

PITTSFIELD POST

A FREE WEEKLY PRODUCTION BY COMMUNITY VOLUNTEERS

Earth Day

April 22, 2020

"Unless someone like you cares a whole awful lot, it's never getting better. **IT'S NOT!**" Dr. Seuss, from *THE LORAX*

DOS & DONTs OF GETTING OUTSIDE SAFELY FROM nhpr

DO work in your garden, play with your kids in the yard or take up backyard birdwatching.

DO visit less-trafficked trails, parks and forests close to home - and discover new ones! Ask friends and family for recommendations or use a tool like Trail Finder.

DO take a bike ride, go for a run, walk around the neighborhood - by yourself or with others in your household. Enjoy the quiet or use the time to binge a new podcast.

DO find an online yoga class, dance party or workout and join in from the deck or in a quiet park - even if it's embarrassing!



DON'T try to complete your mountain climbing bucket list or tackle Tuckerman's for the first time! You could put yourself and rescue personnel at risk, and hospitals are already taxed.

DON'T visit state beaches, the Appalachian Trail or the White Mountain National Forest. Many state parks remain open, but unstaffed - check for closures before you go, avoid crowded locations, obey restrictions and carry *everything* out with you.

DON'T keep meeting up with your running group or personal trainer, or attend other social fitness outings - even if no one seems sick - and don't carpool with anyone not in your household.

DON'T travel to outdoor destinations out of the state or country. Community transmission is real.



Cooks' Corner Three Cheese Pasta Bake

- 1 16-oz package ziti or penne pasta
- 2 (10 oz) containers refrigerated Alfredo sauce
- 1 (8 oz) container sour cream
- 1 (15 oz) container ricotta cheese
- 2 large eggs, lightly beaten
- ¼ cup fresh grated Parmesan cheese
- ¼ cup fresh chopped parsley
- 1½ cups shredded Mozzarella cheese

Heat oven to 350F. Prepare ziti or penne according to package directions. Drain and return to pot. Stir together Alfredo sauce and sour cream, toss with the pasta and stir until pasta is evenly coated. Spoon half of the pasta mixture into a lightly greased 13 x 9 inch baking dish. Stir together Ricotta cheese and the next 3 ingredients. Spread evenly over the pasta mixture in the baking dish. Spoon remaining pasta mixture evenly over the top. Sprinkle with shredded Mozzarella.

Bake for 30 minutes.

This is such an easy dish, and it's great for a potluck since it goes with just about everything. It can be the main event for a vegetarian night with a big salad, or it's also a wonderful side for grilled or baked chicken, pork tenderloin, or steaks.

Stay-at-Home Activities

While we're all staying close to home and looking for creative ways to keep ourselves occupied, we recognize this is an especially challenging time for our community families with young children. Here are a couple of ideas that all ages will enjoy.

👉 Get in touch with your inner artist and a touch of the goofy side. The Kennedy Center in Washington, DC and children's book author and illustrator Mo Willems have introduced a YouTube www.youtube.com video series *Lunch Doodles with Mo Willems*.

👉 The NH Humanities Council has posted a video of the classic picture book *Miss Rumphius*, by Barbara Cooney. Thoughtful discussion questions and activities are included. www.nhhumanities.org/missrumphius

Town Crier Andi Riel @ 435-6346
pittsfieldtowncrier@hotmail.com

May 1 - Time to license your dog(s).
Dogs must be licensed each year by May 1st, per State Law RSA 466:1

Fees :

\$9.00 for unaltered dogs;
\$6.50 for neutered/spayed dogs;
\$2.00 for 1st dog with an owner over 65;
\$20.00 for group license of five or more dogs.
There are three ways to license your dog(s). For all cases, we need a record of the current rabies vaccination.

- Call the town hall and make an appointment with Town Clerk
- Online through the town website: www.pittsfieldnh.gov and
- U.S. mail.

In the event your dog has passed away or you no longer own your dog, please notify the town clerk by phone: 435-6773 ext. 15 or by email: eanthony@pittsfieldnh.gov If you have any questions, please do not hesitate to contact us.

May 30 - A call to all Veterans: Show the people of Pittsfield your pride. Come join the Memorial Day parade on May 30, 2020 in Pittsfield, NH. No matter what era you served in or what service you joined or what town you live in, let's show the whole town how proud we are of our service to this great nation. For further information contact Selectman LeDuc at (C) 603-470-6942 or (H) 603-435-8770.

July 11 - Pittsfield Old Home Day! SAVE the DATE. The theme is "RED, WHITE & BLUE. IT'S ALL UP TO YOU!" Interpret it however you would like to - lots of ideas to go with!!

July 2020 - The planning for the PHS All Class Reunion in July 2020 is underway. We are looking for ONE member from each Class to act as the contact person, to contact their own classmates and inform them about the reunion. Interested? Please contact Andi Riel at 435-6346 for more information.

Happy Birthday wishes to Linda Rafeal last Saturday, Sean Foster on last Monday, Jeannette Engelmann on Friday and Tracy Demers on Saturday. Enjoy your special day!

