PITTSFIELD POST

A FREE WEEKLY PRODUCTION BY COMMUNITY VOLUNTEERS

"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right. " Peter Marshall

July 5, 2023

Welcome Freedom Foods!

Pittsfield now has another restaurant. Freedom Foods opened in mid-June, on Catamount Road, across the street from Family Dollar.

Dave Boucher and Missy Weeks, co-owners, live here in town and opening this delightful spot has been their dream come true. Missy is originally from Haverhill, Massachusetts. Earlier in her career she was a licensed nurse, working with Alzheimer and dementia patients; she later worked in retail and managed a restaurant in Concord. Dave, meanwhile, spent over 30 years in commercial construction in Boston, where he was a foreman. Both have lived here in Pittsfield for over 10 years.

Together they also run a non-profit, charitable organization called Patriotic American. Dave describes the group as "a group of motorcycle riders who ride for charity." The organization has done numerous rides in support of a range of good causes, including St. Jude's Childrens' Hospital and suicide prevention groups. Missy devotes considerable time and effort to creating food and toy baskets for Pittsfield and Barnstead Fire Departments during the holiday season. Both Dave and Melissa are proudly committed to community service.

Missy shared, "I have always loved to cook and I love working closely with the community. This was a way to combine both." Dave said, when they learned that the former Jack's Pizza building was available, they jumped on the opportunity to bring their vision to reality.

Freedom Foods is all about fresh – everything is made-to-order. They receive all of their ingredients, meats, vegetables, fruit, breads and dairy every other day; and all of their deli meats are sliced daily. They have 3 grill stations to keep the process running smoothly, but they do not have a microwave. Everything is literally made when ordered; nothing is reheated. They also have two air fryers, a much healthier option than deep fried, and several of their items can be ordered air fried.

Their menu has a wide range of breakfast foods, along with an impressive list of sub sandwiches, 10" pizzas, various sides and, of course. their signature "smash burgers." Dave makes their homemade



meatballs every other day and mentioned their meatball subs with homemade marinara have become an early hit with customers. They are happy to make something that's not on the menu, as long as they have the ingredients. The breakfast menu is impressive and breakfast is available all day.

Although only open for a short time, they are receiving very positive feedback.

For now, the restaurant is open Monday to Friday from 8am to 5pm, and Saturday from 9am to 5pm; They are handicap accessible. Dave and Missy indicated they will consider expanding their hours once their operation is well established and they are able to hire additional staff. They have 6 employees now, including the lovely Felysa Weeks (Missy's daughter). Missy says, "We have THE BEST team in town!" The staff has a great time in the kitchen and has developed good camaraderie – especially when Dave sings along with the music (which I hear is quite special).

Be sure to stop by Freedom Foods soon, or give them a call at 603-435-0014. You're in for a treat! *MP Christakos*

Town Crier

To have an event included in this column, call or email Andi Riel at 603-435-6346 or pittsfieldtowncrier@hotmail.com

South Pittsfield Community Club will hold a Ham & Bean Supper on Sat, July 8 from 5-6:30pm at the Club House at 444 Dowboro Rd., Pittsfield. Cost for Adults is \$10, Children ages 6-12 \$5, and under age 6 is Free. Eat in or Take out! The menu is Ham, baked beans, brown bread, potato salad, drinks and pies.

The Senior Center is open again!! We will be open on Mondays, Wednesdays, and Thursdays, 8am-1pm. The current schedule for Mondays and Thursdays: 8:15-9am Sweatin' To The Oldies - all ages and levels of ability are welcome; 9-9:30am Coffee & Chit Chat; 9:30-11am Bingo & 50/50 - 5 cents per card; 11:15 am Lunch. Wednesdays: 9-10:30am Cribbage & Games. Mondays, Wednesdays, & Thursdays 8am - 1pm Walking at the Center. For more information or if you have guestions, call 603-435-8482.

PYW will be closed from Friday, June 23 - Friday, July 7. They will reopen on **Monday**, **July 10** with a brand new summer schedule.

