

2010

Reduce Your Carbon **Footprint** 

#### **Drink Tap Water!**

- 86% of plastic water bottles used in the U.S. become garbage or litter
- 40% of bottled water begins as tap water
- It can take up to 1,000 years for buried plastic water make payments online bottles to biodegrade

Sources: Container Recycling Institute and Earth Policy Institute

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# Auburn Water System, Inc

CONFIDENCE

REPORT

#### **IMPORTANT INFORMATION:**

Annual Meeting: July 18, 2011 at 6:00 pm Located at Auburn Water System, Inc

#### Reminder

for

**Past Due Accounts** 

Please call the office

"Do not"

#### **RECONNECTIONS:**

Reconnections due to non-payment need to be paid in person, or you may call the office to make payment. No reconnections will be performed until payment is verified.

Payments made on our web site may take up to 72 hours to post to your account.

#### Our web site:

www.auburnwatersystem.com is available for information, forms, and online payments which may take up to 72 hours to post to your account.

Other forms of online payments may take up to two weeks or longer to get to us, so please give time for payment to reach us.



Water is our most precious commodity

#### **Office hours:**

8:00 am to 4:00 pm Monday through Friday

#### **Closed Holidays:**

New Years Day,

Martin Luther King Jr. Day, Memorial Day, Independence Day,

Labor Day,

Veterans' Day,

**Thanksgiving Day** and the day after,

Christmas Eve and **Christmas Day** 

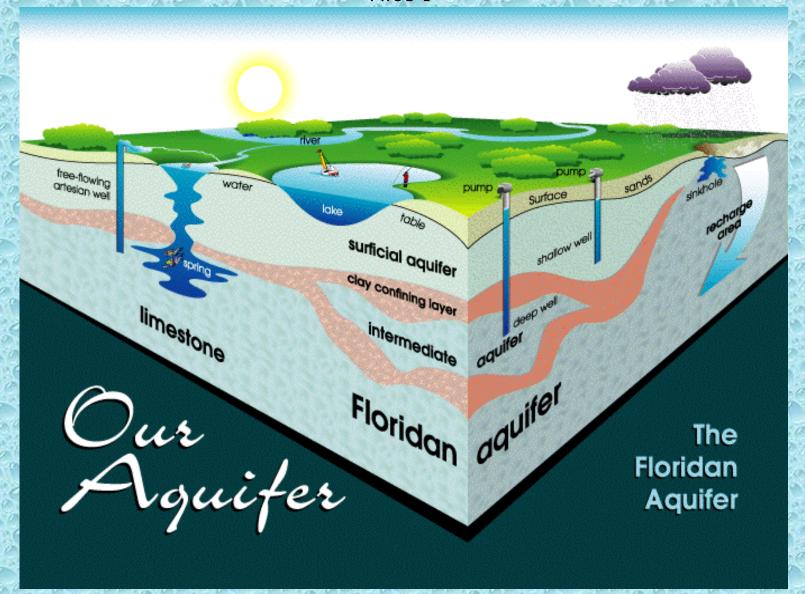
If the holiday falls on a Saturday we will be closed on the previous Friday, if it falls on a Sunday it will be on the following Monday

### CROSS-CONNECTION **CONTROL / BACKFLOW** PREVENTION INFORMATION

Florida Department of Environmental Protection requires all public water systems to have in place a Cross-Connection Control/ **Backflow Prevention** Program. One of purposes of this program is to promote the elimination or control of existing cross actual connections, or between potential, the property owner's on-site

potable water system plumbing fixtures industrial The complete Backflow/Cross available upon request as a Auburn Water System, Inc Cross answers to some common Connection Control Program on questions are on page 10.

potable water system (s) and non all Backflow Prevention Devises (s), annually. Auburn Water System, Inc will be the one to provide the piping systems, and irrigation testing, performed by a certified technician. There is a fee for this Connection Control Policy of service, which will be billed to Auburn Water System, Inc. is your account when the successful testing has been completed. You separate document. Inspections will be notified if your device are required by the Department does not meet standards required of Environmental Protection and by the code. Information &



#### **Water Conservation Facts**

Today, Auburn Water System pumps your water from the Floridan Aquifer. Conserving this natural resource is vital. In the future, our aquifer will reach a point where no increase in demand can be placed upon it. At that point, Auburn Water System will have to find additional sources of drinking water. Any other source will cost our customers more. The more we conserve now, the further off in the future that day will be.

