



NEW HAMPSHIRE

Laconia Links

January 8, 2021 - Edition #470



No matter which direction you may go, there's a lot of winter fun available in the Lakes Region!
(Photo compliments of W. Stephen Loughlin)



Winter is here!

The City asks that all residents be good neighbors and not park or block sidewalks with their cars and trucks. Blocking sidewalks with vehicles prevents the City from plowing and sanding the sidewalks which causes pedestrians to walk in the streets.

We also ask that snow plow contractors and residents not plow or blow their snow across the street. This is a hazard to drivers that could result in a driver losing control and crashing.

Please be sure to give the City's plow trucks plenty of space as they are plowing the roads. Getting too close behind them may cause salt crystals to spray against your vehicle.

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

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



Laconia Parks and Recreation has a new Facebook page!

Just click on the logo image above, and be sure to "Like us on Facebook" when you visit our page!



The Library is open to the public! Check the Library's [home page](#) for updated information.



Teen & Tween Programs-to-Go Squishies Through January

Back by popular demand. Take home everything you need to paint your own Squishie Keychain! Each kit includes 2 squishies, a 6 strip of fabric paint pots, a paintbrush, and a keychain clip. For teens and tweens ages 9-19.

Laconia Public Library's



Preschool Storytime

Wednesdays with Gail & Thursdays with Jamie
10 am on Facebook Live
For children birth to age 5

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 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 additional information on a meeting or to obtain a printed copy of the agenda. You are invited and encouraged to participate in any public meeting and provide input.

MEETINGS

City Council

January 11, 2021, 7:00 pm
[Agenda](#)

Human Relations Committee

January 12, 2021, 3:00 pm
[Agenda](#)

Water Commission

January 14, 2021, 8:00 am
[Agenda](#)

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!***



Food Waste and Composting



“Researchers at Penn State in 2020 published in the American Journal of Agricultural Economics, suggesting that households with the average level of food waste could be losing about \$1,866 per year.” Their research determined that even “the least-wasteful households wasted 8.7% of their food, while more than two-thirds of households wasted between 20% and 50%.” Wasted food not only costs families money but also costs the City’s taxpayers as the City pays \$87/ton to dispose of this material.

How can you save money? Minimize food waste as much as possible. For that food that still goes bad, you can reduce the City’s costs and generate a material to help your plants and yards by composting the food waste. You can even compost in the winter inside of your home without causing an odor. The “trick” is using red worms, some dirt, shredded paper and two bins and you can create great compost as well as produce worms for the fishermen and women in the family!

Detailed instructions are at the Environmental Protection Agency’s website at
<https://www.epa.gov/recycle/how-create-and-maintain-indoor-worm-composting-bin>

If 5,000 families in the City were able to reduce food waste by 25 lbs per year, the City would save over \$5,400 a year that could be put to other uses.

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

**LACONIA RESIDENTS:
DON'T FORGET
TO REGISTER
YOUR DOGS!**



Beginning January 1, 2021, you can register your dogs for the 2021 year.

To renew **online**: www.laconianh.gov, Online Bill Pay, Dog Licensing

By **Mail**: City Clerk’s Office, PO BOX 489, Laconia NH 03247, please include a self-addressed stamped envelope.

1st dog for an owner 65+	\$2.00
Spay/Neutered dog	\$6.50
Unaltered dog	\$9.00
Late charge per month as of June 1	\$1.00
Civil Fine for failure to register	\$25.00

***All dogs are to be
registered by April
30th each year.***



4" 5-7" 8-12" 12-15"
MINIMUM GUIDELINES FOR NEW, CLEAR ICE

Ice is never 100% safe!

LACONIA WATER DEPARTMENT METER MAINTENANCE PROGRAM



Meters are changed periodically to comply with the Public Utilities Commission's Rules and Regulations, the American Water Works Association and in accordance with the Laconia Water Works' Tariff. The Water Department has an annual program that replaces meters and **there is no cost to the property owner.**

Our goal is to change out 600 meters over the winter months.

The Water Department will contact those property owners whose water meters are to be changed. We are in the process of sending letters and making phone calls to schedule appointments. This process takes approximately 20 to 30 minutes. For your convenience Saturday morning appointments may be available.