Pittsfield Historical Society will be open on **Sunday**, **July 9** from 1-4pm. Please stop in and view all the wonderful artifacts on display.

Drake Field Summer Rec program will be open from June 27 – Aug. 4. The program is FREE for grades 1-8. Participants are offered free breakfast and lunch. There are lots of great things happening this year. On Mondays & Wednesdays (8am -12) - games, sports, arts and crafts, activities, guest speakers, as well as the library coming to Drake Field. On Tuesdays & Thursdays - lots of field trips are planned. To name a few: Chuck E. Cheese, The Flume, Mini Golf, Clark's Trading Post & Bears, horseback riding, "Boston Tea Party," Coast Guard Station in New Castle & Albacore Park, and many more! Some of the field trips are free and some will have a nominal charge. On Fridays - spend the morning at the F.B. Argue Recreation Area (aka Town Pool/Beach). Information and registration forms will be sent home with students. If you have questions or would like more information, please contact Louise Sawyer at 267-6733.

Pittsfield Beautification Committee has planted flowers and shrubs for the upcoming summer season. Now we are in need of additional volunteer

help. Ideally, we are looking for two to three individuals, with a pickup truck, who can help with watering. We have large water barrels, fit with hoses, that need to be driven by truck to the 4 locations around town where we have plants. The commitment is about one hour per day (or every other day) for one or possibly two weeks from June to the end of August. It's a great group of friendly volunteers. If you're interested and feel you can help, please contact MaryPat Christakos at mpc7717@gmail.com

Dowboro Farm Farmstand is OPEN! The kids from the Victory Workers 4-H club and others had a couple of months off and are now back at it! They'll be bringing back some of your favorite items and have been working on some new surprises, too! Stop in at 615 Dowboro Road, Pittsfield. Hours are Thurs-Sat 9:30-6pm, & Sun 10:30-4pm.

The Hanging Flower Baskets have been hung. If you would like to help out with this effort, we would appreciate a donation to offset the cost of flowers, soil and supplies. Checks may be mailed to Pittsfield Hanging Basket Fund, C/O Donna Keeley, 256 True Road, Pittsfield.

Cow Chip Bingo tickets are available. \$500 at First Drop! Proceeds to benefit Victory Workers 4-H club. Tickets are: \$1 each, or 6 for \$5. The Event will be held at Drake Field, Pittsfield on Sun, Aug. 6 at 9am on Balloon Rally Weekend. For information or to purchase tickets, contact Pam Clattenburg at 603-435-0772, or Melissa Babcock at 603-496-3928.

If you are a 501(c)(3), have you heard about the Globe Community Fund? Established by the former fourth-generation family owners of Globe Manufacturing Company in Pittsfield, the donor-advised fund is administered by the New Hampshire Charitable Foundation. The fund's purpose is to enhance community wellbeing with a focus on the towns of Pittsfield, Barnstead, Epsom, Northwood, Gilmanton, and Chichester. Funds are still available for 2023! For more information and an application, email the fund at

GlobeCommunityFund@globefiresuits.com

The Pittsfield Players have officially scheduled work for their HVAC unit, here at The Scenic Theater.
"Curtain Up: An Evening of Music," Directed by Catherine Martinez and Produced by Josh Crowell-Gregoire, will be a musical medley evening with wonderful talent/musicians, as we raise funds for our HVAC! Donations are being accepted NOW

and will be counted towards our goal of \$50,000 You can donate by visiting our website

www.pittsfieldplayers.org or mail us a check (with
"HVAC Donation" written on the Memo) to The
Pittsfield Players, PO BOX 177, Pittsfield, NH
03263.Thank you to those who have already donated.

*** Auditions are Sunday, July 30 at 6pm, located at
the Scenic Theater for ONE NIGHT ONLY. Please
register to audition on our website at

www.pittsfieldplayers.org If you cannot make
auditions, but would like to participate in the event,
please contact Catherine at
general@pittsfieldplayers.org to submit an audition
video.

