

JANUARY 2003

EMWD

reports...

## USE THE RIGHT AMOUNT OF WATER IN YOUR YARD

There's a simple, new way to know how much water to apply to your lawn and landscaping, and you can use it free on the Internet.

The water sprinkler calculator and sprinkler index are up and running.

The calculator will help residents save water and money by customizing an outdoor irrigation schedule based on soil conditions, plants and the weather, while the index will provide regular updates on outdoor sprinkler settings.

Residents should be using far less water in their yards this time of year than in the summer; in many cases, it may not be necessary to use any water at all during winter months. Yet, many people neglect to reset their automatic systems from summer to winter, thus wasting precious water and perhaps damaging their plants, too.

It has been said that people in our region over water their yards by five feet of water a year, on

average. Considering the fact that most people use about half the water they buy on their yards, it's clear they are paying for a lot more water than they need.

The water sprinkler calculator and the sprinkler index will help residents tweak their watering schedules to be more efficient while meeting their true landscape needs.

The calculator is similar to a retirement or insurance plan estimator. It asks a few simple questions and then produces a customized watering schedule that estimates how many minutes of watering each station on the system will need month-to-month.

The weekly sprinkler index is scientifically based on daily and historical evaporation of water from plants. It gauges how much moisture plants lose to the atmosphere under the conditions occurring at that time.

The index will help adjust

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watering times on automatic sprinkler systems in order to most accurately reflect the landscape's actual needs at the moment.

Most newer sprinkler timers have a simple control that allows users to adjust watering times up or down on a percentage basis. By using the weekly sprinkler index, residents can determine what percentage of maximum use they should set on their timer control units for that week.

Together, these new tools can save customers a lot of money and keep their plants healthier, too.

Both the sprinkler index and the water sprinkler calculator can be found on Metropolitan Water District's website, [www.mwdh2o.com](http://www.mwdh2o.com), and the sprinkler index can also be found on EMWD's website, [www.emwd.org](http://www.emwd.org), at the lower left-hand side of the page.

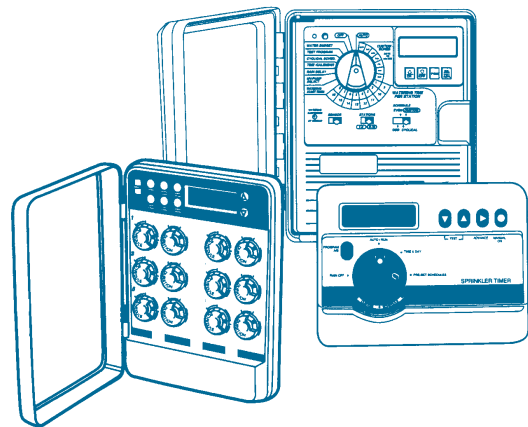
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The gradual introduction of water-thrifty native plants and shrubs into home and business landscaping is another way to save water. This is the perfect time of year to think about landscaping plans for spring and to decide how to convert some of your area to native plants.

The hundreds of varieties of drought-tolerant plants native to our region provide a wide selection of bright colors and vivid greenery. When cared for as well as other plants are, these plants can present every bit as much beauty as their more common cousins.

Most nurseries carry only a limited selection of native plants, but that will increase in the next few years. Meanwhile, native plants can be special ordered at most good nurseries. Ask your nurseryman what he has available and what he'd recommend for your yard.

You can also see examples of drought resistant plants and shrubs and get lists of drought resistant species at the Metropolitan Water District website, [www.mwdh2o.com](http://www.mwdh2o.com), by clicking for more information on the sprinkler index graphic, then scrolling down to the "Water Wise Landscaping" item at the left side of the page.



## ARE YOU DRINKING ENOUGH WATER?

We all know it's important to good health to drink enough water. Yet, experts say, 75% of Americans are chronically dehydrated!

Even mild dehydration will slow the metabolism as much as three percent.

In fact, this lack of sufficient fluids directly contributes to yet another well known, chronic American health problem: overweight and obesity. In about 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Health officials for years have been saying that if you're hungry between meals, drink a glass of water rather than snacking. A single glass of water shuts down midnight hunger pangs for almost 100% of

the dieters studied in a University of Washington research program.

Lack of water is the number one trigger of daytime fatigue in most people. A mere two percent drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on a computer screen.

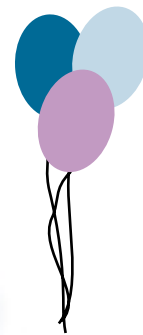


Preliminary results of other studies also indicate drinking water may afford significant results in easing back and joint pain. Those daily glasses of water may also minimize risks of various types of cancer, according to some researchers.

Are you drinking enough water each day?



from EMWD  
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NEW YEAR**





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## EPA SAYS HOMES LOSE WATER THROUGH LEAKS

American homes are each losing an average of 25 gallons of water a day through leaky pipes, toilets and appliances, according to the US Environmental Protection Agency (EPA).

That's a lot to lose in the face of last year's near-record dry conditions nationally as well as here in southern California.

Nationwide, an average of 14 percent of the water people buy is lost through leaks without ever using it. That is one gallon out of every seven!

"Water is truly a staple of our existence and using that water efficiently needs to be part of our daily lives," says EPA Administrator Christie Whitman. "I believe water is the biggest environmental issue we face in the 21st century in terms of both quantity and quality."

Whitman says fixing leaky faucets, toilets and yard irrigation systems, as well as switching to more water-efficient plumbing fixtures and appliances, could reduce water consumption sharply.

That saves people money as well as saving water for the community.



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\* Board President and Vice President will change at the Jan. 8, 2003 board meeting.

\*\* Marion Ashley was elected to the Riverside County Board of Supervisors in the November election and will resign his seat on the EMWD board as well as his position on the Metropolitan Water District board, effective Jan. 6, 2003. His successor in these two positions had not been announced as of the date this newsletter went to press.