

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

May 2014

North Little Rock e-Newsletter

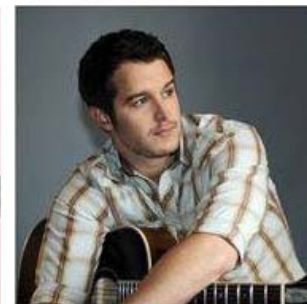
If you have information you would like to share with other city employees, residents and businesses throughout North Little Rock, then let us know. The City Clerk's office provides a monthly *e-letter* to those who subscribe through the North Little Rock website. To sign up, email Dwhitbey@nlr.ar.gov.



May 23—25, 2014

Featured Artists

Chicago
CeeLo Green
Hank Williams, Jr.
The Fray
Three Days Grace
Lee Brice
Buckcherry
Easton Corbin
Robert Randolph
& the Family Band
Jamey Johnson
The Wallflowers



Tickets are \$40 for 3 day pass at the gate
Or advance at Walgreens \$20 for 3 day pass... while supplies last.
For more information, visit the Riverfest 2014 website at www.riverfestarkansas.com.

"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

Spaying and Neutering

*A message from the
American Veterinary
Medical Association*

Is there a pet population problem? Every year, millions (1,000,000) of unwanted dogs and cats, including puppies and kittens, are needlessly euthanized. The good news is that every pet owner can make a difference. By having your dog or cat surgically sterilized, you will do your part to prevent the birth of unwanted puppies and kittens and enhance your pet's health and quality of life.

What about behavior and reproduction? Contrary to what some people believe, getting pregnant—even once—does not improve the behavior of female dogs and cats. In fact, the mating instinct may lead to undesirable behaviors and result in undue stress on both the owner and the animal. Also, while some pet owners may have good intentions, few are prepared for the work involved in monitoring their pet's pregnancy, caring for the puppies or kittens and locating good homes for them.

What is surgical sterilization? During surgical sterilization, a veterinarian removes certain reproductive organs. If your cat or dog is a female, the veterinarian will usually remove her ovaries, fallopian tubes, and uterus. The medical name for this surgery is an ovariectomy, although it is commonly called "spaying." If your pet is a male, the testicles are removed and the operation is called an orchiectomy, commonly referred to as castration or simply "neutering."

While both spaying and neutering are major surgical procedures, they are also the most common surgeries performed by veterinarians on cats and dogs. Before the procedure, your pet is given a thorough physical exam to ensure that it is in good health. General anesthesia is administered during the surgery and medications are given to minimize pain. You will be asked to keep your pet calm and quiet for a few days



after surgery as the incision begins to heal.

What are the benefits to society of spaying and neutering? Both surgeries prevent unwanted litters and eliminate many of the behavioral problems associated with the mating instinct.

What are the benefits of spaying my female pet?

Female dogs experience a "heat" cycle approximately every six months, depending upon the breed. A female dog's heat cycle can last as long as 21 days, during which your dog may leave blood stains in the house and may become anxious, short-tempered and actively seek a mate. A female dog in heat may be more likely to fight with other female dogs, including other females in the same household.

Female cats can come into heat once every two weeks during breeding season until they become pregnant. During the time they may engage in behaviors such as frequent yowling and urination in unacceptable places.

Spaying eliminates heat cycles and generally reduces the unwanted behaviors that may lead to owner frustration and, ultimately, a decision to relinquish the pet to a shelter. Most importantly, early spaying of female dogs and cats can help protect them from some serious health problems later in life such as uterine infections and breast cancer.

What are the benefits of neutering my male pet? At maturity (on average, 6 to 9 months of age), male

dogs and cats are capable of breeding. Both male dogs and cats are likely to begin "marking" their territories by spraying strong-smelling urine on your furniture, curtains, and in other places in your house. Also, given the slightest chance, intact males may attempt to escape from home and roam in search of a mate. Dogs and cats seeking a female in heat can become aggressive and may injure themselves, other animals or people by engaging in fights. Roaming animals are also more likely to be hit by cars.

Neutering male dogs and cats reduces the breeding instinct and can have a calming effect, making them less inclined to roam and more content to stay at home. Neutering your male pet can also lessen its risk of developing prostate disease and testicular cancer.

Are there any risks associated with the surgery?

Like any surgical procedure, sterilization is associated

...continued on page 6...

*Need a new
addition to your
family?*

Call
501-791-8577
...we've got the

perfect companion for you!



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



North Little Rock Fire Department

Tornado Safety

About 1,000 tornadoes hit the United States yearly. When a tornado is coming, you have only a short amount of time to make life-or-death decisions.

Before severe weather moves in, conduct tornado drills. Designate an area in your home as a shelter, and practice having everyone in the family go there in response to a tornado threat. Discuss the difference between a “tornado watch” and a “tornado warning”.

Have disaster supplies on hand:

- A flashlight and extra batteries
- Portable, battery-operated radio and spare batteries
- First Aid kit and manual
- Emergency food and water
- Non-electric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes

Develop an emergency communication plan. In case family members are separated from one another during a tornado (a real possibility during the day when adults are at work and children are at school), have a plan for getting back together.

Tornado Danger Signs

Learn these tornado 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.
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

DURING

If at home:

- Go at once to a windowless, interior room; storm cellar; basement; or lowest level of the building.
- If there is no basement, go to an inner hallway or a smaller inner room without windows, such as a bathroom or closet.
- Get away from the windows.

Mobile homes are particularly vulnerable. A mobile home can overturn very easily even if precautions have been taken to tie down the unit. When a tornado warning is issued, take shelter in a building with a strong foundation. If shelter is not available, lie in a ditch or low-lying area a safe distance away from the unit.

- Go to the center of the room. Stay away from corners because they tend to attract debris.
- Get under a piece of sturdy furniture such as a workbench or heavy table or desk and hold on to it.
- Use arms to protect head and neck.
- If in a mobile home, get out and find shelter elsewhere.