Thank you for your cooperation. If you have any questions, please do not hesitate to contact us at (603) 524-0901.

Thank you!



Reminder!

Curbside recycling will be picked up the week of January 18, 2021

"Glass is Trash"



WHEN IN DOUBT, THROW IT OUT
(IN THE GARBAGE).

Unfortunately, due to COVID restrictions we are unable to hold our Sled Dog Race this year. We hope to see you all next year!



Sand is available!



Laconia residents needing sand for their driveways or walkways during this icy weather can get sand from our Department of Public Works. There is a sand pile for residential use located at our DPW garage at 257 Messer Street.

Residents can get a maximum of two five gallon pails (or the equivalent). Please do not take sand from our facility on Bisson Avenue; it is for City use only to maintain our streets and sidewalks. Questions? Please call 528-6379.

Thanks and have a safe winter!



Donate
—Blood—

**January is National
Blood Donor Month**



The Laconia 2021 Curbside Recycling Collection Calendar is here! Click on the image (left) to view a full-sized version of the calendar.

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



Protect Yourself AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins,
here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.

 **Protect Yourself. Do not give out your personal information to unknown sources.**

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: **1-800-HHS-TIPS** | tips.hhs.gov
- FBI Hotline: **1-800-CALL-FBI** | ic3.gov
- CMS/Medicare Hotline: **1-800-MEDICARE**



For accurate, up-to-date information about COVID-19, visit:

oig.hhs.gov/coronavirus
fbi.gov/coronavirus
justice.gov/coronavirus



HHS
Office of
Inspector
General



Federal
Bureau of
Investigation



Department
of Justice



Bell & BRICK

Virtual Coffeehouse Concert Series

January 28th: Dwayne Haggins
 February 25th: Bob McCarthy Trio
 March 25th: TBA

Belknap Mill
 ARTS • HISTORY • EDUCATION

NH MUSIC COLLECTIVE

THE GREENHOUSE
 recording studio

Introducing the “Bell & Brick” Coffeehouse Winter Concert Series

Thursday evenings: January 28, February 25 and March 25 (Time to be Announced)

Introducing “Bell & Brick”, the aptly named winter Coffeehouse music series of the Belknap Mill! The Coffeehouse is an extension of our “Arts in the Park” summer concert series. Our goal is to continue delivering quality arts and cultural programming. In collaboration with The Greenhouse Recording Studio and NH Music Collective, the Belknap Mill will be offering three live streamed concerts this winter season.

So, make yourself comfortable at home, grab your favorite coffee, tea, wine or brew, and enjoy the show!

Links and times for all performances will be provided as soon as possible in upcoming Belknap Mill newsletters, on the Belknap Mill Facebook page, and on the Mill’s website.

Prescott Farm
 Environmental Education Center

WildQuest Camp
 Registration opens
 January 11th!

April Vacation Week
 (April 26-30, 2021)
 Ages 6-12

9 Weeks in Summer
 (June 28—August 27)
 Ages 4-14

FMI visit: prescottfarm.org



“ART to You” Cartooning Class
Artist-in-Residence Larry Frates
Every Tuesday, 1:30 pm - 2:00 pm

Join Belknap Mill Artist-in-Residence, Larry Frates weekly for a FREE virtual cartooning art lesson on Facebook LIVE: <http://www.facebook.com/arttoyouwithlarry>

Laconia City Hall

While City Hall remains open to the public and we are always happy to see our customers, COVID numbers are on the rise and it is now even more vitally important that everyone continues to social distance and limit their activities. With that in mind and the safety of our visitors and staff our primary concern, we are asking that whenever possible you conduct your City business on-line or by phone. There are a number of transactions that can easily be done without making a trip to City Hall. Our staff is always available and happy to help you with any questions you may have, or assist if you have questions while using our on-line services. Check out our [website](#) for more information.

Also, if it is necessary to come to City Hall in person, we want to remind you that due to COVID and the need to remain socially distant our lobby can only hold a limited number of people at a time. Depending on how busy our departments are, you may find it necessary to wait outside briefly so please dress appropriately for the weather to stay warm until you can come inside.

