Training course aims to improve HAU inspection

By Tom Aluise

A new training course that certifies maintenance providers and others to operate and maintain home aeration units (HAUs) is being presented by the West Virginia Environmental Training Center, in cooperation with the Department of Environmental Protection and state Bureau for Public Health.

John Perkins, an NPDES supervisor in the DEP’s Division of Water and Waste Management, said the state’s general water pollution control permit that covers surface discharges from HAUs requires units to be inspected four times per year.

“The permit requires maintenance visits,” Perkins said. “We want to make sure it’s operating properly.”

Inspection reports are submitted to the DEP, as well as to the owner of the HAU, which is, in essence, a mini wastewater treatment plant for home use. Oxygen is pumped into the treatment tank to increase the level of treatment by the system.

Perkins said some HAU users are having difficulty finding dependable, certified maintenance providers, who show... See HAU, Page 2

Checking pressure, saving gas

Close to 50 DEP employees took advantage on May 5 of the Division of Air Quality’s offer to check tire pressure and to promote the new reel that’s been mounted on the outside of headquarters near the garage area.

The new equipment will make using the air compressor more convenient for employees.

With high gas prices, it’s important to make your car as fuel efficient as possible and maintaining proper tire pressure will help.

Here are some other tips for getting the most mileage from a tank of gas and helping the environment:

■ Turn off your car if you know you’ll be stopped for more than 30 seconds.
■ Avoid trunk junk. An extra 100 pounds in your vehicle can reduce your gas mileage by up to 2 percent.
■ Use the cruise. Cruise control is steadier on the accelerator pedal than you are.
■ Don’t top off your tank. Extra gas stays in the nozzle, often spilling on the next person or on the ground. Gas needs extra room to expand.
■ Stop at the click.
■ Combine your errands. A cold engine uses more fuel than a warm engine.

48th Youth Environmental Day set for Saturday

Awards totaling more than $11,000 will be handed out Saturday to young West Virginians during the 48th annual Youth Environmental Day at North Bend State Park in Cairo.

The DEP-sponsored event is expected to attract more than 1,000 young people from across the state.

Awards will be presented to youth groups and individuals for their participation in community environmental projects such as litter cleanups, recycling drives, school beautification projects, tree planting, backyard composting, wildlife management and watershed protection.

“The work that these young people do is inspiring,” DEP Cabinet Secretary Randy Huffman said. “They are making contributions toward a better environment for all West Virginians through projects that enhance their communities.”

The weekend’s events actually begin Friday with camping and a short program. In addition to the awards ceremony, Saturday’s festivities include educational exhibits, a parade of youth groups, fishing, volleyball, hiking, recycling crafts and a dance.

For more information call Diana Haid at 304-926-0499, extension 1114 or email diana.k.haid@wv.gov.

The DAQ’s Gene Coccaro checks the pressure on DLR employee Keith Stuart’s tires.

The parade of youth groups is one of the more popular features of the annual Youth Environmental Day, sponsored by the DEP. More than 1,000 kids are expected for this weekend’s event at North Bend State Park.
**FIT CLUB**

DEP staffers getting help from peers on how to shape up, lose pounds

**By Colleen O'Neill**

The Department of Environmental Protection is the state agency that protects and restores the environment. Because of the agency’s employees and the vast amount of resources it has access to, West Virginia is a healthier state.

Much like the DEP cares for the environment, it also cares for its employees. By believing that healthier employees lead to a healthier environment, the DEP provides various exercise opportunities.

“The healthier and more active our employees are or become, the better they will be able to, not only perform their jobs more effectively, but have a healthier outlook on life,” Sandy Kee, manager of Human Resources, said. Kee is heading up an exercise group that meets twice a week during lunch. The attendance ranges from 12 to 22 employees, and most people do attend more than once.

“I like to incorporate aerobics one day of the week and the other day we do some weight training/toning exercises,” said Kee.

A cardio junkie, she has been exercising.

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**Logan couple wins $375 in drawing**

Roger and Robin Wolfe, who work out of the DEP’s Logan office, won the grand prize drawing of $375 in the Wellness Program’s Shape-Up campaign.

The Shape-Up Program, which ran from Feb. 28 to April 25, focused on engaging participants in daily physical activity and increasing their fruit/veggie and water intake.

