



# Hook, Line and Sinker

While fishing in Connecticut is a year-round activity, it's the warmer weather that draws most of us out to the lake or shore. Our state has plenty of good fishing spots, with approximately 200 public lakes and ponds, miles of rivers, streams and shore, boat launches and piers. It's easy to find a great place to spend the day casting your rod and reeling in your catch — but at the same time you play an important role in protecting the environment and our natural resources, beginning with your line and tackle.



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**Cast a line...** Fishing line or monofilament, if not properly discarded can harm or kill wildlife. Animals get entangled in it or ingest it which can cause starvation, strangulation, or other serious injuries. Special **recycling containers** have now been installed at many inland and coastal sites throughout Connecticut so you can prevent waste line from ending up in the environment. The disposed fishing line is collected by volunteers, and then sent to a company that recycles it to make underwater habitat structures for fish. If there isn't a recycling or covered trash container available, make sure to bring the unwanted line home to discard.

**Tackle the problem...** Sinkers made from lead, primarily those under one ounce, can pose a risk to wildlife. Loons can mistake these sinkers for small stones, swallow them to aid in digesting food and then die of lead poisoning. Birds like osprey and eagles can become sick or die when they eat fish or carcasses that contain the lead. Switching to lead-free tackle made from tin, tungsten, steel, or glass can help. Some neighboring states like Massachusetts, New Hampshire, Maine and New York have banned the use or sale of some lead sinkers.

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**Pack it up...** A fun afternoon of fishing often includes the family dog, but pet poop carries bacteria, viruses, and parasites that can be a health risk to humans, fish and other wildlife. It also contains nutrients that promote weed and algae growth. If you take your dog along for a day of fishing, always have some plastic bags on hand, clean up after your pet and throw it away in a trash container. In fact, all the trash that you make during the day, including food, wrappers, bottles, cans and bait containers should be disposed of in a trash or recycling container or bring them home. Otherwise, animal feces and garbage can cause significant water pollution.

**Don't bring in invasive species...** No doubt you've heard of zebra mussels, water chestnut and Eurasian water-milfoil. These are just some of the Aquatic Nuisance Species, invasives that include both plants and animals that spread and can take over an area, displacing native habitat and choking waterways. They can easily be transported to new waters by boats, trailers, fishing equipment and bait. To prevent their spread use the **clean, drain, dry technique** — remove all vegetation, mud and debris from your boat and trailer and fishing equipment and put it in a trash container; drain all water from your boat and dry the surfaces. Also be sure not to dump your bait bucket or release live bait into the water.

**Reel it in...** Fishing is a fun sport with the added benefit of providing delicious, nutritious food. If you are just starting out, check out DEEP's new **Learn to Fish** video and enroll in a free **CARE Family Fishing course**, which are being held throughout Connecticut. Even if you're an experienced angler, instructors will share their techniques and secrets to help you catch more fish!

**And, if the fish aren't biting...** just stop by one of the local farmers' markets and buy some locally caught fish. Last year 11 **farmers' markets**, including Madison, Stonington, Coventry, Danbury, Farmington Hill-Stead, Georgetown, Durham, Monroe, New Haven, Old Saybrook and Waterford had finfish or shellfish for sale. Fish and seafood sellers are the most sought-after vendors at Connecticut's farmers' markets.

**Dead osprey found hanging its nest in Old Lyme. Discarded fishing line, often picked up by ospreys for their nests, was wrapped around the bird's neck.**



**Fishing line recycling receptacle at Gulf Beach, Milford. Photo below by Hank Golet.**



# Durham Eatery has a Menu for Environmental Success



Perk on Main has been a presence in the heart of Durham for ten years. Along with serving delicious crepes and a full line of coffees and teas, the owners, Kate and Mark Hughes, bring their environmental ethic to every aspect of running their restaurant. Kate and Mark make decisions based on doing the “right thing” for their business AND the environment, and they don’t even brag about how “green” they are, it’s just who they are. Here’s their “secret” recipe for a sustainable business:

## Go “light” on purchasing

Environmentally preferable products (EPPs) are always on the menu at Perk. They pay attention to minimizing packaging and buying products that are manufactured more responsibly and create less pollution, like cups, utensils and straws made from corn and unbleached napkins. Whenever possible, food comes from local businesses, including Deerfield Farms, Ceccarelli Farms, Dondero Orchards, Farm River Honey and Northford Farms. Perk is also a member of the Farm-to-Chef program and they sell their food at a local farmers’ market. The coffee is all organic and fair trade. No toxic cleaning products or chemical smells; they use only **DfE-labeled** cleaners (EPA’s Design for the Environment).

