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.....

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.FindltlnFryeburg.com

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AUTO FACTS YOU OUGHT TO KNOW By Eric Meltzer

We all know what an overheating car looks like, steamed coolant is forced out of the engine under pressure. We all know overheating a car is bad, watch any movie or television show and one of two things is going to stop the bad guy, either the car is going to erupt into a ball of flames for no apparent reason, or smoke and steam are going to billow out from the engine area, the latter usually happens to the good guys.

An engine can overheat for a few reasons, the coolant is either low or missing, the coolant isn't circulating, or the coolant isn't transferring heat efficiently. The engine cooling system of a modern car is a closed system so if the coolant is low or missing there is or was a leak. The coolant circulates via the water pump, if it's not circulating the problem is there or caused by a blockage. Heat is transferred from the engine through the coolant and back to the air as it passes through the radiator, cooling fans accelerate the process and a defective radiator, inoperative or inefficient cooling fan operation will cause issues here.

Overheating an engine is bad and it's actually worse today than decades ago. Old cast iron engines and heads were fairly stable, the similar metals of the components expanded and contracted at the same rate as they got hot and cold respectively. The looser design and manufacturing tolerances were less likely to be permanently damaged. Today's higher efficiency engines are much more susceptible to damage from excessive heat. Many critical components are manufactured from dissimilar metals like Aluminum heads and cast iron engine blocks and these materials expand and contract at different rates. Aluminum heads, prevalent in today's engine construction, warp easily and can crack when subjected to excessive heat, steel bolts that hold the head to the block strain to the extreme, the head gaskets between the head and block, an extremely important and relatively fragile element responsible for sealing these two major engine portions, almost always split or crack allowing coolant and oil to mix and/or combustion gasses to escape. These factors combined with different thermal stability, closer manufacturing tolerances, and lower capacity cooling systems, make overheating an engine a major threat to the longevity of the engine.

A cracked head gasket or warped or cracked head will cause a rough running condition. Frequently the compression from an operating cylinder will disrupt coolant flow impeding circulation and often combustion gasses will bubble up in the coolant overflow reservoir. Coolant mixing with oil from a compromised head gasket will present as a milky coffee colored substance in the valve cover and can be observed by removing the oil fill cap and looking there. Coolant that escapes into the combustion chamber will show at the tailpipe as white smoke while burning oil is indicated by blue smoke. These are all possible byproducts of the damage caused by overheating and the repairs frequently are more costly than the vehicle is worth.

Newer cars with their maintenance free qualities, certified by the marketing department give drivers less warning of impending problems. Temperature gauges which can show trends like climbing temperatures have been replaced by lights with graphics that seem almost ambiguous. It pays to know what your indicator lights look like and what they indicate. A light indicating a coolant issue could be a low level indicator or a high heat warning and it's not always obvious. If your coolant is a little low it's probably still safe to drive but if it's overheating you should stop immediately. If your car is running hot but no hot air is coming out of the heater, it's probably low or out of coolant. Getting safely off the road and shutting the car off as soon as possible is the best course of action. Electric cooling fans should run even after the engine is shut off to help it cool and sensors will determine fan run time. If you drive until the engine shuts itself off due to overheating, that's very bad. Very bad and probably catastrophic.

Low coolant is easily corrected by filling the system but be sure to use the correct coolant. Incorrect coolant can cause other problems like gelling in the heater core and adverse reactions by components in the cooling system. If you must fill or top off your cooling system it is important to find out where the missing coolant went. Remember, it's a closed system and runs under pressure when at operating temperature and really shouldn't require much in the way of additional coolant.

Heat in the winter is nice, but too much heat in your engine is not a good thing. Keep your engine cool!



FRYEBURG TOWN MATTERS

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Open "directory" and click on the Fryeburg Town Matters membership page

Vol 21 · Issue 06 · Editor: Donna Woodward - 207-441-8170 - donnawbe@gmail.com · Sept 2023

The Mountain Division Trail from Fryeburg to Portland



The Mountain Division Trail exists as two separate segments and a newly proposed rail trail aims to connect these creating a more than 50-mile-long trail from Fryeburg to Portland. This will connect 9 communities in route. The southern section rolls for about 6 miles between Windham and Standish; the northern section runs for nearly 4 miles through Fryeburg on the New Hampshire border.

