

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

July 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.

Things To Do In Central Arkansas

Found in U S Airways Inflight Magazine

Central Arkansas exudes the charm of a Southern Bell, the beauty of Mother Nature, and the elegance of a First Lady.

She keeps an eye on tradition from the windows of her stately antebellum buildings and ornate Victoria homes, but in her gleaming glass facade skyscrapers, she is full of vision. Home to poets, rock stars, authors, actresses, sports legends, generals, and a U.S.

President, she somehow manages to remain delightfully undiscovered, possessing a depth, beauty, and excitement beyond what many people expect.

Located in the heart of the state, Little Rock and North Little Rock share the state of Central Arkansas, with the Arkansas River flowing between the two.

A 1722 journal entry from Jean-Baptiste Bénédict De La Harpe's expedition noted rock outcroppings as navigation landmarks. Thus, the cities' names are derived from a small rock formation called La Petite Roche, or "the little rock," located on the south bank of the river.

In North Little Rock, your cultural tour can begin in the Argenta Arts District. Located along the Arkansas River Trail, it contains fine art galleries, studios, a community theatre, history commission, shops, a farmer's market, restaurants and bars. The vibrant nightlife is apparent at Ristorante Capeo, where crowds dine on authentic Italian cuisine, and at the professional comedy club, The Joint, where laughter can be heard down the street.

The nearby Rock Island Railroad Bridge has been transformed into the Clinton Presidential Park Pedestrian Bridge, connecting Little Rock and North Little Rock for those who travel on foot. It's one of several bridges for pedestrians and cyclists that link the downtown blocks of the north and south river banks. For added ambience at night, three downtown bridges, plus two additional city bridges, are illuminated with LED lighting.



For outdoor adventures, the 1,700 acre Burns Park has a pre-Civil War log cabin, a covered bridge, an accessible fishing pier, children's play areas, camping, a golf course, disc golf courses, soccer, tennis, trails, and seasonal amusement park, an archery range, dog park and equestrian trials.

You can make a splash at Wild River Country water park's 26 acres of water slides, rides, and pools. Or get out on the river and learn a history lesson on the Mark Twain Riverboat, an authentic stern-wheeler offering daily cruises. One trip lets you experience the lock and dam system on the Arkansas River. At the Arkansas Inland Maritime Museum, you can tour the inside of the USS *Razorback*, a WWII submarine steeped in naval history. (It's named for the whale, not the University of Arkansas mascot).

Afterward, catch a game at Dickey-Stephens Park, home to the AA minor league Arkansas Travelers, an Anaheim Angels farm team or attend an event at the 18,000-seat Verizon Arena.

You can take a ride on the River Rail Electric Streetcar which makes travel easy between and around both Little Rock and North Little Rock for the fee of one dollar.

Also in North Little Rock is the historic Old Mill, a popular spot for photographers and weddings. This re-creation of a water-powered gristmill was featured in the opening credits of *Gone With the Wind*, and it's believed to be the only surviving structure featured in the film.



If you're thirsty, visit a new addition to our city, Diamond Bear Brewery and Ale House. The brewery will soon host tours and tastings.

Central Arkansas is still a hidden gem. But now that the secret's out, it certainly won't be for long!

For more information about North Little Rock visit our website at www.nlr.ar.gov.



"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

Traveling With Your Pet

from the North Shore Animal League America

Your dog or cat is a close member of your family, and it is often a difficult decision to either travel with your pet or place him/her in a boarding kennel.

If you take your pet in the car with you, be sure that you both travel safely. Cats and small dogs are safest if placed in a carrier. Larger dogs should travel in the back seat of a car or behind the rear seat in a station wagon. Do not allow your dog to ride in the back of an open pick-up truck or jeep or ride hanging out of the window. To make a long trip as comfortable as possible for your pet, have a litter box available to your cat, stop frequently to allow your dog to relieve himself and stretch his legs, and have food and water available. Do not leave your pet unattended in the car, especially if traveling in warmer seasons or climates where there is a risk of heat stroke.



There are special considerations if you will be taking your pet on an airplane. Be sure to check with the airline for any specific requirements. You will need both a certificate of vaccination and a health certificate from your veterinarian.

Do not feed your pet for a couple of hours prior to boarding the plane, and check with your veterinarian to see if a tranquilizer is recommended. All pets must be placed in a carrier. Small pets can often be placed under the seat. Larger pets are placed in the cargo hold. Check with your airline to be sure that the cargo area is heated in the winter and air-conditioned in any warmer climates.

If you will be staying in a hotel or motel—CALL AHEAD! Even those that advertise “pet-friendly” may have restrictions, and a limited number of rooms in which a pet may stay. Keep your

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.



dog leashed, both for his safety and because courteous pet owners will insure that pets remain welcome. To find a hotel that takes pets, call the chamber of commerce in that state to ask for a list of lodgings that welcome animals or check with your local shelter or bookstore for a published listing. Bring enough of your own pet's food — you may find yourself in an area where that brand of food is unavailable. A rapid change in your pet's diet can cause gastrointestinal problems. If you will be out of town for any length of time, ask your veterinarian at home to suggest the name of a veterinarian or emergency clinic in the area in which you will be vacationing.

