



## Laconia Links

January 18, 2019 - Edition #370



*Do you love the Bruins? Check out the Ballin' 4 Big Bob Tournament of Hope fundraiser raffle and silent auction to bid on these tickets and many more items! Additional information and details on pages 3 & 4.....*



Due to the large amount of snow forecast for this weekend, the City of Laconia has declared a **SNOW EMERGENCY** on Sunday, January 20th from 6:30 am to midnight.

During this period vehicles shall not be parked on a public street at any time. At midnight on Sunday our normal seasonal winter parking restrictions go into effect and vehicles cannot be parked on a public street from midnight Sunday through 6:30 am on Monday.

Public works snow removal crews will be using this time to clear the snow on public streets and sidewalks to keep everyone safe. The City appreciates residents' efforts to keep their vehicles off from the public streets during this time frame so our snow removal crews can safely and efficiently perform their duties.

**Keep an eye out for updates on our website ([www.laconianh.gov](http://www.laconianh.gov)) - depending on the severity of the storm it may be necessary to extend the Snow Emergency into Monday. We will keep you posted!**

**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](#).

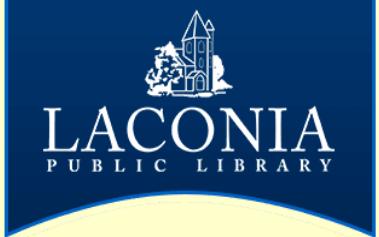
As always, we welcome your ideas and comments as to what you would like to see included in future issues. Just give us a call in the City Manager's office at 527-1270, or contact us by e-mail at [info@laconianh.gov](mailto:info@laconianh.gov)



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

**Please note!**  
City Hall will be closed all day on Monday, January 21st for Martin Luther King, Jr. Day.

*We apologize for any inconvenience this may cause!*



# Upcoming

EVENTS

## Family Craft: Paper Plate Penguin



Friday,  
January 25  
4pm  
Selig Storytime  
Room



### Teen Movie: "The Meg"

Wed., Jan. 23, 3-5 pm  
Laconia Rotary Hall  
PG-13, 1 hr. 33 min.



**TEEN GAMING: D&D GROUP 2**  
Friday, January 25  
3-5:30pm  
Volpe Room

A brand new campaign for beginners featuring the Lost Mines of Phandelver. Please contact [bhemmah@laconialibrary.org](mailto:bhemmah@laconialibrary.org) to sign up.

**Please note!**  
The Library will  
be closed on  
Monday, January  
21st in  
observance of  
Martin Luther  
King, Jr. Day.



Calling all amateur sleuths - The Laconia Library is starting its very own Mystery Book Club! This is an informal monthly book group for readers who love who-dun-its...

and coffee! We will be meeting the fourth Thursday of each month.

Wayfarer is generously providing book club participants with 10% off food and drink during the discussion. So bring your appetites and monicles and join us for our first discussion.

**January's book is "The Fate of Mercy Alban" by Wendy Webb.**



Grace Alban has spent twenty years away from her childhood home, the stately Alban House, for reasons she would rather forget. But when her mother's unexpected death brings Grace and her teenage daughter home, she finds more haunting the halls and passageways of Alban House than her own personal demons. -from Goodreads

Copies are available at the front desk.

# 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. Please check the "Calendar" page often for updated information and changes.

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



# Meetings

*All meetings are held in the Armand A. Bolduc City Council Chamber in City Hall (formerly Room 200A) unless otherwise noted*

### **Zoning Bd. of Adjustment**

January 22, 2019, 7 pm  
[Agenda](#)

### **Parks & Rec. Commission**

January 22, 2019, 7 pm  
Community Center  
[Agenda](#)

### **Water Commission**

January 24, 2019, 8 am  
117 Stark St., Water Treatment Facility Conference Room  
[Agenda](#)



## Ballin' 4 Big Bob

### 3v3 Tournament for Hope

Date: January 19, 2019

Where: Laconia High School Gym

Time: Noontime Start

#### January 11, 2019 Update / New Information / Lots of Ways For You To Participate

**Purpose:** Bob Dassatti, who was recently honored at a Laconia City Council meeting as the Co-recipient of the Bieniarz Award for his work with Laconia's youth, is in a battle with Cancer. This December he has been in Houston at the MD Anderson Cancer Center. On January 23<sup>rd</sup> he will return to Houston for a Clinical Trial! This tournament is being organized and run by his family, friends, and community members. The goal is to help with his medical bills and travel.

