

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector March 2013

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.

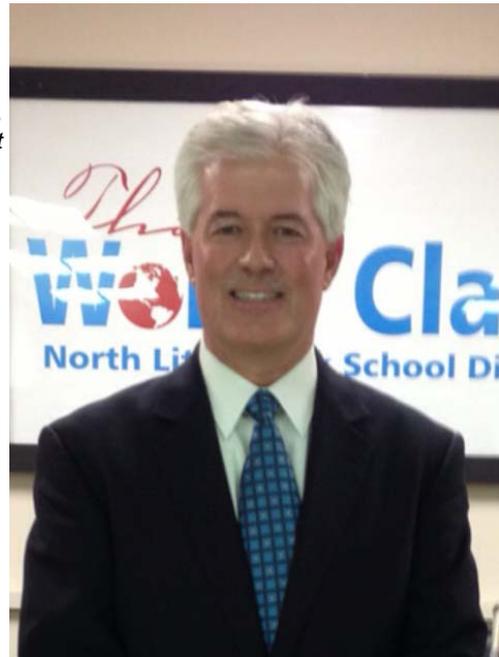
North Little Rock Superintendent of Schools

Information provided by Shara Brazear, Communications Specialist,
North Little Rock School District

Last month, the North Little Rock Board of Education named **Kelly Rodgers**, Superintendent of Schools with a unanimous vote in a Special Board meeting. Mr. Rodgers has been Superintendent of Schools in Terrell Independent School District in Terrell, Texas.

During his tenure as Superintendent of the Terrell Independent School District (ISD), Mr. Rodgers reorganized the curriculum process, guided the District to acquire the designation of a STEM Academy, and passed a bond to fund a new Career and Technical Campus. Prior to working as Superintendent in Terrell, Texas, Mr. Rodgers worked in Texas as a Superintendent in Center ISD and Assistant Superintendent in DeKalb ISD where he increased fund balances in the school district, passed a bond for a new elementary campus, and rebuilt campuses after tornado damage. He worked as Principal of Pleasant Grove High School from 1992 to 1997 and Pleasant Grove Middle School from 1990 to 1992, and Assistant Principal of Grove High school from 1987 to 1990. Mr. Rodgers was a Band Director in Pleasant Grove ISD from 1985 to 1987 and in the Texarkana ISD from 1979 to 1985.

Mr. Rodgers accepted a three-year contract, the longest allowed by law, at a salary of \$185,000.00. Kelly Rodgers and his wife, Gail, have three grown sons: Brent, Bradley and Brandon. Rodgers said he was honored to have been selected as Superintendent of the North Little Rock School District.



North Little Rock School District Welcomes over 9,000 Students Each Year

Found at www.nlrchamber.org

The North Little Rock School District's 19 schools welcome approximately 9,000 students from preschool through 12th grade each year. They're taught by approximately 700 teachers, with the help from more than 180 businesses participating in the Partners in Education, Vital Link, Leadership Renaissance, Keystone, EAST Initiative, Arkansas Scholars and Junior Achievement Programs.

For more information about the North Little Rock School District, call 771-8000 or visit their website at www.nlrkd.org

Pulaski Technical College is the state's largest two-year college, serving both traditional students planning to transfer to a four-year institution and older students seeking a certificate or associate's degree in one of more than 50 programs.

For more information about Pulaski Tech, call 501-812-2200.



"Where's Mel"? Be the 1st person to call 340-5317 and tell us where you found him hiding and win a prize!

North Little Rock Animal Control

For more information call 501-791-8577

Pets Q&A by Steve Dale

found in *USA Weekend*

Who let the claws out?

Question: I'm crazy in love with my 5-year old cat—who recently began to scratch my furniture. I don't want to declaw her and take away her means of self-defense, but I'm frustrated. She has plenty of toys and a scratching post. Help?



Answer: Cats *must* scratch. It's normal behavior. Where they leave marks can be the problem.

To discourage scratching on large surfaces, like sofas, you can drape carpet runners or car mats (nubby side up) over them. For the sides of furniture, use double-stick tape or sticky tape.

Buy a sturdy (so it doesn't topple over) vertical post scratcher, tall

enough so the cat can stand on her back legs and reach up for a good stretch (at least 3 feet). Location is important; place the scratcher near places where the cat shouldn't scratch "illegally." To entice cats to use it, wave a fishing pole toy with feathers at the post until kitty begins to scratch in an effort to catch the toy. Reward with a treat and praise.

Is it doggy Alzheimer's?

Question: Our 16-year-old mixed-breed dog often is confused and anxious—it's like she has Alzheimer's—plus she has started coughing. She was given her annual exam three months ago and was 100%.



She drinks water but hardly eats; she urinates but has fewer bowel movements. Does a cough mean heart condition?

