

Laconia Links

October 18, 2013 - Edition #105

Downtown Laconia in the Fall

Recycling Update

2 Week Total - September 30 through October 11					
YTD* Recyclables Collected = 440.62		Savings to Taxpayers *YTD (@ \$150/ton) =		Lost Opportunity Dollars *YTD = \$11,967.00	
Route	Total Tons Collected (MSW + Recycling)	Total Tons Recyclables	Percent Recycled	Tonnage Required to Reach 30% Target	2 Week Lost Savings By Not Reaching Target
Remote Sites		29.24			
Monday	29.38	7.57	26.7%	8.51	\$141.00
Tuesday	40.90	12.04	29.4%	12.27	\$34.50
Wednesday	42.38	9.27	21.9%	12.71	\$516.00
Thursday	35.72	8.19	22.9%	10.72	\$379.50
Friday	35.85	7.95	22.2%	10.75	\$420.00
	Total = 183.23	Route Total = 45.02	Curbside Avg = 24.6%	Total= 54.96	Total = \$1,491.00
*Fiscal Year to Date: 7/1/13 - present			Prior 2 weeks = 24.3%	Recycling Saves \$\$	

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!



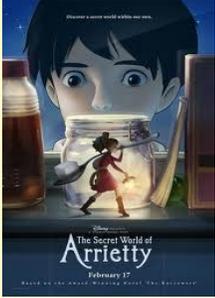
The next recycling collection week begins **Monday, October 21st!**



26th Annual Debra Bieniarz Award

The annual Debra Bieniarz Award honors the legacy of the late Police Officer Debra Bieniarz, who served the City and its youth with uncommon devotion, dedication and distinction during her 9 years with the Laconia PD before her premature death. Each year the City Council presents this award to honor a Laconia resident who exemplifies Officer Bieniarz' unselfish commitment to Laconia's youth. Now we need your help to find that special person this year. Please send or deliver your nomination by November 6th to the City Manager's Office, 45 Beacon St. East, Laconia, NH 03246.

Laconia Public Library Upcoming Events.....



Please join us on
Friday, October 25th @
3:30 pm in Laconia
Rotary Hall when like-
minded teens in grades 6-
12 are welcome to meet to
discuss and view anime.

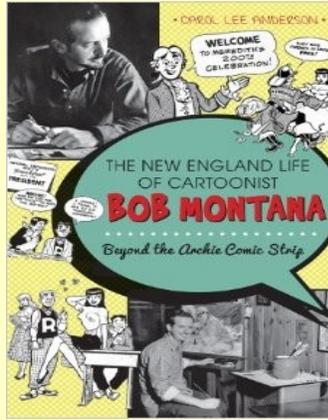
Internet for Beginners:

Wednesday, October 23 from
1-2 pm. Curious about this
thing called the Internet?
Then come to Internet 101 to



get a basic introduction on how to use it,
what it can do, and how much fun it can be
to surf the web! For beginning computer
users with basic keyboard and mouse skills.

Check out the
Library's
Website [here!](#)



Tuesday, October 29 at
7:00 p.m.

Bob Montana, creator of
the Archie comic strip
and one of America's
greatest cartoonists,
always considered
himself a true
New Englander.

At the height of his career, he lived as a beloved
resident in the quaint, picturesque town of Meredith
in the heart of the Lakes Region of New Hampshire.
Drawing from the Yankee humor he saw around
him, Montana deftly included local scenes, events
and characters in the puns and pranks of
Archie's comic-strip life.

Join Lakes Region historian Carol Lee Anderson as
she takes readers beyond the Archie comic strip
and tells the story of the remarkable
New England life of Bob Montana.

Books will be available for purchase.

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.

Zoning Board of Adjustment

October 21, 2013, 7:00 pm
City Hall, Room 200A

Water Commission

October 24, 2013, 8:00 am
117 Stark St., Water Treatment
Facility Conference Room

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

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.

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 SCHOOLS

10/21	10/22	10/23	10/24	10/25
Red Ribbon Week begins @ LMS	Laconia School Board Meeting @ 7 pm	2nd grade Music Show 6:30 @ESS		Halloween Elementary Dance

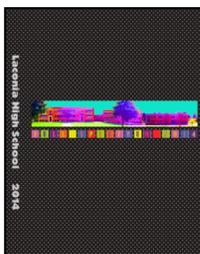
JAG Leadership Talks

On October 1st, 12 Laconia Middle School and High School NH-JAG participants attended a career talk from women with leadership roles in male dominated fields.



