



# Laconia Links

March 14, 2014 - Edition #125

Thin ice warning! See [page 5...](#)



# Laconia Police Department

[Link to Laconia PD Here](#)



Officer Richard Bassett (kneeling, far left) participated in the Opening ceremony and medal presentation at the New Hampshire Special Olympics Winter Games, held at the Waterville Valley Ski Resort on March 2nd through the 4th.

Hundreds of athletes participated in various events during the three-day event. The Laconia Police Department congratulates all of the athletes that participated!

Welcome to *Laconia Links* a weekly email newsletter update devoted to keeping you informed of City of Laconia department news, City projects, useful links, activities and events!

Look for a new edition of the newsletter each Friday. If you have already signed up to be on our distribution list to receive your newsletter by e-mail, thank you for your interest! If you would like to be added to our e-mail list (or to unsubscribe), please click [here](#).

As always, we welcome your ideas and comments as to what you would like to see included in future issues. Just give us a call in the City Manager's office at 527-1270, or contact us by e-mail at [info@city.laconia.nh.us](mailto:info@city.laconia.nh.us)

*We look forward to keeping you up to date on our beautiful City!*

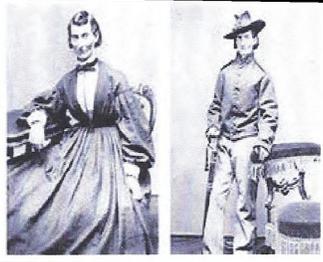


## CITY OF LACONIA BUDGET SURVEY

All Laconia residents are invited to become involved in how the City spends its tax dollars! Click on the image above for a brief survey and set your priorities to help create a budget that reflects your vision.

## **Laconia Public Library** **Upcoming Events.....**

### **Women Soldiers in the Civil War**



On Monday, March 24th @ 7:00 pm the Laconia Historical & Museum Society will host Dave Decker who will present the program "Women Soldiers in the Civil War".

In 1861, women had few opportunities for employment: nurse, teacher or governess. But some women wanted to fight for their country. Between 250 and 1,000 women disguised themselves as men and fought as soldiers during the American Civil War. This program will be held in Laconia Rotary Hall, located on the lower level of the Library; it is free and open to the public.

## **Eating of the Green**



Tuesday, March 18th at 4 pm in the Selig Storytime Room. Taste green foods in honor of St. Patrick's Day! Be brave! All are welcome for this delicious event.

### **Kazoo Day Craft**

Tuesday, March 18th @ 3:30-4:30 for teens in Grades 6-12 in Laconia Rotary Hall. Come make your own kazoo!



For questions and further info, please call 524-4775.

# Upcoming Meetings...

Meeting  
in  
Progress

Keeping the public updated and aware of what's going on in our community and receiving residents' feedback is an important goal of the City Council. Check each week's issue of *Laconia Links* for a schedule of the upcoming week's meetings. As agendas become available, they will be posted to the City's website.

You can also contact any of the City's departments for more information on a meeting or to obtain a printed copy of the agenda. Meetings are open to the public. You are invited and encouraged to attend and provide input.

Follow this [link](#) to the "Calendar" page of the City of Laconia's website.

Click on a specific meeting for more information. Please check the "Calendar" page often for updated info and changes.

#### **Downtown Tax Increment Financing District Comm.**

March 20, 2014, 10:30 am  
City Hall, Room 200B

#### **Police Commission**

March 20, 2014, 3:00 pm  
Community Rm.,LPD

#### **Laconia Airport Authority**

March 20, 2014, 4:00 pm  
Airport Conf. Room

#### **Board of Assessors**

March 20, 2014, 5:30 pm  
City Hall, Room 200B

#### **Zoning Bd. of Adjustment**

March 17, 2014, 7:00 pm  
City Hall, Room 200A  
[Agenda](#)

#### **Parks & Rec. Commission**

March 17, 2014, 7:00 pm  
Community Center

#### **Technical Review Comm. II**

March 19, 2014, 10:00 am  
City Hall, Room 200A

#### **Gov't. Operations Comm.**

March 19, 2014, 6:00 pm  
City Hall, Room 200A

#### **Conservation Commission**

March 19, 2014, 6:00 pm  
City Hall, Room 200B  
[Agenda](#)

