



City of Portsmouth

Sustainability News

Our City, Our World. It All Begins in Portsmouth.

"Sustainability is about meeting the needs of the present without compromising the ability of future generations to meet their own needs."
—United Nations Brundtland Commission, 1987

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Summer 2009

Welcome from the Blue Ribbon Committee on Sustainable Practices

We are delighted to present the City of Portsmouth Sustainability News, which we hope you will find informative, entertaining and educational.

Production of this newsletter was made possible by a grant from the New Hampshire Charitable Foundation, which also financed the services of an intern to help with a Climate Change inventory, energy audits of City buildings, sustainability outreach and other initiatives.

In 2007, the Portsmouth City Council unanimously adopted a resolution to become an Ecomunicipality, the first on the East Coast. As such, the Council made a commitment to the four systems conditions of sustainability: decreasing our dependence on fossil fuels, reducing our use of synthetic chemicals, reducing negative impacts on our natural resources, and meeting the needs of our residents fairly and inclusively.

Our Committee was appointed by the Mayor and City Council to help the City of Portsmouth work toward this commitment of increased sustainability. To learn more about our committee and its work, see the back page of this newsletter.

With the support of the City Council and City staff, our municipal government already has implemented numerous initiatives to further the principles of sustainability. Many have resulted in both immediate and long-term savings for municipal operations, benefitting Portsmouth taxpayers while helping the environment.

We invite you to take some time to learn more about these initiatives and our committee on the following pages. We hope this newsletter will invite you to consider ways to incorporate the concepts of sustainability in a meaningful way into your own life.

We also hope you'll participate in the Carbon Challenge and show Keene, and the world, that "It all begins in Portsmouth!"

The Mayor's Blue Ribbon Committee on Sustainable Practices



Your household could save \$800 annually Portsmouth vs. Keene Carbon Challenge

The cities of Portsmouth and Keene are challenging each other to see which community can inspire the most residents to take a simple survey that will tell them how to reduce their carbon footprints — the amount of carbon dioxide produced to sustain a lifestyle — and save money.

With the help of the New Hampshire Carbon Challenge, a joint initiative of UNH and Clean Air-Cool Planet, citizens are being encouraged to take simple steps to reduce energy consumption and protect the environment.

Residents are urged to visit the NH Carbon Challenge web site via a link at www.CityofPortsmouth.com to record their household carbon usage, get hints on how to reduce it, and find out how much money they can save by making a few simple changes in their daily lives.

The survey takes only a few minutes to complete and gives participants the option of saying they don't want to make a change, they've already done so or they will in the future. It's fast, fun and informative!

The city with the most participants at the end of 2009 will be the victor, but everyone will be a winner because the average household committing to the simple carbon reduction measures suggested by the NH Carbon Challenge could save over \$800 a year while reducing Portsmouth's overall carbon footprint.

The City of Portsmouth recently conducted a carbon inventory and found City government activities account for just 2 percent of all carbon use while the community is responsible for the remaining 98 percent.

National statistics show that roughly half of all U.S. greenhouse gas emissions come from household energy consumption for motor vehicles, home heating, and electricity. Just a moderate reduction in energy consumption can have a significant impact on reducing the risk of climate change AND can save money.

In an effort to encourage local actions at the household and business level, the cities launched a two-week competition in April to determine which community could engage more municipal employees in reducing household carbon emissions. While more Keene employees participated, Portsmouth employees committed to larger carbon reductions.

SOME SIMPLE WAYS TO SAVE ...

\$660 and 4,300 lbs. of carbon dioxide:

Buy a car getting 10 MPG more than current vehicle

\$120 and 950 lbs. carbon dioxide:

Put electronic devices on power strip to shut off

\$90 and 700 lbs. carbon dioxide:

Replace 5 lights with compact fluorescent light bulbs or... Replace appliances with Energy Star versions

To learn more, visit

www.nhcarbonchallenge.org



City of Portsmouth table at the Sustainability Fair

Energy-Efficient Library Saves Taxpayer Dollars

In just two years, the new "green" Portsmouth Public Library has achieved substantial energy savings, thanks to its design, despite being more than twice the size of its former home.