LHS is Taking Orders for Yearbook

The 2014 Laconia High School Yearbook can be ordered now! The price of the yearbook is going up but from now until October 13th the yearbook is still \$45. Order your LHS yearbook today! You can order online at www.jostens.com to pay with a credit card with an option to pay in 3 installments. Or order in Room 109 of the High School with a check or cash. Go to the school website [here](#) for more information. Preserve the memories of Laconia High School. The book is hardbound, 164 pages, and in full color. Something you'll treasure for a lifetime!



Red Ribbon Week Food Drive at Laconia Middle School

The first 100 students who bring in non-perishable food items will receive a RED RIBBON bracelet. Student Council representatives will be in the Multipurpose room from 7:30 - 7:45 each morning the of week of Oct 21-Oct 25 to collect food.

CIRCLE UP!

Mrs. Gamlin's 1st grade class at Elm Street School posed for the camera during morning meeting. This week they learned to tell their address and phone number and identify 911 as an emergency number.



Natalie's Dream

The Project EXTRA 100 Dresses Club at Pleasant Street School just completed their first fundraiser! Students supported their classmate, Natalie Smith. Natalie was diagnosed with Cystic Fibrosis in 2004. Her dream was to collect money to give to the Cystic Fibrosis Foundation. Natalie completed a special walkathon in Maine. The 100 Dresses Club raised \$271.00 to give to Natalie's Dream!



Biotechnology for Huot Students



Students in Ivy Leavitt-Carlson's Biotechnology class prepare for a lab experiment. Biotechnology is one of the fastest growing, highest paying and most highly rated careers for employee satisfaction. The Huot Center will be offering Level I and Level II of Biotechnology for 2014-2015. Students may also pursue an Honors Level offering of this class.



PSS Fall Festival

Saturday, October 26th
10 am - 2 pm
Fun for the whole family.
Tickets sold at the door!



Stay tuned for details of Rockin' Fun Run ~ November 2nd!

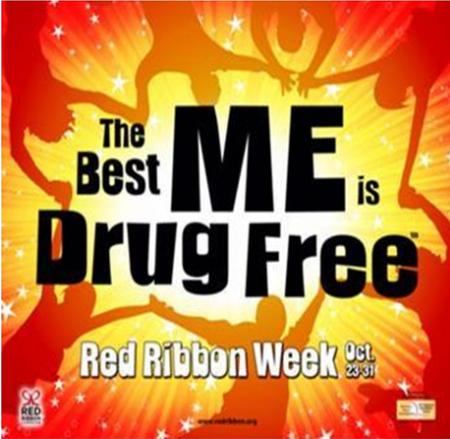


Follow Laconia School District on [Twitter](#)



Laconia Police Department

[Link to Laconia PD Here](#)



October 23rd through October 31st, 2013 will mark the beginning of Red Ribbon Week as a national event. Red Ribbon Week is a national campaign that started in 1985 after the murder of a DEA Agent in Mexico City. Since the start of the event, the display of a Red Ribbon has been the symbol of a community against the use of illegal drugs.

Red Ribbon Week is officially sponsored by the National Family Partnership:

“National Family Partnership, formerly the National Federation of Parents for Drug Free Youth, was established as a grassroots, nonprofit organization in 1980 by a handful of concerned and deter-

mined parents who were convinced they should begin to play a leadership role in drug prevention. Nancy Reagan was an Honorary Chair of NFP. Since its founding thirty years ago, NFP has devoted its efforts to the well-being of youth. Today, NFP is a national leader in drug prevention education & advocacy. Our mission is to lead and support our nation’s families and communities in nurturing the full potential of healthy, drug free youth.”

The Laconia Police Department will be participating in Red Ribbon Week by displaying the ribbon on their cars. The community is asked to participate as well, by wearing red clothing, displaying the red ribbon at their homes or safely on their vehicles.

For further information about Red Ribbon Week, Red Ribbon items, and Red Ribbon Week History please visit their website at <http://redribbon.org>.



ELEMENTARY SCHOOL AGE DANCE

October 25th
6:30 - 8:30pm

\$5.00 per child

At Laconia Community Center

Refreshments included

Come have a night of fun with kids your age and enjoy some music, dancing, games and crafts.

Come dressed in costume, if you wish and possibly win a prize.

Sponsored by:
Laconia Parks & Recreation
W.H.S. P.T.O.
V.I.S.T.E.S.S.
V.I.P.P.S.

Lakes Region Community Services invites you to attend a **FABULOUS TASTING EVENT**

Uncorked!!