- Conservation helps to reduce the demand on our water source, the Floridan Aquifer, and is a sustainable solution to reduce the need to find expensive alternative water sources.
- Over the long term, conservation will help to keep rates lower longer because we can delay undertaking more expensive means of getting water.
- Other water source alternatives cost 5 14 times more than taking water from the aquifer with desalination of seawater being the most expensive.

# WATER CONSERVATION There are a number of ways to save water, and they all start with you

Bathing  New Toilets  Older Toilets	BATHROOM:  Take a 5 minute shower instead of a bath Install a low-flow shower head to reduce water use by 50%  Bath in a tub less than ½ filled with water	About 15 gallons About 3 gallons per min per			
New Toilets	Install a low-flow shower head to reduce water use by 50%				
Older Toilets	1.6 Gallons per flush rather than 6 galls	Almost 4 gallons per flush			
, Older Tollets	Put a water-filled plastic jug in toilet, tank, away from working parts	2 gallons per flush			
All Toilets	Flush ½ as often as before Don't use toilet as a wastebasket, flush when essential	least 12 gallons per day per person At least 12 gallons per day per person			
Sink- Brushing teeth Sink- shaving Sink- faucet	Use a cup full of water instead of running tap Instead of running water, partially fill basin and use stopper replace older models	10 or more gallons per brushing 3 gallons per shave 2.5 gallons per minute per person			
	KITCHEN				
Dishwashing by hand	Hand wash in a filled basin, not with running water	25 gallons per load			
Dishwasher	Wait until you have a full load and only run once a day Run load on short cycle (7-8 gal rather than 10-12)	10-12 gallons each cycle not run 3-4 gallons per load			
Faucet	Install a low flow faucet	2.5 gallons per minute			
Drinking water	Keep a pitcher of cold water in the refrigerator instead of running it at the tap until it cools	2 gallons per drink			
Cleaning foods	Use a brush & bowl full of water instead of running water over fruits & vegetables	2-10 gallons per meal			
Thawing foods	Thaw frozen food in refrigerator not under running water	5 gallons or more per meal			
	LAUNDRY ROOM:				
	Purchase one with water saving features; load size selector; & variable	about 10-20 gallons per load			
Washing Machine	water level controls Choose a front loading washer; these use 1/3 less water (and 2/3 less soap) than top loaders Wait until you have a full load to wash  HEATING – COOLING	As much as 30 gallons per load			
Water	Insulate hot water pipes in older homes so you don't run water waiting for	0			
Water pipes	it to get hot	8 gallons per person per day			
Cooler	Install a recirculation water pump on it to reduce water use  LAWN & GARDEN	20 gallons or more per hour			
Watering:	Unless water is rationed, deep soak garden once weekly rather than sprinkle lightly several times a week Water at night or morning to prevent rapid evaporation during heat of day Use a nozzle which can be shut-off or adjusted to a fine spray	over 50 gallons a week in summer 35 gallons per ½ Acre per watering 5 gallons per min			
	BACKYARD				
Clean ups:	Use a broom or rake rather than a hose to remove leaves and debris from driveway, walk, patio and pool decks	40 gallons per 5 min of work			
Swimming pool:	Cover pool to slow down the evaporation of water from it	average sized, saves equivalent of its volume each year			
,	IN THE GARAGE  Wash car at home, rather than at car wash, many of which use 10% more	500			
Washing car:	<ul><li>500 gallons per wash</li><li>85 gallons or more per wash</li></ul>				



## Notice of candidacy for the Board of Directors

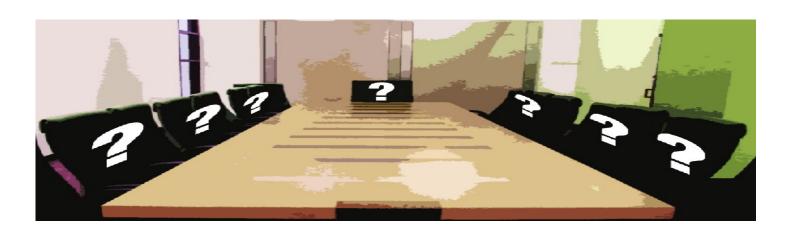


Auburn Water System is a Non-Profit Corporation and your voice as members are very important. This letter is to inform you of the process used to elect the Board of Directors.