**Platinum Sponsor:** *Franklin Savings Bank* has donated \$100 a year for the 18 years Bob Dassatti has been there!

**Gold Sponsors:** When we started our goal was to gain 10 organizations/businesses that would sponsor the Tournament for Hope at the \$500 level. LAYBL was our first. Now we have 13! We would LOVE More! If you know an interested organization or business please contact Joe Cormier at 520-5195 or [jocor49@yahoo.com](mailto:jocor49@yahoo.com)

1. <i>Lou Athanas Youth Basketball League (LAYBL)</i>	8.. <i>Laconia School Board Alumni</i>
2. <i>Laconia Pride Girls AAU Alumni</i>	9. <i>McDonalds (John Switzer, Larry Johnson)</i>
3. <i>Rateliner (Nancy Lamarche)</i>	10. <i>Independence Financial Services</i>
4. <i>South End Pizza</i>	11. <i>Kris &amp; Matt Lahey</i>
5. <i>Mayor Ed Engler</i>	12. <i>Laconia Pride Alumni Parents</i>
6. <i>Rick &amp; Francine Sanborn</i>	13. <i>CBH Landscaping (Chris Haddock)</i>
7. <i>Patrick's Pub (Al &amp; Jeff Beetle)</i>	

**T-Shirts:** If you're not playing, we hope you will purchase a T-Shirt to proudly support Bob Dassatti in our community. They are only \$10 each and can be ordered by contacting Karen Champlin at [kchamplin1015@gmail.com](mailto:kchamplin1015@gmail.com). T-shirts will also be available at the Tourney. Our goal is to sell 100!!!! We have sold 59 so far!

**Registration & Information:** [WE HAVE 38 TEAMS!!!](#)

**Baked Goods:** We will be having a bake sale during the tournament. If you would like to contribute an item, please call Karin Salome at 524-7448 or Marcia Presher at 455-7723.

**Auction Items:** Some amazing items have been donated. For more information, you can see these at [Ballin' 4 Big Bob Tournament for Hope on Facebook](#). Silent Auction is beginning @ <https://www.biddingowl.com/Ballin4bigbob> (See next page for Auction details!)

**GoFundMe Page:** Finally, for now, you can also make a donation at ["Ballin 4 Big Bob"](#). Our goal was \$3,000. We have just gone over that!



**PLEASE JOIN US IN HELPING BOB DASSATTI IN HIS FIGHT WITH CANCER!**



## Ballin' 4 Big Bob

### Silent Auction & Raffle

Date: January 19, 2019

Where: Laconia High School Gym

Time: Noontime Start

### Amazing Silent Auction Items / Come Check Them Out!

**Auction Items:** Some amazing items have been donated. You can see these at [Ballin' 4 Big Bob Tournament for Hope on Facebook](#). The Silent Auction is beginning @ <https://www.biddingowl.com/Ballin4bigbob>. On Saturday, January 19th at noon, they will all be on display at Laconia High. Auction items include:

*2018 Boston Bruins Hockey Helmet Signed by Team*

*Rob Gronkowski Signed Football*

*Zdeno Chara Signed Hockey Puck*

*Luxury Suite for 18 people NH Fisher Cats*

*Dominique Wilkins Signed Jersey*

*Patrice Bergeron Signed Hockey Puck*

*Thule Bike Rack*

*2 Bruins Tickets to February 5<sup>th</sup> Game v Islanders*

*Tuuka Rask Signed Hockey Puck*

*2 Tickets to Bank of NH Pavilion (Your Choice of Show)*

*Ballin4BigBob Custom Made Cornhole Set*

*David Pastrnak Signed Hockey Puck*

*Celtics Basketball Signed by 2018 Team*

*K2 Snowboard and Bindings*

**Raffle Items:** With the support of local businesses, we also have an incredible list of products, services and gift cards that will be part of our raffle on Saturday. Please stop by to buy some tickets, win some prizes and see just what Laconia and the Lakes Region can do for one of ours!

**Baked Goods:** We will be having a bake sale during the tournament. If you would like to contribute an item, please call Karin Salome at 524-7448 or Marcia Presher at 455-7723.