If at work or school:

- Go to the basement or to an inside hallway at the lowest level.
- Avoid places with wide-span roofs such as auditoriums, cafeterias, large hallways, or shopping malls.
- Get under a piece of sturdy furniture such as a workbench or heavy table or desk and hold on to it.
- Use arms to protect head and neck.

If outdoors:

- If possible, get inside a building.
- If shelter is not available or there is not time to get indoors, lie in a ditch or low-lying area or crouch near a strong building. Be aware of the potential for flooding.
- Use arms to protect head and neck.

If in car:

- Never try to out drive a tornado in a vehicle. Tornadoes can change direction quickly and can lift a vehicle and toss it through the air.
- Get out of the car immediately and take shelter in a nearby building.
- If there is no time to get indoors, get out of the car and lie in a ditch or low-lying area away from the vehicle. Be aware of the potential for flooding.



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 (March events).

Central Arkansas Water—installed new billing software last fall. Reservoirs at Lake Winona and Mau-melle are above full pool level (as of April 7).

Laman Library—downtown branch officially relocated to old Post Office on Main Street. Multiple events were held including receptions, a ribbon cutting and more.



Neighborhood Services—Mailed 5 neighborhood group newsletters to 1,561 individual households. Provided internet training on Pagis, Secretary of State site, sex offender registry site, Pulaski County Jail In-mate List, and court records site for NALC leaders. Completed survey of gravel driveways in Park Hill Restrict Parking District. Survey underway in Lakewood Restricted Parking District.

Hays Senior Center—1,160 hours of Volunteer Service in various city departments. Enrolled 77 new members. Took 9 trips (transported 130 members). Care Link classes—Supplemental Aid and Medicare.

IT—124 work orders, 33 web postings, 48 software requests, multiple ongoing projects in majority of city departments.

Utilities Accounting—

Bad debt March: \$2,286
Adjusted projected bad debt write-offs 2014: \$300,000
New accounts installed: 1,081
Accounts finalized: 1,192
Customer related calls—9,125, direct contact with Customer Service—2,167, inside teller payments received—8,566, drive-thru teller payments—5,155.

Street Department—Patched various roadways around city including Forrester, East Washington, Maryland Avenue, Remount, Faulkner Lake, Pershing, North Hills. Cut and tripped pine trees on Percy Machin, cut limbs along river, cleaned alleyways, cut along Union Pacific Fence line. Hauled forms, hauled dirt and shale. Run down Greenlea Lake, cleaned various basins, removed debris from ditches. Poured pad for Electric, other areas. Broke beaver dam.

Sanitation—Garbage crews collected and disposed of 1,710.53 tons (3,421,060 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed of 182 loads (1,998.0 cubic yards of mixed debris and 3,581.0 cubic yards of green waste. Loose leaf crews collected 7 loads of mulched leaves. Picked up 528 tires. Office staff

logged 1,082 calls. Issued 64 Sanitation Code Violation letters and 1 Citation for non-compliance.

Traffic—Service request work order (Sign Shop) 96. Trouble reports—48, Posts replaced—35. Approved Barricade Applications—93. City vehicles marked with decals (logo) 7. Installed 3-way Stop Signs at Ridge Road and “G”. Traffic cabinet JFK and Randolph damaged by accident—replaced.



Police—Theft from motor vehicles -36%, all property crimes -33%, Robbery (9 in 2013/8 in 2014) -4% change. Burglaries from March dropped from 62—2013 to 26—2014. Reason increased neighborhood involvement and reported burglaries being reviewed from evidence—fingerprints/DNA. Response to report of “America’s 10 Most Dangerous Small Cities”. NLR responds and documents all incidents which enables adjustment of patrols as needed to help prevent crime from continuing. Many other cities do not respond to or document all crimes, thus effecting the numbers included in the circulated report. Met with Rose City Bishop Anthony Robinson-Changed Life Ministries and Dan Scott re: ways to work together on programs to assist teenagers—will seek funding through grant opportunities.

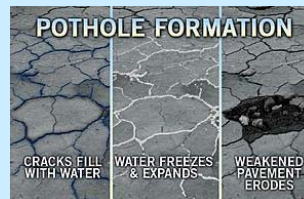
Fire—Total Incidents: 853

Residential Fires: 19
Vehicle Fires: 4
Rescue/EMS: 447
Other Responses: 499
Total Responses: 1,535
Other Structure Fires: 0
False Alarms/Malfunctions: 50
Haz Mat Responses: 6
Total Fire Losses: \$596,800.00
Total Value: \$21,150,500.00
Total Saved: \$20,553,700.00
Training: 3,336 hours



Building Inspections: 209
Construction continues on new fire boat. Conducted annual fire hose and pump inspection.

Continued on next page...



Office of Emergency Services/911—

Calls for service: 20,962

CAD incidents: 9,297

Electric Department—38,597—

customers, Peak Power—128,115 KW, Territory— 60 square miles, miles of wire—544.8 miles, # Transformers— 11,248, Street lights—10,987 (131 repaired), Smart meters 30,233—Revenue \$6,913,275.00. 3 major outages (Park Hill 59 min, Downtown 43 min, East 45 min).



City Clerk/Collector—1% Hotel—\$22,032.61; 2% Hotel/Motel—\$44,420.44; Mixed Drink Tax—



\$31,811.04; Restaurant Tax—\$414,815.94. Issued 56 new business licenses, processed 380 renewals, 29 accounts under review. Staff conducted 4 onsite account reviews. Final invoices mailed—delinquent business

license renewals (all renewals had to be paid by March 31 to avoid 25% penalty).

Code Enforcement—144 assigned calls, 458 initiated calls, 87 citations, 291 notices, 89 vehicles tagged, 151 structures inspected, rental inspections 68, 8 food service inspections, 2 search warrants, 2 houses demolished by city, 10 houses demolished by owner. Secured 4 vacant houses, mowed 0 vacant lots, mowed 0 with structures, picked up 183 tires.