New Hampshire's first municipal building to receive the prestigious LEED (Leadership in Energy and Environmental Design) certification, the Library has been recognized at the Silver level for its design and construction in the areas of energy conservation, recycling, materials selection, and daylight and views.

If you've visited the Library, you've seen the numerous and strategically placed windows that take advantage of daylight.

The building includes water-efficient features such as low-flow toilets, a waterless urinal, and metered faucets. Hot water is provided as needed by small heaters at the point of use, which saves fuel.

These factors have led to lower energy costs for a building that is 39,000 square feet, compared to the 18,000-square-foot former site.

The new building also has twice the number of public computers than the former library and wireless Internet access throughout. It also is open to the public one more day per week for nine months of the year.

Even though the new building is 116 percent larger and open more often, the amount of natural gas used for heat was down 66.7%, or \$20,000, in the first full year of operation and electricity consumption was only up 50 percent from the former site.

As part of its continued efforts to become more sustainable, the City plans to seek LEED certification for future building projects, as well.



City Holds Second Annual Sustainability Fair

The 2nd Annual Portsmouth Sustainability Fair held in May was a great success, attracting more than 1,000 people and 120 vendors. In addition, 3,000 pounds of electronics and other items were recycled.

The collaborative project by Portsmouth Listens, the Piscataqua Sustainability Initiative, City of Portsmouth and the Portsmouth School District featured exhibits, speakers, an organic food court, a scavenger hunt, and more.

Vendors included a wide range of green businesses and organizations, including renewable energy companies, health-related groups, businesses that focus on sustainable products, home services, and environmental education groups, among others.

The Sustainability Fair focused on the four systems conditions of the Natural Step (a sustainability framework for communities that the City of Portsmouth follows) and required vendors to describe how their business or organization meets the conditions of the framework, which include:

- 1. Reduce dependence upon fossil fuels, and extracted underground metals and minerals.**
- 2. Reduce dependence on chemicals and other manufactured substances that can accumulate in nature.**
- 3. Reduce dependence on activities that harm life-sustaining ecosystems.**
- 4. Meet the hierarchy of present and future human needs fairly and efficiently.**

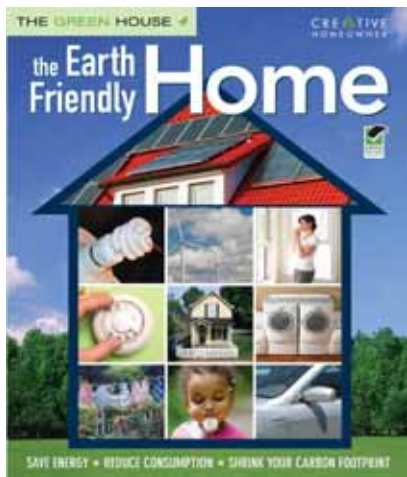
Food vendors were required to use compostable plates and utensils to help meet the fair's objective of sending zero waste to the landfill. At the City's table, Portsmouth municipal efforts in sustainability and waste management were highlighted and explained.

The goal of the fair was to provide visitors with several things they could do to make their community more environmentally sustainable, such as reducing waste, supporting local businesses, and reducing dependence on fossil fuels and synthetics.

“Greening” Your Bookshelf

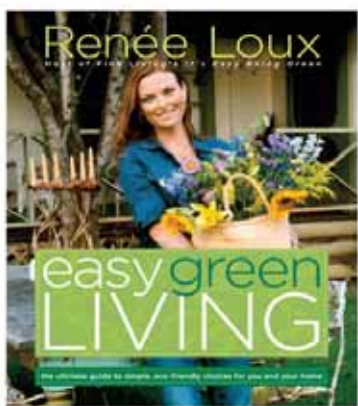
The Library and local bookstores currently offer a number of books with “green” themes that describe how to make different aspects of your life more sustainable.

