



July 12, 2024 - Edition #646

*Enjoying a nice cool swim on Lake Winnisquam!  
(Photo compliments of W. Stephen Loughlin)*

## Candidate Filing



**Filing period for the  
following offices:**

**Board of Education (3 Year Term):**

Ward 1  
Ward 6  
At-Large

**Police Commission (1 Year Term)**

**1 At-Large Position**

Will be held from

**August 7 – August 16, 2024**

At the City Clerk's Office  
8:30am-4:30pm

Katie A. Gargano  
City Clerk

**Please note: You must be a registered voter to file for office.  
The last date for additions and corrections to the Checklist  
will be August 6 at 7:00 p.m. at the City Clerk's Office.**

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



**Curbside recycling  
will be picked  
up the week of  
July 15!**





## MON 7/15

Sensory Storytime  
(babies-6)  
@10am

## TUE 7/16

Tech Help @10am  
Fantastic Fiction  
Book Group @10am  
Paddle Boat Craft  
(ages 6-11) @2pm  
Glow Slime  
(ages 9-18) @2pm

## WED 7/17

Summer Story  
Adventures  
(babies-6)  
@10am  
Tech Help @2pm  
Lego Club  
(ages 6-11) @3:30pm

## THU 7/18

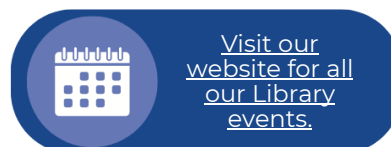
Thursday Special:  
Children's Room  
Mural (ages 3-12)  
@10am

## FRI 7/19

## SAT 7/20

**For descriptions and more, visit our online calendar!**

<http://laconialibrary.org>  
follow us: @laconialibrary  
call: (603) 524-4775  
text: (603) 556-4666  
email: [info@laconialibrary.org](mailto: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



# Look what's happening at Prescott Farm!



## Prescott Farm

Environmental Education Center



### UPCOMING Community Connection Programs



Saturday, 10 am-12 pm

#### Foraging and Cooking Wild Herbs

Explore the beauty and magic of wild plants through inspiring stories, fun games, delicious recipes, and amazing first aid remedies.

July

13

2024



Saturday, 10 am-12 pm

#### Beginner Soap Making

Learn how to safely make your very own soap. We will cover the basics of the soapmaking process and the equipment required to make more at home. Each participant will take home about 10 bars of seasonally scented soap to enjoy.

July

20

2024



Saturday, 10 am-12 pm

#### Harvest Festival

The Harvest Festival is our most popular community event of the year, drawing over 500 people of all ages to our property for a day of fun on the farm. Admission to the public is free!

Sept

14

2024

Additional programs, series, and registration details

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

928 White Oaks Road, Laconia, NH (603) 366-5695 [info@prescottfarm.org](mailto:info@prescottfarm.org)



## Prescott Farm

Environmental Education Center



### UPCOMING Community Connection Programs



Saturday, 10 am-12:30 pm

#### Family Fun Baking with Chef Allen

Share your passion for baking and nature with your favorite kitchen helper. In this special class, you and your little baker will create beautiful sugar cookies and mini cupcakes with candied edible flowers! Join Chef Allen for hands-on practice shaping, baking, decorating, and having fun!

July

27

2024



Saturday, 1-3 pm

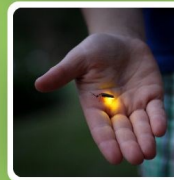
#### First Aid Trail Plants

What plant cures the pain of a bee sting? Prevents an itchy, poison ivy rash? Stops bleeding from a cut? Wander the fields and learn identification and uses of wild first aid plants such as plantain, jewelweed, and yarrow.

July

27

2024



Saturday 7-8:30 pm (Must Preregister)

#### Fireflies Light Up the Sky

The firework shows may be ending, but nature provides its very own light show. Join us for this special evening program where we will explore the cool qualities of these critters. As dusk approaches and we conclude the program, stay for a few minutes to observe the fireflies as they emerge.

July

27

2024

Additional programs, series, and registration details

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

928 White Oaks Road, Laconia, NH (603) 366-5695 [info@prescottfarm.org](mailto:info@prescottfarm.org)





## PUBLIC HEARING NOTICES

Please see the Public Hearing Notice on this page which has 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!



