

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

May 2013

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@northlittlerock.ar.gov.

MEMORIAL DAY QUIZ

Found in the Faulkner County Newsletter

1. *Memorial Day was a response to the loss of American lives in which war?*

- A. Revolutionary War
- B. Civil War
- C. World War I
- D. World War II

2. *One American city was declared the "birthplace" of Memorial Day in 1966 by Congress and then by President Lyndon Johnson. What was it?*

- A. Savannah, GA
- B. Annapolis, MD
- C. Gettysburg, PA
- D. Waterloo, NY

3. *What was the original name of Memorial Day?*

- A. Remembrance Day
- B. Commemoration Day
- C. Decoration Day
- D. Dedication Day

4. *Yes or no:*

- A. Was Memorial Day always celebrated on the last Monday in May?
- B. Do all states celebrate Memorial Day on the same day?

5. *Which is NOT a tradition on Memorial Day?*

- A. Small American flags are placed on each grave at Arlington National Cemetery
- B. American flags are flown at half-staff from dawn to noon
- C. The president or vice president lays a wreath at the Vietnam Veterans Memorial



D. The president or vice president gives a speech at the Arlington National Cemetery

6. *Each year the 3rd U.S. Infantry places a small American flag before the gravestones and niches of serve members burring at Arlington National Cemetery (and the U.S. Soldier's and Airmen's Home National Cemetery) just before Memorial Day weekend. What*

is the total number of flags placed at Arlington?

- A. 118,000 B. 156,000 C. 213,000 D. 267,000

7. *How long does it take for the soldiers to put down the flags?*

- A. 3 hours B. 6 hours C. 10 hours D. 5,000

8. *About 5,000 people attend the annual Memorial Day celebration at Arlington Cemetery. How many were at the first celebration in 1868?*

- A. 50 B. 150 C. 2,500 D. 5,000

9. *True for False: The U.S. has an official National Moment of Remembrance?*

10. *Who said "Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty."*

- A. John Adams
- B. John Quincy Adams
- C. John F. Kennedy
- D. John Wayne

Wartime Veterans to be Honored at Memorial Day Event—

The **Arkansas Department of Veterans Affairs** (ADVA) invites all Arkansas Wartime Veterans to attend the 2013 Memorial Day Ceremony set for 10:00 a.m. on May 27, 2013, at the State Veterans Cemetery in North Little Rock. If you would like to attend as an honored guest, representing wartime service in any branch of the U.S. Military, please contact ADVA Public Affairs Officer Kelly Ferguson at 501-370-3820 or email kelly.ferguson@arkansas.gov **before May 15, 2013**, so arrangements can be made for seating and event parking.



"Where's Mel"? Be the 1st person to call 340-5317 and tell us where you found him hiding and win a prize!

North Little Rock Animal Control

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

North Shore Animal League America's Tour For Life 2013 made a stop in North Little Rock's Lakewood Village Shopping Center on Saturday, April 20, 2013.

Mayor Joe A. Smith presented a proclamation to North Shores representatives Dan McNena and Ted Moriates (right).

During the event over 35 dogs were micro-chipped, 55 cats and dogs found their forever homes and Friends of Animals kicked off a fund raiser "Relief for Rescues" to raise money to purchase beds for every kennel in the shelter. Friends of Animals also sold shirts, dog bandanas, and more. FOA member Mark Rogers made sweet potato treats for dogs in attendance (and people, too). Georgia's Gyros in Lakewood Village offered 10% off meals that day to



everyone who made a donation to FOA or sponsored a Kuranda bed.

Alderman Beth White was on hand to provide agility demonstrations. Alderman Steve Baxter and his wife Sue adopted a puppy who they named Karma from Morning Meadow Animal Rescue from Fordyce, Arkansas.

Funds collected last year from the Specialty Spay or Neuter License plate were distributed during the event to Mandy Noles, Morning Meadow Animal Rescue and Pam Hopkins, Van Buren County Animal Shelter, Clinton, Arkansas.



The North Little Rock Animal Shelter and Friends of Animals have teamed up with Kuranda Dog Beds in an effort to acquire 100 beds to go in the kennels at the Shelter in Burns Park. Why Kuranda beds?

Pillow beds are a primitive means of comfort for dogs. They absorb moisture, bugs and odors. They're a haven for disease. If a dog chews on it, he might even get sick. Traditional foam beds are a harbor for tons of dirt, pollen and other floor allergens. Unlike cushioned beds, Kuranda beds are easily wiped clean with a sponge. The entire bed can be hosed off outside or washed in the shower using soap and water. Vacuuming and mopping under the bed is a breeze.

Professionals like them because replacement parts and materials are easy to buy if needed. Typical dog beds do not survive wash and dry cycles. These beds are helpful with animals with health issues too. *Kim, Hotdog Hill Sanctuary*

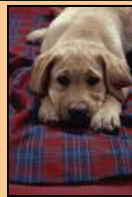
Another rescue group purchased the beds six years ago for their runs. Those same beds are still in use. *Karen, Dogs Dream Inn*



"We support the good work that animal shelters and rescue organizations do on a daily basis to help animals. We have created comfortable, durable, easy to clean bedding to provide comfort and enrichment for the dogs and cats in your care." Mike Harding President, Kuranda Dog Beds

Need a new addition to your family?

Call
501-791-8577
...we've got the perfect companion for you!



For more information or to donate to Relief for Rescues Fund Raiser contact Mark Rogers, City Clerk's Office at 501-340-5319 or email Mrogers@nlr.ar.gov.



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



A Veteran's Friend



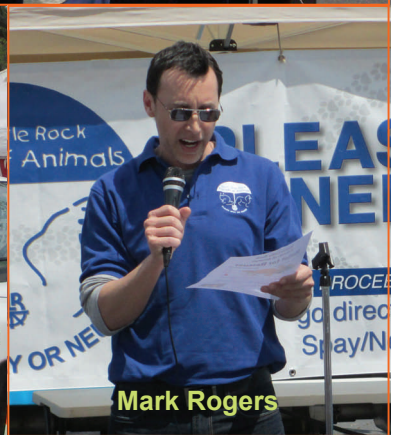
Mandy Noles (with MMAR), Mayor Joe A. Smith and North Little NLRFOA President Loy Stephens



North Little Rock Animal Shelter Director Billy Grace and Marilyn



Mayor Joe A. Smith and City Clerk and Collector Diane Whitbey



Mark Rogers





North Little Rock Fire Department

SPRING Fire Safety Tips

Start to **prepare for storm related out-ages (and damage).**

Make sure your flash lights and portable radios have batteries and that other supplies, such as bottled water, are stocked and available.