Here are three about “greening” your home that can be borrowed from the Portsmouth Library:



The Earth-Friendly Home: Save Energy—Reduce Consumption—Shrink Your Carbon Footprint (Hajeski, Nancy & others, *Creative Homeowner*, 2008, 240 pgs) shows what a carbon footprint is and offers common-sense approaches to reducing it.

You can explore your daily routine and figure out how much energy is used and how to make an immediate and sustainable reduction while learning to live a lower-carbon lifestyle.



Easy Green Living, The Ultimate Guide to Simple, Eco-Friendly Choices for You and Your Home (Loux, Renee. Rodale, 2008, 396 pgs) by raw food chef, author and host of Fine Living TV’s “Easy Being Green” Renée Loux demonstrates that being green at home is easy, affordable and better in every sense of the word.



Ready, Set, Green: Eight Weeks to Modern Eco-Living from the experts at Treehugger.com (Hill, Graham; O’Neill, Meaghan, Villard, 2008, 240 pgs) tells us that not only does living “green” mean reversing climate change, it also means protecting your kids and pets, improving your own health and saving money.

And it doesn’t necessarily demand a radical overhaul of your life — just some simple adjustments, such as switching to healthier cleaning products and driving fewer miles each week.

Suggestions for a Sustainable Lawn & Garden in Portsmouth



Want to save time, money, water, fertilizer and still have a great-looking lawn? Start by removing the grass catcher from your mower. Instead of bagging clippings, let them decompose on your lawn. This returns valuable nutrients to the soil, reducing water and fertilizer needs while eliminating the need to find another way to dispose of them.

Here are some tips for successful “grasscycling”:

- Mow when the grass is dry.
- Keep the mower blade sharp. Dull mowers tear grass blades, making the turf look brown.
- Don’t cut more than 1/3 of the grass blade in a single mowing. Depending on the type of grass, you might keep it mowed to 2 inches in early spring, gradually raise the cutting height to 3 to 4 inches by summer and gradually lower it to 2 inches by fall.

You can reduce the amount of water necessary for your garden and also control weeds by using a weed cloth barrier, also known as landscape fabric. Weed cloth can be found at plant nursery supply stores or gardening departments.

Unlike black plastic, weed cloth blocks sunlight but allows air and water penetration. Not only does the barrier assist in preventing the growth of unwanted plants in your garden without the need for chemicals, it also helps contain moisture in the soil, which reduces the need to water. Simply lay the barrier cloth down over the soil and secure it with compost, weights of some sort or special pins.

You can get started for around \$20 for a roll of weed cloth and pins to anchor it.



Did you know that a rain barrel can save you about 1,300 gallons of water during the summer months when lawn and garden watering make up nearly 40% of total household water use?

Placing a rain barrel underneath the gutters of your home can quickly provide a barrel full of rain water in a downpour that can be used later to water the flowers and garden, or even wash your car. A typical half-inch rainfall can fill about a 50- to 55-gallon rain barrel, which can be connected to a soaker hose (with the pressure-reducing washer removed) or you can fill a watering can from it.

The City of Portsmouth recently was awarded a \$40,000 grant to establish a local rain barrel program. Details will be announced as soon as they are available. In the meantime, you can buy a rain barrel now at a home and garden supply store or make your own out of a dark, heavy grade food-grade drum. Use a

tight-fitting, light-blocking lid to keep out children and animals, and stop the development of algae. Cover openings with fine mesh screen to prevent mosquitoes and trap debris. Also, use an overflow device to direct excess water away from your home’s foundation when the tank is full. **Note:** Rain barrel water should not be used as drinking water. It is best to use this water for drip or trickle irrigation of vegetable gardens to prevent contamination of edible above-the-ground plant parts that are difficult to clean. Be sure to thoroughly wash vegetables in “drinkable” water before eating.

Sustainable Sustenance (ˌsəs-tə-nən(t)s) in Portsmouth

When it comes to eating well and sustainably, the Seacoast is a great place to be because of the growing number of individuals and groups concerned with promoting local and healthy foods.

