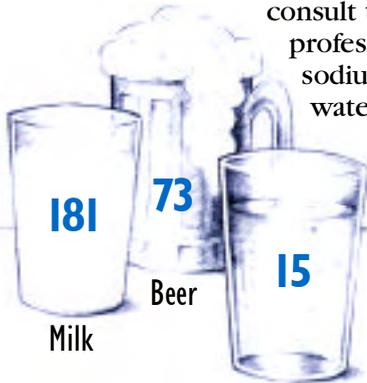


## Water 101

# Sodium & Fluoride

*Continued from Front*

1000 to 2000 milligrams per day. Persons on severely restricted sodium diets may want to consult their health professional regarding sodium levels in water, but it's



*Average milligrams of Sodium in a 12-oz. glass\*\**

## Fluoride

The water delivered by Tucson Water has a naturally occurring average fluoride level of 0.4 mg/L. The United States Environmental Protection Agency (USEPA) has set a maximum drinking water standard for fluoride of 4 mg/L and a secondary standard of 2 mg/L. At low levels, fluoride can provide protection against tooth decay by increasing the durability of tooth enamel. Fluoride levels in Tucson vary depending on your location. You can find the level near your home or business by visiting our Water Quality website - [www.ci.tucson.az.us/water/water\\_quality/water\\_quality.htm](http://www.ci.tucson.az.us/water/water_quality/water_quality.htm).

Water fluoridation has increased in the state of Arizona. In the 1990's, the cities of Phoenix and Glendale began water fluoridation, joining Tempe, Bisbee and Chandler. Tucson Water is not planning to add fluoride to the drinking water we supply.

**\*\*One milligram per liter is the same as one part per million. See Groundwater Quality Report inside.**

## Your WATER Connection

News & Tips for Tucson Water Customers

## Water 101

# Your Water at Home— Part II: Sodium & Fluoride

*Water 101 is presenting an on-going series about aspects of water quality and how they affect customers' daily lives. This month we'll talk about sodium and fluoride in your water.*

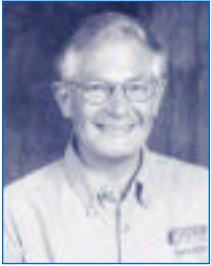
Both sodium and fluoride are naturally occurring minerals found in varying amounts in drinking water around the world.

## Sodium (salt)

Less than 1 percent of your daily salt intake comes from drinking water. Food usually is the most significant source of sodium in a person's diet. Our water in Tucson averages about 40 milligrams per liter (mg/L) of sodium. While sodium in drinking water is not regulated, it may be a concern for persons on a low or restricted sodium diet. The U.S. Food and Drug Administration recommends a daily sodium intake of no more than 2400 milligrams. Low sodium diets are typically between

*Continued on Back*

September 2003 <http://www.cityoftucson.org/water/>



# On the Water Front

For many years, Tucson Water and its customers have worked hard to protect our environment by reducing the amount of groundwater pumped from our depleted water table. Water

conservation has been a strong ethic in our community for decades and we have one of the lowest per person usage rates in the southwest. For nearly 20 years, we've used reclaimed wastewater to replace the use of drinking water for irrigation and industrial activities, and our reclaimed system is serving more customers every year. Since 2001, the delivery of blended water from the Clearwater project has allowed Tucson Water to shut down the majority of its wells in central Tucson, and the water table beneath the City is rising.

These efforts depend upon all of us working together to make sure that we use our precious groundwater in the wisest way possible. However, in addition to Tucson Water and the other major water providers in the Tucson metro area, there are also thousands of private wells that pump groundwater from the same source. Individually, each well does not have a large impact on water levels, but taken together, they have a significant effect.



Many of these private wells have been in service for a long time. But recently, in response to Tucson Water's conservation-oriented rate structure, which charges higher rates to heavy water users, some Tucsonans who use a great deal of water have decided to drill their own groundwater wells to avoid paying those higher water bills.

