



HIGHLIGHTS

May 2011 Newsletter

CENTRAL KENTUCKY'S WATER SOLUTIONS COMPANY FOR 30 YEARS

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FROM THE PRESIDENT'S DESK

A spot check through the aisles of groceries, Wal-Marts, Sam's Club and many other venues where bottled water is on display reveals an eye-catching array of choices: Smart Water, Vitamin Water, Oxygen Water, Alkaline Water, many flavored, or carbonated, or colored . . . just a stunning variety of options.

I rather doubt that anything has changed in the way our body uses water and I wonder just how much we humans ever improve Mother Nature. Pure water, filtered naturally, has been getting the job done for living creatures on Earth since life began.

A quick internet check of various websites reveals all manner of claims, extolling the virtues of one product over another. A solid website full of good statistics and sources (anyone can make claims; serious people substantiate theirs) is howstuffworks.com. Among the

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Counting to a Trillion

AND OTHER SPRING TOPICS OF PASSING INTEREST

It is a word we hear used frequently these days, mostly describing our National Debt, but sometimes in astronomical terms, too. A trillion dollars. A trillion seconds. Can anyone possibly "get their arms around" a number so huge that it requires twelve zeros following the numeral 1 just to write it? That is 1,000,000,000,000 to contemplate. So how big is a trillion? Well, one trillion seconds equals 31,546 years. Six trillion seconds equals 189,279 years. Six trillion miles equals one light year. And, to bring it to the family dinner table, five trillion dollars equals our current national debt. Any bright ideas as to reducing it?

Now that we are thinking big, try grasping this: The Hubble telescope extends the limit of visibility out to 10 billion (10,000,000,000) light-years. From Hubble, we estimate that there are about 50 billion (50,000,000,000) galaxies in the observable universe! And if each galaxy contains a hundred-billion stars, then the observable universe contains 5,000,000,000,000,000,000 (5 followed by 21 zeros) stars. By contrast, a cube of water, one inch on a side, contains about 600,000,000,000,000,000,000 (6 followed by 23 zeros, or six-hundred sextillion) molecules! There are 120 times more water molecules in the cubic inch of water than there are stars in the "observable universe!!!"

This trivia is getting interesting! Ever wonder how to equate the speed of light with our own speed limits on earth. Try this: Light travels at a constant, finite speed of 186,000 miles a second. A traveler, moving at the speed of light, would circum-navigate the equator approximately 7.5 times in one second. By comparison, a traveler in a jet aircraft, moving at a ground speed of 500 mph, would cross the continental U.S. once in 4 hours.

And . . . did you know that only 3 percent of the world's water supply is freshwater, and 77 percent of that is frozen. According to National Geographic, of the 23 percent that is not frozen, only a half a percent is available to supply every plant, animal and person on Earth with all the water they need to survive. Our global water supply is becoming more of an issue every day. Even in developed nations, where a plentiful supply of water is sometimes taken for granted, the value of water is increasing among the people and their governments.

It's ironic that on a planet that is 70 percent water, people don't have enough clean, safe water to drink. This is important, because the planet is in the midst of what the United Nations is calling a "water crisis." For some people, the issue isn't a lack of water, but a lack of clean water: Millions of people die each year from preventable diseases, after drinking water from an unsanitary source [source: U.N.]. In other regions, water is simply scarce.

We in the developed world should be thankful for the steady supply of our most precious resource. [Here's to our next sip of Highbridge Spring Water.](#)

Visit us on the web at Highbridgesprings.com

CUSTOMER FOCUS: NURSES REGISTRY HOME HEALTH CARE BY PROFESSIONALS

It is nice having the water chilled and it just tastes better”, so say Linda Hall and Kim Faulkner, long-time employees of Nurses Registry, a company serving Central Kentucky for 25 years. Hall and Faulkner work in the Winchester location, one of 14 in the area. The Nurses Registry Family of Companies provide a wide range of home health care services including skilled nursing, physical and occupational therapies, in-home IV therapy, homemaker aid (bathing, dressing, grooming), and private duty.

Nurses Registry, an entity familiar to many area residents because of extensive advertising, emphasizes their attention to patients as expressed in their mission: *The Enhancement of life through the delivery of health care in the home by skilled professionals striving for excellence.*

All Nurses Registry locations have Highbridge Spring Water coolers because as they say, “it just tastes better.”

For more information visit www.nursesregistry.com.



Nurses Registry Case Manager Kim Faulkner (left) and Linda Hall, Scheduler and Supply Coordinator, are all smiles with their Highbridge cooler.

hundreds of articles are many concerning water and how we use it. Human Water Consumption is such a topic. Citing the estimable Mayo Clinic, a recent posting says our bodies are about 60 percent water and that water regulates body temperature, moves nutrients through cells, keeps mucous membranes moist and flushes waste. Our lungs are 90 percent water, our brains 70 percent and our blood is more than 80 percent water. Simply put, we can't function without it.

We can get about 20 percent of the water we need through the food we eat. Some foods, like watermelon, are nearly 100 percent water. Although the amount of water that we need each day varies, it's usually about eight cups. But instead of worrying about getting in those eight cups, we are reminded to simply have a drink when we start to feel thirsty.

Perhaps this is hardly breaking news, but it is refreshing to find a legitimate source describing the benefits of water.

It is our lifeline in so many vital ways.

Linda Slagel

Tornado Checklist IT IS THE SEASON

Very much in the news days are the tornados leaving devastation in their wake as they blow across the middle of America. Kentucky has had numerous “watches” (conditions are favorable to a tornado to develop) and “warnings” (a tornado has been sighted in the vicinity) this spring. Being prepared for these extremely unwelcome weather systems should be at the top of the list for anyone in an area frequented by tornados, so we offer some tips from a Disaster Preparedness website we visited recently.

PLANNING FOR A TORNADO

Have an adequate supply of water on hand, along with non-perishable food, first-aid supplies, generators, batteries, flashlights, and other necessities.

Determine telephone usage. Will cell phones work better than land lines?

DURING A TORNADO

Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. DO NOT OPEN WINDOWS.

Stay away from windows.

Trailers, even if tied down, offer little protection and should be abandoned.

AFTER A TORNADO

Communication is critical. Are others in the area? Try and determine extent of injuries, if any.

A third party might be necessary to identify downed electrical wires, etc.

Proceed with caution in the devastated area.

