

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 2023. 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.

Garden & Art Fair in June

Come to the Mount Vernon Garden and Art Fair at Edgewater Park on June 29 – 30. Browse a selection of crafters, small growers, artists, garden demos, children's activities, music, and a raffle. Enter the raffle to win a Skagit PUD artist-painted rain barrel and start harvesting rainwater in style! Free admission. For more info, visit <https://www.mvgardenandartfair.org>.



HOW MUCH WATER SHOULD YOU DRINK?

There's no one-size-fits-all answer, as fluid needs vary among individuals.

How much water should you drink a day? Most people need about four to six cups of plain water each day. However, it may be surprising to learn that water intake is an individualized number.

While the daily four-to-six-cup rule is for generally healthy people, that amount differs based on how much water they take in from other beverages and food sources. Also,



certain health conditions, medications, activity level, and ambient temperature influence total daily water intake.

Unfortunately, many of us, especially older adults, aren't getting enough to drink. Here are some tips to help you know how much water you should drink daily to stay healthy.

Benefits of drinking water

Water keeps every system in the body functioning properly and has many important jobs, such as:

- Carrying nutrients and oxygen to your cells
- Flushing bacteria from your bladder
- Aiding digestion
- Preventing constipation
- Normalizing blood pressure
- Cushioning joints
- Protecting organs and tissues

- Regulating body temperature
- Maintaining electrolyte (sodium) balance.

How much daily total water do you need?

The National Academy of Medicine suggests an adequate intake of daily fluids of about 13 cups and 9 cups for healthy men and women. That might mean you need only four to six cups of plain water, depending on other fluid sources such as coffee, tea, juice, fruits, and vegetables.

Other factors that might mean more plain water include:

- **Activity level:** If you're losing water through sweat while exercising, you should increase your water intake. Individuals participating in long stretches of physical activity, such as marathons, often need to replace water and sodium losses.
- **Outside temperatures:** You should adjust your water level when the temperatures soar outside. In warmer temperatures, you might feel thirstier faster.
- **Overall health and medications:** According to Harvard Medical School, it's possible to take in too much water if you have certain health conditions, such as thyroid disease or kidney, liver, or heart problems; or if you're taking medications



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that make you retain water, such as nonsteroidal anti-inflammatory drugs (NSAIDs), opiate pain medications, and some antidepressants.

- **Age:** Older people don't sense thirst as much as they did when they were younger. And that could be a problem if they're on a medication that may cause fluid loss, such as a diuretic.

How to calculate how much water to drink a day

As there's no one-size-fits-all answer and water intake is individualized, you should check with your doctor about the right amount for you.

You risk becoming dehydrated if you don't drink enough water each day. Warning signs of dehydration include urine that's dark yellow in color, weakness, low blood pressure, dizziness, or confusion.

Fluids to keep you hydrated

Water is not your only choice when it comes to hydration. All beverages containing water contribute toward your daily needs. And some people even tout the benefits of milk for hydration.

According to the Harvard Medical School, it's a myth that caffeinated beverages or those containing alcohol are dehydrating because they make you urinate. They do, but the water from these beverages still leads to a net positive contribution to total fluid consumption over the day.

Of course, there are many reasons why water is still the better choice.



Sugary drinks can lead to weight gain and inflammation, which can increase your risk of developing diseases such as diabetes. Too much caffeine can give you the jitters or keep you from sleeping. To reduce the risk of alcohol-related harms, the 2020-2025 Dietary Guidelines for Americans recommends that alcohol intake should be limited to one drink per day for women and one to two drinks per day for men.

Tips for avoiding dehydration

To ward off dehydration, drink fluids gradually throughout the day. An easy way to do this is to have a drink at each meal, as well as socially or with medicine.

And know that you also get fluids from water-rich foods, such as salads, fruit, and applesauce.

SOURCE: Harvard Health Publishing

Proper Watering Keeps Plants Healthy

TREES AND PLANTS DEPEND ON WATER. And in the hot summer months, they rely on you to give them the water they need. These tips will help you ensure your trees and plants get enough water when needed. If you water thoughtfully, you'll put water where your plants really need it and avoid wasting it.

Water the soil, not the leaves. Trees and plants can only absorb water through their roots. If you're watering by hand with a hose nozzle or watering wand, direct the water toward the base of the plant. Soaker hoses, laid on the soil surface to slowly seep water, are more efficient than sprinklers. However, a sprinkler can cover a wide area. Be aware that the spray from a sprinkler can be blocked or diverted by trees, shrubs, or even the large leaves of some plants, such as hostas.

Check for soil moisture. What matters to a plant is how much water is actually in the soil. To check, use a trowel to dig down. Water if the soil feels dry three or four inches below the surface. A common rule of thumb is that most plants need the equivalent of one inch of rainfall a week, on average — enough to soak into the soil about six inches. However, in hot weather, plants may need more. Some areas of your yard may be

drier than others because trees, roof overhangs, and buildings can intercept rainfall.

Let the water soak in deeply. A light daily sprinkle won't penetrate very far. That's not good for plants. If water is only found at the soil's surface, roots won't grow any deeper. For healthier roots and more drought-tolerant plants, let the soaker hose or sprinkler run long enough for water to soak in about six inches, and then don't water them again for several days. That will encourage plants' roots to grow longer and deeper, increasing their ability to soak up and hold water.

Trees need watering. It's essential for young, newly planted trees, which don't have many roots yet. Let the hose dribble slowly into the soil, moving it around to moisten the soil around the trunk. A good dose for a young tree a few feet tall is about 10 gallons — roughly the amount you'll get from a hose running at medium pressure for five minutes.

