

# North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

October 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@nlr.ar.gov](mailto:Dwhitbey@nlr.ar.gov).

## National Night Out—October 1, 2013—TONIGHT!!!

The following neighborhood organizations have committed to participating in North Little Rock's National Night Out events, Tuesday, October 1, 2013:

### Tuesday, October 1, 2013

#### Ward 1

**Holt Neighborhood Association** 5 to 7 p.m. at Gardner Memorial Methodist Church (parking lot). Food, games, Fire and Police. For more information, call Joy Cameron at 374-9520.

**NLR Police Department and Six Bridges** 5:30 to 7:30 p.m. at Six Bridges, 4202 A Camp Robinson Road. Food, games, face painting and more. For more information, call Charlene James at 680-5303.

**Park Hill Neighborhood Association** 6 to 8 p.m. at Idlewild Park, 3411 Idlewild. Hot dogs, covered dishes, smores, giveaways and a Swing Band. For more information, call Stephanie Minyard at 258-1377.

**Military Heights Outreach Association** 6 to 10 p.m. at Military Heights Neighborhood Park, 23rd and 24th Streets. Refreshments, music, games and prizes. For more information, call Juanita Henderson at 352-0499.

#### Ward 2

**Meadow Park Neighborhood Association** 5 to 7 p.m. at Bethany Baptist Church, 318 Eureka Garden Road. Cookout and inflatable's. For more information, contact Evelyn Creal at 945-2870.

**Dixie Community Development Corporation** 5 to 9:30 p.m., 900 block of North "H" Street. For more information, contact Hiawatha Lewis at 612-9850.

**Glenview Neighborhood Association** 5:30 to 9 p.m., Glenview Boulevard. Food, games, entertainment, children activities, horseback rides and large bouncies. For more information contact, Ida Emerson at 343-1014.

#### Argenta

#### Neighborhood

**Boosters** 6 to 9 p.m., 216

West 4th Street, (Junior League Building). Fire, police and band.

For more information, contact

John Pflasterer at 553-8671.

**Sherman Park Community Development Corporation** 6 to 8:30 p.m., east of 7th Street Elementary School facing Sherman Park Recreation Center. Collaborating with Rec Center—music, hot dogs, children's activities and speakers. For more information, contact James Lawson at 258-6990.

#### Ward 3

**Amboy Neighborhood Association** 6 to 8:00 p.m. at Amboy Methodist Church, 311 Military Road. Hot dogs, music, Nixle registration, Bounce house and more. For more information, contact Paula Lively at 791-2691.

### Friday October 4, 2013

#### Ward 2

**Baring Cross Neighborhood Association** 5 to 8 p.m. at Vestal Park. For more information, contact Lisa Walton at 612-0496.

**Cypress Crossing Property Owner's Association** noon to 7 p.m. on Bodarc Lane. Block party/back to school event (school supplies handed out), bouncer, basketball hoops, football throws, snow cone machine, cotton candy, rock wall. "No Text and Drive" booth. D.J. Central Fire and NLRPD, hot dogs and hamburgers, chips and drinks.



"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

### Keeping Pets Safe During Fall Fun

The crisp air of autumn is perfect for outdoor fun with your best friend (furry friend, that is). Before you strap on the leash on your best friend and head off for the great outdoors, be sure you follow these autumn safety tips.

#### Gear up

A long walk or jog on a trail is twice as exhilarating with a four legged friend. Both you and your pet should be in adequate physical shape, and the length and difficulty of the terrain should suit your needs.

The leash should be appropriate for the activity. If you're walking, for example, it should be short, and preferably not retractable, ideally with two feet less between the two of you. Many professional trainers



now recommend a Gentle Leader, which straps over the pet's nose (these are especially effective for big dogs). Speak with a trainer or Best Friends associate about finding the

proper lead for your activity. If you are on a street, you should be facing oncoming traffic. This puts the dog, if he is heeling correctly, on your left—away from traffic.

#### Practice training

Be sure your dog is well practiced in his basic obedience commands, so he minds his manners if you meet up with other people or dogs.

If there is a scuffle between two dogs, do not get in the middle. Pull back on your leash and make a loud noise (such as blowing a whistle) to distract the dogs.

No matter how well-trained your dog, don't walk or run with him off-leash, unless you are in a specified gated pet area (like a dog park). It only takes an instant for a dog to dart off in pursuit of a squirrel or be hit by a moving vehicle.

#### Prevent pests

Of course, all vaccinations should be current. It is also equally important to maintain a course of pet prevention, such as Frontline Plus. Ticks thrive in the leaves and brush, and chances are your pet will encounter a few. Using a preventative product is the best way to safeguard against possible illnesses from these nasty critters.

Your vet will help you choose which product is best for your pet.

Your personal groomer can also help keep your pet pest free. Before grooming, the groomer will examine your pet, searching for any signs of parasites. The pet's skin will be thoroughly checked for sores, ticks and fleas. If anything is found, the groomer can determine the proper medicated shampoos and recommend treatments.



#### Safety first

Although the calendar says the weather is changing, temperatures and activity levels can still be high, and pets can suffer from heat problems. Be sure to carry water and offer some to your pet every 20 minutes or so if you are involved in physical activity.

On warm days, watch for signs of overheating, including heavy panting or salivating. If you see signs of overheating or your dog is panting heavily, stop immediately and cool him down slowly with cool water.

*This information was found at [www.bestfriendspetcare.com](http://www.bestfriendspetcare.com)*



Need a new addition to your family?

