

**From all of us to all of you,  
We wish you a  
Very Merry Christmas  
And a Happy, Healthy, Safe  
and Prosperous New Year!  
City of North Little Rock**



North Little Rock City Offices will be closed, Monday and Tuesday,  
December 24 & 25, 2018,  
in observance of Christmas Eve and Christmas Day.

Garbage, trash and recycling routes will run Monday as scheduled.

The remainder of the week will have delayed pickup (i.e. Tuesday on Wednesday and so on).

City Offices will also be closed Tuesday, January 1, 2019 in observance of New Year's Day.

Garbage and trash routes will run one day delayed the remainder of the week.



**"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 Little Rock  
Animal Shelter**

For more information  
call **501-791-8577**

**Cesar's Top 9  
Holiday Tips for  
Dogs**

By Cesar Millan

The holidays are fun for all including dogs, but

dogs can get over excited by guests and injured or poisoned by holiday decorations and treats. Here are my top holiday tips for a happy pooch!

**Tire your dog out before visiting or receiving holiday guests.** Keep in mind that holiday visits are not typical visits. They may involve more heightened energy than normal, since often we haven't see these people in a while, and dog people have a tendency to get excited around others' pets. Your dog is more likely

to behave if it's just had a nice long walk. If they're not dog people, your guest may be nervous, insecure, and unsure; a tired dog can help these people relax.

**Don't forget rules, boundaries, and**

**limitations just because it's the holidays!** When it comes to the aromatic holiday food, sweets, and candies lying about the house, there are many temptations for your dog. You have to remind him or her that the rules, boundaries and limitations are the same. Use the holiday as a chance to intensify good behavior instead of intensifying bad behavior. It's up to you to take the opportunity to make it a great holiday by working on your leadership skills!

**Protect your dog from the cold.** Many breeds are not built to handle cold weather. Check out your local pet store for the many ways to handle this. You can buy doggie boots and gear made specifically for cold weather. There are also paw waxes that protect from the cold and aid your dog's grip on slippery surfaces like ice and snow.

**Let your dog check the weather.** Dogs don't have the Weather Channel, so they don't know why they are being denied a long walk for the day. Allow your dog to step outside and feel for itself that it is too cold or too stormy to go on a long walk. Instinctually, the dog will understand why it is coming back inside where it's safe. But, be careful not to allow them to do this too often. They can learn to use this open door to manipulate and control you. Also, some dogs, if out in the cold for too long, will develop thicker fur and maintain their fat as a natural protection so they may not feel the cold as intensely as we humans do. This can be an advantage if you want to continue to take your dog for walks in cold weather. However, please keep in mind that many short-haired breeds do not have this natural resistance to cold weather.



**Be cautious when around the fire-place!** Animals are instinctual about fire; it is natural for an animal to stay away. However, during this holiday season, many owners like to dress their dogs up. Never use a product which may contain alcohol, such as hair-spray, silly string, or entertainment paint, on a dog that will be around fire. Always

be cautious near a fire with an animal that is wearing clothing. A stray piece of fabric can quickly cause the entire outfit to light on fire. A screen is a good way to keep a "done-up" pup safe. Also, never leave an animal alone in a room with a lit candle. As a general holiday precaution, test your smoke alarms, and keep them clean and equipped with fresh batteries at all times!

**Be aware of dangerous holiday items.** The festive poinsettia causes dogs to vomit. Chocolate is a poisonous treat. And tinsel has sent many a dog to the emergency room, as it can easily cut up intestines. Paper-based tinsel is generally a safer option, but the plastic or metallic-based varieties should never be used.

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*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.*



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

**Please Don't Litter  
Spay or Neuter  
Your Critter**





# North Little Rock Fire Department

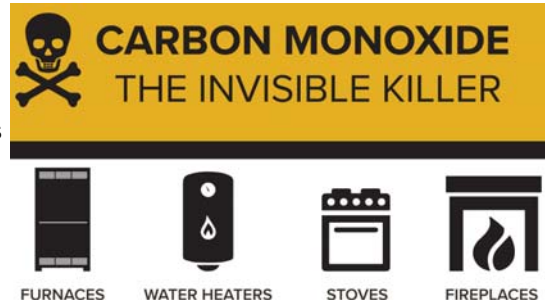
## Carbon Monoxide Threat Due to Appliances

Carbon Monoxide—what is it? Carbon monoxide (CO) is a gas that can kill you quickly. It is called the *silent killer* because it is colorless, odorless, tasteless and non-irritating. If the early signs of CO exposure are ignored or the CO concentration is very high, a person may lose consciousness and be unable to escape the danger. CO exposure is the leading cause of death due to poisoning in the United States. However, CO deaths are entirely preventable.

CO is present in outdoor and indoor air, and is produced by burning fuels such as wood, oil, natural gas, propane, kerosene, coal and gasoline. CO in outdoor air is due primarily to exhaust from vehicles. CO in indoor air is related to the presence of appliances which use CO-producing fuels. The normal background level of CO in a home may vary depending on the presence of cigarette smoke and the types of heating and cooking fuels. The World Health Organization recommends that the indoor air level for CO be below an average of nine parts per million (ppm) for any eight-hour period, and below 25 ppm for any one-hour period. One ppm means one part of CO per million parts of air.

### What are the sources of CO?

**Appliances**—Malfunctioning or misused fuel-burning appliances are common sources of CO poisoning in the home. These include a malfunctioning furnace or water heater, non-electric kitchen range used for heat, portable non-electric space heater, or a gas or briquette grill used indoors or in a semi-enclosed space such as a porch. However, any appliance or heat source that produces CO and is not properly vented can cause a build-up of CO in the home. Schedule annual maintenance for furnaces and other heat sources to ensure they are properly vented and in good working order. Never operate a gas or briquette grill indoors or use a non-electric kitchen range for warmth.



