

APPENDIX C.
PUBLIC EDUCATION PAMPHLETS

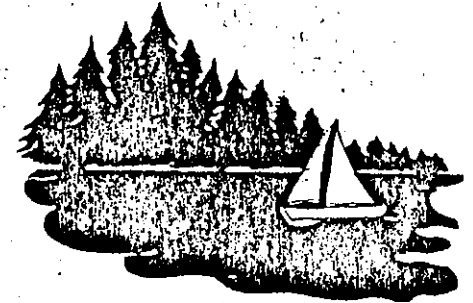
June 26, 2011 Update:

It appears there may have been a photocopying error that affected the contents of Appendix B and the first pages of Appendix C. We have filled in as best we can.

COLAP

COLAP IS A PRIVATE, NON-PROFIT ORGANIZATION DEDICATED TO THE PRESERVATION OF OUR LAKES. OUR GOALS ARE: EDUCATION OF THE PUBLIC, AID TO EMERGING LAKE ASSOCIATIONS, AND RELATED LEGISLATIVE CONCERNS.

PLEASE JOIN US IN OUR COMMON EFFORTS TO CONSERVE OUR BEAUTIFUL NATURAL RESOURCES. JOIN COLAP.



FORMING YOUR OWN LAKE ASSOCIATION

MASSACHUSETTS CONGRESS OF
LAKE and POND ASSOCIATIONS, Inc.

P.O. BOX 1001 WORCESTER, MA 01613
(617) 892-3837

THE FOLLOWING IS A GUIDE TO FORMING YOUR OWN LAKE ASSOCIATION. IT IS BASED ON THE EXPERIENCES OF OTHER LAKE ASSOCIATIONS IN THIS STATE IN THE HOPES IT WILL HELP YOU SAVE TIME IN YOUR EFFORTS TO SAVE OR IMPROVE THE QUALITY OF YOUR LAKE. FORMING A LAKE ASSOCIATION TAKES TIME AND SOME HARD WORK, BUT CAN BE A LOT OF FUN TOO.
GOOD LUCK!

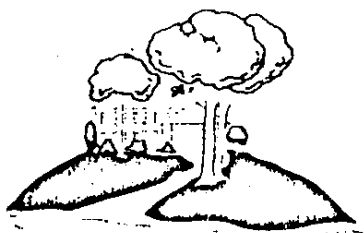
NINE STEPS TO FORMING YOUR LAKE ASSOCIATION

1. DEFINE YOUR PURPOSE(S)
Other lake associations have formed around one or more of the following issues:
 - a. lake preservation
 - b. watershed management
 - c. public health
 - d. civic/community awareness
 - e. marine traffic
 - f. social interests
2. PLAN AN INFORMAL MEETING
Invite a minimum of ten (10) families from around the lake to a meeting to discuss their concern about the issues identified above.

Note: Those people who attend can begin functioning as your Executive Committee.
3. HOLD AN INFORMAL MEETING (Once the concerns have been discussed):
 - a. Elect a Temporary Chairman to oversee committees and run meetings
 - b. Elect a Secretary to take thorough notes of meetings and type correspondence.
 - c. Elect a By-Law Committee to draft a set of by-laws.
 - d. Elect a Membership Committee to obtain all names, addresses, and telephone numbers (summer and winter) of all lake/pond residents.
 - e. Decide how to pay for your operating costs (dues.)
4. DRAFT YOUR BY-LAWS
 - a. Obtain by-laws from neighboring or other lake associations and use them as a guideline, or
 - b. Contact COLAP for sample by-laws, or
 - c. Contact DEQE, Water Pollution Control Division for a Lakes Qualification List
 - d. Note: decide what constitutes full membership in your association and incorporate that into your by-laws. For example, some associations may wish full membership with voting rights access to the Board of Directors and the Office of President be limited to lake residents who are registered waterfront property owners. Others may become Associate Members.
 - e. Note: You may wish to include an environmental control committee as part of your by-laws.
5. HOLD A FORMAL MEETING
 - a. Notify all lake residents of the forming of an association.
 - b. Invite them to attend. Mention date, time, place, etc.
 - c. Note: You may wish to have a "kick-off" banquet, or pot luck at the same time.
6. AT THE FORMAL MEETING
 - a. Present the Executive Committees' intentions and purposes.
 - b. Propose the drafted by-laws.
 - c. Discuss by-laws.
 - d. Vote on by-laws.
 - e. Elect Board of Directors, Officers and other committees as set up in the by-laws you just adopted.
 - f. Begin work on tasks as defined by your purpose and goals.
7. FILE YOUR BY-LAWS APPROPRIATELY
 - a. If you choose to incorporate, you may need to follow certain state mandated procedures which involve filing the by-laws and paying certain fees. Contact the Division of Corporations in the State House Annex in Boston.
 - b. If you do not incorporate, file with designated officer of your association.

8. ESTABLISH COMMUNITY CONTACTS
Use your Officers and your Board of Directors as liaisons with your surroundings in the following areas:
 - a. Social: plan social activities (get-togethers, newsletters, fishing derby, sailboat races) once or twice a year at which time you can inform the membership of progress, keep support and communication going, and maintain interest in goals and projects.
 - b. State Political: develop contact with State Senators, Representatives, and environmental agencies. Let them know of your existence and purpose, and then keep them knowledgeable of your efforts.
 - c. Local Governments: establish communication with your Selectmen, Board of Health, Conservation Commission.

9. For further assistance or a slide program presentation of lake ecology and state mechanisms for restoration and management
Contact: C.O.L.A.P.
John J. Callan, Jr.
Executive Director
P.O. Box 1001
Worcester, MA 01613
(617)892-3837



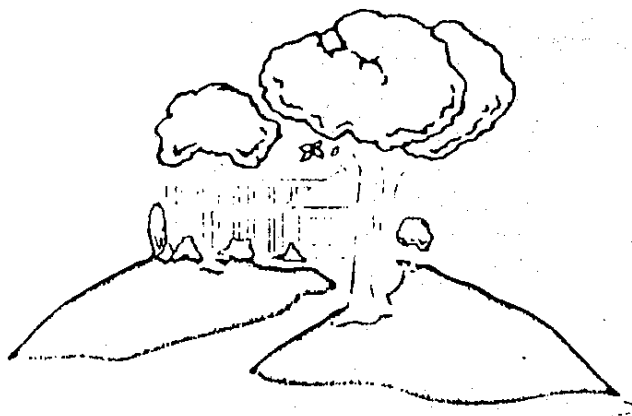
LAKE SIDE

LAWN FERTILIZER

SPECIALLY FORMULATED FOR
ECOLOGY MINDED HOMEOWNERS.

- Contains a slow release nitrogen (less leaching into the water).
- Contains **no** phosphorus (a high weed and algae producing agent)

LAKESIDE LAWN FERTILIZER contains a **slow release nitrogen** source which will feed your lawn 1-3 months throughout the growing season depending on rain and soil conditions. Two treatments, one in early Spring and the other in the Fall will provide a good source of plant food for the lawn. The 50 pound bag will cover 5,000 to 8,000 square feet of lawn. Amount of application will depend on the conditions of the soil (sandy vs clay), the amount of rainfall or watering program and the type of grass variety. For best results apply when the grass is dry and then water in.



AQUATIC CHEMICALS, INC.
P.O. Box 132
Caledonia, Michigan 49316

To purchase
Lake Side Lawn
Fertilizer, or for
further information,
please send your

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

MAIL TO:



DETERGENTS AND YOUR LAKE

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MASSACHUSETTS DIVISION OF WATER POLLUTION CONTROL
WESTBOROUGH, MASSACHUSETTS

ACKNOWLEDGMENTS

Major contributors to this brochure were Lake Cochituate Watershed Association volunteers:

Joseph B. Alpers
Ella May Crane

Production was coordinated by Robert S. Wenstrup.

THE MASSACHUSETTS CONGRESS OF LAKES AND PONDS ASSOCIATIONS, INC.

The Massachusetts Congress of Lakes and Ponds Associations, Inc. (MCOLAPA) is an active organization working to vigorously support legislation to clean up lakes and ponds in the Commonwealth. The Congress provides citizen leadership in designing efforts to curb pollution in Massachusetts waters.

In September of 1979, the newly formed state-wide Massachusetts Congress of Lakes and Ponds Association, Inc. held an annual meeting at Worcester Polytechnical Institute. During the meeting, an Executive Committee was elected and project priorities were determined.

The Massachusetts Congress of Lakes and Ponds Associations, Inc. has two purposes as stated in its by-laws:

- (1) To perform all acts appropriate to a non-profit, scientific, literary, and educational organization dedicated to the promotion and development of environmental quality standards essential for satisfactory life styles and conditions in the natural community, and
- (2) To preserve the aesthetic, recreational, and commercial values of lakes and properties through the maintenance and improvement of such environmental factors as watershed ecology, water quality, lake water levels, shoreline, woodland management, agricultural soils practices, recreational and residential building standards, and related influences, such as water and boating safety.

Membership in the Congress is welcome and viewed as essential in assuring that the water quality issues on lakes and ponds are addressed on a state-wide as well as an individual level. More detailed information on the Massachusetts Congress of Lakes and Ponds Associations, Inc. is available by contacting Mr. Carl Peterson, President, P.O. Box 312, Westminster, MA 01473.

This brochure was prepared by the Lake Cochituate Watershed Association under contract with the Massachusetts Department of Environmental Quality Engineering utilizing funds provided by a grant from the U.S. Environmental Protection Agency authorized under Section 314 of the Federal Water Pollution Control Act, Amendments of 1972. It has been re-printed with assistance from the Massachusetts Division of Water Pollution Control and the Lower Pioneer Valley Regional Planning Commission. The Massachusetts Congress of Lakes and Ponds Associations, Inc. wishes to express its sincere gratitude to the Lake Cochituate Watershed Association for making this publication available.

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PURPOSE AND USE OF THIS BROCHURE

This brochure describes the danger to our lakes from the use of detergents containing phosphate. It explains why our society has moved from old-fashioned soaps to phosphate-based detergents. We see how phosphate makes its way from individual septic systems into streams and lakes, and how, once in natural waters, phosphate promotes the growth of algae and the deterioration of waters. It presents advice on alternatives to these chemicals that are damaging our environment. It explains how to switch safely from phosphate-containing detergents to locally available products with little or no phosphate content (see Tables).

CASE STUDY: LAKE COCHITUATE

The Lake Cochituate Watershed area (all of the land which drains downhill into the lake) contains about 17.4 square miles in parts of Natick, Framingham, Wayland, Sherborn, and Ashland. The lake itself, located in Framingham, Natick, and Wayland covers over 600 acres.

Lake Cochituate consists of three major ponds (North, Middle, and South) separated by the Mass. Pike to the north and Route 135 to the south. From 1848 to 1931, this beautiful, sprawling lake provided Metropolitan Boston with drinking water through a complex eighteen-mile aqueduct system. In 1931, the Metropolitan District Commission (MDC) made Lake Cochituate a standby reservoir, by then a small supplement to the newer Wachusett and later Quabbin Reservoir systems. Finally, in 1947, the MDC transferred Lake Cochituate to what was then called the Massachusetts Conservation Department, freeing the shoreline and waters for general recreational use. Cochituate State Park has become a most complex and heavily used State Park.

As a result of a century of water supply usage, the lake's immediate shoreline has been protected from development. The 27 miles of sand and gravel shoreline, which are backed with thickly wooded stands of pine, oak, birch, and maple are, however, deceiving. Behind this narrow screen of green is the major reason for concern for the lake's future: extensive residential and commercial land development.

The impact on the lake of the rapid development of all the towns in the watershed has been severe, due to the introduction of nutrient wastes. Preservation of Lake Cochituate as a prime recreational resource demands a change in the practices that have led to the present state.

DETERGENT PHOSPHATES AND THE ENVIRONMENT

WHAT IS THE PROBLEM?

Lake Cochituate has suffered from increasing blooms of algae. Filamentous algae are choking Snake Brook in Wayland and Natick; floating mats of this material are threatening the Wayland Town Beach on North Pond. Heavy nutrient burdens entering from Beaver Dam Brook, Pegan Brook and Course Brook have spawned severe algal blooms in South and Middle Ponds. In addition, phosphates and nitrates released from heavy residential development in the watershed have supplied enormous food supplies for algal growth. The nutrients enter from the lake perimeter from storm drains, by transport through soil and through the lake tributaries.

