

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:

- **7 Things You Never Knew Lemons Could Do**
- **Diseases That Are Caused By Dehydration**

If you have a water emergency after-hours, weekends or on holidays, please call us at 870.633.1571



Keyton Flenoy 9/18

Att. Andre' Valley 9/25

OUR OFFICE WILL BE CLOSED MONDAY, SEPTEMBER 4, 2017 TO OBSERVE LABOR DAY HOLIDAY

ASK ABOUT E-BILLING: Get your water bill sent to you through your email.

Alive With Pride

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7 Things You Never Knew Lemons Could Do

We all know lemons are delicious, adding a citrusy kick to everything from salad dressings to cocktails. And the laundry list of health benefits is seriously impressive – not only does the fruit contain antibacterial properties that cleanse the kidneys and liver and strengthen your immune system, but it offers a hefty dose of vitamin C and antioxidants that fight free-radicals and help keep you looking younger.

**Health booster: Get in*

the habit of starting the day with a cup of hot water and lemon – it'll kick start your metabolism and get your morning off to a healthy start!

1. Prevent Browning: A few squeezes of juice can do wonders for avocado, apples, bananas, and peeled raw potatoes, since lemon juice is just acidic enough to prevent the oxidation that turns produce brown.

2. Stop Rice From

Sticking: Have a problem with clumpy rice? You're in luck – adding a few drops of lemon to your cooking water helps prevent the rice from sticking together. Added plus? The lemon juice will also whiten your rice and keep it looking great on the dinner plate!

3. Keep Brown Sugar Soft: The juice isn't the only useful part of the lemon; its super moist and flavorful

Diseases That Are Caused By Dehydration

Dehydration is caused by not having enough fluid in the bloodstream. Drinking water is the simple cure for dehydration. How do you know you are dehydrated? Your body will react to a lack of fluids by having diseases and related health problems.

Headaches and Nausea Caused by Dehydration

One of the first signs of dehydration is headache and nausea. Children and the elderly are extremely susceptible to dehydration, especially in hot weather. Both children and the elderly will need to have water readily available to them on hot

days, and can use a gentle reminder to drink water. So if you have a headache or stomach ache, drink a glass of water before you take that pill.

Kidney Problems Due to Dehydration

Kidney failure and kidney stones are a result

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peel can work wonders in the kitchen too. Add a slice of the skin (with the pulp completely removed) to your box of brown sugar to keep it from clumping and hardening.

4. Crisp Your Lettuce:

No need to toss that limp lettuce! A little lemon juice and water can help bring your leaves back to life. To crisp up limp leaves,

7 Things You Never Knew Lemons Could Do Cont.

soak them in a bowl of cold water and 1/2 cup of lemon juice, then



refrigerate for about an hour. The leaves will come out revived and ready for eating.

5. Cook Perfect

Hard-Boiled Eggs:

Even if you've mastered perfectly hard-boiled eggs, try brushing the eggshells with lemon juice before adding them to the pot for a little added insurance. The lemon juice helps keep the shells from cracking while they cook, and it also makes them easier to peel once they're ready to eat.

6. Tenderize

Meat: Lemon juice is a great meat tenderizer; the acidity gently breaks down the fibers in meat, leaving it scrumptiously fork-tender.

7. Enhance Flavor:

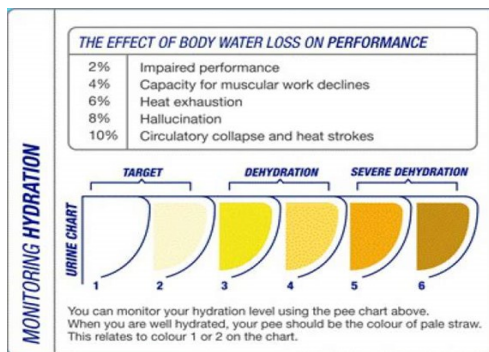
Last, but certainly not least, lemon's yummy flavor can totally transform a meal. It brightens up creamier dishes, balances the flavor in seafood, and is a great sodium-free substitute for sprinkling on salt.

Diseases That Are Caused By Dehydration cont.

of dehydration. Kidney stones are calcium deposits that form in the urine, sometimes due to a lack of fluids. These small stones pass through the bladder and urethra, sometimes causing great pain in the flanks. Drinking adequate water every day will reduce the chances of having kidney stones. If you do get a stone, drinking lots of wa-

ter is the best way to

pass the stone without surgery.



Muscle Cramps Due to Dehydration

If you've ever had a "Charlie horse" in your leg, you know how painful muscle cramps can be in your

legs. If you have exercise

induced muscle cramps, the two best things you can do to prevent the problem are to stretch out your muscles before exercise and to stay hydrated. Hydration is especially important if you are going to exercise for more than an hour, especially in warm weather conditions.



Arkansas One Call



Know what's below. Call before you dig.



ADEQ

ARKANSAS Department of Environmental Quality