

## Drinking water and your health:

Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.

Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.

For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.

Drinking water leads to overall greater health by flushing out wastes and bacteria that can cause disease.

Drinking water can prevent and alleviate headaches

Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.

Drinking water aids in the digestion process and prevents constipation.

Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.

## Additional health information:

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. Stoughton Utilities 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 at [www.epa.gov/safewater/lead](http://www.epa.gov/safewater/lead).

Nitrate in drinking water at levels above 10 ppm is a health risk for infants of less than 6 months of age. High nitrate levels in drinking water can cause blue baby syndrome. Nitrate level may rise quickly for short periods because of rainfall or agricultural activity. If you are caring for an infant, you should ask advice from your health care provider.

## Ongoing system improvements:

Like most water systems across the country, Stoughton Utilities has aging underground infrastructure, and some critical elements have exceeded their service lifespan. When possible, this infrastructure is scheduled for repair or replacement.

Stoughton Utilities water main replacement project is an ongoing program to replace aged pipelines each year. When installed, the new larger water mains deliver more water, improve fire-fighting capabilities, and help to avoid potential flood damage to homes, businesses, and streets.

In 2017, scheduled infrastructure rehabilitation and water main replacement projects include:

- Brickson Street, east from Page Street.
- Manilla Street, north from Brickson Street to Forton Street.
- Ridge Street, (IKI Area)
- Henry Street, north from Main Street to Ridge Street.
- Park Street, east from Lynn Street to Academy Street.
- Milwaukee Street, east from Monroe Street to the first fire hydrant.

## How do I report a water problem?

If you experience any problems with your water, or if you witness anything suspicious at our facilities, please call the customer service department emergency line anytime, 24 hours a day, seven days a week, at (608) 873-3379.

## Household faucet aerators:

All homeowners and renters should periodically remove and clean the aerators on all household faucets used for drinking or cooking. Over time, mineral sediment can build up inside the aerator, and potentially contaminate your drinking water.

## Diggers Hotline:

Did you know that you *must* contact Diggers Hotline before any project that involves any digging in your yard? State law requires you to contact Diggers Hotline any time the soil is disturbed.

This requirement exists for your safety and to protect you from legal liability. If you do not contact Digger's Hotline and you damage any underground infrastructure while digging, you will be held liable for all repair costs and other damages.

At least three days before you dig, you can contact Diggers Hotline 24 hours a day, seven days a week, 365 days a year. Simply call (800) 242-8511, or dial **811**. You can also submit your request online on [www.DiggersHotline.com](http://www.DiggersHotline.com).



# 2016 Drinking Water Quality Report

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- Payment by Phone
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600 S. Fourth Street  
P.O. Box 383  
Stoughton, WI 53589

(608) 873-3379  
[www.stoughtonutilities.com](http://www.stoughtonutilities.com)

## Educational information:

The sources of drinking water, whether it is obtained from the tap or a bottle, 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:

- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- Inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.
- Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.
- 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 stormwater runoff and septic systems.
- Radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, the United States Environmental Protection Agency (EPA) prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water, which shall provide the same protection for public health.

All 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 EPA's Safe Drinking Water Hotline at (800) 426-4791.

## Introduction:

Once again, the employees of Stoughton Utilities are pleased to provide you with this year's annual Drinking Water Quality Report. We are proud to announce that we continue to meet or surpass all state and federal water quality standards under the Safe Drinking Water Act.

We want you to understand the efforts we make continually to improve water quality and protect our water resources. We are committed to ensuring the quality of your water remains at the highest possible level.

## Water quality testing and results:

Stoughton Utilities routinely monitors for constituents in your drinking water in accordance with state and federal laws.

The following Table A. shows the results of our monitoring for the period from January 1, 2016, through December 31, 2016 (unless otherwise noted). Please note that only water parameters that had a detect are listed. If you would like to see the other constituents that were tested for, but did not have any detects, please contact us.

In this table, you will find many terms and abbreviations of which you might not be familiar. To help you understand these terms, we have provided the following definitions:

- **Parts per million** (ppm) or **Milligrams per liter** (mg/l): One part per million corresponds to one minute in two years, or a single penny in \$10,000.
- **Parts per billion** (ppb) or **Micrograms per liter**: One part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.
- **Picocuries per liter** (pCi/l): Picocuries per liter is a measure of the radioactivity in water.
- **Action Level** (AL): The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
- **Maximum Contaminant Level** (MCL): "Maximum Allowed" is 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** (MCLG): The "Goal" is 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.
- **TCR**: Total Coliform Rule

## Discussion:

Please note that Stoughton Utilities' drinking water complies with all state and federal regulations, as shown in Table A.

All sources of drinking water are subject to potential contamination by constituents that are naturally occurring or are manmade. Those constituents can be microbes, organic or inorganic chemicals, or radioactive materials.

