

# North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

April 2016

## North Little Rock e-Newsletter

If you have information you would like to share with other city employees, residents and businesses throughout **North Little Rock**, then let us know. The **City Clerk's office** provides a monthly *e-letter* to those who subscribe through the **North Little Rock** website. To sign up, email [Dwhitbey@nlr.ar.gov](mailto:Dwhitbey@nlr.ar.gov).

## April Fools Day

Whether tricking people to go watch imaginary lions get imaginary baths in the 1800s or sending people fake invitations to nonexistent parties in France in the 1500s, April Fools' pranks have maintained their silliness.

In France, people still celebrate "poisson d'Avril" on April Fools' Day; kids try to tape paper fish on adults backs without them noticing.

The holiday has tricked many around the world—some cases more elaborate than others, and some from voices of greater authority:

- On April 1, 1905, a newspaper in Berlin broke the news that the US Treasury had been robbed of \$268 million. The paper even reported specifically how the whole heist unfolded.

- On April 1, 1957, the BBC aired a spoof documentary about spaghetti crops in Switzerland, during which a distinguished broadcaster narrated a story about a family that harvested spaghetti from trees — it even had footage of women picking strands of spaghetti off a tree and laying them in the sun to dry.

- On April 1, 1975, an Australian TV station said the nation down under would be switching to a metric time system, where seconds became millidays, minutes became centidays, and hours became decadays.

- On April 1, 1987, Los Angeles DJ Steve Morris, from the KRTH-FM station, said all the freeways in LA and Orange County would close for major repairs for several days. His show received hundreds of angry calls that day.

- And then there is the great NPR prank of April 1, 2014, in which the media outlet promoted a story on Facebook headlined, "Why Doesn't America Read Anymore?" which sparked outrage in the post's comments section. But had the commenters actually *read* the article they would have seen all it said was, "Congratulations, genuine readers, and happy April Fools' Day!"



The information above was found at <http://www.vox.com>.

*Happy April Fools' Day you all!*



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

**North Little Rock**  
**Animal Control**  
 For more information call  
**501-791-8577**



North Shore Animal League America—the world's largest no-kill rescue and adoption organization—has saved the lives of over 1 million dogs, cats, puppies and kittens at risk of euthanasia. Through their many innovative programs, they reach across the country to rescue animals from overcrowded shelters, unwanted litters, puppy mills, natural disasters and other emergencies and find them permanent, loving homes. As a leader in the no-kill movement, they are dedicated to promoting shelter pet adoptions; encouraging spay/neuter programs; reducing animal cruelty; ending euthanasia; and advancing the highest standards in animal welfare. Please join them in saving the lives of innocent animals by donating to support their lifesaving mission.

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## North Shore Animal League Annual Tour For Life 2016

**April 9, 2016 Lakewood Village Shopping Center**

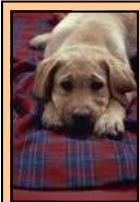
*For more information call 501-791-8577*



Animal League Spokesperson Beth Stern (pictured below) is an incredible advocate for the animals, and a proud parent to Animal League adopted cats Apple, Walter, Leon Bear, Charlie Boy, Bella and Yoda.


Beth helps focus national attention on the plight of shelter animals, appearing on so many TV and cable shows to help spread the word about shelter adoptions.

Beth also helps behind the scenes, lending a hand to our rescue team as they take animals from the Mobile Adoption Units to the medical facility. Beth's passion for the animals is truly unmatched — she even ran a 26.2 mile marathon to save lives.



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

**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

## Tornadoes *found at www.BeReady.af.mil*

### What is a tornado?

A tornado is a violent windstorm characterized by a twisting, tunnel-shaped cloud. It is spawned by a thunderstorm (or sometimes a result of a hurricane) and produced when cool air overrides a layer of warm air, forcing the warm air to rise rapidly.

### Tornado Facts

- In the U. S., tornado season is generally March through August, although tornadoes can occur at any time of year.
- They may strike quickly with little or no warning.
- Over 80 percent of all tornadoes strike between noon and midnight. They can last as little as one minute or over an hour.
- They may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel.
- Injuries or deaths most often occur as buildings collapse, when people are hit by debris, and as people try to escape the storm.
- According to the National Weather Service, about 42 people are killed because of tornadoes each year.
- When a tornado is over water, it is called a waterspout.
- Mobile homes are particularly vulnerable to damage during a tornado. A mobile home can overturn easily even if they are tied down. When a tornado watch is issued, take shelter in a building with a strong foundation.
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

Enhanced Fujita Scale	
EF-0	65–85 mph winds
EF-1	86–110 mph
EF-2	111–135 mph
EF-3	136–165 mph
EF-4	166–200 mph
EF-5	>200 mph

### Know the terms

**Tornado Watch**—issued when conditions are favorable for the formation of tornadoes.

**Tornado Warning**—issued when a tornado has been sighted by weather radar.

**Danger Zones**—although all U. S. states are subject to tornadoes, Alabama, Arkansas, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Louisiana, Mississippi, Missouri, Nebraska, Oklahoma, South Dakota, and Texas are at the greatest risk.

### Warning and Danger Signs

- An approaching cloud of debris can mark the location of a tornado even if a funnel is not visible.
- Before a tornado hits, the wind may die down and the air may become very still. You may hear the sound of a loud roar, similar to a freight train, or see large hail.

