

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

March 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.

The Boys & Girls Clubs of Central Arkansas held their annual Jim Wetherington Hall of Fame Banquet on February 23, 2012. This year's inductees were **John Bailey**, **Charlie Hight** and **C. Russell Jackson, Jr.**

Bailey, a Little Rock native, received his BSBA at the University of Arkansas at Fayetteville. Prior to returning to Little Rock, he worked and traded his own account at the Chicago Mercantile Exchange in the Eurodollar financial futures pit from 1980 to 1991. John and his wife Patti bought the historic Union Station and shortly thereafter commercial and multifamily properties. Bailey is the CEO and manager of Bailey Properties, LLC from January, 1992 through December 2011. Last month, Bailey Properties and Summit Housing Partners completed a business combination forming a new company; Bailey Summit Residential Trust. Bailey serves on numerous boards and committees.

Hight (pictured right) was born in Dyersburg, Tennessee. His family moved to North Little Rock in 1958. He attended Parkhill Elementary School, Ridgeroad Junior High and graduated from North Little Rock High School in 1965. He attended Ouachita Baptist University and later graduated from the University of Arkansas at Fayetteville



with a BSBA in Marketing and Management. He is employed by Glazer's Distributing and has served on the North Little Rock City Council since January 2001. An avid bicyclist, he is involved with North Little Rock's efforts in receiving the League of American Bicyclists Bicycle Friendly Community Award in 2010. He and his wife Becky have been married 42 years and have two children and 4 grandchildren.

Jackson moved with his family to North Little Rock in 1951. After graduating from North Little Rock High School in 1965, Russell attended the University of Arkansas at Fayetteville and graduated with a B.S. in Industrial Engineering. In 1970, he began what would be a 31 year management career with Southwestern Bell Telephone Company (now AT&T). His career stops outside of Arkansas spanned a 16 year period and included St. Louis, Dallas and Washington, D.C. At the time of his retirement, he was Executive Director of Government Relations in AT&T's Washington office. He has served as President of the Arkansas Academy of Industrial Engineering, President of the Family Service Agency of Central Arkansas, and is currently serving as President of the Presbyterian Village Foundation Board. Russell enjoys duck hunting and donating his time to community service.

After retiring, he returned to Arkansas and lives with his wife of 40 years, Mary Barnett Jackson. They have two sons.



"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

Below is an editorial article by **Patty Jones, Animal Control Officer**. It is direct and factual and stresses the importance of spaying and neutering our pets.

I am writing this letter in reference to a recent article that was published in the Arkansas Democrat-Gazette. This article concerned a local animal shelter.

I have been in Animal Control now for almost 17 years. I cannot count the times that someone has said to me "Oh...I couldn't do your job!" Unfortunately, it appears that while some people in the same profession of Animal Control hold the position, they cannot "do" the job—which is controlling the unwanted animal population. It seems that more and more Animal Shelters in our surrounding cities are not facing reality. Some have now resorted to using "cheesy" names for their Animal Shelters. They have a tendency to think with their "heart" while their brains live in "fairy-TAIL-land", dreaming of a "no-kill shelter".

It is my opinion that a productive Animal Control Department provides a needed service to their tax paying citizens, and sadly, sometimes that needed service includes euthanasia. Unfortunately, money paid by tax payers in many cities is not being used to address the



main problem that Animal Control Departments are created for, which is—you guessed it—overpopulation as well as control of the rabies virus.

Barking dogs, dogs running at large, vicious dogs, mistreatment of animals, and other forms of neglect—all these problems stem from too many animals and not enough "good" owners.

The fact is...there are existing Animal Shelters that are capable of housing anywhere from 100 to 125 animals in their facilities.

City shelters need to be more focused on spay and neuter programs and incentives for pet owners to sterilize their pets. Creating a differential pet licensing fee could be beneficial to a city.

If municipal Animal Control departments continue to try and operate in a "humane society" fashion, instead of common sense, the problem will continue to grow.

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These shelters often reach their maximum capacity, but they still do not refuse to accept animals. Although these shelters have very successful adoption programs and are rehoming many of these animals, euthanasia is still a reality that none of us enjoy. In order for an Animal Control Department to continue to do their job effectively, euthanasia has to be performed on a daily basis.

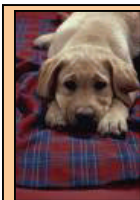


Many shelters try to avoid this reality by limiting the number of incoming animals. They often do this by raising animal surrender fees to a ridiculously high level, or by only accepting those animals that are deemed "highly adoptable". This makes it easier on themselves but harder on other shelters, because someone will have to accept the "unadoptable" animals after they have been "dumped" by their owners. I often wonder how a shelter that is funded by tax payers can get away with this. If every shelter would just enact an "open door" policy, we could actually make a difference. As it now stands, we are all now working against each other...and wasting tax payer money.

