

# Protecting the Vermillion River: Your Recreational Area

Part 26 –Post Construction Stormwater Management

Lafayette Airport Commission  
Lafayette Regional Airport



Picture from the following web site: [nonpoint.deq.louisiana.gov](http://nonpoint.deq.louisiana.gov)

Lafayette Airport Commission

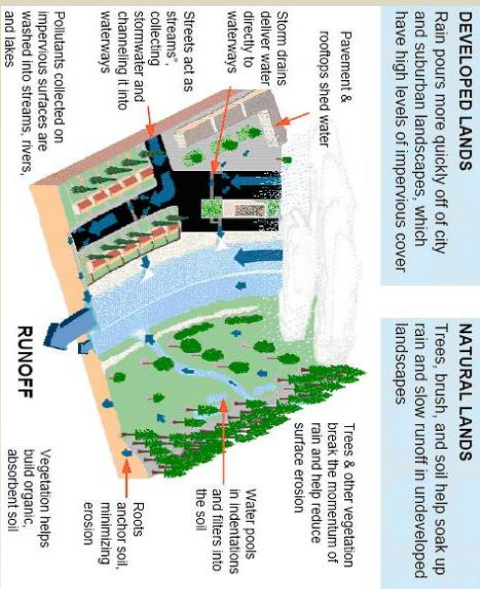
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## Advice About Eating Fish

### What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

- For women of childbearing age (about 16-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.
- Eat 2 to 3 servings of fish a week from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. Do not eat fish from these areas, and do not serve any other fish that week.

### Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The "Best Choices" have the lowest levels of mercury.

### What is a serving?

- To find out, use the following amounts of your hand!
- For an adult, 4 ounces
- For children, ages 4 to 7, 2 ounces

### Best Choices

EAT 2 TO 3 SERVINGS A WEEK

Anchovy	Herring	Scallop
Atlantic croaker	Lochste	Shad
Atlantic mackerel	American and spiny mullet	Shrimp
Black sea bass	Oyster	Snakehead
Brexitfish	Pacific chub mackerel	Sole
Catfish	Pearl, freshwater and ocean	Squid
Cod	Pickrel	Tilapia
Crab	Salmon	Trout, freshwater
Crawfish	Shrimp	Tuna, canned light (includes skipjack)
Flounder	Sardine	Whitefish
Haddock		
Hale		

### Good Choices

EAT 1 SERVING A WEEK

Bluefish	Monfish	Tilefish (Atlantic Ocean)
Burbot	Rockfish	Tuna, albacore/white tuna, canned and fresh/trozen
Carp	Sablefish	Tuna, yellowfin
Chilean sea bass/Paragonian toothfish	Snowflake	Weakfish/seatrout
Groupers	Spanish mackerel	White croaker/Pacific croaker
Halibut	Striped bass (Ocean)	
Kahawai/leopardfish		

### Choices to Avoid

HIGHEST MERCURY LEVELS

King mackerel	Shark	Tilefish (Gulf of Mexico)
Morone	Swordfish	Tuna, bigeye
Orange roughy		

Pictures from the following web sites:

<https://www.fda.gov/Food/foodbornenessContaminants/chemicals/ucm393070.htm>  
and <http://www.jointheevolution.ca/blog/2009/06/22/the-water-that-flows-part-1/>



Picture from the following web site: <http://www.movoto.com/blog/opinions/photos-of-louisiana/>

## What is Post Construction Stormwater?

Post Construction Stormwater refers to the difference in rainwater runoff from an area before and after development. As wilderness areas such as swamps, prairies, and forests are developed into cities, streets and residential areas the amount of water and pollutants that runoff during a rain event into the nearest waterway increases substantially. The increase in runoff leads to flooding, loss of fish, erosion and property loss. Along with the increased runoff come increases in pollutants which enter the waterways. Some of the most common are trash, fertilizers, oils and pesticides. These pollutants can cause increased algae growth and introduce toxic substances into the water and food chain that impact people's ability fish, swim and enjoy our waterways.



Picture from the following web site [http://www.sonomacity.org/Services/Q-Z/Stormwater-Maintenance/Stormwater-Program-Post\\_Construction-Landing-Page.aspx](http://www.sonomacity.org/Services/Q-Z/Stormwater-Maintenance/Stormwater-Program-Post_Construction-Landing-Page.aspx)

## How are Post Construction Stormwater issues being addressed?

The EPA developed a permit system for urbanized cities with certain population levels. These permits require that urbanized areas develop their own programs to manage Post Construction Stormwater runoff in their area. This requires cities to develop codes and ordinances to govern how rainwater drainage is designed when areas are developed or redeveloped.



Picture from the following web site: <https://www.foresteruniversity.com/ProductDetails.aspx?ProductID=278>

## What are some examples of practices being implemented to lessen the impacts?

Around the country cities are enacting a variety of requirements in an attempt to lessen the impacts that development causes on waterways. The most common and most cost effective ways that this is managed is by bring nature back to developed areas by incorporating trees, native plants, wetland area and ponds into designs. These additions slow the flow of rainwater from a site giving the water more time to flow into the soil to replenish groundwater. They can also remove pollutants from the water by filtering or giving pollutants chance to settle out prior to the water flowing into a waterway.



Picture from the following web site: <http://www.bmpdatabase.org/>