Auburn Water has seven members elected by the members to serve as Directors for a three year term. To ensure continuity of the Board of Directors, terms of office are staggered. This year the three year terms for office expire for Dwain Wood and Donald Cadenhead. The nomination process is open to all members who have an active account and desire to serve. If you wish to be considered as a candidate for office, the nomination must be submitted to Auburn Water on the form we provide. If you desire to run, pick up your nomination form at the Auburn Water System office or call the office to request that the form be mailed or faxed to you. You can also down load the form from our web site at <a href="https://www.auburnwatersystem.com">www.auburnwatersystem.com</a>. All nominations must be received by Auburn Water by the close of business on the third Monday in May (May 16, 2011), at which time nominations will close.

The nominating committee will prepare a slate of candidates based on the forms received. If more than two candidates apply, ballots will be mailed to each member. The two candidates with the highest votes will fill the open 3 year terms. Your completed ballots must be received by Auburn Water no later than July 08, 2011, ten days prior to the annual meeting. This year's annual meeting is scheduled for 6:00 pm on July 18, 2011 at Auburn Water System.

Working together we can continue to provide for our water needs in a cost effective and safe manner.



## Message from the President

Even during the downturn in the real estate market in our area, Auburn Water has continued to have substantial growth. The month of January this year saw the largest increase of new members, in the last several years, to join Auburn Water.

Over the past several years, we experienced cramped office space Cadenhead and could not continue to serve our customers effectively. For that reason, the board of directors secured a low interest loan from the Florida Department of Environmental Protection to construct a new office building. We had our ribbon cutting and dedicated the Wes Corkins Board Room in memory of Wes Corkins, Sr. on February 16<sup>th</sup> of this year.

In August of 2010 our office manager, Julie Hooks was selected the Office Manager of the Year for The Florida Rural Water Association. We are proud of Julie and her employment at Auburn Water. You may remember in August of 2008, Doug Sims, our General Manager, was chosen The Systems Manager of the Year for Florida Rural Water Association and Auburn Water was chosen to have "The Best Tasting Water" in the State of Florida by the Florida Rural Water Association. Also in 2009, Richard Laux was selected as the Outside Operations Manager of the Year for Florida Rural Water.

The employees and board of directors of Auburn Water System are striving to continue to provide safe, clean, and great tasting water to almost 6,000 homes and businesses at the lowest cost possible to you the members of our great system.

We would love for you to come by and see your new facilities and find out what really goes on day to day at Auburn Water.



## 2010 Annual Drinking Water 2010 Quality Report Auburn Water System, Inc.

We're pleased to present to you this year's Annual Water Quality Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Our water source is ground water from 6 wells. The wells draw from the Floridan Aquifer. Because of the excellent quality of our water, the only treatment required is chlorine for disinfection purposes.

In 2009 the Department of Environmental Protection performed a Source Water Assessment on our system and a search of the data sources indicated no potential sources of contamination near our wells. The assessment results are available on the FDEP Source Water, Assessment and Protection Program website at www.dep.state.fl.us/swapp/

If you have any questions about this report or concerning your water utility, please contact Doug Sims, General Manager or Richard E. Laux, Operations Manager at 850-682-3413 or 682-1258. We encourage our valued customers to be informed about their water utility. If you want to learn more, please attend any of our regularly scheduled Board meetings. They are held on the third Monday of each month at 6:00 pm in the Board of Directors Room, 3097 Locke Lane, Crestview, Florida.

