



## Laconia Links

*October 31, 2014 - Edition #158*



*A Halloween Sky Over Laconia*

# NEWS From the City Clerk's Office

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



The State General Election and Municipal Election will be held on November 4, 2014 from 7:00 a.m. to 7:00 p.m.  
Polling locations are as follows:

- Ward 1 – Belknap County Nursing Home
- Ward 2 – St. Andre Bessette Parish Hall
- Ward 3 – Laconia Middle School (multipurpose room)
- Ward 4 – Memorial Park Club House
- Ward 5 – Woodland Heights Elementary School (gym)
- Ward 6 – Leavitt Park Clubhouse

To view sample ballots or the Charter Amendment questions, or to find out where you vote, please visit our website by clicking [here](#).

**Welcome to Laconia Links** a weekly email newsletter update devoted to keeping you informed of City of Laconia department news, City projects, useful links, activities and events!

Look for a new edition of the newsletter each Friday. If you have already signed up to be on our distribution list to receive your newsletter by e-mail, thank you for your interest! If you would like to be added to our e-mail list (or to unsubscribe), please click [here](#).

As always, we welcome your ideas and comments as to what you would like to see included in future issues. Just give us a call in the City Manager's office at 527-1270, or contact us by e-mail at [info@city.laconia.nh.us](mailto:info@city.laconia.nh.us)

*We look forward to keeping you up to date on our beautiful City!*



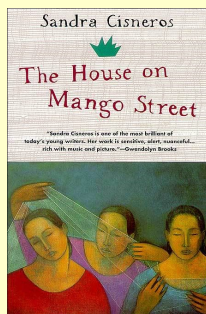
**Halloween in Laconia will be on Friday, October 31st.**



**Trick-or-treating hours are from 5:00 pm to 8:00 pm.**

**Have a safe and fun Halloween!**

## Laconia Public Library Upcoming Events.....



The third discussion in the Library's fall book discussion series "The Novella: Short but Powerful" will focus on *The House on Mango Street*, by Sandra Cisneros. This is a story of Esperanza Cordero, a young Latina girl growing up in Chicago in a neighborhood of harsh realities and harsh beauty.

The discussion will be held on Tuesday, November 4th@ 7 pm in Laconia Rotary Hall, located on the lower level of the Library. Copies of the book are available to check out at the Library's Main Circulation desk. For more information please call 524-4775 Ext. 12.



Please help us fill a Thanksgiving basket to donate to a family through St. Vincent de Paul's Food Pantry. Tuesday, November 4th from 4:00-5:00. Children ages 5-12 may bring 1 or 2 items, make Thanksgiving decorations and help decorate the basket. We will supply the turkey and deliver it to the pantry. Please come in or call 524-4775 Ext.13 to sign up and choose what you would like to bring to the program.

## 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!*

### Conservation Commission

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

### Water Commission

November 6, 2014, 8:00 am  
117 Stark St., Water Treatment  
Facility Conference Room

Meeting  
in  
Progress

### Trustees of the Trust Fund

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

### Planning Board

November 3, 2014, 6:30 pm  
City Hall, Room 200A

### Main St. Bridge Info Session

November 5, 2014, 8:00 am  
City Hall, Room 200A

### Licensing/Special Events

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

### Lakes Business Park Comm.

November 5, 2014, 4:00 pm  
City Hall, Room 200A

# LACONIA SCHOOL DISTRICT

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



[Laconia High School Website](#)



[Huot Career Tech Center Website](#)



[Laconia Middle School Website](#)



[Elm Street School Website](#)




[Pleasant Street School Website](#)

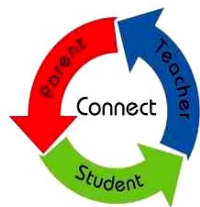


[Woodland Heights School Website](#)

## WEEK AT A GLANCE IN LACONIA

11/3	11/4	11/5	11/6	11/7
VIPSS 6:30 pm @ PSS		VISTESS mtg. 6:30 @ ESS <b>Laconia School Board</b> mtg. 7pm		

**FAMILY WRITE NIGHT** will be held at Woodland Heights School on Wednesday, November 5, 2014 from 6 p.m. – 7 p.m. The featured speaker will be Gail Bourn who will be sharing writing techniques. **ALL ELEMENTARY STUDENTS** and their parents are invited to share in writing together as a family – illustrating their writing of favorite winter memories. Notebooks and colored pencils will be handed out and refreshments will be served.



