

Town Department Heads

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

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

Selectmen:
Jim Tyrrell Tom Klinepeter
Tom Kingsbury Michiye Harper
Gregory Huang-Dale

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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AUTO FACTS YOU OUGHT TO KNOW *By Eric Meltzer*

Here’s a story about a road trip gone wrong. This particular trip originated in central Ohio. It was to be a direct drive to Fryeburg, and to be fair, there were car issues ahead of time that were understood but still workable in order to complete the journey. The driver, my daughter, planned a full day of driving. She also brought along a small dog she was caring for. I tell this tale from my perspective, involved as support from afar, silently worrying and waiting for her arrival.

Monday, 5:45 am departure after a fitful nights sleep with a packed car and excited dog, spare coolant and oil to address the vehicle's appetite for vital engine fluids - based on sketchy facts and an unknown repair shop's assessment may have been clue number one in the failure chain. The plan to stop as necessary to check and top off fluid levels were grossly miscalculated. The overheating engine brought the journey to a stop barely two hours into the trip. Time to cool followed by a drink of coolant and the trip begins anew. Inconvenient breakdowns found our intrepid driver far from anyplace with motor fluids and the packed fluids quickly depleted. This accelerated use of oil and water this soon, should have been clue number two.

Undaunted and armed with a AAA card, a call was placed for a maximum-one hundred mile tow to an auto parts store one hundred miles closer to home. The fluids are renewed and the journey could continue. Perhaps an over abundance of confidence again because after adding fresh coolant and oil the car refused to start. Assuming the car could be fixed, a shop near by would need to be located. Could they fix it? Would parts be available? Is a hotel room needed? Would they allow a dog? Another tow is needed all on a Federal Holiday. Maybe a shipper could be located to bring the car back or a rescue party with car trailer. Still these plans would require a day of waiting with the car illegally parked and the driver squatting at various coffee shops within walking distance – with a dog – to pass the time. By now, it's after noon.

After convening the sharpest minds in automotive disaster relief in the situation room, the details of the final plan were presented. Rent a U-Haul capable of towing the car, load up, and continue on. A quick call found a very helpful employee of the rental truck giant on the other end who confirmed the logistics, offered our driver and dog a ride and volunteered help to load the stricken car. All seemed well with the world until it was discovered that the necessary truck was, in fact, at a different terminal 30 miles away and they were closed for the holiday. Some wrangling convinced the other terminal to help out and our driver and dog were picked up and on their way to get the truck. By dinner time the car was loaded, the dog was loaded, and the open road beckoned. The penalty was unplanned expenditures, hours of delay, fatigue and stress. It's now after 6pm.

It should be noted that a Volvo wagon is considered a large vehicle by the driver who is now in command of a box truck with limited visibility towing a car dolly loaded with a car. An hour into her journey as a trucker, a break was needed and an exit chosen where, on this holiday, nothing was open and those establishments were miles beyond the distance that the signs implied. Unfortunately, turning this rig around wasn't as simple as it would seem and after getting into a situation between choosing to back up or falling into a ditch, the former was chosen. Except the truck turns one way, the dolly another, and the car yet another. All this articulation makes towing forward fairly simple but backing up quite a bit more challenging. After considerable maneuvering one wheel of the car departed the dolly rendering the unit unmovable. Lack of cell service and darkness exacerbated the issue and found our driver and dog walking a way up the longest, muddiest driveway in mid-state New York to ask for a phone or assistance. Fortunately the home occupant was a friendly woman who answered the door against her normal intuition. Another phone call to the automobile club and a lot of explaining brought help with jacks and knowledge to secure the car back on the dolly. The time is now around 8pm.

With hundreds of miles and several states to go our driver slowly made her way northeast. Stops for fuel and food were finally uneventful and by nearly 4pm on Tuesday the journey ended. The nightmare road trip. We've all heard tales or know of someone who has experienced one. The joys of travel by car can be fantastic when all goes well but when things go south as the road goes north it's a different story entirely. This also shows that machinery can and will break down despite the best of preparations. It happens to us, even as the healer of mechanical ills. Survival largely depends on improvisation while success is all a state of mind.

Welcome home Rachel!

