

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

December 2014

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.

Please join us at City Hall
Monday, December 22, 2014 from 4:45 p.m. until 5:45 p.m.
for a Christmas Reception
And Celebration for Mary Ruth Morgan
City Treasurer



NEW—Northern Lights Festival

at 120 Main Street

December 7, 2014

3:30 - 5:30 p.m.

*(immediately after the annual
North Little Rock Sertoma Club
Christmas Parade)*

Musical Entertainment by Local Choirs
Hot Chocolate, Apple Cider, Cookies

Face Painting

Christmas Cards for Veterans

Toys for Tots Dropoff

North Little Rock Animal Shelter

Mobile Adoption Unit

and Tree Lighting

Also visit the

North Little Rock History Commission
at 506 Main Street

***City Offices will be closed December 24 & 25 in observance of the
Christmas holidays & January 1, 2015, in observance of New Year's Day***

Garbage will be picked up December 24. December 25 garbage will be picked up on Friday, and
Friday's pickup will be Saturday.

Garbage pickup scheduled for Thursday, January 1, 2015,
will be Friday and Friday's pickup will be Saturday



"Where's Mel"? Be the 1st person to call 975-8617 and tell us where you found him hiding and win a prize!

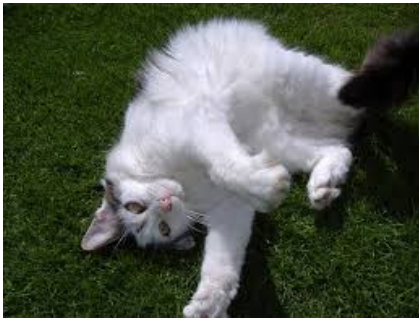
**North Little Rock
Animal Control**
For more information call
501-791-8577

Found in
*Healthy Living Made
Simple/Sam's Club
magazine*
By Kent Bruner

Care for an aging pet

Aging is not a disease, but does come with its own set of problems. As we progress in years, our bodies gradually lose the ability to repair and maintain themselves. The result is organs begin to fail, vision dims, tumors arise and joints ache.

Dogs and cats age similarly to humans. The goal of a senior pet wellness program is to identify these changes early in their progression so treatment can be initiated and the pet can thrive. When your pet was a puppy or kitten, your veterinarian examined, vaccinated and dewormed him to prevent diseases common at that age. Similarly, preventive medicine for senior pets focuses on finding threats from the results of aging in an effort to maximize health and extend the quality of their lives.



How old is old? For both dogs and cats, we typically consider the last third of their lives as the senior years. Example: If a dog of a certain breed is expected to live 12 years, then he would be consid-

ered senior after age 8. A small-breed dog who is typically expected to live longer might be a senior at 9 or 10, whereas a large/giant breed dog could be considered a senior at 6 or 7. Since most cat breeds have fairly similar life spans, cats are usually thought to be senior at approximately age 8.

Senior wellness exams are performed in order to discover subclinical diseases not severe enough to cause symptoms that can be recognized at home. Treatment will be significantly more effective if diagnosed at an early stage, and the disease can be



managed over time—potentially extending your pet's life by years. In both dogs and cats, major disease concerns center around heart and kidney function, cancer, arthritis and endocrine disease such as diabetes, thyroid disorders and adrenal disease. All of these disorders are treatable to some degree, and the best outcomes are obtained when discovered early.

All wellness exams begin with a thorough history and physical examination, though senior exams involve more testing to fully

evaluate health. Your veterinarian may suggest blood work to determine if major organs are operating at optimum levels, a urinalysis to evaluate the urinary system, and possibly an ECG for cardiac arrhythmias or disease. Depending on various risk factors identified on examination, it may also be advisable to image the chest, abdomen or joints using X-ray or ultrasound. Ideally, these tests would indicate perfect health, but the second-best outcome in early intervention to halt disease progression and help them thrive as they age.

Proactive steps such as senior wellness exams can extend the duration and quality of our pets' lives. Do not assume they are simply getting older and that nothing can be done. Today, many medications, supplements and procedures can be used to add prosperous years to their lives—the earlier the better. While their bodies may be in decline, their love for us is not. Make it last as long as possible!

