ENVIRONMENTAL
NEWS

Newsletter of the N.H. Department of Environmental Services May/June 2007

Governor's Message

Excellence in Energy Efficiency awards

I am very pleased to highlight the outstanding efforts of two state agencies and one individual to reduce energy use in state government by presenting them with the first New Hampshire Excellence in Energy Efficiency awards. These awards are a result of my Executive Order directing all state agencies to lead by example by reducing their energy use, buying energy-efficient appliances, purchasing more energy-energy vehicles, and by exceeding the state energy code by 20 percent when building or renovating facilities.

Governor Lynch

The recipients of this year's awards are the state Department of Transportation's Bureau of Turnpikes, the Christa McAuliffe Planetarium, and State Rep. Suzanne Harvey.

We are honoring The Bureau of Turnpikes for cutting energy use in toll facilities by more than 35 percent through the installation of energy-efficient boilers, and significant lighting improvements. The Christa McAuliffe Planetarium has reduced its energy use by 34 percent through significant lighting upgrades and the replacement of its theater projection system with an improved system that uses

Governor, *continued on page 8*

Northeast states develop plan to lower mercury levels in fish

DES recently announced the release of a draft northeast regional mercury control plan aimed at meeting water quality standards for fish consumption due to elevated mercury levels in fish tissue. Mercury's health effects are primarily neurological and developing fetuses are at greatest risk. Exposure to this toxic metal occurs when humans consume fish that contain an organic form of mercury called methylmercury. The plan, known as a "Total Maximum Daily Load," identifies reductions in mercury contamination neces-

In the Northeast, elevated levels of mercury in certain fish species are of great concern and have resulted in statewide fish consumption advisories on more than 10,000 lakes, ponds and reservoirs, and over 46,000 river miles in the region.

Mercury TMDL, *continued on page 7*

New comprehensive guide for innovative land use planning

Land use has a direct impact on environmental quality. Most land use decisions are made at the local level, mainly by planning boards. As 15,000 acres of New Hampshire land changes from agriculture and forestry to developed land uses each year, many planning boards are looking for better land use planning tools to provide for new development while achieving the goals of their master plans, which often relate to maintaining rural character and thriving downtowns and villages.

This pattern of development, small villages and towns surrounded by farms and forests, often called the "working landscape," is the spatial basis of a place that looks like home to New Englanders. The working landscape is also better

Land Use Planning, *continued on page 8*

Commissioner's Column

Environmental leadership initiative encourages sustainability

Innovation and ingenuity have been major contributors to the improvements that we have seen in environmental quality over the last 30 years. In many instances, laws and regulations have required business and industry to change their ways or face obsolescence. To help spur environmental progress, DES supports a more proactive approach, which many businesses have adopted. These businesses ensure their sustainability by implementing management practices that link their economic goals with efforts to reduce their environmental impacts.

Examples of proactive companies include the winners of last year's Governor's Award for Pollution Prevention, Monadnock Paper Mill Inc. and Park Nameplate Inc., which aggressively use management systems to move toward sustainability in a whole new way. For instance, Monadnock Paper Mills implemented an environmental management system (EMS) that is certified under International Standards Organization (ISO) 14001, and sets targets and objectives for continuous environmental improvement. Monadnock was recognized last year for its successful efforts to reduce its energy consumption by more than 88,000 KWh, reduce sewer discharge of paper fiber by 300,000 pounds, recycle 650,000 pounds of solid waste, and reduce packaging costs. These pollution prevention projects save the company $150,000, annually. Park Nameplate's award-winning environmental improvement projects include reducing methyl ethyl ketone (MEK) used for screen-washing by 3,700 pounds, installing energy efficient lighting to save 19,200 KWh, recycling contaminated shop wipes and office paper, and upgrading their ISO 14001 registration. These projects save the company $33,000 per year.

