



Laconia Links

December 16, 2016 - Edition #266

Photo courtesy of Carolyn White



Downtown Laconia on a winter's evening!

Recycling Update

2 Week Total - November 7 – November 18, 2016

Fiscal YTD Recyclables Collected = 633.51		Savings to Taxpayers Fiscal YTD * (@ \$150/ton) = \$95,026.50		Lost Opportunity Dollars Fiscal YTD = \$25,692.00	
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		24.45			
Monday	23.78	5.55	23.3%	7.13	\$237.00
Tuesday	42.51	11.37	26.7%	12.75	\$207.00
Wednesday	42.28	9.19	21.7%	12.68	\$523.50
Thursday	38.67	8.08	20.9%	11.60	\$528.00
Friday	34.87	7.28	20.9%	10.46	\$477.00
	Total = 182.11	Total = 41.47	Curbside Ave = 22.8%	Total = 54.62	Total = \$1,972.50
*Fiscal Year to Date: 7/1/16 - present			Prior 2 Weeks = 22.7%	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!



Christmas with Fur-Ever Friends

Join Us in celebrating the season with a tree decorating party!

Saturday, December 17th, 3-6pm



Family Friendly Crafts from 1-3pm

Tree Blessing at 3pm

Decorating and lighting of the Tree to follow

Tour the facility and meet our many adoptable animal

Join us around the campfire for music, caroling and S'Mores

Food and drinks will be provided

Bring an item to donate to make it a Merry Christmas for all of our shelter animals. See our full Wish List online



NH Humane Society
Over a century of love for those without a voice.

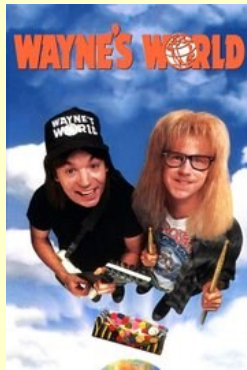
Parking at Laconia Christian Academy, FREE shuttle courtesy of

1305 Meredith Center Road, Laconia NH nhhumane.org



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

KIDS
Decorate Holiday
Cookies Dec. 19th at
4:00 pm in the
Selig Storytime Room



Teen Movie

"Wayne's World"
rated PG 13, Dec. 20th at
1:30 pm in Laconia Rotary Hall

Teens in grades 6-12 are invited to watch this crazy comedy based on a Saturday Night Live sketch.

Centered on a local public-access television program in Aurora, Illinois hosted by Wayne Campbell, an enthusiastic and sardonic long-haired metalhead, and his timid and sometimes high-strung, yet equally metal-loving sidekick and best friend, Garth Algar.

Wayne lives with his parents and broadcasts his show "live" from the basement of their house every Friday evening at 10:30 pm.

Don't miss this fun movie!



Admission is free!

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.

Water Commission

December 22, 2016, 8:00 am
117 Stark Street,
Water Treatment Facility
Conference Room

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

**Meeting
in
Progress**

***Please see below for
meetings scheduled
for the week of
December 19-23, 2016:***

Trustees of the Trust Fund

December 19, 2016, 10:00 am
City Hall, Mayor's Office

Zoning Bd. of Adjustment

December 19, 2016, 7:00 pm
City Hall, Room 200A

Parks & Rec Commission

December 19, 2016, 7:00 pm
Community Center

Technical Review Comm. II

December 21, 2016, 10:00 am
City Hall, Room 200A

Laconia Pride

Laconia School District

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

FRIDAY, DECEMBER 16,

Elm Street School

2nd- grade students at Elm Street School had a special visitor for their Physical Education classes the week of December 5th. Sensei Carl from Beyond the Belt came and taught students some moves and direction about Karate.



Thank you, Mrs. Tucker for organizing this great event.



2016/2017 School Board Members

Ward at-large
Michael Persson
mpersson@laconiaschools.org
Ward #1
Mal Murray
(Vice-Chairperson)
mmurray@laconiaschools.org
Ward #2
Barbara Luther
bluther@laconiaschools.org
Ward #3
Aaron Hayward
ahayward@laconiaschools.org

Ward #4
Chris Guilmett
cguilmett@laconiaschools.org
Ward #5
Stacie Sirois (Chairperson)
ssirois@laconiaschools.org
Ward #6
Heather Lounsbury
hlounsbury@laconiaschools.org

Laconia High School

Congratulations to Laconia High School's Athletic Director/Dean of Students, Craig Kozens, on being named the 2016 Debra Bienarz



Award recipient! Mr. Kozens was presented with the award on Tuesday, December 12th during the City Council meeting.