### Actions to Consider

**BEFORE.** Pick a place where family members could gather if a tornado is headed your way. Safe places to consider include a basement, center hallway, bathroom, or closet on the lowest floor. Above all, avoid exterior walls and windows.

If you are in a high-rise building, you may not have enough time to go to the lowest floor. Find a place in a hallway near the center of the building.

### DURING.

#### If at Home.

- Go at once to a windowless, interior room, storm cellar, basement or the lowest level of the building.
- Get under and hold onto a piece of sturdy furniture such as a workbench or heavy table, or desk and use your arms to protect your head and neck.
- Get out and find shelter elsewhere if in a mobile home.

#### If at Work

- Go to the basement or to an inside hallway at the lowest level.
- Avoid places with wide-span roofs such as auditoriums, cafeterias, or large hallways.
- Get under and hold onto a piece of sturdy furniture and use your arms to protect your head and neck.

#### If Outdoors

- Get inside a building or shelter if possible.
- If shelter is not available or if there is not time to get indoors, lie in a ditch or low-lying area and use your arms to protect your head and neck.

#### If in a Vehicle

- Never try to outrun a tornado. Get out of the vehicle immediately and take shelter in a nearby building.
- If there is not time to get indoors, get out of the vehicle and lie in a ditch or low-lying area away from the vehicle. Be aware of the potential for flooding.

*Continued on page 5...*



## 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 (February events).

**Central Arkansas Water**—year to date water sales for 2016 are 5% below the 14 year historical average.

**Neighborhood Services**—Mailed 7 neighborhood association newsletters/meeting announcements to 4,268 households and mailed 1,358 (hard copies) NLR Neighborhood News. Update department Facebook page, Rose City Neighborhood Association, Levy groups. Multiple upcoming events.

**Hays Center**—over 100 members attended the Valentines Brunch 2-12-16. Held AARP Safe Driving Class. Book Club met. New Fluffy Wreath making class. Resumed Jewelry making (and repurposing older jewelry). Soup luncheons held weekly (Monday/Tuesday). Trips included: Argenta Library to watch Madam X and for Bingo, Searcy Senior Center for catfish lunch, Bingo and entertainment, Bryant Senior Center for lunch and Flower and Garden Show in Little Rock.

### **Utilities Accounting**—

Electric bad debt expense February : \$2,802;  
New accounts installed: 1,145  
Accounts finalized: 1,086  
Customer related calls—7,893, direct contact with Customer Service—1,818, inside teller payments received 7,754—electric; 9,925—gas / water, drive-thru teller payments 4,653—electric; 5,511—gas / water, Web/IVR payments—4,924.

**Street**—patched pot holes citywide, picked up litter. Cut and cleaned debris from flooding. Hauled off sand, debris and trees. Filled sand bags. Ran down Greenlea Lake, flushed different pipes and basins citywide. Poured light pole bases for Electric, put in stops for Police Department, repaired 7 sinkholes and replaced sidewalks in 3 areas.

**Sanitation**—Collected and disposed of 1,288.81 tons (2,577,620 lbs) of household garbage/rubbish. Yard



Waste crews collected and disposed 260 loads; 6,604.6 cubic yards of mixed debris along with 823.0 cubic yards of green waste. Leaf crews collected 45 loads (1,446.5 cubic yards of mulched leaves). Continue to pickup from move outs and illegal dumps. Issued 68 Sanitation Code notices/letters and 9 Citations for non-compliance. Picked up 206 tires.

**Traffic Services**—approved 106 barricade applications for permits. Repaired or replaced 296 signs and posts, marked 16 city vehicles with logo, 50 Arkansas One Call location requests.

**Police**—Burglary/Breaking and Entering buildings – 15%, Robbery –9%. 2-12-16 officers visited two nursing homes, the Cerebral Palsy Center and Care Links and handed out stuffed bears. Participated in Make-A-Wish fund raiser.

**Fire**—Total Incidents: 842 Total Responses: 1,457  
Residential Fires: 13 Other Structures: 1  
Vehicle Fires: 5 False Alarms: 50  
Rescue/Emergency Medical: 511  
Mutual Aid: 1 Hazardous Material: 9  
All Other Responses: 252

### **Office of Emergency Services/911**—

Incoming call total: 15,729  
Wired 911: 908 Abandoned Wired 911: 163  
Wireless 911: 6,865 Abandoned Wireless: 722  
Total dispatch 8,197

**Planning**—Inspectors completed 344 inspections and covered 3,374 miles: 107 Electric; 69 Building; 111Plumbing; 57 HVAC. New single family permits (3) average \$223,587. Residential remodeling permits (37) average \$11,530. New commercial permits (3) average \$444,042. Major permits: 2 warehouses, 1 cell tower, Hanger addition (NLR Airport), 5 Commercial Remodel (Starbucks, Meineke, Bath and Body Works)

**Electric Department**—38,496—customers, Peak Power—116,215 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,033 (118 repaired), Security lights—4,019 (31 repaired), Smart meters—38,300, Revenue— \$5,579,092. Major outages—1 (Sherwood area—storm related—64 minutes).

**City Clerk/Treasurer**—processed \$3,330,049.47. Issued 53 new business licenses, 930 renewals issued, 110 accounts under review. Various other activities include software updates and conversion and training for staff on all applications (payroll, licensing, accounts receivable, etc).