FRYEBURG TOWN MATTERS

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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

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Eastern Slopes Regional Broadband

Eastern Slopes Regional Broadband (ESRB) is a coalition serving the towns of MSAD#72, which includes Brownfield, Denmark, Fryeburg, Lovell, Stoneham, Stow, and Sweden in Maine, and Chatham in NH.

The group was formed following an initial investigation into the challenges of upgrading broadband services by the town of Denmark. Research showed that providers would have better ability to offer efficient proposals for building infrastructure and providing services for a larger population/geographic area.

I’ve already got Cable Internet, why would I want anything else?

If you are lucky enough to have Spectrum near enough to their house to give you a pretty good experience right now then this is an understandable question. When all is said and done, the project may see Spectrum as their chosen partner to expand access to families who don’t have it. However, communities with multiple high-speed Broadband options tend to have lower monthly rates and better service due to the competition. Technologically, there are other solutions that are faster and more future proof than cable, such as fiber to the home. If we can find a solution (either from an enhanced Spectrum offering or from another provider) that upgrades your speed, extends the life of the physical network, and lowers your monthly bills, why wouldn’t you support such an endeavor?

Eastern Slopes Regional Broadband welcomes all interested town members to join their committee meetings. Typically the full committee meets every 2nd and 4th Wednesday each month at 6:30 PM via Zoom, but that schedule is subject to change depending on committee needs. More information is available on their website.

Questions? Email: info@esrbroadband.org or visit: www.esrbroadband.org

MAINE WINS HISTORIC BROADBAND FUNDING

Maine will receive a whopping \$271 million over the next five years as part of a historic nationwide expansion of high speed internet access in rural areas, according to an announcement made by the National Telecommunications and Information Administration (NTIA) last month. Maine received more Broadband Equity Access and Deployment program (BEAD) funding than any other New England state.

The state can request at least 20% of its BEAD dollars later this year after the Maine Connectivity Authority submits complete implementation plans to the NTIA. Maine residents helped boost the State’s BEAD funding by identifying homes without broadband through the NTIA's online Connect The Dots campaign.

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DOG DAYS OF BRIDGTON

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****Please no aggressive dogs. All dogs must be leashed. Dog mom and dads are responsible for their pets****

Understanding Medicare by Bert Weiss • 603-986-5650


I'll bet if you are on a Medicare Advantage plan, you have benefits you are not aware of, so you aren't using them. You can get a book with a summary of benefits online, by asking your agent, or call the member services number on your card. Benefits often available on Medicare Advantage but not on traditional Medicare with a supplement and prescription drug plan, are vision, dental, hearing, over the counter drug store stuff, and gym membership. All plans are different so be sure to check yours. (If you have an over the counter benefit, but don't use it consider getting products and donating to a shelter or food pantry. Somebody would be awfully glad to get such items as diapers, cold medications, vitamins, oral care products, etc.)

Annual enrollment period is Oct 15th to Dec 7th. Everybody ought to do a benefit check. Each year, plans can change. Around October first, you will get a change notice telling you what has changed in your plan. During Annual enrollment period, you are allowed to change providers but you must wait until October 15th.

So do your due diligence. Consider a local agent to help you navigate the process and changes. If you sign up on the phone with a stranger, you are totally on your own. Agents get paid when you enroll with one, and it costs you nothing extra. Their job is to compare and help you select the right company for you! If you call a company direct, they will not compare other company's plans to find the best fit for you. They'll just sign you up. Do yourself a favor and contact a local agent to help you.

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

ON GOING:
Book Sale, ongoing- items change weekly, sometimes daily, so stop by and get some great titles! Just filled the table with "new" items!
RAFFLE: The Rotary has donated two signed hardcover books to raffle off. Fairy Tale by Stephen King and Hell Town by Casey Sherman. Tickets are on sale now \$1 each or 5 for \$3. Drawing will be held on July 14. Get your tickets now!



Summer Reading Program: All Together Now! Focusing on co-operative endeavors for all persons. SRP sign up starts June 16 through June 30, with the kick-off celebration on June 30th. We will be showing a family movie with popcorn! The program will run through August 25, with activities and prizes throughout. See Library posters or webpage for more details. It is not too late to sign up if you are interested.

