PUBLIC WATER SUPPLY
2015 JUN 11 AM 10: 12

MISSISSIPPI STATE DEPARTMENT OF HEALTH
BUREAU OF PUBLIC WATER SUPPLY
CCR CERTIFICATION
CALENDAR YEAR 2014

Jayess Topeka Tilton Water Assoc
Public Water Supply Name

0390001
List PWS ID #s for all Community Water Systems included in this CCR

The Federal Safe Drinking Water Act (SDWA) requires each Community public water system to develop and distribute a Consumer Confidence Report (CCR) to its customers each year. Depending on the population served by the public water system, this CCR must be mailed or delivered to the customers, published in a newspaper of local circulation, or provided to the customers upon request. Make sure you follow the proper procedures when distributing the CCR. **You must mail, fax or email a copy of the CCR and Certification to MSDH.** ***Please check all boxes that apply.***

Customers were informed of availability of CCR by: ***(Attach copy of publication, water bill or other)***

- ☑ Advertisement in local paper (attach copy of advertisement)
- ☐ On water bills (attach copy of bill)
- ☐ Email message (MUST Email the message to the address below)
- ☐ Other _____

Date(s) customers were informed: ___/___/___, ___/___/___, ___/___/___

CCR was distributed by U.S. Postal Service or other direct delivery. Must specify other direct delivery methods used _____

Date Mailed/Distributed: ___/___/___

CCR was distributed by Email (MUST Email MSDH a copy) Date Emailed: ___/___/___

- ☐ As a URL (Provide URL _____)
- ☐ As an attachment
- ☐ As text within the body of the email message

CCR was published in local newspaper. ***(Attach copy of published CCR or proof of publication)***

Name of Newspaper: Lawrence Co. Press

Date Published: 06/03/2015

CCR was posted in public places. ***(Attach list of locations)*** Date Posted: ___/___/___

CCR was posted on a publicly accessible internet site at the following address (**DIRECT URL REQUIRED**):

_____

CERTIFICATION

I hereby certify that the 2014 Consumer Confidence Report (CCR) has been distributed to the customers of this public water system in the form and manner identified above and that I used distribution methods allowed by the SDWA. I further certify that the information included in this CCR is true and correct and is consistent with the water quality monitoring data provided to the public water system officials by the Mississippi State Department of Health, Bureau of Public Water Supply.

Willie Wallace
Name/Title (President, Mayor, Owner, etc.)

6/10/15
Date

Deliver or send via U.S. Postal Service:
Bureau of Public Water Supply
P.O. Box 1700
Jackson, MS 39215

May be faxed to:
(601)576-7800

May be emailed to:
water.reports@msdh.ms.gov

WATER SUPPLY
2015 MAY 26 PM 4: 21

2014 Annual Drinking Water Quality Report
Jayess Topeka Tilton Water Association
PWS ID#: 0390001
May 2015

We're pleased to present to you this year's Annual Quality Water 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 from wells drawing from the Miocene Aquifer.

The source water assessment has been completed for our public water system to determine the overall susceptibility of its drinking water supply to identify potential sources of contamination. A report containing detailed information on how the susceptibility determinations were made has been furnished to our public water system and is available for viewing upon request. The wells for the Jayess Topeka Tilton Water Association have received higher susceptibility rankings to contamination.

If you have any questions about this report or concerning your water utility, please contact Randy King at 601.730.0816. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of our regularly scheduled meetings. They are held on the first Monday of each month at 6:00 PM at the water office.

We routinely monitor for constituents in your drinking water according to Federal and State laws. This table below lists all of the drinking water contaminants that we detected during the period of January 1st to December 31st , 2014. In cases where monitoring wasn't required in 2014, the table reflects the most recent results. As water travels over the surface of land or underground, it dissolves naturally occurring minerals and, in some cases, radioactive materials and can pick up substances or contaminants from the presence of animals or from human activity; microbial contaminants, such as viruses and bacteria, that 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 storm-water 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 storm-water 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 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, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some constituents. It's important to remember that the presence of these constituents does not necessarily indicate that the water poses a health risk.

In this table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Action Level - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level (MCL) - The "Maximum Allowed" (MCL) 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"(MCLG) 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.

Maximum Residual Disinfectant Level (MRDL) – The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary to control microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG) – The level of a drinking water disinfectant below which there is no known or expected risk of health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

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.

TEST RESULTS

Contaminant	Violation Y/N	Date Collected	Level Detected	Range of Detects or # of Samples Exceeding MCL/ACL	Unit Measure -ment	MCLG	MCL	Likely Source of Contamination

Inorganic Contaminants								
10. Barium	N	2012*	.021	No Range	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
17. Lead	N	2011/13*	2	0	ppb	0	AL=15	Corrosion of household plumbing systems, erosion of natural deposits
19. Nitrate (as Nitrogen)	N	2014	.35	No Range	ppm	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Disinfection By-Products								
Chlorine	N	2014	1.6	1.3– 1.8	mg/l	0	MDRL = 4	Water additive used to control microbes

** Most recent sample. No sample required for 2014.*

As you can see by the table, our system had no contaminate violations. We're proud that your drinking water meets or exceeds all Federal and State requirements. We have learned through our monitoring and testing that some constituents have been detected however the EPA has determined that your water IS SAFE at these levels.

