

# *North Little Rock e-Newsletter*

*Provided by Diane Whitbey, City Clerk and Collector*

*December 2013*

## ***North Little Rock e-Newsletter***

If you have information you would like to share with other city employees, residents and businesses throughout **North Little Rock**, then let us know. The **City Clerk's office** provides a monthly *e-letter* to those who subscribe through the **North Little Rock** website. To sign up, email [Dwhitbey@nlr.ar.gov](mailto:Dwhitbey@nlr.ar.gov).



***Merry Christmas  
and Happy New Year  
from the City Clerk and Collector's Office  
Diane, Linda, Katelyn & Mark***



**"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



## Plants Poisonous to Your Pet

*From the  
National Animal Control  
Association*

With the holiday season in full swing, now is a good time to provide a list of plants that are poisonous to pets. As you may know, plants are a special problem since many of us do not know which ones are hazardous and which ones are not.



**Amaryllis**  
**Andromeda**  
**Appleseed's**  
**Arrow grass**  
**Avocado**  
**Azalea**  
**Bittersweet**  
**Boxwood**  
**Buttercup**  
**Caladium**  
**Castor Bean**  
**Cherry Pits**  
**Chokecherry**  
**Climbing Lily**  
**Crown of Thorns**  
**Daffodil**  
**Daphne**  
**Delphinium**  
**Dieffenbachia**  
**Dumb Cane**  
**Elephant Ear**  
**English Ivy**  
**Elderberry**  
**Foxglove**



**Hemlock**  
**Holly**  
**Hyacinth**  
**Hydrangea**  
**Iris**  
**Japanese**  
**Yes**  
**Jasmine**  
**Jimson Weed**  
**Laburnum**  
**Larkspur**  
**Laurel**  
**Locoweed**  
**Marigold**  
**Marijuana**  
**Mistletoe**  
**Monkshood**  
**Mushrooms**  
**Narcissus**  
**Nightshade**  
**Oleander**  
**Peach**  
**Philodendron**  
**Poinsettia**

**Poison Ivy**  
**Privet**  
**Rhododendron**  
**Rhubarb**  
**Stinging Nettle**  
**Toadstool**  
**Tobacco**  
**Tulip**  
**Walnut**  
**Wisteria**  
**Yew**

### ***Symptoms of Poisoning:***

Some symptoms of poisoning are swelling, cramps, abdominal pain, vomiting, diarrhea, effects on breathing, an circulation, weakness, drooling, and sneezing.

If you suspect your pet has been poisoned, keep it warm and dry. Note the symptoms and call your veterinarian as quickly as you can. Take a sample of the plant suspected of poisoning your pet along to the vet, if you can.

*Need a new  
addition to your  
family?*

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



**During the holiday season, consider making a donation to benefit the many homeless animals at the North Little Rock Animal Shelter.**



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

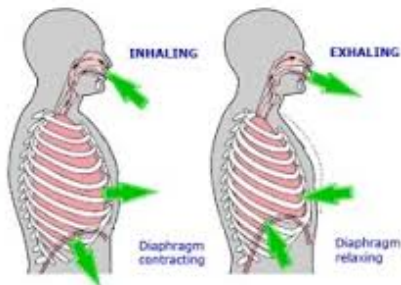
During the holiday season, we find ourselves faced with a lot of stress.



Breathing becomes shallow with stress. The diaphragm constricts; we breathe into the chest and breathe more quickly.

Take a moment to place your hand on your belly button. Inhale through the nose and try to bring your breath down into the belly so that your hand moves outward away from your spine. Exhale from your mouth and feel your belly drop again. Repeat for 10 breaths, breathing as deeply as you can.

When you get the exercise down, practice by thinking... "Calm" on the breath in and "Down" while you slowly let the breath out.



When you breath in, your lungs expand and the diaphragm is pushed down.

When you breath out, the lungs get smaller and the diaphragm pushes up.

Think before you drink before and during the holidays. When it comes to nutrition, not all drinks are created equal.

All of the servings below are based on 8 ounces:

Milk—83 calories

Chocolate milk—158 calories

Soda—150 calories

Diet soda—0 calories

Orange juice—110 calories

Fruit punch—120 calories

Bottles water—calories

Sports drink—66 calories

Take a closer look at labels. The label gives both the serving size and number of servings in the package. Remember, the serving size (amount for one serving) on the label is not necessarily all the food or beverage in the container. Be sure to compare your portion to a serving size on the label.

Note the nutrients. Of all the nutrients in food, only a few are listed on the label—those that relate to today's most important health issues.

- For Fat, Saturated Fat, Trans Fat, Cholesterol, and Sodium, try to limit how much you consume from a variety of foods to 100% Daily Value (DV) or less for the day.
- For Fiber, Vitamins A and C, Calcium, and Iron, try to consume a variety of foods that add up to 100% DV per day.

Check the label!

