



Laconia Links

August 1, 2014 - Edition #145

Get outside and enjoy our beautiful lakes!

Public Works Department

Household Hazardous Waste Collection Day



Household hazardous waste requires proper, safe disposal! Gather up your hazardous waste and join your friends and neighbors at the Public Works Garage in Laconia, 27 Bisson Avenue, on Saturday, August 2, 2014 from 8:30 am to noon. A "Swap Table" will also be available...your unwanted items might be just what someone else is looking for!

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

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



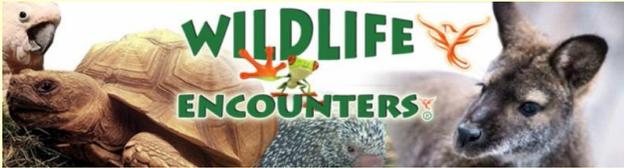
- Residents/taxpayers only. You may be asked to present proof of residency.
- Household products only; no commercial waste.
- Each household is limited to 10 gal. or 50 lbs.
- Please keep materials in original containers; if possible, please place containers in a sturdy cardboard box in your trunk.
- **Questions?** Please contact Laconia Dept. of Public Works at 528-6379.

Please click [here](#) for more information on Household Hazardous Waste Collection Day in Laconia, and a list of acceptable items.

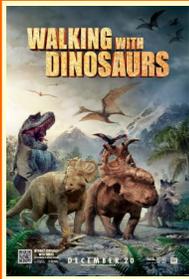


Laconia Public Library **Upcoming Events.....**

Wednesday Specials!

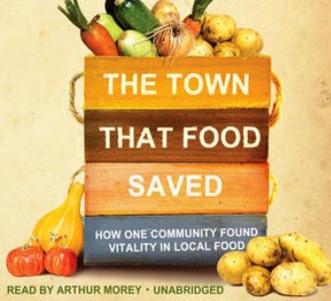


Wednesday, August 6th @ 1pm @ the Community Center, 306 Union Ave...Derek Small lets us get up close and personal with wonderful animal friends!



Walking With Dinosaurs, rated PG, Friday, August 8 @ 3:45 pm. Children under 10 must be accompanied by an adult or caregiver 14 or older & adults must bring a child. Admission is free...snacks are provided!

BEN HEWITT



Tuesday, August 12th @ 7 pm, Laconia Rotary Hall:

In "The Town That Food Saved", Ben Hewitt tells the story of Hardwick, Vermont, a typical hardscrabble farming community of 3,000 residents that has jump-started its economy and refined its self-image through a local self-sustaining food system unlike anything else in America.

Even as the recent financial downturn threatened to cripple small business and privately owned farms, a stunning number of food-based businesses profited in the region. The captivating story of an unassuming community and its extraordinary determination to build a vibrant local food system, "*The Town That Food Saved*" is grounded in ideas that will revolutionize the way we eat and, quite possibly, the way we live. This discussion will be led by Karen Barker, Coordinator of the Lakes Region Food Network. The discussion will take place in Laconia Rotary Hall downstairs at the Laconia Public Library.

Upcoming Meetings...

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.

*Become involved in
your City and make
a difference!*



Meeting
in
Progress

Planning Board

August 5, 2014, 6:30 pm
City Hall, Room 200A

Main St. Bridge Info Session

August 6, 2014, 8-10 am
City Hall, Room 200A

Special Events Review Comm./Licensing Board

August 6, 2014, 12:00 noon
City Hall, Room 200A

Lakes Business Park Comm.

August 6, 2014, 4:00 pm
City Hall, Room 200A

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](#)



PROJECT EXTRA! STUDENTS ENJOY SHAVASANA ON LAKE WINNIPESAUKEE

This summer Laconia High School Project EXTRA! students entering grades 9 and 10

were able to participate in a class titled "Journeys", which consisted of yoga, meditation and reflection. These students are able to earn a physical education credit while having fun. Yoga is a healing system of theory and practice. It is a combination of breathing exercises, physical posture, and meditation that has been practiced for more than 5,000 years. Last week the Journey's students traveled to Sacred Waters in Meredith to experience paddleboard yoga. While gaining the benefit of yoga and meditation they were able to enjoy the peaceful New Hampshire summer season. Gina McGuire, Jen Schongalla and Anne Barach are the teacher leaders for this group.