Call 501-791-8577 ...we've got the perfect companion for you!



These animals are ready for Halloween...how about you?



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**

# **NORTH LITTLE ROCK FIRE DEPARTMENT**



**PRESENTS**

# **FIREFEST**

**Tues. OCTOBER 8<sup>TH</sup>**

**5:00 pm - 8:00 pm**

**Kroger Parking lot McCain Blvd.**

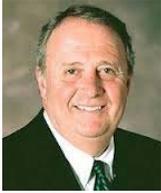
**Come see:**

**Sparky the Fire Dog & Patches with his Fire Truck  
Fire Truck Demonstrations  
Free Drinks & Hot Dogs  
Children's Safety Smoke House  
Games, Goodies & Much Much More**

**FUN FOR THE WHOLE FAMILY  
WE HOPE TO SEE YOU THERE**

## Highlights from some City Departments

Mayor Joe A. Smith holds a monthly department head meeting. Department heads provide a report of activities, projects and accomplishments. Below are a few highlights from the last meeting (August events).



**Central Arkansas Water**—Water sales through the month were 11% below the 12-year average and are the lowest in CAW's history. This is due to unseasonable cooler weather this summer in conjunction with evenly distributed rainfall events.

Meetings continue with CAW personnel and Exxon-Mobil concerning test results from pip inspections.

**Wastewater**—Sewer System Evaluation Survey 2012: Baring Cross was the targeted area for fieldwork. Utility staff are in the process of making point repairs, manhole repairs and pipeline replacements. Sewer System Evaluation Survey 2013: Lakewood is the targeted area for fieldwork. The contract of currently conducting manhole inspections and performing smoke tests.



**Laman Library**—Summer Reading Program concluded with 3,200 participants reading a total of 49,147 books.

The Library serves over 1,200 people daily. The current exhibit is "Recovery: The World Trade Center Recovery Operation."

**Neighborhood Services**—Flyered North Hills Boulevard with information about a meeting to discuss installing dedicated bike lanes. Mailed 7 Neighborhood Group(s) letter to 6,699 individual households.

**Hays Senior Center**—Average attendance exceeds 3,700 visits per week. Each month 75 to 100 new members. Added 2 new Tai Chi classes, 2 new Zumba classes, and after hours classes. Recruited 9 new volunteers for Mayor's Office of Volunteers.

**IS-73** work orders logged and completed for 16 city departments. eAccount stats (online bill app): access site—Web=7,727 Phone=5,411; used payment gateway—Web-2,840 phone=701.

**Utilities Accounting**—Bad debt August: \$9,972.16  
Projected bad debt write-offs 2013: \$365,000.00  
New accounts installed: 1,181  
Accounts finalized: 1,226



**Street Department**—worked potholes on West 18th to West 22nd between Main and Percy Machin. Cut back trees on Avalon, Lincoln, Foxboro (area), Diamond Head and in Dixie area. Hauled 67 loads to American Compost (cost approximately \$33,000.00). Continued pumping down Greenlea Lake. Removed debris from pipes at 6500

Pontiac. Cleaned grates on Main Street. Cleaned basin around 8th and 9th, Maple, Olive and Magnolia. Repaired curbs, set posts and scoreboard at Vestal Park. Repaired sidewalk at Lakewood School.

**Sanitation**—garbage crews collected and disposed of 1,354.04 tons (2,708,080 lbs) of household garbage.



Yard waste crews collected and disposed of 393 loads (11,324.79 cubic yards) of mixed debris. 689 telephone calls. Assist Parks Maintenance (CDL Driver and garbage truck—full time).

**Traffic**—Service request work order (Sign Shop) 163. Signal trouble reports—46, Posts replaced—42. Approved Barricade Applications—88.



**Engineering**—2014 Overlay Program—developing preliminary list of streets to be overlaid in 2014. Developing a plan and cost estimate for striping and other bicycle pavement marking for North Hills Boulevard. Reducing and optimizing signage and pavement markings at intersection of River Road and Rockwater Boulevard near new Marina. Correcting orientation of bollards along River Road and Levy Spur Trail.

**Police**—(July) Violent Crime down overall 10%, Robberies down 27%. Property Crime down 25%, Burglaries and Breaking and Entering (Storage Buildings) down 17%. August—3 homicides. Large number of copper/AC thefts. 8 new officers.

**Fire**—Total Incidents: 949

Residential Fires: 8  
Vehicle Fires: 6  
Rescue/EMS: 490  
Other Responses: 345  
Total Responses: 1,655  
Other Structure Fires: 0  
False Alarms/Malfunxions: 91  
Haz Mat Responses: 9  
Total Fire Losses: \$225,200.00  
Total Value: \$690,200.00  
Total Saved: \$465,000.00  
Training: 2,873 hours  
Building Inspections: 254



## Office of Emergency Services/911—



911 CAD entries for police and fire service 10,098.  
Total calls answered in 911 Center 22,239.

OEC Director responded to odor of irritant 2000 block of East Washington and small creosote spill at Kopper's Industries. Processed Homeland Security Grants for Fire and Police Departments to send to Arkansas Department of Emergency Management.

Continued on next page... 4

**Planning**—City received Tree City USA designation for 20th consecutive year. Working on update of Master Street Plan and New Agriculture Zoning Classification (to set parameters to allow more intensive farming activities within city limits).

**Fit 2 Live**—Employee Wellness—Planning Wellness Fair for October 2014. Funded 4 garden projects (total \$18,885.00) Vestal Urban Farm, Heritage House, Skyline Community Garden and St. Joseph Farm. Purchased crossing guard equipment for (NLR) elementary schools and NLRHS West Campus.