Among the most serious of the pollutants are phosphate compounds occurring in detergents. To keep our clothes a little whiter we have been making our lake a whole lot greener. It's time to examine what we're doing and reorganize our priorities.

The process by which the lake becomes damaged is called *eutrophication*. This is a biological term (literally "good nourishing") which refers to the fact that algae and aquatic plants proliferate when overfertilized, to the detriment of most fish and recreational activities. *Cultural* or manmade eutrophication, resulting from the enrichment of water with nutrients derived from human activities, converts a pristine lake to one which is weed- and algae-clogged in years or decades; whereas the natural process of eutrophication would require thousands of years to come about in the absence of people, or perhaps would never take place.

WHAT ARE PHOSPHATES AND HOW DO THEY DAMAGE LAKES AND STREAMS?

Phosphate is a fully oxidized form of phosphorus - the form that occurs most commonly in natural compounds. It is one of the many chemicals necessary for life, along with carbon, nitrogen, sulfur, and several dozen others. Phosphate is part of some of the most important biological materials. It appears, for example, in genetic material responsible for heredity as well as in energy transferring compounds. Without phosphate, living things could not survive, because they would have no energy for their on-going metabolism, and no DNA for reproducing their own kind.

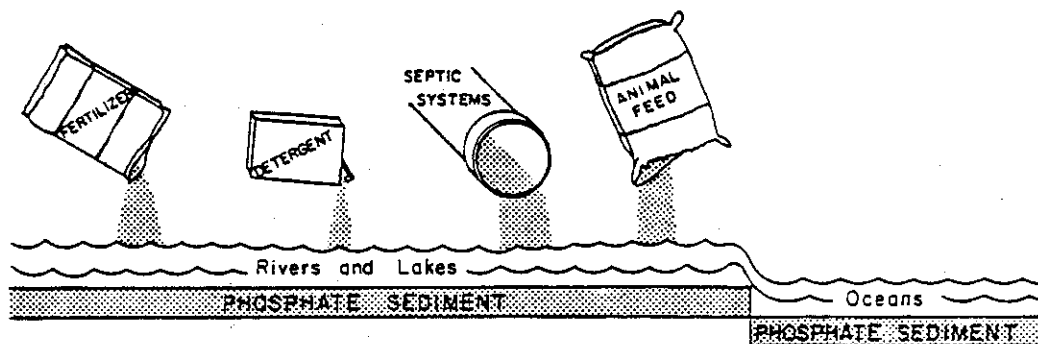
Phosphates contain phosphorus. The simplest phosphate has a single phosphorus atom and four oxygens. Sodium tripolyphosphate, a complex phosphate with three phosphorus atoms, is used most often in laundry detergents. Other types of phosphate with varying numbers of phosphorus atoms, appear in automatic dish-washing detergents.

Phosphorus is probably the most critical supplemental ingredient for the growth of algae and aquatic weeds in lakes and streams. There is usually a deficiency of phosphorus relative to other nutrient elements, and the overall rate of plant growth is limited by the supply of phosphorus. In certain environments nitrogen (and sometimes carbon) becomes the limiting nutrient, because the level of phosphate pollution is already so immense.

Algae may grow as single microscopic cells, or in great floating mats or as rooted aquatic plants. Usually a few forms predominate in any given setting. The algae grow vigorously when fertilized by nutrients. Then, when they decompose under the influence of bacteria, oxygen is consumed in great amounts, with resulting damage to fish and other oxygen-requiring forms of life in the water.

Eventually, the water becomes less and less hospitable for fish, aquatic plant growth takes over, and what was previously a lake has become a marsh. The lake dies.

PHOSPHATES IN WATER



WHAT IS THE BEHAVIOR OF PHOSPHATE IN SOIL?

When phosphates are released into the soil from septic systems, they may be picked up by living organisms, such as bacteria or plants, or they may react with minerals, or pass into groundwater.

In lime-rich soils, phosphate produces precipitates with poor solubility, such as calcium phosphate. In other soils, phosphates may react with iron or aluminum, depending on local conditions. Eventually, the soil becomes loaded with the precipitated phosphate compounds, and the phosphate passes freely into the groundwater. This is an unattractive development, since it means that the septic system is not functioning well and that the phosphate will now be entering into streams and lakes to promote eutrophication. *Thus, limiting the amount of phosphate that enters a septic system helps prolong the effective life of a leaching field while it protects the environment.*

In *cultivated* soils, phosphorus is one of the elements most commonly depleted by the growing crops, so it is a major component of fertilizers. Fertilizers are thus an important source of phosphate in soil and in groundwater. They will be more fully discussed in another brochure in this series.

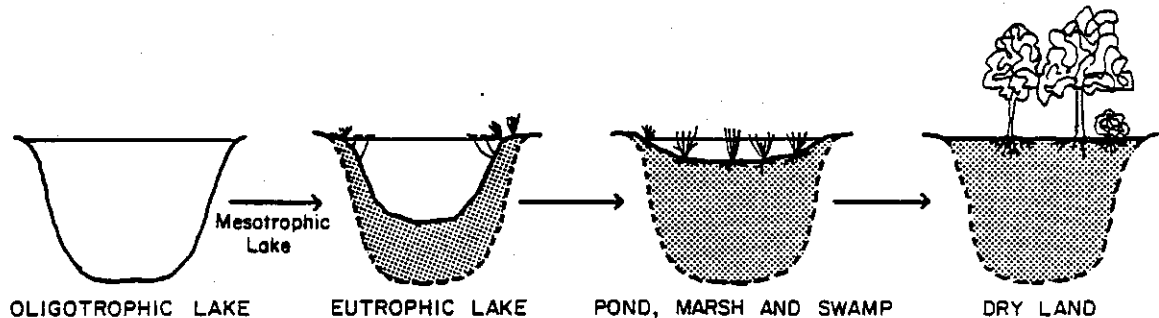
OUR PHOSPHATE RESOURCES ARE BEING TRANSFERRED TO THE BOTTOM OF THE SEA

Most American lakes are now receiving such burdens of phosphate primarily from detergents as to cause significant eutrophication. Over the past decade, the quantity of phosphate used in detergents has been steadily mounting. It is estimated that the phosphate from detergents in 1970 accounted for half of the phosphate in municipal sewage.

The phosphate content of natural waters is higher in winter, when photosynthesis is low. In spring and summer, it is drastically diminished due to uptake by

plant life, especially algae. When algae die in the late fall and winter, the phosphate they contain is deposited at the bottom, where it constitutes a reservoir. The story is the same in oceans as in smaller bodies of water although less visible. In fact, the earth's phosphorus is steadily finding its way to the bottom of the sea. It is not being recycled, except to a very small extent through harvested fish life. Although the world supply is considered adequate for hundreds of years, this is not a limitless resource.

STAGES OF EUTROPHICATION



WHAT QUANTITIES OF PHOSPHATE ARE INVOLVED? HOW MUCH IS THE INDIVIDUAL CITIZEN CONTRIBUTING TO THE PROBLEM?

The average person contributes about four pounds of phosphorus (about twelve pounds of phosphate) into waste water each year, including the phosphate in human toilet waste as well as that in detergents (the figure also includes each person's "share" in the wastes of agriculture and livestock production). Phosphorus can generate 500 times its own weight in algae or other plants; hence the four pounds from each citizen can produce a ton of plant "biomass." While phosphorus, as we have noted, is an important limiting factor for plant growth, it is about 100 times more concentrated in sewage effluent than in natural lake water. Thus, when sewage finds its way to natural water, the biomass potential is immensely amplified.

As we have noted, phosphate from detergents now accounts for over half of the phosphate in municipal sewage. More importantly, that is the half about which we have some options. Human refuse will always contain phosphate. Our cleaning agents could be rid of this material. This part of the problem can be eliminated at the source.

THE COMPOSITION OF DETERGENTS

WHAT IS A DETERGENT AND HOW IS IT DIFFERENT FROM SOAP?

Old fashioned soap is made by the action of alkali (lye) on animal fats and plant oils. The fatty acid molecule in soap has two distinct ends, one attracted to the water, the other attracted to the oily dirt. These actions cause the dirt to be loosened. Soap molecules surround and suspend the dirt particles in the water.

Detergents are synthesized mostly from petroleum products and some inorganic matter. They are composed of surfactants, builders, and fillers. The one essential ingredient is the *surfactant*, the true cleansing agent. The surfactant is a wetting agent that encourages water to penetrate (by lowering its surface tension) so that soil is loosened from fabrics. *Builders* are ingredients with little or no cleaning power of their own, which make the surfactant perform better. Builders tie up minerals dissolved in water that interfere with the efficiency of the surfactant. These objectionable minerals include magnesium and iron, and most important of all, calcium. The most common builders are phosphate compounds.

Phosphate compounds also function to create and maintain proper alkalinity, or high pH; and to remove dirt particles by keeping them suspended in the wash water. *Fillers* are inexpensive ingredients that dilute the product, making it easier to measure out appropriate quantities, and thereby reducing the overall selling price per pound. Detergents also contain small amounts of artificial brighteners and perfumes that make the product appear more effective and attractive. *The present problems, it must be emphasized, arise entirely from the phosphate or builder component.*

WHY INCLUDE "BUILDERS" IN DETERGENTS? WHY IS IT NECESSARY TO TIE UP CALCIUM?

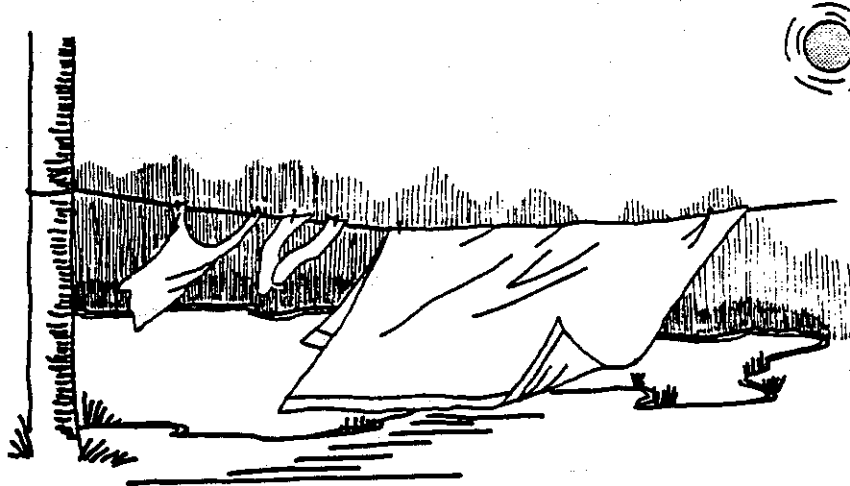
Water containing a lot of calcium compounds is called "hard." When calcium combines with soap, the resulting "calcium soap" is a scummy substance, the "ring" in the bathtub, and so forth. This material may even become deposited on the fabrics being washed. Phosphates are added to detergents to prevent this problem by removing the free calcium compounds from solution. Here in Massachusetts, the water is relatively soft.

WHY NOT GO BACK TO SOAP? ARE WE OBLIGED TO USE DETERGENTS ALTOGETHER?

We can go back to soap, but it's not that simple. Today's washing machines and detergents have been developed together. It would require effort to redesign both. Also, it's not the major cleansing agent (the surfactant) which is giving the problem, but the phosphate builder (The surfactants are bio-degradable and do not adversely affect the environment. However, they are petroleum-derived, which may soon give other problems; such as shortages or price increases).

The detergent industry in fact claims that there aren't enough fats and oils available to produce the quantities of soap we would need. The industry also points out that old-fashioned soaps are now unacceptable to the American homemaker, especially in regions of "hard" water.

In the soft water, however, granulated soap plus washing soda, which contains no phosphate, can be effective, particularly in cleaning laundry made of natural fibers.