CAMP VAN GO! ART ON THE MOVE

The first year of Camp Van Go! is over and the artwork created is on the move. A traveling mural created by 13 different campers in grades 3 to 6 has been on display for the past week at All My Life Jewelers on Main Street and will soon be at Happy Cow and Annie's Catering shops on Union Avenue. The camp was new to the Laconia area this year and ran in two sessions from July 7-11 and July 14-18 at Pleasant Street School.



Photo by: ED PIERCE/CITIZEN
ALL MY LIFE Jewelers co-owners Sue Bullerwell, left, and Randy Bullerwell display a traveling mural created by Camp Van Go! campers that has been on display at their store in Laconia.

During the weeks of camp, children created their own paintings on canvas and worked on making mandalas.

Campers also made their own chalkboards and T-shirts and competed in a variety of sports and fitness games. Creating Camp Van Go! was the idea of Elm Street School physical education teacher Gonzalez and art teacher Jasmyn Gray.



HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

FRUITS
Eat plenty of fruits of all colors.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

STAY ACTIVE!
© Harvard University

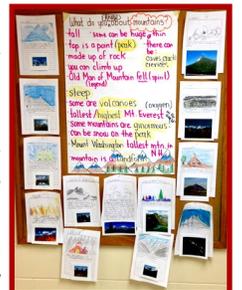
Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

happy
healthy
parents
make
happy
healthy
children.

INCORPORATING LEARNING INTO SUMMER ACTIVITIES

Students involved in summer programming are incorporating math and English skills in their activities. Students were asked to take a poll choosing their favorite summer activities. Math facts were used to calculate the percentage of students participating in certain activities. They were also asked to write and illustrate a one page paper sharing what they knew about mountains. Incorporating learning into activities keeps students engaged, every day in every way.



choice	tally	number
Basketball	HHH	5
Swimming	HHH	7
Paddleboard/Kayak		3
Lay in sun		2
Play games	HHH	8
Camping	HH	6

Our Bar Graph

This health tip provided by:

Summit Health
New Hampshire

A Healthy Life
ahealthylife.com

Follow us on
twitter

Follow Laconia School District
on Twitter



Conservation Commission

PURPLE LOOSESTRIFE

This week's discussion of dealing with invasive species will focus on Purple Loosestrife and the best way to deal with its removal:



- Try to hand pull plants before they are in bloom.
- Loosestrife is generally located in wetlands or drainage swales. Some hand tools can be used. Let the plants dry out and dispose of materials in a sealed bag.
- Non-invasive European beetles have been introduced into New Hampshire. The beetles only consume the invasive loosestrife and then depart.

IF THERE IS A LARGE INFESTATION:
 Call Doug Cygan
 NH Department of Agriculture
 603-271-3488, or e-mail
Douglas.cygan@agr.nh.gov



GOT LUNCH! LACONIA

Last chance to buy your raffle ticket to win a 2014 Sea-Doo Spark 3up, three seater personal watercraft and trailer, generously donated by Irwin Marine to GOT LUNCH! Laconia!

Tickets are \$10 each or 3 for \$20, with all proceeds going to GOT LUNCH! Laconia. The drawing is August 4 at the Congregational

Church of Laconia UCC, 18 Veterans Square, at 8:30 am during one of the weekly distributions of food deliveries. You do not need to be present to win. Buy your lucky ticket now at one of these local supporting businesses and help feed a child this summer:

- All My Life Jewelers - 639 Main St.
- Congregational Church – 18 Veterans Square
- Irwin Marine - 958 Union Ave.
- Tavern 27 - 2075 Parade Rd.
- VISTA Foods - 376 So. Main St.

For more information about Got Lunch!
 Laconia – to register or to donate –
 visit our website –
www.gotlunchlaconia.org

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!

Roger's Ride

In Memory of Roger Ballantyne
Sponsored by Laconia Kiwanis Club

*Remembering our friends from the past,
to Benefit the youth of tomorrow.*

Sunday, August 24, 2014

Registration:

9:00 - 9:45 a.m.

