

North Little Rock e-Newsletter

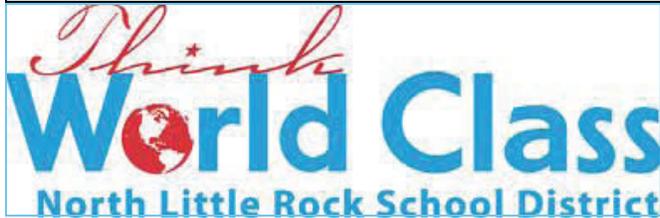
Provided by Diane Whitbey, City Clerk and Collector

February 2012

North Little Rock e-Newsletter

If you have information you would like to share with other city employees, residents and businesses throughout **North Little Rock**, then let us know. The **City Clerk's office** provides a monthly *e-letter* to those who subscribe through the **North Little Rock** website.

To sign up, email Dwhitbey@northlittlerock.ar.gov.



A special Election will take place in North Little Rock on Tuesday, February 14, 2012. Voters will have the opportunity to vote for a proposed millage increase for the North Little Rock School District.

An increase of 7.4 mills would generate \$74 million for construction of new and renovated facilities. Funds generated by a successful millage can only be used as stated in the ballot language. This includes construction, land acquisition and equipping school facilities. Millage funds cannot be used for ongoing operational expenses. Taxes levied by the millage would sunset or retire in 30 years or sooner.

For more information or if you have questions, please contact Shara Brazear at 501-771-8013 or email brazears@nlrsd.org.

Early voting will commence on February 7 and run through February 10 at the following locations:

William F. Laman Public Library — 10:00 a.m. until 5:00 p.m.

Pulaski County Regional Building — 8:00 a.m. until 5:00 p.m.

Regular polls will be open from 7:30 a.m. until 7:30 p.m. election day.

The purpose of this message is for information only and not to influence anyone's vote.

The **Leaf Vacuums** are running on an **on-call basis only** in North Little Rock until **February 15, 2012**.

After the 15th, the vacuums will be stored until Fall 2012.

To schedule the vacuum pickup please call Public Works at 501-371-8345.

Leaves must be bagged after the 15th.



North Little Rock City Offices will be closed:

Monday, February 20, 2012

in observance of George Washington's Birthday and Daisy Gaston Bates Day

Garbage, trash and recycling routes will run one-day delayed all week



"Where's Mel"! The **1st** person to CALL 340-5317 and tell one of us where you found "Mel" will win a prize!

North Little Rock Animal Control

For more information, call 501-791-8577

Getting Your Pet Ready for Spring

By Lyndsey Sheedy

Found at ezinearticles.com



As the daffodils start to poke their heads out of the thawing ground, you know the warmth of spring is just around the corner. So what can you do to ensure your pet is ready to make the most of the approaching season? Here are some tips on how to prepare your pet for the spring season, whether it's a cat, dog, small animal or the wildlife you're caring for.

One of the least exciting consequences of the warmer weather is the sudden breeding frenzy among fleas and ticks. Early prevention is one of the best ways to avoid a summer-long battle with these pests, so now is the perfect time to start treating your cat or dog. Frontline is one of the market leaders in flea treatments with a variety of treatments readily available, for cats and dogs, from most pet product suppliers. (Note: WalMart carries a store brand flea treatment which works well and is cheaper than Frontline)



A more exciting prospect for the coming season is that of new life! Make sure your yard is a wildlife haven by leaving plenty of food and water for birds, and even a bird box if you've space. Then sit back, relax and watch nature do its thing. Keep

a keen eye out for badgers, foxes and hedgehogs on the hunt for food to feed their young. You may also want to leave some water or bread out for the furry little friends—the birds will love it as well!

During the winter months, rabbits, guinea pigs and other



small animals are sheltered from the elements, but now is the time to dust off that run and let them stretch their legs and nibble the fresh grass! Make sure you move the run around the garden through the spring—this ensures there is plenty of fresh grass for your pets to munch on (and also saves on mowing the lawn so often).

Another spring preparation 'must-do' is the garden pond. Over the winter, pond water becomes murky and muddy with fallen leaves—where's the fun in having fish if you can't see them? You can use a pond or pool skimmer to scoop leaves (and acorns this year) out of your pond. If you remove your fish for a thorough cleaning, don't forget to acclimatize your fish to the clean water in a bucket outside for at least 30 minutes for the temperature change won't be too much of a shock.



You can get all the products you need to prepare for spring from any good pet store—online or in-store.

Once warmer weather is here to stay, sit back and enjoy it with your pet!

Fleas And Ticks

Those nasty little hopping, biting insects that pester our pets are hop-



ping you won't be thinking about them during the recent unseasonably warm temperatures we've been experiencing. Don't be fooled, they may already be setting up home on your 4-legged family members.

If infestations become severe, the pet's life could be in danger. Preventing fleas and ticks is the best way to ensure this does not happen.



Fleas and ticks carry dangerous diseases. Talk to your veterinarian about how to best keep your pet free from these blood sucking little buggers. You and your pet will be a glad you did!



Need a new addition to your family?

Call

501-791-8577

...we've got the

perfect companion for you!

Remember a special pet or animal lover by making a donation in your pet or family members name to **North Little Rock Friends of Animals** a Non-Profit Organization

Support spaying and neutering in Arkansas by getting your own Arkansas Specialty *Please Spay or Neuter* License Plate at any State Revenue Office.