PHOSPHATES ARE BEING USED IN CONJUNCTION WITH OTHER NEW TECHNOLOGIES

In powdered laundry detergents, the surfactant or main cleaning agent is only 15-20% by weight, while the phosphate or builder is 30-70%. This is usually as sodium triphosphate (STP). In dishwasher detergents, other forms of phosphate are used, which comprise about 12% of the total weight. In contrast, light duty detergents (liquids for doing dishes or delicate fabrics by hand) usually contain no phosphate.

To a large extent, the presence of phosphate is associated with automation. Where hand rubbing is used, phosphate is rarely necessary.

Synthetic fibers are generally more resistant than natural ones to the removal of grime. People of generations past did not seem to be plagued by "ring around the collar," even using ordinary laundry soap, and often in hard water areas. In this sense, one technology has led to the need for another: the development of synthetic fibers has led to the need for cleaning agents that will take care of these hard-to-clean synthetic fabrics.

Phosphate in our laundries has resulted from: 1) the arrival, since World War II of automated clothes washers used by virtually every U.S. household, 2) new cleaning products to match the performance of these machines, and 3) the introduction of harder-to-clean synthetic fabrics.

In response to the growing opposition to phosphorus, many detergents manufacturers are now using alternative builders such as silicates and carbonates, to remove calcium. In the tables of this brochure, many of the powdered laundry detergents listed as "no phosphate" contain these chemicals, which are not harmful to the environment. These are the ones to use!

DOES THE PHOSPHATE PROBLEM HAVE ANYTHING TO DO WITH THE FOAMING THAT WAS A PROBLEM IN THE 1960'S?

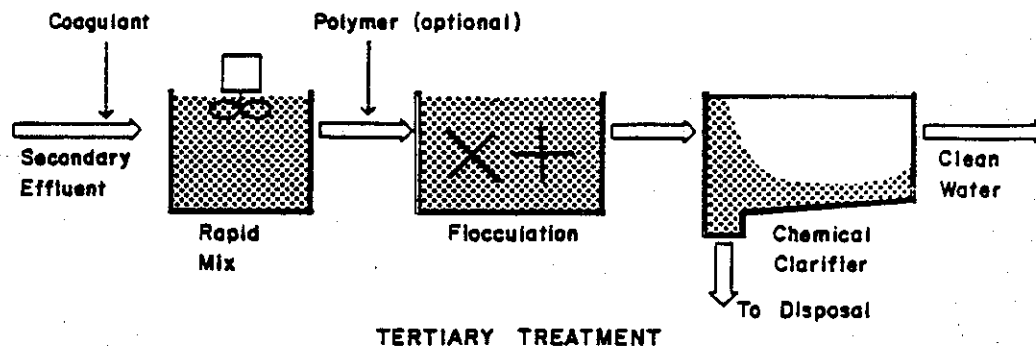
No. Detergent phosphate is the cause of eutrophication difficulties, but the problem of the '50's and '60's was a separate one, involving the surfactant components. Surfactants used at that time did not break down easily when the water in which they occurred was cycled back to the environment. Therefore they tended to accumulate as unsightly foam in streams and lakes all over the world.

When the federal government banned non-biodegradable detergents in 1965, all companies quickly marketed detergents in which the surfactants were *bio-degradable*, that is, capable of breaking down to simpler materials that reentered the environment without apparent harm. The foam problems has been almost totally eradicated. We should repeat, however, that the *phosphate* problem is a separate concern.

ELIMINATING PHOSPHATE FROM OUR LAKES AND STREAMS

WHAT METHODS CAN BE USED TO REDUCE THE AMOUNT OF PHOSPHATE IN SEWAGE THAT IS AVAILABLE TO ENTER LAKES AND STREAMS?

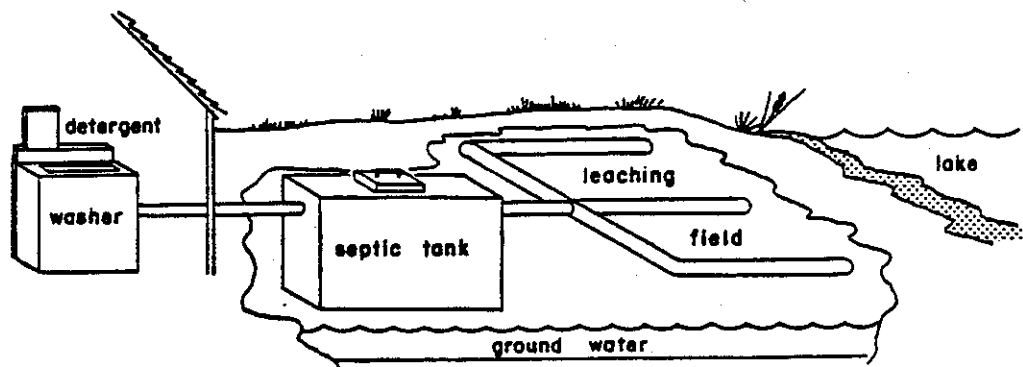
There are methods for removing phosphate from wastewater at a sewage treatment plant before the water is released to the environment. This "tertiary treatment" process is expensive and very few communities can afford it. This is, of course, the approach most encouraged by the detergent industry (Some major companies have studied how to avoid phosphates in their products altogether).



PHOSPHORUS REMOVAL

There are good reasons for approaching the detergent problem as separate from the sewage treatment problem. First, simply eliminating phosphate from detergents would result in an immediate 50% reduction of phosphate in virtually all municipal wastes. Secondly, it would result in a substantial reduction of treatment costs at sewage treatment plants. Thirdly, removal of phosphate from detergents would eliminate 50% of the phosphate delivered to groundwater from isolated dwellings and small communities without municipal sewers.

The phosphate from individual septic systems which exceeds the binding capacity of the soil eventually finds its way to the groundwater and into streams and lakes. Some sections of the towns bordering on Lake Cochituate are connected to the MDC sewer system, but most dwellings are serviced by septic systems and cesspools. Hence, for the Lake Cochituate region and others relying on septic systems, it is especially important to avoid phosphate-containing detergents.



WHAT ALTERNATIVES TO PHOSPHATE ARE POSSIBLE?

Nobody *needs* to use phosphate-containing detergents; products without phosphate are available and effective. Most phosphate-free detergents contain "washing soda" (sodium carbonate) or sodium silicate as complexers for calcium. These builders have no adverse effects on the environment but can be caustic to eyes and hands, so manufacturers directions should be closely followed. It is anticipated that a substitute for phosphate will be found that will be effective even in hard water areas.

Our local water is not "hard"; neither is washing without phosphate. Available non-phosphate detergents in powder and liquid form do an excellent job in the removal of grime from synthetic fabrics even in cold water (consult the Tables in this brochure to identify these products).

In addition, if one desires to use soap plus washing soda (a water softener that removes calcium scum) it is still an effective combination for cleaning fabrics made of natural fibers (cotton, linen, silk, wool). *But if you switch from detergents to soap and washing soda, white clothes may yellow unless all detergent residue is removed.* This is accomplished by soaking in hot water containing four tablespoons of washing soda before the first washing. Better yet, let the clothes soak in this overnight.

For the relatively soft water, use one cup of granulated soap (Ivory Flakes or Ivory Snow, Duz Laundry Soap, or Instant Fels Soap) and 1/3 cup of washing soda in top-loading machines. In front-loading machines, use 1/2 cup of soap and 1/8 to 1/4 cup washing soda. Hot water improves cleaning, but for some fine fabrics and colored washables, warm water may be preferable. Add the soap and washing soda to the water, allowing it to dissolve and to soften the water before adding the clothes. For difficult stains and heavy soils, pretreat with any of the following methods: a paste made of soap powder and a small amount of water, a phosphate-free liquid detergent, a phosphate-free laundry presoak, or phosphate-free soil-and-stain remover (consult Tables to identify these products). Liquid or powdered bleach will help to brighten your whites and colorfast clothes, and to remove many difficult soils. Fabric softener is not needed, as soap leaves clothes naturally soft.

Automatic dishwasher detergents are particularly high in phosphate content. A mixture of washing soda with dishwasher detergent is an effective cleaning agent and works well in automatic dishwashers.

HOW ABOUT LEGISLATION?

The legal route to a better environment is difficult, although resolution of the foaming problem proved that it can work. Phosphates have already been banned in some areas. With the Great Lakes in mind, Canada limited the phosphate content in detergents to 8.7% phosphorus (25% phosphate) in 1970, and then to 2.2% phosphorus (7% phosphate) in 1973. In this country, a number of states including Indiana, New York, and Michigan have acted to *ban* the sale of phosphate-containing detergents. Legislation limiting the phosphorus in heavy duty detergents to 8.7% has prevailed in Connecticut, Florida, and Maine.

A bill has been filed in the Massachusetts legislature by the Executive Office of Environmental Affairs that would prohibit sale of phosphate-containing laundry detergents. It would restrict dishwasher detergents to 8.7%. This bill has not been reported out of committee as of this writing. Protection of our lake still depends, therefore, on the vigilance of informed citizens.

GUIDE TO AVAILABLE PRODUCTS

The accompanying tables show the phosphate content in *grams per use* according to the manufacturer's specifications on the package. The lower this value, the less the product will contribute to the pollution and eutrophication of our watershed. Products with no phosphate (or low phosphate) are widely available. We hope you will use these tables to select products that will be harmless to water bodies.

POWDERED LAUNDRY DETERGENTS AND SOAPS WITH LITTLE OR NO PHOSPHATE

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
AJAX (total color)	Colgate-Palmolive		no phosphate
ARM & HAMMER	Church & Dwight		no phosphate
DUZ LAUNDRY SOAP	Procter & Gamble		no phosphate
FINAST (all purpose blue)	First Nat'l Stores		trace
FINAST (cold water)	First Nat'l Stores		trace
FINAST (heavy duty)	First Nat'l Stores		trace
FINAST (low suds)	First Nat'l Stores		trace
GAIN (careful: there are two kinds)	Procter & Gamble	1-1/4 C.	trace
IGA (phosphate free)	Independent Grocers Ass'n Distrib. Co.	1 C.	trace
INSTANT FELS	Purex Corp.		no phosphate
IVORY FLAKES	Procter & Gamble		no phosphate
IVORY SNOW	Procter & Gamble		no phosphate
MIRACLE WHITE	Drackett Products Co.		trace
PUREX (all temperature)	Purex Corp.		no phosphate
STOP & SHOP (cold water)	Stop & Shop Co., Inc.		trace
STOP & SHOP (hi-power blue)	Stop & Shop Co., Inc.		trace
TREND	Purex Corp.		no phosphate
WOOLITE (for machines)	Boyle Midway, Inc.		no phosphate
COLD WATER XE (careful: there are two kinds)	Colgate-Palmolive		no phosphate

HIGH PHOSPHATE POWDERED LAUNDRY DETERGENTS AND SOAPS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
AJAX (total color new)	Colgate-Palmolive	1 C.	6.4
ALL (bleach, borax, and brighteners)	Lever Bros.	3/4 C.	7.0
ALL (concentrated)	Lever Bros.	3/4 C.	7.0
BOLD (all fabric)	Procter & Gamble	1-1/4 C.	5.8
BONUS (heavy duty)	Procter & Gamble	1-1/4 C.	5.8
CHEER (all temperature)	Procter & Gamble	1 C.	6.7
COLD POWER	Colgate-Palmolive	1 C.	6.4

C. = Cup

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
DASH (low suds, conc'd)	Procter & Gamble	1/2 C.	6.2
DREFT (for baby laundry)	Procter & Gamble	1-1/8 C.	6.7
DUZ (heavy duty)	Procter & Gamble	1-1/4 C.	6.5
FAB (with brighteners)	Colgate-Palmolive	1 C.	6.4
GAIN	Procter & Gamble	1-1/4 C.	5.8
IGA (all purpose)	Independent Grocers Ass'n Distrib. Co.	1 C.	5.6
IGA (white with ultra brighteners)	Independent Grocers Ass'n Distrib. Co.	1 C.	5.6
OXYDOL	Procter & Gamble	1-1/4 C.	5.8
PUNCH	Colgate-Palmolive	1 C.	6.4
PURITY SUPREME (total power)	Purity Supreme Inc.	1 C.	4.3
RINSO	Lever Bros., Inc.	1-1/4 C.	5.8
STAR (blue)	Star Mkt. Div. of Jewel Co., Inc.	1 C.	4.3
STOP & SHOP (blue power)	Stop & Shop Co., Inc.	1 C.	4.3
STOP & SHOP (low suds, bleach, borax, brighteners)	Stop & Shop Co., Inc.	3/4 C.	3.9
TIDE	Procter & Gamble	1-1/4 C.	5.8
COLD WATER XE	Colgate-Palmolive	1 C.	6.4

