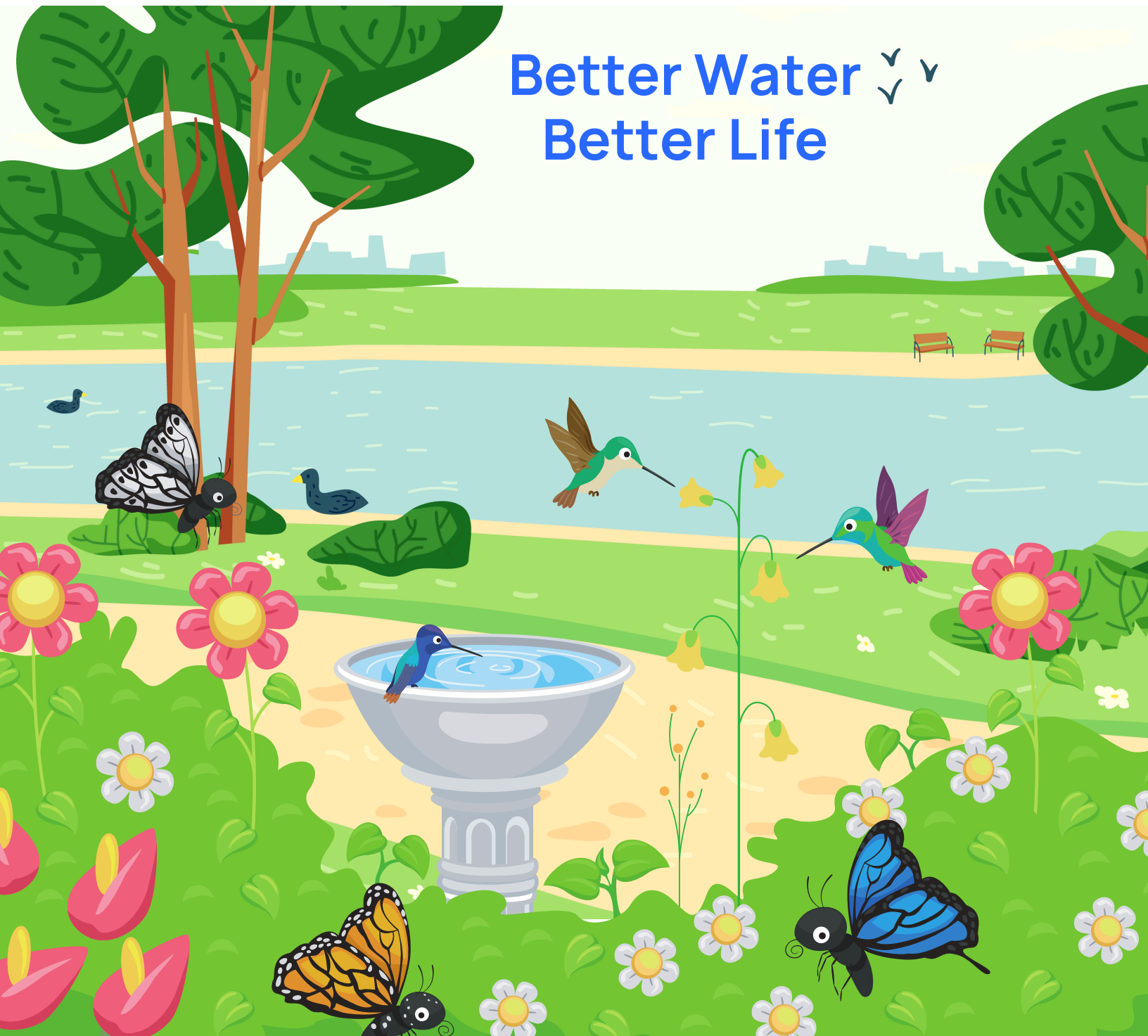


# Better Water Better Life



## SPRING 2024 GUIDE

April  May  June

[www.culliganstoner.com](http://www.culliganstoner.com)

Better Water



Starts Here



## May 5-11, 2024 Drinking Water Week

In 1988, the American Water Works Association and their coalition wanted to bring attention to drinking water throughout the U.S. They were not only concerned about the quality of our water, but how the quality can tie into our health. This was an important topic to the government, so in that same year, the U.S. government sponsored a resolution, signed by former President Ronald Reagan, to declare the first week in May as "Drinking Water Week."

### May is Drinking Water Month



About 20 years later, in 2008, Culligan saw the importance of "Drinking Water Week" and wanted to expand the awareness throughout the whole month of May. Thus declaring May "Drinking Water Month."