Kent Bruner, D.V.M., is the Managing Director and Veterinary Services Coordinator for Canine Assistants, a George-based service dog school.

Dog's Age	Age in Human Years				Cat's Age	Human Years
	1-20 lbs.	20-50 lbs.	50-90 lbs.	90+ lbs.		
5	36	37	40	42	5	36
6	40	42	45	49	6	40
7	44	47	50	56	7	44
8	48	51	55	64	8	48
9	52	56	61	71	9	52
10	56	60	66	78	10	56
11	60	65	72	86	11	60
12	64	69	77	93	12	64
13	68	74	82	101	13	68
14	72	78	88	108	14	72
15	76	83	93	115	15	76
16	80	87	99	123	16	80
17	84	92	104		17	84
18	88	96	109		18	88
19	92	101	115		19	92

Need a new
addition to your
family?

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



Christmas is near...now is a great time to remember the fur babies at the shelter. If you would like to make a tax-deductible donation through North Little Rock Friends of Animals, please contact the shelter. Donations will be used to assist with spaying and neutering shelter animals as they wait to find their forever homes.



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

Food Safety Tips found at www.webmd.com

By Kathleen M. Zelman, MPH, RD, LD

Christmas Tree Safety Tips

Found at www.nfpa.org

Each year, fire departments respond to an average of 210 structure fires caused by Christmas trees. Carefully decorating Christmas trees can help make your holidays safer.

Picking the tree

- If you have an artificial tree, be sure it is labeled, certified, or identified by the manufacturer as fire retardant. (*Older trees most likely are not*).
- If you have a live tree, choose a tree with fresh, green needles that do not fall off when touched.

Placing the tree

- Before placing the (live) tree in the stand, cut 1" - 2" from the base of the trunk.
- Make sure the tree is at least three feet away from ANY heat source, like fireplaces, radiators, (space heaters), candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water DAILY.

Lighting the tree

- Use lights that have the label of an independent testing laboratory. Some lights are only for indoor OR outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connectors. Connect no more than THREE strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED strands to connect.
- NEVER use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



Cooks across the country are making plans for holiday feasts that include everyone's favorite dishes, from cornbread stuffing to pumpkin pie. Friends and families are invited, and excitement is in the air. Food safety is probably not the first thing you think about when planning a holiday dinner. But to keep your gathering from being memorable in the wrong way, it's important to take steps to protect your guests from food-borne illnesses.



While the U. S. food supply is one of the safest in the world, some 76 million people get sick from food-borne illness every year, according to the CDC. Food safety can be a special challenge during the holidays. Not only is it cold and flu season, but the menu may include more dishes than there is room for in the refrigerator or oven.

"It takes skill, timing and organization to pull off a healthy holiday meal with all the dishes that need to be kept at proper temperature so bacteria won't have a chance to grow," says food safety expert Missy Cody, PhD, RD, head of the nutrition division at Georgia State University.

Further, most guest lists include people who are especially vulnerable to food borne illness—older people, young children, pregnant women, or anyone with a compromised immune system. Your menu may include good offerings from friends and relatives that have traveled for hours or have been kept at room temperature for extended time. ("Advise your guests to put piping hot food into a container before they leave home and when they arrive, be sure to refrigerate promptly or reheat to 165°," says Cody.

To make sure your holiday dinner is not only delicious but as safe as possible, WebMD asked the experts for their best holiday food safety tips. Here are a few suggestions:

Have a master plan. Chefs do it, so should you. Consider your refrigerator, freezer, and oven space, and how you'll manage to keep hot foods at 140° or higher and cold foods at 40° or below. If you need to use coolers, make sure you have plenty of clean ice and check it frequently to be sure the ice hasn't melted. "Whatever you do, don't rely on the natural outdoor temperature on the porch to keep foods at proper temperature" says Cody.

Cook to proper temperature—and use a thermometer.

There is simply no other way to determine that food has been cooked enough to kill bacteria.