Animal Control—NLR



Incoming Animals—246, Adopted 54, Reclaimed 18, Euthanized 95, Citations issued 96, Vouchers (spay/neuter) Dogs 36, Cats 14, Calls for Service 593

Pulaski County Incoming Animals—65, Adopted 39, Reclaimed 1, Euthanized 108 Served 2 search warrants and impounded 19 illegal Pit Bulls. Tested 7 animals for rabies. Sent 39 dogs with out of state rescue. Pulaski County paid \$96.15 for each animal housed in March.

Parks and Recreation—found 15 goose nests and addled 75 eggs (all around Cooks Landing). Awarded \$31,200.00 Grant for out-of-school programs from National Recreation and Parks Association and the Walmart Foundation. Construction to begin on 2 new pavilions near Soccer Complex fishing pier. Replacement Rocket Slide ordered.

Funland opened April 18. Renovation at Hospitality House near completion included upgraded kitchen with commercial appliances. Recreation centers offered boxing, baseball (youth to college), basketball for all ages, tax preparation, soccer from little kickers to college, AS-Pire and Spring Break Camp. Lepidoptra Survey coming to Burns Park . Arkansas Trails Day—May 31, 2014. In March, there were 1,000 paid rounds of golf at Burns Park. Emerald Park had \$262 paid rounds of golf. Junior Tennis Program beginning soon, transition from indoor to outdoor tennis continues, all existing leagues renewed. Outdoor courts 17, 18 and 22 have been resurfaced.



Finance—

Revenues (MTD—January)

Taxes	\$ 418,554.57
Licenses/Permits	\$ 176,015.77
Fines/Forfeitures	\$ 294,372.06
Local Option Sales Tax	\$1,804,174.80
Intergovernmental-State	29,829.91
Franchises	\$ 223,163.60
Investment/Misc	\$ 1,961.23
User Fees	\$ 86,648.71
Utility Transfer	\$ 50,676.60
Grants & Other	\$ 70,890.61
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$4,079,367.86

Expenditures

Administration	\$ 50,721.88
Animal Shelter	\$ 45,111.77
Special Appropriations	\$ 586,060.18
City Clerk	\$ 11,812.16
Emergency Services	\$ 78,437.83
Finance	\$ 31,768.24
Fire	\$ 645,429.35
Health	\$ 24,057.90
Legal	\$ 33,988.17
1st Court	\$ 26,780.74
2nd Court	\$ 23,637.63
Public Defender	\$ 526.88
Human Resources	\$ 27,761.75
Commerce	\$ 10,712.96
Planning	\$ 31,669.81
Police	\$1,047,665.04
Code Enforcement	\$ 50,807.45
Public Works	\$ 35,074.89
Neighborhood Services	\$ 6,435.79
Sanitation	\$ 357,183.25
Vehicle Maintenance	\$ 71,046.85
Senior Citizens Center	\$ 56,866.20
Communications	\$ 3,988.94
Fit 2 Live	\$ 16,259.34



...continued from page 2.. with some anesthetic and surgical risk, but the overall incidence of complications is low. Because changes in concentrations of reproductive hormones may affect your pet's risk of developing certain diseases and conditions in the future, your veterinarian

will advise you on both the benefits and risks of the sterilization procedure.

What is the best age to spay or neuter my pet?

Consult with your veterinarian about the most appropriate time to spay or neuter your pet based upon its breed, age and physical condition. Keep in mind that, contrary to popular belief, it is NOT best to wait until your female dog or cat has gone through its first heat cycle.

Will the surgery affect my pet's disposition or metabolism? The procedure has no effect on a pet's intelligence or ability to learn, play, work or hunt. Most pets tend to be better behaved following the surgery,

making them more desirable companions.

Also, the surgery will not make your pet fat. Feeding your pet a balanced diet and providing regular exercise will help keep your pet at a healthy weight and prevent the health risks associated with obesity. Ask your veterinarian to advise you on the best diet and exercise plan for each stage of your pet's life.

Is the expense for the surgery really worth it? Yes!

This is a one-time expense that can dramatically improve your pet's quality of life and prevent some frustrations for you. If you are still uncertain whether or not to proceed with the surgery, consider the expense to society (or the local taxpayers) of collecting and caring for all the unwanted, abused, or abandoned animals being housed in shelters.

For more information about animal health and veterinary medicine,

visit American Veterinary Medical Association at www.avma.org.

Having your pet spayed or neu-



Here are a few pics from the Tour For Life Event in North Little Rock last month.

Lots of animals were adopted and micro-chipped for free.



Last month, representatives from North Shore Animal League America made their annual stop in North Little Rock. The event is known as the world's largest cooperative life-saving adoption event. Representatives visit 52 cities in 26 states, plus Washington, D.C.

This year's event included representatives from *A Veteran's Best Friend*, which provides dogs trained for Veterans with Post Traumatic Stress Disorder, dogs from both the *Jacksonville* and *Cabot Animal Shelters*, dogs from *Morning Meadow Animal Rescue* (Fordyce) and more.

During the event, North Little Rock Mayor Joe A. Smith presented grants to the following:
 Oasis Animal Shelter—Camden—Darlene Wheelington, Executive Director
 Humane Society of Johnson County—Clarksville—Robin A. Brown, Executive Director
 Fairfield Bay Animal Shelter—Fairfield Bay, Ernest Majhenich, President
 Morning Meadow Animal Rescue—Fordyce—Mandy Noles, Vice President

Grants were made possible by funds collected through an Arkansas Specialty License Plate promoting Spaying or Neutering pets. Each year, North Little Rock Friends of Animals, North Little Rock Animal Control and the City of North Little Rock join together to distribute the funds to organizations to promote spaying or neutering in their areas of the state.

Recently, *Arkansas Life*—Volume 6 Number 7 featured 50 Reasons To Love Our State

#16

There are some “ifs,” but Paul Leopoulos wants to change the face of education in Arkansas, in the South and eventually all of the United States. And change will come if he can just get a foothold, just get the dollars the state Legislature overwhelmingly approved last year (but has yet to allocate) to pilot a revolutionary new concept in teaching called A+ Schools. Already in place in some parts of North Carolina and Oklahoma and gradually evolving into a major educational movement with Leopoulos as a leading face, it calls for an infusion of arts across the curriculum. That means making art, photography, drama, music and poetry part of every unit in every subject, from social studies to math and science. The approach actively engages students and teaches them to use what they are learning instead of simply memorizing facts.