We are required to monitor your drinking water for specific constituents on a monthly basis. Results of regular monitoring are an indicator of whether or not our drinking water meets health standards. We did complete the monitoring requirements for bacteriological sampling that showed no coliform present. In an effort to ensure systems complete all monitoring requirements, MSDH now notifies systems of any missing samples prior to the end of the compliance period.

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. Our water system 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. The Mississippi State Department of Health Public Health Laboratory offers lead testing. Please contact 601.576.7582 if you wish to have your water tested.

All sources of drinking water are subject to potential contamination by substances that are naturally occurring or man made. These substances can be microbes, inorganic or organic chemicals and radioactive substances. 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 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 and other microbiological contaminants are available from the Safe Drinking Water Hotline 1-800-426-4791.

The Jayess Topeka Tilton Water Association works 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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Copiah County [illegible] e amount of $500 during awards day at his school. Standing ring the CCMA Christmas Banquet are, from right, Mrs. Gloria hnson (Gospel Choir President), Santonio Wallace and Mrs. arlet Collins.

[illegible] hon, Hickory [illegible] for helping make this scholarship possible in honor of her late husband the rev. F.L. Pendleton.

Caregivers should manage stress, balance other duties

Caring for an aging loved one can be overwhelming, especially when balancing the task with family obligations, work and self-care.

The challenges caregivers face are different for everyone and depend on several factors, such as the physical and cognitive needs of the older adult, financial resources, family relationships, work and family obligations and the health of the caregiver, said Joe Wilmoth, associate professor of human development and family studies at Mississippi State University.

Caregivers should strive to make time for themselves, handle physical and emotional stress, maintain healthy family relationships, manage finances, and understand medical processes and procedures.

"Communication is vital for dealing with many of these issues," said Wilmoth, who is also a researcher with the Mississippi Agricultural and Forestry Experiment Station. "For example, in some families one person may provide most of the caregiving and resent that other family members are not doing their share. It's possible no one else is available or willing to help, but sometimes other family members would do more if they understood the situation more clearly. An open, non-judgmental discussion of who can do what is a good place to start."

Ann Sansing, community health coordinator with the MSU Extension Service, said holding regular family meetings is a good way to diffuse conflict and relieve the pressure on a single individual.

"Use this time to divide up the labor between family members," she said. "If distance divides siblings, use free conference calling options to arrange caregiving plans. Assign duties relative to a person's interests, skill set and availability. This will create a more positive experience for everyone. If necessary, financial issues can be discussed also."

Caregivers should consider meeting with their employers to discuss flextime schedules and the availability of an employee assistance program that offers support to caregivers.

Ignoring personal stress can lead to burnout, depression, fatigue and resentment that reduces the quality of care, Sansing said. Make time to relax by exercising, playing sports, meditating, gardening, reading or engaging in other enjoyable activities. Adequate sleep and nutrition are also important.

Caregivers also should think about joining a support group. If the caregiving situation involves special circumstances, such as a loved one with memory issues or mental illness, choose a group that focuses on these issues.

"Everyone involved in the group has empathy and can identify with your specific needs," Sansing said. "It is healthy and important to voice your feelings, yet not feel guilty."

Another way to reduce stress is to learn as much as possible about the senior's condition or illness and organize important information for the care recipient. Attend workshops and trainings on caregiving and the loved one's condition. Create a notebook with conditions, treatments, medications and dosages, and doctors' names, phone numbers and addresses. Keep financial and personal information, such as insurance and social security cards, in the notebook for quick reference.

Caregivers should understand and set limits and ask for and accept offers of help, Wilmoth said.

"Acknowledge what you can and cannot do," he said. "Don't be afraid to ask for help or assistance. When someone says, 'Is there anything you need?' Answer, 'yes.'"

Develop a list of daily chores immediate family can help with in the home and another list of activities friends, co-workers and church members can do. A "pack-the-freezer" party or gift cards can help provide food. Other volunteer activities that can be helpful are yard maintenance, respite care, grocery shopping, taking the care recipient to doctor's visits, writing thank you notes and helping with pet care.

If the demands of caregiving exceed the set limits, families can consider hiring supplemental help. Senior daycare or an in-home care provider can help caregivers continue to work and provide a safe, secure environment for their loved one.

"In-home care providers and senior daycares can help with meal preparation, household chores and personal care," Sansing said. "Sometimes assisted living centers may be the best solution if the care recipient needs daily support, is missing social support, safety concerns exist, in-home costs cannot be maintained, or there is caregiver fatigue."

Always include the care recipient in the conversation and present them with options if possible, Sansing said. When hiring an in-home care provider, check their credentials and licensing and do a background check. Observe how the potential caregiver interacts with the senior. Draw up a contract that outlines the caregiver's duties and explains the payment and tax-withholding procedures.

visit our website at
www.lawrencecountypress.com

certain things to look for when purchasing milk. The first is fat content, and the second is added sugar.

"By consuming skim milk,

[illegible] dairy herd [illegible] 13,000 milk cows in Mississippi. The state's value of milk production in 2014 was $45 million.

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