**Incredible Support:** The organizing committee wants to offer our heartfelt thanks for the OVERWHELMING RESPONSE we have received from the Businesses and Citizens of Laconia and the Lakes Region. You have touched us in a way that we never thought possible. You have given Bob Dassatti and his family an adrenaline rush that we are certain will help him prevail in his fight with cancer.

**THANK YOU LACONIA / LAKES REGION!**



## Pay Attention to Attendance: Keep Your Child On Track in Middle and High School

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

### DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

### WHAT YOU CAN DO

#### Make school attendance a priority

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

#### Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.



#### Communicate with the school

- Know the school's attendance policy – incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.

# FREE TAX PREPARATION

EASY. FREE. TAX HELP YOU CAN TRUST.

Volunteer Income Tax Assistance is a **FREE** tax preparation program designed for low-to-moderate income households with an income of **\$66,000 or less.**

## 2 EASY WAYS TO FILE



Call 2-1-1 or visit [NHTaxHelp.org](http://NHTaxHelp.org) to schedule an appointment at a local site with an IRS certified tax preparer. Toll-free outside of NH: 1-866-444-4211

OR



Visit [MyFreeTaxes.com](http://MyFreeTaxes.com) to prepare your own return, for free online, with guidance from a toll-free helpline.



## FIND VITA SITE LOCATIONS: [NHTaxHelp.org](http://NHTaxHelp.org)

In partnership with

**Citizens Bank**

**United Way**  
Granite United Way

**2-1-1**  
Get Connected. Get Answers.  
Department of Health and Wellness

**myfree taxes.com**

**CA\$H Coalition**  
of New Hampshire

# STAND UP LACONIA



**JANUARY 24, 2019  
5:30PM**

## UNDERAGE DRINKING: IF YOU BUY...YOU PAY!

Join us for Session Three of Stand Up Laconia's **Learn the Truth Series**

Join Stand Up Laconia and local substance misuse prevention experts for an important community conversation about the dangers of underage drinking. Learn about New Hampshire's Social Host Liability Law and different ways you can protect yourself and keep the youth in our community safe.



PARTNERSHIP FOR  
PUBLIC HEALTH

**Stand Up Laconia**

**Learn the Truth**

Did you know that in 2017, 29.6% of high school students in New Hampshire reported drinking alcohol in the past 30 days?

Did you know that most students get their alcohol in the home?

Prevention starts with you!

**Door Prizes  
&  
Pizza**

**LOCATION:  
HUOT TECHNICAL  
CENTER  
26 DEWEY STREET  
Laconia, NH 03246**

## From the City Clerk's Office Boat and Jet Ski Registrations



Process your boat and jet ski registrations when you conduct other business in City Hall. It's quick and easy! We are open Mon. thru Fri., 8:30 to 4:30. Call the Clerk's Office at 527-1265 with questions.





## Trio of TED Talk Videos on Aging, January 28th



Join us Monday, Jan. 28 at 2 p.m. in Taylor Community's Woodside Theater for a series of TED Talk Videos on Aging. This free event is open to the public and is a great way to spend an hour stimulating your brain and interacting with others.

Included are "Older People are Happier," with Laura Carstensen; "Wisdom From Great Writers on Every Year of Life," hosted by Joshua Prager and Dan Buettner on "How to Live to be 100-Plus."

TED is a nonprofit organization devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages.

## NH Lakes and Exotic Aquatic Plant Management with Amy Smagula, January 28th

Amy Smagula, the Limnologist/Exotic Species Program Coordinator for the NH Department of Environmental Services (NHDES), will present a lecture on "The Lakes of New Hampshire: The Good, the Bad and the Really Neat," Monday, Jan. 28 at 6:30 p.m. in Taylor Community's Woodside Building. This free event is open to the public.

The NHDES Exotic Species Program coordinates activities associated with the control and management of exotic aquatic plants, as well as activities associated with the implementation of education and volunteer plant monitoring programs.



## Musical Entertainment with Will Ogmundson, January 30th

Emmy Award-nominated Composer and Professional Pianist Will Ogmundson returns to Taylor Community for another entertaining concert, Wednesday, Jan. 30 at 6:30 p.m. in Taylor's Woodside Building. This free event is open to the public.

