

Culligan Water™

(800) 678-6203

Stoner Enterprises Inc & Stoner Quality Water Inc.

Your Whole House

Drinks!



Winter 2021

**GUIDE**

# Benefits of Removing Hard Water at Home

*Article Taken from Culligan.com*

Soft water can help your home in more ways than one. It can prolong the life of your appliances, enhance the taste of your food, and save you money over time. Discover the benefits of soft water and learn how to remove hard water stains for good.

## Longer Lasting Appliances

Most of your home's appliances likely require water to function. Think dishwashers, washing machines, air conditioners, and refrigerators. And, with hard water, you might be doing more harm than good. Hard water running through your pipes can cause a buildup of calcium and magnesium when heated. For your appliances, this means major inefficiencies. Appliances will require more water to complete their duties, costing you more money. Not to mention, build-ups can cause corrosion which can lead to a shorter lifespan for appliances.

## Enhanced flavor of home-cooked foods

One of the easiest ways to detect hard water is by the taste. When hard water is used to cook, it can leave a foul taste on your rice, pasta, and potatoes. Hard water can also change the chemical makeup of food, making it difficult to cook. With a filter like Culligan's Water Filtration System, you can reduce impurities in your cooking water and better conquer these cooking hurdles. In fact, it may even enhance the taste of your dishes by letting the food's natural flavors shine.

## Less time cleaning

When you load your dishwasher, you expect your dishes to come out looking clean. Unfortunately, hard water can leave dishes and clothes with residue (also known as "soap scum"). On dishes and clothes, you may notice spots. In showers and on sinks, you may notice a thin layer of film. These are all signs of hard water in your home. With soft water, appliances can deliver a cleaner, softer result for your personal items. Better yet, you can spend less time cleaning and less money refilling your soap dispenser.



# Where to Put My Water Softener?

*Article Taken from Culligan.com*

If you're replacing an old water softener, it makes the most sense to put the new system in the same place. But if you're moving to a new home or purchasing your very first water softener, you may have a few location options.

*A few tips you'll want to keep in mind when determining the right location for your water softener:*

*First, make sure the system will be out of the way, but still accessible to your home's plumbing system. For most people, this means the basement, garage, or mudroom.*

*Make sure that when you settle on a spot, it's in an area that won't be exposed to freezing temperatures that could cause damage to the system.*

*Depending on the type of water softening system you choose to install, there are drain proximity, electrical, and piping connection requirements – all things that your Culligan Expert can help you with during installation.*

get this deal before it's too late!

**\$250 OFF**  
High Efficiency  
Water Softeners

& Aqua Clear  
& Drinking  
Water Systems

**PLUS 50% OFF**  
Installation



Offer is subject to credit approval. Limited time offer. Dealer participation varies. See dealer for details. Contaminants may not be in your water. Expires 1/31/2021

Want to remove hard water stains from glass, dishes, tile, tubs, etc. for good?



Start with a **FREE**  
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# VITAMIN C SUNRISE WATER

## to Support and Boost Your Immune System

[Article Taken from HealthySubstitute.com](http://HealthySubstitute.com)

This time of year not only brings the holidays, but also feeling under the weather. If you want to boost your vitamin C intake, try this recipe packed with vitamin C and antioxidants.



### Ingredients

3 cups purified water  
1/2 orange, cut into slices  
1/2 peach, cut into slices  
1 inch ginger piece, peeled  
1/2 lemon, cut into slices  
1 round pineapple slice about  
1/2 inch round, cut into halves  
5 fresh mint leaves  
Ice cubes, to serve

### Prepare

Add all the ingredients into a pitcher and refrigerate overnight.

Serve with ice cubes.

Yields 2 servings



## STAYING HYDRATED this Winter!

[Article Taken from Culligan.com](http://Culligan.com)

Winter may play tricks on you, making you think you don't need to drink as much water since you're not drenched in sweat from being outside in the scorching sun. But that's not the case. It is just as important to drink an adequate amount of water during the colder seasons as it is in the summertime. From avoiding dry skin to maintaining a strong immune system, there are many reasons why you should avoid winter dehydration. Here are some tips that'll keep your hydration at optimal levels this winter season.

### Sip Tea

Water has its many versatile properties and doesn't have to be consumed in only one form. Try sipping hot tea throughout the day to help keep you warm. And many teas, like lemon ginger tea, can even add various antioxidants to your diet, thus boosting your immunity in the midst of flu season.

### Drink Soup

Dehydration comes in many forms. If you've been getting tired or sleepy, it may actually be a sign of dehydration. Another way to warm up and stay hydrated during the winter is to drink soup. Not only is soup a great way to up your water intake, it also doubles as a meal that can fill you up while providing nutritional value.

### Eat Fruits and Vegetables

Eating a lot of fruits and vegetables can indirectly hydrate you as these foods are made up of approximately 90% water. By eating plenty of greens and Mother Nature's candy, you can get your vitamins, antioxidants and energy boost, as well as the water you need to stay hydrated in the winter.

### Protect Your Skin

Many avid skiers and snowboarders know, you can still get sunburnt in snowy weather. Sunburn leads to dehydration, which is why it's extra important to protect your skin in the wintertime. Keep your skin hydrated and the moisture in by applying sunscreen and moisturizing lip balm. Dry winter skin is also another indication of poor hydration. You can additionally avoid drying out your skin by taking shorter showers with lukewarm water. Think of your skin as your number one barrier of protection. When it's cold out, it's important to keep it strong and hydrated in order to act as protection.

