

PITTSFIELD POST

A FREE WEEKLY PRODUCTION BY COMMUNITY VOLUNTEERS

Sponsored by the mid-February Blues....

February 17, 2021

"What good is the warmth of summer, without the cold of winter to give it sweetness?" - John Steinbeck, *Travels with Charley: In Search of America*

Pittsfield First Responders Receive NH Life Saving Medals

On July 5, 2019 at approximately 7:15 p.m., Fire Chief Peter Pszonowsky and Police Sergeant Joseph DiGeorge responded to the scene of a head-on motor vehicle accident on Catamount Road. The crash involved a car and a motorcycle. The motorcycle operator was thrown into the car's windshield and sailed completely over the vehicle landing several feet further down the road. First on the scene, Chief Pszonowsky quickly assessed the victim's injuries as severe and life-threatening. Pszonowsky moved immediately to restore the victim's airway so that he could breathe again. Sergeant DiGeorge assisted in assessing the patient and applied a specialized blood-clotting dressing, called a "QuickClot," that is normally used to staunch bleeding bullet wounds. Due to the catastrophic nature of the victim's wounds, DiGeorge even had to reach into the man's chest cavity in order to successfully cut off the profuse flow of blood. Through their quick response, accurate assessment, and decisive action, Pszonowsky and DiGeorge sustained the victim's life until he could reach Concord Hospital's Trauma Center. Because of their calm and skilled execution of life-saving measures, the victim was able to survive and recover. Neither Chief Pszonowsky nor Sergeant DiGeorge seek the limelight or accolades. However, their actions reflect the application of their training and their dedication to serving this community. Fortunately for Pittsfield, that level of dedication is seen throughout all of the municipal departments.

Jim Allard
Pittsfield Selectman



Pittsfield Police Sergeant Joseph DiGeorge and Fire Chief Peter Pszonowsky received New Hampshire Life Saving Medals on February 9, 2021 in recognition of their combined actions in response to a serious motor vehicle accident on July 5, 2019.

Photo by Police Chief Joe Collins

Express your Opinion!

Do you have questions or opinions you would like to share? Are you a candidate for an elected position in Pittsfield? Share your ideas or candidacy in the *Post*.

Submission Guidelines: Identify yourself and provide contact information.

300 words or less; exceptional information may exceed the word limit at the discretion of the *Post* Content Team.

Topics may include events, issues, and opportunities about or affecting Pittsfield.

Please be civil, factual, specific, and clear. No submission is guaranteed publication.

Deadline is noon on Friday via pittsfieldnews@pnhcc.org. We look forward to supporting an informed Pittsfield election season, *The Post* Volunteers

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

Thursday, February 25, 11-12pm Senior Center Community Lunch and Meals to Go: Curbside Pickup We are offering our meals to go. If you have participated in the center's community dining and you are over 60, this service is available for you. Please call 435-8482 if interested and we will meet you outside with your meal.

Saturday, February 27, 9:30-10am Supervisors of the Checklist will be in session at the Town Hall to register new voters and make necessary corrections for Town Election Day on March 9, 2021.

A 4-H Community Service Project, led by Jeremiah Chapman, is requesting donations that benefit folks who utilize Meal on Wheels. Items requested are: size 9 or 10 manila envelopes, books, birthday cards, stamps, puzzle books (preferably word searches and crosswords), individually wrapped snacks, coffee, tea, baskets of any size, and small gift items (for example pens and pads of paper). Donations may be dropped off at the Josiah Carpenter Library until June 1.

PMHS Winter Athletic Season - All home games at PMHS will be streamed live on facebook. @pmhsathletics. We hope you will watch the games. We appreciate the support! GO PANTHERS!!

Josiah Carpenter Library - The library can come to you! Do you find it hard to visit the library? Library employees will deliver materials to your home. Call 435-8406 or email lvogt@pittsfieldnh.gov to learn more and schedule a delivery.

The **Pittsfield Historical Society** continues to raise funds for the new Museum and Headquarters. The "BUY-A-BRICK" project affords an opportunity for people to buy a brick to honor yourself, loved ones past or present, or whomever you wish to remember. The bricks will be sold for \$100 each and may be engraved with 3 lines of 18 characters each for a 4" x 8" brick. Please visit www.pittsfieldhistory.com for a donation form and instructions. For more information, please call 798-3984.

Happy Birthday wishes to Patty Houle on Thursday and to my nephew Lucas Fries on Saturday. I hope you both enjoy your special day!

Cook's Corner Cauliflower & White Bean Soup with Herbed Croutons

Looking out the window I see we're still in soup season. Here's a recipe I'm confident will become a favorite in your house. My husband claims he doesn't eat cauliflower, so I did what every loving, thoughtful life partner would do – I didn't tell him what the ingredients were. Now he asks every week when we're having this again! Perhaps like you, I've been trying to layer more vegetarian dishes into our meal rotations and this one fits the bill. You will not believe how luxurious this soup is. Using fresh sage and fresh thyme makes a big difference, so go with fresh if you can. Using vegetable broth keeps this truly vegetarian, but chicken broth is fine if that's what you have on hand. I don't always make the croutons, instead I make grilled cheese sammies, using a good quality 7-grain bread, Swiss cheese or a good local sharp cheese with a schmear of really good, grainy mustard (have you tried the mustards from Blackwater Mustard Co. LLC in Contoocook? You should.). Grill the sammies in your favorite skillet. Bon appetit, mes amis!