LIQUID LAUNDRY DETERGENTS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
*ALL } two kinds	Lever Bros.	1/2 C.	7.0
ALL }	Lever Bros.		no phosphate
DYNAMO	Colgate-Palmolive		no phosphate
FINAST (heavy duty)	First Nat'l Stores		no phosphate
IGA	Independent Grocers Ass'n Distrib. Co.		no phosphate
PURITY SUPREME (heavy duty)	Purity Supreme Inc.		no phosphate
STAR'S	Star Mkt. Div. of Jewel Co., Inc.		no phosphate
STOP & SHOP (heavy duty)	Stop & Shop, Inc.		no phosphate
STOP & SHOP (cold water)	Stop & Shop, Inc.		no phosphate
WISK	Lever Bros., Inc.	1/2 C.	5.3

LAUNDRY SOAP BARS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
FELS NAPHTHA (heavy duty)	Purex Corp.		no phosphate

*Same type of box for both products

LIQUID COLD WATER WASH FOR DELICATE FABRICS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
CVS WOOL WASH	Consumer Value Stores		no phosphate
WOOLITE	Boyle Midway Inc.		no phosphate

LAUNDRY BOOSTERS AND WATER CONDITIONERS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
ARM & HAMMER WASHING SODA	Church & Dwight		no phosphate
ARM & HAMMER BORAX	Church & Dwight		no phosphate
MIRACLE WHITE (super cleaner)	Drackett Products, Inc.		no phosphate
20 MULE TEAM BORAX	U.S. Borax		no phosphate

WHITENERS AND BRIGHTENERS FOR LAUNDRY

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
BORATEEM	U.S. Borax & Chemical Company		no phosphate
LA FRANCE	Purex Corp.		no phosphate

LAUNDRY PRESOAKS AND LAUNDRY BOOSTERS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
*AXION } two kinds	Colgate-Palmolive	1/2 C.	4.8
AXION }	Colgate-Palmolive		no phosphate
*BIZ } two kinds	Procter & Gamble	1/2 C.	5.3
BIZ }	Procter & Gamble		no phosphate

WATER SOFTENERS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
CALGON	Calgon Consumer Products, subsid. Merck & Co.		contains two water softeners

SOIL AND STAIN REMOVERS FOR LAUNDRY

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
GREASE RELIEF	Texize Chemicals Co.		no phosphate
MAGIC (prewash)	Armour-Dial		no phosphate
MIRACLE WHITE	Drackett Products		no phosphate
SHOUT	Johnson Wax		no phosphate
SPRAY & WASH	Texize Chemicals Co.		no phosphate

POWDERED AUTOMATIC DISHWASHING

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
ALL	Lever Bros.	1-1/2 C.	2.3
CALGONITE	Calgon Subsid. of Merck	2 tbsp.	2.6
CASCADE	Procter & Gamble	2 tbsp.	3.1
ELECTROSOL	Economics Lab., Inc.	1 tbsp.	2.1
FINAST	First Nat'l Stores	2 tbsp.	2.1
FINISH	Economics Lab., Inc.	2 tbsp.	2.6
IGA	Independent Grocers Ass'n Distrib. Co.	2 tbsp.	2.4
STAR'S	Star Market Div. of Jewel Co.	2 tbsp.	2.4
STOP & SHOP (lemon scented or regular)	Stop & Shop Co., Inc.	1 tbsp.	2.1

LIQUID DISHWASHING AND HAND WASHABLES

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
AJAX	Colgate-Palmolive		no phosphate
DAWN	Procter & Gamble		no phosphate
DEW (pink lotion)	Kemp Chemicals Inc.		no phosphate
DOVE	Lever Bros.		no phosphate
IGA (pink lotion)	Independent Grocers Ass'n. Distrib. Co.		no phosphate
IVORY LIQUID	Procter & Gamble		trace
JOY	Procter & Gamble		trace
LEMON CHIFFON	Armour-Dial		no phosphate
LUX	Lever Bros.		no phosphate
OCTAGON (lemon, regular)	Colgate-Palmolive		no phosphate
PALMOLIVE	Colgate-Palmolive		no phosphate
PUREX (herbal, lime)	Purex Corp.		no phosphate
PURITY SUPREME (green, gentle pink, or white)	Purity Supreme, Inc.		no phosphate
PURITY SUPREME (lemon, lime scented)	Purity Supreme, Inc.		no phosphate
RICHMOND (pink lotion)	First Nat'l Stores		no phosphate
STAR'S (green, lemon, pink, white)	Star Mkt. Div. of Jewel Co.		no phosphate
STOP & SHOP (lemon scented or pink)	Stop & Shop, Inc.		no phosphate
SUN GLORY	Stop & Shop, Inc.		no phosphate
SWEETHEART	Purex Corp.		no phosphate

LIQUID ALL-PURPOSE CLEANERS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
AJAX	Colgate-Palmolive	1/4 C.	1.3
BARCOLENE	Barcolene Co.	1/4 C.	4.5

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
FANTASTIK 409	Colgate-Palmolive Clorox Co.		no phosphate contains phosphate, amount not specified
LESTOIL	Noxell Corp.		no phosphate
LYSOL	Lehn & Fink Div. of Sterling Drug	1/4 C.	6.0
MR. CLEAN	Procter & Gamble	1/4 C.	1.8
PINESOL	American Cyanamid Co.		no phosphate
SEAMIST PINE OIL	Trager Mfg. Co.		no phosphate
TOP JOB	Procter & Gamble	1/4 C.	1.8

POWDERED ALL-PURPOSE CLEANERS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
LYSOL	Lehn & Fink Div. of Sterling Drug		no phosphate
SPIC & SPAN	Procter & Gamble	1/2 C.	6.6

POWDERED BATHROOM CLEANSERS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
AJAX	Colgate-Palmolive	10 gms	0.09
BON AMI	Bon Ami Co.		no phosphate
COMET	Procter & Gamble		no phosphate
FINAST	First Nat'l Stores		no phosphate
IGA	Independent Grocers Ass'n Distrib. Co.		no phosphate
OLD DUTCH	Purex Corp.		no phosphate
STOP & SHOP	Stop & Shop Co., Inc.		no phosphate

LIQUID BATHROOM CLEANSERS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
SOFT SCRUB	Clorox Co.		no phosphate

BUBBLE BATH AND BATH OIL BEADS

<u>PRODUCT</u>	<u>MANUFACTURER</u>	<u>RECOMMENDED VOLUME/USE</u>	<u>PHOSPHATE GMS/USE</u>
CALGON (bubble bath, herbal bath, bouquet bath, peach, and bath oil beads)	Calgon Div. of Merck		all contain phosphate (amounts not listed)
VASELINE INTENSIVE CARE (bath beads)			contains phosphate (amount not listed)
MR. BUBBLE			ingredients not listed
BONNIE BUBBLE BATH			no phosphate

The following kinds of laundry and cleaning products are not listed in the preceding tables because they contain *no phosphate*:

Liquid and powdered bleach; ammonia; spray and pump bathroom cleaners; fabric softeners; steel wool soap pads; starch; soap bars; shampoo; metal cleaners.

COCHITUATE, 314 PROJECT

Lake Cochituate is widely recognized as one of the most important recreational lakes in Massachusetts. Less well known is the fact that the quality of its water has steadily decreased due to a complex series of causes. In order to reverse this deterioration, the Massachusetts Department of Environmental Quality Engineering applied for and received from the U.S. Environmental Protection Agency a grant (under Section 314 of Public Law 92-500) to examine the feasibility of, and construct where justified, a variety of innovative facilities to decrease the amount of nutrients entering the lake. Hopefully, nutrient reduction will lead to a decrease or elimination of the unpleasant algal growth that occurs in late summer and early fall.

If shown to be environmentally sound and cost effective in decreasing nutrients, engineering solutions will be implemented at three of the lake's tributaries: Pegan Brook, Snake Brook, and Beaver Dam Brook.

Aware that the above three activities can deal with only a portion of the problem, the MDEQE decided to contract with the Lake Cochituate Watershed Association to carry out a citizen awareness campaign. The campaign is aimed at informing individuals living within the Watershed, particularly in the Course Brook and Snake Brook basins, of activities that produce excessive nutrients, and to help citizens learn how they can decrease the input of nutrients through individual actions. This brochure is a major part of that effort. Others deal with lawn fertilization and septic systems.

Thanks to the support of local industry and commerce, state and local water pollution control and health agencies, and to the tireless energy of its many volunteer members, its efforts have led to the successful reduction of levels of hazardous pollutants, oils, acids, and algae fertilizing nitrates and phosphates entering the lake.



SEPTIC SYSTEMS AND YOUR LAKE

PRINTED COURTESY OF
MASSACHUSETTS DIVISION OF WATER POLLUTION CONTROL
WESTBOROUGH, MASSACHUSETTS

ACKNOWLEDGMENTS

This septic system brochure was prepared by volunteers and members of the Lake Cochituate Watershed Association. Major contributors were:

Peter T. Silbermann
David White
Albert L. Elias
A. Richard Miller

Production was coordinated by Robert S. Wenstrup.

THE MASSACHUSETTS CONGRESS OF LAKES AND PONDS ASSOCIATIONS, INC.

The Massachusetts Congress of Lakes and Ponds Associations, Inc. (MCOLAPA) is an active organization working to vigorously support legislation to clean up lakes and ponds in the Commonwealth. The Congress provides citizen leadership in designing efforts to curb pollution in Massachusetts waters.

In September of 1979, the newly formed state-wide Massachusetts Congress of Lakes and Ponds Association, Inc. held an annual meeting at Worcester Polytechnical Institute. During the meeting, an Executive Committee was elected and project priorities were determined.

The Massachusetts Congress of Lakes and Ponds Associations, Inc. has two purposes as stated in its by-laws:

- (1) To perform all acts appropriate to a non-profit, scientific, literary, and educational organization dedicated to the promotion and development of environmental quality standards essential for satisfactory life styles and conditions in the natural community, and
- (2) To preserve the aesthetic, recreational, and commercial values of lakes and properties through the maintenance and improvement of such environmental factors as watershed ecology, water quality, lake water levels, shoreline, woodland management, agricultural soils practices, recreational and residential building standards, and related influences, such as water and boating safety.

Membership in the Congress is welcome and viewed as essential in assuring that the water quality issues on lakes and ponds are addressed on a state-wide as well as an individual level. More detailed information on the Massachusetts Congress of Lakes and Ponds Associations, Inc. is available by contacting Mr. Carl Peterson, President, P.O. Box 312, Westminster, MA 01473.

This brochure was prepared by the Lake Cochituate Watershed Association under contract with the Massachusetts Department of Environmental Quality Engineering utilizing funds provided by a grant from the U.S. Environmental Protection Agency authorized under Section 314 of the Federal Water Pollution Control Act, Amendments of 1972. It has been re-printed with assistance from the Massachusetts Division of Water Pollution Control and the Lower Pioneer Valley Regional Planning Commission. The Massachusetts Congress of Lakes and Ponds Associations, Inc. wishes to express its sincere gratitude to the Lake Cochituate Watershed Association for making this publication available.

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PURPOSE AND USE OF THIS BROCHURE

This brochure addresses the proper management of septic systems and problems associated with malfunctioning septic systems, briefly presents alternatives to these systems and suggests techniques which may be employed by the homeowner to restore or repair systems which are not functioning properly and may be polluting the lake or which may constitute a general health hazard.

Don't be turned off by the size of the brochure. We have attempted to organize it in such a way that anyone can get as much out of it as they wish with the least amount of time and effort. The casually interested person may wish to read only the Summary section. Those with a greater interest, who are lake abutters, or who are presently experiencing problems with their septic systems, may wish to read further. It is not necessary to read every section in order to get some value out of this brochure.