## Reduce your “waste” line

Perk on Main strives to be 99% waste free, and so far they’ve met their goal of generating only as much garbage as a large family would produce. That’s right, one large family! Of course they recycle, but they go beyond that. Global Environmental picks up their food waste, compostable cups, packaging and paper napkins for composting at a facility in New Milford, which then gets turned into mulch and sold. They pay more for this service than for regular trash pick-up, but Kate says it’s well worth it because it makes everyone who works at the restaurant more conscious about waste. They also offer their used coffee grounds free to the public for composting to minimize trash. They replaced their water cooler with a filter on their water spigot — no more trucking water or big plastic bottles, and one step away from getting rid of bottled water entirely.

## Dish up an energy “special”

Perk on Main buys 100% wind energy from Consolidated Edison Solutions to run their restaurant. It costs a little more, but like so many of the other actions they’ve taken, it’s important enough to Kate and Mark to spend a little extra for clean energy. (To find clean energy options, go to [www.ctcleanenergy.com](http://www.ctcleanenergy.com).)

## Deliver service close to home

Perk on Main reaches out to the community by hosting **Awakening the Dreamer** gatherings (a worldwide initiative empowering people to change the world) and supporting many local charities and fundraising events. They have an interesting selection of books in their “lending library.”

Visit their website - [www.perkonmain.com](http://www.perkonmain.com) - for more information, or better yet, visit them in person for a great cup of coffee served up environmental style.



# Local Police Departments Help Arrest an Environmental Problem

The contents of your medicine cabinet can help cure what ails you. But when prescription medications are misused or disposed of improperly, they pose a serious risk to individuals and the environment. Local police departments are stepping in and helping to alleviate both drug abuse and water pollution.

Until a few years ago, we were advised to flush unwanted drugs down the drain as a way to prevent abuse. But flushing drugs down the toilet or sink can harm aquatic life and plants and pollute our water. On the other hand, prescription drug abuse is on the rise – and the majority of teens who abuse prescription drugs obtain them from their family medicine cabinet or their friends for free.



The Connecticut Department of Consumer Protection (DCP), the state agency that regulates the entire pharmaceutical industry in Connecticut, has partnered with the Connecticut Prevention Network, a community outreach organization, to develop a pilot program where municipal police departments can install a lock box specifically for the collection of unwanted medications. John Gadea, Director, DCP Drug Control Division, says, “The Drop Box Program provides a viable option to help address the issues of prescription drug abuse and the detrimental effects on the environment from the improper disposal of the medications.”

The police station must register with DCP, purchase a one way hopper-door type collection box, and follow DCP guidelines for collection, monitoring and safe disposal of the drugs. These secured boxes are installed in police station lobbies where residents can anonymously place their unwanted medications. A designated police officer at the police station will ensure that the collected medications are destroyed by witnessed

incineration, the same way other controlled substances collected by police have always been destroyed. Chief Ingvertsen of the Simsbury Police Department says he “feels fortunate to be able to provide such a valuable service to the residents of Simsbury and is hopeful that the Medication Drop Box will be heavily utilized.”

Currently there are drop boxes at police stations in Greenwich, New Canaan, Ridgefield, Shelton, Simsbury, Waterford and Wilton, with more on the way. For more information on establishing a program in your town, contact Gerald Destefano, DCP Drug Control Division at 860-713-6067, [gerald.destefano@ct.gov](mailto:gerald.destefano@ct.gov).