Be aware that 100% of DV may or may not be the optimal amount recommended for you. For example, on food labels, the DV for Calcium is 1,000 milligrams, the Dietary Reference intake (DRI) recommended for adults up to fifty. However, teens are urged to consume 1,300 mg of calcium daily, and for adults over age fifty, the advice is 1,200 mg daily.

Depending on your age, gender, and activity level, you may need more or less than 100% DV. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information.

During the holidays, take care of yourself while you enjoy time spent with your family and friends.

**From the  
North Little  
Rock Fire  
Department  
family  
have a SAFE  
and Happy  
Holiday  
season!**



## Highlights from some City Departments



Mayor Joe A. Smith holds a monthly department head meeting. Department heads provide a report of activities, projects and accomplishments. Below are a few highlights from the last meeting (October events).

**Central Arkansas Water**—signed a Joint Use Agreement with the City of Hot Springs to release 20 MGD of Right of First Refusal from DeGray Lake for \$1.1 million. This money will help CAW secure the remaining 100 MGD, which combined with Lakes Maumelle and Winona totals 220 MGD—enough water to last 190 years.

**Laman Library**—averaged 1,173 patrons per day. The Children's Department was featured in the Democrat-Gazette weekend section under Top 10—Fall Festival Programs.



**Neighborhood Services**—attended multiple neighborhood association meetings, notified 1,775 houses and businesses in Indian Hills of new Parking District Regulations. Mailed 9 neighborhood group newsletters to 10,094 individual households including 1,348 issues of Neighborhood News newsletter.

**Hays Senior Center**—74 new members (youngest new member age 50—oldest new members age 84). 32 trips transporting 297 members to Des Arc, Hot Springs, Jacksonville, Murfreesboro, Bryant, Fairfield Bay, DeQueen and West Memphis. Held Medicare Part D sign up program.



**IS-69** work orders logged and completed for 19 city departments. eAccount stats (online bill app): access site—Web=6,682 Phone=4,290; used payment gateway—Web-2,689 phone=644.

**Utilities Accounting**—Bad debt October: \$16,688.00  
Projected bad debt write-offs 2013: \$325,000.00  
New accounts installed: 1,096  
Accounts finalized: 1,229

**Street Department**—worked potholes in all areas of city. Tractors cutting various routes, trimmed tree limbs at various city owned properties, cleaned ditch by Stanley Hardware, Redding, 8700 Faulkner Lake Road. Removed dirt left by contractor at Hwy 161 and Bethany. Pump Greenlea Lake, cleaned grates on Main Street, removed Graffiti from Parker, North Hills and Big Rock. Flushed basins. Repaired basins, guardrail, installed bike racks.

**Sanitation**—garbage crews collected and disposed of 1,432.27 tons (2,864,540 lbs) of household garbage. Yard waste crews collected and disposed of 311 loads (9,691.5 cubic yards) of mixed debris. 603 used tires collected. Logged 802 telephone calls.



**Traffic**—Service request work order (Sign Shop) 229. Signal trouble reports—33, Posts replaced—45. Approved Barricade Applications—127. City vehicles marked with decals (logo) 5.

**Police**—(September) Violent Crime down overall 12%, Robberies down 29%. Property Crime down 25%, Burglaries and Breaking and Entering (Storage Buildings) down 20%. Theft from motor vehicles was down for the 6th month, almost 48%. Police Athletic League continues to work with youth. The program has reached out to 685 children through sports programs including Football, Baseball, Tennis, Martial Arts/Taekwondo and Cheerleading. Plans underway for 2014 Haunted House Fundraiser.



**Fire**—Total Incidents: 850  
Residential Fires: 11  
Vehicle Fires: 10  
Rescue/EMS: 476  
Other Responses: 286  
Total Responses: 1,536  
Other Structure Fires: 2

False Alarms/Malfunctions: 63  
Haz Mat Responses: 10  
Total Fire Losses: \$277,470.00  
Total Value: \$3,414,600.00  
Total Saved: \$3,294,500.00  
Training: 2,911 hours  
Building Inspections: 163

**Office of Emergency Services/911**—participated in multiple emergency planning meetings and trainings. Hazardous Waste Spill (50 gal) at Union Pacific Rail Yard. Received and processed FEMA reimbursement funds for 2012 Winter Storm. Calls for service 19,704. 9070 CAD Entries.



**Planning**—working on logistics for two “Jump Start” planning projects study (Park Hill and Levy Neighborhoods). Commission adopted revised Master Street Plan to improve inventory of existing streets and proposals for future improvements.

**City Hall**—new telephone numbers for Mayor's Office, City Clerk and Collector and External Affairs Office:

Mayor:	975-8601
City Clerk and Collector:	975-8617
External Affairs:	975-8605

**Fit 2 Live**—working with The People Tree, St. Joseph Farm and the Clinton Health Matters initiative on a mobile market—vegetable market trailer to increase access to healthy, locally-grown food in “food desert” neighborhoods. Working with city departments to determine type of permitting necessary to allow non-profit mobile market sales.