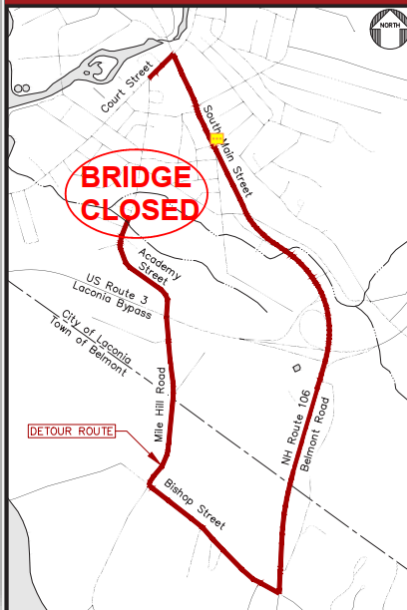
### CITY OF LACONIA Notice of Public Hearing

The City Council will hold a Public Hearing on **July 22, 2024** 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 2024-194-5 – PROVIDING  
ADDITIONAL SOLID WASTE CONTAINERS  
TO RESIDENTIAL PROPERTIES IN THE CITY  
OF LACONIA**

Katie Gargano, City Clerk

### ACADEMY STREET DETOUR ROUTE



## ATTENTION – BRIDGE CLOSURE ACADEMY STREET BRIDGE OVER DURKEE BROOK, LACONIA, NH

The City of Laconia is announcing the planned closure of the Academy Street Bridge over Durkee Brook.

The Bridge Replacement Project was originally to be closed from June 24<sup>th</sup> through August 30<sup>th</sup>. **The Academy Street bridge will now be closed for vehicular traffic from July 8<sup>th</sup> through August 30<sup>th</sup>.** There will, however, be access for pedestrian crossing.

If you have any questions or concerns, please reach out directly to Nate Guerette, Assistant Public Works Director at (603) 528-6379 ext. 406.

*Thank you for your cooperation!*



## Smith Track and Field Closed for Renovations

The Laconia Parks & Recreation Department would like to make the public aware that the Smith Track and Field at Opechee Park is closed through the first week of August. This extended closure is due to the much-anticipated renovations of the track. The contractor will be removing the current red rubber layer on top of the pavement and replacing it with a fresh layer. They will color it the same Sachem Red and it will be lined as it is currently.

We are sorry for the inconvenience of the closure, but the area will be better once reopened. For any questions regarding this closure, please call our office at 603-524-5046.



# Save the date!

upcoming mobile food pantry



**Friday, July 26th 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.



## Every Crash is One Too Many

This summer, NHDOT has 80 active construction work zones. Sadly, crashes in these zones have doubled compared to previous years. Every crash is preventable, and even one is too many. Remember, those working on our roads are our family, friends, and neighbors. Slow down, be courteous, and keep your eyes on the road. Work zones are temporary; actions behind the wheel can last forever

## VFW SUMMER MEAT RAFFLE

**JULY 12**

STARTS AT 6PM

HOSTED BY POST 1670  
AUXILIARY

PROCEEDS TO  
BENEFIT POST &  
AUXILIARY

KITCHEN WILL BE OPEN

143 COURT ST  
LACONIA  
603-524-9725

7.27.24

## TINA J & NUFF SAID BAND

Classic Rock, Oldies, 80's, Blues &  
Country Old & New



**Entry at 6pm**  
**At Laconia VFW Post 1670**  
Open to the Public



# TALENT SHOW RECRUITMENT

LACONIA YOUTH ALLIANCE'S ANNUAL PARTY IN  
THE PARK

PEOPLE 18 & UNDER MAY APPLY

**SUNDAY, AUG. 25**  
**12 PM TO 3 PM**

TO SIGN UP FOR THE PARTY IN THE PARK TALENT SHOW, EMAIL CHELSEA AT  
CBONOLLO@PPHNH.ORG OR SEND US A MESSAGE ON FACEBOOK!



## Let's Walk Together.

**Sunday, September 22, 2024**

8:30 AM Registration | 9 AM Walk | 15 Aiken Ave, Franklin

2-mile walk that begins and ends on the Concord Hospital - Franklin campus

**Benefiting mental health and substance use disorder programs and services  
at Concord Hospital - Laconia and Concord Hospital - Franklin.**



**SCAN TO REGISTER**  
**\$30 REGISTRATION FEE**  
(Includes Pancake breakfast after walk.)

or visit [runsignup.com/Race/NH/Franklin/BridgetoRecoveryWalk](https://runsignup.com/Race/NH/Franklin/BridgetoRecoveryWalk)



**A family-friendly event bringing together community, friends, families and local  
businesses to raise awareness and funds to show support for those struggling  
with, or recovering from, mental health disorder and/or substance use disorder.**

**SPONSORS:** Anthem Blue Cross and Blue Shield • Concord Imaging Center • Franklin Savings Bank • Stewart's Ambulance Service  
Belknap Tire & Auto Repair • Concord Hospital Medical Staff • Lakes Region Airport Shuttle • Meredith Village Savings Bank  
Bonnette, Page & Stone Corp. • Granite State Glass • Irwin Automotive Group • NH Ball Bearing • Boomer's Barbeque

Concord Hospital Medical Staff • Concord Imaging Center • Concord Orthopaedics  
Merrimack County Savings Bank • Stewart's Ambulance Foundation  
Daymark Solutions, Inc. • Harvey Construction Corporation • New Hampshire Distributors  
Northeast Delta Dental Foundation • Sanel NAPA • Sulloway & Hollis  
Davis & Towle Insurance Group • JP Morgan Chase & Co. • Prime Buchholz  
Radiation Oncology Associates • Speedy Printing & Copying

[ch-trust.org](https://ch-trust.org)

## Doo-Wop Group Set to Lift Spirits at the Weirs Community Park's Outdoor Amphitheater!

The Bel Aires return to the Weirs Community Park for a free concert on Saturday, July 13th at 6:00pm. This is a popular show and draws a great crowd. Be sure to bring lawn chairs to place on the grassy tiered seating area. Find a spot facing the stage and relax listening to your old favorites. Enjoy the comfortable sound system, plenty of parking and state of the art restrooms!