The goals of "Drinking Water Week" and "Drinking Water Month" are to educate citizens of the importance of being aware of our water sources and how having safe water for consuming is important to our health.

Articles from: AWWA.org & WaterOnline.com



Why get a

### Reverse Osmosis System?

Article from: Culligan.com

- 1 Have cleaner, safer, better tasting water
- 2 Reduce total dissolved solids in your water by 95%
- 3 Reduce lead, arsenic, and pesticide runoff
- 4 Have great tasting while reducing the plastic waste
- 5 Avoid hassles of water filter pitchers

## You should Get Your Water Tested If...



You're buying a home

You're a private well owner

Your area has a boil water alert

[Click here to get started!](#)

## What Does Hard Water Do to Your Hair, Skin & Nails?

Article from: Culligan.com



Signs of having hard water in your home are sometimes obvious, such as bad smell. However, some signs are less apparent and come to light when you notice your appliances needing replaced more frequently than expected. Even though hard water is not considered harmful to your health, it can pose a problem to your hair, skin, and nails.

### How does hard water affect your hair?

If you've spotted build-up on your scalp and your hair tends to break more easily, you may have an issue with your home's water.

#### Signs that hard water is affecting your hair:

- Straw-like, dull, limp hair
- Color treated hair that fades quickly
- Residual shampoo in your hair
- Difficulty in lathering shampoo in your hair
- Thinning hair and breakage
- Dry scalp

#### Ways to help:

- Use cold /warm water when washing your hair to help prevent split ends and breakage
- Use deep conditioning masks/leave-in conditioner and moisturizing regularly
- Use natural treatments, such as apple cider vinegar to protect from dryness and make hair shiny

### How does hard water affect your skin?

If you've noticed your skin has been extra itchy and dry, this may be an issue with your home's water.

#### Signs that hard water is affecting your skin:

- Dry and irritated skin
- Breakouts
- Sticky film build up in your shower/tubs

#### Ways to help:

- Apply lotion/ointments to skin immediately after your shower
- Use mild soaps with added oil and fats
- Limit your shower time to 10 minutes or less
- Stay hydrated by drinking water

### How does hard water affect your nails?

If you've see that your nails are breaking more easily, this too, may be a sign of problem water in your home.

#### Signs that hard water is affecting your nails:

- Brittle and flaky nails
- Thin/weak nails
- Discolored nails

#### Ways to help:

- Apply a clear nail polish (remove & reapply weekly)
- Use hand moisturizers, especially on nail beds
- Take supplements containing Vitamin B, iron, and magnesium

If you believe that you and your home are suffering from hard water, the first step to take is to have your water tested. Having a basic water test can help determine the next steps to having healthier hair, skin, and nails, in addition to saving money on soaps, creams, and lotions.

## Plastic Water Bottle Pollution:

### How You Can Help

Article from Culligan.com



Plastic is something some of us tend to grab as a quick and easy solution to convenience. Everything from plastic water-bottles, cutlery, plates, grocery bags; this list could go on and on. However, we don't often think of the consequence of all of the plastic pollution in our day to day lives. And, manufacturers continue to use plastic because it's cheap and easier to produce than other means, plus, plastic is typically created to be used once and then tossed, therefore making their products replaceable.

#### Plastic Water Bottle Pollution: Just the Facts

The major downfall to plastic is the insurmountable amount of plastic pollution filling up our landfills and water ways.

#### How much plastic do we make and use?

400 million tons of plastic waste is created globally every year; including plastic bottles and plastic trash bags.

#### How much plastic is recycled?

Contrary to popular belief, more than 90% of plastic waste is not recycled. Even when the plastic is sent to recycling, the waste doesn't break down as easily as consumers are lead to believe and it's often put into the landfills; therefore reducing the amount of plastic we use is much more effective than recycling.

#### How long does plastic last?

Plastic water-bottles can take more than 400 years to decompose and other disposable plastic waste can take up to 500 years.

#### Can plastic hurt plants and animals?

Plants are affected by plastic waste because it can leach into soil, contaminating and drying out the ground, having a negative affect on plant growth. Researchers have found that plastic pollution could be much higher in our earth than in marine areas, depending on the area.

Animals in any eco-system can be affected by plastic pollution. For instance, a plastic 6-pack ring can get wrapped around an animals neck or feet, causing strife. Another instance is an animal can easily choke on a bottle-cap or can cause intestinal blockages.

#### How to Reduce Plastic Water-Bottle Pollution

The easiest way for us to help cut back on plastic pollution and help keep our planet clean is to choose sustainable water bottles. Glass or stainless steel bottles are not only better for the environment, but also better for our bodies; in more recent studies, 93% of tested plastic water-bottles have found some sort of microplastic contamination that are entering our systems without our knowledge.