Answer: Please run, don't walk to your veterinarian. I am very concerned about your dog.

Anytime there's a change in behavior, rule out a physical explanation before assuming there's a so-called behavior problem. That's especially true for older pets.

Although older dogs might experience Alzheimer's-type symptoms, referred to as canine cognitive dysfunction syndrome, those symptoms generally don't include a change in eating habits. Coughing is unrelated to cognitive dysfunction, but heart disease is absolutely a strong consideration.

Ways to save old dog's brain.



Get your old dog moving, walking is great for both of you. And once you've started, try changing the environment, and perhaps rotating toys. I love Nina Ottosson

dog toys. And I'm a fan of food-dispensing toys (like Kong): Hide them (reasonably) so a dog searches for meals.

If you spot signs of confusion or changes in sleep cycles, see your vet. Early diagnosis increases the odds of dealing with a cognitive issue if, in fact, that is the problem (pacing may not indicate confusion but a dog's hesitation to lie down because it hurts). For cognitive difficulties, your vet might suggest a prescription diet, or one of several drugs and supplements.

Next time you adopt, please visit your local animal shelter. You may find your new BFF!



Need a new addition to your family?

Call
501-791-8577
...we've got the

perfect companion for you!



North Little Rock Friends of Animals is going digital. To sign up for announcements, etc., email AngelMcCoy2010@gmail.com. Include "NLRFOA" in the subject line or text and your name will be added to their e-group.



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**

The public is invited to attend the
Arkansas Fallen Firefighters' Memorial

Ground Breaking Ceremony / Saturday, March 23, 2013 at 2:00 p.m.
#1 Capitol Mall, Arkansas State Capital, Little Rock, Arkansas



The following North Little Rock Firefighters
died in the line of duty:

Leroy Cook — February 6, 1930

Randy Williford — July 9, 1995

Michael Bevans — November 6, 1905



**12th Annual North Little Rock
Police and Fire Awards Ceremony**



Firefighter of the Year
Lieutenant Josh Cox

***Emergency Medical
Firefighter of the Year***
Lieutenant Jon Miller

Fire Officer of the Year
Captain John Pflasterer

Fire Service Educator of the Year
Lieutenant Jeff Jeffries

Fire Chief's Award
Captain Robert Barton

***Emergency Services Dispatcher
of the Year***
Shelly Birmingham

Police Special Recognition
Ms. Lena Mazzanti

Police Achievement
Sergeant Steve Chamness
Investigator Matt Soderlund
Officer Cris Gardner

Police Team Achievement
Officer Raul Dallas
Officer William Scott

Police Leadership
Sergeant Todd Spafford

Police Merit Award
Officer Danny Haley
Detective Brandon Bennett
Sergeant Larry Behnke
Officer Rick Beaston
Detective Michael Gibbons

Chief's Award
Sergeant Craig Edwards





The 12th Annual North Little Rock Police and Fire Awards Ceremony was held at the First Assembly of God Church on February 21, 2013.

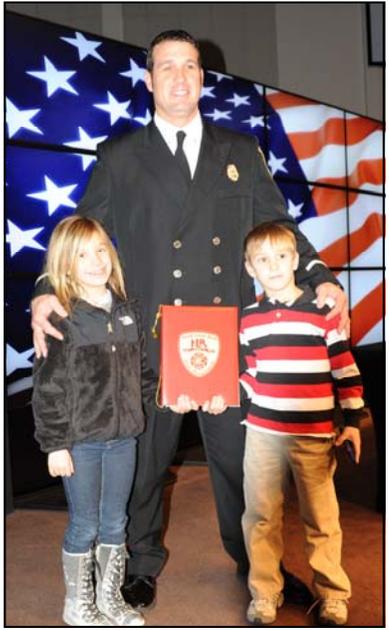
Pastor Rod Loy was the Master of Ceremonies.

North Little Rock Mayor Joe A. Smith, Fire Chief Robert Mauldin and Police Chief's Danny Bradley and Mike Davis presented the awards.

The event was attended by many family members,



Firefighters, Police Officers and elected city officials. A reception followed the event.





Sponsors were:
Centennial Bank
First
Assembly of God Church
Fletcher Auto Group and
The Ashley Group



Special thanks to Rick and J. D. Ashley, Jr. of the Ashley Group, Frank Fletcher, President Fletcher Auto Group, Bob Birch, President of Centennial Bank, Pastor Rod Loy, First Assembly of God Church and Leigh Ann Newton, TCPrint Solutions.





Photos provided by John C. Jones.