Eventually, Leopoulos hopes to draw the attention of education policymakers in Washington because of how fabulously this approach works. Because, yes, test scores, the only accountability standard politicians believe in these days, do rise dramatically. Discipline problems seem to dissolve, and kids really want to come to school because they are learning to use their heads to solve problems and think creatively.

Leopoulos didn't understand this himself until he watched what happened to his daughter, Thea, who begged to take art, speech, drama

and creative writing her junior year. He hesitated, favoring a heavier academic load, but finally gave in when, despite her distaste for math, she agreed to take trigonometry, too. It was a life-changing agreement. The arts excited her about everything in and out of school, her self-esteem soared, and even her trig grade skyrocketed.

Leopoulos lost her in a car accident in 2001, but he has seen her transformation in school repeated over and over again in A+ Schools. There are seven in Arkansas now, and his plan is for another five to 12 to come on line next year—until Arkansas becomes the model for every state.



#46

You may have strolled past the USS Razorback countless times without giving it a second thought. But to climb down the aft torpedo-room ladder and explore the submarine's eight water-tight compartments is to experience some of the 20th century's most significant and geopolitical events.



Launched in 1944 during the height of World War II, the Razorback (named for the whale, not state swine) toured the

Pacific in search of enemy ships and downed allied pilots, and was one of only 12 submarines present in Tokyo Bay for the formal surrender of Japan. After the war, extensive upgrades allowed her to keep serving in the Cold War, during which she monitored a Soviet port and, submerged two miles distant, watched the Swordfish nuclear weapons test in the Pacific. In 1970, after winning four service stars during Vietnam, she was sold to and commissioned by the Turkish navy, for which she continued to serve until 2001. Three years later, 60 years after her launch, she made her way up the Mississippi and Arkansas rivers to her current home, docked on the banks of North Little Rock between the Main Street and Junction bridges. Today she is one of two unmodified “museum submarines,” meaning visitors can climb up and down the same ladders and navigate the same claustrophobic spaces as the countless sailors who crewed her.

Both articles above were featured in *Arkansas Life* and shared by Mayor Joe A. Smith. If you see or have information you would like to share with the community about North Little Rock, please send the information to Diane Whitbey at Dwhitbey@nlr.ar.gov by the 15th of the month.

6 Tips to Boost Mood and Metabolism

What you eat can have an effect on your mood and metabolism. Discover what you should eat to boost your energy and spirits.

By Abigale Miller

Found at www.everydayhealth.com

By making a few simple adjustments to your diet, you can elevate your mood and boost your metabolism. The benefits are potentially huge. Maintaining a good mood will help you stick to a healthy diet, be more productive, and increase your self-esteem.

Metabolism is the process your body uses to break down food. "Ensuring your metabolism is working most effectively will help you feel your best and energized to get the most out of life," explains Nicole Berkowitz, RD, a nutrition consultant in Toronto, Canada.

Here are six simple tips to help you optimize your diet to boost mood and metabolism.



1. Resist Skipping Meals

Skipping or missing a meal can cause a dip in your blood sugar, leading to crankiness and lethargy. Maintain your blood sugar levels, and your energy by eating small amounts of food throughout the day. You might even prefer eating six smaller meals rather than three large ones.

2. Stay Hydrated

Dehydration can also make you feel sluggish and lethargic. Be sure to drink throughout the day, and don't rely on thirst alone to remind you to have another glass of water. Some experts say the average person needs about eight glasses of water, and that may be hard to drink without reminders.

3. Think Moderation, Especially for Low-Nutrient Foods

Avoid a lot of caffeine, refined carbohydrates (sugar), alcohol, salt, and other food additives. Any of these, especially in large amounts, can decrease your metabolic efficiency. "eating large quantities of carbohy-

drates tends to cause an energy rush and then a big crash, which can lead to crankiness and fatigue," says Heidi McIndoo, MS, RD, a nutrition consultant in Roslindale, Mass. Excess salt can disrupt your fluid balance, changing your daily water needs, not to mention increasing health risks like high blood pressure.

4. Strive for Balance in the Food You Eat

Properly combine protein, carbohydrates, and fat to achieve a balanced energy intake. In general, a healthy diet includes a mix of whole grains, fruits and vegetables, and some protein, but each person has individual needs based on age, sex, physical activity level, body size, and stress factors. To determine the best foods for you, consult a nutritionist who can help you find the right balance.

5. Get a Boost From "Good Mood" Food

While research about the mood- and metabolism-boosting qualities of certain foods is mixed, foods high in the amino and tryptophan have been found to increase serotonin levels in the brain, contributing to feelings of optimism and calm. Add some bananas, avocados, dried apricots, walnuts, sunflower seeds, or pumpkin seeds for some extra tryptophan. Polyunsaturated omega-3 fats help elevate mood and reduce anxiety and depression. Look for omega 3-rich fish, like salmon and mackerel; walnuts and pumpkin seeds are also sources of these healthy fatty acids.

6. Keep a Food Diary

Some foods can have the opposite effect of tryptophan and instead trigger negative changes in mood and cause irritability or headaches. If you think a particular food might be affecting your mood, start a food diary. Record all the foods you eat each day and how you feel before and after every meal. After two weeks, review your entries to see if any foods line up with specific moods, either good or bad.

In addition to following a healthy diet, regular exercise will keep your body working most effectively and will augment both your mood and metabolism. The key here is balance. A variety of healthy foods with a dose of exercise will help you maintain your energy, speed up your metabolism, and boost your mood.

