

GET THE DROP!



A quarterly newsletter for giving your life a splash of insight.

Winter 2018-19

PIPE PREP

One of the hazards of cold weather is freezing pipes. Use these tips to help prevent pipes from freezing and learn how to thaw a frozen pipe.

Tips to Prevent Freezing Pipes:

- If there are water supply lines in the garage, keep the garage doors closed.
- Open kitchen and bathroom cabinet doors to allow warm air to circulate around plumbing.
- Keep a cold water drip from the faucet of exposed pipes—even a little helps prevent freezing.
- Set your thermostat to the same temperature day and night. If you will be away from home, set the temperature to no lower than 55°F.

How to Thaw a Frozen Pipe:

- **If you KNOW you have a frozen pipe, shut off the main water supply to your house.**
- **If you turn on a faucet and only a trickle comes out, suspect a frozen pipe.** Likely places for frozen pipes include exterior walls and where your water service enters your home through the foundation.
- **Keep the faucet open.** As you treat the frozen pipe and the frozen area begins to melt, water will begin to flow. Running water through the pipe will help melt the ice in the pipe.
- **Apply heat to the frozen section of pipe with towels soaked in hot water.** Do not use a blowtorch, kerosene or propane heater, charcoal stove or other open flame device.



- **Apply heat until full water pressure is restored.** If you are unable to locate the frozen area, if the frozen area is not accessible, or if you cannot thaw the pipe, call a licensed plumber.
- **Check all other faucets in your home to find out if additional pipes are frozen.** If one pipe freezes, others may freeze, too.

If you cannot locate your main waterline shut-off valve, call Evansville Water and Sewer Utility customer service at **812-436-7846** between 7:30am and 4:30pm. If it is outside regular business hours, call the Utility dispatch office at **812-421-2130**.

For sources: ewsu.com/Get-the-drop

KEEPING YOU INFORMED

Welcome back to **GET THE DROP**, a quarterly newsletter from EWSU dedicated to keeping you informed about your local Utility and helping you learn more about one of life's most important resources—

WATER

Did you know?

One inch of rain during the summer equals about 10 inches of snow in winter.



For source: ewsu.com/Get-the-drop

Winter Fruit Salad

Make this quick and simple fruit salad recipe to **increase your water intake** using fruits that are in season during the winter. Gently mix the following ingredients in a bowl. Serve fresh or chilled. Top with citrus dressing if desired.

- 5 kiwis, peeled and diced
- 2 pears, cored and sliced
- 2 apples, cored and sliced
- 1 cup pomegranate seeds
- 5 oranges, peeled and segmented
- 2 cups seedless grapes



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Should I Water My Garden in the Winter?

During the winter months, the plants in your garden are still active! Here are some tips to help you determine if and when you should water your garden.

1. If the soil beneath your landscape is at least six inches deep, you may not need additional water. If the soil is less than six inches, consider supplementing your garden with water.
2. Water your garden only when air and soil temperatures are above 40°F with no snow cover. Water during mid-day to allow water to soak in before potentially freezing at night.
3. Standard recommendations for winter watering are ½ inch of water once every 4 weeks.
4. Water trees and larger plants or shrubs between the trunk and drip line. Smaller plants can be watered near the crown.

For sources: ewsu.com/Get-the-drop

Fun with Words: Doublets

Doublets were created by author Lewis Carroll in 1879. The game begins with two words of equal length. The player must transform the first word into the second by changing one letter at a time in as few steps as possible.

Here's an example:

TEA to **POT**

TEA
PEA
PET
POT

Now it's your turn! Try these doublets:

COLD to **WARM**
HEAD to **TAIL**
SLEEP to **DREAM**
LOVE to **HATE**
ONE to **TWO**

Staying hydrated this winter

Getting enough water can be a challenge in winter. Though it may not be hot outside, staying hydrated is still important. Water keeps your skin from drying out, keeps your nose and lungs moist, and helps you feel mentally alert during the day.

Current recommendations suggest adult **men drink 15.5 cups** (3.7 liters) of fluid each day and **women 11.5 cups** (2.7 liters). With that in mind, here are some tips for helping you stay hydrated while it's cold outside:

- **Eat water-filled foods.** About 20% of your daily water need comes from food. Pick up water-filled fruits and veggies at the store like melon, cucumber, strawberries, and lettuce.

- **Your cup of joe counts too.** Coffee and hot tea can also help you stay hydrated. Since drinking cold water in the winter isn't always appealing, try adding 1 to 2 cups of hot coffee or tea to your drink rotation each day.
- **Make it a game.** Try getting a large water bottle and aim to refill it by lunchtime. Or set a timer on your watch or phone each hour to remind you to take a drink.
- **Add some flavor.** Trying adding some fresh citrus, like lemon, lime, or orange, if plain water gets boring. Or pick up some carbonated water—soda water is especially great if you're trying to cut back on soda too!

For sources: ewsu.com/Get-the-drop