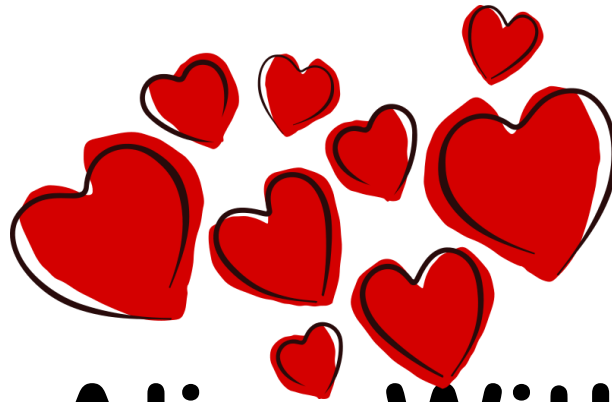


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Alive With Pride

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Special points of interest:

- Warm Water vs Cold Water
- Is Grease Harmful

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



Joel Thetford 2/02

Walter Ballard 2/10

Willie Griffin 2/24

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

Warm water vs. Cold water – which is better

According to **Dr. Neha Sanwalka, nutritionist and dietician**, drinking warm water eases digestion while cold water is good for dealing with a **heat stroke**. Confused? Our expert clears your doubts on when you should drink warm water and what is the right time to drink cold water. **Health benefits of drinking warm water Improves digestion –** According to Ayurveda and ancient Chinese medicine, you should drink a glass of warm water early in the morning. This is because, it activates your digestive system, which helps

avoid indigestion. It also helps stimulate blood flow to the intestine and helps prevent **constipation**.

Detoxifies your body –

Did you know that warm water helps your body get rid of harmful toxins? It not only reduces pitta in your body, but also prevents **acne** and other skin problems. To further enhance its effect, squeeze half a slice of **lemon in the water and drink it every day**.

Relieves nasal congestion –

Not many people are aware of the fact that warm water is good for peo-

ple **suffering from nasal and throat congestion**. It acts as a natural expectorant by aiding in the expulsion of phlegm from the respiratory tract.

Combats pain – As warm water increases blood flow to the tissues, it can act as an excellent natural aid to provide relief from pain. Hence, if you are experiencing frequent **joint pain** or **menstrual cramps**, start drinking warm water.

Health benefits of drinking cold water

Excellent post-workout drink – It is a

Is Grease Very Harmful?

One of the most common things that can be sent down the pipes is grease, especially in the kitchen. It is so tempting to just dump grease or oil down the drain. After all, it couldn't clog the pipe because it's a liquid—and a slippery liquid at that—right? Wrong! **Cooking grease and oil** are the lead-

ing causes of clogs, sewage spills, and pipe backups. Therefore the easiest way to avoid having to call a plumber is to avoid sending them down the drain.

Whenever you pour hot grease down the drain, it sticks to the pipe. Hot water doesn't help flush the grease out. It just builds up

over time until it finally ends up blocking the entire pipe.

One of the biggest problems is **figure out where grease is hiding**. It's actually found in many of the foods you might otherwise put down the garbage disposal or simply allow to

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known fact that during exercises, your body temperature increases. To lower your body temperature post workout, it is recommended to drink cold water. Read about [the best foods to eat before and after workout](#).

Combats heat stroke – Dr Neha says that drinking cold water during summers is good for your health. Cold water gets absorbed quickly by the body as compared to warm or hot water. When you are back home from the scorching heat or if you experience a heat stroke, drink a glass of cold water. Here are [10 healthy and cooling summer drinks](#)

Warm water vs. Cold water – cont.

[to beat the heat.](#)

Aids in weight loss – The key principle behind losing weight is to boost your metabolism that in turn burns more calories. According to Dr Neha, drinking cold water and even cold water baths boosts your metabolism.

Cold water vs. warm water – which is good for health?

Traditional Chinese medicine and Ayurveda do not recommend drinking cold water because of the belief that cold water causes con-

traction of muscles. On the other hand, drinking warm water increases blood circulation along with protecting internal organs from damage. This is why most health professionals recommend drinking warm water for optimal health. However, on a hot day, you can drink cold water as it cools your body temperature quickly. Here are [few more health benefits of drinking warm water](#).

When should you not drink warm water or cold water?

As there are exceptions to every rule, here is what you need to bear in mind –

Cold water

Dr Neha says, 'Never drink cold water while eating food. When you drink cold water immediately after meals or along with a meal, your body spends a lot of energy in increasing its temperature. This slows the digestion process, which may cause [indigestion](#).'

Warm water

'Avoid drinking warm water after a bout of exercise. As your body temperature is already high post workout, drinking cold water will lower the temperature of your body.' explains Dr Neha.

Is Grease Very Harmful? cont.

go down your sink drain.

Oil, butter, sour cream, and mayonnaise are all common culprits of grease, as are cheese, dips, sauces, salad dressing, cake frosting, and gravy. Even the fat that gets left on your plate from a tasty cut of meat can cause a problem if it gets put down the garbage disposal.

So what's the best way to keep these greasy

culprits out of our drains?

Contrary to popular believe, garbage disposals do not remove grease, so make sure you **scrape greasy foods off your plates right into the garbage can**. Also **use a strainer in all of your sink drains** so that greasy foods do not accidentally fall down them.

Cooking grease from pans should be poured into a can that can be sealed and then placed

into the garbage can. Make sure that you allow the grease to cool before you put it in the trash because you could inadvertently melt the garbage bag if it's hot.

Oil from deep fryers should also be collected and then taken to a collection facility where it is usually accepted free. A tallow company typically picks up this cooking oil and then recycles it.

So what should you do if you accidentally drop grease into the sink or

drain?

Of course one spill doesn't cause your pipes to clog. However it is a good idea to **boil some water and then pour it down the drain regularly**. This helps turn the grease from a solid back into a liquid so that it will move further along the pipes. And if you add vinegar and baking soda to the boiling water, the fats will be broken down, and your drains will smell fresher. **Ammonia can also help clear grease away.**

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