

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

August 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@nlr.ar.gov.

Did you know...

...all businesses doing business within the city limits of North Little Rock are required to have a Business/Privilege License

During the Dog Days of Summer a lot of young entrepreneurs hit the streets of our city with great ideas on how to make some money.

One of the most common are folks who leave a door hanger or notice on doors offering to paint house numbers on the curb (for a fee of only \$10). The notice often implies that the city requires this. This is not true.

The city **does require** the display of street numbers on residential and commercial buildings (residential no less than 3" in height / commercial no less than 6" in height).

The city does require that the people painting the numbers on the curb have a city business/privilege license.

Currently, there is one business licensed to provide this service within the city.



Another occupation is tree trimmers. If someone pulls up to your house in a car with a ladder sticking out of the rear window, you probably **do not want** them on your property. Professional tree trimmers will

be bonded and insured and have a business/privilege license to perform their service.

Lawn care services...yes, the person who is mowing your yard, raking your leaves, landscaping your yard, etc. is supposed to have a license with the city.



2041

Handyman services fall under contractors...door-to-door solicitors or peddlers who are selling a product or service (i.e. Alarm Companies, magazines/books, software, survey's etc.), again, a business license is required. Also, all of the above are required to have an ID issued by the City Clerk and should have it on their person available for viewing at all times.



Think about this...North Little Rock includes approximately 56 square miles. Due to our size, it isn't possible to have police or code officers cruising every street every day looking for violations.

This is where you, the public can help. Anytime someone comes to your door offering a service for hire, ask to see their City of North Little Rock Business/Privilege License. We encourage you to call the City Clerk's Office at 501-340-5317 Monday through Friday between the hours of 8:00 a.m. and 4:30 p.m. to verify a license if you have someone at your door offering a service. A properly licensed (and insured and bonded) business should be able to show it to you on the spot.

Also, please be aware that city ordinance only allows door-to-door peddlers between the hours of 9:00 a.m. and 8:00 p.m. Monday through Saturday. Sundays are not allowed. If someone is at your door before or after the hours listed above or on Sunday, please call the police department at 501-758-1234.

If someone comes to your door and you are not comfortable with them being there, call 911.

If someone comes to your door and you don't want to answer it, then please don't.

If someone at your door or in your neighborhood is acting suspiciously, call 911.

For a complete list of business license codes, visit our website at www.nlr.ar.gov, then go to the City Clerk's page and select Business License Fee Schedule.

North Little Rock has a variety of codes and laws affecting residential property owners, business owners, animals, chickens, parking, storage, littering, loitering and more.

To browse through our Municipal Code and revised Chapters, you can go to www.nlr.ar.gov, then click on the Government tab, followed by City Clerk. Then look for NLRMC and Chapters 2, 8, 9, and 10. (Additional chapters will be added as they are revised and amended by the City Attorney.)



"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 Little Rock Friends of Animals and Fashion Corner *Transition into Fall Fashion Show*



See this Fall's fashions...

Enjoy a delicious lunch and

Door Prizes

Chance to win a fashion shoot
with *This Shot Photography*

Tickets are only \$20 and can be purchased in advance at Fashion Corner
4008 John F. Kennedy / 501-753-9802
Or call 501-758-5482 or 501-753-4594

Tickets can also be purchased in the
City Clerk and Collector's Office
City Hall, 300 Main Street

*North Little Rock Friends of Animals is
a non-profit organization that promotes*

*pet sterilization and owner responsibility to benefit the animals of North Little Rock
All proceeds are used for pet adoption/rescue and spay/neuter programs*

**The event above will be Saturday, August 10, 2013
At the Park Hill Christian Church, 4400 John F. Kennedy
From noon until 2:00 p.m.**



Make your own dog toy from old Kitchen Towels—**Kitchen-Towel Braids**

You will need 1 old kitchen towel (the ratter the better)

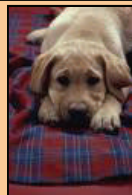
Take your old gnarly kitchen towels and put them to good use. Cut two slits the length of the towel, equidistant from each other, and stop cutting about an inch from the top. Then braid the towel as you would hair. Knot the loose ends and you have a tough dog rope toy that's way cheaper than the ones in stores. For a tougher toy, or for bigger dogs, braid three complete towels together and tie the ends or sew them up. Note: old jeans can be used to make an even harder braid.

If you have a lot of old dish towels, why not make up a bunch of Towel Braids and donate them to the shelter? The dogs and pups will enjoy chewing on them while lounging on their Kuranda beds!

*Need a new
addition to your
family?*

Call
501-791-8577

*...we've got the
perfect companion for you!*



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



North Little Rock Fire Department

The North Little Rock Camp Robinson/ Camp Pike Community Council held it's quarterly meeting at camp to illustrate the working relationship between the base and local law enforcement who use the shooting range, train police dogs and more.

For more information or to become a member of the Camp Robinson/Camp Pike Community Council, contact Ashley Hight at the North Little Rock Chamber of Commerce at 501-372-5959.



Above: North Little Rock Police Officer and SWAT Team member Greg Blankenship goes over some of the tools used when SWAT is called to a scene.

Left: officers visit with members of the National Guard while demonstrating the robot.

Below: the two canines were popular with all ages!





Above: General Bill Wofford, Arkansas National Guard participated in the presentation of the J. R. Robinson Medal to Randy Stewart, Lt. Colonel retired and former State Representative.



North Little Rock Human Resources Director Betty Anderson was recently promoted to (U S Army) Lieutenant Colonel in a ceremony at Camp Robinson.

Betty was born in Hayti, Missouri. In 1986, she graduated from South Pemiscot High School, Steele, Missouri. In 1990, she received her Bachelors of Arts Degree in Political Science from Murray State University, Murray, Kentucky and in 1993 she received her Masters in Public Administration from Arkansas State University, Jonesboro.

Betty enlisted in the United States Army Reserve in 1985. While attending college at Murray State University, she joined the ROTC and received her Commission in May 1990. In May of 1991, she graduated from Military Police Officer Basic Corp. Betty completed the following military education courses: Military Police Advance Course, Combined Arms Exercise and Intermediate Level Education.