(pre-register and receive a free gift)

Roger's Ride/Laconia Kiwanis

PO Box 757

Laconia, NH 03247

Donations:

\$25.00 single rider

-or-

\$30.00 with passenger

Location:

Rotary Park/Belknap Mill

25 Beacon Street Laconia, NH

Ride begins at 10:00 a.m. SHARP

Come early! Coffee and muffins will be served.

Whether you ride or not your donations are appreciated. Join us after the ride at Rotary Park for a Barbecue and raffle drawings.



www.laconiakiwanis.com

Reminder!

The next recycling collection week begins Monday, August 11th!



**Thursdays,
June 5 to
Sept. 25,
3-7 pm**

**Municipal parking lot,
Downtown Laconia**

Laconia Farmers' Market
Live Free and Eat Local



**Join us
every
Saturday
June 21-
Sept. 27,
8-noon**

City Hall parking lot

UNION AVE.

Union Ave. Construction Project

As we work on improving our roads, you may have noticed significant activity on Union Avenue. Work at that location during this construction season includes water main, natural gas, sewer, road and sidewalk upgrades.

The project is planned in two phases, with the second phase currently anticipated as follows: Phase 2—Walker St. to Gilford Ave.: July 7th thru October 10th. During the construction day, traffic will be northbound only; southbound traffic will be detoured (see [Phase 2](#) detour plans). On weekends and evenings Union Avenue will be open to two-way traffic.

Please continue to visit the many businesses on Union Avenue and, as always, if you have questions or concerns please call DPW at 528-6379.

Thank you for your cooperation!

Click [here](#) for our Public Works Dept. website

Help make Guinness World Record History!



August 3, 2014 — Lake Winnepesaukee
Register at: WWW.NHLAKEFEST.ORG



LakeFest 2014: Raft-a-Palooza...

A fun-filled day of paddling, on-shore entertainment & activities for all ages, with a mission to share the **Clean, Drain & Dry** practice for preventing the spread of aquatic invasive species.

Presented by:



Sponsored by:

The Lovett-Woodsum Foundation

The Jack & Dorothy Byrne Foundation



New Hampshire Lakes Association is a 501c3 registered nonprofit organization.

BELKNAP MILL

WHERE ARTS AND HISTORY COME TO LIFE

The Belknop Mill Art Gallery Presents: Featured Artist Suzanne Cronin

The Belknop Mill Art Gallery is holding its second Artist Reception featuring Suzanne Cronin on Thursday, August 7 from 5:00 to 7:00pm. Cronin will be showing and discussing her acrylic paintings which are created on white birch bark.

Cronin, a New Hampshire resident since the age of eleven, is an avid hiker of trails near the White Mountains. With her enthusiasm for nature and photography, she has developed a special fondness for the New Hampshire state tree - the white birch. Through her travels, she collects various pieces of colored birch bark. She has always admired its characteristics; color, strength and vulnerability. To Cronin, the white birch represents who we are as a nation; 'still standing, still strong and devoted to a life of courage'.

All of the painting is done directly on the white birch bark as it is found in its original state of well-being and is not tampered with except for drying purposes. Following the natural pattern of the birch bark, the thirteen stripes and the fifty stars are strategically painted on by hand making each piece unique in its characteristics.

Cronin resides in Belmont, New Hampshire with her husband of 20 years. Since raising her two children, she is currently continuing her education at Lakes Region Community College and is studying to become a Licensed Nursing Assistant.

Cronin's work will be on display at the Belknop Mill until the end of September. Art Gallery hours are Wednesday through Friday 10:00am to 6:00pm and Saturday 10:00am to 4:00pm.



Main Street Bridge
Construction



Click here for Main Street
Bridge info including
construction plans and
traffic detour maps.

The Main St. Bridge Construction Website is updated periodically with information on construction progress, detour timing, special alerts and other pertinent information. The image (left) contains a link to a webpage relating to the project. On that page you will find the most current information on the bridge project.

Should you have any questions about the construction project or the website please contact Paul Moynihan at Public Works (528-6379, Ext. 301) or Shanna Saunders in the Planning Department (527-1264).