Other companies in New Hampshire are making similar changes, reaping similar, sustainable benefits. Cities and towns, construction companies and contractors, manufacturers, tourism facilities, schools, landowners … everyone in the state can benefit and should contribute to making New Hampshire a healthy and prosperous place for the long-term.

To add to DES's existing programs that help people achieve better environmental performance, we have begun an Environmental Leadership Initiative to encourage organized environmental management and leadership behavior so that we can all work more closely together to address our shared priorities. Through this project, DES will:

- Work with various sectors to develop environmental best management practices, including management systems.
- Work with colleges and universities to integrate environmental sustainability into their business curriculums.
- Address the particular needs of small businesses and municipalities.
- Establish a multi-tiered recognition program for New Hampshire businesses and others that meet and exceed regulatory standards.

Through this project, we want to recognize and reward companies or organizations that are leading the way in environmental management through innovation and ingenuity, while creating a process that allows

their peers to emulate their actions and to go beyond by instilling a proactive attitude that promotes sustainable behavior. Together we will rise above the environmental challenges that we face today and those of the future.

An inaugural meeting of stakeholders was held in late April. For more information on this dynamic project and how you can be involved, please contact Robert Minicucci, project manager, at (603) 271-2941 or rminicucci@des.state.nh.us.

Thomas Burack
Commissioner

ENVIRONMENTAL NEWS

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The power of the tides

NHCP and the OEP host tidal energy workshop

Increasing interest in renewable energy sources has put tidal energy, or using the tides to generate electric power, as one of the alternatives to traditional energy sources, both nationally and in New Hampshire The Coastal Program at DES has taken the first step in bringing together local, state and federal stakeholders in Maine and New Hampshire to share information and learn about this technology.

The Tidal Energy Workshop, hosted by the Coastal Program and the Office of Energy and Planning, was held recently in light of two preliminary permit applications before the Federal Energy Regulatory Commission for tidal energy projects in the Piscataqua River in New Hampshire and Maine state waters.

Approximately 75 people attended and ran the gamut from state representatives to agency and local officials. Topics included an overview of tidal energy technology; HB 694, which would establish a study committee on tidal energy under bridges; and the uses and resources of the Piscataqua River. Because of space limitations, some people were unable to attend, but the workshop was also available through a live web cast, the first of its kind at DES.

"By providing information to stakeholders and letting people know who the federal and state contacts are, we are better serving the public," said Chris Williams of the Coastal Program.

Tidal energy is a renewable resource because it is produced by the tides, which are predictable and don't produce pollution. Harnessing the tides for energy has evolved from the 1960s dam-like structures that only provided energy during out-going tides to today's modern underwater windmill, which captures both incoming and outgoing tides. However, potential environmental impacts as well as impacts to commercial fisheries, shipping and recreational uses make it a complicated energy alternative that involves an intense regulatory process.

The tidal workshop also provided participants with insight into the Federal Energy Regulatory Commission's preliminary permit process for tidal energy projects and the state of New Hampshire's process of energy facility evaluation, siting, construction and operation. FERC is the lead agency on tidal energy projects located in state waters.

This year, Rep. Thomas Fargo, D-Dover, introduced HB 694, which would establish a study commission to examine the feasibility of tidal power generation under the Little Bay and General Sullivan Bridges on the Newington/Dover line. According to Fargo, advantages of tidal energy under bridges as opposed to open channels include less chance of fishing gear entanglement and fewer impediments to navigation.

HB 694 would investigate regulatory requirements necessary to determine the feasibility of building a tidal power generating system, including cost benefit analysis, public feeling, and environmental impacts.

To view speakers' presentations and a list of tidal workshop attendees, please go to www.des.nh.gov/coastal/ocean_policy.html. ■

DES partners with others in school health program

The New Hampshire Coordinated School Health Council was recently formed to promote the health and well being of children, their families and school staff so that students may reach their full academic potential.

