

July 7, 2023 - Edition #596

"Winni on the Rocks" at Paugus Bay (photo compliments of Ann-Marie Shpeley Fine Art Photography)

Curbside Collection Tips

When can I place trash and recycling containers out for collection?

Trash is collected every week from the curb at the public right of way. Containers can be placed out for collection no earlier than 7 pm the night before your scheduled collection day and must be removed from the curb by 7 pm on your collection day. Recycling is collected every other week. The time for putting recycling containers out for collection is the same as for trash containers. (See [recycling calendar here](#))

Where can I place my containers?

The containers cannot block pedestrians from using sidewalks. The full width of the sidewalk must be kept open at all times. Containers can be placed in the road against the curb or may be placed behind the curb. If placed behind the curb they must be within 6 feet of the front of the curb. Containers must be at least 3 feet apart from each other and 3 feet from another object like an electric pole or a mailbox.

How do I get rid of bulky items?

The City does not collect tires, electronics or freon containing devices at the curb. These items must be brought to the transfer station for disposal. Those items that can be placed at the curb for collection must have a bulky item sticker. These stickers can be purchased at Public Works or City Hall. Bulky Items are collected by appointment only. Metal items are collected on the first Wednesday of the month. Non-metal items are collected on the 2nd and 3rd Wednesday of the month. Bulky items can be placed at the curb no earlier than 7 pm the night before your scheduled appointment.

What happens if I place my containers out at the curb too early or leave them too long?

For a first offense the property owner will receive a warning letter from Public Works. For a second offense the property owner will receive a fine of \$250. In the case of condominium associations, the association will receive a warning letter or fine if their members' containers are out too early or too late.

I am a senior citizen and have not yet received my smaller containers, when can I expect to receive the containers?

The additional smaller containers have been ordered and the manufacturer expects to ship them in late July. Once they arrive, Public Works will begin the process of swapping containers. Swapping will occur on a property's scheduled day of collection.

Additional questions? Please call the Department of Public Works at 603-528-6379.

Welcome to Laconia Links!

We hope you enjoy this issue of our weekly e-mail newsletter created to keep you up to date on City of Laconia news and activities. If you would like the newsletter sent to your email each Friday, or if you have changes to your email subscription, please call the City Manager's office at (603) 527-1270 or email us at info@laconianh.gov.



***Thank you for your
cooperation!***



Library Programs Week of July 10-15



LACONIA
PUBLIC LIBRARY



Our Story
Reflections
From the
Pandemic
and Beyond

Storytimes

Sensory Storytime

Monday, July 10
10am
Best for newborns-age 6

Toddler Time

Wednesday, July 12
10am
Best for newborns-age 3

Preschool Pals

Thursday, July 13
10am
Best for ages 3-6



Our Story New Hampshire: Story Telling Station

Tuesday, July 11
10:30am-1:30pm
All Ages

Our Story NH seeks to create, share and collect stories across New Hampshire via multiple media and from multiple sectors of life, experience, feelings, hopes, and thoughts of life during, before, and in anticipation of a post-pandemic reality. The Story Station is a mobile unit that provides an opportunity to tell stories at discreet community locations. Individuals sign up for short 15-20 minute appointments and, in response to a prompt, tell an audio story and have their voice recorded, or write their story in response to the prompt. Individuals leave the appointment with a digital copy of their story and have the opportunity to upload it to the Our Story NH website. All participants receive a \$20 gift card for gas or groceries. Interpreters are available if requested in advance.

Family Fun: Lego Club

Monday, July 10
3:30-4:30pm
Best for ages 5-12



Family Craft: Friendship Bracelets

Tuesday, July 11
2pm
Best for ages 3-12



This summer's reading theme is All Together Now, and our Family Craft programs are meant to bring children and caregivers together to create something special. This week we will provide materials and instructions to create beautiful friendship bracelets.

Sing a Song Together! with Steve Blunt

Wednesday, July 12
1pm
Leavitt Park Clubhouse
Best for newborns-age 12



We always have a fun time singing along with Steve Blunt! Join us at the Leavitt Park Clubhouse to sing, dance, and get silly together. This program is best for newborns to age 12.

Teen Manga Club

Tuesday, July 11
3:30pm
Ages 12-18

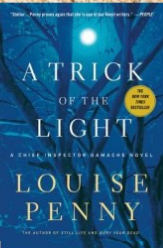
Are you a Manga fan? Join us to discuss all things Manga and vote for the next series that the Library will purchase! Snacks will be provided.



Mystery Book Club: "A Trick of the Light" by Louise Penny

Wednesday, July 12
4pm

Sign-up for the book club is required, copies of the book are available at the Library. Call: (603) 524-4775 or Email: info@laconialibrary.org to register.



Stitch Craft

Thursday, July 13
10-11:30am

Bring your current project to this informal meet-up and make progress on your creation while in the company of other fiber enthusiasts! Knitters, crocheters, quilters, embroiderers, needle-felters, ALL are welcome!



Move & Groove

Friday, July 14
10am
Best for newborns-age 6

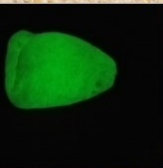
In this program, we'll use scarves, musical instruments, a parachute, and other fun surprises to dance, play, and get those wiggles out!



Teen Craft: Glow Slime

Friday, July 14
1pm
Ages 9-18

Make slime that glows in the dark!



<http://laconialibrary.org>

follow us: @laconialibrary

call: (603) 524-4775

text: (603) 556-4666

email: info@laconialibrary.org

[Sign-up for our monthly email newsletter](#)



Visit our
[website for all
our Library
events.](#)

Library Hours

Monday - Thursday 9:00 AM - 8:00 PM

Friday 9:00 AM - 5:00 PM

Saturday 9:00 AM - 4:00 PM

Goss Reading Room Closed

Learn something new, enjoy the outdoors, and expand your wellness options with us!

Intro to Mindfulness Meditation: Loving Kindness Meditation

Mindfulness and meditation are all the buzz when it comes to self-care. Join guest instructor Clare Persson, OT to learn about loving kindness meditation or sign up for all four classes in this series and explore four different approaches to mindfulness meditation that can help you connect to YOU!

Saturday, June 15; 10-11:30 am



Tractor Tours:

Life in the Fields Tractor Tours

Learn about the animals that live in and around Prescott Farm's open fields and see for yourself why fields and grassland habitats are worth protecting. This unique program is delivered from the vantage point of a tractor-drawn wagon.

No walking required!