Pittsfield Historical Society continues to raise funds for the commemorative garden on the museum grounds. The "BUY-A-BRICK" project affords an opportunity for people to buy a brick to honor loved ones past or present, or whomever you wish to remember. The bricks cost \$100 each and may be engraved with 3 lines of 18 characters each for a 4"x8" brick. Stop by at the museum, 4 Oak St, to see the current garden and the surrounding grounds. Please visit www.pittsfieldhistory.com for a donation form and instructions. For more information, please call 603-435-8004.

Happy Birthday wishes to my nephew, Lincoln Riel on Sun, July 2; to Kathy Kelley on Tues, July 4, Uncle Wayne Kimball on Fri, July 7, and to Norman Tuttle on Sun, July 9. I hope you all enjoy your special day.



Cook's Corner Crunchy Ice Cream Loaf

It's just not Summer without ice cream! Here's a tasty and fun way to serve your

favorite frozen delight. I've made this with vanilla ice cream and served it with sliced bananas; and I've also made this loaf with strawberry ice cream, served with fresh sliced berries; but you could also use peach ice cream with fresh peach slices or even coffee ice cream with a drizzle of chocolate sauce. Enjoy! MP Christakos

2 cups cornflakes, crushed, plus more for garnish

2 tsp ground cinnamon

4 TBSP honey

3 pints ice cream, slightly softened

Sprinkle the inside of an 8 x 4 inch (6 cup capacity) loaf pan with water (to help the plastic stick). Line pan with two sheets of plastic wrap; crisscross, leaving a 6 inch overhang on all sides

In a small bowl, combine crushed cornflakes and cinnamon.

Sprinkle half of the cornflake mixture in the bottom of the pan; drizzle with 2 TBSP of honey. Top with half of the ice cream, spreading gently to flatten and cover the pan. Repeat with remaining cornflakes, honey and ice cream.

Fold the plastic wrap overhang over the ice cream and freeze until firm, at least 6 hours and up to 4 days.

To serve, unfold plastic; invert pan onto a plate and peel off plastic. Top with more cornflakes, if desired. Slice and serve immediately.

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Learn about the Pittsfield Post, 10am July 12

Are you curious about

how the *Post* operates? Maybe you're interested in becoming one of the volunteers? Would you like to discuss revised policies for both general submissions and advertising? Then join the *Post* volunteers for a community meeting on Wednesday, July 12 at 10am, in the Function Room at the Community Center (downstairs). We hope to see you there! *The Post Volunteers*

School Board Update

Our meeting on June 15 gave the board information about special education, as well as updates from our superintendent, Mr. Lane. Ms. Vary, PSD Director of Student Services, shared that 75 students will be accessing Extended School Year Services this coming summer. We are thrilled to hear about those numbers of learners being provided opportunities to avoid summer attrition. Thanks to all who plan and implement ESY services, as well as those high school staff who will support our students completing competency recovery.

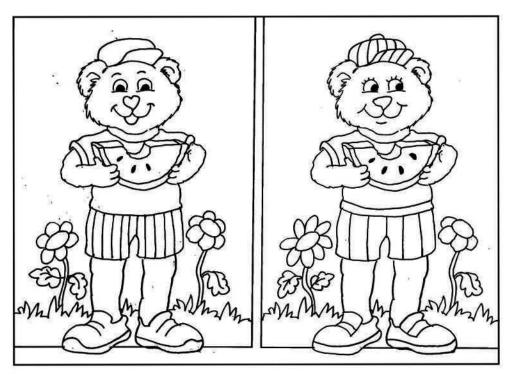
Mr. Lane reported on a variety of topics including staffing, planned assignments for current staff, and potential positions for the upcoming year. The Board has requested that Mr. Lane also post for an open position for a classroom teacher at the elementary school to potentially address large class sections.

I'm excited to report that the board has decided to move forward with a community presentation by The New Hampshire Fairness Funding Project. This non-profit advocacy group is tentatively scheduled to present to our community this coming September (details to follow). We are excited, as a board, to learn more and educate our community about the funding mechanisms in New Hampshire and how to get involved to improve these systems for equity.

