

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

April 2012

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.

North Shore Animal League Annual Tour For Life Visits North Little Rock April 17, 2012



In partnership with PURINA ONE®, Tour for Life is the world's largest cooperative national adoption initiative aimed at reinforcing the importance and advantages of shelter pet adoptions and familiarizing communities with their local shelter.

The tour was conceived by North Shore Animal League America – the world's largest no-kill animal rescue and adoption organization – eleven years ago and is responsible for placing thousands of pets into loving and permanent homes.

Once again, North Little Rock will be the only stop the tour makes in Arkansas. Come out to **Lakewood Village** on Tuesday, **April 17, 2012** to visit with the folks from NSALA and local shelters and rescue groups.



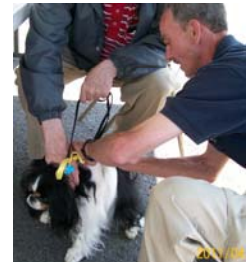
Animals will be available for adoption.

Free microchips for sterilized animals.

Drawings for free sterilization.

Pet care information.

Dog training tips and demos.



For more information visit www.animalleague.org or

call **501-791-8577**.



"Where's Mel"! The **1st** person to CALL 340-5317 and tell one of us where you found "Mel" will win a prize!

North Little Rock Animal Control

For more information, call 501-791-8577

Statewide Spay/Neuter Effort Only Way to Reduce Stray Population

By Billy Grace, North Little Rock Animal Control Director and as published in the Arkansas Municipal League's City and Town Magazine—March 2012

On February 27, 2012, the *Arkansas Democrat-Gazette* published an article entitled "Spay Neuter Clinic Bearing Fruit." This article alluded to the fact that Pulaski County's new mobile spay/neuter clinic had performed 514 sterilization surgeries during the clinic's inaugural year. Upon reading, I wondered what was meant by the term "bearing fruit."

Please do not misunderstand my intentions. I appreciate what Pulaski County did, and I am 100 percent for anything that prevents a dog or cat from reproducing. It's just that I think what they are trying to do will not be enough. It's like trying to bail out the ocean with a thimble.

During the same period, North Little Rock Friends of Animals sterilized 993 dogs and cats—many of whom, maybe as many as half, were Pulaski County Animals—by way of our low cost, or free, spay/neuter program. This does not include the thousand or so that we sterilized at adoption, many of whom were also county animals. We have been doing this for years, and frankly, we have noticed no decrease in county animals whatsoever. The dogs and cats just keep on coming.

During the same period of time, Sebastian County's three low cost spay/neuter clinics, all of which operate within the Fort Smith metro area, sterilized over 6,000 animals. They've been doing this for several years. Since 2009 they have sterilized 19,119 dogs and cats, and they are still overwhelmed by strays. According to Joann Barton, executive director of Sebastian County Humane Society, "We have not noticed a significant reduction in the number of animals coming into our shelter. We are still bringing in seven to eight thousand animals per year."

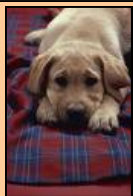
Given Sebastian County's experience, I'm not sure we should describe 514 sterilized animals as "bearing fruit" This is especially disturbing when we consider that there are probably three times as many dogs and cats in Pulaski County as there are in Sebastian County, according to a formula provided by the Humane Society.

There are several reasons why voluntary sterilization simply will not achieve the desired results. First and foremost is the reproductive capability of dogs and cats. They are the champs at this. We sterilize them one at a time, while they reproduce 10 at a time, two and sometimes three times a year. If we attempt to clean out a pack of 10 feral dogs and we capture nine of them, we think we have done very well. In reality, we have not even come close to taking care of the problem. If we leave one mid-sized female dog out there, within just a couple of months, she will have enough puppies to more than make up for the dogs that we captured. When you stop to consider that all of these puppies will be reproducing within one year, you start to see what we are up against. We call this the "family tree effect." If we leave a male dog out there, we can multiply that number many times over because males will breed any time the opportunity arises. We have witnessed this first hand. It sad, but true. Sterilizing some, or even most of them, just will not work.

We also have to consider the "back yard breeder." Some people just seem to think it is their god given right to allow their dogs or cats to have unwanted litters of puppies and kittens. All of the spay/neuter money in the world won't convince these people to be responsible.

I have been in this business for over 16 years. To my knowledge, the only program anywhere that has ever had any significant impact on reducing the unwanted animal population is a strictly enforced, differential animal license. It applies a higher price to get a license for a dog or cat that has not been sterilized and gives everyone (including the backyard breeders) a reason to spay or neuter. Proceeds from this license are often used to fund a low cost spay/neuter program, which relieves responsible taxpayers of this burden. In short, those who cause the problem are paying for it.