The Bel Aires are an acappella Doo Wop and Oldies vocal group. They usually draw a healthy crowd and it is not uncommon to see many standing up dancing and swaying to the harmonized music and, of course, everyone joins in clapping and doing the hand jive!!! This genre of harmonizing began in the 40s and 50s and hasn't changed much. There is little or no instrumentation and, of course, the "Doo-wop doo-top," are the made up words that replace the instruments.

The Weirs Community Park Association is sponsoring this FREE event at the Weirs Community Park's outdoor Amphitheater. The show starts at 6:00pm. The Weirs Park Amphitheater is located at 49 Lucerne Ave., Weirs Beach behind the Weirs Beach Fire Station. In the event of rain, the show will be set up inside the Weirs Community Park Hall right next to the park. So visitors should be sure to come rain or shine!

The Weirs Community Park Amphitheater and Pavilion are available to reserve for special events by emailing [events.parks@city.lacoinia.nh.us](mailto:events.parks@city.lacoinia.nh.us) or call 603-524-5046.



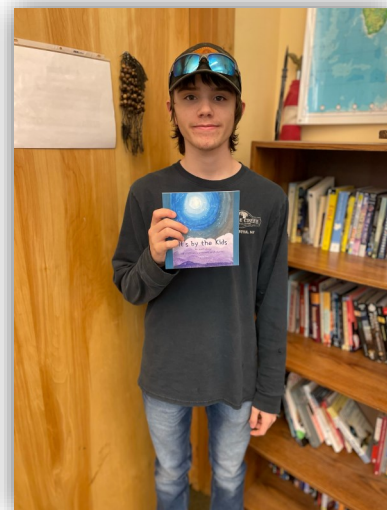
## The Beetle Books 2024 Challenge Team Seeks Children's Stories and Artwork for a Published Collection of Work

The Beetle Books Challenge Team is inviting children in the Lakes Region to submit stories or artwork to be published in an anthology that will be sold to raise money for the Greater Lakes Region Children's Auction.

Children from preschool through grade 12 can take part. Here are the details.

**What to submit:** We are seeking typed short stories, poems, reflections or other pieces of writing, such as an excerpt from a script or play. Also welcome are drawings, illustrations or sketches by children. To view the cover of the 2023 anthology, or order the book, visit [janicebeetlebooks.com/shop/](http://janicebeetlebooks.com/shop/)

**How to submit:** Pieces of writing should be sent as a Word document, or in the body of an email, to [janice@beetlepress.com](mailto:janice@beetlepress.com). Artwork should be dropped off at 108 Hickory Stick Lane, Laconia, NH03246, so we can scan it; you may pick it up in the fall if you'd like. If you are sure you have a high-resolution file of your artwork, you may email PNG or JPG files to [janice@beetlepress.com](mailto:janice@beetlepress.com). When you submit, please indicate the name of your child, age, and city/town of residence, along with the school or organization your child attends. First name only is fine if you prefer.



**Entry fee:** There is a \$5 submission fee per piece of writing or art and a cap of up to four submissions per child. Fees can be paid directly to the fundraiser on GiveGab at [givegab.com/teams/beetle-books](http://givegab.com/teams/beetle-books). However, we want access for all. If the fee or any of the guidelines present a hardship for a child or family, please email Janice at [janice@beetlepress.com](mailto:janice@beetlepress.com) and accommodations will be made without question.

**Deadline:** ALL STORIES AND ARTWORK MUST BE SUBMITTED BY FRIDAY, AUG.30,2024.

All stories and art will be compiled in an anthology that will be sold to raise additional funds for the Children's Auction. Books will be available by late fall (and they'd make a great Christmas present!) For more information, email [Janice@beetlepress.com](mailto:Janice@beetlepress.com).







### NH SMP SCAM of the MONTH- JULY 2024

#### Protect Yourself from Scams!

Healthcare fraud is one type of scam occurring in New Hampshire right now that targets people who have Medicare.

Some ways fraudsters try to trick Medicare users:

- **Phone calls**- Scammers might call you and pretend to be from Medicare, offering you free services or medical equipment if you give them your personal information, **Remember, Medicare will never call you asking for personal information, so be suspicious of any unexpected calls.**
- **Internet ads**- Sometimes scammers will create fake websites or online ads offering free services or products in exchange for personal information. Be careful about clicking on ads or entering your information online, especially if the offer seems too good to be true.
- **Text messages and emails**- Fraudsters also use text messages and emails to try to trick people into giving them money or personal information. Be cautious about opening messages from unknown senders and never click on any links or attachments in these messages.

