

Tuftonboro considers an Economic Revitalization Zone

BY ELISSA PAQUETTE
Staff Writer

TUFTONBORO — During its Aug. 10 meeting the Tuftonboro Board of Selectmen expressed interest in applying to the NH Division of Resources and Economic Development (DRED) to include the former home of Audioplex – vacant for a couple of years and presently for sale – in the state’s Economic Revitalization Zone Program.

The zone, not to be confused with zoning, is a means for the town to promote investment, recruitment and job creation through tax credits to businesses that could be applied to the Business Profits Tax or Business Enterprise Tax.

Denise Roy Palmer, Executive Director of the Wentworth Economic Development Company (WEDCO), which serves area towns from an office in Wolfeboro in space provided by Citizens Bank, said there is no impact on a town’s real estate taxes.

Rather, it has the potential to expand a town’s property tax base in commercial/industri-

al property.

If the Audioplex site was to be purchased by a business, that business could qualify for a tax credit of from 4 to 6 percent of the yearly salary for every full-time position it maintains. A \$25,000 a year job, Roy Palmer pointed out, would qualify for a \$1,000 tax credit. The percent goes up according to the wage levels. The higher the wage level, the greater the percent in tax credit.

It could receive an additional 4 percent of the lesser of the actual cost incurred in the fiscal year of creating or renovating a facility and expenditures, or \$20,000 for each new job created in the fiscal year, according to information brought to the board’s attention by Gary Chabot, business development specialist and Benoit Lamontagne, industrial specialist of the DRED.

An applicant may be eligible for up to \$240,000 in tax credits for a project and may be maxed out at \$40,000 per year. Unused portions of the credit in excess of \$40,000 may be carried forward

for an additional five years.

The state’s program provides \$825,000 statewide in tax credits to help recruit and retain clients. Palmer says that

entire amount is applied each year.

She added that zones are in place in the neighboring towns of Wolfeboro (Wolfeboro Business Park on Route

109A), Ossipee, Farmington and Milton.

The board may apply to enter other qualifying buildings in town as well. The former PAK 2000 manufacturing site

was mentioned in the course of the meeting.

Selectman Lloyd Wood expressed interest in visiting the WEDCO office and learning more about nearby zones.



TJ PALMER

Concerned about the county

ABOUT 90 PEOPLE packed a meeting room and spilled out into the hallway at the Carroll County Courthouse last Monday morning, Aug. 17, for the meeting of the Carroll County Delegation. The delegation agreed to hold a public hearing on a supplemental budget for the county, appointed former Rep. Chis Ahlgren of Wolfeboro as commissioner and Chip Albee of Tuftonboro as county treasurer until next election, and passed a vote of no confidence in the county commissioners, 12-2, along party lines. See complete meeting report on page A15.

Hospital Aid changes name to reflect broader community involvement

BY THOMAS BEELER
Editor

WOLFEBORO — Recently the Hospital Aid Association, Inc., the 501(c)3 nonprofit organization that runs the annual Hospital Aid Street

Fair, made a small but significant change in its name to reflect its broader mission to help those in need in the greater Wolfeboro community.

The new name for the organization is Hospital

and Community Aid Association, Inc.

Public awareness of the name change came just before this year’s Hospital Aid Street Fair at the beginning of August and led to questions

being asked and concerns raised about what was happening with one of Wolfeboro’s best-known and supported organizations. The Granite State News received and published two let-

ters, one on July 30 and a second on Aug. 6 (just before this year’s Street Fair opened).

This reporter sat down last Friday with Jane Wass, who, with her husband Bob, has

directed the Street Fair since 2002, and Hilde Talbot, a member of the board, to discuss this situation.

Wass explained that most people think that

SEE HOSPITAL PAGE A17

Governor Hassan visits school district’s Camp Invention

BY ELISSA PAQUETTE
Staff Writer

EFFINGHAM — Governor Maggie Hassan entered the lobby of Effingham Elementary School on Aug. 11 to take in the creative energy of the 35 kindergarten through sixth grade students immersed in the Camp Invention program activities in classrooms down the hall.

The week-long program, paid for entirely by the Governor Wentworth Regional School District’s Wood Estate Trust, was fully sub-

scribed within 24 hours according to Principal Kelly Colby-Seavey. The curriculum dovetails with the district-wide emphasis on STEM (Science, Technology, Engineering, Mathematics) activities and the recommendations of Gov. Hassan’s STEM task force.