There was a three-year time period when our shelter did not house animals for Pulaski County. During those three years, we sealed off our borders and accepted only those animals from inside our city. During this time, we did not euthanize a single adoptable dog or cat. We were able to accomplish this because we have a strictly enforced, differential dog and cat license ordinance. *...continued on next page...*



Need a new
addition to your
family?

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

the perfect
companion for you!



By now, many of you know that fellow City Employee Julia Coulter lost her home due to a neighbor burning debris on a windy day. Julia's home was a total loss and she did not have insurance. North Little Rock Friends of Animals is accepting donations for Julia to help her rebuild her life. She escaped her home with her pets and a few possessions (one was her Bible). If you want to help Julia, contact the shelter at 501-791-8577.



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

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Violators can avoid a court appearance only if they have the animal spayed or neutered. Our volunteer organization, North Little Rock Friends of Animals, facilitates the spay/neuter for us. We did not dream up this idea. This type of ordinance has been used throughout the United States with great success. In fact, we copied from other cities and counties because of the success they had enjoyed with similar legislation. This should be a **state law** in Arkansas.



We eventually went back to housing animals for the county because we knew that somebody had to do it. We are the only shelter that houses animals for Pulaski County and, subsequently, the only shelter that performs the very unpopular but necessary euthanasia. Shelters that turn away animals are

actually contributing to the unwanted animal population. Every refused animal will continue to reproduce in multitudes.

Again, please allow me to emphasize that I am for spay/neuter of any magnitude, and I am sorry if I've rained on somebody's parade. I appreciate the fact that the Pulaski County Quorum Court took some "ground breaking" action with this clinic. The truth is the truth, however. While 514 animals is a start, it is going to take a whole lot more. Just ask Sebastian



County. Voluntary sterilization programs will not work unless you sterilize in great numbers and you have a lot of time on your hands. How much time do we have? Just ask the dogs and cats in your local shelter.

RATS!

There's Rats Everywhere!

3rd
Levy Rat Reunion Picnic
Saturday May, 12th
Burns Park Pavilion 10



There will be Music! Rats! Friends! Food!
Watch for more details.

REGISTER NOW!

Food - \$6 per plate (BBQ)
T-shirts - \$10 small to XXL; \$15 for 3XL & larger

Mail or Bring in your *Rat hole* money to:
Bring to: **Bob's Pawn Shop**
3713 MacArthur Dr, NLR, AR 72118
Mail to: **Levy Rat Picnic**
PO Box 1423
NLR, AR 72115

Follow us on



3rd Annual Rat Reunion Picnic

April 9, 2012
is the date
to start using your new
recycling cart
In North Little Rock.



By now, the new Waste Management wheeled cart has been delivered to your home. Check the lid for a decal including all of the items you can recycle in one container. And...no more separating paper from other recyclables! Just through them all in and you're ready to recycle!

North Little Rock Fire Department

TICKS

Spring is here and so are the insects of the season...and one of the worst...TICKS!

Arkansas is well known for its abundance of ticks and its fair share of tick-borne diseases. Rocky Mountain spotted fever, ehrlichiosis, tularemia and Lyme disease are reported nearly every year in Arkansas. Of these illnesses, Rocky Mountain spotted fever and ehrlichiosis are the most frequently reported tick-borne diseases. Knowledge of tick-borne diseases and personal protective measures can help protect Arkansas residents from potential disease.

Rocky Mountain Spotted Fever

Rocky Mountain spotted fever (RMSF) is the most prevalent and severe tick-borne disease in Arkansas. The causal agent of RMSF is the rickettsial bacterium, *Rickettsia rickettsia*, which is transmitted through the bite of an infected American dog tick, *Dermacentor variabilis*. American dog ticks are prevalent in Arkansas and widely distributed east of the Rocky Mountains.

RMSF can be difficult to diagnose in the early stages and can be fatal without prompt and appropriate treatment. Early clinical symptoms of RMSF are nonspecific and may resemble a variety of other infectious and non-infectious diseases. These early symptoms may include fever, nausea, vomiting, severe headache, muscle pain and lack of appetite. A rash of small, flat, pink, non-itchy spots on the wrists, forearms and ankles may (or may not) first appear two to five days after the onset of fever. Appropriate antibiotic treatment should be initiated immediately upon clinical or epidemiological suspicion of RMSF.

Human Ehrlichiosis

Human Ehrlichiosis, caused by the bacterium *Ehrlichia chaffeensis*, was first described in 1987. This rickettsial bacterium was given the *chaffeensis* species name because of its discovery in soldiers training at Fort Chaffee, Arkansas. This disease occurs primarily in the southeastern and south central regions of the country and is transmitted by the lone star tick, *Amblyomma americanum*. This is the most abundant tick found in Arkansas.