# LACONIA SCHOOL DISTRICT

Ensuring success with every student, every day, in every way



[Laconia High School Website](#)



[Huot Career Tech Center Website](#)



[Laconia Middle School Website](#)



[Elm Street School Website](#)



[Pleasant Street School Website](#)



[Woodland Heights School Website](#)

## WEEK AT A GLANCE IN LACONIA

3/17	3/18	3/19	3/20	3/21
	<i>District Band Concert @ LHS @ 7 pm School Board Meeting @ 7 pm</i>	<i>PSS Walk to School Wednesday</i>	<i>LHS Parent Conferences 5 - 8 pm</i>	<i>VISTESS Family Movie Night VIPSS Pot Luck Bingo @ PSS @ 6pm LMS Dance @ 6 pm</i>

## CAREER DAY AT PLEASANT STREET SCHOOL



Third grade students at Pleasant Street School had the chance to learn about being a firefighter, a dancer,

a nurse and more as part of Wednesday's Career Day activity at the school.

Career Day was designed to engage students in learning about a variety of careers, according to third grade teacher Ellen Ward, who helped coordinate the activity. Using their career passports, students traveled to many different career options. Students realized their choices are endless! For more click [here](#).



Welcome to the 2014 Spring Lacrosse season. Laconia Lacrosse Club is a member of the New Hampshire Youth Lacrosse Association, and fields U-9 through U-15 teams for both boys and girls. Anyone from Laconia and the surrounding area, such as Meredith, Center Harbor, Belmont, Tilton, New Hampton and Franklin can play for LLC. This year, we will be playing on the new artificial turf field at Laconia High School. Once again, registration is free for anyone playing for our U-9 teams, both boys and girls. U-9 players cannot apply for family discounts. Click [here](#) to sign up.

## SPRING LEAF GRANT AWARDS GIVEN OUT

Laconia Endowment Educational Foundation gave out their spring grant awards at the March 4th school board meeting. Recipients present were, from left up stairs, Liz Rosenfeld, Toni Manning, Donna Marie Gamlin, Leigh Buliung, Bobbi Stormann and Christine Cook.



## LMS CARE CLOSET COLLECTION



This weekend, March 14, 15 and 16, Big Lots in Belmont is collecting items for the Laconia Middle School Care Closet. They have a list of things that are needed. If you have time, stop by and check it out. One item can make a difference.

Thank you,  
Kerri Reynolds RN Laconia Middle School Nurse

## MVSB CULINARY ARTS CENTER OPEN FOR LUNCH

The MVSB Culinary Arts Center at the Huot Tech Center is now open to the public on Thursdays and Fridays from 10:30 - 12:30 for lunch. The Bakery will be open as well from 10:30 - 1:00.



Please come taste the culinary offerings from our students.

## WHS 1ST GRADE HARD AT WORK!

Mrs. Myer's 1st grade class has been focusing on kindness during the month of February. They made kindness hearts and all of the students went around the room and wrote something kind on everyone else's heart. When they were done they read their heart. The students were full of happiness and smiles and the kids were very excited to see what everyone else had to say about them.



They also celebrated the 100th Day of School with different 100th Day learning stations. They started with 100 exercises, followed by 100 piece puzzles, built with 100 pattern blocks, played Race to 100 on the number grid, and made 100th Day glasses. At snack time they made a trail mix and added 100 pieces of each item. As they added the items they counted by 1's, 2's, 5's, and 10's. It was a fantastic way to celebrate all of the hard work that they have been doing during the first 100 days of school!