**North Little Rock Visitors Center**—the Visitors Information Center had 596 visitors. The Downtown RV Park had 200 reservations with an average state of 3.7 days. The AR Inland Maritime Museum had 771 visitors.

*Continued on next page..*

**Code Enforcement**—100 assigned calls, 557 initiated calls, 65 citations, 486 violation notices, 131 vehicles tagged, 194 structures inspected, 29 rental inspections, 19 food service inspections, 0 search warrant, 0 houses demolished by city, 8 houses demolished by owner. Code Maintenance—18 assigned calls, 12 vacant lots cleared, 18 lots with structures cleared, secured 2 vacant houses, picked up 0 tires.

**North Little Rock Animal Control**—

Incoming animals—159  
 Adoptions—42  
 Reclaimed—24  
 Euthanized—82  
 Citations issued—68  
 Dogs sterilized—20  
 Cats sterilized—12  
 Calls for service—590  
 Pulaski County (accepted at NLR)  
 Incoming Animals—60  
 Adopted—21  
 Reclaimed—7  
 Euthanized—27  
 Sent 5 specimens for rabies testing, all were negative. Seized 30 illegal pit bulls.

**Fit 2 Live**—Employee Wellness continues to promote Incentive Program. Signing up participants (City team) for River Cities Dragon Boat Race, May 21, 2016, benefiting Children’s Protection Center. Community Gardens started over 1,400 seeds (Greenhouse at NLR Academy) and provided seeds to various community gardens. Funded 7 gardens, including 1 new one at Iris Park in Levy.

**Parks and Recreation**—Burns Park Golf Course is looking good. The Heritage House remodeling (at Burns Park Golf Course) is complete. For rental info call 758-5800 or 791-8537. Tennis Center hosted Junior Tournament with 100 participants (1/2 from outside central Arkansas). LaCrossefest was a huge success with 31 teams. Bonzai BMX is open to all ages. Other activities Basketball, Zumba, Afterschool programs. Recreation classes include Healthy Heart Jump Rope, Math Student Awards, Outdoor Education and much more. Parks Maintenance has cleaned and mulched flower beds and sprayed pre-emergent herbicides on all turf, installed wood carpet and inspected playgrounds. Park Ranger continues to patrol on foot and by vehicle.

**Finance—  
 Revenues (MTD—February)**

Taxes	\$ 178,856.45
Licenses/Permits	\$ 640,793.21
Fines/Forfeitures	\$ 415,691.34
Local Option Sales Tax	\$3,251,480.83
Intergovernmental-State	\$ 0.00
Franchises	\$ 738,204.72
Investment/Misc	\$ 32,707.72
User Fees	\$ 93,944.93
Utility Transfer	\$ 50,341.58
Grants & Other	\$ 114,242.71
Transfer from Electric	\$ 923,080.00
<b>Total Revenue:</b>	<b>\$6,439,343.49</b>

**Expenditures**

Administration	\$ 97,566.26
Animal Shelter	\$ 59,223.06
Special Appropriations	\$ 836,289.71
City Clerk	\$ 16,523.24
Emergency Services	\$ 150,896.16
Finance	\$ 53,918.51
Fire	\$1,210,434.57
Health	\$ 5,345.57
Legal	\$ 41,103.91
1st Court	\$ 39,123.55
2nd Court	\$ 32,487.76
Public Defender	\$ 688.19
Human Resources	\$ 45,675.39
Commerce	\$ 15,673.40
Planning	\$ 77,216.13
Police	\$1,589,588.33
Code Enforcement	\$ 61,054.55
Public Works	\$ 70,895.78
Neighborhood Services	\$ 12,187.56
Sanitation	\$ 353,191.19
Vehicle Maintenance	\$ 64,755.51
Senior Citizens Center	\$ 65,191.30
Communications	\$ 21,114.75
Fit 2 Live	\$ 5,567.53
<b>Total Expenditures:</b>	<b>\$4,925,711.81</b>

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**After**

- Check for injuries and provide first aid and CPR if trained to do so.
- Watch out for broken glass, fallen power lines, and do not enter damaged areas until told it is safe to do so.



- Do not use candles or an open flame; combustibles may be present.
- Use caution when entering a damaged building.
- Report property damage to your insurance agent immediately.

Left: Tornado damage in downtown Vilonia after EF4 tornado 4-27-14. 5

## Productivity hacks: How to get twice as much done in half the time

*Found in City & Town—March 2016*

Feel like there's not enough time in the day to get through your to-do list? Here are three productivity hacks that can help you prioritize.

*By Mike Michalowicz*

Everyone seems obsessed with productivity. We're all trying to do more in less time, always hoping we'll cross that last thing off our to-do list. Here's the plain truth: That to-do list is endless. Not only that, but if you measure success solely by the number of tasks you do, you're doomed.

We have to start by redefining productivity. It's not the number of tasks we accomplish that matters. It's the quality, the benefits of those tasks that really matters. So we must start with our definition: Productivity is accomplishing the most important tasks more efficiently.

I find one thing that's effective for me is to articulate the benefit I gain from being more productive. Whether my goal is to make more money or carve out more personal time to spend with my family; keeping the end result in mind helps me stay focused on the tasks that really do matter, that really move me toward my goal.

