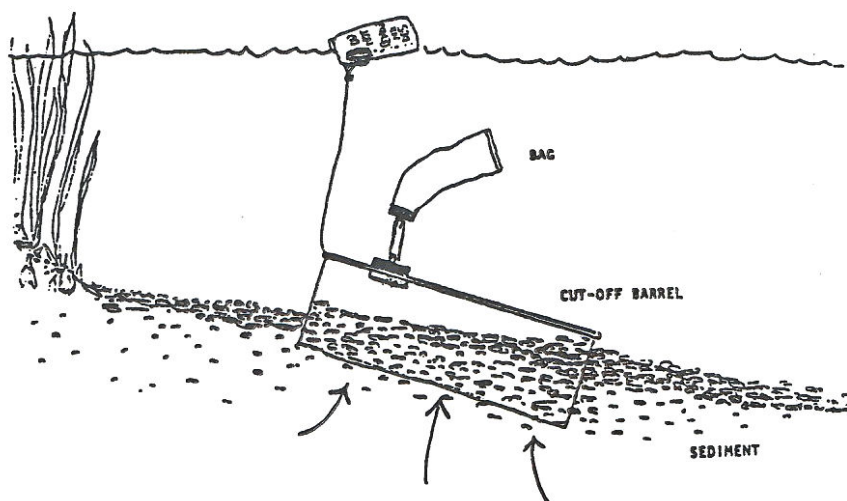
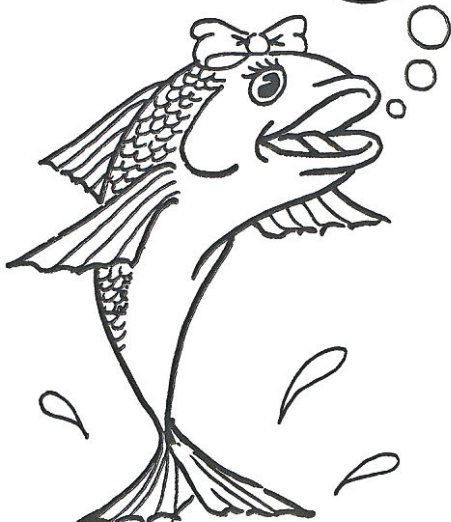


PAW PRINTS

A Newsletter from your Pawtuckaway Lake Improvement Association
Volume 3 - Summer 1992

Do You Know
What This Is?



Have you been out on the lake in your boat or canoe this summer?

If so, perhaps you have noticed the markers placed about the shoreline by the Department of Environmental Services (DES). These markers indicate the location of test sites to study the rate of water seepage from ground water into the lake. I think most of us are aware of the major contributors to lake content, those being tributary streams and rain water, with runoff also providing a small contribution.

The seepage meters are created by using the top and bottom thirds of 55 gallon drums. A stopper, containing a hard plastic tube, is inserted into the top of the drum. Once a week, DES collects water from these barrels by placing a sterile bag on the protruding tube. These bags are collected and measured for water content. In this way, the amount of ground water coming into the lake over a period of time can be gauged. DES plans to do these measurements weekly through October.

While the biologist is doing the seepage studies, he also takes a second sample of ground water from an area adjacent to each seepage meter. These samples determine if phosphorus, chlorides or nitrates are present. They are returned to the DES lab in Concord to be evaluated. If a level of phosphorus higher than an acceptable amount is found, it must be traced to its source.

A high phosphorus level can come from many sources - household cleaning agents, shampoos and soaps, human wastes, garden and lawn fertilizers.

A high phosphorus level can cause an algae bloom.- sounds sort of pretty doesn't it! Well, if you have ever observed a slimy, bright green covered pond in summer, you have seen an algae bloom. To have this happen on Pawtuckaway Lake sure wouldn't be pretty. In fact, the only way it would be pretty is PRETTY DISGUSTING. Who would want to swim, boat or camp on a slimy, algae filled lake!

Everyone can help to avoid this disaster by following these simple suggestions:

1. Don't bathe, shampoo or wash in the lake (that includes the dog, too). Even if you are careful to select products for bathing that do not contain phosphorus, who wants to swim in someone elses soap suds?!

2. Check the labels on the cleaning products and personal hygiene items that you buy. Make sure they are phosphorus free (if the label doesn't give this information, then chances are the product does contain phosphorus.)

3. Have your septic system cleaned on a regular basis (this may be once a year or every few years determined by usage.)

4. That lovely green lawn may look great but the fertilizer to keep it that way is constantly leaking into the lake (and you know what's in fertilizer don't you? Our old nemesis - phosphorus.)

