



Laconia Links

January 31, 2014 - Edition #119



View of the river behind City Hall



News From the City Clerk's Office

Now is the Time to Get Your 2014 Boat Registration!



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

No waiting for your registration to be mailed back to you! Get it done early and conveniently at the City Clerk's Office. We are open Monday through Friday from 8:30 a.m. to 4:30 p.m. **Please make checks payable to City of Laconia** In accordance with RSA 270-E:5, II (c) an additional \$5 will be collected for each registration processed as an authorized agent .

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!



Notice to Ward 5 Voters



For the upcoming Special State Election on March 11, 2014 we will be relocating your polling location within Woodland Heights Elementary School temporarily to the Music Room. The entrance to the Music Room is located on the front of the building and has a private entrance. This will allow for less disruption to the school day for the students by allowing them to have access to the gymnasium/cafeteria. If you should have any questions regarding this change, please contact the City Clerk's Office at 527-1265.

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

Laconia Public Library Upcoming Events.....

Preschool Storytime Valentine's Day Party!



Wednesday, February 12th @ 10:00
Thursday, February 13th
@ 9:30 a.m. & 10:30 a.m.

Celebrate Valentine's Day with us! Bring a snack to share and be ready for fun!



Upcoming Meetings...

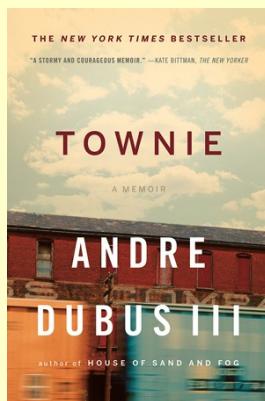
Keeping the public updated and aware of what's going on in our community and receiving residents' feedback is an important goal of the City Council. Check each week's issue of *Laconia Links* for a schedule of the upcoming week's meetings. As agendas become available, they will be posted to the City's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

Adult Book Discussion Series



"Memoirs: A Peek into the Lives of Others"

Laconia Public Library's 2014 Adult Book Discussion Series kicks off on Tuesday, February 4th with "Townie" by Andre Dubus III.

Just after he turned 12, Dubus's family fell rapidly into shambles after his father--the prominent writer Andre Dubus--not only left

his wife for a younger woman but also left the family in distressing poverty on the violent and drug-infested side of their Massachusetts mill town. For a few years, Dubus escaped into drugs, embracing the apathetic "no-way-out" attitude of his friends. Dubus paid back acts of physical violence with physical violence. Ultimately, he decided to take up his pen and write his way up from the bottom and into a new relationship with his father. In this gritty and gripping memoir, Dubus bares his soul in stunning and page-turning prose. Discussion led by Sophia Woodley.

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

Meeting
in
Progress

Trustees of the Trust Funds

February 3, 2014, 10:00 am
City Hall, Mayor's Office

Planning Board

February 4, 2014, 6:30 pm
City Hall, Room 200A

[Agenda](#)

Special Events Review

Committee/Licensing Bd.

February 5, 2014, 12:00 noon
City Hall, Room 200A

Conservation Commission

February 5, 2014, 6:00 pm
City Hall, Room 200B

[Agenda](#)

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

LACONIA SCHOOL DISTRICT

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

Laconia High School



[Laconia High School Website](#)

Huot Career Tech Center



[Huot Career Tech Center Website](#)

Laconia Middle School



[Laconia Middle School Website](#)

Elm Street School



[Elm Street School Website](#)

Pleasant Street School



[Pleasant Street School Website](#)

Woodland Heights School



[Woodland Heights School Website](#)

WEEK AT A GLANCE IN LACONIA

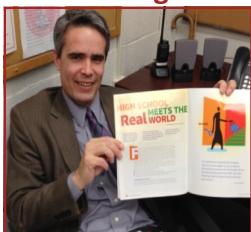
02/03	02/04	02/05	02/06	02/07
VIPSS meeting 6:30 pm @ PSS	Policy Mtg. @ 6 pm Facilities Mtg. @ 6:30 pm Laconia School Board meeting @ 7 pm All @ SAU #30	ESS K Field Trip VIESTESS Mtg. 6:30 pm @ ESS		WHS Winter Social @ 6:00 - 8:00 p.m. for Grades 3/4/5 - Parent must sign student in at door. Wear red!

