

# North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector December 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](mailto:Dwhitbey@northlittlerock.ar.gov).

The following  
**North Little Rock City Officials**  
Cordially invite you to their **Swearing In Ceremony**  
To be held on **Tuesday, January 1, 2013, at 10:00 a.m.**  
**North Little Rock City Hall**  
**300 Main Street**  
Mayor—Joe A. Smith  
City Clerk and Collector—Diane Whitbey  
Ward 1—Alderman Beth White  
Ward 2—Alderman Maurice Taylor  
Ward 3—Alderman Bruce Foutch  
Ward 4—Alderman Charlie Hight

### 2013 City Observed Holidays

January 1, Tuesday	New Year's Day
January 21, Monday	Dr. Martin Luther King Jr. & Robert E. Lee's Birthdays
February 18, Monday	George Washington's Birthday & Daisy Gaston Bates Day
May 27, Monday	Memorial Day
July 4, Thursday	Independence Day
September 2, Monday	Labor Day
November 11, Monday	Veteran's Day
November 28 & 29, Thursday and Friday	Thanksgiving Holidays
December 24, Tuesday	Christmas Eve
December 25, Wednesday	Christmas Day

*We wish you all a very Merry Christmas*

*And a*

*Happy, Safe and Prosperous New Year*

*Diane Whitbey,*

*Linda Marshall,*

*Daven McCoy, and*

*Katelyn (Abel) Thomas*

*North Little Rock*

*City Clerk and Collector's Office*



**North Little Rock City Offices will be closed**  
**Monday and Tuesday, December 24 and 25 in observance of**  
**Christmas Eve and Christmas Day**



**"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

### The Pet Connection by Gina Sapdafori Holiday Season ... Hazards To Pets

Found at [www.veterinarypartner.com](http://www.veterinarypartner.com)



**Feeding problems.** Your pet knows something special is cooking and lets you know he's interested. How can you resist slipping your pet a little something special: a big piece of turkey skin, a handful of chips with

dip, some slices of salami? Resist, or your pet could be spending his holiday at the emergency veterinary clinic.

Foods too rich, too fatty or too spicy—or anything your pet's not accustomed to—can trigger a bout of intestinal upset. For some animals, the treat can trigger a serious inflammation of the pancreas or intestine, and that means a life-threatening illness.

What to avoid? Anything you wouldn't eat your pet should avoid, too. While a little bit of meat—beef or poultry—won't hurt and would be appreciated, steer clear of the fatty parts and the poultry skin, which harbors fat.

No one's saying your pet shouldn't enjoy a special holiday meal, too, but limiting the kind and amount of special food will ensure that it is a treat—not a trouble.

**Foreign-body ingestion.** Poultry bones may seem like the perfect gift for the pet who has everything, but do him a favor and save them for the soup. (Broth is a wonderful treat poured over your pet's regular food.) Even the largest turkey bones are prone to splintering, sending shards through the animal's intestines. Should one pierce through the lining, the result can be deadly peritonitis.

While cooked poultry bones are out, some beef bones can be safely substituted. Knuckle bones (for large dogs) and oxtails (for small ones) stand up to vigorous gnawing, providing your pet with hours of messy fun. Check at your meat counter for these inexpensive treats. Supervise your dog's chewing, and through them out after a few hours of attention, or if

they get broken into pieces that can be swallowed.

Some dogs prefer to eat bones rather than just chew on them, and if you've got one of those, keep an eye out to make sure the bones aren't causing internal problems. A pulverized bone can solidify like concrete in an animal's lower intestine, causing constipation, and occasionally, blockage that must be removed by a veterinarian.

**The Christmas tree** is full of hazards for dogs and cats. Tinsel can be an appealing target for play, but if ingested, it can twist up the intestines. This is a particular danger to cats and kittens, who seem to find tinsel—along with yard, ribbon and string—especially appealing to eat.

Ornaments, too, are deadly in the mouths—and stomachs—of pets, and even the water at the base of the tree contains secretions that can at the very least cause a stomachache. Light strings are no good for chewing, and the whole tree can come down on the cat climbing in its branches. Some dogs may even be inclined to break the rules on house-training on a freshly cut tree—why else, they reason, would anyone bring a tree into the house? The best way to handle the situation is by making the tree off-limits to your pets unless you're there to watch and keep them out of trouble.

**Poisonings.** Holiday plants such as mistletoe may look intriguing to your pet, but they're also toxic, as are the bulbs of the amaryllis plant. (Long the poster child for holiday poisoning, the falsely maligned poinsettia can be safely welcomed into the pet lover's home.) And before you share your holiday candy with your pet, be aware that chocolate is toxic to dogs, and may be deadly to the little dog who gets a good-sized piece. Again, the best cure is prevention. Keep all dangerous plants out of reach of your pets, and keep the candy dish available to people only.

