

## Forrest City Water Utility

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### Special points of interest:

- **Friendships: Enrich your life and Improve your health**
- **What not to put down the drain**
- **Manager's Corner**

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



Lee Smith 01/04

Sam Armstrong 1/10

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# Alive With Pride

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## Friendships: Enrich your life and improve your health

By Mayo Clinic Staff

Friendships can have a major impact on your health and well-being, but it's not always easy to build or maintain friendships. Understand the importance of friendships in your life and what you can do to develop and nurture friendships.

### What are the benefits of friendships?

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed companionship, too. Friends can also:

- Increase your sense of belonging and purpose

- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise.

Friends also play a significant role in promoting your overall health. Adults with strong social support have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index (BMI). Studies have even found

that older adults with a rich social life are likely to live longer than their peers with fewer connections.

### Why is it sometimes hard to make friends or maintain friendships?

Many adults find it hard to develop new friendships or keep up existing friendships. Friendships may take a back seat to other priorities, such as work or caring for children or aging parents. You and your friends may have grown apart due to changes in your lives or interests. Or maybe you've moved to a new community and haven't yet found a way to meet people.

Developing and maintaining good friendships takes

## What Not to Put Down the Drain

I spent several hours perusing different websites and forums to glean the most helpful information and advice for this article. I am not a plumber, so keep that in mind, but I believe this information to be true.

Even though I am careful with my disposal, I have thrown a couple of these "forbidden" items down the drain in the past, although

not in large amounts. But moving forward, I have the understanding needed to distinguish what should and shouldn't go down the drain. I hope this article is useful to many of you.

### Your hand, Metal objects

### Paper products

### Some vegetables and fruits, especially fibrous (stringy) ones:

Celery, rhubarb, asparagus, corn husks, chard, kale, lettuce, broccoli stalks, banana peels, carrot shavings, or onion skins. Why not? Because the fibers can wrap around the blade (choking it), clog it, or get stuck in the drain.

**Starchy Vegetables**, such as potato peels. Why not? As the starch gets

## Alive with Pride

effort. The enjoyment and comfort friendship can provide, however, makes the investment worthwhile.

### What's a healthy number of friends?

Quality counts more than quantity. While it's good to cultivate a diverse network of friends and acquaintances, you also want to nurture a few truly close friends who will be there for you through thick and thin.

### What are some ways to meet

#### new people?

It's possible that you've overlooked potential friends who are already in your social network. Think through people you've

## Friendships: Enrich your life and improve your health cont.

interacted with — even very casually — who made a positive impression.

If anyone stands out in your memory as someone you'd like to know better, reach out. Ask mutual friends or acquaintances to share the person's contact information, or — even better — to reintroduce the two of you with a text, email or in-person visit. Extend an invitation to coffee or lunch.

To meet new people who might become your friends, you have to go to places where others are gathered. Don't limit yourself to one strategy for meeting people. The broader your efforts, the

greater your likelihood of success.

Persistence also matters. Take the initiative rather than waiting for invitations to come your way, and keep trying. You may need to suggest plans a few times before you can tell if your interest in a new friend is mutual.

For example, try several of these ideas:

- Attend community events
- Volunteer
- Extend and accept invites
- Take up a new interest

- Join a faith base community
- Take a walk

### How can I nurture my friendships?

- **Be Kind**
- **Listen up**
- **Open up**
- **Show that you can be trusted**
- **Make yourself available**
- **Manage your nerves with mindfulness**

Remember, it's never too late to build new friendships or reconnect with old friends. Investing time in making friends and strengthening your friendships can pay off in better health and a brighter outlook for years to come.

## What Not to Put Down the Drain

ground up, it turns into glue, clogging the drain.

### Pasta or rice.

Why not? Because they expand once they come into contact with water, and they are sticky, making it hard to go down the drain.

**Grease or fat**, including butter or margarine spreads, cooking oils, animal grease, or shortening. Why not? Because once it cools, it solidifies, and clogs the

drain. Also, it can leave a residue on the blade, decreasing its effectiveness.

### Fruit pits or seeds.

Why not? They are often too hard for the machine to properly chop, and will ultimately damage the disposal.

**Bones or shell-fish** (except for dainty fish bones. Some people also say that weak or small bones are okay to put in

there, but I wouldn't push it). Why not? Because they are often hard to grind, and many times they are too big to go down the drain easily. Too much strain could break the blades, or even burn out the motor.

**Egg shells.** Why not? The thin membrane inside of the shell can wrap itself around the blades, and the shell itself can be ground to the consistency of sand, clogging the pipes.

**Coffee grounds.** Why not? Because they can get stuck in the trap of your disposal.

**Meat.** This was not mentioned in many of my searches around the internet, but one girl told an awful story about what happened when she dumped a small portion of meat in her disposal. It involved rot and flies, I'll give you that much information. If you decide you'll take the risk, at least let the water drain it down as best as you can. But I don't think you want to have Pest Control have to take care of that!

Arkansas One Call



Know what's below.  
Call before you dig.



**ADEQ**

ARKANSAS  
Department of Environmental Quality

## Manager's Corner

Every year has its unique challenges. This year is no different. We were very successful with our facility improvement program in 2016 and will continue until completion in 2017. We continue to be challenged with employee retention with manufacturing jobs opening up within the region that can offer a much

higher starting salary than we can currently offer.

We look forward to the completion of our Water and Waste Water rate study. We are, of course,

long over due for a rate increase. We are thankful that we are not looking at a double digit increase such as other water companies in the region.

We are grateful to the many utility employees that work tirelessly to provide the highest level of service and quality to the citizens of Forrest City and the surrounding communities we serve.

Looking forward to even greater things in 2017.

W.H. Calvin Murdock,  
Manager