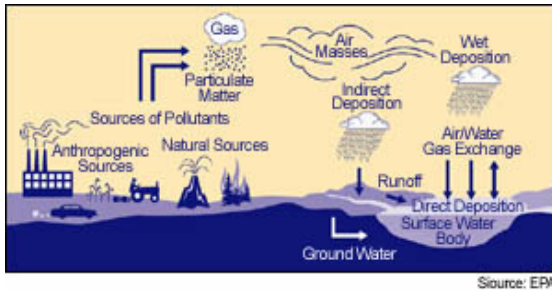


# Sources of Water Pollution

## POINT SOURCE POLLUTION

When asked to picture pollution entering rivers and lakes, most people think of discharge pipes from factories spewing foul-smelling chemicals into the water. Factory discharge pipes are known as **point sources of pollution** because they come from a single source. Point sources threaten water quality and are subject to federal regulation under the Clean Water Act. Because they are easy to identify, many point sources have been cleaned up in recent decades.



## NON-POINT SOURCE POLLUTION

The greatest threat to water quality today, responsible for more than half of all surface water pollution problems, is **non-point source pollution**. This type of pollution does not have an easily identifiable source but comes from a variety of sources and is made up of a variety of pollutants. Some pollutants are: pesticides, fertilizers, metals, road salt, and motor oil. We all contribute to non-point pollution by using fertilizer on our lawns, walking our pets, washing our cars, etc.

# LSPA

**LSPA** is the oldest environmental non-profit organization in New Hampshire. LSPA is an educational organization dedicated to preserving the environmental quality of Lake Sunapee and its watershed since 1898!

## What does **LSPA** do?

### Water Quality

- Volunteer Monitoring
- Laboratory analysis
- Biomonitoring

### Education

- Brochures, newsletters, articles
- Elementary school classroom education
- Adult education workshops
- Information for state and local representatives on environmental issues
- Annual *Love Your Lakes Day* celebration

### Invasive Plant Prevention Program

- Plant identification training
- Lake Host monitors
- Weed Watch volunteers
- Boat wash at Sunapee Harbor

### NPS Pollution Program

- Advice to homeowners and developers on best management practices
- 16 road runoff control projects completed

## Lake Sunapee Protective Association

68 Main Street, PO Box 683

Sunapee, NH 03782

Phone: 603-763-2210

Fax: 603-763-2077

Email: [lspa@lakesunapee.org](mailto:lspa@lakesunapee.org)

Web Address: [www.lakesunapee.org](http://www.lakesunapee.org)

# Cumulative Effects: Non-Point Source Pollution

Pollution from Fertilizer,  
Pesticides and Other  
Household Chemicals



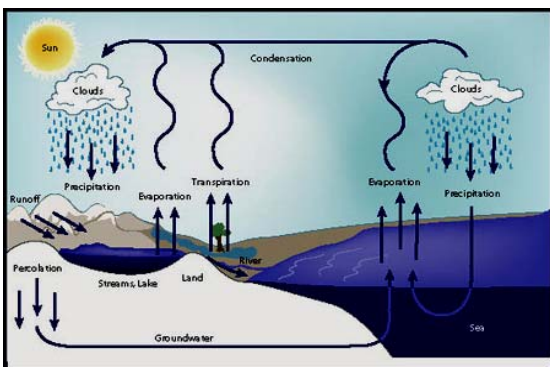
## Household Chemicals

- Be aware that chemicals commonly used around the house are toxic; use low phosphate or water based detergents whenever possible.
- Do not pour unwanted household chemicals down the drain—take them to hazardous waste collections.

## Stormwater Management

Rain water quickly travels into our waterways through storm drains or by flowing directly from the land. To prevent polluted stormwater from entering our streams, lakes and ponds please follow these suggestions:

- Keep vehicles tuned up and repair leaks — better yet: carpool, walk, or bike short distances.
- Keep pesticides, oil leaves, and other pollutants off streets and out of storm drains.
- Clean up pet wastes—bury or flush down the toilet.



Source: ehs.iastate.edu

## Landscaping and Gardening

What you decide to plant and how you choose to maintain your property can have a definite impact on water quality.

Some helpful landscaping tips include:

- When landscaping your yard, select plants that have low requirements for water, fertilizers, and pesticides.



- Preserve existing trees and plant additional trees and shrubs to help prevent erosion and promote infiltration of water into the soil.
- Leave lawn clippings on your lawn so that nutrients in the clippings are recycled.
- Install wood decking, bricks, or interlocking stones instead of impervious cement walkways.
- Spread mulch on bare ground to prevent erosion and runoff.
- Direct downspout flows and other runoff to rain gardens, rain barrels, or a gravel or lawn area where the water can settle into the soil.

## Septic Systems

Improperly maintained septic systems can contaminate ground water and surface water with nutrients and pathogens. By following the recommendations below, you can help ensure that your system continues to function properly.

- Inspect your septic system annually.
- Pump out your septic system regularly (pumping every 3-5 years is recommended for a three bedroom house with a 1,000 gallon tank).
- Do not divert storm drains or basement pumps into septic systems.
- Sump pump discharges should be directed into grass and gravel to naturally filter into the ground.
- Avoid or reduce the use of your garbage disposal—it contributes unnecessary solids to your septic system and can increase the frequency of necessary pumping.
- Don't use toilets as trash cans! Excess solids may clog your drain field and require more frequent pumping.

