

water rings

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Tips for Maintaining Water Quality in Your Home

Ensuring quality tap water is a responsibility that is shared by NWWA and its customers. We take great pride in delivering the finest quality water to your home. To maintain the high quality level once the water enters your home, be sure you develop a routine for flushing your hot water heater and cleaning out your faucet aerators.

Drain Your Hot Water Heater Annually

Your water heater may be one of the appliances in your home you take for granted—until it stops working and you wind up in a cold shower. Over time sediment, bacteria and metals can build up in your water heater tank, impacting water quality and minimizing household water pressure. By implementing an annual maintenance plan you could extend the life of your hot water heater, while ensuring water quality.

How often you should drain and flush your hot water heater depends on the number of people

in your home. In general, the more you use your water heater, the more often it needs maintenance. Refer to the manufacturer's instructions that came with your water heater or consult with a qualified plumber.

Clean Out Faucet Aerators

Most faucets in the home have aerators at the tip. These are mini strainers that usually screw onto the faucet for the purpose of catching small sediment that may have entered the water from the hot water heater or the home's plumbing. They are also great money-saving devices because they reduce the amount of water used by lowering the flow rate.

It's important to regularly unscrew and rinse off the aerator to remove any particles that may have collected there. When you're no longer able to remove hardened deposits, the aerator should be replaced.

Winterizing Tips

During the cold weather months, there are simple things you can do to help prevent frozen pipes and leaks in your home.

- Fit exposed pipes with insulation sleeves or wrapping to slow heat loss.
- Seal cracks and holes in outside walls and foundations near water pipes with caulking.
- Keep a slow trickle of water flowing through faucets connected to pipes that run through an unheated or unprotected space.



- Remove all hoses from outside faucets and shut them off from the inside. Leave the fixtures open to drain.

- Secure and drain all underground lawn sprinkler systems.

- If you plan to be away for an extended time during the winter months, it is very important to maintain minimum temperatures in your home to prevent freezing of the interior plumbing fixtures.

Remember, your indoor plumbing is your responsibility. Protecting your pipes saves water and money!



NWWA
North Wales Water Authority

PO Box 1339
200 West Walnut Street
North Wales, PA 19454-0339
215-699-4836
www.nwwater.com
wizard@nwwater.com



This Issue

Partners in Water Quality 1
Get Ready for Winter

Water Bottle Safety Q & A - Alkalinized Water 2



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Don't Forget To Disinfect Your Reusable Water Bottle

Reusable water bottles are a convenient, economical and environmentally friendly way to always have fresh water on hand. But how often do you clean your bottle? If you use your bottle often, it probably doesn't get a chance to dry out between uses. Because bacteria love a moist, dark environment you should clean your bottle every day or at least every few days to keep it germ free. Here are five ideas for keeping your bottle clean.

Throw it in the dishwasher: Make sure your bottle is dishwasher safe by checking the bottom or the brand's website to make sure.

Wash it with warm soapy water: Pour out any leftover liquid, add a few drops of dishwashing soap and some warm water, screw on the top, and shake for a minute or so. A long-handle bottle brush would be helpful for scrubbing inside your bottle. Thoroughly clean the cap and straw as well and allow to air-dry overnight.

Use water bottle cleansing tablets: Some water bottle manufacturers offer this type of product and they can be found online by doing a simple web search. Effervescent denture cleaning tablets such as Efferdent can also be used. Be sure to follow the product instructions.

Use vinegar: This all-natural cleaner is great for killing certain germs and bacteria. After washing your bottle with soapy water, rinse it well, and fill it one-fifth of the way with white vinegar. Fill the rest with water, let it stand overnight, and in the morning thoroughly rinse it out.

Use a weak bleach solution: If you're really worried about germs, you might be most comfortable washing your bottle out with a weak bleach solution. Done properly it is perfectly safe and can even be used to sanitize baby toys and bottles. Make a bleach solution using one tablespoon of bleach per one quart of water. Fill your bottle, screw on the top, and allow it to sit for two minutes. Pour out the solution and allow the bottle to dry out completely.



If you'd like a NWWA water bottle, write us at wizard@nwwater.com or call us at 215-699-4836. Supplies limited.



Q: *Is 'alkalinized water' beneficial or just another fad?*

A: Alkalinized water is one of the latest trends to emerge in the enhanced bottled water market. The science around alkalinization is thin. The claim is that the fluids in the cells of most people are overly acidic, as we are ingesting food and drink that is set at a disadvantageous pH. Neutral pH is 7.0. Any number below this refers to an acidic substance and any number above, alkaline.

The more important number to remember is 7.4. That is the pH of human blood. Your body works very hard to maintain that level. Every chemical reaction that happens on a daily basis in all cells of your body is optimized for a pH of 7.4. The body does not work well outside a tight range between 7.35 and 7.45.

Your body has a floating buffer system that shifts back and forth from the mildly alkaline (bicarbonate) to the mildly acidic (carbonic acid), depending on the need. The stomach, though, is a factory of harsh acid, creating a pH around 2, to denature bacteria and viruses and anything else that might make you sick.

The premise of alkalinization is that increasing the pH in your stomach (by drinking water with an elevated pH of 8.5 or above) will keep the stomach from having to secrete so much acid and, in turn, spare your pancreas from manufacturing and delivering higher amounts of bicarbonate, thereby giving all your organs a respite.

Water alkalinization is another fad without science to support it. We suggest you save your money.

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