For the health of our customers and staff, we ask that you wear a mask when visiting City Hall and comply with our social distancing guidelines at all times. We are now limiting public access to departments located on our 3rd floor. If you have business with our Finance, Personnel or Purchasing Departments please check in with someone in either the City Clerk's office or the Assessor's office (on the main floor) when you arrive. Welfare applications will be available outside the entrance door of the building and will include a phone number to call to schedule an appointment.

We appreciate your patience and cooperation!

Disposal of Christmas Trees



The City of Laconia does not pick up Christmas trees curbside. This allows the Department of Public Works to more efficiently and effectively utilize personnel and equipment time. Laconia residents can bring their Christmas trees to either the City's Transfer Station at 385 Meredith Center Road during its hours of operation (Monday - Friday, 7:30 am to 3:30 pm, Saturday 8:00 am to Noon) or bring them to the designated area in the parking lot at the end of Memorial Park Drive (near its intersection with West St.) by Memorial Park. The Park is located at 31 Lindsay Court and is available every day.

Christmas trees may also be taken to the Brush Dump on Friday or Saturday from 11 am to 2 pm unless it snows. In the event of a snowstorm the Brush Dump will be closed to allow all Public Works personnel to work on snow removal.

There is no charge to dispose of a Christmas tree at any of these locations. If you are planning to go to either the Transfer Station or the Brush Dump to drop off your tree, please be sure to bring a document showing you are a resident of Laconia.

For more information call DPW at 528-6379.

Our yesterdays

Our thanks to Warren D. Huse, the Laconia Historical and Museum Society, and the Laconia Daily Sun for providing a glimpse into our community's past.....



THEN ...

This property in Lakeport was home to the W.C. Sturtevant Insurance Agency in the early 1960s, which added the one-story office and commercial space to an existing dwelling at 1105 Union Ave. The space was then home to Gunstock Junior College from 1965 until that institution suspended operations, Sept. 11, 1969, because of insufficient enrollment. The real estate was sold to Capital Management Co. of Boston in December 1969, which then occupied the premises with White Mountain Developers for several years. In the 1970s, Steve Weeks Real Estate and a natural food store were among the occupants. From 1980 until the early 1990s, Printing Etc. was in residence, then Baron's Billiards was there from around 1999 to 2005, when that business moved to 1127 Union Ave. and the Laconia Motorcycle Week Association moved in. (Google satellite view)



... AND NOW

The property experienced a serious fire, Christmas Day 2020, which destroyed the association's files, office equipment, its inventory of Motorcycle Week merchandise, and historic memorabilia. (Adam Drapcho/The Laconia Daily Sun)



Are you looking for ways to help your community during the pandemic?

We are looking to assemble community and clinical volunteers to assist with any staffing shortages that may arise in the future within healthcare facilities, and this would include: APRNs, RNs, LPNs, LNAs, etc.

We are proactively building a back-up team to have on standby in case it becomes necessary to assist our healthcare community as well as provide assistance when a vaccine for COVID-19 becomes available for dispersion.

In addition to clinical volunteers, we have a need for community volunteers who would be willing to assist at clinics with logistical tasks such as setting up/taking down at clinic locations, registration, supply management etc.

Temporary Health Partners (THP) are desired for the length of the COVID-19 crisis, with an 8-hour online training program and the scope of work including activities to meet the needs of residents in long term care centers. You can learn more about the work and training to become a THP at <https://bit.ly/THP4LTC>.

Anyone who has a desire to help should register at www.nhresponds.org and choose to join Lakes Region COVID-19 Team. You can also contact John Beland from the Partnership for Public Health with an inquiries at jbeland@pphn.org.

Laconia Water Department **Prevention is Better than Reaction!**



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 burst 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.

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.



WINNING INFORMATION

Upcoming events: Please note that due to the coronavirus these groups are subject to time and day changes. Please call 603-2946 for the most up-to-date information.

Bariatric Support Group: 6:00-7:00pm, by Zoom meeting, Jan 21st topic: Kick off the New Year! Your Toolbox- What tools do you have?, Feb 18th topic: Assessing Self Awareness & Happiness; and March 18th topic: What is the Rush? Unrealistic Weight Loss Expectations

Non-Surgical Weight Loss Information Session: Jan 5th, Jan 19th, Feb 16th, & March 16th at 8:30-9:30am or Feb 2nd & March 2nd at 3:45-4:30pm. Call to register.

