

## Treating Your Own Water

Do you feel kind of foolish buying water? If it comes from your kitchen tap, why pay for it at the store? It's pretty ridiculous when you think about it. Still, it sells to the tune of \$15 billion. That's billion with a "B." Why?

People buy bottled water because it has fewer chemicals and impurities in it. Moreover, it tastes better than tap water. But there's a dirty little secret about the bottled water business. At least 25% of bottled water starts out as city tap water according to the Natural Resources Defense Council.

You can get the same high quality water at home, without paying an arm and a leg, without lugging cases of bottles or gallon jugs home from the store. You can treat your own water yourself, automatically, painlessly, *inexpensively*.

### Point-Of-Use vs. Point-Of-Source

You can treat the water in your home immediately before use (point-of-use) or when it enters your home (point-of-entry). Point-of-use water filtration systems range from filter pitchers to under sink filtration systems. Point-of-entry systems are often referred to as whole-house water filtration systems.



## Did you know?

The beginning of spring is designated by the Vernal equinox, a specific moment in time when the Sun is vertically over the equator. This usually happens around the 20th or 21st of March. The term equinox refers to a day in time when sunrise and sunset are approximately 12 hours apart.

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### Inside...

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\$200 Giveaway

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Egg Safety

The CORNER



## Forget the Kit!

Learn how to dye eggs using household items.

### Make Your Own Dye

Start with boiling water. Transfer some of the water to a small glass or cup big enough to hold an egg. Add one teaspoon to one tablespoon of white vinegar and a few drops of food coloring. Put a hard boiled egg into the glass and let it sit for at least 5 minutes. If the color is lighter than desired, add more food coloring or let the egg soak in the mixture longer.

### Creative Designs

In order to achieve a banded effect on the eggs, put rubber bands around them tightly. Any area protected by the rubber band will not be dyed. Crayons are a great way to add character to your eggs. Draw a design on the egg before dyeing it and the crayon will create decorative accents. White crayons work great.

### Create Texture

Using one tablespoon of vegetable oil mixed with your dye will create a marbled look to your eggs. Wrapping cheesecloth tightly around the egg before dyeing will create a blocky texture.

### Drying the Eggs

A great trick to for drying dyed eggs is to cut an empty paper towel roll into short cylinders and place one egg on each. When dry, they can be returned to the original carton for storage.



## Egg Safety

Whether you are celebrating Easter, Passover, or any other occasion this spring, it's important to remember to handle eggs safely.

**For egg safety - to stay healthy and avoid foodborne illness — USDA advises:**

- Always buy eggs from a refrigerated case. Choose eggs with clean, uncracked shells.
- Buy eggs before the "Sell-By" or "EXP" (expiration) date on the carton.
- Take eggs straight home from the grocery store and refrigerate them right away. Check to be sure your refrigerator is set at 40°F or below. Don't take eggs out of the carton to put them in the refrigerator -- the carton protects them. Keep the eggs in the coldest part of the refrigerator — not on the door.
- Raw shell eggs in the carton can stay in your refrigerator for three to five weeks from the purchase date. Although the "Sell-By" date might pass during that time, the eggs are still safe to use. (The date is not required by federal law, but some states may require it.)
- Always wash your hands with warm water and soap before and after handling raw eggs. To avoid cross-contamination, you should also wash forks, knives, spoons and all counters and other surfaces that touch the eggs with hot water and soap.
- Don't keep raw or cooked eggs out of the refrigerator more than two hours.
- Egg dishes such as deviled eggs or egg salad should be used within 3 to 4 days.



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## Treating Your Own Water *continued from page 1*

Whole-house systems are considered superior because they treat all water entering the home, rather than the water at one faucet alone. Thus, the whole-house approach improves water quality at all faucets and showerheads, improves refrigerator ice, and improves the water used to wash clothes. Depending on the quality of your source water, it may even extend the life of water appliances.

Under sink point-of-use and whole-house water treatment systems offer the additional advantage of combining more than one water treatment method. Water pitcher and faucet filter point-of-use systems are typically limited to carbon filtration.

### Common Types Of Water Treatment

The three most common types of water treatment are sediment/activated carbon, reverse osmosis, and water softening. Often, whole-house systems combine more than one treatment method. The best method for you depends on your water, your objectives, and your budget.

#### Sediment/Activated Carbon

Sediment removal uses filtration to remove suspended solids for the water. Activated Carbon is often used for pre-treatment of a reverse osmosis purification system, but it can also be used as a standalone system. Activated Carbon systems use adsorption and catalytic reduction to remove unwanted tastes and odor from the water. Bottom Line: these filters are good at removing organic chemicals, but not inorganic contaminants like metals. Although they will not remove all impurities, they will improve the quality and taste of your drinking water.

#### Reverse Osmosis units

Reverse Osmosis is the most effective kind of water filtration system, however it also produces the most waste. Only a small percentage of water traveling through the system (approximately 5-10%) will end up being

cleaned water. The rest is discarded as waste water. However, this kind of water purification system will remove contaminants that sediment/activated carbon will not. Reverse Osmosis uses a semi-permeable membrane that only allows water to flow through.

#### Water Softener

Water softeners remove the hardness from the water. Hardness is caused by dissolved calcium and magnesium. Hardness causes water spots, scale deposits on plumbing fixtures, glass shower doors, water heaters, etc. Soft water requires less detergents and clothes last longer washed in soft water. Sodium free softeners are available.

#### Adding It Up

Safety concerns aside, installing a water treatment system in your home makes sense. With bottled water costing \$8 a case at the local grocery store, a water filtration system will pay for itself in a few years. Get all of the bottled water you need for pennies. Use it in cooking (see if it doesn't make vegetables taste better). Water the plants with it. Even give it to your dog. Why not? The price of water no longer matters.



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True/False The most effective water purification system is Activated Carbon.

True/False All Water purification systems remove roughly the same kind of contaminants.

True/False Whole house water purification systems are preferable to point of use water purification systems.

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## The Corner

**Q. When do Monkeys fall from the sky?**

A. During Ape-ril showers!

**Q. What do you call a bunny who tells jokes?**

A. A funny bunny!

**Q. Why shouldn't you tell an Easter egg a joke?**

A. It might crack up! !

**Q. What season is it when you are on a trampoline?**

A. Spring-time!

Spring is nature's way of saying, "Let's Party!" - Robin Williams

Spring makes its own statement, so loud and clear that the gardener seems to be only one of the instruments, not the composer. ~Geoffrey B. Charlesworth

April prepares her green traffic light and the world thinks Go. ~Christopher Morley

It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so! ~Mark Twain

Awake, thou wintry earth -  
Fling off thy sadness!  
Fair vernal flowers, laugh forth  
Your ancient gladness!  
~Thomas Blackburn, "An Easter Hymn"

No matter how long the winter, spring is sure to follow. ~Proverb

No winter lasts forever; no spring skips its turn. - Hal Borland

Spring shows what God can do with a drab and dirty world. ~Virgil A. Kraft

Spring is when you feel like whistling even with a shoe full of slush. ~Doug Larson

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome. ~Anne Bradstreet

In the spring, at the end of the day, you should smell like dirt. ~Margaret Atwood

Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes last us all the year. ~Ogden Nash