Don't engage with a scam offer! If someone tries to trick you into giving them money or personal information, hang up the phone, don't respond to their messages, or click on any links they send.

If you think you have spotted fraud, report it right away. NH SMP helps Medicare beneficiaries prevent, detect and report Medicare fraud. If you see anything suspicious, contact the NH SMP at 1-866-634-9412.

This project was supported by the Administration for Community Living, Department of Health and Human Services, as part of a financial assistance award totaling \$355,779, with 100% funding by ACL/HHS grant number 90MPG0057. The contents are those of the author and do not necessarily represent the official views of, or an endorsement by, ACL/HHS or the U.S. Government.



## 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:** Wednesday, July 17<sup>th</sup> @ 2:00pm

**Where:** Laconia Public Library

- 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.

## Belknap Mill Kids in the Park Family Series returns

On July 1st the Belknap Mill began its 5th year of Kids in the Park. This series offers fun in the Mill and Rotary Park for children and families each Monday, Wednesday, and Friday in July. Events are free and start at 10:00am. The full calendar of events can be found on the Mill's website [belknapmill.org](http://belknapmill.org).

This year's summer series includes the return of North Country for the Arts' IMPACT Theatre. These 45 minute fairy tale theatre performances will take place Mondays on the 3rd floor of the Mill. Wednesdays and Fridays in Rotary Park will feature kid-focused activities including learning about the radio with Lakes Media, dancing fitness with Dancing Feet Studio, hiking safety with Lakes Region Search and Rescue and NH Fish & Game, karate with Sachem Health, yoga with Cassie's Yoga and Mindfulness and safety vehicle's with Laconia Police and Laconia Fire Departments. "Collaborating with community partners to provide engaging and fun family programs is an important part of our mission at the Belknap Mill." says Associate Director, Jill Desruisseaux.

*The Belknap Mill Society is a 501(c)(3) nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region's cultural heritage through the arts, education and civic engagement.*





# Parent Cafe: Let's Talk Teens!

Brewing  
Conversations  
about Parenting  
Teens

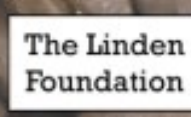
This Parent Cafe will focus on supporting each other through the challenges of parenting in the teen (and tween) years.

Share ideas, make new friends, reflect on what makes your family strong!

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

Register at:  
[www.lrcs.org/parentedregistration](http://www.lrcs.org/parentedregistration)

For those attending in person, dinner will be served at 6pm and on-site childcare *may be available* if reserved at the time of registration.



Made possible with funding from:



Christmas  
in July

# Presale ALERT

Exclusively for Spectacle Live Members



**VIENNA BOYS CHOIR**  
Tuesday, December 3

*On Sale*  
**FRIDAY**

COLONIALALLACONIA.COM  
BECOME A SPECTACLE LIVE MEMBER TODAY

# LACONIA HOUSING

Laconia Housing will be holding its' next  
Board Meeting on Thursday,  
July 18th, 2024 at 12:00 p.m.

The Zoom invite link to join is on our  
website at:

[www.laconiahousing.org/board-info](http://www.laconiahousing.org/board-info)

Questions? Please call us at: 603-524-2112

**July 19, 2024**  
**7:00PM**

JENNIFER MITCHELL MUSIC PRESENTS:



**Laconia Rod & Gun Club**

IN THE HALL  
PROCEEDS TO BENEFIT "SANTA JAM" FOR  
CHILDREN IN SURROUNDING COMMUNITIES

**Tickets: \$10.00 Per Person**

FOOD AVAILABLE FOR PURCHASE  
COME JOIN THE FUN!

[WWW.JENNIFERMITCHELLMUSIC.COM](http://WWW.JENNIFERMITCHELLMUSIC.COM)

*You're Invited...*



## ART RAFFLE

ENTER THE DRAWING AT THE MILL OR ONLINE

**\$25/TICKET**



[BELKNAPMILL.ORG](http://BELKNAPMILL.ORG)

Win a Larry Frates  
Lilac Giclee Print  
(Value \$1,500.00)  
Only 100 tickets sold.