Woodland Heights School

Students from Mr. Martin's Pre-Engineering class at HTC are teaching engineering concepts to 5th-grade students at Woodland Heights School.



Read more about WHS students learning from teen peers, [here!](#)

Huot Career & Technical Center

Huot Career & Technical Center's Digital Media Arts students worked cameras at the 2016 Children's Auction the week of December 5th.



*Read Dr. Minnihan's Community Connection, [here](#)
Click [here](#) for our online calendar*

PROPERTY TAX BILLS WERE MAILED 11/28/16!

Tax bills will were mailed on Monday, November 28, 2016. They are due on December 28, 2016.

Payments are accepted by mail and at the counter in City Hall during normal business hours. Office hours are Monday – Friday 8:30-4:30. For your convenience there is a drop slot located on the side door of City Hall. We are now accepting credit cards over the counter and online. Visa, MasterCard, American Express and Discover are accepted. Convenience fees apply to all credit card transactions. Please call the Tax Office at 527-1269 if you have any questions.



2016 Debra Bieniarz Memorial Award

Congratulations to Craig Cozens for receiving the 2016 Debra Bieniarz Memorial Award!

"Coach" Cozens was honored at a recent City Council meeting for his commitment to the youth of the City of Laconia. We are lucky to have him in our community!

Please click [here](#) to read the presentation in its entirety.

News **From the Laconia Water Department**

Prevention Is Better Than Reaction

If the temperature inside a house gets below 32 degree Fahrenheit (0 degree Celsius) it's likely that the water supply pipes and the drain traps will freeze. When water freezes it expands 9 percent, and if there is no room for expansion it's possible that the pipe will develop a crack and eventually leak once the ice thaws out. Fixing a burst pipe can be expensive, but the damage from uncontrolled water leakage can easily reach into the thousands of dollars.



The majority of the calls received for frozen water pipes and water meters are a result of inadequate heating and cold air drafts where piping is located in the home. It is recommended that property owners check their property for these conditions and identify the location of their water meter and shutoff valve before an emergency.

If for any reason you cannot stop the flow of water from a frozen or broken pipe, call the Water Department's 24-hour emergency number at 524-0907.



Please click [here](#) for the
Water Dept. website!



Reminder!

The next recycling collection
week begins December 26th!

Recycling Made Easy

Woodland Heights School PTO Holiday Craft Fair

Saturday, December 17, 2016

9am — 3pm

Woodland Heights School Gymnasium

225 Winter Street, Laconia

10'x10' spaces are available for \$25 each

Chairs will be provided, Tables will not



For an application or more
information

Please call

Patti Boyle at

603-998-7416

*Tables are going fast...
Get one while they last!*

PUBLIC WORKS



CHANGE IN SCHEDULE LACONIA TRANSFER STATION CLOSED

Saturday December 24th
& Saturday December 31st

The Laconia Transfer Station will be **closed**
on Saturday December 24th and
Saturday December 31st.

The Transfer Station will be open for business on
Monday December 26th and Monday January 2nd
from 7:30 am to 3:30 pm for your disposal needs.

We apologize for any inconvenience!
If you have questions, please call Ann at
528-6379, ext. 300.

You're invited to....

Prescott Farm
Environmental Education Center

Solstice Lantern Festival

Saturday, December 17th; 4:00-7:00

Celebrate the upcoming Winter Solstice – the
shortest day of the year – with fun activities to
welcome back the light!

Lantern Parade • Bonfire
Contests for Lanterns • Lantern Garden
Make Your Own Winter Candle Holder*
Guided Lantern Walks • Bake Sale*
Lantern-Lit StoryWalk™

Admission: \$3/person (FREE for Members of Prescott Farm)

*Make your own winter candle holder for \$5/person. Bake Sale items are for
purchase-proceeds benefit Fledglings Preschool scholarship fund.