## LACONIA HIGH SCHOOL PARENT TEACHER CONFERENCE SIGN UP

Laconia High School Parent/Teacher Conferences are scheduled for Monday, November 10th from 4pm-7pm. Please follow the instructions below to sign up electronically:

- Step 1- Click on the department you would like to sign up for
- Step 2- Scroll down to find your child's teacher
- Step 3- Click on desired time
- Step 4- Click on "Submit and Sign Up"
- Step 5- Type in your child's first and last name, then click "sign up now"

\*Follow steps 1-5 for each department you wish to sign up for  
If you have any questions, please contact Jen O'Reilly at 524-3350 ext. 4000



## NH Communities for Children:

**Safe Schools and Healthy Students State Planning Grant**

Through the new Safe Schools and Healthy Students grant Laconia has partnered with Genesis Behavioral Health to provide Mental Health Clinicians in each of our schools. This new staff member is an extension of the services offered by our Guidance Counselors. They will be providing individual and group supports to students, such as social and emotional skill building sessions. We are very excited to be offering even more support for our students to ensure the health and well-being of every child. For questions about this please contact your child's school. For more information on the Safe Schools, Healthy Students State Planning Grant click [here](#).

## KEEPING THE LIGHTS ON AFTERSCHOOL IN LACONIA



Lights On Afterschool is a national event sponsored by the Afterschool Alliance that brings awareness regarding the importance of after-school programs that improve academics, keep students safe, and support working families. Project EXTRA Laconia school sites celebrated in their own unique student-centered fashion.

Elm Street School organized a family event with a variety of activities and unveiled their 6 foot working light bulb that was created by the students. Pleasant Street School created a dance video titled "Keep the Lights On After-school" and a light bulb collage reaching from the floor to the ceiling. Woodland Heights School students created the school's mascot and spent the afternoon playing "light bulb-themed" activities. In addition to creating paper mache light bulb center pieces for the Project EXTRA Advisory Board meeting, over 50 middle school students coordinated and provided a Lights On Party for the younger students at the Boys & Girls Club.



Follow us on  **twitter**

Follow Laconia School District on [Twitter](#)



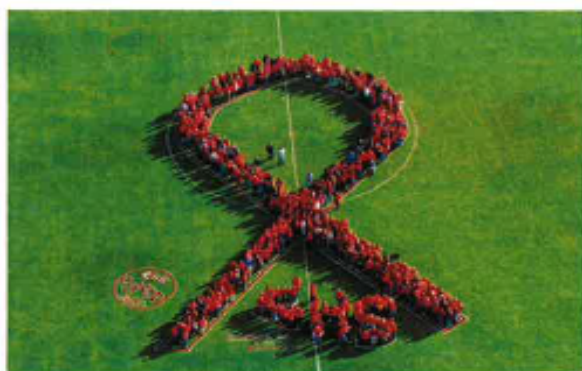


# Laconia Police Department

Link to  
Laconia  
PD [here](#)

## Celebrate Red Ribbon Week

**Red Ribbon Week** is when people across the State of NH and the Country promise to stay drug-free and affirm their commitment to drug prevention and education by wearing **red** ribbons, planting **red** tulips, and more!



**Red Ribbon Formation**  
at a school in Litchfield,  
New Hampshire!

On a designated day of the week, encourage students and faculty to wear **red** shirts or have **red paper** to hold. Mark off a ribbon formation with safety cones, then invite everyone to line up and take a photograph! If possible have the local fire department use their ladder and shoot a picture from above!



October 23-31, 2014

**Red Ribbon Week** is the oldest and largest drug prevention program in the nation. By wearing red and participating in community events, people pledge to live a drug-free life.

There are many activities that you, your family, and youth can participate in at home, work, school or the community! See NH's Red Ribbon Week Action Guide on [drugfreeNH.org](http://drugfreeNH.org)

**Plant the Promise:** Plant red tulips and learn and/or teach about alcohol and drug misuse. They bloom in April the following year during Alcohol Awareness Month! Free tulips may be available in your community - enter your zip code on [drugfreeNH.org](http://drugfreeNH.org) or call the NH Alcohol, Tobacco and Other Drug Clearinghouse at 603-271-2677.