According to the before-mentioned article, a local Shelter was hoping for a tax increase in hopes of building a \$2 million Animal Shelter. Unfortunately, people fail to realize that bigger shelters and more cages are not the answer. Spay and neuter, euthanasia, and adoptions are the solutions to the pet overpopulation problem. Unfortunately, as there are just not enough homes for these animals, adoption along does not work.



When shelters resort to fostering out nursing and pregnant animals (when they cannot find homes for the animals already in their shelters) they are thinking with their hearts instead of their brains. A reality check is needed.



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.

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Our job is animal control. The Humane Society provides a valuable service to our communities. We need to do our jobs and let them do theirs. A \$2 million shelter will fill up just as fast as any other. There are ten times as many stray animals as there are available homes. This means that even if everyone who could adopt a cat or dog did, 90 percent would still be homeless. Adoption is a wonderful tool, but it is simply not the answer. Shelters adopt animals one at a time, while they reproduce at a rate of up to 10 at a time. Animal Shelters that do not euthanize are simply forcing someone else to do it for them.

Please, spay or neuter your pets. Crying over them helps no one but the person doing the crying.



NLR Friends of Animals has a Newsletter!

Below is information from February 2012,
Volume 1, Number 2

Mission Statement

North Little Rock Friends of Animals (NLRFOA) is a non-profit promoting pet sterilization and owner responsibility through fund raisers to fund the adoption/rescue and spay/neuter programs at the North Little Rock Animals Shelter, and other projects to benefit the welfare of animals.

Past Accomplishments

In 2010, Animal Oxygen Resuscitation Masks for North Little Rock Fire Trucks were purchased. In 2011, funds helped lower income families sterilize approximately 900 pets (which prevented the birth of about 4,500 additional animals).

News from the Shelter

Things have been busy. Along with all of the usual things they do, they now have two new projects underway. Both are worth the extra time and work. At it's November NLRFOA meeting, members decided to join **Wishing Well For Paws** (WWFP), a rescue group that finds homes for animals on the East coast. Animals are sterilized, given their shots and WWFP transports them to their new homes. Thirty-four mostly large mixed breed dogs have already found new homes.

NLRFOA has also teamed up with CARE for the **Paws in Prison Program**. In December, five (5) dogs went to the Tucker Unit of the Arkansas Department of Correction. The dogs were assigned to a prisoner, housed in the prisoners cell, house-broken, and trained daily to prepare them for adoption into a "forever" home. One of NLR's dogs was featured in a media article during an adoption ceremony held at the Arkansas Department of Correction. In January, more dogs entered the program.

This year, the shelter will focus on providing a cover on the north side of the shelter. During a recent City Council meeting, Aldermen allocated the funds to cover the costs.

Volunteers

Anyone who is a volunteer will tell you of the need for people to volunteer their time to worthy causes. NLRFOA needs more volunteers to join their mission and help animals. Volunteering not only makes a difference for the individual, but life-long friendships can form. Although a lot of volunteers are needed to plan a big event, they are always fun. It's rewarding to watch people and their pets enjoy them.

Dr. David Bevans is a member of NLRFOA and an active volunteer. He was awarded City of North Little Rock's Volunteer of the Year for 2010 and is a valuable asset to the program and the shelter.

NorthShore Animal League America

NorthShore Animal League America is coming to North Little Rock on **April 17, 2012**. NorthShore helps over 100 shelters across the United States find homes for orphaned pets. The location and time will be announced soon.

Grapes, Grains, and Growls

Last year, David Waddle from Springhill Wine and Spirits offered to team up with NLRFOA for (what proved to be a very successful) fundraiser.

This year Grapes, Grains and Growls, a beer and wine tasting event, will be held in May at Woody's Sherwood Forest. A date will be announced soon.

Annual Rummage Sale

The annual NLRFOA Rummage Sale will be held on May 4. If you have household items (excluding clothes and shoes) in good condition that you would like to donate, call Tommie at 501-753-4594. The deadline for donations is April 25.

Memories for Mom Photo Shoot

Give your mom a gift of love this Mother's Day by scheduling an appointment to have your family's, child's, or pet's photo taken by a professional photographer and made into a custom Mother's Day card. Space is limited. Call Angel at 501-607-4887 or email info@ThisShot.com for more information. The event will be held on April 21st.

NLRFOA meets the 2nd Tuesday of each month at the Community Center, 2700 Willow.