Woodland Heights Students Honored Thursday

Fifty Woodland Heights students received recognition awards at an assembly in the school's multipurpose room on Thursday afternoon. Every quarter, each teacher selects two children from their class to receive the award. The assembly was heavily attended by parents who filled the room's extra space within minutes of the doors opening.



Laconia High School Staff - Authors Among Us!



At left see a photo of one of our two published authors holding the most recent volume of *Principal Leadership* and specifically highlighting the article that he co-wrote with Principal McCollum. Congratulations to **Jim McCollum and Steve Tucker** for becoming published in this prestigious professional journal!

Catherine Dwinal: 2014

Teacher of the Year for TI:ME

The Technology Institute for Music Educators (TI:ME) is pleased to announce the nomination and subsequent selection of Catherine Dwinal, by a unanimous vote of the previous award winners, to be the recipient of our 2014 Mike Kovins TI:ME Teacher of the Year Award.

Catie Dwinal has been teaching elementary general music at Elm Street and Pleasant Street Schools in Laconia New Hampshire since 2010. Click [here](#) for more.



Coming Soon..... **The Sachems Pantry**

New Hampshire Jobs for America's Graduates students at Laconia High School were recently awarded \$1,000 from Granite United Way to put towards a new community service project, "The Sachems Pantry," which will be a location within LHS consisting of an inventory of food items, clothing, toiletries, etc., that will help families and students in need. JAG members are working with the school nurse to help maintain the confidentiality of those who access the pantry.



Busy, Busy Nights at Pleasant Street School

On January 22nd, PSS held our first Band Concert of the year. There are 37 students in the band and it is led by Mr. Phil Bretton. The concert was a huge success. There will be another concert later in the year so look for details.

On January 23rd, Pleasant Street School held a "Family Fun Night"



for families across the school district. The night started with a free meatball sub and salad dinner donated by VIPSS. From there, the families were treated to physical activities throughout the evening. At PSS, the theme was the Australian Outback. Over 300 students and family members attended.

