

## How Much Water Should You Drink Each Day?

- Eight 8-oz. glasses for a small, inactive person.
- An overweight person needs 1 additional glass for every 25 lbs. of excess weight.
- Drink more if it's hot or dry outside.
- Drink more when you're sweating or breathing hard.
- Increase water when at high altitudes or flying — thin, dry air dehydrates.
- Drink more water if trying to lose weight.
- Drink water even if you're not hungry – it keeps you hydrated and with glowing skin.

[www.gethealthy.biz.ly/howmuchwater.html](http://www.gethealthy.biz.ly/howmuchwater.html)

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***In an emergency call the District's main office number 24 hours a day at 303-985-7895. Calls received outside normal working hours will be answered by the District's answering service and the information will be directed to on call service personnel for assistance.***

### LAKEHURST WATER AND SANITATION DISTRICT

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# bulletin

## As Cold Weather Approaches Prevention Is the Key

October is the perfect month to winterize. There are many things that homeowners can do to reduce the possibility of broken pipes this winter. Before winterizing your sprinkler system check for leaks and broken sprinkler heads and have them repaired to expedite your spring irrigation. Winterizing your sprinkler system is simple: turn water off, drain valves, and blow out with compressed air. Drain and disconnect your swamp cooler before temperatures drop below freezing. Other suggestions are to make sure that garden hoses are disconnected from outside faucets, insulate any gaps between the foundation and the framing of homes, and insulate areas that have water pipes in outside walls to help protect against freezing. Insulated covers for outside faucets are available at hardware stores. Keeping garage doors closed during very cold weather will help to prevent water pipes above the garage or in garage walls from freezing.

## Soil Amendment

Denver Water along with surrounding water districts now require soil preparation, with approved amendment before new water service can be established. This new operating rule, effective August 1, 2008, applies to newly constructed residential, commercial and industrial properties throughout the Denver Water service area. The new rule is part of Denver Water's Tap+Smart Conservation Plan. For more information on this program:

[www.denverwater.org/custserve/customer/soilamendment.html](http://www.denverwater.org/custserve/customer/soilamendment.html)

## Water Tips and Conservation Methods

The following are additional ways to conserve water inside and outside the home.

- Fall is a great time to aerate and apply winterization fertilizers or a fertilizer higher in phosphorus, which strengthens the root system.
- Try using lawn fertilizer with nitrogen, phosphorus, potassium instead of salt to melt ice on walks and pavement this winter, you'll provide nourishment to lawns and plants for a quick revival in the spring.
- Even though grass grows slower in the fall, it still needs to be watered well so it's strong enough to weather the cold. Maintain a healthy lawn while conserving water by installing a drip or trickle irrigation system which uses half the water conventional systems use.
- Fix leaking faucets or toilets immediately. Dripping faucets can waste 2,000 gallons a year and a leaking toilet can use 100,000 gallons per year! Check your toilet for leaks by putting a few drops of food coloring in the tank and waiting 10-15 minutes. If color shows in the bowl, you have a leak. Leak detecting tablets are available at the district office free of charge.
- Don't allow water to run while brushing your teeth. Letting the water run for two minutes while brushing your teeth, twice a day; uses 3-14 gallons of water.
- Don't leave water running while shaving. Shaving once a day with the water running for 5 minutes uses 7.5-35 gallons of water.
- Put a container of water in the refrigerator for drinking to eliminate running the water until it gets cold.

- Shower quickly. Showers take less water than baths. An 8 minute shower uses 9-12 gallons of water and a full bath tub 30-45 gallons.
- Only run the dishwasher when full; one standard cycle uses 10-14 gallons of water.
- Wash full loads of clothing; one top load washer uses 35-50 gallons of water. If you are buying a new washer consider a front loading model. They save water over conventional top-loading units by as much as 20-30 gallons.
- Install a low-flow showerheads and low flow toilets.
- Defrost frozen food in the refrigerator or in the microwave instead of running water.

## Denver Water Board Increases Water Rates for 2009

Denver Board of Water Commissioners approved a proposal to increase water rates for all its customers effective January 1, 2009. According to Denver, the rate increase is needed to cover rising costs associated with maintaining and improving the water system. Denver Water has increased master meter rates by 12.74% for 2009. Lakehurst is a master meter distributor and customers should expect to see an increase to their water bill in 2009. Lakehurst Board of Directors will determine how much of an increase will be needed to operate and maintain its system during the budget workshop in November. As in years past, the board will strive to minimize the impact on its customers while maintaining the same level of quality services.

## Residential Rebate Programs Continue Through December 31, 2008

Lakehurst Water is pleased to inform our customers of available rebates for residential customers interested in high efficiency appliances and irrigation system enhancers. Once again, these rebates are offered by Denver Water and extended to Lakehurst customers. Rebates will be in effect between January 1, 2008 and December 31, 2008. For further information concerning eligible models, rebate amounts, and qualifying forms go to [www.denverwater.org](http://www.denverwater.org).