

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector September 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.

Free fun for the whole family!



LITTLE ROCK AIR FORCE BASE
AIRSHOW

AIRPOWER
ARKANSAS

Featuring
Blue Angels

FREE
GENERAL
ADMISSION
Gates Open at 8 a.m.

★ *Heritage and Heroes* ★
8-9 September 2012
Reserved Seating Available
littlerockairshow.com



"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

10 Mistakes New Pet Owners Make

Found at today.msnbc.msn.com

The squirmy puppy in the cardboard box was so adorable. The fluffy kitten on display at the pet store touched you with her paw. The docile bunny rabbit seemed like such a nice Easter surprise.

Most of us mere mortals fall in love with animals on the spot and impulsively take them home with us. That's not always the wisest move to make though, especially in economic times like these. It's all too easy for inexperienced pet owners to step on financial land mines before they know what hit them.

Even in flush times, hasty decisions about animals can prove to be hard on the humans and the animals involved. To avoid unnecessary heartache and steer clear of some of the most common mistakes pet owners make, consider these tips.

1. **Just say no if money is tight.** If you're even a little bit unsure about whether you'll be able to afford a pet over the next few years, then this may not be the best time to bring a pet home. Having to make accommodations for a pet during a difficult time can make the whole experience that much more stressful.
2. **Research breeds ahead of time.** Rather than make an impulse purchase when you're overwhelmed by the cuteness of that little animal, learn about the breed so you can make an informed decision. Author and msnbc.com pet-health columnist Kim Campbell Thornton cited examples of weird traits that a new pet owner might not anticipate: "Border collies and other herding breeds need a job to do or they'll start herding your family, starting at all of you and nipping your heels to make everyone stay together. Basenjis yodel. Spitz breeds and hounds will wonder off unless your yard is as inescapable as Alcatraz...Bloodhounds, shar-pei and pugs must have their wrinkles cleaned regularly to prevent infections."
3. **A tiny dog's bite can be bigger than its bark.** It's easy to think that those adorable toy breeds can't cause much trouble. But all dogs need to be trained not to chew, dig, bark — and yes, bite. "Don't skip training class just because you think "Tiny" is too small, cute or sweet to do any damage," Thornton advised.
4. **Carefully dog- and cat-proof your home.** Wires, remote controls, shoes, poisonous plants and easy

-to-chew-and-swallow items such as socks and gloves can all pose serious threats to your pet. "Get down on your hands and knees...to see what's down at that level that might look chewable or fun to drag around," Thornton said.



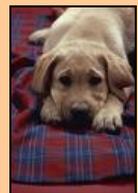
5. **Don't unwittingly start bad habits.** If you start feeding your dog human food from the table, he'll always want human food from the table. If you start letting your dog sleep in your bed, he'll always want to sleep in your bed. Unless you really don't mind living with a pet who begs during every meal and hogs your covers—and granted, you seriously may not mind these things!—resolve not to let these behaviors take root.
6. **Help Fido stay physically fit.** Make sure your pet gets enough exercise, especially if it's really important for that breed. Otherwise, your pet may channel all of his pent-up energy into destructive behavior around your home.
7. **Don't minimize your vet's advice.** It may, for example strike you as cruel or unreasonable to make your pet wear a cone to prevent licking open a wound or incision. But if you ignore those instructions, you almost certainly will face bigger vet bills. If your pet absolutely loathes the cone, try a soft one made of fabric or a clear, see through plastic one that won't make it feel so disoriented.
8. **Take steps to avoid having a scaredy-cat (or dog).** Socialize your pet through exposure to lots of different people, experiences and sounds before he or she turns 4 months old. "By that time, a puppy should have met 100 different people," Thornton said. "Puppies and kittens that don't get lots of early handling and socialization are likely to be shy and fearful for the rest of their lives."
9. **Start training early.** Don't wait until your dog is 6 months old to take him to training class. You can begin teaching him to sit, come, stay and walk on a leash when you bring him

...continued on page 4...



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

Need a new addition to your family?
Call
501-791-8577
...we've got the perfect companion





North Little Rock Fire Department

West Nile Outbreak Largest Ever in United States

By Elizabeth Cohen,
Senior Medical Correspondent, CNN

The recent West Nile outbreak is the largest ever seen in the United States, according to new numbers from the Centers for Disease Control and Prevention.

The number of cases so far this year is the highest recorded through August since the disease was first detected in the United States in 1999. Thirty-eight states had reported human infections.

The cases reported to the CDC (Centers for Disease Control) totaled 1,118 a week or so ago, and included 41 deaths. Arkansas, Michigan and Mississippi have each reported an additional death.