**Portable Generators**—A portable generator can also be a source of CO poisoning. While a portable generator is useful for providing electricity when power is out or unavailable, it releases levels of CO that are much higher than an idling car. Never use a portable generator in the home or basement, even if the windows are open. Never operate a portable generator inside any enclosed or semi-enclosed structure, such as a crawlspace, garage or porch. A portable generator should always be placed outside and away from windows and doors of any nearby building, the farther the better. One study demonstrated that 15 feet was not far enough to prevent a build-up of CO inside the home.

**Tools and Equipment**—Fuel-powered tools and equipment, such as lawn mowers, snow blowers, chain saws, and pressure washers, emit CO. Never start or operate these devices in an enclosed space such as a garage.

**Vehicles**—A running automobile releases CO in the exhaust. To prevent increased indoor air levels of CO, never idle a vehicle in a garage or other enclosed structure.

**Boats**—CO sources on a boat include engines, gas generators, cooking ranges, space heaters, water heaters and nearby boats. Know where the boat's engine and generator exhaust outlets are located and keep away from these areas when in operation. Avoid idling your boat in one place for an extended period of time because exhaust gases can build up. If you can smell engine exhaust, you are inhaling CO and need to seek fresh air. Stay off the back deck and the swim platforms while the engines are running. Never enter areas under swim platforms where exhaust outlets are located unless the area has been properly ventilated.

**How does CO poison the body?** CO poisons the body primarily by preventing the body from getting the oxygen it needs. When CO is breathed in, it attaches to hemoglobin, the molecule that normally carries oxygen in the blood. As more CO is breathed in, more CO attaches to hemoglobin and less oxygen can be delivered throughout the body. This lack of oxygen results in the symptoms associated with CO poisoning.

**What are the symptoms of CO poisoning?** Initial symptoms of CO poisoning can be mistaken for flu symptoms. Depending on the air concentration of CO and how long the CO is breathed in, you can experience any of the following symptoms: headaches, dizziness, nausea, weakness, loss of muscle control, shortness of breath, chest tightness, visual changes, sleepiness, fluttering of the heart, redness of the skin, confusion and mild behavioral effects such as slowed reaction time or altered driving skills. CO poisoning should be suspected if more than one member of the family is sick and if those who are sick feel better after being away from the area for a period of time. At high levels or during continued exposure, CO can cause suffocation, resulting in loss of consciousness, brain damage, or death.

The initial symptoms of CO poisoning can be mistaken for flu symptoms. The following clues will help identify symptoms that could be the result of CO poisoning:

- Symptoms occur or get worse shortly after turning on a fuel-burning device (e.g., generator, vehicle, tool).
- More than one person in the home becomes sick at the same time (it usually takes several days for the flu to pass from person to person).
- Symptoms are brought on by being in a certain location and go away soon after leaving the area.

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**What about CO alarms?** CO alarms are available for purchase. They are similar to smoke alarms and are designed to provide warning as CO levels in the air approach dangerous levels.

Select a CO alarm which is certified by Underwriters Laboratories (UL), and is battery-powered or has a battery backup. CO alarms should be placed according to manufacturer installation instructions. Test the CO alarm frequently, at least twice a year when clocks are adjusted for daylight saving time, and replace dead batteries when necessary. Read the CO alarm's owner's manual to learn about the warning sounds and how to test the device. Unlike smoke alarms, CO alarms expire after several years. Replace the alarm as indicated by the manufacturer.

**Actions You Should Take:**

- If you suspect that you or someone else has CO poisoning, seek fresh air immediately and call 911.
- Schedule annual maintenance on home heating systems, including furnaces, fireplaces, chimneys and other heat sources such as non-electric hot water heater, to ensure that they are properly-vented and maintained.
- Install battery-powered CO alarms in your home. Check them twice a year to make sure the batteries are working properly. Checking the CO alarms when clocks are adjusted for daylight saving time is a useful way to remember.
- Operate portable generators outdoors and downwind of buildings. The U. S. Centers for Disease Control and Prevention recommends a distance of at least 25 feet from the house.
- Never operate fuel-powered equipment or tools in a garage, basement, or any other enclosed space.
- Never use a gas range or oven for warmth.
- Never use a gas or charcoal barbecue grill in your home or other enclosed space.
- Make sure that non-electric space heaters are appropriately installed and vented, and that they are routinely inspected and maintained.
- Never run a car or truck inside any garage or structure, even with the door open.
- Know where boat engine and generator exhaust outlets are located. Keep away from these areas if the boat is idling.

*North Little Rock Fire Marshal John Pflasterer  
"Forewarned is forearmed"*



## **Obituary—Ebbie Gene Ussery**

Mr. Ussery passed away Monday, November 12, 2018 at the age of 84. He was born April 25, 1934 in Mount Vernon to the late Ebbie T., and Mary Woods Ussery. Mr. Ussery was preceded in death by his son Rodney Ussery, grandson Austin Ussery and 12 brothers and sisters.

Mr. Ussery is survived by his loving wife of 61 years, Shirley; two sons Eugene (Kathy) and Kevin (Shelley); daughter Kathey (Ted) Peterson; daughter-in-law Tina Ussery; eight grandchildren—Bryce (Kristen) Ussery, Alicia Ussery, Airon (Josh) Adair, Kathryn (Darren) Pledger, Eric Peterson, Brandon Ussery, Ashley Ussery, and Kalynn Peterson; six great-grandchildren and a host of family and friends who love and will miss him dearly.

