

Seniors' Corner

Minnesota Safety Council

DEFENSIVE DRIVING COURSES

Consumers 55+ years of age with a valid driver's license can receive a 10% automobile insurance discount for three years by attending a MN Safety Council Defensive Driving Course at the Coon Rapids Civic Center. First time attendees must take the 8-hour session. Others take the 4-hour refresher course every three years. Call 763-767-6473 for a registration form. Registration and payment must be received two weeks prior to the class.

4-HOUR REFRESHER COURSE: \$16.00

Monday, August 13: 10:00 a.m. - 3:00 p.m.
 Monday, September 10: 10:00 a.m. - 3:00 p.m.
 Monday, September 17: 10:00 a.m. - 3:00 p.m.
 Monday, September 24: 6:00 - 10:00 p.m.
 Monday, October 22: 10:00 a.m. - 3:00 p.m.

8-HOUR REFRESHER COURSE: \$18.00

Mondays, July 9 & 16: 6:00 - 10:00 p.m.
 Mondays, Aug 20 & 27: 10:00 a.m. - 3:00 p.m.
 Mondays, October 1 & 8: 6:00 - 10:00 p.m.
 Mondays, Nov 26 & Dec 3: 10:00 a.m. - 3:00 p.m.

VETS' COURSE ONLY

WEDNESDAYS AT 9:00 A.M.
 Coon Rapids Senior Services
 Free coffee and cookies. All vets welcome.

FREE NEWSLETTERS

Coon Rapids Senior Services has a ton of summer fun planned including trips to the Minneapolis Pops Orchestra, Old Log Theater, Fanny Hill Dinner Theater, Chanhassen Dinner Theater, Duluth, Afton Cruise on the St. Croix and more. To receive a free, monthly newsletter with a complete listing of all trips, entertainment, speakers, card groups, classes and other activities call 763-767-6473.

COON RAPIDS SENIOR SERVICES PHONE: 763-767-6473

FRIDAY OF THE ANDORA COUNTY FAIR

WEDNESDAY, JULY 25
 Bingo, entertainment, prizes and, of course, great food! This is an annual tradition that you won't want to miss. Senior admission is \$3.00 between 8:00 a.m. and 2:00 p.m.

BOOK THE TRAVEL BOOK

Coon Rapids Senior Services is hooking up with local travel companies for some exciting trips to Ireland, Winnipeg and Door County. Stop in or call 763-767-6473 for a brochure.

TRUST YOUR NEIGHBOR

Tuesday, July 24
 9:00 a.m. - 12:00 noon
 Coon Rapids Civic Center
 If you need help with your Property Tax or Rent Refund, certified and trained RSVP volunteers can help. This service is free for seniors, disabled adults and low income households. No appointment needed. First come, first service.

ARTS & CRAFTS ROOM

Fridays, 9:30 a.m. - noon
Arts & Crafts Room
 This is a free senior activity for artists (and artist-wannabes) to bring in their supplies and projects, and enjoy the company of others...just "For Art's Sake." There is no instruction...just support from other artists like you. Just show up and get creative.

GET UP DANCES

LIVE MUSIC!
 COON RAPIDS AMERICAN LEGION
 2nd and 3rd Wednesdays, 1:00 to 4:00 p.m.
 \$4.00/person
 For information call 763-421-6260 or 763-755-5787.

Compliance with National Primary Drinking Water Regulations

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:

- 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 U. S. Environmental Protection Agency (EPA) prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration 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 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.

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 are available from the Safe Drinking Water Hotline at 1-800-426-4791.

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Contaminant (units)	MRDLG	MRDL	****	*****	Typical Source of Contaminant
Chlorine (ppm)	4	4	.3-1	.73	Water additive used to control microbes.

****Highest and Lowest Monthly Average.
 *****Highest Quarterly Average.

Contaminant (units)	MCLG	AL	90% Level	# sites over AL	Typical Source of Contaminant
Copper (ppm) (09/12/2005)	N/A	1.3	.81	0 out of 31	Corrosion of household plumbing systems; Erosion of natural deposits.

Some contaminants do not have Maximum Contaminant Levels established for them. These "unregulated contaminants" are assessed using state standards known as health risk limits to determine if they pose a threat to human health. If unacceptable levels of an unregulated contaminant are found, the response is the same as if an MCL has been exceeded; the water system must inform its customers and take other corrective actions. In the table that follows are the unregulated contaminants that were detected:

Contaminant (units)	Level Found		Typical Source of Contaminant
	Range (2006)	Average/Result*	
Sodium (ppm)	5.8-14	14	Erosion of natural deposits.
Sulfate (ppm)	nd-47.4	47.4	Erosion of natural deposits.