Please note a change in our typically scheduled meetings: we will NOT meet on Thursday, July 6th. Our next meeting will be Thursday, July 20th at 5:30 in the PMHS library. We hope to see you there. *Molly Goggin*, mgoggin@sau51.org 603-387-1396.

Bear with Watermelon Find the Differences.

Answers on Page 7



Can you find 14 different things in these pictures?

F B Argue Recreation Area Update

The FB Argue Recreation Area (aka Town Pool/ Town Beach) is open for the summer season. We are a "swim at your own risk" venue since we have only one lifequard. Children must be 10 years old or older to attend the pool without an adult, and all parents must complete a form that explains our rules and that they have reviewed them with their child/children. Although it has been showery, swim lessons are underway with Amber Johnson, Abraham Marcotte, and Micah Sayman. The area is open Monday, Wednesday, and Friday from 12-5pm and Tuesday and Thursday from 12-7pm. If attendance warrants it, we will continue with the evening hours. If not, we will decide to close every day at 5pm. The area is available to rent for 4 hours on weekends for \$25, either from 9-1 or 1-5. An extra \$5 will be charged if you use the grill. Daily activities, besides swimming, are planned. We also have lawn games that may be used daily. The cost for entering the area is \$1 a day for Pittsfield residents and \$1.50 for nonresidents, but a Family Season Pass may be purchased for \$50. We will be open on Saturday, July 22, as part of the Old Home Day activities, from 12-5pm. We would like to thank the Highway Department, the Clothes Closet, Sanderson Fund, Joy Church, Sean Asdot, and the Merrimack Valley Bible Church for their continued support. Also, a huge thank you to Dave Stasiak for all his time spent on getting the area ready to open. If you have questions/concerns, please contact Amber at 603-435-7457 or Minni at 603-290-4068.

Old Home Day and Pittsfield All Class Reunion are coming!

Pittsfield Old Home Day is fast approaching! Save the date: Saturday, July 22. The theme of the day is "Red, White & Blue - It's All Up to You!" This is a nod to a Patriotic theme, or in honor of the ALL CLASS Reunion – the colors of Pittsfield Middle High School. Plans are still being finalized but here's what we have now: There will be a breakfast from 7-10am at the Fire Station; vendor/craft fair, music, kids games, caricature artist at Dustin Park from 9-1pm, car show on Main Street, the Historical Society will be open (and I think there will be some vignettes by the Pittsfield Players at various Historical markers – more to come on that), Kids Bike Parade, and more. The Parade will be at 11am and please note: there is a new route this year (starting at Broadway to Main St., Elm St., Depot St., across Carroll, and ending at Broadway). Cookout and swimming, Little Red Wagon Theatre group (1pm), and Duck Race at the F.B. Argue Recreation Area from 12-5pm; PHS All Class Reunion at the High School from 2-5pm; Chicken BBQ under the tent at PES from 5:30-7pm (tickets are \$10), and then at Drake Field at 7:30pm – "Citizen of the Year" presentation. The Nevers Band will perform, followed by fireworks! If you'd like to participate in any of the events, please contact the following:

- * PARADE contact Mark Riel mark.riel63@gmail.com or text 603-491-2524
- * CRAFTER/VENDOR at Dustin Park contact Adam Gauthier ohdvendorfair@yahoo.com
- * LOCAL ORGANIZATIONS to set up booth at Dustin Park contact Minni Plante minnibump@gmail.com
- * BUSINESSES to set up booth on Main Street/Dustin Park contact Levi Gallup levigallup@metrocast.net
- * GENERAL INFO/PURCHASE CHICKEN BBQ TICKETS/Volunteer Andi Riel pittsfieldtowncrier@hotmail.com or 603-435-6346

Let's show some Pittsfield Pride for Old Home Day! It would be great if the whole town – homes and businesses- spruced up their yards and decorated in Red – White – Blue. The PHS All Class Reunion will bring some visitors to our beautiful little town. Let's show off a bit!

