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

Selectmen:
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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

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AUTO FACTS YOU OUGHT TO KNOW By Eric Meltzer

Self driving cars are the stuff of science fiction, George Jetson and an autonomous future. Many people find the idea of a self driving car a bit unsettling. Relinquishing the controls of a speeding vehicle traveling in close proximity to other vehicles, bicycles, and pedestrians, and immobile objects like concrete barriers and bridge abutments can, understandably cause concern. Nevertheless, driver-less cars are the future and that future is coming down the road faster than you think, if you'll pardon the pun.

As far back as 1939, GM regaled the public, at their World's Fair Futurama display, with visions of self driving cars. On a side note, don't confuse Futurama with the GM Futurliner, a very cool Art Deco traveling expo, used in their Parade of Progress exhibit to demonstrate and promote future cars and technology including, presumably, autonomous vehicles. Back when a corporation like General Motors regularly expended the effort to fuel the imaginations of the public, promoting a lifestyle beyond their product.

Today, with advances in processors and sensors, the technology is clearly in place to bring self-driving features to a broader demographic. Most auto enthusiasts are familiar with the many advances of the Tesla product. Innovative in many ways, this vehicle is the first to be successfully designed and produced by a company rooted in technology rather than sprouting from an automotive background. Maybe a fresh approach is necessary, or maybe it's a sign of the future. One of the features that Tesla has incorporated into its product is the Autopilot feature incorporating sensors, radar, cameras, and processors “needed for full self-driving capability at a safety level substantially greater than that of a human driver” according to their website. I have driven a Tesla with this feature, or more accurately, have been a passenger behind the wheel of a Tesla with this feature and can attest to the remarkable, if not somewhat disquieting feeling that transpired as I witnessed the system in action.

A clear indication of the direction this technology is leading us is a very recent acquisition of Mobileye by Intel. Who? Mobileye is an Israeli company that has become an extremely important asset in the emerging self-driving car industry. And Intel is that company that did to Personal Computers what it now hopes to do to driver-less cars. Intel's \$15.3 billion investment in the purchase of Mobileye now makes Intel one of the most important tech companies in the car industry. Right now Mobileye hardware is in more than 300 models of cars, from 27 different car makers including GM and Volkswagen. The current technology helps cars stay in their lane and maintain a safe following distance but as the technology advances, the goal is self-driving cars.

In case you think this is a fad or just some big business dipping its toes in the waters of the future, Intel is not alone in this pursuit. Apple admitted several months ago that “the company is investing heavily in the study of machine learning and automation, and is excited about the potential of automated systems in many areas, including transportation” and has been working secretly on this project for the past two years.

Search engine giant Google, who's high tech tentacles touch countless companies, now under the corporate umbrella of Alphabet, has formed an independent company known as Waymo which itself began under Google in 2009 to explore autonomous cars. Waymo has a fleet of over 100 self-driving vehicles that have racked up over 2.5 million miles of road testing in California and Arizona.

Even Uber, the ride sharing app that was recently – and unbelievably - valued at more than General Motors, has been developing driver-less cars. The idea being safety and efficiency but at the cost of personalization, which I don't necessarily see as a benefit.

I find all this fascinating even as I foresee mourning the passing of another enjoyable activity like driving but autonomy does open up a Pandora's Box of uncertainty in our litigious society. Suppose a self-driving car kills a pedestrian, who's to blame? TManufacturer? The person who wrote the code? Car's occupant? And what of hacking? One can just imagine the implications of a less than honorable individual taking control with malicious code. And expand all this out to those who spend their lives on the road like truckers. Can self-driving long-haul trucks be far off? There are currently over 3.5 million professional truck drivers in the U.S. Add them to the future jobless cabbies and how that will effect our labor force.



FRYEBURG TOWN MATTERS

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

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FUN FACTS ABOUT MAINE - THE PINE TREE STATE

MAINE is about 320 miles long from tip to tip and over 200 miles wide. Its total area is as big as all the other five New England state combined.

ACADIA NATIONAL PARK is the second most visited yet is the fifth smallest of all national parks. Maine is serious about conservation with over acres of State and National Parks.

MAINE has 6000 lakes and ponds, 5100 rivers and streams (32,000 miles), 17 million acres of forest, 4000 coastal islands, and over 3500 miles of shoreline, bays, and inlets.

MAINE harvests 90% of the nations lobster supply (nearly 100 million pounds), 99% of all blueberries in the country.

MAINE has 65 lighthouses. The Portland Head Light is the most photographed in the world and was commissioned by President George Washington.

MAINE is the first state in the United States to see daylight and is the only one syllable state in the country.

MAINE had the nation’s first sawmill which was established near York in 1623.

DONUT holes were invented in Maine.