She began her National Guard career as a Rear Security Officer in 1996. She commanded the 216th Military Police Company from 2001—2004. As the Commander of the 216th Military Police Company, she deployed to Fort Leonard Wood, Missouri and Guantanamo Bay, Cuba. She received various other assignments. She served as the Equal Opportunity Advisor for the 87th Troop Command from 2006—2009. She served as the Plans Officer with the 25th ROC. She served as Adjunct Faculty for (DEOMI) Defense Equal Management Institute from 2008—2011. In 2001, she deployed with the 77th Aviation Brigade as an Equal Opportunity Advisor/ Deployable Sexual Assault Response Coordinator in support of Operation Iraqi Freedom Campaign. She recently served as the Provost Marshal for the Institute Support Unit (ISU).

In 1993, Anderson began her civilian career as a Human Resources Generalist with the City of Jacksonville. To gain more experience, she went to work for several other Government Agencies. From 1995—1997 she worked as an Employment Services Coordinator for Pulaski County Government. In 1997—2001 she began her first Management position for Arkansas Rehabilitation Services as the Assistant Personnel Manager/Grievance Officer.

In 2001, Betty went to work for the City of North Little Rock as Equal Opportunity/Fair Housing Director. In 2008, she was promoted to Human Resources Director.

Pictured left are Lt. Colonel Betty Anderson (center) with former Mayor Patrick Henry Hays and Mayor Joe A. Smith prior to her promotion ceremony.

End of Summer Safety—from QualChoice

If it says *Don't Swim*, then **DON'T SWIM!** Even lakes and streams that look pristine can harbor deadly bacteria, as well as currents, deep holes, or unseen rocks that can be dangerous. And always wear a life jacket on any type of watercraft, including skis.

Remember your sunscreen. It should be at least SPF 15. Reapply FREQUENTLY. Water reflects harmful UV rays and magnifies their effect. If you're in the water, you may not notice you are burning!



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 June's meeting (June events).



Central Arkansas Water—CAW staff met with Exxon Mobile Pipeline Company to discuss causes for pipeline failure (Mayflower) and plans to re-start.

Water sales were down 16% due to cool weather (June)

Construction upgrades underway Ozark Point and Jack H. Wilson Treatment facilities will enable CAW to be in compliance with new EPA drinking water regulations (at a cost of \$13M).

Wastewater—Sewer System Evaluation Survey 2012—RJN, Inc. completed field work and report. Utility staff will make point repairs, manhole repairs and pipeline replacements.

Sewer System Evaluation Survey 2013—target area Lakewood.



Laman Library—1,289 children, 344 teens and 778 adults enrolled in summer reading program.

Applications for 2014 \$10,000 Writers' Fellowship are being accepted

through November 15, 2013.

The downtown Library (old Post Office building) is scheduled to open January 2014.

Average use at Laman Library in June 1,343 daily.

Neighborhood Services—notified residents of Colonel Maynard Road about street repairs due to cave-in. Newsletter mailed to 1,350 households.

Prepared, copied and mailed newsletters/meeting announcements for 7 neighborhood groups (11,929)

Hays Senior Center—92 new members.

26 trips (*Rackensack Society, Murry's Dinner Playhouse, Hot Springs, Riley's Glass Blowing, Hot Springs Pocket Theatre, Wye Mountain, Bryant Senior Center, Dondies Riverboat—Des Arc, Petit Jean Mountain Car Show, Warren Tomato Festival, West Memphis Dog Track, Heber Springs Dinner and Gospel Singing, Alma A-Z Factory Outlet, Monticello Vintage Car Show, Emerson Purple Hull Pea Festival*) transported 272 people and collected \$695 trip fees. Held 9 emergency planning meetings and set up emergency exercise July 25, 2013.

Average daily attendance 700-750.

Enrolled 78 new volunteers in the Mayor's Volunteer program. (*majority Police Athletic League*)

Volunteers logged 1,375 hours in May (1 month delay)

IS—multiple software requests, research, etc., configured and install hardware, updated various web postings

Utilities Accounting—Bad debt June: \$56,273.00

Projected bad debt write-offs 2013: \$365,000.00

New accounts installed: 988

Accounts finalized: 1,043

Street Department—worked potholes on Tanglewood, Foxboro, Batesville Pike Maryland, Counts Massie.



Finished milling. Repair at Village East, Crystal Hill roundabout. Work and debris removal from 5 Mile Creek Trail (97 loads included dirt, rocks and concrete), worked on Beaver Dams (Rogers). Cleaning drain mouths, flushing and cleaning pipes. Curb repairs, pored pole bases for Electric Department, saw cut behind City Services Building to dig out and locate sewer line.

Sanitation—garbage crews collected and disposed of 1,221.84 tons (2,443,680 lbs) of household garbage.

Yard waste crews collected and disposed of 363 loads (11,191.5 cubic yards) of mixed debris. 891 telephone calls. Assist Parks Maintenance (CDL Driver and garbage truck—full time). Continuing concerns include move-outs and equipment failures. Summer work schedule 6:30 a.m.—3:00 p.m.

Traffic—Service request work order (Sign Shop) 133.

Signal trouble reports—41, Posts replaced—39

Approved Barricade Applications—68



Police—(May) Violent Crime down overall 16%, Robberies down 25%. Property Crime down 29%, Burglaries and Breaking and Entering (Storage Buildings) down 13%.

June—rash of residential burglaries (Indian Hills/Lakewood-15 total). Suspect arrested and confessed to 7 other residential break-ins. Rash of vehicle break-ins in same area. Majority of thefts were from unlocked vehicles.

Fire—Total Incidents: 931

Residential Fires: 15

Vehicle Fires: 7

Rescue/EMS: 506

Other Responses: 320

Total Responses: 1,699

Other Structure Fires: 2

False Alarms/Malfunctions: 69

Haz Mat Responses: 12

Total Fire Losses: \$528,553.00

Total Value: \$68,915,403.00

Total Saved: \$68,386,850.00

Training: 2,938 hours

Building Inspections: 149



Office of Emergency Services/911—

911 CAD entries for police and fire service 9,765.

Continued on next page...

Planning—new Agriculture Zoning Classification drafted and modified setting parameters to allow more intensive farming activities within city limits. Assisting Arkansas Forestry Commission with survey of tree canopy.