Mr. Ussery served proudly in the United States Army. He was also a member of our city family and worked many years for the North Little Rock Wastewater Department. He enjoyed working with his cows following retirement. His greatest joy was spending time with his family.

Services were held November 15, 2018 at the Romance

Church of Christ with Interment at the Romance Cemetery.

Mr. Ussery's son Ebbie has worked for the North Little Rock Electric Department for 29 years. Son Kevin has worked for North Little Rock Traffic Department for 29 years. Kevin's wife Shelley has been with the North Little Rock City Clerk/Treasurer's office since 2016.



### 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 (October events).



**Hays Center**—25 new members. 11,426 visits for the month. Activities included: discussed vein reflux disease with Dr. Hacioglu, Semi-Annual Health Fair, Halloween Party (sold 114 tickets), Beanbag Tournament had 20 teams from around the state. Public Senior Housing residents were transported to medical appointments and grocery stores.

**Traffic Services**—approved 114 barricade applications for permits. Repaired or replaced 200 signs and posts, marked 9 city vehicles with logo, 90 Arkansas One Call location requests.

**Police**—September numbers show decreases in the following areas: Robberies— down 21%, Property crime down—10%, Theft from Motor Vehicles down 41% (from last year), Overall Crime down 19%. National Drug Take Back Event collected over 800 pounds of unwanted (prescription, etc) drugs in a 4 hour period.

**Fire**—Total incidents—1,034  
Total Unit Responses—2,073  
Residential Fires—19  
Vehicle Fires—4  
False Alarms/Malfunctions—84  
Rescue/Emergency Medical—550  
Mutual Aid—2  
Hazardous Material Response—10  
Structure Fire fatalities—0  
Vehicle fire fatalities—0  
Training hours—3,185  
Total Building Surveys—176

### Office of Emergency Services/911—

Total incoming calls: 14,073  
Non-911 calls: 6,434  
Wired 911: 810      Abandoned Wired 911: 129  
Wireless 911: 6,073      Abandoned Wireless: 507  
Total dispatch computer entries: 10,000

**Planning**—reviewed 2 new commercial projects — Amazon Distribution Center—1920 Locust and Stop and Go—1914 Parkway (permit average \$3,013,250). Issued 4 new single family residence permits (permit average \$520,656). Issued 9 Sign permits and 1 Banner permit. Inspectors completed 762 inspections and covered 4,003 miles: 251 Electric; 132 Building; 255 Plumbing; 124 HVAC.

**Electric Customer Service**—Direct contact—lobby payments, 15,025, Drive-thru payments, 8,776. Total payments received: 52,822 (Electric—40,329, CAW 7,998, Centerpoint 4,495).

**Code Enforcement**—138 assigned calls, 384 initiated calls, 21 citations, 380 violation notices, 87 vehicles tagged, 62 structures inspected, 47 rental inspections, 24 food service inspections, 1 search warrant, 7 houses demolished by city, 3 houses demolished by owner. Code Maintenance—378 assigned calls, 120 vacant lots cleaned, 32 lots with structures cleaned, secured 9 vacant houses, vacant lots mowed—215, lots with structures mowed—72.

**North Little Rock Convention & Visitors Bureau**—Visitors Information Center in Burns Park had 787 visitors in October. Downtown RV Park had 662 reservations with an average stay of 2.3 days and a total of 1,523 camping days. The Arkansas Inland Maritime Museum had 1,414 visitors—now on “Winter Hours” - thru Memorial Day—open Friday, Saturday and Sunday.

**Electric Department**—38,751 customers, Peak Power—184,966 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,058 (202 repaired), Security lights—4,286 (43 repaired), Smart meters—39,401, Revenue—\$8,411,753. Major outages (over 1,000)—10-15-18 Failed combo switch Hwy 70 @ Fire Station—1,090 customers out 2 hours 23 minutes. 10-15-18 Cap bank fire up, manually open (Aztec at Apartment complex)—1,950 customers out 6 minutes.

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**North Little Rock  
City Offices  
will be *closed* the following days:  
December 24 and 25, 2018  
January 1, 2019**

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**North Little Rock Animal Control**

Incoming animals—214/YTD-1,936  
Adoptions—64/YTD-601  
Reclaimed—20/YTD-209  
Euthanized—118/YTD-1,036  
Citations issued—41/YTD-294  
Dogs/cats sterilized—39/YTD-400  
Calls for service—621/YTD-6,023  
*Pulaski County (accepted at NLR)*  
Incoming Animals—82/YTD-1,020  
Adopted—17/YDT-206  
Reclaimed—7/YTD-71  
Euthanized—66/YTD-683  
YTD=Year to date



**\*\*Non-adoptable animals are those that are sick, injured, unweaned (puppies and kittens), vicious, court ordered or by owner request.\*\***

NLR Animal Shelter houses and adopts out animals from within our city limits AND the entire unincorporated parts of Pulaski County!

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

**Finance—October Report—Revenues (MTD)**

Note: report was not available as of November 29, 2018.



Left: Becky Taylor and Talar Shinn decorate the tree.

Did you ever wonder who decorates City Hall for Christmas?

Below: Shelley Ussery wraps boxes to go under the tree.

The City Hall Elves, of course!  
aka the  
North Little Rock  
City Clerk/Treasurer's  
Team!  
Thank you,  
Team Clerks!



**13th Annual Shop With A Cop**

**Sunday, December 9 at 7:30 a.m.**

**Wal-Mart—McCain Boulevard**

This year's event will provide for 71 kids from 35 families!

Volunteers are needed to assist with shopping and gift wrapping!

Contact North Little Rock Police Officer Tommy Norman at 501-366-4330 for more information or to make a donation.



Above and right are a couple of pictures from last year's event. Thank you Officer Norman and all of the North Little Rock Police Department for your ongoing generosity and serving our community!