In conjunction with the summer reading program...we will be doing Hide A Bee daily. Find the stuffed toy bee hidden in the library each day, tell staff where you found her, and get a small prize! Adults can play, too!

Appeal:
 If you have a topic that you want to talk about, or a hobby that you think others might enjoy, please contact Maryann Eastman at the Library. We want varied and new programming/events as well as perennial favorites. Art classes, history talks, how to's, stories of yesteryear... let's talk! 207-935-2731
 Bring us your books for the book sale!! We have cleared some space and are happy to take your books now.

August Events:

- August 9 at 10 am Book Group meets to discuss "Sweet Tea and Sympathy" by Molly Harper, all are welcome to attend
- August 11 at 4 pm, local storyteller Kyle Newton will be presenting a talk on local natives. He is quite entertaining, so bring your friends!
- August 12 at 9 am Soul Collage art class meets, everyone welcome. \$5 donation for art supplies
- August 15 at 4 pm, Karen McCarthy will present "I Exist" a talk about her work with homeless people when she was a nun in the Boston area.
- August 17 at 5 pm, the moon Light Club meets for Divination Day! Bring your cards, pendulum, or other divinatory tools and lets learn new thing!
- August 18 at 3 pm Adopt a Pet Rock Day. Fun for all ages! We will wrangle free range rocks for you to decorate at the library and provide the adoption papers!
- August 25 at 4 pm end of the Summer Reading program party, featuring the "The Bee Movie" popcorn, lemonade, prizes. Bring bingo cards and worksheets!

On-Going Events:
Story time: every Saturday at 10 am, 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.
Walking Group Wed at 9AM meet front steps/lobby for a jaunt around town
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 is taking the summer off, resuming in September.
 Book Group meets on 2nd Wednesday of each month in Weston Room.
 Adult Education: summer off

515 Main Street, Fryeburg, ME 04037
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Hours: Mon, Wed, Thurs 9AM-4PM; Tues, Fri: Noon-6PM; Sat: 9AM-Noon

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Lake Region & Fryeburg Area Adult Education - by Director, Mike Emery

Hello Fryeburg! My name is Mike Emery and I'm the new Director of Lake Region & Fryeburg Area Adult Education. I have worked in adult ed for almost 20 years, mostly in Kennebec County. I have gotten to know our program's fantastic staff, and I'm excited to get to know this beautiful community better.

It's August, a time for back-to-school shopping and planning for the school year ahead. While we often think of getting new clothes and notebooks for the little ones, in adult education we know that this is a good time of year for people of all ages to start thinking about going back to school.

If you are one of the many adults in this community who hasn't completed high school, we're here for you. We have both an adult high school diploma program and HiSET, the equivalency exams, as options for high school completion. And if you have your high school credential and have been thinking about college or changing careers, our experienced staff can help you plan a pathway and build the skills you need.

There's no wrong time to go back to school. Give us a call at (207) 627-4291, or email us at adulted@lakeregionschools.org, and we'll be right beside you on the next steps in your educational journey. We look forward to seeing you!

Denmark Arts Center by Susan Beane

*All events are inside Denmark Arts Center, unless otherwise noted.
Space is equipped with 2 HEPA air purifiers and fanned exhaust.*

Mad Agnes: August 4, Friday 7pm

Well-crafted instrumentation – guitars, mandolin, ukulele, piano, melodica, an inventive keyboard and three-part harmonies as tight as jeans from the dryer –

Krysia Tripp & Judy Saiki-Chamber Series: August 6, Sunday 3pm

An Afternoon of beautiful music for flute and harp. (4/12-will send program)

Sally Williams-Author Series: August 13, Sunday 5pm

Join author discussing her book *Faces of Founders*: Hiram, Maine and on a journey through conceiving your story, writing, editing, pitching your proposed book, publishing your dream book, marketing it, and keeping it alive.

Dam Jam REVIVAL: Jonathan Sarty & the Cold River Radio Band, Breakin' Strings, and blues guitarist Samuel James! August 20, Sunday 3-8:30pm

Ameranouche: August 25, Friday 7pm

Hot acoustic Gypsy inspired music, mixing Flamenco, Bebop and Jazz swing influences. Played on traditional French jazz guitars.