Select Board Meeting April 14, 2020

The Board of Selectmen continues to meet regularly in order to conduct the affairs of the town, despite having to take extra precautions. Keeping a safe distance from everyone is now standard, and the town hall staff goes to great lengths to sterilize the room before and after meetings. So far attendance has been very limited, and we have been able to keep the room to the ordered limit of ten. If we have more, we'll have to adjourn and conduct the meeting remotely.

We considered a dispute over paving charges associated with the "safe routes to school" sidewalk and road job, for which we had obtained a 100% grant from the state. The overage of about \$15,000 is not covered by the grant, and the board voted to pay what we believe is an honest debt. We will pursue being compensated by the state for this charge, otherwise it will come from our budgeted road improvements.

Also, we are looking into the advisability of continuing with the town-wide reassessment, which by law is due to take place this year. The Board is concerned that the housing market during the pandemic will result in faulty data to base comparable sales values on. Our assessor, Avitar, doesn't share that concern. We'll see where this goes as we investigate our options, if we have any. It is important that new assessments reflect values accurately.

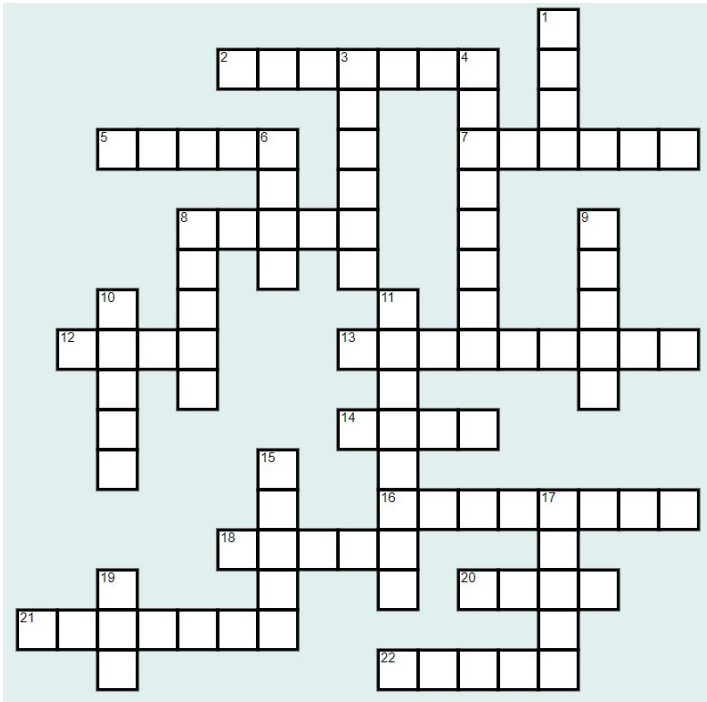
We optimistically approved a parade permit for Old Home Day in July. Plans for an expanded Memorial Day remembrance on May 30 are in a holding pattern right now. We're taking these things a day at a time. A grant application request from Emergency Management Director Rob Freese was approved for funds to pay for a mobilization trailer. This much-needed piece of equipment will allow fast response to any occurrence necessary. This pandemic business is shedding new light on towns being prepared for whatever comes down the road. Pittsfield has a great team in place, which should let residents rest easy. *Carl Anderson*

Catamount Womenaid Neighbors Helping Neighbors!

Catamount Womenaid is a volunteer, women-led nonprofit founded in 2011, whose mission is to provide those in need with immediate, short-term financial assistance not available from other resources. Requests for assistance are submitted by a 'validator,' in other words, a trustworthy source in the community, such as school nurses, social workers, case managers, doctors' offices, and clergy. Catamount Womenaid serves people in Pittsfield, Deerfield, Epsom, Strafford and Northwood. We raise money through various fund-raising efforts, including the annual Deerfield Veterinary Clinic Catamount 5k. Last year this event raised \$10,000; now that is neighbors helping neighbors!

If you would like more information, please visit our website www.catamountwomenaid.org
Thank you, *Donna Keeley, Board Member*

Signs of Spring by Minni Plante



Josiah Carpenter Library Ready to Read Family Activity of the Week

Singing: Try making music with pots, pans, & spoons!
Go outside so you don't break your family's ears!

Spot the Differences! There are 15!



Across

- 2 Small plants grown for beauty
- 5 Children like to ___ trees
- 7 Go outside to enjoy _____
- 8 Wild migrating birds
- 12 Beginning stage on branches of plants/trees
- 13 Sniffles and sneezing
- 14 We hear early morning bird ____
- 16 When ice melts in rivers
- 18 Color of grass
- 20 Gray clouds produce ____
- 21 Lightly raining
- 22 Beware of this insect that bites and stays attached

Down

- 1 Harmless flying insect
- 3 Opposite of cooler
- 4 Bright rays from the sun
- 6 They make honey
- 8 Our lawns are made of ____
- 9 Fourth month
- 10 Spring flowers originally from Holland
- 11 When water flows over its boundaries
- 15 Animals that fly
- 17 Black ____ have a fierce bite
- 19 To plant

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www.PittsfieldNHCommunityCenter.org



