



YOUR WATER.



YOUR HEALTH.



OUR PRIORITY.SM

People BEHIND THE WATER

The Fialkoff Family Clifton Park, New York Water Consumers

At our house, we do our best to be good, responsible water consumers. We know how important it is to drink plenty of water each day, but that it is also a valuable resource that should not be wasted. When our boys come in from playing, we always make sure that they have a cold glass of water. Staying hydrated is extremely important to good health. But in addition to keeping us hydrated, our dentist tells us that water is important for our teeth—particularly for our kids. With our tap water, we know that we are getting fluoride to help fight cavities and tooth decay.

We also drink several glasses of water a day because it helps keep us away from sugary soft drinks that are full of calories. An extra large soda from a convenience store or fast food restaurant can have well over 500 calories that we could do without. It seems like such a waste when a glass of ice water has zero calories.

As good water consumers, we know that we have to do our part to protect this resource. After September 11, our local paper reported that water supplies could be a future target for terrorists. Though our country has taken numerous steps since 9/11 to secure potential targets, we now make it a point to keep our eyes open as we drive past our water utility just to make sure that nothing suspicious is happening.

We also want to make sure that a strong water supply is available for many generations, so we've made simple changes in our daily routine to avoid wasting water. We are sure to quickly fix any leaky faucets. We don't leave the water running when we brush our teeth. And, we always wait to run the dishwasher or clothes washer until there is a full load. These simple steps will help ensure that we continue to enjoy a plentiful supply of drinking water for years to come.



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