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**Protect your presents and decorations.** Remember that a dog will know if a gift contains something edible, even if you don't. Ask your guests in advance if there is food inside the presents, and keep them out of your dog's reach! Keep fragile ornaments toward the top of the Christmas tree; only place sturdy ones near the bottom. Often people use a pen to keep dogs away from their tree. Keep it fun by decorating the pen with ribbons. And, above all, set rules, boundaries, and limitations.

**I do not recommend giving a puppy as a holiday gift.** Most often, giving a puppy for emotional reasons turns out badly. Love is never the problem. Who doesn't love a puppy? But most people don't know how to keep a puppy balanced, and the puppy is going to suffer the consequences from the first day. In particular, if a person doesn't know they are getting a puppy, they will be in the wrong state of mind to receive him or her. I highly recommend holding off on affection for a

week or, at the very least, until the end of the day when the puppy is quiet, in his kennel, and ready for sleep. This is virtually impossible to do if you just received a puppy as a surprise!

**Live in the moment! Be happy! Laugh! Celebrate!** Want to do something special for your dog for the holidays? Be balanced. Don't be nervous. Don't be fearful. Don't be tense. Don't think about anything that makes you sad, depressed, or angry. Really live in the moment. Believe it or not, that is one of the biggest gifts we can give to our dog—and ourselves! Everyone, rich or poor, can practice this simple activity. It has more meaning than any gift you can buy. Live in the now, with your dog right next to you and your family around you. Your dog is going to get the benefit of it, particularly if you don't have days like this on a regular basis. This special day will linger in his or her memory, and, hopefully, you can learn to practice these days more often, not just during the holiday season.

## Safety Tips for Cats

By Jenna Stregowski, RVT

Found at [www.thesprucepets.com](http://www.thesprucepets.com)

Just like dogs, kittens and young or playful cats are at the greatest risk of injury due to holiday decorations. Senior cats may be more prone to stress-induced illness when there is too much chaos going on in your home. Fortunately, you can still enjoy holiday celebrations while protecting your cat.

### Christmas Trees.

Imagine your cat's excitement when he or she sees a huge tree covered in what looks like cat toys! Unfortunately, Christmas trees can be dangerous to cats.



- Tree water may contain pesticides, fertilizer and even aspirin or other chemicals. Drinking this water can cause poisoning in cats. Keep tree water covered to prevent drinking; aluminum foil is a good option.
- Chewing or ingesting ornaments, decorations or artificial tree parts (live or artificial) can cause GI obstruction.
- Cats can damage trees by climbing them and potentially knocking them over, resulting in injuries to themselves and others.

Keep fragile ornaments and dangerous decorations out of reach when decorating your tree (see recommendations for placement in previous article about Holiday Safety for Dogs). If your cat still can't resist the tree, you may need to keep your cat away from this area of the house. Consider putting up the tree in a room that can be closed off.

**Ribbons and Tinsel.** Many cats are unable to resist something shiny or sparkly. Tons of cats go nuts for strings and ribbons. It's only natural that your cat will want to play with decorations and gift wrap accessories like ribbons, bows, string, tinsel, etc. The danger in this is that string-like materials can cause a dangerous linear foreign body obstruction that requires surgery.

Avoid using loose tinsel or other string-like materials and opt for safer items. You can decorate gifts with paper bows or thicker cloth ribbons.

**Flowers and Plants.** Holiday plants and flowers can look nice in your home, but they can also attract a curious feline. At the very least, your cat may cause damage by chewing leaves, knocking over pots or vases, or even using the soil as a litter box. Unfortunately, nibbling plants and flowers could send your cat to the emergency vet.

Poinsettias are known for their toxicity to cats, but tend to have only mildly toxic effects. Holly and mistletoe are more dangerous if ingested. Flowers such as lilies and amaryllis are especially dangerous. It's best to completely keep toxic plants and flowers out of your home. Choose non-toxic plants or silk flowers instead.

**Candles and Fireplaces.** The warmth of a candle or fireplace is like a dream come true for most cats. However some cats (especially kittens) may get too close to stay safe. Your cat may singe its whiskers if exploring too closely. Your cat can also knock over a candle and cause a fire.

Always keep candles out of reach of pets. Never leave candles or fireplaces burning unsupervised. Use a fireplace shield/guard to prevent your cat from getting too close to the flames or metal parts of the hearth which can burn tender paws.

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**Electrical Cords.** To your cat, an extension cord might look like just another string to play with. String lights may be even more tempting since they sparkle. If your cat tries to play with or chew on electrical cords, he or she could end up getting burned or electrocuted.

**Human Food.** The aroma of holiday cooking can attract cats, especially if you are making a juicy roast. You may want to give your cat an extra treat during the holidays, and that's not necessarily a bad thing. Just avoid foods that can make your cat sick. Most cats are not interested in eating toxic foods like onions, chocolate and avocados. However, they may crave a dish that contains these ingredients. In addition, your cat can develop vomiting and diarrhea after consuming rich, fatty foods. High sodium foods can cause health problems as well. Dairy products may cause diarrhea (vets estimate that about half of cats are Lactose intolerant!).

Avoid letting your cat feast on pan drippings, drink the gravy or eat the whipped cream off your leftover pie. Make sure treats make up no more than 10% of your cat's daily food intake.

**Dressing Up.** There's no arguing that cats look adorable when they are dressed up in cute little outfits. Santa hats, elf costumes, sweaters and knit caps all look irresistibly cute on cats. Unfortunately, your cat may not see things the same way. Many cats despise wearing clothing or accessories, especially on their heads.

