

DID YOU KNOW?

Water Quality Report

Each year, Skagit PUD provides its customers with an annual Water Quality Report to let them know how our water quality stacks up against established federal and state drinking water standards. We encourage you to review this information as it provides details about the source and quality of the drinking water delivered to our community in 2021. Included with the report is the annual progress update on Skagit PUD's Water Use Efficiency goals.

The Water Quality Report will be available starting July 1. Please visit us online to view your water quality report at <https://www.skagitpud.org/media/5b3hnqki/ccr2021.pdf>. If you wish to have a paper copy, you can print one directly from our website or you can receive a printed version by contacting the Water Quality Department at (360) 848-2135.



Rain Barrels For Sale

Collecting rainwater is an easy way to conserve water — and save money on your water bill. Skagit PUD sells ready to install 55-gallon rain barrels for just \$60 plus tax. If you would like more information about Skagit PUD's low-cost rain barrel program, please visit our website at SkagitPUD.org or call (360) 424-7104.



WATER: It's That Important

How important is water?

Consider this the next time you stand at your kitchen sink and take a swig of the clear liquid from your faucet. No living thing can subsist without water. Humans, animals, and plants all require water to sustain us.

More than half our body weight (50% to 60% in most adults) is water. Lose just 2%, and bad things begin to happen. Water losses greater than 10% become medical emergencies.

Water does more than just quench thirst. It keeps our body temperature normal. It lubricates and cushions our joints when we exercise. It protects sensitive tissues like spinal cords and growing babies. And it flushes unwanted waste from our bodies.

Major organs rely on water to function at their peak. Your brain and muscles are 75% water, for example. Get low on fluid, and you won't think or move very well. Severe dehydration can cause major body systems to shut down.

To maintain adequate hydration, say experts, we should ideally take in the amount of fluids that we lose each day. For most people, that's somewhere between 2 to 4 quarts.

Our total water needs to be met with plain water, water in food (a tomato, for instance, is 95% water), and water contained in beverages. We can even count coffee, tea, and other caffeinated beverages towards our daily fluid goals, according to the latest guidelines by the Food and Nutrition Board of the National Academies of Sciences.



Don't count on alcohol to meet your daily water needs, however. There are better hydrating choices out there.

Can we get too much water? Yes, especially if we are slugging down high amounts without added food or other sources of electrolytes that keep water balanced within our cells. A marathon runner, for example, who does not replenish sodium, potassium, and other electrolytes along with water is in for real trouble.

Water is one of the earth's most effective solvents. It leaches minerals from rocks; it turns boulders to sand. And it's absolutely necessary for the proper breakdown and digestion of nutrients from our food.

Water regulates how efficiently our bodies can produce energy and may even help control the action of our genes, according to researchers who developed our current dietary recommendations.

Water — Essential. Reliable. Invaluable.



If you are working out, you are expending energy, your heart rate is increasing, and you will sweat. Drinking water throughout your workout will help prevent dehydration.

Stop the Drain on Your Dollars

SIMPLE LEAK TEST CAN SAVE ON YOUR NEXT BILL

You may think those minor leaks in your bathroom don't amount to a drop in the bucket. Not so. The sneakiest drip can be found in your bathroom toilet. Toilet tank leaks, almost undetectable to the naked eye, can add significantly to your monthly bill.

Toilets use about 26% of all the water in the average home. Toilets are also one of the likeliest places to find leaks. According to WaterSense, a partnership program by the U.S. Environmental Protection Agency, 10% of homes have leaks that waste 90 gallons or more per day. If your toilet is constantly running, you could be wasting 200 gallons of water or more every day.

Sometimes it's easy to tell that your toilet is leaking — you hear the sound of running water or a faint hissing or trickling. But many times, water flows through the tank silently, which is why toilet leaks are often overlooked. To test your toilet, lift the lid off the toilet tank. Drop one Leak Detective dye tablet (free at Skagit PUD) or several drops of food coloring into the tank (do not flush). Wait at least 15

minutes and check the bowl of the toilet. If there's dye in the bowl, the toilet has a leak.

If you have to jiggle the handle to keep the toilet from running, it may be a misaligned flapper valve, a loose handle, or an incorrect length of chain.



Free toilet leak tablets are available at Skagit PUD's main office.

Leak Policy Change July 1

Annually, Skagit PUD spends over \$100,000 on leak adjustments, not including staff time, investigating individual leaks, which is an expense to all water customers.

Starting July 1, adjustments will now be limited to leaks or breaks in the section of the water service line between the water meter and the primary structure served. No adjustment will be made for leaks or breaks beyond the external entrance to the structure. This includes leaks within or under a house, internal or exterior fixtures, or irrigation lines.

A significant change to the policy is that property owners can receive only one leak adjustment every five years, regardless of changes in tenants or occupants. Adjustments are only available for residential customers.

Great Beer, It's In the Water

Hop on the Skagit Farm to Pint Ale Trail

We think great water makes great-tasting beer. So, come join us and be "hoppy" on the Skagit Farm to Pint Ale Trail. Collect passport stamps and win prizes! Skagit PUD is helping sponsor this fun event. Grab your passport at one of 13 Skagit Valley breweries, Skagit PUD, Northwest Brewers Supply, or any of the Skagit Valley Visitor Information Centers. For more information, please visit SkagitFarmtoPint.com.



Beer is 95% water, and here in the Skagit Valley, our craft breweries have been able to thrive thanks to reliable access to good-tasting, clean water. You may assume water is just water, but the quality of water used in brewing beer makes a big difference in the final product.

Practice smart watering for healthier plants

Did you know that watering too much or too little is the cause of many common plant problems in our area? You can have healthier plants, save money on water bills, and conserve precious water by learning to give your lawn and garden just what they need, and no more.

Watering deeply builds deeper, healthier root systems. To see if you are watering deep enough to moisten the whole root zone, dig in with a trowel an hour after watering to check the depth.