This was the first of 3 "Family Fun Nights" that the Wellness Committee has developed in the district. **Our next "Family Fun Night" will be held at Woodland Heights on February 13 at 5:30 p.m.**

~~~Words our children need to hear from us~~~

I'm so lucky to have you.

I like it when you work hard.

I'm sorry.

Thank you for being patient.

I love you.

You are a great helper.

Let's talk about it.

You're very special to me.

You're a great kid.



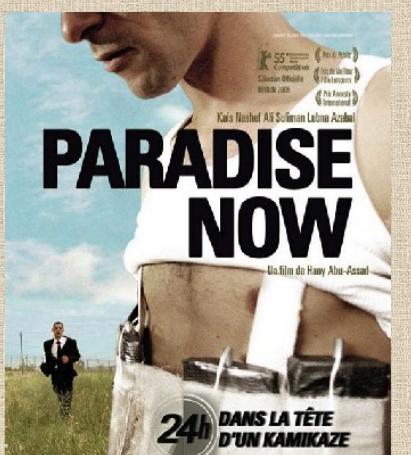
Follow us on
twitter

Follow Laconia School District on [Twitter](#)

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

February 3, 2014
MONDAY
6:30pm
Laconia Public Library

Realistic, moving tale of Palestine



Two young men drafted as suicide bombers
Second thoughts bring doubt



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

The Laconia 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.


Cooperative Co-Parenting
A free four-part series for non-married, separated, or divorced parents, and other caregivers, raising children together who share separate households.

Discussion Includes:

- Coping through Separation and Transitions
- Skills Training for dealing with stress and anger
- Positive Communication Strategies
- Tools to reduce conflict in the life of your child, and yours
- Negotiating Agreements
- Mediation and Guardianship
- Conflict Resolution

When: Thursdays, January 30, & February 6, 13, 20

Time: 6:00 - 8:00 PM

Optional: Dinner from 5:30 - 6:00 PM

Cost: Free of charge

Where: The Family Resource Center, 719 No. Main Street, Laconia, NH

Presenters: Jay Apicelli, MS, Family Mediator and Human Services Educator, Janice L. McLaughlin, Attorney At Law and G. A. L., and Tammy Emery, Step Ahead Family Support Specialist, Lakes Region Community Services

Attendance certificates are provided.

On-site childcare and assistance with transportation available upon request.

sponsored by:



To Register: Contact Erika, Family Resource Center of Central NH
Phone: (603) 528-0391 or Email: erikal@LRCS.org

LACONIA PUTNAM FUND PRESENTS

BTHE BRITISH INVASION TRIBUTE

WITH SPECIAL GUEST,
JULIO GRANT
THE BRITISH POP STAR OF THE 60'S

MORE Than Just The Beatles!

A black and white photo of three men in a British-style red telephone box. One man is looking out from the window, another is leaning in, and the third is standing behind them. The word 'TELEPHONE' is visible above the window.

January 31, 2014 at 7:00 PM

Laconia High School Auditorium.
Admission is Free, First Come, First Seated

Like us on Facebook
<https://www.facebook.com/LaconiaPutnamFund>

**LACONIA PARKS & RECREATION'S
ANNUAL ICE SKATING PARTY**

2014



Friday, January 31st

6:00 - 8:00pm

At Memorial Park

There will be a bonfire, cookies and hot cocoa.

Bring your own skates and have some fun.

Call for more information 524-5046.



Laconia Police Department

[Link to Laconia PD Here](#)

2014 POP Projects

Domestic Violence, (Captain Canfield) – The Laconia Police Department will partner with existing organizations and stakeholders, with the goal of reducing the number of domestic violence calls through various means. Special attention will be given to families who have had a history of such calls. A combination of enforcement, coupled with education and awareness programs will provide the best chance of success.

Underage Drinking, (Sergeant Finogle) – The Laconia Police Department will partner with existing organizations and stakeholders with a goal of reducing the number of arrests and increasing greater awareness related to underage consumption of alcohol.

Accident Reduction, (TBD) – Reduce the number of motor vehicle/pedestrian accidents within the City, by utilizing crash site analysis to identify dangerous roadways and intersections. Officers will utilize a combination of enforcement, education, and awareness to reach the stated goal.

Mental Health/Suicide Prevention, (TBD) – Reduce the number of suicidal individuals and suicide. Develop a Crisis Intervention Team, consisting of trained personnel that can respond to critical situations and recognize mental health. Train all employees on best practices concerning the mentally ill. Continued outreach with our community partners and stakeholders.

Reduction of Drug Overdoses/Drug Activity, (Captain Clary, Detective Noyes) – There were seven drug related drug overdose deaths in 2011. Our goal was to reduce the number of overdose deaths in 2012. I am happy to report that there were zero overdose deaths in 2012. Unfortunately, four people lost their lives due to drug overdoses in 2013. The state and our City have seen a substantial increase in Heroin use, which contributed to several of the deaths. The reduction of drug activity, will continue to be a top priority. A combination of enforcement, coupled with education and awareness programs will provide the best chance of success.

