

Free Fun for Summer!



Stamford Museum & Nature Center



Reel to Real - Diversity Film Series

Throughout the summer season, be sure to take advantage of the special deals Aquarion has arranged for its customers at area attractions. You'll find ticket deals to places like the Stamford Museum and Nature Center, the Ridgefield Playhouse, Mystic Aquarium and Mystic Seaport Museum. Just head for aquarionwater.com/freetickets — and enjoy the fun!

Spotlighting Our 2024 Environmental Champions



Each year Aquarion's Environmental Champion Awards honor volunteers working to protect and improve our state's environmental quality. On June 1, this year's winners took the stage at a special ceremony held at Connecticut's Beardsley Zoo.

The awards in this year's categories went to:

M&T Bank (*Large Business*)

For making \$671 million in environmental loans and investments in 2023 alone, reducing electricity consumption by 23%, completing 60% of its one-billion-dollar commitment to renewable energy projects, providing \$1.1 million in charitable environmental contributions, and a long list of other important initiatives.

Earth Animal (*Mid-Size Business*)

For powerful sustainability projects, including getting just 5% away from its goal to convert all plastic packaging to recyclable, refillable or compostable materials by 2025, investing nearly \$1 million toward environmental impact initiatives and an additional million in monetary and product donations.

Planet New Canaan (*Non-Profit*)

For improving community sustainability through town-wide food scrap composting, Christmas tree and pumpkin recycling, native tree planting, park clean-ups, and much more.

Betsy Graham (*Adult*)

For decades of local environmental leadership, advocating for watershed conservation, helping to restore fish habitats in Long Pond, and for supporting an educational water program for middle school children.

Nathaniel Goldschmidt (*Student*)

For expanding public engagement in recycling, composting, ecological education and other environmental initiatives in his West Hartford community.

To learn more about these outstanding accomplishments, please visit aquarionwater.com/awards.

The Heat's On to Keep Hydrated

Staying hydrated during the summer is absolutely essential to maintaining good health. As temperatures rise, our bodies 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 summer months safely and prevent heat-related health emergencies. Taking these precautions ensures that everyone can make the most of the season while staying healthy.



Did You Know?

You can make it even easier to manage your Aquarion account by downloading our mobile app. Visit [Apple's App Store](https://www.apple.com/app-store) or [Google Play](https://www.google.com/play) today.