Additional programs, series, and registration details

Saturday, July 15; 10 am-12 pm prescottfarm.org

Prescott Farm
Environmental Education Center

928 White Oaks Road, Laconia, NH • (603) 366-5695 • info@prescottfarm.org

www.prescottfarm.org



Prescott Farm
Environmental Education Center

Community-Wide Open House

Saturday, July 15

9 am - 4 pm



*If you haven't visited Prescott Farm lately, you haven't visited Prescott Farm!
Come explore the spaces - old and new - and find out how we can help you
connect to the natural world!*

Discovery Tours.....	10 am, 12 pm & 2 pm
Storytime & Singalong in Natural Playscape...	9:30 & 11:30 am
Tractor-Pulled Wagon Ride.....	12:30 pm
Garden-to-Fork Demonstration.....	11 am - 1 pm
Needle-felting Demonstration.....	1-3 pm
Telescope Demonstration.....	11 am, 1 pm & 3 pm

PLUS! Day-long self-guided tours of trails, gardens, bioretention pond, pollinator field, chicken coop, apiary, solar arrays and more!

info@prescottfarm.org 603-366-5695



928 White Oaks Road
Laconia NH 03246



Laconia Parks & Recreation

Try out our new Gaga Ball pit at Opechee Point!

Our thanks to the Laconia Kiwanis Club for installing the new Gaga Pit at Opechee Point!

GaGa (or Gaga) Ball gets its name from the Israeli word for "hit" – *ga* – and originated in Israel. Therefore, GaGa Ball means "Hit, Hit Ball." This is a fun and active game - a kinder and gentler version of dodgeball!

Bring a bouncy ball and some friends to play. Instructions are posted so you can learn the game.

City of Laconia's Independence Day Fireworks!

*Our thanks to W. Stephen Loughlin for
providing these photos!*



MEDICARE & YOU



Extra Help Program Income and Asset Limits 2023

If you have Medicare only

Income limit	Asset limit	Program	Copayments
Below \$1,843 (\$2,485 for couples) per month ¹ • And your income and/or assets are above Full Extra Help limits	Up to \$16,660 (\$33,240 for couples) ² • And your income and/or assets are above Full Extra Help limits	Partial Extra Help Premium depends on your income \$104 deductible or the plan's standard deductible, whichever is cheaper	15% coinsurance or the plan copay, whichever is less After \$7,400 in out-of-pocket drug costs, you pay \$4.15/generic and \$10.35/brand-name or 5% of the drug cost, whichever is greater
Up to \$1,660 (\$2,239 for couples) per month ¹	Up to \$10,590 (\$16,630 for couples) ²	Full Extra Help \$0 premium and deductible ³	\$4.15 generic copay \$10.35 brand-name copay No copay after \$7,400 in out-of-pocket drug costs

If you have Medicare and Medicaid and/or a Medicare Savings Program

Enrolled in	Income limit	Program	Copayments
Medicaid and/or a Medicare Savings Program	Above \$1,235 (\$1,663 for couples) per month ¹	Full Extra Help \$0 premium and deductible ³	\$4.15 generic copay \$10.35 brand-name copay No copay after \$7,400 in out-of-pocket drug costs
Medicaid	Up to \$1,235 (\$1,663 for couples) per month ¹	Full Extra Help \$0 premium and deductible ³	\$4.15 generic copay \$10.35 brand-name copay No copay after \$7,400 in out-of-pocket drug costs

Note: Income and asset limits on this chart are rounded to the nearest whole dollar. There's also a \$20 income disregard (factored into the income limits above) that the Social Security Administration automatically subtracts from your monthly unearned income.

¹Income limits are based on the Federal Poverty Level (FPL), which changes every year in February or March. Limits are higher for each additional relative living with you for whom you are responsible.

²Asset limits include \$1,500 per person for burial expenses.

³You pay no premium if you have Full Extra Help and a basic Part D drug plan with a premium at or below the Extra Help premium limit for your area.

© 2023 Medicare Rights Center

Helpline: 800-333-4114

www.medicareinteractive.org



Find your local SMP:
smpresource.org
877-808-2468
@SMPNationalResourceCenter
@SMPResource

Prevent Medicare Fraud

The Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent health care fraud, errors, and abuse. We serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones.



Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day, these issues affect people across the country and can lead to identity theft and cost you money.

You can learn to **prevent, detect, and report** Medicare fraud, errors, and abuse by contacting SMP. SMP is a national program with offices in every state, Washington, D.C., Puerto Rico, Guam, and the U.S. Virgin Islands. When you contact your local SMP, trained team members will answer your questions and share useful tips to help you prevent problems before they happen. You can also contact SMP if you think fraud, errors, or abuse have already occurred. We will provide confidential support to address your concerns. We can also help report and refer issues to the appropriate state and federal agencies for further assistance.

Look out for:

- ♦ Billing for services or medical supplies that were not provided.
- ♦ Misrepresenting a diagnosis, your identity, or other facts to bill Medicare.
- ♦ Prescribing or providing excessive or unnecessary tests and services.
- ♦ Billing out of pocket for services covered by Medicare.



Tips to prevent, detect, and report

- ♦ Only share your Medicare or Social Security number with those you trust.
- ♦ Only carry your Medicare card when you need it.
- ♦ Keep a record of all your medical visits and procedures.
- ♦ Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.
- ♦ Call your health care provider, Medicare, or your local SMP if you see something suspicious.

Prevent. Detect. Report.



SMP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services. Learn more at ACL.gov

Click on the two images above to read full sized versions of this important information regarding Medicare!

Live & Silent AUCTION



Saturday, July 15th
10 a.m. to 2 p.m.

Congregational Church of Laconia
18 Veterans Square

There's something for everyone!
Come bid on unique items including gift cards, baskets, antiques, experiences and handmade creations. Proceeds will benefit this year's Maine Seacoast Mission trip and our 200th Anniversary Celebration.



Follow our Facebook Event:
<https://fb.me/e/3HQp39J6j>

Resident Beach Stickers!

Resident beach stickers for Bond Beach or Weirs Beach are available. Two stickers per household, \$15 each (or \$25 for two if purchased at the same time). No cost for handicapped residents or residents over 65.

Resident Beach Stickers are available for purchase at the City Clerk's office in City Hall. Please be sure to bring a copy of your current registration for the vehicle you will be putting the sticker on. Contact the City Clerk's Office at 603-527-1265 with questions or for more info.



JULY 2023



Read the July issue of "One Peer to Another"... just click on the image (right).