## In addition to drop boxes, there are other options for you to safely dispose of unwanted drugs:

1. Many chain pharmacies now offer special envelopes to mail back certain medications. There is a small fee for this service.
2. The U.S. DEA has begun to hold semi-annual collections that are free and open to anyone. The next one is scheduled for April 28 — visit the [DEA website](http://www.dea.gov) for more details.
3. Check for other local collections at DCP’s website — [www.ct.gov/dcp/drugdisposal](http://www.ct.gov/dcp/drugdisposal).
4. Almost all of the garbage in Connecticut is sent to resource recovery facilities where it is burned at very high temperatures. If you follow the disposal instructions at [www.ct.gov/deep/p2](http://www.ct.gov/deep/p2), it is okay to put the unwanted drugs in your trash.

# CCSU Leads Sustainability Efforts

Ranked as **one of the nation's top Green Colleges** by the Princeton Review, Central Connecticut State University (CCSU) was noted as a first signatory to the American College and University Presidents Climate Commitment. Sustainability is one of President Jack Miller's top four priorities and he appointed an **Environmental Sustainability Committee** composed of faculty, staff, and students to plan and implement strategies to minimize university impacts on the environment as well as help produce the CCSU Climate Action Plan.

The school's ambitious Climate Action Plan aims to reduce the university's greenhouse gas emissions 20 percent by 2015, 50 percent by 2025 and achieve climate neutrality by 2050. Early achievements include:

- **campus-wide recycling** that has increased recycling rates to 31 percent by recycling paper, cardboard, metal, fluorescents, batteries, and used oil.
- **water metering** at each building and parking garage, as well as low-flow bathroom features in 56 percent of campus residences.
- new building construction in accordance with **LEED design standards** for energy-efficient lighting, motion-censored fixtures, day lighting, low-flow water systems, and central HVAC systems.
- **an LED replacement project** that upgraded 500 Victorian-style lamps across campus, reducing kilowatt usage by 75% and saving 332,400 kWh each year.
- **restricted parking policies** and promotion of carpool-only lots converted 26% of student trips to alternate transportation, earning CCSU honors with distinction from the 2009 **NuRide** Earth Day Commuter Challenge.

In December 2011 CCSU also achieved newer, greener standards for the state and its universities by installing a 1.4 megawatt **fuel cell** that produces electricity for the school with virtually no pollution. Installed at the university's state-of-the-art Energy Center, the fuel cell is a low-emission, energy efficient power plant with cogeneration capabilities, providing heat and chilled water to all new buildings at CCSU. The fuel cell runs on natural gas and is expected to reduce the university's power cost by more than \$100,000 a year. CCSU President Miller believes the fuel cell will advance the university's Sustainability Initiative, stating "the fuel cell power plant is a major step toward achieving CCSU's goals for greenhouse gas reduction and improving energy efficiency."

The university reinforces the sustainability mission with a variety of on campus educational initiatives, including the School of Business Summer Institute on Sustainability and annual symposiums that educate school children from pre-K through college, and all sectors of the public. Global Food, Farming and Sustainability was the topic of CCSU's 5<sup>th</sup> annual symposium held this March. DEEP commissioner Dan Esty joined President Miller in the Town Hall wrap up on the topic of environmental protection, energy and farming in Connecticut. **For more information, visit CCSU's Sustainability webpage at [www.ccsu.edu](http://www.ccsu.edu).**



*Victorian-style lamps were upgraded with LEDs across campus.*



## Giving Trash a Makeover

Most of us don't give a second thought about our trash once it's whisked away from the curb. But think about it:

in Connecticut, millions of tons of trash are produced every year from households, schools and businesses. All of it must be either burned at our regional **resource recovery facilities**, recycled, composted or shipped to out of state landfills or even out of the country. Certain wastes, like construction and demolition debris, are just difficult and expensive to manage.

But some people, including DEEP Commissioner Dan Esty, believe there is economic gold — and job creation opportunities — in our trash. In January 2012, Esty conducted a Roundtable for leaders in government, industry, industrial ecology and economics to focus on steps that DEEP and they must take to transform waste management in the northeast. Topics included the need to focus on the economic values of waste, identify how to close infrastructure gaps, and how to increase collection, processing, marketing and manufacturing.