North Little Rock Fire Department



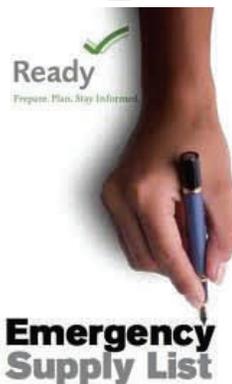
With severe storm season nearing in Arkansas (okay, so there's always a potential for severe weather in Arkansas), it's a good time to check your Emergency Supply List.

Through its *Ready* Campaign, the U. S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days in an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Recommended Items to Include in a Basic Emergency Supply Kit:

- ❑ Water, one gallon per person per day for at least three days, for drinking and sanitation
- ❑ Food, at least a three-day supply of non-perishable food
- ❑ Battery-operated or hand crank radio and a NOAA Weather Radio with tone alarm and extra batteries for both
- ❑ Flashlight and extra batteries
- ❑ First aid kit
- ❑ Whistle to signal for help
- ❑ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ❑ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ❑ Wrench or pliers to turn off utilities
- ❑ Can opener for food (if kit contains canned food)
- ❑ Local maps



Additional Items to Consider Adding to an Emergency Supply Kit:

- ❑ Prescription medications and glasses
- ❑ Infant formula and diapers
- ❑ Pet food and extra water for your pet
- ❑ Important family documents such as Copies of insurance policies, identification and bank account records in a waterproof, portable container
- ❑ Cash or traveler's checks and change
- ❑ Emergency reference material such as a first aid book or information from www.ready.gov
- ❑ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate
- ❑ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes (don't forget socks and undies)
- ❑ Household chlorine bleach and medicine dropper—*when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 15 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.*
- ❑ Fire extinguisher
- ❑ Matches in a waterproof container
- ❑ Feminine supplies and personal hygiene items
- ❑ Mess kits, paper cups, plates and plastic utensils, paper towels
- ❑ Paper and pencil
- ❑ Books, games, puzzles or other activities for children



Smokey the Bear wants to remind you to be careful when you build a fire on a cold day or night.

Charcoal briquettes and ashes from woodstoves/fireplaces can start fires. When disposing of briquettes and ash outside, drown the charcoal and ash with lots of water; stir them, and soak again. Be sure they are OUT COLD!

If you are a smoker and it is permitted outdoors, safe practices require a 3-foot clearing around the smoker. Grind out your cigarette, cigar or pipe tobacco in the dirt. Never grind it on a stump or log. Never throw it away into brush or leaves. It is not safe to smoke while riding a horse or trail bike since you never know where the ash will land.

You should ALWAYS use the ashtray in your car for your butts. Please do not litter.

(next page How to Reduce Cigarette Litter)

**Spring cleaning is just around the corner!
Here are a few reminders regarding Sanitation Pick Up...**

What is Garbage?

Household garbage is just that, garbage generated from inside your home.



Dried or hardened paint— (you can pour old paint on a piece of cardboard...once it hardens you can put it out for pick up).

Cardboard boxes (however, if you flatten them, they are recyclable!)

Clothes in plastic bags or in cardboard boxes (if

the clothes are usable, consider donating them to Goodwill or another non-profit).

What is Yard Waste?

Limbs, bagged leaves, grass clippings.

Mattresses, plywood, appliances, toilets.

Air conditioners and freezers with the compressor removed.

Lawn mowers with the engine unattached.



Items NOT collected...

Dirt, masonry products, rocks, concrete.

Liquid paint, automotive parts, oil, gasoline.



Ammunition.

Burnt construction waste.

Yard waste placed loose in garbage cans or cardboard boxes.



What about tires?

Yes, however tires are a special pick up. Call 501-371-8345 to make arrangements or drop off at Interstate Tire Company on East Broadway

Household Chemical Collection... items can be dropped off at the following locations:

North Little Rock—12th and Willow, every Tuesday and 3rd Saturday

Pulaski County—3403 West 33rd Street, Little Rock, every Thursday and 2nd Saturday

Jacksonville—1300 Marshall Road—every Wednesday and 4th Saturday

Weekday hours: 7:00 a.m.—9:30 a.m. and 3:30 p.m. and 5:30 p.m.

Saturday 7:00 a.m. until noon



Electronic Collection...North Little Rock and Jacksonville locations only (see above).

If you have any questions regarding recycling, please call 501-340-8790.

Why didn't my garbage, trash or yard waste get picked up?

- ◆ It wasn't put out in time.
- ◆ It was more than 5 feet from the curb or behind a post, pole, limbs or parked vehicle.
- ◆ It was placed on/or against a fence.
- ◆ Improperly sorted items.
- ◆ Containers weighed more than 50 pounds or were larger than 30 gallons.
- ◆ Yard waste and garbage were mixed. They must be separated.

Garbage should be placed on the curb no earlier than 6:00 p.m. the day before scheduled pickup and no later than 7:00 a.m. the day of pick up.

*The following information is from
Keep Arkansas Beautiful, a state affiliate of Keep America Beautiful, Inc.*

Litter—it doesn't just appear...

...it's the result of careless attitudes and waste handling. Is there anything you can do? Knowing more about litter and where it comes from is a good place to start.

"Litter-known" Facts

Motorists and pedestrians are often blamed for litter. There are actually seven primary sources:



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- ◆ household trash handling and its placement at the curb for collection.
- ◆ dumpsters used by businesses.
- ◆ loading docks.
- ◆ construction and demolition sites.
- ◆ trucks with uncovered loads.
- ◆ pedestrians.
- ◆ motorists.

Litter is blown about by wind and traffic or carried by water. It moves until trapped by a curb, building, or fence. Once litter has accumulated, it invites people to add more.

Litter and Your Taxes

Litter is a costly problem. Highway departments spend millions of tax dollars and many hours annually picking up litter—money and time needed for more important services. Local, state, and federal governments also spend money removing litter left by carless park visitors.