In the table to the right, you may find unfamiliar terms and abbreviations. To help you better understand these terms we've provided the following definitions:

Meter Size I	Base Rate \$18.10	Eor Larger						
1 Inch	\$23.90	Meter Base Rates Please Call Our						
1.5 Inch	\$28.00 Cus	stomer Service Department						
2 Inch	\$39.25							
* * * * * * * *	and the second second second							
Usage Blocks f	or Potable Water-C	ommercial or Residential						
<u> Gallons</u>	Price per t	e per thousand gallons						
3,001-6,000	\$2.90	Per thousand gallons						
<b>6,001-9,000</b>	\$3.25	Per thousand gallons						
9,001-12,000	\$3.65	Per thousand gallons						
12,001-15,000	\$4.05	Per thousand gallons						
<b>&gt;15,000</b>	\$4.55	Per thousand gallons						

#### Maximum Contaminant Level or MCL:

The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

#### **Maximum Contaminant Level Goal or MCLG:**

The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

#### **Action Level (AL):**

The concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system must follow.

#### **Initial Distribution System Evaluation (IDSE):**

An important part of the Stage 2 Disinfection Byproducts Rule (DBPR). The IDSE is a one-time study conducted by water systems to identify distribution system locations with high concentrations of trihalomethanes (THMs) and haloacetic acids (HAAs). Water systems will use results from the IDSE, in conjunction with their Stage 1 DBPR compliance monitoring data, to select compliance monitoring locations for the Stage 2 DBPR.

#### Maximum residual disinfectant level or MRDL: The

highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

#### Maximum residual disinfectant level yoal or MRDLG:

The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

means not detected and indicates that the substance was not found by laboratory analysis.

#### Parts per billion (ppb) or Micrograms per liter (µg/l) –

one part by weight of analyte to 1 billion parts by weight of the water sample.

#### Parts per million (ppm) or Milligrams per liter (mg/l) -

one part by weight of analyte to 1 million parts by weight of the water sample.

#### Picocurie per liter (pCi/L) -

measure of the radioactivity in water.

Auburn Water System Inc. routinely monitors for contaminants in your drinking water according to Federal and State laws, rules, and regulations. Except where indicated otherwise, this report is based on the results of our monitoring for the period of January 1 to December 31, 2010. Data obtained before January 1, 2010, and presented in this report are from the most recent testing done in accordance with the laws, rules, and regulations.

2010 CONTAMINANTS TABLE													
Microbiological Contaminants													
Contaminant and Unit of Measurement	5	Dates of sampling mo. / yr.)	MCL Violatio Y/N	n Mon	Highest Monthly MCLG Number  MCLG			Likely Source of Contamination					
Total Coliform Bacteria		an-Dec 10		2		0		For systems collecting samples per month: pre coliform bacteria in 1 s during a month.		onth: pres eria in 1 sa	resence of		Naturally present in the environment
Contaminant and Unit of Measurement Dates of sampling (mo. / yr.)			MCL Violation Y/N	Violation Level Detected			Range of Results MCLG		MCL	ICL Likely Source of Contamination			
Radioactive Co		inants									_		
Radium 226 + 228 or combined radium (pC	Ci / L)		arch 08	N	N 0.9			ND-0.9 0		5	Erosion of natural deposits		
Inorganic Cont	amin	ants											
Arsenic (ppb)		Arsei	nic (ppb)	N		4.0		2.0-4	4.0	0	Erosion of natural deposits; runoff from orchards; runoff from glass and electronics production wastes		sits; runoff from ards; runoff from and electronics uction wastes
Barium (ppm)		Bariu	ım (ppm)	N	0	.023		0.003-0	0.023	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits		es; discharge from l refineries; erosion
Fluoride (ppm)		Fluor	ide (ppm)	N	(	).14		0.12-0.14 4		4	Erosion of natural deposits; discharge fro fertilizer and aluminur factories. Water additi which promotes strong teeth when at optimum levels between 0.7 and 1.3 ppm		sits; discharge from izer and aluminum ories. Water additive h promotes strong when at optimum s between 0.7 and opm
Sodium (ppm)		Sodiu	ım (ppm)	N		6.0		2.0-6.0 N/A		N/A	160		water intrusion, ning from soil
Stage 1 Disinfectant/Disinfection By-Product (D/DBP) Parameters													
Disinfectant or Contaminant and Unit of Measurement	sai	ates of mpling o. / yr.)	MCL or MRDL Violation Y/N	Level Detected	Rang of Resul			CLG or CDLG	or Likely Source of Con		of Contamination		
Chlorine(ppm)	Jan-	-Dec 10	N	1.41	1.1-1.	.76 N	MRI	DGL=4 MRDL=4		DL=4.0	Water additive used to control microbes		
Haloacetic Acids (five) (HAA5) (ppb)	Ju	ıly-10	N	6.3	5.6-7	'.2	N	NA	MCL=60		By-product of drinking water disinfection		
TTHM [Total trihalomethanes] (ppb)	Jı	uly-10	N	5.7	2.8-11	1.2	N	NA MCL = 80		By-product of drinking water disinfection			
Lead and Copper (Tap Water)													
Contaminant and Unit of Measurement	Dat sam	es of pling ./yr.)	AL Exceeded Y/N	90th Percentile Result	sites e	samplir xceedin e AL		MCLG AL (Action Level) Likely Source of Contant		f Contamination			
Copper (tap water) (ppm)	Jun-S	ept 10	N	0.18	0 (	OF 30		1.3 1.3		Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives			