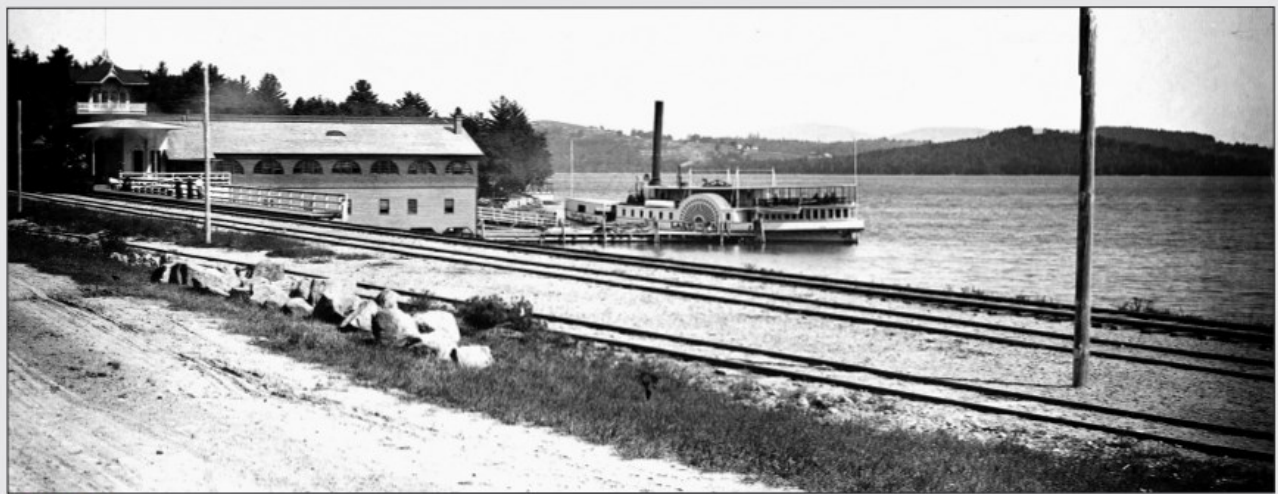
**[Art Raffle Entry]**

Help us kick off the raffle at our Arts in the Park Concert with the Boston  
Rovers this Friday, July 12th at 6pm in Rotary Park!



# 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 ...

An early Lakeside Avenue, The Weirs, is captured in this late 1880s photo by Weirs photographer Moulton, which shows the Steamer Lady of the Lake at the wharf, with the Weirs Cafe (built in 1885) at left and the cupola of the 1880 railroad passenger station glimpsed at extreme left. The three railroad tracks served the Boston, Concord & Montreal Railroad. In 1899, the nearer tracks were replaced by those of the Laconia Street Railway, which extended service to the resort in June of that year. (Laconia Historical and Museum Society)



## ... AND NOW

The Victorian passenger station was replaced, in 1893, and a canopy, 30 by 500 feet erected over the boardwalk to shield passengers from sun and rain. That station, along with the cafe, burned in 1939 and were replaced by an art deco station which served until 1987, when it was razed and a new structure (glimpsed at extreme left, behind the foliage) was erected by the Winnepesaukee Flagship Corp. The Lady of the Lake went out of service in 1893 and, in 1895, was sunk in Smith Cove. The Steamer Mount Washington then served until destroyed by fire in 1939, being succeeded by the Mount Washington II, later lengthened as the M/S Mount Washington, seen here. In distance at center, today's Winnepesaukee Pier was built in 1925 as Irwin's Winnepesaukee Gardens, a dance hall, which continued for the next 50 years before being converted to an arcade. (Daniel Sarch/The Laconia Daily Sun)





# 2024 SUMMER WEIRS BEACH FIREWORKS SCHEDULE

Saturday, July 20, 2024: 9:30 pm  
Saturday, August 3, 2024: 9:30 pm  
Saturday, August 17, 2024: 9:30 pm

## RAINDATES:

\*Saturday, July 27, 2024: 9:30 pm  
\*Saturday, August 10, 2024: 9:30 pm  
\*Sunday, September 1, 2024: 9:30 pm  
*\*These dates are tentative and will only occur if a previous show is cancelled.*

See you there!

## Requests for Proposals

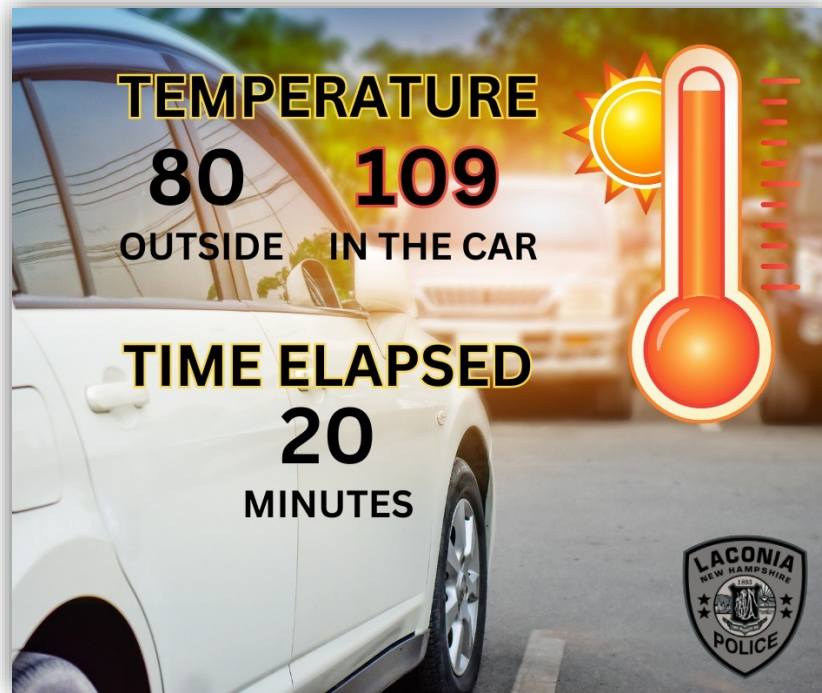
The Laconia Housing and Redevelopment Authority (LHRA) seeks proposals from qualified applicants (owners/developers and/or project sponsors) to receive Project Based Vouchers (PBV). Projects may request up to a twenty (20) year Housing Assistance Payments (HAP) PBV Contract with LHRA. Up to 60 vouchers are available through this RFP process.

