

OurwaterQuality

Dump bottled water in New Year

If you have not yet made your New Year's resolutions, here is one for your consideration: give up bottled water. Sometimes bottled water may seem to be the only convenient option for hydration. But with proper planning, you can learn to eliminate it from your life.

I am sure that everyone is well aware of the various arguments about domestic bottled water: the source of the water (predominantly municipal systems), its common impurities, the role of petroleum in bottle manufacturing, the leaching of bisphenol A (BPA), the carbon impact of bottle transportation, and the fact that only about 14 percent of plastic bottles are recycled. In addition, a landmark study by the Natural Resource Defense Council concluded that bottled water is not necessarily safer than tap water.

Bottled water is regulated as a packaged food by the U.S. Food and Drug Administration. The standards and regulations imposed on bottled water are different from, and less stringent than, EPA guidelines for municipal water and are weaker than international standards for bottled water published by the European Union and World Health Organization.

The predominant driving factor among consumers who opt for bottled water over tap water for drinking is the taste imparted by chlorine and chlorine substitutes. This objectionable taste and odor, and the potential to generate trihalomethanes (chlorine byproducts), are easily eliminated by granulated activated carbon. The ability of skin to absorb chlorine is yet another reason to

remove chlorine from your water.

A nationwide trend in restaurants is for them to offer water processed on site as an alternative to bottled water. And many restaurants are eliminating bottled-water offerings altogether. One more reason to abandon bottled water is the mineralogy of some of the major brands. Some of these waters, for which people pay high prices, violate EPA standards and contain the same constituents that consumers strive to remove in home water-purification systems. The very popular and artificially carbonated San Pellegrino, for example, exceeds EPA drinking water standards for TDS (total dissolved solids), hardness, and sulfates.

For your health and for all the environmental-awareness reasons cited above, I encourage you to opt for more



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sustainable choices for drinking water in the years ahead.

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COMPARISON OF MINERAL CONTENT OF POPULAR WATER BRANDS

EPA Guidelines*	Source	Carbonation	pH	TDS	Hardness	Nitrate	Calcium	Magnesium	Sodium	Potassium	Silica	Sulfates	Chlorides
			\$ 6.5-8.5	\$ 500	None	P 10	None	None	None	None	None	\$ 250	\$ 250
Evian	spring	NA	7.2	357	291	3.8	78	24	5	1	14	10	5
Fiji	spring	NA	7.5	210	95	0.26	17	13	17	5	85	NA	9
Panna	spring	NA	8.2	188	103	5.7	30	7	7	1	8	21	7
Perrier	spring	natural	5.5	475	380	4.3	14.7	3	9	1	NA	33	22
San Pellegrino	spring	artificial	7.7	1109	744	<1.0	208	56	44	3	NA	549	74
Voss	artesian	NA	6.5	22	14	<1.0	4	1	4	NA	NA	NA	NA

Source: *Fine Waters, A Connoisseur's Guide to the World's Most Distinctive Bottled Waters* (Quirk, 2006) by Michael Mischa

All measurements are in parts per million (ppm) = milligrams per liter (mg/L)

EPA Guidelines: P = primary drinking water standard, S = Secondary Drinking Water Standard

0-60 mg/L as calcium carbonate is classified as soft; 61-120 mg/L as moderately hard; 121-180 mg/L at hard; and more than 180 mg/L as very hard

Recent Home & Land Sales

Sales data for the period Nov. 19-Dec. 18 from Santa Fe Association of Realtors MLS reports. Not all sales are reported.

Homes	\$187,000	\$213,610	\$260,000	\$275,000	\$335,000
\$144,500	\$188,000	\$236,000	\$265,000	\$282,000	\$340,000
\$160,000	\$195,000	\$239,000	\$268,500	\$287,000	\$354,000
\$162,886	\$195,000	\$245,007	\$272,500	\$292,000	Land
\$180,000	\$195,000	\$255,000	\$272,500	\$320,000	(None)

Homes	\$210,991	\$218,974	\$325,000	Land
\$55,000	\$210,991	\$220,400	\$330,000	\$130,000
\$187,369	\$217,550	\$228,000	\$342,000	\$68,200
\$190,161	\$217,550	\$235,000	\$376,000	
\$191,911	\$218,500	\$239,491	\$385,000	
\$210,991	\$218,904	\$314,000	\$448,113	

Homes	\$757,000	Land
\$380,000	\$1,400,000	
\$497,000	Land	
\$550,000	\$325,000	

Homes	\$517,500	Land
\$804,428	\$115,000	
\$985,950		

Homes	\$520,000	\$1,830,000
\$310,000	\$570,000	\$2,000,000
\$393,500	\$630,000	Land
\$400,000	\$1,100,000	(None)
\$435,000	\$1,234,500	
\$495,000	\$1,250,000	

Homes	\$439,500	Land
\$150,000	\$460,000	
\$175,000	\$549,000	
\$270,000	\$740,000	
\$341,600	\$1,350,000	
\$360,000	Land	
\$368,500	\$350,000	

Homes	\$400,000	\$765,000
\$157,000	\$405,000	\$815,000
\$285,000	\$468,500	\$1,100,000
\$361,500	\$535,000	\$1,200,000
\$381,000	\$630,000	Land
\$384,500	\$647,000	\$263,000

Homes	\$359,000	Land
\$399,800	\$223,000	
\$400,000	\$240,000	
	\$249,000	

Homes	\$460,000	Land
	(None)	