ONE PEER TO ANOTHER

328 Union Ave Laconia, NH 03246

(603) 528-7742

www.onepeer.org



Monday 8:00a-4:30p	Tuesday 8:00a-4:30p	Wednesday 8:00a-4:30p	Thursday 8:00a-4:30p	Friday 8:00a-4:30p
3 CLOSED HOLIDAY 	4 CLOSED HOLIDAY 	5 9am Check-In 10am Rock Painting 11am Ice Breakers 1-3pm ICE CREAM SOCIAL 	6 9am Check-In 10am Journaling 11am Boundaries 1pm Arts & Crafts 2pm WOW Trail 3pm DBT Skills 4pm Check-Out	7 9am Check-In Shopping Trip! Market Basket Tilton 10a-2p 2pm Creative Writing 3pm Stress Management 4pm Check-Out
10 9am Check-In 10am Meal Planning 12-2p - St. Vincent Food Pantry Trip Transportation Provided 2pm Living Healthy Lifestyles 3pm Yoga 4pm Check-Out	11 9am Check-In 10am Self-Care 11am Arts & Crafts 12pm Nutrition 1pm WOW Trail 3pm Rock Painting 4pm Check-Out	12 Ellacoya Beach Admission \$5 9a-2p 2pm Music Trivia 3pm Smoking Cessation 4pm Check-Out	13 9am Check-In 10am Journaling 11am Positive Thinking 12pm Budgeting 1-3p MOVIE & POPCORN 	14 CLOSED Staff Appreciation Day!
17 9am Check-In 11a-2p Laverack Nature Trail Meredith FREE 2pm Uno/Games 3pm what I like about me 4pm Check-Out	18 9am Check-In 10am Staying Present 11am Connection 1pm Ice Breakers 2pm Staying Positive 3pm Moving Towards 4pm Check-Out	19 9am Open Discussion 10am DBT Skills 11a-2p Imagination Station Gilford FREE 2pm Canvas Art 3pm Journaling 4pm Check-Out	20 BEACH DAY! 9a-3p FREE Bond Beach-Laconia 3pm Mutuality 4pm Check-Out	21 9am Check-In Shopping Trip! Walmart Gilford 10a-2p 2pm Self Advocacy 3pm Resumes & Cover Letters 4pm Check-Out
24 9am Check-In 10am Healthy Meals 12-2p - St. Vincent Food Pantry Trip Transportation Provided 2pm Music knowledge 3pm Coping Skills 4pm Check-Out	25 9am Open Discussion 10am Rock Painting 11a-2p Gunstock Boardwalk 2pm Healthy Recipes 3pm Saying NO 4pm Check-Out	26 9am Check-In 10am Coping Skills 11am Walk & Talk 12-3pm Blueberry Picking Northfield FREE 4pm Check-Out	27 9am Open Discussion 10am DBT Skills 11am Journaling 1pm Ice Breakers 2pm Socialization 3pm Walk & Talk 4pm Check-Out	28 BEACH DAY! 10a-3p FREE Bond Beach Laconia 4pm Check-Out
31 9am Check-In 10am Arts & Crafts 11am Rock Painting 1-3pm Walk & Talk 4pm Check-Out			Contact: Program Director Miranda miranda@onepeer.org	Contact: Peer Support Specialist Wayne wayne.h@onepeer.org

HOUSEHOLD HAZARDOUS WASTE EVENT



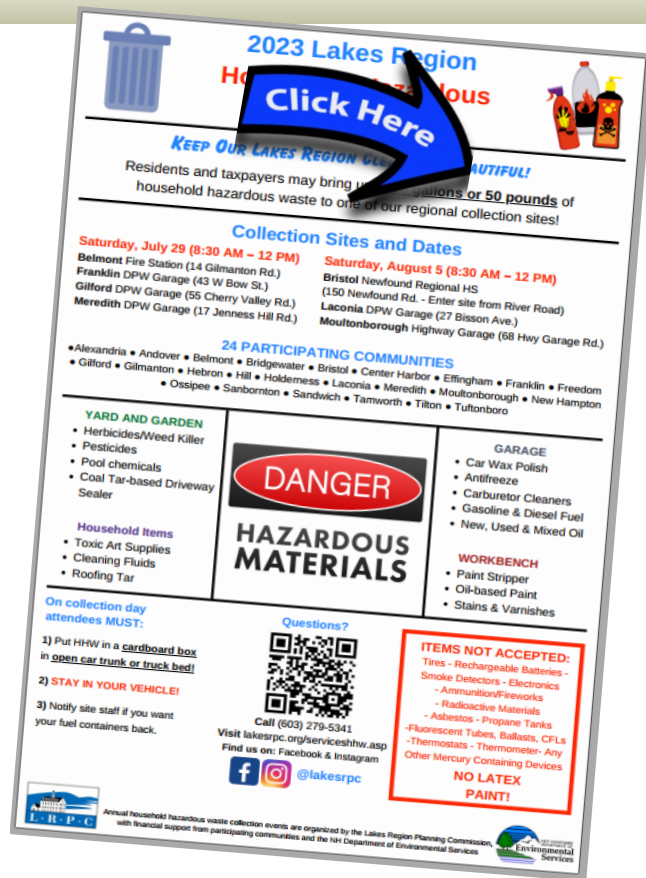
Mark your calendars for this year's Lakes Region Household Hazardous Waste Collection Events!

The City of Laconia event will be held the first Saturday in August, (August 5th) at the Public Works Garage at 27 Bisson Avenue from 8:30 am to 12:00 pm.

Please click on the flyer (right) for more details about the event, items that are able to be collected and those that cannot be collected.

For questions or more information, please call Lakes Region Planning Commission at 603-279-5341 or visit their website [here](https://www.lakesrpc.org/).

Thank you for helping to keep our Lakes Region clean and beautiful!



Please click [here](https://www.lakesrpc.org/press-releases/) to read a Press Release issued by the Lakes Region Planning Commission - "Household Hazardous Waste: A Common Problem, A Simple Solution".

KIDS CRAFT CLUB

Saturdays 10am-12pm

BELKNAP MILL
1823-2023

Join Kristen on Saturdays at the Belknap Mill from 10:00 am to Noon for KIDS CRAFT CLUB!

Make some new friends and learn fun new crafts!

Drop-ins welcome.



You're Invited!

Storytelling and Free Book Giveaway!

Brought to you by the Children's Literacy Foundation (CLiF), Got Literacy Laconia, and the Laconia Public Library

When: Friday, July 21st @ 1:00pm

Where: Laconia Public Library Gardens
(Rain location -- Library Auditorium)
306 Union Avenue, Laconia, NH

- Join CLiF for a **FUN** and **INTERACTIVE** storytelling program for both children and parents.
- Every child in attendance will get to choose **TWO NEW BOOKS** to take home and keep!
- There will be **HUNDREDS** of books to choose from with **MANY POPULAR TITLES**.



The Children's Literacy Foundation (CLiF) brings stories and books to Laconia through a Summer Readers' Grant awarded to Got Literacy Laconia and the Laconia Public Library.

Look what's happening at the Family Resource Center...



Cooperative Co-Parenting Through Separation & Divorce

on zoom



Note: Co-Parents are welcome to attend this series together, but it is not required.

Topics include:

- Being child-focused
- Healthy relationships between parents and children
- Understanding roles
- Choosing my personal path
- Anger management
- Taking control of conflict
- Negotiating Agreements

When: Tuesday evenings from 6:00-8:00 pm

8-week series begins July 11, 2023

To register, go to: www.lrcs.org/parentedregistration

or email: tricia.tousignant@lrcs.org



The Linden Foundation



Can't We All Just Get Along?!