The program will consist of well-known favorites as well as a few original pieces. Ogmundson has performed throughout the United States and Europe and his original compositions have been performed worldwide.



## Sea Art Class

Feb 8th 6pm to 9pm

Laconia Parks & Recreation

8 x 10 \$55pp

Come create something beautiful from  
an array of supplies. Register below:

<https://www.cathycliffordartist.com/online-store-class-registration/2-8-6-to-9-Laconia-Park-%26-Rec-p128896183>



**HAM & BEAN SUPPER**  
**(PLUS ASSORTED SIDE DISHES)**  
**IN SUPPORT OF CUB SCOUT PACK 68**  
**SATURDAY, JANUARY 19<sup>TH</sup> 5-7PM**  
**THE MARGATE IN LACONIA**

**\$15 PER TICKET | \$20 AT THE DOOR.**





## This year's Laconia Motorcycle Week is June 8 – 16!

Property owners planning to have vendors, parking, music, campground, tents, etc. must have their applications submitted by April 19 for the May 1 Special Events meeting.

Contact the Planning Dept. now at 527-1264 for questions and other related information. You can get the application on the City's website on the Planning Department's [Special Events page](#) or in the Planning office in Laconia City Hall. We hope to see you soon!

### GOVERNMENT DIRECTORY



### KNOW YOUR GOVERNMENT OFFICIALS



Revised January, 2019

Click on the image (above) for a concise directory of government official contact information. You'll find everything from how to get in touch with the White House to what number to call to reach your City Councilor. Printed copies are also available in Laconia City Hall!

# Can Reiki Help You? Yes, It Can!

Join Clare Persson  
Reiki Master/Teacher  
**Free Event!**

Learn more about this subtle healing practice that helps bring balance to our lives physically, emotionally, mentally and spiritually.

The Downtown Gym  
January 23, 2019  
6:15 - 7pm

PosterMyWall.com

For more information please  
email  
[info@downtowngymlaconia.com](mailto:info@downtowngymlaconia.com)

171 Fair Street, Laconia NH





## Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

### DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

### WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

### When Do Absences Become a Problem?



**CHRONIC ABSENCE**  
18 or more days

**WARNING SIGNS**  
10 to 17 days

**SATISFACTORY**  
9 or fewer absences

Note: These numbers assume a 180-day school year.

For more on school readiness, visit [attendanceworks.org](http://attendanceworks.org) and [reachoutandread.org](http://reachoutandread.org)

## Friendly Reminder!

A License is a...



Lost dog's ticket home.

Questions? Call  
the Clerk's Office  
at 527-1265

Dogs are due to be licensed  
by April 30, 2019!

Failure to register by April 30th is a violation of RSA 466:13 and subject to a Civil Forfeiture of no less than \$25 in fines and court fees plus any late fees.



Please come into the City Clerk's Office, or use our convenient on-line service ([click here](#)).

<b>Spayed/Neutered dog</b>	<b>\$6.50</b>
<b>Unaltered dog</b>	<b>\$9.00</b>
<b>Senior (1st dog for owners over 65)</b>	<b>\$2.00</b>
<b>Replacement tag</b>	<b>\$1.00</b>
<b>Late charge per month as of June 1</b>	<b>\$1.00</b>
<b>Civil fine for failure to register by 4/30</b>	<b>\$25.00</b>

For the comfort and safety of all, we ask that you leave your dog at home when you come into City Hall to conduct business. Although we enjoy seeing your four-legged family members, we would like to encourage you to be conscious of others. As always, certified service animals are welcome.

We appreciate your cooperation!

## Winter Clinics/Open Gym

Runs most Sundays through the beginning of the season in March at the Laconia High School Gym.

- **Grades 1-8**
- No cost to learn lacrosse!
- 6:00-7:00 pm Boys 8U and 10U; and All Girls
- 7:00-8:00 pm Boys 12U and 14U
- Boys need helmets, gloves and a boy's lacrosse stick.

- Girls need goggles and a girl's lacrosse stick.

Some equipment may be available to borrow. Contact [laconialacrosseclub@gmail.com](mailto:laconialacrosseclub@gmail.com) with specific equipment needs.

### 2019 Registration Open Now

- Laconia Lacrosse Club is "registration free" for the 2019 season
- **NO COST to play if you register by February 28th.**

All players must hold [valid membership with US Lacrosse](#) to register.