**Why you should neuter...**in dogs and cats both, neutering reduces the desire to roam, to fight and to engage in inappropriate marking behavior—inside spraying for cats, leg-lifting for dogs. Health risks are also reduced. The tranquil, stay-at-home desire of neutered pets means you won't be paying to get them patched up after fights or accidents. And the overall risk of cancer is diminished.



Need a new addition to your family?

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

perfect companion for you!



North Little Rock Friends of Animals is going digital. To sign up for announcements, etc., email [AngelMcCoy2010@gmail.com](mailto:AngelMcCoy2010@gmail.com). Include "NLRFOA" in the subject line or text and your name will be added to their e-group.



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**

Fire departments across the nation are pleading with the public to remember basic cooking safety tips during the holiday season.

According to the National Fire Protection Association (NFPA), Thanksgiving is the leading day for home cooking fires. In 2010, cooking was involved in an estimated 156,400 home structure fires that were reported to U.S. fire departments. Those fires caused 420 deaths, 5,310 injuries and approximately \$993 million in direct property damage.



Being aware of fire safety while preparing your Christmas holiday meal can mean the difference between calling family and friends to the dinner table or calling the fire department to put out a fire. There are simple, common sense ways to reduce the risk of cooking fires.

Below are a few safety tips to remember when preparing your holiday feast:

- Be on alert! If you are sleepy or have consumed alcohol, don't use the stove or stovetop.
- Stay in the kitchen while you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting or boiling food, check it regularly, remain in the home while food is cooking and use a timer to remind you that you are cooking.
- Keep anything that can catch fire – oven mitts, wooden utensils, food packaging, towels or curtains – away from your stovetop.
- Be mindful of the clothes you are wearing; keep loose sleeves and other clothing away from the stovetop.

Outdoor gas-fueled turkey fryers that immerse the turkey in hot oil are discouraged. These turkey fryers use a substantial quantity of cooking oil – approximately five gallons – at high temperatures, and units currently available for home use pose a significant danger that hot oil will be released at some point during the cooking process. The use of turkey fryers by consumers can lead to devastating burns, other injuries and the destruction of property.

Here are a few additional tips to remember in the case of a cooking fire:

Keep a lid nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled.

- For an oven fire, turn off the heat and keep the door closed.
- If you try to fight the fire, be sure others are getting out and you have a clear way out.
- When in doubt, just get out! When you leave, close the door behind you to help contain the fire.
- Call 911 after you leave.

*The information above was found at [www.nfpa.org](http://www.nfpa.org)*





The men pictured above recently took the **Oath of Office** to serve as **North Little Rock Police Officers**. They are (left to right): **Matthew Barber, Cordell Davis, Eric Cheatham, Phillip Evans, Robert Emary, Josh Threlkeld** and **Steven Barber**. They are currently attending the Arkansas Law Enforcement Training Academy.

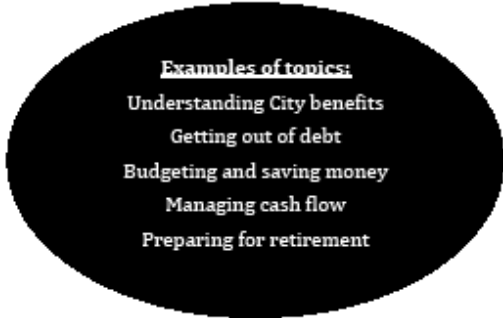


The **North Little Rock Police Rowing Team** competed in the Great River Regatta in October. Members pictured above were (left to right): **Le Chau, John Breckon, Raul Dallas, Karl Sorrells** and **Todd Humphries**.



# Health Matters

Your source for healthy eating and active living



## 4 Fast, Fun Sessions + One-on-One Consultation

*The MAGIC comes from YOU, and you CAN do it!*

Would you like to save time and money?

Want to live better and be more productive?

Get "Money Magic" on your mind and you'll learn how to get your money working as hard as you do.

Money Magic is learning how to produce more of what you need and want with the money you have. It's saving, spending wisely, planning in ways that assure you will reach your personal and professional goals. Dr. MAC will share tips and tricks with you to help simplify your financial life, take control and cover the bases necessary for security and wealth building.

## Do you want to see this class offered free to City employees?

If yes, we need your commitment that you will attend the 4 sessions (1 per week for 4 weeks, starting in January 2013). Please circle times below when you are available outside work. Spouses/significant others are encouraged to attend with you.