Pride and Ownership

*Found in the North Little Rock Fire Marshal's
Newsletter—January 2013*

Provided by Captain John Pflasterer

Note that Fire Department has been changed to City

Pride—an inwardly directed emotion that carries two meanings:

- a satisfied sense of attachment towards actions, choices, or accomplishments, or
- an inflated sense of one's status or accomplishments

The first meaning is the desired pride that one should feel, whereas the second meaning is the one that may arise when a person's pride crosses the ever so thin line of "a job well done" to "see what I did".

We all must strive towards pride in our work but we also must strive to carry ourselves in a manner that lets our work speak for itself and not put others work down to exemplify our own.

Ownership—having the rights and duties over the idea, organization or property. Notice that it is not just the gain from the assets but it is also the duty to care for that which is owned.

The fact of the matter is that this is OUR *city*. We have to band together and protect the good parts of our job and then we have to take the parts that need improvement and improve them, not complain about them.

Pride and ownership in *city* service is the glue that keeps us together, with all of the current issues in America, we can't expect everyone else (citizens and politicians) to take care of us or even go out of their way to help us. They have their own problems and concerns. Some of the solutions to our problems may even seem out of our reach but if we start chipping away at the ones we can affect, we might just start the chain reaction that makes the other solutions obtainable.

Little things like how your equipment looks or how you keep your station (or office) goes a long way in how the public, administration, and even other *employees* view you as a professional. (In the Fire Department) I know that by seeing that your axe is sharp and rust free and that your hose load is straight and flat even though it is hidden under a tarp, that you will also do a professional job when your search a house to ensure everyone has escaped.

Every job that we do is worth doing right, even something as small as cleaning the toilets every day. I know that if you can be trusted to take care of your clean up area every day because it is your

duty then most likely you can be trusted to find the seat of the fire and extinguish it.

Pride and ownership will not come overnight. It is something that must be built. The foundation of which is ourselves. We must first remember why we chose to serve and then take pride in our own jobs before we worry about the job that someone else is or isn't doing.

As professionals, let's set a goal to take the steps necessary to be proud of our department.

Pride and Ownership Steps:

Self—Pride in me and my work, including daily duties, mental, emotional, physical condition and self-studies (not just for promotion but for the betterment of self and the department / *city*).

Company—Pride in my company and its performance; appearance, training habits, equipment checks, personal relationships between members.

Station—*Workplace*—Pride in the appearance; do the daily cleanup every day, keep up with maintenance *and projects*, maintain our area and assist with other areas as needed. This is my home *away from home*.

Crew—*Coworkers*—Pride in my crew and being a part of it; assisting with events and training that benefits others, cultivating camaraderie between stations (*city departments*) and taking up the slack for coworkers who may have been on an assignment all day. Don't be afraid to tell someone that they did a good job.

Department—Pride in my department and how other departments view it; if we are having conflict, other departments don't need to know it because we aired our dirty laundry. Wear a neat uniform with a clean appearance to interagency events (*or after work events*). Be a hard worker and eager learner during training evaluations. Don't pretend to know if you don't know. You'll get more respect from fellow employees when you are genuine.

City—Pride in my city and its citizens; these are the people whom I serve and these are also the people that pay me to be ready at all times. Be involved with our community by getting out and getting to know them. Stop and help someone if it looks like they need a hand.

If you want to be part of Team North Little Rock then own it, take pride in it, do your best, do what is right, **every time**.

Captain John Pflasterer
North Little Rock Fire Marshal
North Little Rock Fire Department

Live Longer & Better

Do you know what it takes to enjoy a healthy old age?

By Gretchen Reynolds—found in *Parade*, Sunday, Jan 27, 2013

1. Which of these is most likely to improve your memory after age 50?

- (a) Solving crossword or Sudoku puzzles
- (b) Going on regular walks
- (c) Taking ginkgo biloba

Answer: (b). Human brains typically shrink with age, impairing memory (and explaining why your car keys keep disappearing). But a revelatory study published in October found that physically active older people experienced less brain shrinkage than sedentary seniors, even those who engaged in “mentally stimulating” activities like puzzles.

2. What’s the best treatment for creaky, arthritic knees?

- (a) Sitting down
- (b) Taking glucosamine supplements
- (c) Doing tai chi
- (d) Taking shark cartilage pills

Answer: (c). In controlled experiments, glucosamine and shark cartilage have failed to reliably relieve knee pain, but a 2011 review of multiple studies of tai chi—that famously flowing series of stretches and poses—concluded that it is generally effective at controlling pain and improving physical function.

3. Which of these two habits could shave the most time off your life?

- (a) Watching TV
- (b) Smoking

Answer: (a). According to surprising new analysis of health records published in October, every hour that an adult over 25 spends sitting and watching television can cut about 22 minutes from his or her life span; smoking a cigarette reduces life span by about 11 minutes. The reason, according to the scientists who conducted the study, is that hours of sitting lead to an increased risk of diabetes and heart disease and so may have an even greater impact on longevity than smoking.