If you cannot travel with your pets, the best option is to have someone come stay with them at home during your absence. This is the least disruptive of their routines, and they feel secure in their own home environment. Visiting with a family member or close friend may also be a good choice. If that is not possible, there are basically two options for boarding your animal. Veterinary hospitals offer the advantage of supervision by a veterinarian in case your pet becomes ill, but often have limited space and activities for your pet. Kennels frequently have more space, but only rarely have an on-site veterinarian. Always visit any facility where you plan to board your pet. Check to see if the kennel is clean and dry and that pets are protected from the weather. Are pets kept separated from each other? If not, does the kennel require that all pets be currently vaccinated? What food does the kennel feed, etc.? Indeed there are lots of questions but it is important that you make certain to gather all your information prior to making your selection of board facilities.





North Little Rock Fire Department

Fireworks are prohibited in North Little Rock



Pursuant to the North Little Rock Municipal Code, Fireworks are illegal in the city limits of North Little Rock.

gate or aid a minor in the commission of having, keeping, storing, selling, offering for sale, giving away, using, transporting or manufacturing fireworks within the corporate limits of the city. The violation of this section shall be an offense regardless of whether or not the minor shall be charged or found guilty of the offense. The commission of the offense by the minor on the property under the control or owned by the parent or guardian shall be prima facie proved that the parent or guardian aided the minor.

It shall be unlawful for any person to possess, store, offer for sale, sell at retail, set off, ignite or otherwise explode any firecrackers or other fireworks by whatever name called within the city limits.

No parent or guardian of a minor shall furnish money or a thing of value to a minor for the purchase of fireworks or encourage, act in conjunction with or in any manner insti-

The fine or penalty for violating this provision, upon conviction in municipal court, shall be not less then \$25.00 or more than \$500.00.

Did you know about the

Cornerstone at City Hall?

List of all articles and papers deposited in the corner stone of Argenta's new City Hall, July 27, 1914.

Arkansas Democrat—January 21, 1914 containing picture and notice of death of W. C. Faucette.

Photographs of W. C.

Faucette, Argenta's first Mayor, E. A. Ramsey, Argenta's second Mayor and J. P. Faucette, Argenta's third Mayor.

Front and side view of City Hall.

Rosters of present City Officials, employees of Light Department, employees of Argenta Fire Department, employees of Argenta Police Department and Argenta's Standing Committees for the year 1914.

Roster of State and County Officials.

Explanation of Proposed Storm and Sewer Improvement District No. 1.

Argenta News—March 27, 1914, containing report of

the "Growth and development of Argenta" during the past 10 years.

Copy of Argenta Times—January 31, 1914, containing obituary of W. C. Faucette.

Argenta News—January 23, 1914, containing picture and obituary of W. C. Faucette.

Map of the City of Argenta.

Manual of Public Schools of Argenta for 1913 and 1914. List of members of the Argenta School Board.

Letter from Hon. Charles E. Taylor, Mayor of Little Rock, congratulating City of Argenta on the occasion of laying of corner stone of new Municipal building.

Letter from the Hon. Frank M. Olliver, City Clerk of Little Roc, with roster of Little Rock City Officials.

Prescription banks of Drs. H. L. White, R. C. Foster, J. R. Foster, A. T. McKinney, A. R. Howell and W. E. McLain.

Rosters of the membership of Argenta Lodge No. 1004, B.P.O.E., St. Mary's Branch #222 of the

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Knights and Ladies of America, Argenta Lodge #32 K. of P., Columbia Lodge #4 O.D.H.S. Sons of Herman, Argenta House-hold #22 Columbia Woodmen, Big Rock Camp #2 Woodmen of the World, Bylaws and membership roster of Far West Lodge # 1 I.O.O.P, membership rosters Cresnet Lodge # F. & A. M., Florence Chapter #15 Order of Eastern Star, Oak Grove Lodge #4 Woodmen Circle, Argenta Hive #8 Ladies of the Maccabees, Silver City Division #278 B. of L. E., Grand International Auxiliary to the B. of L. E. Subdivision of #317, Brotherhood of Painters, Decorators and Paper Hangers Union #D68, Local Union #433 Journeymen Barber's of America, Baring Cross Lodge #35, A. O. U. W., Brotherhood Railway Car Men of America #423, Auxiliary to B. of R. T. Lodge #489, Tourists Club 1913 and 1914, Local #394 Bartenders Union, and roster of present Officers and employees of Twin City Bank.

Copy Arkansas Echo, July 23, 1914.

Copy of W. C. Faucette's (Mayor) first message to the Argenta Council, April 11, 1904.

Copy of W. C. Faucette's resignation as Mayor, January 11, 1909.

Copy of J. P. Faucette's (Mayor) message April 13, 1914.

Arkansas Gazette of July 27, 1914. In the Argenta news of this paper, it refers to the laying of this corner stone today.

Pocket-book containing a Mexican Dollar with letter enclosed in pocket-book explaining the history of this Dollar.

Bottle of Olive Oil.

Bottle of Corn.

Bottle of Wheat.

Copy of Argenta Times, July 25, 1914, with picture of City Hall Building, copy of Argenta Daily Herald, July 24, 1914, first issue, copy of Argenta Daily Herald, July 26, 1914.

