American needs to Build more Dams for Clean Energy, For Wildlife, For Recreational, For Farmers, For miners, Helps prevent pollution, Help with Wildfires, so many benefits to all humans and wildlife and animals, Much more efficient and reliable that either solar or wind. And it works 100% of the time.

Advantages of Hydropower:
Hydropower is fueled by water, so it's a clean fuel source, meaning it won't pollute the air or water with Rare earth elements in wind and solar, it does not kill wildlife like wind and solar. Hydroelectric power is a domestic source of energy, allowing each state to produce their own energy without being reliant on international fuel sources.
The energy generated through hydropower relies on the water cycle, which is driven by the sun, making it a renewable power source, making it a more reliable and affordable source than wind which only works 15 to 35 percent of time, or solar with no storage and dams are cost less for consumers electric bills.
Impoundment hydropower creates reservoirs that offer a variety of recreational opportunities, notably fishing, swimming, and boating. Most water power installations are required to provide some public access to the reservoir to allow the public to take advantage of these opportunities. Some hydropower facilities can quickly go from zero power to maximum output. Because hydropower plants can generate power to the grid immediately, they provide essential back-up power during major electricity outages or disruptions.
In addition to a sustainable fuel source, hydropower efforts produce a number of benefits, such
as flood control, irrigation, and water supply. Many dams were built for other purposes and hydropower was added later. In the United States, there are about 80,000 dams of which only 2,400 produce power. The other dams are for recreation, stock/farm ponds, flood control, water supply, and irrigation. Hydropower plants range in size from small systems for a home or village to large projects producing electricity for utilities. Helps protect from run off of Pesticide Residues of Pesticide Chemicals in or on Various Commodities. turn unhealthy forests into thriving, healthy ecosystems, help the Groundwater-Quality Conditions.