DES will play an important role in this new program as it assists in achieving healthy environments in schools through programs to improve indoor air quality, reduce waste, prevent pollution, and reduce school bus idling, among others.

DES joins the Department of Education, Department of Health and Human Services, UNH Cooperative Extension, and others in creating the program. The council follows the Centers for Disease Control's eight program areas for promotion, which are health education; family and community involvement; health promotion; physical education/activity; health services; healthy school environments; nutrition services; and counseling, psychological and social services.

This coordinated approach aims to improve students' health and their capacity to learn through the support of families, communities, and schools – all working together. The new approach is expected to result in reduced absenteeism, less disruptive behavior, improved student academic performance, and students who are better prepared for lives as healthy and productive members of the community.

For more information about this program, contact Rick Rumba, DES Environmental Health Program, at (603) 271-1987 or rrumba@des.state.nh.us. ■

Waste programs move toward "paperless office"

Four years ago, the Contaminated Sites Programs of the Waste Management Division embarked on a goal to eliminate paper from their work flow and conduct transactions with the regulated community using electronic format. This approach was necessitated because of the high volume of paper being submitted and the lack of file space to store that paper. At that time, the programs' 130 file cabinets were full and we were receiving paper documents at a rate of one file drawer per month.

The first step in the process was to research the legal aspects of eliminating paper. In 2001, RSA 294-E Uniform Electronic Transactions Act was passed, which established that 1) a record or signature may not be denied legal effect or enforceability solely because it is in electronic form, and 2) if a law requires a record or signature to be in writing, an electronic record or signature satisfies the law. The law applies to transactions between parties each of which has agreed to conduct the transaction by electronic means. To encourage the regulated community and consultants to utilized only electronic submittals, we provided them with information for purchasing software and hardware to generate electronic documents and provided on-site training on their use.

Today, all of the documents produced by the Contaminated Sites Programs are generated in electronic format using Adobe Acrobat software to apply an electronic signature for security purposes. The electronic signature is encryption technology that allows the receiving entity to validate that the document has not been altered and verifies the originator of the document. Electronic documents are emailed to the addressee and the cc list. In rare cases, hardcopies are sent through the US mail for people that do not have email.

Initially, only a handful of consultants took advantage of the new technology. Today, 95 consulting firms submit an average of 260 electronic documents per month through the DES OneStop data provider upload system. This represents approximately 80 percent of all the documents received by the Contaminated Sites Programs. The remaining 20 percent of the documents that are submitted as hardcopies are scanned. All electronic documents are stored on the digital library using DVD read-only technology to provide additional security. The documents are indexed to an existing database used for managing contaminated sites. Internally the documents are accessed through this database and the public has access to these documents through the OneStop database.

Although the original motivation for the move toward a "paperless office" was to address file storage problems, many other benefits were gained. The most obvious being that DES preserves our natural resources by reducing the amount of paper used. Public access to DES records is improved as consultants and the regulated community can review files on-line and eliminate trips to Concord. The information is placed on the DES webpage 24 hours after it is placed in the digital library, making the information more readily available to the public. File integrity is improved and staff time for file maintenance is reduced. During internal and external review of the paper files, the files were taken apart to photocopy. Pages were sometimes misplaced or lost and staff librarians spent as much as several hours to reorganize the file. The original electronic document cannot be altered, ensuring the integrity of the file and reducing maintenance requirements to constantly resort the file. Photocopying is no longer necessary. Copies of electronic documents may be obtained by printing or saving a copy to disc. File retrieval has vastly improved since the file can be accessed instantaneously by multiple users. Coordination among other DES programs has also improved because the information is readily available to those programs.

In the coming years, we hope to reduce paper submittal to only 2 percent of the incoming documents. We also are working diligently to convert the old paper document to electronic format and mothball most our file cabinets. ■

Air Quality Action days may soon be here

The week of April 30 kicked off DES's air quality awareness campaign for 2007. Summertime typically brings hot weather to New Hampshire, along with increased levels of air pollution, especially ground-level ozone and small particle pollution, or "smog." Poor air quality is a significant helth concern for people who suffer from respiratory diseases such as asthma. When unhealthy air quality is expected, DES declares an Air Quality Action Day.