Please remember to support our downtown merchants during this project!

Thank you for your patience!



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



**Host Families Needed
for
Up With People**



Up With People (UWP) is a global non-profit organization that brings young people, aged 17 – 29, from around the world together to tour and celebrate volunteerism and music. UWP will visit the Lakes Region from September 1st-8th, which will mark the first visit to the area in 14 years, and it will be the only stop in NH on this year's tour!

Up With People is in need of 50-60 host families for its young people during their visit. The guest and the host family will share their cultures, food, stories and family with each other.

UWP host families provide:

- A place to sleep
- Breakfast and most dinners
- Local transportation at the beginning and end of the day, and
- A safe and welcoming environment for UWP students to learn about your family, community and culture...and vice versa!

UWP host families receive:

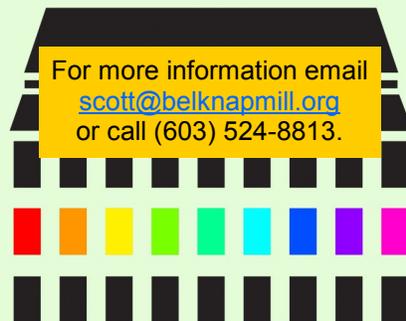
- Two complimentary Up with People show tickets
- An opportunity to share customs and culture, and
- A potential new friend for life.

Interested in hosting? Please contact UWP coordinator Chelsey Panchot at cpanchot@upwithpeople.org or local coordinator Clare Persson at perssonclare@gmail.com

**Calling All Artists –
Seeking Local Artists for
Belknap Mill Art Bazaar**

**Belknap Mill
Art Bazaar
at
Rotary Park**

For more information email
scott@belknapmill.org
or call (603) 524-8813.



**SATURDAYS
8:00 AM - 1:00 PM**

August	September	October
9th	6th	11th
23rd	20th	18th
30th	27th	25th



**Concert Series Continues with
EastWest Trio, August 3rd**

The next concert of the 2014 Taylor Community Music Series features three outstanding musicians. The EastWest Trio will play works by Haydn, Beethoven and Ives, to name a few.

The trio is comprised of George Lopez, pianist; Ella Gray, violinist and assistant concert master; and Walter Gray, principal cellist. They have been performing on the east and west coasts since they first met and played together at the New Hampshire Music Festival.

This concert is being generously sponsored by Charter Trust Company, proud supporters of Taylor Community and Serving Clients in the Lakes Region.

The event – which is free and open to the public – is scheduled for Sunday, Aug. 3 at 3 p.m. in Taylor's Woodside Building, 435 Union Ave.

Please plan to join us!

Re-Imagine Laconia's

Throwback Thursday & Future Friday

on Facebook!



How would YOU Re-imagine Laconia?



Re-Imagine Laconia

9 minutes ago

Welcome to Re-Imagine Laconia's first Throwback Thursday! This 1966 redevelopment plan for Weirs Beach is just one in a long line of plans proposed starting in the early 1900s. This plan would have completely rebuilt the Weirs Beach waterfront area – quite a departure from the Weirs Beach we have today! Tell us your favorite memories of time spent in Weirs Beach in the comments – and be prepared to share your ideas for the future of Weirs Beach with us tomorrow!



Like · Comment · Share

We are looking for your feedback and participation as we continue to gather input as part of our Master Plan re-write process. As part of this outreach program, Re-Imagine Laconia now has very active Facebook page!

On Thursday, July 31st, Re-Imagine Laconia launched our first “Throwback Thursday” post! This week we featured the **Weirs Beach Waterfront!** Join us on our page to reminisce and share your stories and vision for the Weirs Beach Waterfront this week!

We plan to reminisce every Thursday and re-imagine every Friday, so be sure to find and like us on Facebook at facebook.com/reimaginelaconia to participate in these fun discussions every week and to keep updated on upcoming events and opportunities to be involved and tell us how *you* would re-imagine Laconia!

PS: Here's a hint about our destination for next week's Throwback Thursday and Future Friday:



Public Works Department



A SPECIAL THANK YOU TO JOHN AND THE CREW AT LACONIA PUBLIC WORKS FOR ALL THE WORK AT ELM STREET SCHOOL TO MAKE OUR PROGRAM ACCESSIBLE TO ALL!