Clean communities also have a better chance of attracting new businesses than those where litter is common.

What Can We Do?

- ◆ Set an example for others, especially children, by not littering.
- ◆ Carry a litterbag in your car.
- ◆ Make sure trash cans have lids that can be securely fastened. For curbside pickup, do not put out loose trash in boxes.
- ◆ Tie papers in a bundle before placing them in a curbside recycling bin.
- ◆ If you own a business, check dumpsters daily to see that top and side doors are closed.
- ◆ If you or a member of your family is involved in a civic group, scouting, or recreational sports program, encourage the group to “adopt” a spot (or street) in your town and maintain it on a regular basis.
- ◆ Make litterbags for your bicycle, and give them to friends, too.
- ◆ Report areas where people have illegally dumped garbage and debris to your local highway, public works, or conservation office, and ask that the material be removed. Volunteer to help organize a clean up.
- ◆ If you smoke, carry a portable ashtray to dispose of cigarette butts properly.



Can We Do More?

- ◆ Ask the organizers of a festival, fair, or other outdoor event in the community to make it a “litter-free” event. This can be done by giving out litterbags at entrances and making sure that everyone who attends knows that it is a “litter-free” day. Affiliates of Keep America Beautiful have organized litter-free concerts, fairs, and minor-league baseball games.
- ◆ Cover open loads on all trucks.
- ◆ If you are a contractor, ask your chapter of the National Association of Home Builders about the “Build America Beautiful” program.
- ◆ Encourage a school to start a “clean campus” program. This could include placement of trash receptacles, litter pick-ups, and projects in which students track litter’s origins.

- ◆ Ask marina operators if your Boy or Girl Scout troop or civic group can pass out litterbags to boaters. Public boat ramps are also good spots to give away litter bags.



Get Involved. Show Pride. Have Fun.

Help make our community cleaner, healthier, safer and more beautiful.

Great communities are no accident. They are shaped by shared community values and strong leadership. They develop because people won’t settle for less.

Responsible individuals in communities large and small play an important role in keeping Arkansas clean and green. As groups and organizations work together to prevent litter, recycle and improve scenic beauty, they demonstrate positive attitude and actions, and they define and strengthen the community’s quality of life. The result is a sustainable community where environmental and economic improvements reflect its standards and identify it as an exceptional place to live, work and visit. It’s a community that shines!



Cigarette Litter

a message from
**Keep America Beautiful Inc and
Keep Arkansas Beautiful**



CIGARETTE BUTTS ARE LITTER.

Partially smoked cigarettes, matches, disposable lighters, packaging as well as cigarette butts are all part of this growing national problem.

Studies have shown that an individual who would never litter a beverage can, fast food packaging or other items may be dropping cigarette litter. Because it is small—more than any other form of litter, it is viewed differently by the general public.

Ever tighter restrictions on smoking in public places in recent years have forced smokers outside, contributing to an increase in cigarette litter. Appropriating ash receptacles are often not readily available to meet the increased demand of smokers who have moved from buildings, businesses and restaurants to the sidewalks to smoke. Many municipalities and small communities have not prepared for the increase in cigarette litter on the sidewalks, in local parks, along center medians of local streets and at highway exits.



**“No Butts About It...
THIS Is Litter, Too”**

Cigarette Litter FACTS:

As one of the smallest pieces of litter, cigarette litter represents over 20% of the litter collected in many community cleanup initiatives. Littered cigarette butts introduce a product to our environment which breaks down very slow and is **not** completely **degradable**.

The filters contain cellulose acetate in the form of a fiber that looks like a cotton thread. These fibers break down or degrade in the environment very slowly in some cases taking years.

Eighteen percent of all litter dropped to the ground is washed into streams, rivers, lakes and the ocean by storm water runoff. Cigarette butts are lightweight and little—they are easily carried in runoff to our waterways. In various reports from state departments of transportation and highway departments, the roster of items littered grows annually. In most reports, cigarette litter has been at the top of the list.

Other than the aesthetic and environmental challenges posed by cigarette litter in communities, cigarette litter cleanup is an increasing financial challenge. Because of its size, manual cigarette litter cleanup is very difficult as part of actual cost of regular maintenance and cleanup. Consider a recent report from Longwood College, Virginia...the cigarette litter cleanup cost for last year was over \$50,000.

YOU Can Make A Difference:

Focus your attention and efforts on educating adults who smoke to consider the following actions:

Use a portable ashtray in your car, carry a pocket ashtray or use ash trash receptacles when smoking outside.

Encourage smokers to be aware of where their cigarette will be discarded when they light-up. Whether smokers are outside public buildings, in parks, on benches or walking along nature trails a little bit of thought and planning will reduce the number of butts that end up on the ground.

DO NOT throw butts out car windows.

Use the car ashtray, a portable ashtray which may fit in the cup holder or on the window, or reuse another container with a secure top like an empty bottle or snap-lid candy tins.

Be aware of local litter ordinances.

Many local municipalities have litter ordinances which address cigarette litter—these are enforceable and carry penalties.

Ultimately, the most important contribution to successful cigarette litter abatement will be made by individuals who smoke. Each smoker must accept personal responsibility. The individuals who choose to smoke must choose NOT to litter.

Businesses, corporations, governments and community leaders will support behavior changes with increased placement of ash receptacles as well as distribution of pocket and portable ashtrays while others may challenge adult smokers not to litter by enforcing anti-littering ordinance.

Please dispose of cigarette butts by using a car's ashtray, a pocket or portable ashtray and ash receptacles.

**Report Littering:
Call 1-866-811-1222**



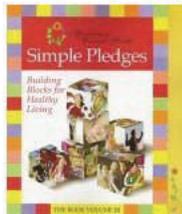
Why Do People Litter?

