



Laconia Links

January 10, 2014 - Edition #116



Enjoying winter in Laconia!

Recycling Update

2 Week Total - December 9 through December 20

YTD* Recyclables Collected = 722.71		Savings to Taxpayers *YTD (@ \$150/ton) = \$108,406.50		Lost Opportunity Dollars *YTD = \$20,167.50	
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		26.27			
Monday	21.19	5.18	24.4%	6.36	\$177.00
Tuesday	34.79	9.33	26.8%	10.44	\$166.50
Wednesday	41.96	8.13	19.4%	12.59	\$669.00
Thursday	33.79	7.81	23.1%	10.14	\$349.50
Friday	31.48	7.19	22.8%	9.44	\$337.50
	Total = 163.21	Route Total = 37.64	Curbside Ave = 23.1%	Total = 48.97	Total = \$1,699.50
*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!



Reminder!



The next recycling collection week begins **Monday, January 13th!**



You may notice that reporting of our recycling numbers is a bit behind due to the recent holidays. Check next week's newsletter for the recycling statistics for the period December 23rd through January 3rd.

If you have any questions regarding the City of Laconia's recycling program or trash pickup procedures, please call our Department of Public Works at 528-6379, Ext. 300, or check the Department's website [here](#).



Laconia Public Library Upcoming Events.....



Tuesday, January 14th
@ 3:30pm, Laconia Rotary Hall

"Mortal Instruments: City of Bones", rated PG. When her mother disappears, Clary Fray learns that she descends from a line of warriors who protect our world from demons. She joins forces with others like her and heads into a dangerous alternate New York called Down-world. Teens in grades 6-12 are welcome. Admission is free.

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

Eating for Better Health: Separating Fact From Fiction



Every day we hear messages about how what we eat affects our health, but what is true and what is fiction? Join us on Tuesday, January 21st @ 6:30 pm in Laconia Rotary Hall when Lisa Garcia, a registered dietitian with a private practice in Laconia, will discuss some popular misconceptions. She will also show how some food packages can have us thinking something is better than it really is.

"Many of us want to eat better, but it's confusing," says Lisa. "Every day we get hundreds of messages in the media, internet or grocery store. As a registered dietitian, I help people figure out how to navigate through the confusion and eat in a way that is both healthy and enjoyable."

Come pick up some tips on eating for a healthier you! For more information, please contact Deann at 524-4775 ext. 11, or Lisa at 387-2622.

Upcoming Meetings...

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

You can also contact any of the City's departments for more information on a meeting or to obtain a printed copy of the agenda. Meetings are open to the public. You are invited and encouraged to attend and provide input.

Follow this [link](#) to the "Calendar" page of the City of Laconia's website.

Click on a specific meeting for more information. Please check the "Calendar" page often for updated info and changes.

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

City Council Meeting/ Inauguration

January 13, 2014, 7:00 pm
Belknap Mill, Third Floor
(See invitation on [page four](#))

Conservation Commission

January 15, 2014, 6:00 pm
City Hall, Room 200B

Agenda

Laconia Airport Authority

January 16, 2014, 4:00 pm
Laconia Airport Conf. Room

Police Commission

January 16, 2014, 3:00 pm
Laconia Police Dept.
Community Room

Board of Assessors

January 16, 2014, 5:30 pm
City Hall, Room 200B

You learn
something every
day if you pay
attention.
-Ray LeBlond

LACONIA SCHOOL DISTRICT

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

EDUCATION IS NOT
PREPARATION FOR
LIFE; EDUCATION IS
LIFE ITSELF.
- JOHN DEWEY

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

1/13	1/14	1/15	1/16	1/17
LHS FAFA Night - 6:00 PM @ LHS Library	Grade 2 Show @ PSS - 6:30 PM WHS PTO - 6:30 PM @ WHS	PSS Walk to School - 8:10 AM LMS PTO meeting - 6:30 PM @LMS Library	READY for Kindergarten program @ PSS 5:30 - 7:30 pm.	Kindergarten Show @ ESS - 1:30 PM WHS Movie Night - 6:00 PM LMS Family Fun Night 5:00 - 7:00 PM

Elm Street School Super Students for December



WHS Integrated Technology ~ Into the Future

Integrated Technology can be found throughout Woodland Heights Elementary School. In our Media Center and Computer Lab students work on integrated units that support Common Core Standards & NETS. Students in grades K - 5 visit the Computer Lab & Media once a week for 40 minutes.