Phosphorus is found naturally in our environment and the environment can cope with what is produced naturally. It's only when unthinking or uncaring people upset nature's balance that problems occurs. If everyone does their part to protect Pawtuckaway, it will remain the beautiful lake it is today for all of us to enjoy for many years to come.

I want to thank Steve Landry from DES, and his assistant, Meg, for their valuable assistance in providing information for this article. Anyone wishing further information may contact Steve at DES (1-271-3503).

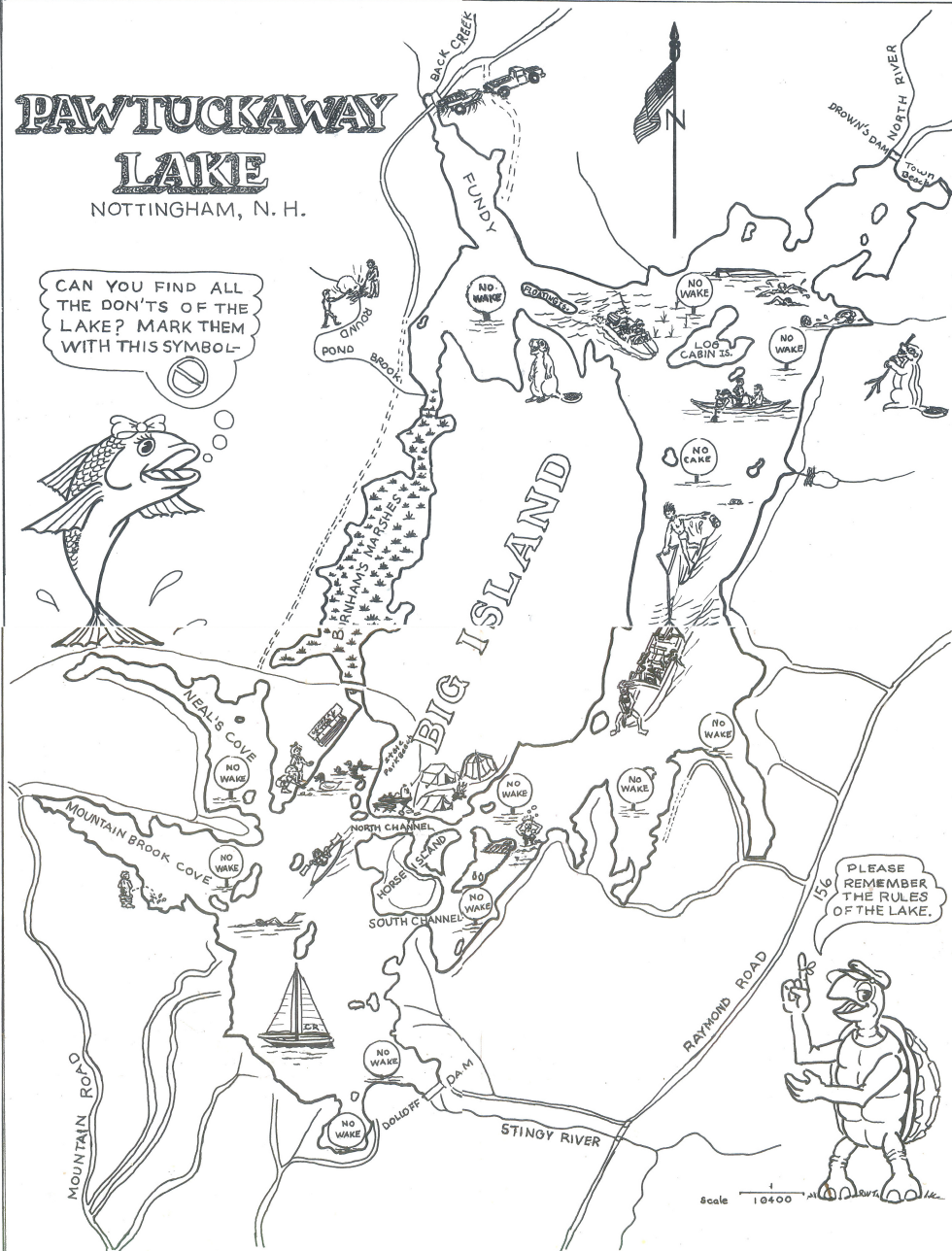
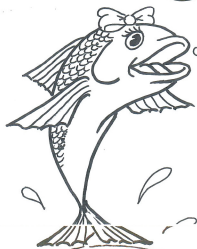
Rae Christy, P.L.I.A. Communications Committee Member



PAWTUCKAWAY LAKE

NOTTINGHAM, N. H.

