



WHY WATER MATTERS

Water is something that most of us take for granted. Yet there are roughly 800 million people who do not have access to clean water. This is a crisis that we cannot appreciate as we turn the faucet and take a drink or do a load of laundry. Fortunately there are organizations (see the list at the end of the article) that are working to remedy this. As I think about going to our cottage on an island off the Maine coast, I wonder if there is water in the tank. We collect rainwater from the roof for bathing and doing dishes or laundry. We also hand pump ground water from a well up to an attic tank so we can flush the toilets, and we carry potable water to our home from the island's central 'purification' plant. Using three types of non salt-water helps me appreciate the need to 'conserve'. Although 71% of the earth's surface is covered with water, only 3% of the earth's water is "fresh" and only 0.5% of the water is fresh and available for use.

Water is essential for all life even though it does not provide any calories, protein, or vitamins. At birth we humans are about 78% water by weight, and as adults we are about 60% water by weight. Our brains contain the most water: 75-80% by weight. We lose about 1.5 quarts of water per day through sweat, respiration and urination. If we are exerting ourselves, or if the ambient temperature is elevated, we could lose as much as 1.5 quarts per hour.

So what is water and why might it be such an important factor in maintaining life, as we know it? It is amazing that two very light things, hydrogen and oxygen, which are gases at room temperature combine to form one of the heaviest, water, which is a liquid at room temperature. Because water is a polar molecule (the positive and negative charges are unevenly distributed) it acts as a polar solvent, allowing it to dissolve many important nutrients and chemicals. Water is known as the 'universal solvent'. The bent shape of the water molecule allows it to be attracted to either the positive or negative charge on a solute. It is the weaker hydrogen bond between the hydrogen of one water molecule and the oxygen of another that holds water together, yet there are about 20% of free water molecules that can react with other substances. Water has a surface tension (you can float a pin on its surface and it makes a meniscus); this allows water to transport many important substances to and from our millions of cells and allows water to move up the roots and stems of plants and through the smallest blood vessels in our bodies. (Enough of the science already!)

Eight hundred million people do not have access to clean water. As a result, the UN estimates that 850,000 die every year. The WHO estimates that by 2025 half of the world's population will be living in water-stressed areas. What are the health risks? Diarrhea from cholera, dysentery, hepatitis A, typhoid and polio. When water is scarce, hand washing and sanitation are not practiced leading to an increase of disease and death.

You can make a difference by conserving water, and by supporting organizations that are working to ensure that all of us on the planet have access to clean water. Here are some (there are many more) of these organizations.

Water Aid, Water.org, Charity:Water, UNICEF, Water for Good

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Concord Coalition to End Homelessness TALENT SHOW – JOIN US MAY 1ST

Watch the Talent Show Live or Live Streamed

Don't miss the Concord Coalition to End Homelessness Talent Show the evening of May 1, 2021, from 7:00-8:00 PM. You'll be dazzled by the performances of six local acts that have made it through the elimination rounds and are ready to be judged by local celebrities.

Watch the show at The Bank of NH Stage, or online from the comfort of your living room.

Due to Covid protocols, seats at the Theater are limited. The event is anticipated to sell out. Tickets are available through the Capitol Center for the Arts. Your thirty five dollar general admission ticket price includes refreshments from The Concord Food Co-op and O Steak and Seafood. A cash bar will also be available. The doors open at 6:00 PM.

New this year, the Talent Show will be live streamed on the CCEH home page and on Concord TV Public Access Channel 22, for Comcast customers in Concord. The pre show starts at 6:40. Watching the show virtually is free. But since this event is put on to raise very needed funds, CCEH hopes that viewers will consider making a donation to the Talent Show Fundraiser. The show will be very fast moving. If you do want to miss a moment of the show, go to concordhomeless.org, Talent Show, to make a donation for your virtual ticket.

Whether you're sitting front stage at the event, or watching online from your living room, you too can be a judge by casting an online vote for your favorite performance. A \$5 donation is suggested for each vote. To see all the acts visit concordhomeless.org.

CCEH is nearing 75% of its Talent Show fundraising goal of \$40,000. Over \$30,000 has been raised from 35 local businesses that sponsored the event. The Concord Eye Center, Concord Food Coop, Hotel Concord, Bob Mariano Chrysler, jeep doge, and Merrimack County Savings Bank, have graciously sponsored at the Palladium level and St. Paul's School at the Gold sponsorship level.

\$10,000 still to go. CCEH hopes to raise an additional \$10,000 dollars through generous donations to view the show and for those wishing to participate in buy-a-vote.



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There is great potential for growth
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Must be able to lift up to 40 lbs Must be able to stand for 8 hours
Monday-Friday 7 AM to 3:30 PM
Need to be Reliable and have Transportation
Some Benefits after 90 days of employment
Send resume to info@nhbindery.com