America are known to bite but they are still attracted to humans and are equally annoying as they fly around the head and into eyes, nose, and ears. Black fly biting is especially extreme in the late spring to early summer and can disrupt outdoor activities. The females of most black fly species require a blood meal for the development of eggs, similar to mosquitoes. Most black fly species feed on mammals, while others feed on birds but there are no North American species that feed exclusively on humans. Male black flies are not attracted to humans, and their mouthparts are not capable of biting. The females of most black fly species feed during the day, usually biting on the upper body and head. Unlike certain species of mosquitoes and biting midges, black flies do not enter human structures to seek blood meals.

Unfortunately, there is little that a person engaging in outdoor activities can do to control black flies. For personal protection, it is best to avoid peak periods of black fly activity. When venturing outdoors apply an insect repellent. Research shows that those containing DEET are known to be effective but may have harmful long-term health effects or can irritate sensitive people. Wear protective clothing and minimize openings such as buttonholes through which black flies crawl in an attempt to feed. Specific clothing like fine-mesh head nets can be beneficial in heavily infested areas as well. Black flies are another sign that summer is on the way. As annoying as they are, those who love summer can embrace what they represent.

Understanding Medicare by Bert Weiss • 603-986-5650

5 Star Medicare plans

There are several Medicare Advantage plans rated 5 stars in Maine and 2 in NH. A five star rating is quite difficult to achieve. When a plan has a 5 star rating, it allows anybody qualified to sign up at any time of the year. So, if you are currently on an expensive traditional Medicare Supplement, you have the option to quit the supplement and switch to a 5 star Medicare Advantage plan. I always advise consulting with a licensed, appointed, and certified agent, like myself. If you run in to questions or problems down the road, your local agent can help. If you sign up through any other avenue, there is nobody local to advocate for you. Our service costs you nothing extra, and the insurance company pays us, so we are happy to help. I am not permitted to mention company names or plan premiums, so call and ask for more information.


I do not advise a change for everybody. I have met with clients wanting to change, and advised them to stick with their current plan. Each person has different needs and different situations. My job is to figure out each client's options, and advise what I think is best. The decision is always up to the client.

Meetings can be held at the client's house or any place with available wifi. Libraries are excellent spots.

Beginning in October, I will need a permission form signed 48 hours in advance of the meeting. This can easily be done using Email. If you have no Email, we will need to meet in person for the permission form to get signed. We don't need wifi for that.

Annual Enrollment Period for January 1, 2024 start is October 15th to December 7th. I will have a desk at Walmart, (which will not require 48 hour advance permission) Days and hours are not set yet.

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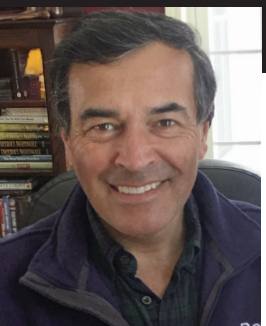
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Making Congress More Accountable

 Our politics is broken. Our government is corrupted by money. Our nation as we know it is imperiled. We need change!

I wrote last month about some new approaches I am pushing for more accountability and transparency in state government. This month I will share a novel idea I have submitted to amend the U.S. Constitution to fix our federal government.

This year I sponsored SP 705, a Joint Resolution to apply to Congress to call two separate Article V conventions: one to propose a Constitutional Amendment on congressional term limits and another to propose a Constitutional Amendment to allow for real reform to our campaign finance laws. I believe these steps are critical to repair our structural dysfunction that threatens the very existence of our republic.

The Joint Resolution is a novel approach in that it applies for two separate conventions for two of the most popularly supported reforms in the country. It attempts to bridge some artificial divides by uniting as separate applications both reforms into one resolution. My joint resolution is sponsored by two Democrats and two Republicans from each of the two houses of the Legislature. This is entirely purposeful and immensely important. For us to surmount the appropriate hurdles before us, we must work together, toward our shared ends, on common ground.