SUMMARY

On-lot septic systems provide many households with an economical and efficient means of sanitary waste disposal. These systems, if properly built, operated and maintained, can work well for many years removing most of the solids and pollutants from household wastes and returning treated wastewater to the ground.

HOW SEPTIC SYSTEMS WORK

It is useful to know how septic systems function in order to understand how they may be operated and maintained to provide long-term sanitary waste disposal.

A septic system consists of a septic tank and leaching area (bed, trench, pit, etc.) which are buried underground adjacent to a building. Household sewage (everything which goes down the drain in bathrooms, kitchen, and laundry) flows by gravity into the septic tank, where solid particles settle to the bottom and form a layer of sludge. Greases and oils float to the surface creating a scum layer. Sludge and scum are retained in the septic tank, and only the remaining conditioned wastewater is permitted to flow into the leaching area. There, a network of perforated pipes or a perforated concrete chamber allows the wastewater to trickle into a surrounding stone-filled area and then into the soil.

The soil filters out many of the small particles, which can cause disease or groundwater pollution. Unfortunately, the soil is unable to remove all pollutants, and a limited amount unavoidably reaches the groundwater.

It is, therefore, important that homeowners use extreme care in assuring that only regular domestic sewage is allowed to flow into the septic system. Because soil types vary greatly, the design and subsequent performance of septic systems are dependent upon this and several related natural features of the site. Some of the sludge and scum, stored in the septic tank, are reduced to liquid by bacteria which live in the tank, but the rest of that material must be pumped out at regular intervals to prevent it from overflowing the tank and entering the leaching area.

If the sludge and scum are permitted to enter the leaching area, they will clog the soil, and the system may fail. At this point, it might become necessary to build a new leaching area.

MAINTENANCE MAKES SENSE

It makes sense to maintain your septic system. A failing system can cause household plumbing to back up and raw sewage to overflow into the yard. In addition to creating an unpleasant nuisance, a failing system may allow pollutants to wash into surface waters, thereby creating a public health hazard. A new septic system costs from \$1,000 to \$3,500 to install. If it should become clogged and fail, it can cost as much or more to repair the system or build a new leaching field. On the other hand, a routine pump-out costs only \$45-\$75. By putting it off, the cost of even "normal" service will rise significantly and further complications become likely. That's a pretty small price to pay every few years for preventive maintenance that can extend the life of your septic system and preserve the quality of water in your lake.

WARNING SIGNS

Although septic systems generally give little warning that they are about to fail, the homeowner can look for certain symptoms which indicate that the leaching area is becoming clogged. These include:

- sewage odor near the septic tank or leaching area
- slow-running drains and toilets
- patch of bright green grass above the leaching area
- area of melted snow above the leaching area in winter
- formation of water puddles above the leaching area following heavy water usage, i.e., washing machine

PREVENTING FAILURES

A few simple preventative measures can keep your septic system from malfunctioning:

- Pump it regularly - at least once every three years - or have it inspected for signs that it may fail.
- Conserve water in the home. Excess water use can overload the septic system. Also, minor investments in water-saving plumbing fittings and habits can provide major savings in water and energy bills.
- Whenever possible, keep slow-to-decompose and toxic substances out of your drains and septic systems, such as: vegetable trimmings, eggshells, cigarette filters, ground garbage, coffee grounds, sanitary napkins, fats, oils, pesticides, disinfectants, acids, medicines, paint, paint thinner and plastic packaging materials. Garbage disposals should be avoided in homes with septic systems.
- Keep heavy vehicles off the leaching area where they can crush underground pipes and compact the soil.
- Don't plant deep-rooted trees, bushes, or shrubs over the leaching area.

where the roots may clog or dislocate pipes. It is a good practice to mark the boundaries of the leach area.

CASE STUDY: THE LAKE COCHITUATE WATERSHED

The Lake Cochituate Watershed area (all of the land which drains downhill into the lake) contains about 17.4 square miles in parts of Natick, Framingham, Wayland, Sherborn, and Ashland. The lake itself, located in Framingham, Natick, and Wayland covers over 600 acres.

Lake Cochituate consists of three major ponds (North, Middle, and South) separated by the Mass. Pike to the north and Route 135 at the southern extremity. From 1848 to 1931, this beautiful, sprawling lake provided Metropolitan Boston with drinking water through a complex eighteen-mile aqueduct system. In 1931, the Metropolitan District Commission (MDC) made Lake Cochituate a stand-by reservoir, by then a small supplement to the newer Wachusett and later Quabbin Reservoir systems. Finally, in 1947, the MDC transferred Lake Cochituate to what was then called the Massachusetts Conservation Department, freeing the shoreline and waters for general recreational use.

Since 1947, Lake Cochituate's wooded shoreline and attractive setting have drawn growing numbers of visitors from the Metropolitan Boston area, and elsewhere in eastern Massachusetts. The caretaker agency, the Forest and Parks Division of the Department of Environmental Management, has recognized Cochituate State Park as its most complex and heavily used State Park.

As a result of a century of water supply usage, the lake's immediate shoreline has been protected from development. The 27 miles of sand and gravel shoreline, which are backed with thickly wooded stands of pine, oak, birch, and maple, are, however, deceiving. Behind this narrow screen of green is the major reason for concern for the lake's future: heavy development of land for residential and commercial uses.

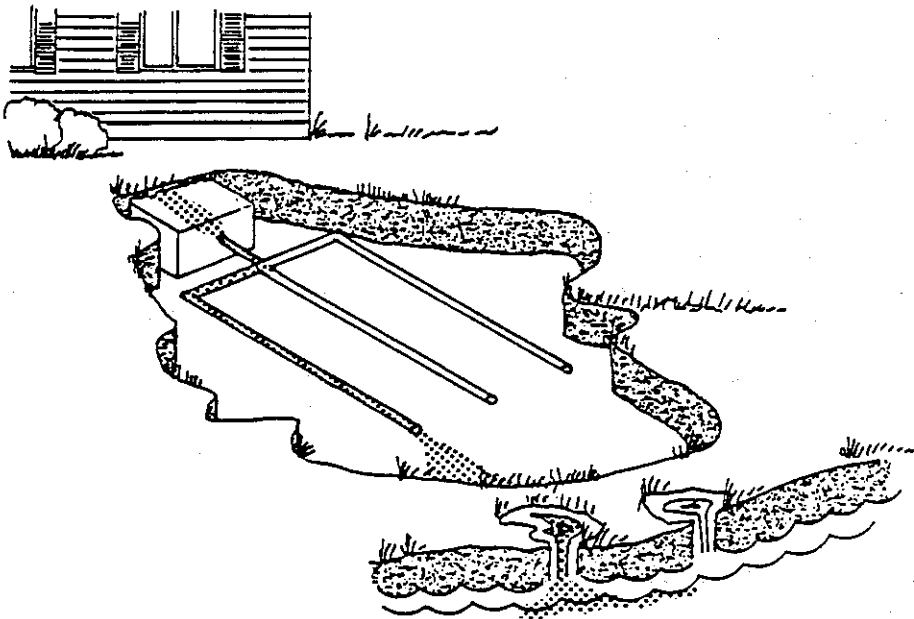
The post World War II population density of the Lake Cochituate watershed area is very high. Industrial growth of the Route 128 area and an improved transportation network have led to tremendous growth of the suburban towns of Natick and Framingham. Housing development adjacent to the lake in these two towns poses the greatest threat for harmful pollution when septic systems malfunction or fail. Past development near the lake generally consisted of residential lots of less than one-half acre (about 20,000 square feet). Sherborn and Wayland, which are totally unsewered, have lot sizes generally half-acre or larger. This half-acre lot size is important when considering home-sites with septic systems; as a rule of thumb this represents the smallest lot size which will permit installation of a second drainage field should the first system fail beyond recovery. Thus, proper installation and maintenance are even more important when lot sizes are small.

SEPTIC SYSTEMS

WHAT IS THE PROBLEM?

The indirect discharge of pollutants from improperly located, malfunctioning

or crowded septic systems plus pollutant-rich urban stormwater discharges cause major problems to the waters of New England. The addition of nutrients and pathogenic organisms present a potential hazard to both human health and the water quality of our lakes.



The concentration of nutrients (in particular nitrogen and phosphorus compounds) in a lake is a major determinant of the numbers of animals and plants in the lake. Normally, nutrients enter the lake primarily via precipitation, storm discharge, overland flow from the surrounding watershed, and groundwater. An excess of nutrients from failing septic systems can, however, create an imbalanced concentration of animals and plants. This can, at times, indicate a decrease in the stability (health) of a lake and its biological communities.

In Lake Cochituate, trout have had difficulty surviving because the concentration of oxygen in the water is too low at certain times of the year. The

low concentration of oxygen can be blamed on the excess nutrients which support high numbers of certain populations of algae (algal blooms). These algae increase their numbers to such an excess that the concentration of oxygen at various depths and at different times of day becomes critically low for many organisms in addition to trout.

Decreases in the water quality of lakes and ponds reduces the lake's recreational value and appeal, as well as local property values.

WHAT IS WASTEWATER?

Home wastewater generally comes from the combined water uses of the kitchen, bathroom, and laundry. It is made up of "blackwater," containing human waste, and of "greywater," containing all other liquid waste. Although toilet and garbage wastes constitute half or less of the daily volume, they contain more than 70 percent of the organic waste material and are primarily responsible for the odors and pollution associated with untreated or inadequately treated wastewater.

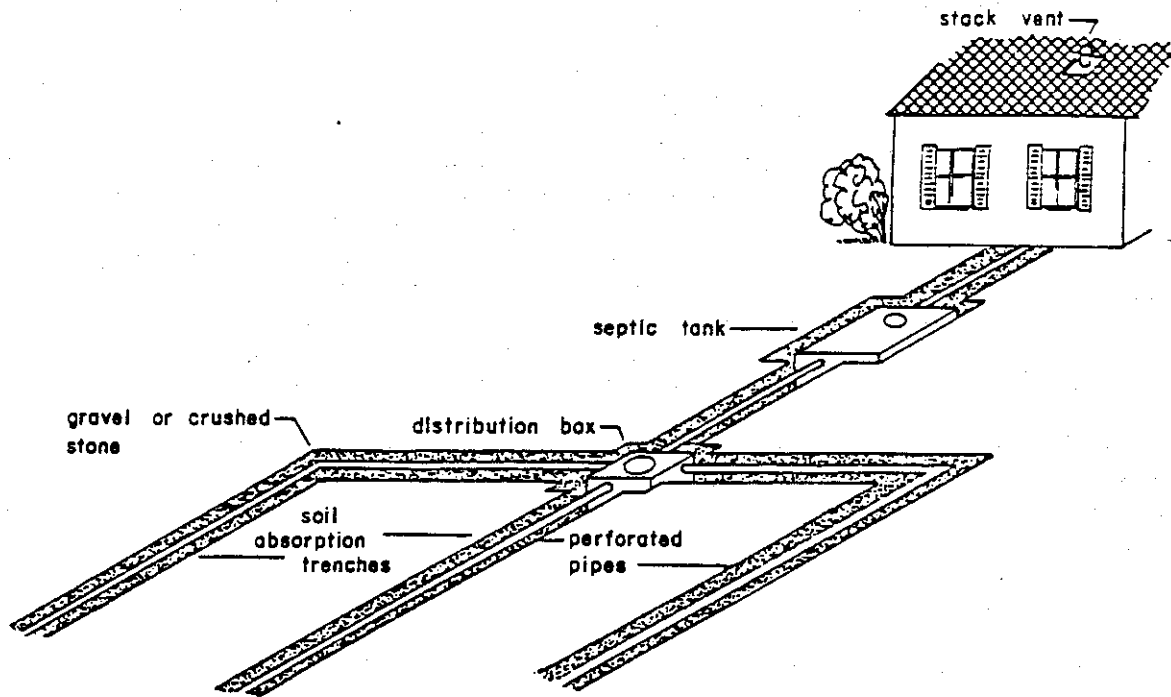
Raw wastewater contains many contaminants including nutrients, solids, and organics. Wastewater must be treated to remove disease-causing bacteria which may contaminate the adjacent shore and water areas as well as the waters flowing into the lake. A properly functioning septic system will eliminate most harmful bacteria and floating and suspended solids as a result of partial decomposition by natural bacteria in the septic tank. Additional treatment is provided by the soil itself. The system can greatly reduce any detrimental impacts on the surface water quality. Lakes are especially vulnerable to domestic waste pollution because they lack the flushing action typical of rivers. The actual volume of wastewater depends on the family size, number, and use of appliances, etc. In general, the average residence uses about 60 gallons of water per person per day, which then end up in the septic system.