Surgical Weight Loss Information Session: Jan 13th at 5:00pm or Feb 10th and March 10th at 3:00pm

BRAEYNN'S BALANCED BITES

Wards is National Nutrition Month! This year's theme is Personalize Your Plate when there are healthy changes that most people can benefit from (such as eating more vegetables), there is no one-size-fits-all. Everyone has different body types, health goals, genes, and taste. Dietitians can help create individualized eating plans to fit each person's needs.

Some tips to help get you started on personalizing your plate:

- Identify your goals (overall health, weight loss, muscle gain, etc.)
- Look at your schedule and preference. Do you tend to prefer small meals and snacks, or three larger meals during the day? Choose the option that fits your lifestyle.
- What type of proteins do you tend to choose? More plant-based like beans, or more animal-based like meat and fish? Choose what you prefer.
- Do you eat a variety of fruits and vegetables, or are you looking to expand your palette? Aim to try a new fruit or vegetable at least once a week to find out what you like best.
- What is the ratio of vegetables to starches for most of your meals? Does it align with your health goals? If weight loss is the goal, have twice as many vegetables as starch. If muscle gain is the goal, have about equal portions of starch and vegetables.

ASIAN SPICED PEARS FOR THE CHINESE NEW YEAR (FEBRUARY 12TH)

Ingredients:

- 4 pears
- 1 top Chinese 5 spice (or 4 anise stars)
- 2 Cinnamon sticks (or 1 tsp ground cinnamon)
- 1 tsp vanilla
- 1.5 cups sugar
- 1 cup butter
- 1 lemon juice from 1 lemon
- 4 pads of sugar substitute

INSTRUCTIONS:

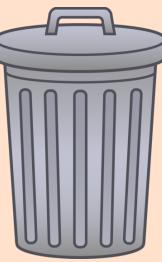
- Preheat oven to 325F. Wash pears and cut in half. Core the pears by using a spoon to scoop out the seeds.
- Immediately squeeze lemon juice over the pears to prevent them from turning brown.
- In small sauce pan put the butter, sugar substitute, Chinese 5 spice, vanilla, and cinnamon and a small squeeze of lemon juice and heat until bubbly.
- Spray oven safe pan with a little non-stick oil. Place the pears with cut side up. Pour the spice and butter mixture over the pears. Sprinkle with a little ground cinnamon, if desired.
- Bake for 30-40 minutes or until fork tender and slightly caramelized. Serve warm.

Source: <http://www.jewmagazine.com/recipe/asian-spiced-pears/>

Click the image above to read LRGHealthcare's newest edition of the Weight Institute of NH's newsletter and start your New Year off right!

Public Works Department

Martin Luther King Day
Monday, January 18th



Notice to Residents on Curbside Collection Routes

There will be NO DELAY in curbside collection of trash on Jan. 18th, Martin Luther King Day. Collections for the entire week will be on their regular schedule.

For questions or additional information, please call Department of Public Works at 528-6379.

Granite State 90 DAY WINTER CHALLENGE

JAN 1 - MARCH 31

www.NHMoves.org



Registration is open for the NH Governor's Council on Physical Activity & Health Challenge. The Granite State 90 Day Winter Challenge is to be physically active for 30 minutes or more every day in the months of January, February and March. Grab a buddy or a family member and walk, snowshoe, ski, build a snowman, join an online fitness class – move however you like for 30 minutes! Join the challenge and you will have access to our 3 month Activity Calendar and online classes (Zumba, Yoga, Meditation, Cooking, etc.). Register today at <https://nhmoves.org/>

Prescott  *Farm*

Environmental Education Center

Get outside with us this weekend!

Saturday, January 9

Beginner Snowshoe (10-12 pm)

Never been on snowshoes? No problem! We will show you the basics of snowshoeing and take it slow.