Quick Breakfast Tacos

- 2 corn tortillas
- 1 Tblsp Salsa
- 2 Tblsp Shredded Reduced-fat Cheddar Cheese
- 1/2 cup liquid egg substitute

Top tortillas with salsa and cheese. Heat in microwave until cheese is melted (about 30 seconds). Meanwhile, coat a small nonstick skillet with cooking spray. Heat over medium heat. Add egg substitute and cook, stirring until eggs are cooked through (about 90 seconds). Divide the scrambled egg between the tacos.

123 calories, 2 grams fat, 13 grams carbs, 13 grams protein

Recipe found at www.delish.com



How to recognize phishing email messages, links or phone calls

Information provided by Whitnee Bullerwell, Arkansas Municipal League from Microsoft Security's Website

Phishing email messages, websites, and phone calls are designed to steal sensitive information. Cybercriminals can do this by installing Malicious software on your computer or stealing personal information off of your computer.

Cybercriminals also use social engineering to convince you to install malicious software or hand over your personal information under false pretenses. They might email you, call you on the phone, or convince you to download something off of a website.

What does a phishing email message look like?

Below is an example of what a phishing scam in an email message might look like.

Hello!

As part of our security measures, we regularly screen activity in the Facebook system. We recently contacted you after noticing an issue on your account.

Spelling

Our system detected unusual Copyrights activity linked to your Facebook account , please follow the link bellow to fill the Copyright Law form:

http://www.facebook.com/application_form

Links in email

Note: If you dont fill the application your account will be permanently blocked.

Threats

Regards,

Facebook Copyrights Department

Popular company

- **Spelling and bad grammar.** Cybercriminals are not know for their grammar and spelling. Professional companies or organizations usually have a staff of copy editors that will not allow a mass email like this to go out to its users. If you notice mistakes in an email, it might be a scam.
- **Beware of links in email.** If you see a link in a suspicious email message, don't click on it. Rest your mouse (but **don't** click) on the link to see if the address matches the link that was typed in the message. In the example below, the link reveals the real web address, as show in the box with the yellow background. The string of cryptic numbers looks nothing like the company's web address. Links might also

<https://www.woodgrovebank.com/loginscript/user2.jsp>

<http://192.168.255.205/wood/index.htm>

lead you to .exe files. These kinds of file are known to spread malicious software.

- **Threats.** Have you ever received a threat that your Hotmail account would be closed if you didn't respond to an email message? The email message shown above is an example of the same trick. Cybercriminals often use threat that your security has been compromised.
- **Spoofing popular websites or companies.** Scam artists use graphics in email that appear to be connected to legitimate websites but actually take you to phony scam sites or legitimate-looking pop-up windows.

Cybercriminals also use web addresses that resemble the names of well-known companies but are slightly altered.

Beware of phishing phone calls

Cybercriminals might call you and offer to help solve your computer problems or sell you a software license. Once they've gained your trust, they might ask for your user name and password or ask you to go to a website to install software that will let them access your computer to fix it. Once you do this, your computer and your personal information is vulnerable. Treat all unsolicited calls with skepticism. Do not provide any personal information.



Left: the North Little Rock Chamber of Commerce held a Ribbon Cutting at Diamond Bear Brewery in North Little Rock last month. Governor Mike Beebe and other officials attended. A restaurant at the site will open in May according to owner Russ Melton.



Health Matters

Your source for healthy eating and active living

Take Your Time Off

Excerpt from UBA HR Elements Newsletter

If employers think that employees who take all their time off are less dedicated and less productive, they couldn't be more wrong.

An Oxford Economics study conducted for the U.S. Travel Association suggests that employers should encourage their workers to take all their paid time off (PTO) in order to gain higher productivity, stronger workplace morale, greater employee retention, and even significant health benefits. By taking time off, most employees returned to work feeling refreshed, having less stress, and were ready to focus on the job at hand.

While some employees indicated that their employer neither encouraged nor discouraged leave, almost one in five managers considered workers less dedicated if they took all of their time off. Unfortunately for about 40% of employees, they said their heavy workload prevented them from taking all their PTO.

PTO is one of the most expensive elements of a compensation package. However, while PTO is costly to the employer, and clearly there is a loss of productivity while the employee is away from work, the results in the study indicate that net productivity, after taking into account the downtime of leave, is still positive.

So when it comes to earned time off, employees and employers alike should agree that it's best to go ahead and use it. Achieving that goal most likely will require meaningful changes in attitudes and perceptions in the workplace along with more effective dialog between managers and employees. However, by doing this, it would help both groups to better understand the benefits.

The Results Are In: NLR Scores 69% In Wellness

The NLR Employee Wellness Committee recently completed the CDC Worksite Health ScoreCard, which helps worksites figure out how they can improve their wellness programs. We are using this information to create our 2014 Worksite Health Improvement Plan and welcome your input!

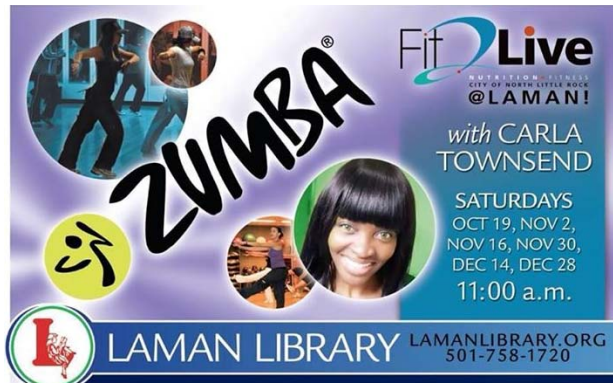
Here are some highlights from NLR's results:

Strongest category:

Diabetes Support—15 out of 15 points

Weakest category:

Stress Management—0 out of 14 points



F R E E !!!

**Zumba at Laman Library now
E V E R Y Saturday! 11:00 a.m.**

Employee Wellness Program

Join FREE!

Get big discounts on health and fitness!

Contact Bernadette Rhodes,
Fit 2 Live Coordinator
At 501-975-8777

Or email brhodes@nlr.ar.gov.