Governor Janet Mills just signed LD 404 into law, which authorizes the Maine DOT to construct this multi-use trail. The bill was passed by a large majority in the Maine Senate and House of Representatives, demonstrating the legislature's belief in the value of investing in trails for recreation and transportation. With the Governor's signature, an interim trail can now be built on 31 miles of unused rail corridor. For the Mountain Division Alliance and the Bicycle Coalition of Maine, the action represents the fulfillment of a dream they have both worked on for more than twenty years.

The bill's passage into law is the end of a long process. After a 7-month review of potential rail and non-rail uses for the Mountain Division rail corridor from Standish to Fryeburg, the 12-member Mountain Division Rail Use Advisory Council (RUAC) voted 11-1 to recommend the interim conversion of 31 miles of the existing railroad track to an interim 10'-wide paved bicycle and pedestrian trail. The MaineDOT

reviewed the proposal and backed the bill to move forward with authorizing the creation of a trail. Under Maine law, the conversion of rail lines to trails is always interim until such time as the return of train operations is viable. "Trail until rail" is how DOT Commissioner Bruce Van Note characterizes such projects.

The 4 mile paved trail in Fryeburg is pleasant for walking or biking. There are three main places to park. You can pick up one end of the trail at the Visitors Center in Fryeburg, at 97 Main Street or you can start at the other end, at a lot off Route 113 just west of Lyman Drive and not far from the airport. Also there is a parking area about half way, on Porter Road.

The Bicycle Coalition of Maine is the statewide voice of cyclists and pedestrians. For more info visit www.bikemaine.org. The Mountain Division Alliance's mission is to work with communities along the Mountain Division Rail corridor, Maine DOT, and other organizations and stakeholders to create a safe, welcoming, contiguous trail that connects existing paved portions of the trail. For more info visit mountaindivisionalliance.org.

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Fryeburg Town Managers Report - by Katie Haley

I want to remind everyone that it is time to purchase your new Transfer Station Sticker if you use the Transfer Station. Stickers can be purchased at the Town Office and the Transfer Station. The Town has adopted a policy which states the

The Fryeburg Transfer Station is for use by Fryeburg property owners and residents. No vehicle will be allowed entry to the Transfer Station without a current Transfer Station window sticker. Stickers are valid from September 1st to August 31st. A grace period may be provided for vehicles with a valid sticker from the prior year. which may be allowed entry during the month of September only. As of October 1, all vehicles without a valid sticker will not be allowed to utilize the facility and will be turned away and made to leave if found within the facility.

Trash and recycling disposal is one the town's largest expenses and it directly impacts our tax rates. This sticker program provides a means for property owners to dispose of their waste for a year, for a nominal fee. More importantly, it ensures that non-residents are not using our Transfer Station and thereby increasing our disposal costs which directly impacts our residents. Please do your part by purchasing a sticker. The Transfer Station Sticker & Use Policy is available on the Town's website or can be obtained at the Transfer Station.

I also want to remind people to be sure to diligently separate your trash and your recyclables. Plastic bags, shrink wrap, padded mailers and Styrofoam are some of the largest sources of recycling contamination. Placing non-recycles in the single sort recycling also creates extra costs for the Town.

We will hold our annual Household Hazardous Waste Day on October 28th, but as a reminder, we can take paint, through the Paint Care recycling program, at any point throughout the year for free. Please see an attendant at the Transfer Station to drop off paint and never put it in the MSW or Single Sort hoppers.

Thank you in advance for your efforts to reduce our waste disposal costs and recycle responsibly.

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

Summer is slowly giving way to Fall, and the start of a new school year. While adult education operates year-round, this is a great time to think about returning to school to complete your high school credential through either our diploma program or the equivalency exams. Our experienced educators are experts in assessing your skills and meeting you where you're at.

Completed your high school education? Our Maine College & Career Access (MCCA) program Advisor, Rhonda Jacobson, loves working with adult learners to identify career pathways that make sense for you.

We help people start their college experience no matter how long they've been out of school, offering skills assessment and academic preparation, as well as a college success class. Our MCCA participants are eligible for courses at Southern Maine Community College to help get you used to the college experience.

If you don't think college is the right next step for you, we also offer MCCA services and courses to help you build the skills and acquire the certifications you need to advance in your career. We have offered trainings in the medical and financial fields, we're developing trainings in additional fields, and we partner with employers and other training organizations all across the region.