Research by **Keep America Beautiful, Inc.** found that people litter because:

- ◆ they feel no sense of ownership, even though areas such as parks and beaches are public property
- ◆ they believe someone else—a park maintenance or highway worker—will pick up after them
- ◆ litter has already accumulated...what difference will a little more make?

A simple pledge...

Found in *Simple Pledges Building Blocks for Healthy Living The Book Volume III*
...for a nutritious diet begins with the delight of adding a few brightly colored fruits and vegetable to your diet each week.



Every living being requires nourishment to grow and survive. Even machines require fuel to run. The human body is certainly no exception.

Food not only fuels our bodies, it also awakens our senses. Nature has given us the best of everything when it comes to food. We now know that the most beautifully-colored foods are also the most nutritious. And, when used in recipes, combining foods can make a beautiful presentation, having intoxicating aromas, fill our mouths with wonderful textures and flavors and create memories. So, food is clearly more than *just* fuel. Food also provides energy. That energy is what we commonly call calories. Let's explore the relationships and how to make it all work for us.

Nutrition experts have long understood the connection between food and energy. More recently, athletes have been very influential in communicating the positive messages about healthy eating. Even the creators of Popeye knew that spinach was a great source for energy and strength, and, in fact, upon the cartoon's debut in 1929, spinach became one of the most popular children's foods.

Control Calorie Intake To Manage Body Weight

It's not news to most of us that American adults and children are in the middle of an obesity epidemic. The government's advisors say that calorie intake and physical activity go hand-in-hand to control body weight. To maintain a healthy body weight, calories consumed should be equal to or less than calories expended.

The simplest way to reduce calories is to watch portion sizes, and reduce your intake of added sugars and alcohol...and balance this with exercise.

Choose Fats Wisely For Good Health

Some fats are healthier than others—distinguishing between the two may be tricky. Nutrition experts at Cleveland Clinic Foundation describe the two basic types of fats:

Hydrogenated (Trans) Fats—found in processed foods, margarines and fried foods. These should be minimized.

Healthy Fats like the Omega-a 3 fats are—found in some fish, nuts, avocados, flaxseed. Omega-6 fats are found in low-fat dairy and lean proteins. These fats can be eaten more frequently.

Total fat intake for healthy adults should be less than 30% of calories consumed, with saturated fats below 10% of calories, and trans fats below 1% of calories. Nutritionists suggest keeping saturated fats low by limiting animal fats. Choose lean meats and low or non-fat varieties of cheese, milk, yogurt and other dairy products. To keep trans fats down, limit all foods prepared with partially hydrogenated vegetable oils.

Choose Carbohydrates Wisely For Good Health

When dieting, be careful not to totally eliminate carbs. Limiting carbs may also limit energy. The government guidelines view carbohydrates as an important part of a healthy diet and the major energy source in most diets.

Carbohydrates are one of three "macronutrients" in our diets that provide calories. The other two are protein and fat. Carbohydrates provide most of the energy needed in our daily lives, both for normal body functions such as heartbeat, breathing and digestion, as well as for physical activities such as walking and running.

In the past few years, more and more nutrition experts recommend incorporating complex carbs into your diet, and cutting down on simple carbs. Why? **Simple carbohydrates** are digested quickly. Many simple carbohydrates contain refined sugars and few essential vitamins and minerals. Most of the simple carbs we consume should come from fruits and milk or yogurt.

Complex carbohydrates take longer to digest and are usually packed with healthy essentials such as fiber, vitamins and minerals. The bulk of the carbs we consume should be complex. Samples of complex carbohydrates include whole or multi-grained breads, cereals and pasta; brown rice; peas; beans and lentil.

Increase Daily Intake of Fruits And Vegetables, Whole Grains And Reduced-Fat Milk And Milk Products

You were always told to eat your veggies. Now, the good news is you should! Healthy adults should strive for 5 servings of fruits and vegetables each day, as a minimum. A single serving may not be as much as you think. If you chose a salad for lunch, that may count for as many as 3 servings of veggies. Why? Because a serving is 1/2 cup. Add an apple for a snack and some berries on your morning cereal and you've got 5 locked up.

Choose And Prepare Foods That Are Low In Salt

According to the Food and Drug Administration (FDA), reducing salt intake is one way to lower blood pressure—which is important in preventing stroke, heart disease and kidney failure. To find out if the

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foods you eat are high in salt, check the nutrition label for sodium. Strive for less than 2,300 milligrams of sodium per day.

One easy way to reduce sodium is to reach for herbs, pepper or garlic powder instead of the salt shaker. Many favorite foods are now available in low-sodium or no-salt options. Additionally, health-conscious frozen meals are also now available in low-sodium, low-fat varieties, complete with whole grains.

A good nutrition tip is to simply “choose the best of what’s available”. This means that wherever you are, make the best choice from what is offered, and limit portion sizes. If you absolutely cannot resist temptation and must splurge on something sinfully delicious...go ahead! But, savor each and every bite and enjoy it to its fullest! If you make healthy choices 90% of the time...you’re doing great! There’s nothing wrong with an occasional reward that may not be great for your body, but may be great for your soul!

Building Blocks...for Healthy

According to the U.S. Government guidelines, choose foods from the 6 food groups, in the recommended amounts:

Proteins.....2 to 3 servings daily
Dairy.....2 to 3 servings daily
Carbohydrates.....6 to 11 servings daily
Fruits.....2 to 4 servings daily
Vegetables.....3 to 5 servings daily
Fats, oils & sweets.....Use sparingly

Consider these healthy proteins:

Lean meats, nuts, fish, poultry, eggs or egg whites

Consider these “good” fat sources:

Fish (Omega-3s), Nuts, Avocados, Olive, Canola oils, Low-fat dairy (Omega-6s)

Here are some of nature’s most health-full foods, and suggested ways to add them into your daily food choices:

Almonds—Nuts are a great source of protein, and almonds are one of the best. Keep 10-15 handy to snack on throughout the day.

