

Forrest City Water Utility

303 N. Rosser
P.O. Box 816
Forrest City, Arkansas 72336
Phone: 870.633.2921
Fax: 870.633.5921
E-mail:
customerservice@forrestcitywater.com
www.forrestcitywater.com



Office will be closed Dec.
25th & 26th to observe
the Christmas Holiday as
well as Jan. 1, 2018 for
New Year Holiday



Alive With Pride

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Special points of interest:

- **Why Can't I Pour Grease Down The Drain?**
- **Are You Drinking Enough Water?**

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



Calvin Murdock 12/06

Charlie Clayborne 12/14

Edward Jimmerson 12/16

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

Why Can't I Pour Grease Down the Drain?

We've all been warned that pouring that delicious bacon grease down the drain is bad... but why is it bad?

The answer lies in the chemistry that happens after your wastewater is flushed from your pipes and delivered to the sewers: The fats in the grease and oil from your kitchen mix with the other chemicals in the sewers and form nasty conglomerations of chemicals that can build up and block the pipes that take our dirty water to the wastewater treatment plant.

According to a [recent review of the subject](#), these fat and oil buildups caused about 47% of the up to 36,000 sewer overflows that happen annually in the U.S.

Here's how that goes down. Grease + Sewer = Fatberg

When you pour grease into your sink it's just beginning its travels. The grease and oil head down your pipes and into the sewers where they meet up with all the other wastewater from the area. Here is where the nastiness starts.

These globs can build up in your home's pipes. But things get really nasty when these greasy globs reach the sewers and merge with everyone else's fat and oils.

The fats in the grease get broken down into their component parts — fatty

acids and glycerol. These fatty acids bind calcium found in the sewers — created from biological processes including the corrosion of concrete — to create a "soap" compound.

When sewer levels rise high, these fat blobs glob onto the ceiling of the pipes, creating stalactite-type structures that are sometimes called "fatbergs." We've actually just recently been discovering how they come to be. A [2011 paper in the journal Environmental Science & Technology](#) was the first to successfully form these deposits in the lab.

Are You Drinking Enough Water? The Importance of Staying Hydrated As You Age.

Many people simply don't **drink enough water**. But the human body depends upon hydration to survive.

Water, sometimes called the elixir of life, makes up about 60 percent of your body weight, according to Dr. David Dupree, who is a board-certified general surgeon in New York City.

"Think of it really as the fountain of youth," Dupree said. "It's

the most basic thing, yet it runs the most complicated machine, our bodies. So, we're going to consume a lot. We have to maintain the machine to keep it moving."

Every organ, cell and tissue in your body depends upon water to function properly. Water helps keep your temperature normal and flushes bacteria and waste through urination. It also carries nutrients to cells and lubricates

joints.

But every day, the **human body loses water** as you breathe and sweat, and urination and bowel movements also extract water from your system. So it's important to replenish your water supply throughout the day.

Conventional wisdom tells us to drink at least **eight glasses of water** daily, but

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While it's called a "soap" because of its chemical composition, this isn't something you'd want to wash yourself with. These blobs of fatty compounds can become bus-sized.

These clogs block the sewer line and can cause disgusting and dangerous backups. While drain cleaners might clear out your pipes in your home, the greasy mess just gets washed into the sewers afterward, creating a bigger problem down the line.

Where is it worst?

Why Can't I Pour Grease Down the Drain cont.

Fatbergs are more likely to form in areas with lots of restaurants, since there is more grease heading down into the sewers to create the deposits. People who live in old or large apartment buildings should also be careful: Their grease is competing with the grease of everyone else who has ever lived in their building and on their block — even just a tablespoon per person can really add up when it all mixes together in the sewers. This could happen at any level — within the plumbing of a home, or at the neighborhood

level. It's also possible that these soapy messes can block later stages of the water treatment processes at the city level. For smaller amounts of grease, let it solidify in the pan or in a jar, then throw the solid grease in the trash can. Make sure to wipe the greasy pan or dish with a paper towel to soak up the rest. Try to get as much as possible of the grease and oil into the trash instead of the drain — just the little bit that washes out with the wastewater can cause problems over time, especially in areas with high

populations like cities. People try to discharge their oil and grease properly, but over time, you can get a fair amount of oil and grease from washing pots, pans and dish-ware. The cumulative impact could be substantial. It's that long-term consistent discharge of that oil and grease, even if it's a small amount at a time, which could lead to problems." When you do accidentally get some grease in your pipes, you can go ahead and [wash it out using boiling water](#) and a mixture of vinegar and baking soda, according to Scott English Plumbing. This will help push it out of your pipes.

Are You Drinking Enough Water cont.

it turns out that commonly quoted figure is not actually based on solid scientific data. While it appears to be a reasonable goal to achieve, doctors say it may not be the magic number, and every person's body is different.

"I think everybody has a different view on how much," said Dupree. "Usually, the standard has been eight glasses of eight ounces of water a day. That allows us to sort of maintain our function."

Dupree says **daily fluid intake recommendations** may vary based on a number of factors including gender, activity level, age, weight and the amount of time

spent outdoors in hot weather.

The **National Academies of Sciences, Engineering, and Medicine** determined that an adequate daily fluid intake for most men is about 15.5 cups (3.7 liters), while women generally need about 11.5 cups (2.7 liters) of fluids a day. Those totals include intake from drinking water and other beverages as well as moisture found in food.

If you're not a big water drinker, nutritionists say certain fruits and vegetables -- like watermelon, spinach and cucumbers -- can contribute towards your daily fluid intake.

So then, how do you know if you're getting enough? Pay attention to your thirst. Doctors say it's a sign that your body needs more water.

Risks of dehydration

Prolonged or repeated bouts of dehydration can lead to serious health problems such as heat-stroke, kidney failure, bladder infections and seizures, according to **Mayo Clinic** experts.

"Even (with) mild dehydration, you end up getting confusion, dizziness, headaches," Dupree said. "If you don't have enough water, you get fatigue, you get muscle weakness."

Dehydration is also a particular concern for the elderly.

"As we get older, we need to drink more because our bodies reserve of water is actually less," Dupree said. "Older patients get dehydrated easier."

According to the **Centers for Disease Control and Prevention**, your body also needs additional water when you're physically active, in a hot climate, or if you're running a fever or vomiting.

Consult a doctor or dietitian to determine what the appropriate amount of water intake is for your body.

Our Main Office will be Closed
December 25th & 26th to observe
Christmas Eve and Christmas.