Participants paid a $5 sign-up fee that was used for the grand prize drawing.

In order to be eligible for the drawing, participants were required to submit a weekly report that detailed their exercise, water and fruit/veggie intake.

They were awarded points based upon the amounts of each component. Participants who had the maximum amount of points each week were eligible for prizes such as fitness DVDs and books on health and nutrition.

Shape-Up participants who reported according to the rules and deadlines each week were eligible for the grand prize drawing.

University of Charleston pharmacy students, working as interns in the DEP’s Wellness Program, helped monitor the Shape-Up campaign.

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**HAU**

Continued from Page 1

up when they’re scheduled. Homeowners also are questioning why they have to pay for maintenance they can possibly do on their own.

The state permit covering HAU surface discharges has to be renewed every five years.

In response to consumer demand, Perkins said the HAU Operator Training and Certification course was established to prepare individuals to properly operate and maintain systems.

The four-day course costs $295 and includes three days of classroom and field instruction, followed by an exam on the fourth day.

Individuals who pass the exam are issued a certificate and placed on the DEP’s Approved Service Provider Registry.

Perkins said the target audience for the course is do-it-yourself homeowners, individuals who’d like to get into the HAU maintenance business and local health department sanitarians.

“The crux of this thing is if someone is doing maintenance, we want them properly trained,” said Perkins, who’s one of two DEP staffers on the list of course instructors. The other is the DWWM’s Melisa Powers.

“This is a win-win situation,” Perkins said.

“The agency gets better compliance; and it’s good for the environment and the public health. Also, homeowners don’t have to pay money and get nothing in return.”

The first training session was conducted April 11-14 at the Environmental Training Center in Ripley.

A second course is scheduled for June 28-July 1 at the United Technical Center in Clarksburg.

Students must provide proof of high school diploma or GED to take the exam.

“I think the more the word gets out, the more people will show interest in the course,” Perkins said.

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Student Wil Helmick uses a sludge judge to determine the depth of a HAU tank during a new training and certification course.
Local college recognizes DEP staff for contributions to school

Two Department of Environmental Protection employees were recently honored by Bridgemont Community & Technical College.

Greg Adolfson, the DEP’s sustainability officer, and Dave Vande Linde, chief of the Office of Explosives and Blasting, were recognized by the two-year college that was formerly a part of West Virginia University Institute of Technology Community and Technical College in Montgomery.

Adolfson received a Green Award for his efforts in helping create the Sustainability Institute at Bridgemont C&T.

The Sustainability Institute offers sustainability awareness training to West Virginia communities and promotes academic enhancement, workforce development and community development through sustainability practices.

Vande Linde received the Most Unusual or Interesting Request Award for lobbying Bridgemont staff for contributions to school.

Greg Adolfson

Cabinet Secretary Randy Huffman (right) recognizes DEP Chief Dave Vande Linde, who was honored by Bridgemont Community & Technical College for his part in starting a blasters training program at the two-year school.

C&T to develop a training program for blasters.

The first of its kind in the United States, the class offers a two-year associate’s degree in blasting.

“We hope this will get more engineering technology to blasters and that will benefit the blasting industry,” Vande Linde said.

Classes started last fall.

Ed Hamrick gives some workout advice to Jamie Chambers (left) and Valinda Neal, two of the DEP employees taking part in Hamrick’s fitness program.

Ed Hamrick, a DEP executive assistant, has stepped into the role of fitness coordinator and recently started a fitness program for agency employees.

“DEP has a wonderful Wellness Program and our agency is very supportive of it,” Kee said. “The Wellness Program has purchased some exercise DVDs and exercise bands for the class. I specifically look for 20- to 30-minute DVDs that provide a good workout in a short period of time and I have found there are several available.”

Employees taking advantage of Kee’s classes are appreciative.

“I know I have to exercise and Sandy is a good instructor,” said Elaine Ranson, who works in Human Resources.

“She shows the chubbier and older people how to do it and not kill ourselves.”

Kee isn’t the only DEP staffer helping co-workers stay healthy.

Ed Hamrick, a DEP executive assistant, has stepped into the role of fitness coordinator and recently started a fitness program for agency employees.

Hamrick takes advantage of the fitness room and equipment at DEP headquarters to design individual workout plans for employees.

“I have been involved in athletics, training and competition all my life,” said Hamrick, who has a degree in Health and Physical Education and played college football at Marshall.

Hamrick has coached basketball, football and track and field, and still competes as a runner.

“I enjoy sharing my knowledge and experiences with others who have a desire to improve their own personal fitness level,” Hamrick said.

Right now, there are 13 women participating in his individual fitness training program, including Jamie Chambers, from the Office of Administration.

“I signed up because I was stalled in my weight loss,” she said.

“I’ve been involved since February and I’ve lost one inch around my waste. Ed has us keep a log so we can see how we’ve improved. It’s totally worthwhile.”

Valinda Neal, another Office of Administration employee, signed up to lose weight.

“It was hard for me to bend over and tie my shoes,” she said. “I wanted to feel healthy. I feel better at home and at work. I can tell.”

Hamrick said the program emphasizes cardio, strength, and core development and can be modified to address individual needs.

Hamrick also stresses education, including safe and proper use of the fitness room equipment, muscle groups worked, and complementary lifestyle habits.

Hamrick said his program participants are varied.

Some have little or no fitness training experience, while others have experience but feel they have reached a plateau.

“The program is designed to accommodate the busy schedules all of us seem to have these days,” he said. “There are no age restrictions.”

When asked which is more important — the cardio or weight training, Hamrick, said it’s “90 percent just showing up.”

“My overall goal is for each of the participants to gain the knowledge, experience and confidence that allows them to accept personal responsibility for their individual fitness needs and make exercise a regular part of their lifestyle.”

If any employee would like to participate in either exercise program, please contact Kee at 304-926-0499 ext. 1554 or Sandy.K.Kee@wv.gov; or Hamrick at 304-926-0499 ext. 1661 or Edward.J.Hamrick@wv.gov.
DEP gives children glimpse into adult world

By Colleen O'Neill

Many children wonder what the adults in their lives do during the day. The Department of Environmental Protection offers the adults a chance to actively answer that question.

On April 28, DEP took part in the National Take Our Daughters and Sons to Work Day.

“This was our third year taking part,” said Kenna DeRaimo. She coordinates the day and reaches out to the employees for help with the activities.

“A successful day is a balance between educational activities and fun activities,” DeRaimo said. “We achieved this, and with the help of our employees, the children learn while enjoying themselves.

“This year, we wanted the children to spend more time with the adult who brought them. We went with providing breakfast, so the children could have lunch with their sponsor, see their office, and get an idea of what they do.”

The DEP had a variety of stations, each equipped to educate, while showing the children that being environmentally responsible can be fun. There was a station by the Division of Water and Waste Management that showed how liquids poured on the ground eventually end up in either groundwater or streams and rivers.

Another station, conducted by the Division of Air Quality, was composed of six displays that were geared toward energy efficiency.

One display featured a racetrack with solar-powered cars.

“My favorite part was the solar-powered cars that went around,” said Allison Kincaid, daughter of Amy Halstead, of the Division of Mining and Reclamation.

DAQ also had an energy efficient house, complete with fans and lights that were powered by light.

“We showed the kids that if they held their hands over the solar panel, thus blocking the light, the lights and fans would stop working,” said Jeanne Chandler, a member of DAQ. “The kids really liked our displays — they kept coming back.”

Lynn Pugh, one of the employees who helped by escorting children to stations, said that DAQ really impressed the young visitors.

“We couldn’t tear the kids away from the solar-powered cars,” she said.

The Rehabilitation Environmental Action Plan joined the fun by teaching the children a craft using empty soda bottles.

“We made bird feeders,” said Jaylan Walker, daughter of Nate Walker of legal services. “We put stickers on...
it and put bird feed in it.”

After the children and their adult sponsor had lunch, everyone gathered in the West Virginia Conference room to meet special guest Brock Burwell, the West Virginia University Mountaineer.

“My favorite part was meeting the WVU Mountaineer,” said Dylan Hodges, the nephew of Teresa Weaver of Human Resources. “I’m a big WVU fan.”

With the day winding to a close, the children received a gift bag, complete with trinkets from various offices, as well as some items that were obtained from the Department of Tourism.

“The children enjoyed the day and liked the gift bags,” DeRaimo said. “We had to set a strict deadline for registration this year. In order for us to properly prepare and have enough supplies for the crafts, activities and gift bags, we need an accurate head count. A couple employees came to me the day before the event because they forgot to register their child but I unfortunately had to say no because we only had prepared for the 30 children who had registered.”

“Without the help of several employees in the Charleston office, this event would not have been the success it was.

“I appreciate everyone who took time to help with the day’s events and activities,” DeRaimo said.

Top, Laura Crowder, of the Division of Air Quality, talks about energy efficiency with a group of kids, including Austin Jarrell and Abigail Dye. Bottom, Nate Walker, of the Office of Legal Services, and his daughter, Jaylan, sign in, along with Office of Administration Chief June Casto and her granddaughter, Zoe Casto.

“ARRI award winners both located in Logan County

Coal-Mac Inc. and Apogee Coal have been named Appalachian Regional Reforestation Initiative Excellence in Reforestation award winners for 2010 in West Virginia.

ARRI is a cooperative effort among the federal Office of Surface Mining; several states, including West Virginia; environmental organizations; and local, state and federal government agencies.

ARRI’s goals are to plant more high-value hardwood trees on reclaimed coal mined lands in Appalachia and to increase the survival rates and growth rates of planted trees.

Coal-Mac’s Phoenix Surface Mine No. 2 and Apogee’s Guyan Surface Mine, both recognized by ARRI, are in Logan County.

The Guyan Surface Mine also has been nominated for a regional ARRI Excellence in Reforestation Award.

Apogee Coal was presented its award on May 13. Coal-Mac will receive its award on May 26.

Top, Buffalo Creek Elementary School students help plant a tree on Apogee Coal’s Guyan Surface Mine site during a ceremony on May 13 to recognize Apogee for its ARRI Excellence in Reforestation Award. The students later fished a pond on a reclaimed area of the mining complex. Bottom, pictured during the award ceremony are (from left): Kevin Quick, DEP; Glen Hurley, Apogee; Danny Robinson, Apogee; Kevin Baker, Apogee; Roger Cashoun, OSI; and Ron Sheets, DEP.

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Buffalo Creek just keeps getting better

▶ Watershed group’s annual youth fishing day is example of success

By Tom Aluise

To fully understand the increasing success of the Buffalo Creek Watershed Association, a good place to start would be the group’s annual youth fishing day at Justin McCoy Memorial Park in Crites, Logan County. The event is officially called the “Buffalo Creek Watershed Association Spring Break Fish Outing.” And like any good fish story, it keeps getting bigger every year.

When the watershed group formed six years ago amid a concerted effort to restore and preserve Buffalo Creek as a trout stream, it decided to stage a fishing day for area youth.

“The first year we gave away 25 rods and reels,” said Perry Harvey, a Buffalo Creek Watershed Association board member. Last month, the sixth annual youth fishing day drew over 400 people. Harvey’s group passed out 125 free rods and reels to Logan County students, who were treated to lunch and a day of fishing for trout on a freshly stocked Buffalo Creek.

“We figure if we can get them interested in fishing and hunting, you don’t have to worry about other things,” Harvey said. “We’re trying to keep the kids out of trouble.”

And maybe, Harvey said, the event will help young people develop an appreciation for the efforts of many, including the state Department of Environmental Protection, who cleaned up Buffalo Creek and who continue to work diligently toward maintaining the stream’s recreational opportunities.

Today’s Logan County youth, after all, are the future members of the Buffalo Creek Watershed Association.

Benny Campbell, who works out of the Logan office as an assistant director in the DEP’s Division of Mining and Reclamation, said the Buffalo Creek watershed group is very environmentally conscious.

“That stream means something to them,” he said. “The whole hollow means something to them, but that stream, in particular, is important.”

Harvey fished for trout on Buffalo Creek near his home the day before the event.

“By Tom Aluise

Close to 250 fifth-grade students from Putnam County participated in the City of Hurricane Children’s Water Festival on April 21 at the county’s Wave Pool.

The Department of Environmental Protection’s Project WET Program was involved in the event, which city leaders hoped would make the students more aware of how stormwater, people and water quality are interconnected.

DEP staff who participated included Kim Smith, David Roberts, Megan Grose, Rose Long, Ben Lowman and Jeanne Chandler.

Chandler helped coordinate the event.

Long is the DEP’s Project WET coordinator.