**Health Department**—on November 1, department provided 588 flu injections and 71 flu mists at Mass clinic. 2,083 North Little Rock School Children have received flu medication. State Insurance (IPA’s) stationed at NLR Health Department to help public with new federally mandate insurance program.

**City Clerk/Collector**—issued 3,620 Business Licenses/Beer/Liquor/Restaurant in 2013. Completed printing majority of 2014 Invoices (approximately 4,000 renewals). Collected \$46,448.41—2% Hotel/Motel, \$23,125.34 1% Hotel, \$28,219.59 Mixed Drink and \$411,602.13 Restaurant Taxes.



**Code Enforcement**—168 assigned calls, 797 initiated calls, 13 citations, 471 notices, 113 vehicles tagged, 155 structures inspected, 16 food service inspections, 0 search warrants, 6 house demolished by city, 10 houses demolished by owner. Secured 2 vacant houses, mowed 151 vacant lots, mowed 131 with structures, picked up 155 tires.

**Animal Control—NLR** Incoming Animals—198, Adopted 48, Reclaimed 29, Euthanized 121, Citations issued 60, Vouchers (spay/neuter) Dog 35, Cats 7, Calls for Service 920



**Pulaski County** Incoming Animals—104, Adopted 32, Reclaimed 2, Euthanized 69 Multiple calls regarding wildlife (skunks and raccoons).

**Electric Department**—38,423—customers, Peak Power—167,249 KW, Territory— 60 square miles, miles of wire—544.8 miles, # Transformers—11,248, Street lights—10,977, Smart meters 25,570—Revenue \$7,983,225.00

**Parks and Recreation**—most outdoor activities have ended for the 2013 season. Maintenance staff set up and testing lighted displays for Holiday Lights in Burns Park to be held November 30 through December 30, 2013. After School Program (ASPIre) has 135

participants between Glenview, North Heights and Sherman Park Recreation Centers. Athletic programs include Basketball and Cheerleading. Soccer fields were aerated for the first time in 3 years. October revenue for Burns Park Golf Course were \$17,774.00. The Parks Ranger’s Office is now located in the former Batting Cage building, developing nature education programs.

**Communications**—31 posts on city Facebook page, 4 news releases, new city website provider selected by committee.



**Finance—  
Revenues (MTD—October)**

Taxes	711,096.49
Licenses and Permits	129,621.60
Fines and Forfeitures	190,064.52
Local Option Sales Tax	2,051,173.89
Intergovernmental State	32,681.27
Franchises	209,818.39
Investment and Misc	68,215.46
User Fees	82,374.36
Utility Transfer	65,296.11
Grants and Other Sources	66,216.77
Transfer from Electric	1,384,620.00

**Expenditures**

Admin	114,407.59
Animal Control	59,368.48
Special Appropriations	446,693.73
City Clerk	23,382.20
Emergency Services/911	145,653.75
Finance	64,994.61
Fire	1,219,779.08
Health	31,433.70
Legal	35,410.51
1st Court	48,937.63
2nd Court	44,560.31
Public Defender	559.80
Human Resources	56,169.20
Commerce	15,053.79
Planning	69,611.95
Police	1,813,462.03
Code Enforcement	86,178.40
Public Works	68,637.23
Neighborhood Services	18,414.97
Fiscal Control/Revenue	0.00
Sanitation	411,469.96
Vehicle Maintenance	51,768.89
Senior Center	82,511.36
Communications	7,322.41

*A budget discussion will be held on December 2, 2013 at 5:00 p.m. to review the 2014 budget in the City Council Chambers in City Hall.*



## Set one, achievable goal during the holiday season

By Tina Crook, Ph.D., R.D., L.D.  
City & Town November 2013 Vol 89, No. 11

The holiday season is upon us and with it comes many invitations to partake in good food and drinks with family and friends. But in order to guiltlessly join in these festivities, it is a great idea to develop a healthy plan of action ahead of time.

The first part of your strategy should be to set one realistic, achievable health goal for the season. I suggest choosing the overall goal instead of several goals during this hectic time of year. By setting one achievable goal for yourself, you will get through the holiday season with more confidence and have a positive outlook on the coming year.

One excellent example of a health goal for the holiday season is to maintain your current weight. Maintaining current weight is a huge accomplishment when you consider that most Americans gain seven to 15 pounds from Thanksgiving to Easter. You could also consider setting a goal to continue your usual exercise regimen or aim to consume five servings of fruits and vegetables daily.

### Tips for achieving your goal

The following are some simple strategies to assist you in achieving your health goal for the quickly approaching holiday season.

- **Eat before you party**—Eating a healthy snack such as yogurt, fruit, or a bowl of high-fiber cereal an hour or two before you arrive at a party will keep you from overindulging.



- **Be a healthy host**—When you host a party, offer a variety of foods that include healthy options. You can also bring a wholesome dish to a potluck to ensure having at least one good option.

