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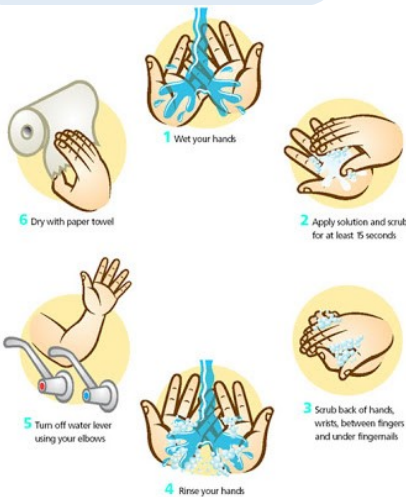


Happy  
FATHER'S  
DAY



### Special points of interest:

- Handwashing Do's & Don'ts
- Origin of Flag Day
- Manager's Corner



Kimie-K 06/01

Cornell Taper 06/02

Shedrich McClinic 06/04

Chris Thigpen 06/07

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## Hand-washing: Do's and Don'ts

**Hand-washing is an easy way to prevent infection. Understand when to wash your hands, how to properly use hand sanitizer and how to get your children into the habit.** [By Mayo Clinic Staff](#)

Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness. Hand-washing requires only soap and water or an alcohol-based hand sanitizer — a cleanser that doesn't require water. Find out when and how to wash your hands properly.

**When to wash your hands**  
As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose or mouth. Although it's impossible to keep your

hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes. Always wash your hands before:

- \* Preparing food or eating
- \* Treating wounds, giving medicine, or caring for a sick or injured person
- \* Inserting or removing contact lenses
- \* Always wash your hands after:
- \* Preparing food, especially raw meat or poultry
- \* Using the toilet or changing a diaper
- \* Touching an animal or animal toys, leashes or waste
- \* Blowing your nose, coughing or sneezing into your hands
- \* Treating wounds or caring for a sick or injured

person

- \* Handling garbage, household or garden chemicals, or anything that could be contaminated — such as a cleaning cloth or soiled shoes
- Shaking hands with others  
In addition, wash your hands whenever they look dirty **How to wash your hands**  
It's generally best to wash your hands with soap and water. Follow these simple steps:  
Wet your hands with running water — either warm or cold.  
Apply liquid, bar or powder soap.  
Lather well.
- \* Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers

## Origin of Flag Day

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to

enthusiastically advocate the observance of June 14 as 'Flag Birthday', or 'Flag Day'.

On June 14, 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14 of

the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America on April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all

## Alive with Pride

- and under your fingernails.
- \* Rinse well.
- \* Dry your hands with a clean or disposable towel or air dryer.
- \* If possible, use a towel or your elbow to turn off the faucet.

Keep in mind that antibacterial soap is no more effective at killing germs than is regular soap. Using antibacterial soap might even lead to the development of bacteria that are resistant to the product's antimicrobial agents — making it harder to kill these germs in the future.

### How to use an alcohol-based hand sanitizer

Alcohol-based hand sanitizers, which don't require water, are an acceptable alternative when

## Handwashing Do's and Don't's cont.

soap and water aren't available. If you use a hand sanitizer, make sure the product contains at least 60 percent alcohol. Then follow these simple steps:

- \* Apply enough of the product to the palm of your hand to wet your hands completely.
- \* Rub your hands together, covering all surfaces, until your hands are dry.
- \* Antimicrobial wipes or towelettes are another effective option. Again, look for a product that contains a high percentage of alcohol. If your hands are visibly dirty, however, wash with soap and water.

Kids need clean hands,

too

Help children stay healthy by encouraging them to wash their hands properly and frequently. Wash your hands with your child to show him or her how it's done. To prevent rushing, suggest washing hands for as long as it takes to sing the "Happy Birthday" song twice. If your child can't reach the sink on his or her own, keep a step stool handy.

Alcohol-based hand sanitizers are OK for children and adolescents, especially when soap and water aren't available. However, be sure to supervise young children using alcohol-based hand sanitizers. Remind your child to make sure the sanitizer completely dries before he

or she touches anything. Store the container safely away after use.

Hand hygiene is especially important for children in child care settings. Young children cared for in groups outside the home are at greater risk of respiratory and gastrointestinal diseases, which can easily spread to family members and other contacts.

Be sure your child care provider promotes frequent hand-washing or use of alcohol-based hand sanitizers. Ask whether the children are required to wash their hands several times a day — not just before meals. Note, too, whether diapering areas are cleaned after each use and whether eating and diapering areas are well-separated.

STAY HEALTHY

## Origin of Flag Day cont.

others in authority and all private citizens to display the Flag on June 14th. Leach went on to recommend that thereafter the day be known as 'Flag Day', and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.

Two weeks later on May 8th, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial Dames. As a result of the

resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on June 14, 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.

In 1894, the governor of New York directed that on June 14

the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association, was organized for the purpose of promoting the holding of Flag Day exercises. On June 14th, 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.



Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially *established* by the Proclamation of President Woodrow Wilson on May 30th, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating

June 14th of each year is **National Flag Day**

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# ADEQ

ARKANSAS  
Department of Environmental Quality

## Manager's Corner

### COURAGE:

"Life shrinks or expands in proportion to one's courage."

We are confronted daily with difficult choices. Our fears can if we allow them to become debilitating. We are all of course works in progress, continuing to grow and mature in our decision making process. As we acquire and assimilate new information and expand our base of knowledge, we

strive in life to make better choices based upon better information.

My personal role as an encourager can be summarized as follows: 1. Identifying the needs, assessing the situation, developing a detailed action plan, articulating a clear and compelling responsibilities and following through.

2. At the conclusion of the progress we all look forward

to the day that all will celebrate our victory and look forward to the next challenge.

"A man does what he must in spite of personal consequences, in spite of obstacles, dangers and pressures and that is the basis of all human morality." —John F. Kennedy

W.H. Calvin Murdock,  
Manager