Human ehrlichiosis symptoms vary from mild to severe and may include fever, headache, malaise and muscle ache. Rashes are uncommon with adult ehrlichiosis patients; however, about 60 percent of pediatric patients may develop a rash. Nearly one-half of untreated ehrlichiosis patients may require hospitalization. An estimated 2 to 3 percent of patients infected with *E. chaffeensis* may die. Prompt antibiotic treat-

ment is advised for ehrlichiosis patients.

Another species of *Ehrlichia* that causes human disease and is transmitted by the black-legged tick, *Ixodes scapularis*, is currently under study.

Tularemia

Tularemia is another tick-borne disease occurring in Arkansas. Unlike other common tick-borne diseases, tularemia is also potentially spread through other means, such as deer fly bites, handling infected animal (rabbits, hares and rodents) carcasses, eating or drinking contaminated food or water and breathing in the causal bacterium, *Francisella tularensis*.

Lyme Disease

In Arkansas, Lyme disease is vectored by *Ixodes scapularis* (the black-legged tick). Lyme disease is caused by a spirochete bacterium, *Borrelia burgdorferi*, and is transmitted to humans and other animals through the bite of infected ticks.

The tick bite is painless, so most victims do not know they have been bitten. Ticks have three life stages: larva, nymph and adult. Each stage takes a single blood meal that can come from a variety of hosts, including man, dogs, cats, horses, cows, deer, small mammals and birds. Small larval ticks usually acquire the causal agent for Lyme disease when they feed on infected hosts (commonly small rodents). The nymphal state appears to be responsible for most Lyme disease cases transmitted to humans.

This information was found at the University of Arkansas, United States Department of Agriculture, and County Governments Cooperating website at www.uaex.edu. The article Tick-Borne Diseases in Arkansas by John D. Hopkins, Assistant Professor and Extension Entomologist, and Kelly M. Loftin, Assistant Professor and Extension Entomologist.

How do you remove a tick?

As a child, I ended up covered in what my grandma called "seed ticks." Now grandma was old school (born in 1909), so her remedy was to bathe me in Kerosene (which I would NOT recommend!!).

Fine tipped tweezers are recommended. If you do not have tweezers, put on gloves or cover your hands with tissue paper, then use your fingers. Do not handle the tick with your bare hands.

Another method is to apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20), the tick should come out on its own and be stuck to the cotton ball.



Minestrone Soup...

New York Times Columnist and cookbook author Mark Bittman puts his own spin on an Italian staple. Found in *Parade Magazine*, March 18, 2012.



Minestrone was once considered exotic when I was a child. It seemed different from standard "American vegetable soup" because of a heavier hand with the seasonings, a bit of olive oil, and slightly more unusual vegetables. Sometimes minestrone contained beans, pasta, or tomatoes, and sometimes it had all or none of these.

Years later, when I learned to make soup, I realized that the lines blur between all of these variations. I also discovered that soup is not made from "scraps" but from ingredients that are as fresh as those you would put in a salad.

This minestrone soup from my new book is a simple, delicious vegetable soup made with olive oil, tomatoes, and Parmesan cheese. I've served dozens of variations over the years, often to my kids (who like it with beans). It's no longer exotic, that's for sure.

Minestrone

1/2 cup olive oil and more for garnish

1 medium onion, chopped

1 medium carrot, chopped

1 medium celery stalk, chopped

Salt and black pepper

2 large potatoes, peeled and cut into 1-inch chunks

1 cup chopped fresh tomatoes

1 medium zucchini, cut into 1-inch pieces

1 bunch kale or escarole, chopped

1 cup canned cannellini beans, drained

1/2 cup freshly grated Parmesan cheese

In a large pot, heat 1/4 cup oil over medium heat. Add onion, carrot, and celery. Sprinkle with salt and pepper to taste. Cook, stirring often, for 10 to 15 minutes or until vegetables begin to soften and darken around the edges.

Add potatoes; sprinkle with salt and pepper. Cook, stirring occasionally, for 5 to 10 minutes or until vegetables are nicely browned. Add 6 cups water; stirring to scrape up any brown bits from bottom of pot. Add tomatoes, bring to a boil, and then lower heat to a simmer. Cook, stirring occasionally, for about 15 minutes.

Add zucchini and kale, raising heat if necessary to keep mixture at a steady bubble. Cook until vegetables are very tender, another 10 to 15 minutes. Stir in beans. Cook for 3 to 4 minutes. Add salt and pepper, if needed. Top with Parmesan cheese and a drizzle of olive oil.

Serves: 6, 280 calories per serving, 33 g carbs 8 g protein, 13 g fat, 5 mg cholesterol, 290 sodium and 5g fiber.



Here are some extra tips for your Minestrone...

► "For a meal in a bowl, add a pound of sausage or bacon to the pot along with the onion, carrot, and celery. Or stir in one cup of any small pasta and one cup of water about five minutes after adding the kale."

► "Toss in a handful of fresh chopped basil with the zucchini."