The Cook-Off for the Pittsfield Old Home Day this year will be VERY BERRY COOK-OFF. This event is sponsored by the Victory Workers 4-H Club. Anyone and everyone is invited to submit their BEST Berry (any berry) Dessert and bring it to the 4-H Booth at Dustin Park by 8:45am on Sat, July 22. The public will pay \$1 for a bottle of water and the chance to try a small sample of each entry and then VOTE for their favorite. CASH prizes will be awarded: 1st- \$75, 2nd- \$50 and 3rd- \$25. The first 10 people to call or email will be registered. Please contact Andi Riel at 603-435-6346 or email at pittsfieldtowncrier@hotmail.com to register.

The Pittsfield High School ALL CLASS REUNION is planned for Sat, July 22, (Old Home Day!). Calling all graduates or attendees (and families) of Pittsfield Academy or Pittsfield High School – join us at the High School, Oneida Street, from 2-5pm for visiting and catching up with schoolmates, light refreshments, and a self guided tour of the school. A chicken BBQ will be held at 5:30-7pm (\$10 each). The committee has tried to reach a key contact person from each class to help spread the word about the Reunion. Please help us by spreading the word to any of your classmates, friends and family. For more information and Invitation & RSVP form, please contact Andi Grainger Riel, Class of 1984, at 603-435-6346 or pittsfieldtowncrier@hotmail.com You can visit the school website at https://sau51.org/pmhs and click on the ALUMNI tab to view the Invitation and RSVP form. If you would like to join the committee planning the Reunion, or if you would like to volunteer to help that day – please contact Andi Riel. The next meeting is on Mon, July 10 at 6:30pm at the PMHS Media Center (library), or there is a Zoom Meeting option.

Tickets are available for the Chicken BBQ on Old Home Day. You DO NOT need to attend the All Class Reunion to attend the Chicken BBQ. Tickets are \$10 each and Tiede Smokehouse is supplying the food! Menu is BBQ chicken, pulled pork, potato salad, green salad, corn, baked beans, dessert and drink for \$10!!! Seriously – what a great deal!! To purchase tickets, please contact Andi Riel at 603-435-6346 or pittsfieldtowncrier@hotmail.com Checks are payable to Pittsfield Middle High School and may be mailed to Andi Riel, 960 Catamount Rd., Pittsfield, NH 03263. *Andi Riel*

Catamount Womenaid Reaches \$100,000 in Support of Neighbors

Catamount Womenaid has provided more than \$100,000 in grants to hundreds of individuals and local families since its inception in 2011. Grants range from \$300 to \$600 and have had significant impact for people when unforeseen disruptions in their finances have occurred. Grants are applied for on clients' behalf by 'validators' such as social workers, clergy, educators, and health providers,.

<u>Catamount Womenaid</u> serves residents of Barnstead, Deerfield, Epsom, Northwood, Pittsfield, and Strafford, and also collaborates with other New Hampshire Womenaid groups to fulfill large requests.

Catamount Womenaid's \$100,000 milestone was achieved through continued community support. .

There are many ways to help provide the next \$100,000 in assistance and spread the word about Catamount Womenaid's mission:

Donate online at: <u>catamountwomenaid.org/donate</u>

Participate in the <u>Catamount 5K</u> family race on Sunday, Nov. 5, at the Deerfield Fairgrounds. Runners, walkers, spectators and volunteers of all ages can enjoy the festivities and courses with fun for all ages.

Stay up-to-date with news on with Catamount Womenaid on Facebook @catamountwomenaid and catamount 5k

Want to see the pictures in color?

Subscribe to receive the *Post* by Email by scanning the QR code. Or go to:



www.pittsfieldnhcommunitycenter.org

Post-It in the Post

Community groups, businesses, and individuals, please send us your news, opinions, and creative work! Deadline is noon on Friday.