List of Board of Public Affairs.

Arkansas Democrat—July 27, 1914.

One Dollar Silver coin.

One fifty-cent piece Silver coin.

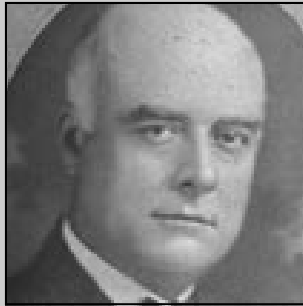
One twenty-five cent piece Silver coin.

One ten cent piece Silver coin.

One five cent Nickle.

One copper cent Indian head.

One copper cent Lincoln head.



All of the above articles and papers were placed in a copper box by me, and the box was sealed and deposited in the South-west corner of the new City Hall building, on July 27, 1914, in my presence and in the presence of other City Officials and citizens.

J. P. Faucette, Mayor

The public is invited to join us at
North Little Rock City Hall

300 Main Street

Sunday, July 27, 2014

from 3:00 o'clock p.m. until 5:00 o'clock p.m.

for an Open House

To celebrate the 100 Year Anniversary
of the laying of the Corner Stone
at the New City Hall Building 100 Years ago—July 27, 1914

Visit with city officials and others,
view historic photographs on display throughout the building

*Special thanks to the members of the North Little Rock Woman's Club
for providing refreshments*

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 (May events).

Central Arkansas Water—held work session to discuss asset replacement with primary focus on pipe replacement in downtown areas of Little Rock and North Little Rock. Present needs are exceeding existing resources. Metered sales down 10.3% from 13 year historical average.

Neighborhood Services—Mailed 6 neighborhood group and Neighborhood News newsletters to 5,335. Received 5 event applications and provided equipment for 8. Handled bridge lights for Riverfest Fireworks and relocated 1 copperhead during event. Working on Adopt a Street Program.

Hays Senior Center—Enrolled 63 new members. Took 16 trips (transported 236 members). Held volunteer luncheon. Ken Abel honored for his service with the Police Athletic League and Morris Petty, Judge Hamilton's Court honored as 2013 Volunteer of the Year and Fritz Friedl award.

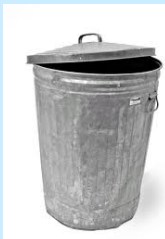
IT—99 work orders, 23 web postings, multiple ongoing projects in majority of city departments.

Utilities Accounting—

Bad debt May: \$45,581
Adjusted projected bad debt write-offs 2014: \$275,000
New accounts installed: 1,099
Accounts finalized: 1,164
Customer related calls—7,182, direct contact with Customer Service—2,370, inside teller payments received—9,470, drive-thru teller payments—4,796.

Street Department—patchwork citywide, set up and take down tent, cut right-of-way, cut grass, street sweepers, litter pickup. Cleaned ditches, hauled compost. Ran down Greenlea Lake, flushed pipes, checked drains.

Sanitation—Garbage and yard waste crews collected and disposed of 1,990.53 tons (3,981,060 lbs) of household garbage/rubbish. Yard Waste crews also collected and disposed of 254 loads (6,435.0 cubic yards of mixed debris and 753.0 cubic yards of green waste. Office staff logged 826 calls. Issued 92 Sanitation Code Violation letters and 1 Citation for non-compliance.



Traffic—Service request work order (Sign Shop) 88. Trouble reports—44, Posts replaced—16. Approved Barricade Applications—102. City vehicles marked with decals (logo) 11, Arkansas One Call location requests—33.



Police—Theft from motor vehicles - 36%, all property crimes -31%, Robbery -35% change. Obtained 3 additional License Plate Readers to check for vehicles leaving locations where crimes have recently occurred and recover stolen vehicles or other wanted individuals. Pulaski County Detention Center (Jail) closed April 29. Agreement with White County Detention Center to house prisoners.

Fire—Total Incidents: 935

Residential Fires: 12
Vehicle Fires: 7
Rescue/EMS: 517
Other Responses: 322
Total Responses: 1,631
Other Structure Fires: 0
False Alarms/Malfunctions: 65
Haz Mat Responses: 8
Total Fire Losses: \$295,100.00
Total Value: \$15,961,100.00
Total Saved: \$15,666,000.00
Training: 3,570 hours
Building Inspections: 167
Started first Fire Department Paramedic School in state, started first bike response team, received various grants.



Office of Emergency Services/911—

Calls for service: 22,492
CAD incidents: 9,532
Conducted several Safe Room/Shelter inspections. Participated in Emergency Response meetings and discussions related to recent events.

Planning—city obtained 43 acres for off-road vehicle park through property exchange. Received grant of \$105,000.00. City participating in I-30 Corridor study options for expanding capacity and flow on I-30 between 67/167 and I-530.

Electric Department—38,503—customers, Peak Power—168,272 KW, Territory— 60 square miles, miles of wire—544.8 miles, # Transformers—11,248, Street lights—10,989 (114 repaired), Smart meters 31,920—Revenue \$6,808,883.00. 1 major outage (Over 1K).



Continued on next page...