► "To give this soup even more flavor, cut the rind from a piece of good Parmesan cheese and add it to the pot along with the water. Or cut the rind into small chunks before adding it."



Above, North Little Rock Fit 2 Live Coordinator Bernadette Rhodes (left) and EEO Officer Valencia Hardy (center) put in Hoop Houses at Vestal Urban Farm. Volunteers are needed! For more information, contact Argenta CDC at 501-374-0622.



James Edmund Byrd, Sr., retired *North Little Rock Electric Department Employee*, died March 20, 2012.

Mr. Byrd was born May 8, 1925 in North Little Rock to

John and Anna Mae Byrd. He was a member of Park Hill Christian Church. Mr. Byrd retired from NLRED in 1991.

He was preceded in death by his parents, John and Anna Mae Bird and a brother, David Byrd. John is survived by his wife, Louise. He is also survived by a son, John Edmund Byrd Jr., and wife Martha; his daughter, Patricia Louise Reedy and her husband, Darrel; brothers, Tommy and Wayne Byrd; two grandchildren, Michael Byrd and wife Elizabeth and David Byrd, and two great-grandchildren, Jackson Byrd and Mallory Byrd.

Visitation was followed by a funeral service on Thursday, March 22, 2012.

Best in Arkansas Guard named *Outstanding Airmen and Soldiers honored at ceremony*

Information provided by Sgt. 1st Class Chris A. Durney, Public Affairs Specialist, Arkansas National Guard

On March 17, 2012, the Arkansas National Guard announced the outstanding Airmen and Soldiers for 2012 at an awards ceremony at Robinson Maneuver Training Center.

Sgt. Matthew Howard of the 142nd Fires Brigade represents the best Non-commissioned Officer (E5 and above) for the year, and Spc. Joshua Glass of the 39th Infantry Brigade Combat Team took Soldier (E4 and below) of the Year Honors.

Senior Airman Leonardo Jacquez of the 123rd Intelligence Squadron was named the Airman of the Year, and Master Sgt. Daniel Anderson of the 189th Airlift Wing was chosen as the NCO of the Year for the Air Guard. Senior Master Sgt. Daniel Dinkins of the 189th took Air Guard Senior NCO of the Year honors. Master Sgt. Joshua Rich of the 188th Fighter Wing was named the First Sergeant of the Year, and Master Sgt. Stephen Walbe of the 188th was named Honor Guardsman of the Year.

On the Army side, Howard and Glass bested as field of four NCOs and three Soldiers during a week-long series of very tough events that included physical strength, shooting, navigating, warrior skills, combat lifesaving, water survival, hand-to-hand combat and facing a board of Command Sergeants Major.

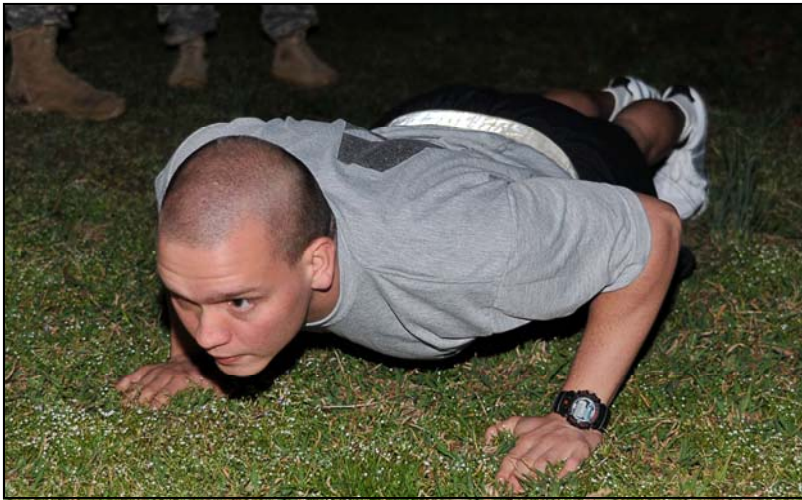
Each major command in the Arkansas Army National Guard names one Soldier and one NCO to represent them in the competition. This year's field included Howard and Glass along with Sgt Johnathan Wagley of the 142nd, Spc. Michael Branch of the 87th Troop Command, Sgt. Larry Brand, Jr., of the 87th, Staff Sgt. Robert Farmer of the 39th and Staff Sgt. Christopher Mazander of Joint Force Headquarters Headquarters.