Website:
www.NLRFit2Live.org



Members of the North Little Rock Woman's Club held their annual Carousel Ball last month. The event was the club's annual fundraiser. Monies raised are used to help in our community in many ways: provide prepaid calling cards to Military, Senior High Rise projects, Dictionary project, Art, Conservation, Hays Center and much more.

To learn more about the club or membership, contact President-elect Helen Greenfield at 501-835-5019.



Betty Crocker Nacho Skillet Casserole



- 1 lb ground beef
- 1 medium onion, chopped
- 1 tsp sugar
- 1/2 tsp dried oregano leaves
- 1/2 tsp chili powder
- 1 can (15.5 oz) kidney beans, drained

- 1 can tomato sauce
- 1 can Mexican Corn, undrained
- 2 cups tortilla chips
- 1 cup shredded Cheddar or Monterey Jack cheese (4 oz)

In a 12 inch skillet, cook ground beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain. Stir in sugar, oregano, chili powder, kidney beans, tomato sauce and corn. Simmer about 20 minutes, stirring occasionally until sauce is desired consistency.

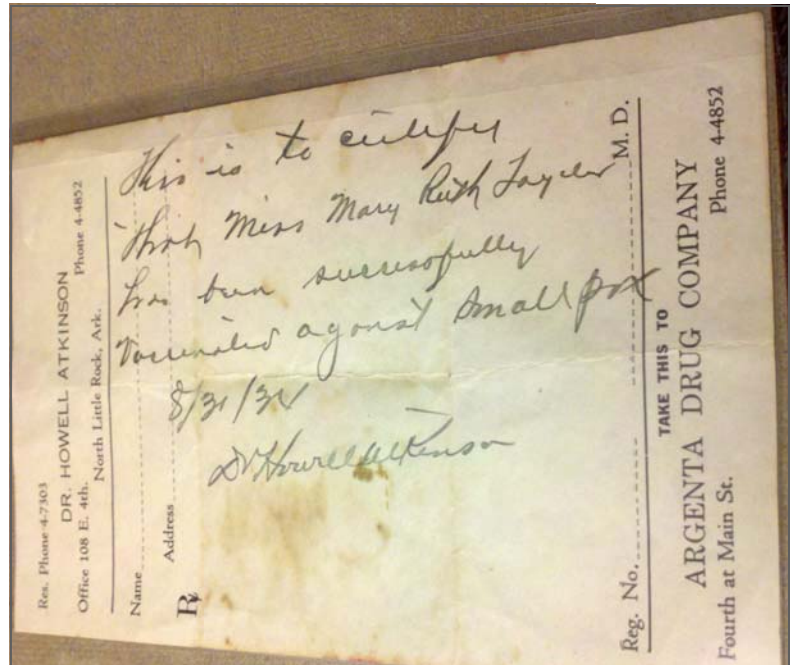
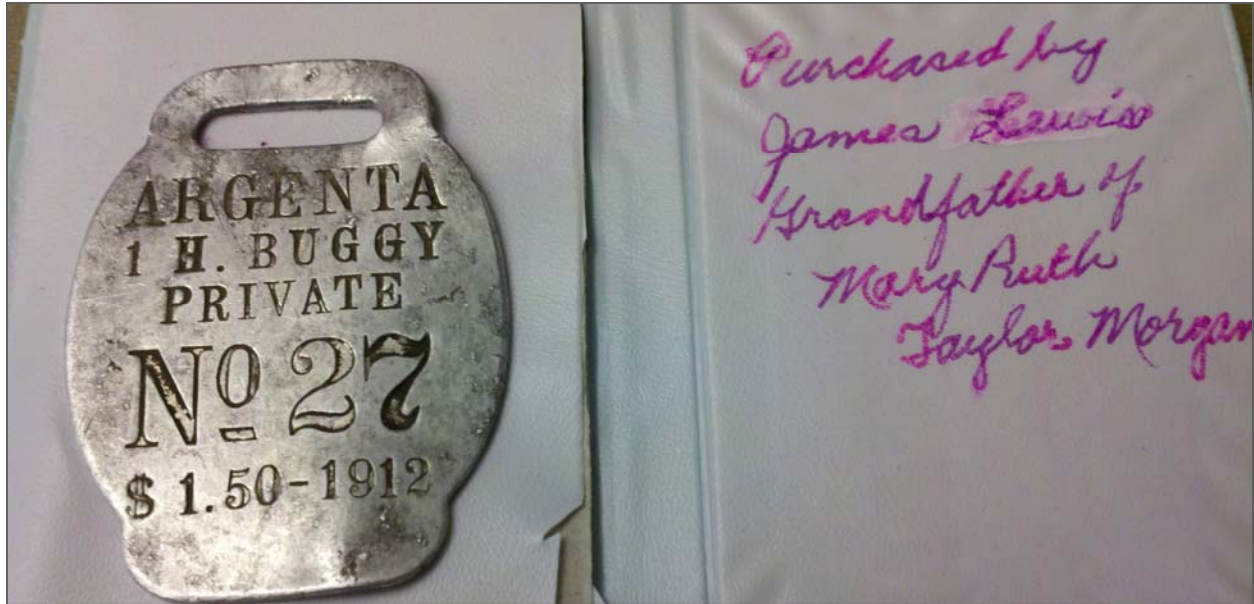
Sprinkle tortilla chips evenly over top and cover with cheese. Cover skillet and simmer 2 to 3 minutes or until cheese is melted. Serve immediately.

Makes 6 servings.

Makeup days for students in the North Little Rock School District due to inclement weather during the 2014—2015 school year will be June 2—6, June 9, and 1/2 day June 10. (According to state law, any hour of instruction missed by students must be made-up in a three-hour increment).

The two days when school was delayed and the one day when school dismissed after lunch resulted in students having to make-up nine hours of instruction (all day June 9 and 1/2 day June 10).

Information provided by Shara Brazear, Communications Specialist, North Little Rock School District.



North Little Rock History

North Little Rock has a long and rich history. Our History Commission is located at 506 Main Street. Did you know there is a climate controlled room upstairs where some of our most precious documents are stored? Did you also know the History Commission collects items of all kinds including: North Little Rock School records, Court Records, City Records, Family Records and much more. They also collect items such as artifacts found around town.