2

Ν

0 OF 30

0

15

Lead (tap water)

(ppb)

Jun-Sept 10

Corrosion of household plumbing

systems, erosion of natural deposits

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

- (A) Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- (B) Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- (C) Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.
- (D) Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff, and septic systems.
- (E) Radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.

#### Microbiological Contaminants:

Auburn Water System, Inc had an MCL violation for Total coliform bacteria in April 2010. The sites were immediately retested with all repeats testing negative (no bacteria present). Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful, bacteria may be present. When coliforms are found in more samples than allowed there is a warning of potential problems. The bacteriological sampling procedures for this system were reviewed and modified in hopes of ensuring compliance in the future. All other distribution samples taken during the year were negative, (no bacteria present).

In order to ensure that tap water is safe to drink, the EPA prescribes regulations, which limit the amount of certain contaminants in water provided by public water systems. The Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

In our continuing efforts to maintain a safe and dependable water supply it may be necessary to make improvements in your water system. The costs of these improvements may be reflected in the rate structure. Rate adjustments may be necessary in order to address these improvements.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Auburn Water System, Inc is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at http://www.epa.gov/safewater/lead

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

We at Auburn Water System, Inc. work around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future.

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### **High Water Bill Got You Seeing Red?**

- \$ Locate your water meter. It is normally found at the property line in the front yard.
- \$ Be sure that no one is using water. Read and record your meter reading.
- Sometimes meters have a hand that looks somewhat like a second hand on a watch. There may also be a small triangle or a star shaped device on the dial (look at the illustration at the right). If it is moving, water is leaking. Note its position. Observe the position of this hand for 2 to 3 minutes. If it moves, there is a leak.
- \$ All of our Water Meters have digits you can read. To check for a leak by reading the digits; Make sure that icemakers and any other type of automatic water devices are turned off. Read your meter, wait about 30 minutes to an hour without using water and read the meter again. Subtract the difference. This number represents the size of the leak.
- Some leaks are very small. A leak that runs 24 hours a day will add up to a large water bill.
- \$ If the leak is very small you can determine the size of a leak, read your meter before you leave for work or before going to bed—any long period of time when there will be no water usage (Be sure that icemakers and any other type of automatic water devices are turned off). After several hours, read the meter again. Subtract the difference. This number represents the size of the leak.
- \$ You may have a water cut-off valve inside your house. If so, close the valve.

  If the meter is still moving, your leak is between the meter and the valve location. Look for wet spots in the yard. This type of leak is often difficult to locate, so you may need to call your local plumber.
- \$ If the meter flow indicator hand stops when the cut-off valve is closed, the leak is in the house beyond the cut-off valve. Turn the valve back on and check under the house for leaks.
- \$ Check the water level in the commode. It should be at least 1/2 inch below the top of the overflow tube.
- \$ A leak may occur in the water supply line from the meter to your house and you may not be able to see where the leak is occurring, especially if the line crack is on the bottom of the pipe. Our sandy soils absorb water quickly and a leak may go unnoticed if it is located in the water supply pipe.