As part of your **SPRING CLEANING** make sure to take a few minutes to clean up and brush off your safety plans as well:

- Remove all hazards. Check and correct things such as frayed or damaged appliance cords, wiring, fuses or breakers. Address piles of rubbish, trash and yard debris.
- Check for water leaks, especially near electrical appliances.
- Check for adequate clearance between heating appliances and combustibles.
- Properly store flammable liquids and home chemicals. Make sure that gasoline and cleaning fluids are well marked and are out of the reach of children and pets. Store in a cool, dry place outside the house.
- Clean up work areas. Put dangerous tools, adhesives, matches or other work items away and out of any child's reach. Make sure that all chemicals are kept under lock and key and out of reach of children and pets.
- Check fire protection and safety equipment. Test your smoke alarms. Make sure all doors and windows open easily and are accessible for fast escapes.
- Make sure your street numbers are posted properly and are visible.
- Plan your escape. Sit down with your family and make sure that everyone knows what to do in the event of a fire by designing a home escape plan. Make sure you have two ways out of every room and that you have a meeting place a safe distance outside the home for the whole family.
- Practice the escape plan. Even the best plan is no good if it's not practiced.

Follow Your Escape Plan

Remember to **GET OUT, STAY OUT and CALL 911.** When escaping, see if doors or handles are warm. If they are, use your second way out. Never



open doors that are warm to touch.

Crawl low under smoke.

Go to your outside meeting place *then* call for help.

Smoke Detectors

One of the best ways to protect yourself and those you live with from a residential fire is by having working smoke detectors. By providing early warning of fire, smoke detectors can double your chances of escaping a fire safely. Fire data show that on average nearly 75% of the people who died each year in residential fires did not have a working smoke detector in their home. Follow these tips:

- Replace batteries in smoke detectors twice a year (when you change your clocks for Daylight Savings, change your batteries).
- Install smoke detectors on each level of your home and sleeping areas. Sleep with your bedroom door closed.
- Develop an escape plan with your family at least twice a year. Include a nighttime drill.
- Install a carbon monoxide detector if you have any appliance or device that has a flame—stove, water heater, furnace, fireplace, space heater, etc.

Fire Extinguishers

A fire extinguisher is an active fire protection device used to extinguish or control small fires, often in emergency situations. It is not intended for use on an out-of-control fire, such as one which has reached the ceiling or endangers the user (i.e., no escape route, excessive smoke, explosion hazard, etc.), or requires the expertise of the fire department. Use a portable fire extinguisher only if you've been trained and in the following conditions:

- The fire is confined to a small area and is not growing.
- The room is not filled with smoke.
- Everyone has exited the building.
- The fire department has been called.

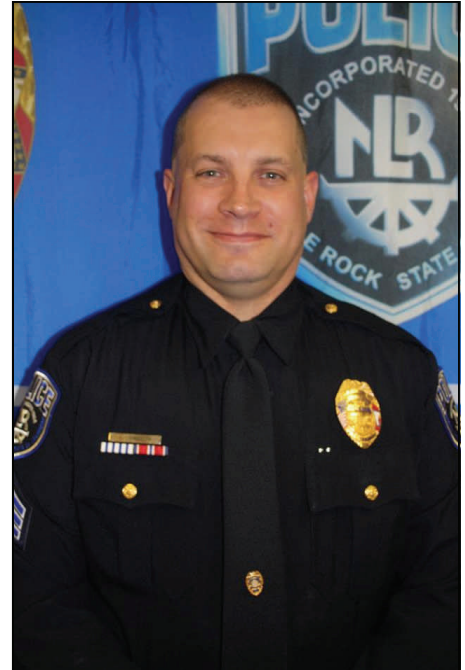
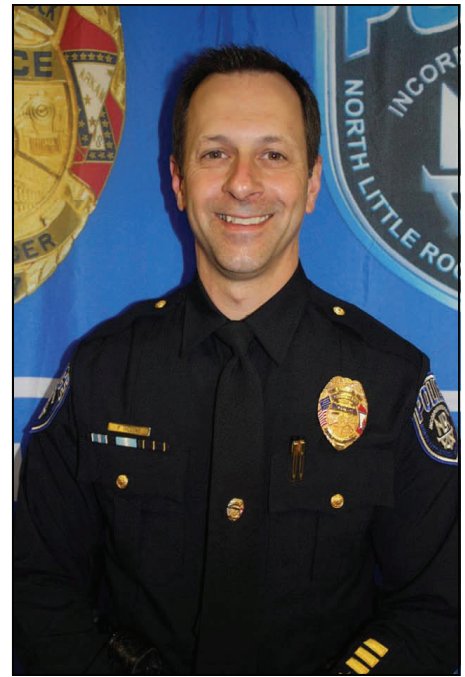
P.A.S.S.

Remember!

Remember the word PASS when using a fire extinguisher:



- **Pull** the pin and hold the extinguisher with the nozzle pointing away from you.
- **Aim** low. Point the extinguisher at the base of the fire.
- **Squeeze** the lever slowly and evenly.
- **Sweep** the nozzle from side to side.



During a promotion ceremony at the North Little Rock Police Department **Brian Scott**, **Wes Honeycutt** and **Patrick Thessing** (pictured above) were promoted to the rank of **Lieutenant**. **Daniel Haley** and **Kenny Livingston** (pictured left and right) were promoted to **Sergeant**.

Photos found on North Little Rock Chamber of Commerce Facebook page.

**Do you use Bluetooth?
Protect Yourself from Hacking Scams**

Cell phone users are increasingly turning to Bluetooth technology to talk—hands free—on their phones. But as this high tech tool gains popularity in the U.S. and Canada, scammers are finding ways to exploit it.

How the Scam Works

Scammers use specialized software to intercept your Bluetooth signal and hack into your device. It's called "bluebugging." Doing this



gives them access to all your texts, contacts, photos, call history...everything on your phone.

Scammers sometimes use hacked phones to make long distance calls. Other times, they access your private text messages or photos. But unless you are a celebrity, government official or high-powered corporate executive, you are unlikely to be a target.

Recently, the newest scheme is for scammers to set up a pay-per-minute phone number. They hang out in a busy area and hack into phones. Scammers use the phones to dial the number and rack up charges by the minute.

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Better Business Bureau Names

Top 10 Scams of 2012

Found at <http://arkansas.bbb.org>

The Better Business Bureau (BBB) investigates thousands of scams every year, and this past year launched two websites to help consumers figure out which offers are real and which ones are possibly frauds: www.bbb.org/smartinvesting and www.bbb.org/scamstopper.

The annual “Top Ten Scams” list is culled from a variety of sources. BBB gathers information on scams from consumers, some of whom have been victims of scams; from federal agencies; and from other reliable sources.