4. True or false: If you’re middle-aged and have spent the past 20 years smoking, avoiding exercise or otherwise being unhealthy, it’s too late to change now.

Answer: False. Recent research shows that people who quit smoking by age 40 gained nearly 10 years of life over those who continued to puff. And a 2012 study by researchers at the Cooper Institute in Dallas concluded that people who started to exercise in middle age—even if they only walked a few times a week—were healthier further into old age than people who never started exercising.

**Take
The
Quiz!**

5. True or false: To feel young, just open your window blinds.

Answer: True. Looking out a window onto natural, outdoorsy scenes may reduce blood pressure and other markers of stress, several new studies show. More remarkably, in a 2009 experiment reported in the *Lancet*, older people in Hong Kong who lived near open, green spaces had longer telomeres, a portion of the DNA strand that often shortens and frays with age. In effect, they had younger cells.

6. As you age, volunteering can:

- (a) Decrease depression
- (b) Improve your sex life
- (c) Both of the above

Answer: (c). It’s well established that middle-aged and older people who spend time volunteering are less prone to depression, but it was a pleasant surprise when University of Pittsburgh researchers found that a sense of “higher purpose” in life, often achieved through volunteering, led women to report more enjoyable sex lives.

7. If you’re physically active and sociable, you can expect to add how many years to your life span?

- (a) 0.8
- (b) 1.5
- (c) 3.6
- (d) 5.4

Answer: (d). According to a major 2012 study in the *British Medical Journal*, people 75 or older who “swam, walked, or did gymnastics” (meaning, in Brit speak, they attended stretching and toning classes) and who had a “rich or moderate social network” lived more than five years longer than people who were isolated and sedentary. Even “the oldest old,” past age 85, could expect an extra four years of life if they remain active and socially engaged.

8. If you’re a woman 40 or older worried about improving bone health or avoiding falls, you might want to take up:

- (a) Running
- (b) Soccer
- (c) A Cane

Answer: (b). Scientists in Denmark recently had one group of sedentary adult women join a soccer league and another group start running for 14 weeks. Afterward, the soccer players had gained more bone mass in their legs, and had

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Members of the North Little Rock Woman's Club provided cookies and punch during the Patrick Henry Hays Senior Citizen Center 10 Year Anniversary Celebration last month.

Pictured above left to right: Kathy Cox, Trudy Henley, President Joan Hanson, Jeanne Williams, Helen Greenfield, Patrick Henry Hays Senior Citizens Center Director Charley Baxter, Bobby McCluskey, Sue Corker, Jeanette Flemister, Karen Kinslow, Diana Glaze, Joan Weese, and Jacqueline Travis.

The **North Little Rock Woman's Club** was organized in 1958 as a culture club with sixteen charter members. The club soon changed its role to that of a service organization. Within two year the membership had grown to over 100. Within two years the club received its charter as a member of the Arkansas Federation of Women's Clubs.

Over the years, the club has provided volunteer services and funding within the City of North Little Rock. One project members worked on was cleaning up and beautifying an area behind the Arkansas River flood wall. The area was cleaned and the wall was painted with figures and bright colors. For these efforts, the club received the National Community Improvement Project Award from Sears and the General Federation of Women's Clubs (GFWC) at the GFWC National Convention in Washington, D.C.

During the club's first 20 years, members met in numerous places around the city, including members' homes. In the 1970's, the club had an option on land the city wanted to build a community center on, which the club eventually turned over to the city with the provision that the club would have a portion of the building for its functions at no costs, and the city would rent the remaining space for other functions. This was an arrangement that worked well for many years.

Throughout the clubs history, members have given most of their time and energy to providing services for senior adults through activity centers in high-rise apartment buildings, sponsored by the North Little Rock Housing Authority. In 1984, the club received national recognition for its work with the elderly through the GFWC's Family Living and Aging Department by the American Council of Life Insurance.

Members of the North Little Rock Woman's Club will be hosting their 23rd Annual Carousel Ball April 6, 2013, at the Patrick Henry Hays Senior Citizens Center. This is their major fundraiser of the year and ALL funds raised will benefit the North Little Rock community. Proceeds support the following community projects: *Alzheimer's of Arkansas, Burks Park House (Woman's Club House), Dorcus House, Baptist Health North Little Rock—Feel Good/Look Good, Friendly Chapel, Bowker, Campus Towers, Heritage House and Willow House activity centers, Old State House—Federal Room Building, Patrick Henry Hays Senior Citizens Center, Phone Cars for deployed Military personnel, and the Shepherd's Center.* The club also provides funds to the *Arkansas Scholars Program, Community Scholarships to North Little Rock High School Students, Dictionary Project (donates and distributes dictionaries to all 3rd grade students in the North Little Rock School District), North Little Rock High School Post Prom, Nurses' Scholarship Fund, Teachers' Scholarship Fund and Volunteers in Public Schools.* For more information about the NLRWC, contact **President Joan Hanson at 771-2991.**

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better leg muscle strength and balance, than the runners. (Plus, their kids were undoubtedly impressed.)