To learn about air quality forecasts and current conditions in New Hampshire:

- Go to www.airquality.nh.gov.
- Call the 24-hour, toll-free 1-800-935-SMOG.
- Tune in to local TV and radio stations.

To receive air quality alerts for New Hampshire, contact Kathy Brockett at kbrockett@des.state.nh.us or (603)271-6284, or sign up for EPA's air quality alerts at www.epa.gov/ne/airquality/smogalrt.html. ■

Surfers making waves to clean up coastal beaches

Spring is here and New Hampshire surfers are going to the beach, but this time they are shedding their wetsuits. These surfers are the New Hampshire Chapter of Surfrider Foundation and they will be collecting bacteria samples during the spring and fall months.

A local group of surfers recently established a state chapter of Surfrider Foundation to unite and organize local surfers to get involved with local projects to protect our ocean, waves and beaches. Surfrider Foundation is a non-profit environmental organization targeted at preserving and protecting the ocean, with 60 chapters established throughout the U.S.

In November, the group contacted the DES Beach Program to find out how they could help the program. The two groups decided that volunteer beach monitoring would meet everyone's needs. The Beach Program monitors water quality at public beaches during the summer, but many surfers get in the water at all times of the year. Surfrider is concerned about the potential for contracting illnesses from polluted water. The Surfrider volunteers—the first New Hampshire coastal beach volunteer monitors—will collect water samples at two popular surfing sites: Jenness Beach in Rye and North Beach in Hampton.

Monitoring will occur in the spring and fall, when storms make excellent surfing conditions. Water samples will be analyzed for Enterococci bacteria, an indicator of fecal pollution and the potential presence of other disease-causing organisms.

The Beach Program held a training session April 1 for volunteers to learn how to conduct a beach inspection, collect water samples, identify potential pollution sources and ensure proper data quality assurance and quality control. Volunteers will collect weekly samples through May 2007. Training will be held again in September 2007. The N.H. Surfriders anticipate an increase in volunteer participation. ■

Violations of asbestos rules = enforcement actions

Enforcement of the asbestos licensing and management rules is just one of many ways DES protects public health and the environment from asbestos contamination.

Asbestos, a known carcinogen, can be found in many building supplies, and so when disturbed during building renovation or demolition, the release of airborne particles can negatively impact the health of both workers and the public if the work is not done properly. DES's Asbestos Management Section is responsible for ensuring that contractors and workers are qualified to obtain asbestos abatement licenses, and that they comply with DES rules after they receive their licenses. Recent enforcement actions announced by DES demonstrate the consequences for contractors and workers who do not properly obtain licenses and do not comply with asbestos rules.

In the case of Samuel E. Rosario Moreta, the submission of a falsified asbestos abatement training certificate with his license application resulted in a criminal conviction, suspended jail sentence, and a fine of $1,000. Moreta, of Lawrence, Mass., pled guilty in February in Merrimack County Superior Court. The defendant has been warned not to perform any asbestos abatement work while not licensed to do so. This case demonstrates that every license application is thoroughly reviewed to determine if the required training and testing have been successfully completed.

In a second case, ASTEC-Asbestos Technologies, Inc. had its asbestos abatement contractor's license revoked earlier this winter after a hearing on the matter confirmed that the company had not notified DES about numerous asbestos abatement projects. Without such notifications, which are required under DES rule Env-A 1803, DES cannot inspect renovation or demolition projects for compliance with proper abatement procedures. Thus, failure to notify DES of an asbestos abatement project is considered a very serious violation, and such violations can result in revocation of the contractor's license.