“It’s hard to say which are the ‘biggest’ scams, as far as the number of people affected or the amount of money stolen, because many go unreported or under-reported,” said Janet Robb, President/CEO Better Business Bureau of Arkansas. “Some of these scams have been around as long as BBB—100 years—and some take advantage of brand new technologies. Our list is made up of the ones that seemed the most audacious, the most egregious. They hurt a lot of people, and it seems that scams are only getting more prevalent evens as consumers are getting savvy.”

TOP OVERPAYMENT/FAKE CHECK SCAM: Car Ads

The online add says something like “Get Paid Just for Driving Around”- a prominent company is offering \$400+ per week if you’ll drive around with their logo all over your car. They send a check to you, which you are supposed to deposit in your account and then wire part of the payment to the graphic designer who will customize the ad for your vehicle. Whoops! A week later the check bounces, the graphic designer is nowhere to be found, and you are out the money you wired. The Internet Complaint Center (www.ic3.gov) says they saw this one a lot in 2012.

TOP EMERGENCY SCAM: Grandparents Scam

The “Grandparents Scam” has been around a

while, but it’s still so prevalent we need to mention it again: grandchild / niece / nephew / friend is traveling abroad and calls / texts / emails to say he or she has been mugged / arrested / hurt and needs money right away (“...and please don’t tell mom and dad!”). Plus the FBI says that, thanks to social media, it’s getting easier and easier for scammers to tell a more plausible story because they can use real facts from the supposed victim’s life (“Remember that great camera I got for Christmas?” “I’m in France to visit my old college roommate.”). Easy rule of thumb-before you wire money in an emergency, check with the supposed victim or their family members to make sure they really are traveling. Odds are they are safe at home.

TOP EMPLOYEMENT SCAM: Mystery Shopping

If you love to shop, working as a secret shopper may sound like an ideal way to supplement your income. But scammers have figured that out, too, and many job offers are nothing more than a variation on the Overpayment/Fake Check Scam (above). Sometimes they even tell you that evaluating the wire service company is part of the job, which is why you need to send back part of the money. The Mystery Shopper Providers Association says it’s not the practice of their members to pre-pay shoppers, but if you have your heart set on this type of job, you can find a legitimate gig through their website at www.mysteryshop.org.

TOP ADVANCE FEE/PREPAYMENT SCAM: Nonexistent Loans

Loan scams continued to fester in 2012. It seems for every legitimate lender out there, there is a scammer waiting to prey on people in desperate situations. Most of the scams advertise online and promise things like no credit check or easy repayment terms. Then the hook: you have to make the first payment upfront, you have to buy an “insurance policy,” or there is some other kind of fee that you have to pay first to “secure” the loan. This year, we heard a new, aggressive twist on loan scams: consumers who were threatened with lawsuits and law enforcement action if they didn’t “pay back” loans they said they had never even taken out in the first place. Some got calls at their workplace, even to relatives. The embarrassment of being thought of as a delinquent caused some victims to pay even when they knew they didn’t owe the money.

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TOP PHISHING SCAM: President Obama Will Pay Your Utility Bills

Of all the politically-related scams, this one seemed to be the most prevalent. At the peak of summer with utility costs soaring, consumers got emails, letters and even door-to-door solicitations about a “new government program” to pay your utility bills. Hey, the president wants to get re-elected, right? Maybe he’s trying to win votes. Victims “registered” with an official-looking website and provided everything scammers needed for identity theft purposes, including bank account information.

TOP SWEEPSTAKES/LOTTERY SCAM: Jamaican Phone Lottery

This is an old one that flared up again this year. We consider it flattering (in a weird way) that BBB is such a trusted brand that we “star” in so many scams! In this one, the calls come from Jamaica (area code 876) but the person claims to represent BBB (or FBI, or other trusted group). Great news: you’ve won a terrific prize (typical haul: \$2 million and Mercedes Benz) but you have to pay a fee in order to collect your winnings. There are lots of variations on this; sometimes it’s a government grant. Best just to hang up and then file a phone fraud report with the appropriate government agency (see below).

TOP IDENTITY THEFT SCAM: Fake Facebook Tweets

Two top social media sites were exploited in one of this year’s top scams. You get a Direct Message from a friend on Twitter with something about a video of you on Facebook (“ROFL they was taping you” or “What RU doing in this FB vid?” are typical tweets). In a panic, you click on the link to see what the embarrassing video could possibly be, and you get an error message that says you need to update Flash or other video player. But the file isn’t a new version of Flash; it’s a virus or malware that can steal confidential information from your computer or smart phone. Twitter recommends reporting such spam, resetting your password and revoking connections to third-party applications.

TOP HOME IMPROVEMENT SCAM: “Storm Chasers”

BBB spends a lot of time investigating and reporting on home improvement scams, but this year we saw an unusual amount of “storm chasers” activity following Super Storm Sandy. Tree removal, roofing, general home repairs—some were legitimate contractors who came from other areas for the volume of work

available; others were unlicensed, uninsured and ill-prepared for the work; while some were even out-and-out scam artists who took the money and never did the work. In an emergency, it’s tempting to skip reference checking, but that’s never a good idea. BBB has tens of thousands of Accredited Businesses in the home contracting field who are committed to upholding our mission of trust. Next time you need home repairs, find a contractor at www.bbb.org/search.

TOP SALES/RENTAL SCAM: Real Stars, Fake Goods

Sports memorabilia and phony tickets always make the list of top counterfeit goods. From the Super Bowl to the World Series, counterfeiters manage to have their hands in your pocket all year long. With the London Olympics added to the mix, it appears that 2012 was a good year for sports fakes. Some scammers were selling cheap knock-offs in front of stadiums. Others set up websites that just stole your money and never had any goods to begin with. Counterfeit goods are not only a rip-off for you because the merchandise is usually shoddy, but they are also a rip-off for the teams, athletes, designers and artists who create, license and sell the real thing. Buy directly from team stores and websites, or from legitimate retailers. You’ll pay a little more, but it will be the real deal. Remember, if a deal sounds too good to be true, it probably is.

SCAM OF THE YEAR: Newtown Charity Scams

Within hours of the horrific shooting at Sandy Hook Elementary School in Newton, Connecticut, social media pages dedicated to the child victims began cropping up...and some of them were scams asking for money. The FBI has already arrested one woman for posing as the aunt of one of the children killed, and state and federal agencies are investigating other possible fraudulent and misleading solicitations. In response to these reports, BBB Wise Giving Alliance

offered tips for donors to understand how and when to best support those dealing with such a tragic crisis. Although the number of people defrauded and the total dollars stolen is most likely low, the cynicism and sheer audacity of these scams merits our selecting it as the “Top Scam of 2012.”

More information for consumers:

For more information on these and other scams, go to bbb.org/scam-stopper/. Sign up for our Scam Alerts and learn about new scams as soon as we do.

