

## DID YOU KNOW?

### Water Quality Report

At Skagit PUD, we believe in keeping you informed about the quality of your drinking water. Beginning July 1, our annual Water Quality Report will be available, providing you with valuable insights into how your water measures up against established federal and state standards. This comprehensive report details your water's source, quality metrics, and includes our annual progress update on Water Use Efficiency goals.

### How to Access Your Report

- View online at: <https://www.skagitpud.org/customers/water-quality/water-quality-standards/consumer-confidence-reports>

- Need a paper copy? You can print directly from our website or contact our Water Quality Department at (360) 848-2135

We encourage you to review this important information when it becomes available. Your awareness of our water quality standards reflects our shared commitment to a healthy community.

### Garden & Art Fair in June

Buzz in to the Skagit Garden and Art Fair at the Skagit County Fairgrounds on June 21 – 22. Browse a selection of crafters, small growers, artists, floral design displays, children's activities, food and music. Admission \$1 (Children 12 and under FREE). For more info, visit <https://www.skagitgardenandartfair.org>.

# Hidden Health Benefits of Staying Hydrated

## WHY WATER MATTERS MORE THAN YOU THINK

In a world of specialty beverages and trendy drinks, plain water often gets overlooked. However, recent research confirms that this simple, zero-calorie beverage deserves its reputation as a cornerstone of good health.



A comprehensive study from UC San Francisco has systematically examined the evidence on water consumption, analyzing 18 randomized controlled trials. The researchers found compelling evidence that adequate water intake helps with weight loss and prevents kidney stones, along with migraines, urinary tract infections, and low blood pressure.

"For such a ubiquitous and simple intervention, the evidence hasn't been clear, and the benefits were not well established, so we wanted to take a closer look," said Benjamin Breyer, MD, the lead researcher. "The amount of rigorous research turned out to be limited, but in some specific areas, there was a statistically significant benefit."

The human body is approximately 60% water, and even mild dehydration can impair physical and mental performance. Water is fundamental for nearly every bodily function, from regulating temperature and lubricating joints to facilitating digestion and waste elimination.

Recent neurological research has revealed

another compelling reason to prioritize hydration: brain health. Studies have shown that even mild dehydration — as little as 1-2% below optimal levels — can impair cognitive functions including concentration, memory, and reaction time. Brain tissue is particularly sensitive to water balance, making proper hydration one of the simplest and most cost-effective cognitive enhancers available.

Contrary to popular belief, drinking water actually helps reduce fluid retention by enabling the body to rid itself of excess sodium. Research has also shown that consuming water before meals may help with weight management by creating a feeling of fullness that reduces overall calorie intake.

For those looking to improve their hydration habits, experts suggest keeping water readily available throughout the day, flavoring it with fresh fruit for variety, and consuming water-rich foods like fruits and vegetables, which contribute about 20% of our daily fluid intake.

While individual water needs vary based on factors like age, activity level, and climate, this simple daily habit appears to offer wide-ranging benefits that make it worth prioritizing. As health care shifts toward preventive measures, adequate hydration stands out as one of the most accessible and effective ways to support overall health and well-being.



# Smart Water Use: 10 Easy Ways to Reduce Your Bill

Water conservation isn't just environmentally responsible — it's budget-friendly, too. Here are 10 simple strategies for lowering your monthly water bill while maintaining your quality of life.

1. Repair leaky faucets and toilets promptly. Even small drips can waste thousands of gallons annually.
2. Install water-efficient fixtures like low-flow showerheads and faucet aerators, which reduce water usage without sacrificing performance.
3. Adjust your laundry habits by washing full loads only and using the appropriate water level setting.
4. Consider upgrading to ENERGY STAR appliances, which use 25% less water than standard models.
5. Water your lawn strategically during early morning or evening hours to minimize evaporation.
6. Collect rainwater in barrels for garden irrigation, a free alternative to treated tap water.
7. Take shorter showers — even reducing by two minutes can save significant gallons.
8. Turn off the tap while brushing your teeth or shaving to prevent wasteful running water.



*A leaky faucet slowly drips, each droplet a small reminder of water and money going down the drain.*

9. Mulch garden beds to retain soil moisture and reduce watering frequency.
10. Use a hose nozzle with an automatic shutoff when watering outdoors or washing your car to prevent water waste when the hose isn't actively being used.

Implementing even a few of these suggestions can substantially reduce water consumption and lower utility bills while contributing to community water conservation efforts.

## Nurturing Your Garden: Essential Watering Techniques

Trees and plants require consistent hydration, especially during summer heat waves when your intervention becomes critical. The following expert techniques will help you deliver moisture effectively while conserving water.

**Target the roots, not foliage.** Plants absorb water primarily through their root systems. When hand-watering, direct your

hose or watering wand to the base of each plant. Soaker hoses provide superior efficiency compared to sprinklers by delivering water directly to the soil. While sprinklers cover broader areas, be mindful that larger plants and structures may create "rain shadows" where water doesn't reach.



**Assess soil moisture properly.** The true indicator of hydration needs lies beneath the surface. Insert a trowel 3-4 inches deep and check if soil feels dry at this depth before watering. Most plantings require approximately 1 inch of water weekly — enough to penetrate 6 inches into the soil — though this requirement increases during heat waves. Recognize that microclimates in your landscape may create varying moisture conditions.

**Water deeply, less frequently.** Brief daily sprinkles promote shallow root development. Instead, apply water until it penetrates approximately 6 inches, then allow the soil to partially dry between waterings. This approach encourages roots to grow deeper, significantly improving drought resilience and overall plant health.

**Prioritize tree hydration.** Young transplants with limited root systems require special attention. Apply water slowly around the trunk area, repositioning your hose to ensure thorough soil saturation. A newly planted tree typically needs about 10 gallons per watering session — equivalent to running a medium-pressure hose for five minutes.