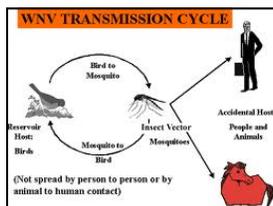
“The peak of West Nile virus epidemics usually occur in mid-August but it takes a couple of weeks for people to get sick, go to the doctor and get reported.” said Dr. Lyle Petersen, the director of the CDC’s Vector-Borne Infectious Disease Division. “Thus we expect many more cases to occur.”

Petersen said that the reason for the high number of cases this year is unclear, but that unusually warm weather could have fostered favorable conditions for the disease’s transfer to humans.

About 75% of the cases are in Texas, Mississippi, Louisiana, South Dakota and Oklahoma. Texas has been the epicenter of the outbreak, with 586 confirmed cases and 21 deaths, according the Texas Department of State Health Services.

Here are five things you need to know about West Nile virus:

1. Most mosquitoes do not carry West Nile. In areas where mosquitoes carry the virus, only about one in 500 mosquitoes is infected.
2. Most people bit by West Nile mosquitoes do not get sick. About 80% of people bit by a mosquito infected with the West Nile virus do not get sick, according to the CDC. About 20% will have relatively mild symptoms, such as fever, headache and vomiting. Symptoms can last for as short as a few days or as long as a few weeks. About one



in 150 people infected with West Nile will develop a severe illness, which can include paralysis, coma or death.

3. You can help prevent West Nile with the “four Ds.”

- Use mosquito repellent with DEET
 - Dress in long pants and long sleeves
 - Be especially careful at dusk and dawn
 - Drain any standing water, such as kiddie pools or bird fountains, where mosquitoes like to breed.
4. People over 50 are most vulnerable. Those older than 50 are the most likely to become severely ill with West Nile and should take special care to avoid mosquitoes, according to the CDC.
 5. Seek medical care immediately if you have severe headaches or confusion. Severe illness usually requires hospitalization. Milder cases improve on their own and do not necessarily require medical attention.



The CDC’s website indicates that 20% of people who become infected with West Nile virus will develop West Nile fever. Symptoms include fever, headache, tiredness, and body aches, occasionally with a skin rash (on the trunk of the body) and swollen lymph glands.

The symptoms of severe disease (also called neuroinvasive disease, such as West Nile encephalitis or meningitis or West Nile poliomyelitis) include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis. Serious illness can occur in people of any age, however, as stated before, people over age 50 and some immunocompromised persons (for example, transplant patients) are at the highest risk for getting severely ill when infected.

The incubation period in humans, from the time of infection to the onset of symptoms is usually 2 to 15 days.

The city is actively spraying to control mosquitoes in all areas. You can do your part, too. Don’t leave standing water anywhere! A teaspoonful is enough for a mosquito to lay her eggs.

Other places to keep an eye on include plant saucers where water often pools after watering. Even though it has been a hot dry summer, you’d be surprised where you might find standing water.

**Protect yourself and the community from
WEST NILE VIRUS**

REDUCE areas where mosquitoes breed by getting rid of standing water.

- ✓ Clogged rain gutters
- ✓ Trash cans & recycle bins
- ✓ Pool covers
- ✓ Pet dishes
- ✓ Flower pots

REPEL mosquitoes by wearing protective clothing and insect repellent.

- ✓ Long pants & long sleeves
- ✓ DEET, picaridin or oil of lemon eucalyptus



North Little Rock School Calendar 2012-2013

Sept 3	Labor Day—NO SCHOOL
Sept 24	Professional Development for Teachers—NO SCHOOL
Oct 17	End 1st nine weeks
Nov 8-9	Professional Development/Flex Day—NO SCHOOL
Nov 21-23	Thanksgiving Holidays—NO SCHOOL
Dec 21	End 2nd nine weeks
Dec 24-Jan 4	Christmas Holidays—NO SCHOOL
Jan 7	Workday for Teachers—NO SCHOOL
Jan 8	Students return to school
Jan 21	Dr. Martin Luther King, Jr. Holiday—NO SCHOOL
Feb 15	Professional Development—NO SCHOOL
Feb 18	Parent Conferences—NO SCHOOL
Mar 15	End of 3rd nine weeks
Mar 18-22	Spring Break—NO SCHOOL
May 27	Memorial Day Holiday—NO SCHOOL
May 31	Last Day of School
Jun 3-7	<i>Inclement Weather (makeup) Days</i>

Administrators Elementary (PreK-5)

