

waterwatch

New Hampshire | Summer 2024

Take Our Service **Line Survey**

By now you should have received a postcard from us asking for your help in identifying what kind of material your incoming water service line is made from.



New rules from the U.S. **Environmental Protection** Agency now require water utilities like Aquarion to inventory the types of service lines customers have. A few minutes of your time will save us and you the trouble of arranging an appointment for a technician to come to your home to identity the material of your line.

Just scan the QR code or go to aguarionwater.com/ leadsurvey. And thanks!



Spotlighting Our 2024 Environmental Champions



Each year Aquarion's Environmental Champion Awards honor volunteers working to protect and improve our beautiful state's environmental quality. On June 11, this year's winners took the stage at a special ceremony held at the Seacoast Science Center in Odiorne State Park.

The awards in this year's categories went to:

Apparel Impact (Business)

Among Apparel Impact's major environmental accomplishments are keeping over 10 million pounds of textiles from the waste stream, saving 5.3 billion gallons of water, providing clothing to over four thousand families, and educating young people about textile recycling.

Seabrook-Hamptons Estuary Alliance (SHEA) (Non-Profit)

SHEA was honored for years of work resulting in the protection of our state's coastal and aquatic resources through highly effective education, community outreach and focus on tough issues ranging from dune erosion to flooding adaptation.

Joe Stieglitz (Adult)

For nearly 30 years, Joe has voluntarily dedicated his time and resources to the many successful programs of the Great Bay Stewards organization and Great Bay National Estuarine Research Reserve, including leading community outreach and a variety of education programs.

Margaret Maloney (Student)

Working at YMCA Camp Nokomis, Margaret has helped a myriad of campers learn the importance of conservation. Her tireless efforts have led the camp to install solar panels on its office building plus launch a comprehensive composting program.

To learn more about Aguarion's 2024 Environmental Champion Award winners, please visit aquarionwater.com/awards.

The Heat's On to Keep Hydrated

Staying hydrated during the summer is absolutely essential to maintaining good health. High temperatures cause our bodies to lose more water through sweating, making it vital to drink plenty of water throughout the day.

Recognizing the signs of serious heat-related illnesses such as heat exhaustion and heatstroke is equally important. Watch for symptoms like dizziness, headaches, nausea, rapid heartbeat, and muscle cramps. All are

early indicators of heat exhaustion.

By staying hydrated and recognizing symptoms early, you can enjoy the