Robbery Reduction, (TBD) – Reduce the number of robberies at retail stores. Armed robberies have increased dramatically throughout the state over the last five years. The Laconia Police Department responded to nine robberies in 2012, this number increased to eighteen in 2013. Officers will identify specific areas that are prone to robberies and determine potential factors. Increased enforcement efforts and an education/awareness campaign will be implemented.

NOTE: Each POP Team will be comprised of Staff Officers, Sergeants, Patrol Officers, Detectives, Administrative Assistants and Dispatchers.



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!

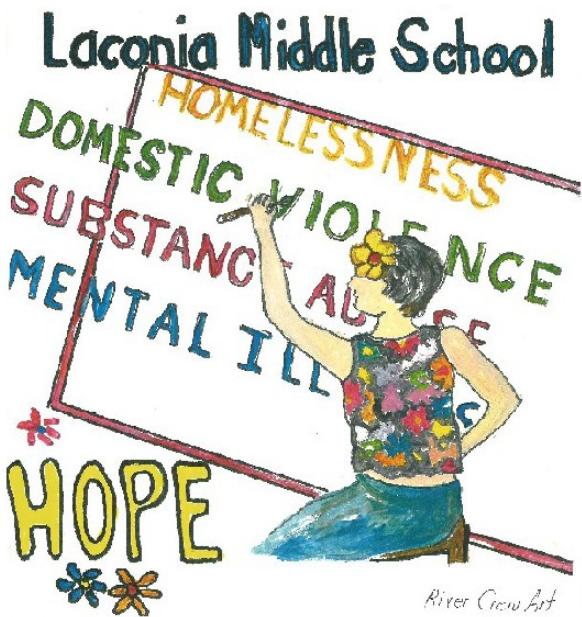
Questions? Call the Laconia PD at 524-5257



INOCENTE

FILM DISCUSSION

February 17, 2014 5:00 - 8:00 PM



7th Annual Robbie Mills Memorial



TOURNAMENT

To Benefit:



Saturday February 1st (Major snow date Feb 8th)

At the Funky Monkey, Laconia, NH

\$25.00 PP Donation includes: Practice, Lunch & entry for door prizes

Pre-Register to receive free T-Shirt

Registration @ 10:00am (after 10:45 \$30.00)

Tournament starts Promptly at 11:00am

Double Elimination BCA Rules

For more information or Pre-Registration contact
Tony Felch 998-1418 or Boys and Girls Club 527-0198

- 1 Trophies
- 2 Cash Prizes
- 3 Food
- 4 Raffles
- 5 50/50
- 6 Live Auction



Tim Caverly and his Allagash Tails Scheduled for Taylor Community



Tim Caverly has spent his life in Maine's outdoors. Growing up shadowing his father, who was a fire warden with the Maine Forest Service, and his brother, a ranger in Baxter State Park, it was natural for him to seek a career in the outdoors.

Tim will share his experiences on Sunday, Feb. 9 at 2 p.m. at Taylor Community's Woodside Building, 435 Union Ave. The event is free and open to the public, but please RSVP by calling 524-5600, Monday through Friday between 8 a.m. and 4 p.m. or email, rsvp@taylorcommunity.org.

Originally from Skowhegan, Maine, Tim began working as a ranger at Sebago Lake State Park while in college. Afterward, he continued his employment with the Department of Conservation with assignments as manager of Aroostook and Cobscook Bay State Parks, as well as being a regional supervisor of the Allagash Region. This Region included the Allagash Wilderness Waterway and Penobscot River Corridor. He was supervisor of the Allagash Wilderness Waterway for 18 years.

In 1999, Tim retired from the Department after a 32-year career. He resides in Millinocket, and worked for five years in the Millinocket School System. He now writes and presents programs full-time throughout New England, enjoys raising Golden Retrievers and sharing stories about the Maine woods.

Health Fair for Kids

BE SMART, GET OFF TO A GOOD START!



Families with young children, please join us!

- Interactive Activities
- Developmental Screenings
- Information on a variety of programs and resources
- Healthy Snacks!

For more info call 366-1070

Tuesday, February 18

1:00 - 6:00 p.m.

**HealthFirst Family Care Center
22 Strafford St., Laconia**

FREE



Sponsored by the Belknap County Early Childhood Council



Laconia Multicultural Festival Recipe Collection Sheet

Dear Friend,

The Laconia Multicultural Festival is preparing an international cookbook. The book will contain stories and pictures from cultures of those living in Laconia and beyond.

A contribution from you would greatly enrich the quality of this multicultural cookbook. We hope you will join us in submitting a recipe. Feel free to submit up to 5 recipes.

Menus for complete meals are welcome. Use a separate page for each recipe. We will put them together. Be sure to indicate which recipes comprise a meal.

We anticipate a great demand for our cookbooks and we want to be certain to order enough. You can reserve one or more for yourself and your family at this time to be assured of receiving them.

Please reserve ____ cookbooks for me. (cost will be \$10 to \$15)

Please note that not all recipes may used. This is up to the discretion of the editors.

Instructions

- Place only ONE RECIPE per form
- Print NEATLY IN INK NOT PENCIL
- List all ingredients in order of use in ingredient list and directions
- Include container sizes, e.g. 16-oz, 24-oz etc.
- Write directions in paragraph form not in steps.
- Use names of ingredients in the directions, e.g. "Combine flour and sugar" DO NOT use statements such as "Combine first 3 ingredients."
- Include ALL temperatures and times.
- Be consistent with the spelling of your name for each recipe you contribute
- Any special recipe notes (anything other than ingredients and directions) should be on a separate page.
