

Forrest City Water Utility

303 N. Rosser
P.O. Box 816
Forrest City, Arkansas 72336
Phone: 870.633.2921
Fax: 870.633.5921
E-mail:
customerservice@forrestcitywater.com



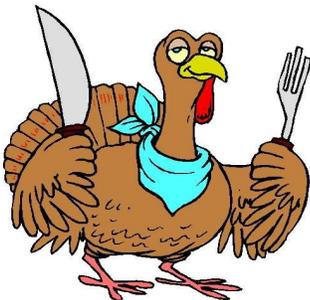
Alive With Pride

Special points of interest:

- **The Water in You**
- **History of Thanksgiving**
- **Manager's Corner**

****FCWU Office will be closed Wednesday, Nov. 11 to observe Veterans Day.

We will also be closed, Thursday and Friday, Nov. 26th and 27th to observe Thanksgiving. ****



Edward Gregory, Jr. 11/14

Leslye Laws 11/24

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The Water In You

Think of what you need to survive, really just survive. Food? Water? Air? Facebook? Naturally, I'm going to concentrate on water here. Water is of major importance to all living things; in some organisms, up to 90% of their body weight comes from water. Up to 60% of the human adult body is water.

According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%.

Each day humans must

consume a certain amount of water to survive. Of course, this varies according to age and gender, and also by where someone lives. Generally, an adult male needs about 3 liters per day while an adult female needs about 2.2 liters per day. Some of this water is gotten in food.

Water serves a number of essential functions to keep us all going:

- A vital nutrient to the life of every cell, acts first as a building material.
- It regulates our internal body temperature by sweating and respiration
- The carbohydrates

and proteins that our bodies use as food are metabolized and transported by water in the bloodstream;

- It assists in flushing waste mainly through urination
 - acts as a shock absorber for brain, spinal cord, and fetus
 - forms saliva lubricates joints
- According to Dr. Jeffrey Utz, Neuroscience, pediatrics, Allegheny University, different people have different percentages of their bodies made up of water. Babies have the most, being born at about 78%. By one year of age, that amount drops to

History of Thanksgiving

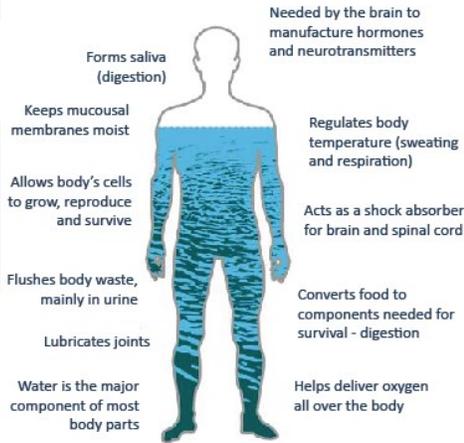
Thanksgiving Day is a federal holiday. Officially, the day commemorates a celebration hosted by the Pilgrims to give thanks for surviving their first year in the new world. In 1620, the Pilgrims landed at Plymouth Rock and endured a year that was filled with many hardships. A large number

of the original settlers died from disease and starvation. After being aided by members of the local Wampanoag tribe, the settlers were able to enjoy a bountiful harvest and they celebrated by inviting the natives to a harvest feast. Although it was customary to have thanks-

giving celebrations for various events, there was no official holiday until much later. President George Washington called for a day of thanksgiving after the end of the Revolutionary War, and it was up to each successive president to proclaim a day of giving thanks if he felt one was needed.

The Water In You cont.

What Does Water do for You?



about 65%. In adult men, about 60% of their bodies are water. However, fat tissue does not have as much water as lean tissue. In adult women, fat makes up more of the body than men, so they have about 55% of their bodies made of water. Thus:

- Babies and kids have more water (as a percentage) than adults.
- Women have less

water than men (as a percentage).

- People with more fatty tissue have less water than people with less fatty tissue (as a percentage). There just wouldn't be any you, me, or Fido the dog without the existence of an ample liquid water supply on Earth. The unique qualities and properties of water are what make it so important and basic to life. The cells in our bodies are full of water. The excellent ability of water to dissolve so many substances allows our cells to use valuable nutrients, minerals, and

chemicals in biological processes.

Water's "stickiness" (from surface tension) plays a part in our body's ability to transport these materials all through ourselves. The carbohydrates and proteins that our bodies use as food are metabolized and transported by water in the bloodstream. No less important is the ability of water to transport waste material out of our bodies.

If you have a water

emergency after-

hours, weekends or

on holidays, please

call us at

870.633.1366

Thanksgiving Cont.

After the Union victory at Gettysburg, many Americans called for a public holiday that would unify the nation. President Abraham Lincoln proclaimed that the last Thursday in November would be officially known as Thanksgiving Day. Although the holiday was not initially popular in the south, many Americans began to celebrate the day by attending church and gathering

together with loved ones.

For many years, Americans continued to observe Thanksgiving on the last Thursday in November. Because the day after Thanksgiving marked the beginning of the Christmas shopping season, President Franklin Delano Roosevelt tried to move the holiday up in order to encourage higher retail sales. At the end of 1941, Congress officially changed the

date of Thanksgiving to the fourth Thursday in November. Because Thanksgiving is a federal holiday, it is observed by all levels of government, schools, public offices and most businesses. Families gather together for a turkey dinner and assorted side dishes. Although many people also have Friday off, retail stores are open and it is one of the busiest shopping days of the entire year.

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ADEQ

ARKANSAS
Department of Environmental Quality

Manager's Corner

During this season of Thanksgiving and Reflection, it's an excellent opportunity to resolve to become a doer. Make a positive contribution to the community of progress.

It's been said that there are three types of people in the world. First, there

are people who make things happen. Second, there are people who watch things happen. Lastly, there are people who ask, "What happened?"

How do you want to define yourself?

Have a safe holiday season.

W.H. Calvin Murdock,
Manager

Happy
Thanksgiving