### Sign up here:

***YES! I will attend all 4 Money Magic sessions.***

Name \_\_\_\_\_ Department \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

#### I am available (circle ALL that apply):

- |                 |                |               |                |
|-----------------|----------------|---------------|----------------|
| Tues. 11am-12pm | Wed. 11am-12pm | Th. 11am-12pm | Fri. 11am-12pm |
| Tues. 12pm-1pm  | Wed. 12pm-1pm  | Th. 12pm-1pm  | Fri. 12pm-1pm  |
| Tues. 5pm-6pm   | Wed. 5pm-6pm   | Th. 5pm-6pm   | Fri. 5pm-6pm   |
| Tues. 6pm-7pm   | Wed. 6pm-7pm   | Th. 6pm-7pm   | Fri. 6pm-7pm   |



## Numbers To Know and Places to Go

from Consumer Resources from the  
Federal Trade Commission

The Federal Trade Commission (FTC) is the nation's consumer protection agency and has free information to help you fight fraud and detect deception.

Do you want to:

**Report a rip-off?** [www.FTCcomplaintassistant.gov](http://www.FTCcomplaintassistant.gov)  
or call 877-FTC-HELP (877-382-4357)

**Sign up for the National Do Not Call Registry?**  
[www.DoNotCall.gov](http://www.DoNotCall.gov) or call 888-382-1222

**Learn more about credit, loans and mortgages?**  
[www.ftc.gov/credit](http://www.ftc.gov/credit)

**Get a free copy of your credit report?**  
[www.annualcreditreport.com](http://www.annualcreditreport.com) or call 877-322-8228

**Report ID Theft?** [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft) or call 877-  
ID-THEFT (877-438-4338)

**Stay safe online?** [www.OnGuardOnline.gov](http://www.OnGuardOnline.gov)

**Hang up on phone fraud?**

[www.ftc.gov/phonefraud](http://www.ftc.gov/phonefraud)

**Read up on saving energy?**

[www.ftc.gov/energysavings](http://www.ftc.gov/energysavings)

**Get the skinny on health and fitness?**

[www.ftc.gov/health](http://www.ftc.gov/health)

**Share a "kids' eye view" of advertising and business?**

[www.ftc.gov/youarehere](http://www.ftc.gov/youarehere)

**Learn how your business can protect personal information?** [www.ftc.gov/infosecurity](http://www.ftc.gov/infosecurity)

**Get consumer tips before you buy?**

[www.ftc.gov/consumer](http://www.ftc.gov/consumer)

**Find consumer resources in Spanish?**

[www.ftc.gov/consumidor](http://www.ftc.gov/consumidor)

**Order free publications from FTC?**

[www.ftc.gov/bulkorder](http://www.ftc.gov/bulkorder)

**Contact the Federal Trade Commission?**

[www.ftc.gov](http://www.ftc.gov) or 1-877-382-4357



# SHOP WITH A COP FUND RAISER

Monday, December 3, 2012  
ALL DAY!!! 11:00 a.m. until —  
At Old Chicago  
4305 Warden Road, North Little Rock

## The Story of the Arkansas Flag

*Found in Arkansas—A Book of Symbols & Activities about the  
Natural State Published by Secretary of State Mark Martin*

Can you imagine Arkansas's flag with a big boat pictured on it? What about a dancing bear? Those were two of the ideas suggested during the search for the state's first official flag.

Before 1913, Arkansas did not have a state flag. The Pine Bluff Chapter of the Daughters of the American Revolution decided to hold a contest for ideas. There were 65 designs entered. Some were drawn with crayon, and some were pieced together with silk.

The winning design came from Miss Willie Hocker of Wabbaseka. She explained the meaning for all the symbols on her flag:

- Red, white and blue—the colors of the United States flag
- 25 stars—Arkansas was the 25th state admitted to the Union



- Diamond—Arkansas is the nation's only diamond-producing state
- The center stars—
  - a) Three nations have ruled Arkansas—Spain, France and the United States
  - b) Arkansas was the third state created from the Louisiana Purchase (1803)
  - c) Two stars below "Arkansas" represent Arkansas and Michigan, "twin states" that became part of the United States near the same time (Arkansas on June 15, 1836, and Michigan on January 26, 1837)The state's name was added on a suggestion by the selection committee. On February 26, 1913, the state legislature approved the design as the state's official flag.

In 1923, the legislature added a fourth blue star to indicate the state had been a member of the Confederate States of America from 1861 to 1865. Its placement was moved in 1924 to make the design balanced once again.



## TOP 10 WAYS TO PREPARE FOR RETIREMENT

Found at U.S. Department of Labor Employee Benefits Security Administration (Revised October 2010)

### 1. Start saving, keep saving, and stick to your goals.

If you are already saving, whether for retirement or another goal, keep going! You know that saving is a rewarding habit. If you're not saving, it's time to get started. Start small if you have to and try to increase the amount you save each month. The sooner you start saving, the more time your money has to grow. Make saving for retirement a priority. Devise a plan, stick to it, and set goals. Remember, it's never too early or too late to start saving.

### 2. Know your retirement needs.

Retirement is expensive. Experts estimate that you will need about 70 percent of your preretirement income—lower earners, 90 percent or more—to maintain your standard of living when you stop working. Take charge of your financial future. The key to a secure retirement is to plan ahead. Start by requesting *Savings Fitness: A Guide to Your Financial Future* and for those near retirement, *Taking the Mystery Out of Retirement Planning* (to find out more, call the Employee Benefits Security Administration at 1-866-444-3272 and request the above mentioned brochures).