City Clerk/Collector—1% Hotel—\$27,249.70; 2% Hotel/Motel—\$55,055.19; Mixed Drink Tax—\$34,215.21; Restaurant Tax—\$438,036.29. Issued 82 new business licenses, processed 38 renewals, 23 accounts under review. No licensed peddlers in the city at this time. Working with other departments to ensure that businesses are properly licensed.



Code Enforcement—259 assigned calls, 741 initiated calls, 35 citations, 754 notices, 123 vehicles tagged, 193 structures inspected, rental inspections 93, 10 food service inspections, 0 search warrants, 3 houses demolished by city, 3 houses demolished by owner. Secured 4 vacant houses, mowed 132 vacant lots, mowed 37 with structures, picked up 62 tires.



Animal Control—NLR

Incoming Animals—288, Adopted 43, Reclaimed 47, Euthanized 179, Citations issued 119, Vouchers (spay/neuter) Dogs 49, Cats 34, Calls for Service 899



Pulaski County Incoming Animals—145, Adopted 10, Reclaimed 13, Euthanized 111 Sent 21 specimens to Health Department for rabies testing. Seized 23 illegal pit bulls and worked 10 animal bite cases. Nuisance wildlife calls increased significantly.

North Little Rock Visitors Bureau / A&P

Visitor Information Center (Burns Park) had 1,882 visitors. Downtown RV Park had 467 reservations and estimated 943 visitors with an average stay of 2.32 days. Arkansas Inland Maritime Museum had 6,975 visitors including birthday parties, overnight stays, reunions, etc.

Parks and Recreation—Zachary Baxla's (15 year old) Eagle Scout project provided 2 new pavilions in Burns Park valued at \$40,000.00. A Beep Baseball Tournament will be held in July 2016 (modified baseball/softball for visually impaired/blind). Rain caused cancellations in baseball, softball and soccer tournaments; golf revenue down. Mowing parks, medians, golf courses and other areas as often as possible. Working weekends to try and keep up. Rain was major factor. Funland Train still down, should be completed and repaired by June. Sherman Park pool closed due to plumbing issues. River City Dragon Boat races raised \$98,000 for forensic interviewing program. There were 138 Soccer games and 63 practices, 119 Youth Baseball games and 90 practices, 18

Senior baseball games and 15 practices, 178 Softball games and 19 practices. 177 pavilion rentals, 18 rentals at Hospitality House and 4 at Idlewild Park. Golf: 1,827 paid rounds at Burns Park and 289 paid rounds at Emerald Park.

Finance—

Revenues (MTD—May)

Taxes	\$1,822,647.91
Licenses/Permits	\$ 70,415.91
Fines/Forfeitures	\$ 218,865.96
Local Option Sales Tax	\$2,225,807.06
Intergovernmental-State	\$ 0.00
Franchises	\$ 158,516.03
Investment/Misc	\$ 20,427.67
User Fees	\$ 87,241.13
Utility Transfer	\$ 42,557.20
Grants & Other	\$ 139,982.96
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$5,709,541.83

Expenditures

Administration	\$ 75,471.76
Animal Shelter	\$ 53,992.04
Special Appropriations	\$ 216,200.06
City Clerk	\$ 20,211.17
Emergency Services	\$ 118,007.91
Finance	\$ 59,600.61
Fire	\$1,324,714.77
Health	\$ 39,511.84
Legal	\$ 42,683.12
1st Court	\$ 40,494.06
2nd Court	\$ 37,205.47
Public Defender	\$ 273.86
Human Resources	\$ 51,199.19
Commerce	\$ 19,062.90
Planning	\$ 58,435.46
Police	\$1,766,911.35
Code Enforcement	\$ 78,666.12
Public Works	\$ 51,586.55
Neighborhood Services	\$ 14,674.32
Sanitation	\$ 346,618.94
Vehicle Maintenance	\$ 78,083.74
Senior Citizens Center	\$ 70,715.51
Communications	\$ 6,447.43
Fit 2 Live	\$ 11,074.59
Total Expenditures:	\$4,581,913.00

2015 Budget Discussions Underway

The City of North Little Rock is tightening its belt. In 2014, \$1.1 from Reserve was used to balance the budget. Reserve funds are not included in this years budget discussions.

Several cuts have already been made, including eliminating funding for the Willow House Employee Wellness Clinic and the North Little Rock Health Department. Letters have been sent to nonprofits funded in part by the city advising funding will be reduced or eliminated in 2015.

The majority of the city's budget funds employee salaries and benefits.

The Lawn Rangers

U. S. homes are surrounded by 30 million acres of lawns, which need 900 million gallons of water a year to stay green and healthy.

Background. You might not think that landscaping and lawn care have anything to do with energy. But, as Sierra Club founder John Muir said, "everything is hitched to everything else."

Energy Facts

- During the summer, the majority of household water is used for keeping yards green.
- Even in places where water doesn't have to be moved long distances from source to tap, a significant amount of energy is required to treat and process it before it enters the water mains.