For more information on enforcement of DES asbestos rules, contact Barbara Hoffman at (603) 271-7874 or bhoffman@des.state.nh.us. ■

Pumpout boat program reaches 5-year milestone

After several years of planning, the DES pumpout boat program was launched in 2002. Five years later, nearly 25,000 gallons of sewage have been removed from recreational boats at New Hampshire's coast.

That's a lot of sewage for a 21-foot boat to handle. How did the boat pump this volume, you ask? The answer: with a dedicated team of captains running from Portsmouth, through all the bays and harbors, south to Hampton and back.

Portsmouth Harbor Towing operates the boat from May through October, with some hardy folks even requesting service in the cooler off-season months. Boaters call a number to request service or flag down the boat as it cuts through the water. Often, when the boat is called into a marina for service, it leaves having pumped twice as many boats as planned.

Every year, the number of repeat customers grows. Several boats have been loyal to the program. Our records indicate seven boats have each had over 400 gallons removed since 2002, and of those, two removed more than 1,000 gallons a piece. All in all, since 2002 the pumpout boat has provided service to 750 boats.

Many boaters have come to love the sight of the pumpout boat (it's true!). There are several endearing nicknames for the boat and its captains, and others that are not so endearing. Any name you can come up with has likely already been heard by the captains.

While the subject is gross and in a way funny, it is also a serious one. Boat sewage accounts for a percentage of pollution in many coastal areas of the United States. Health and environmental officials have long regarded boat sewage as a serious problem. Shellfish beds within a certain radius of a congregation of boats can not be harvested due to concerns about disease-causing organisms that may be present.

Specifically in New Hampshire, Hampton Harbor has had a high level of bacteria present, and often a spike occurred in the fall months. After years of searching for a source, it was determined that boat sewage was the probable culprit. While the harvesting areas were recently extended in Hampton Harbor, there remains a restricted area around the marinas, moorings, and boat launches.

DES will be marking the fifth anniversary of the pumpout boat program in June 2007. Watch the water for the pumpout boat and wish the captains "Happy Fifth Anniversary!"

Visit www.des.nh.gov/wmb/cva for more information about the program. Call (603) 670-5130 to schedule a pumpout with the pumpout boat. Remember – you must be in coastal waters to use this service. ■

Pay As You Throw saves resources

A new report sponsored by EPA indicates that the number of Pay As You Throw (PAYT) communities has grown from approximately 4,000 in 1997 to nearly 7,100 communities nationwide. PAYT programs require the purchase of either municipality-supplied garbage bags or tags that can be attached to a garbage bag. Each bag or tag costs an average of $1.50. Consumers can control the cost of disposal by creating less waste, either through recycling, buying products with less packaging, and/or consuming less goods. PAYT has led to the diversion of 4.6 million to 8.3 million tons of municipal solid waste per year from incinerators or landfills, thus allowing for recyclable material to be used in remanufactured products. It is also reducing communities' impact on global climate change by reducing carbon equivalents by 2.1 million to 3.8 million metric tons per year; reducing carbon dioxide equivalents by 7.8 million to 13.3 million metric tons per year; and reducing energy use by 61 million to 108 million British thermal units per year.

PAYT is a program that rewards good behavior. Since consumers pay only for the trash that goes to a disposal facility, they can avoid those costs by aggressively recycling. EPA has determined that 35 percent by weight of trash is paper and that only 50 percent of that is recycled. EPA also indicates that we, as a nation, only recycle less than 22 percent of glass bottles and 25 percent of plastic bottles. All of us could do much more to reduce our solid waste impact.

DES encourages this method of recycling by providing solid waste technical assistance to municipalities. New Hampshire has 44 towns that have some form of PAYT. Two recent success stories are the towns of Lyme and Canterbury. Lyme started its PAYT program in January 2006 and went from a 13 percent recycling rate to 52 percent in just one year. Canterbury initiated its program in October 2006 and climbed from a 33 percent to a 44 percent recycling rate for the year. Based on this trend, the town should see a recycling rate in the high 50th percentile in 2007. Canterbury was disposing of an average of 57 tons of solid waste per month prior to the implementation of PAYT and is currently in a downward trend of 30 tons per month. Seven of the top 10 recycling towns in the state have some version of the PAYT program.