- **Look before you plate**—Check out all of the food choices before you make a plate to make room for what you really want. Identify the high-calorie

foods, and serve yourself a smaller portion of those items. Balance healthy foods with those special treats.

- **Slow down**—Take time to enjoy your holiday meals and savor the various flavors. Try to set down eating utensils between bites, concentrate on chewing each bit thoroughly or drink water or other low-calorie beverages throughout your meal.
- **Boycott the “Clean Plate Club”**—One of the advantages to eating slowly is that it allows your body time to feel full. Listen to your body—once you get the cue that you are full, stop eating. It is acceptable to leave food on your plate.
- **Think before you drink**—Beverages can contribute a lot of extra calories to your meal. Drink water or another low-calorie beverage. Alcoholic beverages and sugary punches add extra calories, with some cocktails containing 500 calories or more per glass. If you choose



alcohol, the best options are light beer and dry, white wines.

- **Out of sight, out of mind**—Remember, the most important reason for the holiday season is to spend time with family and friends. Once you have finished eating, move away from the food area.
- **Forgive and forget**—Remember, overeating at one meal or even for one day does not mean you have failed. If you overindulge, put it behind you and return to your normal eating and exercise habits the next day.

### Holiday challenge

This holiday the challenge is to set one realistic, achievable health goal for yourself.

It will allow you to enjoy the season while still living healthy. And who knows? Your positive actions may start a chain reaction of wellness. It could set the tone for not only your own healthy eating but also that of your family into the new year.



Tina Crook, Ph.D., R.D., L.D., is Assistant Professor, Director of the Dietetic Internship Program, College of Health Professions, University of Arkansas for Medical Sciences.

## Fall perfect for planting, transplanting, pruning, and more

By Alison Litchy

City & Town November 2013 Vol 89, No. 11

It is that wonderful time of year again where the trees are turning brilliant colors and Arkansas puts on a great show. Trees do so much for us throughout the year, and we need to keep in mind that urban trees need our attention year round. Now is a good time to do several things for your trees. After the leaves have fallen the roots are still growing; it is often overlooked that trees still require water. Remember to water your young trees that are still establishing their roots in soil. Larger more mature trees may not require water due to their roots being developed already. Some shallow root systems or those growing in compacted soils may also need water even if the tree is already established.

This is the time of year to move young trees if they may pose a threat in the future or will cause trouble upon maturity, such as lifting up a sidewalk. When digging up a tree make sure to get as much of the critical root zone (edge of crown down) as possible. This is a good time—when the tree is going dormant and before the ground is frozen—to transplant. It will reduce transplant shock that would occur during the summer if moved. Fall is also a good time to consider pruning mature trees that pose a threat to your home or other obstacles. Remember, topping is not pruning and will eventually kill a tree. The surrounding plants and grasses that will be affected by this limb removal will be dormant and will be able to withstand more of the shock that is accompanied with canopy reduction. Also any dead or dying trees can be removed at this time.

Recognize that early fall color is a sign that the tree may be stressed. Several things must be considered to determine what is causing the tree to be stressed. Look at the site conditions. How much sun does it get? How much water is in the area? What is around the tree? What impact will it have on the site at maturity? What is the species of the tree? When all these factors are considered you can make a decision that is best for your tree and for you. The tree may need to be moved, watered, and trimmed.

Some fruit trees may require fertilization, and fall is a good time to start this. Remember, most trees do not require fertilization to thrive. To properly determine if your tree needs fertilization you may get your soil tested at the local extension service, and it is often free of charge. Fall is a good time to prune your trees.

It is less stressful to the tree as well as easier to see the tree's structure to make the right pruning cuts, and the tree will have a full growing season for a callus to develop over the cut. Once the trees are dormant you can begin to properly prune your smaller trees. Leave the larger trees to an arborist to prune for safety reasons.

Now is also a good time to mulch the leaves with a mower to help improve the soil or clean up leaves and other debris around your tree if you have noticed insects or other diseases. Preventing insects that could harm your tree from making their home in the debris helps prevent the spread of disease. Clean up fallen limbs from the tree and use for creating winter habitat for wildlife, or they are great for compost.

Start to plan your tree planting. Consider the right tree for the right place. This is critical in the amount of future maintenance you will have to do. Consider soil type, topography, water retention, sun, proximity to other structures and trees, what is above the site, and how much effort you want to put into the tree. Also, consider that some of the trees you have may need

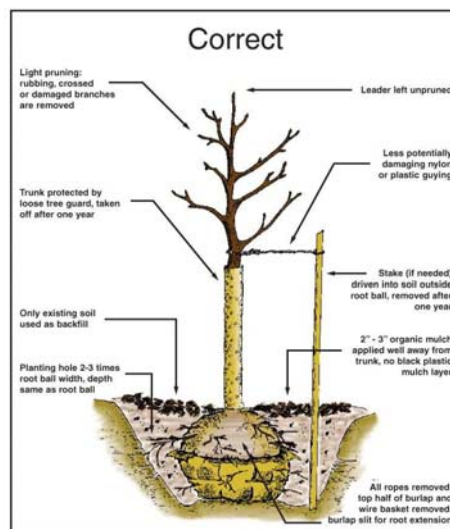
staking to grow in an upright position. Trees will naturally correct over time to a degree. If staking is done, keep an eye on it and remove after a year or when the trees roots have established themselves. Remember, most trees do not need to be staked. We want to promote strong trunk taper by allowing the tree to move in the wind.

