



Thursty

water systems

**Electrical - Plumbing - Heating - Gas
Air Conditioning - Water Filtration**

February 2011

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You are Our Priority

We Work to Keep Our Customers
Safe & Warm

Here's to a Warm Winter

We know these winter days are chilly, but we won't leave you out in the cold! At Thursty Water Systems Electrical, Plumbing & HVAC, we strive to provide our customers with superior customer service from your first phone call to our expertise on the job. We maintain the most current training and licenses needed to guarantee and warrantee work that will keep you safe and warm. Best of all, we appreciate our customers!

Thank you for your continued business, and we hope you have a
Happy Valentine's Day!

Going Somewhere for February Vacation? How to Avoid the World's Worst Travel Diseases

There is one common denominator for disease: water. We all drink it, and we all need it daily to maintain health. However, 40% of the world lacks clean water according to the World Bank which

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includes **water we pull from our own backyard**. Poor water quality is obvious if water smells or causes staining. However, dangerous contaminants, such as bacteria, arsenic, radon and nitrates, are not easily detected as they are odorless, tasteless, and even colorless. If you are not on municipal water and have not had your water tested recently, you may not be aware of the effects your water quality has on your health. Of course, the same unknowns exist when traveling abroad.

When traveling, it is absolutely necessary to take precaution, and only drink unopened bottled water. Some countries will warn travelers of potential danger. One of our employees recently noted this "Do Not Drink the Water" sticker displayed in their hotel room on a trip abroad. So why is it important to pay attention to these warnings?



Clean water certainly helps us avoid disease, but unclean water can carry bacteria and other unknown threats to our health. The top two traveler's diseases from consumption of unclean water are:

Cholera: With the recent outbreak in Haiti, many travelers are already aware of the symptoms. Cholera is a potentially fatal bacterial infection, causing dehydration and severe diarrhea. The disease is usually spread by consumption of contaminated water and food. Preventative measures include **drinking unopened bottled water** or canned beverages. Tap water must be boiled or treated with bleach or chlorine tablets to be considered safe. On your next trip, you might want to consider bringing water purification tablets, oral rehydration salts and prescription antibiotic for traveler's diarrhea.

Traveler's Diarrhea/Dysentery: The CDC reports that every year, between 30%-70% of international travelers develop diarrhea depending on their destination. Diarrhea is merely a symptom of common bacteria such as E. coli or Salmonella; or it may also be attributed to a virus such as norovirus or rotavirus. Advice to avoid contracting diarrhea is simply to not drink the water. **Drink only sealed, bottled water. Here's a tip: Brush your teeth with bottled water only.** Be aware that some situations are beyond your control, such as sanitary conditions in the kitchen where your food is cooked.

Of course, there are diseases that are unrelated to water intake, including Malaria or Influenza. To learn more about how to avoid these and other diseases, [Click Here](#).

For now, we encourage you to have your water tested. You may not be able to control the quality of water in other countries, but you can control the water quality within your home.

Newsletter Archive

Did you miss last month's newsletter? We have now posted our [Newsletter Archive](#) online.

Listen for Thirsty Water on the Radio!

Our focus is to educate our community about water quality. Tune into these stations to hear us on the radio!



Finance Your Water System Install with Meredith Village Savings Bank



Meredith Village Savings Bank can help you finance your water system. Call today for details!

WATER TRIVIA - *Valentine's Edition*



Be the first to answer this month's trivia question correctly for a chance to win a Thursty Water prize! Send your answers to thurstywater@metrocast.net. We will notify the winner on February 31, 2011.

Q: During Medieval Times, women would use this to make scented water and attract men. What is it?

January's Q: How much water does the average household use during an entire year?

A: 107,000 Gallons

Thank you to all who answered correctly! The winner has been notified.

Roses Need Clean Water, Too!

If your sweetheart gives you roses this **Valentine's Day**, make these beautiful flowers last longer using these simple water-related tips:



- Rose stems are best when cut under running water. They will wilt sooner when exposed to air.
- When using your own vase, scrub the vase. A dirty vase will inhibit the pores in the rose stems from carrying water to the blossoms.
- Fill the vase with lukewarm water, which has less oxygen than cold water. Cold water blocks water uptake.
- Adding the floral preservative that comes with the flowers will decrease bacteria growth.
- Avoid using water from a water softener. When your tap water has a lot of salt, you can use your reverse osmosis filtered water. Too much salt is not good for cut roses.
- Spray roses daily with a gentle mist and check the water levels. When the water is cloudy or smells, cut the rose stems and change the water.
- [Learn More Here](#) **After all, roses need clean water, too!**

Can Too Much of a Good Thing be Bad? U.S. HHS Recommends Change in Flouride Standards

For the first time in 50 years, the U.S. Department of Health and Human Services announced plans in January to lower the recommended level of flouride in drinking water. The debate over flouridation has been ongoing, and is expected to arise again given the HHS' announcement.

Since the 1950s, the government has encouraged municipal water systems to add flouride to drinking water. Flouride has been added to toothpaste, mouthwash, and is even present in bottled water and soda. However, with many sources of flouride, children may now be getting too much.

Concern is rising as flourosis, the splotchy tooth condition affecting adolescents ages 12 through 15, has grown more common



in the last thirty years according to the Centers for Disease Control and Prevention.

Recent studies have found additional dangers attributed to flouride. One study in particular showed that continuous intake of high flouride levels can increase the risk of brittle bones, fractures and crippling bone abnormalities.

Currently, the recommended maximum levels of Flouride in drinking water, as set by the EPA, are at 4 parts per million. The new proposal from the HHS would set recommended levels at 0.7 parts per million.

Additional Resources:

WMUR.com

[Water & Wastes Digest](#)



When you schedule and pay for your Water System Installation in February, receive a

***Complimentary Box of
Valentine Chocolates***

Submit coupon with payment in the month of February and receive Box of Chocolates. Expires 2/28/2011.

Got Questions? Call to Schedule Your Appointment Today

Showroom Hours: Monday-Friday: 8:00am - 4:30pm

Call (603) 569-1569

For emergencies, please call (603) 569-1569 or Toll Free 1-888-551-4545.

Water For Life



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