Email: pittsfieldnews@pnhcc.org
Info: www.PittsfieldNHCommunity Center.org







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Select Board Review June 27, 2023

On June 25 there was a post on social media by a representative of the Carl Wallman Fund, relative to the town's vacant lot at 36 Main St. I'm not suggesting that the post was intentionally misleading, but that was the result. To be certain my recollection of all the discussions regarding the "natural garden" were correct, I asked Cara to pull the minutes, (written and audio) and also discussed this topic with the full Board of Selectmen. Every one of us was in full agreement, as follows: (1) The lot was purchased at a bargain price so that the town would have control over this very visible location on Main St. It was not purchased with any specific plan, other than protection from further downtown blight. Nor was it purchased with the idea that it would never be sold to recoup expenditures and return it to the tax roll, IF enough safeguards could be put in place to accomplish the protection we sought, as well as financial recovery for the taxpaying citizens. (2) The Wallman Fund offered to plant a "natural garden" on that site that would be attractive and, most importantly, maintenance free. Frankly we'd never heard of a 'maintenance-free garden,' but in light of the fact that both the DPW and the Beautification Committee were already spread thin, we weren't willing to put further burdens on Town departments. We were assured it would not require care. NO promise to keep the lot forever was expressed or implied by the BoS. (3) This spring an abutting property owner contacted us, seeking to buy our lot. He appears to be receptive to a number of stringent controls, so we have considered selling to him, although that may or may not happen. (4) Subsequently, The Wallman Fund came to us asking for permission to add \$600 in bark mulch to the 'maintenance free garden.' We tabled that request subject to possibly selling the lot, without further monies being donated. There was no refusal by the Board to allow weeding of the lot, (which we'd been led to believe was not going to be necessary anyway, but clearly is), however the town has no one to provide that service. There were other inaccuracies and slanders in comments on that social media post, which I won't dignify with a response. All I would say is it's important for residents to have the complete story in any matter and jumping onto a Facebook band-wagon rarely accomplishes that. The Select Board minutes, written and audio, are available to anyone doing a simple 91-A request. Our meetings are open to the public and input is taken. I'll report the remainder of the 6/27 meeting next week. Carl Anderson

The Post Volunteers are savoring summer...

The next PITTSFIELD POST will be published on July 19

Answers

- 1 nose
- 2 Seeds
- 3 Flower stems
- 4 Flower petals on left
- 5 Leaves
- 6 Stripes on shorts
- 7 Cap
- 8 T-shirt
- 9 Eyelashes
- 10 Eyes
- 11 Eye brows
- 12 Mouth
- 13 Shoes—sole
- 14 Shoes—top



FREE Preschool for ages 3-5 years old!

Pittsfield Head Start is located next to the middle school and serves surrounding towns.

Hours are Monday-Friday 8:30 am to 12:30 pm.

Two meals provided daily at no cost to families.

Enrolling now for the 2023-2024 school year.

Scan below, visit www.capbm.org, or call 603-225-3295 ext. 1127 for more information







State House Vispatch Cyril & Clayton to our constituents

June 29 was our last session of the fiscal year! The new year starts on July 1. Most of this meeting was cleanup since Governor Sununu signed the "miracle" budget into law last week. The bills fell into three categories. The first was the majority that required tweaks at the Committee of Conference (comprised of Senators and Representatives). Twelve passed on a simple voice vote.

The outcome of the next group was very bipartisan. The most important was HB 281, an energy compromise that eliminated old procedures and provided a streamlined process for transparency and control that would allow for cost benefits to our constituents. This bill combined the best part of two previously approved house bills to improve the bill. Both parties deserve much credit. The House also passed HB 315 (limits a person's ability to claim self-defense from provocations based on a victim's perceived gender or gender identity) and voted against SB 61 (to spend \$200K for a study to recommend new surface water setbacks for landfills).

The last group was partisan. HB 75 (a plan to place Strafford County commissioners into districts to be consistent with the other counties) passed by one vote. HB 275 (allowing parents to pay the difference in

tuition to move a child to a higher tuition school approved by the school board) passed by two votes. And finally, HB 536 (facilitating charter school use of unused district school facilities) required the Speaker's vote to break a tie. This year's tight margin (basically 50/50) has produced the most one-vote decisions and the most times the Speaker's vote was used.

Cyril and I would like to thank you for the opportunity to serve at the State House. It has been an amazing and gratifying experience. Please feel free to contact us at info@ClaytonCyril4House.com Sincerely, your Representatives Clayton Wood and Cyril Aures.







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