Simple Ways To Save Energy

Treat your lawn right:

- Use a push mower instead of a power mower to save energy and reduce carbon dioxide emissions by up to 80 pounds per year.
- Set your mower blades so they cut grass about 2—3 inches tall. Mowing it shorter dries out the soil faster and increases water use.
- Let grass clippings turn into mulch. During dry periods, cut the grass high and leave the clippings on the lawn to keep it from drying out—thus reducing the amount of water your lawn needs.
- Most lawns need about 1 inch of water a week once they're established. Apply it slowly so the water doesn't run off.
- Here's how to tell how long it takes to apply an inch of water: Set two or three cans out on the lawn and turn on the sprinkler. Check every few minutes to see how long it takes to land an inch in each can. Average the times for the cans, and that's the lengthy of time to water.



Watering Smart

- Water in the early morning or very late afternoon to cut down on how much water evaporates before it reaches the roots.
- Try drip irrigation for shrubs and garden plants. It's a way of putting the water in small, steady amounts right to the soil around the plant you're watering.
- When you re-landscape, group together the plants that need similar amounts of water. That way, you can avoid overwatering one just to irrigate another.

Going Native

Consider plants for your yard that are already adjusted to local conditions and don't require extra water or attention. These are usually plants that are native to your area.

Think about shrubs succulents, and trees as a substitute for some of your lawn. Nothing requires more water than a lawn.

When you're ready to reseed or resod your lawn, look for grasses that require less water to thrive.

Check your local government for information about water conserving plants. These plants are also called "drought tolerant," and the practice of landscaping to conserve water is called "xeriscaping."



Employee Assistance Program (EAP)

A new program is available to all full-time and regular part-time North Little Rock City Employees and their families.

What is an EAP... a confidential service designed to help employees and their families with personal or work related problems. **Southwest EAP** provides assessment, short-term counseling, referral if necessary and follow-up.

Sometimes life's problems are too big or complex for you and your family to handle alone. If you have a personal or work related problem of any kind, this is a free, confidential, problem solving resource provided by the City of North Little Rock to help in areas such as: Stress Management, Emotional issues, Depression and Anxiety, Alcohol or Drug use, Career con-

cerns/job stress, Family problems, child and Elder care resources, Marriage/Relationship issues, Legal troubles, Grief or Loss issues, Budgeting and Financial referrals, Anything that is having a stressful impact on your life.

Your contact with the EAP is strictly confidential. The EAP will not release information to the city or family without your written permission. The only exception, as required by law, are cases where clients express the intention of harming themselves or others, or the mandated reporting of child or elder abuse.

EAP counselors are licensed Master or Doctoral level professionals with a wide range of expertise.

For more information, contact your Department Head or Human Resources or call 501-663-1797.

9 Ways to Burn Fat

Easy steps you can take

By Robyn Moreno

Found at www.everydayhealth.com/fitness/basics/tips/9-ways-to-burn-fat

Everyone's metabolism naturally slows down with age. At 40, you could be burning 100 to 300 fewer calories a day than you did at 30, says Pamela M. Peeke, M.D., author of *Body for Life for Women* and assistant professor of medicine at the University of Maryland in Baltimore. That can translate into a 10-25 pound weight gain in a year. But you can counteract that slowdown and boost your body's fat-burning capabilities by making just a few tweaks to your daily routine. The following strategies will help you bust out of a weight-loss plateau and burn even more fat.

Take Five

Do five minutes of exercise each morning. We all have a metabolic thermostat, called the metastat, that can be turned up or down, and morning is the best time to activate it. Each day, your metastat is waiting for signals to rev up, so the more signals you can send it, the better. Your best bet is a light, full-body activity like walking or push-ups.

Fuel up in the morning

Numerous studies have found that regular breakfast eaters are often leaner than breakfast skippers. "Your metabolism naturally slows at night, but you can jump-start it in the morning by eating breakfast," says Tammy Lakatos Shames, R.D., C.D.N., co-author of *Five Up Your Metabolism*. And because both your activity level and metabolism decrease later in the day, it's a good idea to make breakfast or lunch your largest meal.

Fill up on good grains

Whole grains such as brown rice, wheat germ, dark bread, whole-grain cereal, oatmeal and bran leave you feeling full because they take longer to digest than simple carbohydrates in a study from *The American Journal of Clinical Nutrition*, researchers at Brigham and Women's Hospital and Harvard Medical School evaluated the dietary intake of more than 74,000 women for 12 years. Overall, women who regularly ate the most whole-grain foods — about 1.5 servings a day — gained less weight than women who ate the least.

Pump yourself up

Muscle burns more calories than fat does, and decreased muscle mass can be one of the main reasons metabolism slows. Disuse can cause women to drop as much as 10 pounds of muscle between the ages of 30 and 50. Losing that much muscle means you'll burn 350 to 500 fewer calories a day. To build and maintain muscle mass, aim for two to three strength-training workouts a week. If you don't belong to a gym,

try push-ups, squats, abdominal crunches and tricep dips off a chair.

Power on with protein

Add a little high-quality, lowfat protein, such as chicken, fish and egg whites, to your meals and you'll help your body burn fat faster. "Because protein requires more energy to digest, it speeds up your metabolism, and protein is necessary to ensure against loss of muscle tissue," says Michael Thurmond, author of *6 Day Body Makeover*.

Get your vitamin "I"

That's "I" for intensity. You love to walk, but if that usually means strolling along at a snail's pace your waistline will pay little attention. Instead, put intensity, or "vitamin I" into your stride. Pick up your pace so you're walking at 4 mph, or one mile per 15 minutes. Once you build up your cardiovascular fitness level, you can even alternate between walking and jogging.