City Clerk/Collector—issued 209 Business Licenses (included 47 new). Reviewed and invoiced approximately 500 accounts for Beer/Liquor/Mixed Drink renewal which are due by July 31, 2013. Audited returned invoices-closed 400 accounts. Renewed 500 licenses (including penalties for 25% and 50%)
Collected \$53,253.71—2% Hotel/Motel, \$26,498.15 1% Hotel, \$42,819.90 Mixed Drink and \$478,832.28 Restaurant Taxes. 20 Restaurants (prepared food providers) were delinquent.



Airport—Airport Day event attended by 400-500 people. Gave rides to 40 kids.



Code Enforcement—167 assigned calls, 610 initiated calls, 44 citations, 328 notices, 78 vehicles tagged, 103 structures inspected, 9 food service inspections, 5 search warrants, 2 house demolished by city, 12 houses demolished by owner. Secured 5 vacant houses, mowed 66 vacant lots, mowed 25 with structures, picked up 26 tires.

Animal Control—NLR Incoming Animals—283, Adopted 59, Reclaimed 27, Euthanized 182, Citations issued 135, Vouchers (spay/neuter) Dog 51, Cats 15, Calls for Service 804



Pulaski County Incoming Animals—137, Adopted 17, Reclaimed 6, Euthanized 98

Parks and Recreation—
New fishing pier completed
50 youth from SAPling program participated in golf lessons at Emerald Park Golf Course
New Parks Superintendent—Jason Rhodes
New Park Ranger—Ian Hope

NLR Visitors Center (A&P)—
Worked with AIMM to bring USS Hoga (exterior has been restored to 1941 appearance).
Visitors Bureau continues to explore ways to promote tourism on the (Arkansas) river.
63rd National Square Dance Convention will be held in Central Arkansas June 2014-5,000 expected to attend.
1,866 visitors stopped at the Visitor Information Center in Burns Park.
Distributed 5,696 gift bags to groups, reunions and conventions staying in North Little Rock Hotels or using North Little Rock Facilities.

Electric Department—38,387—customers, Peak Power—238,601 KW, Territory— 60 square miles, miles of wire—544.8 miles, # Transformers—11,248, Street lights—10,973, Smart meters 18,119



Parks and Recreation—
Fitness classes being offered at North Heights Rec Center, Glenview Rec Center and the Community Center.
Summer Food Service Program at 7 sites—served 15,000 meals to youth 18 years and younger.
Events included Tour de Rock, Softball tournaments, Community Band, Tennis Tournaments, Fishing Derby, Filming, Junteenth, Mountain Bike Race and Duathlon.
Reroofed Rose City Baseball complex dugouts, and painted Covered Bridge
Golf—2,780 paid rounds at Burns Park, 620 at Emerald Park

Finance—

Revenues (MTD—June) Not available

Taxes	385,390.40
Licenses and Permits	112,892.71
Fines and Forfeitures	149,454.51
Local Option Sales Tax	2,045,742.94
Intergovernmental State	.00
Franchises	165,677.62
Investment and Misc	4,410.99
User Fees	84,275.28
Utility Transfer	43,949.97
Grants and Other Sources	65,599.85
Transfer from Electric	923,080.00

Expenditures

Admin	120,125.25
Animal Control	51,086.86
Special Appropriations	377,761.88
City Clerk	18,450.60
Emergency Services/911	113,466.12
Finance	78,145.87
Fire	1,109,949.30
Health	23,831.98
Legal	49,051.56
1st Court	39,423.16
2nd Court	34,360.46
Public Defender	545.13
Human Resources	39,307.65
Commerce	12,156.58
Planning	52,361.87
Police	1,475,037.59
Code Enforcement	64,922.11
Public Works	48,251.13
Neighborhood Services	13,282.30
Fiscal Control/Revenue	.00
Sanitation	373,866.70
Vehicle Maintenance	68,869.46
Senior Center	66,131.68
Communications	4,886.67

The Importance of Crime Watches

*Found in
North Little Rock Neighborhood News Vol 18*

Written by Lt. D. Bowers,
North Little Rock Police Department

The criminal element is no longer confined to the inner city or “rough neighborhoods” of our country. Crime has moved to the quiet suburbs and small towns and in doing so has taken our sense of security and well being. With the ever rising crime rate it is almost impossible for local police agencies to devote the time needed for “patrol” duty in communities.

The Neighborhood Crime Watch concept was developed to be an extension of the local Police Department’s “eye” and “ears” in the neighborhood. A crime watch group is more than just some “nosey” neighbors. It is a group of caring individuals with a spirit of community and a common interest in security.

A Neighborhood Crime Watch group has a main objective in reducing crime and the opportunity for crime in a specific neighborhood. The idea is a simple one, that is if you can cause a criminal to skip house after house in a neighborhood due to an active Crime Watch then the criminal will go to another neighborhood. If neighborhoods can “link” and maintain contact with fellow Neighborhood Crime Watch groups, then the criminal will be forced to another part of the city.

We are not so naïve to believe that just because a Neighborhood Crime Watch is started that crime will cease to exist, in fact just the opposite will appear to be the case. The reason for this is that with an active group more crime, suspicious persons, and suspicious circumstances are being reported to police by neighbors.

Let’s look at some good reasons for starting and maintaining a Neighborhood Crime Watch group. More than 6.8 million residential burglaries are committed annually, with a burglary being committed somewhere every 5 seconds. Residential burglaries are the most common and yet the hardest to solve. The majority of

residential burglaries occur during the daylight hours because both partners in the house hold down full time jobs. Most of the time a burglary is a crime of opportunity that is completed by an “amateur” thief.

The benefits of joining a Neighborhood Crime Watch is that the participant learns crime prevention techniques that make your home very unappealing to the potential burglar or violent criminal. The Neighborhood Crime Watch group leans about “operation I.D.” and “target hardening” that covers locks, lighting, and environmental design. When neighbors learn to care for each other like they care for their own family, that neighborhood is on its way to become a safer community. Cooperation with other community groups, po-

lice agencies, and city code enforcement officials make the local Neighborhood Crime Watch group a formidable crime prevention organization.