Both of these issues deal directly with the corrupting influence of power and money in Congress and are a way to turn the heat on to force Congress to act or for us to take action if they refuse to do so. The vast floods of dark money in politics is corruptive and corrosive, but due to a string of U.S. Supreme Court interpretations we are nearly powerless to do anything about it without a constitutional amendment.

According to a national poll that was published on January 15, 2023, 82% of voters support a constitutional amendment that will place term limits on members of Congress. Support for term limits is universal among voters and breaches political, geographic and demographic divides.

Similarly, results from a 2019 poll by the Campaign Legal Center show that 61% of voters believe that major changes need to be made to the campaign finance system and 83% of voters support publicly disclosing contributions to organizations involved in elections. Despite these cries from the American people to fix our cherished institutions, incumbent and entrenched interests for whom the current system works well continue to frustrate these common sense reform efforts. We cannot wait for Congress to act. Without our demanding it, they will not.


An Article V application is not a request for Congress to do something; it is a statement that the state legislatures plan to force critical change with or without Congress' consent once they have two-thirds in agreement on the subject matter. Of course, any proposals will require three-fourths of the states – 38 of 50 – to be ultimately ratified. An Article V convention is an option the Framers gave the state legislatures to check the power of an unresponsive Congress, which is sadly the case today. Some are fearful of such a convention because one has not been called before. But even though such conventions have not been called, they have proven their value nonetheless. Many of the measures that have become ratified amendments to our Constitution were first proposed as Article V measures by the states and gathered sufficient support that the Congress finally stepped in and made proposed amendments, obviating the need for these conventions. I suspect that is what will happen with term limits and campaign finance if our Legislature, along with those in other states, do the same here.

It is time for us to put aside our partisan differences and work together on common sense reforms such as term limits and campaign finance reform. Thanks to this safety valve the framers created for us, we have it in our power to act and rescue our republic.

Please write me at Richard.Bennett@legislature.maine.gov or call at 207-287-1505. I am happy to answer any questions and look forward to discussions with you.

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

State has finally committed to long-term funding solution for our transportation network

 The Legislature continued its work in June after adjourning in March, then immediately going into Special Session in order to prevent a Republican backed income tax proposal that would have returned some of the projected surplus to taxpayers by lowering income tax rates. While I remain disappointed that there is no relief for taxpayers, especially low- middle income earners, I am pleased to report at least one positive policy that the 131st Legislature has adopted that will benefit all of us. Going forward, there is now a dedicated, stable funding source for our roads, bridges and transportation network.

I believe the best legislation usually results from all parties coming together to agree on a solution.

For years, the Legislature has neglected funding for Maine's large, aging, transportation network. Instead, after all available general fund money has been allocated/spent, the Legislature sends a \$100 million transportation bond proposal to voters for approval. Voters approve it because of the need and the fact that it will draw matching federal funds. The funding has not been enough to keep pace with the needs of our aging transportation network. The increasing fuel efficiency of gas powered vehicles and electric vehicles that do not pay gas tax, have made the problem worse, since declining gas tax revenues fund transportation.

For years, Republicans have sought to allocate more tax dollars to fund transportation, instead of continually borrowing money. This year, by working together, a long-term solution was passed and signed by Governor Mills. The signing of LD 259, with a key Republican funding amendment, follows overwhelming support from Maine's House and Senate.

The new law creates a sustainable source of funding for the Highway Fund by dedicating 40 percent of the 5.5 percent sales tax on vehicle purchases and 40 percent of sales and use taxes collected by the Bureau of Motor Vehicles. It is expected to generate more than \$200 million for infrastructure repair per biennium.

This will benefit Maine for years to come. Every aspect of Maine living and its economy is related to our roads, bridges, ports and airports. I hope that the cooperation shown during negotiations on the Highway Fund budget can extend to other areas. The best legislation usually result from all parties working together to agree on a solution.

Thank you for the opportunity to represent you in the Maine House. I love hearing your thoughts and concerns, and appreciate your input!

Please let me know if there are bills or issues of concern to you, or if you have questions involving state agencies. Email: Caleb.Ness@legislature.maine.gov.

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