Theresa
Gianna
Molly
Paige, Ryan
Danien
Alexis
Shylen
Londene
Brianna
Aubrie
Katie Sims
Ryan
Ava
Kaeden
Madison
Cole
Zoe
Ayd
Parker
Alexis W.
Manuela
Cristle
Evan
Kaitlyn
Zack
Ty
Erin
Mekayla
Randi

The Public Works Department was pleased recently to receive a very cute and thoughtful "Thank You card" (left) from the Elm Street School Summer Day Care Program, in connection with some site work assistance provided by DPW.

Bill Caruso, Maintenance Supervisor at the school, requested assistance from DPW for minor excavation, site preparation and grading in portions of the school playground area to facilitate placement of playground equipment and other recreation improvements.

Jon Neal, DPW General Foreman, worked with Bill to provide DPW labor and equipment to assist with the needed work.

One special feature of the work was the creation of a graded ramp from the school grounds to a woods trail leading down to Bond Beach (see photo below). This ramp assisted all of the children in the program by providing a safe transition down to the trail, and it also facilitated wheel chair accessibility for any children with this special need.

Thank you for allowing us to be a part of this special project!





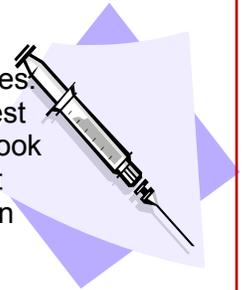
Proper Disposal of Personal Medical Sharps Keeps Everyone Safe!

Here's a simple way to safely dispose of personal medical sharps at home:

- Use a thick-walled, sturdy plastic container with a tight fitting screw cap (such as an empty detergent bottle).
- Label the container with a label (click [here](#) for information on how to obtain a label), or mark with the words "Medical Sharps Container, Not for Recycling."
- When about half-full, seal the container with heavy duty tape.
- Dispose of the container in the trash. No sticks...no worries! For additional information about safe sharps disposal contact: Granite State Diabetes Educators, PO Box 773, Concord, NH 03302-0773, or email granitestatediabeteseducators@gmail.com

Medical sharps may also be disposed of as follows:

Lakes Region General Hospital in Laconia (524-3211) and Franklin Regional Hospital (934-2060) are two of several NH medical facilities that accept properly contained syringes. In addition, household generated sharps can be disposed of at the following NH DOT Rest Areas: Canterbury, Epsom, Hooksett-North and South, Littleton, Nashua, Salem, Seabrook and Sutton. The containers are "one way" disposal units with a spring-loaded "door" that allows material to be dropped into the container, but not retrieved. For further information on the DOT Program, contact Al Barrington, Bureau of Turnpikes, at 603-485-3806, or e-mail abarrington@dot.state.nh.us



BELKNAP MILL

WHERE ARTS AND HISTORY COME TO LIFE

2014
SUMMER
CONCERT
SERIES

Free!

www.belknapmill.org

Phone: 524-8813
25 Beacon St. East



Swing A Cat August 6th at 6:30 pm

Please join us in Rotary Park on August 6th at 6:30 pm as we celebrate the music of the 30's and 40's. Agnes Charlesworth (on piano), Val Blachly (on bass) and Lee Anne Ames (on clarinet and saxophone) will present a performance that promises to get your toes tapping!

If you haven't seen one of Swing A Cat's performances, it's time you did...get ready for a fun evening!

We hope you can join us!

Don't miss The Rockin' Daddios at our "Live Lunch" musical series at noon on August 8th @Rotary Park!



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



The *Caregiver's Network*, a ServiceLink resource, is committed to improving the quality of life of caregiving individuals and families by supporting, empowering and advocating for those who care for chronically ill, aged or disabled loved ones.



Just click [here](#) for more information on this valuable resource.

*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

Have a great weekend!



Scott Myers, City Manager
 City's Website: www.city.laconia.nh.us



CITY OF LACONIA PHONE DIRECTORY

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

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: citycouncil@city.laconia.nh.us

Visit the City's website at:
www.city.laconia.nh.us