

## Forrest City Water Utility

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### Special points of interest:

- **The Source of Grease in Your Kitchen**
- **4 Reasons Drinking Water in Fall keeps you Gorgeous**

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



Edward Gregory 11/14

Leslye Laws 11/24

**OUR OFFICE WILL BE CLOSED FRIDAY, NOVEMBER 10, 2017 TO OBSERVE THE VETERAN'S DAY HOLIDAY Also, THURSDAY, NOVEMBER 23 & FRIDAY, NOVEMBER 24, 2017 TO OBSERVE THANKSGIVING HOLIDAY.**

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

# Alive With Pride

November 2017

Volume 4 Issue 2

## The Source of Grease in Your Kitchen

Grease is a challenge to wash off dishes and can clog up your dishwasher. Here we look at the top three sources of grease, how you can reduce it and how you can ensure your dishwasher deals with whatever's left effectively.

**Roasting** – Meat, poultry and game all produce a certain amount of fat residue during the cooking process. Add potatoes and parsnips to the pan to roast and it can really make for a baked on, greasy

mess.

Instead, stand meat on a roasting rack placed inside the tin. This allows the fat and meat juices to run off it and collect in the bottom of the pan. When it's time to cook your potatoes carefully pour off the liquid into a jug. The fat will settle in the bottom and the meat juices on top. You can siphon off the juices to flavor your gravy. Put the potatoes in a shallow dish and pour just enough

of the fat over to roast them perfectly. They'll be healthier, every bit as tasty and both the dish and tin will be easier to clean.

**Frying** – Frying food is just about as greasy as it gets. A good non-stick pan means you can use less fat but you could also consider swapping lard or regular sunflower/vegetable/olive oil for cooking spray oil. A few pumps is all you need.

## 4 Reasons Drinking Water In Fall Keeps You Gorgeous

Most people already know that drinking water in Summer's heat is important, but getting yourself to drink enough water when the weather cools off is a different story. If helping your body function at its top potential — and preventing headaches

— isn't enough, then let these four beauty-inspired reasons urge you to toast with water more regularly.

### Support skin

Forget expensive creams and treatments; drinking water is one of the best things you can

do to keep your skin looking young and glowing all year long. Proper hydration makes every system work better including your skin. Drinking water ensures that nutrients are delivered to cells keeping them hydrated and plump —

## Alive with Pride

You could cook sausages and bacon under the grill resulting in less grease too.

**Cooking and baking** – Shop bought jars of sauce such as Bolognese can be very oily. For a healthier version (and one that won't coat your sauce-pans and dishes in a layer of fat) it's worth making your own with a tin of chopped tomatoes, onions, garlic, herbs and some stock.

## The Source of Grease in Your Kitchen Cont.

When the time comes to clean up it's important to scrape any greasy residue off the dish/pan/bowl.

Leftover fat can solidify in the dishwasher and cause blockages. Don't run the pan under the tap to rinse before putting it in the dishwasher as fat repels plain water. Instead it's much better to wipe the surface with a piece of kitchen towel to get rid of as much grease as possi-

ble.

Place dirty pieces upside down on the bottom rack of your dishwasher to ensure they get a good spray of water during the washing process. Providing tins are dishwasher safe they, too, can go in, as can many non-stick frying pans.

We know that a cleaner dishwasher means cleaner dishes. Grease and fat can

build up in your dishwasher over time. That is why it's important to ensure you remove grease from the hidden but vital parts of your dishwasher.



## 4 Reasons Drinking Water In Fall Keeps You Gorgeous cont.

and plump cells can help your skin look firmer.

### Suppress appetite

Drinking a glass of water before meals helps you eat less, since thirst is often mistaken for hunger. In fact, studies

have found that folks who stay on top of their water intake actually consume fewer calories. This is also a great technique for someone who tends to overeat when they're bored.

**Keep belly bloat in check**

Staying away from salty foods and dairy certainly helps, but one of the best ways to make sure you don't retain water is to drink plenty of water. It seems a little counterintuitive, but filling up on water and keeping your body hydrated keeps bad belly bloat at bay.

### Boost metabolism

We know that drinking more water helps you before, after, and during your workout, but it actually helps you burn more calories! One study showed that people who drank eight to 12 glasses of water a day burned more fat than those who only drank four.

Arkansas One Call



Know what's below.  
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# ADEQ

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