Above: Sgt. Matthew Howard of the 142nd Fires Brigade and Spc. Joshua Glass of the 39th Infantry Brigade Combat Team

*Pictured left are:
Master Sgt. Stephen Walbe
of the 188th Fighter Wing—
Honor Guardsman
of the Year;
Master Sgt. Joshua Rich of
the 188th—First Sergeant of
the Year;
Senior Master Sgt. Daniel
Dinkins of the 189th Airlift
Wing—Senior Noncommis-
sioned Officer of the Year;
Master Sergeant Daniel
Anderson of the 189th—
NCO of the Year; Senior Air-
man Leonardo Jacquez of
the 123rd Intelligence
Squadron—
Airman of the Year*

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Above: Spc. Michael Branch, Jr., of the 87th Troop Command performs pushups during an Army Physical Fitness Test.
Below: Staff Sgt. Matthew Howard of the 142nd Fires Brigade



Below: Spc. Johnathan Wagley of the 142nd Fires Brigade participates in a special Combat Water Survival Test



The two winners move on to regional competition in May. The regional winners compete at the National Guard Bureau level, with the NGB Soldier and NCO of the Year competing for the active Army crown in October.

Each competitor was awarded an Army Achievement Medal along with gift certificates from the Arkansas National Guard Morale Welfare and Recreation fund. Howard and Glass were each awarded the Arkansas Distinguished Service Medal, and an additional MWR certificate.



Above: Spc. Joshua Glass of the 39th Infantry Brigade Combat Team

Right: Sgt. Larry Brand, Jr. of the 87th Troop Command has his combat life-saver skills tested during the Army Warrior phase of the competition.



The Air Guard winners each received the Arkansas Distinguished Serviced Medal, a Diamond Award and a Minute-man statue. They also received MWR gift certificates.

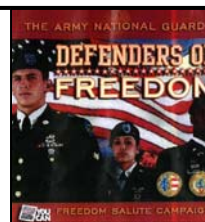
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The final event was a round-robin combatives tournament that tested each person's hand-to-hand combat skills.

On March 3, 2012, North Little Rock Human Resources Director and Army National Guard Major Betty Anderson was recognized for her service in a Defenders of Freedom, Freedom Salute Ceremony for Operation New Dawn. Betty served in the HHC 77th Theater Aviation Brigade. Pictured below, are Major Anderson, with members of her North Little Rock city family, North Little Rock Alderman Debi Ross and North Little Rock City Clerk and Collector Diane Whitbey.



Thank you Betty and all employees, residents, friends and family members who serve in the military. Out of 310 million people in the US only 1 percent serve.

Easter Cookies

Recipe found in *Serving From the Heart*
—A collection of Recipes from
Lost Creek United Methodist Church, Stillwater, Oklahoma

- 1 cup crushed pecans
- 1 tsp vinegar
- 3 egg whites
- Pinch of salt
- 1 cup sugar



On Easter Eve, preheat oven to 300°. If using whole pecans, place in a Ziploc bag and beat into small pieces with a wooden spoon.

Put 1 teaspoon vinegar into a mixing bowl. Add egg whites to vinegar, followed by pinch of salt. Next add 1 cup sugar. Beat with mixer on high speed for 12 to 15 minutes, until stiff peaks are formed. Fold in the broken pecans.

Drop by teaspoons onto a wax paper-covered cookie sheet. Put the cookie sheet in the oven, close the door and turn the oven off.

Easter morning, open the oven and remove the cookies. Notice that the surface will be cracked and the inside is hollow.

Below is another version of the recipe found at [simply recipes.com](http://simplyrecipes.com).

Pecan Meringue Cookies

- 1 cup whole pecans (can be lightly roasted—8 to 10 minutes at 250°)
- 3 egg whites
- Pinch salt
- 1 cup sugar
- 1 tsp vinegar

Preheat oven to 300°

Place pecans in zippered baggie and beat with a wooden spoon to break into small pieces. Set aside.

Put egg whites into a standup mixer bowl. Add salt. Start the mixer speed on low, gradually increasing the until spiced soft peaks start to become visible and the egg white bubbles are very small and uniform, about 2 to 3 minutes. Increase the speed to medium-high, and slowly add the sugar to the egg whites. Continue to whip the eggs and



sugar a few more minutes. Then add the vinegar to the bowl. Increase speed to high and whip the egg whites until they fluff up and become glossy, and stiff peaks form when the whisk is lifted, 4-5 minutes.

Using a rubber spatula, gently fold in the pecan pieces. Drop by teaspoons onto a cookie sheet which has been lined with parchment paper or Silpat.

Put sheet in preheated oven, close the door and turn off the heat. Leave them overnight. In the morning they should be ready—crisp on the outside, light and airy on the inside. If they are a little marshmallowy, or chewy on the inside in the morning, just let them dry out for a few more hours.

Makes 12-24 cookies, depending on size.



North Little Rock Named Tree City USA® Community by the Arbor Day Foundation

For the 19th year, North Little Rock has earned this national honor from the Arbor Day Foundation, the nation's largest nonprofit organization dedicated to planting trees.

"We all benefit when communities like North Little Rock plan a high priority on planting and caring for trees, one of our nation's most beautiful resources," said John Rosenow, chief executive and founder of the Arbor Day Foundation. "Trees shade our homes and add beauty to our neighborhoods, and they also provide many environmental, economic and social benefits. We applaud North Little Rock's elected officials, volunteers and citizens for providing vital care for its urban forest."