Coon Rapids 2006 Drinking Water Report

The City of Coon Rapids is issuing the results of monitoring done on its drinking water for the period from January 1 to December 31, 2006. The purpose of this report is to advance consumers' understanding of drinking water and heighten awareness of the need to protect precious water resources.

Source of Water

The City of Coon Rapids provides drinking water to its residents from a groundwater source: 24 wells ranging from 105 to 702 feet deep, that draw water from the Multiple, Franconia-Mt. Simon, Ironton-Mt. Simon, Quaternary Buried Artesian, Franconia-Ironton-Galesville, Jordan, and Franconia-Eau Claire aquifers.

The water provided to customers may meet drinking water standards but the Minnesota Department of Health has determined that one or more of the sources of water is potentially susceptible to contamination. If you wish to obtain the entire source water assessment regarding your

drinking water, call 651-201-4700 or 1-800-818-9318 (and press 5) during normal business hours. Also, you can view it on line at www.health.state.mn.us/divs/eh/water/swp/swa.

Call 763-767-6576 if you have questions about the City's drinking water or would like information about opportunities for public participation in decisions that may affect the water quality.

Results of Monitoring

No contaminants were detected at levels that violated federal drinking water standards. However, some contaminants were detected in trace amounts that were below legal limits. The table that follows shows the contaminants that were detected in trace amounts last year. (Some contaminants are sampled less frequently than once a year; as a result, not all contaminants were sampled for in 2006. If any of these contaminants were detected the last time they were sampled for, they are included in the table along with the date that the detection occurred.)

Key to abbreviations:

MCLG-Maximum Contaminant Level Goal: 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.

MCL-Maximum Contaminant Level: 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.

MRDL-Maximum Residual Disinfectant Level.

MRDLG-Maximum Residual Disinfectant Level Goal.

AL-Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirement which a water system must follow.

90th Percentile Level - This is the value obtained after disregarding 10 percent of the samples taken that had the highest levels. (For example, in a situation in which 10 samples were taken, the 90th percentile level is determined by disregarding the highest result, which represents 10 percent of the samples.) Note: in situations in which only 5 samples are taken, the average of the two with the highest levels is taken to determine the 90th percentile level.

pCi/l-PicoCuries per liter (a measure of radioactivity).

ppb-Parts per billion, which can also be expressed as micrograms per liter (ug/l).

ppm-Parts per million, which can also be expressed as milligrams per liter (mg/l).

nd-No Detection.

N/A-Not Applicable (does not apply).

*This is the value used to determine compliance with federal standards. It sometimes is the highest value detected and sometimes is an average of all the detected values. If it is an average, it may contain sampling results from the previous year.

Some people who drink water containing arsenic in excess of the MCL over many years could experience skin damage or problems with their circulatory system, and may have an increased risk of getting cancer.

✓ The City of Coon Rapids has taken the initiative to limit the amount of water being pumped from the source(s) with elevated radiochemicals. The MDH and the city have signed a compliance agreement that ensures all residents receive drinking water containing less than 15.4 pCi/L of gross alpha emitters and 5.4 pCi/L of radium 226/228 on an annual basis.

- Certain minerals are radioactive and may emit a form of radiation known as alpha radiation. Some people who drink water containing alpha emitters in excess of the MCL over many years may have an increased risk of getting cancer.

- Some people who drink water containing radium 226 or 228 in excess of the MCL over many years may have an increased risk of getting cancer.

Contaminant (units)	MCLG	MCL	Level Found		Typical Source of Contaminant
			Range (2006)	Average/Result*	
Alpha Emitters (pCi/l)	0	15.4	nd-15	15.8✓	Erosion of natural deposits.
Arsenic (ppb)	0	10	nd-15	8.45	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes.
Barium (ppm)	2	2	.0513-.122	.12	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits.
Combined Radium (pCi/l)	0	5.4	nd-13	12.4✓	Erosion of natural deposits.
Fluoride (ppm)	4	4	1-1.2	1.13	State of Minnesota requires all municipal water systems to add fluoride to the drinking water to promote strong teeth; Erosion of natural deposits; Discharge from fertilizer and aluminum factories.
Haloacetic Acids (HAA5) (ppb)	0	60	N/A	3.3	By-product of drinking water disinfection.
Nitrate (as Nitrogen) (ppm)	10	10	nd-.21	.21	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
TTHM (Total trihalomethanes) (ppb)	0	80	N/A	3.9	By-product of drinking water disinfection.
Total Coliform Bacteria	0 present	>5% present	N/A	1%	Naturally present in the environment.
Xylenes (ppm)	10	10	nd-.0004	.0004	Discharge from petroleum factories; Discharge from chemical factories.

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