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# Alive with Pride



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## We Should Love to Drink More Water

### Special points of interest:

- **Benefits of drinking more water**
- **Upgrades @ FCWU**
- **President's Day**
- **Manager's Corner**



Many of us actually drink very little water. We get our water from food, fruits, and drinks such as coffee, soda pop, juices, milk, and other liquids. It has been determined that a person's body is around sixty percent water. For us to protect against dehydration, we have to take in a lot of water. Author Becca Borawski Jenkins, gives the following synopsis of why we need to drink more water.

### Ten Life-Changing Reasons to Drink More Water

If you don't drink water, you will die. It's that important. Depending on our environment, we can live only a few days without water - maybe a week. We can live much longer without food.

For most of us, we should prioritize the consumption of water far more than we currently do.

rely on.

### Prevent cancer

Yes, that's right – various researches says staying hydrated can reduce risk of colon cancer by forty-five percent, bladder cancer by fifty percent, and possibly reduce breast cancer risk as well.

### Be less cranky

Research says dehydration can affect your mood and make you grumpy and confused.

Think clearer and be happier by drinking more water. Perform better. Proper hydration contributes to increased athletic performance. Water composes seventy-five percent of our

muscle tissue! Dehydration can lead to weakness, fatigue, dizziness, and electrolyte imbalance.

### Lose weight

Sometimes we think we are hungry, when actually we are thirsty. Our body starts turning on all the alarms when we ignore our thirst. For those of you trying to drop some pounds, staying hydrated can serve as an appetite suppressant and help with weight loss.

### Have less joint pain

Drinking water can reduce pain in your joints by keeping the cartilage soft and hydrated. This is actually how glucosamine helps reduce joint pain, by aiding in cartilage's absorption of water.

### Flush out waste and bacteria



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## Upgrade at FCWU

If you are a customer and have been coming in the office to pay your bill, then you may be aware that FCWU has made some improvements in their office. Mr. W.H. Calvin Murdock, the manager at FCWU, has a vision. Since his services have

been attained here at FCWU, the walls have been painted and that old gray carpet has been replaced.



## Alive with Pride



## Drink More Water cont.

Our digestive system needs water to function properly. Waste is flushed out in the form of urine and sweat. If we don't drink water, we don't flush out waste and it collects in our body causing a myriad of problems. Also combined with fiber, water can cure constipation.

### **Prevent headaches**

Sometimes headaches can be caused by dehydration, so drinking water can prevent or alleviate that nasty head pain. Next time your head hurts, try drinking water.

### **Make your skin glow**

Our skin is the largest organ in

our body. Regular and plentiful water consumption can improve the color and texture of your skin by keeping it building new cells properly. Drinking water also helps the skin do its job of regulating the body's temperature through sweating. Feed your body. Water is essential for the proper circulation of nutrients in the body. Water serves at the body's transportation system, and when we are dehydrated things can't get around as well.

Four quick rules of thumb for drinking water:

- Drink half of your bodyweight in ounces of water.

For example, if you weigh 160

pounds, drink eighty ounces of water each day.

- Carry a bottle of water everywhere you go as a reminder to keep drinking.
- Eat raw fruits and vegetables—they are dense in water.

You can get water from food, not just from beverages.

- Drink water and other fluids until you urinate frequently and with light color.

If you are thirsty, you are already dehydrated to a certain degree, and the thirst you feel is your body calling for re-hydration. So, drink up and learn to love the taste of water.

February 16, 2015

*Our office will be closed to observe President's Day.*

## The Story Behind President's Day

Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's

actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birth-

days of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.



Arkansas One Call



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ARKANSAS Department of Environmental Quality



## Manager's Corner

We hear what you have to say. We've heard you, the customers. There is nothing more frustrating than to have a water or sewer emergency. Call the Emergency Number and listen to the recorded message.

Effective February 17, 2015, when customers

call, you will be greeted by a human voice that will respond to your emergency request. Customers will need to call 870.633.1366 for after hours (5 p.m.– 8 a.m.), holidays and weekends.

W.H. Calvin Murdock, Utility Manager