The LHRA will accept proposals which preserve the affordable housing needs of very low-income (incomes at or below 50% of the median income as published by HUD) elderly persons, with a preference for sites that provide supportive services to elderly families. **Proposals will only be accepted for existing units. Priority will be given to high-ranking projects in accordance with the review and ranking criteria.**

The RFP can be obtained by going to the website at <https://www.laconiahousing.org/>.

Inquiries and communications regarding the RFP must be submitted to Laconia Housing Authority addressed to Catherine Bowler at [cbowler@laconiahousing.org](mailto:cbowler@laconiahousing.org) no later than five (5) business days prior to the due date of proposals, which is August 1, 2024.

**Completed applications are due no later than 2:00 PM on August 1, 2024.** Proposals must be submitted in accordance with the instructions contained in this RFP.



It doesn't matter if it's cloudy ☁️, your car window is cracked open 🚗, or you're parked in the shade – none of these things protect a child or pet left inside. 🐕 🐈

Let's all be vigilant and ensure the safety of our little ones and furry friends during the hot weather. Stay cool and safe!



# KIDS IN THE PARK JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <b>EMPEROR'S NEW CLOTHES</b> Impact Theatre	2	3 <b>YOGA</b> Cassie's Yoga & Mindfulness	4	5 <b>RADIO</b> Lakes Media	6 <b>FAMILY CRAFT DAY</b>
7	8 <b>RETURN TO OZ</b> Impact Theatre	9	10 <b>CRAFTS</b> Conservation Commission	11	12 <b>DANCE</b> Dancing Feet Studio	13
14	15 <b>NEVERLAND</b> Impact Theatre	16	17 <b>ICE CREAM</b> Belknap Mill	18	19 <b>KARATE</b> Sachem Health	20 <b>FAMILY CRAFT DAY</b>
21	22 <b>HANSEL &amp; GRETEL</b> Impact Theatre	23	24 <b>HIKING SAFETY</b> Lakes Region Search & Rescue	25	26 <b>TBD</b> Belknap Mill	27
28	29 <b>LOST IN WONDERLAND</b> Impact Theatre	30	31 <b>SAFETY VEHICLES</b> Laconia Police & Fire Depts			



Free and open to families!  
10am-11am  
at the Belknap Mill



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

## Laconia Historical & Museum Society Railway Day

*A memorable train excursion along the shoreline of Lake Winnepesaukee  
while celebrating National Chocolate Chip Cookie Day!*

August 4th | 10:30 AM-1:30 PM      \$40 Adult/ \$35 Child 4-12yrs  
Laconia Passenger Station | Downtown Laconia, NH



Information & tickets at [laconiahistory.com](http://laconiahistory.com)

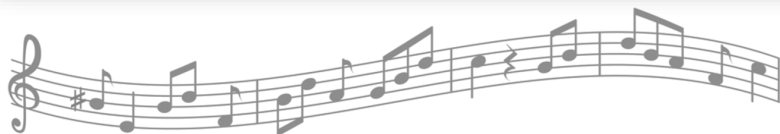




## BELKNAP MILL'S ARTS IN THE PARK *Summer Concert Series*

FRIDAY, JULY 12<sup>TH</sup>  
BOSTON ROVERS  
6PM-8PM  
ROTARY PARK

Founding Sponsor Laconia Putnam Fund



### Staffworks Exhibit at Belknep Mill

"ArtWorks" by Lakes Region Community StaffWorks is the Riverside Gallery exhibit for July. The exhibit will be up through the end of the month. Summer gallery hours are Monday through Saturday, 9am-1pm.

LRCS StaffWorks is dedicated to supporting individuals with developmental disabilities or acquired brain disorders in achieving their personal and career goals. Staffworks helps provide choices and opportunities for employment, job training, recreational activities, hobbies, and volunteer opportunities in the community. Through comprehensive programming, Staffworks fosters independence and promotes a sense of belonging and connectedness within the community for the individuals they serve.

To learn more about upcoming events or programs at the Belknep Mill, visit [belknepmill.org](http://belknepmill.org).



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

## Active Parenting of Teens For parents of teens and 'tweens

**\*ZOOM COURSE\***

**Purpose:** To provide training and support for families experiencing the dynamic changes of teenage development and to help parents and other caregivers prepare teens and preteens to survive and thrive in society.

Active Parenting of Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth.