Determine what you want to accomplish—more money, more free time—and structure your day to accomplish those goals. In the end, productivity is prioritization.

### Rethinking deadlines

Once you've defined productivity, one of the most useful exercises is to learn more about human nature, human behavior. Cyril Northcote Parkinson gave us Parkinson's Law, which describes the relationship between work and time. "Work expands so as to fill the time available for its completion."

What that means is that a task will take as long as we allot to accomplish it. A deadline can either push us to work harder, or it can be the perfect excuse to drag a task out much longer than necessary.

But you can put Parkinson's Law to work for you. Make commitments to deliver work earlier than you ordinarily would. If you promise a report in a week, then according to Parkinson's Law, you'll take the entire week to finish that report. But if you promise it in two days, you'll buckle down and the very same report that could have taken a week is finished in the two allotted days.

If you make yourself accountable, you'll push yourself to deliver on time. Putting your reputation on the line by making an external commitment—having a person waiting for your portion of the deliverable—forces you to work efficiently. It can also be useful to enlist the aid of a col-



league in boosting productivity by creating a reciprocal commitment. You deliver work, your colleague reviews, polishes and critiques it—all on a tight deadline—and you do the same for your colleague. You can both end up accomplishing more work of better quality.

### Understanding burst work

Another technique that works for me is burst work. Most of us aren't marathon runners. If we commit to long periods of working, our drive wanes. We fatigue. But we can work hard for short periods of time. The key to burst work is taking frequent breaks to refresh your focus and drive. The best breaks involve physically moving around. Change your scenery. Go for a walk. Do some pushups. If you clear your head, you'll be ready to buckle down and do another burst of work.

I've found physically changing the way I work has done wonders for my productivity as well. Rather than sitting at a desk all day, I spend at least some of my workday at a standing desk. Standing up increases blood flow, and the simple act of shifting between sitting and standing desks helps provide a quick break.

### Making a list

Finally, one of the most important and effective productivity hacks I've found is to list everything I need to accomplish, and prioritize those tasks. I jot down tasks that

occur to me throughout the day (so I don't stress about having to remember them). After I've compiled the list, I have three symbols I use as shorthand to help me identify tasks that deserve my attention before all the others.

Tasks that generate money get a \$. Tasks that please an existing customer get a J. Tasks that create a system—something that will work automatically once it's complete—get an ∞. Once I've classified

the items on my list, I get down to work. Tasks with multiple symbols have the highest priority—those items are more productive. Tasks with one symbol follow, and only after I've crossed all the jobs with symbols off my list do I tackle the items without symbols. It's all about accomplishing more valuable tasks, taking care of the priorities.

We can work ourselves to death and still accomplish very little if we're working without a meaningful definition of productivity or if we're working without appropriate priorities. Determine what you want to accomplish—more money, more free time—and structure your day to accomplish those goals. In the end, productivity is prioritization.

*Mike Michalowicz is the author of Profit First, The Pumpkin Plan and The Toilet Paper Entrepreneur and is a nationally recognized speaker on entrepreneurial topics. Learn more at [mikemichalowicz.com](http://mikemichalowicz.com).*



## 2015-2020 Dietary Guidelines from Americans: Better late than never!

By Steve Farrell, PhD, FACSM

The U. S. Department of Agriculture and the Department of Health and Human Services first published the Dietary Guidelines for Americans (DGA) in 1985. Since that time, the DGAs have been updated every five years. The purpose of the DGA is to help all people ages two years and older and their

families to make healthful choices with regard to dietary intake and regular physical activity. The overarching goal of DGA is maintaining good health and reducing the risk of chronic disease throughout all stages of the lifespan.

Before we continue any further, it is important to emphasize that the DGAs are primarily evidence-based (i.e. published research studies) and not opinion-based (i.e. most diet books).

The 2015-2020 guidelines were released in January of this year, hence the title of this article. The key recommendations are shown below.

### **Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.**

A healthy eating pattern includes:

- A variety of vegetables from all of the sub-groups—dark green, red and orange, legumes (beans and peas), starchy, and other.
- Fruits, especially whole fruits.
- Fat-free or low-fat dairy, including milk, yogurt cheese, and/or fortified soy beverages.
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.
- Consume less than 10 percent of calories per day from added sugars.
- Consume less than 10 percent of calories per day from saturated fats.
- Consume less than 2,300 milligrams per day of sodium.
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

### **Additional key recommendations are as follows:**

- Americans of all ages should meet the Physical

Activity Guidelines for Americans to help promote health and reduce the risk of chronic disease.

- Individuals should aim to achieve and maintain a healthy body weight.
- Individuals should strive to consume more nutrient-dense foods and beverages. A nutrient-dense



## SAVOR THE FLAVOR OF EATING RIGHT

food or beverage is one that provides vitamins, minerals and other substances that contribute to adequate nutrient intakes, with little or no solid fats and added

sugars, refined starches, and sodium. All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy, and lean meats and poultry are nutrient-dense foods provided that they are prepared with little or no added solid fats, sugars, and sodium.

- At the same time, individuals should shift away from food and beverage choices that are less nutrient-dense.

So, there is overwhelming agreement at this point that Americans consume too much saturated and trans fat, added sugars, and sodium and that most individuals would do well to reduce their intake of these substances. On the other hand, we are not consuming enough unrefined plant-based foods or animal-based foods that are low in saturated fat. To magnify this problem, only about 20 percent of American adults meet the current Guidelines for Physical Activity.