THE SEPTIC SYSTEM

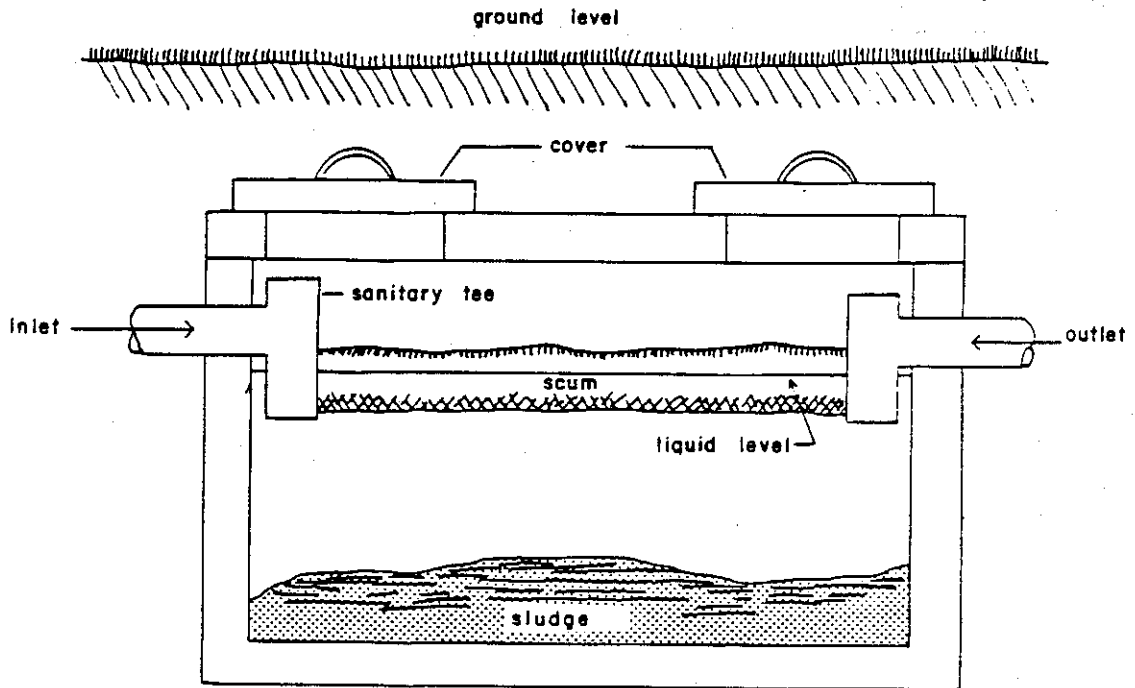
The septic system is a homesite sewage treatment system, consisting of two parts: the septic tank and the drainfield. The tank is usually a rectangular concrete box with a sanitary tie at each end to slow the incoming flow and prevent solids from escaping. Solids entering the tank settle to the bottom where they are slowly digested by bacteria. Grease and light material rise to the top and are trapped above the outlet tee to await removal by pumping. The wastewater, minus the gross solids, passes through the outlet, through the drainfield distribution system and into the ground.

The soil absorbs viruses, strains out bacteria and renovates wastes into reusable nutrients, part of which are consumed by organisms in the soil itself. The treated water moves through the soil, returning to groundwater, streams, and plants. The drainfield distribution system usually consists of one of the following:

- subsurface beds: wide areas with crushed stone and distribution pipes
- leaching trenches: long narrow trenches with perforated tile pipe
- leaching chambers: inverted open concrete boxes
- mound: an above ground leaching bed
- leaching pit: a deep stone-lined pit, sometimes referred to as a dry well



Typical Household Septic Tank System



Cross Section of Typical Concrete Septic Tank

In the Lake Cochituate area, the most common on-site means used to treat wastewater is a septic tank with a leaching bed. On some smaller sites with good soils and deep water table, the leaching pit is used in place of the bed, with good results.

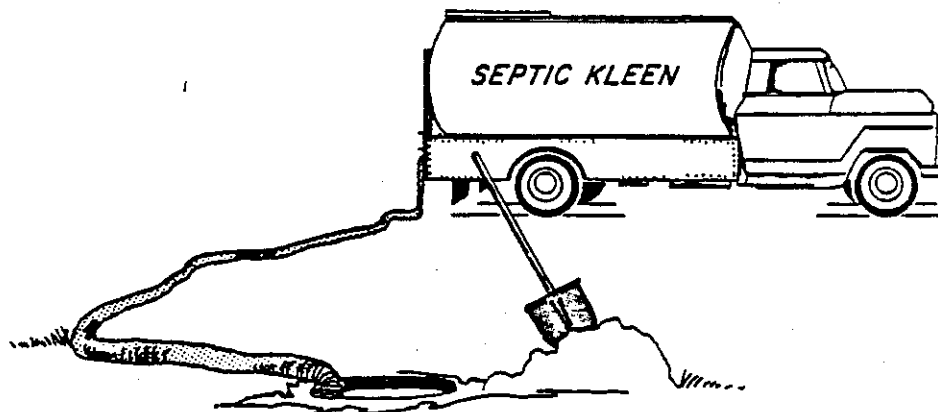
WHAT SORT OF MAINTENANCE IS NEEDED?

In order to take proper care of a septic system, the homeowner must know where it is located. If the access manholes are at ground level, this is no problem. Unfortunately, however, the manholes are often buried somewhere under the lawn. To locate the tank, go into the basement and find where and in what direction the sewer pipe goes out through the basement wall. Check the lawn in that area for places where the grass won't grow or for areas that are slightly depressed or mounded. Any likely spot can be probed with a thin metal rod. In the winter, excessive snow melt may be a good indication of tank location.

If this doesn't work, ask someone who may have seen the tank installed or pumped, a neighbor, the builder or the previous owner. For recently installed or repaired systems, your own Health Department probably has a plan showing the location of the system and access manholes. If all else fails, turn the problem over to your local septic tank pumper who usually has the proper equipment to locate the tank.

Once a buried manhole has been located, it should be either brought up to ground level or marked permanently (mark the site with a stake, bird feeder, bird bath, etc., or record its location on the basement wall). Also locate it on the form provided at the end of this brochure.

Do not wait until your system shows signs of failure to have your septic tank pumped out. Call a licensed pumper to do this work at least once every three years. For a list of operators licensed to do this work in your community, contact your town Health Department or consult the yellow pages under "Cess-pools-Cleaning." If the access manholes are at ground level or are clearly marked, the job should be quick and simple.



While your tank is being pumped out, ask the operator to inspect the inlet and outlet tees. Normally, one of the two access covers is located directly over the inlet sanitary tee. If either tee is broken, have repairs done immediately to avoid an early recurrence of problems. The inlet should also be checked to determine if leakage into the tank is occurring from other sources such as groundwater. If the leaching area consists of a pit or dry well, there should be no need to have the pit pumped. If it is full of liquids, a serious clogging problem is indicated which should be referred to a qualified sanitarian.

It is not necessary to leave any of the sludge in the tank as "seed." Incoming sewage contains all the bacteria needed for proper operation. The use of acids or bleaches to clean the tank is not recommended as a part of normal maintenance.

The use of enzymes and other miracle septic system additives have not been shown to be of any value. While their use may not harm your system, they do not in any way take the place of regular pumping.

WHY SYSTEMS MALFUNCTION

- The microbes in the septic tank must be treated with care. Small amounts of soaps, detergents, bleaches, and the like will not harm the treatment process taking place in septic tanks; but, an overdose of any of these can be fatal to the needed biological activity.
- Cigarette butts, filters, sanitary napkins, disposable diapers, hair, paper towels, and napkins cannot be properly digested in the septic tank and simply add to the sludge volume. These items should be disposed of in the trash bin.
- Grease and fat float to the top as scum and are usually not fully digested. When combined with detergents or when emulsified, grease passes through the tank into the drainfield, thus, clogging the soil.
- Systems may be too small for an intended use. The soil in the leaching field may be insufficient or unsuitable to absorb the volume of wastes being introduced.
- Careless workmanship can be a problem. For a variety of reasons, systems may not have been installed according to specifications.
- Systems may be improperly sited, too close to adjacent systems, or designed and installed too near the water table. In this last case, wastes are added directly to the groundwater without adequate purification in the soil.
- A septic tank may fill with accumulated sludge, overflow into the leaching bed and clog the soil in the leach field.
- The infiltration capacity of any soil will decline with time. Unless this loss in capacity is accounted for in the field design, the system will eventually malfunction.
- Pipes may be crushed by heavy objects such as trucks.

Overloading of a septic system will contribute to an early failure of the system.

In new construction this can be minimized by proper tank sizing. Of course, water usage will vary according to one's habits. Water using appliances contribute to the flow and shorten the life expectancy of the system, unless properly accounted for in the design. The capacity of septic systems in older homes is often exceeded as new appliances are introduced, families grow, and home additions are constructed.

WHAT IS SOIL CLOGGING?

Soil clogging does not necessarily mean that your system has permanently failed. Some degree of soil "clogging" is normal in leaching fields. With use, effluent will build up in the leaching bed, leaving a crust known as the "clogging layer." Under normal working conditions, this crust will develop to a point where a balance exists between the soil saturation and the amount of pooling of liquid in the leaching trench. This equilibrium condition results in maximum pulling, or capillary action, of the liquid into the soils, and the best flow of water.

When this clogging layer becomes too thick, none or very little of the wastewater infiltrates the soil and permanent pooling of liquid and surfacing may result. In a system exhibiting early signs of clogging (i.e., intermittent system backups or pooling), if the system is "rested" (not used) for several weeks, the crust, which has clogged, may break down as aerobic bacteria decompose the organic matter. In a system in which the clogging becomes permanent, this breakdown does not take place and the crust remains, resulting in failure of the system.

HOW TO PREVENT SYSTEM FAILURE

To help protect a septic system against premature failure, the homeowner should follow these simple procedures:

1. Pump the septic tank at least once every three years. Do not wait until the symptoms of failure show up.
2. Minimize water use in the home. Excess water will decrease the effectiveness of the septic tank and lead to flooding of the leaching area. Never empty basement sumps or other sources of clear water into the septic system. Use water saving plumbing fixtures where possible (faucet, aerators, low-flow shower heads, low-flow flush toilets, flush tank dams, etc.) and run dishwashers and washing machines only with full loads. Fix all leaky faucets and toilets promptly.

Additional water conservation information is available from the Division of Water Supply, Room 406, 600 Washington Street, Boston, MA 02111 and at local Water Department Offices.

3. Certain materials interfere with effective operation of your septic systems; although small amounts of garbage material may be acceptable, avoid the use of a garbage grinder. Don't dispose of the following substances in the septic system (recycle them by composting or put them in the trash):
 - coarse organic matter such as vegetable trimmings, ground garbage, sanitary napkins, eggshells, cigarette filters and coffee grounds clog the septic tank with sludge and promote frequent septic tank pumping.

- automotive oil should never be put into the septic system. Cooking oil and bacon grease, etc., may pass through the septic tank and clog the leaching area causing the system to back up.
 - pesticides, disinfectants, acids, medicines, paint, paint thinner, etc., will kill the bacteria which decompose organic matter in the septic tank, thereby causing increased sludge accumulation. As a result, more frequent pump-outs will be required to keep the system operating properly.
4. Insist on proper location and construction of any new leaching area. Improper location and construction will usually result in problems and failure of the system.
 5. Keep heavy vehicles off of the leaching area; their weight could lead to crushed pipes and expensive repairs, as well as loss of soil infiltration capacity (due to soil compaction).
 6. Don't plant deep rooted trees or bushes over the leaching area; their roots may clog or dislocate pipes.

