

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, 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.

Things you didn't know about Valentines Day

Found at www.goodhousekeeping.com

It the 1300's, it officially became a holiday associated with love and romance.

The holiday was Christianized and celebrated in mid-February because many believed that birds started their mating season on February 14, which is why doves are associated with love.

Saint Valentine wasn't just one person.

In fact, he might have been two or three. But the most common "founder" of Valentine's Day was the Saint Valentine who defied Emperor Claudius II. At the time, Claudius had banned marriage because he thought it distracted young soldiers. Valentine felt a bit differently—he illegally married couples until he was caught. After he was sentenced to death, young couples would visit his cell and give him flowers and cards. And the day he actually died? February 14. Allegedly. There have been multiple St. Valentines throughout history, including one pope. (He only served for 40 days in 827 A.D.)

The first valentines were sent in the 15th century.

But not until the 17th century did people start exchanging cards and letters. And Valentine's Day cards weren't mass-produced until the 1840s.

Today, it's pretty big business.

About 55% of Americans celebrate Valentine's Day and spend an estimated \$18.2 billion a year, including more than \$1.7 billion on candy alone. On average, men spend \$150 on Valentine's Day. And the women? Just \$74.

Americans send 141 million Valentine's Day cards each year.

That's more than any other holiday except Christmas. And how sweet: Teachers receive the most Valentine's Day cards annually, followed by children, mothers, and wives.

Nearly 9 million Americans will buy gifts or cards for their dogs.

The most popular gift on Valentine's Day is flowers.

Followed by chocolate and then jewelry...Americans send more than 220 million roses each year, and as many as six million couples will get engaged on February 14. (February is the second most popular month after December for proposals.)

The first heart-shaped box of chocolates was introduced in 1868.

Today, more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate.

Necco Sweethearts—aka conversation hearts—were invented in 1866.

Each box has approximately 45 sayings—including "True Love," "Hug Me," and "You Rock." More than 9 billion conversation hearts are manufactured each year. And Necco has to start making them just days after February 14 to have enough in time for the next Valentine's Day! That's almost 100,000 pounds per day. They have a shelf life of five years.



"Where's Mel"? Be the 1st person to call 975-8617 and tell us where you found him hiding in the newsletter and win a prize!

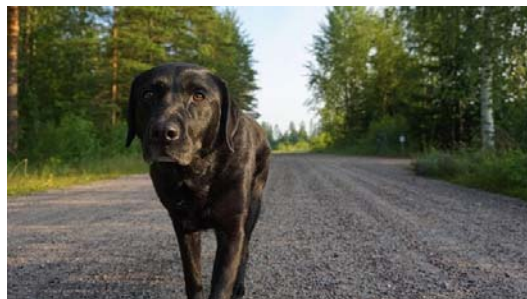
North Rock
Animal Control
 more information call
501-791-8577

Preventing lost pets

Found at www.animalhumanesociety.org

There are several steps you can take to keep your pets safe and reduce the likelihood that they'll become lost or stolen.

1. Your pet should wear a collar and ID tags at all times. Include an up-to-date phone number where you can be reached. ID tags can be purchased at pet supply stores and online.
2. Have your pet microchipped. Microchips are an implanted form of identification equipped to access your contact information when scanned at a veterinary clinic or shelter.
3. Spay/neuter your pet. Every day, 70,000 puppies and kittens are born in the United States. Most of them are unwanted and will be abandoned, often brought to a shelter or rescue organization. Spay/Neuter effects dramatically reduce the number of animals in need of homes. Studies have shown that sterilized animals are less likely to roam. Spaying or neutering your pet also improves health and wellness and diminishes certain undesirable behaviors.
4. Keep them safe when you're out and about. Animals love the outdoors but it is our responsibility to protect them. Always leash your animals when outside. Keep them close to home and away from traffic, unfamiliar animals and those who may not concern themselves with your pet's best interests.
5. Leave them comfortable at home. Never leave your dog leashed outside a store or unattended in a car, even if it is locked or the windows are rolled down.



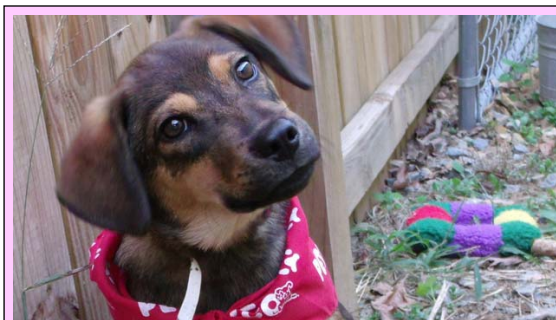
You can also keep your dog safe in your home by putting gates or storm doors on exterior door, preventing a dog from bolting.

Don't forget the door to the garage, where the garage door may be open.

If gating isn't an option, consider using an exercise pen to block escapes and for an added layer of protection.

We hope it never happens, but if your pet gets lost, be sure you have current photos. There are a number of social media pages

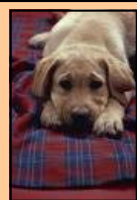
where you can post pictures, a description, your information and more to help bring your fur baby back home.



The North Little Rock Animal Shelter is full and in desperate need of your help! Please consider adopting your next puppy, kitten, dog or cat. Shelter pets have tons of love to share.

Won't you consider giving one a chance to be a member of your

family. Can't adopt a pet, then consider making a donation to cover the cost of spaying or neutering for some else.



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

Our shelter is full of dogs, cats, puppies and kittens in need of a forever home. Please consider adopting a shelter pet for your next pet.

Please Don't Litter
Spay or Neuter
Your Critter




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

Home Maintenance Checklist

—found at www.bhg.com

Home Maintenance Basics

Like a health physical, routine maintenance is important for every home's upkeep and well-being. Continuing to check up on your exterior, appliances, heating and cooling, plumbing, security, and electrical systems will help prevent breakdowns, save money, and keep your home looking its best.