SATURDAY, NOVEMBER 2, 2013
6 - 9 PM
HISTORIC BELKNAP MILL, LACONIA
WWW.LRCS.ORG

CELEBRATE THE LAKES REGION!
SAMPLE LOCALLY MADE WINE, BEER, MEAD, CIDER & FINE FOODS WHILE SUPPORTING LAKES REGION COMMUNITY SERVICES

TICKETS ON SALE NOW
\$50 IN ADVANCE | \$60 AT DOOR | LIMITED ATTENDANCE

TASTING ROOM

Canterbury Aleworks	Haunting Whisper Vineyard	Sap House Meadery
Coffin Cellars Winery	Hermit Woods Winery	Stone Gate Vineyard
Farnum Hill Ciders	Labelle Winery	Squam Brewing
Flag Hill Winery	Moonlight Meadery	Woodshed Coffee

FOR FURTHER INFORMATION

CONTACT LRCS 603.522.8811
WEB WWW.LRCS.ORG
ONLINE TICKETS UNCORKED2013.EVENTBRITE.COM

Title Sponsor:

LAKES REGION COMMUNITY SERVICES
Dedicated to serving the Community by Promoting Independence, Dignity and Opportunity.

Grapes & Grass Sponsor: Fine Food Sponsor: Dessert Sponsor: Wine Educator Sponsor: Silver Auction Sponsor:

Living Well



Better Choices. Better Health Workshop

Designed to help you or someone you live with, better manage your chronic health condition including arthritis, joint pain, diabetes, high blood pressure, COPD, chronic pain, asthma or others!

Sponsored by I.R.G. Healthcare

Free Six Week Workshop

Wednesday's, Oct. 30 - Dec. 11

9:30 - 11:30 a.m.

Woodside, Taylor Community Laconia

Registration required. Please call 527-7120



"I learned to set manageable goals for myself and to focus on what I could do or change to improve my condition."

"Better Choices, Better Health workshops put me back in charge.
Now I have the energy to do the things that matter."

"I've put life back in my life"

In collaboration with the NH CDSMP Network, a Stanford University Chronic Disease Self-Management Program

Breast Cancer Awareness

What is a mammogram?

A mammogram is an x-ray of the breast that is used to detect and evaluate breast changes.

When should I get a mammogram?

The United States Preventive Services Task Force (USPSTF) recommends that women ages 50 to 74 should get a mammogram every 2 years. Women younger than age 50 should talk to a doctor about when to start and how often to have a mammogram.

With the air becoming crisp and leaves changing color, what better way to enjoy the beautiful fall weather and foliage than to participate in a walk for charity?

The month of October is formally known as Breast Cancer Awareness Month. Thousands of men and women around the country raise awareness by wearing pink and participating in walks all across their state. Not only are citizens supporting a great cause, but they are also having fun and being active.

According to the Susan G. Komen Foundation, in 2010 Breast Cancer affected more than 1.6 million women worldwide. Although breast cancer is more prevalent in women, that does not excuse men from the disease. Approximately 1 in 1,000 men will get breast cancer. It's crucial for men and women to speak with a doctor if there is a family history of breast cancer.

The American Cancer Society's Making Strides Against Breast Cancer is the largest network of breast cancer awareness events in the nation. Funds raised from the Making Strides Walks help the American Cancer Society fight the disease with research, information and services, and access to mammograms for women who need them. (www.makingstrides.org)



Upcoming Making Strides Charity Walks in NH:

Please visit <http://makingstrides.acevents.org/> to register.

Concord, NH - Memorial Field 10/20/2013 1:00 PM

Dover, NH - Henry Law Park 10/20/2013 11:00 AM

Exeter, NH - Lincoln Street School 10/06/2013 11:00 AM

Greater Lakes Region, NH - Opechee Park 10/20/2013 10:00 AM

Manchester, NH - Arms Park 10/20/2013 1:00 PM

Nashua, NH - Greeley Park 10/20/2013 1:00 PM

North Conway, NH - Whitaker Woods Homesite 10/20/2013 10:00 AM

Peterborough, NH - Depot Square 10/20/2013 10:30 AM



Source: www.womenshealth.gov



"Keeping Your Keys" Scheduled for November 1



Keeping Your Keys - a program designed for senior drivers and their families - is scheduled for Friday, Nov. 1 at 1 p.m. in Taylor Community's Woodside Building, 435 Union Ave.

Cindy Chickering, a 33-year veteran with the American Automobile Association and a licensed Personal Lines Insurance agent for 23 years, will present the program. Chickering will discuss how driving skills change over time and how older drivers can adjust to these changes to continue driving.