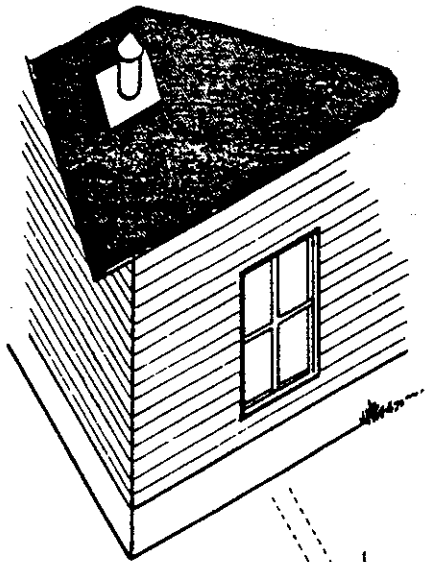
WHAT TO DO IF A MALFUNCTION OCCURS?

How can a system which isn't working properly be identified? Blatant failure is evident when wastewater breaks through the ground surface. The odor will dispel any doubt about what one sees.

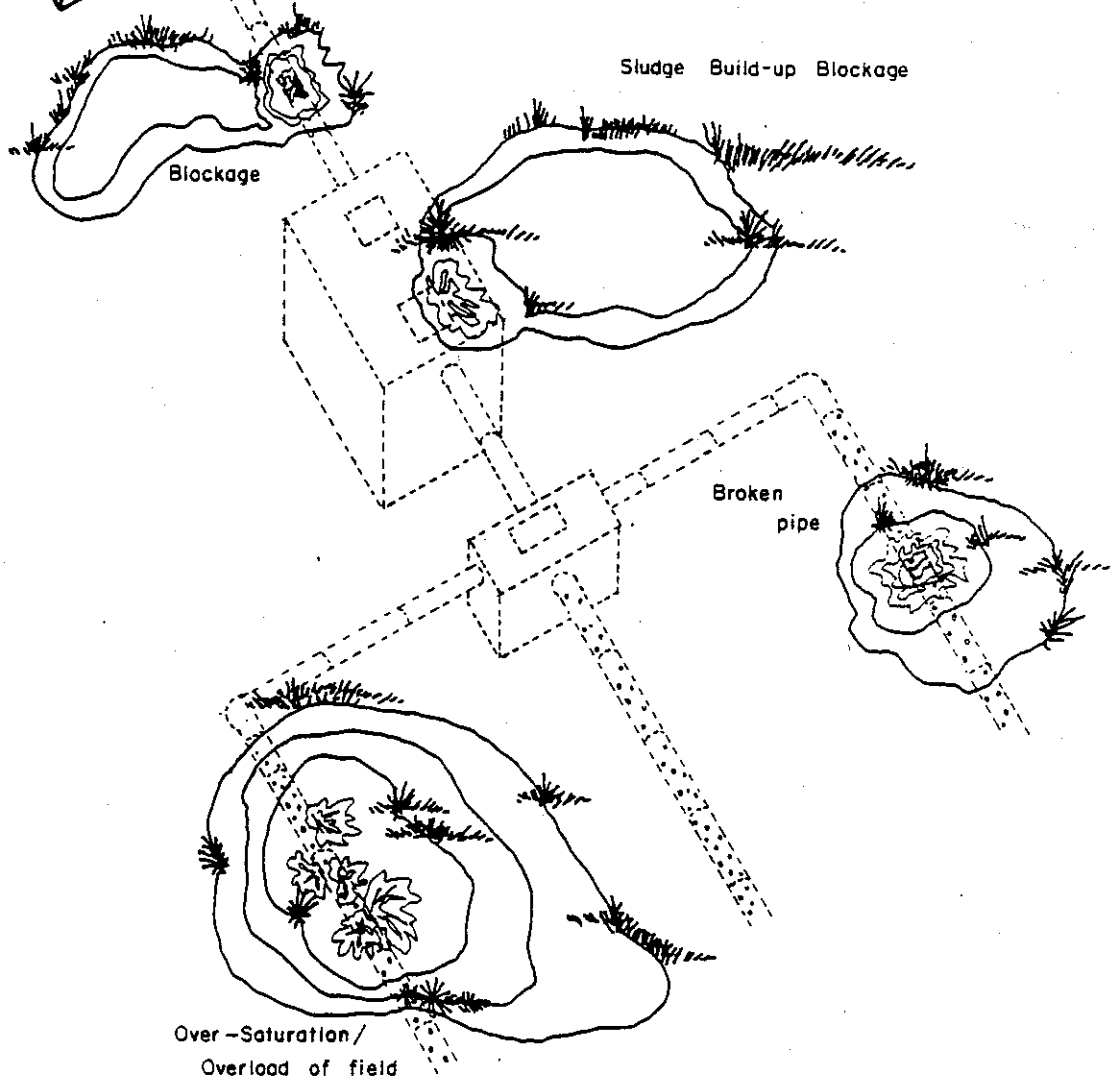
Unfortunately, lesser degrees of malfunction are very difficult to identify. A septic system may allow objectionable materials to filter into groundwater before blatant symptoms appear. Dye tests for detecting malfunctions are often unreliable. Only periodic pumping and proper maintenance will prevent malfunction.

In general, a reduction of the wastewater flow through the system helps if the problem is recognized early. With less water passing through the field, there will be a greater chance for aerobic bacteria to act on the crust, thus, providing system relief, or "resting" time. Yeast and bacteria preparations which are flushed down the toilet are not generally considered effective. Oxidizing agents could be applied directly to the soil in an effort to break down the crust, but these too are not well understood and not recommended without consultation by professionals.

If a replacement system is called for, the Town Health Department or a sanitary engineer can outline available alternatives. If another portion of the lot offers sufficient space and adequate soil, it may be possible to construct a second drainfield. Reserve area is now required by Title 5 of the State Environmental Code of Massachusetts. Before any corrective work is undertaken, a permit must be obtained from the Town Health Department.



SEPTIC SYSTEM FAILURE



ALTERNATIVES TO SEPTIC SYSTEMS

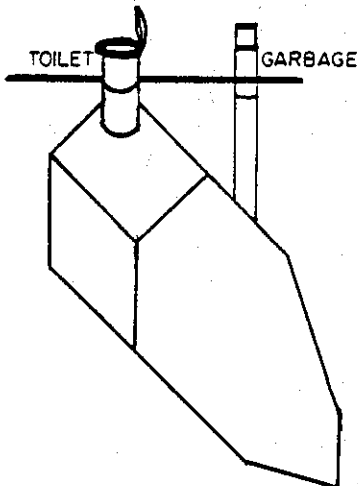
WHAT ARE THE ALTERNATIVES?

There are a variety of alternative systems available to the homeowner other than the septic system form of wastewater treatment. Options which are permitted under the State Environmental Code with the written approval of the Department of Environmental Quality Engineering include:

- Composting toilets
- Digesting toilets
- Recirculating toilets
- Sliding valve toilets
- A variety of leaching systems
- Municipal sewers
- "Cluster" sewerage systems

Most of these alternatives still generate a reduced amount of less harmful liquid effluent (greywater) which must be properly disposed. On lots where septic systems have failed as a result of poor soils or a high groundwater level, disposal of greywater may still pose significant problems. In all cases, the homeowner should seek professional assistance.

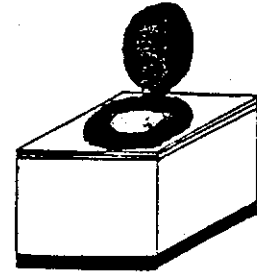
These options which separate "black" and "grey" wastes require a dual plumbing system in the home: one part to handle the toilet and human wastes and the other for the greywater. In many existing homes, the installation of separate plumbing systems may be expensive and difficult to accomplish.



Composting toilets (also called "Dry" or "Humus" toilets) were developed in the late 1930's in Sweden but it was not until the mid 1960's that the idea was fully developed and marketed in the United States.

The composting system uses micro-organisms to decompose toilet waste and garbage within in a sealed bin, vented to the atmosphere. The heat of decomposition creates sufficient draft to prevent odors. Composting toilets require organic kitchen and garden scraps for proper operation. The final product is an inert humus material which requires occasional removal. The cost of a composting system is \$1,000 and up, in addition to the cost of a separate piping and disposal system for the greywater.

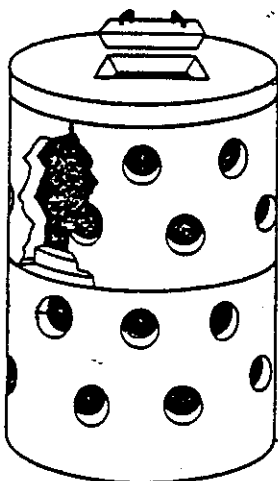
Digesting toilets are similar to composting units, but require less space. Digesting toilets use electricity to heat waste for optimal biological decomposition by micro-organisms. The units are sealed, vented to the atmosphere, produce little or no liquid effluent and small quantities (2 lbs. per year) of humus which can be used as fertilizer-mulch. The costs range from \$250-\$750, depending on use. There is a monthly cost for electricity and micro-organism cultures. Digesting units require a separate system for greywater.



Recirculating toilets are useful in water-short or "no discharge" areas. They reuse a chemically stabilized water or oil transport fluid by settling or filtering the solids from the transport fluid. The concentrated waste is stored in a holding tank which is periodically pumped. The pumped material is deposited at a waste treatment facility. These systems are mechanically complex and provide little treatment. Periodic professional maintenance is usually required. The cost is approximately \$300-\$400, plus \$10-\$15 monthly maintenance. As with the above systems, one must provide a separate plumbing and treatment system for the greywater.

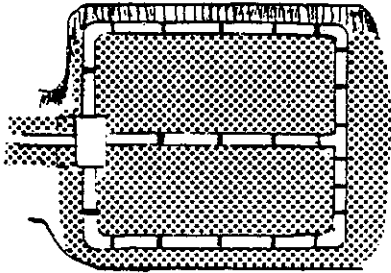
Sliding valve toilets are low water use systems that can handle blackwater. Since approximately 1 pint of water is used for each flush, a family of five would use about 100 gallons per month with this system as compared to 4,500 gallons for a standard flush toilet. The toilet discharges to a holding tank, septic system, or sewer system. The low flow is an advantage when a holding tank or septic system is used, but sewer lines, which have been laid at a minimum slope, may clog more frequently due to the smaller flush of water. The costs range from \$175-\$250 and are presently frequently used on boats and campers. Existing toilets can be modified to use less water by changing the flushing mechanism or altering the tank.

Wastewater effluent from a septic tank can be disposed of by the following subsurface disposal options: leaching pit; leaching bed and trench; leaching gallery or chamber; Fuldos concept or the cesspool.



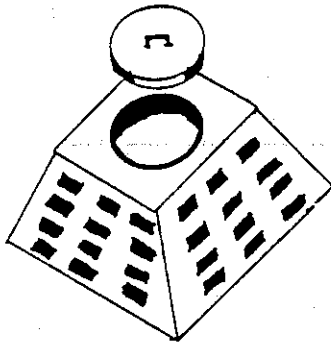
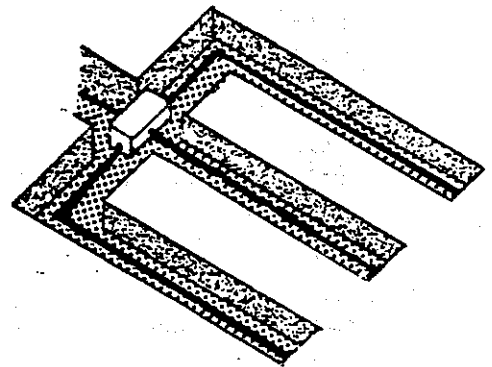
- Leaching pit, sometimes called a seepage pit or drywell, is a covered pit with an open-jointed lining from which the effluent may seep or leach into the surrounding porous soil. Its use is limited to areas where the soil is deep and where depth to the high groundwater level and bedrock is at least 4 feet below the bottom of the units. Leaching pits are usually circular and can be constructed of concrete block, brick, or precast concrete. If more than one seepage pit is used, the spacing between excavation sidewalls

cannot be less than twice the effective width or depth of the pit, whichever is greater. The area in between the pits is used as a reserve area in case clogging or failure occurs. Leaching pits are looked upon as being the most favorable subsurface disposal devices if conditions are appropriate for their use as they are the least susceptible to clogging.