You will learn:

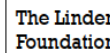
- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent
- Insight on issues such as teens online,



Thursdays 6:00-8pm  
6-week series begins July 18, 2024

To register, go to:

[www.lrcs.org/parentedregistration](http://www.lrcs.org/parentedregistration)  
or email: [tricia.tousignant@lrcs.org](mailto:tricia.tousignant@lrcs.org)



## FINANCIAL FOUNDATIONS:

### BUILDING BLOCKS FOR SUCCESS!

Four-part series; Join us for any or all.  
Thursdays 10:00-11:30am

Needs, Emotions, Money & How They are Connected

July 18, 2024

Identifying & Changing our Financial Behaviors

July 25, 2024

Turning Dreams into Goals & Plans

August 1, 2024

Budgeting Basics

August 8, 2024

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

Register at:  
[www.lrcs.org/parentedregistration](http://www.lrcs.org/parentedregistration)

Made possible with funding from:



# July 2024

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.



Giggles & Grins  
and  
Happy Sounds

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



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

SUN	MON	TUE	WED	THU	FRI	SAT
	 9:30am FRC Patriotic Parade	2  9-11AM Giggles & Grins Fireworks	3  9-9:45AM Happy Sounds Sharing Music & Movement	 4th of July	5  9-10AM Traveling Playgroup at Tardif Park, Crescent St. Laconia	6
7	8	9  9-11AM Giggles & Grins Ants	10  9-9:45AM Happy Sounds Sharing Music & Movement	11  9-11AM Giggles & Grins Butterflies	12  9-10AM Traveling Playgroup at Tardif Park, Crescent St. Laconia	13
14	15	16  9-11AM Giggles & Grins Bumble Bees	17  9-9:45AM Happy Sounds Sharing Music & Movement	18  9-11AM Giggles & Grins Caterpillars	19  9-10AM Traveling Playgroup at Tardif Park, Crescent St. Laconia	20
21	22	23  9-11AM Giggles & Grins Glitter Paint Lady Bugs	24  9-9:45AM Happy Sounds Sharing Music & Movement	25  9-11AM Giggles & Grins Dragonflies	26  9-10AM Traveling Playgroup at Tardif Park, Crescent St.	27
28	29	30  9-11AM Giggles & Grins Insect Headbands	31  9-9:45AM Happy Sounds Sharing Music & Movement			

## Pollinator PATHWAYS New Hampshire

July 2024  
Monthly Newsletter



Restoring Habitat  
One Yard at a Time



Hello Everyone! This is an amazing time of year and every New Englander with gardens is trying to get it ALL DONE as fast as we can. New Englanders work with the handicap that our growing season is short. Well... next to the Arctic it's long. But really, I wish it were at least a month longer. Summer is also the time to relax, slow down enough so that you can enjoy all the outdoors. Is this an oxymoron? Not really—just be a lazy gardener and let Mother Nature help you relax.

In the relaxing department I took a walk in our woods the other day. One type of plant that I love is Sedge grass. In our woods we have Sedge grasses of all different types. I've put some photos in this letter. You'll never see these native plants at a nursery. They are truly beautiful and so intricate when you look at them. They can range from two inches to two feet. So cool!

Native plants are perennials. They come up every year (once established) They're hardy. After all, they evolved here. Winter doesn't scare them. With enough native plants, shrubs & trees in the landscape the weeds can't grow. The weeds get crowded out. And lawns? Cut lawn size down to just what is needed for the family's outdoor activities. Mow the grass as high as possible. Leave an outside edge that you don't mow. In the fall throw wildflower seeds into the areas that you let grow. When you bought your house you never signed a contract saying a golf course type lawn is required. Put pollinators' "helping hands" to work in a vegetable garden by planting a few of their favorites in or around edible plants to increase pollination and get more fruits and vegetables. So you have gardens that can be mulched, watered and enjoyed. You have a lawn that takes 20-30 minutes to mow. Enjoy your free time, be a lazy gardener:

- Don't use chemicals
- Mow your grass long, or not at all
- Plant native plants

Enjoy the butterflies and pollinators who will show up now that they have what they need to survive and thrive!

Click on the image (left) to  
read the July Monthly  
Newsletter from Pollinator  
Pathways New Hampshire!

It contains a great deal of  
helpful information and a  
list of some upcoming  
events you may want to  
include on your calendar!





# CYANOBACTERIA

With the recent Cyanobacteria warnings on Lake Winnepesaukee, and alerts on our own Lake Winnisquam, many people are wondering what is causing them, what their impact is, and what can be done to prevent them.

## **What are cyanobacteria?**

Cyanobacteria are microscopic organisms that are naturally present in most freshwater lakes and ponds and are an essential component of the aquatic ecosystem. Under certain conditions though they can grow rapidly and generate visible “blooms”. Blooms can look like scum, streaks, mats or spilled paint on the surface of the water and in the water column and are typically green, blue-green, yellow or brown in color. Some can produce toxins that can be harmful to people, pets, and wildlife. Not all cyanobacteria blooms produce toxins but there is no way of knowing just by looking at them, so your best bet is to treat all blooms as harmful and avoid contact.