- Your recipes should fit into one of the following categories:

Appetizers & Beverages
Soups
Salads
Vegetables & Side Dishes

Main Dishes
Breads & Rolls
Desserts
Cookies & Candy

Category _____

Recipe Title _____

Submitted by _____

Email _____ Phone _____

INGREDIENTS Use abbreviations: pt. qt. pkg. env. c. tsp. tbl. oz lb. gal. doz. sm. med. lg.

DIRECTIONS _____

email to: muff@metrocast.net or mail: Belknap Mill, 25 Beacon St East, Laconia NH 03246



3rd ANNUAL H.A.T.T. SOUP-A-THON & SILENT SERVICE AUCTION

WHEN: Sunday, Feb. 9, 5:00-7:00pm

WHERE: St Andre Bessette Parish Hall,
31 Gilford Ave, Laconia, NH

WHAT: **AYCE Eight Soups! Salads! Desserts!**
*Silent Service Auction: Hot Air Balloon
Rides, Theatre Tickets, Lessons, Boat
Rides, Gift Certificates and Much More!!*

COST: **Adult \$10.00 Child 12 or under \$3.00
Family of 4 or more \$25.00
Children under 3 yrs FREE**



Share Fair

Bring, display, and share
the building blocks of
your family and
community history!

- journals
- trade cards
- vital
- letters
- advertising
- records
- photos
- cards
- artifacts
- handiwork
- pottery
- souvenirs
- clothing
- maps
- paintings
- postcards
- china
- deeds
- jewelry
- and MORE!



WHEN: Saturday, February 15, 2014
9am-1pm (Snow Date: Feb 22)

WHERE: Belknap Mill, Laconia

REGISTER NOW! Call Warren @ 520-7650
~ as exhibit space is limited ~

A part of the FAMILY HISTORY INITIATIVE
sponsored by the Belknap Mill & the Laconia Historical and Museum Society.

Schedule:

(WARREN CLEMENT, Moderator and Facilitator)

- 8-8:45am Register and Set-up your table/s
- 9am Browse through all the displays
- 10am Talk about the items you bring. This option will be available to all exhibitors.
- 11:15am Break
- 11:30am Discussion and Q/A (Feedback, Themes,



~ Helping you retrieve, preserve, and share
your family and community history ~



Learn How - Become An
EMERGENCY RESPONSE VOLUNTEER
Before An Incident

Lakes Region Medical Reserve Corps Seeking
Medical, Public and Mental Health Professionals
Volunteers Needed!



Who Should Attend: Medical, Public or
Mental Health Professional (Active or Retired)

Information Session On:

Dates/Times: Tuesday, February 25, 2014 at 5:30-6:30pm

Location: *Lakes Region Partnership for Public Health*
67 Water Street, Suite 105, Laconia NH

RSVP: Please Call (603) 528-2145 or Email Kate
Bruchacova at kbruchacova@LRPPH.org

Active or Retired
Doctors, Physician's Assistants, Nurses, Pharmacists,
Medical Technicians, Counselors, Social Workers,
Psychologists, Veterinarians, Epidemiologists, EMT's, etc
ALL ARE WELCOME!

A program of



67 Water St., Suite 105, Laconia, NH 03246
Tel (603) 528-2145, www.LRPPH.org and on Facebook

Tenant 101: A 4-Week Workshop Series

Tuesday evenings from
6:00-8:00
Free dinner served from
5:30-6:00

Meets on:

- Tuesday 1/28
- Tuesday 2/4
- Tuesday 2/11
- Tuesday 2/18

This workshop series is free.

Tenant 101 is held at The
Family Resource Center
119 No. Main Street
Laconia, NH

To register: Contact Erika at
Family Resource Center of
Central NH
603-528-0391
erikal@lrccs.org



Topics Include:

Do you have poor or negative
landlord references?

Do you want to work on changing
them?

Come learn how to be the best
tenant you can be!

Many landlords have agreed to accept this
Tenant 101 Certificate as your willingness to
be a better tenant, and this may offset a prior
poor or negative reference from another
landlord.

In partnership
with:



The Linden
Foundation

The Samuel P. Pardoe
Foundation



Healthy Fast-Food Tips

Yes, it happens to the best of us...the fast food urge. Not all fast food is bad if you take the time to look at the newly posted calories and avoid the pitfalls below. Ask for items without the sauce, no sides and choose water. These three steps will save you hundreds of unnecessary calories.

Healthier Fast-Food Rule No. 1: Be Cautious About Condiments

Half the fat grams in Arby's Southwest Chicken Wrap and their Ultimate BLT Wrap come from the ranch sauce or mayonnaise. Believe it! Some fast food condiments add a lot of fat and calories -- like mayonnaise- and oil-based sauces. Others are lower in calories and have no fat, though they will add some sodium. Use a little catsup, mustard, marinara, or BBQ sauce instead of creamy sauces and spreads. Half a packet of BBQ sauce or honey-mustard sauce from most fast-food chains, for example, will add about 23 calories, no fat grams, and about 80 milligrams of sodium.-*Web MD*

Healthier Fast-Food Rule No. 2: Watch Out for Side Dishes

Anything on the side that's fried is suspect, like French fries and onion rings. If you need something to keep your entree company, look for fresh fruit cups or side salads (and use half a packet of the reduced-calorie dressing). The other option is to bring your own fruits or vegetables from home. Don't laugh -- I've done this plenty of times! -*Web MD*