MAINE's official state insect is the honeybee

MAINE has about 43 people per square mile. By comparison, New Jersey has more than 1,200 people per square mile.

MAINE is the only state in the US that only borders one other state.

MAINE's state "flower" isn't a flower, it’s the white pine cone. It’s state animal is a moose and state bird is a chickadee.

BAXTER State Park marks the end of the Appalachian Trail



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Fryeburg Town Managers Report - by Katie Haley

The upcoming elections will take place Nov 7th, with voting taking place at the David & Doris Hastings Community Center from 8am to 8pm. There are no local issues to vote on, only the state referendum questions. Absentee ballots are now available.

There will be a Special Town Meeting on November 9th at 6 pm, to ask voter to approve the purchase of a loader for Public Works. The purchase will be made using credit reserve funds. Our current loader is a 2003, with over 9000 hours on it and it is now out of service with unforeseen transmission issues. Repairing it is expensive and not a worthwhile expenditure; however, it is a vital piece of equipment for daily operations and winter snow removal, so there is a need to act expeditiously.

The Planning Board is continuing to work on various Land Use Ordinance revisions and will be holding public hearings in the upcoming months. At the end of October, there will be a public hearing on revisions to sign ordinances and the necessary revisions to the State mandated affordable housing law. I urge businesses to review the proposed sign ordinances; the goal is to ensure that signs are appropriate for our small town. Short-terms rental regulations will continue to be a Planning Board discussion as well.

With winter approaching there are a few items to note. Beginning November 15th, no vehicles shall be parked on any public way or street from 11 PM to 6 AM to allow for snow removal. This will remain in effect through April 15, 2024 unless notice is given to remove the order sooner. With this same notice, we would like to remind the public that it is against the law for anyone to put snow or slush in any public way or street.

Fryeburg residents are allowed to pick-up two 5-gallon buckets of sand per storm for residential use from the shed at the Town Garage. Sand is not for commercial use and no commercial vehicles are allowed. Video surveillance is in use on the premises. Please call the Town Office if you need assistance with picking up sand; we will be resuming our "Sand Buckets for Seniors" program to help people who may have difficulties with the task.

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

"More Than Just A Picture" by Joe Shaw

"Fryeburg Academy Football players waiting on the sidelines."



Eastern Slope Regional Airport by Eric Meltzer

The Fryeburg Fair brought travelers by car and air to Fryeburg. This year Pine Tree Helicopters, based at the airport in Sanford, provided helicopter rides to excited fairgoers. Utilizing a small fleet of Robinson R44 helicopters they provided an unofficial total of 1800 rides thanks to enthusiastic pilots and good weather.

These small but capable helicopters carry a pilot and 3 passengers and are the world's best-selling general aviation helicopter. This model R44 is powered by a conventional internal combustion engine that uses aviation gas which they purchased at ESRA during the Fair, a total of approximately 900 gallons. Pine Tree Helicopters are fully FAA certified to provide training and scenic tours and there's some speculation that they may offer a shuttle service from the airport to the fairgrounds in the future. We're pleased that we were able to offer support during their brief time at the Fair.

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

Lake Region & Fryeburg Area Adult Ed collaborates with the National Digital Equity Center to offer digital literacy workshops for all members of the community. Maine residents can participate in these workshops free of charge; there is a \$50 fee for non-residents.

Here are the workshops we're partnering with NDEC to offer over the remainder of Fall. All workshops below are held at Fryeburg Public Library. If you have any questions, or to register for a workshop, call us at (207) 647-5135.

Understanding the Cloud Library - Monday, November 6 - 9:30 am to 10:30 am
 Cloud Library is an online platform used by libraries in Maine as well as many other states to borrow eBooks and audiobooks. This free service allows you to choose from over 10,000 titles to view or listen to on your device. Learn how to download, navigate, and customize your Cloud Library.

Using Gmail Effectively - Monday, November 20 - 1:00 pm to 2:00 pm
 Email is a means of communicating with others, throughout the world, in a fast and efficient manner. This class will cover the terms and techniques necessary to use email in an efficient, safe and organized manner.

Online Games - Finding & Playing Good Games for 55+ Tues, Dec 5 - 10am - 11am
 Research has found that playing games online has benefits for mental health, such as improving memory, enhancing cognitive skills and helping focus. In this class we will visit several great sites with a wide variety of fun games.

Identifying Frauds & Scams - Tues, Dec 12 - 1pm - 2pm
 Learn about the different types of internet fraud and scams, the dos and don'ts of protecting yourself online and what to do if you have experienced online fraud or abuse.

GET OUT AND VOTE!

Tuesday, November 7th
 at
David & Doris Hastings Community Center
 from 8am to 8pm.

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 November 13, 2023 @ 6:00 pm.