Flaxseed—Eat ground flax, along with other nuts and seeds, for a boost of protein, good fats and other nutrients. Flax is good for your heart, hair, nails, eyes and skin, and men should toss it into their food to improve prostate health.

Kiwi—A study suggested that bite for bite, kiwifruit contains more essential nutrients than 32 of the most popular fruits, making it one of the most “nutrient dense” fruits in the world. Kiwifruit is also a good source of magnesium, is sodium-free and is a low-fat source of Vitamin E.

Mango—Loaded with Vitamins A, B, C, carotenoids (helps ward off colds), fiber, calcium, iron and potassium.

Soy—Two good sources of soy protein include soy milk, a delicious alternative for those who are lactose intolerant; and, edamame (green soybeans in a pod) that come fresh or frozen. Edamame are low in carbs and a great protein source.

Oats—The high fiber content helps remove cholesterol from the digestive system.

Peppermint—A rich source of manganese and Vitamins A & C, peppermint oils found in leaves have been shown to soothe muscle spasms from irritable bowel syndrome and have antioxidant effects. Also, its aroma aids in relaxation and revitalization (If you suffer from GERD *Gastro esophageal reflux disease*, you may want to avoid peppermint).

Tea—A cup of good health! Tea contains polyphenols that act like antioxidants. Green and white teas are the best. Tea may help control cholesterol, reduce

tooth decay, and prevent stroke, heart disease and intestinal cancers.

One key ingredient to look for in all foods you consume is color. Strive to incorporate color into all of your food choices and mix colors together for a bright and lively meal. If you think of it very simply—color equals

nutrition...you can’t go wrong. Not all color is from a natural source...but, as Victoria Moran says...”Pretty Groceries Make Pretty People!” Challenge yourself to serve meals bursting with natural color and goodness. Look for dark green leafy vegetables, rich red beets, apricot colored mangoes, minty green kiwi, bright beautiful salmon, berries of all colors...got the pictures?

Finally, our bodies **cannot survive without water!** Think of water as nature’s perfect nutrient...it’s found nearly everywhere, it’s often free, and it contains no calories...so, drink to your health!



NORTH LITTLE ROCK

Friends of Animals

Chili Supper

February 17, 2012
5:00 pm - 8:00 pm

Park Hill Christian Church
4400 JFK Blvd
North Little Rock

\$7.00 Adults, \$4.00 Children ages 9-12

Take-out Available

MENU

Fabulous Chili (beans, no beans, or vegetarian), Cole Slaw, Nachos, Crackers, Punch, Coffee, Dessert

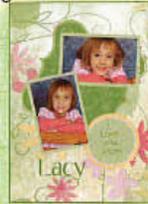
Our favorite artists - Reflections Entertainment Tribute will be performing! Barry and Donna Humphries have captivated audiences with their spectacular performances as Elvis, Patsy Cline, Johnny Cash, and others. Don't miss this exciting event!



Save the date!

Memories for Mom

April 21, 2012



Give your mom a gift of love this Mother's day by having your family's, child's, or pet's photo taken and made into a custom photo card for her! Space is limited so make your appointment today! Email info@ThisShot.com or call Angel at 501-607-4887 for more information.

For more information call 501-607-4887

All proceeds go to the NLR Animal Shelter for adoption, rescue, spay and neuter programs.

Simple Pledges— for Healthy “On-The-Go” Snacking

Many healthy snacks and meal replacements are available. Be sure to check the label for recommended serving sizes. Below is a list of pledges you can make:



I pledge to:

- ◆ Pack a yogurt for mid-morning snack.
- ◆ Choose 1/2 cup trail mix for an afternoon snack or bedtime treat.
- ◆ Prepare a fruit smoothie for breakfast.
- ◆ Keep carrot sticks and cut celery in the refrigerator or, take with me to work.
- ◆ Keep a delicious and nutritious meal replacement bar or drink on hand for busy days.

Keep Your Body Hydrated!!!!

How many times have you heard this? Well, there's actually something to it! Here are some simple tips to help keep your body hydrated...

→ Fill a water bottle in the morning and sip on it throughout the day. Refill as needed.

→ Got a craving or thinking about a snack? **STOP!!!** Drink 8 ounces of water and wait 10 minutes. If you are still hungry, then eat a healthy snack.

→ Drink a glass of water about 15 minutes before each meal. This helps your body digest food, and helps you feel more full, so it will be easier to watch portion sizes.

White Bean Chili found in *Simple Pledges Building Blocks for Healthy Living/The Book Volume III*

Since the Super Bowl is this weekend, it's the perfect time to share a recipe or two. The one below is from Katie Taylor, Chief Customer Officer, Sara Lee Branded Apparel (Hanes).

This recipe is a healthy and great-tasting twist on your favorite chili recipe. White Bean Chili is full of calcium and healthy nutrients, and a good source of complex carbs.