North Little Rock Fire Department
Annual
North Little Rock Police
and Fire Awards for 2011



Police Achievement

Secretary Rhonda Huey
 Officer Amy Cooper
 Investigator Michael Gibbons

Team Achievement

Officer Paul Hampton
 Officer Jake House
 Officer Phil Lowry
 Investigator Julie Rose
 Investigator Lonnell Tims
 Investigator Ryan Osborne

Merit Award

Officer Shelby Hunter
 Lieutenant Dana Bowers
 Investigator Clint O'Kelley

Leadership Award

Officer Chris Gann
 Sergeant Wes Honeycutt

Chief's Award

Lieutenant John Breckon

Unit Award

Narcotics—Lieutenant Brian Scott
 Sergeant Todd Spafford
 Investigator James Neeley
 Investigator Zachary Lease
 Investigator Chris Weaver
 Investigator Matt Soderlund
 Investigator Dane Pederson
 Investigator Jeremiah Covington
 Investigator Le Chau
 Investigator Michael Brooks
 Secretary Linda Jackson

Special Recognition

Officer Tommy Norman

Fire

Apprentice Firefighter of the Year 2011
 Firefighter Jacob Schmidt

Fire Service Educator of the Year 2011
 Lieutenant Brian Oakley

Fire Officer of the Year 2011
 Captain Rick Gunther

Emergency Medical Firefighter of the
 Year 2011
 Firefighter Sean Mahanay

Firefighter of the Year 2011
 Lieutenant Earl Watson

Fire Chief's Award
 Captain Beau Buford

Emergency Services

Emergency Services Dispatcher of the
 Year 2011
 Dispatcher Shakiia Moore

*Special thanks to all North Little Rock
 Police Officers and Fire Firefighters. You do
 a great job keeping our city, our residents
 and our property safe and we appreciate you
 more than you know!*

Residents of North Little Rock

Sponsors

The Ashley Group
 Centennial Bank
 Coulson Oil Company
 First Assembly of God
 Church
 Fletcher Auto Group
 1-800-BOARDUP

Special Thanks

Rich Ashley
 Bob Birch
 Mary Ann Dawkins
 Pastor Rod Loy
 Frank Fletcher
 Steve Kotch
 and Leigh Ann Newton
 TCPrint Solutions



The **2011 Police and Fire Awards Ceremony** was held at the **First Assembly of God Church**.

Pastor Rod Loy officiated the event which honored North Little Rock's finest (see list on previous page).

Top left, Pastor Loy opens the event. Top right, the North Little Rock combined Police and Fire Color Guard present the Colors.

Middle above: City Officials stand and recite the Pledge of Allegiance.







The Great Backyard Bird Count

By Paige Parham

—found in Arkansas Wild Magazine Winter 2012



Robin

The Great Backyard Bird Count (GBBC) is an annual program sponsored by the Cornell Lab of Ornithology and the National Audubon Society. This year's count was February 17-20. Data is collected from all over the United States and Canada. Amateur bird counts like the GBBC are vital

to the research of bird populations because they allow ornithologists to keep track of how groups of birds are doing over time. According to Dan Scheiman, Ph.D., Director of Bird Conservation for Audubon Arkansas, and the Vice President of the Audubon Society of Central Arkansas, ornithologists rely on "citizen scientists" to do twice-yearly counts and report their data for analysis. Scheiman said, "Scientists cannot be everywhere at all times. We rely on



Yellow Finch

these citizen scientists to collect data for us experts to analyze."

There are two types of counts that are done for the GBBC: Stationary and Traveling Counts. Stationary counts take

place in one location, such as a park or yard. In this type of count, you will simply report the highest number of species seen together at one time. Traveling counts are made over a distance, like walking a trail or through a patch of woods. This kind of count is not as accurate,

because it is impossible to know whether or not you've previously counted a bird, and some could be repeated. Dr. Scheiman stressed,



Bluejay

"You don't need to be an expert to participate, you just need to identify and count what you can." He went on to explain that there is a review board of experts and scientists who comb through submitted data for any unusual or inconsistent data. This provides a system of checks to account for data collection error on the part of participants.

How to participate (*since we missed the February count, why not participate in a count in your household? It's a great way to enjoy the great outdoors for people of all ages!*). You will need to plan a minimum of 15 minutes for bird watching on at least one day. You will need to keep a separate checklist for each location on each day. Count the greatest number of individual birds or each species that you see together at any one time and note these on your checklist. If you aren't an experienced birder, it would be helpful to get a regional guide to what birds you're likely to see in your area. Checklists are available by zip code at birdsource.org, where you can also print out a form to keep track of your birds.



House Finch

For more information, visit contact Dr. Dan Scheiman at the Audubon Society of Central Arkansas at 501-244-2229.



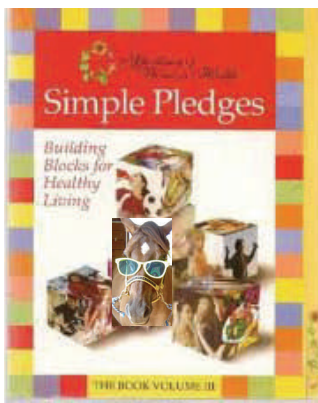
Feral Hogs—did you know that feral hogs are not game animals and are not regulated by the Arkansas Game and Fish Commission (AGFC)?

Feral Hogs are nuisances, extremely destructive to wildlife and wildlife habitats and are not wanted. Persons who release feral hogs into the wild are subject to arrest and stiff penalties for violating Arkansas Livestock and Poultry Commission statutes.