Amboy — Principal Shanda Coleman
 Boone Park — Principal Mavis Cherry
 Crestwood — Principal Lori Smith
 Glenview — Principal Carol Thornton
 Indian Hills — Principal Kim Starr
 Lakewood — Principal Sara Logan
 Lynch Drive — Principal Phyllis McDonald
 Meadow Park — Principal Allen Pennigton
 North Heights — Principal Dana Snowden
 Park Hill — Principal Barbara Hartwick
 Pike View — Principal Melanie Landrum
 Redwood Early Childhood Center —
 Coordinator Jody Edrington
 Seventh Street — Principal Pam Wilcox

Secondary (6-12)

NLRHS West Campus—Principal Brian Brown
 Sophomore Campus—*former Poplar Street Middle*
 Building Administrator Chris Sierra
 Freshman Campus—*former Lakewood Middle School*
 Building Administrator Caroline Faulkner
 Lakewood Middle—Principal Lee Tackett
 Ridgeroad Middle—Principal Bill Bowers
 NLR Academy—Principal Charles Jones

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home at 7 or 8 weeks of age, and he can start puppy kindergarten by 9 or 10 weeks.

10. **Stay alert for unusual behavior.** It requires patience and attention to detail to learn your pet's rhythms and habits—but that's important to do so you can quickly spot behavior that seems weird. "Most often, that means something's wrong." Thornton said. "For instance, cats with lower urinary tract infections may strain to urinate, but some people don't notice the behavior until the infection is advanced—by which point the cat is going outside the litter box in an attempt to find someplace to pee that isn't painful. Straining is also a sign of a blocked urethra, which is really serious. Some people have found their cats dead because they didn't realize the urethra was blocked and the cat couldn't pee."

Another tip for ensuring that that your cat continues using the litter box as intended: Keep it nice and clean. Scoop it at least once a day, and clean out the box and refill it with fresh litter once a week or at least every two weeks.



Now that you are ready to adopt a new addition to your family, be sure and visit the North Little Rock Animal Shelter first. They have lots of animals who would love to call your home, their "forever home."

Emotional Health:

Being emotionally and mentally healthy doesn't mean never going through bad times or experiencing disappointment, loss and change. Resilient people, however, possess an ability to bounce back from adversity, trauma and stress.

When you are feeling overwhelmed by a difficult experience, here are some ways to boost your emotional resilience:

Practice self-compassion. Instead of beating yourself up emotionally, think about how you would treat a loved one who is going through a similar experience, and then be as kind to yourself as you would be to him or her.

Take a break. Instead of running to the point of exhaustion, slow down and schedule some "me time" where you can simply relax and rejuvenate.

Be grateful. It's hard to be unhappy when you focus on the good things in your life. Make it a daily habit to look for the positives in your life and express gratitude for your blessings.

Provided by Alderman Maurice Taylor



Burns Park...

If you live in North Little Rock, you probably know this, but just in case you

don't...one of the nation's largest municipal parks is located right here!

With close to 1,700 acres of ballfields, tennis courts, soccer fields, dog park, golf courses, amusement park, water ski lake, fishing and many miles of trails, Burns Park offers something for just about everyone!

The trails—Burns Park has miles of trails that cover a wide terrain, from flat and paved to unpaved and hilly, giving everyone a great place to walk, jog, hike, bike and bring their horse for a trail ride.

The **Arkansas River Trail** is a 17-mile loop around North Little Rock and Little Rock with beautiful views of the Arkansas River. The trail is flanked on the western side by the Big Dam Bridge and connects the two cities downtown areas on the eastern side at the President Clinton Bridge.



The **Big Dam Bridge** is not only unique in that it is the longest pedestrian/bicycle bridge ever built, it is also the only bridge ever built into a dam.

Whether you choose to walk, run, bike, skate, horseback ride or just stroll through the numerous trails, you will be able to check out various wildlife, such as birds, deer, squirrels, rabbits, butterflies, fish and snakes. A wide variety of native plants and wildflowers are also abundant along the trails. Scenic views can be observed from Emerald Park atop the river bluffs, the Big Dam Bridge, and almost anywhere on the trails.

Trail etiquette fosters good relations among walkers, bicyclists, equestrians, landowners and other trail users.

- Share the trail. Trail users should keep to the right side of the trail except when pass-

ing, then call out a warning like “passing on your left.”

