

• ANNOUNCEMENTS •



Waterworks offices will be closed on the following holidays:

- November 10 - Veterans Day
- November 23 & 24 - Thanksgiving
- December 25 & 26 - Christmas
- January 1 - New Year's Day

You can still handle most services through the online portal and make payments via phone by calling 757-926-1000 and selecting option 2.

For water emergencies, please call 757-234-4800 or email wwwcutoff@nnva.gov.

Stay Hydrated, Your Body Will Thank You

Water, the elixir of life, is crucial for our existence. It plays a significant role in maintaining overall health and well-being.

1. Hydration and bodily functions: Water is essential for your body to function properly. It regulates your body temperature and organ/tissue function, transports nutrients, and removes waste.

2. Enhanced physical performance: Proper hydration is vital for active individuals. It helps prevent muscle cramps, whereas dehydration can lead to fatigue and impaired coordination.

3. Weight management: Water, with zero calories, is an excellent ally. It's a healthy alternative to sugary drinks. Drinking water before meals will reduce your appetite.

4. Cognitive function and mental well-being: The brain relies on water for memory retention, concentration, and information procession. Dehydration can cause fatigue, headaches, and impaired abilities.

5. Skin health and beauty: Water is vital for healthy, glowing skin. It improves elasticity,

prevents dryness, and reduces the risk of acne. Sufficient water intake delays signs of aging, keeping the skin youthful.

6. Kidney function and urinary health: Water supports optimal kidney function and prevents urinary tract infections. Diluting urine also reduces the risk of kidney stones and washes out bacteria and toxins.

Water is essential for optimal bodily functions and overall well-being. Adequate hydration supports digestion, cognitive function, skin health, and kidney function. By recognizing the importance of drinking water and ensuring sufficient daily intake, we can enjoy the benefits it offers and improve our health.



Recommended daily fluid intake:
15.5 cups for men and 11.5 cups for women

Meter Reading Without the Footprints Reminder

Newport News Waterworks is replacing manually-read water meters with new, wireless technology. As we work to reduce our carbon footprint, approximately 115,000 meters have been replaced to date, with another 15,000 meters yet to be installed. We anticipate work being com-

pleted by the end of 2023. As a reminder, on the day of installation, our contractor, Utility Partners of America (UPA), will shut off the water supply for approximately 20 minutes. When the work is done, they'll leave a door hanger at your home. All the work is completed outside, and you do

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WATERWORKS MISSION: To provide high quality drinking water and support public health, safety, and the community with a professional team of dedicated employees, committed to excellence.

Harwood's Mill Dam Improvements Project Update

The Harwood's Mill Reservoir Dam Improvement Project has been awarded to Archer Western Construction for approximately \$20 million and construction started in August. The improvements project has an expected duration of 2.5 years and includes the installation of a 2.5-foot crest wall to increase the height of the dam; a complete upgrade of the lake drain; demolition of abandoned infrastructure on the dam site; installation of a new access bridge; improvements to the rip-rap protection on the dam embankment slopes; and improvements to the principal spillway, including demolition of the existing spillway chute, construction of a new spillway floor slab, training wall replacement, and rehabilitation of the existing spillway weir. The upgrades to the dam will provide enhanced flood protection downstream during extreme weather events. Waterworks has received two federal grants totaling \$8.67 million. The balance of project cost will be funded through Waterworks revenue bond proceeds.



Photo of Harwood's Mill Dam, York County

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not need to be home while your meter is being replaced.

Since the water will be temporarily shut off, please flush an outside or indoor faucet to remove any residual air or discolored water. For more information on the smart meter project or to see when your new meter will be installed, visit www.nnva.gov/2212 or call the UPA project hotline at 757-304-3291.

Did You Know?

A leaky toilet on average can waste up to 30 gallons of water a day! Dripping faucets and running toilets are more than a nuisance; they waste water and they cost you money. To check to see if your toilet is leaking, simply drop food coloring in the tank, wait 30 minutes and if any color shows in the bowl, it's time to fix the flapper. To learn more about finding and fixing leaks, visit <https://bit.ly/3PgliIW>.



Prepare Your Pipes To Face The Freeze

Below are tips for protecting your home's plumbing this winter.

OUTSIDE PLUMBING

- Caulk around pipes where they enter the house.
- Close all foundation vents.
- Wrap outside faucets with insulation or use molded-foam insulating covers, which are available at hardware stores.
- Disconnect garden hoses and drain in-ground irrigation systems.

INSIDE PLUMBING

- Seal air leaks or cracks in the crawl space or basement. Air vents should be closed or covered from the inside.
- Make sure doors and windows near water pipes in the basement and garage are kept closed during cold weather.
- Insulate pipes in unheated areas, such as attics, crawl spaces, and basements.
- When below-freezing weather is forecast, open cupboard doors in the kitchen and bathrooms so these pipes will get more heat from inside your home.
- Let a slight drip of cold water run from the faucets when temperatures dip below freezing.

What if the pipes freeze?

Thaw plumbing lines safely with a hair dryer or heat lamp. NEVER use a blow torch! Once the pipe has thawed, make sure to leave a little water running so the pipe doesn't freeze again.

Do not open the water meter box near the curb. This could increase the chance of freezing water at the meter!

What if a pipe breaks?

Close the main water shut-off line to your house. Most shut-off valves are located where the water line enters the house or near your clothes washer or water heater. Turn off the water heater. Locate the dedicated shut-off valve to the cold water inlet.

Remember, the repair of broken pipes on the customer's side of the meter is the customer's responsibility. Contact a plumber for repair work.

Waterworks
NEWPORT NEWS
DEPARTMENT

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757-926-1000

Office Hours: 8 am - 5 pm | M-F
Emergencies (nights, holidays and weekends) call the Waterworks dispatcher at 757-234-4800.