9. What's the best way to motivate yourself to be physically active after age 40?

- (a) Join a gym
- (b) Adopt a dog
- (c) Cut out a photo of first lady Michelle Obama's biceps
- (d) Hire a personal trainer

Answer: (b) In a recent Canadian study of people up to age 80, dog owners were found to walk about 300 minutes per week, almost twice as many as those without a canine. The dog owners

were also significantly more likely to follow through on an "intention" to walk, because who could say no to that face?

10. Finally, as inspiration: In 2011, a runner at the Toronto Marathon became the oldest person ever to finish a race of that distance. He was:

- (a) 72
- (b) 86
- (c) 91
- (d) 100

Answer: (d) Fauja Singh, a durable centenarian set a world record by crossing the finish line in 8 hours, 25 minutes, and 16 seconds. Nine younger whippersnappers finished after him.

North Little Rock Woman's Club 23rd Annual Gala Carousel Ball



Twenty Third Annual Gala Carousel Ball

will be held ***Saturday, April 6, 2012***
at the ***Patrick Henry Hays Senior Citizens Center***
401 Pershing Boulevard, North Little Rock

Dinner • Dancing • Entertainment
Live and Silent Auctions

Dancing to the Tommy Henderson Band
Black Tie Optional

Master of Ceremonies
Mayor Joe A. Smith

\$50 per person (\$25 is tax deductible)
Table Reservations Required
RSVP by March 26, 2012
Call Helen Greenfield at 501-835-5019 or
Joan Hanson at 791-2991

Proceeds benefit **North Little Rock Heritage-Bowker-Willow Houses**
the **Patrick Henry Hays Senior Citizens Center**
and other **community service projects** of the
North Little Rock Woman's Club

Welcome the Earthworms

*Found in News & Notes
a Quarterly Newsletter for
NLR Service Line Warranty Program Participants
—Utility Service Partners, Inc.*

Bugs get a bad reputation in our society. With hundreds of bug killers on the market today it's a wonder good bugs have survived—such as **earthworms**.

For municipalities, earthworms could be the golden key for waste management though vermicomposting—or the use of earthworms to mix decomposing waste safely and naturally.

Earthworms are known to eat any type of organic material, such as manure, sewage sludge, agricultural waste, grass clippings, food waste and wood chips. With these types of garbage in abundance within any city, this new technology is worth a look.

Vermicomposting is nothing new to the gardening community, but only recently has the concept caught on in the municipal world. Through vermicomposting, cities are able to recycle the solid green waste in landfills into reusable content to benefit the entire community.

How does it work? Well, it's simple. This natural and organic process will improve the physical structure of the soil by adding enzymes rich with micro-organisms. When added to the soil, earthworms will be attracted to decomposing waste which will increase the water capacity of the soil and in turn, encourage plant growth and improved root growth.

Economically, by recycling waste into a useable soil, municipalities are able to reduce the waste flow in local landfills, which will free up valuable real estate—a common problem in



many communities. Additionally, the project will create low-skill jobs at the local level with a minimal capital investment making the process simple for even less-development agricultural regions.

The vermicomposting business is booming in the United Kingdom

waste industry as they continue developing due to the need to restrict the biodegradable wastes in favor of sustainable waste management practices. Composting is a vital element in their Government's waste strategy and could be good for your own community. For more information, check out the resources listed below:

The Worm Resource Centre provides objective information about the use of worms to benefit the environment and investigate their performance: <http://www.wormresearchcentre.co.uk>.

Vermicomposting.com is one of the many websites with how-to instructions for vermicomposting, benefits and facts about worms and composting: <http://vermicomposting.com>

Earthworm Resources The University of Nebraska-Lincoln has developed several pages devoted to earthworms and vermicomposting, including how-to instructions for the construction of bins:

<http://lancaster.uni.edu/pest/worms.shtml>

Acme Work Farm is a noted source for composting supplies and information:

<http://acmewormfarm.com>

Worm Farm Guide Information on how to get started composting and the different types of worms: <http://www.wormfarmguide.com>