## Have a leak repaired quickly! You are responsible for all the water that goes through your meter. Delaying repairs can be costly!



Leak S	ize Example	Gallons Per Day	Gallons Per Month	Cubic Feet per Quarter		
	A dripping leak consumes:	15 gallons	450 gallons	180 Cubic Feet		
	A 1/32 in. leak consumes:	264 gallons	7,920 gallons	3,168 Cubic feet		
	A 1/16 in. leak consumes:	943 gallons	28,300 gallons	11,319 Cubic Feet		
•	A 1/8 in. leak consumes:	3,806 gallons	114,200 gallons	45,681 Cubic Feet		
•	A 1/4 in. leak consumes:	15,226 gallons	456,800 gallons	182,721 Cubic feet		
0	A 1/2 in. leak consumes:	60,900 gallons	1,827,000 gallons	730,800 Cubic Feet		





#### General Manager Message from the



#### "The Importance of Water"

- Water carries nutrients and oxygen to all cells in the body and facilitates all of the chemical processes which occur in the body. Water plays a role in the prevention of disease. Drinking adequate amounts of water can reduce the risk of colon and bladder cancer significantly, and some studies have suggested that water may also decrease the risk of breast cancer.
- Next to air (oxygen), water is the most essential element to human life; the body usually cannot survive longer than several days without water (a maximum of 1 week).
- Water makes up greater than 2/3 of the weight of the human body; the brain is 75% water, blood is 83% water, bones are 22% water, muscles are 75% water, and the lungs are 90% water.
- Water is essential for the efficient elimination of waste products through the kidneys.
- Water regulates body temperature (through perspiration).
- Sims Water serves a lubricant; water forms fluids surrounding joints and bones, providing cushioning for the joints.
- Water prevents and alleviates constipation (by moving food through the intestines and eliminating waste products).
- Water plays a role in regulating metabolism.
- Water forms the base for saliva (necessary for consuming and digesting food).
- Water carries nutrients and oxygen to all cells in the body and facilitates all of the chemical processes which occur in the body. Water plays a role in the prevention of disease. Drinking adequate amounts of water can reduce the risk of colon and bladder cancer significantly, and some studies have suggested that water may also decrease the risk of breast cancer.

#### When the Human Body Does not Get Enough Water:

- A decrease of as little as 2% in our body's water supply can have harmful effects and cause symptoms of dehydration, such as daytime fatigue, excess thirst, fuzzy memory, difficulty focusing on tasks and simple math, lightheadedness, and nausea.
- It has been estimated that 75% of Americans have mild, chronic dehydration (excessive daytime fatigue is the major symptom).
- A 10% decrease in water will produce significant health risks. A week without water will surely result in death.

#### The Role of Water in Your Diet and Weight Loss Efforts:

- The initial weight loss on diets is mostly due to the loss of water, and you need to replace that water in order to prevent dehydration.
- Your body requires a lot of water every day; sometimes the body's signals for thirst are misinterpreted as hunger pangs, causing you to pick up something to eat instead of a glass of water.
- Many foods have high water content; approximately 40% of our daily water intake actually comes from food. Your body may signal that it is hungry in order to get more water through food. This would be OK, except for the fact that this excess food supplies excess calories in addition to water. If you're feeling hunger pangs, it's best to drink a large glass of water, wait 20 minutes, and then decide if you are truly hungry.
- Drinking water can help to fill you up and prevent you from overeating.
- As you increase muscle mass through exercise, your body will burn more fat (muscles actually assist the body in burning fat). Muscle is made up of more water than fat is, so water becomes even more important as you become more active; dehydration slows down the fat-burning activity of muscles.
- Water helps to maintain the muscle tone and lubricate the joints, helping to reduce muscle fatigue and soreness during exercise.
- Burning calories and fat creates toxins, and water is essential to the process of flushing them out of your body through the kidneys.
- Drinking an adequate amount of water will actually decrease your tendency to retain fluids.
- Dehydration results in a decrease in your blood volume, leading to a reduced supply of blood and oxygen to the muscles, causing you to feel tired.
- Caffeine (coffee, tea, chocolate, some sodas) has a diuretic effect; for every cup of coffee, you need an additional cup of plain water to counteract this effect. The same goes for alcoholic beverages. When you are eating a healthy, high-fiber diet you need additional water to dissolve the fiber in your body, helping it to move through the intestinal tract.

