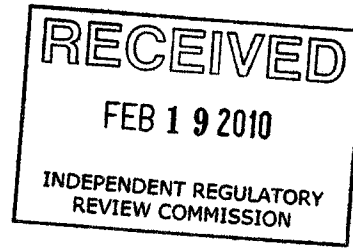


**From:** Ed Haufe [ebearcave@chilitech.net]  
**Sent:** Tuesday, February 09, 2010 8:52 PM  
**To:** EP, RegComments  
**Subject:** Fw: FreshMail



----- Original Message -----

**From:** freshmail@freshlife.com  
**To:** ebearcave@chilitech.net  
**Sent:** Tuesday, February 09, 2010 2:44 AM  
**Subject:** C,mon boys, lets do a good thing whereby people make money AND the earth is o.k. as well.  
 ebearcave@chilitech.net.



*"I think the environment should be put in the category of our national security. Defense of our resources is just as important as defense abroad. Otherwise what is there to defend?" Robert Redford*

February 9, 2010 • Issue 26 • Volume 11

*Good food, a wintertime blues-buster.*

*The Freshlife deli – wholesome variety, reliable integrity*

**Butternut Squash Soup**

A thick, creamy, and slightly sweet soup of locally grown squash simmered with apples and a pinch of curry.

**Texas Chili**

Our incredible locally and ecologically raised Misty Mountain beef simmered with a variety of beans and homegrown bell peppers in a mildly spiced organic tomato broth.

**Aztec Black Bean Salad**

A south of the border salad featuring black beans, corn, sweet red peppers, and fresh organic cilantro.

**Tabbouleh**

A classic Middle-eastern salad made from whole grain bulgur, tomatoes, and fresh herbs in lemon and olive oil vinaigrette.

**Super Stuffed Acorn Squash**

Locally grown acorn squash deliciously stuffed with quinoa, organic veggies, sunflower seeds, lentils, & golden flax seeds.

**Deb's Famous Pork & Sauerkraut**

Locally and humanely raised

FreshMail  Feature Article

**Be a voice for clean water. Only 4 days remain**

Friday is the last day for you to comment on the proposed standards to reduce new TDS (Total Dissolved Solids) discharges into Pennsylvania's rivers. New, enhanced restrictions are recommended by the DEP's Environmental Quality Board in hopes of offsetting the hazard posed to PA streams and rivers from millions of pounds of salt in gas well drilling waste water (also known as frack water). Currently, this water can be dumped in the river without undergoing salt removal, in spite of the fact that additions of TDS are always pollutants in fresh water ecosystems.

Speaking at Lycoming College on January 29<sup>th</sup>, DEP's John Hines clearly indicated he favored backing down on proposed standards for controlling TDS discharges. He cited the economic burden these restrictions could pose to the gas industry and other manufacturers. Although his intent was not clearly defined, he appeared to indicate a somewhat selective poisoning of our rivers rather than the mass toxic overload happening now.

When I attended the day-long Marcellus Muster event in State College recently, PA Representative Bud George reminded us that the gas industry is spending over one million dollars a year trying to convince PA legislators NOT to pass new, tighter, environmental laws. (This is lobby efforts only, campaign contributions amount to millions more.) If there is any hope for environmental protection, you and I must be willing to speak out NOW.

pork slow roasted with sauerkraut, apples, and onions and served with a generous side of mashed potatoes.

**This Week's Fresh-Baked Goodies**

Pumpkin spice muffins  
Apple Cinnamon Streusel muffins

**FreshMail Writers**

The people who bring you FreshMail encourage you to contact them with your opinions, questions and concerns. Visit the "Contact Us" page at [freshlife.com](http://freshlife.com) to e-mail any of our writers.

DEP's comment address and a sample letter appears below. Although the most effective method is to modify the letter with your own comments, every message counts. Feel free to cut and paste to a blank email. Write **25 Code Chapter 95** on the reference line and **BE SURE TO ADD YOUR NAME AND ADDRESS AT THE BOTTOM OF THE MESSAGE.**

**Dear Members of the Environmental Quality Board:**

**RE: 25 Code Chapter 95, Wastewater Treatment Requirements**

**I am writing to ask for full acceptance of the proposed new regulations on TDS discharges into Pennsylvania rivers issued under 25 Code Chapter 95.**

**I believe these new regulations are needed to protect PA's rivers from the increase in TDS discharges brought by drilling in the Marcellus Shale and other industries.**

**The gas exploration industry is very well funded and will not be deterred from their efforts. Regulation is our only hope of protecting the health of Pennsylvania's environment and citizens. The gas industry MUST be made to develop strategies to deal with the waste they create.**

**Please hold the line on the proposed new standards. Any additional TDS are always a pollutant in fresh water systems. Please don't accept the further poisoning of our rivers when the means exist to avoid it. Only through proper regulation can we hope to have sustainability.**

**Thank you**

Send your message via email to the state board at [regcomments@state.pa.us](mailto:regcomments@state.pa.us).

It would also be helpful to send a copy of your letter to each member of the committee as follows:

[aejames@state.pa.us](mailto:aejames@state.pa.us)

[corneliusg@state.pa.us](mailto:corneliusg@state.pa.us)

[abiehler@state.pa.us](mailto:abiehler@state.pa.us)

[rredding@state.pa.us](mailto:rredding@state.pa.us)

[svito@state.pa.us](mailto:svito@state.pa.us)

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[cgeorge@pahouse.net](mailto:cgeorge@pahouse.net)  
[shutchin@pahousegop.com](mailto:shutchin@pahousegop.com)

Thanks for caring enough to invest your time in this way.  
Barb Jarmoska

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