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Happy July 4th

Alive With Pride

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Water: The Most Essential Nutrient

Special points of interest:

- **Water: The Most Essential Nutrient**
- **Watch for Signs of Heat Illness**
- **Manager's Corner**

If you have a water emergency after-hours, weekends or on holidays, please call us at

870.633.1571



No Birthdays this month

ASK ABOUT E-BILLING: Get your water bill sent to you through your email.

Nutrients don't only come in the form of food; water is the most important, and often most forgotten, nutrient. You can last for some time without food, but only days without water. Your lean body mass contains about 70 percent to 75 percent water, with fat containing much less: about 10 percent to 40 percent water. Because of increased muscle mass, men's and athletes' bodies contain more water than bodies with proportionately lower muscle and higher fat, such as non-athletic women, people who are overweight and people who are older.

Water is:

– The solvent for important biochemical reactions, supplying nutrients and removing

waste.

* Essential for maintaining blood circulation throughout your body.

– The maintainer of body temperature. As you exercise, your metabolism and your internal body temperature increase.

Water carries heat away from your internal organs before serious damage occurs, which can lead to **heat stroke**, and even death. The heat travels through your bloodstream to your skin, causing you to sweat. As the sweat evaporates, this allows you to cool off and maintain a safe body temperature, optimal functioning and health.

Daily water intake must be balanced with losses to maintain total body water. Losing body water can adversely affect your functioning and health. Once you start feeling thirsty, you've probably lost about 1 percent of your body water and are dehydrated. With a 2 percent water loss, you could experience serious fatigue and cardiovascular impairments. It's important to note that individual fluid needs differ depending on your sweat rate, the environmental temperature, your clothing, humidity and other factors.

Hydration tips

As summer temperatures hit, here are a number of

Watch for Signs of Heat Illness

Keep heat stress at bay these summer months by knowing how to prevent heat-related illnesses and recognize the symptoms in yourself and others.

HEAT STROKE—The most serious of heat illness is heat stroke. It can be deadly and swift. Your body temper-



ature can rise to 106 degrees or more in as little as 10 minutes to 15 minutes. Symptoms include hot, dry skin or the opposite—profuse sweating, hallucinating, chills, slurred speech, confusion or even dizziness. Call 911 immediately.

HEAT EXHAUSTION—This comes as the result of heavy sweating; the ex-

treme loss of salt and water. Symptoms include extreme weakness or fatigue, dizziness, nausea, clammy skin, muscle cramps and shallow, rapid breathing. Victim should drink cool, non-alcoholic beverages and take

a cool shower or bath.
HEAT SYNCOPE—

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important tips.

– Drink enough water to prevent thirst.

– Monitor fluid loss by checking the color of your urine. It should be pale yellow and not dark yellow, too smelly or cloudy.

– For short-duration (less than 60 minutes), low-to-moderate-intensity activity, water is a good choice to drink before, during and after exercise.

– Any time you exercise in extreme heat or for more than one hour, supplement water with a sports drink that contains electrolytes and 6 percent to 8 percent carbohydrates. This prevents "hyponatremia" (low blood sodium), which dilutes your blood

Water: The Most essential Nutrient cont.

and could also lead to serious impairment and death.

– Begin exercise well-hydrated. Drink plenty of fluids the day before and within the hour before, during and after your exercise session.

– Avoid alcohol the day before or the day of a long **exercise** bout, and avoid exercising with a hangover.

– Consider all fluids, including tea, coffee, juices, milk and soups (though excluding alcohol, which is extremely dehydrating). The amount of caffeine in tea and coffee does not discount the fluid in them, even if they have a slight diuretic effect, according to the most recent report by the National Research

Council's Food and Nutrition Board.

– Eat at least five cups of fruits and vegetables per day for optimum health, as they all contain various levels of water and the all-important nutrient potassium.

– During exercise, for those who experience high sodium losses, eat salty foods in a pre-exercise meal or add an appropriate amount of salt to sports drinks consumed during exercise. Orange juice is high in potassium. Dilute juices, such as V-8 or orange juice, 50/50 with water so that the drinks are 6 percent carbohydrate solutions (the same as sports drinks), which will empty from your stomach quicker than 100

percent juice (juices are naturally 12 percent solutions), allowing the electrolytes and water to quickly reach your heart and organs.

– Following strenuous exercise, you need more protein to build muscle, carbohydrates to refuel muscle, electrolytes to replenish what's lost in sweat, and fluids to help rehydrate the body. Low-fat chocolate milk is a perfect, natural replacement that fills those requirements.

– You can also replace fluid and sodium losses with watery foods that contain salt and potassium, such as soup and vegetable juices.

So Drink PLENTY OF WATER!

Watch for Signs of heat illness cont.

Sunbathers are usually prone to heat syncope, which is dizziness or fainting after lying (or standing) in the sun for long periods of time. Dehydration can contribute to an episode of heat syncope, so keep the water bottle handy when heading to the pool or beach. If you or someone feels dizzy, sit or lie back in a cool place and sip on a cool non-alcoholic beverage—water, sports drink

or clear juice.

HEAT CRAMPS—People who work or play sports outside in the heat may suffer from heat cramps, which results from low salt levels after heavy sweating. Stay alert if you feel cramping because it could be a symptom of heat exhaustion. Heat cramps are usually felt in the arms, legs or abdomen. If you feel them, STOP, what

you are doing, sit in a cool place and drink clear juice or a sport beverage. Try taking it easy for a few hours after you no longer feel the cramps—if you return to soon the condition could transition to heat exhaustion or heat stroke. If symptoms do not go away in a hour, call the doctor.

HEAT RASH—Heavy Sweating can cause a heat rash during hot, humid weather. It looks like a red cluster of pimples or small blisters that usually pop up

on the neck or chest, groin and in the crook of your elbow. You can't do much to treat heat rash besides keep the area dry and use baby powder to alleviate discomfort.

Have a great Summer and Please be careful in the summer heat.



Arkansas One Call



Know what's below.
Call before you dig.



ADEQ

ARKANSAS
Department of Environmental Quality

Manager's Corner

The Watch Word of the Day is **PLANNING!** Merriam-Webster defines planning as: "The act or process of making or carrying out plans; specifically; the establishment of goals, policies and procedures for an economic, business, political or social objective."

Here at FCWU you can have confidence that plan-

ning is paramount in our daily operations.

We have in place an overall master plan, a short and long term timely plan, a Source Water Protection Plan, a Disaster Recovery Plan, Critical Communications Plan, a Crisis Management Plan, Employee Development Plan, an Asset Management Plan, Critical Em-

ployee Succession Plan, Contingency Plans, Long term Rate Stability Plan. We like to think if there is a probability of it happening, WE have a plan for it.

"Failure to plan, is a plan to FAIL."

W.H. Calvin Murdock,
Manager