Source: New Hampshire Department of Environmental Services

*Continued on next page...*



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### **What should you do if you see a potential cyanobacteria bloom?**

If you see anything on the lake or shoreline that you suspect might be a cyanobacteria bloom please take photos and [report it to the NHDES](#) as soon as possible with the time and location it was observed. It is useful if you [let the WWN know](#) too, so that we can coordinate sampling. Most importantly, don't wade or swim in or drink the water. If anyone, including pets or livestock, comes in contact with a bloom or scum they should rinse off with fresh water as soon as possible.

### **What's the difference between a cyanobacteria warning and an alert?**

If NHDES determines that the cyanobacteria cell density in a bloom exceeds the recreational health threshold of 70,000 cells/mL they will issue a lake-wide **warning**, as that is the level at which toxins may be present at a concentration that threatens public health. When a warning is issued NHDES advises lake users to avoid all contact with the water and keep pets and livestock out as well. Lakes are resampled weekly until the bloom subsides and the warning removed. **Alerts** are issued 1) based on a photo submitted before NHDES can analyze a sample and a bloom that may be a health risk is evident; 2) when the cyanobacteria cell density is approaching but does not yet exceed 70,000 cells/mL; or 3) if a bloom is reported, but conditions may have changed. **Alerts** are intended to serve as statements to be on the watch for a potential cyanobacteria bloom and lake users are advised to avoid contact with bloom material and to keep pets and livestock out of the water. An alert may develop into a warning but otherwise remain active for a week. Resampling only occurs if further bloom reports are submitted.

### **Why are cyanobacteria blooms on the rise, and what can be done about it?**

Cyanobacteria blooms are becoming more common in our lakes due to increased nutrient input (primarily phosphorus), warming water temperatures and changing rain patterns. The best method for decreasing the likelihood of a cyanobacteria bloom is to reduce nutrient pollution into the lake. Stormwater and erosion from the land surfaces within the watershed are a primary source of nutrients to Lake Winnisquam. Fertilizers, shoreline and beach erosion, buffer clearing and poorly maintained septic systems can also contribute nutrients.

The Lake Winnisquam Watershed Based Plan that the WWN completed in 2022 identified specific sources of nutrient-laden runoff throughout the watershed and outlines a number of measures that should be undertaken to reduce phosphorus input to our lake. The WWN is currently working to address several of the top priority projects identified in the plan through a \$125k grant to design and construct stormwater treatment practices at three locations around the lake and we aim to implement additional projects in the future.

Here's what you can do to help:

Take a free [LakeSmart self assessment](#) and learn what you can do on your own property. You'll get lots of personalized tips on how you can better protect lake health.

Properly maintain your household septic system and pick up after your pets.

Maintain a buffer of natural vegetation on the water edge to filter water before it enters the waterbody.

Be aware of the [Shoreland Protection Act](#) and its restrictions on the use of fertilizers along the shoreline. No fertilizer, except limestone, may be used within 25 feet of the reference line (shoreline).

[Support the Winnisquam Watershed Network](#) and our work to implement the Winnisquam Watershed Management Plan. Encourage your friends and neighbors to do so as well.



# City of Laconia

Laconia City Hall  
45 Beacon St. East  
Laconia, NH 03246  
[www.laconianh.gov](http://www.laconianh.gov)  
[info@laconianh.gov](mailto: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.

### If My Parent Has Alzheimer's Disease, Will I Have It Too?

A family history of Alzheimer's does not mean for certain that you will have it.  
But it may mean that you are more likely to develop it.



Genes are passed down from a person's biological parents.



In most cases, Alzheimer's does not have a single genetic cause. Variants in certain genes can either positively or negatively affect your risk.



In rare cases, people can have a single genetic variant that causes Alzheimer's.



Lifestyle factors, such as exercise, diet, and smoking, can have positive or negative effects by changing the activity of certain genes.

Learn more about genetics and Alzheimer's at [www.nia.nih.gov/alzheimers-genes](http://www.nia.nih.gov/alzheimers-genes).



Having a family history of Alzheimer's disease doesn't mean for certain that you will develop it, but it does increase your risk. Curious about how genetics can influence Alzheimer's?

Just click on the image above to learn more about your risk and what it might mean for you!



## City Meetings

Week of:  
July 15 - July 19

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:**

### Human Relations Committee

July 11, 2024, 3:00 pm

#### Agenda

### Parks and Rec Commission

July 15, 2024, 6:00 pm

#### Agenda

### Zoning Board of Adjustment

July 15, 2024, 6:30 pm

#### Agenda

### Board of Assessors

July 18, 2024, 5:30 pm



## 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
Codes Director Joe Gray	
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
Planning & Zoning Director Rob Mora	
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
Eric Hoffman (Ward 3) .....	803-3425
Mark Haynes (Ward 4) .....	524-3605
Steven Bogert (Ward 5) .....	528-0613
Tony Felch (Ward 6) .....	998-1418

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

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