- o **Late FEE begins March 1st: \$100**
- o There will be ONE MANDATORY Calendar Fundraiser in March

**All players must be registered with US Lacrosse: \$30**

- o **NHYLA Festival June 2019 TBA, Amherst, NH**

Anyone from Laconia and the surrounding areas, such as **Meredith, Center Harbor, Belmont, Tilton, Sanbornton, New Hampton and Franklin** can play for LLC. **All players MUST be members of US Lacrosse** to practice and play. Students age 15 and under can [register with US Lacrosse](#) for as little as \$30, and the online registration system will direct you to US Lacrosse to complete registration before you can register with LLC.



# The Rev. Dr. Martin Luther King, Jr. Celebration

The Annual Rev. Dr. Martin Luther King Day Celebration will be held January 20 from 3:00 to 5:00 pm at the Laconia Congregational Church. This Annual Celebration has been sponsored since 2007 by the Laconia Human Relations Committee, a committee of the Mayor of Laconia. All are welcome to attend!

Dr. Dottie Morris, Associate Vice President for Diversity and Inclusion at Keene State College and Seifu Ragassa, Chief, Probation and Parole Officer, Carroll County will be the speakers. They will address the relevance today of Dr. King's life and work in our current environment. They will also share what it is like to live and work within their cultural heritage in New Hampshire at this time.

Dr. Morris has much to bring as an educator today concerning teaching and living the values of supporting diversity and inclusion in our educational systems for children and youth through high school and on into college. Mr. Ragassa brings a wealth of experience to his life here in the United States. After fleeing his country of birth and now a U.S. citizen, he holds closely the values of democracy and the importance of living and acting inclusively each day.

Mayor Engler will introduce the celebration. A brief section of Dr. King's 'Dream' speech will be shown, as it is each year. Well-known musician, Dan Carter, will present a musical selection based on a 'dream'. Carol Pierce will introduce the speakers.

We join The New Hampshire Humanities Council in celebrating this MLK, Jr. Day remembering the words of Dr. King, "We Are All One Humanity!"



Dr. Dottie Morris, Associate Vice President for Diversity and Inclusion at Keene State College



Seifu Ragassa, Chief, Probation and Parole Officer, Carroll County



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

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



The property owner is ultimately responsible for repairs to the piping within the home or building. The Water Department can replace frozen or damaged meters. Customers will be charged for the cost of the replacement of the meter and service calls, as applicable. Your plumber can also replace a frozen meter. If for any reason you cannot stop the flow of water from a frozen or broken pipe, call the Water Department's 24-hour emergency number at 524-0907.

## Public Works Department

### Property Owner's Winter Survival Tip!

The best place to deposit snow when clearing your driveway is to put the snow downstream of your driveway.



(Downstream is the direction the plow truck travels.)

When Public Works plows the street the snow will be pushed away from the driveway instead of towards it.

Be nice to your neighbor and take them into consideration when you are clearing your driveway!

Also, you can minimize the amount of snow plowed into your driveway by creating a pocket in the snow just upstream of your driveway. This pocket will allow some of the snow on the plow to fall off into the pocket, resulting in less in your driveway!

City plow trucks have wing plows on them and, like delivery companies, we always want to turn right. This causes properties on an inside corner to have areas of deep snow.

Corner lot owners should take this into consideration when developing methods to minimize the impact of snow coming off from a plow blade. Let us know if you have questions! Just call 528-6379. We are glad to help!



**Space Still Available**

# Families

A 6-week Cooking and Nutrition Series  
for Families with Children Ages 5 and up

- Learn basic cooking skills necessary to prepare healthy, low-cost meals.
- Develop healthy eating habits at home, at school, and when eating out.
- Prepare and share meals together!
- Families will receive a bag of groceries to re-create the meal at home.