#### How Much Water is Needed Daily?

- You need to drink at least enough water daily to replace the water that the body normally loses through perspiration, waste removal, and other functions (such as water lost as vapors by the lungs as air is exhaled).
- You will lose more water, and need to replace more water, if it is very hot outside; you exercise vigorously, drink a lot of caffeinated or alcoholic beverages, have a fever, or are losing water through vomiting or diarrhea.
- You need at least 2 quarts, or 8-10 (8 ounce) glasses of water daily; this is the minimum. If you exercise, especially in hot weather, you should increase this to 3-4 quarts.

#### Tips on Drinking Enough Water:

- Start your day off by drinking 1-2 glasses of water every morning.
- Drink water before you feel thirsty; if the thirst mechanism is set off, then you are already mildly dehydrated.
- Drink a few glasses of water before exercising, and drink several ounces of water frequently during your workout.
- Drink pure water. Water you get from your public supply is tested annually and the results are provided to all customers in the Consumer Confidence Report.
- Avoid juices which are high in sugar content.
- Diet sodas and other beverages containing artificial sweeteners may cause you to retain more fluid; these should be avoided



## Precautionary Boil Water Notice What should you do?



Florida Department of Environmental Protection # 850-595-8300 Fax # 850-595-8392 ~ Health Department # 850-689-7859 Fax # 850-689-7872

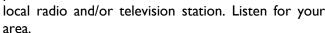


If during a hurricane, tropical storm or unforeseen emergency, our water system loses power and water pressure, by law, we will issue a precautionary boil water notice to our customers.



W hen there is a loss in water pressure,

either due to a broken water pipe or a scheduled outage for repairs, a Precautionary Boil Water Notice (PBWN) will be issued. If the number of affected members is small, then each member will be informed individually using a printed notice hung on the front door. Otherwise, the notice will be provided for broadcast from the



Water pressure keeps pollutants from entering the underground pipes that bring drinking water to your house or business. When the pressure is lost, contaminants can seep into the pipes. This might allow pathogens (disease-causing germs) into the water that can cause illness if one drinks it or prepares food or beverages with it. Therefore, as a precaution, it is important to disinfect tap water to kill any bacteria or viruses that may have entered the water, or use an alternative source of water (bottled water). If test show actual contamination with bacteria, these same steps will make your water safe to drink.

Under a precautionary boil water notice (PBWN), water used for consumption can be disinfected by any one of the following methods:

- Bring the water to a rolling boil and holding it there for one (1) minute.
- Using water purification tablets or iodine that many sports or camping stores sell.
- You can also buy commercial bottled water for consumption and food preparation.

Additional information can be found online at <a href="http://www.doh.state.fl.us/environment/water/manual/boil.htm">http://www.doh.state.fl.us/environment/water/manual/boil.htm</a>

Consumption includes brushing teeth, washing fruits and vegetables, and homemade ice/beverages.

ap water may be used for showering, baths, shaving, and washing, so long as care is taken not to swallow or allow water in eyes, nose or mouth. Children and disabled individuals should have their bath supervised to ensure water is not ingested. The time spent bathing should be minimized. Though the risk of illness is minimal, individuals who have recent surgical wounds, are immunosuppressed, or have a chronic ill-

ness may want to consider using bottled water for cleansing until the notice is lifted.

Businesses and non-residential sites should take steps such as posting notices at, or disabling water fountains and ice machines during the PBWN. If you provide water to visitors or employees, use a commercially produced bottled water for drinking or beverage preparation (coffee, etc). Food service operations have additional requirements from their regulatory agency.