**Show Me The Bunny:** Here is an opportunity to have youth participate in a fun and rewarding learning activity. There are free fuzzy small bunnies, stickers, and posters available to help implement the campaign plus a \$100 raffle! To learn more check out: [drugfreebunnyNH.org](http://drugfreebunnyNH.org) or call NH Alcohol, Tobacco and Other Drug Clearinghouse at 603-271-2677.

**Red Ribbon Social Media Campaign:** A fun and easy way to spread the Red Ribbon Week message to the community! You will get to practice using social media to engage with the public. Check out the [Red Ribbon Week Action Guide](#) for step by step directions.

**Wear a Red Ribbon and Make a Drug-free Commitment today!**

### For more information

Check out the Action Guide for NH Red Ribbon Week Activities at:



#### National Family Partnership

\*Win \$1,000 For Your School and an iPad For Your Family

[www.nfp.org](http://www.nfp.org)

NH Department of Health & Human Services' Bureau of Drug & Alcohol Services  
105 Pleasant Street, Concord, NH 033031 • 603-271-6110 or toll free 1-800-804-0909 (in NH only)

**NHBDAS**  
New Hampshire Bureau of Drug & Alcohol Services  
Preventing Problems and Promoting Recovery



# The 2nd Annual Fusion networking Event

Hosted By  
**Patrick's  
Pub & Eatery**

Thursday, November 6th

5:30-7:30 PM  
Tickets: \$10 at Eventbrite  
\$15 at the Door  
Cash Bar  
50/50 raffle  
Giveaways

Wine Tasting Provided by:



Proceeds from the event will benefit  
Lakes Region charities and future Fusion programs.



Beer Tasting  
Provided By:



This year we have a special  
announcement that you  
won't want to miss!

[www.FusionNH.org](http://www.FusionNH.org)



Photography courtesy Stacy  
Brobst Photography

Sponsored By  
**BelknapEDC**  
belknap economic development council



## Main Street Bridge Construction

# DETOUR



Click here for Main Street  
Bridge info including  
construction plans and  
traffic detour maps.

The Main St. Bridge Construction Website is updated periodically with information on construction progress, detour timing, special alerts and other pertinent information. The image (left) contains a link to a webpage relating to the project. On that page you will find the most current information on the bridge project.

Should you have any questions about the construction project or the website please contact Paul Moynihan at Public Works (528-6379, Ext. 301) or Shanna Saunders in the Planning Department (527-1264).

Please remember to support our downtown  
merchants during this project!

*Thank you for your patience!*



# Reminder!

The next  
recycling  
collection week  
begins Monday,  
November 3rd!



# 5th Annual Lakes Region Dancing with the Stars

friday  
november 14  
6:30 pm

ilhs community auditorium  
meredith, nh

tickets available at  
[www.eventbrite.com](http://www.eventbrite.com)

adult: \$15  
children (10&under): \$7



**LACONIA  
PARKS & RECREATION  
DEPARTMENT**



# Pumpkin Glow Walk

A BIG thank you to all who participated in Laconia Parks & Recreation's 1<sup>st</sup> Annual Pumpkin Glow Walk. It was held last week and we had 25 pumpkins and over 200 people walk the WOW Trail and judge the contest. This was an amazing turnout and will only grow next year!

The winners were Cindy Lou from Melcher & Prescott for the Scariest (*photo right, 2nd from left*) and the Lee Family for the Best Over All (*see photo below*).



