



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

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



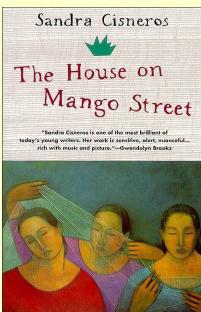
Halloween in Laconia will be on Friday, October 31st.



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

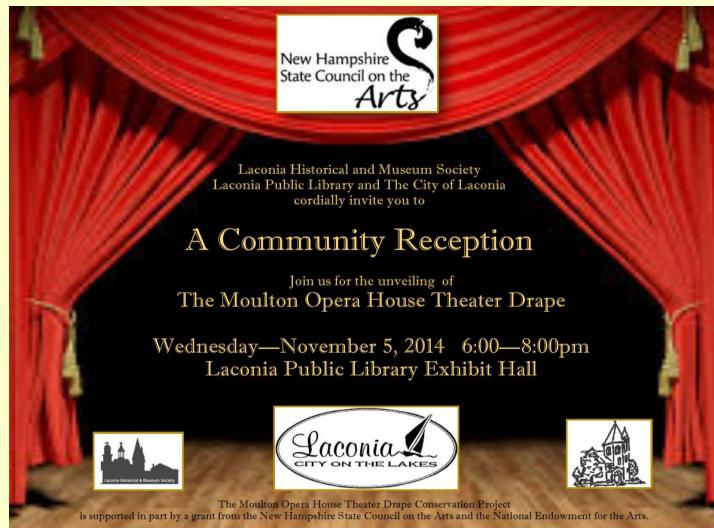
Have a safe and fun Halloween!

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.

Become involved in your City and make a difference!

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.

**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

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

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 Laconia School Board 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

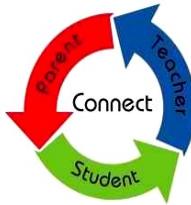
Step 2- Scroll down to find your child's teacher

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 Laconia School District on Twitter](#)

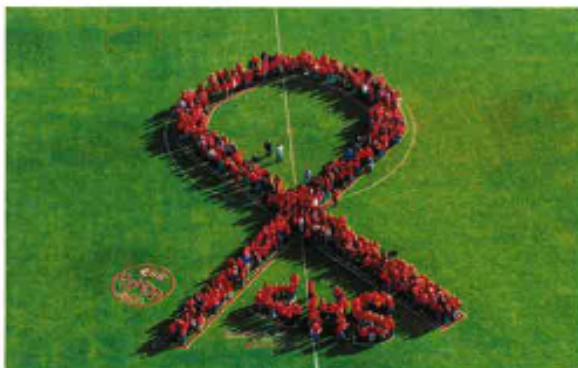


Laconia Police Department

[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

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 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 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

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)



The poster for the 2nd Annual Fusion Networking Event. It features a green and white color scheme with a large 'Fusion' logo in the top left. The main title 'The 2nd Annual Networking Event' is in a large, stylized font. Below it, 'Hosted By' is followed by the logo for 'Patrick's Pub & Eatery' with a green shamrock. The event date 'Thursday, November 6th' and time '5:30-7:30 PM' are listed. Ticket prices are '\$10 at Eventbrite' and '\$15 at the Door'. It highlights 'Beer Tasting Provided By: Belknap EDC' and 'Wine Tasting Provided by: Hermit Woods'. A photo of attendees at a networking event is shown. The bottom section features a photo of two women smiling, a photo of a group at a table, and a photo of a group in sunglasses. A callout box says 'This year we have a special announcement that you won't want to miss!' and a red arrow points to it. The bottom right has social media icons for Facebook, Twitter, and Instagram, and the website 'www.FusionNH.org'.

Main Street Bridge Construction



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!



5th Annual
**Lakes Region Dancing
with the Stars**

friday
november 14
6:30 pm

ihs community auditorium
meredith, nh

**tickets available at
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 1st 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



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	FOR ADULTS & TEENS (13 & OLDER)
Tues. Sept. 9	Tues. Sept. 23
Tues. Oct. 14	Tues. Oct. 28
Tues. Nov. 11	Tues. Nov. 25
Tues. Dec. 2	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
LRG Healthcare
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 or www.lrcs.org
(603) 524-8811 | UNCORKED@LRCS.ORG | 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 11th

NOTICE TO RESIDENTS ON CURBSIDE COLLECTION ROUTES

There will be NO DELAY in curbside collection of trash on Tuesday November 11th – 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 amendments, 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 Building. 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.



