



ENJOY THE WATER

Get the most out of NH's Lakes!



Anchor Marine Boat Rentals

2, 4 & 8 Hour Rentals!
Bow Riders • Deck Boats • Pontoon Boats
All Boats equipped with AM/FM Stereos

Weekly Rentals Available
603-366-4311 • 800-366-8119

Wanipisaukee Pier, Weirs Beach, NH • www.anchormarine.net
Reservations Encouraged • Major Credit Cards Accepted

ASQUAMMARINA
Holderness Harbor
879 Route 3
Holderness, NH 03245
www.asquammarina.com

603-968-9001
Fax: 603-968-7182

BOAT RENTALS!
Pontoon Boats,
Kayaks, Paddleboats,
Motorboats

Hours of Operation:
Memorial Day - Labor Day
Daily 8 a.m. - 6 p.m.

- Harbor View (Function room & Holderness Clubhouse)
- Bathroom Facilities/Shower
- Slip Rentals
- Fishing & Hunting License Service, Storage & Shrinkwrap

“HELP... THERE ARE LEECHES IN OUR LAKE!”

by **Andrea LaMoreaux**
NH Lakes Assoc.

“Help,” pleaded the caller, “Our lake is polluted—it is full of blood-sucking leeches!” As an aquatic biologist, this is one of the various reasons lake-goers call me during the summer, urging me to find someone or something to fix a problem that is ruining their enjoyment of one of New Hampshire’s approximately 1,000 lakes and ponds.

“Don’t worry,” I explained, “Rest assured, by no means does the presence of leeches in your lake mean that your lake is polluted.”

The caller on the other end of the phone was unconvinced, so I continued, “Leeches are natural organisms that can be found in most of New Hamp-



Leeches are most commonly found in shallow areas of lakes among plants, under rocks, sticks, logs, and attached to decaying leaves.

shire’s lakes. While there are more than 650 species of leeches in North America, there are only a few species in New Hampshire known to take blood from a person, and that is *only* if the right opportunity arises.”

At this point, I emailed the caller some information about where leeches are found, what to do if he got bit by a leech, and how to avoid leeches altogether. I never got a return call back, so I guessed his fears were quelled.

In case you aren’t convinced that leeches aren’t a problem, or if you are just curious...

What are leeches and where are they found?

Leeches are scientifically categorized as annelids (segmented worms) and they are closely related to earthworms. They appear as small, flattened worms and can exist in any lake or pond. Like their earthworm cousins, leeches are hermaphrodites, meaning that after they mate, both leeches can lay eggs. They reproduce in the spring and the young leeches emerge out of their cocoons many weeks later,

just in time for the summer swimming season. Leeches prefer the shallow protected areas of lakes, hiding among plants, under rocks, sticks and logs, and attached to organic debris, particularly decaying leaves. While it is not known how long freshwater leeches live, it is likely they live for at least several years.

New Hampshire’s blood-sucker

Most leeches are predaceous—they feed on worms, snails, fish eggs, and aquatic insects. Some leeches are scavengers, feeding on the remains of dead animals and plants. Only a small percentage of leech populations suck blood from warm blooded animals, a group which includes people. In New Hampshire, only the Northern Bloodsucker, scientifically referred to as *Macrobdeella decora*, is known to regularly take human blood. This species is a parasitic worm that grows over two inches long. It is brownish-green in color and sports black and red spots. It has a round, sucker-shaped

See **LAKES** on 21

Don't Be Fooled by Imitators!



Aluminum framed docks built with pride at our shop in Sanbornville, NH. We use only the finest quality materials and vinyl decking.

Our aluminum legs have a longer life with infinite adjustability - no more cracked, splintered or twisted posts! 6' on center spacing offers more protection for your boats as well as personal watercraft & smaller boats. Other docks cannot compete - we have the best structural integrity in the business, with crucial gusseting at all corners & incorporated lift points - with NO failures to date.

Please compare & judge for yourself!

We Also Offer:

- Sectional & Rolling Docks
- Our own 2-person Umbrella seat w/table
- RAD Premium Boat Bumpers
- Unique Solar Light Caps
- PaddleKing Paddle Boats & Mini Pontoon Boats
- Seacycles & Kayaks
- SwimRafts & Boat Lifts
- Dock Hardware
- Boat Accessories
- Custom Applications

The Original
Patent #631893281

Your Only Choice for a Superior Dock!

RAISE A DOCK LLC (603) 522-5336
DOCKING MADE EASY...
1625 White Mtn. Hwy, Rt. 16 • Sanbornville, NH 03872



ENJOY THE WATER

Get the most out of NH's Lakes!



Leeches are native residents in our lakes. They are an important part of the lake food web.

LAKES from 20 mouth, and is reported to have five eyes!

How do leeches find their prey?

While they are generally nocturnal creatures, during hot summer days, leeches are particularly attracted to water disturbances that create vibrations, such as animals swimming by or splashes created by people wading or swimming in the water. Leeches are excellent swimmers. They come out of their hiding spot and attach themselves to their host animal (which sometimes ends up being a person). They have sharp teeth which are used to cut into the skin of the host animal. They release a special enzyme which works as an anesthetic, so that the person (or other host animal) does not feel the bite. The enzyme also acts as an anti-coagulant which allows the blood to flow freely from the host to the leech. The leech will ingest almost five times its own weight in blood before it drops off and re-

turns to a hiding place. A leech doesn't need much food—it will not feed again for several weeks, or even months!