**Thanks to all who attended – see you next year!!**

## 2014 Annual Laconia



**Info & Registration Available at:**  
Lakes Region Chamber of Commerce  
383 South Main Street, Laconia | 603-524-5531 | [Lakesregionchamber.org](http://Lakesregionchamber.org)  
All My Life Jewelers  
639 Main Street, Laconia | 603-528-8541



**LAKE REGION**  
CHAMBER OF COMMERCE

## Living Healthy With Asthma

**LRGHealthcare**  
care. compassion. community.

## Asthma EDUCATION CLASSES

Join us for an  
asthma education class  
taught by a  
CERTIFIED ASTHMA EDUCATOR

### CHOOSE FROM A VARIETY OF DATES

**FOR KIDS (UNDER 13)  
AND THEIR PARENTS**

Tues. Sept. 9  
Tues. Oct. 14  
Tues. Nov. 11  
Tues. Dec. 2

**FOR ADULTS & TEENS  
(13 & OLDER)**

Tues. Sept. 23  
Tues. Oct. 28  
Tues. Nov. 25  
Tues. Dec. 9

This FREE class runs monthly from 6:00-7:30 p.m.  
at Lakes Region General Hospital

PLEASE CALL 527-7120 TO REGISTER

### Topics of discussion will include:

- Common asthma triggers
- Understanding the difference between control medications and rescue quick relief medications to use during an attack
- When to call your healthcare provider

**\*No referrals needed from your healthcare provider to attend\***

Call **603-527-7120** to register





**It's Time to Tee Off for the  
Best Tasting Event  
in the Lakes Region!**  
SATURDAY, NOVEMBER 1, 2014 | 6 - 9 PM  
**LACONIA COUNTRY CLUB** - 607 ELM STREET, LACONIA, NH  
*The perfect combination of beauty and grace*

**JOIN US FOR A VERY SPECIAL NIGHT OUT TO  
CELEBRATE THE LAKES REGION AND BENEFIT LRCS!**

Sample amazing locally-made, handcrafted  
Wine, Mead, Beer, Cider, Fine Foods,  
Desserts and Coffee from 18 local vendors

Enjoy live music; wine education  
and cooking demonstrations

Bid on silent auction items donated  
by local businesses and artisans



Title Sponsor  
**Bank of New Hampshire**

Grapes, Grains & Orchards Sponsors  
**LRGHealthcare**  
**Leone, McDonnell & Roberts**  
**Melcher & Prescott**

Wine & Dine In NH  
**Franklin Savings Bank**

Fine Food Sponsor  
**Curt's Caterers**

*Ticket proceeds directly benefit local  
individuals, children and family members  
of all ages who receive core supports and  
services from LRCS through the lifespan.*

Dessert Sponsor  
**Harvard Pilgrim Health Care**

Silent Auction Sponsor  
**Prescription Center**

Uncorked Tasting Guide  
**RMON Networks, Inc.**

Music  
**LPL Financial, Laconia**

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

To purchase tickets visit [www.uncorked2014.eventbrite.com](http://www.uncorked2014.eventbrite.com) or [www.lrcs.org](http://www.lrcs.org)

(603) 524-8811 | [UNCORKED@LRCS.ORG](mailto:UNCORKED@LRCS.ORG) | [WWW.LRCS.ORG](http://WWW.LRCS.ORG)

Dedicated to Serving the Community by Promoting  
Independence, Dignity and Opportunity.  
*Serving the Lakes Region Since 1975*



**Department of  
Public Works**



**Veteran's Day  
Tuesday,  
November  
11<sup>th</sup>**

**NOTICE TO RESIDENTS ON  
CURBSIDE COLLECTION ROUTES**

There will be **NO DELAY** in curbside  
collection of trash on Tuesday  
November 11<sup>th</sup> - Veteran's Day

**Tuesday collections (and the collections  
the remainder of the week) will be on  
their normal schedules.**

**Any questions, please call Ann  
@ 528-6379, ext. 300.**

**City Clerk's Office**



The City Charter amend-  
ments, including the  
section of the Charter  
with the proposed  
changes noted, as well  
as the RSAs referenced  
in the changes, can be  
found on the [City's  
Election website](#).

Copies of these documents will also be available  
at the polling locations on Election Day.

Should you have any questions, please contact  
the City Clerk's Office at (603) 527-1265.

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



**Daylight Savings Time  
Ends at 2 am, Nov. 2!**



**Craft Fair at  
Taylor Community  
November 1**



The public is invited as Taylor  
Community residents, staff and  
friends hold a craft fair Saturday,  
Nov. 1 from 9 a.m. to 3 p.m. in  
the Elm Room, Woodside Build-  
ing. Admission is free.