The Tree City USA program is sponsored by the Arbor Day Foundation in cooperation with the National Association of State Foresters and the USDA Forest Service.

North Little Rock has met the four standards to become a Tree City USA community, Tree City USA communities must have a tree board or department, a tree-care ordinance, a community forestry program with annual expenditures of at least \$2 per capita, and an Arbor Day observance and proclamation.

Communities that earn Tree City USA recognition not only have taken the time to meet the four standards, they know that trees:

- ◆ Promote healthier communities by filtering the air we breathe by removing dust and other particles.
- ◆ Moderate climate, conserve water and provide vital habitat for wildlife.
- ◆ Reduce the heat island effect in urban areas caused by pavement and buildings.
- ◆ Reduce energy use and increase property values.

For more information about Tree City USA, visit www.arborday.org/TreeCityUSA.

Join the Arbor Day Celebration by recycling paper and saving trees!



Pistachio Salad Recipe

—in time for Easter!

13 1/2 oz. container whipped topping
 3 1/2 oz. instant Pistachio pudding
 8 1/4 oz. crushed pineapple, drained

11 oz. Mandarin oranges, drained
 1 c. mini marshmallows
 12 oz. cottage cheese

Mix all ingredients together and chill.



North Little Rock City Council Schedule

Meets the second and fourth Monday of each month in City Hall. Meetings commence at 7:00 p.m. and can be viewed on our website.

For more information please call the City Clerk's Office at 501-340-5317 or visit our website at www.northlittlerock.ar.gov.

CITY COUNCIL MEMBERS

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

Other Elected Officials

Mayor, Patrick Henry Hays
501-340-5301

Clerk and Collector, Diane Whitbey
501-340-5317

City Attorney, C. Jason Carter
501-975-3755

City Treasurer, Mary Ruth Morgan
501-753-2028

District Court Judge, Jim Hamilton
501-791-8559

District Court Judge, Randy Morley
501-791-8562

This and That



Last month, Jimmy Buffett thrilled "Parrot Heads" from around the state during a concert at Verizon Arena.



Buffett fans tailgated in the RV Park and on the River.

Applications may be obtained in the Human Resources Department, City Services Bldg., 120 Main St., 3rd floor, NLR, AR., 72114 and must be completed and returned by the closing date. Late applications will not be accepted. Job-related test, interviews or other types of selection methods may be administered in order to determine whether an applicant possesses the required knowledge, skill and ability. A thorough background check and other necessary screening will be made on all persons selected for hire. After all other requirements have been satisfactorily met offers of hire are conditioned on satisfactory completion of a job-related physical exam, including a drug screen. **AS AN EQUAL EMPLOYMENT OPPORTUNITY EMPLOYER, THE CITY OF NORTH LITTLE ROCK IS SEEKING QUALIFIED BLACK AND FEMALE APPLICANTS.**

City Offices - 120 Main

IT/Data Processing , Kathy Stephens	501-975-8820
Finance , Bob Sisson	501-975-8802
Information	501-975-8888
Human Resources , Betty Anderson	501-975-8855
Planning , Robert Voyles	501-975-8835
Purchasing , Joe Smith	501-975-8881
Revenue/Audit , Jerry Reagan	501-975-8895
Utilities Accounting , David Melton	501-975-8888





Health Matters

Your source for healthy eating and active living

March/April 2012

INTRODUCING:

The Total Solution Weight Loss Challenge



Earn money for your church, school, or favorite nonprofit organization!

Put together a 4-person team and WIN, then YOUR TEAM decides where the money goes!

Visit www.TotalSolutionChallenge.com and get your team registered NOW!
Deadline for registration: March 23, 2012

Entry cost per Team: \$200. HOWEVER:

- The City will reimburse you \$100 of your entry fee if your team includes at least TWO City employees.
- Each member of the winning City team will receive a \$25 gift card!
- Participants get FREE access to any Anytime Fitness location during the 8 weeks of the challenge.
- Participants have access to a FREE nutrition coach.

The Details:

Participants from all over the state can take part in the 8-week weight loss challenge, hosted by four Anytime Fitness facilities. The challenge is designed for 4-person teams (including at least 2 females). Entry fees are \$50 per person, \$200 for a full team. Entry fees will amount into a large charity donation, given to the winning team's chosen charity. The team that loses the most by PERCENTAGE of body weight wins.

Anytime Fitness locations:

North Little Rock: 771-0908
Little Rock: 225-THIN
Benton: 778-4300
Hot Springs: 525-8448

Congratulations to Angela Wirt at the Hays Center for winning the "Maintain Don't Gain" holiday challenge! Angela won a \$25 Visa gift card.