On this [website](#) you will find a number of resources that we use in the Computer Lab & in the Library, suggested resources you can use with your children and a gallery of student work.



Huot Adds Programs for 2014 - 2015 School Year

Students in the Lakes Region will have more choices in their education next fall. The J. Oliva Huot Center is preparing to expand two existing programs and launch a new Resort and Recreation Management program for fall of 2014.

The current two programs slated for expansion are Law Enforcement and Biotechnology. The newest program, Resort and Recreation Management, will prepare students for a variety of careers in the hospitality industry. For more information please click [here](#).

6th Annual Lakes Region Holiday Basketball Tournament

This year marks the 6th year of the Lakes Region Holiday Basketball Tournament. This middle school tournament featured two boys and two girls divisions with 25 total teams participating! The tournament is a double elimination tournament with 42 games over 3 days taking place at both Laconia Middle and High schools. Teams come from the Lakes Region and beyond to participate. This year's champions include Laconia - boys A division, Merrimack Valley - girls A division, and Plymouth - both the boys B and girls B divisions. Congratulations to our winners and to all the participating teams for making this year's tournament a success!



We would like to remind families with children birth to five that our next [Ready! for Kindergarten](#) program will be held on Thursday, January 16th, from 5:30-7:30 PM at Pleasant Street School (with a snow date of January 23rd). This is the second evening of three, but still open to newcomers, and provides a wealth of strategies and resources to help prepare toddlers for their venture into pre-K or kindergarten. Please consider attending if you are able - it will be time well invested! Click [here](#) for more information on this program.



Fighting the Flu at School A Note from the School Nurse

Marie Liimatainen, Pleasant St. School Nurse, encourages parents to access information about the flu and flu vaccines so that they can make the right decision for their children. Everyone who is at least 6 months of age should get a flu vaccine this season. For more information please click [here](#)

Follow us on
Twitter

Follow Laconia School District on [Twitter](#)



The City of Laconia

requests the honor of your presence at the

Inauguration of

Mayor

Edward J. Engler

Councilors

Ward 1
Ava Doyle

Ward 2
David Bownes

Ward 3
Henry D. Lipman

Ward 4
Brenda R. Baer

Ward 5
Robert A. Hamel

Ward 6
Armand A. Bolduc

Monday, January 13, 2014

7:00 p.m.

Belknap Mill - 3rd Floor

Reception Immediately Following

Family Fun Nights

Laconia Elementary Schools - Trifecta Challenge



Pleasant St. School
January 23
5:30-7:00 pm

Take A Trip To the Outback

Woodland Heights
February 13
5:30-7:00 pm

Cruising a Winter Wonderland

Elm St. School
March 13
5:30-7:00pm

Alien Invasion

Get out of the house this winter with "Family Fun Nights".

Enjoy a FREE light meal at 5:30pm followed by Family Fun Activities. Attend one event or all! Families participating in all three events will win the coveted *Trifecta Family Medal*.

For more details contact your school or see

www.laconiahealthandwellness.org



Nature Matters: Squam Lakes Natural Science Center Programs Highlighted



Ian MacLeod, executive director of the Squam Lakes Natural Science Center will present an illustrated program about the work the Center does and what's new for 2014. MacLeod will also bring a live osprey and discuss Project OspreyTrack, an international project started by the Center in 2011. The project uses state-of-the-art satellite trackers to follow migrating ospreys from New Hampshire to South America. The program is scheduled for 11 a.m., Friday, Jan. 17 at Taylor's Woodside Building. Each year, nearly 50,000 visitors walk the Center's exhibit trail in Holderness to see live animal exhibits and learn about New Hampshire's ecology.