- Be safe—move off the trail when stopped.
- Groups should move into a single-file line to allow cyclists and others to pass.
 - Travel at safe and appropriate speeds.
 - Pay attention to trail markings and safety signs.
 - Use helmets and other protective gear.



leave no trace

CENTER FOR OUTDOOR ETHICS

- Use lights and reflective clothing at night.
- Only non-motorized forms of transportation are allowed with the exception of motorized wheelchairs and emergency or maintenance vehicles.
- Leave No Trace—If you bring it in, dispose of it properly or take it out.
- Keep pets on a leash and remove pet litter.
- Equestrian riders are to remain only on unpaved/natural surface trails.
- Burns Park is a former military training site and old munitions have been found. If you see any, leave them alone, leave the area and call 911.

Trail Issues...be a Trail Watcher and report:

- Unsafe trail conditions to 501-791-8591
- Trail violations to 501-812-5962
- Other information to 501-791-8540
- Emergencies to 911

North Little Rock's trails are paved in some areas and unpaved/natural in others.

Paved trails are generally paved with asphalt, 10+ feet wide for use by runners, walkers, skaters, and cyclists, and separated from other vehicular traffic. Motorized vehicles (except for wheelchairs) and horses are not permitted.

Unpaved/natural trails are generally dirt and/or rocky, narrow in places and commonly used by pedestrians. Many of these trails are also suited for horses and mountain bikes.



North Little Rock Residents Participation in Single Stream Recycling is a Great Success!

Mr. Wayne Rathbun, with Waste Management recently presented information on our participation in the new Single Stream Recycling Program. Below are some of the statistics:

Volume by Weight: 2011 April 358,000, May 380,000, June 374,000, and July 342,000
2012 April 598,000, May 532,000, June 502,000, and July 442,000

Levels of Participation: 2011 April 38%, May 38%, June 40%, July 37%
2012 April 76%, May 76%, June 72%, July 60%

(Note: the percentages of participation were estimated based on a visual chart, so they may be more or less than listed above.)

Historical Data with Future Ramifications

From 2004 through 2011, North Little Rock residents recycled over 35,000,000 pounds of material.

At the current rate (January—April 2012), North Little Rock will recycling over 50,000,000 pounds over the next eight years. This represents a 42% increase in recycled material.

Below are items Waste Management recycles:

Fibers: pulp, printing papers, roofing felt backing and newspapers...

Corrugated cardboard (no wax coating) and craft paper

Newspapers including all inserts

Phone Books

Mixed Office Paper, colored ledger paper, computer paper

Magazines, catalogs, junk mail, soft cover books

Paperboard, chip board, SBS board (cereal boxes, shoe boxes)

Mixed residential papers, white ledger paper, non-foil gift wrap, and greeting cards

Shredded paper in clear tied off bags

Metals: aluminum foil, sheet metal, drinking containers, various types of steel...

Household metals—old metal pots, metal pans, metal cookware (no glass tops)

Aluminum foil and pie tins (rinsed)

Empty aerosol cans (hair spray, deodorizer)

Tin-coated steel food and beverage containers

Aluminum food and beverage containers

Rinse all food and beverage containers before recycling to reduce odors and insects, etc.

Other: sleeping bags, drainage culverts, truck bed liners, plastic lumber and fiberglass insulation...

Plastic bottles and containers # 1—7 (including tubs, lids AND caps!)

Mixed rigid plastics (bulk grade plastics—includes laundry baskets, large plastic tubs, containers from potted plants

Aseptic drink boxes, gable top containers (orange juice containers, etc)

Glass food and beverage containers (all colors)

Plastic shopping bags (Wal-Mart and other grocery type bags)

If you are a North Little Rock resident and have a disability which prevents you from getting the wheeled cart to the curb, please contact North Little Rock Sanitation at 340-8345.

If you need more than one recycling cart, contact Sanitation. There is an additional monthly fee for each additional cart per household.





Does your child need glasses?

Some signs that a child may have vision problems:

- Squinting, closing or covering one eye
- Tilting head to one side
- Rubbing eyes repeatedly
- Complaints of headaches when reading or writing
- Dislike or avoidance of close-up work

Sam's Club circular—

Source: Vision Council of America

Exercise at any Age

The physical decline associated with aging is not simply the result of getting older/ it's partly a product of becoming less active as we age. Studies show that older people who engage in regular exercises can turn back the clock by as much as 20 years—in terms of heart and respiratory function, blood pressure, blood sugar, strength, bone density, flexibility, muscle mass and mood—compared to those who get little or no exercise.

Start gracefully

Don't try to make up for years of inactivity overnight. If starting slow means just five minutes of walking, then walk three days a week. Each time you do, walk a little longer.

Try dancing. Start with one class a week, then add or switch to different classes every few weeks.



Water aerobics. Start with one or two classes a week and see if you can add one or two more in the following weeks.

Swimming. Start once a week and add one session every three weeks, working your way up to three or four times a week.