Art Opening-Pine Tree Daydream: September 1st, 5-7pm

A Collaborative Walk Thru Nature with artists Christopher Duca & Lindsey Redgate

The Bruce Marshall Group-Labor Day Weekend Show: September 2nd, 7pm

Our wonderful Labor Day weekend show with Bruce Marshall!

"More Than Just A Picture" by Joe Shaw

"2019 Fryeburg Fair Draft Horse and Pony Show."

This event always draws a crowd at Maine's Blue Ribbon Classic!"

Joe Shaw Photography



Fryeburg Water District by Nora Schwarz

Unfortunately The Fryeburg Water District was forced to cancel their July meeting. Reelected Trustee, Stephen S. Anthony and newly elected write-in candidate Bill Leathem and the other Trustees anticipate your presence at our next monthly meeting on Monday August 14th. 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.

FRYEBURG RESCUE by Eric Meltzer

Warm weather outdoor activities are on everyone's mind this time of year. Hiking is especially popular lately but take some precautions when venturing out into the woods. Bring and drink plenty of water to avoid dehydration. Always use an approved filter before drinking any water from an unknown source. Giardia and cryptosporidium are microscopic parasites that exists in unclean water and can cause debilitating stomach illness and diarrhea but can be prevented with the appropriate filtration. Wear the correct footwear and clothing for the climate and bring along extra layers in case you get caught out after dark or in higher terrain where temperatures might drop drastically at night. Have a flashlight or headlamp with you. Daylight can fade fast in the woods and hills well before sunset. Make sure your cell phone battery is fully charged before leaving or bring an extra charging block. Most of us use our phones for photos and navigation so you want to make sure you have enough battery left in case you need to make an emergency call. Apps like All Trails are a great resource for hiking trails and GPS apps offer tracking and can often pinpoint your location if help is needed.

Cell service can be spotty in remote areas but sometimes a text can get through when a call can't. Always let someone know where you are going and approximate time of return so help can be alerted if something goes wrong. Even leaving a note somewhere in your car can help point rescuers in the right direction. Have fun and stay safe out there!

Poland Spring Awards \$16,000 in Scholarships to Maine HS Seniors

Sixteen Maine high school seniors each now have \$1,000 to use toward their college education. Poland Spring® Brand 100% Natural Spring Water, part of BlueTriton Brands has awarded its annual Good Science Scholarships to students from five Maine high schools: Poland Regional High School, Gray-New Gloucester High School, Bonny Eagle High School, Mt. Abram, and Fryeburg Academy.

"We're proud to support these young men and women as they begin their college careers." said Heather Printup, Community Relations Manager for Poland Spring. "Respect and responsibility for the environment is at the core of our business, and it's a value we work hard to pass on to the next generation of stewards through our Poland Spring Good Science Scholarship program."

Poland Spring has awarded more than \$280,000 in scholarships since 2007. Qualifying seniors must attend a Poland Spring host community high school, plan to pursue a degree or training in life science, physical science, earth science, engineering or environmental science or policy, or similar field and submit an essay highlighting what environmental stewardship means to them.

Congratulations to the recipients from Fryeburg Academy that received this year's scholarship: James Morrison, Andrew Irwin, and Gege Liu.

Eastern Slope Regional Airport by Eric Meltzer

Reminder that Aviation Day is scheduled for August 26, 2023 from 10:00am to 2:00pm, right here at your local airport. Make plans to participate!

Last year was very well attended and this year should be just as popular. The Eastern Slope Aviation Academy - a 501(c)(3) charitable non-profit organization - with a focus on STEM aviation and hands-on aviation opportunities for students and adults will host their open house fundraiser.

Planned activities include flight simulator demonstrations and discovery flights (sign-up required), morning coffee and donuts, lunchtime food trucks, ice cream, a live band, fly-ins from planes of all kinds (weather permitting), vintage cars, and a silent auction with a variety of items from in and outside the aviation sector, kids activities, and WMWV (93.5 FM) will be broadcasting live on-site. This is a rain or shine event with plenty of free parking whether your ride has wings and/or wheels. We hope to see you there.

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