Follow us on [Twitter](#) Follow Laconia School District on [Twitter](#)

# NEWS

## From the City Clerk's Office

### Special Election Results District I, Exec. Council

	Ward 1	Ward 2	Ward 3	Ward 4	Ward 5	Ward 6	Total
Michael Cryans	82	63	107	50	33	82	417
Joe Kenney	105	92	121	77	61	138	594
Write In's		1	1				
Blank			1				
<b>Total Votes Cast</b>	<b>187</b>	<b>156</b>	<b>230</b>	<b>127</b>	<b>94</b>	<b>220</b>	<b>1014</b>
<b>Total Registered Voters</b>	<b>1666</b>	<b>1443</b>	<b>1524</b>	<b>1519</b>	<b>1373</b>	<b>2008</b>	<b>9533</b>
<b>Percentage of Voter Turnout</b>	<b>11%</b>	<b>11%</b>	<b>15%</b>	<b>8%</b>	<b>7%</b>	<b>11%</b>	<b>11%</b>



### Stand Up Laconia Craft Fair

Saturday, March 22, 2014 9-3p.m.

Laconia High School  
345 Union Avenue, Laconia NH

# Spring

1st Annual Craft Fair—Vendors wanted for this amazing event. All proceeds benefit "Stand Up Laconia" which benefits drug awareness and prevention. Laconia High School/Huot Technical Center Business Students are leading this event and want to make a change in Laconia!

**First ten  
vendors  
get \$10 off**

Sponsored by  
Stand Up Laconia  
Business Club/Huot  
Technical Center

Contact Info:  
Jannine Farrar  
jfarrar@laconiaschools.org  
603-528-9493 X2008

## ARTS ALIVE 2014

Belknap Mill, Laconia NH

March 10 - 30 2014



## Public Works Department

### PLEASE HELP SAVE THE SEWER SYSTEM

All Laconia households play a vital role in preventing neighborhood sewer system blockages. Please do your part to protect and maintain the City's significant investment in the sanitary sewer collection system. Click [here](#) to find out what is not allowed to be disposed of in the toilet or down the drain, and the proper way to dispose of such items. Questions? Please call Matt Mooney, DPW, at 528-6379, Extension 303.

*Your assistance is greatly appreciated!*



## Pay and/or View Bills Online

Click [here](#) to access this service

The City of Laconia is excited to offer residents an easy and convenient method to view and pay their Accounts Receivables, Parks, and Licensing fees online. This is a fee based service. The fee to pay using your Credit Card is 2.95% of your total payment amount with a minimum fee of \$1.00. All E-Check payments will impose a fee of \$0.40.

**Fast and Easy.** No registration required for "One Time Pay", the fastest way to pay online and confirm payment.

**Safe and Secure.** Your information is kept confidential & is 100% secure, backed by the highest security standards.

**Eco-Friendly.** Paying online reduces paper use and is an easy way to help the environment.

### HAVE A QUESTION?

You may reach us at (603) 524-3877.

## 2<sup>ND</sup> ANNUAL HAPPY TAILS DOG PARK FUNDRAISER

MARCH 22, 2014 AT BEANE'S CONFERENCE CENTER

35 BLUEBERRY LANE, LACONIA NH

[WWW.BEANECENTER.COM](http://WWW.BEANECENTER.COM)

[www.htdph.org](http://www.htdph.org)

FIND US ON FACEBOOK

7:30 PM SHOWTIME \*\*\* \$12.00 ADMISSION

SONGS - DANCE - ORIGINAL SKITS

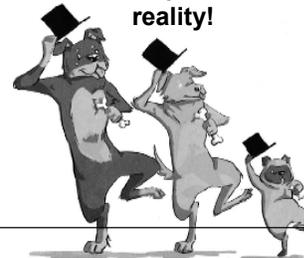
RAFFLES - VENDORS

\*\*\*FOOD AND FUN FOR ALL\*\*\*

Music provided by D J Manny Pimental



Wouldn't it be great if there were a public place in the Lakes Region that you and your canine friend could enjoy without worrying about leash laws? Help us make this dream a reality!



# Laconia Fire Department

Link to Fire Dept.'s Website [here](#)



We want to remind everyone, especially young children, that the ice on our lakes is changing fast and quickly becoming unsafe. Recently an ATV went through the ice in the Weirs. The operator was able to get out of the water on their own. However, spring is coming quickly and spring ice is very deceiving as it is still thick but gets very mushy and starts to break apart quite fast. Stay away from any open water as that is a sign of current and there is no safe ice near current. The water flows will increase quickly as snow and ice starts to melt. The simple message is this –

**Stay Off the Ice!**



A Medication Collection and Disposal Box is located in the lobby of the Laconia Police Department for your convenience in disposing of old or unused prescription drugs in a safe manner. Open 24 hrs/day, 7 days/wk. The collection box is accessible 24 hrs a day, 7 days a week!