Eating locally is an environmentally, economically and socially sustainable practice because it reduces the amount of energy required to transport and distribute food, stimulates the local economy, and brings people together to learn about and enjoy the healthy “fruits” of our natural resources.

Did you know the average American meal travels an estimated 1,500 miles from farm to plate? Think about how much fuel it takes just to get dinner to your table — and how much fresher and better-tasting locally grown food can be.

Two area local organizations that promote eating local and sustainable food are Seacoast Eat Local and Slow Food Seacoast.

Seacoast Eat Local is dedicated to connecting consumers with sources of locally grown and locally made foods. Its web site, www.seacoateatlocal.org, has links to farmers’ markets held throughout the year, including the Portsmouth Farmers’ Market held on Saturdays from May through November, 8 a.m. to 1 p.m., in the parking lot outside City Hall at 1 Junkins Avenue. The web site also has links to workshops and community-supported agriculture programs.

Slow Food Seacoast is a local chapter of Slow Food USA and Slow Food International. It promotes “working together to slow down the pace of life so that we can enjoy our local and regional food traditions, support local growers and food producers, get to know one another, and help make sure that good, clean, and fair

food is available to everyone on the Seacoast.” The group’s web site, <http://slowfoodseacoast.blogspot.com>, provides information on upcoming events and workshops.

Here’s a recipe to try that uses some locally grown foods:

Gardener’s Ratatouille

Hint: Chopping all the vegetables to make them the same size will ensure even cooking.

- 2 tsp sunflower seed oil
- 1 c chopped onion
- 3 c chopped plum tomatoes (1 pound)
- 2 c chopped peeled or unpeeled eggplant
- 1 ½ c chopped zucchini
- 1 c chopped green bell pepper
- 1 garlic clove, minced
- 1 T chopped fresh oregano
- 1 T chopped fresh basil
- 1 T chopped fresh parsley
- ½ tsp salt
- ¼ tsp crushed red pepper

Heat oil in a large skillet over medium-high heat. Add onion and sauté 3 minutes or until tender, stirring frequently. Add tomato, eggplant, zucchini, bell pepper and garlic. Cover, reduce heat and simmer 30 minutes, stirring occasionally. Stir in oregano and remaining ingredients. Cook, uncovered, 5 minutes or until most of the liquid evaporates.

Recipe courtesy of Upper Valley (NH) Localvores

City Sustainability Efforts Save Resources and Taxpayer Money

The City of Portsmouth has incorporated a number of sustainable – and cost-saving – measures into its operations.

One of the largest is the conversion of some of our bigger sewer and water pumps to more energy-efficient models that can operate at variable speeds.

Although most people prefer not to think about where things go when a toilet is flushed, it is quite impressive to think flushed water, and anything in it, can travel so many miles before it is treated and sent back into the Earth's water cycle.

In an ideal world, we could take advantage of gravity if everyone lived at the top of a hill and the wastewater flowed down to the treatment plant at the bottom. But since that's not possible, the City uses a large number of pump stations to keep the wastewater flowing until it reaches the treatment plant on Peirce Island or the Pease Tradeport.

In the past, moving the wastewater required an extremely large pump that ran practically non-stop and could handle the largest load of wastewater possible, including stormwater flowing into the sewer system after a rainstorm. If the pump was too small, there was a risk of wastewater backing up into homes and businesses.

However, new technology has made it possible to adjust the speed of these pumps to respond to the amount of water that needs to be pumped, improving efficiency by 10%. Installing the variable pumps at the Deer Street Pump Station resulted in an immediate \$83,000 rebate from Public Service of New Hampshire. Additionally, this technology will result in future, ongoing electricity use reductions and annual cost savings.

Conservation Kits

The City also has a track record for instituting conservation measures in conjunction with its drinking water delivery system. It offered residential customers a free water conservation kit with various items designed to reduce water usage, including low-flow shower heads and dye tablets to determine if toilets leaked.

Leak Detection

Keeping the over 180 miles of drinking water pipes intact is a difficult job, but the City recently began a program to identify leaks in the system.