What can you do? Communicate with your neighborhood officers. You are their only means of knowing what is happening when they are off shift. Report all crimes to the police. Staffing and the shifts officers work change to meet the needs of the neighborhoods. Your reporting of crimes has a direct effect on when and how many officers are in your neighborhood. Volunteer at your police substation. Volunteers can answer phones, help with paperwork, and keep the substation open when officers are patrolling the neighborhoods.

Participation is a key in making your neighborhood better. By partnering with your officers you help ensure that crime continues to decline and that your neighborhood improves.

NATIONAL NIGHT OUT

The City of North Little Rock will one again be supporting National Night Out events throughout the city on Tuesday, October 1, 2013. Residents are encouraged to lock their doors, turn on their porch lights and get out in the neighborhood and meet their neighbors.

For more information on starting a Neighborhood Crime Watch or National Night Out, call Neighborhood Services at 791-8500.



2013 ARKANSAS SALES TAX HOLIDAY

Beginning Saturday, August 3, 2013 at 12:01 a.m. and ending Sunday, August 4, 2013 at 11:59 p.m. state and local sales tax will not be collected during this 48-hour period on the sale of: (1) Clothing and footwear if the sales price is less than one hundred dollars (\$100) per item; (2) Clothing accessories and equipment if the sales price is less than fifty dollars (\$50) per item; (3) School supplies; (4) School art supplies; and (5) School instructional materials.

For more information, contact a customer service representative through Friday (August 2) from 8:00 a.m. until 4:30 p.m. at 501-682-7104.

Clothing—less than \$100 per item *Exempt: includes all human wearing apparel suitable for general use*

Aprons, household and shop	Formal wear	Rubber pants
Athletic supporters	Garters and garter belts	Sandals
Baby receiving blankets	Girdles	Scarves
Bathing suites and caps	Gloves & mittens for general use	Shoes and shoe laces
Beach capes and coats	Hats and caps	Slippers
Belts and suspenders	Hosiery	Sneakers
Boots	Insoles for shoes	Socks and stockings
Coats and jackets	Lab coats	Steel toed shoes
Costumes	Neckties	Underwear
Diapers, including disposable	Overshoes	Uniforms, athletic & non-athletic
Earmuffs	Pantyhose	Wedding apparel
Footlets	Rainwear	

Clothing Accessory or Equipment—less than \$50 per item *Exempt: incidental item worn on the person or in conjunction with “clothing”*

Briefcases	Jewelry
Cosmetics	Sun glasses, non-prescription
Hair notions, including barrettes, hair bows, & hair nets	Umbrellas
Handbags	Wallets
Handkerchiefs	Watches
	Wigs & hair pieces

School Supplies *Exempt: an item commonly used by a student in a course of study limited to the items listed below*

Binders	Glue, paste, and paste sticks	Paper—loose leaf ruled notebook paper, copy paper, graph paper, tracing paper, manila paper, colored paper, poster board, and construction paper
Book bags	Highlighters	Pencils
Calculators	Index cards	Pens
Cellophane tape	Index card boxes	Protractors
Blackboard chalk	Legal pads	Rulers
Compasses	Lunch boxes	Scissors
Composition books	Markers	Writing tablets
Crayons	Notebooks	
Erasers	Pencil boxes and other school supply boxes	
Folders—expandable, pocket, plastic, and manila	Pencil sharpeners	

School Art Supplies *Exempt: an item commonly used by a student in a course of study for artwork limited to the items listed below*

Clay and glazes	Sketch and drawing pads
Paints—acrylic, tempera, and oil	Watercolors
Paintbrushes for artwork	

School Art Supplies *Exempt: written material commonly used by a student in a course of study as a reference and to learn the subject being taught limited to items listed below*

Reference books	Textbooks
Reference maps and globes	Workbooks

TAXABLE:

Sewing Equipment and Supplies:

Knitting Needles
Patterns
Pins
Scissors
Sewing Machines
Tape Measures
Thimbles
Buttons
Fabric
Lace
Thread
Yarn
Zippers

Belt buckles sold separately

Protective Equipment

Breathing Masks
Clean Room Apparel and Equipment
Ear and Hearing Protectors
Face Shields
Hard Hats
Helmets
Paint or Dust Respirators
Protective Gloves
Safety Glasses and Goggles
Safety Belts
Tool Belts
Welder's Gloves and Masks

Costume masks sold separately

Sport or Recreational Equipment:

Ballet and Tap Shoes
Cleated or Spiked Athletic Shoes
Gloves—baseball, bowling, boxing, hockey, and golf
Goggles
Hand and Elbow Guards
Life Preservers and Vests
Mouth Guards
Roller and Ice Skates
Shin Guards
Shoulder Pads
Ski Boots
Waders
Wet

Patches and Emblems sold separately

ZUCCHINI, SQUASH, AND CORN CASSEROLE

With summer gardening winding down, what are you going to do with all that wonderful, homegrown zucchini, squash and corn from your garden? Make this casserole of course!

1 1/2 lb yellow squash, cut into 1/4-inch thick slices
1 1/2 lb zucchini, cut into 1/4-inch slices
1/4 cup butter, divided
2 cups diced sweet onion
2 garlic cloves, minced
3 cups fresh corn kernels
1/2 cups (6 oz) freshly shredded white Cheddar cheese
1/2 cup sour cream
1/2 cup mayonnaise
2 large eggs, lightly beaten
2 tsp freshly ground black pepper
1 tsp table salt
1 1/2 cups soft, fresh breadcrumbs, divided
1 cup freshly grated Asiago cheese, divided



To make your bread crumbs, pulse torn slices of day-old white sandwich bread in a food processor.

Preheat oven to 350°. Bring first 2 ingredients (zucchini and squash) and water to cover to a boil in a Dutch oven over medium-high heat, and boil 5 minutes or until crisp-tender. Drain; gently press between paper towels.

Melt 2 Tbsp butter in a skillet over medium-high heat; add onion, and sauté 10 minutes or until tender. Add garlic, and sauté 2 minutes.

Stir together squash, onion mixture, corn, next 6 ingredients, and 1/2 cup each bread-crumbs and Asiago cheese just until blended. Spoon mixture into a lightly greased 13- x 9-inch baking dish.

Melt remaining 2 Tbsp. butter. Stir in remaining 1 cup breadcrumbs and 1/2 cup Asiago cheese. Sprinkle over casserole.

