



June 2009

better water. pure and simple.™

We're just about in to summer and all the fun activities that go with it! Remember, before you venture out to your favorite summer activity; be aware of the danger of dehydration on your body! Water is very important to help keep your body regulated to the heat.

According to Mayo Clinic, here are a few of the signs of mild dehydration: Dry or sticky mouth. Sleepiness or tiredness-children are likely to be less active than usual. Decreased urine output: fewer than six wet diapers a day for infants and eight hours or more without urination for older children, teens and older adults. Muscle weakness, headache, dizziness or lightheadedness.

The following are a few signs of severe dehydration: Extreme thirst, very dry skin, and/or mouth. Lack of sweating, sunken eyes. Rapid heartbeat, fever, low blood pressure. When you are out at a summer function, look around. If you see someone with some of these signs, offer them some water to help them hydrate their body. Remember: Always take water to all outside functions in the summertime! Beer, coffee and caffeinated soda pop draw fluid "out" of the body due to the effects of alcohol or caffeine.

Basic Water Intake Calculation

An easy way to calculate the minimum amount of water you need each day is to take your weight in pounds and divide it in half. That number in ounces is the amount of water you need. For example if you weigh 150 pounds, you will need 75 ounces of water per day or 9.375 glasses per day.

To help start your summer out on the right foot, we at Culligan would like you to take advantage of our home or office delivery. As an incentive, we are offering you the following specials:

Bottle Water Special*

- 3 free 5 gallon bottles
- 3 free cases of 10^{oz} bottle water
- 1 year contract, 3 bottle minimum delivery*

New Purelock™ Bagged Water Special*

- 1 free converter kit
- 1 free wire rack to store bags
- 2 free cases of 10^{oz} bottled water
- 5 free 3gallon purelock™ bags of water
- 1 year contract, 5 bag minimum delivery

Take advantage of \$100.00 off the purchase of a Culligan R/O or any of our fine water softeners.

Update:

After months of setbacks, our purelock™ bagged water line is in full production! Our new purelock™ 3 gallon bagged water offers no deposit-no return convenience, easier to lift rather than lifting a 43lb. bottle and easier to store in smaller spaces freeing up valuable space on your floor or shelves! Purelock™ bags are made of 100% recyclable FDA approved material.

Please contact your local Vetter's Culligan dealer for details on any of our specials for June:

Culligan of Maquoketa	1-800-245-5107
Culligan of the Quad Cities	1-800-383-6088
Culligan of Washington	1-800-642-6344
Culligan of Burlington	1-800-798-5741
Culligan of Clinton	1-800-321-7638
Culligan of Coralville	1-888-466-9335

Sometimes in the hustle and bustle of everyday life, we forget to thank our customers for the business that they bring to us. Without you we are like a ship without water to sail on. We may not always say it, but we are grateful for your business!

Thank you! From your Vetter's Culligan Family

For those customers who would like to download our newsletters please log on to

www.vettersculliganwater.com

Any ideas for future articles of interest? Contact jerryg@vettersculliganwater.com

*New Customers Only