Whether you're sipping on tea, eating a bowl of soup, washing those hydrating fruits and veggies or taking a shower, the quality of water used matters. Call on Culligan to check on your current water filtration system. We'll be able to get the quality of your drinking water up to top standards and help filter out hard minerals that could negatively impact your body. Say no to dehydration this season with these winter hydration tips using only the best water available.



Is "DRINK MORE WATER" On your 2021 Resolutions List?

[Article Taken from Culligan.com](http://Culligan.com)

There are many benefits of drinking more water. If one of your goals is to consume more water, check out these simple tips on how to drink more water every day.

**Set A Timer & Create Mental Triggers:** To keep hydration a priority, set a timer to sound every 30 minutes as a reminder to replenish. Or, create alarms on your phone, computer, or smartwatch. You can also pay close attention to your body's cues for rehydration. This can include headaches, fatigue, dry mouth, bright-colored urine, and cravings for salty foods. If you feel thirsty, you're already dehydrated.

**Integrate Water into Your Routine:** Another way to drink more water is to incorporate it as part of your daily routine. One of the easiest ways to do this is by drinking a glass of water before you head to bed. Refill it before you turn the lights off and be sure to drink the full glass in the morning after you wake as well.

**Bring a Water Bottle with You Wherever You Go:** Look for water bottles that help you drink more water by lighting up when it's time to drink. Best of all, there's a water bottle for everyone.

**Use Rubber Bands:** Daily intake should be at least 64 ounces a day. Start by using rubber bands to track your progress. At the beginning of each day, wrap your bottle with four to five bands. Every time you finish the bottle, fill it up and remove a band.

## How'd We Do?

*Have you had  
service or a delivery,  
recently?*

Leave your  
feedback here.



Customer satisfaction is our #1 priority. And, we want to make sure you are satisfied with your service. If you are happy with the service you have received or if you have a suggestion, we want to know!



15 years of terrific service..

Wow! Thank you!

**Leslie M.**

Moneta VA  
September 2020

The service techs were great!! They both explained and answered all our questions throughout the entire process.

**Jan M.**

Mineral, VA  
September 2020

The team is very friendly. Even the water delivery person was super nice. The water is delicious and am very grateful deliveries are available in Brunswick.

**Amanda M.**

Brunswick, MD  
October 2020

The gentleman that came out to do our install, Kevin, was fantastic! He was knowledgeable, nice, and listened to our needs with the system. I am thoroughly impressed by the work he did; it was a complicated task and he made it look like an art piece. On a scale of 1-10, I would give him a 15! Thank you!

**Victor R.**

Shipman, VA  
November 2020

### LAST NOTE



## Coronavirus

### *Not Likely to Enter Your Home Through Water*

*Article Taken from Culligan.com*

Today the world is turning to clean water to help stay safe from the coronavirus. Thoroughly washing hands with soap and water can prevent the spread of the invisible menace, for instance, and being hydrated is essential for keeping the immune system strong. Yet you may be wondering: Can the water coming into my home carry the virus? Fortunately, this is not likely.

The World Health Organization (WHO) reports COVID-19, which is caused by the coronavirus, “has not been detected in drinking-water supplies, and based on current evidence, the risk to water supplies is low.”

Public water systems are required by the Environmental Protection Agency (EPA) to treat water to remove or kill pathogens like viruses. The coronavirus is “a type of virus that is particularly susceptible to disinfection and standard treatment and disinfectant processes are expected to be effective,” the agency says on its website. It adds, “Americans can continue to use and drink water from their tap as usual.”

Likewise, homeowners who get their water from a private well should know the chances of catching viruses from that source are low. “We don’t typically find viruses in well water,” says Gary Falkengren, problem water specialist at Culligan International. “Generally, if a virus gets in a well, it’s an extreme situation, like flooding.” He’s been with Culligan for nearly three decades and has never run across well water that contains a virus.



**Culli would like to introduce you to...**

# TIM "TK" KOONTZ

Hagerstown Service Manager

Tim has been with Culligan Stoner Enterprise, Inc, for the past 43 years.

Tim, some may know him as "TK", works as our Hagerstown Service Manager, ensuring systems are working properly and orders are filled and ready for installation. He also works with State of Virginia customers. In addition, he oversees the company vehicles.

In TK's spare time, he enjoys spending time with his wife, Cindy, of 30+ years, his son, step-son, 5 grandkids, and 13 year-old Labmaraner dog (Black-Lab & Weimaraner mix). You may find TK in the stands cheering on his grandsons football and baseball games or camping in the woods where he gets to enjoy one of his favorite past-times: chopping firewood. Some of TK's favorite foods are pizza, hot-roast beef and french-fries with gravy over all of it, and ice cream.

One of TK's fondest memories of working at Culligan, is the time all the Culligan guys went to Stadium Tavern to shoot pool. They enjoyed the comradery and letting off a little steam after a long work day. When asked what keeps him coming in everyday after 43 years, he said "I enjoy getting out and meeting new people everyday; I love driving! I have 1500 miles just this week."



TK with wife & grand-daughter at Culligan picnic 2019

## *A final Thought*

**“ A wiseman  
once said... ”**

Tim Koontz

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