Yoga. Start with one session a week and consider adding an extra session every three weeks, up to three to five days a week.

The Patrick Henry Hays Senior Citizens Center offers many activities. The minimum age to join is 50 and as you can see from the photo they offer a variety of exercise and fun opportunities.

For more information on the Hays Center, call 501-975-4297.

Quick Tips for Managing Stress

Learning how to handle stress can help you stay positive and get the most out of life.

Recognize when you're stressed. Physical signs include neck or back pain, trouble sleeping, muscle tension, and shortness of breath.

Learn to relax. Take a few slow, deep breaths, go for a 10-minute walk, or listen to soothing music.

Concentrate on things you can control. Ask yourself, "Is there anything I can do to change this situation?" If not, try to let it go.

Laugh often. Watch a funny movie, share jokes with friends, look for humor in everyday life!

8:30 A.M. - 10:30 A.M.
OCT. 6, 2012

THE GREAT Arkansas River Cleanup

Let's keep our waterways clean!

Keep North Little Rock Beautiful Keep Little Rock Beautiful Keep Sherwood Beautiful

In participation with the International Coastal Cleanup

Volunteers needed for cleanup crews & data collection!

More details and signup info:
Facebook.com/KNLRB
Contact us at knlrb@aol.com or (501)340-5317



Scan QR code with your smartphone to visit our Facebook page.




Special thanks to Frank Griffin, City Garage for sharing the photo (right) of his daughter Misty 's 4-legged babies.

On the right is Dolly and left is her baby Izzy.

Misty and Dolly

have spent a lot of time running the barrels!

Grandparents Day—the impetus for a National



Grandparents Day originated with *Marian McQuade*, a housewife in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. President Jimmy

Carter, in 1978, proclaimed that National Grandparents Day would be celebrated every year on the first Sunday after Labor Day.

Getting Ready for Fall

—tips from Lowe's Creative Ideas



Get in touch with your inner child and jump into a big pile of leaves.

Fall foliage is beautiful—until you have to rake. Here are four things to do with leaves.

1. Break Down—turn piles of leaves into compost. For best results, shred leaves, then layer with soil, grass clippings, and or other organic material; turn frequently.

2. Mulch It—use your mower to mulch your leaves. Let them decompose and feed the turf, or use them to cover garden beds.

3. Spread Out—use leaves as groundcover for garden beds. They insulate perennials during cold winter months. Pull back from plants in spring.

4. Get Creative—bring colorful leaves inside and use them for craft projects. Press them between the pages of a book and frame or use them to embellish a wreath or flower arrangement.

Plan ahead, plant bulbs in the fall to enjoy beautiful blooms next spring. The best time to plant spring-blooming bulbs is September or October, when soil temperatures have cooled. Place bulbs in well-drained soil. They usually need at least 6 hours of direct sunlight each day. Dig a hole two to three times deeper than the bulb is tall, and then place the bulb in the hole, pointy side up.



Plants and Fall

Fall can be a great time for planting. The cooler weather reduces stress on plants, and



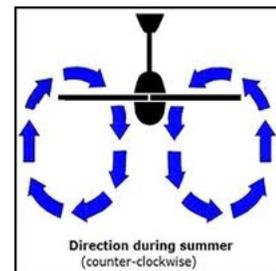
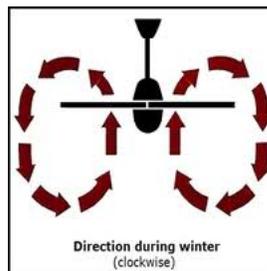
roots can establish themselves for fuller foliage in the spring. Here is a list trees, shrubs, grasses and flowers to plant this fall: Viburnum, cotoneaster, dogwood, and burning bush brighten the bed with their foliage. Sedum, daisies and mums keep the show going—they really pop when backed by ornamental grasses loaded with wildlife-attracting seedheads. Trees and shrubs—Smokebush, Golden Privet, Japanese Maple, Varigated Weigela, Burning Bush, Juniper. Grasses and flowers—Fountain Grass, Mums, Daisy, Pansy, Knockout Rose, Maiden Grass.



Keep drafts at bay with caulk or weather stripping that seals gaps around windows and doors.

Be organized, schedule reminders to change your furnace filters, track purchases, and organize your upcoming projects.

Seal drafty windows in older homes with an insulation kit. The clear film shrinks to fit your window and is easy to install with a hair dryer. Simply remove in the spring.



Change the rotation on your ceiling fans to clockwise in cooler months to push warm air down into the room.



26th Annual
Friendly Chapel Fish Fry
Friday, October 19, 2012
5 p.m. until 8 p.m.