PAYT works by saving resources and taxpayers dollars at the same time. For more information on PAYT, contact Don Maurer, dmaurer@des.state.nh.us. ■

Mercury TMDL
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sary to bring fish-tissue levels into compliance with federal standards. The plan was drafted by the New England states and New York, and coordinated by the New England Water Interstate Pollution Control Commission (NEIWPCC) of Lowell, Mass. The plan meets a major federal planning requirement under the Clean Water Act.

"New Hampshire has been an active participant in regional efforts to reduce mercury emissions, passing legislation, developing new regulations and conducting of outreach efforts all aimed at reducing in-state sources of mercury," noted DES Commissioner Tom Burack. "The state's most significant sources, such as waste-to-energy plants and medical waste incinerators have already achieved mercury reductions greater than 95 percent, and most recently a law was enacted to control emissions from the state's coal-fired power plants. Since implementing the NH Mercury Reduction Strategy in 1998, overall mercury emissions in New Hampshire have been reduced by more than 60 percent."

The same is not true for out-of-region sources. According to Ronald Poltak, NEWIPCC executive director, "While the northeast has made major strides in reducing mercury contamination, other sectors in the U.S. continue to emit mercury with limited federal regulatory oversight. Our states have committed to major and meaningful reductions in mercury emissions from utilities, waste combustion, and other emission sources, and are controlling mercury losses from products. Therefore, we are calling on our neighboring states and on the federal government to ensure that all major sources of mercury emissions are reduced."

In the Northeast, elevated levels of mercury in certain fish species are of great concern and have resulted in statewide fish consumption advisories on more than 10,000 lakes, ponds and reservoirs, and over 46,000 river miles in the region. Like other New England states, New Hampshire has a statewide fish consumption advisory for all freshwaters due to elevated mercury levels for all freshwaters. Reducing the mercury in these waterbodies is not only desired by the states, it is required by law. Section 303(d) of the Clean Water Act mandates that states develop total maximum daily loads (TMDLs) for waters listed as impaired. A TMDL is a calculation of the maximum amount of a pollutant that a waterbody can receive and still meet its water quality standards. It includes allocations of the acceptable amounts of the pollutant that can be generated by each of the pollutant's sources.

In the Northeast, mercury emissions from waste incinerators have been reduced dramatically in recent years. New plans are in-place to control mercury from coal-fired utilities. The sale and use of certain mercury-added products has been restricted and all northeast states have adopted or are adopting rules limiting discharges of mercury from dental offices. Dental offices can be significant sources of mercury to wastewater, since amalgams (so-called silver fillings) are 50 percent mercury.

To protect the health of consumers EPA recommends an ambient water quality criterion of 0.3 milligrams methylmercury/kilogram of fish as the maximum advisable concentration of methylmercury in freshwater fish tissue. The TMDL plan indicates that by reducing overall mercury deposition to the region by between 86 percent and 98 percent, fish-tissue mercury will decline to this health-based level. Recent studies in the northeast support this conclusion. These studies have shown a statistically significant decline in fish-tissue mercury in response to mercury emission reductions. It is generally thought that newly deposited mercury is more biologically available than historical deposits so that reductions in existing emissions have direct and almost immediate impacts on levels found in the biota.

DES is seeking public comment on the draft plan. A copy of the plan and information on how to submit comments can be found at www.des.nh.gov/wmb/tmdl/draft_tmdl.html. Written comments will be accepted until May 25, 2007. A public information meeting will be held at DES on May 10 from 9 a.m. to 10:30 a.m. By statute, EPA has 30 days from the submittal of the TMDL to either approve the plan or disapprove it and set its own allocations.