**City Clerk/Collector**—issued 71 Business Licenses (included 32 new). Worked with Alcohol Beverage Control Board, North Little Rock Police and Code Enforcement to collect from delinquent businesses or businesses operating without licenses. Collected \$56,131.30—2% Hotel/Motel, \$27,823.27 1% Hotel, \$29,124.28 Mixed Drink and \$455,268.14 Restaurant Taxes.



**Code Enforcement**—193 assigned calls, 770 initiated calls, 103 citations, 483 notices, 63 vehicles tagged, 136 structures inspected, 14 food service inspections, 4 search warrants, 3 houses demolished by city, 5 houses demolished by owner.



Secured 6 vacant houses, mowed 120 vacant lots, mowed 70 with structures, picked up 28 tires.

**Animal Control**—NLR Incoming Animals—257, Adopted 65, Reclaimed 22, Euthanized 174, Citations issued 58, Vouchers (spay/neuter) Dog 38, Cats 13, Calls for Service 881



**Pulaski County** Incoming Animals—92, Adopted 16, Reclaimed 4, Euthanized 72

**Out of State Rescues Program** 59% of dogs adopted went out of state.

**Parks and Recreation**—Park Ranger Ambassador Program being developed after the Mountain Bike Patrol Program (International Mountain Bike Association) will be seeking volunteers from hikers, bicyclists and equestrians.

**NLR Visitors Center (A&P)**—worked with Wyndam Hotel to win a bid for an international conference February 2015 reserving all 220 rooms for 5 nights. June 2014 63rd National Square Dance Convention—350 RV slips will be used. Through June 2013, Hotel taxes up 6%. 336 August—RV's stayed an average of 3.04 days—income \$19,826.00.



**Electric Department**—38,577—customers, Peak Power—220,956 KW, Territory—60 square miles, miles of wire—544.8 miles, # Transformers—11,248, Street lights—10,973, Smart meters 21,884—Revenue \$10,042,261.00

**Parks and Recreation**—American Legion Baseball Tournament held—8 teams. Glenview Rec Center/St. Vincent Health Clinic (Thursdays) - 90 patients. NLR Community Center—WIC Office provided services to over 1,000 families. Top dressing underway on soccer fields. New pump installed at Old Mill. Golf—Burns Park revenue \$32,623.00. Emerald Park—\$4,530.00



**Finance**—  
**Revenues (MTD—August)**

Taxes	363,879.83
Licenses and Permits	88,453.89
Fines and Forfeitures	206,914.85
Local Option Sales Tax	2,077,909.63
Intergovernmental State	0.00
Franchises	153,975.91
Investment and Misc	3,590.90
User Fees	88,557.05
Utility Transfer	67,842.83
Grants and Other Sources	74,902.82
Transfer from Electric	923,080.00

**Expenditures**

Admin	120,994.72
Animal Control	52,670.97
Special Appropriations	575,277.00
City Clerk	23,371.16
Emergency Services/911	115,825.00
Finance	78,237.38
Fire	1,085,877.08
Health	46,273.16
Legal	46,741.05
1st Court	42,693.23
2nd Court	34,467.61
Public Defender	246.54
Human Resources	58,946.69
Commerce	13,504.26
Planning	59,632.51
Police	1,624,241.69
Code Enforcement	78,984.79
Public Works	57,877.82
Neighborhood Services	12,048.30
Fiscal Control/Revenue	0.00
Sanitation	389,589.14
Vehicle Maintenance	54,291.52
Senior Center	66,766.20
Communications	8,135.88

# Pulaski Technical College

## Community and Continuing Education Courses

Fall 2013

The Community and Continuing Education program serves the needs of Central Arkansas by providing life-long learning opportunities. The program strives to help individuals achieve their personal and professional potential through a variety of course offerings. Join us for short, non-credit, lifelong learning and personal enrichment classes that fit your life and schedule. A wide range of affordable classes are available for all ages and interests.

Below are some of the courses:

### Personal Enrichment and Life Skills

NWS Skywarn™ Official Storm Spotter Course—Free

Creative Writing: From Inspiration to Final Draft—\$65

Paranormal Activity/ Ghost Hunting in the Rock—\$40

Writing the Winning Resume and Cover Letter—\$25

Scale Model Workshop—Free

Recorders for Beginners—\$65

### Get Healthy

Gluten-Free and Good!—\$40

Walking Group

Eat Healthy—20% off at

Big Rock Bistro for students

FREE Zumba Fitness

FREE Zumba Bootcamp

Yoga—\$40

### Technology, Computer and Web Skills



#### Microsoft Courses:

Word 2010—\$139

Excel 2010—\$139

PowerPoint 2010—\$139

Access 2010—\$139

Windows 7 and 8—\$139

### Personal and Business Development

International Safety—\$35

iPad for Beginners—\$35

Adobe Photoshop—\$99

### Culinary Classes

Everyday Cooking with Chef Cynthia Malik:

Back to the Basics—Knife Skills and

Cooking Methods,—Part 1—\$45

Back to the Basics—Knife Skills and Cooking Methods, Part II—\$45

Lunch Cookery—Salads, Sandwiches and Wraps—\$45

Beans, Grains and Vegetables—Mmm Mmm Good...and Good for You—\$45

Yeast Breads and Pizza—

Simple Breads for the Family—\$45

Breakfast Cookery – Quick Breads, Egg Cookery, Breakfast Meats, Fruits and Vegetables—\$45