4 Tbsp olive oil, divided
1 medium onion, chopped
2 cloves garlic, minced
2 tsp fresh, minced sage, divided
2 tsp fresh, minced thyme, divided (plus more for garnish)
6 cups cauliflower florets (about 1 medium head)
4 cups vegetable or chicken broth
1 (15 oz) can white beans, rinsed (such as Great Northern beans)
½ tsp ground black pepper
¼ tsp salt
2 thick slices whole wheat bread, cut into ½ inch cubes

Heat oven to 400.

Heat 2 Tbsp oil in a large pot over medium-high heat. Add onion and cook, stirring often, until softened, about 5 minutes. Add garlic and 1 tsp each sage and thyme; cook until fragrant, about 1 minute. Stir in cauliflower, broth, beans, pepper and salt. Bring to a boil. Reduce heat and simmer, covered, until the cauliflower is tender, about 15 to 20 minutes.

Croutons: if you're making them, spread the bread on a rimmed baking sheet and bake until golden brown, about 10 minutes. Transfer the bread to a medium bowl and toss with 1 Tbsp of olive oil and the remaining 1 tsp each of the sage and thyme.

Puree the soup with either an immersion blender or in a regular blender (in batches if necessary). Don't forget to remove the plastic cap at the top of the blender and cover it with a dish towel while blending, to avoid splatters.

Serve the soup with a light sprinkle of the remaining thyme and with or without the seasoned croutons on top. Be sure to bring the pepper grinder to the table. *MP Christakos*

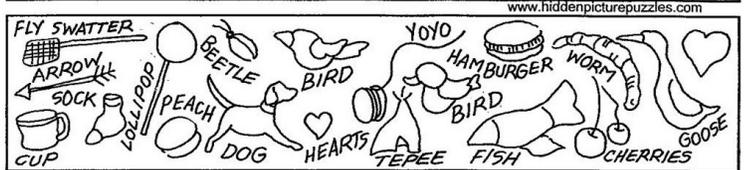
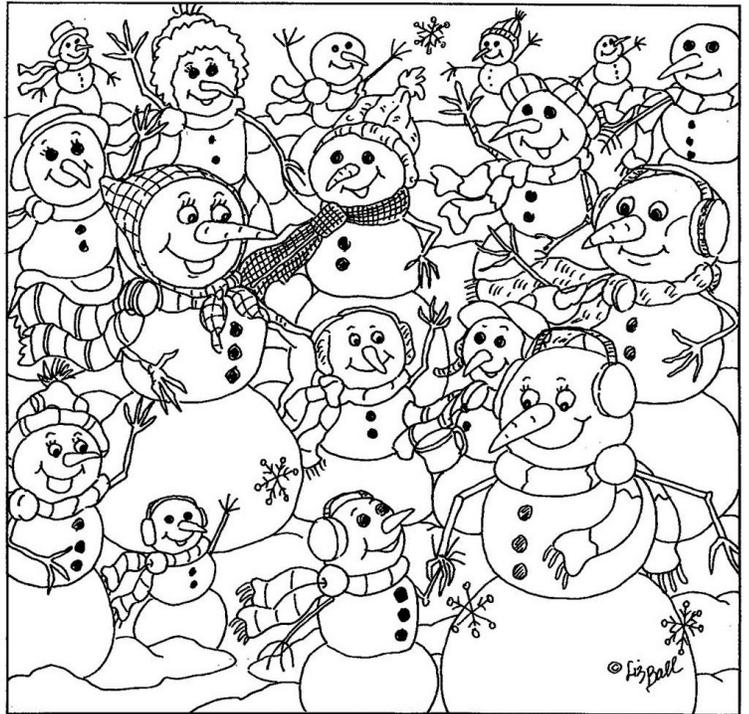
To my constituents in Pittsfield,

This week, my committee held public hearings on another 16 bills. Most were quite simple, but we got crowds out for HB 209, creating a license for music therapists; HB 230, on child care providers; and HB 377, allowing the state fire marshal to make exceptions to the fire code (primarily sprinkler requirements) for recovery houses. This was opposed by some recovery houses, who interpreted the conditions for these exceptions as additional requirements.

HB 230 brought out dozens of people to testify, both for and against. The "against" people were largely day care providers intent on boosting the **quality** of care by keeping the minimum continuing education requirement (currently 18 hours per year, set in rules; the bill lowered it to 6 hours) and denying the use of practical experience to substitute for the required classroom training. The "pro" argument was that the state needed to enhance the **quantity** of care by making it easier for people to work in the field of child care, and minimize expenses for these businesses.

The people testifying in favor of licensing music therapists were largely either therapists or their clients, hoping to get insurance coverage for this service.

Anyone wanting more information can email me for my weekly newsletter, which has all the details. Representative *Carol McGuire*
carol@mcguire4house.com 782-4918



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.pittsfieldpost.org to download a donation form.

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