For more information, call 501-371-0912 or visit <http://friendlychapel.org/about/annual-fish-fry/>

Layered Mexican Cornbread Salads

Cornbread Croutons

1 pouch Betty Crocker cornbread and muffin mix
Milk, melted butter and egg called for on mix pouch
1 tablespoon canola oil

Lime-Cilantro Vinaigrette

1/4 cup chopped fresh cilantro leaves
1 clove garlic
1 to 2 teaspoons fresh lime juice (1 medium)
1 tablespoon honey
1/2 teaspoon ground cumin
1/2 to 3/4 cup canola oil
Coarse sea salt and freshly ground black pepper

Salad

1 1/2 cups mixed salad greens
1 can (15 oz) Progresso black beans, drained, rinsed
1 cup chopped tomatoes
1/2 cup chopped red onion
2 avocados, pitted, peeled and chopped
1 mango, seed removed, peeled and chopped
2 red bell peppers, seeded and chopped
1 can (15.25 oz) Green Giant whole kernel corn, drained.

Heat oven as directed on cornbread mix pouch. Make cornbread as directed on pouch, using milk, melted butter and egg. After baking, cut one-fourth of cornbread into cubes; place on ungreased cookie sheet. Toss with 1 tablespoon canola oil. Bake 10 minutes or until edges are browned. Remove from cookie sheet to bowl.

Meanwhile, in blender, place all Vinaigrette ingredients except salt and pepper. Cover; blend well. Stir in salt and pepper to taste.

In 4 (8 oz) jars, layer Salad ingredients starting with mixed salad greens. Top each salad with 2 tablespoons Vinaigrette. Cover jars with lids; shake. Remove lids; top each with cornbread croutons. Cover jars again. Serve salads with slices of remaining cornbread.

If the salads are made ahead and refrigerated for several days, store cornbread croutons separately so they stay dry and crisp.



Beef Enchilada Stack

1 lb lean (at least 80%) ground beef
1/2 cup chopped onion
1/2 medium green bell pepper, chopped (1/2 cup)
1/2 cup Green Giant Valley Fresh Steamers Niblets frozen corn
1 package (1 oz) Old El Paso 40% less-sodium taco seasoning mix
1 can (14.5 oz) diced tomatoes in sauce, undrained
1 can (10 oz) Old El Paso enchilada sauce
9 corn tortillas (6 inch) or 11 oz package of 8 inch flour tortillas for burritos
2 cups shredded Cheddar cheese (8 oz)
1/2 cup sour cream
3 medium green onions, sliced (or chopped—3 tablespoons)

Heat oven to 350°. Spray 9-inch glass pie plate or 9 1/2 inch glass deep-dish pie plate with cooking spray. In a 12 inch skillet or 4 quart Dutch oven, cook beef and onion over medium-high heat, stirring occasionally, until thoroughly cooked; drain. Stir in bell pepper, corn, taco seasoning mix, tomatoes and enchilada sauce. Heat to boiling; remove from heat.

Spread about 1/4 of beef mixture in thin layer in pie plate. Top with 3 tortillas (tortillas will overlap), 1/4 of beef mixture and 1/3 of cheese. Repeat layers 2 more times, starting with tortillas and ending with cheese on top. Pie plate will be very full but should not overflow.

Bake about 30 minutes or until cheese is melted and lightly browned. Let stand 5 minutes before serving. Top each serving with sour cream and green onions.

Makes 6 servings.



Days to observe in September:	
3—Labor Day	21—International Day of Peace
9—Grandparents Day	22—First Day of Autumn
11—Patriot Day 1	26—Johnny Appleseed Day
16—Stepfamily Day	28—Native American Day
17—Constitution Day	September is also National Hispanic Heritage Month
19—Talk Like a Pirate Day	

North Little Rock City Council Schedule

The North Little Rock City Council meets the 2nd and 4th Monday of each month at 7:00 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 Patrick Henry Hays	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 September:



August 27—31—yes
September 3—7 no pickup
September 10-14—yes
September 17-21 no pickup
September 24—28—yes

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, Joe Smith	975-8881
Revenue/Audit, Jerry Reagan	975-8895
Utilities Accounting, David Melton	975-8888



12TH ANNUAL
Hearts & Hooves
Hoedown

October 13, 2012 • 6:00 pm
The Hearts & Hooves Facility



Hearts & Hooves is a 501(c)(3) non-profit entity whose mission is to provide a safe and enjoyable evening for all. We are a 501(c)(3) non-profit entity whose mission is to provide a safe and enjoyable evening for all. We are a 501(c)(3) non-profit entity whose mission is to provide a safe and enjoyable evening for all.