Some facts about North Little Rock *found at www.nlrchamber.org*

Total population: approximately 62,400

Under 18 years old: 25.7%

Over 65 years old: 8.5%

With High School Diploma: 87.3%

With Bachelor's Degree: 24.8%

Average Commute: 19.1 minutes

Estimated Median Family Income: \$51,138

Estimated Median Home Value: \$121,800

Total Square Miles: approximately 64

Average Daily High Temperature: 71.6°F

Average Daily Low Temperature: 52.8°F

Average Summer Temperature: 81.4°F

Average Winter Temperature: 39.5°F

Average Rainfall: 49 inches

Average Snowfall: 6 inches

Average Elevation: 286

Major Expenditures:

Police Department: \$20.5 million

Fire Department: \$13.7 million

Street Department: \$5.7 million

Parks Department: \$7.4 million

Sanitation Department: \$4.8 million

Mayor Sources of Revenue:

City Sales Tax: 21.65%

County Sales Tax: 17.24%

Parks Revenue: 9.52%

Property Tax: 10.48%

Electric Department: 16.04%

2013 City Budget: \$173 million

General Fund: \$59 million

Electric: \$98 million

Other Funds: \$16 million



Contact: LaNissa Gilmore

Contact number: 501.551.5981

Contact email: gilmore03@sbcglobal.net

For almost 65 years, the Junior League of North Little Rock (JLNLR) has been volunteering in North Little Rock and the surrounding communities. As part of our ongoing commitment to women, children, and families in our area, the JLNLR hosts fundraisers to generate the necessary resources to continue and expand our programs and services. **We need you to make this happen.**

We are asking for your support with our 65th Anniversary Events. The events will begin on March 21st, 2013 with a reception honoring all past presidents of the Junior League of North Little Rock. It will be held at the E.O. Manees House and we anticipate hundreds in attendance and would greatly appreciate your support.

The culmination of our anniversary events will take place on March 23rd, 2013. "Read Between the Wines" – A 65th Anniversary Event Benefitting Early Literacy, will begin at 6:30 p.m. at the Wyndham Riverfront in North Little Rock and feature a cocktail reception, seated dinner and program, live entertainment, and the unveiling of the Junior League of North Little Rock's new literacy project! This promises to be a magical evening!

In addition to funding our new literacy project, funds raised through events such as this will also be utilized to support ongoing projects and activities that strengthen our community.

Admission to the Past President's Reception is free. Read Between the Wines event tickets are \$65.

HOW YOU CAN HELP

We are asking for your support in one or more of the following areas:

- Presenting Sponsor (\$5,000)
 - Includes underwriting for past presidents to attend
- Platinum Level Sponsor (\$2,000)
- Gold Level Sponsor (\$1,000)
- Silver Level Sponsor (\$500)
- Table Sponsor (\$650)
- Bronze Level Sponsor (\$250)
- Friend Sponsor (\$100)
- Food and/or Beverage Sponsor
- Event signage (display posters and/or flyers)

Sponsorship benefits are detailed on the following sheet.

Organized in 1948, the Junior League of North Little Rock occupies the historic E.O. Manees House in downtown North Little Rock. We are a member of the Association of Junior Leagues International, Inc. – an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Our purpose is exclusively educational and charitable.

All funds raised from our activities are used to help children become successful in life. We do this by providing baby supplies and prenatal education through our signature project, Heaven's Loft; school supplies with our League Locker program; gifts for families that are part of Salvation Army's Angel Tree; scholarships to area students; and grants to organizations in the community that serve children.

The Junior League of North Little Rock reaches out to women of all races, religions and national origins who demonstrate an interest in and commitment to voluntarism – women building a better community. More information can be found by visiting the web site, www.jlnlr.org, or by contacting the League office.



P.O. Box 9043 • North Little Rock, Arkansas 72119 • Telephone 501.372.1438 • Facsimile: 501.375.9700 • www.jlnlr.org

THIRD ANNUAL LITTLE ROCK AND NORTH LITTLE ROCK CITYWIDE SHOE DRIVE

Funds raised by from donated shoes will be used to purchase well digging equipment and solar powered water purification systems for countries such as Kenya and Haiti and Honduras.

Gently used shoes can be dropped off at ANY Little Rock or **North Little Rock Fire Station** between **March 1 and March 18, 2013.**

For more information, contact **Karla Allen** at **501-626-0086.**

*This project is in conjunction with **Ozark Water Projects, Inc., LR and NLR Fire Departments.***



North Little Rock City Council Schedule

The North Little Rock City Council meets the 2nd and 4th Monday of each month at **6:30 p.m.** in the City Council Chambers in City Hall (300 Main Street, North Little Rock).

For more information, please contact the City Clerk's Office at 501-340-5317 or email Diane Whitbey at Dwhitbey@northlittlerock.ar.gov.

The City Council Agenda can be found at www.northlittlerock.ar.gov, then click on the Government tab, followed by Council Agenda.

