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www.wellcarehotline.org
1-888-395-1033

Environmental Corner: Natural Treatment for Bedbugs - Yes, it's possible!

We have all heard of these pesky bugs in the news, but did you know you can get rid of them without using toxic chemicals? It's believed that bedbugs are making a comeback as they build up resistance to current-day pesticides and the ease with which they can move from country to country in international luggage and packages. You can kill them before they spread throughout your home by putting any new clothing, even underwear and socks, sheets, towels, etc. into the dryer on the hottest setting as soon as you bring them in your house. The heat from the dryer will kill them and their eggs.

If your home has already been invaded by these nasty buggers, you can also use all natural diatomaceous earth (DE) to kill them. DE has been used for centuries as an all-natural pesticide. The flour-like substance is ground up fossilized shells that pierce the thin outer shell of insects, killing them by dehydration. ***Because DE can kill any kind of insect, you should not use it where it can kill beneficial insects like bees and ladybugs.***

To treat bedbugs with DE, sprinkle in mattress seams, behind headboards and around bedposts or frame where they may travel. After a few days clean up the powder; repeat if

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If you're in the market for a new car, check out the 2011 Fuel Economy Guide first.

The annual Fuel Economy Guide will help you choose an efficient vehicle to save money at the pump, help to reduce our dependence on foreign oil, and pollute less.

http://yosemite.epa.gov/opa/admpress.nsf/names/hq_2010-11-3_2011fuelguide

Did you know?

When you recycle 4 Sunday papers per month you save 4 trees per year!

Quick Links

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necessary. DE remains effective as long as it stays dry and in powder form. ***Be careful not to inhale the fine powder particles as it can irritate the lining in your nose, mouth and lungs.***

You can purchase natural DE in many organic garden centers or online. A 5-pound bag will treat as much as 2,500 square feet and costs around \$10.

Partner News: WaterSense announces 2011 Fix a Leak Week

The third annual Fix a Leak Week is March 14-20, 2011. This is a great time to check household fixtures and irrigation systems for leaks and stop wasting water. For general information on leaks, check out www.epa.gov/watersense/fixaleak.

wellcare® Tips: Geothermal Heat Pumps Save You in the Long Run

Geothermal heat pump (GHP) systems are becoming the system of choice in many parts of the U.S. as consumers learn more about their advantages and the long-term value. GHP systems are very efficient and usually provide the lowest utility bills of any residential heating and cooling system available.

In the winter, a geothermal heat pump draws its heat from the ground. This is typically done with an underground loop of piping. Instead of having to try to draw heat from cold winter air, the geothermal heat pump draws heat from the loop, which stays at a fairly constant warm temperature.

During summer months, this process is reversed. Instead of having to try to transfer heat from inside your house to hot summer outdoor air, it transfers this heat to the much cooler ground loop. If you install a desuperheater feature, this summertime waste heat from cooling your house can be directed to your water heater for FREE hot water. The heat pump can also heat your hot water during winter.

Since no outdoor condenser unit is needed with a geothermal heat pump to change heat with outdoor air,

Got kids?

Provide your comments on draft guidelines to help communities select new locations for schools to better protect student and staff health. **Comments are due**

February 18.

http://yosemite.epa.gov/opa/admpres.nsf/names/hq_2010-11-17_Schools_Siting

Spread the Word!

Do you know other well owners who should join our network? Ask them to sign up today at www.watersystemscouncil.org and get a FREE gift!

What is a desuperheater?

A desuperheater is a small, auxiliary heat exchanger that uses superheated gases from the heat pump's compressor heat water.

energysavers.gov

everything is located indoors in your utility area or basement. The final cost of the installation depends on the geothermal heat pump capacity, the type of ground loop needed and the topography of your yard. Federal income tax credits are available and there may be state and local tax credits and rebates that are offered.

For more information on GHP systems and to find an accredited installer in your area visit, www.igshpa.okstate.edu.

If you currently receive this through regular mail and would like to receive our e-Newsletter, please email your name, phone number and email address to Erin Muse at emuse@watersystemscouncil.org

Did you know?

WECalc, the Pacific Institute's Water-Energy-Climate Calculator, asks you a series of questions about your home water use habits and estimates your water use based on your replies. **So you can save water, save energy, reduce greenhouse gas emissions, and spend less money!** Check out WECalc at www.wecalc.org

Kids Place: Snow Sports Crossword Puzzle & More!

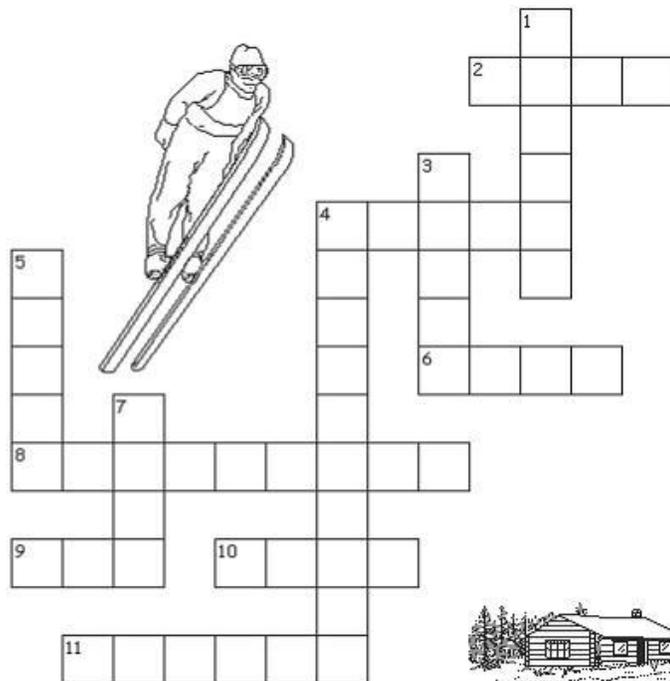
Snow Sports Crossword

Across

- 2. takes you to the top of the slope
- 4. mountain covered in snow
- 6. between you and the slopes (long & thin)
- 8. surf the slopes
- 9. keeps your head warm
- 10. how deep the snow is
- 11. keep fingers cozy

Down

- 1. when to ski
- 3. used to push
- 4. you'll need these to reduce the glare
- 5. on your feet
- 7. wear to stay warm



Hey Kids,

More fun puzzles just for you at the following websites: (*Don't forget to ask your parents for permission first.*)

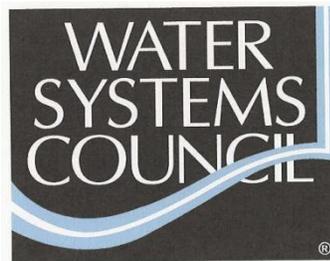
<http://kids.nationalgeographic.com/kids/games/puzzlesquizzes/green-cars-puzzler>

<http://spaceplace.nasa.gov/en/kids/games.shtml>

And, view a cool animated movie on groundwater at the following website:

Groundwater Animated Movie- *Presented by: King County, Washington*

<http://www.kingcounty.gov/environment/waterandland/groundwater/education/animation.aspx>



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