### 3. Contribute to your employer's retirement savings plan.

If your employer offers a retirement savings plan, such as a 401(k) plan, sign up and contribute all you can. Your taxes will be lower, your company may kick in more, and automatic deductions make it easy. Over time, compound interest and tax deferrals make a big difference in the amount you will accumulate. Find out about your plan. For example, how much would you need to contribute to get the full employer contribution and how long would you need to stay in the plan to get that money.

### 4. Learn about your employer's pension plan.

If your employer has a traditional pension plan, check to see if you are covered by the plan and understand how it works. Ask for an individual benefit statement to see what your benefit is worth. Before you change jobs, find out what will happen to your pension benefit. Learn what benefits you may have from a previous employer. Find out if you will be entitled to benefits from your spouse's plan. For more information, request *What You Should Know about Your Retirement Plan*.

### 5. Consider 4 basic investment principles.

How you save can be as important as how much you save. Inflation and the type of investments you make play important roles in how much you'll have

What are  
your  
retirement  
goals?



saved at retirement. Know how your savings or pension plan is invested. Learn about your plan's investment options and ask questions. Put your savings in different types of investments. By diversifying this way, you are more likely to reduce risk and improve return. Your investment mix may change over time depending on a number of factors such as your age, goals, and financial circumstances. Financial security and knowledge go hand in hand.

### 7. Don't touch your retirement savings.

If you withdraw your retirement savings now, you'll lose principal and interest and you may lose tax benefits or have to pay withdrawal penalties. If you change jobs, leave your savings invested in your current retirement plan, or roll them over to an IRA or your new employer's plan.

### 8. Put money into an Individual Retirement Account.

You can put up to \$5,000.00 a year into an Individual Retirement Account (IRA); you can contribute even more if you are 50 or older. You can also start with much less. IRAs also provide tax advantages.

When you open an IRA, you have two options—a traditional IRA or a Roth IRA. The tax treatment of your contributions and withdrawals will depend on which option you select. Also, the after-tax value of your withdrawal will depend on inflation and the type of IRA you choose. IRAs can provide an easy way to save. You can set it up so that an amount is automatically deducted from your checking or savings account and deposited in the IRA.

### 9. Find out about your Social Security benefits.

Social Security pays benefits that are on average equal to about 40 percent of what you earned before retirement. You should receive a Social Security Statement each year that gives you an estimate of how much your benefit will be and when you can receive it. For more information, visit the Social Security Administration's Web site at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call 1-800-772-1213.

### 10. Ask questions.

While these tips are meant to point you in the right direction, you'll need more information. Talk to your employer, your bank, your union, or a financial advisor. Ask questions and make sure you understand them. Get practical advice and act now.

Call the U.S. Department of Labor Employee Benefits Security Administration at 1-866-444-3272 for helpful brochures or view them online at [www.dol.gov/ebsa](http://www.dol.gov/ebsa).

## Tattoos and Permanent Make-up

Message from the Food and Drug Administration (FDA)

<http://www.fda.gov/Cosmetics>

Before getting a tattoo or permanent make-up, here is what you should know. A tattoo is a mark or design on the skin. A permanent tattoo is meant to last **forever**. It is made with a needle and colored ink. The needle puts the ink into the skin. Some of these colors are also used in printing or painting cars and have not been tested for safety. In fact, no colors are approved by the FDA for injecting into the skin. Allergic reactions have been reported from individuals who have received either temporary or permanent tattoos.

### Types of tattoos

There are many different kinds of tattoos. For example:

**Permanent tattoos**—A needle is used to insert colored ink into the skin.

**Permanent make-up**—This is a permanent tattoo that looks like make-up, such as eyebrow pencil, lip liner, eyeliner or blush.

**Henna (mehndi) tattoos**—A natural plant dye called henna or mehndi is used to stain the skin. This kind of tattoo does not use needles. The color lasts 2 to 3 weeks. Henna is only approved by the FDA for use as a hair dye. It is not approved for use on the skin.

**“Sticker” type temporary tattoos**—The tattoo design is on a piece of coated paper. It is put on the skin with water or may be rubbed off onto the skin.

Temporary tattoos last only a few days. They must contain only colors permitted for use in cosmetics applied to the skin.

### Why would someone want a tattoo or permanent make-up?

—They want to restore a natural look to the face or breast, especially after surgery.

—They have trouble putting on make-up as a result of a medical condition.

—They have lost their eyebrows.

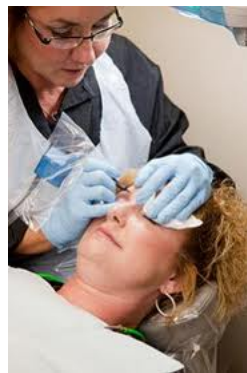
—They find it appealing.