Ingredients:

- 1 1/2 pounds skinless chicken breasts
- 4—14 oz. cans reduced sodium chicken broth
- 3—14 oz. cans white northern beans
- 1—14 oz. can white kidney beans
- 2 heaping tsp cumin
- 2 heaping tsp oregano
- 2 tsp chili powder
- 1 tsp cayenne pepper
- Couple of dashes of your favorite hot sauce
- 2 Tbsp chopped garlic
- 2 cups chopped onions
- 2 Tbsp olive oil
- 1—4 oz. can chopped green chilies
- Salt and pepper to taste



Preparation:

Season chicken breasts with salt and pepper. Poach in 2 cans of chicken broth for approximately 15 minutes (depending on size). Chicken should be fully cooked, not pink in middle. Keep at a very low simmer, otherwise chicken will be tough.

While chicken is poaching, combine chicken broths, white northern beans, white kidney beans, cumin, oregano, chili powder, cayenne pepper, and hot sauce in a 6-quart stock pot.

Saute garlic and onions in olive oil until tender. Then add green chilies and sauté 2 more minutes. Add to other ingredients.

When chicken is poached, let cook and cut or tear into bite-sized pieces. Add chicken to chicken stock mixture. Cook for at least one hour and serve.

Quick and Easy Appetizers Ideas

From A Matter of Taste—ACCRTA Cookbook

Salsa has become one of America's most popular foods, primarily from its abundant use as an appetizer. Not only is it tasty, but it contains little or no fat.

To change up basic salsa (like Pace), mix with an equal amount of refried beans and top with cheese. Heat in the microwave and serve hot.

Chips are the natural companion to salsa, including potato and corn chips. Most potato and corn chips are fried, and contain a high level of fat. Baked chips, or even baked pretzels, are a good alternative when used with salsa. The taste of the salsa generally makes up for any loss of taste.

Cut, raw veggies arranged on a tray can make a decorative and colorful appetizer. Salad dressings make easy veggie dips, but try to use low-fat versions. Most regular dressings are loaded with fat. Low-fat sour cream can be mixed with ketchup and garlic powder to make an easy dip.

Cream cheese continues to be a versatile food to build a quick appetizer around. Reduced fat cream cheeses are a good choice. Top cream cheese with any of the following for a quick and easy appetizer:

- ◆ Green pepper jelly
- ◆ Drained small shrimp and cocktail sauce
- ◆ Chopped pickle or pickle relish
- ◆ A dash of Worcestershire sauce and chives
- ◆ Chopped chutney and a dash of curry powder



Each of these combinations can be served with crackers, thin-sliced toast or chips.



The North Little Rock Police Athletic League will host the 7th Annual Rick Finely Memorial Golf Tournament

at the

**Stonelinks Golf Course
110 Highway 391 North
North Little Rock**

March 9, 2012

Two flight times:

8:00 a.m. and 1:30 p.m.

Lunch will be served at noon

Teams are only \$200
(4-player team)

***Great hole-in-one prizes
on any non-target par 3 hole***



For more information call
Bobby Spriggs at
501-614-0400 or 501-269-5061



LINEDRIVES and *Lipstick*

THE UNTOLD STORY OF WOMEN'S BASEBALL

IN THE EXHIBIT HALL
FEBRUARY 3 - MARCH 18



Lasagna Soup

- 2-3 roasted sweet red peppers, chopped or
1 small jar roasted peppers
- 1 lb pkg Italian Sausage
- 1 medium onion, chopped
- 3-4 carrots, sliced into 1" chunks
- 2 cups sliced mushrooms
- 4 cloves garlic, minced
- 2 teaspoons Italian seasoning
- 1 tablespoon fresh oregano, chopped
- 5-6 cups low sodium chicken broth
- 1 large can stewed Italian tomatoes, chopped
- 1 tablespoon fresh oregano, chopped
- 5—6 cups low sodium chicken broth

- 1 large can stewed Italian tomatoes, chopped
- 1 small can tomato sauce
- 1 cup curly pasta (like Campenelle)
- 2 cups fresh spinach, chopped
- Freshly ground pepper to taste
- 1 cup skim milk mozzarella cheese, diced
(or shredded)
- Parmesan cheese, shredded
- Fresh basil, sliced thin

(Note: I made this a couple of weeks ago and added leftover (frozen) Turkey from Thanksgiving and served it with Jiffy Cornbread, it was awesome!)

Roast peppers by placing them on an oiled cookie sheet under the over broiler for about 5 minutes, or until skin is black. Remove and allow to cool (I put mine in a Ziploc bag which made peeling very easy). Peel skin off peppers, and chop. Brown sausage, add carrots, garlic and onions; sauté 3 minutes. Drain well. Add mushrooms and sauté 4-5 minutes longer. Add roasted peppers, broth, tomatoes, and tomato sauce; bring to a boil. Add pasta. Simmer until cooked; stir in spinach. Add pepper to taste. Place of the cubed mozzarella cheese on the bottom of each bowl. Ladle in soup. Garnish with Parmesan and basil. (YUMMY!)



1 2 3 4 5 6



A MAN HAS A ONE IN SIX CHANCE OF DEVELOPING PROSTATE CANCER DURING HIS LIFETIME.



Some men have an even greater risk, and that is why we recommend that every man be screened to establish a baseline Prostate Specific Antigen (PSA) score at the age of 40.

Is a prostate cancer screening right for you? Before you can decide, you need to know the facts. Don't miss your opportunity to speak with health professionals and learn more about prostate cancer.

FREE PROSTATE CANCER SCREENING & EDUCATIONAL EVENT

PSA ONLY (BLOOD TEST ONLY)

February 21, 2012 7:00 AM TO 1:00 PM

Mobile Screening Unit Front Steps of the Arkansas State Capitol Little Rock

OPEN TO: GOVERNMENT OFFICIALS, STATE EMPLOYEES & GENERAL PUBLIC

Questions? Call: Lauren Talbot (501) 748-1249

*Men 75 and older should talk with their doctor about whether or not to be screened.

