

ON TAP

Plymouth County Water Works Association

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Drink up, fend off flu

A recent study by a British researcher found that people who drink eight glasses of water a day have less chance of getting the flu, a stuffy nose, or sore throat.

People who drink only three glasses of water daily were five times more likely to get a dry nose or sore throat, increasing their susceptibility to bacteria.

Researcher David Lewis said the key is to keep the mucous membranes in the nose moist. "This acts like a sticky fly-paper to trap things like dust, dirt, and bacteria and prevent them from getting to the lungs," Lewis said, noting that dehydrated membranes are half as effective.

Drinking more water was also linked to fewer respiratory infections, headaches, skin problems, and constipation. Only one in six respondents said they drank eight glasses of water a day.

(January 2004 issue of *Main Stream*, published by the American Water Works Association)

Ti-SALES, Inc. is pleased to announce the appointment of Bruce Kueffner as Neptune Meter Reading Systems Manager. Bruce has over twenty years of experience working with water utilities and has sold and implemented automatic meter reading systems throughout the Northeast. Most recently, he served as Director of Business Development for Neptune Technology Group, where he worked for fifteen years. He is a graduate of Colby College in Waterville, Maine.

Bruce is looking forward to working with your Ti-SALES Account Manager, and you, to provide solutions to your automatic meter reading requirements. You can reach Bruce by phone at 203-258-2296.

2004 Scholarship Awards



Application forms for the PCWWA Scholarship Awards for 2004 are now available. Eligible candidates for scholarship awards include high school Seniors accepted at a college/university and/or current college students continuing their education. Preference for scholarship awards is given to PCWWA members, relatives of PCWWA members or relatives of their employees.

Application forms may be obtained from the following PCWWA Scholarship Committee Members:

George Block	508-822-6934
Michael Coyne	781-335-3154
Parker Stiles	781-769-2400
Brian Stonkus	508-883-3105
John Tetrault	508-588-0414

Applications must be completed and submitted to George Block, PCWWA Scholarship, Chairman, by April 12, 2004. Applications received after that date will not be considered.

Mail to: George Block
c/o Tibbetts Engineering Corp.
716 County Street
Taunton, MA 02780

Mailing List

The mailing list is maintained by Thomas Sexton. If you have any changes, please contact him at 781-585-5216 or mainstream1@adelphia.net