

## Forrest City Water Utility

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# MEMORIAL DAY



# Alive With Pride

### Special points of interest:

- Health Benefits of Drinking Lemon Water
- Memorial Day
- Mother's Day History
- Manager's Corner

*Forrest City Water*

*Utility Office will be*

*closed to observe*

*Memorial Day on*

*Monday, May 25,*

*2015.*

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## Health Benefits of Drinking Lemon Water

According to Dr. Joel Kahn, an integrative cardiologist and clinical professor of medicine, starting the day with this soothing drink has several health benefits. He says, "... if you can only make time for one ritual that will improve your health, let it be this: start the day out with a mug of warm water and the juice of half a lemon."

For starters, lemons are loaded with vitamin C, which plays a role in everything from boosting the immune system to providing people with clearer skin. Vitamin C is a powerful antioxidant, flushing the body of free radicals that can damage cells and lead to conditions such as cancer and arthritis, plus it's essential for cell and tissue growth. Additionally, when toxins are purged from the blood, the skin is not as

prone to blemishes and wrinkles.

The potassium content of lemons also makes this drink an ideal choice to help heart health since potassium helps regulate



the heart's electrical activity.

Furthermore, lemon juice is known to keep the urinary tract healthy. Dr. Kahn explains that lemons increase the urination rate in the body, and that frequent urination can help flush out toxins and lead to a healthier urinary tract.

As for the water aspect, it's essential for any person seeking optimal health. About 60 percent of a person's body weight is comprised of water, which is necessary for organs and cells to function effectively. Drinking more of it helps the body manage its natural state.

Warm water helps to ensure a properly-functioning digestive system by it stimulating the digestive tract so that toxins are loosened and removed.

So what are you waiting for? Start the day with warm lemon water to boost your overall health and keep your body functioning at its best.



## Observing Memorial Day

Memorial Day, an American holiday observed on the last Monday of May, honors men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and

became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, at least, it marks the beginning of summer.

On May 5, 1862, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or

## Memorial Day cont.



otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Ceme-

tery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there. Many Northern states held similar commemorative events and reprised the tradition in subsequent years; by 1890 each one had made Decoration Day an official state holiday. Many Southern states, on the other hand, continued to honor their dead on separate days until after World War I.

### MEMORIAL DAY TRADITIONS

Cities and towns across the United States host Memorial Day parades each year, often incorporating military personnel and members of veterans' organizations. Some of the largest parades take place in Chicago, New York and Washington, D.C. Americans also observe Memorial Day by visiting cemeteries and memorials. On a less somber note, many people throw parties and barbecues on the holiday, perhaps because it unofficially marks the beginning of summer.



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



## Mother's Day History

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's

Day most commonly falls on the second Sunday in May and traditionally involves presenting mothers with flowers, cards and other gifts.

Anna Jarvis had originally conceived of Mother's Day as a day of personal celebration between mothers and families. Her version of the day involved wearing a white carnation as a badge and visiting one's mother or attending church services.

But once Mother's Day became a national holiday, it was not long before florists, card companies and other merchants capitalized on its popularity.

In the United States, Mother's Day continues to be celebrated by presenting mothers and other women with gifts and flowers, and it has become one of the biggest holidays for consumer spending.

## Manager's Corner

It is the goal of FCWU to provide all of our customers friendly and courteous service. Recent Legislative changes have placed restrictions on the type of information that we are permitted by law to provide and that which is RESTRICTED.

good policies evolve over time. We will continue to evaluate all of our policies to ensure that they meet your needs and remain consistent with the laws and regulations of our great state of Arkansas.

I would like to extend a warm Happy Mother's

Day to all mothers and Happy Memorial Day to all the great military personnel who have served and died for our country and to those who continue to serve our Great Nation.

W.H. Calvin Murdock,  
Manager

Arkansas One Call



Know what's below. Call before you dig.



# ADEQ

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Department of Environmental Quality