Horticulturalist Lacey Jennen sums it up well: "Fall is the perfect time of year to plant new trees. Planting new trees in the fall allows the tree to put all of its energy into establishing a healthy root system, which is critical for maintaining a healthy tree. You see most trees being planted during the late

spring/early summer. This is likely due to what's available in our nurseries and people wanting to work in their yards more this time of year. However, when trees aren't planted in the fall, but rather spring/summer, the root system hasn't had a chance to get established prior to all of the stresses it's about to endure like heat, lack of water, and putting out its new leaves and flowers."

If you would like to have a workshop in your community on proper planting or tree care contact your local urban representative from the Arkansas Forestry Commission.

*Alison Litchy is urban forestry partnership coordinator with the Arkansas Forestry Commission. Her telephone number is 501-984-5867, email Alison.litchy@arkansas.gov.*



## Heating Up Cold-Weather Workouts

By Dr. Delia Roberts

Found in November/December 2013 Healthy Living  
Sam's Club Member Magazine

Are you a dedicated workout warrior who never lets cold weather halt your routine? Or does the first onset of winter send you straight into hibernation? Whatever your preference, you can still be active—and also stay safe, warm and dry.

### Cold weather 101

If you have been diagnosed with heart disease, asthma or bronchitis, always check with your doctor before cold-weather exercise. Once you have the go-ahead, follow these strategies for creating and maintaining your own little “microclimate.”

### Dress in layers

Always layer workout gear to stay warm and dry. When you dress in layers, air gets trapped between the articles of clothing, creating additional thermal insulation. Damp garments draw heat away from the body, but layers will help keep your innermost garments dry. Dressing in layers also provides easy flexibility, allowing you to remove garments if you become too sweaty and then put them back on if you get a chill.

**Wicking inner layer:** Choose lightweight, synthetic (polypropylene or polyester) stretch fabrics that wick moisture and allow ease of movement. Fit should be snug without constriction.

**Insulating mid layer:** Select wool or synthetic fibers that retain body warmth; small air pockets in these materials trap molecules of air. Fit should be snug and non-constricting.

**Wind/water resistant outer layer:** For dry conditions, a lightweight soft shell provides warmth, breathability and wind resistance. For more severe weather, choose a waterproof laminate shell that allows water vapor to escape.

### Protect head, hands and feet

Cold weather and dampness can reduce blood flow to your extremities. As your body experiences a chill, it draws blood back toward its core to help keep vital organs functioning and to fight against hypothermia. When this happens, less blood is flowing to your head, hands and feet, leaving them especially vulnerable to frostbite.

**Head and ears:** Choose an insulating thermal beanie or hat with earflaps. Create a small space between your face and scarf to keep in warm moisture.

**Hands:** Wear breathable, water-resistant shells over regular gloves.

**Feet:** Choose wicking socks that pull moisture away from feet.

**Stability gear:** On icy terrain, wear stabilizing rubber strap-on metal cleats over running shoes. For overall stability when walking or hiking, use walking poles.

### Sunscreen and hydration

An increase in reflective light (UV rays) from snow can cause you to burn faster, so follow the same sunscreen rules as for summer. Use a broad-spectrum with an SPF rating of 30 or higher, and make sure to apply it to every part of your body that will be exposed during any prolonged outdoor activities. Drier winter air can accelerate dehydration, so plan on consuming two cups of water per hour for aerobic walks an hour or longer.

### Indoor exercise options

If the thought of braving the elements gives you an easy excuse to skip a workout, consider the following exercise alternatives to maintain your healthy lifestyle.

**At home:** Workout videos, exercising with video games, stair climbing, vigorous housework, calisthenics, free weights and exercise machines are

all great options for getting a workout without ever leaving the house.

**Outside the home:** Community centers and/or health club/gym can provide a structured group setting that may help keep you motivated.

**At work:** Employer involvement with an on-site health club or classes, membership discounts at gyms and challenges between departments (office relay races, etc.) can create team-building opportunities while promoting corporate wellness initiatives.

Social interaction with friends, partners, spouses, neighbors and co-workers also can make exercise more fun, as well as reinforce and boost your motivation. Whether you and a buddy love to hike in the great outdoors or stay warm inside with a workout video, you can definitely exercise your options throughout these cold winter months.