27th 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

This is not a school sponsored event.

girl scouts
of the green and
white mountains

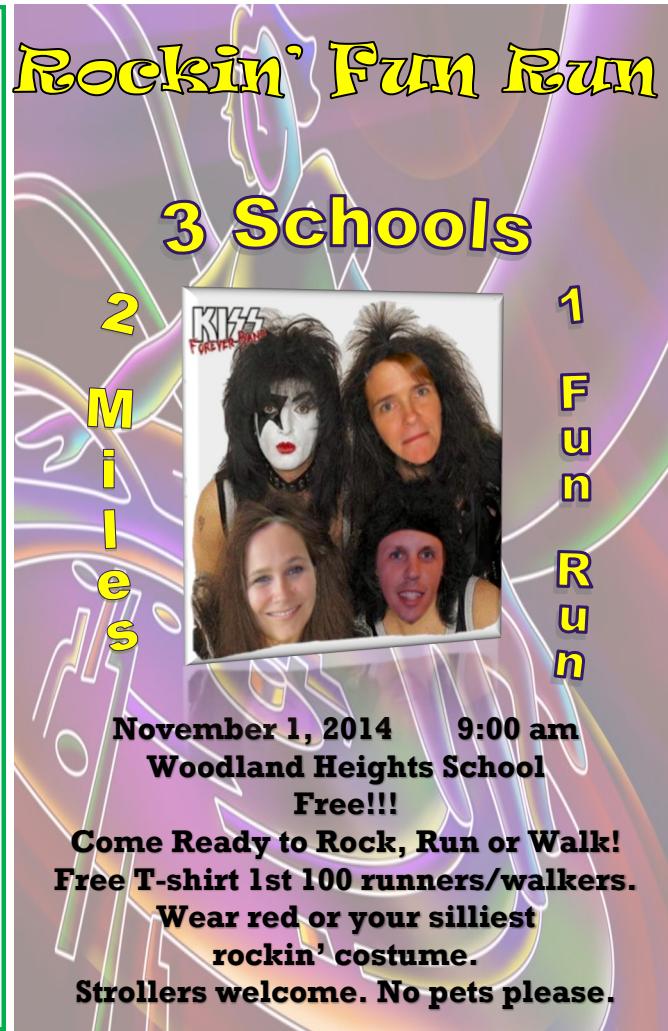
Serving New Hampshire and Vermont

*Learn more about Girl Scouting in your Community

Community 243 – Waterways Girl Scouts
Alton, Bartestad, Ctr. Harbor, Gilford, Gilman, Meredith, Moultonborough, and Sandwich

girlscoutsgwm.org

DGSflyer | 9.4.2014





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





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!



YOUR Medicare records! Click on the image above (left) to learn what you can do and how [ServiceLink](#) 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

Have a great weekend!



Scott Myers, City Manager
City's Website: www.city.laconia.nh.us



CITY OF LACONIA PHONE DIRECTORY

Assessing	527-1268
Assessor - Jon Duhamel	
City Clerk.....	527-1265
City Clerk - Mary Reynolds	
City Manager	527-1270
City Manager - Scott Myers	
Code Enforcement.....	527-1293
Planning & Zoning Dir. - Shanna Saunders	
Finance	524-3877
Finance Director - Donna Woodaman	
Licensing	528-6331
Licensing Clerk - Hilary Young	
Planning & Comm. Dev.	527-1264
Planning & Zoning Dir. - Shanna Saunders	
Tax	527-1269
Tax Collector - Lindsey Allen	
Welfare.....	527-1267
Welfare Specialist - Suzi McCormack	
Welfare Director - Donna Woodaman	
Fire Dept. (Central Station)	524-6881
Fire Dept. (Weirs Station)	366-2229
Fire Chief - Ken Erickson	
Library	524-4775
Library Director - Randy Brough	
Parks & Recreation.....	524-5046
Parks & Rec. Director - Kevin Dunleavy	
Personnel	524-3877
Personnel Administrator - Paula Baumel	
Police (Administration)	524-5257
Police (Crime Line)	524-1717
Police Chief - Christopher Adams	
Public Works (Main Office)	528-6379
Public Works (Transfer Station)	528-5822
Public Works Director - Paul Moynihan	
Water.....	524-0901
Superintendent - Seth Nuttelman	

City Council Contact Info:

Mayor Edward Engler	630-4484
Ava Doyle (Ward 1)	393-6533
David Bownes (Ward 2).....	524-4330
Henry Lipman (Ward 3)	528-0191
Brenda Baer (Ward 4)	524-6349
Robert Hamel (Ward 5)	524-6360
Armand Bolduc (Ward 6)	524-2514
E-mail: citycouncil@city.laconia.nh.us	

Visit the City's website at:
www.city.laconia.nh.us