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Special points of interest:

- **Fat, Oil and Grease in Pipelines & Sewers**
- **8 Steps for Hydrating in Cold Weather**

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

870.633.1571



Lee Smith 1/4

Sam Armstrong 1/10.

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FAT, OIL AND GREASE IN PIPELINES AND SEWERS

By Aziz Tejpar

Thousands of fat, oil and grease (FOG) related sewer spills every year cost billions of dollars for water authorities worldwide.

More than 100 tons of fat are poured down sinks every day in London, England, according to Thames Water, not just in restaurants and cafes, but in ordinary households. The water company says it clears more than 100,000 blockages from sewers on a yearly basis and believes that solidified fat caused more than half.

Speaking on a British Broadcasting Company (BBC) London radio program in January 2002, Thames Water's Environment and Quality Manager Peter Spillett said, "Hot fat pours down sinks easily, but it

quickly solidifies, causing blockages to sewer pipes. The smaller pipes close to customers' homes are most likely to be affected, risking blocked drains and flooding. This can quickly lead to pollution of rivers and streams if fat blocks the main sewer network."

Further evidence comes from the USA. "America's sewers are in a bad way. Three-quarters are so bunged up that they work at half capacity, causing 40,000 illegal spews a year into open water. Local governments already spend US\$ 25 billion a year to keep the sewers running," according to Barry Newman, a reporter at the Wall Street Journal in an article published in June 2001. The Water Infrastructure Network (WIN) warns that it will cost an additional US\$ 20 billion a year for

the next 20 years to keep them from falling apart. WIN is a broad-based coalition of local elected officials, drinking water and wastewater service providers, state environmental and health administrators, engineers and environmentalists.

"Tree roots, corrosion, cave-ins, bottles, rusty car parts, almost anything will divert sewage on its way to the treatment plant. But the blockages now are almost all enveloped in fat and the main perpetrator is fried food," Newman added. The major problem is that solids stick in fats and pipes slowly occlude. The fat hardens, chunks break off, flow down the pipe and jam in the machinery

8 Tips for Hydrating in Cold Weather

By Felicia D. Stoler

Eat Fruits

Winter fruits are excellent sources of water. To name a few: apples are 84-percent water; pears are 84-percent water; and clementines are 87-percent water. Plus, these fruits contain vitamin C, which helps fight off the flu.

Eat Salty Foods and Soup

Foods that contain salt will help you retain water. And soup, with all its broth and vegetables, is hydrating. Some great winter options: tomato soup, butternut-squash bisque or minestrone.

Drink Hot Chocolate

You've likely heard that chocolate milk is the ideal post-workout recovery drink because of its 4:1 carbohydrates-to-protein ratio. Hot chocolate provides the same benefits—with added warmth.

Limit Alcohol and Caffeine

FAT, OIL AND GREASE IN PIPELINES AND SEWERS COST CONT.

of underground pumps. That, to use a more digestible metaphor, can cause a municipal heart attack. There's also the problem of FOG coating and enveloping pumps in sewer lines, causing overheating and eventual burn out; replacement costs are expensive.

On the commercial side, how much does it cost restaurants and fast food franchises in unbudgeted and emergency plumbing call out costs? Drains will be unblocked, albeit temporarily, before blockages reoccur and more money is spent to alleviate the problem. The only winner here is the plumber! Pipe work can be damaged with the overuse of caustic agents, chemicals and

rodding, and pouring chemicals down the drain cannot benefit the environment.

Pipeline backups create environmental health problems. Raw sewage in food preparation areas is not a good idea and someone has to clean up the resultant mess.

For water companies, the costs can be horrendous. Fifty thousand fat-related sewer blockages annually in the Thames Water region (nearly 1,000 a week) require a lot of manpower. Repairs to main sewers may be required as a result of serious blockages and the cost of repairing major items

like pumping equipment that fails due to an ingress of fat can run into thousands.

So, is there a way to alleviate problems associated with FOG in drains and sewer networks? Scientists at Environmental Biotech Inc. of Sarasota, Florida, USA, developed the Grease Eradication System (GES) that uses bioremediation to eliminate waste grease and oil. Billions of live vegetative bacteria that feed on FOG are introduced into pipe work and drains and immediately begin consuming the waste, converting it into harmless carbon dioxide and water. Because they are live

organisms, they can be introduced on site in the immediate vicinity of a problem where they begin to work instantly. This proactive service approach applies a management discipline to solving problems before they occur. It is much better to have no drain backup at all, rather than deal with it after it has happened, overflowed and caused major inconvenience.

So please do us a favor here at Forrest City Water Utility, **PLEASE, PLEASE DO NOT POUR GREASE OR OIL OR FATS DOWN THE DRAINS.** Please and Thank you!!!

8 Tips for Hydrating in Cold Weather cont.

Caffeine and alcohol have diuretic effects. Save them for after your cold-weather workout.

Although we tend to think of it as a summer-time concern, dehydration doesn't disfavor the cooler months.

In fact, the likelihood of dehydration is accelerated when you train in cold weather—and at higher altitudes. In these conditions, the air you breathe is drier, and your lungs have to work harder to humidify that air and warm it up. The harder

your body works, the more you need to drink.

Use these tips to stay hydrated this winter.

Wear Layers

Sweat can reduce your body temperature and force your heart to work harder to maintain blood flow and body temperature. Wear layers of clothing that will absorb perspiration.

Replace What You Lose

Water exits the body through exhalation, perspiration and urination. If your urine is pale and plentiful, you're well-hydrated. If it's dark and scant in volume, you need to drink more fluids.

Match Your Drink to the Duration of Your Activity

If you're exercising for up to 1 hour, you can rehydrate with water alone. However, after an hour, add electro-

lytes and carbohydrates. If you're doing a sport at higher altitudes, increase your fluid requirements.

Hydrate With Room-Temperature Beverages

Cold liquids are absorbed quicker. Warmer or room temperature drinks, on the other hand, are better at keeping your internal temperature optimal. Choose the latter when you're exercising in cold temperatures.

Arkansas One Call



Know what's below. Call before you dig.