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

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FRYEBURG RESCUE by Eric Meltzer

The 2023 Fryeburg Fair is behind us and the nice weather brought plenty of crowds. All told, Fryeburg Rescue responded to 29 calls for service related to the Fair and on the Fairgrounds. In addition, we also responded to 20 calls in our 5-town coverage area. During the 8 days of the Fair our total call volume was 49 calls which we handled with additional scheduled crew as well as Fryeburg Rescue providers who came in on their free time to help. This year, our unit 502 was stationed at the Fairgrounds during the harness racing events, as required. In the past an ambulance from a neighboring service was provided but this year that arrangement wasn't available.


United Ambulance of Bridgton was generous in lending Fryeburg Rescue a spare ambulance for our use in the event of busy call volume. It's always exciting to have the Fair in town and it gives Fryeburg Rescue the opportunity to serve the expanded community. We thank our dedicated providers and our many friends who helped keep our station clean and our members fed and as always, we thank our community and public safety partners for your continued trust and support.



**Happy and Safe
 Thanksgiving Day
 to you and yours
 this holiday
 season!**

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

- Thurs, Nov 2 at the Majestic Theater in Conway 7pm, meet the author Andrew Krivak
 This is the One Book One Valley Big Event!
- Fri, Nov 3 at 5pm: Ghost Hunt Reveal with Luna Paranormal. Open to everyone, stop by and witness evidence presented, learn about ghost hunting equipment, get spooked!
- Mon, Nov 6: Free National Digital Equity Center class TBD
- Wed, Nov 8: Book Group meets 10 AM in Weston Room, book TBD
- Sat, Nov 11: Library closed for Veteran's Day
- Mon, Nov 13 at 10AM NDEC Free Class on using Facebook securely. Must register for class.
- Fri, Nov 17: Canvas Art Show/Reception 4PM to 5:30PM, light refreshments, prizes awarded in 4 categories.
- Mon, Nov 20: NDEC Free Class TBD
- Thurs & Fri, Nov 23 & 24: Library closed for Thanksgiving holiday.



On-Going Events:

- Story time: Tues at 4pm designed for ages 3 to 5, but older siblings are welcome to attend. Story-related craft is part of the experience.
- Crochet Club 10am Weston Room 2nd & 4th Sats of each month.
- Anime club on hiatus until further notice. 10/10/2023
- Adult Education Fris 8am to 3pm HI-Set testing, GED, etc
- Walking Group Weds at 9am meet front steps/lobby for a jaunt around town. (This will continue as long as the weather holds and people want to continue)
- 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: Mon, Wed, Thurs: 9am-4pm Tues, Fri: Noon-6pm Sat: 9am-Noon

Understanding Medicare by Bert Weiss • 603-986-5650

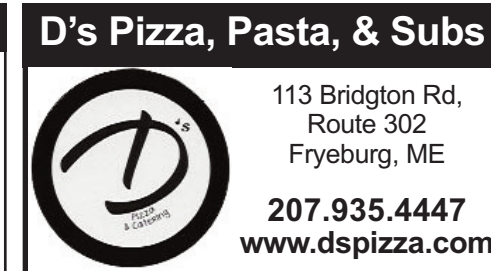
Annual enrollment for Medicare Advantage & Prescription Plans, Oct 15th - Dec 7th.

In 2024, Medicare has capped prescription spending at \$8,000 per person. This year, once you reached \$8,000, costs went down, but didn't end. In many cases, the cost of a prescription plan went up but there may be a lower cost alternative for your drug list. **Ask an agent** to do a cost comparison for you. Next year prescription costs will be capped at \$2,000 and the consumer will be picking up the difference. This is all about the super expensive drugs, ones that make a nearly intolerable life, tolerable, for many. Often there are programs from the drug companies to get these for lower or little cost. Medicare Advantage is seeing changes also such as dental benefits, fitness benefits, ski tickets, green fees, pickle ball memberships, and Apple or Fitbit watches. Check your "Notice of Change" document, if you are on a Medicare Advantage Plan. **Ask an agent** if you want to know more.

If your goal is to save it is a good idea to investigate Medicare Advantage. **Ask an agent**, like myself, to see if it makes sense to change.

You'll notice I keep saying "ask an Agent". You can sign up for any plan on your own, however if you encounter mistakes or problems, you are on your own to solve it. If you use my service, which costs you nothing, I am there to help solve problems with you. I have a desk at Walmart Monday - Thursday 9-noon and 1PM - 2:30PM. Stop by and say hello. I'm in the alcove on the way to the self check out area.

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



Fighting “Forever Chemicals” for Our Farms and Families

Per- and polyfluoroalkyl substances (PFAS), also known as “forever chemicals”, have been all over the local, state, and national news for the last several years. These compounds are called forever chemicals because their fluorine-carbon bonds are tremendously resilient against breaking down. Due to their ability to repel oil, grease, water, and heat, they have been widely used in products as diverse as cleaning products, microwave popcorn bags, stain- and water-resistant fabrics, firefighting foam, and thousands of others for decades. Additionally, they tend to bioaccumulate in plant and animal tissue, including in humans.