City Council Members

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

Other Elected Officials

| | |
|--|----------|
| Mayor Joe A. Smith | 340-5301 |
| City Clerk and Collector Diane Whitbey | 340-5317 |
| City Attorney C. Jason Carter | 975-3755 |
| City Treasurer Mary Ruth Morgan | 753-2028 |
| District Court Judge Jim Hamilton | 791-8559 |
| District Court Judge Randy Morley | 791-8562 |

North Little Rock Curbside Recycling
schedule for the month of
March:



Mar 4—8 no pickup
Mar 11—15—recycle
Mar 18—22 no pickup
Mar 25—29—recycle

City Offices located at 120 Main

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

Chicken Spaghetti

*Found in the
North Little Rock
Friends of Animals
Cookbook Volume I*



| | |
|----------------------------|--------------------------|
| 1 whole chicken, cut up | 1 bell pepper |
| 1 onion | 1 garlic clove |
| 3 stalks celery | 1 can cream chicken soup |
| 1 can cream celery soup | 1 can Ro-tel |
| 1 sm block Velveeta cheese | |

Cut up and season chicken. Place in large pot with chopped pepper, onion, garlic clove and celery. Cook until tender. Remove chicken and set aside to cool. Take a cup of chicken broth and set aside. Discard any vegetables from chicken broth. Cook spaghetti in remaining chicken broth until tender. Melt Velveeta cheese in pot, add cream of chicken and celery soups. Add Ro-tel. After chicken has cooled, remove skin and debone, then chop and add to cheese mixture. Add your spaghetti. If the chicken spaghetti is too thick, add the cup of chicken broth that was set aside. You can add a layer of Velveeta cheese on top.

Bake at 400° for 20 minutes, or until bubbly.
Yield: at least 15 servings.

Loose Leaf Pickup

The Leaf Vacuums are running on-call only until the end of the month.

To schedule a pick up, call
call 371-8345.

Bagged leaves will be picked up weekly
on your yard waste



March Anniversaries

| <i>Name</i> | | <i>Dept</i> | <i>Yrs</i> | <i>Name</i> | | <i>Dept</i> | <i>Yrs</i> |
|-------------|-----------|--------------|------------|-------------|-----------|---------------|------------|
| BERNADETTE | RHODES | Admin | 2 | BETTY | ANDERSON | HR | 12 |
| ANTHONY | GARDNER | Animal Contr | 15 | TRAVIS | YOUNG II | Parks Concess | 6 |
| PATRICIA | JONES | Animal Contr | 18 | MARK | WOODS | Parks Golf | 6 |
| WAYNE | WRIGHT | Code | 9 | BRYAN | SPEARS | Parks Maint | 8 |
| TIMOTHY | VANYA | Comm Dev | 9 | DANIEL | CROFT | Parks Maint | 9 |
| DONALD | FRIDAY JR | Electric | 2 | KATRINA | WILBON | Parks Rec | 25 |
| CAREY | WALKER JR | Electric | 2 | REGINA | HENSON | Parks Rec | 26 |
| ZACHARY | BROWN | Electric | 6 | SHAWN | SPENCER | Planning | 11 |
| JAMES | WILSON | Electric | 6 | DEBRA | FLETCHER | Police | 1 |
| CHRISTOPHER | RAY | Electric | 8 | MATTHEW | BRUSH | Police | 5 |
| CHRISTOPHER | NICHOLAS | Electric | 8 | BRYAN | KINKAID | Police | 9 |
| JAMES | HOUSTON | Electric | 11 | MATTHEW | PFLEGER | Police | 9 |
| RICHARD | POZZA | Electric | 15 | JOHN | BARBER | Police | 10 |
| LANA | GREGORY | Electric | 15 | DANIEL | HALEY | Police | 10 |
| JACKIE | HALSEY | Electric | 15 | ROBERT | CUPPS | Police | 10 |
| ROY | MCPHAIL | Electric | 40 | REBA | CRAIG | Police | 11 |
| LEEANN | SADLER | OES | 4 | JON | CROWDER | Police | 11 |
| LINDSEY | HOWARD | OES | 4 | DONALD | STEELE | Police | 12 |
| RICKY | EZELL | OES | 8 | MATTHEW | THOMAS | Police | 12 |
| AMANDA | BONNER | Finance | 13 | DENISE | CANTERBUR | Police | 13 |
| DANTANIEL | DURAN | Fire | 2 | JOSHUA | FORNEY | Police | 13 |
| JOHNNY | GOFF | Fire | 2 | MICHAEL | BLEVINS | Police | 13 |
| AARON | HENDERSON | Fire | 2 | LINDA | FELTON | Police | 15 |
| JACOB | SCHMIDT | Fire | 2 | JOHN | ALSTON | Police | 16 |
| CODY | WORTHAM | Fire | 12 | CHRIS | GANN | Police | 16 |
| AARON | CHASSELLS | Fire | 14 | PATRICK | GARRETT | Police | 16 |
| BILLY | JONES | Fire | 19 | JEN-CHUAN | KING | Police | 16 |
| BENJAMIN | MUNDY | Fire | 22 | ROBERT | WARD | Police | 16 |
| KEVIN | TACKETT | Fire | 22 | MICHAEL | MERLO | Police | 16 |
| MATTHEW | DIXON | Fire | 22 | JERALD | SMITH | Police | 28 |
| TERENCE | METCALF | Fire | 22 | DAVID | WILBOURN | Public Works | 2 |
| ROBERT | WARFORD | Fire | 23 | FREDERICK | SCOTT | Sanitation | 7 |
| GERALD | TUCKER | Fire | 23 | DAVID | JAMES | Sanitation | 27 |
| STEPHEN | EVANS | Fire | 23 | RUTH | PRICE | 2nd Court | 8 |
| RICKY | ALBERS | Fire | 23 | BILL | MIDDLETON | Street | 1 |
| CHARLES | PLATT | Fire | 23 | EDWARD | JERNIGAN | Street | 6 |
| CHARLES | BLACK | Fire | 24 | JASON | STEELE | Street | 6 |
| JOHN | POUNDERS | Fire | 28 | COREY | THOMAS | Traffic | 3 |
| STEVEN | GRIMES | Fire | 28 | GEORGE | PAXTON | Traffic | 38 |
| RENALDO | BENNETT | Fire | 28 | BRECK | MAXEY | UAD | 19 |
| ROBERT | MAULDIN | Fire | 40 | KAREN | FLETCHER | UAD | 25 |
| JOSEPH | BREEN | 1st Court | 1 | RICKY | PRIDMORE | Vehicle Maint | 2 |
| WALTER | GUNN III | Health | 1 | | | | |
| MURIEL | MILLER | Health | 2 | | | | |