No matter what your next steps are, adult ed can offer you the tools to expertly navigate those next steps. Fall is a great time to return to school, so contact us today! (207) 627-4291 adulted@lakeregionschools.org

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

- Sat Morning Story Time on Sept 2nd at the Library will include the reading of a couple of books pertinent to summer's end and the imminent start of a new school vear. Participants will be encouraged to talk about what they are looking forward to while they are creating personalized backpack clips. Refreshments will be served. This is an ALL-AGE event between 10:00 am and 12:00 Noon, FMI call 610-587-8695
- Sept 13 Wed Book Group meets 10am to discuss The Keeper of Lost Things by Ruth Hogan.
- Sept 16 Soul Collage art group meets 9 am Weston Room, \$5 donation for supplies. All are welcome!
- Sept 20 Moon Light Spiritual Discussion Group meets to discuss forms of divination. 6pm to 8 pm. All are welcome.

On-Going Events:

- Story time: every Sat at 10am, designed for ages 3 to 5, but older siblings are welcome to attend. Changing to Tuesdays at 4pm starting Sept 19
- Crochet Club, beginning again on Sept 9. 10am Weston Room 2nd and 4th Saturdays of each month.
- · Adult Education started on August 18,HI-Set testing, GED, etc
- Walking Group Weds at 9am meet front steps/lobby for a jaunt around town
- Book Group meets on 2nd Wed of each month in Weston Room.

Fryeburg Public Library, 515 Main Street, Fryeburg, ME 04037 Phone: 207-935-2731 Hours: Mondays, Wednesdays, Thursdays 9 am to 4 pm Tuesdays, Fridays: Noon to 6 pm Saturday: 9 am to Noon

Community Concepts by Kelsey Miller



Digital Navigation Services Offered By Community Concepts Finance Corporation Community Concepts Finance Corporation (CCFC) is offering a new program to help Oxford County residents get online safely and effectively. The Digital Navigation Program provides free, one-on-one support to anyone interested in learning how to

use all features of their internet device or devices, including smart phones, tablets, laptops, and desktop computers.

CCFC's Digital Navigator can also help with things like: getting connected to the internet at home, internet safety and scams, creating and navigating online accounts to easily access information, purchasing a device that best fits your needs, creating and operating an email account, learning how to video chat with doctors, friends, and family, and more. Contact CCFC's Digital Navigator Ashley Lawrence today to get started: call 207-333-6444 or email ACP@community-concepts.org.

Did you know your household may also be eligible to save up to \$360 a year on internet bills with the FCC's Affordable Connectivity Program (ACP)? The ACP provides a \$30/month discount on home internet bills for those who qualify. Households with income at or below 200% of the Federal Poverty Guidelines are eligible. You may also qualify if someone in your household receives one or more of the following benefits: SNAP, WIC, SSI, free or reduced-price lunch, federal public housing assistance, Veterans pension, Medicaid, or a Federal Pell Grant. To learn more and apply for the ACP, visit: www.GetInternet.gov. If you have any questions about the ACP or need help applying, contact our Digital Navigation team at the number or email above.

Learn more about all programs offered at CCFC, including other free services to help you reach your financial and housing goals, at www.ccfcmaine.org.

We look forward to hearing from you! Community Concepts, Inc. is an equal opportunity provider and employer.

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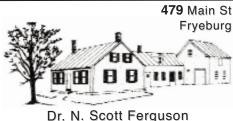
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FRYEBURG RESCUE by Eric Meltzer

Fryeburg Rescue is pleased, once again, to have been awarded a dividend from the Maine Municipal Association this year as a result of our record regarding employee and provider safety. Zero workers compensation claims entitled Fryeburg Rescue to participate in this self-funded pool managed by the Maine Municipal Association and available to those municipal and quasi-public entities in Maine who demonstrate good risk management practices and loss experience. We appreciate the recognition and more importantly, the care and safety with which our providers conduct themselves.

There's been no shortage of rain this summer and with it the depth of the Saco River continues to be above normal summertime conditions. In many areas the river has overflown its banks and the actual course is difficult to discern. The conditions have also allowed obstructions and strainers to get lodged in position making certain areas impassable. Please use caution when venturing out on any waterway but especially local rivers under current conditions. Always wear a PFD (Personal Floatation Device) and gather as much information regarding current conditions as possible from various sources before venturing out. Consider delaying until conditions improve and always make safety a priority.