#### WHEN

Thursdays January 17, 24, 31, February 7, 14, March 7  
5.30-7.30pm

#### WHERE

Laconia Middle School, 150 McGrath Street, Laconia

#### TO REGISTER CONTACT

Brenda Carey 527-5475 or email  
[brenda.carey@unh.edu](mailto:brenda.carey@unh.edu)

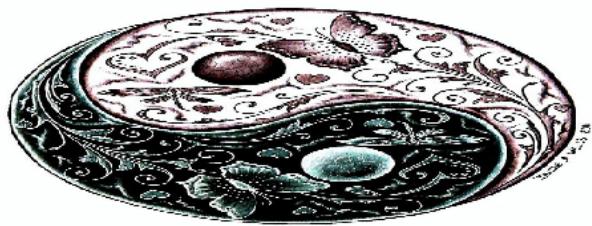
Income Guidelines Apply



**This is a FREE program!**

For persons with disabilities requiring special accommodations, please contact (name of person) at (phone number) within 7 days so proper consideration may be given to the request. Language assistance is available at no cost.

# Tai Chi 101



**Mondays and Thursdays – 9:30AM – 10:30 AM**

**January 24 – March 1**

**March 4 – April 12**

**\$70.00 for 6- week session    Please register in advance**

**Join Ben Low for this exciting new class**

This program enables students to "enter the gate" of authentic Tai Chi, with a complete program of basic practices that are the foundation for all other Tai Chi form work and two-person practice. The program will introduce the fundamental Tai Chi principles of Rooting, Releasing, Pulsing, Spiraling, Alignment, and Flow through Stance and Posture work, Tai Chi Walking practices, and selected movements from the classical Yang Tai Chi forms. The program is designed to be appropriate for students of all ages and levels of physical ability. The entire program will take 3 months to complete. Do to the nature of this course, you cannot join part way through, but must start at the beginning of the 3-month course. Next course will start in April.

**Register at The Lakeside Creative Aging Resources, by**

**Calling (603) 267-9867 or e-mail [lhoward@bm-cap.org](mailto:lhoward@bm-cap.org)**

**17 Church Street, Laconia NH, 03246**



# Reminder!



***Curbside recycling  
will be picked up  
the week of  
January 21, 2019***

## **Remember: "Glass is Trash"**

**The 2019 World Championship Sled Dog Derby is scheduled for February 15, 16, and 17, 2019! More details to come closer to the event. Check the Lakes Region Sled Dog Club's [website](#) for updates and race info!**



Sign your young camper up soon for one or both of these exciting weeks!



Prescott Farm  
Environmental Education Center

Member of:  
NH CAMPS

## WildQuest Winter Camp

February 25 - March 1, 2019  
9 a.m.- 4 p.m.

Extended Care Available 8-9 a.m. and 4-5:30 p.m.

A WINTER-THEMED WEEK  
FOR CAMPERS AGE 6 - 12

FEATURING ANIMAL TRACKING, SLEDDING, ARTS & CRAFTS,  
MAPLE SUGARING AND MUCH MORE!

REGISTRATION OPENS JANUARY 14

For details, pricing & registration information visit

**prescottfarm.org**

Scholarship Funds Available for Income-Eligible Families

928 White Oaks Road, Laconia, NH 03246 \* 603-355-5695 \* info@prescottfarm.org

This is not a school sponsored activity

Prescott Farm  
Environmental Education Center

Member of:  
NH CAMPS

## WildQuest Spring Camp

April 22 - 26, 2019  
9 a.m.- 4 p.m.

Extended Care Available 8-9 a.m. and 4-5:30 p.m.

A NATURE-THEMED WEEK  
FOR CAMPERS AGE 6 - 12!

REGISTRATION OPENS JANUARY 14

For details, pricing & registration information visit

**prescottfarm.org**

Scholarship Funds Available for Income-Eligible Families

928 White Oaks Road, Laconia, NH 03246 \* 603-355-5695 \* info@prescottfarm.org

This is not a school sponsored activity

# ENERGY EFFICIENCY FOR COMMERCIAL BUILDING MANAGERS

Reduce building operating expenses and solve energy problems with this 1-day intensive training, in four locations around New Hampshire:

#### Register Now for One of These Dates:

Friday, Feb. 1 Keene State College, Keene  
Wed., Feb. 13 Roundabout Diner, Portsmouth  
Friday, Mar. 1 Puritan Backroom, Manchester  
Thu, Mar. 14 The Common Man, Plymouth

Suitable for facility managers, COOs, sustainability officers and energy budget managers.

Thanks to NHSaves sponsorship, this \$160 program is only \$20\* for qualified participants. Includes continental breakfast, lunch and course materials.