Free prostate cancer screenings will be provided by the Arkansas Prostate Cancer Foundation (APCF). Get the knowledge you need for your health and the health of your family! Visit us at the screening!

For more information, call 1-800-338-1383 or visit www.arprostatecancer.org.

Stay in the game. Know your score.

1910 N. Grant Street, Suite 1-A • Little Rock, AR 72207 • Phone: 1-501-748-1249 • Fax: 1-501-661-7347 info@arprostatecancer.org • www.arprostatecancer.org

North Little Rock City Council Schedule

Meets the second and fourth Monday of each month in City Hall. Meetings commence at 7:00 p.m. and can be viewed on our website.

For more information please call the City Clerk's Office at 501-340-5317 or visit our website at www.northlittlerock.ar.gov.

CITY COUNCIL MEMBERS

Ward 1	Alderswoman Debi Ross	753-0733
	Alderswoman Beth White	758-2738
Ward 2	Alderswoman Linda Robinson	945-8820
	Alderman Maurice Taylor	690-6444
Ward 3	Alderman Steve Baxter	804-0928
	Alderman Bruce Foutch	658-9714
Ward 4	Alderman Murry Witcher	835-0009
	Alderman Charlie Hight	758-8396

Other Elected Officials

Mayor, Patrick Henry Hays
501-340-5301
Clerk and Collector, Diane Whitbey
501-340-5317
City Attorney, C. Jason Carter
501-975-3755
City Treasurer, Mary Ruth Morgan
501-753-2028
District Court Judge, Jim Hamilton
501-791-8559
District Court Judge, Randy Morley
501-791-8562

This and That



The North Little Rock Fire Department is selling long-sleeved T-shirts for only \$15 each (see left)! To get one, call Cindy Yancey at 501-340-5378 or email

cyancey@northlittlerock.ar.gov. Sizes are available from small to 3XL.



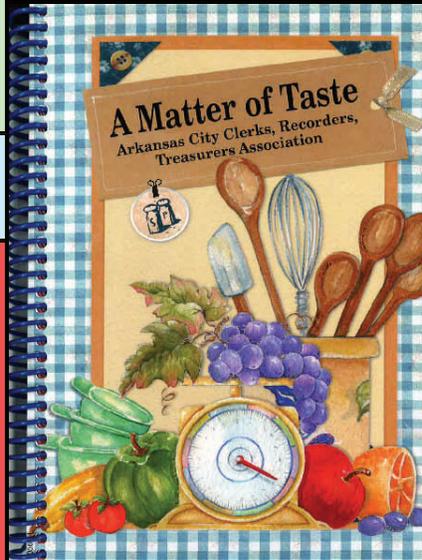
Everyone is invited to attend the **North Little Rock 2011 Police and Fire Awards Ceremony** on Friday, February 24 at 3:00 p.m. at the First Assembly of God Church, 4501 Burrow Drive, North Little Rock. Come show your support of North Little Rock's fine men and women in blue.



Applications may be obtained in the Human Resources Department, City Services Bldg., 120 Main St. , 3rd floor, NLR, AR., 72114 **and must be completed and returned by the closing date. Late applications will not be accepted.** Job-related test, interviews or other types of selection methods may be administered in order to determine whether an applicant possesses the required knowledge, skill and ability. A thorough background check and other necessary screening will be made on all persons selected for hire. After all other requirements have been satisfactorily met offers of hire are conditioned on satisfactory completion of a job-related physical exam, including a drug screen. **AS AN EQUAL EMPLOYMENT OPPORTUNITY EMPLOYER, THE CITY OF NORTH LITTLE ROCK IS SEEKING QUALIFIED BLACK AND FEMALE APPLICANTS.**

City Offices - 120 Main

IT/Data Processing, Kathy Stephens
501-975-8820
Finance, Bob Sisson
501-975-8802
Information
501-975-8888
Human Resources, Betty Anderson
501-975-8855
Planning, Robert Voyles
501-975-8835
Purchasing, Joe Smith
501-975-8881
Revenue/Audit, Jerry Reagan
501-975-8895
Utilities Accounting, David Melton
501-975-8888



The Arkansas City Clerks, Records and Treasurers Association is selling cookbooks. Cookbooks are only \$10 each and make great collectables and gifts. Call North Little Rock City Clerk and Collector Diane Whitbey at 501-340-5317 or email Dwhitbey@northlittlerock.ar.gov. Make checks payable to ACCRTA

*Pizza recipe
for Super Bowl Party
from Alderswoman Debi Ross*
Look up phone number for pizza delivery, order pizza, and wait.



Hot pizza delivered to your door!
Easy and no messy cleanup!