The key is to get your heart rate up and keep your workouts challenging.

Say yes to yogurt

In a recent study from the *International Journal of Obesity*, women who ate three daily servings of lowfat yogurt lost 60 percent more fat than women who didn't. In another study, participants who ate three daily servings of dairy lost more than twice as much fat as those who ate

less than that. "Calcium-rich diets reduce fat-producing enzymes and increase enzymes that break down fat," says Michael B. Zemel, Ph.D., lead author of both studies and director of the Nutrition Institute at the University of Tennessee in Knoxville. Eat three servings of lowfat dairy a day, like milk, yogurt and hard cheeses (Gouda, Cheddar and Monterey Jack).

Get active after eating

Your body's metabolic rate increases 10 percent after eating, and just a few minutes of activity could double that boost for up to three hours. Within 15 to 30 minutes of eating a snack or meal, do five or 10 minutes of light activity. Take the dog for a walk, climb stairs in your house or do some basic strength exercises.

Sip green tea

You might love your lattes, but if you switch to green tea, not only will you get a healthy dose of disease-fighting compounds, you'll also cut body fat. In a study from *The American Journal of Clinical Nutrition*, people who drank a bottle of tea fortified with green tea extract every day for three months lost more body fat than people who drank black tea. Researchers at a health care lab in Tokyo believe disease-fighting antioxidants called catechins in green tea may help decrease body fat.

*Information shared by Mark Rogers,
City Clerk and Collector's Office*



As of June 30, 2014 there are NO licensed door to door peddlers in the City of North Little Rock.

License peddlers will have a photo ID permit similar to the one below issued by the North Little Rock City Clerk and Collector's Office. If someone comes to your door and you aren't sure, please call 501-758-1234 and provide the location and description of the person.



**Peddlers Permit
City of North Little Rock**

Issued to: **Jane Doe**
Issued: 5/1/14
Expires: 8/1/14



Sex: Female
Eyes: Brown
Hair: White and Tan
Height: 1'2"
Employer: **Doggie Jewelry for Pups**
Type of Goods Sold: **Jeweled Collars**

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

Deputy City Clerk and Collector

Betty Crocker One-Pot Pasta

Bolognese

- 2 Tblsp olive oil
- 2 onions diced (about 3 cups)
- 2 carrots diced (about 1 cup)
- 1 tsp salt
- 1 lb lean (at least 80%) group 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 tsp crushed red pepper flakes
- 2 tsp Italian seasoning
- 1 lb uncooked spaghetti
- 1/2 cup shredded Parmesan cheese
- 1/4 cup thinly sliced fresh basil leaves

In Dutch oven, heat oil over medium-high heat until hot. Cook onions, carrots and salt in oil 5 to 8

Presto Sloppy Joes

Found in Taste of Home Special Collectors Edition, 2014
Cook now and freeze it for later...

- 3 lbs ground beef
- 3 cups ketchup
- 2/3 cup sweet pickle relish
- 1 envelope onion soup mix
- 14 hamburger buns, split

In a Dutch oven, cook beef over medium heat until no longer pink; drain. Stir in the ketchup, relish and soup mix; heat through. Serve immediately on buns, or cook mixture before placing in a freezer container. Cover and freeze for up to 3 months. Makes 14 servings.

To use frozen Sloppy Joes, thaw beef mixture in the refrigerator; place in a saucepan and heat through. Serve on buns.



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.

Makes 6 1 2/3 cup servings.

You can add spinach or baby kale just before serving. Reduce calories by draining meat after browning.



Cheryl Brown, North Little Rock Street Department sent in these pictures for the newsletter of Department Employees at work.
Top: Masonry Crew repairing the sidewalk on Allen.
Above and left: Drainage Crew blowing out and unclogging ditch on Healy.



...continued from
previous page...

Top: Asphalt Crew
filling potholes and
repairing street,



and Milling on McCain Boulevard.
Thank you for all your hard work!!!



In 1986, Pulaski County and surrounding areas (including North Little Rock) celebrated our Sesquicentennial. Above, City Hall employees were decked out in their finest “old timey” attire. Be the first person who names the most (or all—in order as seated from bottom to top, left to right) and win a prize.



Left: North Little Rock resident Lorraine Chism is pictured with volunteers from the Ozark Mission Project who donated their time and muscle to the residents of Military Heights.



North Little Rock Elementary School Students

Arkansas Kids read supplied books with volunteers throughout the school year to assist with student literacy growth.



40 volunteers faithfully gave one (1) hour a week to 2nd grade students throughout the North Little Rock School District. Pictured are some of the happy readers!

Assistant North Little Rock Fire Chief Steve Smith has been appointed Acting Chief effective July 1, 2014. Smith (pictured right with City Treasurer Mary Ruth Morgan) has been with the Fire Department since 1988.