Craft raffles and a weaving demonstration will  
take place in the morning. The Woodside Café  
will be open for both breakfast and lunch with  
good food, friendly service and reasonable  
prices.



## 27<sup>th</sup> Annual Debra Bieniarz Award

The annual Debra Bieniarz Award honors the legacy of the late Police Officer Debra Bieniarz, who served the City and its youth with uncommon devotion, dedication and distinction during her nine years with the Laconia Police Department before her premature death.

Each year the City Council presents this prestigious award to honor a Laconia resident who exemplifies Officer Bieniarz' unselfish commitment to Laconia's youth.

Now we need your help to find that special person this year. Please send or deliver your nomination by November 14th to the City Manager's Office, 45 Beacon St. East, Laconia, NH 03246, or [e-mail to brownn@city.laconia.nh.us](mailto:brownn@city.laconia.nh.us)

*Thanks for your help!*



Boy Scout Troop 68 will be spending the night under the stars at Opechee Park on **Saturday, November 1st.**

***They will be accepting donations of non-perishable food items from 3pm-9pm.***

All donations will be taken to our local NH Food Banks.

**I can't wait to...**

## Discover Girl Scouts



*A Free Information Session for Girls and Their Parents/Caregivers*



- Meet local Girl Scouts and volunteers
- Enjoy fun, girl-led activities
- Explore our many Girl Scout programs
- Make new friends
- Learn about volunteer opportunities
- Register
- Receive a FREE Discover Girl Scouts embroidered patch

**Saturday, November 1 - 6 to 7:30 pm**  
Laconia Public Library, Laconia, NH

**For further information or to register, contact:**  
Kim Ainsworth, Troop Leader and Volunteer Service Coordinator:  
[kainsworth.gsvsc@gmail.com](mailto:kainsworth.gsvsc@gmail.com)

This is not a school sponsored event

**girl scouts**  
of the green and  
white mountains

Serving New Hampshire and Vermont

\*Learn more about Girl Scouting in your Community

Community 243 - Waterways Girl Scouts  
Alton, Barstead, Ctr. Harbor, Gilford, Gilmanton,  
Meredith, Moultonborough, and Sandwich

[girlscoutsgwm.org](http://girlscoutsgwm.org)

DG5fyer | 9.4.2014

## Rockin' Fun Run

### 3 Schools

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**November 1, 2014 9:00 am**  
**Woodland Heights School**  
**Free!!!**  
**Come Ready to Rock, Run or Walk!**  
**Free T-shirt 1st 100 runners/walkers.**  
**Wear red or your silliest rockin' costume.**  
**Strollers welcome. No pets please.**



## The Season of Sweets

We are beginning what has become known as "The Season of Sweets". Many of us enjoy a nice piece of chocolate or a slice of pie! And there will be plenty offered...from October through February there are a continuous line up of fun and sweet filled celebrations...with sweets being offered before, during, and after, every occasion. As a nursing student, I have just completed my exam on Diabetes last week. Wow! I am always blown away at the magnitude of effect that this disease is having on our communities in America.

Some interesting facts...

- Diabetes is the leading cause of blindness in America
- Diabetes is the sixth leading cause of death in America
- Risk of stroke and Heart Disease is two to four times greater in people with diabetes
- Diabetes is an insidious disease... A person can have elevated blood sugars (classified as pre-diabetes) for many years (up to 20-40 years!) and never seek treatment until the disease is full blown and presenting more complex problems.
- It is thought that as many as one in 4 of our older adults are facing diabetes, with many more going undiagnosed.

Diabetes is characterized by excess blood sugars circulating within the circulatory system, accompanied by abnormalities in fat, carbohydrate and protein metabolism that lead to vascular and neurological complications. Insulin is the chemical secreted by the pancreas that facilitates the uptake of blood sugar out of the bloodstream and into muscle and fat cells. Without insulin, elevated blood glucose facilitates destructive processes within the body.

Type 1 diabetes (also known as juvenile onset diabetes) is caused by an autoimmune destruction of the beta cells in the pancreas. There is therefore no insulin produced, and the person is dependent on insulin injections. This disease accounts for only 5-8% of the diabetic population. Type 2 diabetes is the most common type and accounts for the vast majority of cases. It is also known as adult onset diabetes, and is caused by decreased insulin production by the pancreas and/ or insulin resistance of uptake cells. There is no known cure for diabetes. But, the good news is that type 2 diabetes is highly preventable and highly treatable through lifestyle and diet!

