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Alive With Pride

Special points of interest:

- Recognizing our Own
- Independence Day
- Staying Hydrated
- Manager's Corner

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Recognizing Our Own



also want to recognize Timothy Love who has been moved up to Crew Foreman. Let's congratulate these three fine gentlemen on their accomplishments.

This serves as encouragement to other employees that work in the field to continue their water education. GREAT JOB YOU GUYS!!!



Forrest City Water Utility would like to recognize three of its own employees, Leonard Peoples and Walter Ballard. Both of these gentleman have received their license in Waste Water Level II. We



Inside this issue:

- Recognizing Our Own 1
- Independence Day 1
- Staying Hydrated 2
- Manager's Corner 2

Independence Day

Independence Day, commonly known as the **Fourth of July** or **July Fourth**, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring inde-

pendence from Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to vari-

ous other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States. During the American Revolution, the legal separation of

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Staying Hydrated During the Summer Months

Hydration tips

As summer temperatures hit, here are a number of 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 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.

To determine your individualized need for fluid replacement: During heavy exercise, weigh yourself immediately before and after exercise. If you see an immediate loss of weight, you've lost valuable water. Drink 3 cups of fluid for every pound lost; use this figure to determine the amount of water (or sports drink) you'll need to drink before and during your next exercise session to prevent weight/water loss in the future.



If you have a water emergency after hours, weekends or on holidays, please call us at 870.633.1366

Independence Day cont.

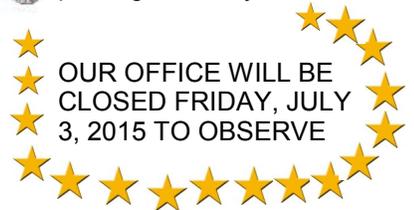
the Thirteen Colonies from Great Britain occurred on July 2, 1776, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia declaring the United States inde-

pendent from Great Britain. After voting for independence, Congress



explaining this decision, which had been prepared by a Committee of Five, with Thomas Jefferson as its principal author. Congress debated and revised the wording of the Declaration, finally approving it on July 4.

turned its attention to the Declaration of Independence, a statement



Manager's Corner

There is unprecedented opportunity to bring jobs and prosperity to the Delta Region of Arkansas. As we continue to strive toward Energy Independence through the development of renewable sources such as solar. These new initiatives will provide budgetary relief

and provide the needed capital to upgrade existing facilities, replace infrastructure, provide training and education for the



development of sustainable communities. We have within us the power to grow. The power of all of us is greater than any one of us.

Have a Safe Independence Day!!!!

W.H. Calvin Murdock,
Manager

Arkansas One Call



Know what's below. Call before you dig.



ARKANSAS Department of Environmental Quality