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"Turkeys, stuffing, side dishes, and all leftovers should be cooked to at least 165° and kept above 140° during serving to be sure that any potential bacteria is destroyed," says Karen Blakeslee, MS, of the Kansas State University Food Science Institute. "Remember the golden rule: Keep hot food hot and cold food cold."

Refrigerate leftovers within two hours of preparation. Leaving food out too long is one of the biggest holiday food safety problems. "It is so easy to linger around the table, but when food sits out for more than two hours...it is in the danger zone—above 40° and below 140° is prime time for bacterial growth," says Blakeslee. Adds Cody: "Store leftovers in 2-inch deep, shallow containers and make sure the refrigerator is not over-packed and there is plenty of air circulating around the food so it can be properly cooled." Blakeslee suggests cutting the meat off the turkey to allow it to quickly cool to proper temperature, as well as make it easy to store.

Properly defrost your turkey, or buy a fresh one. "If you choose a frozen turkey, allocate 24 hours per 5 pounds to defrost in the refrigerator, and whatever you do, don't defrost the bird on the kitchen counter," says Blakeslee. In light of drought conditions in certain areas of the country, defrosting the bird using frequently changed cold water seems wasteful. But it is safe (albeit time-consuming), as long as you change the cold water bath every 30 minutes.

Wash your hands thoroughly and often—before, during, and after food preparation. "Simply washing hands is one of the easiest ways to minimize bacterial contamination and keep your food safe," says Blakeslee. Wash with hot water and soap, up to your wrists and between your fingers, for approximately 20 seconds.

Wash all fresh produce. Wash even prepackaged greens, to minimize potential bacterial contamination. Make sure kitchen counters, sponges, cutting boards, and knives are all well scrubbed.



Reheat leftovers to 165°. Filling a plate of food and popping it in the microwave for a few minutes may seem safe enough. But, says Cody, you really need to use a thermometer to make sure all the food is reheated enough to kill bacteria. "Microwaves heat in an uneven manner, so let the covered food sit for a minute or two to let the heat destroy any bugs, then check the temperature all around the plate," she recommends.

Keep guests (and sticky fingers) out of the kitchen. "Holidays occur during cold and flu season, which further compounds the fact that about half of all people have staph aureus bacteria on their fingertips," says Cody. "So it is important to prevent anyone from picking at the food while it is being prepared." She suggests serving simple appetizers to give guests something to nibble on until the meal is read.



Serve only pasteurized apple cider. Most juices, including apple cider, are pasteurized to destroy any harmful bacteria. While you can buy unpasteurized juice, it will contain a warning that it can cause serious illness to vulnerable people. "To be on the safe side, serve pasteurized cider at your holiday gatherings," say Blakeslee.

Be egg-stra careful with eggs. Many eggnog recipes call for uncooked eggs, but Marcia Greenblum, RD, MS, of the Egg Nutrition Center says "to be perfectly safe, you need to use pasteurized eggs or cook the egg yolks lightly with the sugar to be sure you kill any potential salmonella bacteria." She also advises that eggs should be kept refrigerated until ready for use and always cook egg products to 160°

Foods contaminated with pathogenic microorganisms usually do not look bad, taste bad, or smell bad. It is impossible to determine whether a food is contaminated with pathogenic microorganisms without microbiological testing. To avoid potential problems in foods, it is very important to control or eliminate these microorganisms in food products.

Cooked Eggnog

6 large eggs
1/4 cup sugar
1/4 teaspoon salt
1 quart 1% milk, divided
1 teaspoon vanilla
Garnishes (optional)

In a large saucepan, beat together eggs, sugar and salt, if desired. Stir in 2 cups of the milk. Cook over



low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches 160°. Remove from heat. Stir in remaining 2 cups milk and vanilla. Cover and refrigerate until thoroughly chilled (several hours or overnight). Just before serving, pour into a bowl or pitcher. Garnish with nutmeg if desired. Serve immediately. *Makes 12 servings.*

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—Metered sales down .5% below 12 year historical average. No retail rate increase for 2015. Paperless billing options now available for customers.

Laman Library—an exhibit at the main branch “House and Home” from National Building Museum had 1,475 visitors. “The Wartime Escape: Margret and H. A. Rey’s Journey from France” was on exhibit at the Argenta branch and had 2,088 visitors.