Other participants were the Division of Natural Resources, Conservation Agency, West Virginia Ministry of Advocacy and Work Camps, and Waste Management.

Elementary schools participating included West Teays, Lakeside, Hurricane Town, and Connor Street.

Topics included the water cycle, surface water, ground water, water quality, watersheds and aquatic life. Project WET (Water Education for Teachers) is a national K-12 program available to teachers through free training workshops.
Plan ahead and you’ll avoid being bugged this year

Spring is in the air and summer is right around the corner. The sun is shining and we are looking forward to all the wondrous outdoor activities that come with warmer weather. But don’t forget that we share the outdoors with our pesky insect neighbors — fleas, ticks, mosquitos, bees and spiders, just to name a few.

When you go outdoors, don’t forget the spray repellent. It is your first line of defense against the insect world. Repellents that contain 10 to 30 percent DEET (N-diethyl-meta-toluamide) are approved for mosquitos, ticks and other bugs.

When in the woods, tuck your clothes in and try to keep covered. Wear gloves if you are gardening. Don’t disturb bee or wasp nests or swat at bees because they will feel threatened and sting. Avoid places with standing water as these usually attract mosquitos.

If you are bitten, wash the area. Antihistamines will help to stop itching and lessen swelling.

If you get stung, remove the stinger as quickly as possible. Wash the sting with soap and water. Apply calamine lotion or hydrocortisone cream for itching, redness, swelling and pain. Then apply an antibiotic cream to prevent infection.

If you have a tick on you, do not try to burn it off. Use blunt tweezers; grasp the tick as close to the skin as possible and pull upward firmly enough to move the skin.

If you experience any of the following, seek medical attention as soon as possible:

► Shortness of breath
► Wheezing
► Redness or hives over most of your body
► Swelling of the face, lips, or tongue
► Feeling like your throat is closing up
► Nausea
► Vomiting
► Chills
► Muscle aches or cramps
► Weakness
► Fever

Enjoy the spring and summer. Just remember to take precautions so you can enjoy it in good health.

— DEP Safety Committee

Final free ENERGY STAR Webinar set for May 24

The last of three free Webinars, designed to help West Virginians save money and protect the environment through energy-efficient products and practices, is scheduled for May 24.

The West Virginia Department of Environmental Protection, in partnership with the U.S. Environmental Protection Agency and ENERGY STAR® is sponsoring the series.

The May 24 Webinar, “Using ENERGY STAR Portfolio Manager,” begins at 10 a.m. and will run approximately 90 minutes.

It will introduce participants to the ENERGY STAR Portfolio Manager building benchmarking tool, what buildings are most suited to it, information it can provide to users and opportunities for recognition for buildings that improve their performance.

Webinar participants will discuss and exchange ideas on a teleconference, while logged into a presentation on the Internet.

Sessions include experienced energy and/or financial consultants.

The Webinar series is designed for individuals who have a vested interest in business, industry and academia; community members involved in development; environmental, social and community non-government organizations; natural resource, planning and government officials; hotel owners, tour operators, guides and transportation providers; and representatives from other related services in the private sector.

To register for the May 24 Webinar, go to: http://apps.dep.wv.gov/registration. For more information contact Greg Adolfson, DEP sustainability officer, at 866-568-6649 (ext. 1332) or gregory.e.adolfson@wv.gov.
BUFFALO
Continued from Page 6

the 1972 Buffalo Creek dam disaster that claimed 125 lives and destroyed hundreds of homes.

In the years that followed, the local stream had no habitat for fish and gradually became overrun by litter and junk.

In the last 10 years, local residents, hoping to restore Buffalo Creek’s status as a trout stream, began extensive cleanup projects on the creek and meeting with state officials to plead their case. Their efforts were bolstered by local, state and federal initiatives aimed at improving water quality.

In 2006, Buffalo Creek was returned to the official Division of Natural Resources trout stocking list after a 34-year hiatus. Now, it’s stocked once in February, March, April and May.

During last month’s Youth Day, a new handicapped fishing pier, donated by a local coal company, was unveiled and three stream fishing habitat structures, donated and installed by Appalachian Stream Restoration, were in place at Justin McCoy Memorial Park.

The cross vane log structures “provide riffles, pools … more natural habitat,” said Bob Fala, a DEP wildlife biologist. “We’re hoping within five years the whole stream will have structures.”

