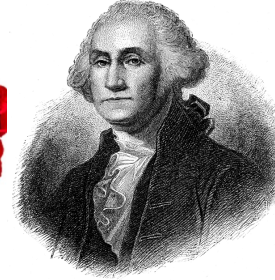


Forrest City Water Utility

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Special points of interest:

- **Simple Self Love– The top 10 ways to be kind to yourself starting today**
- **Protecting Our Water**
- **Manager's Corner**

If you have a water emergency after-hours, weekends or on holidays, please call us at 870.633.1571



Joel Thetford 2/02

Walter Ballard 2/10

Willie Griffin 2/24

Our office will be closed to observe President's Day, Monday, February 20, 2017.

Alive With Pride

February 2017

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Simple Self-Love: The Top 10 Ways to Be Kind to Yourself Starting Today

Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind."

Henry James

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

Maria Robinson

Being kind to yourself in everyday life is in my experience one of the best things you can do for yourself.

Life will become lighter and your relationships will most likely improve.

To make a positive change with that simply start a new habit today. One of kindness and love towards yourself.

1. Invest in yourself.
Spend 15-30 minutes in the morning or evening with reading, listening to or watching material that uplifts you, that helps you to understand yourself and the world or that helps you to live a better life.

one about something that is on your mind and let it all out.

Set aside 30 minutes or more and be kind to your body and mind by letting the tensions and stress out.

I ♥ ME

2. Find the truth and exception when an inner critic or outer critic attacks.

Your own inner critic may not always say nice things about you. People around you may attack you or try to bring you down to serve one of their own needs.

4. Take just 2 minutes in the morning or evening to appreciate yourself.

Create a kinder and more balanced self-image by making it a quick and daily habit to appreciate yourself.

Here's what you do:

Sit down with a journal on your smart phone, computer or in paper form. Ask yourself:

3. Un-stress tonight.
Take a long bath and read something to escape. Or work out. Or talk to some-

Protecting Our Water

Generally speaking, contaminated groundwater is very difficult and expensive to clean up. Solutions can be found after groundwater has been contaminated but this isn't always easy. The best thing to do is adopt pollution prevention and conservation practices in order to protect important groundwater supplies from being contaminated or depleted in the first place.

Pollution Prevention
Many steps are being taken to keep contaminants from getting into our groundwater supplies. Manufacturers are using fewer toxic raw materials. Consumers have switched to phosphate-free detergents and other less polluting household products. Regulations contained in the Clean

Water Act and Safe Drinking Water Act and MOE Reg.O-903 have also been a big part of the protection of drinking water supplies.

Groundwater Conservation

Alive with Pride

What are 3 things I can appreciate about myself?

It could be that you are a good listener or are doing well with your hobby right now. Or that you have a love for animals, people or music.

5. Mediocre day? Take one small step forward towards something positive.

If your day feels mediocre or just sort of depressing then take one small step towards something positive to breathe new hope and optimism into your day and week.

- Book or research a trip you want to take.

Simple Self-Love: The Top 10 Ways to Be Kind to Yourself Starting Today cont.

- Setup a dinner or a cup of coffee with a good friend.
- Look into how you can grow in your career to get new and exciting stuff to do.
- Try a new hobby.

6. Be kinder towards others.

The way you think about and treat others is often the way you think about and treat yourself. So choose to be kinder towards others to, over time, become kinder and more understanding towards yourself too.

7. If you stumble, be

your own best friend.

Don't beat yourself up, that will erode your self-esteem. Be a kind and supportive friend to yourself instead.

8. Take a laugh-break.

Take 5-10 minutes in the middle of your day or if that is not possible then use your morning or evening. Use your smart phone, portable media player, computer or TV and watch a funny clip or a half an episode of a sitcom, read a funny book or comic or listen to a podcast you know makes you laugh.

9. Remember, the future is still in your hands. And it is never too late to

change.

Don't get stuck in thought loops that just go round and round about what you could have done or what went wrong.

10. Simply remind yourself of why is smart to be kind to yourself.

By knowing the reasons why it is smart to be kinder to yourself it, in my experience, becomes easier and easier to be kind to yourself and to take the time for it every day.



Protecting Our Water cont.

Groundwater is available in limited quantities and nothing works without it. Since groundwater is an important and vital resource for all people, it is important to protect it. Conserving the quantity of groundwater is essential. By simply reducing the amount of water that we use, our water supply will last longer. Find out how you can

start conserving water today.

Groundwater Guardian

You can protect groundwater on a local level in your community.

Top 10 Ways to Protect and Conserve Groundwater

1. Dispose of chemicals properly

2. Take used motor oil to a recycling center

3. Limit the amount of fertilizer used on plants

4. Take short showers

5. Shut water off while brushing teeth

6. Run full loads of dishes and laundry

7. Check for leaky faucets and have them fixed

8. Abandon all wells that are not needed

9. Keep a pitcher of drinking water in the refrigerator

10. Get involved in water education

Arkansas One Call



Know what's below. Call before you dig.



ADEQ

ARKANSAS
Department of Environmental Quality

Manager's Corner

"A Few Good Men or Women," that's our plea.

Among the many challenges that we face from day to day. The retention of quality, long-term employee is unquestionably the highest priority.

We have over the last three years had five employees; each with over thirty-five years with the utility to retire. We now have the task of developing a sustainable environment that

will foster long term employment.

The regional employment picture may not be clear to potential employees unless they are truly able to objectively evaluate working for the utility versus some of the maintenance jobs to the East: Memphis or Marion area. There is adequate housing inventory at very reasonable prices, that coupled with the fact of ten

minute driving time to work each day. What's the worth of two hours of your life each day, not to mention the cost of gas and wear and tear of your car? The Utility has competitive wages and excellent benefits. We never layoff and you can look forward to a long productive career in water and waste water. Explore the possibilities by submitting a resume today.

W.H. Calvin Murdock,