Bake at 350° for 45 to 50 minutes or until golden brown and set. Let stand 15 minutes before serving.

Makes 8 to 10 servings.

SKILLET GREEN BEANS

2 lb. haricots verts (thin green beans), trimmed
4 thick hickory-smoked bacon slices, cut cross wise into 1/4-inch-thick pieces
6 large shallots, quartered
1 Tbsp. olive oil
1/4 cup syrup from Candied Jalapenos
2 Tbsp. red wine vinegar
Kosher salt
Freshly ground black pepper
Candied jalapenos (*see recipe page 17*)

Cook green beans in boiling salted water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain.

Cook bacon in a large skillet over medium heat 5 to 6 minutes or until crisp. Remove with a slot-



ted spoon, and drain on paper towels, reserving 2 Tbsp., drippings in skillet.

Sauté shallots in hot olive oil and reserved hot drippings over medium heat 8 to 10 minutes or until golden brown and tender. Stir in jalapeno syrup and vinegar. Increase heat to medium-high; add green beans. Sauté 5 minutes or until hot. Add salt and pepper to taste. Toss with bacon. *Makes 8 to 10 servings.*

Enjoy foods from many cultures

10 tips to wisely celebrate healthier foods and customs

1 cook with others

Learn about cooking different traditional or regional foods from others who use authentic recipes and ingredients and explore ways to improve the nutrition of some of your own family favorites. Cooking dishes at home allows you to add variety to meals. If needed, adapt recipes by cutting back on gravies, creams, and sauces; adding more vegetables; or baking instead of frying.

2 blend cultures

Many popular foods and beverages in America blend the cuisines of many cultures. Celebrate our Nation's diversity and be inspired by dishes that include more fruits, vegetables, whole grains, beans, seafood, lean meats, and low-fat dairy.

3 add a touch of spice

Combinations of herbs and spices often remind us of dishes from our own heritage or our favorite ethnic food. Add flavor to meals with herbs and spices, such as chili, garlic, ginger, basil, oregano, curry, or cilantro, which can replace salt and saturated fat.

4 use familiar foods to create exotic dishes

Use foods you know and prepare new recipes, such as adding curry to chick peas, cilantro to brown rice, or mango to your salad or smoothie. Make half your plate fruits and vegetables.

5 find the salt and sodium, go with lower numbers

All packaged foods are labeled to show amounts of sodium. Use "low-sodium" soy sauce, or broth or canned beans labeled "no salt added." Check nutrition labels and use products that are lower in sodium or are salt-free.

6 think about beverages

Many cultures offer tasty beverages, such as fruit drinks, alcoholic drinks, rich coffees, and sweet teas.

Consider using frozen fruits to create a great tasting smoothie, or adding spices, low-fat dairy, and small amounts of sugar to make beverages. When buying prepared beverages, choose items with less sugar and fat. To manage calories, drink water or other unsweetened beverages instead of sugary drinks.

7 delight in cultural gatherings

Celebrate traditions, especially those that help you stay physically active. Have fun with traditional dances, sports, and games that make you move. Balance what you eat with regular physical activity.

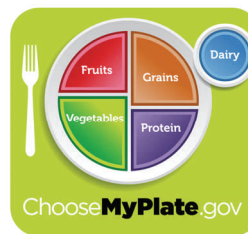
8 show children what's important

Children learn to cook from their elders. Show kids how meals and dishes from various traditions are prepared. Let them taste foods they made, as you share related stories and customs from your own heritage or expose them to other cultures, but consider ways to cut back on high-calorie foods and ingredients.

9 make smart choices when dining out

Eating out offers tempting new dishes that make it easy to overeat. Choose lower calorie dishes, such as stir fries, kabobs, or whole-wheat pastas with tomato sauce. Split a dish or ask for a take-home container at the start of a meal to save part of what's served on your plate.

10 remember, all types of foods fit on MyPlate



MyPlate is designed to remind Americans to eat healthy, using foods from the food groups. The MyPlate website provides practical information, tips, tools, and recipes that will help you build a healthier diet. Go to www.ChooseMyPlate.gov.

This information was provided by Fit 2 Live and the United States Department of Agriculture (DG Tip Sheet No. 31)

North Little Rock School District School Calendar 2013—2014

Aug 12-15	Teachers return for Professional Development	Dec 19	End of 2nd nine weeks
Aug 15	Elementary Open House, 5:30 –7:00 p.m.	Dec 20-Jan 3	Christmas Holidays— NO SCHOOL
Aug 16	Workday for teachers	Jan 6	Workday for teachers
Aug 19	FIRST DAY OF SCHOOL FOR STUDENTS	Jan 7	Students return to school
Sep 2	Labor Day Holiday— NO SCHOOL	Jan 20	Dr. Martin Luther King Jr. Holiday— NO SCHOOL
Sep 23	Professional Development for Teachers— NO SCHOOL	Feb 17	Parent Conferences— NO SCHOOL
Oct 15	End of 1st nine weeks	Mar 14	End of 3rd nine weeks
Nov 1	Professional Development— NO SCHOOL	Mar 24-28	Spring Break— NO SCHOOL
Nov 25-26	Professional Development/Flex Day— NO SCHOOL	May 26	Memorial Day Holiday— NO SCHOOL
Nov 27-29	Thanksgiving Holidays— NO SCHOOL	May 30	LAST DAY OF SCHOOL
		Jun 2-9	Inclement Weather Days

NLRSD School Times—next page...

North Little Rock School District School Times 2013—2014

Campus	Start	End
NLRHS West Campus	8:50 a.m.	3:55 p.m.
NLRHS Sophomore Campus <i>Former Poplar Street Middle School Building</i>	8:50 a.m.	3:55 p.m.
NLRHS Freshman Campus <i>Former Lakewood Middle School Building</i>	8:40 a.m.	3:54 p.m.
Lakewood Middle School (grades 6-8) <i>Former NLRHS East Campus Building</i>	7:45 a.m.	3:05 p.m.
Ridgeroad Middle School (grades 6-8) <i>Former Ridgeroad Middle Charter School Building</i>	7:45 a.m.	3:05 p.m.