Tickets: \$65 per person or
Buy a table of 6 for \$500 and be listed as a "Supporting Heart" in our program
For more info or to purchase tickets call 501-834-8509

Ticket Price includes:
Dinner, dancing, silent and live auctions and most importantly, a fashion show by our own special equestrians!
Smell the steaks sizzling on the grill, feast your eyes on the horses in the pasture, kick back and enjoy the evening!
This event is entirely volunteer-based; all proceeds go to the benefit of the program.

Can't Attend? Send tax deductible donations to:
Hearts & Hooves
2308 Kellogg Acres Road
Shoewood AR 72120
www.heartsandhooves.com



Music Featuring: Chuck Gatlin and Canvas

RUN AS ONE —

October 20, 2012

This year's Race for the Cure will highlight the incredible spirit of our state and how we unite each October at the Race in the fight against breast cancer. Registration is already underway. If you would like to be on Team North Little Rock, contact Jennifer Johansen at Jjohansen@northlittlerock.ar.gov.

September Employee Birthdays

<i>Name</i>	<i>Dept</i>	<i>Day</i>	<i>Name</i>	<i>Dept</i>	<i>Day</i>		
AARON	HENDERSON	Fire	1	BRIAN	PETTY	Electric	17
BRIAN	OAKLEY	Fire	1	GARRY	MCNALLY	1st Court	17
JOHN	ROBERTS	Code	1	RICHARD	GRAY	Police	17
MARK	FINCH	Electric	1	THOMAS	WADLEY	Code	17
EDDIE	ARMSTRONG III	Admin	2	CAROLYN	BRANCH	Police	18
RONALD	CASH	Vehicle Maint	2	JASON	KNOERNSCHILD	Fire	18
CHRIS	PATTON	Fire	3	MARK	WIGGINS	Police	18
DUDLEY	SCHRADER	Fire	3	MATTHEW	ROEBUCK	Police	18
GARY	GAINES	Traffic	4	THOMAS	BREWER	Parks Maint	18
ROBERT	BROWN JR.	Street	4	BILLY	ROBERTSON	Vehicle Maint	20
BRENDA	WILSON	Electric	5	EBBIE	USSERY	Electric	20
DAVID	PETTIT	Police	5	JOE	SMITH	Commerce	20
KEITH	MCCOURT	Electric	5	RENITA	NOBLE	Electric	20
DON	MAGGARD JR.	Police	6	CLINT	BUTLER	Fire	21
GLINDA	CRAIGMYLE	Admin	6	GREGORY	BLANKENSHIP	Police	21
JAMES	BARTLETT	Electric	6	JIMMY	CROWLY	Electric	22
STEVE	ALLEN	Fire	6	CHARLES	WINSTON	Parks Maint	23
TEMEKA	JONES	Parks & Rec	6	DAVID	BELL	Sanitation	23
ERIC	HEINRICHS	Electric	7	NATHAN	HAMILTON	Admin	23
ROBERTA	MUELLING	OES/911	7	JARED	ATKINS	OES/911	24
CALVIN	REVES	Electric	8	KENNETH	LIVINGSTON	Police	24
KENNETH	HARTNESS	Fire	9	MICHAEL	TREADAWAY	Fire	24
MICHAEL	SANCHEZ	Fire	9	GARY	YIELDING	Police	25
WILLIAM	JONES	Police	9	JACKIE	HALSEY	Electric	25
EARL	MAHANAY	Fire	10	JEN-CHUAN	KING	Police	25
JULIUS	CRAIG	Street	10	KRISTIN	SCHULTZ	UAD	25
ROBERT	HUMPHREY	Public Works	11	CONNIE	BARTLETT	Police	26
WILLIAM	MILLER	Police	11	STEVE	ADAMS	Street	26
COREY	EISENHOWER	Fire	12	GREGORY	BROWN	Fire	27
CAMELLA	MCCOY	Hays Center	13	SIAVASH	MORSHEDI	Police	27
ZACHARY	BROWN	Electric	13	JAMIE	BELL	Electric	28
JEREMIAH	COVINGTON	Police	14	RYAN	HARTWICK	Electric	28
PATRICK	THESSING	Police	14	THOMAS	CROSS	Fire	28
ANTWONE	YOUNG	Sanitation	15	CHADWICK	EDWARDS	Police	29
KIM	FREEMAN	UAD	15	JACOB	MAHAN	Traffic	30
THURMAN	MCKEE JR.	Traffic	15	JONATHAN	STOWELL	Electric	30
MICHAEL	MILLER	Police	16	JOSEPH	MARTIN	Electric	30
SHELLY	DAVIS	OES/911	16	LINDA	JACKSON	Police	30

