

Water in the News



Remember to keep well hydrated with good quality drinking water during the cold and flu season.

Water and Your Body

After air, water is the most essential element for our survival. Water helps in digestion and absorption of food, maintains your body temperature, carries nutrients within the blood, and removes toxins and wastes from the body. Water also serves as a cushion for your joints, organs, and your spinal cord.

Our bodies are about 60%-70% water. People can survive days, weeks or months without food, but only about four days without water. Our bodies require water continually; 250 milliliters are lost just breathing. For the average adult drinking at least 64 oz/2 liters of water everyday is necessary to maintain good health. Although most of this liquid should come from beverages, food supplies some water. Our bodies make water as a by-product in the breakdown of fats, sugars and proteins to produce energy. Without enough water, dehydration occurs causing dizziness, lack of concentration, fatigue and constipation.

Water Quality in the News

Safeguarding Your Drinking Water

The effectiveness of Tucson Water's comprehensive water quality monitoring program was tested again. On January 28, 2004, a drinking water sample collected from the Diamond Bell isolated drinking water system in Altar Valley tested positive for E.coli.

That evening Tucson Water immediately took steps to increase the level of chlorine, confirm the first positive result and notify our customers to stop using tap water for drinking or cooking until further notice. Bottled water was provided until the drinking water serving this community was cleared of any total coliform and E.coli, and met the primary drinking water standard for these bacteria. On Monday, February 1, Tucson Water used door-to-door notices to inform residents that their drinking water was once again safe to use.

The primary drinking water standard for total coliform and E.coli is to not have any bacteria in 100 milliliters of drinking water.

Tucson Water continues to monitor this drinking water system to ensure this doesn't happen again.

EMPACT

EMPACT News – Water Info Now is published by the EMPACT Team led by Tucson Water and provides up-to-date information about water quality in the greater Tucson area. To be added to the mailing list, please call 791-5080, ext. 1372 or email DQuinta1@ci.tucson.az.us.

Esta información está disponible en español. Por favor llame al 791-5080, ext. 1372.

For more information about the EMPACT program for Tucson's water quality reporting, visit the Tucson Water web site at www.cityoftucson.org/water. For more information about the USEPA's EMPACT programs nationwide, visit the EPA website at www.epa.gov/empact.

Partners in Focus

The keys to the EMPACT project are its community focus and the circle of partners that have joined Tucson Water in developing water quality information and communicating about it to citizens. Each issue of EMPACT News will feature one of the project partners.



Peter J. Wierenga,
Director, Water
Resources
Research Center



Joe Gelt, editor of
the "Arizona
Water Resource"
newsletter

University of Arizona Water Resources Research Center (WRRC)

The University of Arizona Water Resources Research Center (WRRC), located within the College of Agriculture and Life Sciences, has a two-fold mission. WRRC offers statewide outreach and education about critical Arizona water issues and provides expertise on state and regional water management and policy matters.

It is in its outreach and education capacity that WRRC has worked with the EMPACT program. WRRC publishes the "Arizona Water Resource" (AWR), a newsletter that provides news and information to the Arizona water community. The bimonthly publication is sent to about 2,500 readers and provides coverage of a wide range of state water issues, activities and programs, including EMPACT.

AWR's coverage of EMPACT serves several purposes. Since it is a newsletter specializing in state water affairs, AWR can provide more in-depth coverage of EMPACT activities than the regular news media.

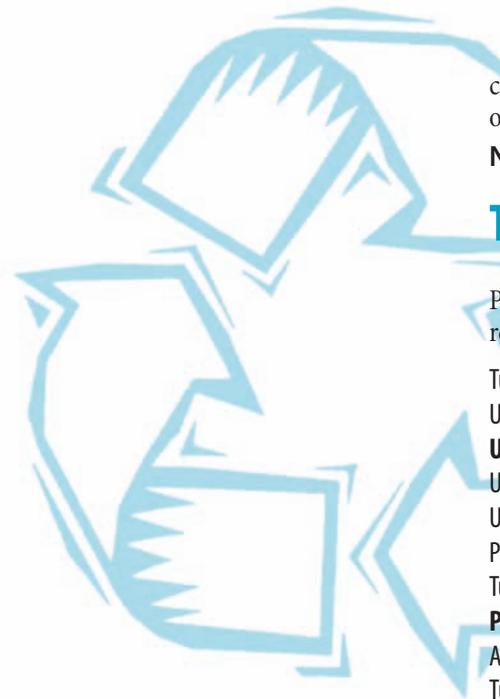
The WRRC's spring conference will be held in Casa Grande, April 28th on "The Future of Agricultural Water Use in Arizona". For information on the conference or other WRRC activities go to www.cals.arizona.edu/azwater or call 520-797-9591.

Pima County Wastewater Management (PCWWM)—PART ONE The Grease Problem

Pima County's infamous Grease Monster is contemplating its next move to educate the community on the perils of fats, oil and grease when poured into the sanitary sewer collection system. Sewer backups caused by people disposing of cooking grease by pouring it down their drains has created a national problem on the verge of an epidemic for wastewater utilities.

The Environmental Protection Agency has recognized the increased threat Sanitary Sewer Overflows (SSO) pose to the public health and our environment, and is proposing stiffer regulations in the event of overflows. In addition to the health issues, sewer overflows are expensive, costing the wastewater department roughly \$2,000 per incident in equipment use and manpower hours. The cost for addressing grease-related sanitary sewer overflows in Pima County exceeds \$100,000 annually.

According to Jon Schladweiler, Pima County Wastewater Management's Deputy Director, "Our sewer systems are getting older, larger, and more of a challenge to properly maintain." Between Thanksgiving and New Years the number of SSO's historically increases. In 2002 more than 60% of all SSO's attributable to grease occurred during this time period.



For more information about Pima County's "SOS Save Our Sewers Campaign", contact the Pima County Wastewater Management Department, (520) 740-6500 or www.wwm.co.pima.az.us.

Next issue: PART TWO: THE SOLUTION

Tucson Water's EMPACT Community Partners

These organizations have joined with Tucson Water in the EMPACT Program to develop and communicate water quality information to the residents of Tucson.

Tucson Unified School District

U. of A., Department of Soil, Water & Environmental Science

U. of A., Water Resources Research Center

U. of A., Southwest Environmental Health Sciences Center

U. of A., National Science Foundation, Water Quality Center

Pima County Health Department

Tucson Hispanic Chamber of Commerce

Pima County Wastewater Management Department

Arizona Department of Environmental Quality

Tucson-Pima Public Library

City of Tucson Department of Neighborhood Resources

Tucson Water Tracks Water Quality

What essential product that you rely on every day is tested for purity an average of every 60 seconds, 24 hours a day? Your drinking water!

The USEPA requires that all public water utilities issue a drinking water quality report to their customers every year as part of the Safe Drinking Water Act. This is a single report that provides water quality data to you in an understandable manner on your drinking water. These reports are also known as Consumer Confidence Reports (CCR).

For a copy of the 2002 Annual Water Quality Report or CCR, call the utility's Public Information Office at 791-4331 or visit www.cityoftucson.org/water and click on Water Quality.