To search for a business in the U.S. or Canada, or to find your local BBB, go to BBB.org.



Surviving Spring Allergy Season

Found in QualChoice Member Newsletter/Spring 2013

For many Arkansans, spring brings wheezing and sneezing. Seasonal allergies affect 60 million U.S. adults. As the climate changes, scientists expect respiratory problems to affect more people, begin earlier in the year, and be more severe.

Allergies and Asthma: Related Conditions. Seasonal allergies are commonly referred to as hay fever. They cause the body to overreact to airborne pollen and mold with sneezing, a stuffy nose, and itchy, watery eyes.

In addition, about one in 14 Americans has asthma, a chronic lung disease in which the airways swell and narrow. Most asthma attacks are triggered by the same pesky particles that cause allergies. Climate change may increase asthma, too—100 million more kids and adults worldwide are expected to get asthma by 2025.



Don't Sniffle in Silence. Allergies and allergy-induced asthma don't have cures, but you can manage the symptoms. Try the following:

—Assign yard work to a non-allergic family member. If you must mow, wear a mask.

—Stay in air-conditioned buildings when pollen counts are high. Find local pollen reports at the National Allergy Bureau website, aaaai.org/nab.

—Use over-the-counter medicines, such as antihistamines, decongestants, and nasal sprays. Ask the pharmacist about side effects and which medicines you should avoid, depending on your medical conditions.

If these steps don't help, talk with your doctor or see an allergist. Seek medical care if you have a new or severe breathing problems. Your doctor may suggest prescription medicines or immunotherapy shots.

Outdoor Arkansas—Tips for Spring

Found in QualChoice Member Newsletter/Spring 2013

In springtime, Arkansans are eager to get out and enjoy the natural resources that our state offers. Don't let your eagerness cause illness or injuries. Here are some tips:

1. Stretch before you garden. Winter is an indoor and less active time. Pruning the shrubs, planting bulbs, and tilling up that vegetable garden all put muscles and joints at risk. Take it slow till you toughen up again.
2. Apply insect repellent before you hike. Ticks appear **before** mosquitoes, so it's easy to forget about them. There are more cases of Rocky Mountain Spotted Fever (RMSF) in the Ozarks than the Rockies, and Arkansas and Missouri are consistently in the top five states for RMSF cases. Ticks can also carry the bacterial infection Ehrlichiosis and other diseases.

3. Slather on the sunscreen! A 65-degree Arkansas spring day may feel like summer after the winter cold, making it easy to over-expose and burn skin that has been protected by the less-severe winter sun. Bare skin that would tolerate two hours of sun in July may burn after only 45 minutes in April.
4. Don't forget to drink plenty of water, especially when exercising.
5. Always wear a helmet when enjoying the great outdoors on a bike or ATV.



Springtime, Tax Time—

Flexible Spending Accounts

Found in QualChoice Member Newsletter/Spring 2013

If you're not taking advantage of your Flexible Spending Account (FSA) you should be. An FSA allows you to set aside pretax dollars each year to use for medical expenses such as co-payments, deductibles, and treatments not covered by your plan, as well as dependent care expenses. Some FSA benefits are:

- **Reduced income tax (Federal, State and FICA).** Pretax payroll contributions result in a lower taxable salary.
- **Lower healthcare and/or dependent care expenses.** Using pretax dollars means a savings of nearly 30 percent.
- **Immediate access to your FSA account.** A convenient debit card makes it easy to use your pretax funds.

Strawberry Spinach Salad

- 1/2 cup balsamic vinegar
- 1 tbsp sugar
- 1 tbsp extra-virgin olive oil
- 4 cups baby spinach
- 2 cups strawberries (halved or quartered)
- 1/2 cup thinly sliced red onion

In a small saucepan, bring balsamic vinegar to a boil. Add sugar and cook until syrupy (about 3 minutes). Remove from heat, stir in olive oil, and let cool until warm.

Wash and dry spinach. Put into a large salad bowl with strawberries and onion. Pour dressing over salad. Toss and serve immediately. Makes four servings.

Per Serving: Calories 99, total fat 4 g, saturated fat 0.5 g, cholesterol 0 mg, sodium 30 mg, carbohydrates 15 g, fiber 3 g, protein 2 g.



ARKANSAS NATIONAL GUARD 2012 ECONOMIC IMPACT REPORT



The Arkansas National Guard has approximately 10,000 Soldiers and Airmen from over 100 units across the state. Our two major training sites bring in tens of thousands of personnel from around the nation for training, substantially boosting our local economics.

Two major training sites:

Robinson Maneuver Training Center in North Little Rock: this 35,000 acre post is home to the Arkansas National Guard Joint Force Headquarters and the office of the adjutant general, along with 26 small arms ranges and three of the National Guard's premiere training centers: the **233rd Regiment Regional Training Institute**, the **National Guard Marksmanship Training Center** and the **National Guard Professional Education Center**. It is also home to the **Arkansas Department of Emergency Management**. With 1,700 full-time National Guard, state, contractor and other support personnel, the installation saw 394,585 man-days of usage in fiscal 2012.

Chaffee Maneuver Training Center in Fort Smith: a premier training site used by all components of the Department of Defense, offering high quality facilities and realistic training environments to enhance combat readiness. CMTC was recently selected as one of 11 Regional Collective Training Capabilities training centers. Fiscal 2012 saw 251,219 man-days of usage, while within the cantonment area, renovations of transient barracks continue in order to provide Soldiers an increased quality of life.

People:

The Arkansas National Guard is comprised of approximately 8,000 Soldiers and 2,000 Airmen, which is supported by a full-time force of close to 2,000 federal employees and 550 full-time state employees serving around Arkansas.

Eighty-one percent of our Guardsmen are part-time military. They are family, friends, neighbors and constituents who stand ready to suit up as full-time Soldiers and Airmen when called to serve.

Serving Arkansas—There when you need us:

The Arkansas National Guard serves a dual mission, funded and equipped to support federal wartime missions as well as fulfilling its state mission. Standing ready with trained and disciplined forces, the Guard responds as necessary during times of crisis and need. While at home in Arkansas, the Guard falls under the leadership of our state commander in chief, Arkansas Governor Mike Beebe and our state adjutant general, Major General William Wofford. The state mission for which the Guard is best known is in provid-

ing support to civil authorities in the event of natural disasters and other state emergencies:

Snapshot 2012:

- ▶ Gallons of potable water to three Arkansas counties
- ▶ 110,575 gallons of water dropped over wildfires in six counties
- ▶ 17 total emergency response missions in support of civil authorities
- ▶ 61st Civil Support Team assisted authorities in removal of E. coli test prep vials found in a Jonesboro apartment and helped secure the last of three major sporting events
- ▶ Counterdrug supported authorities in the search for human remains in Lonoke County

▶ 61st Civil Support Team and Counterdrug assisted local and federal authorities in Operation Delta Blues, the largest offensive operation in the war on drugs to occur in Arkansas

Supporting the Federal Mission:

The Arkansas National Guard's federal mission is to maintain properly trained and equipped units, available for prompt mobilization for war, national emergency, or as otherwise needed. Historically, the Guard has been used as a strategic reserve to

our Active component; but it evolved to an operational force in recent years. Since September 11, 2001, Arkansas Soldiers and Airmen have mobilized multiple times to fill the ranks of over 13,000 individual requirements throughout various locations both at home and abroad. Today our Soldiers and Airmen continue to serve in Afghanistan, Kosovo and other locations. Twenty years after bringing our troops home from the first Gulf War, 2012 saw another war ended and another chapter closed as Arkansas' final Soldier returned from Iraq in December, 2011.