—Cultural or societal influences.

### What are the risks?

—Infection—Dirty needles can pass infections from one person to another person. These can be serious like hepatitis and HIV.

—You might be allergic to something used in your



tattoo. This is rare, but can cause serious problems. In one case, involving one manufacturer, more than 150 reports of bad reactions to certain shades of permanent make-up inks were reported to the FDA. Some women were permanently disfigured. The company recalled many of its inks.

—Lumps or bumps may form around the tattoo color.

—People may have swelling or burning in the tattoo when they have magnetic resonance imaging (MRI). This happens rarely and does not last very long.

### What if you don't like your tattoo?

—You may not like your tattoo even if it was done well. Not liking the tattoo is a common reason for having one removed.

—If you decide you want to get rid of a tattoo, it usually takes many treatments and costs a lot of money.

—Scars may form when getting or removing a tattoo.

### Remember...

Think very carefully before getting a tattoo. Most tattoos are permanent. Removing tattoos and permanent make-up can be hard and costly. Sometimes, it cannot be done. It often means surgery and scarring.

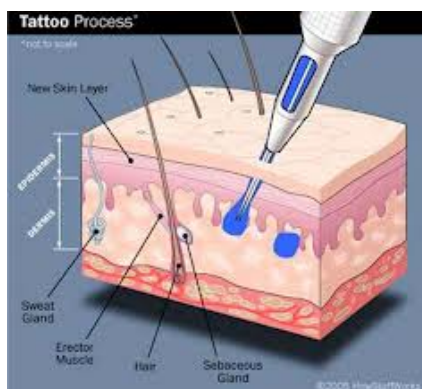
### How can you get rid of a tattoo?

Tattoo removal should be done by a doctor or clinic and not by a tattoo parlor. There are several ways to try to remove a tattoo, and they don't always work. It can cost a lot of money and you may need a lot of treatment. Talk to your doctor or other health care provider to learn the best way to remove a tattoo.

### Does the FDA control tattoos?

Most states, cities, or towns oversee tattooing or permanent make-up practices, such as using clean equipment. Tattoo inks themselves are cosmetics and by federal law, the colors used in them must be shown to be safe. However, none is approved and the inks used in tattooing have not been strictly regulated by the FDA.

The FDA is trying to find out why some women had bad reactions to certain permanent make-up inks. When more is known, FDA will decide what action to take to make tattooing safer.





## ***Twas the Night Before Christmas***



### ***...for Parents***

Twas the night before Christmas  
when all through the house  
I searched for the tools  
to hand to my spouse.  
Instructions were studied  
and we were inspired,

In hopes we could manage "Some Assembly Required."

The children were quiet (not asleep) in their beds,  
While Dad and I faced the evening with dread.  
A kitchen, two bikes, Barbie's town house to boot!  
And, thanks to Grandpa, a train with a toot!

We opened the boxes, my heart skipped a beat...  
Let no parts be missing or parts incomplete!  
Too late for last-minute returns or replacement,  
If we can't get it right, it goes in the basement!

When what to my worrying eyes should appear,  
But 50 sheets of directions, concise, but not clear.  
With each part numbered and every slot named,  
So if we failed, only we could be blamed.

More rapid than eagles the parts then fell out.  
All over the carpet they were scattered about.  
"Now bolt it! Now twist it! Attach it right here!  
Slide on the seats, and staple the stair!  
Hammer the shelves, and nail to the stand."  
"Honey," said hubby, "you just glued my hand."

And then in a twinkling, I knew for a fact  
That all the toy dealers had indeed made a pact.  
To keep parents busy all Christmas Eve night  
With "assembly required" till morning's first light.

We spoke not a word, but kept bent at our work,  
Till our eyes, they went blearly, our fingers all hurt.  
The coffee went cold and the night, it wore thin  
Before we attached the last rod and last pin.

Then laying the tools away in the chest.  
We fell into bed for a well-deserved rest.  
But I said to my husband just before I passed out,  
"This will be the best Christmas, without any doubt.

Tomorrow we'll cheer, let the holiday ring.  
And not have to run to the store for a thing!  
We did it! We did it! The toys are all set  
For the perfect most perfect, Christmas, I bet!"

Then off to dreamland and sweet repose I gratefully went.  
Though I suppose there's something to say  
for those self-deluded...  
I'd forgotten the BATTERIES are never included!