Randy in *A Christmas Story* is OVER-dressed in layers.



### Do you have a cold? Symptoms:

runny/stuffy nose, sore throat, cough, congestions, sneezing. **What to do?:** If you have aches/fever, stay home. If you cough up dark mucus after a week, see a doctor. If cough feels deep and you feel short of breath, see doctor ASAP—it could be bronchitis or pneumonia.



## ***Easy Betty Crocker Peanut Butter Blossom Cookies***

1 pouch (1 lb 1.5 oz) Betty Crocker peanut butter cookie mix  
3 tablespoons vegetable oil  
1 tablespoon water  
1 egg  
2 tablespoons sugar  
36 Hershey's Kisses Brand milk chocolates, unwrapped  
Heat oven to 375°F. In a medium bowl, stir cookie mix, oil, water and egg until dough forms.



Shape dough into 36 (1-inch) balls; roll in sugar. Place 2 inches apart on ungreased cookie sheets.

Bake 8 to 10 minutes or until golden brown. Immediately press 1 milk chocolate candy in center of each cookie.

Remove from cookie sheets. Cool completely, about 20 minutes. Store cookies in tightly covered container. Make 3 dozen cookies.



## ***Snickerdoodles***

1 1/2 cup sugar  
1/2 cup butter or margarine, softened  
1/2 cup shortening  
2 eggs  
2 3/4 cups all-purpose or unbleached flour  
2 teaspoons cream of tartar  
1 teaspoon baking soda

1/4 teaspoon salt  
1/4 cup sugar  
2 teaspoons ground cinnamon

Heat oven to 400°F.

Mix 1 1/2 cups sugar, the butter, shortening and eggs in large bowl. Stir in flour, cream of tartar, baking soda and salt.

Shape dough into 1 1/4 inch balls. Mix 1/4 cup sugar and the cinnamon. Roll balls in cinnamon-sugar mixture. Place 2 inches apart on ungreased cookie sheet.

Bake 8 to 10 minutes or until set.

Removed from cookie sheet to wire rack to cool.

Makes 4 dozen cookies.

## ***Baked Spinach Artichoke Dip***

1 cup mayonnaise or salad dressing  
1 cup freshly grated Parmesan cheese  
1 can (about 14 oz) artichoke hearts, drained and coarsely chopped  
1 box (9 oz) Green Giant frozen chopped spinach, thawed and squeezed to drain  
1/2 cup chopped red bell pepper  
1/4 cup shredded Monterey Jack or mozzarella cheese (1 oz)  
Toasted banquette slices or assorted crackers, if desired  
Heat oven to 350°F. Mix mayonnaise and Parmesan cheese. Stir in artichokes, spinach and bell pepper.

Spoon mixture into 1-quart casserole. Sprinkle with Monterey Jack cheese.

Cover and bake about 20 minutes or until cheese is melted. Serve warm with baguette slices.

Makes 24 servings.



## ***Sparkling Rum Punch***

2 cups fresh orange juice  
1/2 cup orange liqueur (Cointreau)  
1/2 cup dark rum  
2 bottles sparkling wine (Asti Spumante)

Stir together 2 cups **fresh orange juice**, 1/2 cup **orange liqueur** and 1/2 cup **dark rum** in a medium bowl; cover and chill 1 hour.

Pour mixture into a large pitcher or punch bowl, and top with 2 (750-milliliter) **bottles sparkling wine**. Chilled. Serve immediately. Makes 9 cups.



## ***Words to live by for the holidays***

*To your enemy ... forgiveness.*

*To yourself ... respect.*

*To an opponent ... tolerance.*

*To a customer ... service.*

*To all ... charity.*

*To every child ... a good example.*

*To a friend ... your heart.*

The above recipe can be made without alcohol. Use orange juice and sparkling cider or Ginger Ale. You can dress it up in the glass with an orange slice.





Left: *Lakewood Middle School Student Council members* held their annual food drive for the Amboy Food Pantry.

Ms. Madar's 7th grade class collected 1,354 cans, Mrs. Richinson and Mrs. McMahon's 7th grade class collected 819 cans, and Ms. Padilla's 8th grade class collected 766 cans.

Total of cans collected—10,632.

Right: students from *Lakewood Elementary School* raised money for the Humane Society of Pulaski County by collecting "Change For Animals" at School.



Below: students at *Indian Hills Elementary School* participated in the 2nd Annual Veterans Day Recognition by displaying a *Field of Flags* on their Campus.

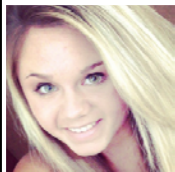
*Retired Army Colonel Mike Ross* spent the day working on the project with students.

Over 600 flags were displaced.



