

OBSERVATIONS & RECOMMENDATIONS

After reviewing data collected from **EMERSON POND, RINDGE**, the program coordinators have made the following observations and recommendations.

Welcome back to the New Hampshire Volunteer Lake Assessment Program! As your group continues to participate in VLAP each summer, the database created for your pond will help your monitoring group track water quality trends and will ultimately enable your group and DES to identify potential pollutant sources from the watershed that may affect pond quality.

As a rule of thumb, please try to sample at least once per month during the summer months (**June, July, and August**). In addition, it may be necessary to conduct rain event sampling at multiple locations along a stream using the bracketing technique to pinpoint sources of pollution. Furthermore, baseline studies could involve bi-weekly or monthly sampling for an extended period of time. DES will let you know if this type of sampling is appropriate.

We understand that future sampling will depend upon volunteer availability, and your group's goals and funding availability. We would like to point out that **water quality trend analysis is not feasible with only a few data points**. It will take many years to develop a statistically sound set of water quality baseline data. Specifically, after 10 consecutive years of participation in the program, we will be able to analyze the in-lake data with a simple statistical test to determine if there has been a significant change in the annual mean chlorophyll-a concentration, Secchi disk transparency reading, and phosphorus concentration. Therefore, frequent and consistent sampling will ensure useful data for future analyses.

Please contact the VLAP Coordinator early this spring to schedule the annual DES lake visit. **It would best to schedule the DES visit for early June to refresh your sampling skills!**

We encourage your monitoring group to formally participate in the DES Weed Watchers program, a volunteer program dedicated to monitoring lakes and ponds for the presence of exotic aquatic plants. This program only involves a small amount of time during the summer months. Volunteers survey their waterbody once a month from **June** through **September**. To survey, volunteers slowly boat, or even snorkel, around the perimeter of the waterbody and any islands it may contain. Using the materials provided in the Weed Watchers kit, volunteers look for any species that are of suspicion. After a trip or two around the waterbody, volunteers will have a good knowledge of its plant community and will immediately notice even the most subtle changes. If a suspicious plant is found, the volunteers will send a specimen to DES for identification. If the plant specimen is an exotic species, a biologist will visit the site to determine the extent of the problem and to formulate a management plan to control the nuisance infestation. Remember that early detection is the key to controlling the spread of exotic plants.

If you would like to help protect your lake or pond from exotic plant infestations, contact Amy Smagula, Exotic Species Program Coordinator, at 271-2248 or visit the Weed Watchers website at www.des.state.nh.us/wmb/exoticspecies/survey.htm.

Finally, please remember that one of your most important responsibilities as a volunteer monitor is to educate your association, community, and town officials about the quality of your pond and what can be done to protect it! DES biologists may be able to assist you in educating your association members by attending your annual lake association meeting.

FIGURE INTERPRETATION

- **Figure 1 and Table 1:** Figure 1 in Appendix A shows the historical and current year chlorophyll-a concentration in the water column. Table 1 in Appendix B lists the maximum, minimum, and mean concentration for each sampling season that the pond has been monitored through VLAP.

Chlorophyll-a, a pigment found in plants, is an indicator of the algal abundance. Because algae are usually microscopic plants that contain chlorophyll-a, and are naturally found in lake ecosystems, the chlorophyll-a concentration measured in the water gives an estimation of the algal concentration or lake productivity. **The median summer chlorophyll-a concentration for New Hampshire's lakes and ponds is 4.58 mg/m³.**

The current year data (the top graph) show that the chlorophyll-a concentration on the **August** sampling event was **greater than** the

state median and the similar lake median. For more information on the similar lake median, refer to Appendix F.

Overall, visual inspection of the historical data trend line (the bottom graph) shows a **stable** in-lake chlorophyll-a trend since monitoring began in **2002**. However, please keep in mind that this trend is based on limited data since the pond was not sampled during **2003, 2004, or 2005**.

As your group expands its sampling program to include additional events each year, we will be able to determine trends with more accuracy and confidence.

After 10 consecutive years of sample collection, we will be able to conduct a statistical analysis of the historical data to objectively determine if there has been a significant change in the annual mean chlorophyll-a concentration since monitoring began.

While algae are naturally present in all ponds, an excessive or increasing amount of any type is not welcomed. In freshwater ponds, phosphorus is the nutrient that algae typically depend upon for growth in New Hampshire lakes. Algal concentrations may increase as nonpoint sources of phosphorus from the watershed increase, or as in-lake phosphorus sources increase. Therefore, it is extremely important for volunteer monitors to continually educate all watershed residents about management practices that can be implemented to minimize phosphorus loading to surface waters.

- **Figures 2a and 2b and Tables 3a and 3b:** Figure 2a in Appendix A shows the historical and current year data for transparency without the use of a viewscope and Figure 2b shows the current year data for transparency with the use of a viewscope. Table 3a in Appendix B lists the maximum, minimum and mean transparency data without the use of a viewscope and Table 3b lists the maximum, minimum and mean transparency data with the use of a viewscope for each sampling season that the pond has been monitored through VLAP.

Volunteer monitors use the Secchi disk, a 20 cm disk with alternating black and white quadrants, to measure how far a person can see into the water. Transparency, a measure of water clarity, can be affected by the amount of algae and sediment in the water, as well as the natural color of the water. **The median summer transparency for New Hampshire's lakes and ponds is 3.2 meters.**

The current year data (the top graph) show that the non-viewscope in-lake transparency on the **August** sampling event was **less than** the

state median and the similar lake median. Please refer to Appendix F for more information about the similar lake median.

The current year data (the top graph) show that the viewscope in-lake transparency was **greater than** the non-viewscope transparency on the **August** sampling event.

As discussed previously, a comparison of the transparency readings taken with and without the use of a viewscope shows that the viewscope typically increases the depth to which the Secchi disk can be seen into the lake, particularly on sunny and windy days. We recommend that your group measure Secchi disk transparency with and without the viewscope on each sampling event.

It is important to note that viewscope transparency data is not compared to a New Hampshire median or similar lake median. This is because lake transparency has not been historically measured by DES with a viewscope. At some point in the future, the New Hampshire and similar lake medians for viewscope transparency will be calculated and added to the appropriate graphs.

Overall, visual inspection of the historical data trend line (the bottom graph) shows a **decreasing, meaning worsening**, trend for in-lake non-viewscope transparency since monitoring originally began in **2002**. Again, please keep in mind that this trend is based on only **two** years of data. As previously discussed, after 10 consecutive years of sample collection, we will be able to conduct a statistical analysis of the historical data to objectively determine if there has been a significant change in the annual mean transparency since monitoring began.

Typically, high intensity rainfall causes sediment-laden stormwater runoff to flow into surface waters, thus increasing turbidity and decreasing clarity. Efforts should continually be made to stabilize stream banks, pond shorelines, disturbed soils within the watershed, and especially dirt roads located immediately adjacent to the edge of tributaries and the pond. Guides to best management practices that can be implemented to reduce, and possibly even eliminate, nonpoint source pollutants, are available from DES upon request.

- **Figure 3 and Table 8:** The graphs in Figure 3 in Appendix A show the amount of epilimnetic (upper layer) phosphorus and hypolimnetic (lower layer) phosphorus; the inset graphs show current year data. Table 8 in Appendix B lists the annual maximum, minimum, and median concentration for each deep spot layer and each tributary since the pond has been sampled through VLAP.

Phosphorus is typically the limiting nutrient for plant and algae growth in New Hampshire's lakes and ponds. Excessive phosphorus in a pond can lead to increased plant and algal growth over time.

The median summer total phosphorus concentration in the epilimnion (upper layer) of New Hampshire's lakes and ponds is 12 ug/L. The median summer phosphorus concentration in the hypolimnion (lower layer) is 14 ug/L.

The current year data for the epilimnion (the top inset graph) and the hypolimnion (the bottom inset graph) show that the phosphorus concentration on the **August** sampling event was **less than** the state median and the similar lake median. Refer to Appendix F for more information about the similar lake median.

Overall, visual inspection of the historical data trend line for the epilimnion shows a **relatively stable** phosphorus trend, while the hypolimnion shows a slightly decreasing, meaning improving, phosphorus trend since monitoring originally began in **2002**.

As discussed previously, after 10 consecutive years of sample collection, we will be able to conduct a statistical analysis of the historical data to objectively determine if there has been a significant change in the annual mean phosphorus concentration since monitoring began.

One of the most important approaches to reducing phosphorus loading to a waterbody is to continually educate watershed residents about the sources of phosphorus in a watershed and how excessive phosphorus loading can negatively affect the ecology and the recreational, economical, and ecological value of lakes and ponds.

TABLE INTERPRETATION**➤ Table 2: Phytoplankton**

Table 2 in Appendix B lists the current and historical phytoplankton species observed in the pond. Specifically, this table lists the three most dominant phytoplankton species observed in the sample and their relative abundance in the sample.

The dominant phytoplankton species observed in the **August** sample were ***Dinobryon*, *Chrysosphaerella*, and *Mallomonas***, which are all species of **golden-brown algae**.

Phytoplankton populations undergo a natural succession during the growing season. Please refer to the “Biological Monitoring Parameters” section of this report for a more detailed explanation regarding seasonal plankton succession. Diatoms and golden-brown algae are typical in New Hampshire’s less productive lakes and ponds.

➤ Table 2: Cyanobacteria

A **small amount** of the cyanobacteria ***Anabaena*** and ***Lyngbya*** were observed in the **August** plankton sample. ***These species, if present in large amounts, can be toxic to livestock, wildlife, pets, and humans.*** Please refer to the “Biological Monitoring Parameters” section of this report for a more detailed explanation regarding cyanobacteria.

Cyanobacteria can reach nuisance levels when phosphorus loading from the watershed to surface waters is increased and favorable environmental conditions occur, such as a period of sunny, warm weather.

The presence of cyanobacteria serves as a reminder of the pond’s delicate balance. Watershed residents should continue to act proactively to reduce nutrient loading to the pond by eliminating fertilizer use on lawns, keeping the pond shoreline natural, re-vegetating cleared areas within the watershed, and properly maintaining septic systems and roads.

In addition, residents should also observe the pond in September and October during the time of fall turnover (lake mixing) to document any algal blooms that may occur. Cyanobacteria have the ability to regulate their depth in the water column by producing or releasing gas from vesicles. However, occasionally lake mixing can affect their buoyancy and cause them to rise to the surface and bloom. Wind and currents tend to “pile” cyanobacteria into scums that accumulate in one section of the pond. If a fall bloom occurs, please collect a

sample in any clean jar or bottle and contact the VLAP Coordinator.

➤ **Table 4: pH**

Table 4 in Appendix B presents the in-lake and tributary current year and historical pH data.

pH is measured on a logarithmic scale of 0 (acidic) to 14 (basic). pH is important to the survival and reproduction of fish and other aquatic life. A pH below 6.0 typically limits the growth and reproduction of fish. A pH between 6.0 and 7.0 is ideal for fish. The median pH value for the epilimnion (upper layer) in New Hampshire's lakes and ponds is **6.6**, which indicates that the surface waters in the state are slightly acidic. For a more detailed explanation regarding pH, please refer to the "Chemical Monitoring Parameters" section of this report.

The pH at the deep spot on the **August** sampling event ranged from **6.34** in the hypolimnion to **6.35** in the epilimnion, which means that the water is *slightly acidic*.

Due to the presence of granite bedrock in the state and acid deposition received from snowmelt, rainfall, and atmospheric particulates, there is not much that can be feasibly done to effectively increase pond pH.

➤ **Table 5: Acid Neutralizing Capacity**

Table 5 in Appendix B presents the current year and historical epilimnetic ANC for each year the pond has been monitored through VLAP.

Buffering capacity (ANC) describes the ability of a solution to resist changes in pH by neutralizing the acidic input. The median ANC value for New Hampshire's lakes and ponds is **4.9 mg/L**, which indicates that many lakes and ponds in the state are at least "moderately vulnerable" to acidic inputs. For a more detailed explanation about ANC, please refer to the "Chemical Monitoring Parameters" section of this report.

The acid neutralizing capacity (ANC) of the epilimnion (upper layer) on the **August** sampling event was **3.9 mg/L**, which is *less than* the state median. In addition, this indicates that the pond is *moderately vulnerable* to acidic inputs.

➤ **Table 6: Conductivity**

Table 6 in Appendix B presents the current and historical conductivity values for tributaries and in-lake data. Conductivity is the numerical expression of the ability of water to carry an electric current, which is determined by the number of negatively charged ions from metals, salts, and minerals in the water column. The median conductivity value for New Hampshire's lakes and ponds is **40.0 uMhos/cm**. For a more detailed explanation, please refer to the "Chemical Monitoring Parameters" section of this report.

The epilimnetic conductivity at the deep spot on the **August** sampling event was **85.16 uMhos/cm**, which is **greater than** the state median.

Typically, elevated conductivity indicates the influence of pollutant sources associated with human activities. These sources include failed or marginally functioning septic systems, agricultural runoff, and road runoff, which contains road salt during the spring snow-melt. New development in the watershed can alter runoff patterns and expose new soil and bedrock areas, which could also contribute to increasing conductivity. In addition, natural sources, such as iron and manganese deposits in bedrock, can influence conductivity.

We recommend that your monitoring group conduct a shoreline conductivity survey of the lake and the tributaries to help locate the sources of conductivity.

To learn how to conduct a shoreline or tributary conductivity survey, please refer to the 2004 special topic article, which is posted on the VLAP website at www.des.nh.gov/wmb/vlap/2004/documents/Appendix_D.pdf or contact the VLAP Coordinator.

It is possible that de-icing materials applied to nearby roadways during the winter months may be influencing the conductivity in the pond. The most commonly used de-icing material in New Hampshire is salt (sodium chloride).

Therefore, we recommend that the **epilimnion** and the **tributaries** be sampled for chloride next season. This additional sampling may help us identify what areas of the watershed are contributing to the increasing in-lake conductivity.

Please note that there will be an additional cost for each of the chloride samples and that these samples must be analyzed at the DES laboratory in Concord. In addition, it is best to conduct chloride sampling in the spring as the snow is melting and during rain events.

➤ **Table 7a and Table 7b: Total Kjeldahl Nitrogen and Nitrite+Nitrate Nitrogen**

Table 7a in Appendix B presents the current year and historical Total Kjeldahl Nitrogen and Table 7b presents the current year and historical nitrite and nitrate nitrogen. Nitrogen is another nutrient that is essential for the growth of plants and algae. Nitrogen is typically the limiting nutrient in estuaries and coastal ecosystems. However, in freshwater, nitrogen is not typically the limiting nutrient. Therefore, nitrogen is not typically sampled through VLAP. However, if phosphorus concentrations in freshwater are elevated, then nitrogen loading may stimulate additional plant and algal growth. Please refer to the “Chemical Monitoring Parameters” section of this report for a more detailed explanation.

The pond is likely **phosphorus-limited**. Therefore, it is not critical to conduct nitrogen sampling.

➤ **Table 8: Total Phosphorus**

Table 8 in Appendix B presents the current year and historical total phosphorus data for in-lake and tributary stations. Phosphorus is the nutrient that limits the algae’s ability to grow and reproduce. Please refer to the “Chemical Monitoring Parameters” section of this report for a more detailed explanation.

The tributaries were not sampled this season. It would be best to sample the tributaries in the spring soon during snow-melt and during a rainstorm to determine the quality of water that flows into the pond.

➤ **Table 9 and Table 10: Dissolved Oxygen and Temperature Data**

Table 9 in Appendix B shows the dissolved oxygen/temperature profile(s) collected during **2006**. Table 10 in Appendix B shows the historical and current year dissolved oxygen concentration in the hypolimnion (lower layer). The presence of dissolved oxygen is vital to fish and amphibians in the water column and also to bottom-dwelling organisms. Please refer to the “Chemical Monitoring Parameters” section of this report for a more detailed explanation.

The dissolved oxygen concentration was **lower in the hypolimnion (lower layer) than in the epilimnion (upper layer)** at the deep spot on the **August** sampling event. As ponds age, and as the summer progresses, oxygen typically becomes **depleted** in the hypolimnion by the process of decomposition. Specifically, the reduction of hypolimnetic oxygen is primarily a result of biological organisms using oxygen to break down organic matter, both in the water column

and particularly at the bottom of the pond where the water meets the sediment. When the hypolimnetic oxygen concentration is depleted to less than 1 mg/L, the phosphorus that is normally bound up in the sediment may be re-released into the water column, a process referred to as **internal phosphorus loading**.

➤ **Table 11: Turbidity**

Table 11 in Appendix B lists the current year and historical data for in-lake and tributary turbidity. Turbidity in the water is caused by suspended matter, such as clay, silt, and algae. Water clarity is strongly influenced by turbidity. Please refer to the “Other Monitoring Parameters” section of this report for a more detailed explanation.

The deep spot and outlet turbidity was **relatively low** on the August sampling event which is good news. However, we recommend that the pond be sampled during a major rain event to determine if erosion is a major contributor of sediment and nutrient loading to the pond.

For a detailed explanation on how to conduct rain event sampling, please refer to the 2002 VLAP Annual Report special topic article, which is posted on the VLAP website at http://www.des.nh.gov/wmb/vlap/2002/documents/Appndxd_monitoring.pdf, or contact the VLAP Coordinator.

