

# Pinery Pipeline

January/February 2009

Pinery Water & Wastewater District – 303.841.2797

www.pinerywater.com

## 10 Reasons to Drink Water

1. Water is absolutely essential to the human body's survival. A person can live for about a month without food, but only about a week without water.
2. Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
3. Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
4. Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.
5. For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.



6. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.
7. Water can prevent and alleviate headaches.
8. Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
9. Water aids in the digestion process.
10. Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.

Source: AllAboutWater.Org

### THE LAST DROP:

*Water is an incredibly important part of our daily lives. We drink water, cook with water, bathe in water, and participate in many other activities involving water. The District takes pride in providing you quality water!*

## 2009 Water & Sewer Rates

### 2009 Residential Water and Sewer Rates Effective January 1, 2009

#### Water

<u>Gallons</u>	<u>Bi-Monthly</u>
0 - 6,000	\$ 46.00 + \$1.50/1,000 gallons
7,000 - 40,000	\$ 55.00 + \$2.55/1,000 gallons
41,000 - 60,000	\$141.70 + \$3.55/1,000 gallons
61,000 - 100,000	\$212.70 + \$4.50/1,000 gallons
101,000 - 120,000	\$392.70 + \$6.50/1,000 gallons
Over 120,000	\$522.70 + \$13.00/1,000 gallons

#### Sewer

<u>Gallons</u>	<u>Bi-Monthly</u>
0 - 6,000	\$49
Over 6,000	\$72

*\*Sewer rates are based on winter time water usage, either your January-February or February-March billing cycle*



# A Day in the Life of.....

In 2005, the District joined with Arapahoe County Water & Wastewater Authority, Cottonwood and Inverness Water Districts to create the *Cherry Creek Project Water Authority (CCPWA)*, purchasing \$14 million of deep and alluvial water rights, land and deep wells out of bankruptcy from Western Water Company (WWC). The one remaining WWC employee was Susan Saint Vincent – she managed the Colorado office, ran the wells, administered the record keeping, and coordinated services with outside vendors. The District brought Susan on as a full-time employee, working approximately half of her hours managing and developing the CCPWA assets. Her previous employment experience and education though were in the field of human resources and office management, including over fifteen years working in City government. Susan now performs a multitude of tasks for the District including administration of all human resources related projects, in addition to writing the bi-monthly customer newsletters and even keeping up the District's Xeriscape garden in the summer time.

Although working with water rights, wells, gravel pits, and ditches can be exciting, Susan's passion is taking care of people – in her case it is usually the employees, but many times you will also catch her working with District customers and contractors. It is truly a job that covers a full range of tasks throughout the District – "variety" is not lacking!



## How Many Calories in Your Drink?

Thinking about cutting a few calories this year? Start with what you are drinking (calories based on 8oz serving):

Pepsi	100
Coke	97
Mountain Dew	110
Dr. Pepper	100
7Up	100
Red Bull	110
Ginger Ale	80
Orange Juice	110
Latte (nonfat)	84
Light Beer	73
Red Wine	130

**WATER**  
**ZERO CALORIES**  
**ZERO CARBS**  
**ZERO FAT**

***DOES IT GET ANY BETTER?***



## Preventing Frozen Pipes... Just a Reminder



Winter is here and it is a good time to remind all of our customers that *prevention* is the best policy when it comes to keeping pipes from freezing. Simple things like opening cabinet doors to expose enclosed piping, installing heat tape, insulating areas around interior pipes, blocking drafts, and caulking areas where the pipes go through walls.

Frozen pipes are a big hassle whether you are a homeowner or a renter. As the old saying goes, an ounce of prevention is worth a pound of cure... *or perhaps in this case, a "gallon"!*

## HOA Regional Conservation Workshops

These information packed programs will highlight Xeric approaches, discuss best maintenance practices & impacts on dues, as well as schedules and efficiency.

Mark your calendars for:

*March 7* - Douglas County Events Center,  
Castle Rock

*March 11* - Parker Town Council Chambers

*March 19* - Centennial W&S in Highlands Ranch

*Who should attend?*

Individuals in Management and Landscape Positions

For more information go to [www.dewater.org](http://www.dewater.org)