Before you start dressing up your cat this holiday season, make sure you are not creating unnecessary stress. The holiday season can be hectic enough for your cat. Why make things worse by torturing him or her with those reindeer antlers?

**Houseguests, Noise and Chaos.** The holiday season is festive and filled with music and chatter. Many

people have parties or small get-togethers with friends and family. There may even be singing and dancing. New Year's Eve has fireworks. All this may seem like fun to you, but what does your cat think?

Cats are highly sensitive to noise. Many are shy or nervous around strangers. The general chaos of the holiday season can really stress out your cat. Make sure you provide a safe, comfortable place for your cat to hide. Ask guests not to leave doors open so your cat won't get out. Better yet, close your cat in a comfortable room with soft beds, food, water and a litter box. Make sure guests know the room is off-limits.

**Cats as Gifts.** Just like the previous article...giving someone a pet cat or kitten as a gift may seem like a sweet gesture, but it's actually a bad idea. Cats given to children may be forgotten once the holiday season passes and the novelty wears off. Giving a cat to an adult is asking quite a lot. Are you sure the person wants to take on the responsibility of cat ownership? What if the person wanted to choose their own cat?

Becoming a cat owner is a serious step for both children and adults. Be sure the recipient is ready for the commitment before you give the gift. Better yet, give a cat collar or toy as a gift and tell the recipient that you will go together to adopt a cat after the holidays are over.



## *Annual North Little Rock Christmas Parade* **Sunday, December 2, 2018 at 2:00 p.m.** *"Sometown Christmas"*

*Sponsored by North Little Rock Sertoma Club,  
City of North Little Rock and  
North Little Rock Convention & Visitors Bureau*  
For more information or contact Project Chair  
Sherry Bruno at 501-753-7902  
or email [NLRChristmasParade@gmail.com](mailto:NLRChristmasParade@gmail.com).

All entries must be received by Monday,  
November 26, 2018.



## Tips to Avoid Holiday Weight Gain

Found at [www.weightwatchers.com](http://www.weightwatchers.com)

When you tell yourself that the holiday season will be difficult to keep on track with all the available food and drink, chances are it's going to be. Your self-talk becomes a self-fulfilling prophecy. If you expect to give in to the temptation of all those homemade baked goods, you will and your weight loss goals are sure to suffer. If you're sure it's not an option to turn down your mother's offer of seconds, it won't be.

But if you want to start the New Year without feeling like you're starting over, you can. The first think you need is a positive attitude, says Dianne Siegelbaum, a New York-based Wellness Coach. "You can if you think you can," she says.

The second think you need? A plan. People who stay within sight of their weight-loss goals—in one way or another—are the people who eventually attain their goals. Figuring out what's different and more difficult about losing weight during the holidays helps you strategize how to work through it.

It can be done, and we'll help you do it. Keep reading to develop *your* plan for getting through the season.

**Put things into perspective.** Take out a calendar and circle the days you think might present extraordinary challenges, and you'll see that there are a lot more opportunities to be on track than there are obstacles. With that in mind, feel more reasonable to expect success.

**Identify your expectations.** Ask yourself what you want to achieve. Would you like to continue to lose weight? Would you be happy to maintain? Or were you expecting to sit on the sidelines and start things up again in January? If you know what you're aiming for, you'll be better able to set a clear path.

**Say goodbye to guilt.** If you're ready to maintain, or even prepared that you may gain a little, don't feel guilty. Instead, take control. "There is nothing wrong with taking a break," says Siegelman, "but decide how long you want the break to be." If you outline your limits, you won't feel like you're starting over in January.

**Find ways to make it work.** There are lots of options for overcoming obstacles while staying on plan, and you practice them all year long. So why not use them during the holidays? Most everyone eats a not-so-great item at some point, but as long as you have other healthy behaviors like regular physical



activity in place to counterbalance it, you should be fine in the long run.

**Don't avoid the scale.** Stay aware of your stats, and you'll be able to make adjustments so you meet your goals.

**Ask for help.** You're not the only one heading toward the holidays with weight loss in mind. Look for people with similar goals and ask them about their strategies.

North Little Rock City Employees have joined together through the encouragement of Mayor Joe A. Smith and Fit 2 Live Coordinator Isaac Henry to loose weight. Participating employees have lost close to 2,000 pounds in less than one year! Employees from multiple departments are participating and have reported the following:

- More energy
- Feel better
- Taking less medications (diabetes, high blood pressure, etc).
- Better sleep
- Better mood



# The ULTIMATE Guide to Food Storage

Continued from last month...**Pantry Staples**...nearly every food item we buy has a shelf life that's dependent on how it's stored. So even if you've planned out your meals and stuck to the shopping list, if you store an item incorrectly when you get it home, it can go bad faster than you planned and end up in the trash.

Below is a breakdown that will help with keeping those baking needs and spices nice and fresh!

Food	Where	How	Length
Baking powder	Pantry	Original container	6 months unopened; until use-by-date opened
Baking soda	Pantry	Original container	1 1/2 years unopened; until use-by-date opened
Flour, white	Pantry	Sealed container	1 year
Flour, whole-wheat	Pantry	Sealed container	1 month
Flour, whole-wheat	Refrigerator	Sealed container	6 months
Flour, whole-wheat	Freezer	Sealed container	2 years
Herbs, dried	Pantry	Sealed containers	2 years
Oats	Pantry	Original container	6 months
Dried pasta	Pantry	Original container	2 years
Rice, white	Pantry	Sealed container	2 years unopened, 1 year opened
Rice, brown	Pantry	Sealed container	1 year unopened, 6 months opened
Spices	Pantry	Sealed containers	3 years in whole form, 2 years ground form
Sugar, brown	Pantry	Sealed container, tightly wrapped	4 months
Sugar, granulated	Pantry	Sealed container	Indefinitely
Nuts	Pantry	Sealed container	2 weeks
Nuts	Refrigerator	Sealed container	9 months
Nuts	Freezer	Sealed container	2 years
Olive oil	Pantry, away from heat and light	Darker bottle with well-fitting cap	3 months unopened
Vegetable oil	Pantry, away from heat and light	Original container	4—6 months opened



Plastic or metal coated storage shelves and baskets like the ones on the left can be found in dollar stores, and other retail locations.

