

## 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  
www.forrestcitywater.com



### Special points of interest:

- **Drinking More Spring or Filtered Water Can Improve Your Health**
- **Holiday Safety Tips**
- **Manager's Corner**

FCWU Office will be closed for the **Christmas Holiday** on **Thursday, December 24, 2015** and **Friday, December 25, 2015**.

We will also be closed on **Friday, January 1, 2016**.



W.H. Calvin Murdock 12/06

Charlie Clayborne 12/14

Edward Jimmerson 12/16

Colin Love 12/22



# Alive With Pride

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## Drinking More Spring or Filtered Water Can Improve Your Health

With all the different types of water out there and all the hype that goes with each, it can be very easy to get confused about which types of water are really best for your health. And, if you find yourself struggling with the environmental concerns of bottled water versus the dangerous chemicals in tap water, I understand.

### Filtered Tap Water – Getting to the Gold

The most economical and environmentally sound choice you and your family can make is to purchase and install a water filter for your home. I recommend three different types of water filters and weigh the pros and cons of each.

### Reverse Osmosis Filter

In addition to removing chlorine, inorganic, and organic contaminants in your water, an RO filter will also remove about 80 percent of the fluoride and most DBPs (Disinfection Byproducts). The major drawback is the expense of installing an RO filter as most need a plumber to get up and running.

### Granular Carbon and Carbon Block Filters

These are the most common types of counter top and under counter water filters.

Granular carbon filters and carbon block systems perform the same process of contaminant removal, adsorption, which is the chemical or physical bond

of a contaminant to the surface of the filter media. Granular activated carbon is recognized by the EPA as the best available technology for the removal of organic chemicals like herbicides, pesticides and industrial chemicals. However, one of the downfalls of granular carbon filters is that the loose material inside can channel—the water creates pathways through the carbon material, escaping filtering.

### Ion Exchange Filter

Ion exchange is designed to remove dissolved salts in the water, such as calcium. This system actually softens the water or exchanges natural-forming mineral ions in the water with its own ions, thereby neutralizing their harmful

## Holiday Safety Tips

The holiday season is always a special time of year. It is also a time when busy people become careless and vulnerable to theft and other holiday crime. We can never be too careful, too prepared or too aware. Please share this information with family, friends and neighbors. Avoid driving alone or at night.

Keep all car doors locked and windows closed while in or out of your car. Set your alarm or use an anti-theft device.

If you must shop at night, park in a well-lighted area.

Avoid parking next to vans, trucks with camper shells, or cars with tinted windows.

Park as close as you can to your destination and take notice of where you parked.

Never leave your car unoccupied with the motor running or with children inside.

Do not leave packages or valuables on the seat of your car. This creates a temptation for thieves. If you must

## Drinking Spring or Filtered Water Cont.

FCWU we will always maintain high standards of safe and available drinking water for the public according to the guidelines set forth by the Arkansas Department of Health and The US EPA (United States Environmental Protection Agency).

effect of creating scale build-up.

### Living Water – Keeping the Balance

In choosing the right type of water for you and your family, you want to aim for pH balance. Distilled water is too acidic and alkaline water is too alkaline. The ideal pH of your water should be between 7.0 to 7.5, which is neutral.

### Mountain spring water is in this ideal range.

It is some of the healthiest water on the planet because it is "living water". Living water, like "living food is in its raw, natural state the way nature intended."

### "Vitamin" Waters – Do NOT Be Fooled!

If you've recently switched from soda to vitamin water because you believed it to be a healthier choice, you may be disappointed by what I have to say about them:

*Vitamin waters are nothing more than a clever marketing scheme designed to promote a product that is just as unhealthy as soda!*

Vitamin waters contain dangerous high fructose corn syrup (HFCS), artificial colors, additives, preservatives and caffeine. What's even worse is these manufacturers use distilled water to make their products, which, as you've read above, is one of the worst types of water you can put into your body!

### Coconut Water and Vegetable Juicing – Adding a Little Variety

Coconuts are an excellent source of fresh, pure water and electrolytes. Coconuts are also rich in lauric acid, which is known for its immune-boosting as well as its antiviral, antibacterial and antifungal properties so it's an ideal choice when you're sick.

An even better pure healthy water is vegetable juicing.

I recommend buying pesticide-free, organic vegetables for optimal nutritional benefit.

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

## Holiday Safety Tips cont.

- leave something in the car, lock it in the trunk or put it out of sight.
- Be sure to locate your keys prior to going to your car.
- Keep a secure hold on your purse, handbag and parcels. Do not put them down or on top of the car in order to open the door.
- When approaching or leaving your vehicle, be aware of your surroundings.
- Do not approach your car alone if there are suspi-

- cious people in the area.
- Ask mall or store security for an escort before leaving your shopping location.
- Teach your child to go to a store clerk and ask for help in case your child is separated from you.
- Teach children to stay close to you at all times while shopping.
- Never allow children to make unaccompanied trips to the restroom

- Beware of strangers approaching you for any reason. At this time of year, "con-artists" may try various methods of distracting you with the intention of taking your money or belongings.
- Teach children their full name, address and telephone number to give to police officers or mall security. Teach children to immediately inform you if a stranger is bothering them.

Happy Holidays from FCWU

Arkansas One Call



Know what's below. Call before you dig.



# ADEQ

ARKANSAS Department of Environmental Quality

## Manager's Corner

We are near the close of another year. It has been a very busy and productive year. 2016 promises to be even more exciting! We look forward to the approval of Net Metering Petition and ultimately the construction of our Solar Array.

As we enter an era of a

measure of energy independence, we can begin to re-think energy. We are the pioneers for our region of this state and we can thank city leadership for having the imagination to think: What if we didn't have to spend \$750,000 annually for energy cost? When crea-

tivity and ideas flow, magnificent things begin to happen.

Have a safe and blessed holiday season.

W.H. Calvin Murdock, Manager