## Information from the EPA:

MCLs are set at very stringent levels. To understand the possible health effects described for many regulated constituents, a person would have to drink 2 liters of water every day at MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

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 EPA's Safe Drinking Water Hotline at (800) 426-4791.

## About Stoughton Utilities:

Stoughton Utilities' water comes from four wells located throughout the city, and is pumped directly into the water distribution system and three storage facilities. The water is treated with chlorine and fluoride as it leaves the wells and storage facilities. In 2016, Stoughton Utilities pumped a total of 532,728,000 gallons of water.

Stoughton Utilities is nonprofit and is owned directly by the City of Stoughton. All operations are funded entirely by the water, electric, and wastewater rates paid for our services by SU customers. In lieu of taxes for 2016, Stoughton Utilities paid \$764,640 to the City of Stoughton, making it the largest taxpayer in the city.

## How to contact us:

We welcome you to attend the monthly Stoughton Utilities Committee meetings at the administrative office located at 600 S. Fourth Street. Meeting notices, agendas, and past meeting minutes are available at [www.stoughtonutilities.com](http://www.stoughtonutilities.com).

If you have, any questions concerning this report, your drinking water utility, or Stoughton Utilities in general, please contact us at (608) 873-3379 or at [www.stoughtonutilities.com](http://www.stoughtonutilities.com).

If you have a water emergency, please contact us anytime, 24-hours per day and seven days per week, at (608) 873-3379.

TABLE A:

### Disinfection Byproducts:

Contaminant (units):	MCL:	MCLG:	Level Found:	Range:	Sample Date: (if prior to 2015)	Source of Contaminant:
HAA5 (site 19) (ppb)	60	60	1	1		Byproduct of drinking water chlorination.
HAA5 (site 20) (ppb)	60	60	1	1		Byproduct of drinking water chlorination.
TTHM (site 19) (ppb)	80	0	3.6	3.6		Byproduct of drinking water chlorination.
TTHM (site 20) (ppb)	80	0	4.0	4.0		Byproduct of drinking water chlorination.

### Inorganic Contaminants:

Contaminant (units):	MCL:	MCLG:	Level Found:	Range:	Sample Date: (if prior to 2015)	Source of Contaminant:
Arsenic (ppm)	10	n/a	1	0 – 1	3/5/2014	Erosion of natural deposits
Barium (ppm)	2	2	0.041	0.020 – 0.041	3/5/2014	Drilling waste; erosion of natural deposits.
Chromium (ppb)	100	100	1	0 – 1	3/5/2014	Erosion of natural deposits.
Copper (ppm) <sup>1</sup>	AL=1.3	1.3	0.0980	0 of 30 results were above the action level for copper.		Corrosion of household plumbing; erosion of natural deposits.
Fluoride (ppm)	4	4	0.6	0.6	2/18/15	Water additive; erosion of natural deposits.
Lead (ppb) <sup>1</sup>	AL=15	0	12.00	3 of 30 results were above the action level for lead.		Corrosion of household plumbing; erosion of natural deposits.
Nickel (ppb)	100		1.9000	.6800 – 1.9000	3/5/14	Naturally occurring in soils and ground / surface waters.
Nitrate (N03-N)(ppm)	10	10	4.80	0.03 - 5.30		Fertilizer use; erosion of natural deposits.
Sodium (ppm)	n/a	n/a	15.00	2.80 – 15.00	3/5/2014	n/a
Thallium (ppm)	2	0.5	0.3	0.2 – 0.3	3/5/2014	Leaching from ore-processing sites; discharge from electronics, glass, and drug factories

### Radioactive Contaminants:

Contaminant (units):	MCL:	MCLG:	Level Found:	Range:	Sample Date: (if prior to 2015)	Source of Contaminant:
Gross Alpha excl. (pCi/l)	15	0	9.7	0-9.7	3/5/2014	Erosion of natural deposits.
Gross Alpha incl. (pCi/l)	n/a	n/a	9.7	0 – 9.7	3/5/2014	Erosion of natural deposits.
Radium (pCi/l)	5	0	4.6	1.0 – 4.6	3/5/2014	Erosion of natural deposits.

### Unregulated Contaminants:

Contaminant (units):	MCL:	MCLG:	Level Found:	Range:	Sample Date: (if prior to 2015)	Source of Contaminant:
Sulfate (ppm)	n/a	n/a	22.0	13.00-22.00	3/5/2014	n/a

<sup>1</sup> Systems exceeding a lead and/or copper action level must take actions to reduce lead and/or copper in the drinking water. The lead and copper values represent the 90th percentile of all compliance samples collected. If you want information on the number of sites or the actions taken to reduce these levels, please contact Stoughton Utilities.

Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over many years could develop kidney problems or high blood pressure.