On private land, feral hogs may be killed or trapped year-round, day or night, by a landowner or anyone

with the landowner's permission. All general regulations for hunting safety should be observed.

The AGFC encourages hunters to shoot all feral hogs they see on wildlife management areas. Hunters may kill feral hogs on WMAs during daylight hours during any open hunting season as long as they are using a weapon legal for that season. Only permit holders may hunt feral hogs during special permit hunts. Feral hogs killed on WMAs can be taken for processing or left where they were shot. Hunters may not use dogs, bait or traps to hunt on WMAs and may not hunt at night.



A Simple Pledge...

More from *Simple Pledges Building Blocks for Healthy Living The Book Volume III ...for a physically-active lifestyle begins with finding an activity that brings you joy and finding someone to share it with.*

If someone told you that there was a “magic pill” that could improve your heart health, help you maintain or lose weight,

build strong bones to prevent osteoporosis, keep your mind sharp, improve your sexual life, decrease your chance of cancers, and...improve your overall sense of well-being...would you jump at the change to get it? YES? Well today is your lucky day...because, that “magic pill” is physical activity! And, it’s available to you free of charge and in many convenient forms...*at least that’s what the book says!*

The book also says to substitute the words “pleasurable physical activity” for “exercise”. Researchers at the University of Arkansas reported that women aged 50 and over, who gardened on a regular basis, had higher bone density readings than those whose activity was what we tend to think of as “exercise”. This makes sense when you think of all the bending, stretching, pulling, pushing and carrying that is associated with gardening. The added bonus is that gardening is pleasant and may also lower stress.

For all we know about the benefits of physical activity, many women still do not engage in any. If you’re one of them...get moving!

So, whether it’s gardening, team sports, tennis, golf, weight-bearing exercise at the gym, yoga or simply walking with a friend...here are some of the health benefits that come from engaging in pleasurable activities.

The key is, if you engage in 30 minutes of activity most days, you could:

- ◆ Lower your blood pressure
- ◆ Improve your sleep
- ◆ Increase oxygen to the brain and improve memory and mental alertness
- ◆ Make your bones stronger and improve your posture
- ◆ Burn stored body fat to help you lose weight
- ◆ Increase energy
- ◆ Increase your metabolism to convert more calories to energy and less to stored fat
- ◆ Protect your body from injury and disease
- ◆ Slow the aging process
- ◆ Look better with a toned body and healthy skin

◆ Boost self confidence

With all of these benefits, you should take a pledge for better health for 30 minutes of pleasurable physical activity every day.

Building Blocks for “Pleasurable Activity”

Exercise doesn’t have to be tedious. It can be one of your most pleasurable activities. Let’s look at other types of exercise or activity.

Weight-Bearing Activity

First, there’s *weight-bearing* exercise. The key to weight-bearing exercise is that your body must bear its own weight. Bicycling is a great exercise, but the bike is bearing your weight, so it’s not weight-bearing—the same with swimming because the water is bearing your weight. Think walking, using hand weights, carrying groceries, dancing, bowling, golfing (carry your own bag) and even gardening. If you belong to a gym, use the machines to work all major muscle groups—arms, chest, back, stomach, hips and legs. Weight-bearing exercise is important to improve muscle strength and build bones.

Aerobic Activity

Then there’s *aerobic*...this is any exercise that uses large muscle groups in a continuous, rhythmic fashion for a sustained amount of time to get the heart and lungs working and pumping. Aerobic exercise includes bicycling, swimming, jogging or brisk walking, dancing, playing volleyball, tennis, racquetball, soccer, softball or basketball, skating. Aerobic exercise helps strengthen your heart muscles to keep them working effectively.

Stretching Activity

Stretching is essential for maintaining muscle health and increased flexibility. Many women complain of chronic back pain...if you’re one of them...then begin and end each day with gentle stretching to encourage your back muscles to loosen up. Yoga is a great activity that focuses on balance, breathing, strength building and flexibility. It combines deep breathing, relaxation and mindful focus while you stretch and balance in simple, easy postures. Look for beginner’s videos to follow, or seek out a class in your neighborhood or near your work.

Shoe Tips

Good shoes, appropriate for the sport or activity, can make a world of difference in the results. Ill-fitting shoes can cause foot, leg, knee and hip pain, especially if they’re worn out or don’t have the kind of support you need for your body type or the particular activity you’re doing.

- ◆ Try on shoes after a workout or at the end of the day, when your feet are the largest.

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- ◆ Wear the same socks you'll be wearing during the activity.
- ◆ Forget about a "break in" period. If they don't fit in the store or are uncomfortable...keep looking.
- ◆ The heel should fit firmly with no slipping and you should be able to wiggle all of your toes.

Consider keeping a pair of walking shoes and socks in your car so you can take advantage of opportunities that arise for walking and activity.

Dress For Success

Comfort is very important for activity. Choose lightweight clothing that breathes and allows moisture to evaporate or materials that actually wick away moisture from your skin. Affordable exercise clothing can be found almost anywhere, and today's styles are even fashionable enough to wear outside of the gym. Be sure your clothing does not restrict movement or cause discomfort. Also, wear a supportive bra that fits properly to relieve breast discomfort.