Monthly Home Improvements

Inspecting your home and completing monthly home improvement projects will keep your maintenance schedule on track and easier to manage. A comprehensive monthly home improvement checklist is easy to implement, both in terms of time and money. Here is a list of basic monthly home improvements:



- Clean the furnace filter to remove dust build-ups, make it easier to regulate your home's temperature, and ultimately decrease utility bills.
- Check the water softener and replenish salt if necessary.
- Clean faucet aerators and showerheads to remove mineral deposits.
- Inspect tub and sink drains for debris; unclog.

Seasonal Home Improvement: Fall Maintenance Checklist (so this one is a little late, but can still be done!)

Before you start your seasonal home improvement tasks, examine both the interior and exterior of your home. Most of these home maintenance items can be accomplished without the help of a professional, but it's always better to be safe and call for assistance if a home improvement project is beyond your abilities. Here are our seasonal home improvement recommendations for fall and spring:

- Rake leaves and aerate the lawn.
- Have forced-air heating system inspected by a professional. Tip: schedule this inspection in late summer or early fall before the heating season begins.
- Check fireplace for damage or hazards.

- Seal cracks and gaps in windows and doors with caulk or weather stripping; replace if necessary.
- Swap old, drafty windows for more energy-efficient models.
- Touch up exterior siding and trim with paint.
- Inspect roofing for missing, loose, or damaged shingles and leaks.
- Power-wash windows and siding.
- Remove leaves and debris from gutters and downspouts.
- Mend cracks and gaps in the driveway and walkway.
- Drain and winterize exterior plumbing.
- Have fireplace professionally inspected.
- Tune up major home appliances.
- Repair or replace siding.
- Replace the batteries in smoke and carbon monoxide detectors. Install a smoke detector on every floor of your home, including the basement.
- Clean the carpets.
- Clean window and door screens.
- Vacuum lint from the dryer vent.
- Inspect exterior door hardware; fix squeaky handles and loose locks.
- Check for frayed cords and wires.

Seasonal Home Improvement: Spring Maintenance Checklist

- Inspect roofing for missing, loose, or damaged shingles and leaks.
- Change the air-conditioner filter.
- Clean window and door screens.
- Polish wood furniture, and dust light fixtures.
- Refinish the deck.
- Power-wash windows and siding.
- Remove leaves and debris from gutters and downspouts.
- Replace the batteries in smoke and carbon monoxide detectors.
- Have a professional inspect and pump the septic tank.
- Inspect sink, shower, and bath caulking for deterioration.
- Vacuum lint from the dryer vent.

By keeping your home and surroundings clean and in shape, you are also reducing the chance of other issues including fire, trip and fall hazards, water damage and more.



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 (December events).

Hays Center—40 new members. 8,354 visits for the month. Hosted a Rummage Sale for members, Medicare 101 seminar, “Flavors From Around the World Cooking Class, Christmas party for members and Good Morning Arkansas TV segment featured a paper tree craft. Provided 13 trips: Eureka Springs for tea at Crescent Hotel, Pine Bluff, Garvan Woodland Gardens and Sherwood to see Christmas lights. Transported Public Senior Housing residents to medical appointments and grocery store. Hays Center volunteers logged 896 hours.

Electric Customer Service—Bad debt—\$23,884, New accts—902, Finaled accts—923. Customer calls—7,842. Direct contact: 1,335 inside teller payments: 7,323 Electric; 7,428 Gas/Water. Drive thru: 3,948 Electric; 4,355 Gas/Water. Online: 7,948.

Street Department—cutting and cleaning ditches citywide. Finishing alley ways. Continue to check drains—flushed and cleaned 36.

Sanitation—Collected and disposed of 1,743.47 tons (3,486,940 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 168 loads; 4,387.6 cubic yards of green waste. Loose leaf crews collected 133 loads (4,374.33) cubic yards of mulched leaves. Picked up 274 tires. 67 Waste Management related complaints. Issued 116 Sanitation Code violation letters and 2 citations. Picked up 467 waste tires.

Traffic Services—approved 103 barricade applications for permits. Repaired or replaced 191 signs and posts, marked 2 city vehicles with logo, 50 Arkansas One Call location requests.

Police—Crime numbers for November show increases and decreased in key areas. Property crime is down 4% overall but violent crime is up due to increases in robberies and aggravated assaults. Burglaries were down from last year. Vehicle thefts were up. The main issue continues to be vehicles left unlocked with the keys either in the ignition or somewhere else within the vehicle. Residents are encouraged to ALWAYS lock their vehicles and not leave anything of value inside. The Shop With A Cop program provided Christmas to 70 children. Officers also provided gifts and food baskets to needy families for the holidays.

Fire—Total incidents—1,114
Total Unit Responses—1,956
Residential Fires—14
Other fires—0
Vehicle Fires—7

False Alarms/Malfunctions—70
Rescue/Emergency Medical—656
Mutual Aid—5
Hazardous Material Response—15
Structure Fire fatalities—0
Vehicle fire fatalities—0
Training hours—3,644
Total Building Surveys—183

Office of Emergency Services/911—

Total incoming calls: 14,194
Non-911 calls: 6,218
Wired 911: 859 Abandoned Wired 911: 111
Wireless 911: 6,220 Abandoned Wireless: 599
Total dispatch computer entries: 8,977

Planning—reviewed 4 new commercial projects (\$1,369,285)—Pointe at North Hills, Office Building on Northshore, RV Storage on North Shore and BAPS Activity Center on Pritchard, 8 commercial remodel projects and issued 8 new single family residence permits (average \$121,584). Also issued 9 Sign permits and 0 Banner permits. Inspectors completed 424 inspections and covered 4,035 miles: 168 Electric; 72 Building; 110 Plumbing; 74 HVAC. Department has completed imaging all zoning, special use and conditional use files. Working on 2020 Census.

Electric Department—38,579 customers, Peak Power—132,524 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,049 (121 repaired), Security lights—4,225 (24 repaired), Smart meters—39,401, Revenue—\$5,786,018. No major outages reported.

