

Forrest City Water Utility

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Special points of interest:

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

870.633.1571



No Birthdays to report

Alive With Pride

The next issue is coming soon.

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

Alive with Pride

money by saving water, not just those that pay for their water by meter. Producing and treating water requires a lot of energy and results in carbon emissions, as does heating the water for your shower or bath. Therefore, saving water will reduce your carbon footprint helping the environment.

Everyone can do their bit to help protect our environment by not

Use Water Wisely in Your Community cont.

wasting water.

Look for drips

Check all your home or community building's taps. A dripping tap can waste a surprising amount of water, which can add up on your bill over time.

Efficient toilets

Flushing the toilet uses a high percentage of the daily water used in the home.

Although the latest models are designed to work with less water, the older types can use up to 9 liters per flush.

Efficient washing machines

Try using dishwashers and washing machines only when they are fully loaded and treat the washing to a line dry whenever possible

Some other quick water sav-

ing tips to carry out and promote:

Washing a mug under a running tap uses about a liter of water; six mugs uses about the same as a large bowl. So, save the washing up until you have enough for a whole bowl.

You can also save water by putting a plug in the sink, or use a bowl, for jobs like washing and preparing vegetables, or rinsing dishes. You could save 23 liters a day.

A tap left running when you brush your teeth, wash your hands or shave also wastes water. You could

How to Avoid Insulin-Related Weight Gain cont.

ou may need to pay extra attention to your weight management efforts in addition to blood sugar management.

Some people with diabetes are afraid to take insulin due to concern about weight gain, but the benefits of better blood sugar control outweigh those risks. Talk to your doctor about your diet at each visit, and ask about visits with a dietitian or nutritionist. Discuss healthy

eating in general — not just minimizing carbohydrates, but watching sodium and saturated fat, too.

Here are specific tips to help you manage your weight after adding insulin:

Eat less. If you continue to eat the same amount of food as you did when your body was craving energy, you'll be eating too much

and will likely gain weight. Work with your doctor or dietitian to find the right amount of daily calories for you.

Exercise more. The best way to get rid of extra calories is to burn them off through physical activity. As you exercise more and start to lose excess weight, your need for insulin may decrease as well.

Don't cut back on insulin on your own. It might be tempting to cut back on insulin for a while to try to lose some weight, but this is never a good

idea. It's dangerous, can drastically affect your control over diabetes, and when you go back on insulin, you'll likely gain the weight right back.

Don't skip meals. If you're taking insulin and you skip a meal, your blood sugar can dip too low. This is also dangerous, and can make it harder to get your blood sugar back under control. And skipping meals isn't a good idea in terms of weight management, either — keeping your metabolism steady with small, frequent meals and snacks is a much smarter approach overall.

Arkansas One Call



Know what's below.
Call before you dig.



ADEQ

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