Lunchbox Rocks—\$50

It's Party Central with Chef Cynthia Malik:

Appetizers—Let's Get This Party Started—\$45

Pies and Tarts—Finish the Evening with Style—\$45



International Cookery—Appetizers, Entrees and Desserts—\$45

Pasta Party. For the Love of Pasta—Fresh and Dried Pasta and Assorted Pasta Dishes—\$45

Cheese & Crackers—Tasting and Cooking with Cheese—\$60

Holiday Dinner Table—New Ideas and Classics Made Fresh—\$60

Christmas Cookies—Classic Favorites, Fancy Cookies and More—\$55

Chef's Magic Culinary Workshops with Chef Phillippe Ducrot: The

Secret of French Sauces—\$80

Soufflés: Sucres et Sales and Dressings—\$80

Appetizers—\$80

Viande et Volaille—Beef and Poultry—\$80

Cuisine du Marche—Vegetarian Specialties—\$80

Soups—\$80

Cake Decorating with Chef Jan Lewandowski—

Beginning Frosting and Fondant Décor—\$65

Gumpaste Roses & Vase—\$65

3D Razorback Cake—\$85

Christmas Presents & Elf Cakes—\$100

### Community Education Suggestions are Welcome!

The program is always looking for new class ideas. If there is a class you would like to see offered, or a special interest or talent you would like to share, call 501-907-6670 xt 3407 or email [estory@pulaskitech.edu](mailto:estory@pulaskitech.edu) to learn more about teaching a class or to give your suggestions for new courses.

### Frequently asked Questions

*Where do classes meet?* Classes are held on various Pulaski Tech campuses, as well as locations in the community. Below is a list of campuses:

PTC Main Campus

3000 Scenic Drive, North Little Rock

PTC Little Rock-South Campus

13000 Interstate 30, Little Rock

PTC Business and Industry Center

3303 E. Roosevelt Road, Little Rock

*Do I have to pre-register and pay or can I do that when I show up for the class?* Yes, you must pre-register and pay (when applicable) before the first class date. There are limited available spots in each class, and you must register and pay ahead of time to guarantee yours. If paying by check, your registration is not complete until the check is received by us and you have received confirmation of registration.

*What is the deadline to register for a class?* Early registration is encouraged, as it is first come, first served. As long as space is still available, you can register:

*For culinary classes:* until 3 business days before the first class

*For computer classes:* until 5 business days before the class

*For other community classes:* until 1 business day before class.





*The New*  
**SHORTER COLLEGE**

At the dawn of his second academic year at Shorter College, President O. Jerome Green is extremely proud of the accomplishments made by the institution in just one academic year.

With a record-breaking enrollment increase from 4 prospective students in July of 2012 to over 300 registrants at the close of Fall 2013, Shorter College has become one of the fastest growing institutions in Central Arkansas.

With small-class sizes, affordable tuition and caring faculty and staff, Shorter College provides an intimate educational atmosphere designed to support individuals with sensitive life circumstances.

In May 2013, Shorter College observed its first commencement ceremony and awarded the Associates of Arts degree to its first graduate since being granted Candidacy for accreditation through Transnational Association of Colleges and Schools (TRACS). The college is currently seeking full accreditation status and has submitted its self-study report and recently received commendations after hosting an evaluation team visit. Full Accreditation is anticipated to be granted during the Fall 2013 semester.

Renovation recently began at the SS Morris Student Center in the heart of the Shorter College campus. The building is schedule to open in the coming months.

**Economic Contribution.** Shorter College contributes over \$1 million per year into the local economy through federal student aid refunds to its student population.

**Consistent Employer.** Shorter College contributes an additional \$1.2 million each year into the North Little Rock economy through its annual payroll.

**Enrollment Increase.** Shorter College has had an increase in enrollment every semester since it resumed operation as a post-secondary institution of higher education in 2012.

**Faculty.** In the Summer of 2013, five (5) full-time Instructors were employed to increase the quality of educational support provided for students. Additionally, 25% of the faculty are holders of terminal degrees in their prospective areas of instruction.

**Student Organizations and Activities.** Every Wednesday at 11:00 a.m., students are engaged in a 50-minute chapel service featuring guest speakers of local and national acclaim.

Currently, Shorter College has two student organizations: Student Government Association and the Shorter College Ambassadors. These two groups assist the faculty, staff and administration in voicing student concerns and providing volunteer support for various functions as needed. Future Business Leaders of American and Pi Lambda Phi Fraternity, Inc. will begin organizing a chapter within the next month. The Shorter College Choir is the largest student organization and represents the college on numerous occasions in the local and state-wide community. The choir is nationally recognized as an up-and-coming HBCU college choir. The Shorter College Bulldogs Community Basketball Team placed 2nd in the North Little Rock Parks and Recreations League during the 2012-2013 season. Future plans include the further development of both intramural and intercollegiate sports program.

Quick Facts about Shorter College:

Founded: 1886  
Mascot: Bulldog

Affiliation: African Methodist Episcopal Church

Type: 2-Year Private  
Student Body: 300  
Tuition: \$2,500.00 per semester

*For more information about Shorter College, call the Admissions Office at 501-374-6305 or visit their website at [www.shortercollege.org](http://www.shortercollege.org).*



**Lieutenant General Stephen L. Hoog, Assistant Vice Chief of Staff and Director, Air Staff, Headquarters, U.S. Air Force, Washington, D.C.**

was in North Little Rock last month where he spoke to a group of community leaders and military supporters at the Wyndam Hotel.