928 White Oaks Road, Laconia, NH 03246 • (603) 366-5695 • Fax: (603) 366-5720
info@prescottfarm.org • www.prescottfarm.org



Laconia Fire Department

Important
Message from
the [Laconia Fire
Department](#)



***Please help yourself and your neighbors by shoveling
a nearby fire hydrant!***

There are more than 500 fire hydrants in Laconia. It can take City fire-fighters several days to shovel all the hydrants. In addition to shoveling the hydrants the crews must respond to emergency calls. We are averaging 13 calls each day so it can take several days to shovel every hydrant. These devices are very important to help protect your home in the event of a fire.

Take a moment and shovel or snow blow the fire hydrant in your neighborhood! Remember, it is against the law to push snow against a fire hydrant. If you plow snow against a fire hydrant you will be fined.



***Holiday Music with Peg and
Cheryl at Taylor Community
December 22nd***



Back by popular demand, Peg Chaffee and Cheryl Sager will present an entertaining holiday program on Thursday, December 22 at 6:00 pm in Taylor Community's Woodside Building.

The event is free and open to the public.

The duo has been performing together for many years in a variety of genres and bands. Playing stand-up bass, guitars and penny whistle, their exquisite harmonies are the highlight of each performance.

We hope you can join us!



**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!**



2017
HAPPY NEW YEAR
In with a Ring!
Please join us for a New Year's Eve Party...
Saturday, December 31, 2016 at 8:00pm
Hosted by the Belknap Mill Society
Belknap Mill • 25 Beacon St. East • Laconia, NH 03246 • 603-524-8813
Your ticket includes:
ANTIPASTO & CHEESE
PASTA STATION
CAESAR SALAD STATION
DESSERTS
COFFEE
CASH BAR
DANCING
PHOTO BOOTH
CARICATURE BY "FRATES CREATES"
SOUVENIR
FIREWORKS
Fireworks Proudly Sponsored by Weld-Fab Technologies!
A lucky few will have the opportunity to ring the Mill's bell at Midnight!
\$75pp/\$140 pair for BMS Members
\$80pp/\$150 pair for non-members



Each year one City employee, nominated by fellow co-workers and chosen by the Personnel Advisory Board, receives an "Employee Recognition" award. The 2016 Employee Recognition Award was presented to Kalena Graham.

Kalena has been employed with the City for nearly 10 years and works in the Planning Department. Shown above are Kalena (right) and Brandee Loughlin, Interim Planning and Zoning Director. ***Congratulations Kalena!***



Each year City of Laconia employees and Board/Commission members are honored for their years of service at the City's annual employee Holiday Luncheon.

This year's luncheon was held on December 12th honoring the following employees and volunteers:

5 Years:

Kevin Pierce	Fire Dept.
Lindsey Legere	Police Dept.
Erik Benoit	Police Dept.
Scott Myers	City Mgr's Dept.
Nancy Brown	City Mgr's Dept.
Matt Mooney	Public Works
Dan Camire	Public Works
Michael Kelly	Public Works
Jeffrey Miller	Public Works
Clayton Storey	Water Dept.
Michael Foote	Zoning Board
Leonard Miner	Bd. of Assessors
Jay Tivnan	Planning Board

10 Years:

Deborah Black	Fire Dept.
Kevin Hevey	Fire Dept.
Kyle Joseph	Fire Dept.
Rick Hewlett	Fire Dept.
Kenneth Smith	Police Dept.
Wayne Swearingin	Police Dept.
Kevin Shortt	Police Dept.
Mary Reynolds	City Clerk
Jerry Mailloux	Planning Board

15 Years:

Stephen Hanser	Fire Dept.
Jason Bean	Fire Dept.
Kenneth Erickson	Fire Dept.
Jason Ellingson	Fire Dept.
Jonathan Howe	Police Dept.
Cheryl DeTurk	Police Dept.
Jamie Dalton	Library
Randy Brough	Library
Gavin Bell	Public Works
John Moriarty	Library

20 Years:

Lisa Baldini	Fire Dept.
Richard Simmons	Police Dept.
Paula Baumoel	Personnel Dept.
Gail Denio	Welfare Dept.
Luke Powell	Public Works
Bobbi Thomas	Housing Authority

25 Years:

Ann Saltmarsh	Public Works
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30 Years:

Earle Walker	Public Works
Jim Rogato	Putnam Fund

Our sincere thanks to all!

Join us for an exciting new support group!