Many young anglers and their parents used the logs as benches while casting their lines, and took advantage of the churning water and inviting pools to hook a Buffalo Creek trout. A number of youngsters caught brown trout that had been stocked experimentally three and four years ago.

Harvey said plans call for the installation of 150 structures on 11 miles of the 16-mile stream that empties into the Guyandotte River at Man.

Harvey is one of five watershed group board members. The others are: Eddie Adkins, Johnny Doss, Arthur Brunty and Dave Crawford.

“The DNR said as long as we keep it clean, they’ll keep stocking it with trout,” Harvey said.

That means there will be plenty of free fishing rods and reels to hand out in years to come.

Recycle sale benefits more than CC team

If this year’s DEP Corporate Cup team is as successful as May’s Recycle Sale, then a 10th straight CC title is a certainty.

The sale, which is held annually to fund the CC team, generated more items and money than any of the previous four sales.

And like Thanksgiving dinner, the leftovers didn’t go to waste.

The Division of Air Quality’s Dan Roberts, who coordinates the CC team, said the sale brought in close to $650. A 50-50 drawing was also held to help DEP staffer Chris Daugherty and her family recover from a house fire. The pot reached $131 and Mark Priddy, who won the drawing, donated his half of the pot back to Chris and her family.

As for the leftover items, Roberts said a large box of toys was donated to the Heart and Hands Community Service Center in South Charleston; books were donated to Tonya Phillips for a fundraiser to help her son’s baseball league; Karen Maes took items to the non-profit New Hope Animal Rescue; and the Salvation Army picked up the remainder of the items.

DEP, Triad meet with Prenter-area residents

By Tom Aluise

Prenter Hollow residents were told during a recent public meeting that sampling in a comprehensive study of their water supplies is progressing on schedule.

The West Virginia Department of Environmental Protection, along with representatives from Triad Engineering, conducted the meeting on April 26 at the Racine Community Center in Boone County. The DEP contracted Triad to analyze whether human activity, including coal mining and other industrial operations, might have negatively affected the quality of groundwater being used as a drinking water source by some residents of the Prenter/Sand Lick area.

Prenter residents have voiced concerns regarding the quality of their water.

Triad, which hopes to have the $130,000 study completed by the end of the year, began sampling on April 18.

Triad’s John Meeks told Prenter residents during last month’s meeting that 23 residential wells had been sampled, as well as seven instream water quality points and three mining-related discharges.

“Our goal is 30 residential wells, but we’ll collect from anyone who wants us to collect,” Meeks said. “We want to get between six and 10 mine-related discharges.”

Tom Clarke, the director for the Division of Mining and See PRENTER, Page 9
Employee of the Month

Jeff Bailey, of the Division of Water and Waste Management’s Watershed Assessment Branch, was named Employee of the Month for May and honored by Cabinet Secretary Randy Huffman (left).

Bailey reviews all benthic macroinvertebrate data that is collected by the WAB to make sure samples are collected properly. He’s also led the effort to establish a set of data from sites across the state to measure variability and track changes of water quality and biological health over time.

Bailey provides ongoing guidance and training to his employees; strives to make sure new employees are capable of collecting reliable data; and motivates them to want to do the best they can.

Reward and Recognition

Jim Mason, of the Division of Air Quality, received Reward and Recognition honors for May from Cabinet Secretary Randy Huffman.

Mason acts as the principal developer and coordinator for the DAQ’s rules, a job that requires meticulous attention to detail and remarkable patience.

Mason went far beyond the normal stringent standards of his job this year to develop two permitting rules that address greenhouse gases. Both required unusual handling and one of the rules had to be filed as an Emergency Rule, which requires even more time and effort than regular rules.

Mason also continued to perform all state functions to administer the three emission trading programs under the federal Clean Air Interstate Rule.

The study will look for chemicals or pollutants in concentrations that have been identified as a potential harm to human health.

“The study will look for chemicals or pollutants in concentrations that have been identified as a potential harm to human health.

“This is supposed to be done by the end of the year,” Meeks said.

“But we’ll delay it if new information becomes available.”

At least two additional family well sites were added to the study at the meeting. Triad also shared maps and tables with residents detailing all well sites and other sampling sites to date.