Questions? Call the Laconia PD at 524-5257





## *Taylor Director of Dining Services Hopes to Win Upcoming Fight*

In just over a week one of Taylor's own will be hundreds of miles away embroiled in a fight. Luckily, Amanda Cobern will enter that confrontation armed with an arsenal. Her executive chef background will serve her well as she takes on "The Food Fight." Sponsored by Kraft Foods and Morrison Food Services, the competition pits two East Coast chefs against two West Coast chefs.



Amanda Cobern (far right) is shown with her Dining Services Staff.

Amanda was recently chosen to represent her region – consisting of New Hampshire, Massachusetts, Connecticut, New York and Rhode Island – in the upcoming challenge.

Amanda will head to San Diego to compete in the March 19th finals. Having never been to California, she's excited to be visiting the West Coast and plans to take a few extra days to meet up with family members.

Amanda said the finals will be streamed on the Web so her family, friends, staff and Taylor residents can watch.

"My staff is a huge part of what I do. Each one of the 24 people is different and unique and all combine to make a winning team," she said. Everyone at Taylor wishes Amanda the best of luck and we'll all be rooting for her to win the fight!



## Laconia Area Community Land Trust

*Building Neighborhoods, Changing Lives*

658 Union Avenue  
Laconia, NH 03246  
Phone: (603) 524-0747  
Fax: (603) 527-2514

[Like us on Facebook!](#)



[Follow @LaconiaAreaCLT](#)

Are you in debt crisis? Haunted by the possibility of home foreclosure or eviction? No money at the end of the month for the "rest" of the bills? Do you need to cut, trim, or rework your budget? Don't have a budget? Don't despair. Due to increased interest in financial education, the Laconia Area Community Land Trust (LACLT) has added two Debt Triage classes in March, both generously sponsored by Franklin Savings Bank.

The first class is March 27 from 6 to 8:30 pm in the Community Room at the Laconia Police Department on 126 Salem St., Laconia. The second class is March 29 from 9 am to noon at the same location. Both classes are free and open to the public. Light refreshments will be available.

Debt Triage classes cover budgeting, cutting waste, changing behaviors, prioritizing debt, repairing credit, improving and understanding credit reporting, and more. Designed for those on a tight budget, the class will also focus on financial preparation to achieve specific goals, such as reducing debt, reestablishing credit or preparing to own a home. Learn to eliminate waste, prioritize expenses, understand your spending habits, stretch your dollars, and get on the path to healthy spending habits and tips and strategies for saving. All class participants are eligible for individual budget/credit counseling. Register today by calling Debra Drake, Homeownership Director of LACLT at 524-0747 or by emailing [ddrake@lact.org](mailto:ddrake@lact.org). Advance registration is required.



## Children's Authors Tea

Tuesday, April 8, 2014  
5:00 to 7:00 PM

at the  
**Belknap Mill**  
25 Beacon St. East  
The Mill Plaza, Laconia

You are cordially invited to attend the Children's Authors Tea. This wonderful, free event is organized to promote the importance of early literacy. Come celebrate "Strengthening Families and Communities Month" with us!

### Special Guests and New Hampshire Authors:

*Warren Bouton, Jennifer Carson, Kathleen Deady, Terry Farish, Mary Kelley, Shawn Middleton, Robbie Neylon, & Denise Ortakales*

Evening Events: Book signing and sales by authors, local libraries will offer information about their services, story telling, light snacks, and tea.

*This is a free family event. Every child will receive a free book!*

Generously Sponsored By:



Curt's  
Caterers, Inc.