Code Enforcement—53 assigned calls, 301 initiated calls, 38 citations, 195 violation notices, 47 vehicles tagged, 113 structures inspected, 24 rental inspections, 9 food service inspections, 1 search warrant, 5 houses demolished by city, 1 house demolished by owner. Code Maintenance—95 assigned calls, 40 vacant lots cleaned, 2 lots with structures cleaned, secured 3 vacant houses, vacant lots mowed—0, lots with structures mowed—0.

North Little Rock Convention & Visitors Bureau—Visitors Information Center in Burns Park had 656 visitors in December. Downtown RV Park had 279 reservations/average stay 3.6 days. The Arkansas Inland Maritime Museum had 1,063 visitors.



Continued page 5

North Little Rock Animal Control

Incoming animals—118/YTD-1,998

Adoptions—34/YTD-651

Reclaimed—15/YTD-278

Euthanized—45/YTD-994

Citations issued—35/YTD-378

Dogs/cats sterilized—35/YTD-652

Calls for service—446/YTD-7,452

Pulaski County (accepted at NLR)

Incoming Animals—83/YTD-1,197

Adopted—21/YTD-236

Reclaimed—10/YTD-74

Euthanized—39/YTD-817

YTD=Year to date

Howl-a-Day Stocking event provided every dog and cat their own Christmas Stocking. No adoptable dogs** were euthanized for space, however several cats were. ****Non-adoptable animals are those that are sick, injured, unweaned (puppies and kittens), vicious, court ordered or by owner request.****

Reminder! Please consider adopting from a shelter! Shelter pets make great additions to any family! And **PLEASE** spay or neuter your pets!

Finance—December

Revenues (MTD)

Numbers were not available due to end of the year.



*Happy Valentine's Day
from the
All of us to all of you!*

Shelley's Crunchy Lettuce Salad

Shelley Ussey, City Clerk/Treasurers Office

4 Tblsp butter

1 pkg Chicken flavored Ramen Noodles—crumbled

1 cup chopped pecans

1/2 cup red wine vinegar

1 cup sugar

3 Tblsp Soy Sauce

1 cup canola oil

Salt and pepper to taste

Lettuce—Romaine, green, red—whatever

Broccoli (chopped)

Mandarin oranges, large can drained (optional)



Topping: melt butter and *slowly* sauté crumbled Ramen noodles and pecans. Sprinkle Ramen Noodle seasoning packet over mixture while browning.

Dressing: heat vinegar in microwave about 30 seconds. Add sugar and stir. Keep heating in 30 second increments to get the sugar to dissolve (do not over heat). Add soy sauce, oil, salt and pepper. Refrigerate. This has to be cold to emulsify. Also, it makes enough dressing for several salads.

Salad: tear lettuce and combine with broccoli and green onions.

To assemble: top lettuce with topping (above) and dressing (above) just before serving.

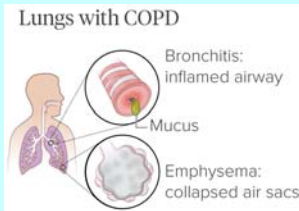
Note: this salad will wilt quickly and does not store well, so eat it all up when you mix it!

Know the Facts

Tobacco Use and COPD

Found at the Arkansas Department of Health Tobacco Prevention Cessation Program

Chronic Bronchitis and Emphysema are different symptoms of **Chronic Obstructive Pulmonary Disease**



Women tend to develop more severe COPD at younger ages than men who smoke the same amount

Long-term exposure to secondhand smoke can cause COPD

The main cause of COPD is smoking, COPD has no cure.

Know the Facts

Tobacco Use and Asthma

Found at the Arkansas Department of Health Tobacco Prevention Cessation Program



Asthma affects 5—10% of all Americans

The disease can start at any age and is common in children

Secondhand smoke can increase the risk that children will develop asthma

Smoking makes asthma difficult to control, resulting in more severe and frequent attacks, hospitalizations, and emergency room visits.

Quitting smoking improves lung function and improves response to asthma treatment.

Know the Facts

Smokeless Tobacco

Found at the Arkansas Department of Health Tobacco Prevention Cessation Program



Smokeless tobacco has at least 28 cancer causing chemicals

In 2014, flavored products like menthol, apple, berry blend, peach, vanilla, and citrus blend, made up about 60% of all snuff sales.

Smokeless tobacco users are 80% more likely to get cancer in the mouth and 60% more likely to get cancer of the throat or pancreas.

Greater risk for low birth-weight preterm delivery, and stillbirth.

Know the Facts

Oral Health

Found at the Arkansas Department of Health Tobacco Prevention Cessation Program

Smokeless tobacco is harmful to teeth and can cause tooth wear.

Mouth cancer deaths are linked to smokeless tobacco.

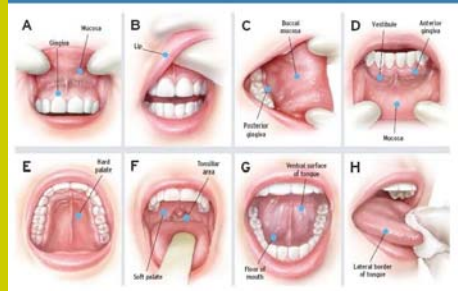
Loose snuff, packaged snuff, and other types of smokeless tobacco cause irreversible receding of the gums.

Oral Lesions are white spots or patches in the mouth or on the tongue that do not rub off.

Most harmless lesions will heal after quitting smokeless tobacco

Oral liaisons are formed as a response to an irritant and can be harmless or have cells that could turn into cancer. A doctor can test to find out the diagnosis.

The 8-Step Oral Cancer Screening



Information on this page was provided by the Arkansas Department of Health Tobacco Prevention and Cessation Program.

For more information, visit www.stampoutsmoking.com or #StampOutSmoking

If you are interested in information about how to quit, call 1-800-Quit-Now (1-800-884-8669).



Arkansas Department of Health

Did you know Heart Attacks have beginnings?