Principal Colby-Seavey, Camp Invention National Hall of Fame inductee Eric Fossum with wife Susan, Superintendent Kathy Cuddy-Egbert and director of the weeklong program, teacher Britany Noyes, were among those waiting eagerly for her arrival.

The entourage moved quickly down the hall toward the sound of students at work constructing rockets from as an



ELISSA PAQUETTE

GOV. MAGGIE HASSAN visited Effingham Elementary School on Aug. 11 to witness Camp Invention in progress. The one week science program reached its 35 student capacity within 24 hours. Here the governor listens as a student explains a project in progress. Superintendent Kathy Cuddy-Egbert plans to include Carpenter and Crescent Lake Elementary Schools in Wolfeboro in the program next summer. See this week’s Our Town on Wolfeboro inventor Eric Fossum, who also visited the Camp, on page C1.

array of materials under the guidance of teachers

Kyra Dulmage and Elizabeth Jackson and their

helpers.

Students in each room Hassan visited eagerly shared their designs and theories as to how they would accomplish propelling their

individual rockets to the moon – a designated distance to the center of a stack of blue tubes with a photo of the moon in space.

Inventor Fossum of Wolfeboro mingled with the students as well, delighted with their enthusiasm and eager trips back to the classroom to modify their space crafts to increase speed or improve trajectories to accomplish the objective.

The tour concluded with a roundtable discussion of the program with representatives from the national and state Camp Invention programs.

Hassan emphasized the need to invigorate New Hampshire’s economic system and help build a technologically skilled work force, beginning with encouraging creativity and devel-

SEE HASSAN PAGE A16

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Duffy corrects his statement on March 16 truck discussion

BY ELISSA PAQUETTE
Staff Writer

TUFTONBORO — At the Aug. 10 Tuftonboro selectmen’s meeting Guy Pike sought

to correct a statement made by Selectman Dan Duffy at the Aug. 3 meeting in reference to the meeting of March 16. Duffy was

subsequently quoted (referring to discussion of the purchase of the town truck) in the Granite State News as

SEE DUFFY PAGE A17

State rep recommends a grant review panel for Wakefield

BY THOMAS BEELER
Editor

WAKEFIELD — During public comment at the Aug. 12 Wakefield Board of Selectmen meeting, State Rep. Ed Comeau (R-Brookfield)

advised Selectmen Charlie Edward and Connie Twombly to get more information on terms before signing a letter endorsing a Homeland Security grant applica-

tion by County Sheriff Domenic Richardi for a new dispatch console.

As a result, the two selectmen put off sign-

SEE REVIEW PAGE A14



JOSHUA SPAULDING

Welcome message

Marjorie Dow addresses the crowd at the start of the Granite Man Triathlon on Saturday. The triathlon supports the Albert Dow III Memorial Scholarship, which is presented in honor of Marjorie’s son, who died in a search and rescue accident in the early 1980s.

LOOKING

FROM PAGE A13
came, but only one cabin was available. Herb contacted Piping Rock next door and booked two rooms for other family members. The next year Christie and I decided to leave California behind and move to Wolfeboro. We've been here ever since.

"Looking back" on the history of Piping Rock: In 1896 a large three-story building standing where Piping Rock is today, said to have been erected circa 1890, was given the name of Gray Rock and began to advertise under that name. It was a year-round facility on Winter Harbor. The typical guests arrived in the summer from Boston, New York City, Baltimore, and other places to the south and stayed for a week to a month, some for the whole season.

Wolfeboro, with its several large hotels (Pavilion as discussed last week, Glendon House, Sheridan House, and Belvue or Lake Hotel) and several dozen homes and farms that accommodated guests, was a prime getaway for city folk in an era before air conditioning. Typically, they would arrive on the

Boston & Maine Railroad, disembark at the Wolfeborough Railroad Station, and hire a waiting carriage to be taken to their destination. In the colder season the Gray Rock was a favorite for sportsmen and those who simply wanted a place to stay in town. Mentions of Gray Rock visitors appeared often in the society columns of metropolitan newspapers.