September Employee Anniversaries

<i>Name</i>	<i>Dept</i>	<i># Years</i>	<i>Name</i>	<i>Dept</i>	<i># Years</i>		
EDDIE	ARMSTRONG III	Admin	1	MATTHEW	ANDERSON	Police	3
DAVID	MILES III	Animal Shelter	9	RICHARD	COUNTS	Police	3
MATTHEW	PRICE	Electric	5	PAUL	CANTRELL	Police	12
JAMIE	BELL	Electric	22	JON	SCHWULST	Police	12
BRIAN	SMITH	Electric	3	BRUCE	MOYSTER	Police	11
THOMAS	TRUSTY	Electric	3	BRIAN	MITCHELL	Police	12
THOMAS	FLETCHER	Electric	13	PHILLIP	HAMMONS	Police	3
ROBERT	BRYSON	Electric	15	KAREN	DIMATTEO	Police	3
RANDY	PRESLEY JR.	Electric	3	JEFFREY	GRAVETT	Police	12
GREGORY	WOODWARD	Electric	22	ASHLEY	MILLER	Police	3
LEONARD	PETTIT	Electric	15	TERRY	SAWYER	Police	3
ROBERT	SISSON	Finance	33	JAMES	FRANKS	Police	17
KEITH	MELTON	Fire	23	BRANDT	CARMICAL	Police	17
CORNELIUS	FENNESSEE JR.	Fire	25	ROBERT	EDISON JR.	Police	17
MARK	THORN	Fire	23	CHARLES	MILES JR.	Police	17
WALLACE	DEREUISSEAU	Fire	25	YANCY	TOLLETT	Police	3
ALEX	GUAJARDO JR.	Fire	19	DAVID	PETTIT	Police	14
CLINT	BUTLER	Fire	25	MICHAEL	SHAHAN	Police	14
ROBERT	BARTON	Fire	25	JERRI	PAGE	Police	28
CARL	WILSON	Fire	18	CARLA	NICHOLS	Police	11
BEAU	BUFORD	Fire	19	JON	FISHER	Police	10
ROY	SANCHEZ	Fire	25	JAMES	NEELEY	Police	10
CHRIS	HALL	Fire	19	TANYA	WARD	Police	10
JON	MILLER	Fire	15	MARK	STEPHEN	Police	10
DANIEL	DELLORTO	Fire	19	VICKI	HUMPHREY	Code	12
TODD	HINK	Fire	19	SHIRLEY	ABEL	Neighbor Srv	17
ALAN	TETKOSKIE	Fire	23	HAROLD	FORD	Sanitation	11
CEDRIC	PAYNE	Fire	25	BILLY	HOPSON	Sanitation	12
MARK	SHOEMAKER	Fire	15	ALTORIA	TUCKER	Sanitation	4
EARL	WATSON	Fire	23	TYRONE	MAYWEATHER	Street	5
KIM	FREEMAN	UAD	35	PAUL	REEVES JR.	Street	24
SUSAN	BURLESON	UAD	2	ANTHONY	BROWN	Street	3
KRISTIN	SCHULTZ	UAD	2	KEVIN	USSERY	Traffic	23
ROSETTA	VAN PELT	UAD	1	THOMAS	EVERETT	Traffic	13
LACY	MOODY	UAD	1	JON	SAVARY	Traffic	35
JAUAN	MASSIE	HR	33	BOBBY	RHOADS	Parks Admin	14
KIMBERLY	FRANCISCO	Police	15	RALPH	KYZER	Parks Maint	19
BRIAN	DEDRICK	Police	15	COREY	GIBBS	Parks Maint	13
JOHN	LYON	Police	13	CHARLES	WINSTON	Parks Maint	2
KARA	BROWNING	Police	14	GLENDA	PARKER	Parks & Rec	18
PATRICK	THESSING	Police	17	GREGORY	GAINES	Parks & Rec	31

*North Little Rock
City Offices
will be
Closed
Monday,
September 4, 2012,
in observance of
Labor Day*

Garbage and trash routes will run one-day delayed all week
(i.e. Monday's pickup will be Tuesday and so on).

Leaves, etc, must be bagged for pickup.
The leaf vacuums won't start running until sometime in November.
For an exact date, call the Sanitation Department at 501-371-8345.

Have a safe and happy Labor Day!

From your friends in the City Clerk's Office
Diane Whitbey, Linda Marshall, Daven McCoy and Katelyn Abel Thomas