She'll also talk about available resources to extend safe driving careers, the importance of proactively managing the driving career, and planning ahead for driving retirement.

The event is free and open to the public; however, preregistration is required. To RSVP, Please call 524-5600, Monday through Friday between 8 a.m. and 4 p.m., or email rsvp@taylorcommunity.org.



Laconia Fire Department

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



Many families gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if you don't practice safe cooking behaviors. Unattended cooking remains the leading cause of fires throughout the US. With this in mind, here are some ways to reduce your risk of kitchen fires & burns by following these tips:

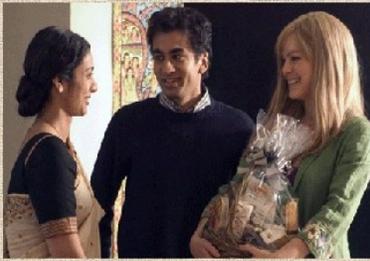
- Stay in the kitchen while you are frying, grilling, or broiling food. If you leave, turn off the stove.
- If you are simmering, baking, roasting or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep things that burn away from the cooking area & appliances in your kitchen. Don't place towels, pot holders, pizza boxes or paper bags on the stove or near hot appliances.
- Clean any grease build-up from the stove, oven & exhaust fan regularly.
- Cooking grease & oil ignite easily & burn rapidly.
- Use a lid or bigger pan to smother a small pan fire.
- Do not use water or flour on a grease fire – it will make the fire bigger.
- Do not carry a burning pan outside or to the sink - it could spread the fire to a larger area.
- Avoid reaching over the stove for anything while cooking.
- Store frequently used items in other areas of the kitchen.
- Keep young children & pets away from cooking areas entirely.
- Keep pot handles turned inward, out of the reach of children & pets.
- Keep appliance cords upon counter tops. Check cords regularly for frayed or broken spots. Replace damaged cords or appliances.
- Dress for fire safety in the kitchen – do not wear loose fitting clothing, or clothing that hangs from the body or arms.
- Shield yourself from steam when uncovering food, especially microwave servings. Steam can cause serious burns.

Always Call 911 In An Emergency!

International Film Series-Laonia Human Relations Committee and the Laonia Public Library

The Namesake

November 4, 2013
MONDAY
6:30pm
Laonia Public Library



A compassionate story of immigrant life.

Life from India to NYC



Struggles of dating, marriage and love

The Laonia International Film Series is open free to everyone. Informal discussion follows the film. Light snacks are provided. Feel free to bring a cushion for comfort in viewing the movie.

For more information, please contact:
Carol Pierce at newdynam@aol.com or Len Campbell at lcampbell@nh-cc.org

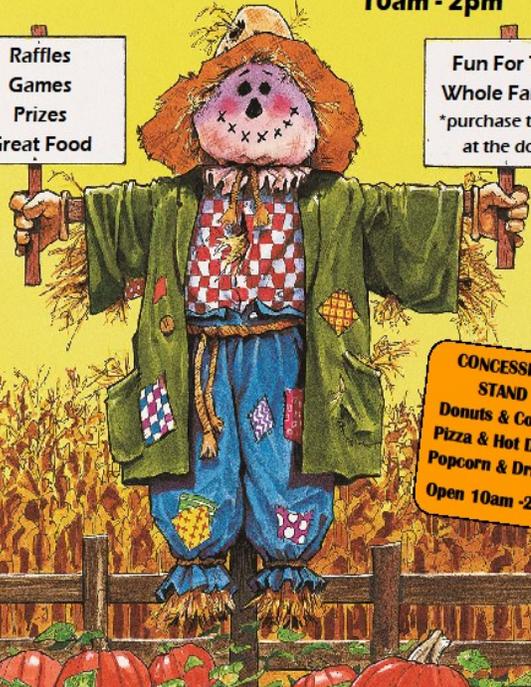
Pleasant Street School's Annual

Fall Festival

Saturday, October 26th
10am - 2pm

Raffles
Games
Prizes
Great Food

Fun For The Whole Family!
*purchase tickets at the door



Sponsored by Volunteers In Pleasant Street School

Laonia Historical & Museum Society



ANNOUNCEMENT OF OCTOBER LECTURE PROGRAM

In 2004 Bob Manley and Gordon DuBois summited the New Hampshire 48-4,000 ft. mountains in winter. Following this accomplishment, they continued to climb other peaks in New England during the winter season and at the end of this year hope to have climbed the New England 100 highest mountains in winter. Over the years, Bob has collected a large number of photos from these winter hike exploits.