Plastic containers like the ones below can be purchased at Krebs Kitchen store in North



Little Rock. They also work great for storing soups, etc. in the freezer and are available in a variety of sizes.



North Little Rock Police Department Office staff had an old fashioned coloring contest for Thanksgiving. A group of anonymous judges picked the winners. 1st place—R-cell Kerr, 2nd place—Sgt Denice Lacy and 3rd place—Brenda Satterfield.

All participants were winners and enjoyed the opportunity to be a kid again!

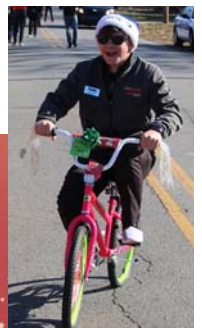


## NLRPD Season of Giving

In 2017, the North Little Rock Police Department held its 19th Annual Season of Giving by providing Christmas to 16 deserving families and 38 children in our city. Their expectations were to spread cheer and joy.

Plans for 2018 are underway. If you would like to make a **donation of a new toy**, please contact North Little Rock Police Officer Tommy Norman at 501-366-4330. Donations can also be dropped off at the Downtown/Argenta Police Substation, at 800 North Main. **The deadline to donate for 2018 is December 7, 2018.**

In North Little Rock, NLRPD is busy this holiday season...giving back to those in need.





## Easy Baked Coconut Shrimp

*found at [www.skinytaste.com](http://www.skinytaste.com)*

1 lb (24) large raw shrimp, peeled and deveined  
1/2 + 1 tbsp shredded sweetened coconut  
1/2 + 1 tbsp. panko crumbs (or gluten-free panko)  
2 tbsp all purpose or gluten-free flour (you will only use 1  
tbsp)

1 large egg  
Pinch salt  
Non-stick cooking spray

Preheat oven to 425°F.

Spray a non-stick baking sheet with cooking spray.

Combine coconut flakes, panko crumbs and salt in a  
bowl.

Place flour on a small dish.

Whisk egg in a bowl (separate).

Lightly season shrimp with salt. Dip the shrimp in the  
flour, shaking off excess, then into the egg, then in the  
coconut crumb mixture.

Lay the coated shrimp on the baking sheet then spray the

top of the shrimp with more cooking spray; bake in the  
middle rack for about 10 minutes. Turn shrimp over then  
cook another 6-7 minutes or until cooked through.  
Remove from oven and serve with dipping sauce.

## Sweet and Spicy Dipping Sauce

1/2 cup apricot  
preserves (you  
can use sugar  
free)

1 tbsp rice wine  
vinegar

3/4 tsp crushed  
red pepper  
flakes

Combine all in-  
gredients an  
place in a small  
bowl.



## Hot Spinach Artichoke Dip

*found at [www.skinytaste.com](http://www.skinytaste.com)*

13.75 oz artichoke hearts packed in water—drained

10 oz frozen spinach, thawed and squeezed

1/4 cup chopped shallots

1 clove garlic (peeled)

1/2 cup fat-free Greek yogurt

1/2 cup light mayo

2/3 cup good quality grated parmesan

4 oz shredded part-skim mozzarella cheese

Salt and fresh pepper to taste

Olive oil spray

Preheat oven to 375°F.

In a small food processor,  
coarsely chop the artichoke  
hearts with the garlic and  
shallots.

Combine all ingredients in a  
medium bowl.

Place in an oven-proof dish  
and bake at 375°F for 20-25  
minutes, until hot and cheese  
is melted.

Serve immediately.



## Bacon Wrapped Chicken Bites *found at [www.skinytaste.com](http://www.skinytaste.com)*

1.25 lbs (3) boneless skinless chicken breasts, cut in 1-inch chunks (about 30 pieces)

10 slices bacon, cut into thirds

Preheat oven to 375°F.

Wrap a piece of bacon around each piece of chicken; secure with a toothpick and place  
on a baking sheet (use foil for easy cleanup).

Bake on lower rack—turning halfway, about 12 minutes on each side, or until thoroughly  
cooked and browned.

Blot with a paper towel and serve immediately.

## North Little Rock Ugly Christmas Sweater Contest

Wear your Ugly (or not Ugly) Holiday Sweater to work on  
Monday, December 10, 2018.

The North Little Rock City Employee with the Ugliest Sweater will win a prize!

Take and email photos to [Dwhitbey@nlr.ar.gov](mailto:Dwhitbey@nlr.ar.gov)

A panel of Judges will judge the entries.

*Even if you are not an employee, you can still send in your Ugly sweater pics!*





—Both branches of the William F. Laman Public Library close Dec. 24 - 26 and at 5 p.m. Dec. 31. However, our digital resources are always available. Check out our downloadable books, movies, and music at [lamanlibrary.org/page/13/downloadables](http://lamanlibrary.org/page/13/downloadables).

—Donate canned goods/non-perishable food for the Amboy Food Pantry at either branch, and you'll be entered in our Kindle Fire drawing through Dec. 15.

—**Children's Ornament DIY and Tree Trimming** – Help us decorate the Main Branch Children's Services tree and make a few ornaments to take home at 1 p.m. Dec. 1.