Finally, a noticeable difference between the 2015-2020 DGA and the 2010 DGA is that dietary cholesterol is no longer mentioned in the former. Scientists now agree that dietary cholesterol has very little to no impact on blood cholesterol levels. While that may sound counterintuitive, we've actually known this for about two decades. Dietary saturated fat and trans fat consumption have a much greater impact on blood cholesterol levels than the amount of cholesterol that we consume. So yes, eggs are OK as long as you don't fry them in butter or bacon grease.

For more information online about the DGA and the Guidelines for Physical Activity, visit [health.gov/dietaryguidelines/2015/guidelines/executive-summary](http://health.gov/dietaryguidelines/2015/guidelines/executive-summary).

*This article was published originally by the Cooper Aerobics Institute, [www.cooperaerobics.com](http://www.cooperaerobics.com), and is reprinted with permission.*

## How Clean is YOUR Kitchen?

By Cynthia Van Hazinga,

Found in *The 2016 Old Farmer's Almanac*

Discard everything you think you know—and while you're at it, toss that old sponge, too!

Most cooks believe they keep a clean kitchen. Before gathering this information, we certainly did. Now we're realizing that we may actually be encouraging toxic bacteria that make us vulnerable to food-borne illnesses! How about you? Take this quiz, test your knowledge, and face the dangers lurking in *your* kitchen.

### Q: How hot should water be when washing hands?

- A. 40°F
- B. 75°F
- C. 120°F
- D. It doesn't matter.

A: D. Time spent washing, not water temperature, makes for clean hands. Scrub hands all over with soap for at least 20 seconds (the time it takes to hum "Happy Birthday" twice), then dry them, preferably with disposable towels.

### Q: It's not necessary to wash fruit or vegetables if you're going to peel them. True or false?

A: False. While cutting, you can easily transfer bacteria from the peel or rind to the inside of your fruit and veggies. Wash all produce with clean running water (no soap).

### Q: Rinse seafood, poultry, or other meat with cold water to eliminate any risk of bacteria like salmonella. True or false?

A: False. Potentially bacteria-laden juices in the rinse water that splashes onto your sink and counters pose the risk of food poisoning. Instead, cook the food at/to the proper temperature.

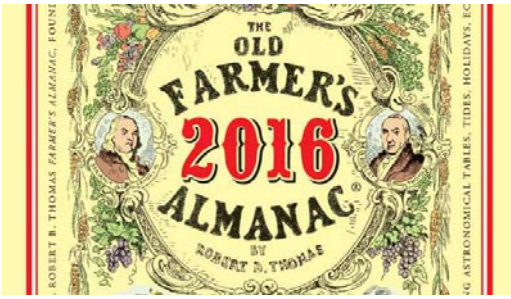
### Q: How often should kitchen surfaces and implements (e.g. can openers) be washed?

- A. every spring
- B. once every month
- C. one a week
- D. Every time you use them

A: D. Wash with soapy water and dry with paper towels. If you use cloth towels, wash them often in a hot cycle.

### Q: Kitchen sponges are safe practically forever. True or false?

A: False. Bacteria thrive in moist environments, and a kitchen sponge probably has more bacteria in it than anything else in the house. Replace yours every 1 to 2 weeks. Between uses, squeeze it out and let it dry. Or, ever 2 days, get the sponge soaking wet and microwave for 2 minutes to kill bacteria. Let dishrags dry between uses and wash them frequently.



### Q: How cold should the interior of your refrigerator be?

- A. 40°F
- B. 45°F
- C. 50°F

A: A. A constant 40°F or below slows, but does not stop the growth of harmful bacteria. Avoid stuffing the refrigerator; allow for air to circulate.

### Q: How long is cooked food safe in the refrigerator?

- A. 1 to 2 days
- B. 3 to 4 days
- C. 5 to 6 days

A: B. As long as no bacteria have come into contact with the cooked leftovers, the food is safe for 3 to 4 days.

### Q: To sanitize counters and cutting boards, use...

- A. lemon juice and salt
- B. dish detergent
- C. 1 gallon of water with 1 tablespoon of bleach
- D. 1 gallon of water with 1 cup of bleach

A: C. Bleach is toxic; an excess of it can be harmful. Using the milder solution (c), saturate surfaces and leave untouched for a few minutes. Rinse. Then dry with paper towels or air.

### Q: Which cutting board is safer, wood or plastic?

A: Both are fine if cleaned thoroughly after each use, including edges as well as surfaces. Ideally, have one cutting board for meat/poultry and another for other foods.

### GOOD EGGS

Commercial eggs are washed before sale. Do not wash again, as this can increase the risk of cross-contamination, especially if the shell becomes cracked.

### Q: Is it safe to store butter at room temperature. True or false?

A: True. Margarine, too. Butter may turn rancid in flavor after several days; leave out only what you will use within 1 or 2 days. Margarine may separate, but it's still safe.

### Q: Perishable food kept at room temperature for more than 2 hours is not safe to eat. True or false?

A: True. Toss it after 2 hours. Bacteria grow rapidly in the "danger zone" (between 40°F and 140°F). When the temperature is over 90°, toss unrefrigerated food after 1 hour.