Wearing The Wrong Bra Size?

Tired of tugging, fidgeting and strategically lifting one arm to "adjust" your bra strap? You're not alone. In a survey, 86% of women surveyed thought they were wearing the right bra size, when in truth, more than 70% of these women were actually wearing the wrong size. A bra that doesn't fit properly can cause poor posture, shoulder strain, pinching and binding.

How To Choose A Proper Fit

For correct band length, measure directly under the breasts and add 5 inches. For correct cup size, pull a tape measure up under the arms and measure at the top of the chest wall. For each inch over the band size, add one cup size (1"=A, 2"+B, and so on). Half sizes are also available for a more customized fit.

Most women have one breast that is larger than the other. Always fit the cup size to the fuller breast first. Every woman should reassess her bra size yearly, especially after a major life change, such as having a baby, weight gain or loss of more than 10 pounds or taking on a new exercise regimen.

Be Smart About How You Add Activity

Even with moderate activity, dehydration from lack of water intake is a major cause of fatigue, poor performance, decreased coordination and muscle cramping. Proper hydration is extremely important before, during and after exercise. The longer and more intensely you work out, the more you'll need to drink.

- ◆ Drink 2 glasses of fluid a few hours before exercise.
- ◆ Drink every 15 minutes during exercise.
- ◆ Keep drinks cooler than air temperature and close at hand. Consider adding a few lemon slices or

mint leaves to your water to make it taste fresh.

- ◆ If you exercise more than 60 minutes, you may benefit from a sports drink containing carbohydrates.

Take A Pledge for Better Health

Despite the many benefits of physical activity, many women tell us that they just cannot commit to making it happen. It may be that you feel guilty taking time out of the family's hectic schedule for yourself. The stronger you are both mentally and physically, the better able you'll be to take care of the others in your life who depend on you. Remember, you're not alone.

Simple Pledges...for a Physically-Active Lifestyle

I pledge to:

- ◆ Set the alarm early on Monday morning and start the week off with a 30-minute walk before work.
- ◆ Enjoy a yoga video or dvd or join a class.
- ◆ Shorten my lunch time and take a walk with co-workers. Have a meeting? Ask the participant to go for a walk and talk, instead of sitting at a desk or table.
- ◆ Look for ways to incorporate weight-bearing exercise into my housecleaning routine...carrying laundry up and down stairs, bringing groceries into the house, bending to load and unload the dishwasher.
- ◆ After dinner, join the family in a walk around the neighborhood.
- ◆ Start the morning with 10 minutes of gentle stretching to energize and wake up the body. (This is a great way to end the day, too!)
- ◆ While watching TV, do leg lifts and stretching during the commercial breaks.
- ◆ Put on walking shoes and make the most of shopping. Challenge yourself to move throughout the store and walk each aisle for added activity.

Now how about a recipe from *Simple Pledges*...

Egg White Omelet (2 servings)

- 8 egg whites, 4 per omelet
- Cooking spray
- Veggies (onions, mushroom, tomatoes, broccoli, asparagus, shallots, garlic, bell pepper)
- Herbs (fresh basil, parsley, rosemary, salt and pepper to taste)
- Low-fat or Fat-free cheese



Preparation, lightly sauté veggies in olive oil. Coat omelet pan with cooking spray and heat. Whisk egg whites until frothy and pour into hot pan. Loosen the sides of the omelet—when the whites have partially firmed, carefully turn over cook the other side. Place veggies and cheese in the center. Fold omelet over the veggies, garnish and serve.

Nutritional Analysis Servings: 2, each contains approximately 134 calories, 12 g. protein 1 g. carbohydrates 10 7 g. fat (2 g. saturated fat) 38 mg. calcium.

SHIP Medicare Minutes Program

The Senior Health Insurance Program (SHIP) is part of a national network of programs that offer free, confidential counseling and assistance with Medicare. Congress established SHIPS in 1990 to help beneficiaries navigate an increasingly complex health care system.

One of the goals is to establish a network of volunteers throughout the state so that beneficiaries in each county may have access to important information on Medicare. **Medicare Minutes** is one of the latest outreach tools. Medicare Minutes are a short scripted presentation that focus on one specific topic each month. Medicare Minutes can be presented in a variety of forums from church meetings, small groups, recreation centers, retirement communities, etc.

It's easy. Medicare Minutes are a 5-7 minute canned presentation a volunteer (or staffer) reads to an audience of Medicare beneficiaries or their caregivers. Volunteers could target assisted living facilities, senior apartments, senior centers, church groups, etc.

The materials which include a script, handout and FAQ pages. The requirements to participate are as follows:

1. Complete the Medicare Minutes Volunteer Training (*working on getting this web based*).
2. Participate in monthly Medicare Minutes Conference Call.
3. Commit to a minimum of two (2) speaking engagements per month at a location of the volunteers choosing. Read the script and distribute the handout.
4. Submit Public and Media Forms after each Medicare Minutes presentation.

