

DID YOU KNOW?

Water Quality Report

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 details the source and quality of the drinking water delivered to our community in 2022. The report includes 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/customers/water-quality/water-quality-standards/consumer-confidence-reports>. If you wish to have a paper copy, you can print one directly from our website or receive a printed version by contacting the Water Quality Department at (360) 848-2135.

Watering for Healthy 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.



WATER: It's That Important

- ▶ Brain consists of 75% water
- ▶ Transports nutrients and oxygen to cells
- ▶ Moisturizes the air in our lungs and helps with metabolism
- ▶ Muscles consist of 75% water
- ▶ Bone consists of 31% water
- ▶ Water cushions and lubricates our joints
- ▶ Blood consists of 80% water

Systemic

- ▶ Flushes body waste
- ▶ Regulates body temperature
- ▶ Helps with digestion
- ▶ Delivers oxygen all over the body

FUNCTIONS OF WATER. *Think of what you need to survive, really just survive. Food? Water? Air? Water is of major importance to all living things; in some organisms, up to 90% of their body weight comes from water. Up to 60% of the human adult body is water. Each day humans must consume a certain amount of water to survive. This varies according to age and gender, and also by where someone lives.*

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



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Get Your Rain Barrels Now For Summer Growing Season

What's a rain barrel? A rain barrel is a container that collects and stores rainwater from downspouts and rooftops for future use — ideal for watering plants and container gardens.

Generally, a rain barrel is made using a 55-gallon drum, a vinyl garden hose, couplings, a screen grate to remove debris and keep insects out, and other materials found at most hardware stores.

Rain barrels can be constructed in several ways, but they all serve the same purpose — to collect rainwater and decrease the amount of stormwater runoff that leaves your property. Using rain barrels is one way to reduce your household's impact on local waterways and to become a good steward of the local watershed.

Why Use Rain Barrels?

Nearly 40% of household water is used during summer, for lawn and garden maintenance. A rain barrel collects water and stores it when you need it most — during the dry summer months. Using rain barrels potentially helps homeowners lower water bills while improving the vitality of plants, flowers, and trees.

The average rainfall of one inch within 24 hours can produce more than 700 gallons of water that runs off the roof of a typical house.

Much of this water runs from gutters onto surfaces that don't allow water to soak into the ground. These are called impervious surfaces, including concrete, asphalt, and compacted soil. Even commonly used sod has a very low infiltration rate and can cause increased runoff.

Runoff collects and transports soil, pet waste, salt, pesticides, fertilizer, oil and grease, litter, and other pollutants as it flows. This water drains directly into nearby creeks, streams, and rivers without receiving treatment at wastewater plants.

Polluted stormwater contaminates local waterways. It can harm plants, fish, and wildlife while degrading water quality.



Where to Purchase



Skagit PUD sells ready-to-install 55-gallon rain barrels for just \$60 plus tax. We've recently changed the style and design of the barrels to help keep costs low. The lid now unscrews for easier cleaning, and we created a simpler set up for the downspout. If you would like more information about Skagit PUD's low-cost rain barrel program, please visit SkagitPUD.org or call (360) 424-7104.

Water: It's That Important

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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.



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 or any of the Skagit Valley Visitor Information Centers.

For more information, please visit SkagitFarmtoPint.com.