## ***Christmas Trivia***

Where did kissing under the mistletoe tradition begin? *Scandinavia—there are a lot of traditions surrounding the mistletoe plant.*

*Mistletoe was traditionally hung in doorways where a young man could claim a kiss if he caught a girl there. He then removed one of the berries from the plant. When the fruit was gone no more kisses could be claimed. It was thought to be unlucky to have the mistletoe touch the ground. Although the berries are poisonous, mistletoe has long been believed to have supernatural and medicinal powers.*

**Which state was the first to recognize Christmas as a holiday?** *Alabama*

**Where is the United State's national Christmas Tree located?** *Kings Canyon National Park*

**In the Christmas classic "A Christmas Carol" how many ghosts visit Scrooge?** *4*

**Which state was the last to declare Christmas a national holiday?** *Oklahoma*

**In a recent study of pet owners, 7 out of 10 buy their animals Christmas gifts.**

**There are a variety of traditional Christmas dinners in England. Goose, turkey, roast beef and in one region pig's head served with mustard.**



**In Australia, Santa's sleigh is often depicted as being pulled by 6 white kangaroos called boomers.**

**Christmas leftovers are said to cause more than 400,000 cases of food poisoning each year. (Yikes!)**

**What would you learn at elf school?** *The elf-a-bet.*

**If you cross a vampire with a snowman what do you get?** *Frostbite.*

**What three sayings really mean Christmas?**  
*Peace on earth,  
Goodwill to men,  
Batteries not included.*

## Party Dip Recipe

from Sheila Hicks, North Little Rock Office of Emergency Services

- 1—8 oz block cream cheese, softened
- 1 cup (8 ounces) salsa of your choice
- 1—8 oz container of sour cream

Soften cream cheese until you can easily mix it. Mix cream cheese, salsa and sour cream in a large microwavable bowl or crock pot insert, until well blended and as smooth as possible. Put crock insert into crock pot and warm on low heat, then keep warm by using the hold or keep warm setting. Alternately microwave your dip on medium to me-

dium-high in 1 minute increments, stirring well after each minute, until warm. Re-warm in microwave as needed in 15 to 30 second bursts on medium to medium-high.

This recipe is easily doubled, tripled, whatever! It's good with chips, pitas, vegetables and many other dippers.



## Frittata with Pancetta and Potatoes

*Found in Parade—November 4, 2012*

- 1 Tbsp olive oil
- 1 cup coarsely chopped pancetta
- 1/2 onion, chopped
- 4 small red potatoes, diced
- 1 tsp minced garlic
- 6 eggs
- 3 Tbsp milk
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup grated Swiss cheese
- 1 Tbsp chopped fresh chives

Preheat oven to 400 degrees.

In a large non-stick, ovenproof skillet, heat oil over medium until it simmers. Add pancetta. Sauté for 6 minutes or until crisp and browned. Drain on paper towels.

Add onion and potatoes to skillet and cook for 8 minutes or until softened. Add garlic and cook for 1 minute more.

Whisk eggs, milk, salt and pepper together. Stir in



cheese and chives. Pour egg mixture into skillet and stir in pancetta. Cook over medium for 3 to 5 minutes, shaking pan occasionally and lifting edges of frittata with a spatula so uncooked egg runs underneath. Remove from heat when eggs are halfway set.

Transfer skillet to oven. Bake for 8 to 10 minutes or until frittata is puffed and golden. Let sit for 5 minutes. Then cut into wedges.

**Serves 4.** Per serving: 360 calories, 32 carbs, 22 g protein, 16 g fat, 305 mg cholesterol, 840 mg sodium, 3 g fiber.

### Other fillers:

Choose any of the following combos or create one of your own. You'll need 1 to 2 cups of filling for every 4 to 6 eggs before pouring into a nonstick, oven proof skillet.

*Cooked broccoli and sautéed mushrooms; or peeled, diced tomato and cubed mozzarella; or minced ham and cubed cheddar cheese; or cooked spinach, squeezed dry, and chopped scallions.*

## Double-Chocolate Lava Cake

(with White Whole Wheat Flour)

*Found at [www.bettycrocker.com/recipes](http://www.bettycrocker.com/recipes)*

This awesome chocolate dessert separates into two layers as it bakes; one turns into a yummy fudge sauce and the other a moist cake. Serve it warm topped with vanilla ice cream.

### Ingredients

- 1 cup Gold Medal white whole wheat flour
- 3/4 cup granulated sugar
- 2 Tbsp unsweetened baking cocoa
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup milk
- 3 Tbsp butter or margarine, melted
- 1 tsp vanilla
- 1 cup semisweet, bittersweet or milk chocolate chips (6 oz)
- 1/2 cup packed brown sugar



- 1/4 cup unsweetened baking cocoa
- 1 3/4 cups very hot water
- Ice cream, if desired
- Chopped toasted walnuts or pecans, if desired

Heat oven to 350°F. In ungreased 9-inch square pan, mix flour, granulated sugar, 2 Tbsp cocoa, baking powder and salt. Stir in milk, butter and vanilla with fork until smooth, making sure to incorporate dry ingredients in corners of pan. Stir in chocolate chips.

Spread batter in pan. Sprinkle with brown sugar and 1/4 cup cocoa. Pour hot water evenly over batter.