NLR Academy (grades 6—12) <i>Former Rose City Middle School Building</i>	8:40 a.m.	3:55 p.m.
All Elementary Schools (preK-5)	8:00 a.m.	2:40 p.m.
Redwood Early Childhood Center		
Regular School Day	7:30 a.m.	2:30 p.m.
*Extended School Day (<i>before / after school program</i>)		
before	7:00 a.m.	7:30 a.m.
after	2:30 p.m.	6:00 p.m.

**Parents must pay for the Extended School Day program by private pay or vouchers.*

For more information, visit NLRSD.org or call 771-8000

Here Come the Millennials

Found in Metrotrends 2013 Review & Outlook

The Millennial Generation, also known as “Gen Y,” got a rocky introduction into working adulthood. Slow times following the Great Recession hit young workers hardest; in 2011 local unemployment was 18 percent for workers under age 25, compared with a regional overall average of 8.5 percent. The oldest members of Gen Y are now in their lower 30s. Within a decade, they will occupy the labor market’s largest and highest-participating segment, the 25-55 age group. As Boomers retire and the smaller Gen X moves into the near-retirement age brackets, Millennials will come to dominate the workforce.

The Millennial Generation is defined loosely as those persons born from the late 1970s to the end of the twentieth century. In numerical terms, this generation is now larger than the Baby Boom. Millennials have also



been called the “Echo Boom,” since in most cases they are children of Baby Boom parents. This helps account for the larger size of the Millennial cohort, as compared with the “birth dearth” Generation X, whose members were born as birth rates began declining in the early 1960s.

The four-county Central Arkansas region had about 237,000 Millennials (persons in the 10 to 34 age groups) at the time of Census 2010. This represented 35.2 percent of the population, just a bit higher than the 34.1 percent national average.

Healthy Habits for Summer Vacations

Summer is winding down and many of us are trying to get in a few more days of family time together before school starts. No matter where you’re headed (whether in-state or out-of-state) you can plan ahead to ensure you don’t bring home an unwanted souvenir—a few extra pounds.

Eat Right on the Road

You don’t have to deprive yourself of every dietary temptation on your trip. Just be sure to balance it out with something healthy. Try these tips:

- Pack a cooler full of healthy snacks for road trips. Load your car with veggies, hummus, and water. For flights, carry on fruit and whole grain snacks.



- At hotels, skip the fatty foods. If there’s continental breakfast, choose low-fat yogurt, milk with whole-grain cereal, or plain eggs instead of pastries.
- Share a dish when eating out. Eat slowly and savor the setting and the company—and when you’re full, put down the fork.
- Take it easy on alcoholic beverages. They’re high in calories and can also lead to overeating.

Find Ways to Fit in Fitness

You can take steps to incorporate exercise into any vacation. For example:

- Take advantage of every pit stop and layover en route. Walk around the parking lot or terminal.
- If your hotel has a fitness center or pool, be sure to pack your workout clothes or swimwear.
- Look for ways to weave activity into any destination. On the beach, play Frisbee. In a city, sightsee on foot. At the resort, walk the golf course instead of taking a cart.

These tips were found in A Quality You, QualChoice Member Newsletter | Summer 2013.

This page contains photos taken by North Little Rock residents or business owners found on their Facebook pages last month.



Above: Paula Lively's mother Wanda Reed. Above and right: volunteers put out flags on Military for July 4th weekend.

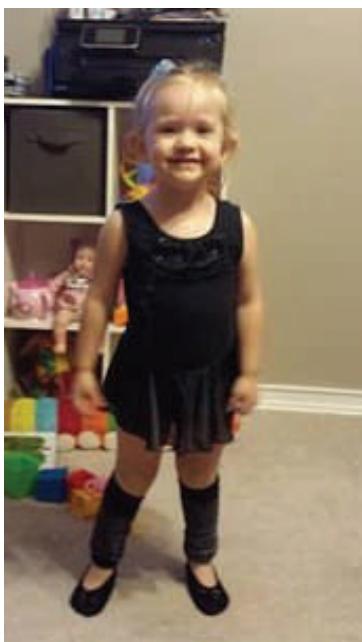


Right: folks from the Amboy neighborhood (including Paul Myrick) put out flags along Military Drive in July to recognize our nations Independence.



Above: Eric Francis and Christie Smith participate in the Firecracker Run July 4, 2013.

If anyone has photos they would like to share with city employees and others of events, family members, pets, etc. from around North Little Rock please email them to Dwhitbey@nlr.ar.gov.



Left: Robin Sisson's daughter Caley is ready for dance class.

Right: V. L. Cox kitty guarding her estate.





More Facebook photos:

Above members of our Sister City Delegation from Uiwang City, South Korea participated in an event at State Capitol honoring Arkansas' Korean War Veterans.

Above right, Mayor Joe A. Smith and North Little Rock School Superintendent Kelly Rodgers.

Middle left: retiree Bob Sisson and Patrick Lane begin construction on a Playhouse for Bob's granddaughter.

Middle: V. L. Cox has a handful of Okra from her garden. Also middle: tree frog visits the home of Cliff and Debi Hoofman.

Middle right: Sharon Henley with family members who appear to be acting up!

Bottom left: storm clouds over Argenta taken by Sonya Miller.

Bottom right: North Little Rock Chamber of Commerce Executive Director Terry Hartwick appears to be shying away from a little gator at the Museum of Science last month.



Potato Salad

5 lb. Yukon gold potatoes
4 large hard-cooked eggs, peeled
1 Tbsp. Table salt
1 cup plus 2 Tbsp. mayonnaise
1 cup sweet salad pickles cubed and drained
1/2 cup chopped red onion
1/2 cup chopped green bell pepper
1/2 cup chopped celery
1/4 cup chopped fresh flat-leaf parsley
1/2 cup yellow mustard
1 (4-oz.) jar diced pimento, drained
2 Tbsp. seasoned rice wine vinegar
2 Tbsp. fresh lemon juice
1 Tbsp. extra virgin olive oil
1 to 2 jalapeno peppers, seeded and minced
1 to 2 tsp celery salt
4 drops of hot sauce
1/2 tsp smoked paprika



Cook potatoes in boiling water to cover 20 minutes or until tender; drain and cool 15 minutes. Peel potatoes, and place in a large bowl. Add eggs, and chop mixture into bite-size pieces. Sprinkle with salt; toss to coat. **Stir** together mayonnaise and next 13 ingredients; gently stir into potato mixture. Sprinkle with paprika; add black pepper to taste. Serve immediately, or cover and chill up to 2 days.