Lt. General Hoog discussed his service history which has included assignments around the world. He also provided information on the current status of operations and discussed the importance of local communities to the military, especially, the close relationship our area has with the men and women at the Little Rock Air Force Base (and Camp Robinson/Camp Pike). He has been in his current position since August, 2013.

## “Formula” helps track caloric expenditure needed for weight loss

Found in *City & Town* September 2013—  
David Baxter—League Health and Safety Coordinator

A lot of people express frustration with not being able to lose weight, despite eating a low-calorie diet and getting regular exercise. Once issues such as hypothyroidism are ruled out, the cruel reality is that weight loss occurs only when the number of calories that we burn exceeds the number that we consume.

We burn calories through our basal metabolism, activities of daily living, and exercise. Basal metabolism or basal metabolic rate (BMR) refers to the number of calories

that we consume in order to maintain our current weight and to support certain “Basal” functions, such as brain activity, breathing and pumping blood throughout the body. The BMR varies from individual to individual because of differences in body weight, height, and age. By knowing our basal metabolic rate, we can come closer to being able to estimate the maximum number of calories that we can eat and still lose weight.

One way of estimating the daily caloric intake is by applying the Harris-Benedict Principle. This equation takes into consideration those factors (age, height, weight, etc.) that affect basal metabolism, as well as factoring in the person's activity level. This equation will be fairly accurate in all but the very muscular (under-estimates calorie needs) and the very fat (over-estimates calorie needs).

Here's how the equation works:

1. As mentioned, the BMR varies depending on whether you are a man or woman:
  - For men, the BMR equals  $66 + (6.23 \text{ times your weight in pounds}) + (12.7 \text{ times your height in inches}) - (6.8 \text{ times age in years})$ .
  - For women, the BMR equals  $655 + (4.35 \text{ times your weight in pounds}) + (4.7 \text{ times your height in inches}) - (4.7 \text{ times your age in years})$ .
  - As an example, if you are a 48 year old woman whose weight is 168 pounds and height is 5 ft. 6 inches, the calculations would go as follows:
    - $BMR = 655 + 4.35 \times 168 + (4.7 \times 66) - 4.7 \times 48$
    - $BMR = 655 + 730.8 + 310.2 - 225.6$



## CALCULATE BASAL METABOLIC RATE

### WOMEN:

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

### MEN:

$$66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

- $BMR = 1,470.4$  calories per day. This is the number of calories that you could eat if you were completely sedentary and that would support your current weight and basal metabolism. In other words, you would neither gain nor lose weight.
- 2. Since almost everyone is active to some degree, the next step is to factor in your estimated activity level. This is done by multiplying your BMR by an activity factor (these are the same for men and women). They are as follows:

- Sedentary =  $BMR \times 1.2$  (office Job, not very active)
- Lightly Active =  $BMR \times 1.375$  (light exercise 1—3 days/wk).
- Moderately Active =  $BMR \times 1.55$  (moderate exercise 3.5 days/wk.)
- Very Active =  $BMR \times 1.725$  (intense exercise 5—7 days/week.)
- Athletic =  $BMR \times 1.9$  (hard exercise daily, active job, training for sports contest/competition)

So keeping with the previous example, in a moderately active woman whose BMR is 1,470 calories, she would burn approximately 2,279 ( $1,470 \times 1.55$ ) calories in a day.

Now comes the weight loss part. In order to lose weight, this individual would have to consume fewer than 2,279 calories per day or would have to increase her exercise level so that she was burning more than 2,270 calories per day. In order to lose a pound of weight a week, our subject would need to create a calorie deficit of 500 calories per day or approximately 3,500 calories per week. She could do this by burning an extra 250 calories and cutting back by 250 calories from her diet or any other combination that will result in 500 fewer calories.

Obviously, one day's worth of dieting or a particularly vigorous exercise session will not make much difference. Weight loss typically required that you create a caloric deficit for a longer period of time to be successful.

The Harris-Benedict Principle is not exact, but it does provide a more accurate estimate of daily caloric expenditure than many other methods. It is best applied with the use of diet and exercise daily to keep track of the number of calories that are being consumed as well as the number of calories expended through exercising.

*This article appeared originally on eDoc America's blog, weekly/healthtip.blogspot.com, and was reprinted in City & Town with permission.*



Health Matters

## North Little Rock Wins Two Leadership Awards from

North Little Rock's Fit 2 Live Initiative won the Arkansas Governor's Council on Fitness **Built Environment Leadership Award** for its "Complete Communities" efforts around increasing physical activity through neighborhood walkability and bikability.

In addition, Fit 2 Live Coordinator Bernadette Rhodes won the Council's **Individual Leadership Award** for exceptional leadership in physical activity and health for Arkansas citizens.

Honorees will be honored at an awards banquet.

For more information, please contact Bernadette Rhodes at 501-975-8777.



## Community Garden Funds Awarded to Projects in North Little Rock

The number of community gardens in North Little Rock has increased from one to 19 in just two years, due in large part to a City-funded program to provide funding to new and expanding community gardens and urban farms within the City limits. Since 2011, the City has disbursed over \$105,000 to garden projects.

### Four projects were awarded funds in the Fall 2013 round:

Heritage House/Senior Citizens Outreach Service—\$4,330

Skyline Community Garden—\$4,555

St. Joseph Farm—\$5,000

Vestal Urban Farm—\$5,000

Applications for the next round of garden funding will be due February 2, 2014. For more information, please contact Bernadette Rhodes at 501-975-8777.