International Relations:

The Arkansas-Guatemala partnership began in 2002, and is one of 64 state partnership programs worldwide. Its mission is to enhance the country's ability to establish enduring civil-military relationships that improve longterm international security, build partnership capacity for both partner nations. 2012 saw three exchanges:

- 59 members of the 188th Fighter Wing's Civil Engineering Squadron deployed to Guatemala to participate in a capacity building exercise, by adding to a small Guatemalan hospital facility.
- 5 representatives of Guatemala's Military and Emergency Preparedness Department visited Arkansas Department of Emergency Management in an ongoing exchange of ideas on earthquake and disaster management and planning.
- 4 medics from the 39th Infantry Brigade Combat Team participated in an exchange program for

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**Operational
Budget 2012
\$534.1M**

*Amount represents
total state and federal
expenditures for pay
and allowance,
operations and
maintenance*

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military combat first aid ideas, training and techniques in a combat lifesaver expert exchange.

Education and Training:

The 233rd Regiment, Regional Training Institute

The 233rd RTI plans, resources, executes, and assesses pre-mobilization individual and collective training in accordance with the One Army School System policy and guidance for approved training in infantry, infantry advanced leaders course, artillery, and signal skills. The 233rd also conducts professional military education to include Officer Candidate School, functional courses and pre-mobilization training in order to support the needs of the state and nation at war.

Snapshot 2012:

- ▶ 2,757 students from all 54 states and territories graduated various courses to include Basic Infantryman, Mortarman, Cannon Crewman, and Signal Specialist
- ▶ 20 stand-up courses conducted throughout the year in support of state missions to include the Army Basic Instructor Course, Tactical Certification Course, and Combat Lifesaver Course
- ▶ 20 candidates graduated from the Officer Candidate School

National Guard Professional Education Center:

The Lavern E. Weber Professional Education Center (PEC) strives to become the National Guard's premier accredited Training Center of Excellence by 2014. The campus is located on Camp Robinson and is home to eight training centers: Human Resources and Readiness; Installation, Logistics and Environmental; Information Technology; Organizational Readiness; Resource Management; Strength Management; Education; and the GED Plus Program. The PEC team is comprised of nearly 600 Soldiers, Department of the Army Civilians, contractors and State of Arkansas employees.

Snapshot 2012:

- ▶ 50,000 students from around the country reached through PEC instruction including on-campus, mobile and web-based training
- ▶ 4,600 guests attended national conferences and meetings at the PEC Campus

National Guard Marksmanship Training Center:

The NGMTC administers National Guard Bureau marksmanship training and competitive programs at all levels, stressing the development of combat skills to improve NGMTC schools focus on advanced skills that aid Soldiers in more effective operational capabilities while increasing the level of training they can provide to their unit. NGMTC's competitions drive Soldiers and Airmen to excel while further developing marksmanship skills.

Snapshot 2012:

- ▶ 630 Soldiers trained at NGMTC schools (Sniper, Squad Designated Marksman, and Small Arms Master Gunner course)

▶ 6 marksmanship competitions hosted, including the Winston P. Wilson Championships, bringing in close to 1,200 Soldiers and Airmen from across the country to Robinson Maneuver Training Center

▶ \$4 million economic impact for Central Arkansas area through schools and competitive events program

Supporting the War on Drugs:

The Arkansas National Guard Counterdrug Program

The Arkansas National Guard Counterdrug Program is a dual-mission program supporting civil authorities in the fight against illegal drugs in our communities.

The program's Civil Operations Team implements an anti-drug education program from the Office of National Drug Control Policy in area schools. This program means to impact the demand for illicit drugs by educating children and parents on the negative effects of drugs on our local communities. Statewide, this team meets with over 20,000 Arkansas youth annually.

In addition to education, the Soldiers and Airmen of the Guard's Counterdrug team assist local, state and federal law enforcement in reducing the flow of illegal drugs in the state.

Snapshot 2012:

▶ 12,042 pounds of unwanted prescription medications recovered by the Guard's Counterdrug team as part of the national Prescription Drug Take Back program.

▶ 1,009 hours flown providing aerial reconnaissance, surveillance and security to law enforcement while assisting in 536 drug-related arrests and eradication of over 6,027 marijuana plants

Youth Programs

Civilian Student Training Program

CSTP is a behavioral management program working with Arkansas juvenile courts to intake court ordered males between the ages of 13 to 17 years old. CSTP conducts five nine-week cycles each year; the goals are to deter students away from crime, become productive citizens, improve academic and life skills, improve physical fitness, and perform community service. The program is based at Robinson Maneuver Training Center and is 100 percent state funded.

Snapshot:

▶ 336 students enrolled, 82% graduated; 50 students earned a GED

▶ 85% of graduates have not reoffended

▶ 35 hours of community service projects / 80 hours of physical fitness training per student

▶ Average improvement of students functional grade level by 1.5 years

National Guard Youth Challenge Program

Youth Challenge is a 22-week residential program at Robinson Maneuver Training Center that helps at-risk youth, ages 16 to 18, become successful members of society. Core components of the program are academic excellence, physical fitness, health and hygiene,

...continued on next page...

...continued from previous page...

life coping skills, responsible citizenship, job skills, community service and the ability to both lead and follow.

Snapshot 2012:

- ▶ 180 cadets graduated in a total of two classes
- ▶ 87 cadets earned their GEDs
- ▶ 30 hours of community service performed by each cadet during their 22 weeks.

The Arkansas National Guard 2012 Operating Budget = \$534.1M*

2012 Federal Funding = \$495.0M

98% of the Arkansas National Guard budget is provided by federal funding which includes a cooperative funding agreement between the Arkansas Military department and the National Guard Bureau to support construction, maintenance, repair or operations of facilities and mission operations support as authorized.

2012 State Funding of Operations and Maintenance = \$8.7M

2% includes state funding appropriated by the state legislature for payroll, state emergency call-up and state non-emergency call up.