The information below was found in a brochure provided by the Arkansas Health Department. It was published by the Society of Cardiovascular Patient Care

- Like other diseases, heart attacks have early signs and symptoms.
- These “beginnings” occur in over 50% of patients.
- However, if recognized in time, these “beginnings” can be treated before the heart is damaged.

What is EHAC? Early Heart Attack Care (or EHAC) education asks you to learn the signs and symptoms of a heart attack so you can become an active bystander to save a life—even if it's yours. Why?

- Over 800,000 people die in the US every year from a heart attack
- On average, 50% of those patients displayed, but ignored, the warning signs

Learn the early signs & symptoms

Someone may experience any or all of these symptoms. When they start, they can be mild or come and go. Over time, the symptoms and pain increase until the victim collapses.

- Feeling of fullness
- Pain that travels down one or both arms
- Jaw pain
- Excessive fatigue
- Anxiety
- Nausea
- Back pain
- Shortness of breath
- Chest pressure, squeezing, aching, or burning

Did you know? 85% of heart damage occurs within the first two hours of a heart attack. EHAC is knowing the subtle danger signs of a heart attack and acting upon them immediately—BEFORE HEART DAMAGE OCCURS.

What are the risk factors? These are the general risk factors. Discuss your risk for a heart attack with your doctor.

- Chest pain, pressure, burning, aching or tightness—it may come and go



- A family history of cardiovascular disease
- High blood pressure
- Overweight or obese
- Sedentary lifestyle
- Using tobacco products
- Metabolic disease, diabetes, or other illnesses
- For women, it can include birth control pills a history of pre-eclampsia, gestational diabetes or having a low birth weight baby

What is the difference? Men vs Women

Heart attack symptoms can be different between men and women. Why does it matter? Women are less likely to seek immediate medical care and are more likely to die.

- Men normally feel pain and numbness in the left arm or side of chest, but in women, these symptoms may appear on the right side.
- Women may feel completely exhausted, drained, dizzy or nauseous.
- Women may feel upper back pain that travels up into the jaw.
- Women may think their stomach pain is the flu, heartburn or an ulcer.

What are Atypical Presentations? In an atypical presentation, the signs and symptoms are different. How? The patient may not complain about pain or pressure in the chest. Be alert for the following:

- A sharp or “knife-like” pain that occurs with coughing or breathing.
- Pain that spreads above the jawbone or into the lower body.
- Difficult or labored breathing.

What should we do?

Learn the early signs and symptoms. Visit your doctor and discuss your risk.

Be alert.

If a heart attack occurs, call 9-1-1.



Your Health

Do I have acid reflux?

Found in City & Town, January 2018,
a publication of the Arkansas Municipal League
By Benjamin Tharian, M.D.

Feeling heartburn after you eat? Have a tinge of an acidic taste in your mouth? Do you experience general stomach discomfort? You could be among millions of Americans who have acid reflux or its more severe form called gastroesophageal reflux or its more severe form called gastroesophageal reflux disease (GERD).

Acid reflux occurs when acid produced in your stomach regurgitates into your esophagus. For most people, this causes heartburn, the most common symptom of acid reflux.

The American College of Gastroenterology found in 2011 that 60 million Americans reported heartburn at least once a month. About seven or eight million Americans reported heartburn at least three times a week, which is a sign of GERD.

Seeking treatment for GERD is important, as some have developed a condition known as Barrett's esophagus, a serious complication that increases the chances of esophageal cancer. In Barrett's esophagus, the tissue that lines the esophagus, which carries food from the mouth to the stomach, changes to resemble the lining of the intestine.

When your stomach gates fail

Acid plays a crucial role in your stomach's digestive process. You'll typically produce about 1.5 liters of gastric content each day. Normally, this is contained, thanks to a set of "gates."

*Did you know 1.5 liters
= 6.34013 US cups*

First, there's the lower esophageal sphincter that opens only for food to pass into the stomach. The sphincter can work improperly and remain open, causing reflux to enter the esophagus.

Secondly, the esophagus passes through an opening in the diaphragm to get to the stomach. The diaphragm, which helps with breathing, also enhances the sphincter by pinching it. A common cause of acid reflux is hiatal hernia, which occurs when the opening is weak and the upper part of the stomach slips into the chest.

What are the symptoms?

While the most common symptom of acid reflux is heartburn, many patients never complain of it. Others may experience a change in their voice or hoarseness similar to laryngitis, or some may only experience a dry cough or wheezing and mimic asthma. The other major symptoms are difficulty swallowing, feeling of a lump in the throat and worsening dental disease.



There are many risk factors associated with acid reflux, but our diet and eating habits play the biggest roles. If you're eating large meals before bed or consume a lot of chocolate, excessive caffeine, alcohol, peppermint, spicy or fatty foods that produce more gastric secretions, don't be surprised if you have acid reflux as they also relax the sphincter.

Eating a large meal before bed leaves little time for digestion before lying down. Lying flat in the bed can allow gastric acid to travel up the esophagus rather easily. It's best to eat your last meal a few hours before bedtime, as well as try to keep your meals frequent and light. Being overweight or obese can also aggravate acid reflux. Stress, pregnancy, alcohol, soda, coffee, and certain medications increase reflux.

How do I treat it?

Your family doctor would be able to help and guide you most often. For an occasional bout with heartburn, over-the-counter antacids could relieve the discomfort. Dietary and lifestyle changes would work for most. This includes losing weight, raising the head end of the bed by up to eight inches, consuming small frequent meals, and avoiding triggering foods.

For more frequent or severe symptoms not responding to the above, such as trouble swallowing, weight loss, or family history of esophageal cancer, you should see a gastroenterologist (GI doctor).

Acid reflux can be quite an inconvenience; however, knowing the symptoms, ways to prevent it, and finding the right treatment option for you can make acid reflux a thing of the past.

Benjamin Tharian, M.D., is Assistant Professor, Division of Gastroenterology and Hepatology, College of Medicine, University of Arkansas for Medical Sciences.