For more information or to sign up, contact **Tomika Clark**, Volunteer Program Coordinator, Senior Health Insurance Information Program, Arkansas Insurance Department at **501-371-2782 or 501-683-6000**, or visit <http://www.insurance.arkansas.gov/seniors/homepage.htm>



Ham, Spinach and Cheese Strata

- 1 Tbsp butter or margarine
 - 1 box (9 oz) Green Giant frozen spinach, thawed, squeezed to drain
 - 2 medium red bell peppers, cut into strips
 - 1 cup sliced leeks
 - 3 cups diced cooked ham
 - 2 cups shredded Cheddar cheese (8 oz.)
 - 1 loaf (9 oz) ciabatta or French Bread, cut into 1-inch cubes (6 cups)
 - 7 eggs
 - 1 1/2 cups milk
 - 1 Tbsp Dijon mustard
 - 2 cups shredded Italian cheese blend (8 oz)
- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, melt butter over medium-high heat. Add spinach, bell peppers and leeks; cook 4 to 5 minutes, stirring frequently, until crisp-tender. Remove from heat.

In baking dish, layer ham, spinach mixture, 1 cup of the Cheddar cheese and the bread. In a large bowl,

beat eggs, milk, mustard and pepper with wire whisk until blended; pour over bread. Sprinkle with remaining Cheddar cheese and the Italian cheese blend. Cover with foil; refrigerate at least 4 hours but no longer than 24 hours.

Heat oven to 325°. Bake loosely covered for 40 minutes. Uncover; bake about 30 minutes longer or until the top is golden brown and a knife inserted in the center comes out clean.

Makes 12 servings.

Nutrition Information:

1 Serving—410 calories (calories from fat 230), Total fat 26g, Cholesterol 200 mg; Sodium 1080 mg; Total Carbohydrate 16g, Protein 29g, Vitamin A 60.00%, Vitamin C 20.00%, Calcium 35.00%, Iron 15.00%.

Recipe found at <http://www.bettycrocker.com/recipes>



"Only those who have the patience to do simple things perfectly ever acquire the skill to do difficult things easily." Unknown

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

North Little Rock Police Athletic League
7th Annual

Rick Finely Memorial Golf Tournament
Benefiting the North Little Rock
Police Athletic League

March 9, 2012
Stone Links Golf Course

For more information, contact Bobby Spriggs at 501-612-0400 or 501-269-5061

Deadline for entry forms and payments is
March 5, 2012



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



Alderman Beth White gets National Award

North Little Rock Times
North Little Rock Alderman Beth White recently was honored as a local champion by the Centers for Disease

Control and Prevention's Communities Putting Prevention to Work Program at its annual meeting in Atlanta last month.

White was selected because of her outstanding and innovative work on the Fit 2 Live initiative, which has been making progress locally in tackling obesity-the no. 2 preventable cause of death and disability in the United States after tobacco use.

For information on Fit 2 Live, contact Fit 2 Live Coordinator Bernadette Rhodes at 501-975-8777 or visit the city's website at www.northlittlerock.ar.gov/Fit2Live.

Waste Management Rolls Out New Recycling Containers (literally!)

Residents of North Little Rock, Little Rock and Sherwood should start seeing their new 65-gallon recycling containers. Information will be included on the container illustrating what can be recycled. The new containers will eliminate the need for residents to separate their paper and plastic recyclable items.

Recycling pickup will continue to be on the regular household garbage pickup day, but will only be picked up every two weeks. A collection schedule and map will be distributed as well.

Pickup using the new containers will begin on April 9, 2012.

As for the old containers...you can keep them, use them as planters or storage, or if you no longer want them, place inside the new container to be recycled.



Above: David Stienmetz, District Manager, Waste Management shows new recycling containers (photo found at [NLRTimes](#))



**North Little Rock Lions Club
Annual Catfish and
Chicken Dinner
Burns Park Hospitality House**

Friday,

April 13, 2012

4:30 p.m.—7:30 p.m.

Tickets are

\$12 for Adults and \$10 for kids 12 and under

For more information, contact any Lion or Diane Whitbey at

501-340-5317



North Little Rock City Employees took part in the Buffett experience by wearing their Hawaiian attire to work on March 1 (the day of the Jimmy Buffett Concert at Verizon Arena).

If you have pictures from your department or the concert you would like to share, we'd like to see them! Email Diane Whitbey at Dwhitbey@northlittlerock.ar.gov by the 15th.

Pictured above are Jennifer Johansen—HR; Bernadette Gunn—Fit2Live; Mike Russ—Electric; Charley Baxter—Hays Center; Glinda Craigmyle, Eddie Armstrong, Charlotte Thomas, Margaret Powell—Administration; and Diane Whitbey—City Clerk and Collector.

