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Alive With Pride

Special points of interest:

- [Staying hydrated in the Fall/Winter](#)
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Arthur Hines 10/06

Richard Rice 10/08

Kevin Thompson 10/09

Kendra Trigs 10/10

Rafael Smith 10/12

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Staying Hydrated in the Fall/Winter Season

As Winter nears, the cold weather may be annoying for many reasons, not the least of which is its dehydrating effect. When temps drop and winds increase, the air becomes drier, meaning our bodies aren't getting as much moisture as in warmer months. If you're feeling the effects of the drier air, here's a reminder to increase your water consumption.

We've long been told that the eight glasses of water a day that we need to drink is a myth (the actual number you need depends on a lot of different factors but what is true is that drinking more than that amount — within reason — isn't a bad thing. In fact, if you do drink eight glasses a day, your kidneys

will thank you. Studies have found that drinking 64 ounces of water reduces the risk of developing kidney disease.

10 Tips to Stay Hydrated During the Winter

1. Get in enough water by drinking something you enjoy, like [hint water](#) or [hint fizz](#).
2. If you want something to warm you up, try unsweetened tea or make "hint tea." All you need to do is boil your hint water

Going Trick or Treating

- S** Swords, knives, and other costume accessories should be short, soft, and flexible.
- A** Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- F** Fasten reflective tape to costumes and bags to help drivers see you.
- E** Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

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Staying Hydrated cont.

and enjoy – no tea bag required!

3. Try an app, like [Waterlogged](#) for you iPhone users or [Water Your Body](#) for your Android, to track your water intake and send you reminders to drink more.

4. Carry a water bottle with you everywhere you go – out of sight, out of mind!

5. If you're going to be exercising, drink water before, during (a few gulps every 20

minutes), and after your workout.

6. Schedule water breaks in your calendar.

7. Start a water drinking challenge in your office – everyone pitches in \$5 and whoever drinks the most water in a week wins!

8. Recruit a friend on your journey to drink more water and check in with one another daily.

9. Start your morning by drinking 2 large glasses of

water or hint water, so you start your day on the right foot- hydrated.

10. Add a slice of lemon or lime to add some “pop” to your water.



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

Trick or Treating cont.

- H** Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.
- A** Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- L** Look both ways before crossing the street. Use established crosswalks wherever possible.
- L** Lower your risk for serious eye injury by not wearing decorative lenses
- O** Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.
- W** Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E** Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- E** Enter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- N** Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Manager's Corner

Well Fall is finally here and we have caught up on a lot of our water leaks. We really appreciate you notifying us when you see a leak in your neighborhood or just driving around.

Did you know?

Public Water Systems are primarily designed for the

purpose of Fire-Protection. For that reason we must prioritize our repair efforts to ensure that we have adequate protection for property at all times. So don't despair if your leak is not an immediate threat to the Public Health and Safety. We

have scheduled repairs based upon the established criteria. Please be patient, we do hear you, but our staff is limited. More on this subject in the future.

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