Due to the decades of widespread use and their persistence, 98% of Americans have PFAS in their blood. Fortunately, most have low levels. However, higher levels of PFAS and prolonged exposure have been linked to decreased antibody response to vaccines, dyslipidemia (high cholesterol), decreased fetal and infant growth, thyroid disease, liver enzyme alterations, ulcerative colitis, pregnancy-induced hypertension, and kidney, testicular, and breast cancer.

Last year, Maine became the first state in the country to prohibit the decades-long practice of applying industrial and municipal sludge to agricultural lands. That is because my fellow lawmakers and I became concerned when we learned that much of this sludge contained PFAS which entered the wastewater treatment system from residential, commercial, and industrial sources. The contaminated sludge was then spread on agricultural lands which then affected plants and animals and seeped into the groundwater and drinking water. This is a major issue that affects so many of us.

This really hit home in Fryeburg in spring of 2022 when water samples from Fryeburg Water Company Well #2 tested positive for PFAS contamination. The concentration found by Maine's Drinking Water Program was 32.85 parts per trillion (ppt), exceeding Maine's 20 ppt standard, enacted in 2021. To keep residents safe, Maine Water Company temporarily removed Well #2 from operation in Fryeburg in May 2022. In September of that year, Fryeburg Water Company announced that it had completed installation of ion-exchange treatment technology to remove PFAS and the system had been approved by the State and would be back online for the annual Fryeburg Fair.

But PFAS are causing problems all over Maine. To help Mainers affected by PFAS, the last Legislature created the PFAS Fund Advisory Committee. The Governor appointed Beth Valentine as its Director in October 2022. As a member of this committee, I have worked for months with fourteen colleagues to address PFAS contamination of agricultural land.

This summer, we approved a plan to distribute the \$70 million available (\$60 million in state funds and \$10 million in federal funds) over five years.

The money will be split into four major pieces:

1. \$30.3 million in grants to help impacted farmers;
This will include: income replacements for farmers to decide how to move forward or transition; PFAS experts and navigators to help adapt/transition strategies; infrastructure/loan assistance to farms affected; etc.
2. \$21.5 million in compensation for contaminated land;
This will include: land purchases; DACF holds and manages land purchased by the PFAS Fund; conservation payments; guidance on land transactions.
3. \$11.2 million for scientific research;
This will include: competitive research grants; experiment stations; compiling and sharing scientific information.
4. \$7.3 million for medical research.
This will include: blood testing; medical monitoring; educational resources; mental health support; public health oversight, etc.

This plan, the first of its kind in the country, will be a game-changer for many Mainers.

The discovery of forever chemicals on a commercial farm is devastating but not insurmountable. With help and resources, farms can weather the challenges that PFAS contamination present. These funds will help them overcome these difficulties.

You can see the full plan at this link: <https://www.maine.gov/dacf/about/commissioners/pfasfund/docs/draft-all-plan-admin-of-pfasfund-final.pdf>.

The PFAS Fund Advisory Committee has an upcoming meeting scheduled for December 4th in Augusta.

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

Legislators doing committee and constituent work until the Legislature Convenes in January

The 2nd Regular Session of 131st Legislature reconvenes in January 2024. Between now and then, our citizen legislature is focused on constituent work and committee meetings. Since our break in July, legislators have had committee meetings on a number of important topics.

These include:

- Government Oversight Committee review of Maine's Child protection laws and department oversight.
- Consideration of legislation to enhance online privacy protections.
- A Maine Department of Environmental Protection update to lawmakers on efforts to create rules around Maine's first-in-nation poly-fluoroalkyl substances (PFAS) reporting law.
- An Education Department report on Maine's School Funding Formula.

The Innovation, Development, Economic Advancement and Business Committee, the committee I get to serve on, heard a few reports from different agencies including the Maine University System and the State Auditor. The University's Maine Economic Development Administration made a great presentation of a website that can show incredible data about workforce and population in the state, divided by county. This can help pinpoint areas that need specific types of workers, time frames needed to fill positions, etc. This type of tool can help businesses with finding the right resources they need and where might be the best location to start a business.

Those are just a few of the topics that legislators have considered in advance of the Second Regular Session which begins in January. That session will take up several hundred bills that were held-over from last session. Fewer new bills will be considered since the second session is limited, by statute, to consideration of “emergency” bills. From what I've heard from members of past legislatures, that can be a subjective criteria that depends on who is in charge of the legislature.

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 I can be of assistance.



Kenneth Ouellette • Fryeburg 207 256-7421

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