The dialogue continued in March with DEEP's first waste Summit, *Unlocking the Value: Transforming the Connecticut Materials Economy*. Over 170 municipal and business leaders and economic development, solid waste and recycling industry professionals met to discuss how to transform the way waste and recyclables are managed and to identify mechanisms to increase market development, processing and manufacturing.

The next Summit, which will be held in June, will focus on achieving financial stability, economic sustainability and modernizing the infrastructure of how we manage our waste. For more information, contact Chris Nelson at [chris.nelson@ct.gov](mailto:chris.nelson@ct.gov).

## What's **NEW** in P2?

### Breathe Easy While Cleaning

DEEP is partnering with the CT Department of Public Health (DPH) on the Healthy Homes Initiative, helping assure that every Connecticut resident lives in a healthy and safe home environment. Last month, staff from DEEP's Office of Pollution Prevention participated on a webinar entitled "Green Cleaning in the Home: Breathe Easy While Cleaning Program." The audience of almost 90 people — from Connecticut as well as 18 other states — included local officials such as environmental health staff and

supervisors, housing specialists and public health nurses. The webinar is available at <https://ct.train.org> as a free on-demand course which you can access by logging in and searching for course # 1033038.

DEEP and DPH have also produced a CD with information to help other organizations educate people about green cleaning. It includes a PowerPoint presentation with an overview of the Breathe Easy While Cleaning program, details on a display available for loan, a sample talk, and additional resources (such as make-your-own cleaners recipe cards) to help participants/audiences start making their own greener, healthier cleaning products. For a copy, contact Joan Simpson, DPH, at [joan.simpson@ct.gov](mailto:joan.simpson@ct.gov).

# Ask Eartha



*My CFL bulbs are burning out too fast. I thought they were supposed to last up to 10 times longer than a regular bulb, but that's not been my experience. Should they only be used in certain fixtures? Are there alternatives?*  
— Joey R., Brooklyn, CT

We are happy to shed some light on your problem. Compact Florescent Lights (CFLs) vary in quality, but don't give up on them just yet. They still save a lot of energy — about 75% over traditional incandescent — which will save you money. Here are some tips about getting the most life out of a CFL.



- Buy only **Energy Star rated bulbs**. They go through extensive testing by independent labs to ensure quality and they have a two-year manufacturer warranty.
- Location, location, location: don't use CFLs in dimmers, recessed or closed fixtures, or where there may be a lot of vibration, or in wet or damp areas (unless they are labeled for that use).
- A CFL lasts for about 7,000 on-off cycles. To prolong their life, don't use them in places where they are turned off and on frequently.
- Make sure your wiring is in good shape. Voltage fluctuations can cause early failure of a CFL's ballast.

If you are still not happy with your CFLs, you may want to try the new kid on the block — **Energy Star LEDs** (light emitting diode). These can last up to 25 times longer than

traditional incandescent bulbs and save about 75-80% of the energy. Although they are a little expensive right now, the price is expected to come down. (Remember how expensive CFLs once were?)

You can also try energy saving **Halogen Incandescents**. They are much like traditional bulbs, but slightly better in efficiency — about 25%. What's different about them is that they have a capsule inside that holds gas around a filament to increase bulb efficiency. They are available in a wide variety of shapes and color and can be used in dimmers.

It may be helpful to you in choosing bulbs to read the new **Lighting Facts label** on the bulb packaging. Notice that it is based on lumens. Lumens are a measure of brightness and watts are related to energy. The label also contains information on the yearly energy

cost, expected life, appearance and the energy used. The more lumens, the more light you will get. A traditional 100 watt incandescent is about 1600 lumens.

Feeling enlightened yet? Here are more resources to help you choose the right lighting for your home.