Salsa Verde

Combine 7 **fresh tomatillos**, husks removed; 1/2 **small onion**; 1 tsp. **kosher salt**; and **water** to cover in a deep saucepan. Bring to a boil; boil 3 to 5 minutes or until tender. Drain and cool. Process tomatillo mixture, 2 Tbsp. chopped **fresh cilantro**, 2 Tbsp **fresh lime juice**, and 1 tsp. **kosher salt** in a blender 10 to 20 seconds or until slightly chunky.

*Note: the following recipes included in this month's e-newsletter were found in **Southern Living Magazine—July 2013** provided by Pat White, City Clerk and Collector's Office: Zucchini, Squash, and Corn Casserole, Skillet Green Beans, Candied Jalapenos, and (Shout Hallelujah) Potato Salad, Salsa Verde, and Grilled Squash and Salsa Verde.*

Hissy Fit Dip

Darlene Craig—Police Department

16 ounces Sour Cream
8 ounces Cream Cheese, softened
8 ounces Velveta, cubed small
1 cup white American cheese, shredded
1/2—1 pound pork sausage, crumbled, cooked and drained
1/4 cup green onion, finely chopped
1 teaspoon Worcestershire sauce
1 teaspoon onion powder
1/2 teaspoon ground sage
1/8 teaspoon cayenne pepper
Dash of garlic salt or power
Sea Salt and Fresh cracked pepper to taste



In a mixing bowl, combine all ingredients; stirring until well blended.

Place in baking dish you have sprayed with non-stick coating.

Bake at 350° for 1 hour.

Serve with crackers, chips or veggie sticks (carrots, celery sliced cauliflower, etc.

Congratulations again to North Little Rock Police Chief Mike Davis pictured below with his family in the City Council Chamber last month after being sworn in by Judge Jim Hamilton.



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 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, Amy Smith	975-8881
Utilities Accounting, David Melton	975-8888

City Council Members

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

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 August:

July 29—August 2 recycle

August 5—9 no pick up

August 12—16 recycle

August 19—23 no pick up

August 26—30 recycle



Grilled Squash and Salsa Verde

4 or 5 assorted squash (about 3 1/2 lb.)

3 Tbsp. olive oil

1/4 tsp. kosher salt

1 cup raw, unsalted, shelled pepitas (pumpkin seeds) toasted

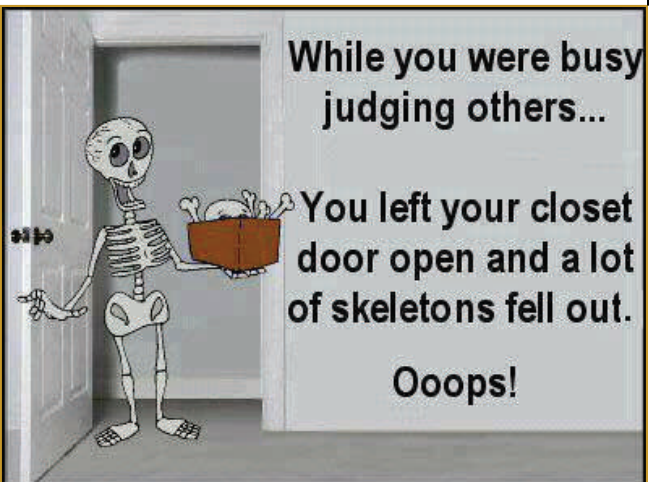
Salsa Verde (see previous page for recipe)

1/4 cup crumbled goat cheese

Preheat grill to 300° to 350° (medium) heat. Cut squash lengthwise into 1/4-inch-thick slices.

Toss with olive oil and salt. Grill 10 minutes or until lightly caramelized.

Place squash on a serving platter. Top with pepitas, salsa, and goat cheese.



August Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs
YVONNE HARRIS	1st Court	25	CORDELL DAVIS	Police	1
JUDY WEST	2nd Court	29	STEVEN BARBER	Police	1
DAVEN MCCOY	Admin	1	PHILIP EVANS	Police	1
KATELYN THOMAS	City Clerk	1	MATTHEW BARBER	Police	1
AMY SMITH	Commerce	14	ERIC CHEATHAM	Police	1
JOE SMITH	Commerce	22	ROBERT EMARY	Police	1
BENJAMIN BREWER	Electric	1	JOSHUA THRELKELD	Police	1
GLENN KRAUSS II	Electric	1	CHEREON CAMP	Police	1
HUNTER NAUGHER	Electric	1	CHRISTOPHER BARNETT	Police	2
MATTHEW RAGLAND	Electric	1	JUSTIN CROSS	Police	2
GREGORY HEINTZ	Electric	1	MATTHEW PEACH	Police	2
ROBERT HUGHES	Electric	3	LANDON RAPPOLD	Police	2
RYAN HARTWICK	Electric	4	MICHAEL REYES	Police	2
JOHN HARRIS	Electric	6	JASON CHRISMAN	Police	2
WILLIAM MANN	Electric	7	CHRISTOPHER BROWN	Police	3
KENNY HIGHFILL	Electric	8	ERIC STOCKMAN	Police	3
DARREN OWEN	Electric	9	RODNEY THOMAS	Police	3
MARK FINCH	Electric	11	RYAN DAVIDSON	Police	3
KAREN ALLEN	Electric	15	JEFFREY ELENBAAS	Police	3
ROCKY HARRIS	Electric	21	RANDY FLIPPIN	Police	3
EDDIE REED	Electric	23	WILLIAM SCOTT	Police	3
RONNIE PETTIT	Electric	32	CHRISTOPHER WEAVER	Police	5
ROBERT DANIELS	Electric	32	CHAUNCEY SIMS	Police	5
JOSEPH MARTIN	Electric	40	JOSEPH MADISON	Police	5
DAGNY PRITCHARD	Finance	1	SCOTT HARTON	Police	5
BEONICA WILLIAMS	Finance	1	BLAKE BARNES	Police	5
GLADYS JACKSON	Finance	16	MICHAEL LITTEN	Police	5
DEBORAH MURPHY	Finance	34	MICHAEL OSBORNE	Police	7
NICHOLAS FREY	Fire	6	JEREMIAH COVINGTON	Police	7
MICHAEL SANCHEZ	Fire	6	ZACHRY LEASE	Police	7
MATTHEW HUNT	Fire	7	CHADWICK EDWARDS	Police	7
JASON BRYANT	Fire	7	DAVID WILKINS	Police	7
JOSHUA COMBS	Fire	7	RUSTY GARTRELL	Police	8
JEREMY REED	Fire	7	DIANA LUNA	Police	8
TOLIVER WHILLOCK	Fire	7	BRANDON DAVIDSON	Police	8
NATHAN WOLFE	Fire	7	IRA WHITNEY	Police	8
HEATH WILLIAMS	Fire	8	GENE WHITLEY	Police	12
RICHARD MATTHEWS	Fire	12	NATHAN KIMES SR.	Police	12
GARY WILLIAMS	Fire	13	CAROLYN BRANCH	Police	13
JEFFREY BENNETT	Fire	16	DIRK BARRIERE	Police	21
MICHAEL JORDAN	Fire	16	ROBERT GRIFFIN	Police	23
JOHN PFLASTERER	Fire	18	DAVID DALLAS	Police	27
KEVIN BEMRICH	Fire	18	BELINDA GARVIN	Public Works	2
JERRY ROBINSON	Fire	18	BILLIE BLACK	Public Works	3
JAMES HOOKS	Fire	23	DANTE GIUSTI	Sanitation	3
BRIAN FISCHER	Ft Roots Golf	2	CURLTAND WATSON	Sanitation	3
JAMIE WALLACE	HR	19	TINA OFFORD	Sanitation	9
DANIEL MCFADDEN	Legal	3	RICHARD ABBOTT	Sanitation	15
DANIEL SCOTT	Neighbor Srv	18	CHRISTOPHER WHITLEY	Street	1
CHERI MONROE	OES/911	9	JEFFREY WHITE	Street	12
JANET EBERLE-WILKINS	Parks Admin	13	DONNIE ADAMS JR	Traffic	1
LAWRENCE WESTON III	Parks Concess	20	CODY REESE	Traffic	1
ALAN GOURLEY	Parks Maint	7	DEIDRA DEVINE	Traffic	15
DONALD JOHNSON	Parks Maint	13	VEDA STEWART	UAD	13
TEMEKA JONES	Parks Rec	10	KATHERYN STEPHENS	UAD	23
JEFFREY CAPLINGER	Parks Spec Proj	9			

August Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>
DONNELL ACKLIN	Street	1	KAREN FLETCHER	UAD	16
DAVID WILKINS	Police	2	MURRY WITCHER JR.	Alderman	18
WILLIAM POE	Fire	2	MAURICE TAYLOR	Alderman	19
BENJAMIN ELLIS	Parks Main	2	CHAD ALLEN	Electric	19
CLIFFORD LEE	Street	4	WILLIE ROMES	Street	19
RICKY ALBERS	Fire	4	CHARLES BASS	Fire	19
WILLIAM BAILEY	Fire	4	JOHN PFLASTERER	Fire	20
JAMIE WALLACE	HR	5	JEREMY REED	Fire	21
MIKE SCHULLER	Fire	6	ANTHONY ROBINSON	Sanitation	22
LANDON RAPPOLD	Police	7	CHARLES CARTER	Legal	22
MICHAEL MARBLEY	Sanitation	8	MICHAEL SHAHAN	Police	22
MATTHEW DIXON	Fire	8	THOMAS NORMAN	Police	22
JUSTIN MOSS	Police	9	JOSHUA COMBS	Fire	23
RONALD CARTER	Electric	9	WILLIAM ROBERTSON	Vehicle Maint	23
DENAE WRIGHT	Police	9	CHARLES PLATT	Fire	23
ROBERT EMARY	Police	10	JENNIFER JOHANSEN	HR	23
MARCUS LEE	Street	11	SHANE WILLIAMS	Sanitation	24
SCOTT HARTON	Police	11	HERMON CUNNINGHAM	Sanitation	24
KASEY KNIGHT	Police	11	WILLIAM FERRY	OES/911	24
KIMBERLY FRANCISCO	Police	11	CURLTAND WATSON	Sanitation	25
RONALD RIGGIN	Electric	11	MICHAEL JOY	Fire	25
DAVID WILBOURN	Public Works	12	CLAYTON ROGERS	Airport	26
RICKY CRANFORD	Fire	12	JAMES WILSON	Electric	26
FREDERICK GUNTHER	Fire	13	TIMOTHY MARVIN	Traffic	26
STEVEN BARBER	Police	14	CHARLOTTE THOMAS	Admin	26
STACEY LEONARD	HR	14	JANET EBERLE-WILKINS	Parks Adm	26
ASHLEY NOEL	Police	14	KATHRYN SNIDER	Electric	27
PAUL RILEY	Police	14	DAVID HILLMAN	UAD	27
SANDRA TARKINGTON	UAD	15	DANIEL MCFADDEN	Legal	29
ANGELA WIRT	Hays Center	15	MARK WRIGHT	Police	29
WILLIAM BROWN	Legal	15	NORITH ELLISON	Electric	29
JOHN ALEXANDER	Animal Shelter	15	JAMES TINDALL	Animal Shelter	30
JAMES BAILEY	Police	15	ROBERT SCOTT	Police	30
HUNTER NAUGHER	Electric	16	SCOTT SPRINGER	Electric	31
ROBERT SHAW	Fire	16			

Candied Jalapenos

Drain 1 (12-oz.) jar pickled jalapeno pepper slices, discarding liquid and reserving jar and lid. Toss together jalapeno slices; 4 red Chile peppers, sliced, 3/4 cup sugar; and 1 tsp. loosely packed Lime zest. Let stand 5 minutes, stirring occasionally. Spoon into reserved jar, scraping any remaining sugar mixture from bowl into jar. Cover with lid, and chill 48 hours to 1 week, shaking jar several times a day to dissolve any sugar that settles.

Makes 1 1/2 cups



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.

This page could include your information!

Recipes,

Photos,

Upcoming Events,

Department Achievements,

And more...

Email Dwhitbey@nlr.ar.gov by the 15th of the month your information or news.