President's Day



*North Little Rock
City Offices will be closed
Monday, February 19, 2018*

*In Observance of
President's Day*

Calories

The information below was found at www.healthline.com/nutrition

How many should you eat on average?

An average woman needs to eat about 2,000 calories per day to maintain, and 1,500 calories to lose one pound of weight per week. An average man needs 2,500 calories to maintain, and 2,000 to lose one pound of weight per week.

However, this depends on numerous factors: age, height, current weight, activity levels, metabolic health and several others.

What are calories?

A calorie is a unit that measures energy. Calories are usually used to measure the energy content of foods and beverages. In order to lose weight, you need to eat fewer calories than you body burns each day.

How to reduce calorie intake without starving yourself

Calories are simply a measure of energy.

It is known that in order to gain weight, more calories need to be entering your body than leaving it.

Conversely, if more calories leave your body than enter it, then you lose weight.

That being said, just cutting calories without regards to the foods you eat is usually not a sustainable way to lose weight.

Although it works for some people, the majority of people end up hungry and eventually give up on their diet.

For this reason, it is highly recommended to make a few other permanent changes to help you maintain a calorie deficit in the long term, without feeling starved.

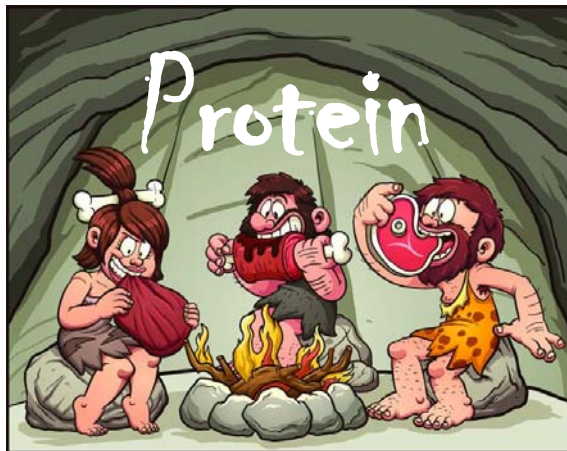
Here are 5 diet/lifestyle changes that have been shown to help people lose weight in numerous studies.

1. Eating more protein can reduce appetite, cut-cravings by 60% and increase the amount of calories you burn.

When it comes to losing weight, protein is the king of nutrients. Adding protein to your diet is the simplest, most effective and most delicious way to lose weight with minimal effort.

Studies show that protein both increases your metabolic rate and helps curb your appetite. Because protein requires energy to metabolize, a high protein diet can increase calories burned by up to 80 to 100 calories per day.

Protein is also the most filling nutrient. One study showed that people who ate 30% of calories as protein automatically ate 441 fewer calories per day. In other words, you can easily increase calories out and reduce calories in...just by adding protein to your diet.



Protein can also help fight cravings, which are the dieter's worst enemy. In one study, 25% of calories as protein reduced obsessive thoughts about food by 60% and cut the desire for late-night snacking by 50%.

If you want to lose weight, sustainably, with minimal effort, then consider making a permanent increase in your protein intake. Not only will it help you lose, it will also prevent or at least significantly reduce weight regain, in case you ever decide to abandon your weight loss efforts.

2. Avoid sugary soft drinks (and fruit juices), the most fattening items in the modern diet.

Another relatively easy change you can make, is to eliminate liquid sugar calories from your diet. This includes sodas, fruit juices, chocolate milk and other beverages that have sugar in them. These "foods" are probably the most fattening aspect of the modern diet, by far. This is because liquid calories don't get "registered" by the brain in the same way as solid calories. For this reason, drinking sugary soda doesn't make your brain automatically compensate by having you eat less of other things instead.

Studies have shown that sugary drinks are strongly linked to an increased risk of obesity, with one study in children showing a 60% increased risk for each daily serving of a sugar sweetened beverage.

The harmful effects of sugar go way beyond weight gain. It can have disastrous effects on metabolic health and raise your risk of all sorts of diseases.

Although small amounts of natural sugars from foods (like fruit) are fine, large amounts from added sugar and sugary drinks can be an absolute disaster.

3. Drinking more water can help with weight loss.

One very simple trick to increase weight loss is to drink more water. This can increase the number of calories you burn for up to 90 minutes.

Drinking about 2 liters (68 ounces, or 8 glasses) of water per day can make you burn about 96 more calories per day.

When you drink water may be even more important, because having it before meals can help reduce hunger and make you automatically eat fewer calories. In one study, drinking a half liter (17 ounces) of water a half hour before meals made people lose 44% more weight over a period of 12 weeks.

When combined with a healthy diet, drinking more water (especially before meals) does appear to be helpful if you need to lose weight.

Caffeinated beverages such as coffee and green tea are also excellent. The caffeine in them can boost metabolism somewhat, at least in the short term.

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4. **Do some Exercise and Lift Weights**

When we eat fewer calories, our bodies compensate by making us burn less. This is why long-term calorie restriction can significantly reduce metabolism. Not only that, but it can also lead to loss of muscle mass. Muscle is metabolically active, so this can reduce metabolism even further.

Pretty much the only proven strategy to prevent this from happening is to exert your muscles by lifting weights. This has been repeatedly shown to prevent muscle loss and prevent your metabolism from slowing down during long-term calorie restriction.

Of course, we don't want to just lose fat...we want to make sure that what is beneath also looks good! If you can't get to a gym, then consider doing some body weight exercises like push ups, squats, sit ups, etc. Doing some cardio like walking, swimming or jogging can also be important. Not so much for weight loss, but for optimal health and general wellbeing.

Exercise also has a plethora of other benefits that go way beyond just weight loss...such as longer life, lower risk of disease, more energy and feeling better every day!

5. **Reduce carbohydrate intake, especially refined carbs and sugars**

Cutting carbs is a very effective way to lose weight. When people do it, their appetite tends to go down and they eat fewer calories automatically. Studies have shown that eating a low-carb diet until fullness can make you lose about 2—3 times as much weight as a calorie restricted low-fat diet. Not only that, but low-carb diets also have all sorts of other benefits for health, especially for people with type 2 diabetes or metabolic syndrome.

If you don't want to go low-carb, that's fine too. Just make sure you eat quality, fiber-rich carbohydrate sources...from whole, single ingredient foods.

If you stick to real foods, the exact composition of your diet becomes less important.

Combating crepe myrtle bark scale

*Found in City & Town, January 2018,
A publication of the Arkansas Municipal League*

By Chandler Barton

The scale insect *Eriococcus lagerstroemia* is an invasive pest of crepe myrtles, causing the condition known as crepe myrtle bark scale, or CMBS. The bug likely originated in China, Japan, and Korea. It was first discovered in 2004 in Richardson, Texas, and has since spread into the surrounding region. It can be found in some areas of Arkansas, including Texarkana and Little Rock in particular.

Identification and lifecycle

CMBS is the only scale insect to appear on crepe myrtles in the United States. Infected trees may take a black appearance. This is caused by the growth of sooty mold on the honey dew that is secreted by the pest. Adult females are 2 mm long, white/gray, and are covered in a felt-like shell. The adult will mother several dozen pink eggs, which will hatch into the "crawler" nymph stage. These crawlers will disperse. As the female crawler matures it chooses a feeding location and becomes immobile. Males will develop wings and mate with females that have now produced the characteristic felt-like covering. Though not yet determined, CMBS may have two to four generations per year in Arkansas.

Dispersal Since CMBS females do not move and the crawler stage is only capable of short movement, it does not spread from the plant on its own. It can, however, be moved locally by birds or wind and it may be spread long distances by movement of infested material.

Control There are several control options available for this insect. Some organic approaches are effective as



well. Ladybird beetles, such as the twice stabbed lady beetle (*Chilocorus stigma*), can offer some natural bio-control against the scale, and care should be taken not to harm a beetle population.

The first step to consider when treating a smaller tree is to simply wash the bark with a soft brush and a mild solution of dish-washing soap. Small branches should be pruned prior to brushing so that crevices can be reached. The brushing can physically remove scales and crawlers, kill some of the scales in crevices, and remove sooty mold. Plus, it may make insecticide treatments more effective.

To treat larger trees or for multiple trees, pressure washing equipment can aid in the removal of CMBS. However, it is important to find the appropriate pressure that will not damage the tree.

An application of horticultural or dormant oil will kill scales in crevices and under bark where brushing may not be effective. This is best used against the crawler life stage and therefore, should be sprayed after leaf drop in fall and again in late winter before bud break.

Soil-applied systemic insecticides are the most promising control. Between May and July, apply a soil drench with the active ingredient imidacloprid (Bayer Advanced™ Garden Tree and Shrub Insect Control) or dinotefuran (Greenlight Tree Shrub Insect Control with Safari). Read and follow the label instructions.

For more information, consult with your local University of Arkansas Cooperative Extension Service agent, or visit the publications page at www.uaex.edu.

Chandler Barton is Forest Health Specialist with the Arkansas Forestry Commission. Contact Chandler at 501-297-1581 or email Chandler.Barton@arkansas.gov.

2018 municipal election dates at-a-glance

Found in City & Town, a Publication of the Arkansas Municipal League—January 2018

Filing Dates

- Primary election—from noon Thursday, February 22 until noon Thursday, March 1.
- Independents for General Election—from Friday, July 27 until noon Friday, August 17.

Election Dates

- Preferential Primary Election—Tuesday, May 22.
- Primary Election (runoff)—Tuesday, June 19.
- General Election—Tuesday, November 6.
- General Election (runoff)- Tuesday, December 4.

Political Practice Pledge and Affidavit of Eligibility

- For candidates in Preferential Primary Election—from noon Thursday, February 22 until noon Thursday March 1.
- For independent candidates—from July 27 until Friday, August 17.

Financial Disclosure Statements

- Incumbent officeholders—Wednesday, January 31.
- Non-incumbent primary candidates—Monday, March 5.
- Non-incumbent candidates—Monday, August 20.

The following North Little Rock Elected Positions will be up for election this year:

City Attorney, City Council Member Ward 1—Position 2, Ward 2—Position 2, Ward 3—Position 2, and Ward 4—Position 2.



Municipal Officials from around the state have the opportunity to participate in a voluntary Certified Continuing Education Program through the Arkansas Municipal League. The purpose of the program is to increase municipal officials knowledge of local governance through a curriculum of core courses and continuing education courses which cover municipal basics, budget preparation, personnel matters and more. Officials who have completed the 21 hours of core curriculum must obtain 6 hours of continuing education to maintain their certification.

Congratulations to North Little Rock City Council Member Steve Baxter and North Little Rock City Clerk / Treasurer Diane Whitbey. Both were recognized as Certified Municipal Officials through the Arkansas Municipal League in January, 2018.

Congratulations to Council Members Debi Ross and Murry Witcher who were recognized for Continuing Education for Municipal Officials.



*Please join members of the
North Little Rock Woman's Club
as they celebrate their
60th Anniversary
Thursday, March 15, 2018
5—7 p.m.*

*Patrick Henry Hays Senior Citizens Center
401 West Pershing Boulevard*

**North Little Rock Lions Club
Annual Bob Moore Memorial Fish Fry**

Friday, April 20, 2018
Pond Raised Catfish
and Breaded Chicken Strips
With All The Trimmings
Serving 4:30PM Until 7:00PM



Burns Park Hospitality House In North Little Rock
Adults: \$12 Children Under 12: \$10.00
Tickets Available at the Door or from any club member



We Serve

Since 1917, Lions clubs have offered people the opportunity to give something back to their communities. From involving members in local projects such as cleaning up an area park or as far reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community.

Closing for the upcoming holiday

North Little Rock City Offices will be **closed** Monday, February 19, 2018, in observance of Presidents Day
Garbage, trash and recycling routes will run as scheduled all week (no delay).