—**Japanese Internment Camp Awareness** – Teens learn more about this chapter of American history at 4 p.m. in the Main Branch Teen Center.

—**Knitting for a Cause** – Join us in making hats to donate to local shelters from 1 to 3 p.m. Dec. 8. If you're new to loom knitting – don't worry! It's easy, fun, and relaxing. Please register at (501) 758-1720.

—**Cyber Saturday** – Main Branch's LINC Center free all-age gaming is 9 a.m. to 4:30 p.m. Dec. 8 and 15. **Brawlhalla Tournament** with a \$10 STEAM prize is 1 p.m. Dec. 8. **Phantom Forces Tournament** – with a \$10 Roblox prize is 1 p.m. Dec. 15.

—**Family Storytime & Pictures with Santa** – Join us for stories and treats with Santa at the Main Branch 6 p.m. on Dec. 10.

—**Main Branch Homeschoolers explore Christmas Around the World** – New students are always welcome at 1 p.m. on Thursdays.

—**Twelve Days of Christmas** – Special Main Branch activities for kids at 3:30 p.m. starting Dec. 11.

—**Free Main Branch Bingo games** – Adults play at 1 p.m. on Dec. 11. Teens play at 4 p.m. Dec. 18.

—**How the Grinch Stole Christmas & 'Twas the Night Before Christmas** – Take an afternoon break with Lit at Lunch, the Main Branch Storytime for Grownups, at 12:30 p.m. Dec. 12 and 18. Bring your lunch, or simply enjoy the refreshments.

—**Teens Nerd Night: Disney** – Twelve- to 18-year-olds enjoy Disney fun at the Main Branch Teen Center at 4 p.m. on Dec. 13.

—**Kids' Kitchen: Read a Story & Make a Snack** – Argenta Branch hosts at 10:30 a.m. and 3:30 p.m. Dec. 18.

—**ArtWalk** – Sharon Bowers and our own Meikel Church present a *Winter Heart* exhibit Dec. 21 to Jan. 12. Stop by the free ArtWalk Reception from 5 to 8 p.m. the third Friday.

—**Relax or get in shape** – Free Main Branch classes with Mixed Fit at 11 a.m. on Saturdays, Mediation at 1 pm. on Thursdays, and Yoga at 6 p.m. on Thursdays.

December Birthdays:

Emily Rozario	4	Michael Thornton	13	Lilith Mae McFarlin	26
Kathy Sarna	4	Craig Gerard	20	Tinthy Harper	29
Jeannie Promack	13	Kyly Plumlee	23		



December Anniversaries:

Jenny Heard	17 years	Jeff Atkins	6 years
John English	3 years	Peggy Morris	1 year



**North Little Rock Police Lieutenant Eugene "Gene" Tyree retired recently after 37 years of service.**



A native of Hope, Lt. Tyree began his service with the NLRPD in August 1983 as a patrolman and subsequently worked as a field training officer and police recruiter.

Lt. Tyree was the department's first African American Sergeant and Lieutenant. He was also known as the "gentle giant" among police officers and played an active role in the community. Lt. Tyree also served as a Detective in the Crimes Against Property Section. Lt. Tyree was also a hostage negotiator for the SWAT team.

*Pictured right: Lt. Tyree is a photo of Lt. Tyree being sworn in as Lieutenant by retired North Little Rock Judge Jim Hamilton.*





**Peddlers Permit  
City of North Little Rock**

Issued to: **Mel Dun**  
Issued: 10/1/18  
**Expires: 12/31/18**



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 Newspaper 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. Other examples include newspapers, pest control, alarm systems, home improvements, etc.

**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.

**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](mailto:nlrhistory@comcast.net).

**Effective July 2, the penalty for not renewing or doing business in the city since January 1, 2018 is 50% of the total amount due.**

**Reminder—ALL businesses doing business within the city limits of North Little Rock are required to have a current Business/Privilege License. Businesses that are not licensed are subject to a citation (and court appearance) for operating a business without a license.**

**Please contact 501-975-8617 with any questions regarding North Little Rock Business License requirements and fees.**

*The North Little Rock Convention & Visitor's Center wants to know about your upcoming events!*

*To submit events, visit [www.NorthLittleRock.org](http://www.NorthLittleRock.org) or call Stephanie Slagle, Public Relations Representative at 501-758-1424.*

**As of November 30, 2018, there were NO door to door peddlers licensed in the city of North Little Rock.**

To see a list of issued permits, visit the city website at [www.nlr.ar.gov](http://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.**

**Business / Privilege Licenses to expire December 31, 2018.**

All North Little Rock Business/Privilege Licenses will expire **on December 31, 2018.**

Renewal notices will be **mailed on or about Monday, December 31, 2018.**

Licenses **must be renewed** between **January 2, 2019 and April 1, 2019** to avoid penalties.

**All persons** doing business **of any kind** within the city limits are required to have a Business/Privilege License.

If a business **operates 1 day into the new year**, they **are required** to obtain a business license at the full fee.

If you have any questions, please contact the North Little Rock City Clerk's Office at 501-975-8617.