A Book Study of "Siblings Without Rivalry" by Adele Faber & Elaine Mazlish

For many parents, sibling rivalry can be one of the biggest and most continuous challenges we face. Learn more about what leads brothers & sisters to interact in the ways that they do and how, without realizing it, we sometimes feed into it. Get tips for empowering children to change their relationships for the better.

Wednesday evenings
from 6:30-8:00pm
7-Week series
begins July 12, 2023

HYBRID COURSE

Participants can choose to attend in person at our office at 719 North Main St. Laconia, NH OR virtually via Zoom

For participants who attend in person, dinner will be served at 6:00pm and on-site childcare may be available if reserved at the time of registration.

To register go to www.lrcs.org/parentedregistration/ or email tricia.tousignant@lrcs.org



The Linden Foundation

SUMMER DREAMS & ICE CREAM PARENT CAFE

~CONVERSATIONS TO KEEP YOUR FAMILY STRONG~

JULY 13TH, 6-8PM

IN-PERSON WORKSHOP
719 NORTH MAIN ST
LACONIA, NH

JOIN US FOR A PARENT CAFE WHERE WE WILL
FOCUS ON MAKING OUR SUMMER DREAMS
COME TRUE
(AND ICE CREAM...DON'T FORGET THE ICE CREAM!).

SHARE IDEAS, MAKE NEW FRIENDS,
REFLECT ON WHAT MAKES YOUR FAMILY
STRONG!

REGISTER AT
WWW.LRCS.ORG/PARENTEDREGISTRATION

*DINNER SERVED DURING CLASS.
ON-SITE CHILDCARE MAY BE AVAILABLE IF RESERVED AT THE
TIME OF REGISTRATION. SPACE IS LIMITED.



A Book Study of "The Explosive Child" by Ross Greene, PhD



In his book, "The Explosive Child", Dr. Ross Greene explains his research-based approach to addressing challenging behaviors, which is grounded in a collaborative and proactive problem-solving framework, giving children a voice and empowering them to be part of the solution rather than merely the recipient of a punishment. Don't let the title of this book fool you...Dr. Greene's techniques are effective with all children, whether they handle their frustration "explosively" or not.

HYBRID COURSE

Participants can choose to attend in person at our office 719 North Main St. Laconia, NH OR virtually via Zoom

Thursdays
from 10-11:30am
6-Week series begins
July 13, 2023

To register go to www.lrcs.org/parentedregistration/ or email tricia.tousignant@lrcs.org



The Linden Foundation

JULY







THU	FRI	SAT	SUN
		1 <i>Big Fish</i>	2
6 <i>Big Fish</i>	7 <i>Big Fish</i>	8 <i>Big Fish</i>	9
13 <i>PETER AND THE STARCATCHER</i>	14 <i>PETER AND THE STARCATCHER</i>	15 <i>PETER AND THE STARCATCHER</i>	17 <i>PETER AND THE STARCATCHER</i>
20	21 <i>The WIZARD of OZ</i>	22 <i>The WIZARD of OZ</i>	23 <i>The WIZARD of OZ</i>
27 <i>The WIZARD of OZ</i>	28 <i>The WIZARD of OZ</i>	29 <i>The WIZARD of OZ</i>	30 <i>The WIZARD of OZ</i>



Fri/ Sat 7:30
Thu/Sat/Sun 2:00pm
ONELIGHTTHEATRE.NH.ORG



Following is a testimonial from a recent attendee of a One Light Theatre production:

"I have seen my share of local theater. I was raised with siblings who performed. I was often dragged to musicals and plays even though it was not my favorite way to spend my time. I swore as an adult I would not be subjected to sitting through theater. Now, I have a child who loves theater. Which means I am spending more and more of my spare time taking her to the theater. This past weekend we went to see One Light Theatre's production of "Big Fish the Musical." I sat there with my mouth agape. In the first moments of the show, we are treated to the lavish costumes which bring this tall tale to life. Then they started telling a heart-wrenching story of William Bloom's struggle to reconcile his relationship with his father. Teddy Wilkin, plays Edward Bloom. His charisma and ability to create a character who ranges in age from 12-70 was phenomenal. The balance between being an over-the-top storyteller offset with real moments between him, and his son or he and his wife are so believable. His son, played by local Hunter Perkins, is a no-nonsense type A 30-year-old who just can't see eye to eye with his father. Perkins brings this character to life in a way that I have never seen on stage; he aches to love his father but just can't overcome his personal beliefs. By the end of the production, I was holding my daughter, sobbing at the beauty that was brought to the stage. One Light Theatre has made a theater lover out of me. They may not have a huge theater, but they have the heart. I was saddened by the empty seats in the theater when just weeks ago, I had seen a production at the Colonial that was full. Don't sleep on this production or on this company's entire summer season. The show plays again this weekend. Take a chance and go see it, and you won't be disappointed!"



**Curbside
recycling
will be
picked up
the week of
July 17!**



**Did you know
that in July of
1984 Pres.
Ronald
Reagan
signed a
Resolution
designating
July as "National Ice Cream Month" and the third
Sunday of the month as "National Ice Cream
Day"? So do your part and visit some of our
many ice cream shops in the Lakes Region!**



LACONIA CITY COUNCIL VACANCY – WARD 5

The Laconia City Council is seeking qualified candidates to fill a vacancy for Ward 5 Councilor. Interested candidates must be a registered voter in the City and a resident of Ward 5. The term expires on January 1, 2024.

Please contact the City Manager's Office at 603-527-1270 or by email at Nbrown@laconianh.gov to obtain an application. Applications are also available on-line at www.laconianh.gov or can be picked up in the City Manager's Office at City Hall, 45 Beacon St. East.

All completed applications must be received by 4:00 pm on Wednesday, July 13, 2023. Applicants will be interviewed at a special City Council meeting to be held at 7:00 pm on July 17, 2023.

Mayor Andrew Hosmer has announced the process that will be used to fill the City Council vacancy in Ward 5 created upon the recent passing of City Councilor Robert Hamel.

Please refer to the information shown in the ad (left) for details and additional information.

An application may be completed and submitted online; please click [here](#).

Questions? Please contact the City Manager's office at 603-527-1270 or email Nbrown@laconianh.gov.