Healthier Fast-Food Rule No. 3: Look Out for Liquid Calories

The last thing you need when eating at a fast-food chain is to drink something that gives you calories without nutrients, like soda, sweetened tea, lemonade, and fruit drinks. It's even worse if your drink is also loaded with fat -- like shakes. Choose either a no-calorie beverage (like water, unsweetened tea) or one that contributes some nutrients along with its calories (like low-fat milk or 100% orange juice).-*Web MD*

Just Saying:



1 Large order of French Fries from McDonalds will cost you a run for 36 minutes at a 10 minute mile pace. So save yourself the energy and just order the main meal, no sides (or bring your own) and drink water.



Tammy



For additional local resources on being active in the Lakes Region check out www.laconiahealthandwellness.org

*Tammy Levesque, Laconia SAU Health & Wellness Academic Coordinator
www.laconiahealthandwellness.org*



Lakes Region Sled Dog Club Please Note!

The 85th running of the World Championship Sled Dog Derby scheduled to be held in Laconia on February 7th, 8th, & 9th has been postponed to February 14th, 15th, & 16th.

The lack of fresh snow in the current forecast and the current icy conditions on the trails are without a doubt the determining factors. The postponement will give the Sled Dog Club trail crew more time to get the needed snow to establish and maintain a safe World Championship trail.

For additional and up to date information, check out our website @ www.lrsdc.org

Prescott Farm's 4th Annual Winter Fest

Saturday, February 15

12:00pm-3:00pm

**PAST AND PRESENT FAMILIES OF THE FAMILY RESOURCE CENTER—
You are invited to Prescott Farm's 4th Annual Winter Fest!**

Join us for a family outing to Prescott Farm. Free admission. Event activities include a bonfire with smores, sledding, snowshoeing, crafts and more! Free transportation will be provided to and from the Family Resource Center for families past or presently served by the Family Resource Center.

To reserve your spot on the bus, please call Katherine at 581-1574 by February 12. Bus will leave our center promptly at 12:00 pm and leave Prescott Farms promptly at 3:00 pm.



New Hampshire

Click on the logo (left) to access www.visitnh.gov to take a look at all of the winter activities our beautiful state has to offer!



CITY OF LACONIA BOARD & COMMISSION VACANCIES

The following Boards and Commissions have current vacancies:

Heritage Commission (1 regular position and 1 alternate position)
Board of Assessors (2 alternate positions)
Planning Board (1 alternate position)
Zoning Board of Adjustment (2 alternate positions)
Library Board of Trustees (2 alternate positions)

Some terms on the following Boards and Commissions will be expiring at the end of March. Current Board and Commission members now holding those positions may request to be reappointed, however, members of the public are also encouraged to apply if they are interested:

Heritage Commission (3 regular positions, 2 alternate positions)
Highway Safety Commission (1 regular position)
Library Board of Trustees (2 regular positions)
Licensing Board (1 regular position)
Parks & Rec Commission (1 regular position)
Putnam Fund (1 regular position)
Trustees of the Trust Fund (1 regular position)

If you are interested in applying for one of these positions, please contact the City Manager's office at (603) 527-1270 (or by e-mail at brownn@city.laconia.nh.us) for further information or to request an application.

Applicants must be residents of Laconia. Service on more than one Board or Commission is acceptable as long as it is a non-conflicting Board.

The deadline for receipt of applications is February 18, 2014.

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



1 in 3 teens and young adults experience some form of violence in a dating relationship.

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 includes more than physical violence:

It can also include **verbal abuse** (insults, put-downs, etc), **emotional abuse**, (constant monitoring, controlling behaviors, etc), **sexual abuse** (any action that limits a person's ability to control their sexual activity). An emerging trend is the use of technology, often called **digital abuse**, it includes any use of technology to intimidate, harass, monitor, or control one's partner. Another form of abuse is **economic control**; for teens, this could include pressuring a partner for expensive gifts or dates.

Often, there are warning signs before the relationship turns abusive:

How parents and other adults can help:

Some warning signs of an abusive relationship:

- too-frequent calls, texts, IMs, etc
- jealousy and possessiveness
- checking phone/email/etc without permission
- defending or minimizing the behavior

Some signs of a healthy relationship:

- communication, including around boundaries
- trust
- respect
- feeling safe and having fun together

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

- Keep an open environment by being available to listen. Give your undivided attention.
- Ask questions that can open discussion, rather than those that require a yes or no.
- As with all important topics, start the conversation yourself rather than waiting for teens to come to you. Media and current events make great openers.
- Start young and revisit the conversation often. Keep it "at their level" and age-appropriate.
- Assess your own values about relationships before you begin and model healthy relationships.

How New Beginnings can help:

- Prevention education workshops to schools and youth organizations.
- Educational workshops for parents on teen dating violence and talking to teens. Programs are free-of-charge and can be adapted for all professional and parent audiences.
- Free and confidential support and advocacy, available 24/7.

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. You can also encourage her/him to call as there is no minimum age to call a crisis line. Services are free and confidential.

You don't have to be "in crisis" to call a crisis line.

inspired by fusion

What inspires you?
What are you passionate about?

Interact with some great Lakes Region organizations
at this unique non-profit showcase.

Learn how you can get involved and make a difference.

Wednesday, February 19, 2014

3:00PM - 7:00PM

Historic Belknap Mill, Laconia

PARTICIPATING ORGANIZATIONS

Belknap Economic Development Council
The Circle Program
Court Appointed Special Advocates New Hampshire
Faith, Hope, and Love Foundation
Greater Lakes Child Advocacy Center

Historic Belknap Mill
Laconia Historical Society and Museum
Lakes Region Community Services
Lakes Region Municipal Volunteer Opportunities
New Hampshire Humane Society

Prescott Farm Environmental Education Center
Santa Fund
ServiceLink
WOW Trail
AND MORE...



FIND OUT MORE,
VISIT US ON FACEBOOK!



fusionnh.org

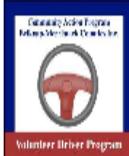
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News from the Planning & Zoning Office

If you can believe it, the City has been busy working on Motorcycle Week 2014 planning since January! Via Chapter 195 and Chapter 161 of the City Code, the Special Events Review Committee (SERC) is charged with reviewing applications from any property owner operating any of the following temporary land uses: vendors or places of assembly, such as concert or beer tents, campgrounds, structures, and parking lots.

The Committee makes sure that events are orderly, compatible and safe, provide adequate parking sanitary facilities, utilities and public safety services. This includes everything from proper electrical installations to safety lighting to pedestrian aisle width to licensing concerns. We have also worked to streamline the process for return applicants. If you have applied in 2013 and your site plan has not changed, you do not have to attend the meeting unless you get a call from us!



If you are looking to give back to the community and you have a few hours to spare please consider joining our award winning team of volunteer drivers.

Volunteer Driver Program

Call 224-8043
or e-mail
sjutras@bm-cap.org
for more information
on this great
volunteer
opportunity.



We're on
Facebook as
"Community
Action Program
Volunteer Driver
Program"

[Community Action Program Belknap, Merrimack Counties, Inc.](#)
[Volunteer Driver Program](#)



If you are a property owner who would like to participate this year, we would love to see you!

Applications are available online, and must be accompanied by a site plan and sanitary, trash and security contracts. If you have any questions please call Zoning Technician Kris Snow at 527-1264!



Winter

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

Cold Weather Hint!
Winter is upon us and the streets and sidewalks can become icy. Avoid slips and falls! Wear boots that are non-skid. If you use a cane, replace the rubber tip before it is worn smooth or it will become slippery, especially when wet. Consider buying an ice pick that fits onto the end of your cane—this will give you an extra grip on slippery, winter days and folds up when not in use. This device is available at home health care stores. *Courtesy of Laconia Senior Center's Newsletter*

*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 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