Balancing dietary sugars, eating a nutritious diet with few overly processed foods and getting regular exercise, are some of the most important steps that we can take to enhance the workings of our metabolism and not overwork the pancreas which can lead to decreased insulin production and insulin resistance. Spikes in blood sugar are often caused by eating foods high in simple carbohydrate such as white flour (all-purpose flour), refined sugar, honey, candy, soda, etc. This then causes a powerful increase in insulin production. This process, completed over and over again, over many years, is thought to cause a decrease in function of pancreatic cells as well as a resistance in insulin uptake processes within the body which are the cornerstones of type 2 diabetes.

Here are some fun tips that I have learned as a student of nursing, to help slow down sugar metabolism, and be gentle on the pancreas, while enjoying the holidays:

- Making pies with a significant portion of oats and whole grains in the crust, and reducing the sugar, a bit, in the body of the pie, will slow down sugar metabolism.
- Reserving small to moderate servings of desserts, Halloween candy, and sugary drinks until after a nutritious meal, when the belly is full of fiber and protein, will slow down sugar metabolism.
- If you enjoy maple syrup for breakfast...try whole grain, or oat flour for the pancakes. White, all purpose flour is highly refined and will elevate your blood sugar very high- especially with the syrup- (and is, in fact, one of the foundation principles of the Diabetic Index).
- Skip the soda and drink juice rarely. Without the fiber, these beverages will skyrocket your blood sugar on an empty stomach.
- Be creative! A lot of fun and delicious desserts and holiday foods can be made with whole fruits, delicious dairy and meat products, nuts, oats and more.

With months coming up of sweet parties, let's have fun while helping in the prevention of sugar related disorders and encouraging health in America and our local community!

Best wishes  
Andrea Marshall  
Wellness Advocate



**Tammy Levesque**  
Laconia SAU Health & Wellness Academic Coordinator  
[www.laconiahealthandwellness.org](http://www.laconiahealthandwellness.org)





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

**Be Aware**  
of  
**Healthcare Fraud & Abuse**  
It can happen to you!



### Help Stop Medicare Fraud!

Marketing scams and  
healthcare fraud can  
cost taxpayers billions  
of dollars. Don't let  
fraud, abuse or billing  
errors affect YOU or

YOUR Medicare records! Click on the image above  
(left) to learn what you can do and how [ServiceLink](http://www.servicelink.org)  
can help.

*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](mailto:info@city.laconia.nh.us)

*Have a great weekend!*



Scott Myers, City Manager  
City's Website: [www.city.laconia.nh.us](http://www.city.laconia.nh.us)



## CITY OF LACONIA PHONE DIRECTORY

Assessing .....	527-1268
Assessor - Jon Duhamel	
City Clerk.....	527-1265
City Clerk - Mary Reynolds	
City Manager .....	527-1270
City Manager - Scott Myers	
Code Enforcement.....	527-1293
Planning & Zoning Dir. - Shanna Saunders	
Finance .....	524-3877
Finance Director - Donna Woodaman	
Licensing .....	528-6331
Licensing Clerk - Hilary Young	
Planning & Comm. Dev. ....	527-1264
Planning & Zoning Dir. - Shanna Saunders	
Tax .....	527-1269
Tax Collector - Lindsey Allen	
Welfare.....	527-1267
Welfare Specialist - Suzi McCormack	
Welfare Director - Donna Woodaman	
Fire Dept. (Central Station) .....	524-6881
Fire Dept. (Weirs Station) .....	366-2229
Fire Chief - Ken Erickson	
Library .....	524-4775
Library Director - Randy Brough	
Parks & Recreation.....	524-5046
Parks & Rec. Director - Kevin Dunleavy	
Personnel .....	524-3877
Personnel Administrator - Paula 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 - 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: <a href="mailto:citycouncil@city.laconia.nh.us">citycouncil@city.laconia.nh.us</a>	

Visit the City's website at:  
[www.city.laconia.nh.us](http://www.city.laconia.nh.us)