Our
26th
Year



Bubbie's
Matzah Ball Soup



THE New Hampshire JEWISH FOOD Festival

ORDER ONLINE
JUNE 11 TO JULY 9



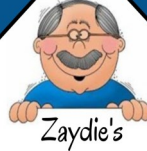
Corned Beef, Pastrami, and Tongue



2023 Menu @
2022 Prices!



210 Court St
Laconia
www.tbinh.org



Zaydie's
Brisket



Scan to Order



See the
complete
menu on our
website
www.tbinh.org

Contact us foodfestival@tbinh.org

PICK UP ORDERS AT TBI July 21 or 22 by appointment

KIDS IN THE PARK FAIRY TALE THEATRE

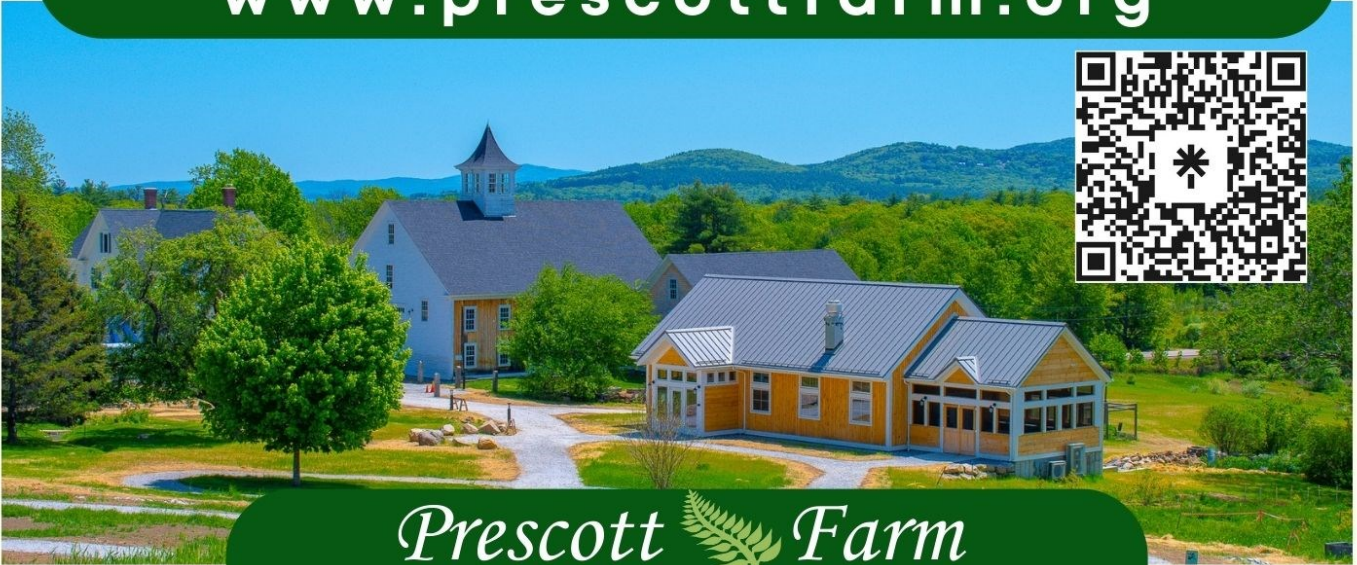


Mon. July 10 at 10am

Pinocchio

Fairy Tale Theatre will take place on the 3rd floor of the Mill and is free thanks to a grant from the Greater Lakes Region Children's Auction.

A lonely puppet maker's dream comes true when a blue fairy hears his wish and brings one of his puppets to life. In a world full of wicked temptations and sneaky tricksters, the young puppet learns that a little white lie can get you into big trouble, and becoming a real boy means putting others first!



Prescott Farm Environmental Education Center



Intro to Mindfulness Meditation: Mindful Walking

The format for this upcoming one and half hour class includes:

- A brief overview of 'What is Mindfulness Meditation.'
- Breathwork and a walking practice on the beautiful grounds of Prescott Farm (outside if weather permits.)
- We will incorporate moments of pause throughout the session to share insights and stories. We will consider how mindful walking can increase our focus, gratitude, and joy and allow us time to ask

In our modern world, many of us feel like we are on a hamster wheel. No matter how much we do or how fast we do it, it is never enough. Even if we try to slow down, incessant thoughts flood our minds and hijack our sense of peace and calm. If you relate to this, then a Mindful Walking practice may be just what you need! When we mindfully walk, we unite the body and mind together. We do this by being aware of each step and each breath and bringing ourselves into the present moment. Why not cultivate a daily habit of mindful walking?! After all, most of us spend a portion of each day walking as we engage in everyday activities. So, let's get you off that hamster wheel and into the present moment during this beautiful time of year. After this class, mindful walking will be a practice you can take anywhere. The necessary equipment is always with you, and it will open you to the beauty and peace available in each moment.



info@prescottfarm.org

603-366-5695

928 White Oaks Road Laconia NH 03246



FRIDAY, JULY 14TH
CLANDESTINE
6PM-8PM



Arts in the Park concerts are free and open to the public. Guests are welcome to bring their lawn chairs, a blanket, and a picnic dinner for an evening of live music at the Belknap Mill!

Clandestine is a funk and soul group from the NH seacoast region that draws heavily on jazz.

Please plan to join us!

HISTORY HAPPENED HERE!

A Day to Discover the Stories of Laconia

Saturday, July 15th 10a-2p

Downtown ~ Lakeport ~ The Weirs

Explore the stories that made Laconia!

Trolley Tours ~ Laconia's Collections Exhibit Walk ~ Self-Guided Discoveries
 Downtown Walking Tours ~ Visit Historically Significant and Iconic Buildings ~ and more!



Experience everything or one thing. create your own story!

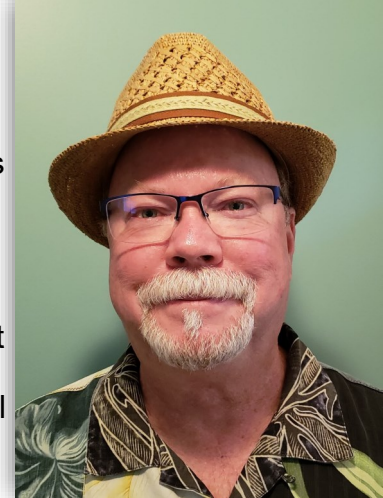
For more information and to register for a tour scan the QR code, visit laconiahistory.org or follow us on Facebook



The Belknap Mill to host art by Paul Foote in July

The Belknap Mill's Riverside Gallery exhibit for July features "Serendipity," an art exhibit by artist Paul Foote. An artist reception will take place Friday, July 14th from 5pm - 7pm.

For information about upcoming programs and events happening at the Belknap Mill visit www.belknapmill.org



KIDS IN THE PARK

JULY 2023

www.belknapmill.org

Free and open to families!
10am-11am in Rotary Park

SUN	MON	TUE	WED	THU	FRI	SAT
2 Fairy Tale Theatre funded by a grant from the	3 FAIRY TALE THEATRE Impact Theatre	4	5 READING IN THE PARK Laconia Kiwanis	6	7 YOGA IN THE PARK Cassie's Yoga & Mindfulness	8
9	10 FAIRY TALE THEATRE Impact Theatre	11	12 SAFETY IN THE PARK Laconia Police Department	13	14 HIKING IN THE PARK Lakes Region Search & Rescue	15
16 Fairy Tale Theatre funded by a grant from the	17 FAIRY TALE THEATRE Impact Theatre	18	19 RADIO IN THE PARK Lakes Media	20	21 DANCE IN THE PARK Dancing Feet Studio	22
23 GREATER LAKES REGION CHILDREN'S AUCTION	24 FAIRY TALE THEATRE Impact Theatre	25	26 QUILTING IN THE PARK Belknap Mill Quilters Guild	27	28 KARATE IN THE PARK Sachem Health	29
	31 FAIRY TALE THEATRE Impact Theatre	1	2 TBA	3	4 COMMUNITY IN THE PARK Conservation Commission	

Kids in the Park returns this July!