Better Breathers Club

FREE MONTHLY SUPPORT GROUP FOR ANYONE WITH

- COPD (chronic obstructive pulmonary disease)
- Asthma
- Idiopathic pulmonary fibrosis (IPF)
- Lung cancer
- Any other chronic lung disease

The club brings people together to learn how to manage their condition and improve their quality of life.

Join us to hear from guest speakers and an opportunity to talk to others with similar conditions.

TWO LOCATIONS:

LAKES REGION GENERAL HOSPITAL
1st Thursday of the month
11:00 am - 12:00 pm
(Begins on Feb. 2)

FRANKLIN REGIONAL HOSPITAL
3rd Monday of the month
1:00 pm - 2:00 pm
(Begins on Feb. 13)

For more information or to register please call 527-7120



AMERICAN
LUNG
ASSOCIATION.

BETTER
BREATHERS
CLUB



LRGHealthcare
care. compassion. community.



Laconia Police Department

[Link to
Laconia
PD *here*](#)



Members of the Laconia Police Department and their families, recently spent the evening shopping for children in need. Every year on Christmas Eve, officers and their helpers fan out throughout the City and deliver hundreds of gifts to dozens of children. The initiative is supported by the Laconia Family Fund, which is a direct recipient of funds raised during the Children's Auction. On behalf of the men and women of the Laconia Police Department, we thank all of those who have supported the auction through the years!

PUBLIC WORKS



IMPORTANT NOTICE TO RESIDENTS ON CURBSIDE COLLECTION ROUTES

Since both Christmas Day 2016 and New Year's Day 2017 fall on a **Sunday**, there will be **NO DELAY** in curbside collection of trash during these two weeks. Trash will be picked up on the **normal schedule** during the weeks of Christmas Day and New Year's Day.

Questions? Please call Ann at 528-6379, Ext. 300. *Mark your calendars!*

UNITED METHODIST CHURCH

RT. 11A GILFORD

FREE CHRISTMAS DINNER

DECEMBER 25TH

APPETIZERS AND FELLOWSHIP AT NOON

DINNER AT 1:00

HAM DINNER WITH ALL THE TRIMMINGS

POTATOES, CARROTS, GREEN BEAN CASSEROLE, ROLLS, HOMEMADE PIE AND BEVERAGE

RESERVATIONS REQUIRED BY DECEMBER 20TH

CALL 520-3910

December
21st!



*Please note: City Hall will be
closed for the holidays on
December 26th and
January 2nd.*



Thank you again for your continued support of the growing regional rail trail project in the Lakes Region. It's been fun seeing so many of you out enjoying the trail between Lakeport and Belmont. With the advent of winter, please know that you're welcome to continue enjoying the trail between now and Spring; However, only the City sidewalk sections of the trail will be cleared of snow and maintained for the winter.



Save the Date: Mark your calendars for Saturday, May 20, 2017. The 14th Annual WOW Sweepstakes Ball will be held at Gunstock Mountain Resort! We're looking forward to the same great party at a fun new venue and, of course, handing out a \$10,000 check at the end of the night. Tickets will go on sale in April. Here's a pic (*below*) of some of the outdoor fun that can be had at this Belknap County-owned resort this winter!



Granite State Rail Trail:

In addition to the growing regional rail trail in the Lakes Region, our friends in the southern part of the State have been busy expanding their regional trail – The Granite State Rail Trail. Here's a comprehensive look at these rail trail projects from Salem to Manchester, New Hampshire courtesy of WMUR's Jamie Staton: [The Granite State Rail Trail: Southern Route](http://www.wmur.com/article/the-granite-state-rail-trail-southern-route/8386261).

(Link: <http://www.wmur.com/article/the-granite-state-rail-trail-southern-route/8386261>)





NH Humane Society

Over a century of love for those without a voice.

Construction on the Catio Project is Underway!



The NH Humane Society is so pleased to be working with Paul Fleming, of Paul V. Fleming & Sons LLC, who successfully bid on the shelter's expansive "Catio" project. After several months of unavoidable delays, Paul and his crew are now on-site and construction is underway! Completion of the space is anticipated in January 2017, and will be accessible to the cats who reside in the largest feline social room.

"We are very excited to finally get this long-awaited project underway," said Marylee Gorham, Executive Director of the NH Humane Society.

"Once completed, this new structure will allow three season enjoyment of the outdoors while assuring safety and a cozy spot for so many cats calling our shelter home. Happy cats are healthy cats, which in turn will facilitate adoption into loving homes."

