



August 2017

National Water Quality Month

Drinking water, also known as potable water, is water that is safe to drink or to use for food preparation.

Sources of Water

Saltwater. Most of the water on earth is seawater, which cannot be used unless the salt is removed.

Freshwater. Only about 3% of all water is freshwater and most of that is frozen. This leaves only a small amount of water available for human use. Because much of what is usable is on the surface (lakes, rivers) it needs to be treated to be safe to drink.



Drinking Water Standards and Regulations

Drinking/tap water provided by public water systems is regulated by the United States Environmental Protection Agency (EPA), which establishes limits for contaminants.

Bottled water is regulated by the U.S. Food and Drug Administration (FDA).

- Drinking water may contain small amounts of some contaminants at levels too low to pose a health risk.
- Public water systems use water purification methods to remove contaminants from the source water before it is distributed to homes and other recipients.
- Water taken directly from a natural water source that is not treated may not be safe to drink.



Contaminants

- Substances that make water unfit for use.
- Some contaminants are easily identified by taste, odor, and cloudiness of the water.
- Most are not easily detected and require testing to determine if water is contaminated.
- Contaminants can cause a whole host of water-related diseases.

Naturally occurring. Substances that may be present at toxic levels include salts and metals such as poisonous arsenic and **organisms** including pathogens (bacteria, viruses, others) and parasites (microscopic protozoa, worms).

Man-made. Byproducts of industry and agriculture such as heavy metals (lead, mercury) and **hazardous chemicals and compounds** (insecticides, fertilizers).

Treatment of Contaminated Water

- ◆ Contaminated water must be treated before it can be used for human consumption.
- ◆ Many different types of treatments are available.
- ◆ A combination of technologies is used to insure full decontamination.

Because there is such a limited amount of usable water, protecting and managing freshwater sources is essential.

Tech Corner Know Your H2O?

- Diagnose problems with your water by answering a series of questions.
- Receive your results, a full list of symptoms, causes, and solutions with links to other educational sources.
- Available for both Apple and Android.



August 10th is National Lazy Day - 10 Health Benefits Of Relaxation

Stress may be our *biggest* health concern, given that it has been linked to so many health complications, from heart problems to dementia. Relaxing whenever possible and in whatever way works for you is healthier for you than you might think. **Relaxing:**

1. **Protects your heart.** It lowers the risk of high blood pressure, heart attacks and other heart problems.
2. **Lowers your risk of catching a cold.** Stress lowers the body's immune system.
3. **Boosts your memory.** Stress impairs the parts of the brain involved in memory and learning. It also increases the amount of certain proteins in the brain that have been linked to Alzheimer's.
4. **Lowers your stroke risk.**
5. **Keeps you safe from depression.** The stress hormone cortisol can reduce the levels of serotonin and dopamine (the "feel good" hormones). Low levels are linked to depression.
6. **Helps you make better decisions.** Stress seems to change how we weigh risks and rewards, clouding our judgment.
7. **Keeps you slim.** Cortisol increases appetite and may even increase junk food cravings.
8. **Eases acne.** Stress may up the amount of oil produced by the skin clogging pores and causing acne. Flare-ups of other skin problems, like psoriasis, have also been linked to stress.
9. **Will keep you in the mood.** One of the big reasons that women lose that lovin' feeling is stress, but men aren't immune either. In fact, stress zaps the libido of around 30 percent of men.
10. **Could slow breast cancer.** Stress may double a woman's risk of developing breast cancer and increase its aggressiveness. Relaxing seems to delay the progression of the disease and may speed recovery.



How to pick these 5 summer fruits - Plus the best way to store them



Summer is the perfect time to enjoy more fruit. Not only is fruit delicious but it's also rich in nutrients and fairly low in calories per bite. Plus it's convenient - fruit is a great grab-and-go snack - and can be cheap, especially when you shop in season. Check out these tips for buying and storing summer fruit.

- ⇒ **Berries: What to shop for:** Bright, plump berries with good, uniform color and dry, clean appearance. **How to store:** In the fridge in the container they were sold in for 10-14 days (blueberries) or 1-3 days (others). **Tip:** To prevent berries from getting soft and moldy, don't wash them until you're ready to serve.
- ⇒ **Watermelon: What to shop for:** Fruit with a rind that's slightly dull. Whole melon that's heavy for its size and symmetrical. Cut melon with deep red flesh without white streaks. **How to store:** At room temperature (whole), or in the fridge for up to 5 days (cut and in a container). **Tip:** The yellower the underside, the riper the watermelon. Seedless watermelons are just as tasty as ones with seeds.
- ⇒ **Peaches and Nectarines: What to shop for:** Firm fruit with no trace of green in the skin. Should yield to gentle pressure when ripe. **How to store:** At room temperature in a closed paper bag until ripe. Then at room temperature for 1-3 days. **Tip:** Ripe peaches have a yellowish color with a red blush.
- ⇒ **Cherries: What to shop for:** Firm, plump fruit with a bright red to black color, smooth, glossy skin, and stems attached. **How to store:** In the fridge for up to 10 days. **Tips:** To prevent cherries from getting soft and moldy, don't wash them until you're ready to serve.
- ⇒ **Apricots: What to shop for:** Uniform golden-orange, plump fruit. When ripe they yield to gentle pressure. **How to store:** At room temperature until ripe. Then in the fridge in a plastic bag for 3-5 days. **Tip:** Avoid soft, pale, or greenish-yellow fruit.

Yoga for a Sharper Brain

A combination of yoga and meditation were as effective as brain training at easing memory problems in a three month study of older adults with mild memory challenges. Fourteen subjects took a weekly yoga class with breathing exercises, chanting, and meditation, and meditated daily; 11 received memory training an hour per week and did memory exercises as home.

- ◆ People in both groups showed improved language memory.
- ◆ The yoga group also had better visual-spatial memory (which helps us recall locations and navigate as we drive or walk) and less depression.