Another 13,000 students participate in school programs; 10,000 passengers enjoy a spectacular tour of Squam Lake and thousands more attend adult and family programs and special events.

In 2012, the Center launched the Nature Matters capital campaign with a goal of raising \$3.5 million for exciting new exhibits and enhancements that will be completed by 2016 – the Science Center's 50th anniversary.

To ensure seating, please RSVP for the event by calling 524-5600, or email, rsvp@taylorcommunity.org.



Kelly Ayotte

United States Senator for New Hampshire

"New Hampshire residents who are looking for help dealing with the federal government shouldn't hesitate to contact me. I believe strongly that the citizens of our state deserve quality, efficient constituent services, and I will strive to deliver nothing less. A member of my staff will be visiting the City of Laconia every other month so please stop by."

DATE: **THIRD** Wednesday of **EVERY OTHER** Month

TIME: 11:00 AM – 1:00 PM

LOCATION: City Hall, Room 200 B (second floor)

January 15, 2014

March 19, 2014

May 21, 2014

July 16, 2014

September 17, 2014

November 19, 2014

Note: In the event of snow days or holidays, office hours will be rescheduled.

CONTACT INFO:
SIMON THOMSON

1200 Elm Street, Suite 2
MANCHESTER, NH 03101
(603) 622-7979 PHONE
www.ayotte.senate.gov

144 RUSSELL SENATE OFFICE BLDG.
WASHINGTON, DC 20510
(202) 224-3324 PHONE
www.ayotte.senate.gov

Laconia 2014 Curbside Recycling Collection Calendar

Recycling in Laconia is collected at your curb every other week in 2013. Your trash collection is every week. Place your trash and Mixed Paper and Commingled Containers at the curb by 6:00 AM. The recycling collection will be on the **Shaded Weeks** as follows.

January	February	March	April
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4 5
5 6 7 8 9 10 11	5 6 7 8 9 10 11	5 6 7 8 9 10 11	12 13 14 15 16 17 18 19
12 13 14 15 16 17 18 19	12 13 14 15 16 17 18 19	12 13 14 15 16 17 18 19	20 21 22 23 24 25 26 27 28 29 30
20 21 22 23 24 25 26 27 28 29 30	20 21 22 23 24 25 26 27 28 29 30	20 21 22 23 24 25 26 27 28 29 30	31
May	June	July	August
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4 5
5 6 7 8 9 10 11	5 6 7 8 9 10 11	5 6 7 8 9 10 11	6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
12 13 14 15 16 17 18 19	12 13 14 15 16 17 18 19	12 13 14 15 16 17 18 19	
20 21 22 23 24 25 26 27 28 29 30	20 21 22 23 24 25 26 27 28 29 30	20 21 22 23 24 25 26 27 28 29 30	
September	October	November	December
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6	1 2 3 4	1 2 3 4	1 2 3 4 5 6
7 8 9 10 11 12 13	7 8 9 10 11	7 8 9 10 11	7 8 9 10 11 12 13
14 15 16 17 18 19 20	14 15 16 17 18 19	14 15 16 17 18 19	14 15 16 17 18 19 20
21 22 23 24 25 26 27	21 22 23 24 25	21 22 23 24	21 22 23 24 25 26 27
28 29 30	28 29 30 31	28 29 30 31	28 29 30 31

Click [here](#) for a full-sized version of the 2014 Recycling Collection Calendar!

BESTWAY DISPOSAL

Recycling and Trash Collection Schedule

2014 Holidays

New Year's
Memorial Day
Independence Day
Labor Day
Thanksgiving
Christmas Day

Wednesday 1-1-2014
Monday 5-26-2014
Friday 7-4-2014
Monday 9-1-2014
Thursday 11-27-2014
Tuesday 12-23-2014

Collection will be delayed one day after the holiday during these weeks.

Recycling is easy, economical and environmentally necessary! Your recycling efforts save natural resources and returns recycling for reuse, and by recycling you save Laconia tax dollars by avoiding disposal costs.