In the early 20th century Gray Rock was operated by Gorham B. Humphrey, an entry on a fairly long list of dynamic entrepreneurs who called Wolfeboro home over the years. At one time he also owned Windleblo Camp in Tuftonboro. He was also engaged in "gentleman farming," raised pigs and poultry, and dealt in grain. Around the year 1930 he sold Gray Rock to W.A. Brophy. Business seems to have declined, and not much was heard of the establishment. On March 8, 1932, it burned to the ground. Humphrey died not long afterward on June 1.

On May 13, 1955, the Granite State News reported that the property was acquired by Mr. and Mrs. Leendert Baas of New York. Subsequently

the Piping Rock Lodges were built on the site.

A 1960 advertisement for Piping Rock Lodges: "One to three bedroom housekeeping cottages on Lake Winnepesaukee. Fireplaces and thermostat-controlled heat. Completely furnished including linens, etc. Sandy beach. Accommodation by day or week in Main Lodge, April through October." In the 1970s the Baas subdivision development was made near the lodge. In 1972 the abutting property of Donald Fairchild was purchased, giving the lodge more acreage. A nine-hole putting green and miniature golf course was built. In September 1974 Piping Rock Lodges & Motel, as it was called at the time, was sold to Mr. and Mrs. William Long of Andover, Massachusetts. In the 1980s it was partly converted to condominiums. In 1987 it was managed by 1776 Investors, Inc.

In 1998 Sidney Slome and Edie McGee, trading as Slome-McGee Associates, became the new owners of the Piping Rock Motel (the name kept changing). It was extensively remodeled by Larry LaBonte, who traded as the Custom Construction Company.

Today under the ownership of Carol George the Piping Rock Resort is finer than ever. "Scenery, sand, sunshine, and silence" await visitors, according to the latest brochure.

"Nine acres and 400 feet of shore frontage provide a natural playground with something for everyone—badmin-

ton, volleyball, horse-shoes, waterskiing, boating, sailing, swimming, fishing, horseback riding, bowling, shops, churches, and many other facilities are only moments away."

It is interesting to contemplate that today in 2015 there are far fewer hotels and boarding places for guests in Wolfe-

boro than there were in the 1890s! With air conditioning in Boston, New York City, and Baltimore, people can stay home now. And with the Internet, the kids do not need to ride horses, sail, bowl, or even attend church. All they need is a computer or iPhone. Perhaps something is missing?

LETTERS TO THE EDITOR

Jud Strong

To the Editor:

After having been asked by many as to when they might get a chance to be entertained by one of my letters, I feel as though you deserve an answer. Since July 1, I have written two letters that as of today, Aug. 17, have not been printed and seemed to vanish like a Malaysian airplane.

I finally went the office of the Granite State News to inquire about my letters and was told that they had a problem with my "Stream of Consciousness" being too scattered. Well let me tell you something, I've been in this stream my whole life, riding downstream with the current and what a great ride it has been. As Joe Walsh would say, "Sometimes

I can't believe I'm still standing, but it feels pretty good to be me."

I know that there are many of you out there smiling and nodding your heads in agreement. You get it. Life is pretty damn good now isn't it?

Apparently Beeler doesn't get it. Beeler has no feeler for funny. I think I know why. Beeler has E.D. and he doesn't know it. Judging by his limp reactions to my letters, he must be suffering from Editorial Dysfunction. Obviously his E.D. has resulted in a weak stream of news in the Granite. Instead of the Granite State News, might it not be called the Granite State Snooze? Sorry Tom, but they don't have a pill for this.

How many more epic

tales of Ruth's mice and men, from now and then do we have to endure? How many times must Spaulding tell us what a clumsy bastard he is? And Harrigan's tales of South Hill and wood boilers gives me the Willys. I hope all of you get to read this in the Grunter (how appropriate) instead of the Conway Sun.

To all of you who have come up to me with a smile on your face and great comments on something I wrote, thank you. It's nice to know you're out there. I love all of you!

One final note, I'd love to meet the owners of the stuffed dog. Have I got some ideas for that pooch

*Thanks again.
Barry Ennis with
tongue in cheek!
Tuftonboro*

VOICES

FROM PAGE A12

they put the term free speech into scare quotes in regards to campaign ads. Do they think that

campaign ads do not count as free speech?

