



Laconia Links

February 6, 2015 - Edition #171



Please use caution when out on the ice!



Laconia Fire Department

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



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!



Shown above at the ground breaking ceremony for the Fire Station project are (left to right): City Manager Scott Myers, Deputy Fire Chief Charles Roffo, Assistant Fire Chief Kirk Beattie, City Councilor Ava Doyle, City Councilor Robert Hamel, Mayor Edward Engler, City Councilor Armand Bolduc, Fire Chief Ken Erickson and Bruce Blazon, General Manager of North Branch Construction.

Work should begin soon, so be sure to check out the progress when you're on North Main Street!



Laconia Public Library Upcoming Events.....



Teen Movie

Tuesday,
February 10th @
3:00 pm
Laconia Rotary
Hall

"Teenage Mutant Ninja Turtles" PG 13

Admission is free for teens
in grades 6-12.

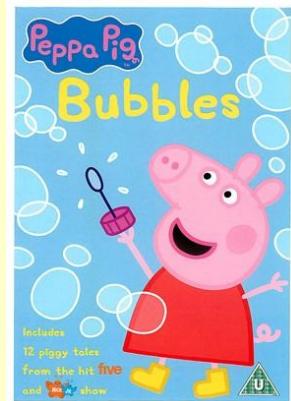


Teen Craft
**Thursday, February
12th @ 3:30 - 4:30
Laconia Rotary Hall**

*Teens in grades 6-12 are invited to make
Valentine cards for your special someone!*

Movies & More for Kids!

Friday, February 13th @
3:45pm at Laconia Rotary
Hall "Peppa Pig" (not rated)
Snacks will be served and
admission is free.
Kids under 10 must be
accompanied by a
responsible caregiver
14 or older.



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.

Joint Zoning Task Force/ Planning Board Meeting

February 11, 2015, 6:30 pm
City Hall, Room 200A

Water Commission

February 12, 2015, 8:00 am
117 Stark St., Water Treatment
Facility Conference Room

**Meeting
in
Progress**

Public Works Subcommittee

February 9, 2015, 5:30 pm
City Hall, Room 200A

City Council

February 9, 2015, 7:00 pm
City Hall, Room 200A
[Agenda](#)

Main St. Bridge Informational Session

February 10, 2015, 9:00 am
City Hall, Room 200A

Heritage Commission

February 11, 2015, 5:00 pm
City Hall, Room 200A

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

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

| 2/9 | 2/10 | 2/11 | 2/12 | 2/13 |
|-------------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------|------|
| <p><i>ESS Student Gov't Mtg. 3:15 PSS 1st Grade Write Night 5:30-6:30</i></p> | <p><i>PSS Walk to School Wednesday 8:10 @ Opechee Park LMS PTO</i></p> | <p><i>Larry Frates Assembly @ WHS - 1:30pm PSS Potluck & Bingo Night - 5:30 at PSS Café LMS Dance @ 6:00 pm</i></p> | | |



ESS SPELLING BEE

Elm Street School held their school-wide spelling bee last week. The spelling bee consisted of twenty seven participants in grades 3, 4, and 5. Second runner up was Felicity Hounsel and the spelling bee winner was Liv Arvison. She will participate in the NH State Spelling Bee on February 28th in Concord. This event is open to the public and will be held at 9:00 am at the Capitol Center for the Arts. For more information click [here](#).

LACONIA MIDDLE SCHOOL UPDATES

On February 11th at 6:30 pm in the Library, the Laconia Middle School Parent Teacher Organization will hold their monthly meeting.

Students at Laconia Middle School will be recognized for their academic achievements this month. All recognitions will take place in the LMS Cafeteria at 1:40 with 8th grade starting on February 11th, followed by 7th grade on February 12th and 6th grade on February 13th. There will be a school dance on Friday, February 13th at 6:00 - 8:30 pm. Please contact the school for more information.

The LMS JAG students created an impressive 3 minute movie called "What's so Cool about Manufacturing?". They worked with NH Ball Bearings in Laconia and entered the movie in a competition with 8th graders from across the state through NH DRED. To view their video click [here](#).



LACONIA HIGH SCHOOL DENTAL PROGRAM OFFERED AT LHS

A dental program focusing on all areas of dental needs is being offered at Laconia High School. This program is being offered jointly by Health First Family Care Center, the



school district and area dentists. On Friday, January 30th a form was sent home with students. If you are interested in having your student participate in this program please complete this [form](#) and have your student return it to their first block teacher or to the nurse by **Feb. 10th**. For more information please contact Kate Rodrigue, LHS Nurse at krodrigue@laconiaschools.org or 524-3350 ext. 4011.