603-737-0532



Laconia Police Department

[Link to Laconia PD Here](#)

Emergency Notification System

ENS
Emergency Notification System

The Laconia Police Department is working with the Department of Safety Division of Emergency Services and Communications to build the data base for the State's Emergency Notification System. All land line phone numbers are already entered into the 911 data base. It is the intention to get as many cell numbers and e-mail addresses into the system as possible.

The Emergency Notification System, or as some call "Reverse 911", is to ascertain what means exist for rapid and efficient communications during natural and man-made disasters. The automated computer system provides the State with both a multi-line telephonic messaging system and a capacity on demand emergency alert warning system. The ENS alert system allows community users the capability to rapidly notify citizens through a computer server and telephone lines.

As most people are moving towards cell phones, those numbers need to be registered for the alerts. To do so simply log on to laconiapd.org and click the ENS link on the Department's home page (right-hand side of the page at the bottom). Follow the simple instructions on the signup page.

If you have any questions, please do not hesitate to call the Laconia Police Department at 524-5257.



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 .

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



Laconia Historical & Museum Society



LHMS Annual Meeting and Lecture Program on the History of the Free and Accepted Masons of Laconia to be Presented

Laconia Historical and Museum Society will hold their Annual Meeting and host the brethren of Mount Lebanon Lodge #32 on Monday, January 13, 2014. The meeting and lecture program will be held at the Laconia Public Library with the annual meeting beginning at 6:30 followed by the lecture program at 7:00.

The brethren of Mount Lebanon Lodge #32 in Laconia will present an evening of their history in Belknap County. Beginning with the founding charter at Meredith Bridge in 1819, Lodge members will visit past meeting places, review highlights of the 100th charter centennial in 1919 and conclude by looking at 20th century accomplishments as well as plans for their bicentennial in 2019.

"This has always been a subject that has intrigued me – I am thrilled to be able to include this program in our lecture series" says LHMS Executive Director Brenda Kean.

This lecture is free and open to the public. For more information about the LHMS Annual Meeting or this lecture program contact the Laconia Historical and Museum Society at 603-527-1278, email at lhmslpl@metrocast.net or on the web at www.laconiahistorical.org.





OPEN GYM

Laconia Lacrosse U9 & U11 Sunday Nights

Even though it has been cold the spring Lacrosse season is fast approaching. Laconia Lacrosse will be holding free open gym sessions on Sunday evening beginning January 12th at Laconia High School from 5:00 pm to 6:30 pm for all U9 and U11 ages that are interested in trying Lacrosse for the first time, or getting back into shape for the spring season. Please bring a stick, helmet and gloves and be ready to have fun! If you do not have equipment there will be a limited supply of sticks, gloves and helmets available to use! Once again these are free sessions with no obligation!

For more information about U9 Laconia Youth Lacrosse please email mark at mark@gcengineering.com or call 344-0176

Winter Programs

at Prescott Farm Environmental Education Center
January & February 2014



Snowshoe Fitness Walks

(faster/fitness paced for adults)

Saturdays, Jan. 4th, 11th, 18th & 25th/Feb. 1st & 8th;
9:00-10:00

\$7/person or \$5 for Members of Prescott Farm
(price includes snowshoe rental)

Snowshoe Adventure Hikes

(slower paced for all ages)

Saturdays, Jan. 4th, 11th, 18th & 25th/Feb. 1st & 8th;
11:00-12:00

\$7/person or \$5 for Members of Prescott Farm
(price includes snowshoe rental)



Sledding Parties

Saturdays, Jan. 4th, 11th, 18th & 25th/Feb. 1st & 8th;

1:00-3:00

FREE! (please bring your own sled)



Full Moon Snowshoe Walks

Thursday, Jan. 16; 6:30-8:30

Friday, Feb. 14; 6:30-8:30

\$7 per person or \$5 per person for Prescott Farm
Members, with a discount for families with two or more
children (\$24 or \$18 for Members)



Reservations are required for all programs. For more information on any of these programs and to reserve your space, please contact us at:

Prescott Farm
Environmental Education Center

"Through preservation and education, Prescott Farm celebrates the interconnections between our community and the natural systems that sustain us all."