North Little Rock Woman's Club 22nd Annual Gala Carousel Ball

Saturday, March 31, 2012

at the

Patrick Henry Hays Center

401 West Pershing Boulevard

Dinner • Dancing “Tommy Henderson Band”

• Entertainment • Live and Silent Auctions

Master of Ceremony

Craig O'Neill

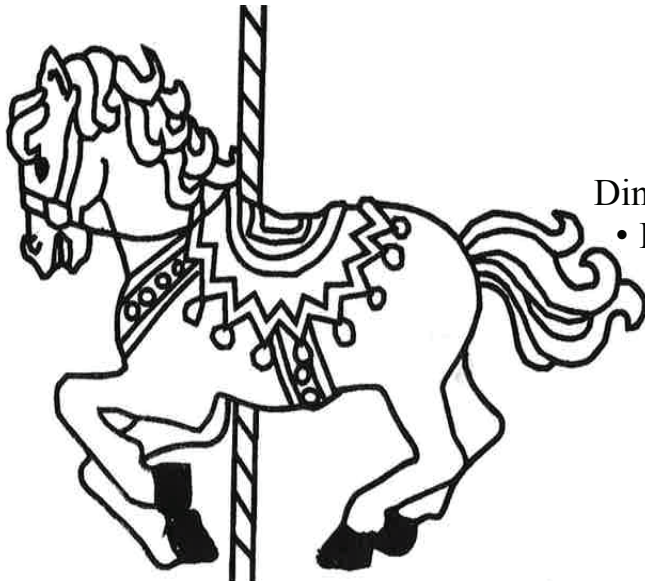
6:00 p.m. Cocktails (cash bar)

7:00 p.m. Dinner

\$50 per person—RSVP by March 25

Black Tie Optional

*For more information call any Woman's Club Member
or Diane Whitbey at 501-340-5317*

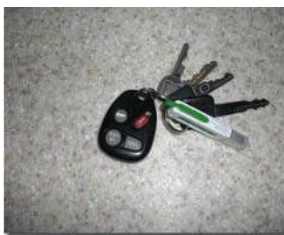


What to Take to Bed With You

*from Mike Russ, General Manager
North Little Rock Electric Department*

Put your car keys beside

your bed at night!



Tell your spouse or significant other, children, neighbors, parents and everyone else you can think of to **put their car keys beside their bed at night.**

If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until you turn it off.

This tip came from a neighborhood coordinator. Next time you come home at night and start to put your keys away, think of this: it's a security alarm system that you

probably already have and requires no installation. Test it. It will go off from most anywhere inside your home. It will work if you park in your driveway or garage.

If your car alarm goes off when someone is trying to break into your home, odds are that person won't stick around. After a few seconds, neighbors will be wondering what's going on too.

You should have your car keys in your hand when you are walking to your car in a parking lot. Take them out before you leave the store.

Also, always, **ALWAYS report any suspicious activity in your neighborhood.**



♪ HAPPY BIRTHDAY! ♪ MARCH

Name	Dept	Date	Name	Dept	Date
BENJAMIN EVANS	Fire	1	CLINT BUTLER	Fire	18
CHRISTOPHER BRADLEY	Fire	4	DENNIS POOLE	Fire	18
JUSTIN CROSS	Police	5	JON FISHER	Police	18
MICHAEL REYES	Police	5	MARK TUBBS	Police	19
DIANNE WETZLER	Electric	8	ROBERT SPRIGGS	Police	19
LARRY SHOOK	Fire	9	JAMES PHILLIPS	OES/911	20
WARREN ALMON	Fire	10	ANTHONY CHUKES	Street	20
ROBERT MAULDIN	HR	10	BECKY TAYLOR	Admin	21
JERRI PAGE	Police	10	MARY DENTON	OES/911	21
WILLIAM HENSLEY	Parks Maint	10	THOMAS LATINA	Police	21
ROBERT BARTON	Fire	11	KENNETH RICHBOURG	Police	22
ZAKARY WARD	Fire	12	DAVID SCHMIDT	Police	23
JAMES BRILEY	Planning	12	PETER COOK	Parks Golf	23
RICHARD BEASTON	Police	12	ROBERT WARFORD	Fire	24
LINDA MARSHALL	City Clerk	13	STEPHEN EVANS	Fire	24
TYSON HADDOCK	Fire	13	DANIEL CUSHING	Electric	26
PAMELA SALMON	UAD	13	NATHAN KIMES JR.	Police	27
ALTORIA TUCKER	Sanitation	13	CORNELIUS FENNESSEE JR.	Fire	28
THEODIS JORDAN	Street	13	ROBIN SISSON	1st Court	28
MELDRICK GIBSON	Vehicle Maint	14	DOMINIQUE AMBROSE	UAD	28
JASON ROE	Fire	15	ELLISA MCEUEN	Police	28
MARK JOSEPH	Parks Golf	15	JASON GRACE	Police	29
JACKIE PEACH	Electric	16	DWIGHT AKINS	Sanitation	29
DEBORAH SCHERZ	Electric	16	THOMAS EVERETT	Traffic	29
JASON KNIFE	Fire	16	JEFFREY CAPLINGER	Parks - Athletics	29
RICKY CARRINGTON	Electric	17	JAMES WILLOUGHBY	Fire	30
MICHAEL JORDAN	Fire	17	VINCENT RAY	Police	30
VICKY MILES	Commerce	17	CARMEN HELTON	Police	30
TODD HUMPHRIES	Police	17			

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.