Send the *Pittsfield Post* your news
Deadline is noon on Friday.
Email: pittsfieldnews@pnhcc.org

B.C.E.P. Solid Waste District

COVID-19

UPDATED OPERATING CHANGES

BEGINNING APRIL 21, BCEP WILL BE ACCEPTING GLASS FOR RECYCLING – BINS WILL BE LOCATED IN FRONT OF THE DUMPSTERS CURRENTLY IN USE. ALL OTHER RECYCLABLES MAY BE PLACED IN THE TRASH UNLESS YOU HAVE SPACE TO STORE THEM UNTIL THE PANDEMIC IS OVER. **HOUSEHOLD TRASH IS DEFINED AS YOUR KITCHEN OR GARBAGE TRASH – NOT CLEANOUTS, DÉCOR, FURNISHINGS, RUGS, BUCKETS, BASKETS, YARD WASTE, ETC. WE RESPECTFULLY REQUEST THAT HOUSEHOLDS LIMIT DISPOSAL TO FOUR BAGS PER TRIP & TWO TRIPS PER WEEK.**

**** ON THURSDAYS ONLY ****

WE WILL ACCEPT: SCRAP METAL - GRILLS, MOWERS, BICYCLES AND NON-REFRIGERANT APPLIANCES

WE ARE NOT ACCEPTING CONSTRUCTION DEBRIS - OR ANY OF THE FOLLOWING FEE ITEMS: TIRES – PROPANE TANKS – ELECTRONICS – FURNITURE – MATTRESSES / BOX SPRINGS – REFRIGERANT UNITS – PAINTS – ANTIFREEZE

PLEASE DO NOT BRING: SHARPS / FLUORESCENT BULBS / RECHARGEABLE OR LEAD-ACID BATTERIES / SMOKE DETECTORS / WASTE OR COOKING OIL

THE BUILDING IS NOT OPEN TO THE GENERAL PUBLIC. ALL TRASH DROP-OFF IS TAKING PLACE UNDER THE ROOF NORMALLY USED FOR CONSTRUCTION AND METAL DISPOSAL.

WE STRONGLY ENCOURAGE ALL PATRONS TO ADHERE TO THE CDC GUIDELINES ON SOCIAL DISTANCING, AS WE ARE, AND ADJUST YOUR VISIT TO AVOID HIGH TRAFFIC TIMES AND SATURDAYS. WE WILL STRIVE TO MAINTAIN OUR REGULAR HOURS OF OPERATION AND PLACE THE SAFETY OF OUR PATRONS, STAFF, AND FACILITY AS OUR NUMBER ONE PRIORITY. AS THE SITUATION REMAINS FLUID, WE RECOMMEND YOU CHECK OFTEN FOR CHANGES AND UPDATES. WE THANK YOU FOR YOUR CONTINUED SUPPORT AND PATIENCE DURING THESE CHALLENGING TIMES. **PLEASE FOLLOW UPDATES ON OUR WEBSITE AT WWW.BCEPSOLIDWASTE.COM and/or FACEBOOK**



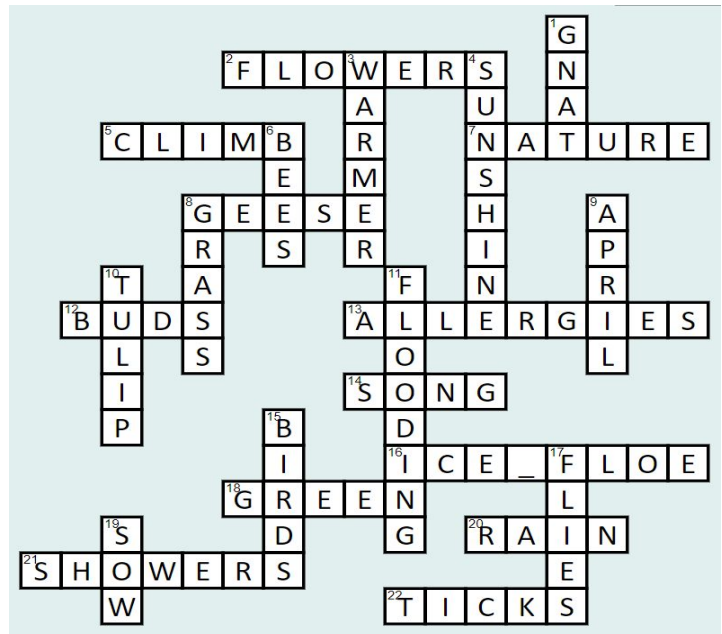
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MOWERS, SNOWBLOWERS, GENERATORS,
TILLERS, SAWS, ETC

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HOME 603-435-8214 CELL 603-312-6909

PICKUP / DELIVERY AVAILABLE



Please support the *Pittsfield Post*. Checks may be made out to Pittsfield Center Development Corporation, P.O. Box 253, Pittsfield, NH 03263. Donations are tax-deductible. Donations above \$50.00 may be acknowledged as Sponsor of the Week. Go to www.pittsfieldnhcommunitycenter.org to download a donation form.



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