Added Value : 2012 Military Construction Budget = \$30.4M

2012 Construction Projects:

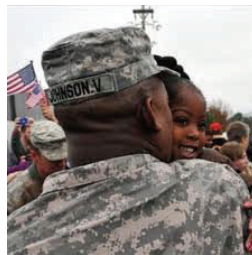
Arkansas Army National Guard:

- Chaffee Maneuver Training Center
- Live Fire Shoot House—\$2.0M
- Combined Collective Training Facility—\$6.7M
- Scout Recce Platoon Battle Course—\$0.5
- Robinson Maneuver Training Center:
- Combined Support Maintenance Shop—\$21.2M

Arkansas Air National Guard:

- Little Rock Air Force Base
- 189th Airlift Wing, Multiple projects, \$2.0M

* Major military construction fund monies are in addition to operating budget monies, thus bringing the total actual amount of monies for fiscal year 2012 to \$564.5M in value brought to the State of Arkansas by Arkansas National Guard.



61st Civil Support Team (CST)



The mission of the CST is to support civilian authorities at a domestic CBRNE (Chemical Biological Radiological Nuclear) incident site by identifying CBRNE agents/substances, assessing current and projected

consequences, advising on response measures, and assisting with appropriate requests for additional follow-on state and federal military forces. Units can also provide immediate response for intentional or unintentional a CBRN or HAZMAT releases and natural or manmade disasters that results in, or could result in, catastrophic loss of life or property. The Arkansas National Guard CBRN Response Unit is available 24/7 and requested by OEM Coordinator or County Judge with approval by the Governor to provide support to the incident commander.

National Response Categories/Times

-Immediate Response (IR)(N+3 hours)

-Deploy an Advanced Echelon (ADVON) of the unit no later than N+90 minutes and the remainder of the CST no later than N+3 hours.

-Reinforcing Response (RR) (N+24 hours)

-Focus is on preparing for possible IMMEDIATE RESPONSE mission(s). CSTs in this phase, once directed must deploy to the event no later than N+24 hours.

-Stand-By Response (SR) (N+72 hours)

- Units assigned in the STAND-BY category are focused on training, bulk leave, etc. CSTs in this category once

directed, must depart to the event no later than N+72 hours. (*N is the official time of notification)



The Civil Support Team also works behind the scenes at major events around the state.

CHAMBER OF COMMERCE North Little Rock Camp Robinson Camp Pike Community Council



If you or someone you know would like to join the North Little Rock Chamber of Commerce Community Council, please contact Mrs. Ashley Hight at 501-372-5955 or email nlrchamber@nlrchamber.org or Ms. Diane Whitbey at 501-340-5317 or email Dwhitbey@nlr.ar.gov.

The NLRCoFCR/CPCC meets quarterly at Camp Robinson/Camp Pike.

Membership is \$100.00 annually and a brief Member's Biographical Data sheet will need to be completed. To get an application please email either Ashley or Diane at the email address(s) above.

The next meeting is July 11, 2013 at 11:30 a.m.—Combined Surface Maintenance Facility Grand Opening”.

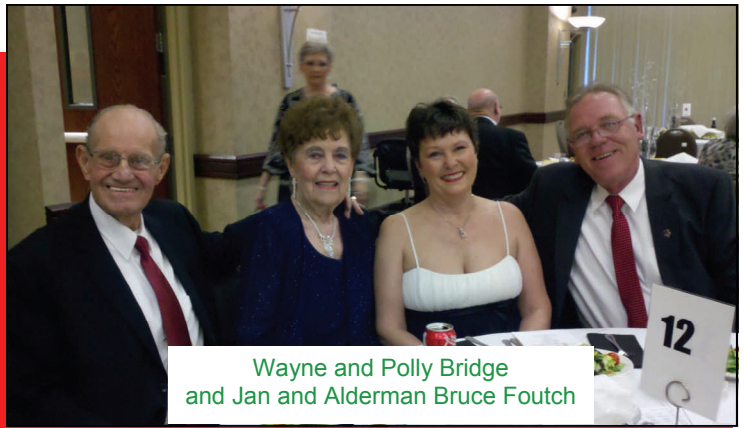


During the **Camp Robinson/Camp Pike Community Council Meeting** held last month at Camp Robinson, North Little Rock Alderman **Debi Ross** and CR/CP Community Council member and business owner **Paula Lively** tried out the Hazmat suits and found out how difficult it is to work in them.

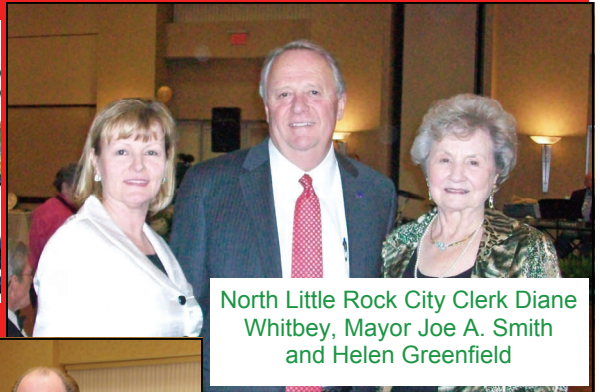




Dance Music provided by the Tommy Henderson Band



Wayne and Polly Bridge and Jan and Alderman Bruce Foutch



North Little Rock City Clerk Diane Whitbey, Mayor Joe A. Smith and Helen Greenfield

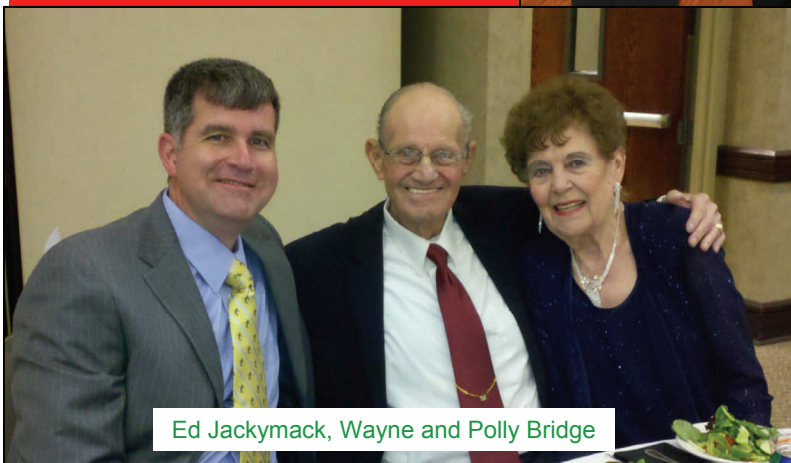


Woman's Club President Joan Hanson and Mayor Joe A. Smith

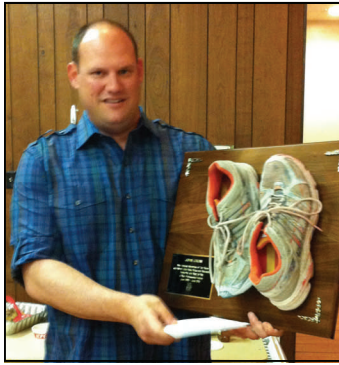


Club Member Brooksie Read-Duncan and her date dancing

North Little Rock Woman's Club Members held their Annual Carousel Ball Fundraiser at the Patrick Henry Hays Senior Center April 6, 2013