For more information please call Child Care Resource and Referral at the Family Resource Center at 581-1558

Family Resource  
CENTER

## Domestic Minor Sex Trafficking Awareness Training

**APRIL 9TH, 2014**  
**7PM**

**THE WOODSIDE BUILDING AT TAYLOR COMMUNITY**  
227 LEDGE DRIVE, LACONIA NH



### Identifying and Responding to America's Trafficked Youth

- An overview of domestic minor sex trafficking
- Domestic minor sex trafficking in the context of federal law
- The relationship between vulnerability and domestic minor sex trafficking
- Understanding Pimp Control
- Effective responses to the issue
- Opportunity to learn ways to prevent & combat this issue locally

For more information contact:  
Chief Adams, LPD  
Email: [cadams@laconiapd.org](mailto:cadams@laconiapd.org)

Presented by

**reallifegiving**  
REAL NEEDS. REAL HOPE.  
[www.reallifegiving.org](http://www.reallifegiving.org)

# NEWS

## From the City Clerk's Office

Click [here](#) for Clerk's website



## Now is the Time to Get Your 2014 Boat Registration!

Did you know you can process your boat registration at the same time as you conduct other business at City Hall? It's easy and convenient! Just bring in your photo identification and prior year's registration (if you have it) and we can get the paperwork out of the way so you will be ready to put your boat in the water when the ice melts.

No waiting for your registration to be mailed back to you! Get it done early and conveniently at the City Clerk's Office. We are open Monday through Friday from 8:30 a.m. to 4:30 p.m.

**\*\*Please make checks payable to City of Laconia\*\***. In accordance with RSA 270-E:5, II (c) an additional \$5 will be collected for each registration processed as an authorized agent .



Questions?  
Please call the  
City Clerk's  
office at  
527-1265.





# Laconia Police Department

[Link to Laconia PD Here](#)

## National Inhalants & Poisons Awareness Week March 16-22, 2014

### DID YOU KNOW?

**1 in 4** students in America has intentionally abused a common household product to get high by the time they reach the 8th grade.

**8.3%** of NH high school students said that they have used inhalants at least one time to get high (2013 YRBS).

- More than 1,400 common household and commercial products are used for the purpose of "getting high." Most are inexpensive, legal, and readily available in the home, garage, office, school, or at the local convenience store (ex: computer cleaner, air conditioning coolant, gasoline, felt tip markers, spray paint, air freshener, butane, cooking spray, paint, and glue).
- Inhalant Abuse can damage the brain and other vital organs, such as the heart, kidneys and liver, other severe physical impairments, even death.

Source: <http://www.inhalant.org>



### Short-term Effects of Inhaling Include

- headaches
- depressed
- muscle weakness
- reflexes
- stupor
- abdominal pain
- loss of consciousness
- limb spasms
- severe mood swings
- fatigue
- lack of coordination
- behavior
- apathy
- impaired judgment
- slurred speech
- dizziness
- lethargy
- numbness
- visual
- tingling of hands and feet
- nausea

Source: <http://www.inhalant.org/inhalant-abuse/dangers-effects/>

### Things to do:

- Learn the dangers, signs and symptoms of inhalant abuse through this FREE on-line training : [www.inhalantabusetraining.org](http://www.inhalantabusetraining.org)
- Teach product safety by reading labels and following directions carefully
- Seek professional help by talking to a school nurse, counselor, physician and/or other health care professional

### Resources:

- NH Bureau of Drug and Alcohol Services—800-804-0909
- Northern New England Poison Center—800-222-1222
- Drugfree New Hampshire—[www.drugfreeNH.org](http://www.drugfreeNH.org)
- Alliance for Consumer Education (ACE) [www.inhalant.org](http://www.inhalant.org)
- NE Inhalant Abuse Prevention Coalition (NEIAPC) [www.inhalantprevention.org](http://www.inhalantprevention.org)



For FREE brochures, posters and Lending Library materials contact the NH Alcohol, Tobacco, and Other Drug Clearinghouse and Lending Library  
1-800-804-0909 (press 2) or 603-271-2677



This flyer was created by the NH DHHS—Bureau of Drug & Alcohol Services  
105 Pleasant Street, Concord, NH 03301  
800-804-0909 or 603-271-6110