We are looking for news to share...if you have an accomplishment at work, within your family (i.e. kids, grandkids, parents, etc), pet, or a favorite recipe, etc., email Diane Whitbey at Dwhitbey@northlittlerock.ar.gov by the 15th of the month and you may find your story, photo, etc. in the North Little Rock Employee e-Newsletter!

Left: Laman Library Director Jeff Baskin got into the Mardi Gras experience!

MARCH EMPLOYEE ANNIVERSARIES

Name	Dept	# of Years	Name	Dept	# of Years		
BERNADETTE	RHODES	Admin	1	BETTY	ANDERSON	HR	11
PATRICIA	JONES	Animal Shelter	17	JESSICA	COTE	HR	5
ANTHONY	GARDNER	Animal Shelter	14	JOSEPH	HIMON	Commerce	1
TIMOTHY	VANYA	Comm Dev	8	SHAWN	SPENCER	Planning	10
RICKY	EZELL	OES/911	7	JOHN	BARBER	Police	9
LEEANN	SADLER	OES/911	3	JERALD	SMITH	Police	27
LINDSEY	HOWARD	OES/911	3	DENISE	CANTERBURY	Police	12
ROY	MCPHAIL	Electric	39	JOSHUA	FORNEY	Police	12
CHRISTOPHER A.	RAY	Electric	7	MICHAEL	BLEVINS	Police	12
JAMES	WILSON	Electric	5	DONALD	STEELE	Police	11
RICHARD	POZZA	Electric	14	MATTHEW	THOMAS	Police	11
DONALD	FRIDAY JR	Electric	1	DANIEL	HALEY	Police	9
CAREY	WALKER JR	Electric	1	ROBERT	CUPPS	Police	9
JAMES	HOUSTON	Electric	10	MATTHEW	BRUSH	Police	4
LANA	GREGORY	Electric	14	BRYAN	KINKAID	Police	8
CHRISTOPHER	NICHOLAS	Electric	7	JOHN	ALSTON	Police	15
ZACHARY	BROWN	Electric	5	CHRIS	GANN	Police	15
JACKIE	HALSEY	Electric	14	PATRICK	GARRETT	Police	15
AMANDA	BONNER	Finance	12	JEN-CHUAN	KING	Police	15
ROBERT	MAULDIN	Fire	39	ROBERT	WARD	Police	15
JOHN	POUNDERS	Fire	27	MICHAEL	MERLO	Police	15
ROBERT	WARFORD	Fire	22	MATTHEW	PFLEGER	Police	8
BENJAMIN	MUNDY	Fire	21	REBA	CRAIG	Police	10
GERALD	TUCKER	Fire	22	LINDA	FELTON	Police	14
STEPHEN	EVANS	Fire	22	JON	CROWDER	Police	10
CHARLES	BLACK	Fire	23	WAYNE	WRIGHT	Code	8
STEVEN	GRIMES	Fire	27	DAVID	WILBOURN	Public Works	1
RICKY	ALBERS	Fire	22	FREDERICK	SCOTT	Sanitation	6
CHARLES	PLATT	Fire	22	DAVID	JAMES	Sanitation	26
KEVIN	TACKETT	Fire	21	WADE	FRANKLIN SR.	Street	39
MATTHEW	DIXON	Fire	21	EDWARD	JERNIGAN	Street	5
DANTANIEL	DURAN	Fire	1	JASON	STEELE	Street	5
BILLY	JONES	Fire	18	GEORGE	PAXTON	Traffic	37
RENALDO	BENNETT	Fire	27	COREY	THOMAS	Traffic	2
JOHNNY	GOFF	Fire	1	RICKY	PRIDMORE	Vehicle Maint	1
AARON	HENDERSON	Fire	1	BILLY	WILLIAMS	Vehicle Maint	1
AARON	CHASSELLS	Fire	13	DANIEL	CROFT	Parks Maint	8
TERENCE	METCALF	Fire	21	BRYAN	SPEARS	Parks Maint	7
JACOB	SCHMIDT	Fire	1	REGINA	HENSON	Parks Rec	25
CODY	WORTHAM	Fire	1	KATRINA	WILBON	Parks Rec	24
MURIEL	MILLER	Health	1	MARK	WOODS	Parks Golf	5
RUTH	PRICE	2nd Court	7	TRAVIS	YOUNG II	Spec Activities	5
BRECK	MAXEY	UAD	18				
KAREN	FLETCHER	UAD	24				

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