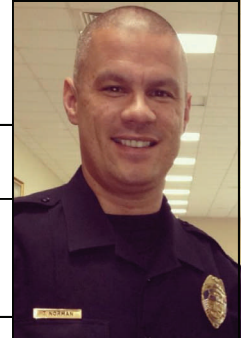


Ed Jackmack, Wayne and Polly Bridge



John Crow, (left) Parks Superintendent has been with the city 10 years is leaving June 3, 2013. John will be the new Director of Parks and Recreation for the City of Cabot. John and his family live in Cabot. His wife Tonia is a Cabot School teacher.

John is much loved, respected and appreciated by coworkers, department heads and everyone who has had the opportunity to work with him. As you can see in the photo, he has "big shoes" to fill.



Congratulations to **North Little Rock Police Officer Tommy Norman** (right) who was recently named the **Metro's "Best Do-Goooder"** by readers of the Arkansas Democrat-Gazette Sync Weekly publication.

Did you ever wonder... where do goldfish come from?

Found at www.4informatin.com/trivia/goldfish

Goldfish as we know them do not exist anywhere in the wild state. They are a product of long years of selective breeding. The wild fish from which goldfish were developed belong to the



carp family and are still numerous in the streams of China. They do not naturally have the golden hue, but are dark in color, much like ordinary carp, although the species tends toward albinism. Centuries ago the Chinese fish culturists inbred light-colored specimens and produces many beautiful varieties. Fanciers further induced and strengthened the golden and silvery colors by regulating the quantity of minerals in the water. The bright colors in goldfish are not very stable. They change readily. Often scarlet specimens turn silver, silver ones turn black, and black ones turn gold, etc. When goldfish are restored to a natural environment they often revert to the original dark color after a few generations. Goldfish kept in darkness for several years will turn white and become totally blind. Ordinary goldfish may live in a bowl as long as twenty-five or thirty years. In the Orient specimens have been known to live seventy years. Their longevity is accounted for by the fact that they are members of the carp family, which is noted for its long-lived species. The size to which a goldfish will grow is determine to some extent by the size of the bowl in which it is kept. Goldfish are very sensitive to the condition of the water in which they live. During the First World War it

was discovered that goldfish had a practical use in determining the kind of gas the enemy had used in chemical warfare attacks. It is supposed that goldfish were first introduced into England in 1691. Some of the first specimens sent to France were presented to Mme. Ed Pompadour, mistress of Louis XV. Goldfish are now produced in large commercial aquariums. A 150 acre hatchery near Frederick, Maryland, normally produced five million goldfish a year.

Common goldfish from Wikipedia

Common goldfish or hibuna are a type of goldfish with no other modifications from their ancestors other than their color. Most varieties of fancy goldfish were derived from this simple breed. Common goldfish come in a variety of colors including red, orange/gold, white, black and yellow or lemon goldfish.

Temperament Common goldfish are social animals who prefer living in groups. They are able to interact with any fish belonging to the same species. With provision of adequate care and attention, common goldfish can become tame. One familiar with the face of its owner, swimming towards the fish keeper during feeding time can be observed and hand-feeding becomes possible. Small goldfish will normally avoid any form of human contact. However, this fear ceases in middle-sized and mature goldfish. A full-grown goldfish is more likely to eat directly from the hands of its owner without evident hesitation. While this behavior is welcomed by goldfish owners, it proved problematic in outdoor ponds where predators may eat such friendly prey. Mature goldfish will also explore their surroundings through nibbling or grazing behavior.



The Great North Little Rock Cleanup



8 a.m. to 11 a.m.
Saturday, May 18



Volunteer Celebration:
11:30 a.m. - 12:30 p.m.
Pavilion at Lakewood Village
Lunch • Recognition • T-Shirts



Join us for some good clean fun! Clean up your street, neighborhood, park or playground. Register your cleanup team today—churches, businesses, neighborhoods, community groups, schools, adopt-a-street sponsors, families, scouts.

Advance registration deadline: Wednesday, May 1, 2013

To register or find more information:

Visit www.facebook.com/KNLRB, email KNLRB@aol.com, or call 340-5305.



**KEEP
NORTH LITTLE ROCK
Beautiful**

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GREAT AMERICAN
CLEANUP**

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CLEANUP
ARKANSAS**

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Keep Little Rock Beautiful

North Little Rock City Council Schedule

The North Little Rock City Council meets the 2nd and 4th Monday of each month at **6:30 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	340-5301
City Clerk and Collector Diane Whitbey	340-5317
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:



Apr 29—May 3 no pick up
May 6—10—recycle
May 13-17 no pick up
May 20—24—recycle
May 27—31 no pick up

City Offices located at 120 Main

IT/Data Processing, Kathy Stephens	975-8820
Finance, Bob Sisson	975-8802
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Robert Voyles	975-8835
Purchasing, Amy Smith	975-8881
Revenue, Jerry Reagan	975-8895
Utilities Accounting, David Melton	975-8888

...continued from page 4...

Tips to Ensure Your Bluetooth Isn't Hacked:

- Always use a minimum of eight characters in you PIN. The longer your code, the more difficult it is to crack.
- Switch Bluetooth into "notdiscoverable" mode when you aren't using it. If you make a call from your car, be sure to switch it off when you get out. Crowded public places are top spots for hackers.
- Don't accept pairing requests from unknown parties. If you happen to pair your phone with a hacker's computer, then all your data will be at risk.
- When pairing devices for the first time, do so at home or in the office.



- Make sure you download and install regular security updates. Device manufacturers will release updates to address threats and correct weaknesses.

For more information, check out Bluetooth.com for tips on using products with Bluetooth technology. Also, see your cellphone manufacturer's website for more advise.