# Crafters Wanted

DATE: 4/26/2014

TIME: 9:00AM-2:00PM

LOCATION: LAKES REGION COMMUNITY SERVICES

719 NORTH MAIN ST.

LACONIA NH 03246



## DO YOU HAVE A KNACK FOR CRAFTS?

Looking for crafters to join us in selling their handmade jewelry, holiday decorations, home decor, clothing, etc.  
 6' X 7' space \$25.00 each  
 6' X 9' space \$30.00 each  
 6' X 10' space \$35.00 each

CONTACT LAURA TO RESERVE A SPACE  
 M-F BETWEEN 8AM-4PM AT 581-1593, PLEASE LEAVE A MESSAGE  
 OR EMAIL AT LAURAH@LRCS.ORG  
 DEADLINE IS: APRIL 11, 2014

Sponsored by: LAKES REGION COMMUNITY SERVICES

COMMUNITY CRAFT FAIR

### TO RESERVE A SPACE:

CONTACT LAURA H AT LAKES REGION COMMUNITY SERVICES  
 M-F BETWEEN 8AM AND 4PM, 581-1593 PLEASE LEAVE A MESSAGE  
 OR EMAIL LAURAH@LRCS.ORG DEADLINE IS APRIL 11, 2014



## U.S. Senator Kelly Ayotte Office Hours in Laconia!

DATE: **March 19, 2014**

(Third Wednesday of every other month)

TIME: 11:00 am—1:00 pm

LOCATION: City Hall, Room 200B  
 45 Beacon Street E., Laconia, NH

Please call the City Manager's Office at 527-1270 or e-mail [info@city.laconia.nh.us](mailto:info@city.laconia.nh.us) for questions or additional information.



## Happy Spring!



The first official day of spring is  
**Thursday, March 20th!**

25<sup>th</sup> ANNUAL

# Discover WILD

New Hampshire Day



Free Admission

Saturday, April 19, 2014  
 10 am – 3 pm

Rain or Shine

### An Earth Day Celebration

Over 30 Conservation & Eco-friendly Organizations

Children's Activities & Crafts

Archery • Casting • Live Animals

Dog Demonstrations

Fish and Game Licenses and Merchandise for Sale

Hands-on Environmental Exhibits

Food Concession



Sponsored by:  
 N.H. Fish and Game Department  
 N.H. Department of Environmental Services  
 With support from:  
 Southeastern Container, Inc.



Fish and Game Headquarters • 11 Hazen Drive • Concord, NH • WildNH.com

DIRECTIONS: Take exit 14 off Rte. 1-93; head east on Loudon Road; at top of hill, turn left onto Hazen Drive, follow signs.  
 PLEASE LEAVE YOUR PET DOG AT HOME

## The Lakes Region Art Association presents Traditional Matryoshka Nested Doll Making: from Russia to New England

Interactive and Beautifully Illustrated  
 Presentation by Marina Forbes

**Monday, March 17  
 7 pm**

Woodside Building Conference  
 Center, Taylor Community

435 Union Avenue, Laconia, NH

See the history of Matryoshka nested doll making in Russia, including a visual tour of a working doll-making factory in rural Russia.

This program is  
**Free and Open to  
 the Public.**

It was made possible through a grant from the New Hampshire Humanities Council [www.nhcc.org](http://www.nhcc.org). For more info please visit [MarinaForbes.com](http://MarinaForbes.com).





## Recognizing Symptoms of Depression

Following are a few symptoms of depression:

### **Sleep Problems**

Depression is a mental illness, but it can affect your body as well as your mind. Sleep problems, for example, can be a symptom of depression. Trouble falling asleep or staying asleep is common in people who are depressed. But some people with depression may find that they sleep too much.

### **Chest Pain**

Chest pains can be a sign of a heart or lung problem. If you experience chest pains, see your health care provider to rule out any serious cause. But sometimes chest pains can be a sign of depression. There's also a link between depression and heart disease.

### **Fatigue and Exhaustion**

If you feel so exhausted that you don't have energy for everyday tasks -- even when you sleep or rest a lot -- it may be a sign that you're depressed. Depression and fatigue can feed off each other.