Brought to you by:

Your City of NLR "Fit 2 Live" Employee Wellness Program
Join FREE! Get big discounts on health and fitness!

For more information, visit www.nlr.org/employeeswellness or contact Bernadette Gunn Rhodes, Fit 2 Live Coordinator, at 975-8777 or brhodes@northlittlerock.ar.gov.

6 Tips for Eating Healthy at Work

1. Bring your own snacks, like cut-up carrots or red bell peppers.
2. Pack a bag lunch with your favorite sandwich, soup, or frozen entrée.
3. Keep herbal or green tea bags in your desk instead of sugary drinks.
4. Don't be a pushover—you don't have to buy cookies or candy for every fundraiser!
5. Divide and conquer that office birthday cake—share a piece with someone else.
6. Come to meetings with a full stomach if you know there will be snacks there.



MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl. To learn more about building a healthy plate, visit www.choosemyplate.gov.

STRESS MANAGEMENT

Part 5 of 7

Reduce job stress by managing tasks better



• Break projects into small steps.

If a large project seems overwhelming, make a step-by-step plan. Focus on one manageable step at a time, rather than taking on everything at once.

• Delegate responsibility. You don't have to do it all yourself. If other people can take care of the task, why not let them? Let go of the desire to control or oversee every little step. You'll be letting go of unnecessary stress in the process.

• Be willing to compromise. When you ask someone to contribute differently to a task, revise a deadline, or change their behavior at work, be willing to do the same. Sometimes, if you can both bend a little, you'll be able to find a happy middle ground that reduces the stress levels for everyone concerned.

Next month:
Emotional
Intelligence

SELL YOUR STUFF!

At our

Amboy Neighborhood Association

YARD SALE

\$10 per Table



Plus a donation of 3 items of at least a \$3 value each for ANA to sell. Bring your own Table & Chair.

How to sign up: (by April 6th)

Mail your \$10 check or Money Order payable to
Amboy Neighborhood Association
1702 W. 36th, NLR, AR 72118

Questions? Or, have items you want to Donate to our Sale?
Email us at amboynanews@aol.com
or, call: Phyllis at 541-5447



Saturday April 14th

Amboy Methodist Church

311 E. Military, NLR

Make extra \$\$\$\$\$

♪ HAPPY BIRTHDAY! ♪ APRIL

Name	Dept	Date	Name	Dept	Date
JOAN BOHANNON	Comm Dev	1	TODD HINK	Fire	13
THOMAS DICKSON	Police	1	ALAN GARNER	Fire	13
WILLIAM HARPER	Electric	2	JOHN BRECKON	Police	13
THOMAS CONES	Street	2	RODGER GREENE	Public Works	13
PAUL CANTRELL	Police	3	JON MILLER	Fire	14
JANICE JENSEN	Police	3	VICKI HUMPHREY	Code	16
MICHAEL ALLEN	Electric	4	BLAKE WATKINS	Fire	18
BRANDON DAVIDSON	Police	4	PHILLIP LOWRY	Police	18
IRA WHITNEY	Police	4	JULIA COULTER	Animal Shelter	19
ROBERT HUGHES	Electric	6	CHARLES MILES JR.	Police	19
KENNETH KINCADE	Police	6	RICKY PRIDMORE	Vehicle Maint	19
LAURA LARISON	UAD	7	BLAKE BARNES	Police	20
BOBBIE BURKS	UAD	7	BILLY JONES	Fire	21
JOSEPH MADISON	Police	7	VALENCIA HARDY	Admin	22
CHARLES BLACK	Fire	8	ALANA MERRITT	Fire	22
LEONARD MONTGOMERY	Police	8	BRIAN KILGORE	Police	22
JAMES HOLCOMBE	Parks Maint	8	CHRISTOPHER A. RAY	Electric	24
YVONNE HARRIS	1st Court	9	HAROLD FORD	Sanitation	24
LABRENDA COHENS	Police	9	FREDDIE HASKINS	Sanitation	25
BOBBY RHOADS	Parks Admin	9	DEIDRA DEVINE	Traffic	25
SHANE PRATER	Electric	10	KENNETH WILLIAMS	Street	26
JAMES DANCY	Police	10	JACOB HOUSE	Police	27
JOHN LYON	Police	10	RONNIE PETTIT	Electric	28
JOHN YATES	Police	12	EDDIE REED	Electric	30

If a name is listed of an employee who is no longer with the city, or if someone has been omitted, please let me know. This list is generated at the beginning of the year.

Do you have something to share?
An important announcement?
Maybe a recipe?
Or an upcoming event?

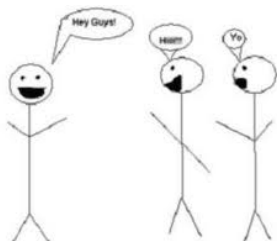
Your good news is our good news! If you want to share information on an upcoming event, a family recipe, a funny story, let us know!