A SOLO EXHIBITION: MARIAN FEDERSPIEL - DIGITAL PAINTER

The Margret and H.A. Rey Center Gallery in Waterville Valley, NH is pleased to present Marian Federspiel in a solo exhibition of her work. Marian Federspiel is a well-known Meredith, NH digital painter who also teaches Digital Art & Design at Laconia High School. This is the first time Ms. Federspiel will be exhibiting at The Rey Center Gallery. Her work will be on view from February 17 through April 11, 2015. A public opening reception will take place on Friday, February 27 from 4:30 - 7:00pm.

Ms Federspiel earned her BFA in painting at the University of Connecticut, and her M.Ed at Lesley University. Prior to earning her Master of Education degree she worked for 20 years as an art director and designer in advertising. Please visit her website at <http://www.mfederspiel.com/>



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Follow Laconia School District on [Twitter](#)



Laconia
Kiwani's

MARCH MADNESS RAFFLE



**55" LG LED
HD Smart TV**

**Tickets \$10.00 Available
at Greenlaw's Music**

Prize drawing on March 16, 2015 by Mayor Ed Engler
at Laconia City Hall, Laconia, NH



Woodland Heights School PTO Pancake Breakfast Fundraiser



Proceeds to benefit new playground equipment

\$4.00 per person

Includes pancakes, sausage, coffee, juice
and great door prizes!

**Saturday February, 7th
8:30am-10:30am at WHS**



Beethoven: A State of Wonder Presented by Gregg Pauley



Pianist Gregg Pauley presents The Emperor's Key, his fifth concert in the series "A State of Wonder: The 32 Piano Sonatas of Beethoven", Sunday, February 15 at 3:00 p.m. The program will be held at Taylor Community's Woodside Building and is free and open to the public.

Pauley has been praised by critics for having "perfect dynamic nuances," being "at times technically brilliant" and for "playing with a maturity that belies his age." The Southern California native earned his bachelor's degree from the University of Southern California and his master's from Mason Gross School for the Arts at Rutgers' University.

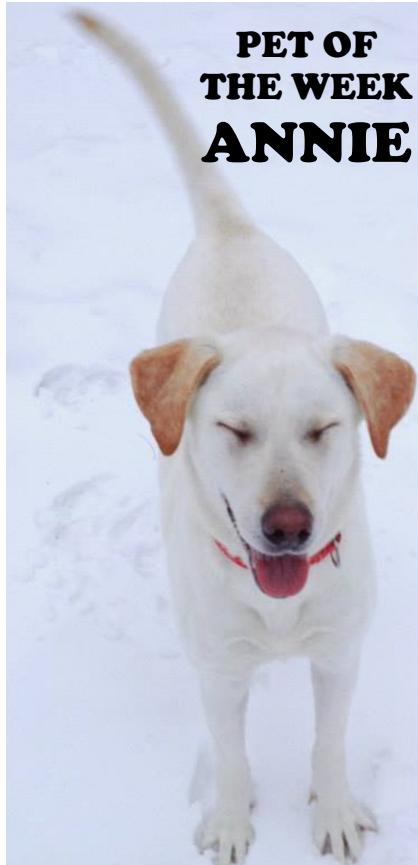
He's performed at Alice Tully Hall at Lincoln Center; Weill Hall at Carnegie Hall; live on radio and television and throughout the U.S. and abroad. In addition to his performance schedule, Mr. Pauley maintains a full teaching schedule and is in demand as an adjudicator and Master Class teacher. He is on the piano faculty at Concord Community Music School, St. Paul's School and Tufts University.

We hope you can join us!



NH HUMANE SOCIETY
Laconia • New Hampshire

**PET OF
THE WEEK
ANNIE**



Annie is pretty as a picture – the color of vanilla ice cream – and as sweet. Found originally as a stray from the Town of Gilford, she arrived a little strung out from the road back in October.

Annie is the kind of dog, based on her looks, that anyone would gravitate towards, but in point of truth, she really wasn't quite ready for a second attempt at a forever home such were her worries, acquired from being homeless.

Happily, we can report she has excelled in doggie rehabilitation and has learned to trust people, maintain a calm attitude, sits at the door to go outside, and has befriended everyone at the New Hampshire Humane Society.

She loves to be around people she trusts, and with a little help from her friends she will be a constant companion for an active, dog savvy person or couple. Even though it's cold outside, pop over to the shelter on Meredith Center Road, to visit this lovely girl. Call 524-3252 or check www.nhhumane.org

Save the Date:
Annual Indoor Triathlon at Funspot, Weirs Beach.
March 14 2015



All abatements
will be answered
this year by our
deadline of
July 1, 2015.