➤ **Table 12: Bacteria (*E.coli*)**

Table 12 in Appendix B lists the current year and historical data for bacteria (*E.coli*) testing. *E. coli* is a normal bacterium found in the large intestine of humans and other warm-blooded animals. *E.coli* is used as an indicator organism because it is easily cultured and its presence in the water, in defined amounts, indicates that sewage **may** be present. If sewage is present in the water, potentially harmful disease-causing organisms **may** also be present.

The *E. coli* concentration was **very low (less than 5 counts per 100 mL)** in the **Grant Cove** sample on the **August** sampling event.

If residents are concerned about sources of bacteria such as failing septic systems, animal waste, or waterfowl waste, it is best to conduct *E. coli* testing when the water table is high, when beach use is heavy, or immediately after rain events.

➤ **Table 13: Chloride**

Table 13 in Appendix B lists the current year and the historical data for chloride sampling. The chloride ion (Cl⁻) is found naturally in some surfacewaters and groundwaters and in high concentrations in seawater. Research has shown that elevated chloride levels can be toxic to freshwater aquatic life. In order to protect freshwater aquatic life in New Hampshire, the state has adopted **acute and chronic** chloride criteria of **860 and 230 mg/L** respectively. The chloride content in New Hampshire lakes is naturally low, generally less than 2 mg/L in surface waters located in remote areas away from habitation. Higher values are generally associated with salted highways and, to a lesser extent, with septic inputs. Please refer to the “Chemical Monitoring Parameters” section of this report for a more detailed explanation.

Chloride sampling was **not** conducted during **2006**.

➤ **Table 14: Current Year Biological and Chemical Raw Data**

Table 14 in Appendix B lists the most current sampling season results. Since the maximum, minimum, and annual mean values for each parameter are not shown on this table, this table displays the current year “raw,” meaning unprocessed, data. The results are sorted by station, depth, and then parameter.

➤ **Table 15: Station Table**

As of the spring of 2004, all historical and current year VLAP data are included in the DES Environmental Monitoring Database (EMD). To facilitate the transfer of VLAP data into the EMD, a new station identification system had to be developed. While volunteer monitoring groups can still use the sampling station names that they have used in the past and are most familiar with, an EMD station name also exists for each VLAP sampling location. Table 15 in Appendix B identifies what EMD station name corresponds to the station names you have used in the past and will continue to use in the future.

DATA QUALITY ASSURANCE AND CONTROL**Annual Assessment Audit:**

During the annual visit to your pond, the biologist trained your group how to collect samples at the deep spot and the outlet. Your group learned very quickly and did a great job following instructions.

In future years, the biologist will conduct a "Sampling Procedures Assessment Audit" of your monitoring group during the annual visit. Specifically, the biologist will observe the performance of your monitoring group while sampling and will document the ability of the volunteer monitors to follow the proper field sampling procedures (as outlined in the VLAP Monitor's Field Manual). This assessment is used to identify any aspects of sample collection in which volunteer monitors fail to follow proper procedures, and also provides an opportunity for the biologist to retrain the volunteer monitors as necessary. This will ultimately ensure that the samples that the volunteer monitors collect are truly representative of actual lake and tributary conditions.

USEFUL RESOURCES

Acid Deposition Impacting New Hampshire's Ecosystems, DES fact sheet ARD-32, (603) 271-2975 or www.des.nh.gov/factsheets/ard/ard-32.htm.

Best Management Practices to Control Nonpoint Source Pollution: A Guide for Citizens and Town Officials, DES Booklet WD-03-42, (603) 271-2975.

Canada Geese Facts and Management Options, DES fact sheet BB-53, (603) 271-2975 or www.des.nh.gov/factsheets/bb/bb-53.htm.

Erosion Control for Construction in the Protected Shoreland Buffer Zone, DES fact sheet WD-SP-1, (603) 271-2975 or www.des.nh.gov/factsheets/sp/sp-1.htm.

Lake Protection Tips: Some Do's and Don'ts for Maintaining Healthy Lakes, DES fact sheet WD-BB-9, (603) 271-2975 or www.des.nh.gov/factsheets/bb/bb-9.htm.

Proper Lawn Care In the Protected Shoreland, The Comprehensive Shoreland Protection Act, DES fact sheet WD-SP-2, (603) 271-2975 or www.des.nh.gov/factsheets/sp/sp-2.htm.

Road Salt and Water Quality, DES fact sheet WD-WMB-4, (603) 271-2975 or www.des.nh.gov/factsheets/wmb/wmb-4.htm.

Sand Dumping - Beach Construction, DES fact sheet WD-BB-15, (603) 271-2975 or www.des.nh.gov/factsheets/bb/bb-15.htm.