### **Muscle Aches and Joint Pain**

Pain and depression are closely linked. Living with chronic pain can increase the risk of depression. And depression itself may lead to pain because the two conditions share chemical messengers in the brain. In fact, people who are depressed are three times as likely to develop chronic pain.

### **Digestive Problems**

Our brains and digestive systems are strongly connected, which is why many of us get stomach aches or nausea when we're stressed or worried. Depression can get you in your gut too -- causing symptoms of nausea, indigestion, diarrhea, or constipation.

### **Headaches**

People with depression often complain of chronic headaches. One study showed that people with major depression are three times more likely to have migraines and people with migraines are five times more likely to become depressed.

### **Exercise**

Research suggests that a regular exercise program not only keeps you fit, but also releases chemicals in your brain that may make you feel good, improve your mood, and reduce your sensitivity to pain. Although exercise alone won't cure depression, it can help reduce depression over the long term. Keep in mind that if you're depressed, it can be hard to get the energy to keep exercising. But know that exercise can improve energy, ease fatigue, and help you sleep better.

*-Information provided by WebMD*

### **Here is a Mood Boosting Recipe:**

#### **Blueberry Peach Smoothie Ingredients**

- 2 cups frozen sliced peaches
- 1 cup blueberries
- 1 cup orange juice
- ½ cup (3 ounces) soft silken tofu
- 2 tablespoons honey

#### **Instructions**

Place peaches and next 4 ingredients in blender and process until smooth.

**Serves 3**



#### *Nutritional Facts*

- Serving size: 1 cup
- Calories: 170.5
- Fat: 1.1 g
- Calories from fat: 6%
- Saturated fat: 0.1 g
- Protein: 3.2 g
- Sodium: 5.7 mg
- Total carbohydrate: 40.1 g



*Tammy*

**Tammy Levesque**

Laconia SAU  
Health & Wellness  
Academic  
Coordinator

[www.laconiahealthandwellness.org](http://www.laconiahealthandwellness.org)

Click [here](#) for our  
Conservation  
Commission website

## Conservation Commission News...

Three years ago the Laconia Conservation Commission (Con Com) completed a Natural Resources Inventory (NRI). The document helped identify priority conservation areas in the community. The Conservation Commission studied the report and was pleased with the information provided. The challenge was to summarize the report to appeal to a wider audience.

The Con Com organized meetings with surrounding communities to talk about open space linkage goals across town/city boundaries. The wildlife and ecosystems we are trying to protect don't recognize that on one side of the town line is Laconia while on the other is Gilford! Conservation Commissions from the Towns of Gilford, Meredith, Gilmanton, New Hampton, and Laconia participated. The Society for the Protection of New Hampshire Forests (SPNF) volunteered to create a grant funded Co-Occurrence map based on the NRI data. A Co-Occurrence map is a GIS tool that visually depicts an area's occurrence of natural resources. When several different natural resources occur in the same area its called a "co-occurrence" and that area is a priority area to protect. The final product was recently completed and copies are available for review in the Planning Office in the lower level of City Hall.

The newly created Laconia Region Conservation Coalition Co-Occurrence Map will provide communities with a new conservation tool. Wetland locations, phosphorus loading areas, and wildlife habitat are just three of the layers created by this project. A combination of up to 15- layers can be used depending on a project's needs. The Conservation Commission hopes to use this new map for future Master Plan updates, steering developers away from sensitive areas and for education of the general public.



The Faith, Hope and Love Foundation is pleased to announce that it is now collecting prom dresses, cocktail dresses and bridesmaid dresses to be donated to area girls in need of a dress for prom! Dresses must be in good condition, 10 yrs. old or less, formal in style and ready to wear. Dresses must be free of stains, tears or visible damage.

To donate a dress or dresses, please drop them off at one of the following locations by April 11<sup>th</sup>! The Pemi Youth Center in Plymouth, SunDay's Salon and Spa in Laconia, Dressbarn at the Tanger Outlets in Tilton, The Barn Doggie Daycare in New Durham, Divine Inspirations in Meredith and the Somersworth and Nashua YMCA during club hours.