Monday's IMPACT Theatre group visits the Mill for 6 Fairy Tale performances. These will take place on the 3rd floor and are made possible thanks to a grant from the Greater Lakes Region Children's Auction. Find us Wednesdays and Fridays in Rotary Park for fun activities.

All Kids in the Park events are FREE and begin at 10am.

Mark your calendar so you never miss out on the FUN!

<https://www.belknapmill.org/calendar>



PUBLIC HEARING NOTICES

Please see the Public Hearing Notices on this page which have been published in the Laconia Daily Sun. In future issues of the newsletter we will continue to provide citizens with notices of upcoming Public Hearings that may be of interest to our community. If you have questions regarding any Public Hearing shown, please call City Hall at 603-527-1270 and we will be happy to direct you to the appropriate department. Thank you for staying informed about what is happening in City government!



CITY OF LACONIA Notice of Public Hearing

The City Council will hold a Public Hearing on **July 24, 2023** during the regular City Council meeting which will begin at 7:00 pm in the Armand A. Bolduc City Council Chamber in Laconia City Hall, relative to:

DISCONTINUANCE OF PAPER STREET – JEFFERSON STREET (DELL TO RAILROAD TRACKS)

Katie Gargano, City Clerk



CITY OF LACONIA Notice of Public Hearing

The City Council will hold a Public Hearing on **July 24, 2023** during the regular City Council meeting which will begin at 7:00 pm in the Armand A. Bolduc City Council Chamber in Laconia City Hall, relative to:

ORDINANCE 2022-189 AMENDING CHAPTER 189, SEWERS TO MEET THE CITY'S ENVIRONMENTAL PROTECTION AGENCY (EPA) PERMIT REQUIREMENTS AND ALIGN WITH THE WINNIPESAUKEE RIVER BASIN PROGRAM (WRBP) SEWER USE RULES AND NH DEPARTMENT OF ENVIRONMENTAL SERVICE'S SUGGESTED MODEL SEWER ORDINANCE

Katie Gargano, City Clerk

Our yesterdays

Our sincere 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 ...

The Tamarack Drive-in, on Route 3, Weirs Beach, has been a landmark near the Roller Coaster-Watson Road intersection for more than 60 years. Established in 1962 by Joseph L. and Frances L. Gilbert, the seasonal restaurant is now double its original size. Other owners, over the years have been Paul and Norman Laflamme, Steven G. and Regina Fernald and Ed and Nancy El-Far. (Laconia Historical and Museum Society)




... AND NOW

The old sign was replaced with a new one from Paquette Sign Co. of Meredith in 1985. James Clayton who, with his two brothers, had been early employees, purchased the 691 Endicott St. North business in 2007. In distance, the High Octane Saloon, at 1072 Watson Road, was earlier known as the Broken Spoke. (Jon Decker/The Laconia Daily Sun)

July 2023

Opportunities for parents and care givers to network with others for free, while enjoying their children's safe play. For children birth to age 5.

LRCs is proud to be a smoke-free, substance-free campus. Thank you for helping to keep our building and grounds a safe & healthy environment for all.



Summer Treats

9:00 Welcome 9:15 Activity
10:00 Snack 10:45 Story

Giggles & Grins

Lakes Region
Community Services
Family Resource Center
719 North Main Street
Laconia, NH 03246
603-524-8811

 Giggles n Grins is a
Peanut-free area.
Thank you.

SUN	MON	TUE	WED	THU	FRI	SAT
2	9:30 AM Family Patriotic Parade up the WOW Trail Starting at the FRC	4th of July	5 9-9:45AM Happy Sounds Sharing Music & Movement	6 9-11AM Fingerpaint Pineapples	7 9-10AM Traveling Playgroup at Tardif Park, Crescent St. Laconia	8
9	10	11 9-11AM	12 9-9:45AM Happy Sounds Sharing Music & Movement	13 9-11AM S'mores Craft	14 9-10AM Traveling Playgroup at Tardif Park, Crescent St. Laconia	15
16	17	18 9-11AM Giggles & Grins Hot Dog Craft	19 9-9:45AM Happy Sounds Sharing Music & Movement	20 9-11AM Giggles & Grins Bubble Wrap Ice Cream Cones	21 9-10AM Traveling Playgroup at Tardif Park, Crescent St. Laconia	22
23	24	25 9-11AM Giggles & Grins Tissue Paper Popsicles	26 9-9:45AM Happy Sounds Sharing Music & Movement	27 9-11AM Giggles & Grins Watermelon Squish Bags	28 9-10AM Traveling Playgroup at Tardif Park, Crescent St. Laconia	29
30	31					

See you there!

**WEIRS
BEACH**

2023 SUMMER WEIRS BEACH FIREWORKS SCHEDULE


Saturday, July 15, 2023: 9:30 pm
Saturday, July 29, 2023: 9:30 pm
Saturday, August 12, 2023: 9:30 pm

RAINDATES:

- *Saturday, July 22, 2023: 9:30 pm
- *Saturday, August 5, 2023: 9:30 pm
- *Sunday, September 3, 2023: 9:30 pm
- *These dates are tentative and will only occur if a previous show is cancelled.*

Rain date and weather
announcements will be posted
on the Weirs Action Committee
Facebook page.

Please check Facebook for
up-to-date information!



BOLDUC PARK

Youth Golf League

Join us for a weekly youth golf league at

Bolduc Park

Thursdays

July 6 — August 3, 2023, 5:30 pm

\$25 Registration Fee

A league for rookie golfers

For More Information

Call Gail at (603) 630-5650

Email Brian at bbernard@bbbsnh.org

Sponsored by



Youth Golf League Registration Form

Child's Name: _____

Age: _____ **Golf Experience:** _____

Parent/Guardian Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ **Email Address:** _____

Would your child need clubs? Yes _____ No _____

By signing this form below, you verify giving permission for your child to participate in Bolduc Park's Youth Golf League sponsored by Big Brothers Big Sisters of New Hampshire:

- _I understand my child's photo may be taken during the youth league, and may be used on Bolduc Park Association's website and/or social media
- _I understand playing Golf outdoors can take place in a variety of weather conditions that may cause muddy, wet, or slippery terrain.
- _I understand Golf is a physical activity with inherent risk that may result in death or other various injuries.
- _I do release Bolduc Park Association, its board of directors, and any staff/volunteers affiliated with Bolduc Park Association from any liability stemming from any injury my child sustains during the normal course of participation.