What to do if a leech attaches to you

If a leech attaches to you, it is probably because you happened to be

See **LAKES** on 22

NEW HAMPSHIRE BOAT MUSEUM

for the Young and the Young at Heart

EXHIBITS • EVENTS • PROGRAMS • GIFT SHOP

NEW ENGLAND VINTAGE BOAT AUCTION

JULY 16 • 10 AM at the Museum

THE MUSEUM IS ACCEPTING CONSIGNMENTS AND DONATIONS



Boats Large & Small • Projects or Restored
Boating Accessories • Lakes Memorabilia
Camp & Fishing Items • Models

AUCTION@NHBM.ORG

Hours: Monday-Saturday 10-4 • Sunday 12-4
399 Center Street/Route 28 Wolfeboro, NH

603-569-4554

www.nhbm.org



AUCTION PREVIEW PARTY • July 15 • 6-9 pm \$30pp Call 569-4554

RT. 11-B • 44 WEIRS RD.
GILFORD

**SPORTS & MARINE
PARAFUNALIA**

293-8998

Order on line NOW at
www.parafunalia.com

New Hampshire's #1 Watersports Store!

Kayaks
from \$239.99
Perception • Wilderness
Emotion

Paddleboards
from \$379
Doyle
BIC
Emotion

9 Models to Choose from

Tow Tubes
from \$49.99
H.O. • Connelly • O'Brien

Water Trampolines
from \$299.99
O'Brien • Aquaglide

Wake Boards
Starting at \$199.99
Hyperlite • CWB
Ronix • Liquid Force • O'Brien

Water Skis
Combos from \$119.99
H.O. • O'Brien
Connelly • Radar

**Swimwear & Sportswear
For the Whole Family
Sandals • Water Shoes • Wetsuits**

Knee Boards
from \$89.99
O'Brien

**We RENT... Waterskies, Wakeboards, Kneeboards & Air Chairs
Largest Selection of DISCOUNT Marine Supplies**

Anchors • Chains • Ropes • Lines • Fenders • Bumpers • Pumps & More!



ENJOY THE WATER

Get the most out of NH's Lakes!



DELIVERY & TAKE OUT **KAYAK & CANOE RENTALS**

deli & Take Out | **WATERFRONT**
Wear's Head Brand
Premium Delicatessen

KAYAK & CANOE RENTALS & TOURS

32 Suncook Valley Road • Alton Circle • Route 28 South
603-875-1000 • Open May - Oct.
www.RRDeli.com • www.RRKayak.com

LAKES from 21

wading or swimming in a shallow area where it was hiding. If you find a leech on your skin don't pull it off! The mouthparts of the leech could be left in your skin and could cause an infection. You might want to use an irritant, such as salt or heat (aim a hair



Members dedicated to protecting lakes

dryer at it), to encourage the leech to voluntarily let go of you. After the leech is gone, clean, disinfect, and bandage the bite to prevent infection. If the wound doesn't heal properly, contact your doctor. *A leech attached to the skin of a person.*

Are leeches dangerous?

No, leeches are not dangerous. They do not cause serious physical harm to people as they really don't take much blood from their host, and it has been reported that they do not transmit human diseases. However, leeches can certainly inflict emotional harm on a host—I assume that most people would find a leech attachment disconcerting, to say the least! But, believe it or not, it is possible that leeches can be beneficial to humans—doctors have used (and some may still use) leeches to purposely drain blood from people to reduce swelling and heal wounds.

Can you get rid of leeches from the lake?

Not really. There are no environmentally safe chemical control measures that will effectively reduce leech populations while not harming fish and other aquatic animals. (And, any chemical application in a lake or pond in New Hampshire by a non-licensed applicator is illegal!) Bait trapping—using a metal coffee can with a plastic lid drilled with small holes and baited with raw meat and placed into a waterbody—may reduce leech populations. But, the easiest and safest way to reduce leech populations is to make sure you and your neighbors

do not rake leaves, grass clippings, or other organic debris into the lake.

How to avoid leeches

If you want to minimize the potential for a leech encounter, consider swimming in deeper waters and in areas free of plants and other organic debris. Taking these precautions will reduce the likelihood of a leech latching on to you.

Leeches are good to have in our lakes!

Leeches are native residents in our lakes. They are an important part of the lake food web. Most leeches eat worms, snails, and insect larvae—relatively few actually feed on humans. Leeches, in turn, are eaten by fish, ducks and turtles. And, many fishermen use leeches for bait.

The New Hampshire Lakes Association (NH LAKES) is a member-supported, non-profit organization dedicated to protecting New Hampshire's lakes and their watersheds. Find NH LAKES on Facebook by searching for "NH LAKES (NH Lakes Association)" at www.facebook.com and become a fan of their page. To receive NH LAKES' free monthly e-news blast, Shorelines, full of interested lake-related information, sign up at www.nhlakes.org. Join NH LAKES for their fourth annual LakeFest fundraiser on July 29th, 5-8pm, at the Church Landing Inn, Meredith, NH. There will be two live comedy performances, gourmet food and wine, and a silent auction. Tickets can be purchased at www.nhlakes.org/LakeFest2011.htm or by calling (603) 226-0299. Tickets are \$50 for one, \$75 for two.

WATERMARK

Marine Construction

ICE DAMAGE? NEED DOCK or SHORELINE WORK?

Visit Our Store To See All The Boatlifts & Cranes

SUNSTREAM BOAT LIFTS



- Plan ahead - permits take time!
- Make an appointment today for a site visit!
- Schedule projects early!

www.docksource.com

29 Gilford East Drive, Gilford NH
603-293-4000

552 Route 11, Sunapee, NH
603-763-6440

Open Mon - Friday From 8:00 - 5:00, Or call for an appointment...

Irwin Marine

Sea Ray's Demo Days

EXPERIENCE SEA RAY'S
POWER & PERFORMANCE SHOWCASE

Boats in the water to run from 17' to 40'
Saturday, July 16 • Hours: 9-4 • www.irwinmarine.com

Irwin Marine • 958 Union Avenue • Laconia