### Q: Is it safe to thaw frozen food on the counter. True or false?

A: False. Thaw food in the refrigerator, under cold running water, or in a microwave, as directed. Food thawed on the counter could be in the "danger zone" (between 40°F and 140°F), enabling bacteria to grow rapidly.

### Q: Hot foods should never go directly into the refrigerator. True or false?

A: False. However, for quicker cooling, divide a large quantity into small, shallow container portions.



## Creamy Lemon Chicken Pasta Bake

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

- 1 lb Farfalle (bow-tie) pasta
- 2 boneless skinless chicken breasts, cut into bite sized pieces
- Salt and pepper
- 3 tablespoons olive oil
- 1/2 onion, diced
- 2 cloves garlic, finely chopped
- 2 tablespoons all-purpose flour
- 1 1/2 cups Progresso™ chicken stock (from 32 oz carton)
- 1 cup milk
- 1 tablespoon grated lemon peel
- 4 medium green onions, sliced

### Directions

Heat oven to 400°F. Lightly butter 13x9 inch (3-quart) baking dish; set aside.

Heat large pot of salted water to boiling. Add pasta; cook half the time called for on the package — pasta should still be undercooked in center. Drain; pour into bowl. Set aside.

While pasta cooks, season chicken with a pinch of salt and pepper. Cook chicken in 1 tablespoon of the oil in 10-inch skillet over high heat until the chicken is brown. Spoon chicken into bowl with pasta. Add remaining 2 tablespoons of oil to skillet; add onion and a tiny pinch of salt.

Cook onion over medium-high heat 4 to 5 minutes or until soft and translucent. Add garlic; cook an additional minute. Beat in flour with a whisk and cook a minute or two. Slowly beat in stock and milk. Simmer until thickened slightly. Taste for seasoning; add more salt and pepper to taste. Pour sauce into bowl with pasta and chicken. Add lemon peel; stir to coat pasta and chicken. Spread mixture into casserole; sprinkle with green onions. Bake 20 minutes.



## Strawberries and Cream Dessert Squares

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

### Crust (ingredients)

- 1 pouch (1 lb 1.5 oz) Betty Crocker™ sugar cookie mix
- 1/2 cup butter or margarine, softened
- 1 egg

### Filling (ingredients)

- 1 cup white vanilla baking chips (6 oz)
- 1 package (8 oz) cream cheese (softened)

### Topping

- 4 cups sliced fresh strawberries
- 1/2 cup sugar
- 2 tablespoons cornstarch
- 1/3 cup water
- 10 to 12 drops red food color, if desired.

Heat oven to 350°F. Spray bottom only of 15x10x1 or 13x9-inch pan with cooking spray. In large bowl, stir cookie mix, butter and egg until soft dough forms. Press evenly in bottom of pan. Bake 15 to 20 minutes or until light golden brown. Cool completely (about 30 minutes).

In small bowl, microwave baking chips uncovered on High 45 to 60 seconds or until chips are melted and can be stirred smooth. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Stir in melted chips until blended. Spread mixture over crust. Refrigerate while making topping.



In small bowl, crush 1 cup strawberries. In 2-quart saucepan, mix sugar and cornstarch. Stir in crushed strawberries and 1/3 cup of water. Cook over medium heat, stirring constantly, until mixture boils and thickens. Stir in food color. Cool 10 minutes. Gently stir in remaining 3 cups strawberries. Spoon topping over filling. Refrigerate 1 hour or until set; serve within 4 hours. Store covered in refrigerator.

## One-Pot Pasta Bolognese

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



- 2 tablespoons olive oil
- 2 onions, diced (about 3 cups)
- 2 carrots, diced (about 1 cup)
- 1 teaspoon salt
- 1 lb lean (at least 80%) ground beef
- 1/4 cup canned Muir Glen™ organic tomato paste
- 1 can (28 oz) Muir Glen™ organic fire roasted diced tomatoes, undrained
- 1 carton (32 oz) Progresso™ beef broth
- 1/2 teaspoon crushed red pepper flakes
- 2 teaspoons Italian seasoning
- 1 lb uncooked spaghetti
- 1/2 cup shredded Parmesan cheese
- 1/4 cup thinly sliced fresh basil leaves

### Directions

In Dutch oven, heat oil over medium-high heat until hot. Cook onions, carrots and salt in oil 5 to 8 minutes or until softened. Add beef; cook 5 to 8 minutes, stirring frequently, until browned.

Stir in tomato paste and tomatoes. Stir in broth, pepper flakes and Italian seasoning; heat to simmering. Break pasta in half, then thoroughly rinse under cold water. Tuck pasta into simmering liquid, covering completely. Reduce heat to medium-low; cook 13 to 15 minutes or until pasta is soft and sauce is reduced slightly.

Top with Parmesan cheese and basil.

## Chick-overs—*from Daily Chef*

- 1 8-oz package Cream Cheese
  - 2 cans 13 oz. Daily Chef Premium Chunk Chicken Breast in Water, drained
  - 1 Tablespoons Sesame Seeds
  - 1/4 Teaspoon Dried Parsley
  - 1 Tablespoon Finely Chopped Onion
  - 1 Package Refrigerated Crescent Rolls (8 count)
- Preheat oven to 350°F.