Tiny Things Hike (1-3 pm)

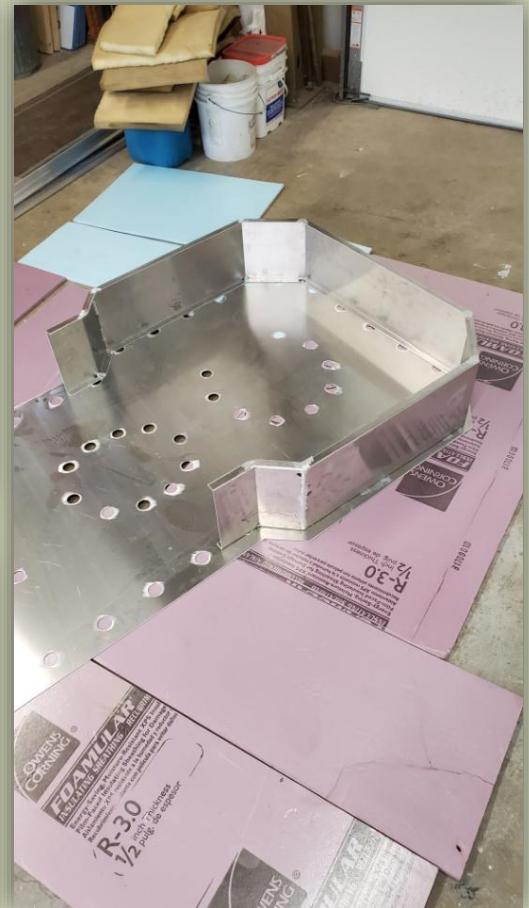
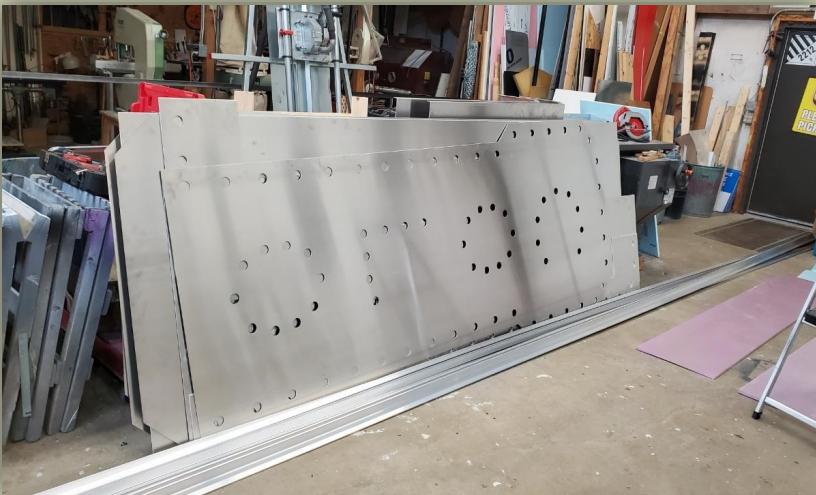
Take time to enjoy the little things. Borrow a hand lens and head out for a leisurely wander with a naturalist.



FMI visit: prescottfarm.org



Colonial Theatre Updates...



Work is underway on what will become the new marquee for the Colonial Theatre!



*Our thanks to City
Councilor Robert
Hamel for
providing these
photos!*

CARDBOARD WANTED!!

Gather all of those corrugated cardboard boxes you've managed to accumulate this holiday season...flatten them down, pile them up and bring them to the bin behind the City garage at 257 Messer St. to be compacted and recycled! Cardboard recycling is clean and easy. Corrugated cardboard only please! No cereal, soda/beer or shoe boxes, and no bubble wrap or air pillows.

Please help us save solid waste/recycling tax dollars by dropping off your cardboard. Cardboard recycling is accessible 24 hours a day, seven days a week.

Questions? Please call DPW at 528-6379.



**The Belknap Mill January Art Exhibit
"The Holidays Through the Eyes of a Child"
Photography Contest**

Winning Entry!

Name: The Secret Present
Photographer: Michael Muller
Age: 13 (age group 11-18)

City Manager Updates

The new [Financial and Operational Trends](#) report has now been posted to the City's website to keep you up-to-date and informed on what's happening in your City!

In this document you'll find financial information for the current year compared to prior years in several departments, such as fire and rescue call data, revenue from motor vehicle registrations and property taxes, police incidents, overtime costs and much more!

We hope you find this report helpful and informative!

Contact the City Mgr's office at 527-1270, or
info@city.laconia.nh.us

When can I get a **COVID-19 VACCINE** in NH?