The City is in the process of acquiring a device to assist in determining where water is leaving water pipes when it shouldn't. This will save water and money.

Automated Meter Reading

In addition, the City has begun installing a system to use radio and Ethernet connections to read the nearly 8,000 water meters in its water system serving Portsmouth, Newington, New Castle, and parts of Rye, Greenland, Madbury, Dover and Durham.

Not only will these meters allow for monthly billing rather than every four months, they can read water usage in "real time." This will assist with the implementation of sustainable measures to protect our resources.

Garage Lighting

In February, the City replaced the lighting in the High-Hanover Parking Garage with 275 compact fluorescent fixtures, which is expected to reduce energy consumption by 25%.

As a result, the City anticipates saving an estimated \$21,000 annually.

New Water Treatment Plant

The City has approved the design for construction of a new drinking water treatment plant in Madbury that will follow LEED (Leadership in Energy and Environmental Design) principles. Its energy use and cost are expected to be 30% lower than a conventional design. Solar hot water collectors, heat pumps and "daylight harvesting" are some of the features that will reduce the plant's carbon footprint and annual operating costs.

New Fire Station

The City has begun construction of a new Fire Station 2 on Lafayette Road that will follow LEED principles of design and seek LEED certification.

Upgrades include a super-insulated building envelope and high-efficiency natural gas boilers for heat.

These features will result in significant savings in annual operating costs.

Middle School

The Portsmouth Middle School is in the preliminary design phase. The final design will follow the standards of, and seek certification by, the Northeast Collaborative for High Performance Schools.

High-performance schools are green buildings that take advantage of recent advances in energy efficiency and incorporate heating, cooling and lighting systems that produce the highest comfort levels for the least cost and ensure that the annual operating costs will be lower than a conventionally designed school.



City Buildings

With the help of grant funding, the City is updating its greenhouse gas emissions inventory to use as a baseline tool to quantify energy consumption and greenhouse gas emissions. The data will be used to guide and prioritize facility upgrades to further reduce annual operating costs.

The City also recently replaced the flat roofing on the Municipal Complex, and the Connie Bean and Spinnaker Point Recreation Centers, with products designed to double the lifespan and insulation value, which will reduce taxpayer costs.

Zero-Gas Truck

The City of Portsmouth has purchased its first zero-gasoline truck, an electric no-emissions vehicle that replaced the outdated Parking Enforcement van. The cost to drive and maintain it will be approximately one-tenth of a gasoline-powered vehicle.

The Miles ZX40ST Work Truck requires no gasoline, has an estimated range of 50 miles and operates at a maximum speed of 25 mph. Charging the vehicle from 50% battery capacity takes approximately four hours from a 110-volt receptacle. The vehicle also is equipped with a regenerative braking system to recharge batteries while the vehicle is in use.



Other Initiatives

- The Planning Board is considering new zoning proposals that incorporate dark-sky friendly lighting, water-efficient landscaping and incentives for green buildings.
- The City installed infrared heating at the Public Works garage and is researching more energy-efficient lighting to be installed in the near future.
- The responsibilities of the City's environmental planner were broadened to include coordination of City sustainability efforts within the various municipal departments, with the goal of developing new initiatives to reduce operational costs.

Breaking news....

The City has received a \$27,500 state grant to use toward a feasibility study on whether a stormwater utility is an appropriate way to fund our stormwater management needs.

When it rains or the snow melts, stormwater picks up debris and pollutants as it flows toward our four watersheds.

Portsmouth's stormwater infrastructure is among the oldest in NH. The City developed a master plan to identify costs associated with system upgrades and operational needs to address our aged infrastructure and to comply with new regulatory requirements. The City has begun implementing the plan's recommendations.

The grant will allow the City to conduct a study to evaluate different types of funding mechanisms for a stormwater utility.

Your used vegetable oil can become fuel



Portsmouth Recycles!