I thank the editors for printing my correspondence. They are under no obligation to do so. If the editors were to decline to publish my letter, my

rights would not be violated. I could write to a different newspaper, I could start a blog, I could start my own newspaper. The First Amendment prohibits only the government from limit-

ing my speech.

It is worth remembering that the Citizens United case revolved around a documentary movie that was critical of Hillary Clinton, which Citizens United pro-

duced prior to the 2008 Democrat primaries, and which the government suppressed — until the Supreme Court's decision. So remember that, the next time you hear Mrs. Clinton pledge

to repeal Citizens United. What she is really saying is that she would like for it to be illegal for anyone to criticize her.

*Max Ledoux
Tuftonboro*

REVIEW

FROM PAGE A1

ing a letter of support. Selectman Ken Paul was not present at the short Aug. 12 meeting, nor was Town Administrator Teresa Williams.

Comeau asked to see the document that described the grant and said it should have been nine pages instead of four. What was missing were the terms and conditions for the grant. Comeau produced a copy of the 2014 application for the same \$3.7 million grant, which was not approved, and he said it included 20 pages of conditions. He pointed to condition 23 which

he said detailed how the county would cooperate with Homeland Security on data collection efforts and had to develop a plan to do so. He added that the U.S. Congress may also decide to cut funds and the grant would then not be paid.

Comeau said he was not speaking against replacing the dispatch console and commented that "the sheriff's department is very well run," but he was objecting to the short notice given — the grant application is due in September — and the lack of documentation. He said towns need to get such grant applications far enough in advance to review the terms and

conditions before they decide whether or not to write a letter of support.

Selectmen Secretary Toni Bodah said that the sample letter of support sent was from Tuftonboro, which voted in favor of supporting the grant.

Comeau said he had started a grant review board in Brookfield and the county to review grant applications and urged Wakefield to do the same.

Edwards said that Wakefield Police Chief Ken Fifield was in favor of the grant, but he himself "was reluctant to give support to something we don't know enough about." Twombly agreed and the mat-

ter was put on hold.

Other business

The proposed sewer connection at 57 Cedar St. was taken off the agenda. The applicants may be planning to upgrade their septic system instead.

Two bids were opened for refinishing the floor of the Opera House. After some discussion the board voted to go with Higgins Wood Floor Company, which submitted a more detailed and professional bid document. Its bid of \$5,309.55 was higher than the \$4,725 alternative but it also offered a \$265 discount for prompt payment.

Selectmen voted to

set the price for winter sand for contractors at \$8 a yard, which is \$1.17 higher than the town's cost from Ossipee Aggregates, but the town also has to pick up the sand in Ossipee. Last year \$1.50 a yard was added to the town's price. Wakefield residents can get sand free for personal use in five gallon buckets.

The board approved changes to the town's safety policy which direct employees to report safety issues directly to their supervisor.

Selectmen reviewed and approved a request for a waiver of the \$129.61 balance remaining on an ambulance bill. EMTs want people

not to hesitate to call an ambulance when they need one and wrote in favor of granting the waiver. Edwards said it was clear the applicants paid what they could afford before making the request.

The board signed the first sewer warrant for 2015 for \$19,410.84. Bills will now be sent to sewer users. It was noted that sewer users pay for half of the sewer debt plus operating expenses while taxpayers pay the other half of the debt service.

The next meeting of the Wakefield Board of Selectmen will be on Wednesday, Aug. 26, at 7 p.m. at the Town Hall meeting room.

HASSAN

FROM PAGE A1

oping problem solving abilities in the early years. Her STEM task

force is continuing into 2015.

Fossum, inventor of "camera in a chip" technology that began with research at the NASA Jet Propulsion labs at

California Institute of Technology and made its way into nearly every cell phone and camera, said he "always liked to see [children] doing hands-on activi-

ties. The creative process is a natural part of every student."

He added that a skilled native work force is critical for any one looking to have a business in New Hampshire.

Hassan asked Noyes if the program changed the way the teachers thought about teaching. Noyes said participating in the week long program definitely stimulated ideas about how to extend the activities into the classroom, and

the teachers were very pleased to be able to keep some of the materials.

Susan Fossum, a former middle school science teacher, said that the program, whose presence in the district she promoted, offers teachers a chance to practice without the pressure of testing standards. Like her husband, she said she is looking forward to the expansion of the program to Carpenter and Crescent Lake Elementary Schools in Wolfe-

boro next summer. Cuddy-Egbert concurred.