Fryeburg Historical Society

ROAST PORK DINNER

Friday, Sept 15th from 5pm - 6:30pm

at the East Conway Community Hall 2861 East Conway Road

Roast Pork, Stuffing, Potatoes, Gravy, Applesauce, Peas, Carrots, Rolls, with Homemade Apple & Pumpkin Pies for dessert!

ADULTS: \$15 Children: \$10

FUN FACTS ABOUT FRYEBURG

According to the United States Census Bureau, Fryeburg has a total area of 65.89 square miles (170.65 km2), of which 58.33 square miles (151.07 km2) is land and 7.56 square miles (19.58 km2) is water.

Located beside the New Hampshire border.

The census population was:

3369 people in 2020	2208 people in 1970	1283 people in 1920
3449 people in 2010	1874 people in 1960	1282 people in 1910
3083 people in 2000	1926 people in 1950	1376 people in 1900
2968 people in 1990	1726 people in 1940	1523 people in 1850
2715 people in 1980	1592 people in 1930	1004 people in 1810

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 on Monday September 11, 2023 @ 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!

Denmark Arts Center by Susan Beane (www.denmarkarts.org/events/)

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

- Art Opening PINE TREE DAYDREAM: A Collaborative Walk Through Nature with artists Christopher Duca & Lindsev Redgate - Fri. Sept 1st from 5-7pm
- The Bruce Marshall Group-Labor Day Weekend Show: Sat, Sept 2nd at 7pm Swampy blues with R&B and Americana.
- · Will Woodson & Caitlin Finley: Fri, Sept 8th at 7pm Will Woodson Textures and rhythms of the rich Irish-American soundscape of the 1920s and 30s.
- Kerri Arsenault-Authors Series with Mill Town: Sun, Sept 10th at 5pm Eloquent hybrid of atmospheric memoir and searing exposé. Kirkus Review
- Julian Loida-Giverny Tour, percussionist, pianist & composer.: Fri, Sept 15th at 7pm Music is a full-body experience for him enabling healing and joy.
- Amy Neswald--Author Series with I Know You Love Me, Too: Sun, Sept 17th at 5pm a "novel-in-stories about sisterhood, grief, and discovering one's true self
- Dead Girls The Musical with Lynne McGhee: Fri, Sept 22nd at 7pm Saluting Diva's from the great beyond. Come prepared to laugh and sing!
- Jennifer Lunden-Author Series with American Breakdown: Sun, Sept 24th at 5pm A wide-ranging, genre-crossing literary mystery uncovering the many hidden health hazards of life in America.
- Jocelyn Pettit & Ellen Gira: Thurs, Sept 28th at 7pm A dynamic North American fiddle & cello duo
- FallFEST Dinner & Silent Auction Fundraiser for DAC: Sat, Sept 30th from 5-7pm Evening of fun, food, friends, music, and bidding. This year's event potluck-style dinner. All food will be sourced by our board members and Maine Catering. STANDARD Gastropub & Street Eats. Guests simply need to show up, enjoy the atmosphere, and bid heartily on an array of items that will run from pieces of work by local artists and craftspeople, to experience-driven getaways, to themed baskets filled with goodies from local businesses.



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Eastern Slope Regional Airport by Eric Meltzer

You may have heard or seen some low level military aircraft, specifically jets, in our vicinity recently. There are two MOAs or Military Operations Areas in the White Mountains area. These are designated airspace segments set aside to allow military aircraft to fly and train under specific conditions. This airspace is not always active and is not restricted to military aircraft only. General aviation and commercial air traffic can also use this airspace and there are controlling agencies who can inform other aircraft when an MOA is active and military operations are taking place. During these recent training flights the military jets landed and fuelled at the Portland Jetport and must have been guite a sight on that civilian field. Air traffic control got some nice photos and video and posted them on their Facebook and Instagram pages named PWM ACTC (Portland Air Traffic Control Tower). Check it out!

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

Our legislative system is broken, and it's up to us to fix it

The day we arrived at the State House last December to begin the 131st Legislature was a chance to start anew. Fresh off an election, each new Legislature has the opportunity to look at the rules by which it operates and improve upon itself. Unfortunately, this year's two legislative sessions represented nothing but costly dysfunction for Maine's people.

At first, I was heartened to hear the Joint Rules Committee would convene this year to look at our rules, some outdated or

obsolete. One of the first things I did on opening day was to propose several rule changes, including eliminating concept drafts. In theory, these drafts are working titles only and used in the legislative process to allow the Legislature's nonpartisan professional staff enough time to research and draft the workable language that formally changes our laws.