March Birthdays

| Name | Dept | Date | Name | Dept | Date |
|---------------------|-------------|------|--------------------------|---------------|------|
| Benjamin Evans | Fire | 1 | Ricky Carrington | Vehicle Maint | 17 |
| Michael Thompson | Fire | 1 | Michael Jordan | Fire | 17 |
| David Heiser | Traffic | 3 | Todd Humphries | Police | 17 |
| Cody Reese | Traffic | 4 | Dennis Poole | Fire | 18 |
| Christopher Bradley | Fire | 4 | Jon Fisher | Police | 18 |
| Justin Cross | Police | 5 | Clint Butler | Fire | 18 |
| Michael Reyes | Police | 5 | Robert Spriggs | Police | 19 |
| Donnie Adams, Jr. | Traffic | 7 | Mark Tubbs | Police | 19 |
| Dianne Wetzler | Electric | 8 | Anthony Chukes | Street | 20 |
| Larry Shook | Fire | 9 | Mary Denton | OES | 21 |
| William Hensley | Parks Maint | 10 | Thomas Latina | Police | 21 |
| Robert Mauldin | HR | 10 | Kenneth Richbourg | Police | 22 |
| Warren Almon | Fire | 10 | Pete Cook | Parks Golf | 23 |
| Jerri Page | Police | 10 | David Schmidt | Police | 23 |
| Robert Barton | Fire | 11 | Bill Middleton | Street | 24 |
| Daven McCoy | Admin | 12 | Mark Warford | Fire | 24 |
| Zakary Ward | Fire | 12 | Stephen Evans | Fire | 24 |
| James Briley | Planning | 12 | Daniel Cushing | Electric | 26 |
| Richard Beaston | Police | 12 | Nathan Kimes, Jr. | Police | 27 |
| Altoria Tucker | Sanitation | 13 | Crystal Willis | Commerce | 28 |
| Pamela Salmon | UAD | 13 | Ellisa McEuen | Police | 28 |
| Tyson Haddock | Fire | 13 | Dominique Ambrose | UAD | 28 |
| Theodis Jordan | Street | 13 | Robin Sisson | Courts 1st | 28 |
| Linda Marshall | City Clerk | 13 | Cornelius Fennessee, Jr. | Fire | 28 |
| Mark Joseph | Parks Golf | 15 | Jeff Caplinger | Parks | 29 |
| Jason Roe | Fire | 15 | Thomas Everett | Traffic | 29 |
| Jackie Peach | Electric | 16 | Dwight Akins | Sanitation | 29 |
| Jason Knife | Fire | 16 | Vincent Ray | Police | 30 |
| Deborah Scherz | Electric | 16 | Carmen Helton | Police | 30 |



If you have news, an upcoming event, recipe, photos, etc. you would like to share with others in North Little Rock, please email Dwhitbey@nlr.ar.gov by the 15th of the month.