Neighborhood Services—Mailed 8 neighborhood group and Neighborhood News newsletters to 7,700. Worked with several groups on bylaws and articles of incorporation for 501c3 filings.

Hays Senior Center—35 trips/transported 250 and collected \$942 in trip fees. Trips included local medical facilities, WalMart, and Grocery stores. Also Crooked Hook, Bess Chism Center, Pickles Gap, State Fair, Searcy Senior Center, Hot Springs, Red Apple Inn and Bryant. Enrolled 53 new members.

IS—121 work orders, 34 web postings, multiple ongoing projects in majority of city departments.

Utilities Accounting—

Bad debt October: \$13,994
Adjusted projected bad debt write-offs 2014: \$275,000
New accounts installed: 1,248
Accounts finalized: 1,191
Customer related calls—9,469, direct contact with Customer Service—2,966, inside teller payments received—9,831, drive-thru teller payments—5,563.

Street Department—Patchwork city-wide, set up and took down large tent for 4 events, cut trees and bushes, hauled rip rap and dirt for Burns Park, dressed road for Electric Department off Hwy 165, ran down Greenlea Lake, check and clean drainage areas city-wide.

Sanitation—Collected and disposed of 1,970.86 tons (3,941,720 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 118 loads; 118 cubic yards of mixed debris along with 3,315 cubic yards of green waste. Leaf crews collected 227.0 yard of loose leaves. Several move-outs picked up and 277 tires. Issued 38 Sanitation Code notices/letters and 1 citation for non-compliance.



Police—Theft from motor vehicles –34%, all property crimes –34%, Robbery –31%. Participated in 12 National Night Out events, working with Lakewood Middle School students re: Soap Box Derby Event.

Fire—Total Incidents: 921

Residential Fires: 13
Vehicle Fires: 11
Rescue/EMS: 523
Other Responses: 287
Total Responses: 1,637
Other Structure Fires: 4
False Alarms/Malfunctions: 74
Haz Mat Responses: 8
Total Fire Losses: \$218,150
Total Value: \$1,555,550
Total Saved: \$1,337,400
Training: 4,115 hours
Building Surveys: 115



Office of Emergency Services/911—

Calls for service: 21,758
CAD incidents: 9,687

Electric Department—38,489—customers, Peak Power—178,793 KW, Territory— 60 square miles, miles of wire—544.8 miles, # Transformers—11,248, Street lights—10,996 (254 repaired), Smart meters 33,305—Revenue \$8,556,800.
2 outages: 1 downtown, 1 Landers, Warden, Wildwood.



North Little Rock Visitors Bureau / A&P

Visitor Information Center (Burns Park) had 1,299 visitors. Arkansas Inland Maritime Museum had 1,098 visitors including birthday parties, overnight stays, school groups, etc. RV Park had 682 RV’s with an average stay of 2.31 days.

City Clerk/Collector—1% Hotel—\$23,539.30; 2% Hotel/Motel—\$47,465.83; Mixed Drink Tax—\$27,503.25; Restaurant Tax—\$430,202.29. Issued 54 new business licenses, processed 35 renewals (including Beer / Liquor), 10 accounts under review. Less than 64 businesses have not renewed business licenses. Attended Code Court. Miscellaneous ongoing projects.

Code Enforcement—131 assigned calls, 715 initiated calls, 71 citations, 453 notices, 92 vehicles tagged, 161 structures inspected, rental inspections 58, 27 food service inspections, 1 search warrant, 5 houses demolished by city, 10 houses demolished by owner. Secured 2 vacant houses, mowed 80 vacant lots, mowed 28 with structures, picked up 60 tires.



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Animal Control—NLR
 Incoming
 Animals—232,
 Adopted 51,
 Reclaimed 36,
 Euthanized 196,
 Citations issued
 92,

Vouchers (low cost spay/neuter) Dogs 47, Cats 13,
 Calls for Service 876

Pulaski County Incoming Animals—73,
 Adopted 10, Reclaimed 4,
 Euthanized 52

Parks and Recreation—Fall and after school programs continue. