

Water in the News



Studies suggest that drinking an extra glass of water a day could assist with weight loss.

Water and Weight Loss

Good health is the natural result of a healthy lifestyle. Eating right, exercising and getting enough rest all help keep a person fit, energetic and trim. Drinking plenty of water is also essential for good health, and experts now realize that it plays an important role in weight maintenance and weight loss as well.

Here's how it works: Water helps the body cleanse itself by flushing toxins and wastes from our cells. It also aids in digestion and absorption of food, helps regulate body temperature and carries nutrients within the blood.

When we don't drink sufficient amounts of water our bodies tend to hang onto what little water is available in our systems, leaving us bloated and dehydrated. Mild dehydration is not only uncomfortable, it's also unsafe because it stresses our bodies and prevents them from functioning at their best. However, when we drink plenty of water our bodies let go of excess stored fluids and our weight naturally drops. Drinking plenty of water also helps curb the appetite without adding pounds because it contains no fat or calories.

Tucson Water works to ensure that you have a dependable supply of clean, safe water available at the turn of a faucet. And now that water is recognized as the ultimate diet drink, you have one more reason to drink it. So drink up!

EMPACT

EMPACT News – Water Info Now is published by the EMPACT Team led by Tucson Water and provides up-to-date information about water quality in the greater Tucson area. To be added to the mailing list, please call 791-5080, ext. 1372 or email Dan.Quintanar@tucsonaz.gov.

Esta información está disponible en español. Por favor llame al 791-5080, ext. 1372.

For more information about the EMPACT program for Tucson's water quality reporting, visit the Tucson Water web site at www.cityoftucson.org/water. For more information about the USEPA's EMPACT programs nationwide, visit the EPA website at www.epa.gov/empact.

Water Quality in the News



PCWWM Director Kathleen Chavez and Community Relations Specialist Laura Hagen Fairbanks accept an award from the Association of Metropolitan Sewerage Agencies.

PART TWO: "The Grease Solution"

In the last edition of Empact we told you about the grease problem in our community and how Pima County Wastewater Management (PCWWM) is dealing with the issue, which is becoming a major concern for wastewater utilities locally and around the country. This article addresses "The Grease Solution."

Sewer backups happen for a variety of reasons, but one common – and avoidable – cause is the disposal of fats, oils and grease into the sanitary sewer collection system through household drains. Most people are unaware of how widespread and costly this problem is in terms of environmental impact, threats to public safety and cleanup expense. Sanitary Sewer Overflows (SSOs) happen most often during the months of November, December and January, when families do more cooking for the holidays.

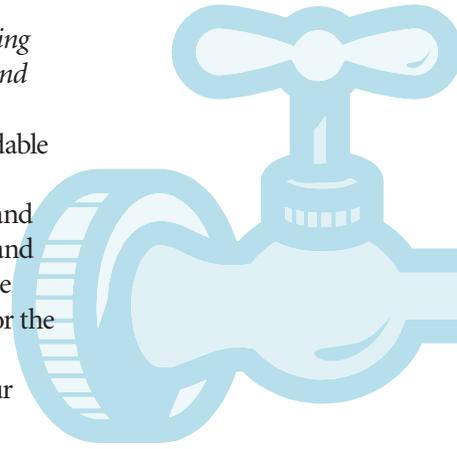
In 2002 the county's Wastewater Management Department launched "Save our Sewers" (SOS), a public awareness campaign that addresses the grease problem and its solutions. The campaign features a shapeless, purple Grease Monster who appears on television and visits local schools and community groups to spread the word about preventing SSOs caused by grease, fats and oils.

"So far the effort has been a tremendous success, measured by an overall decrease in the number of SSOs since the campaign began," said Laura Hagen Fairbanks, community relations specialist for the county's Wastewater Management Department. Between 2002 and 2003, Sanitary Sewer Overflows (SSOs) caused by grease decreased an impressive 16 percent during the holiday months.

"Sanitary sewer overflows are a problem operators and administrators can't fix alone," said PCWWM Deputy Director Jon Schladweiler. "We need help from our customers, and they're doing a great job. We will continue to get our message out through the SOS campaign and with the help of our community partners so we can make this year even more of a success."

In addition to measurable results at home, the department has been recognized on a national level for the campaign's effectiveness. It received the 2003 National Environmental Achievement Award - Public Information and Education, Video Category – from the Association of Metropolitan Sewerage Agencies for two 30-second public service announcements featuring the Grease Monster. The spots were created by the University of Arizona's Biomedical Communications Department.

For more information about the Grease Monster and the SOS campaign, contact the County's Wastewater Management Department at (520) 740-6500, or visit the department online at www.wwm.co.pima.az.us.



The Wonders of Water

The first week in May is celebrated every year as National Drinking Water Week and since 2002 the theme has been the Wonders of Water. The importance of water is often overlooked and this national observation should make us pause and think about the vital role water plays in our daily lives. It's also a reminder to make sure we're doing everything we can to protect this precious natural resource. We all depend on a clean, abundant supply of drinking water at countless times throughout the day - whenever we sip a cool drink, rinse fresh produce, prepare a baby's bottle or cook a meal. No matter how we use it, every drop that comes out of the tap has been tested and treated to the highest standards to ensure that it is safe. Tucson Water is celebrating the wonders of water all year by giving emphasis to an important issue: wise water use, or conservation.

You can do your part by using water wisely at home and at work. Landscaping with desert plants, turning off the tap when you wash dishes and brush your teeth, and installing low-flow plumbing fixtures are a few easy ways to save water. Covering your pool to minimize evaporation and watering plants in the early morning or evening hours also saves water – and lowers your monthly bill.

It's also important to properly dispose of hazardous materials like oil, paints and cleaners to conserve the quality of our drinking water instead of pouring them on the ground, where they can seep into our ground water supply. Using water wisely means there's more for everyone – both now and in the future.



Fred Orozco,
President/CEO
of the Tucson
Hispanic
Chamber of
Commerce

Partner in Focus

With nearly 500 members, the Tucson Hispanic Chamber of Commerce (THCC) offers a variety of benefits and networking opportunities to help businesses succeed and gain access to the local Hispanic market. THCC also partners with the City of Tucson to disseminate water quality information to members of the Hispanic business community through its monthly newsletter, "El Informe," and through community meetings. The organization aims to serve its members and the business community by pursuing three principle goals: education, networking and advocacy.

For more information, call the Tucson Hispanic Chamber of Commerce offices at (520) 620-0005, or visit the website at www.hispanicchambertucson.org.