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

The City Council Agenda can be found at [www.nlr.ar.gov](http://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 December



**Dec 3—7 NO**

*Dec 10-14 Recycle*

**Dec 17-21 NO**

*Dec 24—28 Recycle*

*Note: Monday will be picked up Monday, the rest of the week will be delayed by one day*

# December Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs
STOWELL, JONATHAN	Electric	31	JONES, WILLIAM	Police	15
WILLIAMS, TERRENCE	Electric	17	COOPER, AMY	Police	15
CUSHING, DANIEL	Electric	11	IMHOFF, ERIC	Police	14
NORMAN, SYLVIA	Electric	11	BEHNKE, LARRY	Police	13
PRATER, SHANE	Electric	9	KNIGHT, KASEY	Police	12
REAGAN, SHAY	Electric	6	MAYNARD, JAROD	Police	11
THOMPSON, COLE	Electric	4	BROOKS, MICHAEL	Police	11
CERRATO, ALFRED	Fire	38	UMHOLTZ, CRAIG	Police	11
TREECE, BRENT	Fire	11	BRUNO, SHERRYL	Police	3
MAULDIN, ROBERT	HR	11	STEPHENS, KENNY	Public Works	11
LEONARD, STACEY	HR	8	ROBINSON, ANTHONY	Sanitation	10
LEE, NATHANIEL	Parks Maint	8	MARBLEY, MICHAEL	Sanitation	10
PRINCE, JUDY	Police	38	SMITH JR, SYLVESTER	Sanitation	9
DAUGHERTY, JERRI	Police	37	SPENCER, LESLIE	Sanitation	2
YIELDING, GARY	Police	28	BRADSHAW, JOSHUA	Sanitation	2
GLOVER, JEFFREY	Police	28	WILKINS, JUDY	2nd Court	15
LOWRY, PHILLIP	Police	24	MARTIN, LINCOLN	Hays Center	14
GIBBONS, MICHAEL	Police	24	SBAIT, CHERIHAN	Hays Center	6
BARNES, CHARLES	Police	20	GATLIN, DEAN	Street	16
NANNEN, JOHN	Police	20	BROWN JR, ROBERT	Street	11
LIVINGSTON, KENNETH	Police	20	SHEFFIELD, GARY	Street	11
BEASTON, RICHARD	Police	19	DAVIDSON JR, JOHN	Street	4
TOZER, MARK	Police	19	MCKEE JR, THURMAN	Traffic	18



**Open House**  
**Monday, December 10, 2018**  
 3:30 p.m. until 5:00 p.m.  
 North Little Rock City Hall (Lobby)  
 Light refreshments

Everyone is invited to drop by!  
 Hosted by the North Little Rock  
 City Clerk & Treasurer's Office



**Retirement  
 Reception**  
 for Council Member  
**Murry Witcher**



**Monday, December 10, 2018**  
 5:00 p.m. until 5:45 p.m.  
 North Little Rock City Hall (Lobby)  
 Cake

# December Birthdays

Name	Dept	Date	Name	Dept	Date
KUYKENDALL, ROBERT	Electric	1	GUNN III, WALTER	Public Works	17
HART, FELECIA	Commerce	1	GARVIN, BELINDA	Public Works	17
MCMULLIN, CHANCE	OES/911	2	POZZA, RICHARD	Electric	18
DICUS, JONATHAN	UAD	2	BUJIE, ALLEN	Street	18
PORTER, GERALD	Street	2	BENNETT, RENALDO	Fire	19
SADLER, LEEANN	OES/911	5	OWENS, ANTHONY	Parks Maint	19
BEHNKE, LARRY	Police	5	MILES III, DAVID	Animal Shelter	20
ARMSTRONG, DAVID	Vehicle Maint	5	FUNDERBURG, CODY	Electric	20
NASH, GREGORY	Fire	6	BRYSON, ROBERT	Fire	20
SHIRLEY, AMON	Police	6	ROSADO, ANGEL	Police	20
ALURAIKY, YASSIN	Electric	7	POUNDERS, JOHN	Fire	21
MATTHEWS, RICHARD	Fire	7	WEED, VICKI	First Court	21
TULLOS, JOSEPH	Police	7	SCOTT III, HARVEY	Police	21
REDDITT, JULIA	Police	7	BARBER, JASON	Parks Maint	22
SMITH, JOSEPH	Police	8	TETKOSKIE, ALAN	Fire	23
SCOTT, WILLIAM	Police	8	TETKOSKIE, NICHOLAS	Fire	23
TODD, TERRI	OES/911	10	WILSON, CARL	Fire	24
STEPHENS, JESSICA	Electric	10	HARGROVE, RICHARD	Fire	24
MATCHETT, MATTHEW	Fire	11	SMITH SR, ERIC	Sanitation	25
CUPPS, ROBERT	Police	11	BROWN, CODY	Police	26
DAVIDSON, BRENDA	Electric	12	MAHAN, TIMOTHY	Fire	27
SATTERFIELD, BRENDA	Police	13	WARD, JEREMY	Fire	27
ALSTON, JOHN	Police	13	FIELDS, AMY	Legal	27
BROWN, CHRISTOPHER	Police	13	WILLIAMS, ADAM	Police	27
WOODS, SHATORIA	OES/911	14	BROCK, KENNY	Vehicle Main	27
KIMSEY, ZACHERY	Electric	14	STRIPLING, WILLIAM	Electric	28
MILLER, NORMAN	Fire	14	TACKETT, PERRY	Fire	28
PRINCE, JUDY	Police	14	KERR, DENA	Police	28
ROBERTS, MARK	Police	15	EPPERSON, LARRY	Code Enf	28
BOODY, JAY	Police	16	WILLIAMS, HELEN	Electric	29
FULLER, CHAD	Vehicle Maint	16	LOR, YOLANDA	Electric	31
YIELDING, CHRISTINA	Legal	17	ADAMS, JOHN	Fire	31

*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)*



# North Little Rock Lions Club *Annual Fruit Sale*

Orders must be booked by **December 05, 2018**

**Peck Baskets \$30.00**

**Half Peck Baskets \$20.00**

***Pickup after 10:30 AM on  
December 12, 2018***



For information or to place an Order contact  
Lion Bill Singley at **501-834-4383**



**We Serve**

Since 1917, Lions clubs have offered people the opportunity to give something back to their communities. From involving members in projects as local 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.