In medium bowl combine the cream cheese, chicken, sesame seeds, parsley and onion. Mix well. Open package of crescent rolls. DO NOT divide them in to triangles as you usually would. Keep every 2 triangles together forming 4

## Luscious Lemon Squares

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

- 1 cup Gold Medal™ all-purpose flour
- 1/2 cup butter or margarine, softened
- 1/4 cup powdered sugar
- 1 cup granulated sugar
- 2 teaspoons grated lemon peel, if desired
- 2 tablespoons lemon juice
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 2 eggs
- Powdered sugar

### Directions

Heat oven to 350°F.

Mix flour, butter and powdered sugar. Press in ungreased square pan, 8x8x2 or 9x9x2 inches, building up 1/2-inch edges.

Bake crust 20 minutes

Beat granulated sugar, lemon peel, lemon juice, baking powder, salt and eggs with electric mixer on high speed about 3

minutes or until light and fluffy. Pour over hot crust.

Bake 25 to 30 minutes or until no indentation remains when touched lightly in center. Cool; dust with powdered sugar. Cut into about 1 1/2-inch squares.



squares. Pinch the 'seam' in the middle of each square closed and pat into a larger square.

Put a spoonful of the chicken mixture in the center of each square. Fold the corners up into the center, layering like flower petals so that the roll is kind of sealed. Repeat with all four squares.

Place popovers on a lightly greased cookie sheet and bake in the preheated oven until golden brown. (see pastry package to get an idea of time—maybe 25 minutes or until golden brown).







**Peddlers Permit  
City of North Little Rock**

Issued to: **Mel Dun**  
Issued: 1/15/16  
Expires: **3/15/16**



**EXAMPLE**

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

**North Little Rock History Commission**



The North Little Rock History Commission is on Facebook! Search for North Little Rock History Commission and join their page today!

Also, the Friends of North Little Rock History have formed a Non-Profit Organization whose purpose is to protect and promote our city's rich history.

If your family has been in North Little Rock for 50 years or longer, the History Commission wants to know.

If you have items that represent our city's past and would like to donate them for future generations to enjoy, contact the History Commission staff.

For more information, contact the History Commission at 501-371-0755.

*The North Little Rock 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.*

**All North Little Rock Door-to-Door Peddlers permits issued in 2015 expired Dec 31, 2015.**

**Persons wishing to go door-to-door in 2016 must reapply with the City Clerk/Treasurer.**

**Permits are valid for 90 days from the date of issue.**

The following are currently licensed to go door to door in the city:

***Schmitt Tree Service***

***Misty Schmitt expires 4-5-16***

***Jacob Schmitt expires 4-5-16***

To see the permits issued to the above door to door peddlers, visit the city website at [www.nlr.ar.gov](http://www.nlr.ar.gov), then click on City Clerk/Treasurer, followed by Licensed Peddlers.

**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***  
***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
Fit 2 Live, Bernadette Rhodes	975-8777
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Shawn Spencer	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, David Melton	975-8888

**City Council Members**

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

**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 C. Jason Carter	975-3755
District Court Judge Jim Hamilton	791-8559
District Court Judge Randy Morley	791-8562


***Telephone Numbers for City Hall***

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Legal.....	501-975-3755
C. Jason Carter	
Communications.....	501-975-8833
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Special Projects.....	501-975-3737
Jim Billings	