For more information about the TMDL plan, please contact Gregg Comstock, supervisor, Water Quality Planning Section, (603) 271-2983 or Beth Card of NEIWPCC at (978) 323-7929. Additional information on New Hampshire's mercury reduction efforts can be found at www.des.nh.gov/nhppp/Mercury/. ■

DES clarifies TRI data

DES recently reviewed EPA's Toxic Release Inventory (TRI) data for 2005. DES discovered a significant reporting error that requires some clarification. According to the 2005 TRI report, Tillotson Rubber in Dixville Notch reported unusually high dioxin emissions (138.835 grams/year) from combustion of wood at their facility. Using the reported emissions, New Hampshire ranked as the 17th highest dioxin emitter in the country with a total of 141.187 grams of dioxin emitted in 2005. DES found that Tillotson had incorrectly calculated their dioxin emissions. When their corrections are finalized, actual total statewide dioxin emissions reported are expected to be approximately 2 to 3 grams/year, ranking New Hampshire as 48th in the country. For more information, please contact Rick Rumba, DES, at rrumba@des.state.nh.us or (603) 271-1987. ■

Land Use Planning

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for water quality. Working farms and forests provide vegetated buffers around water bodies, particularly headwater streams. Compact developments, such as villages, can accommodate more human activity with less pavement, and have less impact on water quality than low-density development.

State law provides towns with authority to use innovative land use controls (RSA 674:21), such as conservation subdivision, transfer of density rights, and environmental characteristics zoning. But the law does not define or provide guidance on these innovative techniques.

DES works with the nine regional planning agencies under the Regional Environmental Planning Program (REPP), providing funding to address local and regional environmental planning issues. Under the REPP, DES is working with the planning agencies to develop a guide to innovative land use controls and provide subsequent funding for direct technical assistance to municipalities.

The guide will include over 20 chapters with each chapter describing an innovative land use technique and providing a model ordinance or regulation that towns can adapt locally. Several chapters are available in review draft form. To see a list of all of the chapters in the guide and download available drafts, please visit www.des.nh.gov/repp. ■

Name change ...

The Water Supply Engineering Bureau (WSEB) and the Site Specific Permit Program have recently changed their names. WSEB is now the Drinking Water and Groundwater Bureau (DWGB). Site Specific will now be known as the Alteration of Terrain Permit Program.

5th annual Bike/Walk to Work Day,

May 18

DES, along with other state agencies and communities across the state, are urging people to leave their cars at home and bike or walk to work on Friday, May 18.

The fifth annual Bike and Walk to Work Day is part of a state and national effort to get people out of their cars to experience the benefits of exercise, and to reduce air pollution and traffic congestion.

Events will be held in various communities across the state, including check-in station breakfasts, participant raffles, and special challenges. Bike and Walk to Work Day is sponsored by the NH Department of Transportation's Bike/Pedestrian Program and the Bike and Walk Alliance of New Hampshire, along with numerous public, private and community organizations across the state. For information, visit www.bwanh.-org or call Jerry Moore, NH Bike/Pedestrian Program, at 271-3320. ■

Governor's Message

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much less energy. And I am pleased to recognize Representative Harvey for initiating the changing of inefficient lighting at the State House to energy-efficient bulbs.

Reducing our energy use will help protect New Hampshire's environment and clean air and water. And greater efficiency is the most cost-effective way to ensure an adequate energy supply because it reduces the demand on our current electricity generating system.

I strongly encourage you to continue to find ways to reduce your energy use at work and at home. Simple actions, like turning off lights, computers and copiers at night and using the stairs instead of the elevator combined can contribute much to our energy-saving efforts. I urge you to continue to work with your Energy Coordinators on Energy Star purchasing and operational changes that can continue to make our state government a leader in energy efficiency.

John Lynch, *Governor*

NEW HAMPSHIRE DEPARTMENT OF Environmental Services

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