The project came to fruition only because of the generosity of donors who understood the need to provide a stress-less environment for cats at the New Hampshire Humane Society. Improving the living space for upwards of 100 cats waiting forever homes has long been a goal at the animal welfare agency. Now with a fully funded project, expansion is underway.



Disposal of Christmas Trees IMPORTANT NOTICE

In an effort to more efficiently and effectively utilize DPW personnel and equipment time, **Christmas Trees are longer picked up curbside by Laconia DPW** in the weeks immediately following the holidays. Laconia residents can transport and drop off their tree(s) at the following locations for ultimate disposal by DPW:

1. ***Laconia Transfer Station, 385 Meredith Center Road.*** Monday thru Friday from 7:30 am to 3:30 pm and Saturdays from 8 am to Noon. Place trees in the specifically marked/designated area only. Please pull on the scales first!
2. ***Memorial Park Softball Field off Pearl St (on Memorial Park Drive).*** Place trees in the specifically marked/designated area ONLY.

Please call Ann, Department of Public Works with any questions, 528-6379, Ext.300.



Laconia Fire Department

Important
Message from
the [Laconia Fire
Department](#)

Carbon monoxide poisoning threat increases in the winter



The Laconia Fire Department wants to warn everyone about the hazards of carbon monoxide (CO) poisoning. Recently, a father and young son in Massachusetts died from CO poisoning. Carbon monoxide is one of the leading causes of accidental poisoning deaths, and accounts for more than 50,000 emergency department visits each year in the US. During the cold weather months, we will seal up our homes to keep in the heat. Moreover, we simply stay indoors for longer periods in the winter months. Many elderly people stay in their homes for extended periods. This can lead to a medical emergency which can be fatal, caused by a build-up of carbon monoxide (CO) in the blood stream.

Carbon monoxide (CO) is a deadly, colorless, odorless, tasteless and toxic gas. Nicknamed “the silent killer”, it is totally undetectable by human senses. If there is CO in the air you breathe, it will enter your blood system the same way oxygen does, through your lungs. Carbon monoxide then displaces the oxygen in your blood. When the CO displaces enough oxygen, you suffocate.

Since carbon monoxide is released when fuels don’t burn properly, any fuel-burning appliance, vehicle or tool that is not correctly vented or maintained can be a source of deadly carbon monoxide gas. Some examples: gas stoves, furnaces, water heaters, wood stoves, coal stoves, fireplaces, pellet stoves, gas dryers, kerosene heaters, and generators can generate CO. If the heat equipment is defective, or has a bad vent system, the build-up of CO can be rapid and fatal.

Many newer furnaces allow for vents to be located on the outside wall with no chimney. Check the location of low level outside vents. They can easily become covered in snow and not vent dangerous gases from your home or business. This is a serious problem with seasonal homes when the furnace may be used intermittently and snow is allowed to bury the vent.

Purchase and place a CO detector in your home if you use any type of heating equipment that burns fuel such as wood, coal, or gas. A small leak in a chimney can allow CO to seep into your home. If the home is well insulated the gas will not escape. You should place CO detectors on each level of your home, especially near the appliances that can produce CO. If you can only afford one device, place it outside the bedrooms. CO has the same buoyancy as ambient air so the device can be placed on the ceiling or wall, or plugged directly into an outlet. Battery operated CO detectors usually come with a 10-year battery. Always look for the UL label.

Never run your car in the garage. A car engine produces enormous quantities of CO and can quickly overcome the occupants. Never use an outdoor grill inside your home. Do not use a gas oven to heat your home. Do not use any gasoline-powered engines (snow blowers, generators) in your home/garage, or near doors or windows. Do not sleep in any room with an unvented gas or kerosene heater. Follow the safety instructions on any portable heating device.

A serious problem with CO poisoning is that a person affected will feel tired. Unknowingly, the person or persons will go to sleep and possibly never wake up. That is why CO is known as the silent killer. You cannot see or smell the gas. Only a CO detector will tell you that it is present.