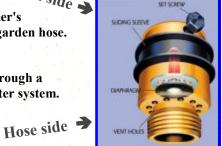
After the water system is repaired, and the pressure is restored in the pipes to your home or business, the precautionary boil water notice will remain in effect for one to several days while bacteria tests are conducted to assure the safety of the water. The notice will be lifted (rescinded) only after tests prove the water is safe to drink. When a small number of members are affected, the rescind notice will be delivered similar to the delivery of the boil water notice, otherwise the media will be provided information updates and you should listen for this important information on the radio and/or from the television station. Flush your taps and dispose of ice made during the PBWS.

The employees of Auburn Water System, Inc, your water provider, take great care in assuring that you water is safe to drink. We appreciate your cooperation should a precautionary boil water notice be issued. Please call us if you have any questions or concerns. The County Health Dept or D.E.P. (numbers are above) can also assist you with answers to your questions.

## Connection & Backflow Control Program

Cross-Connection is any temporary or permanent arrangement or actual or potential Faucet side connection between a public water system or consumer's drinking water system and any source or system containing non-potable water or other substances, etc. One example of a Cross-Connection is the piping between a public water system and a customer's lawn irrigation sprinkler system. The most common Cross-Connection is caused by the garden hose.

#### **Hose Bibb** (Backflow Preventer) for **V**Outside Faucet**V**



**BACKFLOW**PREVENTION

#### Vhat is a Backflow

Back-flow is the undesirable reversal of flow of non-potable water or other substances through a Cross-Connection and into the piping of a public water system or consumer's potable water system. There are two types of backflow: back pressure backflow and back siphonage backflow.

#### Nhat Can Cause Backflow?

Backflow can be caused by a sudden drop in the water pressure in a public water main, which can create a sub-atmospheric condition. If a drop in pressure occurs while a hose is in a bucket of dirty water, for example, that water could backflow into the public water system, potentially contaminating the water for other users. A drop in pressure could be caused by a variety of things, including a water main break, loss of power at a pump station, etc.

#### That Can I Do to Prevent Backflow?

It is evident that we cannot eliminate either the occurrence of backflow nor can we prevent cross-connections from being created. We must therefore provide a means of protecting potable drinking water systems from the hazards of backflow occurrences through cross connections.

You can prevent backflow in your home plumbing system by installing an inexpensive hose-bib vacuum breaker on each of your outside water spigots. These vacuum breakers will prevent water from being back siphoned from a polluted or even contaminated water source into your home's water pipes or the public water distribution system. These devices are generally inexpensive, and are available at most plumbing or hardware stores. Hose-bib vacuum breakers have been required by the Standard Plumbing Code since 1963.

- Never submerge hoses in buckets, pools, spa's, tubs or sinks. They may contain harmful cleansers or dangerous bacteria.
- Always keep the end of the hose away from possible contaminants.
- Do not use any spray or cleaning attachments on your hose without a backflow prevention device on a hose. This includes pesticide applicators, portable pressure washers, drain openers and radiator flush kits. All of these devices utilize chemicals, detergents and waste water which are toxic and can be fatal if ingested.

#### Vhy Do I Need Cross Connection Control on my Sprinkler Irrigation System?

Everyone likes to feel that the potable water supply is safe and under control at all times. Unfortunately, this is not always true, and precautions are required to ensure your health and safety.

It is a very real and constant danger that our potable water supply could become contaminated by something harmful to our heath. As a result, minor skin irritation, serious heath effects, or in some cases death may occur. For this reason Backflow Preventer devices shall be selected, installed, and maintained.



#### Do I Need my "Backflow Prevention Assembly" Tested Annually?

As with everything that is manufactured, Backflow Prevention Assemblies and Devices break or wear out. By having your Backflow Prevention Assembly tested annually, you will help to ensure that the potable water supply remains safe. Above Ground Backflow Preventer Assembly's are field tested annually only by Auburn Water System, Inc certified technicians.



The Double Check Valve Assembly consists of two internally loaded; independently operating check valves together with tightly closing resilient seated shut-off valves upstream and downstream of the check valves. Additionally, there are resilient seated test cocks for testing of the assembly. The DC may be used to protect against a pollutant only. However, this assembly is suitable for protection against either back siphonage or backpressure.