**City Offices will be closed Monday,
May 27, 2013, in observance of Memorial Day**
**Garbage and Trash routes will run
One-day delayed all week**
*(i.e. Monday's pickup will be Tuesday,
Tuesday's pickup will be Wednesday, and so on)*

May Anniversaries

Name	Dept	# Years	Name	Dept	# Years		
GLINDA	CRAIGMYLE	Admin	3	JENNIE	CUNNINGHAM	Parks Rec	18
MICHAEL	HOPPER	AIMM	2	KEISA	WILLIAMS	Planning	2
CLAYTON	ROGERS	Airport	2	ELLISA	MCEUEN	Police	2
MARILYN	HALL	Animal Shelter	10	JANICE	JENSEN	Police	3
JOHN	ALEXANDER	Animal Shelter	13	DARWIN	BUSH	Police	4
ANDREW	JOHNSON	Electric	1	VERA	WAYNE	Police	6
WALTER	BARRINGTON	Electric	1	CRAIG	EDWARDS	Police	18
CHRISTOPHER	PLY	Electric	9	TERRY	KUYKENDALL	Police	18
WILLIAM	THOMPSON	Electric	15	DHURMON	CUNNINGHAM	Sanitation	4
EBBIE	USSERY	Electric	24	CHARLES	HARRIS	Street	2
JEFFERY	ELLISON	Electric	31	JULIUS	CRAIG	Street	15
MARVIN	GULLETT	Electric	35	LAURA	LARISON	UAD	2
JAMES	BRAY	Electric	38	DAVID	MELTON	UAD	4
KIMBERLY	LAURENT	OES	13	LINDA	WILLIAMS	UAD	6
RICHARD	MACKAY	OES	21	PAMELA	SALMON	UAD	6
WARREN	ALMON	Fire	19	KRASTAL	DUCKERY	UAD	6
CHARLES	BASS	Fire	33	SANDRA	TARKINGTON	UAD	6
CHARLES	REDDING	Fire	33	JEAN	HOBBY	UAD	13
WILLIAM	BROWN	Legal	11	CYNTHIA	BOONE	UAD	29
CHRISTINA	YIELDING	Legal	13	JUSTIN	MCDUGAL	Vehicle Maint	6
PAULA	SMITH	Parks Admin	23	RICKY	CARRINGTON	Vehicle Maint	9
MICHAEL	WALKER	Parks Maint	14	FRANKLIN	GRIFFIN	Vehicle Maint	20
TINA	WORRELL	Parks Rec	10	KENNY	BROCK	Vehicle Maint	21

Nutrition Facts	
Serving Size 1/2 cup (115g)	
Servings Per Container About 4	
Amount Per Serving	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 4g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 0%
* Percent Daily Values are based on a diet of other people's misdeeds.	

**Read it before you eat it—
A message from Fit 2 Live**

How many servings are you eating? How many are in the container?

Get less—

Total Fat and Cholesterol

5% or less is low

20% or more is high

Get enough of what you need—
Dietary Fiber Vitamin A C Calcium and Iron

5% or less is low

20% or more is high

Rockin' Guac

3 ripe Avocados

pitted, peeled and mashed

1 can (10 oz)

Ro-tel (original)

1/2 c chopped onion

1 Tbsp lemon or lime juice

1/2 tsp salt

Black pepper to taste

Tortilla chips



Mix mashed avocados, drained Rotel tomatoes, onion, lime juice, and salt in medium bowl until blended. Season with pepper. Serve with tortilla chips, if desired.

Answers to Quiz on Page 1:

- | | | |
|-----------------------|----------|-------------------------|
| 1. B (Civil War) | 4. A. No | 7. A |
| 2. D (Waterloo) | 5. C | 8. D (5,000) |
| 3. C (Decoration Day) | 6. D | 9. True |
| | | 10. C (John F. Kennedy) |

**North Little Rock City Offices will be closed, Monday, May 27, 2013
in Observance of Memorial Day**

Garbage and trash routes will run one-day delayed all week

May Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>
KIMBERLY LAURENT	OES	1	BRYAN SPEARS	Parks Maint	16
MARCUS JOHNSON	Parks Maint	2	RICHARD MACKEY	OES	16
KAREN ALLEN	Electric	2	CAREY WALKER JR	Electric	17
GREGORY ZONNER	AIMM	3	VICTOR RODRIGUEZ	1st Court	17
JASON WOODWARD	Police	4	SHANE DOUGAN	Fire	17
WESLEY HONEYCUTT	Police	5	WILLIAM THOMPSON	Electric	17
CAROLINE PRENTICE	Sanitation	6	STEVEN LANKFORD	Fire	18
JENNIE CUNNINGHAM	Parks Rec	6	ROSETTA VAN PELT	UAD	19
CHARLES HARRIS	Street	7	JACOB SCHMIDT	Fire	19
BILLIE BLACK	Public Works	7	RUSTY GARTRELL	Police	19
TONY PATE	Parks Rec	8	STEVEN GRIMES	Fire	19
SEAN WALKER	Fire	8	STEVEN HUBBARD	Street	20
DEBRA LUSK	OES	8	SUSAN BURLESON	UAD	21
RYAN DAVIDSON	Police	9	LONNELL TIMS	Police	21
JERRI DAUGHERTY	Police	9	MICHAEL HOLLEY	Fire	22
SHANA COBBS	Police	10	JEFFREY GLOVER	Police	22
DANNY DILLON	Traffic	10	BENJAMIN BREWER	Electric	24
JOHN BARBER	Police	11	LARRY MICKEL	Police	25
JOHN HARRIS	Electric	12	JIMMY TRAMMELL	Parks Maint	26
BRYAN KINKAID	Police	13	EUGENE TYREE JR	Police	27
AMY COOPER	Police	13	CHARLES BINYON	Street	27
PATRICK GARRETT	Police	13	KATHRYN DILLON	Vehicle Main	28
EARL WATSON	Fire	13	KRASTAL DUCKERY	UAD	29
DARWIN BUSH	Police	14	KARL SORRELLS	Police	29
JOSEPH GREEN	Police	15	MATTHEW BARBER	Police	31
COREY GIBBS	Parks Maint	15	CHARLES BARNES	Police	31

Interested in volunteering? Consider joining one of the North Little Rock Civic Clubs listed below:

North Little Rock Civic Clubs

Woman's Club—

President Joan Hanson 791-2911
Meets 1st Monday Dues \$40 year

Junior League of NLR—

President Teri Todd 372-1436

NAACP—

President Eartha Dobbins 372-5672
Meets 1st Tuesday Dues \$50 quarterly

Kiwanis Club—

President Jim Lincicome
Meets Thursday Dues \$120 year

Lions Club—

President Jay Hoyle 758-2481
Meets Thursday Dues \$65 annually

Sertoma Club—

Chairman Sherry Bruno 753-7902
Meets Wednesday Dues \$27 quarterly

Optimist Club—

President Dennis Mills
Meets Tuesday Dues \$140 quarterly

North Little Rock Rotary Club—

President Paul Minton 833-1420
Meets Thursday Dues \$137.50 quarterly

Riverside Rotary Club—

President Richard Furr
Meets Monday Dues \$125 year

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.