[www.energysavers.gov/your\\_home](http://www.energysavers.gov/your_home)

[www.seattle.gov/light/conserve/resident](http://www.seattle.gov/light/conserve/resident)

**New Energy Savings Bulbs are on the Way**

## How to dispose of CFLs

Residents should bring their burned-out CFLs to a household hazardous waste collection because these bulbs contain a small amount of mercury. Some retailers, such as Home Depot and IKEA, accept them at their stores for recycling. **More info** at [www.ct.gov/deep/whatdoidowith](http://www.ct.gov/deep/whatdoidowith)

Eartha answers selected environmental questions. Email your question to [judith.prill@ct.gov](mailto:judith.prill@ct.gov) and watch future issues for your answer.

# P 2 C A L E N D A R

## A SELECTION OF ENVIRONMENTAL EVENTS

**Saturday, April 14**  
**Annual Earth Day Celebration**  
*SmartLiving Center, Orange*

This free family event has fun workshops for children presented by Little Scientists. For the adults, vendors will be available to answer any questions on energy conservation in your home. For more information, call 203-799-0460.

**Saturday, April 14**  
**“Just Plain Smart” Energy Tour, Voluntown**

Tour the winning 2010/2011 Zero Energy Challenge House which achieved the highest level of efficiency utilizing geothermal heating and cooling, unique passive and active solar systems, and an extremely energy-efficient building envelope. To order tickets: [www.pace-cleanenergy.org](http://www.pace-cleanenergy.org)

**Saturday, April 21**  
**Geothermal for the Home**  
*SmartLiving Center, Orange*

Martin Orio from Water Energy Distributors will present a seminar on how geothermal works in your home for heating, ventilation and A/C. The costs, proper methods for sizing, and the availability of federal and local credits/rebates will be covered. For more information, call 203-799-0460.

**Saturday, April 21 – Sunday, April 22**  
**Global Health & Innovation Conference**  
*Yale University, New Haven*

This conference convenes leaders, change-makers, and participants from all fields of global health, international development, and social entrepreneurship. For more information: [www.uniteforsight.org/conference](http://www.uniteforsight.org/conference).

**Saturday, April 28**  
**National Prescription Drug Take-Back Day**  
**Various locations throughout CT**

Safely dispose of unwanted medications, sponsored by the Federal Drug Enforcement Administration (DEA). Collection sites, open to all, are listed at [www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html)

**Earth Day Events are being held throughout Connecticut —**  
[www.ct.gov/deep/earthday](http://www.ct.gov/deep/earthday)

**Saturday, April 28**  
**Earth Day Celebration**  
*The Trash Museum, Hartford*

More information: [www.crra.org](http://www.crra.org) or 860-757-7765

**Saturday, April 28th**  
**Great Park Pursuit Kick-off**  
*Goodwin State Forest, Hampton*

Get started by registering to participate and enjoy a variety of activities over a 4 week period. Other dates include May 5, 12, 19 at different state park locations. More information: [www.nochildleftinside.org](http://www.nochildleftinside.org)

**Thursday, May 3**  
**Buy Local Connecticut**  
**The Studio at Billings Forge, Hartford**  
Join Emily Brooks, author of *CT Farmer & Feast* as she discusses the health and economic benefits of the Sustainable Agriculture Movement. More information: [www.billingsforgeworks.org](http://www.billingsforgeworks.org)

**Saturday, May 5**  
**Organic Gardening Workshop**  
**Common Ground High School, New Haven**  
Learn how to prep your garden beds, plan your plantings, deal with early garden pests, and improve soil fertility using organic methods. Register at: [www.ctnofa.org](http://www.ctnofa.org)

**Tuesday, May 15 and Wednesday, May 16**  
**Nonpoint Source Pollution Conference**  
*Portsmouth, New Hampshire*  
Regional forum on water quality issues and NPS projects for state, federal and municipal governments, the private sector, academia and watershed organizations. More information: [www.neiwpc.org/npsconference](http://www.neiwpc.org/npsconference)

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For a free subscription, please contact Judy Prill at 860-424-3694 or [judith.prill@ct.gov](mailto:judith.prill@ct.gov). Save postage and paper by signing up to receive *P2 View* electronically at [www.ct.gov/deep/p2view](http://www.ct.gov/deep/p2view).

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**Please consider the environment before printing out this newsletter.**