**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!**



February is Teen Dating Violence Awareness and Prevention Month: Join New Beginnings in saying NO MORE

How common is it?

- 1 in 3 teen girls in the U.S. is a victim of some kind of abuse by a dating partner.
- 1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner.

Parents consistently underestimate the scope and significance of dating violence:

- Of teens who've been in a relationship, 37% of parents report abuse, compared to 54% of teens.
- Less than a third of teens said their parents had talked to them about dating abuse, giving this crucial topic *last place ranking* on a list of topics.
- 82% of parents thought they could identify warning signs of abuse, but only 42% caught them all.

Abuse isn't just physical. Other types of abuse include:

- verbal: insults, put-downs, etc.
- emotional: constant monitoring, controlling behaviors, manipulation, etc.
- sexual: any action that limits a person's ability to control their sexual activity.
- digital: intimidating, harassing, monitoring or control through technology.
- economic: control over how they spend money.

Some warning signs that might indicate a teen is in an abusive relationship include:

- overly-frequent calls, texts, IMs, etc.
- social isolation, withdrawal or loss of interest.
- partner is extreme jealous and possessive.
- partner checking phone/email/etc without permission.
- defending or minimizing partner's behavior.
- bruises or injuries with no explanations, or the explanations given don't make sense.

How parents and other adults can help:

Adults can help teens break the cycle of violence. The most important thing to do is talk to teens in your life about dating abuse and healthy relationships. Here are some tips:

- Foster open communication by being available to listen and to give your undivided attention.
- Don't just wait for teens to come to you; start the conversation yourself. Media and current events make great openers. Ask questions that help generate discussions, rather than those with yes/no answers.
- Start young and revisit the conversation often. Keep it "at their level" and age-appropriate.
- Assess your own values about relationships before you begin. Model respect and healthy relationships.

How New Beginnings can help:

- Free and confidential support and advocacy, available 24/7.
- Age-appropriate prevention education workshops to schools and youth organizations.
- Educational workshops on how adults can help teens develop healthy relationships. Programs are free-of-charge and can be adapted for professional and parent audiences.

Now through February 27th, New Beginnings hosts the:

2015 "I Say NO MORE" Teen Essay and Graphic Novella Contest

- Must be ages of 13–18 and live in or go to school in Belknap County
- Join the national NO MORE campaign by using your essay or graphic novella to respond to one of the following prompts:
"I say NO MORE because..." or "I say NO MORE by..."
- Looks great on a college application!
- Full guidelines, submission forms, and resources available at:
www.newbeginningsnh.org

If you or someone you know has been affected by violence or abuse, advocates are available 24/7 to provide non-judgmental support, advocacy, and crisis intervention services. There is no minimum age to call a crisis line. Services are free and confidential.

Domestic/Dating Violence Hotline:
1-866-644-3574
Office: (603) 528-6511
Web: www.newbeginningsnh.org

NO MORE | TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT

NEW BEGINNINGS

Without Violence & Abuse





Laconia Police Department

Human Trafficking

[Link to Laconia PD here](#)



TIPS FOR PARENTS

- **BE PROACTIVE** ~ Traffickers try to lure teens away with promises of a “better life.” Teens struggling with bullying, peer pressure, or other social issues are vulnerable. The earlier you teach your children effective coping skills the better. If they learn they have a hope and a future from home they are less likely to search for such affirmations elsewhere.
- **EXTRACURRICULAR ACTIVITIES** ~ Encourage your children’s interests. Having a skill helps a child build self-esteem and self-identity. Speak worth into them so they know they have value for who they are!
- **VOLUNTEERING** ~ Volunteering can help your teen keep things in focus. A healthy perspective on one’s own life will prevent attempted distortions by a stranger.
- **SOCIAL LIFE** ~ Make it a point to know their friends, where they live, what their families are like. If they are spending time with others outside of school you need to know who they are with, their last names and contact information. Beware of them going to malls, parks, etc. alone - Traffickers prey on teens at these places.
- **MEDIA LITERACY** ~ It is imperative that you discuss with your children what they see and hear in the media. Help them distinguish between entertainment, advertising and reality.
- **IT'S OK TO SAY NO** ~ Our society is saturated with images of sex, and most images of women in the media are sexualized. This teaches girls, that sex appeal equals value. Teach them that despite what they see and hear, it is OK to say NO to anyone, at any time, no matter what! Traffickers look for those who lack assertiveness and for those who have been exploited in the past.
- **SOCIAL MEDIA** ~ Traffickers surf the internet to find new recruits. Be on guard:
 - ✓ Teach them to only accept friends requests on social media from those people with whom they have a face to face relationship.
 - ✓ Teach them to be wise when posting comments about friends and family - Traffickers can use that information to lure them in.
 - ✓ Make your presence known on their social media pages.
 - ✓ Read through the comments on their page, make sure you’re familiar with everyone who is posting.
 - ✓ Teach them to only post where they have been, not where they are going. Posting where you are going gives potential Traffickers a roadmap.
 - ✓ Establish guidelines for appropriate pictures to post on social media and check photos regularly!
- **COUNSELING** ~ If your teen’s symptoms of depression or anger are disrupting their school or home life, please seek professional help. Ignoring signals for help will only drive them further away, possibly to seek solace from a stranger.