Some bills do require more research if several areas of statute are involved or the topic is rather complex, both of which could also have fiscal ramifications. The problem is that too often the raw ideas of a concept draft bill are replaced suddenly by a 20-plus-page amendment of new language at or just before the bill's public hearing. It's unfair and unethical when the public doesn't have time to review it.

So, my early optimism about the chance to address our rules and even the budgeting process itself turned to dismay. Majority Democrats rammed through a partisan budget and introduced several bills this year that reached the point of a public hearing or work session with little to no time for the public to weigh in.

One such bill was LD 1964, the paid family medical leave act. This 19-page bill was printed on May 18 with a public hearing held by the Labor and Housing Committee a week later on May 25.

On June 1, a sweeping 17-page amendment to LD 1964 was unveiled just minutes into the work session. It wasn't available to the public and altered several key aspects dramatically. Therefore, Maine small businesses had no opportunity to analyze it or provide testimony, as should have been done by reporting the bill out as a new draft. Unfortunately, the majority party used this bait and switch tactic too often this year. Take LD 1190, for example, which also cleared the same committee that same day. The public hearing for this bill was held nearly two months before on April 6, when business groups testified overwhelmingly in opposition to the bill's provisions that would affect companies with 250 or more worldwide employees. More onerous were the recordkeeping requirements and fines for failure to do so. However, the bill laid dormant until an amendment was released just one day prior to the vote; and it would now affect employers with just 10 employees. Again, the public had no chance to weigh in.

Which brings me to a bill Democrats voted off the Special Appropriations Table late at night with completely different language from what it had originally. According to my colleague Republican Sen. Brad Farrin, who is a construction professional, LD 1895 will drive up the cost of offshore wind projects for Maine ratepayers since unions will be able to dictate how much ratepayers will have to pay in labor costs for these projects. This, at a time when we need to do the opposite because of the impact of solar industry subsidies. Yet the majority party rammed that bill through on our last day of session despite my attempt to send it back to committee for a full review and public input.

It's shenanigans like these, the countless hours of wasted session time and mismanagement of our broken legislative and budget processes that led to adjournment in July, a full month after we are supposed to adjourn under statute, that may potentially end up costing taxpayers hundreds of thousands of dollars. It is long past time for us to fix our broken legislative process.

> Please feel free to write me: Richard.Bennett@legislature.maine.gov or call at 207-287-1505.

Legislature has finally adjourned until January

The Legislature is adjourned until January 2024. It did so on July 26 after passing another budget that brings total spending to an estimated \$10.3 billion. The budget that was passed did not include broad-based tax relief and it also eliminated the senior property tax stabilization program. I voted against the budget because it does not address the needs of all Mainers, especially those struggling to pay bills.

The Legislature did not complete its work by the June 21 statutory deadline. It went nearly a month longer than it was supposed to at an additional cost to the taxpayers of \$50,000 for every day when we were in session. Unfinished work was carried over until we meet again in January.

Like most Mainers, I have done my best to enjoy spending time in our area and other places in Maine while the weather is warm. I had the opportunity to participate with Hiram as they celebrated the 4th of July, as well be included in the Brownfield Old Home Day's Parade. It's always fun to participate in such great community events!

On another note, I am pleased to report that one of my bills, 'An Act to Authorize Municipalities to Allow Firefighters to Have Increased Lighting on Their Personal Vehicles' has become law. The new law will help keep our volunteer firefighters safer, by allowing them to have larger light arrays on the personal vehicles they use when responding to calls.

The effective date of that law and all other that passed this spring is October 25.

Legislators now have until September 29 to file bill requests for the Second Regular Session. Unlike the first session, they are not automatically included. They must be approved by legislative leaders and be "emergency" in nature. If you have ideas that you would like considered, I am happy to speak with you about them.

Thank you for the opportunity to represent you in the Maine House. Please feel free to contact me at Caleb.Ness@legislature.maine.gov or call 207 287-1440 if you are a Senior citizen and would like to assistance.

I love hearing your thoughts and concerns, and appreciate your input!

"More Then Just A Picture" by Joe Shaw

"Here is a Black-Capped Chickadee (Poecile atricapillus) perched on a tree branch.

The Black-Capped Chickadee is the State Bird of Maine and Massachusetts."

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



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