CAN YOU FIND ALL
THE DON'TS OF THE
LAKE? MARK THEM
WITH THIS SYMBOL-



PLEASE
REMEMBER
THE RULES
OF THE LAKE.

Scale 1
10400

HOW DID YOU DO?

We found 12 problem areas on our fun page. (open up and look inside if you missed the map and drawings!)

1. **Check for aquatic weeds** (milfoil and exotic fanwort in particular) on your boat and boat trailer before putting your boat in the water and again after taking it out. These pesky weeds can be transported from lake to lake by clinging to your propeller, the bottom of your boat or the trailer that has been backed into the water. These weeds can live for several days out of water. Once they start to proliferate, they are very difficult and expensive to control.
 2. **No wake - please observe the no wake areas of the lake** (no wake means maintaining just enough speed to keep your boat or water vehicle moving through the water). A map of no wake areas can be obtained from boxes located in the boat launch areas or from the park rangers or marine patrol officer. No wake also applies to all areas within 150 feet from other boats, rafts, floats, swimmers and any shore. Observing the no wake areas will help prevent shore erosion and churning up the lake bottom sediment which can result in increased algae growth.
 3. **Water skiers should always wear an approved personal flotation device (PFD) and have a "spotter" in the boat along with the boat operator.** Remain 150' from shore at all times, and remember - ski only during daylight hours.
 4. **Stay with an overturned boat or canoe.** The shore can be further away than it seems. Hold on to the boat and wait for help. This is one good reason to carry a whistle in your boat as it can be used to attract attention and help.
 5. **Don't stand in a canoe.** Canoes can be easily upset spilling you and any passengers into the water.
 6. **Don't sit on the bow of a boat or hang over the gunnels (sides) of the boat.** A sudden turn, wave or encounter with a rock could throw you off the boat.
 7. **Don't litter from boats or shore.** Finding cans, cigarette filters, plastic items, etc. in the lake makes the lake unsightly for everyone. Please have a litter bag in your car, boat, tent or cottage and make sure every one uses it.
 8. **Don't leave camp fires unattended.** Just one small spark can set our beautiful campgrounds and woods on fire.
 9. **Don't feed those cute, little ducks!** They have plenty of natural food available. Any food humans give them eventually ends up in the water. Also, by discouraging the duck population, you can reduce the risk of getting "swimmers itch".
 10. **Don't swim alone.** Tempting as it may be to have a quiet swim by yourself, it's really best to have someone nearby in case of unexpected need for assistance.
 11. **Don't urinate or defecate in the lake.** You know how mom always said "go" before we leave - well, please "go" before entering the lake to make swimming a pleasure for everyone!
 12. **Don't break down beaver dams.** While out hiking or boating, if you should find a beaver dam, don't disturb it. These "busy beavers" have created a natural filtration system for water entering the lake.
- If everyone follows these common sense rules for safe lake use, we can guarantee a terrific summer filled with fun and great memories.

Summer Summers

Take Cover - With everything that's been written about the dangers of sun exposure, it's hard to keep the facts straight. Here are some key points to remember in guarding against sun damage.

- Get your children off to a safe start. Sunscreens with SPF 15 or higher in the first two decades of life can reduce the lifetime risk of some types of skin cancer by nearly 80%.
- SPF numbers don't add up. If a product with an SPF of 15 gives you five hours of safety, applying it again at the end of five hours won't add any more protection. Once your allotted time is up, you must cover up or get out of the sun - you can prolong your time only by starting out with a higher SPF number.
- Waterproof doesn't mean towel proof. While waterproof sunscreens last for at least 80 minutes in water, drying off with a towel rubs off much of your protection. Reapply sunscreen as often as needed.
- The sun has X-ray vision. Roughly one-half of the sun's rays can penetrate through a thin, white T-shirt. So wear sunscreen under lightweight fabrics, especially darker colors that absorb more of the sun's intensity.

- The ozone layer is letting more of the sun shine through. Recent studies have suggested that the ozone layer over North America is thinning twice as fast as once thought. This means that more damaging rays can get through the atmosphere, making sun protection an absolute necessity.

EMERGENCY NUMBERS

Amulance (Raymond)	895-3384
Catholic Medical Center	800/437-9666
Ask-A-Nurse	626-2626
Elliot Hospital	800/235-5468
Exeter Hospital	778-7311
Pawtuckaway State Park	895-3031

Join us for Indian Summer on the Lake
Check with your Area Rep for detail!!

PawPrints is produced by the P.L.I.A. Communications Committee. We welcome your ideas, suggestions, comments and help.

Pawtuckaway Lake Improvement Association
PO Box 793
Raymond, N.H. 03077