**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: 1/2/18
Expires: **3/31/18**



Sex: Male
Eyes: Brown
Hair: Dun
Height: 15 hands
Employer: **Equine sunglasses**
Type of Goods Sold: **Sunglasses for horses**

City Clerk and Treasurer Diane Whitbey
By: **SAMPLE ONLY**
only valid with signature

Deputy City Clerk / Treasurer, Revenue

Question: *If someone comes to my home selling Cable TV subscriptions, are they required to have a door-to-door peddlers permit?*

Answer: Yes. Anyone going door to door in the North Little Rock City Limits is required to have a peddlers permit and ID issued by the City Clerk's Office.

North Little Rock History Commission



If you or someone you know has items of a historical interest (photos, newspaper clippings, keepsakes, etc.) to City of North Little Rock, please consider donating them to the NLR History Commission.

For more information, call 501-371-0755 or email nlrhistory@comcast.net.

Leaf Vacuums!

Are back on the streets. For locations, please call 501-371-8340 or visit our website at www.nlr.ar.gov, then click on the Government Tab, then scroll down the A-Z Department List to Sanitation and look for the Leaf Vacuum status.

If you don't want to wait, bag your leaves and they will be picked up weekly with your yard waste.



The North Little Rock Convention & Visitor's Center wants to know about your upcoming events! To submit events, visit www.NorthLittleRock.org or call Stephanie Slagle, Public Relations Representative at 501-758-1424.

Reminder to residents:

If someone comes to your door, you do not have to answer or let them in. If someone comes to your door and makes you uncomfortable please call the police. If someone comes to your door and is unable to produce an ID issued by the City of North Little Rock City Clerk and Treasurer's Office (similar to the example on this page), please call 501-758-1234.

In all cases, if you call please provide a description of the person, location and vehicle description and license number if possible. You can also call the North Little Rock City Clerk/Treasurer's Office Monday through Friday 8:00 a.m.—4:30 p.m. to verify any business license or peddlers permit in our city at 501-975-8617.

As of February 1, 2018, the following door to door peddler was licensed in the city of North Little Rock.

Melvin H. Jackson—Legal Shield
Expires 4-5-2018

To see a list of issued permits, visit the city website at www.nlr.ar.gov, then click on City Clerk/Treasurer, followed by Licensed Peddlers.

To see an individual ID/Permit, click on the person's name. All licensed door to door peddlers are **required to have the ID issued by the City Clerk's Office with them at all times.**

North Little Rock City Council Schedule

The North Little Rock City Council meets the 2nd and 4th Monday of each month at **6:00 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 501-975-8617 or email Diane Whitbey at Dwhitbey@nlr.ar.gov.

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

City Offices located at 120 Main

IS/Data Processing, Kathy Stephens	975-8820
Finance, Karen Scott	975-8802
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Shawn Spencer	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, Terrell Milton	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 Ron Harris	804-0928 758-2877
Ward 4	Murry Witcher Charlie Hight	835-0009 758-8396

Utility Payment Assistance and Other Numbers

Central AR Development Council.....	501-603-0909
Little Rock Catholic Charities...	501-664-0640 ext 459
Saint Francis House.....	501-664-5036
Watershed.....	501-378-0176
Helping Hand of Arkansas.....	501-372-4388
River City Ministries.....	501-376-6694
Arkansas Metro.....	501-420-3824
Arkansas Food Bank.....	501-565-8121
American Red Cross.....	501-748-1021
Salvation Army.....	501-374-9296

Other Elected Officials

Mayor Joe A. Smith	975-8601
City Clerk/Treasurer Diane Whitbey	975-8617
City Attorney Amy Fields	975-3755
District Court Judge Randy Morley	791-8562
District Court Judge Paula Juels Jones	791-8559

Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Communications.....	501-975-8833
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Fit 2 Live.....	501-975-8777
Isaac Henry	
Special Projects.....	501-975-3737
Jim Billings	

North Little Rock Curbside Recycling
schedule for the month of February

Jan 29-Feb 2 NO

Feb 5—9 Recycle

Feb 12-16—NO

Feb 19—23 Recycle

Feb 26—Mar 2 NO



February Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>
BROOM, WILLIAM	Fire	1	RICHARDSON, LESLIE	Traffic	14
MAY, MARGIE	Second Court	1	RALSTON, JOSEPH	Parks Golf	14
SBAIT, CHERIHAN	Senior Citizens Center	1	WILLIAMS, TERRENCE	Electric	15
ALLEN IV, HARRY	Electric	2	YANCEY, CYNTHIA	Fire	15
ALLISON, TAYLOR	Electric	2	WILLIAMS, HEATH	Fire	15
FELTON, LINDA	Police	2	JONES, JIMMY	Police	15
LEWIS, ALLIE	Police	2	PARKER, JOHN	Sanitation	15
BUFORD, BEAU	Fire	3	ROBINSON, ROY	Street	15
WHITBEY, DIANE	City Clerk	4	KNOX, PHILICIA	Electric	16
EISENHOWER, JEFFREY	Electric	4	HODGE, ZACHARY	Police	16
MUNDY, BENJAMIN	Fire	4	DUNLAP, MARTIN	Electric	17
COX, JOSHUA	Fire	4	FRIDAY JR, DONALD	Electric	17
BARRIERE, DIRK	Police	4	FOWLER, CONSTANCE	Senior Citizens Center	17
HERNANDEZ, DANIEKA	Police	4	PARKER, GLENDA	Parks and Recreation	17
GRAY, PHILIP	Police	4	ELLISON, JEFFERY	Electric	18
MCHENRY, FELECIA	Code Enforcement	4	MITCHELL, BRIAN	Police	18
DODSON, WILLIAM	Sanitation	4	RODRIGUEZ, NICHOLAS	Police	19
SCOTT, JOHN	Police	5	SEIGRIST, SAMUEL	Parks Maintenance	19
CRAMER, SHANE	Emergency Services	6	KING, GABRIEL	Electric	20
STEWART, JOAN	Electric	6	JOHNSON, MELINDA	Second Court	20
HAMMONS, PHILLIP	Police	6	THOMAS, KATELYN	City Clerk	21
BROWN, ANTHONY	Electric	7	KIRKENDOLL, DOYLE	Fire	21
MORENO, CHRISTOPHER	Fire	7	SHEFFIELD, GARY	Street	21
WILLIAMS, LINDA	Electric	8	LEASE, ZACHRY	Police	22
BOREL, PEGGY	Fire	8	PELTS, BRENNAN	Emergency Services	23
RUMMEL, ERNEST	Street	8	HOOKS, JAMES	Fire	23
SMALLING, TODD	Parks Maintenance	9	MILLER, BRIAN	Fire	23
LANE, TELINA	Parks Special Projects	9	BROWN, ALICE	Police	23
WALLIS, DANA	Electric	10	HEINTZ, GREGORY	Electric	24
TOZER, MARK	Police	10	DAVIS, TERRY	Parks Maintenance	24
SMITH, KAREEM	Emergency Services	12	HOOPS, HEATH	Fire	25
TUCKER, GERALD	Fire	12	ZAKRZEWSKI, CLAYTON	Fire	25
MODDRELL, LINDA	Police	12	REID, JAMES	Fire	25
FLETCHER, SUZANNE	Finance	13	FENDER, JASON	Fire	26
ROBINSON, ROGER	Fire	13	GOURLEY, ZACHARY	Parks Maintenance	26
ROBINSON, JERRY	Fire	13	BROWN, ISAARIA	Electric	27
GUAJARDO JR, ALEX	Fire	13	WELTER, DOUGLAS	Fire	27
HENDERSON, DENNIS	Second Court	13	WEAVER, CHRISTOPHER	Police	27
SCOTT, KAREN	Finance	14	HARRIS, QUINCY	Police	27
PRITCHARD, DAGNY	Finance	14	BAILEY, JAMES	Sanitation	28
LESTER, DWIGHT	Police	14			

February Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs
THOMAS, CHARLOTTE	Administration	44	ISBELL, PATRICK	Parks Maintenance	2
EPPERSON, LARRY	Code Enforcement	12	JENKINS, CAROLYN	Parks Maintenance	1
ERVIN, MARY	Community Development	16	PERRINE, RODNEY	Parks Maintenance	1
FORSTROM, DAVID	Community Planning	1	SEIGRIST, SAMUEL	Parks Maintenance	19
GOSHEN, DEWEY	Community Planning	9	SMALLING, TODD	Parks Maintenance	20
EISENHOWER, JEFFREY	Electric	36	SONTAG, GARY	Parks Maintenance	6
HEINRICHS, ERIC	Electric	7	ABEL, CHRISTOPHER	Police	1
MCCOURT, KEITH	Electric	15	BAILEY, JAMES	Police	24
OSBURN, RONALD	Electric	37	BARTLETT, CONNIE	Police	26
PONDER, JILL	Electric	8	BIBB, RICHARD	Police	22
RAEBURN, DANA	Electric	10	BONA, JAMES	Police	24
SPRINGER, SCOTT	Electric	37	DAVIS, JOHN	Police	32
WHITLEY, CHERYL	Electric	9	EDWARDS, JAMES	Police	1
MONTGOMERY, LEONARD	Emergency Services	40	GRACE, JASON	Police	1
NEWTON, TAMMY	Emergency Services	18	HERNANDEZ, RAGAN	Police	23
FOLEN III, JOSEPH	Finance	15	HOUSE, JACOB	Police	15
BRADLEY, CHRISTOPHER	Fire	12	HUMPHRIES, TODD	Police	22
BROOM, WILLIAM	Fire	6	JAMES, CHARLENE	Police	20
COMBS, JEFFREY	Fire	19	KIMES JR, NATHAN	Police	23
COOK, MICHAEL	Fire	12	KING, COURTNEY	Police	1
DOUGAN, SHANE	Fire	12	LESTER, DWIGHT	Police	1
FREE, DUSTIN	Fire	19	REDDITT, JULIA	Police	1
HADDOCK, TYSON	Fire	11	REYNOLDS, DAVIN	Police	2
KIRKENDOLL, DOYLE	Fire	11	SCOTT III, HARVEY	Police	28
MATLOCK, CHRISTOPHER	Fire	12	SPAFFORD, TODD	Police	26
MILLER, BRIAN	Fire	12	SPRIGGS, ROBERT	Police	12
PATTON, CHRIS	Fire	19	DODSON, WILLIAM	Sanitation	12
PIERCE, ALANA	Fire	12	SUMMONS, KENNY	Sanitation	18
PLATT, COREY	Fire	6	WILLIAMS, KENNETH	Sanitation	9
SPECKELS, SEAN	Fire	6	JOHNSON, NADIA	Senior Citizens Center	10
THOMAS, BRIAN	Fire	11	BUIE, ALLEN	Street	32
HENRY, ISAAC	Fit2Live	3	LANE, PATRICK	Street	14
BONDS, CECILIA	Human Resources	1	PORTER, GERALD	Street	2
PETTIT, JAMIE	Parks Concessions	6	ROULSTON, JORDAN	Street	2
WALLACE, TOLLIE	Parks Concessions	2	ROBERTSON, BILLY	Vehicle Maintenance	17
BURNHAM, WILLIAM	Parks Maintenance	5	SEIGRIST JR, JAMES	Vehicle Maintenance	3
GOURLEY, ZACHARY	Parks Maintenance	4			

Information regarding employee anniversaries and birthdates is provided by HR the prior year (i.e. 2018 was provided in 2017). So if an employee name is on the list that has retired or resigned, please disregard. Also, typos happen! Please let me know if a name is spelled wrong and a correction will be included next month! For employees who leave the city and come back in a different capacity or department, your length of service may change as well. Example, I worked in the Mayor's Office 10 years, then was elected City Clerk. I have been in the City Clerk's Office 18 years. My total service with the city is 28 years. If this scenario applies to you, please email me at least one month before the month of your anniversary month so I can include your total service to the City of NLR! Diane (Dwhitbey@nlr.ar.gov)