Join us Monday, October 21 at 7:00 pm at the Laonia Public Library as Bob and Gordon present their slide show and share their stores about winter hiking in New England. Stunning photographs will be used to provide an appreciation for this feat from a perspective that few have experienced. They will also provide information on the basics of winter hiking: trip planning, clothing, equipment, food, hiking with your dog and multi-day hikes. The program will also include a special emphasis on hiker safety and the use of a map and compass, cell phones and GPS.

For more information about this lecture program, or if you would like to make a donation and/or become a member - please contact Laonia Historical & Museum Society at (603) 527-1278, e-mail us at lhmsslpl@metrocast.net or visit us online at www.laoniahistorical.org.



Plymouth State University Faculty Trio at Taylor Nov. 3

The next concert of the 2013 Taylor Community Music Series, sponsored by Bank of New Hampshire, will be presented by the Plymouth State University Faculty Trio. The event is free and open to the public and is scheduled for Sunday, Nov. 10 at 3 p.m. in Taylor's Woodside Building, 435 Union Ave.

The woodwind trio is comprised of Kenda Corcoran, oboe; Aubrie Dionne, flute; and Matthew Marsit, clarinet. The concert will include selections from Beethoven, Haydn and Mozart.



Corcoran is Adjunct Instructor of Oboe at PSU. She is also principal oboe in the Lakes Region Symphony Orchestra. She has more than 30 years of teaching experience in both vocal and instrumental music and is currently the Band Director at Moultonborough Central School.

Dionne is an active performer, teacher, conductor and adjudicator in New England. She was recently named principal flutist of the New Hampshire Philharmonic. She is on the faculty of the Manchester Community Music School, PSU and the Summer Youth Music School at UNH.



An active conductor and clarinetist, Marsit has led ensembles and performed as a solo, chamber and orchestral musician throughout the U.S. He's currently on the artistic staff of the Hopkins Center for the Performing Arts at Dartmouth College as the Director of Bands. He serves as clarinet faculty at PSU.

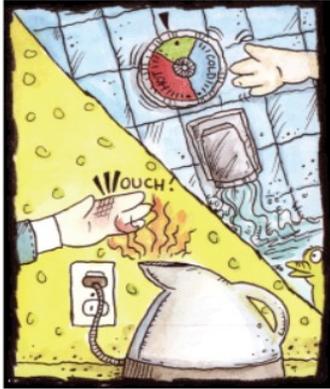
The event is free and open to the public; however, those planning to attend must pre-register as seating is limited. Please call 524-5600, Monday through Friday, between 8 am and 4 pm, or e-mail rsvp@taylorcommunity.org for reservations.



Laconia Fire Department

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

Teach your Preschooler: Stay Away From HOT Things



Young children are surrounded by things that can burn them.

It is important that children know that matches, cigarette lighters, and hot liquids can burn them. Burn injuries can be thermal (caused by radiated heat like sunburn), contact burns (touching a flame or hot surface), and scald burns (caused by hot liquids or steam).

Teach your young child how to identify the hot things that are all around them.



ACTIVITY: Walk through your home explaining what IS HOT or what can GET HOT. (Be sure to include outlets and faucets).

Have child place a sticky note on them to visually identify these items.



City of Laconia Leaf Pickup



During the weeks of Oct. 28th and Nov. 11th, the City's solid waste contractor (Bestway Disposal/Casella Waste) will pick up an additional 10 bags of leaves/yard waste during these 2 weeks (on your normal trash day). Please note that yard waste will be collected by a separate truck **NOT** the normal trash truck.

ALL materials MUST be placed in PAPER COMPOST BAGS.
PLEASE place bagged yard waste at least 3 feet away from your trash.

Laconia residents may also bring leaves/yard waste to the composting area at the Laconia Transfer Station **FREE of charge**. Hours of operation are: Monday-Friday 7:30 am to 3:30 pm, and Saturdays 8:00 am to Noon. Any questions please call Ann at 528-6379, ext. 300.



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



See What's
Happening in
October! Click [here](#) to
read the October
issue of the "Senior
Sentinel"!

Be prepared for flu season!!
Central NH Hospice & VNA
will conduct a Flu Clinic at
the Laconia Senior Center
on Friday, October 25th
from 10:30 - 11:30 am.



Flex, Stretch and Tap!
Join in the Senior Center's chair
exercise program from 10 am to
10:30 am every Wednesday.
See you there!

*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 Baumel	
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 Michael Seymour	524-6552
Ava Doyle (Ward 1)	393-6533
Matthew Lahey (Ward 2)	524-4283
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