- Leaching bed (fields) are the most common and least effective method of all disposal systems. The bed is an area of washed, crushed stone with leaching lines to distribute the wastewater effluent evenly throughout the bed. Conventional distribution pipes are rigid perforated pipe usually 4 inches in diameter. The depth of excavation is governed by the depth to the seasonal high groundwater and bedrock or impervious stratum. To ensure good removal of pollutants as the wastewater passes through the soil, the leaching bed must be kept aerobic.

- Leaching trenches are similar to the leaching bed except that the leaching bed lines are separated by undisturbed soil. The leaching trench can easily avoid obstructions, whereas, in construction of leaching beds, one has to remove the obstructions.



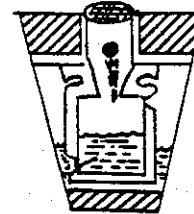
- Leaching galleries and chambers are made of precast concrete. These units are placed on level sand or gravel and are used to maximize the effective leaching area and to minimize the amount of stone required.

- The Fuldos concept, also referred to as the "full-dose" system, was first introduced in 1974 by A.E. Sullivan and consists of an accumulator in a void (trench, gallery, or pit) surrounded by fill material (washed stone). A dosing capacity is calculated to fill the void volume of the fill to a predetermined elevation in an effort to dose the entire bottom and sidewall area

of the void during each dosing cycle. The dosing device discharges the wastewater directly to the crushed stone ring surrounding the accumulator.

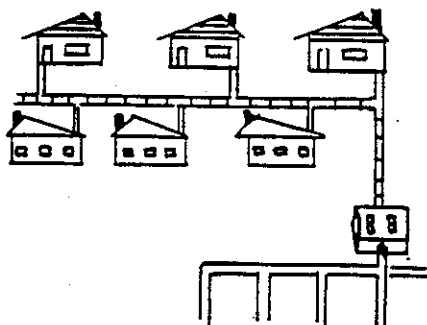
The Fuldos system simultaneously utilizes all of the surface area of the leaching device, whereas the leaching trench, pit, gallery or chambers only utilize the bottom surface areas first. The actual loading rate on the bottom of a conventional leaching pit, trench, or bed is commonly two to three times that of its original design, and is very susceptible to clogging and failure.

The Fuldos system utilizes the entire infiltrative surface of the soil from the first day of operation. Less nutrients are applied per unit of area and hence the fulldose system theoretically takes longer to clog. Since fulldose systems do not overload the bottom areas as conventional leaching systems do, they should last longer and pass less pollutants through the bottom surface to the groundwater table.



- The cesspool, now banned from use in new homes, by the State Environmental Code, is simply a deep vertical hole in the ground into which household wastes pass directly without benefit of a septic tank. Very little treatment of the waste takes place in a cesspool system, resulting in groundwater pollution problems. Older homes, with preexisting cesspools, can be renovated to comply with modern standards very simply. Once the cesspool has failed (no liquid flows through in the soil), it is effectively a sealed tank. A drainage field can be connected after adding sanitary tees to the inlet and outlet and pumping out the contents of the cesspool. Cesspools are often converted to leaching pits simply by installing a septic tank ahead of one. This is often referred to as a "dual tank" system.

Municipal sewers are a costly but more permanent alternative to the use of individual household treatment systems. However, in circumstances where there are widespread septic or cesspool system failures, it may be advisable to install a sewerage system or connect to a nearby sewer if one is available. This decision must be made at the municipal level following a detailed engineering analysis.



"Cluster" sewerage to service homes in close proximity to one another may prove to be a feasible and economically attractive solution if the household treatment systems do not function properly and cannot be easily remedied. State and federal funds are available for such "cluster sewerage systems" if they are owned and operated by a municipality. If your septic tank problems are shared by several of your neighbors, you may want to investigate this option further and discuss it with your local officials.

The systems described above offer alternatives as solutions to problems which have occurred with the present treatment and disposal system, or as options to be considered in the construction of new homes.

GLOSSARY OF TERMS

AEROBIC: This refers to life or processes that can occur only in the presence of oxygen.

ANAEROBIC: Relates to life or processes that occur in the absence of oxygen.

BLACKWATER: Concentrated domestic wastewater containing human wastes.

BOD (Biochemical Oxygen Demand): A measure of the amount of oxygen consumed in the biological processes that break down organic matter in water. Large amounts of organic waste use up large amounts of dissolved oxygen; thus, the greater the degree of organic pollution, the greater the BOD.

BUILDING SEWER: The pipe which begins 10 feet outside the inner face of the building wall and extends to a public sewer, septic tank, or other place of sewage disposal.

CESSPOOL: A covered pit with open-jointed lining in its bottom portions into which raw sewage is discharged, the liquid portion of the sewage being disposed of by seeping or leaching in the surrounding porous soil, and the solids or sludge being retained in the pit to undergo partial decomposition before intermittent removal.

CHLORINATION: The application of chlorine to drinking water, sewage, or industrial waste for disinfection or oxidation of undesirable compounds.

COMPOSTING TOILET: A self-contained toilet from which liquid or solid waste materials are regularly discharged and from which a humus-like end product is produced. (Also called "Dry" or "Humus" Toilet).

DEEP OBSERVATION HOLE: An open pit dug to permit the examination of the soil and to determine the groundwater elevation.

DISTRIBUTION BOX: A watertight structure which receives settled sewage and distributes it in substantially equal portions to two or more lines leading to a leaching area.

DISTRIBUTION LINE: The pipe used for dispersion of sewage into leaching trenches or leaching fields.

DOSING TANK: A watertight structure placed between a septic tank and distribution box and equipped with a siphon or a pump designed to discharge settled sewage intermittently to a leaching facility and to provide a rest period between such discharges.

DRY TOILET: See "Composting Toilet."

EFFLUENT: A discharge into the environment, partially or completely treated or in its natural state. Generally used in regard to discharges from treatment plants or industries into surface waters.

FILTRATION: In wastewater treatment, the mechanical process that removes particulate matter by separating water from solid material, usually by-passing it through sand.

GREYWATER: Sanitary sewage, excluding the waste discharges from toilets, i.e., any water-carried organic waste resulting from the discharge of laundry tubs, washing machines, sinks, showers, dishwashers, etc.

GROUNDWATER: The supply of water under the earth's surface in an aquifer or soil that forms a natural reservoir.

HUMUS: Decomposed organic material.

HUMUS TOILET: See "Composting Toilet."

LEACHING: The process by which soluble materials are dissolved and carried through the soil by percolating water.

LEACHING FACILITY: An approved structure used for the dispersion of sewage effluent into the soil. These include leaching pits, galleries, chambers, trenches, and fields.

MGD: Millions of gallons per day. MGD is commonly used to express rate of flow.

NUTRIENTS: Elements or compounds essential as raw materials for organism growth and development, for example, Carbon, Oxygen, Nitrogen, and Phosphorus.

PERCOLATION: Downward flow or infiltration of water through the pores or spaces of a rock or soil.

PERCOLATION TEST: A means of determining the suitability of soil for the subsurface disposal of sewage.

PHOSPHATES: Nutrients which are needed by algae and other organisms for growth and reproduction.

POLLUTANT: Any introduced gas, liquid or solid which makes a resource unfit for use.

RESERVE AREA: An additional ground area of at least equal capacity as the original sewage disposal area, suitable for subsurface sewage disposal and upon which no permanent structures will be constructed.

SANITARY SEWAGE: Any water-carried organic waste resulting from the discharge of toilets, laundry tubs, washing machines, sinks, showers, dishwashers, etc.

SCUM: A mass of solids floating at the surface of a septic tank.

SEPTAGE: That material removed from any part of an individual sewage disposal system.

SEPTIC TANK: A watertight receptacle which receives the discharge of sewage from a building sewer and is designed and constructed so as to permit the retention of scum and sludge, digestion of the organic matter, and discharge of the liquid portion to a leaching facility.

SEWAGE DISPOSAL AREA: The area used for subsurface dispersion of the liquid portion of sewage.

SEWER: Any pipe or conduit used to collect and carry away sewage or stormwater runoff from the generating source to treatment plants or receiving streams. A sewer that conveys household and commercial sewage is called a sanitary sewer. If it transports runoff from rain or snow, it is called a stormwater sewer.

SLUDGE: The solids removed from sewage during wastewater treatment. Sludge disposal is then handled by incineration, dumping or burial.

SURFACE WATER: Water on the earth's surface exposed to the atmosphere, such as rivers, lakes, streams, and the oceans.

SUSPENDED SOLIDS (SS): Small particles of solid pollutants in sewage that contribute to turbidity and that resist separation by conventional means. The examination of suspended solids and the BOD test constitute two principal analytical tests of water quality performed at wastewater treatment facilities.

WASTEWATER: Water carrying wastes from homes, businesses, and industries which is a mixture of water and dissolved or suspended solids.

LAKE COCHITUATE, 314 PROJECT

Lake Cochituate is widely recognized as one of the most important recreational lakes in Massachusetts. Less well known is the fact that the quality of its water has steadily decreased due to a complex series of causes. In order to reverse this deterioration, the Massachusetts Department of Environmental Quality Engineering applied for and received from the U.S. Environmental Protection Agency a grant (under Section 314 of Public Law 92-500) to examine the feasibility of, and construct where justified, a variety of innovative facilities to decrease the amount of nutrients entering the lake. Hopefully, nutrient reduction will lead to a decrease or elimination of the unpleasant algae growth that occurs in late summer and early fall.

If shown to be environmentally sound and cost effective in decreasing nutrients, engineering solutions will be implemented at three of the lake's tributaries: Pegan Brook, Snake Brook, and Beaver Dam Brook.

Aware that the above three activities can deal with only a portion of the problem, the MDEQE decided to contract with the Lake Cochituate Watershed Association to carry out a citizen awareness campaign. The campaign is aimed at informing individuals living within the Watershed, particularly in the Course Brook and Snake Brook basins, of activities that produce excessive nutrients, and to help citizens learn how they can decrease the input of nutrients through individual actions. This brochure is a major part of that effort. Others deal with phosphate washing detergents and lawn fertilization.

Thanks to the support of local industry and commerce, state and local water pollution control and health agencies, and to the tireless energy of its many volunteer members, its efforts have led to the successful reduction of levels of hazardous pollutants, oils, acids, and algae fertilizing nitrates and phosphates entering the lake.

MAINTENANCE RECORDS

CHECKLIST FOR SEPTIC SYSTEM MAINTENANCE

How can I insure that my septic system will continue to work properly?

- Annual maintenance inspection, with pumping as needed (every 1-3 years).
- Care in the use of soaps, detergents, and bleaches.
- Keeping cigarette butts, filters, diaper liners, sanitary napkins, hair, paper towels, grease and fat, etc., out of the system.
- Water saving habits such as installing low-flush toilets and low-flow showers; fixing leaking faucets or toilets; running dishwashers and washing machines only with full loads.
- Locating trees and bushes so that their roots will not interfere with the drainfield system.

How do I spot signs of a problem?

- Greener grass in the area of the septic system.
- Area of melted snow above leaching area, in winter.
- Wet spots in the areas of the system.
- Strong Odors.
- Backup into or slow discharge from plumbing fixtures (toilet, bath drains in the house).

What should I do if I have a problem with my septic system?

- Have it inspected to find what the problem is.

Is it the tank?

- Check sludge level and pump, if needed.
- Check inlet and outlet pipes. Minor reconstruction of these may substantially improve performance.
- Check for leaks.

Is it the field?

- Major problems may require reconstruction.
- Obtain professional advice and assistance.
- Check piping for damage or clogging. This requires major excavation.
- Minor problems may be corrected by "resting" or implementing water-saving habits.
- Try an oxidizing agent, such as hydrogen peroxide. Caution: this should only be attempted by one familiar with its use.