The Wood Estate Trust if a self-perpetuating trust, from which the district drew \$10,000 for this summer's program, including transportation and stipends for the teachers. Exactly how next year's expanded program will be paid for will be a matter for the school board to work on. Cuddy Egbert said that she'd like to see it offered eventually in every elementary school in the district.

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OUR TOWN

THURSDAY, AUGUST 20, 2015

SECTION C, PAGE 1

Inventor Eric Fossum enjoys encouraging curiosity and inventiveness in others

BY ELISSA PAQUETTE
Staff Writer

EFFINGHAM — The creative spirit was alive and well at Camp Invention at the Effingham Elementary School last week. On the second day, the 35 students enrolled in the week long program received a visit not only from Governor Maggie Hassan, but Camp Invention Hall of Fame inductee, inventor Eric Fossum, of Wolfeboro.

Fossum, inventor of the CMOS image sensor — the camera on a chip technology that makes digital photography possible — while working for the NASA Jet Propulsion Laboratory at the California Institute of Technology, was right at home among the youngsters as they attempted to launch their person-

al rockets to the moon, located in the center of a stack of bright blue plastic inflated rings in a brightly-lit hallway.

The students took turns connecting their rockets to an air tube and stomping on a floor pedal for propulsion. Fossum says he enjoyed observing their trips “back to the drawing board” to cut the weight down or remove some of their decorative paper trailings to reduce air friction. They seemed to know intuitively what they needed to do, he comments.

The Camp Invention activities harken back to the Saturdays Fossum spent at the Talcott Mountain Science Center, founded by the Avon Public School District, in Avon, Conn. He recalls studying weather there



ERIC FOSSUM, inventor and Camp Invention Hall of Fame inductee, chats with a student creating a rocket during Camp Invention week on a visit to Effingham Elementary School on Tuesday, Aug. 11.

as a seventh grader and launching helium-filled balloons, which the students then tracked with a theodolite (a movable telescope mounted with two perpendicular axes).

They'd watch the angle and direction of the balloons and map the wind at higher elevations. “It was fun,” he says. “And it was fun to use math. It was visceral.”

He also recalls having special visitors from time to time, just as he was a special visitor to Camp Invention. Those activities “turned out to be important” he muses.

There are three things he lists as the purpose of the science camp that took place in the Effing-

ham Elementary School: one is the “nurturing of exploration, curiosity, inventiveness — the willingness to take risks. No matter where they wind up they will do well,” he says; two is the potential for the students’ contributions to the New Hampshire economy in the future; and three — “Maybe we’ll get lucky and nurture a ‘disruptor,’ someone who creates something that can change the world.”

For his part in the world of technology, his education, begun in Simsbury, Conn. public

schools, progressed from a B.S. in physics and engineering from Trinity College, to a Ph.D. in electrical engineering from Yale University.

He was lured from his teaching at Columbia University, where he and his students performed research on CCD (Charge Coupled Device, used in early video cameras) focal-plane image processing and high speed III-V CCDs to NASA’s Jet Propulsion Laboratory (JPL) at Cal. Tech.

The CMOS (Complementary Metal Oxide

Semi-conductor) he invented was created in NASA’s laboratory for application in interplanetary spacecraft. That led to interest for applications on earth, and their creation, such as: capsule endoscopy, which enabled physicians to explore a patient’s intestinal tract by means of a tiny camera, without resorting to surgery; automobile back up cameras; web cameras; cell phones and DSLR cameras.

JPL engineers founded Photobit Technology Corporation, bringing the technology into the commercial mainstream. Fossum served as CEO. After selling the company to Micron Technology in 2001, he and his wife, Susan, hailing from southern California, moved to Wolfeboro.

“I love Wolfeboro,” he declares. He enjoys being back in New England. They live here year round, a big transition for Susan. They live on waterfront not far from town, but Fossum says they own a “hobby” farm nearby, where they grow vegetables, raise horses and chickens, and best of all, in his view, he gets to ride around on his tractor.