## FREE BICYCLE RACKS

Fit 2 Live has bicycle racks that can be installed in front of businesses and community organizations to allow customers and the public to park their bikes safely.

The North Little Rock Street Department has been installing the racks.

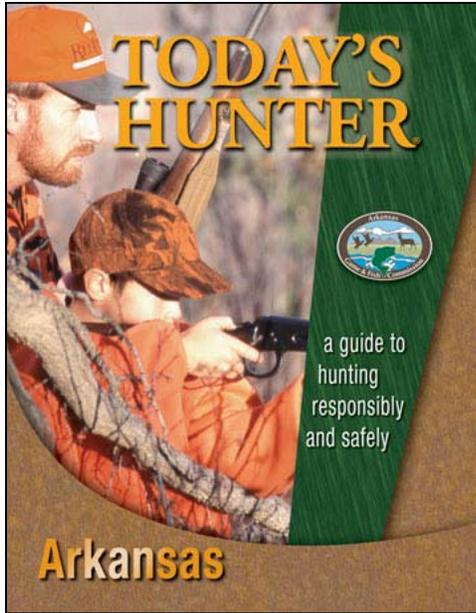
*Do you have a favorite healthy recipe or other healthy tip you want to share? If so, email Bernadette at [Brhodes@nlr.ar.gov](mailto:Brhodes@nlr.ar.gov).*



## Fit 2 Live Welcomes New GardenCorps Service Members

Last month, **Beau Cooper** and **Sharice Loftin** (pictured with Fit 2 Live Coordinator Bernadette Rhodes) joined our city family. They will be with the City for one year serving North Little Rock's 20 community and employee gardens.

Beau and Sharice have been visiting city departments and garden sites around the city.



North Little Rock Firefighters Mike Holley and Mark Mahan are putting together a Hunter's Education Class to be held October 4 and 5, 2013.

The class will be Friday (4th) from 6:00 p.m. until 9:00 p.m. and Saturday (5th) from 9:00 a.m. until 4:00 p.m.

The class is open to anyone and limited to the first 40 people.

For more information, call Mike at 501-779-3864 or email [mtholley1@gmail.com](mailto:mtholley1@gmail.com).

The class will be held at the Sherwood Central Fire Station, 400 Lantrip, Sherwood, Arkansas

### ***Great Arkansas River Cleanup***

The Arkansas Department of Environmental Quality (ADEQ) has teamed up with two local Keep Arkansas Beautiful chapters to clean up a stretch of the Arkansas River on October 5.

Volunteers are needed for the 2nd Annual Great Arkansas River Cleanup, which is being held in conjunction with the Great Arkansas Cleanup (the annual fall statewide litter pickup campaign promoted by Keep Arkansas Beautiful).

ADEQ, Keep North Little Rock Beautiful (KNLRB) and Keep Little Rock Beautiful (KLRB) will join other groups and organizations in an effort to pick up litter from the banks and trail areas of the Arkansas River.

"Our focus will be on the riverbank areas, boat ramps, and parking lots along the river," said Raven Lawson, ADEQ's watershed education coordinator. "Much of the trash that is on our trail system and in parking lots and roadways eventually is either blown by the wind or washed by rain into the river in the first place."

Randy Naylor, of KNLRB said "We welcome groups and individuals, boaters, bass fishermen, cyclists, hikers and all others who enjoy the river and its shores to help in our effort."

The central Arkansas area will have three registration/check-in locations although RSVPs are appreciated. Registration will begin at 8 a.m. The cleanup will last from 8:30 a.m. until 11 a.m.

The three check-in locations are:

- Keep Little Rock Beautiful will host a location at Murray Park near the boat ramp (first entrance where the dog park and soccer fields are located). For more information or to register, please contact KLRB at [info@klrb.org](mailto:info@klrb.org) or 501-224-9419.



- Keep North Little Rock Beautiful will host a location at the Riverside RV Park pavilion on the north side of the river. For more information or to register yourself or a group at this location, please contact KNLRB at [knlrbaol@aol.com](mailto:knlrbaol@aol.com) or visit their Facebook page (<https://www.facebook.com/KNLRB>) and register under the River Cleanup tab.

- ADEQ will host a location at Cooks Landing Park pavilion at the base of the Big Dam Bridge north of the river. For more information to RSVP, please contact Raven Lawson at [Lawson@adeq.state.ar.us](mailto:Lawson@adeq.state.ar.us) or call 501-682-0022.

Supplies such as gloves, trash bags, and pickup sticks will be provided, and volunteers will receive T-shirts (while supplies last).

This year's local cleanup is sponsored by ADEQ, Arkansas State Highway and Transportation Department, Keep America Beautiful, and Keep Arkansas Beautiful Foundation.

The Great Arkansas Cleanup grew out of an effort that began more than 40 years ago as the Greers Ferry Lake and Little Red River Cleanup. Keep Arkansas Beautiful organized the first statewide GAC in 1989.

As a certified state affiliate to Keep America Beautiful, Inc., Keep Arkansas Beautiful works to inspire and educate individuals to reduce litter, recycle and keep Arkansas beautiful. It operates as a division of the Arkansas Department of Parks and Tourism and is overseen by a nine-member commission appointed by the governor.

For more information, visit <http://www.keeparkansasbeautiful.com/>.



*More Facebook photos...*  
 Above: North Little Rock High School Marching Band—photo from Scott Miller.



Left: Unit 21—Robert Humphrey enjoying some quality time with his little buddy.