Another way we can contribute to eliminating plastic waste is learning more about recycling and which plastics can easily be recycled versus which ones cannot also helps cut back on the plastic waste that ends up in our water ways and landfills.

## Earth Day:

APRIL 22, 2024



## Planet VS Plastics

Article from EarthDay.org

**Commitment to end plastic for the sake of human and planetary health, demanding a 60% reduction of plastic production by 2040.**

# 60 X 40

#### Health Awareness

Plastics are a danger to humanity and all living creatures, disrupting the delicate balance of life on Earth.

#### Demand Change

Rapidly phase out all single use plastics, urgently push for a strong UN Treaty on Plastic Pollution, and call for an end to fast fashion.

#### Innovative solutions

Investing in innovative technologies and materials to build a plastic-free world.

## DYK:

Broken down pieces of plastic are called microplastics, and can end up in our food, water, and even the air. When we ingest microplastics, it flows through our blood stream, it attaches to our internal organs, and can carry heavy metals that can cause cancers and diseases. Furthermore, it takes six times the water to produce plastic than to fill the bottle of water, plus the facilities where plastic is made are polluting our planet.

Last year, in the United States, 100 billion plastic bottle containers were sold. Of those 100 billion, only some of them will be recycled into park benches; none of them are recycled into new bottles and a whopping 95% will not be recycled at all. The 5% that are being recycled are usually shipped to poorer countries for recycling; still leaving the need for new plastic.

## May is Drinking Water Month! Celebrate with one of these special offers!

**One Month Free**  
Water Dispenser Rental

**Plus**

**Three 5-Gallon**  
**Bottles of Water Free**

\*Deposit on bottled-water required along with 1-year contract; credit application or credit card on file required.

**\$250 Off + Free Install**  
(\$600 Value)

**-Or-**

**No Payments, No Interest**  
**For 6 Months**

on Any Reverse Osmosis Drinking Water System

Limited time offer. Dealer participation varies. Offer valid at Culligan Stoner Water & Stoner Quality Water.

Limited time offer. Dealer participation varies. Financing available for qualified buyers. Cannot be combined with any other offer. Offer valid at Culligan Stoner Water & Stoner Quality Water.

Promo ends: 5/31/2024

Promo ends: 5/31/2024

# What they're sayin!

Friendly and helpful service. We have been customers for about four years and have always had great service.

**Judy & Raymond F.**  
Inwood, WV

Better drinking water.

**Susan & Jim S.**  
Moneta, VA

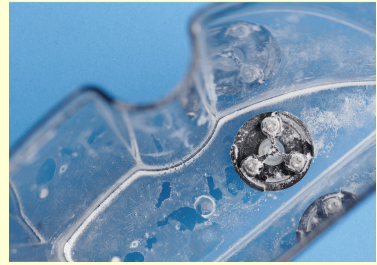
Prompt service on appointment date. Thorough and helpful on correcting system pH.

**Gene M.**  
Derwood, WV

The company has a long reputation. Products have parts available and a decent warranty. They are installed by your knowledgeable professionals. They will come out and retest the water, offer solutions and are always pleasant and leave the area neat and clean.

**Deborah F.**  
Mt Crawford VA

## Does your single serve coffee maker look like this?



Did you know, this is due to calcification, and other minerals, that build up in your water? It is recommended to descale your coffee maker every 3-6 months.

## Have more flavorful coffee with less mess!

By using a Culligan Reverse Osmosis drinking water system, not only will your coffee be more flavorful, it also cuts down on those harsh minerals that build-up in your coffee makers.



## Water Fun Facts

Learn more Fun Facts from:  
**Treehugger.com**

More than one-quarter of all bottled water comes from a municipal water supply – the same place that tap water comes from.

There is more water in the atmosphere than in all of our rivers combined.

The first water pipes in the U.S. were made from hollowed logs.

A bath uses up to 70 gallons of water; a 5-minute shower uses 10 to 25 gallons.

A running toilet can waste up to 200 gallons of water each day.

At one drip per second, a faucet can leak 3,000 gallons in a year.

It takes 2.6 gallons of water to make a sheet of paper.

It takes 6.3 gallons of water to make 17 ounces of plastic.



## Do You Need Service for Your Equipment?

With spring amongst us, whether you've noticed your system not quite working like it use to or you just need yearly service, we know you have other things to deal with.

**Let us take care of your water!**

**Click Here!**



Fill out our online service request form and we will reach out to you as soon as we can!

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Twitter: Stoner\_Enterpris



Tiktok: Culligan\_Water