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

April 4 —8

April 18—22



# April Anniversaries

<i>Name</i>		<i>Dept</i>	<i># Yrs</i>	<i>Name</i>		<i>Dept</i>	<i># Yrs</i>
JULIE	FISHER	Admin	4	CLINT	REEKIE	Fire	12
BRUCE	FOUTCH	Admin	5	JAMES	KOLB	Fire	18
WILLIAM	FERRY	OES	14	JASON	ROE	Fire	12
CARISSA	MERZ	OES	3	EARL	MAHANAY	Fire	19
DAVID	TANTON	OES	4	ROBERT	BRYSON	Fire	17
MALLORIE	LEWIS	OES	4	KYLE	SIMPSON	Fire	17
JAMES	BARTLETT	Electric	5	PEGGY	BOREL	Fire	12
JOAN	STEWART	Electric	28	TIMOTHY	MAHAN	Fire	14
CHARLES	BOLDEN	Electric	20	MICHAEL	GARRETT	Fire	12
JIMMY	CROWLY	Electric	43	RICHARD	HARGROVE	Fire	12
MICHAEL	ALLEN	Electric	32	JANET	HILL	1st Court	26
BRENDA	WILSON	Electric	16	DENNIS	HENDERSON	2nd Court	10
LYNWOOD	ANDERSON	Electric	19	NAKISHA	MORAGNE	UAD	16
TAYLOR	ALLISON	Electric	1	JUDY	HUNTER	UAD	2
THOMAS	BLYTHE JR	Electric	10	BOBBIE	BURKS	UAD	5
SHARON	HENLEY	Finance	38	CRYSTAL	WILLIS	Commerce	4
FREDERICK	GUNTHER	Fire	34	ALICE	BROWN	Police	48
DONALD	PAYNE	Fire	34	WILLIAM	KOVACH	Police	29
LARRY	SHOOK	Fire	34	ROBERT	SCOTT	Police	29
HEATH	HOOPS	Fire	19	MARK	TUBBS	Police	24
DAVID	MATCHETT	Fire	34	TRACY	ROULSTON	Police	28
JOSHUA	COX	Fire	12	SIAVASH	MORSHEDI	Police	28
BRYAN	HILL	Fire	15	JOSEPH	SMITH	Police	2
GREGORY	BROWN	Fire	17	MICHAEL	NELSON	Police	23
JASON	KNIFE	Fire	14	JOHN	YATES	Police	23
WILLIAM	DAVIS	Fire	15	THOMAS	DICKSON	Police	23
JEFF	JEFFERIES	Fire	15	CRISS	GARDNER	Police	23
TODD	IRBY	Fire	18	JASON	WOODWARD	Police	18
JASON	KNOERNSCHILD	Fire	16	DAVID	SCHALCHLIN	Code	20
BRIAN	OAKLEY	Fire	17	WILLIAM	SMITH	Public Works	27
JOHN	ADAMS	Fire	34	DAVID	BELL	Sanitation	8
RICKY	CRANFORD	Fire	20	MARCUS	LEE	Sanitation	4
LAITH	ADAMS	Fire	19	TERRY	GLENN	Street	9
DENNIS	POOLE	Fire	12	FREDERICK	MOORE III	Street	20
MICHAEL	THOMPSON	Fire	18	BRYAN	ROUGELY	Street	3
JASON	FENDER	Fire	17	STEVEN	HUBBARD	Street	6
MICHAEL	HOLLEY	Fire	21	LESLIE	RICHARDSON	Traffic	11
DUDLEY	SCHRADER	Fire	16	CHARLES	STANFORD	Parks Maint	3
CHRISTOPHER	MORENO	Fire	14	WILLY	TIDWELL	Parks Maint	19
CLAYTON	ZAKRZEWSKI	Fire	16	MARCUS	JOHNSON	Parks Maint	4
JOSH	BURKS	Fire	12	CHARLES	BROOKS	Parks Maint	15
CLINT	BUTLER	Fire	6	CORDERREL	HARRIS	Parks Maint	4
ZAKARY	WARD	Fire	6	DONALD	EOFF	Parks Maint	13
STEPHEN	FORTSON	Fire	15	TONY	PATE	Parks Rec	9
GREGORY	NASH	Fire	14	MICHAEL	CARR	Parks Golf	3

# April Birthdays

Name	Dept	Date	Name	Dept	Date
WALTER BARRINGTON	Electric	1	JOHN BRECKON	Police	13
THOMAS DICKSON	Police	1	JON MILLER	Fire	14
WILLIAM HARPER	Electric	2	VICKI HUMPHREY	Code	16
PAUL CANTRELL	Police	3	DAVID RODGERS	Sanitation	16
JANICE JENSEN	Police	3	DALTON GASTON	Fire	18
MICHAEL ALLEN	Electric	4	PHILLIP LOWRY	Police	18
BRANDON DAVIDSON	Police	4	JULIA COULTER	Animal Shelter	19
IRA WHITNEY	Police	4	CHARLES MILES JR	Police	19
ROBERT HUGHES	Electric	6	RICKY PRIDMORE	Vehicle Maint	19
BOBBIE BURKS	UAD	7	BLAKE BARNES	Police	20
JOSEPH MADISON	Police	7	BILLY JONES	Fire	21
CHARLES BLACK	Fire	8	ALANA PIERCE	Fire	22
LEONARD MONTGOMERY	Police	8	PHILIP EVANS	Police	22
YVONNE HARRIS	1st Court	9	CHRISTOPHER RAY	Electric	24
BOBBY RHOADS	Parks Admin	9	GLENN KRAUSS II	Electric	24
SHANE PRATER	Electric	10	HAROLD FORD	Sanitation	24
JAMES DANCY	Police	10	DEIDRA DEVINE	Traffic	25
JOHN LYON	Police	10	KENNETH WILLIAMS	Sanitation	26
JOHN YATES	Police	12	JACOB HOUSE	Police	27
TODD HINK	Fire	13	KYLE MCNEIL	Electric	28
ALAN GARNER	Fire	13	EDDIE REED	Electric	30
RODGER GREENE	Planning	13			

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

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





## ***Twenty Sixth Annual Gala Carousel Ball***

will be held ***Saturday, April 9, 2016***  
at the ***Patrick Henry Hays Senior Citizens Center***  
***401 Pershing Boulevard, North Little Rock***

***Dinner • Dancing • Entertainment***

***Live and Silent Auctions***

***Dancing to Exit 123***

***Black Tie Optional***

***Master of Ceremonies***  
***North Little Rock Mayor Joe A. Smith***

***\$50 per person (\$25 is tax deductible)***  
***Table Reservations Required***

***RSVP by April 4, 2016***  
***Call Helen Greenfield at 501-835-5019 or***  
***Joan Weese at 501-753-7246***

Proceeds benefit **North Little Rock Heritage-Bowker-Willow Houses**  
the **Patrick Henry Hays Senior Citizens Center**, **Calling Cards for Deployed Military Service Personnel**  
and other **community service projects** of the  
**North Little Rock Woman's Club**

**North Little Rock Lions Club**  
**Annual Bob Moore Memorial Fish Fry**  
**April 22, 2016**



**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  
\$12.00**

**Children Under 12  
\$10.00**

**Contact: Bill Singley**

**Number: 501-834-4383**

*(Tickets will also be available At The Door)*



**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.