Want to know more?

INFO@REALLIFEGIVING.ORG

WWW.REALLIFEGIVING.ORG


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FEBRUARY VACATION EVENTS CALENDAR

MONDAY, 2/23

Middle School Age Basketball 1:00 - 4:15pm
Sledding Party from 2:00 - 4:00pm (South Street)



TUESDAY, 2/24

Middle School Age Basketball 1:00 - 4:15pm
Arts n Crafts 1:00 - 4:15pm



WEDNESDAY, 2/25

Elementary Open Gym 1:00 - 4:15pm



THURSDAY, 2/26

High School/College Basketball Time 1:00 - 4:15pm
Cardboard Sled Racing at 2:00 (must register)
Snow building time 2:00 - 4:00 (instruction offered)
Both at the Laconia Sledding Hill

FRIDAY, 2/27

High School/College Basketball Time 1:00 - 4:15pm
Ice Skating Party from 2:00 - 4:00pm (Memorial Park)

Elementary Times

Middle School Times

High School Times

All Ages



Call LP&R for more information at 524-5046



2nd Annual CARDBOARD SLED RACING

Make your own cardboard sled and race against others of roughly your own age. There will be points for creativity and speed. Come try your hand and see how fast you can be. Prizes will be awarded.

Thursday, February 26th at 2:00pm at the Laconia Sledding Hill located at the end of South Street off Academy Street. This is a free event, but registration is necessary by Tuesday, February 24th at 4:30pm.

Age groups will be...

10 and under or 11 - 15

Again prizes will be awarded for creativity and speed.

Call to register at 524-5046 or email at parks@city.laconia.nh.us



SNOW BUILDING TIME

Come to the Laconia Sledding Hill and try your hand at building in the snow! An instructor will be there to demonstrate and help. Some will make snowmen and others will make castles!! This event is during the Cardboard Sled Race 2/26 so come do both! This is for any age and ability. It is free to participate and there will be a bonfire, cookies, and hot cocoa.

The times for this event are from 2:00 - 4:00pm. Come by and see what you can do! No registration needed. Dress appropriately.



Laconia Fire Department

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



NATIONAL BURN AWARENESS WEEK

Burn Awareness Week is the first week of February. When we think of burn injuries most people think of fires. However, for young children burns are caused by hot water and hot liquids.

Scalds can be prevented through increased awareness of scald hazards and by making simple environmental or behavioral changes. These include providing a "kid-safe" zone while preparing and serving hot foods and beverages, and lowering the water heater thermostat to deliver water at a temperature not to exceed 120 degrees.

Every day, 300 young children with burn injuries are taken to emergency rooms. The children are victims of scalds. Scald burns (caused by hot liquids, steam, or foods) are the most common burn injury among children age 4 and younger. Mortality rates from scalds are highest for children under age 4. While the injuries and the numbers are distressing, even more disturbing is the fact that many of these burns could have been prevented.

Tap water scalds are often more severe than cooking-related scalds. The American Burn Association recommends the following simple safety tips to decrease the risk to yourself and those you love:

Lower the temperature settings on water heaters to 120° F (49°C) or less.

Install anti-scald devices on water faucets and showerheads.

When filling the bathtub, turn on cold water first. Mix in warmer water carefully. Use knob covers on faucets.

Scalds also often occur in the kitchen or dining room. Many of these can be prevented by:

Using oven mitts or hot pad when cooking.

Turning pot handles inward.

Thoroughly stirring all microwaved food.

Never heating baby bottles in a microwave.

Not using deep fryers around children.

Do not let children play in the kitchen while you are cooking.

For more information about preventing scald burns, contact the American Burn Association at 312-642-9260 or www.ameriburn.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!



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



Is all this snow causing you to get cabin fever? Be sure to check out the many programs designed for seniors offered by the Laconia Parks & Rec. Department at the Community Center! You'll find there is something for everyone, from line dancing and basketball to bingo and playing Wii games. For more information or questions, click on this [link](#) for the Parks and Recreation website, or call 524-5046.



*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 - Hilary Young | |
| 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. (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 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