Mandatory

- **Bottles, cans & plastics** (curbside or Recycling Center): Glass bottles and jars; plastics (#1 and #2); aluminum and steel cans
- **Fiber/paper** (curbside or Recycling Center): Cardboard, paper, newspapers, magazines, junk mail, catalogues, phone books, manila folders, cereal boxes, drink boxes, etc. *"If you can rip it, recycle it"*
- **Yard waste** (curbside pickup to Dec. 4 or Recycling Center year-round): Use paper bags or refillable containers, not over 50 lbs. when filled; tie branches in 3-foot lengths

Call 427-1530 for pickup, or take to Recycling Center:

- Appliances
- Computer monitors (nominal fee)
- Electronics
- Furniture & miscellaneous items
- TVs (nominal fee)
- Tires (nominal fee)
- Wood (clean, painted & treated scraps, pallets)

Recycling Center only, no pickup:

- Antifreeze
- Batteries
- Clothing
- Cooking oil
- Eyeglasses
- Fluorescent light bulbs
- Oil & oil filters
- Propane tanks (empty)
- Vegetable oil

Household Hazardous Waste Days only (One Saturday in May and October)

- Gasoline
- Driveway sealer/tar
- Household, garage & pool chemicals
- Insect spray
- Oven cleaner
- Paint: lead & oil-based (latex curbside if dried)
- Full list at www.cityofportsmouth.com/publicworks

Other

- RV waste (Pease Treatment Plant, 427-1553)

Recycling Center

Behind DPW, 680 Peverly Hill Road

- Tuesday 8 am-6:30 pm (Summer only)
- Wednesday & Thursday 8 am-3:30 pm
- Saturday 8 am-noon

Call 427-1530 or

See www.CityofPortsmouth.com/publicworks

Take a (Nature) Walk in Portsmouth

Did you know there are great places to take a nature walk right here in Portsmouth?

What's more sustainable than getting exercise and fresh air without a long drive to a trailhead? The open spaces in Portsmouth may not be the most unspoiled or challenging hiking locations, but they offer a great deal of enjoyment without having to travel far.

Let's start with the Great Bog, an area of over 500 acres and home to one of the more unique wetland areas in the region that can be enjoyed from fairly well-established trails. Much of this important natural resource area is protected from development by a number of different conservation efforts.

Despite its name, the Great Bog is actually a seepage swamp. Uncommon in New Hampshire, seepage swamps purify water while it filters through the ground to the aquifer below.

The best access to the Great Bog is through the Buckminster Way neighborhood off of Ocean Road south of the Route 95 overpass. Follow Buckminster Way 1/3 of a mile and take a right turn onto Heather Lane where you can lock your bike or park your car.

You'll see a few posts marking the entrance and a signboard a little farther down the pathway into the Great Bog. The trail heads down a hill, through a

slightly wet area, then back up a hill to the location of an old farm. As you wander among the stone foundations and see the wide expanse of marsh, imagine what the farm was like when it operated there a hundred years ago.

There are a few small trails through the Great Bog, but the main trail leads to the hillside site of the former farm, which is surrounded on three sides by wetland.

A housing development was proposed for the hill before the City, State of New Hampshire and some local non-profit groups got together to protect the area. That protection was finalized in April 2001.

Although valuable for its size and some of its plants and animals, the Great Bog also has a problem plaguing many urban wetland areas: Invasive Species.

The largest expanse of wetlands is covered with Phragmites, a non-native reed that produces a dark, purple flower in late summer and crowds out other plants. The reeds, which tend to develop along highway corridors, extend along the Bog's Route 95 border.



“Think Globally, Act Locally” East Coast’s 1st “Ecomunicipality”

When the City of Portsmouth officially became an “ecomunicipality” committed to working to be more sustainable, it also became the first East Coast community to adopt the designation.

The ecomunicipality movement began in Sweden in the 1980s as local governments adopted sustainability principles and a bottom-up, participatory approach for implementing these principles.

In Portsmouth, the City Council approved a Master Plan with sustainability principles and then adopted the same official “ecomunicipality” resolution approved by a number of communities in the United States, Canada and Europe.

In becoming an “ecomunicipality,” Portsmouth has agreed to follow a path of sustainability that includes the four system conditions of the Natural Step. (See Sustainability Fair story on the front page).