If you have something that has been in your family that you would like to share, please contact the History Commission at 501-371-0755.

You can also email Sandra Taylor-Smith or Cary Bradburn at nlrhistory@comcast.net.

Above is a carriage (buggy) tag and Small Pox vaccination record recently donated by north Little Rock City Treasurer Mary Ruth Morgan.



The deadline to **ASSESS** your **personal property** without penalty is **May 31, 2014**. Avoid the lines and call us at **501-340-6181** to assess by phone.

Janet Troutman Ward
Pulaski County Assessor

Right: Julie Drake, Kerry Bottoms, Bernadette Rhodes and North Little Rock School District Health Director Heather Rhodes-Newborn review maps of proposed elementary school zones.

Below: a pink Dogwood photo posted on Facebook by North Little Rock Purchasing Director Mary Beth Bowman.



Below: a waterfall in a neighborhood in North Little Rock posted on Facebook by Deputy City Clerk Katelyn Thomas...unfortunately, there is not supposed to be a waterfall in that location! It was a result of heavy rainfall Sunday, April 13, 2014.

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Pics



Left: North Little Rock Mayor Joe A. Smith spoke during a Press Conference last month announcing the British Invasion 50 Years later and celebratory events to be held in North Little Rock. There was even a “Yellow Submarine” at the event. Mayor Smith later treated City Hall employees to his rendition of “Michelle.”



Left: North Little Rock High School student Chandler Thompson signed with the UALR Trojan Baseball team last month. Chandler is a four year varsity player with NLR playing second base. He currently leads the team in batting average as RBIs. As a fielder, Chandler has only committed four errors in the field over the past three years. He has been recognized for athletic and academic excellence all four years of high school.

Chandler was voted All-Conference in his junior year at NLRHS.

Team NLR Event!

On June 14, 2014—**Go Mile** will be held in Burns Park and include races for all age groups AND a “First Mile” walk/run for people completing their first “official” mile ever. All city employees are invited to participate including Laman Library, Wastewater, Health, etc.

To join *Team North Little Rock*, contact Bernadette Rhodes at brhodes@nlr.ar.gov or 501-975-8777.



Above: area flooding as a result of April Showers.



Left: “Big Boy”, one of Patrick Lane’s two kitties he rescued from North Little Rock Animal Shelter. Big Boy’s sister “Little Girl” is also a member of the Lane family.

North Little Rock Friends of Animals

North Little Rock Animal Shelter
and North Little Rock Parks and Recreation

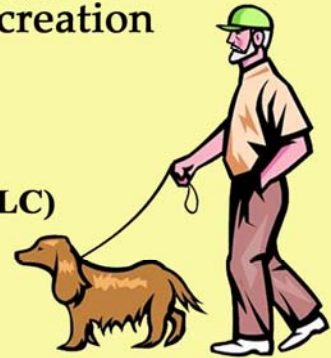
presents

THE 10th

Bark in the Park! (LLC)

Saturday, May 3, 2014

11:00 a.m. -- 2:00 p.m.



Burns Park Dog Park, located in Burns Park in North Little Rock, exit 150 off I-40

11:00 - 2:00 Carol Pate -- Nationally & Internationally Renowned Psychic

Carol will be at Bark in the Park to give your pet a psychic reading. She has appeared on seven psychic programs, two investigative psychic programs on A&E along with appearances on Larry King Live, Dan Abrams, Beyond Chance, Unsolved Mysteries, The Other Side, Sightings, and Geraldo. All monies donated from the readings will go to the North Little Rock Animal Shelter's spay/neuter and adoption/rescue programs

11:00 Microchipping by donation for the first 50 sterilized dogs

11:00 & 12:15 Meet and greet with NLR Burns Park Ranger, Ian Hope, and goose herder, Shep. Shep is a Catahoula/Blue Heeler mix that helps control the Canadian Geese population at Burns Park

12:00 Lila McCartney on Animal Assisted Therapy

12:30 PTSD Service Dog Training Demo by A Veteran's Best Friend

1:00 North Little Rock Fire Dept. demonstration of Breath of Life masks

1:30 Demonstration by the North Little Rock K-9 Police Force

11:00 - 2:00 See Spot Sit Dog Training demo by Charlotte Mallion

11:00 - 2:00 Interactive Agility Training and demonstration by Beth White

11:00 - 2:00 "On Point" Dog Training by Kim Hawkinson

Getting a microchip



Officer Criss Gardner, NLR K9 Unit

Your donations graciously accepted to defray the cost of our dog friendly event, and to fund the NLR Animal Shelter's adoption/rescue and spay/neuter programs. We appreciate you!

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 501-340-5317 or email Diane Whitbey at Dwhitbey@northlittlerock.ar.gov.

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

City Council Members

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

Other Elected Officials

Mayor Joe A. Smith	975-8601
City Clerk and Collector Diane Whitbey	975-8617
City Attorney C. Jason Carter	975-3755
City Treasurer Mary Ruth Morgan	753-2028
District Court Judge Jim Hamilton	791-8559
District Court Judge Randy Morley	791-8562

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



April 28—May 2 no pickup
May 5—9 recycle
May 12—16 no pickup
May 19—23 recycle
May 26—May 30 no pickup

City Offices located at 120 Main

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

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

New Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Collector.....	501-975-8617
Diane Whitbey	
External Relations.....	501-975-8605
Margaret Powell	

No Change

Legal.....	501-975-3755
C. Jason Carter / Matt Fleming	
Fit 2 Live.....	501-975-8777
Bernadette Rhodes	
Communications.....	501-975-8833
Nathan Hamilton	

May Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
GLINDA	CRAIGMYLE	Admin	4	KRASTAL	DUCKERY	UAD	7
CLAYTON	ROGERS	Airport	3	DAVID	MELTON	UAD	5
JOHN	ALEXANDER	Animal Cont	14	MICHAEL	HOPPER	AIMM	3
KIMBERLY	LAURENT	OES/911	14	KEISA	WILLIAMS	Planning	3
JAMES	BRAY	Electric	39	ELLISA	MCEUEN	Police	3
JEFFERY	ELLISON	Electric	32	CRAIG	EDWARDS	Police	19
WILLIAM	THOMPSON	Electric	16	TERRY	KUYKENDALL	Police	19
EBBIE	USSERY	Electric	25	VERA	WAYNE	Police	7
MARVIN	GULLETT	Electric	36	JANICE	JENSEN	Police	4
WALTER	BARRINGTON	Electric	2	DARWIN	BUSH	Police	5
ANDREW	JOHNSON	Electric	2	CHARLES	HARRIS	Street	3
CHRISTOPHER	PLY	Electric	10	JULIUS	CRAIG	Street	16
KAREN	SCOTT	Finance	1	JUSTIN	MCDUGAL	Vehicle Maint	7
CHARLES	BASS	Fire	34	FRANKLIN	GRIFFIN SR.	Vehicle Maint	21
CHARLES	REDDING	Fire	34	RICKY	CARRINGTON	Vehicle Maint	10
WARREN	ALMON	Fire	20	KENNY	BROCK	Vehicle Maint	22
CHRISTINA	YIELDING	Legal	14	PAULA	SMITH	Parks Admin	24
WILLIAM	BROWN	Legal	12	JERRY	HINSON	Parks Maint	1
JEAN	HOBBY	UAD	14	MICHAEL	WALKER	Parks Maint	15
SANDRA	TARKINGTON	UAD	7	JASON	RHODES	Parks Maint	1
LINDA	WILLIAMS	UAD	7	JONATHAN	SMITH	Parks Maint	1
CYNTHIA	BOONE	UAD	30	TINA	WORRELL	Parks Rec	11
LAURA	WEAVER	UAD	3	MATTHEW	PETERSON	Parks Rec	1
				JENNIE	CUNNINGHAM	Parks Rec	19



A lot of employees have fun competing to see who will be the first person to find Mel each month in "Where's Mel" in our newsletter. What you may not know is that Mel lives at Valley View Farm in Vilonia. Last Sunday night, the stable where he lives was destroyed (picture on the left from a few months ago, picture on the right from Monday, April 28, 2014). As you can tell the barn was destroyed.

Many families in the state lost everything they had, many lost their lives...all in a matter of seconds. I want to encourage you all to consider helping the people in Arkansas who lost so much in a matter of seconds.

You can help others by donating to a charity (Red Cross, etc.—always make sure you are donating to a valid charity), to a church, to an Animal Rescue Agency, etc. Many homes and businesses in Vilonia, Mayflower and other parts of the state were ripped off of their foundations and all that remains is a debris pile. Volunteers are needed to pick up and sort through the debris. Folks are finding family photos and personal items that need to be collected and returned to the families if possible. Several members of our extended city family have suffered losses.

Oh, and before you ask...Baby boy "Mel" is fine. He didn't have a scratch as far as I could tell, however most of the other horses had injuries, some requiring stitches and other treatments.

May Birthdays

Name	Dept	Date	Name	Dept	Date
KIMBERLY LAURENT	OES/911	1	JOSEPH GREEN	Police	15
KAREN ALLEN	Electric	2	COREY GIBBS	Parks Maint	15
MARCUS JOHNSON	Parks Maint	2	BRYAN SPEARS	Parks Maint	16
GREGORY ZONNER	AIMM	3	WILLIAM THOMPSON	Electric	17
JASON WOODWARD	Police	4	CAREY WALKER JR	Electric	17
WESLEY HONEYCUTT	Police	5	SHANE DOUGAN	Fire	17
CAROLINE PRENTICE	Sanitation	6	VICTOR RODRIGUEZ	1st Court	17
JENNIE CUNNINGHAM	Parks Rec	6	STEVEN LANKFORD	Fire	18
BILLIE BLACK	Planning	7	ANITA KABAT	Animal Contr	19
CHARLES HARRIS	Street	7	STEVEN GRIMES	Fire	19
DEBRA LUSK	OES/911	8	JACOB SCHMIDT	Fire	19
SEAN WALKER	Fire	8	ROSETTA VAN PELT	UAD	19
TONY PATE	Parks Rec	8	RUSTY GARTRELL	Police	19
JERRI DAUGHERTY	Police	9	STEVEN HUBBARD	Street	20
RYAN DAVIDSON	Police	9	SUSAN BURLESON	UAD	21
SHANA COBBS	Police	10	LONNELL TIMS	Police	21
SARAH BORNHAUSER	Police	10	MICHAEL HOLLEY	Fire	22
DANNY DILLON	Traffic	10	JEFFREY GLOVER	Police	22
JOHN BARBER	Police	11	LARRY MICKEL	Police	25
JOHN HARRIS	Electric	12	EUGENE TYREE JR	Police	27
EARL WATSON	Fire	13	CHARLES BINYON	Street	27
AMY COOPER	Police	13	KATHRYN DILLON	Vehicle Maint	28
BRYAN KINKAID	Police	13	KRASTAL DUCKERY	UAD	29
PATRICK GARRETT	Police	13	KARL SORRELLS	Police	29
DARWIN BUSH	Police	14	MATTHEW BARBER	Police	31
JENIFER HOLLAND	Planning	15	CHARLES BARNES	Police	31
			JONATHAN SMITH	Parks Maint	31

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 you have news, an upcoming event, recipe, photos, etc. you would like to share with others in North Little Rock, please email Dwhitbey@nlr.ar.gov by the 15th of the month.

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



A special thank you to all of the first responders from North Little Rock Police, Fire, 911 and other city departments who have assisted this week by providing rescue assistance, security and more to communities around the state.

North Little Rock has an Emergency Operations Plan in place. It will be used if necessary and deployed based on the type of situation. We hope we never have to activate it, but if and when we do, we want our residents to know we will do everything we can to assist them as quickly and safely as possible.