DON'T FRY: PREVENTING SKIN CANCER

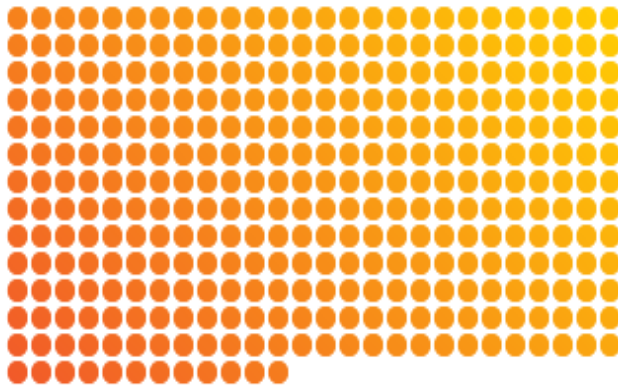
Skin cancer is the most common of all cancer types. More than 3.5 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

American Cancer Society / Infographics / 2014

NEW CANCER CASES IN THE U.S. THIS YEAR

○ = 10,000 cases

SKIN CANCER (non-melanoma) | 3,500,000



PROSTATE CANCER | 233,000



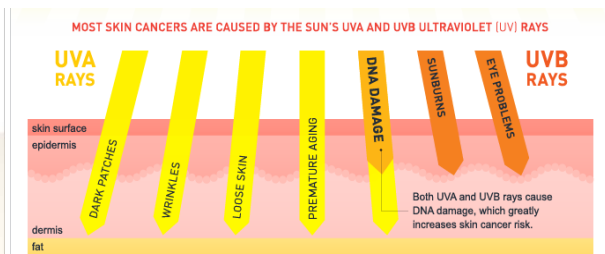
BREAST CANCER | 235,030



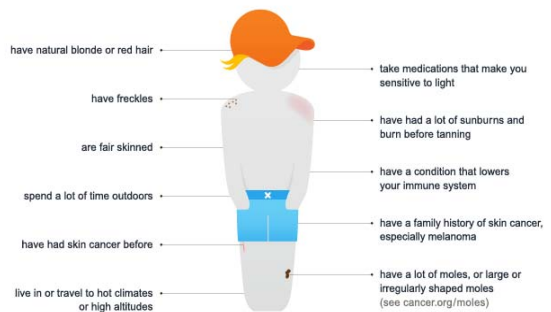
LUNG CANCER | 224,210



COLORECTAL CANCER | 136,830



ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU...



To learn more, view sources, and share, visit cancer.org/skinsafety.

Learn more // cancer.org/skincancer

Stay protected // cancer.org/sunsafety

Detect early // cancer.org/moles

Donate // cancer.org // donate

Natural Repellents



Found at www.dailyfinance.com

There are many cheap, non-toxic ways to control pests in your home. You may even have the items in your home already.

For instance, fresh bay leaves can act as a natural ant repellent. Just place them around your home to ward the unwanted guests away.

If you have a spider problem, a little peppermint oil can have your home clear in days. Simply take a small spray bottle and fill it with one-quarter cup of tap water. Then add 40 drops of peppermint essential oil and give it a shake. Next, simply spray the areas where the spiders live, including the little cracks and gaps where they can enter your home. Spiders hate the scent of peppermint oil, so



just a few blasts every now and then can be enough to send them packing.



The strong scent of the peppermint spray will also drive mice away. For rodents, spray the solution liberally along baseboards and the rear interior edges of kitchen cabinets, especially beneath the sink. Once they're gone, you can make sure these critters don't come back by wedging a few peppermint oil-soaked cotton balls in any entry points you can find.



So, before you shell out hundreds of dollars for an exterminator, try these natural pest remedies. Not only are they safer for your children and pets, they won't hurt your budget either.

Save the Date

Friday, August 22, 2014
8:00 a.m. & 1:00 p.m.

5th Annual Mark Pennebaker Memorial Golf Tournament

Burns Park Golf Course

Presenting Sponsor:



BANK of the OZARKS®

You have a friend here™

The
CHAMBER OF COMMERCE
North Little Rock

The DIFFERENCE is YOU!

For more information contact:

Kenda Shields • 501-372-5959

kenda@nlrchamber.org



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 July:



July 30—July 4 recycle
July 7—11 no pickup
July 14—18 recycle
July 21—25 no pickup
July 28—August 1 recycle