Right: Work is underway on the Fallen Firefighters Memorial on the grounds of the State Capitol.



Right: a Chili Dog from the Getting' Place— from Paul Myrick.



Above: Is that Willie and Uncle Si from Duck Dynasty? Or is there a city employee in disguise?

Right: North Little Rock Police Officer Tommy Norman has breakfast with some of his biggest



Left: Halloween Rice Crispy Treat ideas found on Facebook.

# November 22, 2013–March 31, 2014

It will be snowing in Arkansas from mid-November through March at Wild WINTER Country!

Come play in real snow, build snowmen, throw snowballs at targets, go snow tubing and see Santa during the holidays.

Fun for all ages!

Each snow tubing session will be 90 minutes  
Holiday decorations, lights, music and Santa and his helpers will be at the park November 22–December 23  
S'mores and other delicious treats available.

General Admission: \$5.43 + tax

Show Tube Session: \$16.29 + tax

For more information call 501-753-8600 or visit [www.wildrivercountry.com](http://www.wildrivercountry.com)  
To book a private group outing of snow tubing or for a birthday party package, call 501-753-8600



## *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](mailto:Dwhitbey@northlittlerock.ar.gov).

The City Council Agenda can be found at [www.northlittlerock.ar.gov](http://www.northlittlerock.ar.gov), then click on the Government tab, followed by Council Agenda.

## City Offices located at 120 Main

IT/Data Processing, Kathy Stephens	975-8820
Finance, Karen Scott	975-8802
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Robert Voyles	975-8835
Purchasing, Amy Smith	975-8881
Utilities Accounting, David Melton	975-8888

### 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



**2013 Komen  
Arkansas Race  
for the Cure on  
October 19,  
2013, in downtown Little Rock  
and North Little Rock.**

### 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



Floy Dean Oliver, 65, passed away Saturday, August 31, 2013. Mrs. Oliver was born October 5, 1947 in Camden to Henry and Hilda Russell of Harmony Grove.

She is survived by her husband, Ron Oliver who serves on the North Little Rock Library Commission.

Mrs. Oliver was active and passionate about yard work, friends and traveling. She dedicated her life to her husband, children and grandchildren (and 11 pound Pekinese—Poo).

She and Ron traveled a lot. Her favorite places to visit were Disney World and New Orleans.

She also loved Garvan Woodland Gardens and the Pulaski Country Humane Society.

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

**Sept 30– Oct 4 no pickup**  
*Oct 7–11 recycle*  
**Oct 14—18 no pickup**  
*Oct 21—25 recycle*  
**Oct 28—Nov 1 no pickup**



## **North Little Rock City Property Auction**



Thursday, October 24, 2013  
at 10:00 a.m.

**Public Works Complex**

*For more information,  
call Amy Smith at 501-975-8882*

## October Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
ROBIN	SISSON	1st Court	11	DONALD	DAILEY	Planning	1
ALTA	SANDERS	2nd Court	8	SHAUNDA	TAYLOR	Planning	1
CEDRIC	WILLIAMS	Code	10	DANIEKA	HERNANDEZ	Police	2
MICHAEL	JOHNSON	Code	15	LADONNA	BLAYLOCK	Police	3
RONALD	CARTER	Electric	4	CYNTHIA	MARSHALL	Police	19
JACKIE	PEACH	Electric	8	WESLEY	HONEYCUTT	Police	19
MILTON	HINSHAW II	Electric	8	JOHN	DESIZLETS	Police	19
PHILICIA	KNOX	Electric	12	DONALD	SHOEMAKER	Police	19
WILLIAM	LEWIS	Electric	13	DANA	BOWERS	Police	21
DEBORAH	SCHERZ	Electric	14	DANE	PEDERSEN	Police	22
DIANNE	WETZLER	Electric	19	MATT	SODERLUND	Police	22
CALVIN	REVES	Electric	25	ERNEST	BRIDGES	Police	32
SUZANNE	FLETCHER	Finance	41	LARRY	MICKEL	Police	33
GABRIEL	TROBIS	Fire	8	LINDA	JACKSON	Police	40
ROBERT	SHAW	Fire	18	WILLIAM	BUSH	Public Works	26
REBECCA	HENDERSON	Legal	11	GARY	STEWART	Sanitation	6
JENNIFER	BUCKNER	OES/911	10	FREDDIE	HASKINS	Sanitation	12
ROBERTA	MUELLING	OES/911	23	MATTHEW	ROWLAND	Street	3
STEVEN	RALSTON	Parks Golf	35	LARRY	GREENE	Street	15
ANTHONY	WATKINS	Parks Maint	3	SAM	BROOKS JR	Street	18
JAMES	HOLCOMBE	Parks Maint	13	ANTHONY	CHUKES	Street	3
				DOMINIQUE	AMBROSE	UAD	5

*A spreadsheet including all North Little Rock employees is provided at the end of the year for Birthday and Anniversary information (to be used the following year). If you see an employee's name who is no longer with the city, keep in mind that the current information was provided during the previous year when those individuals were employees of the City of North Little Rock.*



Left: McGruff the Crime Dog takes a bite out of crime during Family Fest activities at Dickey Stephens Park last month.



Right: the North Little Rock Fire Department's Smoke House is always a popular attraction that is fun and educational.

