



# Lake Star Notes

City of Norfolk  
Department of Utilities

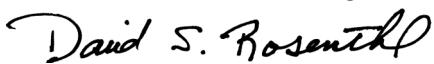
Spring 2016

## Dear Lake Star Resident:

Spring is upon us in Hampton Roads, not that we had a terrible Winter, but it is always nice to know Spring is coming, along with green grass, fertilizer and rain.

In this issue we're going to explore *Only Rain Down the Drain*, one of the sections in the pledge card for a Lake Star Home. There are many ways that you can beautify your yard and neighborhood, and protect the reservoirs at the same time.

If you have any questions I can be reached at (757) 441-5678 or by email at [david.rosenthal@norfolk.gov](mailto:david.rosenthal@norfolk.gov).



David S. Rosenthal, CLM  
Reservoir Manager



## For More Information

**Become a Lake Star**  
[www.norfolk.gov/LSH](http://www.norfolk.gov/LSH)

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Scan with your mobile device  
for more information

## Only Rain Down the Drain...

Did you know that there are thousands of storm drains in Hampton Roads that drain to local waterways, including Norfolk's drinking water reservoirs, without any treatment? Many people may believe that storm water is treated and cleaned once it goes down the drain in the street, but this is not the case. Whatever goes down the drain will eventually end up in one of the local waterways.



Reducing polluted runoff from our homes and roadways has a direct impact on cleaning up and protecting our waterways. You can help by installing a rain barrel and supplementing grass with native plants and trees.

See the last page for a list of events in the area where you can learn more about caring for your yard.

## Water Facts

Roughly 70 percent of an adult's body is made up of water. However, at birth, water accounts for approximately 80 percent of an infant's body weight.

Water is absolutely essential to the human body's survival. A person can live for about three weeks without food, but only about a week without water.

**PROTECT IT!**

## Scoop the Poop

When it rains, pet waste is washed down the storm drain. From the storm drain, the polluted water flows directly to our local waterways, including the reservoirs — polluting the water we drink and harming aquatic life with high levels of nitrogen and bacteria.

Excess nitrogen leads to rapid algae and weed growth in the waterway and produces cloudy, green, foul-smelling water. In turn, aquatic life suffers from depleted oxygen levels.

### GOOD to DO

- ◆ Re-use plastic shopping bags for picking up pet waste.
- ◆ Tie a couple of plastic bags to your dog's leash, and you'll always be prepared.
- ◆ Attached a pet waste bag dispenser to your dogs leash.
- ◆ Always scoop the poop. Scoop it, bag it, and trash it! Take the [Scoop-the-Poop Pledge](#) today!
- ◆ Store extra plastic bags in your car in case you're traveling with your dog and nature calls.
- ◆ For more information visit [www.norfolk.gov/LSH](http://www.norfolk.gov/LSH) or [www.AskHRGreen.org](http://www.AskHRGreen.org)



## Environmental Calendar

### 2016 Great American Cleanup—Norfolk

April 16, All Day. Do something good in your neighborhood. For more information and to register visit [Keep Norfolk Beautiful](#).

### Norfolk Botanical Garden Plant Sale

May 6-8, 2016—10:00 AM to 5:00 PM  
6700 Azalea Garden Road, Norfolk

### 2016 Great American Cleanup—Virginia Beach

May 14, 9:00 AM— Noon @ Beach Garden Park – 2854 Kilbourne Court  
Clean up litter and improve park facilities. Volunteers can register by calling (757) 385-4650

### Chesapeake Bay Foundation Calendar of Events

For more information on regional events visit the CBF Calendar at <http://www.cbf.org/events/calendar>.

### Lynnhaven River NOW

Group committed to restoring the Lynnhaven River calendar of events—<http://www.lynnhavenrivernow.org/events-calendar/>.

### RiverFEST 2016

October 9, 12 Noon to 5:00 PM @ Paradise Creek Nature Park, 1141 Victory Boulevard, Portsmouth, VA 23702  
More information—<http://www.elizabethriverfest.org/>.

## 10 Reasons to Drink Water!

1. Water is absolutely essential to the human body's survival. A person can live for about three weeks without food, but only about a week without water.
2. Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
3. Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
4. Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.
5. For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.
6. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.
7. Water can prevent and alleviate headaches.
8. Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
9. Water aids in the digestion process and prevents constipation.
10. Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.

<http://www.allaboutwater.org/>