Under current state law, drilling new private wells is legal, but it is not good water resource management for our desert community. For several years, Tucson Water has been working with our state legislators to make it more difficult for private parties within Tucson Water's service area to drill and operate their own wells, unless

Tucson Water cannot provide them with water service, and to prohibit new wells in sensitive riparian areas.

If we all continue to work together to make wise decisions about our water resources, Tucson can look forward to a secure water future. Ensuring that our groundwater is well-managed on your behalf is a responsibility that my colleagues at Tucson Water and I take very seriously.

David V. Modeer  
Director, Tucson Water

## Clearwater Quality Report - August 2003

- 48\* Sodium (ppm)
- 277.5 Mineral Content (ppm)
- 105\*\* Hardness (ppm)
- 8.1 pH (units)
- Neg\* Coliform Bacteria
- 0.97 Chlorine level average (ppm)
- 80.3 Temp (deg F)

\* Values for July 2003; \*\* Values for June 2003

Visit the Tucson Water Web Site at <http://www.cityoftucson.org/water>

Your Water Connection is produced by Tucson Water. To receive a copy, or to receive this information in Spanish, call 791-4331 or mail your request to: Tucson Water, Customer Information, P.O. Box 27210, Tucson, AZ 85726-7210.

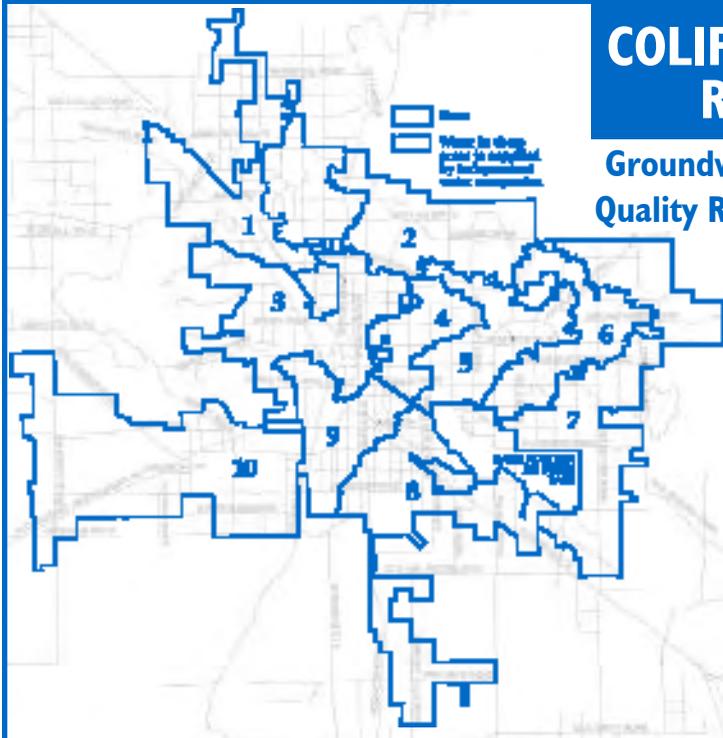
City of Tucson TTY number: 791-2639



Si usted desea este documento escrito en español, por favor, llame al 791-4331.