## 2014 Holiday Schedule

New Year's Day	Wednesday	January 1
Dr. Martin Luther King Jr & Robert E. Lee Birthdays	Monday	January 20
George Washington's Birthday & Daisy Bates Day	Monday	February 17
Memorial Day	Monday	May 26
Independence Day	Friday	July 4
Labor Day	Monday	September 1
Veteran's Day	Tuesday	November 11
Thanksgiving Day	Thursday	November 27
Day after Thanksgiving	Friday	November 28
Christmas Eve	Wednesday	December 24
Christmas Day	Thursday	December 25



Our city family at Advertising and Promotion suffered two loses last month: Karen Trevino and Stephanie Slagel lost their neice and cousin Susan Nell Jobe. Susan was 15 and a sophomore at Des Arc High School and a member of New Horizon Baptist Church.

Summer Toyne lost her husband Michael who was 37. He was a loving husband and father who enjoyed spending time fishing. He was also a LSU and Saints fan. The family moved to North Little Rock from New Orleans, Louisiana following hurricane Katrina.



Right: can you guess who this little Fire Chief is?

It's North Little Rock Assistant Fire Chief Steve Smith's grandson, 7 month old "Chief" Easton Jahnke.



### **Leaf Vacs**

Leaves must be raked within 6 feet of the curb and away from any obstructions,

*(light pole, rocks, mail box, vehicles, etc.)*

Do not put leaves in the storm drain!

**Bagged leaves** will be picked up weekly on the regularly scheduled yards waste pickup date. For an approximate location call 371-8355 option 3

## *North Little Rock City Council Schedule*

The North Little Rock City Council meets the 2nd and 4th Monday of each month at **6:30 p.m.** in the City Council Chambers in City Hall (300 Main Street, North Little Rock).

For more information, please contact the City Clerk's Office at 501-340-5317 or email Diane Whitbey at [Dwhitbey@northlittlerock.ar.gov](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 Joe A. Smith	975-8601
City Clerk and Collector Diane Whitbey	975-8617
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 December:

- Dec 2—6 recycle*
- Dec 9—13 no pickup*
- Dec 16—20 recycle*
- Dec 23—27 no pickup*
- Dec 30—Jan 3 recycle*



## City Offices located at 120 Main

IT/Data Processing, Kathy Stephens	975-8820
Finance, Karen Scott	975-8802
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Robert Voyles	975-8835
Purchasing, Amy Smith	975-8881
Utilities Accounting, David Melton	975-8888

## Utility Payment Assistance and Other Numbers

Central AR Development Council.....	501-603-0909
Little Rock Catholic Charities...	501-664-0640 ext 459
Saint Francis House.....	501-664-5036
Watershed.....	501-378-0176
Helping Hand of Arkansas.....	501-372-4388
River City Ministries.....	501-376-6694
Arkansas Metro.....	501-420-3824
Arkansas Food Bank.....	501-565-8121
American Red Cross.....	501-748-1021
Salvation Army.....	501-374-9296

### New Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Collector.....	501-975-8617
Diane Whitbey	
External Relations.....	501-975-8605
Margaret Powell	

### No Change

Legal.....	501-975-3755
C. Jason Carter / Matt Fleming	
Fit 2 Live.....	501-975-8777
Bernadette Rhodes	
Communications.....	501-975-8833
Nathan Hamilton	

## December Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
JUDY	WILKINS	2nd Court	10	CHARLES	BARNES	Police	15
JULIA	COULTER	Animal Contr	17	KENNETH	LIVINGSTON	Police	15
SHANE	PRATER	Electric	4	JOHN	NANNEN	Police	15
DANIEL	CUSHING	Electric	6	PHILLIP	LOWRY	Police	19
TERRENCE	WILLIAMS	Electric	2	MICHAEL	GIBBONS	Police	19
JONATHAN	STOWELL	Electric	26	JEFFREY	GLOVER	Police	23
DONNA	BRYANT	Electric	31	GARY	YIELDING	Police	23
BRENT	TREECE	Fire	6	JERRI	DAUGHERTY	Police	32
ALFRED	CERRATO	Fire	33	JUDY	PRINCE	Police	33
LINCOLN	MARTIN	Hays Center	9	ROBERT	HUMPHREY	Public Works	6
STACEY	LEONARD	HR	3	KENNY	STEPHENS	Public Works	6
ROBERT	MAULDIN	HR	6	JULIANNE	IVY	Sanitation	4
MARY	DENTON	OES/911	10	SYLVESTER	SMITH JR.	Sanitation	4
NATHANIEL	LEE	Parks Maint	3	ANTHONY	ROBINSON	Sanitation	5
LE	CHAU	Police	6	MICHAEL	MARBLEY	Sanitation	5
MICHAEL	BROOKS	Police	6	JOSEPH	BAUMAN	Sanitation	17
JAROD	MAYNARD	Police	6	GREGORY	PATILLO	Street	2
CRAIG	UMHOLTZ	Police	6	NOEL	BROWN	Street	2
KENNETH	RICHBOURG	Police	6	GARY	SHEFFIELD	Street	6
KASEY	KNIGHT	Police	7	ROBERT	BROWN JR.	Street	6
LARRY	BEHNKE	Police	8	DEAN	GATLIN	Street	11
ERIC	IMHOFF	Police	9	WALLACE	HATCHETT	Street	22
WILLIAM	JONES	Police	10	THURMAN	MCKEE JR.	Traffic	13
AMY	COOPER	Police	10	NAQUESHA	CROSS	UAD	5
MARK	TOZER	Police	14	SYLVIA	NORMAN	UAD	6
RICHARD	BEASTON	Police	14				