SEE INVENTOR PAGE C2



ELISSA PAQUETTE

GOVERNOR MAGGIE HASSAN and Camp Invention Hall of Fame inductee Eric Fossum visited Effingham Elementary School and listened to students describe their projects during the Camp Invention week long program. The program embodies Hassan’s encouragement of STEM (Science, Technology, Engineering and Mathematics) activities in schools throughout the state.

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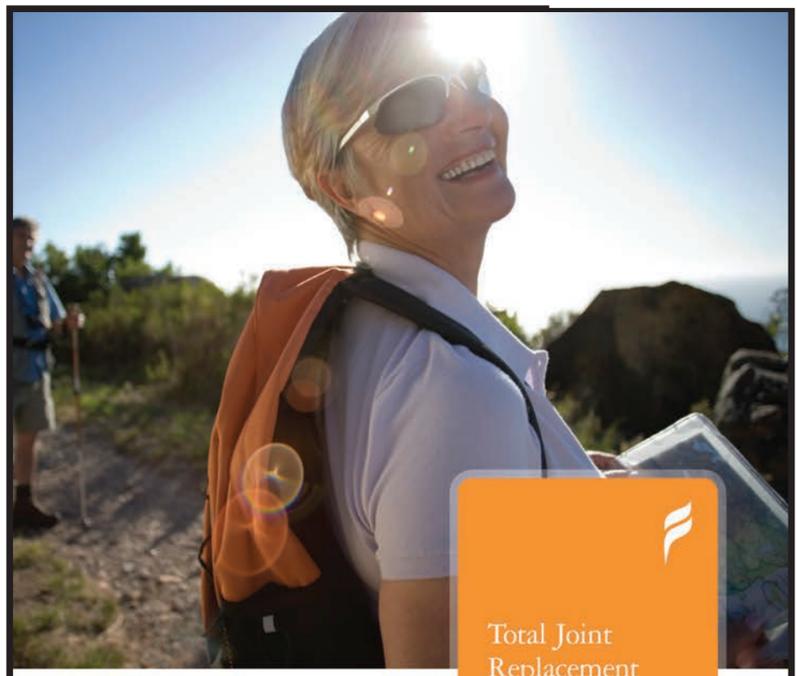
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Minding your Business



BY MARK PATTERSON
Wolfeboro

The “new math” in distribution planning isn’t a new concept or really even new at all. What it is really referring to is the math used in the accumulation phase of your life vs the distribution phase. Average returns in your investment portfolio, which are useful in ac-

New Math of plannings

cumulation-phase planning, are less meaningful when cash outflows become a key model assumption. The math changes at the beginning of the distribution phase.

Asset diversification is a very important part of successful investment planning for the accumulation and distribution period. During the accumulation phase a well-rounded diverse portfolio mix will increase gains while reducing volatility. During the accumulation phase you typically have time to ride out the market corrections and periods of volatility

that is just how markets behave.

The difference in the distribution phase is that regular portfolio withdrawals compound losses. The math of slow and steady gains during the accumulation period gives way to more complex calculations based on the compounding effects of negative cash flow.

All this leads to the “sequence of returns” that can have a dramatic effect on your retirement.

To put it in simple terms I will use an example of what sequence of returns means to the average investor. Mary

and John are getting ready to retire. They both have their retirement funds. John in an IRA and Mary in a 403b that is in stock-based mutual funds. Their plan is to take out 4 percent per year which is a common rule of thumb. The markets have sharp declines early in their distribution phase and is compounded by their 4 percent withdrawals. Within 11 to 13 years they run out of money.

Conversely if the markets do very well in the first decade of withdrawals their money increases over and beyond the withdrawals and may never run out

of money.

Jack Bogle, the founder and chairman of mutual-fund giant Vanguard group, last year stated that in the next decade he expected two 25-30 percent even up to 50 percent declines in the markets.

Here at my office, we have software that can simulate market gyrations and the distribution of assets. If Jack is correct and you are planning on the 4 percent distribution rule for your retirement, it is not a pleasant picture that you will face.

It is unnecessary to take that risk when there are tools to take

that market risk out of your retirement income picture. Because the markets have been good over the last five years, we often forget about 2001-2011 lost decade of minimal returns or the 2008-2009 correction. If you were in the accumulation phase they may have been painful, but if you are approaching distribution of assets, i.e. retirement, market corrections can be far more destructive.