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

READY! for Kindergarten

Winter Session

January 16, 2014

5:30-7:30*

Pleasant Street School

(Snow Date: January 23, 2013 same time and location)

*First time attendees need to arrive by 5:30p.m. to receive a READY! Notebook, bag, and orientation. All returning parents need to arrive by 6:00 p.m.

Enjoy a free class for Laconia parents/guardians of children birth to age 5
You will learn important information on how children learn and grow
Join us to learn games to share with your child to support their learning

Register by calling Kaitlyn at the Laconia School District at 524-5710 or
online at www.readyforkindergarten.org/laconia

Register early as enrollment is on a "first come, first served" basis!

Ready for K! is a joint initiative of the Laconia School District & LRCS Family Resource Center of Central NH, in partnership with Granite United Way



**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





Laconia Police Department

[Link to
Laconia
PD Here](#)

HUMAN TRAFFICKING AWARENESS DAY



Human Trafficking Awareness Day is Saturday, January 11th. Human trafficking is modern-day slavery and is defined as controlling a person through force, fraud or coercion, physical or psychological, and to exploit the person for forced labor or sex, including prostitution or pornography.

It is estimated that annually 27 million people are trafficked globally: 80 percent are women, 15 percent are children and 5 percent are men. Most victims are women and children forced into sexual slavery. Human trafficking is a growing industry, generating more than \$32 billion a year.

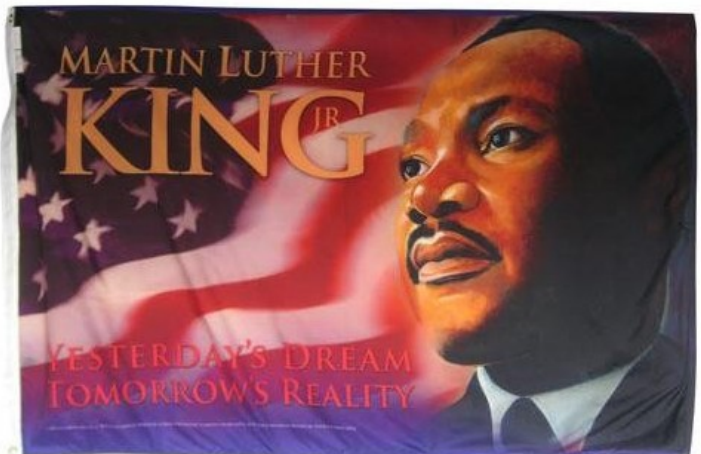
Victims of trafficking can be national or international, coming into the country legally or illegally, or born and raised in the United States. Most sex trafficking victims in the United States are domestic youth.

Today, up to 300,000 American youth are at risk of being sold into sexual slavery. Please look for future events on Human Trafficking in the Lakes Region.

(Presented by the Laconia Police Department and the Family Violence Prevention Council)

Rashida Mohamed will be the guest speaker at the annual Martin Luther King, Jr. holiday celebration Sunday, January 19 at the Laconia Middle School from 3:15 to 6:30 pm. Ms. Mohamed is the Domestic Violence Advocate for the Manchester Police Department. This celebration is sponsored by the Laconia Human Relations Committee. Everyone is welcome!

Dr. Martin Luther King, Jr. was a champion for justice throughout the world. Rashida Mohamed was working in that tradition when she was forced to flee her native country of South Sudan because of her civil rights work on behalf of women. She, her husband, and two daughters arrived as immigrants in Manchester in June of 1999. Her first job was with the International Institute of NH in Manchester. After this, she was the Shelter Manager for the Manchester YWCA for seven years. She is just now completing five years as a Domestic Violence Advocate for the Manchester Police Department. She is a board member for PPNNE (Planned Parenthood of Northern New England), the New Hampshire Women's Initiative and the Ujima Collective. Ms. Mohamed will speak to this broad range of experience and service. She will be introduced by Laconia Police Chief Chris Adams.