# GROUNDWATER QUALITY REPORT - June 2003

Water Quality Zone		1	2	3	4	5	6	7	8	9	10	System Wide
Sodium (ppm)	Average Range	50 35-67	47 46-48	49 24-62	41 28-48	39 29-47	41 29-49	31 25-43	43 40-47	55 42-99	41 40-42	43 24-99
Mineral Content (ppm)	Average Range	415 182-309	286 268-303	316 197-437	249 182-424	249 172-308	263 207-295	233 180-274	349 275-436	278 214-409	217 214-220	278 172-609
Hardness (ppm)	Average Range	146 64-182	118 106-130	135 99-201	98 82-113	112 79-146	116 87-135	110 86-121	179 121-266	115 78-176	77 75-78	122 64-266
pH (units)	Average Range	7.5 7.2-8.1	7.9 7.7-8.1	7.7 7.0-8.0	7.8 7.4-8.1	7.6 7.0-7.9	7.7 6.9-8.0	7.6 7.1-7.9	7.3 7.0-7.5	7.7 7.3-8.0	7.5 7.3-7.9	7.7 6.9-8.1
Temperature (deg F)	Average Range	84 78-90	89 87-92	86 77-95	88 79-94	86 76-92	86 74-92	86 83-89	87 82-94	89 84-95	89 87-91	87 74-95



## COLIFORM BACTERIA TESTING RESULTS - June 2003

### Groundwater Quality Report



### Chlorine Level Average

Target = 0.8 to 1.2 ppm

Monthly Average 0.7 ppm

146 Sample Points



“PPM” means one part per million; 1 ppm = 1 teaspoon in 1,302 gallons

To give you a more accurate measurement of the water quality in your neighborhood, the Tucson Water service area has been divided into 10 zones

based on differences in water pressure and water quality. For a detailed description of the zone boundaries, call 791-4331.



# Are Mosquitoes Bugging You?

If you're seeing mosquitoes around your home, they're almost certainly "locally born and bred." Mosquitoes breed in standing water so eliminating places where water sits is the key to preventing new generations of mosquitoes. In just a couple of days, eggs laid in standing water will hatch into noticeable mosquito larvae that "wiggle" when disturbed and are easy to identify.

Rainfall creates standing water, but hoses, water sprinklers, swamp coolers and anything that allows water to accumulate does the same thing. Watch bird baths, pet watering dishes, saucers under potted plants, wheelbarrows, buckets, non-circulating swimming pools (look in skimmers), plastic wading pools, tin cans, old tires, clogged rain gutters, watering cans and plants rooting in water. Even cup holders on exercise equipment may hold enough water to breed mosquitoes. Decorative ponds may also be the culprits. Look for standing water conditions indoors also.

A change of water every few days will eliminate the problem. Keep items that hold water inverted when not in use, cover them, or eliminate them. Get rid of your standing water and you'll see fewer mosquitoes.

Tucson Water is doing our part too. The Mosquito Abatement Program at the Sweetwater Wetlands has been so successful that today there are fewer mosquitoes in the area than there were before we constructed the facility in 1998. A combination of a targeted larvacide that kills only mosquito larvae and leaves other creatures unaffected, periodic controlled burns to eliminate dead vegetation where mosquitoes can breed, and use of a low level pesticide when necessary, have been used to effectively control mosquitoes.

For more information about mosquitoes, West Nile Virus and other related issues, visit Tucson Water's web site at [www.cityoftucson.org/water](http://www.cityoftucson.org/water) and the website of the Pima County Health Department at [www.pimahealth.org](http://www.pimahealth.org).

## Conservation Corner

### Save Water/Save Dollars – Water Conservation Tips

Learn to be **Water\$mart**. Tucson Water helps sponsor a series of free workshops that will teach you how to reduce your water use and reduce your water bill. The Water\$mart Workshop series is presented by the University of Arizona Pima County Extension Services and can teach you how you can have a beautiful yard while keeping your water use low. Call Tucson Water today at 791-4331 to register for a free workshop.

**September 27, 2003 (Saturday)**

**Pima County Cooperative Extension**

4210 N. Campbell Avenue

9:00a.m.-12:00p.m. . . . . \*Hands-On Drip Irrigation

1:00p.m.-3:00p.m. . . . . Irrigation Timers

**October 8, 2003 (Wednesday)**

**Tucson Botanical Gardens (Porter Hall)**

2150 N. Alvernon Way

9:00a.m.-12:00p.m. . . . . Desert Landscaping

**\*Participants MUST register for this class at 622-7701.**