Mark Patterson is an Investment Advisor with MHP Asset Management LLC in Wolfeboro and can be reached at 603-447-1979 or Mark@MHP-Asset.com



BY PATRICIA WALKER, RD, LD,
CDE, HC

WOLFEBORO — “Leaky What?!” This was my children’s response when I first mentioned the term to them. Like most people, they had never heard about Leaky Gut Syndrome before and had no clue about the health problems this condition can cause. In fact many people may suffer from Leaky Gut Syndrome and not know it.

Leaky gut, or increased intestinal permeability, occurs when the lining of the intestinal tract allow items through that shouldn’t.

Picture your intestinal lining as a brick wall. The brick and mortar

NUTRITION & WELLNESS

Could Leaky Gut Syndrome be causing your health woes?

type. Now picture the mortar to be a mesh-like consistency. The mesh is really, really tightly woven so that only the smallest of digested particles can go through. This is the ideal scenario. Only properly digested nutrients should pass through the intestinal barrier. In a perfect world, all other substances are excreted out through your bowels.

Now picture behind your intestinal wall lies 70 to 80 percent of your immune system. This makes a lot of sense since the majority of toxins are ingested and the front line of protection should be placed here. So occasionally pesticides, bacteria and other larger particles will attempt to break through the mesh absorp-

tive area but our immune systems turns them back. Good deal, if it’s working correctly. But unfortunately for millions of us, this isn’t what is occurring in our intestines.

Problems start when the mesh lining starts to break down or form bigger holes. When this occurs, larger particles such as bacteria and undigested foods can enter the blood stream and cause inflammation throughout your body.

Symptoms of Leaky Gut may include bloating, food sensitivities, digestive issues, weight gain, joint pain, fatigue, headaches, and skin issues. In addition, some autoimmune conditions such as MS, rheumatoid arthritis and Hashimoto Thyroiditis have been

linked to Leaky Gut as one of the triggers.

The primary causes of Leaky Gut Syndrome include:

Diet: Poor diet culprits may include GMO foods, alcohol, gluten, sugar, processed grains and oils as well as conventionally raised animal products. Some people also have difficulty digesting un-sprouted or un-soaked grains, nuts and seed. In addition, not chewing your food properly, low stomach acid production and/or not enough digestive enzymes can also lead to Leaky Gut Syndrome.

Toxins: Antibiotics (from foods we ingest as well as prescription), pesticides, fertilizers and medications when not neutralized by stomach acids cause inflammation in the intestinal tract.

Bacterial Overgrowth: This is when unhealthy bacteria and yeast outnumber the good guys. Look for my upcoming article on probiotics for further details.

Stress: Promotes pro-

duction of cortisol and may weaken your entire immune system overtime.

Most functional medicine professionals will encourage you to take a four step approach to heal a Leaky Gut. This includes removing offending causes, replac-

ing these offenders with healthier alternatives, repairing the gut lining with specific food items and supplements and finally rebalancing your gut with healthy probiotics. As you now know, a healthy gut is the true foundation for a healthy body.

Bourque graduates from National Intelligence University

ALEXANDRIA, Va. — Maj. Brian Bourque, son of Bette and Richard Frazier of Wolfeboro and Roland Bourque of New Hampton, graduated from the National Intelligence University at Joint Base Anacostia-Bolling, Washington, D.C. on July 31 with a master of science degree in strategic intelligence.

Bourque will remain in the D.C. area serving as a military intelligence officer in the U.S. Army. He is a 1999 graduate of Kingswood Regional High School.



COURTESY PHOTO
MAJ. BRIAN BOURQUE

Inventor

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tor, “the best toy ever.”

It has helped him appreciate “the ingenuity of old timers” who had to learn how to do so many tasks themselves. “It takes a lot of creativity” to farm, he says, suggesting that is the source of references to Yankee ingenuity.

Much as he loves fixing up the place, he’s returned to work once again (he’s retired twice from business enterprises since moving to Wolfeboro) on research “competing against myself” to build on his earlier accomplishments (the CCD, followed by the CMOS), and teaching at the Thayer School of Engineering at Dartmouth College.

Fossum teaches microelectronics and also a course in innovation and entrepreneurship. He plans to continue his encouragement of the expansion of Camp Invention science programs within the state. “I enjoy learning,” he says, and “...It’s good to give back to the community” in an area he knows something about.

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