Bake about 40 minutes or until top is dry. Cool 10 minutes. Spoon warm cake into dessert dishes. Spoon sauce from pan onto each serving. Top with ice cream; sprinkle with nuts.



Volunteers are needed to wrap gifts during the

## 7TH ANNUAL SHOP WITH A COP

events scheduled for Sunday, December 9, and Sunday, December 16, 2012 At Wal-Mart on McCain Boulevard

Volunteers need to arrive by 7:30 a.m. for briefing and instructions



This is a great way to give back during the holidays and won't cost you anything but your time and "gift wrapping" talents.

Children who will benefit from the program are from single parent homes, with the parent being employed and the family in need of assistance.

For more information, contact North Little Rock Police Officer Tommy Norman at 501-580-6959

**Halloween at City Hall...**can you guess who Bernadette Rhodes was? Also pictured below are Glinda Craigmyle, Charlotte Thomas and Julie Fisher from the Mayor's Office.



### North Little Rock Lions Club

# Annual Fruit Sale

## December 17, 2012



### Peck Baskets for \$25.00 Half Peck Baskets for \$15.00

**For more information or to order, please contact:**

**Jim Bullard at 501-835-1420**

### Past Traditions—1855

#### Lemon Drops

1 cup powdered sugar

Lemon juice

Pour enough lemon juice into the powdered sugar to dissolve it. Boil to hard crack stage when a little is dropped into cold water, or 275° F.



Drop into buttered cookie sheets to cool and hardened.

Since 1917, Lions clubs have offered people the opportunity to give something back to their communities. From involving members in projects as local as cleaning up an area park



**We Serve**

or as far-reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community.



## *North Little Rock City Council Schedule*

The North Little Rock City Council meets the 2nd and 4th Monday of each month at 7:00 p.m. in the City Council Chambers in City Hall (300 Main Street, North Little Rock).

For more information, please contact the City Clerk's Office at 501-340-5317 or email Diane Whitbey at [Dwhitbey@northlittlerock.ar.gov](mailto:Dwhitbey@northlittlerock.ar.gov).

The City Council Agenda can be found at [www.northlittlerock.ar.gov](http://www.northlittlerock.ar.gov), then click on the Government tab, followed by Council Agenda.

### City Council Members

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

### Other Elected Officials

Mayor Patrick Henry Hays	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  
November:



*Dec 3-7—recycle*  
*Dec 10-14 no pickup*  
*Dec 17-21 recycle*

*Dec 24-28—no pickup*  
*Dec 31—Jan 4 recycle*

## City Offices located at 120 Main

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

## **NORTH LITTLE ROCK 14TH ANNUAL POLAR BEAR PLUNGE**

**December 8, 2012**

**Lakewood Lake #3, 4500 Lakeshore**

**Registration at 11:00 a.m.**

**Plunge at noon**

**For more information call 771-0222**

*"Let me win. But if I cannot win,  
let me be brave in the attempt."* - Special Olympic Oath



### **Days to observe in December:**

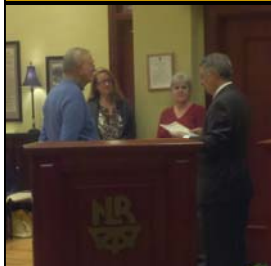
1 - National Pie Day	17 - Poinsettia Day
4 - Santa's List Day	20 - Go Caroling Day
7 - Pearl Harbor Remembrance Day	24 - Christmas Eve National Eggnog Day
9 - Christmas Card Day	25 - Christmas Day
16 - National Chocolate Covered Anything Day	26 - National Candy Cane Day