♪ HAPPY BIRTHDAY! ♪ FEBRUARY

Name	Department	Date	Name	Department	Date
Margie May	2nd Court	1	Suzanne Fletcher	Finance	13
Thomas Blythe, Jr.	Electric	2	Roger Robinson	Fire	13
Zachry Lease	Police	2	Alex Guajardo, Jr.	Fire	13
Linda Felton	Police	2	Jerry Robinson	Fire	13
Glenda Parker	Parks Rec	2	Dennis Henderson	2nd Court	13
Beau Buford	Fire	3	Constance Fowler	Health	14
Diane Whitbey	City Clerk	4	Leslie Richardson	Sanitation	14
Jeffrey Eisenhower	Electric	4	Rickey Trammell	Parks Rec	14
Benjamin Mundy	Fire	4	Thomas Trusty	Electric	15
Joshua Cox	Fire	4	Terrence Williams	Electric	15
Dirk Barriere	Police	4	Cynthia Yancey	Fire	15
Danieka Hernadez	Police	4	Heath Williams	Fire	15
Felecia McHenry	Code	4	Jimmy Jones	Police	15
William Dodson	Sanitation	4	Roy Robinson	Street	15
Jennifer Janson	Parks Maint	4	Philicia Knox	Electric	16
Peggy Borell	Fire	5	Martin Dunlap	Planning	17
Linda Williams	UAD	5	William Trammell	Parks Maint	17
Dane Pedersen	Police	5	Jeffery Ellison	Electric	18
John Scott	Police	5	Brian Mitchell	Police	18
Joan Stewart	Electric	6	Samuel Seigrist	Parks Maint	19
Phillip Hammons	Police	6	Samuel Price	Electric	20
Christopher Moreno	Fire	7	Melinda Johnson	2nd Court	20
Anthony Brown	Street	7	Doyle Kirkendoll	Fire	21
Richard Counts	Police	8	Gary Sheffield	Street	21
Ernest Rummel	Street	8	Cathie Nowden	Street	22
Todd Smalling	Parks Maint	9	James Hooks	Fire	23
Dana Wallis	Finance	10	Brian Miller	Fire	23
Mark Tozer	Police	10	Alice Brown	Police	23
Jason Steele	Street	10	Heath Hoops	Fire	25
Terry Leonard	Sanitation	11	Clayton Zakrzewski	Fire	25
Gerald Tucker	Fire	12	Jason Fender	Fire	26
Linda Moddrell	Police	12	Paul Brown	Electric	27
Steven Wilbon	Code	12	Christopher Weaver	Police	27
			Douglas Thurmond	Electric	29

If a name is listed of an employee who is no longer with the city, or if someone has been omitted, please let me know. This list is generated at the beginning of the year.



Another Super Bowl Recipe...*Barbecue Meatballs*

1 lb. ground beef
 1/3 c. fine bread crumbs
 1 egg, slightly beaten
 1/2 tsp. poultry seasoning
 1/2 c. catsup
 2 Tbsp. brown sugar, packed
 2 Tbsp. vinegar
 2 Tbsp. soy sauce

Mix beef, bread crumbs, egg and poultry seasoning. Shape into 2 dozen 1 1/2-inch balls. Brown slowly in a lightly oiled skillet over medium heat; drain fat. In a small bowl, combine catsup, sugar, vinegar and soy sauce. Pour over meatballs. Cover and simmer over low heat, stirring constantly for 15 minutes. Serve warm.

FEBRUARY EMPLOYEE ANNIVERSARIES

<i>Name</i>	<i>Department</i>	<i># Years</i>	<i>Name</i>	<i>Department</i>	<i># Years</i>
Charlotte Thomas	Admin	38	Harvey Scott, III	Police	22
Elizabeth Johnson	Animal Shelter	5	Kim Almond	Police	22
Mary Ervin	Comm Dev	10	Todd Spafford	Police	20
James Phillips	OES	1	Darrell Pierce	Police	22
Tammy Newton	OES	12	Connie Bartlett	Police	20
Scott Springer	Electric	31	James Bona	Police	18
Emory Reed	Electric	24	James Bailey	Police	18
Jeffrey Eisenhower	Electric	30	Ragan Hernandez	Police	17
Ron Osburn	Electric	31	Jason Grace	Police	17
Jill Ponder	Electric	2	Richard Bibb	Police	16
Eric Heinrichs	Electric	1	Nathan Kimes, Jr.	Police	17
Keith McCourt	Electric	9	Richard Gray	Police	16
Paul Brown	Electric	26	Todd Humphries	Police	16
Joe Folen, III	Finance	9	Jacob House	Police	9
Alana Merritt	Fire	6	Rashunda Williams	Police	1
Jeffrey Combs	Fire	13	Katie Alston	Police	1
Brian Miller	Fire	6	Charlene James	Police	14
Christopher Bradley	Fire	6	Robert Spriggs	Police	6
Christopher Matlock	Fire	6	Larry Epperson	Code	6
Tyson Haddock	Fire	5	Dewey Goshien	Public Works	3
Doyle Kirkendoll	Fire	5	Jerry Reagan	Fiscal Control	12
Dustin Free	Fire	13	William Dodson	Sanitation	6
Chris Patton	Fire	13	Kenny Summons	Sanitation	12
Michael Cook	Fire	6	Kenneth Williams	Street	3
Shane Dougan	Fire	6	Patrick Lane	Street	8
Brian Thomas	Fire	5	Robert Brown	Street	26
Cordell Horton	Health	12	Garry Butler	Street	24
C. Jason Carter	Legal	5	Theodis Jordan	Street	23
David Hillman	UAD	2	Allen Buie	Street	26
Cheryl Thomas	UAD	3	Clifford Lee	Street	12
Shiketa Charleston	UAD	4	Billy Robertson	Vehicle Maint	11
Judy Ross	UAD	23	Camella McCoy	Hays Center	1
Dana Raeburn	UAD	4	Nadie Johnson	Hays Center	4
Jennifer Johansen	Human Resources	24	Myrtice Grauel	Parks Maint	13
John Davis	Police	26	Samuel Seigrist	Parks Maint	13
Leonard Montgomery	Police	34	Todd Smalling	Parks Maint	14

If a name is listed of an employee who is no longer with the city, or if someone has been omitted, please let me know.

This list is generated at the beginning of the year.



Super Bowl Crab Dip

- 1 pkg cream cheese
- 1 can shredded crab meat (drained)
- 1 jar Cocktail sauce

Put cream cheese on a plate and spread evenly with a knife. Then top with a layer of cocktail sauce (note: you will not use the whole bottle). Now top with crab meat. Serve with crackers (Wheat Thins are good)