\*\$40 co-pay within 5 days of the training

Register for any of the four dates at:  
[lrcwfd.eventbrite.com](http://lrcwfd.eventbrite.com)

**LAKES REGION**  
Community College

**NHSAVES**  
Your Source for Energy Efficiency

More information at:  
[www.lrc.edu/energy/energy-training-schedule](http://www.lrc.edu/energy/energy-training-schedule)

8:00 am – 4:00 pm program:  
• Benchmarking, demand reduction and retrocommissioning  
• LED lighting  
• Air sealing, insulation and IAQ  
• NHSaves commercial, industrial and municipal incentives  
• Cold climate heat pumps  
• Efficient motors and compressed air

By Andy Duncan, PhD, who has over 15 years teaching and implementing energy efficiency in NH, including BOC, CEM and BPI programs.



Laconia's Sledding Hill is now open!

Located at the end of South Street (open daily 8 am to 10 pm, (conditions permitting). Please follow the posted rules for safety.

Lights will be on from 4 pm to 10 pm only if the conditions of the hill are safe!

Questions? Please call the Parks & Rec Office at 524-5046.

# WINHING INFORMATION

January, February & March 2019

## Upcoming events:

**Taste Test Thursday:** Feb 7 & March 7 (in Laconia) or Jan 10, Feb 14 & March 14 (in Franklin) outside the cafeteria during the lunch hour. Come and try a new recipe.

**Bariatric Support Group:** 6:00-7:00PM on Jan 17, topic: New Years Resolutions; Feb 21, topic: Self Sabotage; March 21, topic: Measuring Success

**Non-Surgical Info Sessions:** Jan 9, Feb 6 & March 6 at 8:30-9:30 & Jan 22, Feb 19 & March 19 at 3:45-4:45. Call to register.

**Bariatric Informational Session:** Feb 13 at 3:00 or March 13 at 5:00. Call to register.

## KATHLEEN'S CORNER

### New Year's Resolutions

2019 is here and it is that time of year again when people make New Year's resolutions, many of which are health related. Losing weight is the most popular health related New Year's resolution, yet the most difficult. Unfortunately, there is no magic bullet when it comes to weight loss. To help make your weight loss promise to yourself come a reality, here are a few suggestions to help:

- Before you eat something, ask yourself "Am I Hungry?" Many times we eat out of convenience because the food is there or it looks or smells good. If you are not hungry then why are you eating?
- Have a specific goal that is realistic. Instead of saying I want to lose weight, set a weight loss goal over a certain amount of time that is reasonable.
- Keep a food journal. Yes, we all hate doing this but it helps hold ourselves accountable and may help you discover some bad habits you may have.
- Write down all the reasons you want to lose weight and post it in visible sight. On days that are tough and you want to revert to old habits, this will help you stay motivated.
- Eliminate the temptations. Remove all your culprit foods from your house.

Make yourself a priority, you are worth it!

### EASY TAILGATING LETTUCE WRAPS— THE SUPERBOWL IS FEB 3

#### Ingredients:

1 head of Boston Bibb lettuce

1 carrot

Sliced red onion

Dash red pepper flakes

1 pound ground beef

1/2 Red onion chopped

1 tsp chili garlic powder

1 Garlic clove chopped

1 TBSP Soy sauce

1 cup cooked rice

#### Directions:

1. Prepare rice as directed by package
2. Heat large pot on high and add ground beef, garlic, chopped onion, red pepper and soy sauce and cook until browned.
3. Slice carrots thin with a vegetable peeler, cut lime into wedges and slice onion thin.
4. To assemble 2 TBSP rice in lettuce leaf, topped with 1/4 cup cooked hamburger, then vegetables. Wrap and enjoy. Garnish with lime.

Source: genekitchen.com

If you are interested in any of the programs offered at the Weight Institute please contact our office at 603-527-2946

**YOU CAN'T SPELL  
CHALLENGE  
WITHOUT  
CHANGE**

IF YOU'RE GOING TO RISE TO THE CHALLENGE, YOU HAVE TO BE PREPARED TO CHANGE.

Photo from LinkFitness.net

*"The Mind is everything, what you think you become"*  
-Buddha





## Christmas Tree Disposal

The City of Laconia no longer picks up Christmas trees at the curb.