Parent/Guardian Signature: _____ **Date:** _____

Office Use Only

Club House Staff Member _____

Amount Pd _____ **Date** _____ **Receipt #** _____

Bolduc Park Association

282 Golford Ave, Gilford, NH 03249

Have you visited Weirs Community Park Yet?



Enjoy 27 acres of pet friendly walking trails (also open to cross-country skiers and snowshoers in the winter); the trails are all named and well marked.

The park is lit and is open from 7:00 am to 10:00 pm seven days a week throughout the year. The park is closed to all motorized vehicles. Note that all pets must be leashed.

Please plan to visit soon!

Weirs Community Park is located at 49 Lucerne Avenue in the Weirs.

Click [here](#) for more information on the park, or call the Parks and Rec Department at 603-524-5046.



LACONIA SENIOR CENTER 524-7689

JULY 2023 ACTIVITIES MENU

ACTIVITIES SUBJECT TO CHANGE

Mon	Tue	Wed	Thu	Fri
3 Red White Blue Day best dress wins a prize!	4 CLOSED	5 Bingo 10-12 Pennie Annie Poker	6 Battered Chicken Tenders with Assorted Dipping Sauces Baked Beans, Potato Salad Fruit Cup	7 BINGO & GAME DAY Movie & Snacks
10 VNA Foot Care 9-1 PM by appt Manicure by Brenda 11-12:30 PM	11 Activity Mtg 10:AM	12 BINGO Pennie Annie Poker	13 BP clinic 10:15 Knitting & Crocheting Hot Dogs on a Roll Baked Beans Cucumber & Tomato Salad, Fruit Cup	14 BINGO & GAME DAY Movie & Snacks
17 Coffee Social 10-11	18 Crafting 10-12PM Det Orton LPD Safety 10-11	19 BINGO Pennie Annie Poker	20 BP Clinic 10:15 Chicken Chow Mein White Rice Vegetable Dinner Roll, Fruit Cup Fortune Cookie	21 BINGO & GAME DAY Movie & Snacks
24	25 Genesis Health talk 10-11 Special Treat: Hot Fudge Sundae Day July Open House 3:30—5:30	26 BINGO Pennie Annie Poker	27 Sweet and Sour Meatballs Potato Salad, Vegetable WG Dinner Roll Fruit Cup	28 Special Treat: National Milk Chocolate Day BINGO & GAME DAY Movie & Snacks
31			Weather permitting: Walks along the river, Picnics, Ice Cream Social,	TBA: Trips

Please click on the image (below) to read this week's Laconia Senior Center Newsletter!



Join Us at the Senior Center for a July Social / Open House



7/20/2023, starting @ 11:30 AM

RSVP @ 524-7689

Adults • Families • Seniors • Couples • Kids

Yoga in the Park



Weirs Community Park

FREE YOGA SERIES
Every Sunday 10-11am

ADULT'S YOGA (13 & Older)
July 2, 9, 16, 23, 30 &
August 6, 13 & 20

CHILDREN'S YOGA (5-12 years)
July 9 & 23 and August 6 & 13
Bring Your Own Matt Or Towel & Water

Classes are for regular people who want to feel relief, heal and reconnect to their highest potential.




WHO CAN ATTEND CLASS?

- Class is open to Laconia residents & guests (ages 12 & up for Adult Classes and ages xx & up for Kids Classes)
- Students of all levels are welcome
- Students with an open mind ready to enjoy the health benefits of Yoga.

REGISTRATION IS REQUIRED:
You can Register in person, Monday June 5th, 6-8pm & Monday, June 26th 6pm - 8pm At the Weirs Community Park Hall. Or By Mail: Download Registration form from our website & mail to address provided by June 25th.
Weirs Community Parks Association Events Page www.wcpalaconianh.com/events

LOCATION:
Weirs Community Park - 49 Lucerne Ave., Laconia, NH - Behind the Weirs Fire Department

Adult Yoga is at the Weirs Amphitheater and Children's Yoga is under the Weirs Pavilion. In the event of inclement weather, the sessions can be moved indoors at the Weirs Park Hall.

SPONSORED BY: Weirs Community Park Associates
We Are Your Community Park
Get Involved - We Meet Once a Month, typically the third Monday of the month
wcpalaconianh.com • rentalagent@wcpalaconianh.com • 603-366-5185

Save the date!

upcoming mobile food pantry



Friday, July 28th from 12:00-2:00
(while supplies last)

Lakes Region Community College
379 Belmont Rd. Laconia, NH

The NH Food Bank will bring truckloads of food to distribute to families and individuals.
No proof of income or residence is needed. This is a drive thru event.
All items will be distributed to you in your vehicles.

Sponsored by
caring neighbors.



Damage to Solid Waste Containers



The solid waste and recycling containers provided by the City are warrantied for 10 years. The City will repair or replace the containers damaged through fair wear and tear. Please call Public Works (603-528-6379) to begin the process of having the containers repaired or replaced if necessary. When you call, please identify the type and size of the container and provide a description of the damage so that Public Works can bring out the materials necessary to repair/replace the container.

For example;

- A 65-gallon trash can had one of its wheels fall off the container.
- A 35-gallon trash container had one of its wheels break and the wheel is in pieces.
- A 95-gallon recycling container has a broken hinge and the lid will not stay on.

Public Works will take the actions necessary to have the manufacturer provide the City with a replacement container or the parts used to repair the container and will put the replacements back into City stock.

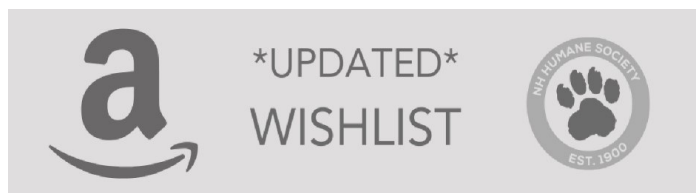


We believe in the importance of helping one another. Our friends and partners believe that, too! Chewy.com and the Humane Society of the United States' Pets For Life program make this initiative possible.



Our Community Days bring together our volunteers and regional police officers and municipal partners to distribute pet food and supplies to communities in need. Our community days will be scheduled throughout the year and are yet another way we are bringing kindness and taking care of our community.


Our next community day is Wednesday, July 26th from 9 am to 2 pm at the Humane Society, 1305 Meredith Center Road, Laconia.



We have updated our wishlists and want to share another way that you can support [New Hampshire Humane Society](https://www.nhhumane.org/). We would love toys to enrich our animals' minds, slow feeders to make meal time more fun, and everything in between to help the day run smoothly. Please click for the Amazon Wishlist: <https://a.co/7UoAY1G>

Do you have questions about item donations? Email reception@nhhumane.org.

We are grateful to be part of such an incredible community!

LACONIA
KIWANIS  **KRONIKLE**
ONLINE

Steve Loughlin, a Director at the Kiwanis Club of Laconia, NH, produces a monthly newsletter for the Club, "Laconia Kiwanis Kronikle".