(Continued on next page)



Laconia Fire Department

Important
Message from
the [Laconia Fire
Department](#)

Carbon Monoxide poisoning threat increases in the winter

(Continued from previous page)

Symptoms of Carbon Monoxide (CO) Poisoning:

Long-term exposure to low concentrations of carbon monoxide (CO) can gradually build up in the blood causing flu-like symptoms such as headaches, fatigue, nausea and drowsiness. Exposure to high concentrations of CO will cause throbbing headaches, breathing difficulties, confusion, loss of consciousness and heart problems. Symptoms of CO poisoning are so common they are often misdiagnosed. As a general rule, carbon monoxide poisoning should be suspected if more than one member of the family becomes ill (including pets) and if they recover after being away from the home for a period of time. Senior citizens, infants, young children, pregnant women and people with breathing or heart problems are at the greatest risk of CO poisoning.

**HAVE
YOU GOT
A CARBON
MONOXIDE
ALARM?**

If you think you are experiencing symptoms of CO poisoning get outside in the fresh air immediately and call 911 for emergency assistance. A key clue is that your skin will have a reddish hue. This is caused by the CO displacing the oxygen in your blood stream. Your blood gets darker and is reflected in skin color.

Laconia Fire Department has portable CO detectors in most of our fire trucks and ambulances, as do most area fire departments. We use these devices to help locate the source of the CO. We can also test your blood to determine if you have high levels of CO in the blood stream. Remember that at anytime you suspect a fire, or you need our help for any emergency do not hesitate to call 911. Do not call the landlord, the furnace repair person, the gas company, your friends or family – call the Fire Department. It is extremely important that we be notified as soon as possible of any emergency so that we can effectively deal with it. Time is probably the most critical element in an emergency response.



An annual symbol of community Christmas spirit, the Tree of Love is adorned with angels crafted by Holy Trinity students to honor and remember living and lost family and friends. Angels are \$3 each, and may be purchased in the Lakes Region General Hospital Auxiliary Gift Shop.

The Gift Shop is open Monday through Friday from 8 am to 4 pm. Stop in for your holiday gift needs, big or small...we have it all!



We are excited to announce that work is underway to create a new City of Laconia website! When it is complete, the goal is to have a more up-to-date and user friendly site for residents and visitors. We will update you on our progress as we go along.

We would love to have community involvement in developing the site. If you have favorite photos that capture what is special about Laconia and wish to share them with us, you may just see them on the website! Please submit your photos as soon as possible (but no later than January 5th) to brownn@city.laconia.nh.us.

(Images should be at least 2200 pixels (or 1 MB), JPEG, TIFF, PSD or PNG, with a resolution of 72 dpi or higher and a color mode of RGB or CMYK.)

Thank you for your help!

Prevent T2 Diabetes Program

YOU CAN PREVENT OR DELAY TYPE 2 DIABETES. JOIN US!

LAKES REGION GENERAL HOSPITAL

Learn more at the FREE Info session:

January 26, 9-10am

**Program starts on:
Thursday, Feb. 2, 9-10am**

FRANKLIN REGIONAL HOSPITAL

Learn more at the FREE Info session:

January 25, 3-4pm

**Program starts on:
Wednesday, Feb. 1, 3-4pm**

Program Cost: \$25.00 (gift card awarded to those who finish program)



Have you ever been told by a health care professional that you:

- Have pre-diabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?
- Are at risk for getting diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it!

This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and then monthly follow-up sessions for one year with a trained lifestyle coach.

**YOU CAN MAKE A
CHANGE
FOR LIFE**



**Call today!
527-7120**

LRGHealthcare
care. compassion. community.



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



Mark your calendar!! Thursday, Dec.29th at 11:30
am: Annual New Year's Dinner! Join us at the
Senior Center as we imbibe in some traditional
New Year's food and festivities! Enjoy favorites
such as roast pork, gravy, applesauce, stuffing,
potatoes, harvest blend vegetables, rolls
and dessert. Don't miss it!

*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 - Deb Derrick	
City Clerk.....	527-1265
City Clerk - Mary Reynolds	
City Manager	527-1270
City Manager - Scott Myers	
Code Enforcement.....	527-1293
Asst. Planning & Zoning Dir. - Brandee Loughlin	
Conservation	527-1264
Conservation Technician - Evan Rathburn	
Finance	524-3877
Finance Director - Donna Woodaman	
Licensing	528-6331
Licensing Clerk - Cheryl Hebert	
Planning & Comm. Dev.	527-1264
Asst. Planning & Zoning Dir. - Brandee Loughlin	
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 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 - Wes Anderson	
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
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