Instead, residents must bring their trees to one of three locations:

The Transfer Station on Meredith Center Road

The designated area at Memorial Park \*

The City's Brush Dump on Hilliard Road  
(Open Friday and Saturday during  
the winter from 9 am to 3 pm)

\* Please do not bring Christmas trees to Memorial Park after January 31<sup>st</sup>.

*We appreciate your help!*

## Public Works Department



**Martin Luther King, Jr. Day Monday, January 21st**

### Notice to Residents on Curbside Collection Routes:

There will be NO DELAY in curbside collection of trash on January 21st - Martin Luther King, Jr. Day. Monday collections (and collections the rest of the week) will be on their normal schedule.

For questions or additional information, please call DPW at 528-6379.



## Laconia Residents!

Please help the City of Laconia keep the streets and sidewalks safe and passable during the winter!

The City normally does not cancel trash and recycling collection services unless the forecast is for blizzard conditions. If it does become necessary, the City will announce cancellation of those services due to weather.

During other winter storms when collections are not cancelled due to a storm, please do not place your trash or recycling containers on the sidewalk or at the curb. Your containers may be inadvertently damaged or knocked over by the plows or the snow coming off from the plows.

During storms Casella, the City's collection contractor, will empty containers that are left in areas behind sidewalks. Please consider putting them in your driveway. Thank you!

Questions? Please call the Department of Public Works at 528-6379.



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



## Winter Time Stay Safe!

This is the season once again where you should be extra careful when walking or driving. Be sure to dress in layers to help prevent hypothermia. And if you have a cell phone, keep it charged and be sure to carry it with you!

*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@laconianh.gov](mailto:info@laconianh.gov)

*Have a great weekend!*



Scott Myers,  
City Manager  
City's Website:  
[www.laconianh.gov](http://www.laconianh.gov)



## CITY OF LACONIA PHONE DIRECTORY

Airport .....	524-5003
<i>Airport Manager: Marv Everson</i>	
Assessing .....	527-1268
<i>City Clerk - Cheryl Hebert</i>	
City Clerk.....	527-1265
<i>City Clerk - Cheryl Hebert</i>	
City Manager.....	527-1270
<i>City Manager - Scott Myers</i>	
Code Enforcement.....	527-1293
<i>Planning &amp; Zoning Dir. - Dean Trefethen</i>	
Conservation .....	527-1264
<i>Conservation Technician - Evan Rathburn</i>	
Finance .....	524-3877
<i>Finance Director - Glenn Smith</i>	
Licensing .....	528-6331
<i>Licensing - Lindsey Allen</i>	
Planning & Comm. Dev. ....	527-1264
<i>Planning &amp; Zoning Dir. - Dean Trefethen</i>	
Fire Dept. (Central Station) .....	524-6881
<i>Fire Chief - Kirk Beattie</i>	
Fire Dept. (Weirs Station) .....	366-2229
<i>Fire Chief - Kirk Beattie</i>	
Library .....	524-4775
<i>Library Director - Randy Brough</i>	
Parks & Recreation.....	524-5046
<i>Parks &amp; Rec. Director - Kevin Dunleavy</i>	
Personnel .....	524-3877
<i>Personnel Administrator - Paula Baumoe</i>	
Police (Administration) .....	524-5257
<i>Police Chief - Matthew Canfield</i>	
Police (Crime Line) .....	524-1717
<i>Police Chief - Matthew Canfield</i>	
Public Works (Main Office) .....	528-6379
<i>Public Works Director - Wes Anderson</i>	
Public Works (Transfer Station) .....	528-5822
<i>Public Works Director - Wes Anderson</i>	
Tax .....	527-1269
<i>Tax Collector - Lindsey Allen</i>	
Water.....	524-0901
<i>Superintendent - Seth Nuttelman</i>	
Welfare.....	527-1267
<i>Welfare Specialist - Gail Denio</i>	

### City Council Contact Info:

Mayor Edward Engler .....	630-4484
Bruce Cheney (Ward 1).....	491-8946
David Bownes (Ward 2) .....	524-4330
Henry Lipman (Ward 3) .....	528-0191
Mark Haynes (Ward 4) .....	524-3605
Robert Hamel (Ward 5) .....	524-6360
Andrew Hosmer (Ward 6).....	496-2078

E-mail: [citycouncil@laconianh.gov](mailto:citycouncil@laconianh.gov)

Visit the City's website at:  
[www.laconianh.gov](http://www.laconianh.gov)