To read the most recent issue and see what our local chapter of Kiwanis is up to, Click [here!](#)

Past issues of the Kronikle can be found [here.](#)

*Veterans,
First Responders,
Active Military &
their Families*

Second Saturday of the Month
10am-1pm at the Belknap Mill



Art Workshop
www.belknapmill.org



Public Events at Taylor Community -Laconia, NH

All events listed are free and open to the public

Bank of New Hampshire Music Series

Thank you to the Bank of New Hampshire for sponsoring the 2023 Taylor Community Music Series.

Cellist Terry Timmerman with Muriel Orcutt on Violin and Viola

July 9th at 3:00 p.m.

This event will be held at Woodside.

The Love Dogs

July 10th at 6:30 p.m.

This seven piece band plays original Swingin' Rockin' Jump Blues and New Orleans R&B. This event will be held at Woodside Pavilion.

Now's the Time

July 12th at 6:30 p.m.

This talented group performs American Standards, Soul and Blues with piano, guitar, bass and two vocalists. This event will be held at Woodside.

Debbi Gibson - Flute & Clarinet

July 16th at 3:00 p.m.

Join us for this musical duet. This event will be held at Woodside.

The Michael Vincent Band

July 17th at 6:30 p.m.

Michael Vincent Band is a New England-based blues and rock band led by guitarist Michael Vincent. This event will be held at the Woodside Pavilion.

NH Music Festival Chamber Music Presentation

July 23rd at 3:00 p.m.

The New Hampshire Music Festival is a summer festival that honors the tradition of classical music while exploring new artistic paths. This event will be held at Woodside.

Monday Blues with Racky Thomas

July 24th at 7:00 p.m.

Join us for an evening of real Chicago Blues, Country Blues and a little Gospel. This event will be held at the Woodside Pavilion.

Mark T Small - An American Music Concert

July 26 at 6:30 p.m.

Mark is an extraordinarily accomplished guitarist. His CD was named Best Acoustic Blues Album in 2014 and his recordings have reached the top 20 on National Music Charts. This event will be held at Woodside.

Heather Pierson

July 31st at 6:30 p.m.

Join us for a night of Americana, blues, New Orleans jazz, vocal chants, instrumental piano, and folk. This wonderful music presentation to be held at Woodside.

Other Events

Join us for more music and lectures.

All events listed are free and open to the public.

Lectures

Bolduc Park

July 17th at 11:00 a.m.

Bolduc Park is beautifully maintained and offers an enjoyable and challenging round of Par three Golf to players of all ages and abilities.

Join us as Bob Bolduc discusses the various opportunities at Bolduc Park.

Jackie Bellefontaine - Conservation Outreach Manager- Lake Winni Association - History of Lake Winni Land Usage

July 17th at 2:30 p.m.

Join us for this informative lecture as Conservation Outreach Manager, Jackie Bellefontaine shares the history of Lake Winnepesaukee Land Usage. This event will be held at Woodside.

Kurk Dorsey - Vietnam

July 19th at 6:30 p.m.

Join us as Dr. Dorsey gives a presentation on how the Vietnam War continues to influence the U.S today and how it has shaped our society for almost 50 years. This event will be held at Woodside.

Bank of NH Presents Fraud Prevention

July 26th at 2:00 p.m.

Join us for this informative program presented by Jeanin Onos - Retail Collections Officer at Bank of NH as she shares helpful tips and safety strategies. This event will be held at Woodside.

Services for the Blind and Vision Impaired (SBVI)

July 31st at 2:00 p.m.

Through SBVI, VR New Hampshire provides an array of supports to help people who are blind or vision impaired to live life to the fullest. One of these is the OIB program. The OIB program serves people who are blind, vision impaired, or deaf-blind and 55 or older. This includes people losing sight due to conditions such as diabetes or macular degeneration. To learn more about SBVI services, please join us for this presentation.

join us!

Wednesday Support Group

9:00 - 10:30 am



Call (603) 387-6775
or email info@LRCSupportTeam.org

1 Mill Plaza (between City Hall & Belknap Mill)
Laconia, NH 03247



KIDS IN THE PARK

SAFETY

IN THE PARK

**Wednesday, July 12
at 10am**



Safety in the Park with the Laconia Police Department!

Join officers from the LPD to see some cool vehicles and learn how to play and stay safe! Kids in the Park is a program of the Belknap Mill.

Join us in Rotary Park. Bring a blanket or lawn chair.



City of Laconia

Laconia City Hall
45 Beacon St. East
Laconia, NH 03246
www.laconianh.gov
info@laconianh.gov



CITY HALL HOURS:
8:30 am to 4:30 pm
Monday through Friday
(603) 527-1270

SENIOR RESOURCES

ServiceLink Resource Center
(603) 528-6945 is the first number
to call for senior services.



Hunger & Economic Security

The National Council on Aging's Supplemental Nutrition Assistance Program (SNAP) and other food assistance benefits can help older adults access the food they need to stay healthy.

Click on the image (above) to find out how to access these programs and available resources.



City Meetings

Week of:
July 10 - July 14

Public participation and citizen input is a vital part of City government. Below is a list of meetings scheduled for the upcoming week. As agendas become available they will be posted on the City's [website](http://www.laconianh.gov). Also, printed copies of any agenda are available in the City department in charge of a particular Board or Commission. You are invited and encouraged to participate in any of our public meetings. **All meetings are open to the public and are held at Laconia City Hall, unless otherwise noted:**

Laconia Human Relations Committee

July 10, 2023, 3:30 pm

Agenda

City Council

July 10, 2023, 7:00 pm

Planning Board

July 11, 2023, 6:30 pm

Agenda

Laconia Putnam Fund

July 11, 2023, 9:00 am

Police Commission

July 12, 2023, 3:00 pm

Agenda



CITY OF LACONIA PHONE DIRECTORY

(All phone numbers below
must be preceded by 603)

Airport	524-5003
Airport Manager - Marv Everson	
Assessing	527-1268
Assistant Assessor - Tara Baker	
City Clerk	527-1265
City Clerk - Katie Gargano	
City Manager	527-1270
City Manager - Kirk Beattie	
Code Enforcement	527-1293
Katherine Menici, Interim Planning & Zoning Director	
Conservation	527-1264
Conservation Technician	
Finance	524-3877
Finance Director - Glenn Smith	
Licensing	528-6331
Licensing - Hilary Young	
Fire Dept. (Central Station)	524-6881
Fire Chief - Tim Joubert	
Fire Dept. (Weirs Station)	366-2229
Library	524-4775
Library Director - Deann Hunter	
Parks & Recreation	524-5046
Parks & Rec. Director - Amy Lovisek	
Personnel	524-3877
Personnel Administrator - Lindsey Allen	
Planning & Zoning	527-1264
Katherine Menici, Interim Planning & Zoning Director	
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 - Katie Gargano	
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
Vacant (Ward 5)	
Tony Felch (Ward 6)	998-1418

General Council E-mail:

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