PHASE 1

PHASE 1A

- High-risk health workers
- First responders
- Older adults living in residential care settings

PHASE 1B

- People ≥ 75 years old
- Medically vulnerable at *significantly* higher risk with 2 or more conditions
 - Family caregivers of those medically vulnerable persons, ≤ 16 years old not eligible for vaccine
- Residents and staff of residential facilities for persons with intellectual and developmental disabilities
- Corrections officers and staff working in correctional facilities
- First responders and health workers not already vaccinated

DECEMBER - MARCH*



PHASE 2

PHASE 2A

- People 65 - 74 years old
- K-12 school and childcare staff

PHASE 2B

- People 50 - 64 years old

MARCH - MAY*



PHASE 3

PHASE 3A

- Medically vulnerable <50 years old at *moderately* higher risk with 1 or more conditions

PHASE 3B

- Everyone else not already vaccinated

MAY and BEYOND*

Additional details are coming soon.
Contact your healthcare provider for more information and visit NH.gov/COVID19 for updates.

ReadyNH.gov
TAKE ACTION. BE SAFE.



1.6.21

[Click here](#) to see all of the courses offered!

 **LRCS**
FAMILY RESOURCE
CENTER
Engage. Empower. Inspire.

Winter Parent Education Offerings



on  **zoom**

LRCS has been selected as the January recipient for the Shaw's Supermarket GIVE BACK WHERE IT COUNTS Reusable Bag Program!

Every time you purchase a specially designed bag from the Shaw's store at 96 Daniel Webster Highway in Belmont, we receive a \$1 donation! Thank you, Shaw's!



 **LAKES REGION**
COMMUNITY
SERVICES
Engage. Empower. Inspire.

shaws



ServiceLink
Resource Center
(1-866-634-9412 or
528-6945) is the first
number to call for
senior services.



Do you want to report Social Security phone scams or any other Social Security fraud?
Please click the corresponding button below to submit a report.

Social Security will never ask you to repay a debt using a prepaid debit card, a retail gift card, or cash. Anyone who does is a scammer. Click [here](#) to report a scam and to learn more from the SSA Office of the Inspector General.

*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

Have a great weekend!



Scott Myers,
City Manager
City's Website:
www.laconianh.gov



CITY OF LACONIA PHONE DIRECTORY

Airport	524-5003
Airport Manager - Marv Everson	
Assessing	527-1268
Assistant Assessor - Tara Baker	
City Clerk	527-1265
City Clerk - Cheryl Hebert	
City Manager	527-1270
City Manager - Scott Myers	
Code Enforcement	527-1293
Planning & Zoning Dir. - Dean Trefethen	
Conservation	527-1264
Conservation Technician - Ashley Ruprecht	
Finance	524-3877
Finance Director - Glenn Smith	
Licensing	528-6331
Licensing - Lindsey Allen	
Planning & Comm. Dev.	527-1264
Planning & Zoning Dir. - Dean Trefethen	
Fire Dept. (Central Station)	524-6881
Fire Dept. (Weirs Station)	366-2229
Fire Chief - Kirk Beattie	
Library	524-4775
Library Director - Randy Brough	
Parks & Recreation	524-5046
Parks & Rec. Director - Amy Lovisek	
Personnel	524-3877
Personnel Administrator - Paula Baumoel	
Police (Administration)	524-5257
Police (Crime Line)	524-1717
Police Chief - Matthew Canfield	
Public Works (Main Office).....	528-6379
Public Works (Transfer Station)	528-5822
Public Works Director - Wes Anderson	
Tax	527-1269
Tax Collector - Lindsey Allen	
Water	524-0901
Superintendent - Ben Crawford	
Welfare	527-1267
Welfare Technician - Cathy Raymond	

City Council Contact Info:

Mayor Andrew Hosmer	496-2078
Bruce Cheney (Ward 1)	491-8946
Robert Soucy (Ward 2)	524-7054
Henry Lipman (Ward 3).....	528-0191
Mark Haynes (Ward 4).....	524-3605
Robert Hamel (Ward 5).....	524-6360
Tony Felch (Ward 6)	998-1418

General Council E-mail:
citycouncil@laconianh.gov

Visit the City's website at:
www.laconianh.gov