*A spreadsheet including all North Little Rock employees is provided at the end of the previous year for Birthday and Anniversary information (to be used the following year). If you see an employee's name who is no longer with the city, keep in mind that the current information was provided during the previous year when those individuals were employees of the City of North Little Rock.*

The North Little Rock Lions Club annual fruit basket sales are underway.

Orders for fruit baskets should be placed by December 12.

Call Lion Jerry Watson at 501-834-8070.



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.

## December Birthdays

Name	Dept	Date	Name	Dept	Date		
ROBERT	KUYKENDALL	Electric	1	CHRISTINA	YIELDING	Legal	17
THOMAS	SIMMONS	Fire	1	MARY RUTH	MORGAN	Treasurer	17
FELECIA	HART	Health	1	RICHARD	POZZA	Electric	18
MALLORIE	COLE	OES/911	2	ALLEN	BUIE	Street	18
COREY	THOMAS	Traffic	2	HELEN	ARNOLD	1st Court	19
JOHN	MCCULLAR	Public Works	4	RENALDO	BENNETT	Fire	19
LEEANN	SADLER	OES/911	5	DAVID	MILES III	Animal Contr	20
LE	CHAU	Police	5	LINDA	ROBINSON	Alderman	20
LARRY	BEHNKE	Police	5	ANGEL	ROSADO	Police	20
DAVID	ARMSTRONG	Vehicle Maint	5	ROBERT	BRYSON	Fire	20
GREGORY	NASH	Fire	6	ROBERT	SISSON	Finance	20
RICHARD	MATTHEWS	Fire	7	VICKI	WEED	1st Court	21
WILLIAM	SCOTT	Police	8	HARVEY	SCOTT III	Police	21
JAMES	FRANKS	Police	9	JOHN	POUNDERS	Fire	21
JESSICA	STEPHENS	Electric	10	DARRELL	PIERCE	Police	22
TERRI	TODD	OES/911	10	ALAN	TETKOSKIE	Fire	23
DAVID	SCHALCHLIN	Code	10	RICHARD	HARGROVE	Fire	24
ROBERT	CUPPS	Police	11	CARL	WILSON	Fire	24
CHARLES	REDDING	Fire	11	SOLOMON	KIMBLE	Hays Center	25
BRENDA	DAVIDSON	Electric	12	ERIC	SMITH SR.	Sanitation	25
CHRISTOPHER	BROWN	Police	13	CODY	BROWN	Police	26
BRENDA	SATTERFIELD	Police	13	TIMOTHY	MAHAN	Fire	27
JOHN	ALSTON	Police	13	GENE	WHITLEY	Police	27
ZACHERY	KIMSEY	Electric	14	KENNY	BROCK	Vehicle Maint	27
KENT	STEWART	Police	14	KENNETH	JOHNSON	Parks Maint	27
NORMAN	MILLER	Fire	14	LARRY	EPPERSON	Code	28
JUDY	PRINCE	Police	14	DENA	KERR	Police	28
MARK	ROBERTS	Police	15	PERRY	TACKETT	Fire	28
JAY	BOODY	Police	16	LARRY	GREENE	Street	29
WALTER	GUNN III	Health	17	JOSEPH	FOLEN III	Finance	30
BELINDA	GARVIN	Public Works	17	JOHN	ADAMS	Fire	31
DONALD	FRIDAY JR	Electric	17				

**North Little Rock City Offices will be closed Tuesday, December 24, 2013 and Wednesday December 25, 2013 in observance of Christmas Eve and Christmas Day.**

Garbage and trash routes will run as scheduled December 24.

Routes will run one day delayed the remainder of the week.

(i.e. Wednesday's route will be picked up Thursday, Thursday's route will be picked up Friday **and Friday's route will be picked up Saturday**).

**City Offices will also be closed, Wednesday, January 1, 2014 in observance of New Year's Day.**

Garbage and trash routes will run one-day delayed January 1 through the remainder of the week.

(i.e. Wednesday's route will be picked up Thursday and so on...)

**If you have news, an upcoming event, recipe, photos, etc. you would like to share with others in North Little Rock, please email [Dwhitbey@nlr.ar.gov](mailto:Dwhitbey@nlr.ar.gov) by the 15th of the month.**

*Notice: to be eligible to offer a discount to North Little Rock City Employees, a business must be properly Licensed to do business in the city and current on all monies due to the City of North Little Rock.*