## December Employee Birthdays

Name	Department	Date	Name	Dept	Date
ROBERT KUYKENDALL	Electric	1	RICHARD POZZA	Electric	18
THOMAS SIMMONS	Fire	1	ALLEN BUIE	Street	18
FELECIA HART	Health	1	RENALDO BENNETT	Fire	19
COREY THOMAS	Traffic	2	HELEN ARNOLD	1st Court	19
LEEANN SADLER	OES	5	LINDA ROBINSON	Admin	20
LARRY BEHNKE	Police	5	DAVID MILES III	Animal Shel	20
LE CHAU	Police	5	ROBERT SISSON	Finance	20
DAVID ARMSTRONG	Vehicle Maint	5	ROBERT BRYSON	Fire	20
GREGORY NASH	Fire	6	ANGEL ROSADO	Police	20
RICHARD MATTHEWS	Fire	7	JOHN POUNDERS	Fire	21
JAMES FRANKS	Police	9	VICKI WEED	1st Court	21
TERRI TODD	OES	10	HARVEY SCOTT III	Police	21
JESSICA STEPHENS	Electric	10	DARRELL PIERCE	Police	22
DAVID SCHALCHLIN	Code	10	ALAN TETKOSKIE	Fire	23
CHARLES REDDING	Fire	11	CARL WILSON	Fire	24
ROBERT CUPPS	Police	11	RICHARD HARGROVE	Fire	24
BRENDA DAVIDSON	Electric	12	ERIC SMITH SR.	Sanitation	25
CHRISTOPHER BROWN	Police	13	SOLOMON KIMBLE	Hays Center	25
JOHN ALSTON	Police	13	CODY BROWN	Police	26
BRENDA SATTERFIELD	Police	13	TIMOTHY MAHAN	Fire	27
BILLY WILLIAMS	Vehicle Maint	13	GENE WHITLEY	Police	27
NORMAN MILLER	Fire	14	KENNY BROCK	Vehicle Maint	27
KENT STEWART	Police	14	KENNETH JOHNSON	Parks Maint	27
JUDY PRINCE	Police	14	PERRY TACKETT	Fire	28
MARK ROBERTS	Police	15	DENA KERR	Police	28
JAY BOODY	Police	16	LARRY EPPERSON	Code	28
MARY MORGAN	Admin	17	LARRY GREENE	Street	29
DONALD FRIDAY JR	Electric	17	LEON ROBINS	Street	29
CHRISTINA YIELDING	Legal	17	JOSEPH FOLEN III	Finance	30
BELINDA GARVIN	Public Works	17	JOHN ADAMS	Fire	31

City Offices will be closed December 24 and 25, 2012, in observance of **Christmas Eve and Christmas Day. Garbage and trash routes will run one-day delayed all week** (i.e. Tuesday's pickup will be Wednesday and so on).

City Offices will be also be closed, Tuesday, January 1, 2013, in observance of **New Year's Day. Garbage, trash and recycling routes will run one-day delayed the remainder of the week.** (i.e. Wednesdays pickup will be Thursday and so on the remainder of the week).



Last month, members of the Digby, Matthews and Shirley families were presented Certificates for being North Little Rock Centennial Families. Left, Mayor Hays presents a certificate to Mr. Herman Shirley, Jr. and other family members.



### Loose Leaf Pickup

The Leaf Vacuums are out and about, to find the current location, call 371-8355, Option 3. Bagged leaves will be picked up weekly on your yard waste (*trash*) pickup day.

## December Employee Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs
VALENCIA HARDY	Admin	3	AMY COOPER	Police	9
JULIA COULTER	Animal Shel	16	PHILLIP LOWRY	Police	18
MARY DENTON	OES	9	MICHAEL GIBBONS	Police	18
TERRY KESSINGER	Electric	4	CHARLES BARNES	Police	14
JON RUSS	Electric	5	KENNETH LIVINGSTON	Police	14
JONATHAN STOWELL	Electric	25	JOHN NANNEN	Police	14
SHANE PRATER	Electric	3	MARK TOZER	Police	13
DANIEL CUSHING	Electric	5	RICHARD BEASTON	Police	13
DONNA BRYANT	Electric	30	BRIAN KILGORE	Police	13
TERRENCE WILLIAMS	Electric	11	JUDY PRINCE	Police	32
ALFRED CERRATO	Fire	32	LABRENDA COHENS	Police	3
OTHA JOHNSON JR.	Fire	32	ERIC IMHOFF	Police	8
BRENT TREECE	Fire	5	KASEY KNIGHT	Police	6
JUDY WILKINS	2nd Court	9	KENNY STEPHENS	Public Works	5
NAQUESHA CROSS	UAD	4	ROBERT HUMPHREY	Public Works	5
SYLVIA NORMAN	UAD	5	JULIANNE IVY	Sanitation	3
ROBERT MAULDIN	HR	5	SYLVESTER SMITH JR.	Sanitation	3
STACEY LEONARD	HR	2	ANTHONY ROBINSON	Sanitation	4
JERRI DAUGHERTY	Police	31	JOSEPH BAUMAN	Sanitation	16
WILLIAM JONES	Police	9	MICHAEL MARBLEY	Sanitation	4
MICHAEL BROOKS	Police	5	LEON ROBINS	Street	3
JEFFREY GLOVER	Police	22	ROBERT BROWN JR.	Street	5
GARY YIELDING	Police	22	GARY SHEFFIELD	Street	5
JAROD MAYNARD	Police	5	DEAN GATLIN	Street	10
CRAIG UMHOLTZ	Police	5	WALLACE HATCHETT	Street	21
LARRY BEHNKE	Police	7	THURMAN MCKEE JR.	Traffic	12
KENNETH RICHBOURG	Police	5	LINCOLN MARTIN	Hays Center	8
LE CHAU	Police	5	NATHANIEL LEE	Parks Maint	2

*It's beginning to look a lot like Christmas!*

The lobby of North Little Rock City Hall was recently decorated by employees from the City Clerk and Collector's office.

Right, **Katelyn (Abel) Thomas** steadies the ladder as **Daven McCoy** attaches garland above the window of the clerk's office.