## October Birthdays

Name	Dept	Date	Name	Dept	Date		
ERIC	IMHOFF	Police	1	TOLIVER	WHILLOCK	Fire	15
KATHY	DAVIS	2nd Court	1	KEITH	PHIFER	Police	15
MARK	SHOEMAKER	Fire	1	CHARLES	HIGHT	Alderman	16
LYNWOOD	ANDERSON	Electric	1	DUSTIN	FREE	Fire	16
NADIA	JOHNSON	Hays Center	2	GARY	STEWART	Sanitation	17
KENNY	STEPHENS	Public Works	2	ANTHONY	LOGAN	Sanitation	17
CHRISTOPHER	NICHOLAS	Electric	2	CODY	WORTHAM	Fire	18
RANDY	PRESLEY JR	Electric	3	CHARLES	HOBSON	Fire	18
GREGORY	STITZ	AIMM	3	CHAD	FREY	Fire	18
ROBERT	EDISON JR	Police	3	RHONDA	HUEY	Police	19
ANDREW	JOHNSON	Electric	4	JEFFREY	GRAVETT	Police	19
TODD	SPAFFORD	Police	6	KEVIN	TACKETT	Fire	20
JOHN	ANDERSON	Street	6	WILLIAM	LEWIS	Electric	22
RUTH	PRICE	2nd Court	7	RONNIE	MITCHELL	Parks Maint	22
ROGER	TINDALL	Electric	7	PAMELA	TILLER	Fire	22
CARRIE	BROWN	Police	8	DANTE	GIUSTI	Sanitation	23
STEVE	RABUN	UAD	8	WESLEY	STEPHENS	Fire	23
WARREN	DEBUSK	Parks Maint	9	GARY	WILLIAMS	Fire	23
MICHAEL	OSBORNE	Police	9	KEVIN	BEMRICH	Fire	24
PAULA	SMITH	Parks Maint	9	WALLACE	HATCHETT	Street	24
CLINT	REEKIE	Fire	10	EDWIN	FAUBION	Fire	25
DONALD	SHOEMAKER	Police	10	PAUL	HAMPTON	Police	25
JASON	BRYANT	Fire	11	DONNA	BRYANT	Electric	25
ALTA	SANDERS	2nd Court	11	JULIA	HODGE	HR	26
AMY	SMITH	Commerce	11	JEFF	JEFFERIES	Fire	26
SHARON	HENLEY	Finance	11	DON	DUKES	Police	26
SYLVESTER	SMITH JR.	Sanitation	12	CYNTHIA	MARSHALL	Police	27
MICHAEL	BROOKS	Police	12	JILL	PONDER	Electric	28
CHARLES	BROOKS	Parks Maint	12	FREDERICK	SCOTT	Sanitation	28
JAMES	KOLB	Fire	12	TERRELL	MILTON	UAD	28
WILLIAM	SMITH	Public Works	12	LANA	GREGORY	Electric	28
JERALD	SMITH	Police	13	CHEREON	CAMP	Police	29
JOHNNY	GRAY	Vehicle Maint	14	VINCENT	THORNTON	Police	29
DONALD	WOOD	Code	14	JON	CROWDER	Police	30
GARRY	BUTLER	Street	14	CHRIS	TERRY	Street	30



Invitation to all North Little Rock City Employees  
 from Alan Littlefield—**Starlite Diner**.  
**Starlite Diner** would like to extend a **15% discount**  
 to all North Little Rock City Employees every Tuesday.  
*(Must show employee ID to receive discount)*

**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](mailto:Dwhitbey@nlr.ar.gov) by the 15th of the month.**

*Notice: to be eligible to offer a discount to North Little Rock City Employees, a business must be properly Licensed to do business in the city and current on all monies due to the City of North Little Rock.*



## Susan G. Komen Arkansas Race for the Cure October 19, 2013 - Downtown Little Rock, Arkansas

This year is the 20th Anniversary of the Arkansas Race and for the first time the Race will be chaired by a man, Mike Gavigan, AND our honorary chair is former President Bill Clinton who lost his mother to breast cancer in 1994 the year our race started. We are reminded, on a daily basis, that breast cancer is a "game changer", not only for the survivors, but also for their family, friends and loved ones. Therefore, in order to remind us the fight for a cure is a team effort, the theme for the 2013 Arkansas Race for the cure is:

**RACE FOR THE CURE. ALL IN.**

### Join the City's Team:

- 1) Go to [www.komenarkansas.org](http://www.komenarkansas.org)
- 2) Click on **Komen Race for the Cure**
- 3) Click on **Register**
- 4) Click on **Join an Existing Team**
- 5) Search for **Team NLR**
- 6) Select **Join** to register yourself and family members

**Competitive Runners (<27 min) Entry Fee: \$36 (will also receive a timing chip)**

All others are \$26: **5K Run/Walk - Family 2K Fun Walk/Run - Three Miles of Men - Sleep for the Cure** (each participant will receive a race t-shirt and bib) - **Pasta Party**

Deadline to register online to get t-shirts by mail before the race: October 6.

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**North Little Rock Housing Authority Employees, North Little Rock City Employees**  
(all other departments) **and Family Members** are invited to participate in the

### *NLRHA Crown for the Cure Pageant*

Categories—Outfit of Choice and Sunday Best (Talent is optional)

King and Queen will be awarded in each age division

**Saturday, November 9, 2013, at 6:00 p.m.**

Children ages 0—13 years

Registration \$20.00 (additional siblings \$10.00 each)

**Deadline to register Friday, October 4, 2013 by 4:00 p.m.**

2501 Division, North Little Rock

*A portion of the proceeds will be donated to the Susan G. Komen Race for the Cure*

For more information, please call 501-758-8911