The celebration includes a brief segment from Dr. King's memorable *I Have a Dream Speech* at 3:30 pm. Ms. Mohamed will speak at 3:45 pm. A pot-luck supper followed by line dancing with Thomas Chiappisi of Center Sandwich will take place from 5 to 6:30 pm. Beverages will be provided. Bring a dish to share and enjoy the celebration! Please join the Laconia Human Relations Committee in this important remembrance of Dr. King, Jr.

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
719 No. Main Street
Laconia, NH

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



**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.*

Topics Include:

- What do I look for in an apartment?
- What do I expect in an interview?
- Is this apartment affordable?
- What are my tenant rights?
- What is the eviction process?
- How can I be a good neighbor?

In partnership
with:



The Linden
Foundation

The Samuel P. Pardo
Foundation

Keep Active In the Snow & Cold

Don't let the cold or snow slow you down this winter,
get outside and get active. Create your own fun or try

one of the
following activities
to remain
physically active
during the cold,
winter months.
.....

Snowshoe

Chop Wood

★ ★ ★
Shovel

Ice Skate

★ ★ ★
Ice Hockey

.....
Build a Snowman or Snow Sculpture

**Play Tag
in the
Snow**

★ ★ ★
**Go for a
Walk**

Cross Country Ski

★ ★ ★
**Downhill Ski
Snowboard**

.....
**Sledding
Tubing**

**LACONIA
PARKS & RECREATION
DEPARTMENT**



Winter Recreation

SPECIAL EVENTS

SLEDDING PARTY

Date: Friday, January 24

Time: 6:00 - 8:00pm

Come sledding with the family under the lights on South
Street. We will have a bonfire and will roast marshmallows.

This is a free program, just come and play.

Weather & conditions permitting.

Call to check the party status.



LACONIA SLEDDING HILL

LOCATED AT THE END OF SOUTH STREET

HOURS 8:00AM - 10:00PM

FREE! PLEASE FOLLOW THE POSTED
RULES FOR SAFETY

CONDITIONS PERMITTING.

LIGHTS WILL BE ON FROM 4:00 - 10:00PM

ONLY IF CONDITIONS ARE GOOD AND SAFE.





Bath Salts and Synthetic Marijuana – DANGEROUS to body and brain

Information provided by Partners in Prevention www.pipnh.org and
Stand Up Laconia www.standuplaconia.org



Photo Caption: Synthetic Drugs, such as Bath Salts and Synthetic Marijuana, are packaged to be attractive to kids/teens. Parents should be on the look-out for colorful packages, sometimes with cartoon characters on them that are labeled as things like "potpourri, plant food, or incense".

Synthetic drugs are on the increase and easily available causing great harm to users! Even with current state and federal laws, these man-made forms of dangerous chemicals are available. Promoters and retail outlets market these drugs as a safe way of getting high, but in reality they can cause great damage to the body and brain. These products are sold as incense, potpourri, bird attractant, plant food, and labeled "not for human consumption," hiding their intending purposes.

What can Parents Do?

- 1) It's Time to Talk!! First and foremost, parents should talk to their kids about the dangers of these substances. Kids who learn about the risks of alcohol and drug use from their parents are up to 50% less likely to use than those who do not.
- 2) Stay informed and know WHY these substances are so dangerous. Check out <http://www.drugfreeenh.org/drug-guide/synthetic-drugs> for useful information that you can share with your family.

You can help stop the sale of these products by reporting local vendors to your law enforcement agency.
Contact Laconia PD at: 524-5252

For More Details on Healthy Family Activities in the Lakes Region check out www.Laconiahealthandwellness.org or
contact Tammy Levesque at 528-2145.



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

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



Join Bob and Betty Davis at
the Senior Center in a sing-
along on Wednesday,
January 15th from
10:30 am to 11:30 am!

*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:

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