About the Committee on Sustainable Practices

The City Council appointed the Committee on Sustainable Practices to help the City of Portsmouth work toward increased sustainability by:

- Increasing awareness of the importance and value of sustainable practices among Portsmouth residents, business owners, non-resident employees of Portsmouth businesses, visitors to the City, municipal staff, and other stakeholders;
- Advising the City Manager and City Council on improving the sustainability of City operations including such aspects as the energy efficiency of City buildings and vehicles, purchasing guidelines, and alternative fuels; and,
- Advising the City Council on a sustainable approach to the future growth and redevelopment of Portsmouth.

The Committee is chaired by Tom Rooney. The other members are Bert Cohen, Gary Epler, Sandi Hennequin, Skye Maher, Karina Quintans, Mayor Tom Ferrini, City Councilor Eric Spear, School Board Member Ann Walker, and Deputy City Manager Cindy Hayden (ex-officio).

If you have sustainability ideas, the Committee meets on the fourth Thursday of the month at 7 p.m. in the 4th floor City Manager's Conference Room. The public is welcome.

Declutter Your Life: Cut the catalogs and junk mail

According to some estimates, each of us will spend an average of eight months of our lives dealing with junk mail. There are a few simple steps you can take to help reclaim your time.

As soon as you receive an unwanted publication in the mail, call the 1-800 number located somewhere on the piece and ask to be removed from the mailing list (they will need information from the label on the catalog).



Businesses and organizations want to know if you're not interested in receiving their advertising because it reduces their costs. You can also make your request via e-mail (from the company's Web site) or send a letter through the U.S. mail.

If you buy from a mail-order catalogue, be aware that there's a greater chance your name will be shared with similar businesses. When you order, say, "Please don't rent, sell, or trade my name and address."

You also can:

- * Register with the free web site, www.catalogchoice.com, to make your preferences known on which catalogues you wish, and don't wish, to receive. The site is endorsed by the National Wildlife Federation and Natural Resources Defense Council.
- * Remove your name from several national mailing lists at once by signing up for the Direct Marketing Association's "Mail Preference Service" at www.dmchoice.org. The \$1 service is only for national mail from DMA members to residential addresses and is good for five years.
- * The credit bureaus offer a toll-free number to "opt-out" of pre-approved credit offers for five years. Call 1-888-5-OPTOUT (567-8688) or visit www.optoutprescreen.com.



For more hints on how to limit junk mail, visit www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt063.shtm

Did you know...

Portsmouth recycles enough paper every 2 years to fill the North Church, including the steeple.



This newsletter was produced by the City of Portsmouth under the direction of City Manager John P. Bohenko, with support from a NH Charitable Foundation grant.

Sustainability Newsletter Committee: Sustainability Coordinator Peter Britz, Recycling Coordinator Silke Psula, City staff member Pat Remick and intern Shannon Rogers.

Printed on 50% recycled, and 100% recyclable, newsprint

Put it to the Test.... How Sustainable Are You?

- You took the “Carbon Challenge” survey at www.nhcarbonchallenge.org!**
A. Of course! B. You plan to and we'll beat Keene!
- You recycle glass, cans, cardboard & paper.**
A. Always B. Often C. Occasionally D. Never
- You use energy-saving light bulbs at home.**
A. All of them B. Most of them C. A few D. None
- You turn off lights when you leave the room, as well as unused devices at night.**
A. Always B. Often C. Occasionally D. Never
- You bring reusable bags when you shop.**
A. Always B. Often C. Occasionally D. Never

If you had:

- 5 A's: You're helping Portsmouth and our world!
- 4 A's: You are doing your part for the environment!
- 3 A's: Great start ~ keep going!
- 2 A's: You are aware, but should try to do more.
- 1 A: See if you can add more "A's" to your life.
- 0 A's: You forgot recycling is mandatory in our city. Consider making other sustainable efforts!

For hints on how to be more sustainable, visit www.nhcarbonchallenge.org