If you are a North Little Rock City Employee and want to share a photo of your child or grandchild, let us know! You can also send us pictures of your pet (they're part of the family, too!).

If you have a hidden talent or hobby (such as art, poetry, gardening) let us know! We'd love to share your information so your fellow North Little Rock Employees and residents can get to know you better!

The deadline to provide information for the monthly e-Newsletter is the 15th.

To submit information, email Diane Whitbey at Dwhitbey@northlittlerock.ar.gov.



APRIL EMPLOYEE ANNIVERSARIES

Name	Dept	# Yrs	Name	Dept	# Yrs		
BRUCE	FOUTCH	Admin	1	ROBERT	BRYSON	Fire	13
WILLIAM	FERRY	OES / 911	10	KYLE	SIMPSON	Fire	13
SHELLY	DAVIS	OES / 911	2	GREGORY	BROWN	Fire	13
SHAKIIA	MOORE	OES / 911	2	PEGGY	BOREL	Fire	8
JAMES	BARTLETT	Electric	1	BRYAN	HILL	Fire	11
MICHAEL	ALLEN	Electric	28	TIMOTHY	MAHAN	Fire	10
JOAN	STEWART	Electric	24	MICHAEL	GARRETT	Fire	8
CHARLES	BOLDEN	Electric	16	RICHARD	HARGROVE	Fire	8
JIMMY	CROWLY	Electric	39	JANET	HILL	1st Court	22
BRENDA	WILSON	Electric	12	DENNIS	HENDERSON	2nd Court	6
LYNWOOD	ANDERSON	Electric	15	NAKISHA	MORAGNE	UAD	12
MATTHEW	TURES	Electric	1	BOBBIE	BURKS	UAD	1
THOMAS	BLYTHE JR.	Electric	6	ALICE	BROWN	Police	44
SHARON	HENLEY	Finance	34	WILLIAM	KOVACH	Police	25
COREY	EISENHOWER	Fire	4	JEFFREY	BAKER	Police	34
DONALD	PAYNE	Fire	30	TRACY	ROULSTON	Police	24
LARRY	SHOOK	Fire	30	ROBERT	SCOTT	Police	25
DAVID	MATCHETT	Fire	30	MARK	TUBBS	Police	20
HEATH	HOOPS	Fire	15	KENNETH	KINCADE	Police	24
JASON	KNIFE	Fire	10	LUISE	ARMSTRONG	Police	24
WILLIAM	DAVIS	Fire	11	SIAVASH	MORSHEDI	Police	24
JEFF	JEFFERIES	Fire	11	MICHAEL	NELSON	Police	19
TODD	IRBY	Fire	14	JOHN	YATES	Police	19
JASON	KNOERNSCHILD	Fire	12	THOMAS	DICKSON	Police	19
BRIAN	OAKLEY	Fire	13	CRISS	GARDNER	Police	19
JOHN	ADAMS	Fire	30	JASON	WOODWARD	Police	14
RICKY	CRANFORD	Fire	16	DAVID	SCHALCHLIN	Code	16
LAITH	ADAMS	Fire	15	BOBBY	WARD	Public Works	24
DENNIS	POOLE	Fire	8	WILLIAM	SMITH	Public Works	23
MICHAEL	THOMPSON	Fire	14	DAVID	BELL	Sanitation	4
JASON	FENDER	Fire	13	HERMON	CUNNINGHAM	Sanitation	3
MICHAEL	HOLLEY	Fire	17	LESLIE	RICHARDSON	Sanitation	7
DUDLEY	SCHRADER	Fire	12	TERRY	GLENN	Street	5
CHRISTOPHER	MORENO	Fire	10	FREDERICK	MOORE III	Street	16
CLAYTON	ZAKRZEWSKI	Fire	12	THOMAS	CONES	Street	15
JOSH	BURKS	Fire	8	STEVEN	HUBBARD	Street	2
CLINT	BUTLER	Fire	2	DONNELL	ACKLIN	Street	2
ZAKARY	WARD	Fire	2	WILLIE	PACE	Street	10
STEPHEN	FORTSON	Fire	11	TIMOTHY	MARVIN	Traffic	33
GREGORY	NASH	Fire	10	MELDRICK	GIBSON	Vehicle Maint	1
CLINT	REEKIE	Fire	8	CHARLES	BROOKS	Parks Maint	11
JAMES	KOLB	Fire	14	WILLY	TIDWELL	Parks Maint	15
JAMES	WILLOUGHBY	Fire	17	BENJAMIN	ELLIS	Parks Maint	11
JASON	ROE	Fire	8	ROBERT	DAVIS	Parks Maint	9
EARL	MAHANAY	Fire	15	DONALD	EOFF	Parks Maint	9
JOSHUA	COX	Fire	8	TONY	PATE	Parks Rec	5