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	

July Anniversaries

Name	Dept	Date	Name	Dept	Date
SHANNON JOHNSON	UAD	1	CHERI MONROE	OES/911	16
CHARLES CULLEN	Public Works	1	JAUAN MASSIE	HR	16
LAITH ADAMS	Fire	2	DONALD STEELE	Police	16
JOHN DAVIS	Police	2	RUSSELL ELROD	Code	16
CHRISTOPHER BARNETT	Police	3	WILLIAM DAVIS	Fire	17
MARCUS PEREZ	Police	3	JOSEPH BREEN	1st Court	17
RONALD OSBURN	Electric	4	JOSHUA THRELKELD	Police	17
KYLE SIMPSON	Fire	4	DEBRA FLETCHER	Police	18
SAMUEL MONTGOMERY	Police	4	JON SAVARY	Traffic	19
ROCKY HARRIS	Electric	5	WHITNEY MOORE	UAD	20
CHARLEY BAXTER	Hays Center	6	DAVID TANTON	OES/911	21
ANTHONY GARDNER	Animal Shelter	8	STEPHEN FORTSON	Fire	21
BRIAN THOMAS	Fire	8	RODNEY THOMAS	Police	21
GARY GRAY	OES/911	9	JUSTIN MCDOUGAL	Vehicle Maint	21
DAVID MELTON	UAD	9	HOLLIS GREENE	Electric	22
JEFFREY ELENBAAS	Police	9	LATEISHA BARBEE	UAD	22
VERA WAYNE	Police	10	BRIAN DEDRICK	Police	22
WAYNE WRIGHT	Code	10	KARA BROWNING	Police	22
TIMOTHY VANYA	Comm Dev	11	JOHN DESIZLETS	Police	22
CHRISTI LEAVITT	Health	11	CEDRIC WILLIAMS	Code	22
CARLA NICHOLS	Police	11	JULIE ECKERT	Police	23
MARK HOOD	Police	11	KAREN ROLLINS	OES/911	25
THOMAS FLETCHER	Electric	13	NATHAN KIMES SR.	Police	25
CRAIG EDWARDS	Police	14	CHARLENE JAMES	Police	25
BRANDON BENNETT	Police	14	GABRIEL TROBIS	Fire	27
FREDERICK MOORE III	Street	14	GEORGE GOREE II	Police	27
NATHANIEL LEE	Parks Maint	14	MARK ROGERS	City Clerk	28
RICKY EZELL	OES/911	15	TAYLOR HUDSON	Police	29
ROBERT MAULDIN	Fire	15	TOMMY FELLS	Sanitation	29
JONATHON STATON	Fire	15	MARGARET POWELL	Admin	31
WILLIAM KOVACH	Police	15	WILLIAM BUSH	Public Works	31
STEVEN CHAMNESS	Police	15	ALAN GOURLEY	Parks Maint	31
EDWARD JERNIGAN	Street	15			

North Little Rock City Offices will be closed, Friday, July 4, 2014, in observance of Independence Day.

Garbage, trash and recycling routes will run one-day delayed (*i.e. Friday's pickup will be Saturday*)



July Birthdays

Name	Dept	# Yrs	Name	Dept	# Yrs		
SHANNON	CARROLL	Comm Dev	16	LATEISHA	BARBEE	UAD	10
SHEILA	HICKS	OES/911	5	TERRELL	MILTON	UAD	9
HOLLIS	GREENE	Electric	21	LATONIA	WOODS	UAD	19
WILLIAM	HARPER	Electric	41	GREGORY	ZONNER	AIMM	9
ROGER	TINDALL	Electric	37	ROBERT	VOYLES	Planning	25
DAVID	SIDERS	Electric	35	MARTIN	DUNLAP	Planning	15
KYLE	MCNEIL	Electric	2	JEFFREY	COBURN	Police	1
STEPHANIE	THOMAS	Finance	33	MICHAEL	GARVIN	Police	7
COREY	EISENHOWER	Fire	6	THOMAS	WADLEY	Code	14
WESLEY	STEPHENS	Fire	12	RUSSELL	ELROD	Code	15
PAMELA	TILLER	Fire	21	FELECIA	MCHENRY	Code	14
ALAN	GARNER	Fire	15	JOHN	MCCULLAR	Public Works	4
MICHAEL	TREADAWAY	Fire	16	RUTH	RATCLIFF	Public Works	11
CHARLES	HOBSON	Fire	10	DWIGHT	AKINS	Sanitation	17
DALTON	GASTON	Fire	1	TODD	NEBLING	Street	6
STEVEN	LANKFORD	Fire	11	ERNEST	RUMMEL	Street	30
THOMAS	CROSS	Fire	15	DENNIE	HUNTER	Street	17
KENNETH	HARTNESS	Fire	6	CHERYL	BROWN	Street	1
SEAN	WALKER	Fire	11	DAVID	HEISER	Traffic	2
CHAD	FREY	Fire	13	JOHNNY	GRAY	Vehicle Maint	6
JUSTIN	BRADSHAW	Fire	6	ANGELA	WIRT	Hays Center	10
TOBY	HARRINGTON	Fire	12	THOMAS	BREWER	Parks Maint	14
WILLIAM	POE	Fire	12	KENNETH	JOHNSON	Parks Maint	33
CHRISTI	LEAVITT	Health	1	PETER	COOK	Parks Golf	15
HELEN	ARNOLD	1st Court	4	IAN	HOPE	Park Ranger	1
VICTOR	RODRIGUEZ	1st Court	8				

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.

June 18, 2014, Paula Louise Cooke Stephens, 67 of North Little Rock passed away.

Paula was retired from the North Little Rock Police Department (911). She is survived by her daughter, Angelique Stephens, United States Army; sister Kathy Tucker, Monticello; niece, Traci Matthews, Maumelle; adopted granddaughter, Johanna Maxwell of Vilonia; and four-legged friends, Ziva, Sip and Coal.

She was preceded in death by her parents, Louise and Paul Cooke; daughter, Cristina Suzanne Cooke Stephens; and sister, Suzanne Cooke.

Memorials may be made to the North Little Rock Animal Shelter, 1 Championship Drive, North Little Rock, Arkansas 72118, or any other shelter.

A memorial service was held June 27, 2014 at Park Hill Christian Church.

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.

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.