**The F.H.L will be holding their Annual Gowns for Girls Event on April 12, 2014 at the Meredith Bay Colony in Meredith, NH from 1- 4 pm. This is a day for all area young women to pick out prom attire for FREE that was donated during the dress drive. For more info please email co-founder Laura at:**

**[lbrusseau@faithhopeandlovefoundation.org](mailto:lbrusseau@faithhopeandlovefoundation.org) .**

For more information on The Faith, Hope and Love Foundation, visit [www.faithhopeandlovefoundation.org](http://www.faithhopeandlovefoundation.org) or follow them on Facebook.



Don't forget !  
ServiceLink  
Resource Center  
(1-866-634-9412 or  
528-6945)....it's the first  
number to call for  
senior services.



Senior Center Wow Trail  
walks will be starting up  
again each Monday,  
Wednesday and Friday after  
the first day of Spring!

**Bill Roberts will entertain  
guests at the Senior Center  
on March 17th, St. Patrick's  
Day! Please plan to join us  
in this wonderful Irish  
luncheon celebration!**



*Laconia Senior Center is located at  
17 Church Street in Laconia.  
Questions? Call 524-7689*

*We hope you have enjoyed this  
Edition of Laconia Links*

*We welcome your input, comments  
and suggestions!*

Feel free to contact us at the  
City Manager's office, 527-1270,  
or by e-mail at [info@city.laconia.nh.us](mailto:info@city.laconia.nh.us)

*Have a great weekend!*



Scott Myers, City Manager  
City's Website: [www.city.laconia.nh.us](http://www.city.laconia.nh.us)



## CITY OF LACONIA PHONE DIRECTORY

Assessing .....	527-1268
<i>Assessor - Jon Duhamel</i>	
City Clerk.....	527-1265
<i>City Clerk - Mary Reynolds</i>	
City Manager.....	527-1270
<i>City Manager - Scott Myers</i>	
Code Enforcement.....	527-1293
<i>Planning &amp; Zoning Dir. - Shanna Saunders</i>	
Finance .....	524-3877
<i>Finance Director - Donna Woodaman</i>	
Licensing .....	528-6331
<i>Licensing Clerk - Katie Walsh</i>	
Planning & Comm. Dev. ....	527-1264
<i>Planning &amp; Zoning Dir. - Shanna Saunders</i>	
Tax .....	527-1269
<i>Tax Collector - Lindsey Allen</i>	
Welfare.....	527-1267
<i>Welfare Specialist - Suzi McCormack</i>	
<i>Welfare Director - Donna Woodaman</i>	
Fire Dept. (Central Station) .....	524-6881
Fire Dept. (Lakeport) .....	524-7777
Fire Dept. (Weirs Station) .....	366-2229
<i>Fire Chief - Ken Erickson</i>	
Library .....	524-4775
<i>Library Director - Randy Brough</i>	
Parks & Recreation.....	524-5046
<i>Parks &amp; Rec. Director - Kevin Dunleavy</i>	
Personnel .....	524-3877
<i>Personnel Administrator - Paula Baumel</i>	
Police (Administration) .....	524-5257
Police (Crime Line) .....	524-1717
<i>Police Chief - Christopher Adams</i>	
Public Works (Main Office) .....	528-6379
Public Works (Transfer Station) .....	528-5822
<i>Public Works Director - Paul Moynihan</i>	
Water.....	524-0901
<i>Superintendent - Seth Nuttelman</i>	

### **City Council Contact Info:**

Mayor Edward Engler .....	630-4484
Ava Doyle (Ward 1) .....	393-6533
David Bownes (Ward 2).....	524-4330
Henry Lipman (Ward 3) .....	528-0191
Brenda Baer (Ward 4) .....	524-6349
Robert Hamel (Ward 5) .....	524-6360
Armand Bolduc (Ward 6) .....	524-2514
E-mail: <a href="mailto:citycouncil@city.laconia.nh.us">citycouncil@city.laconia.nh.us</a>	

Visit the City's website at:  
[www.city.laconia.nh.us](http://www.city.laconia.nh.us)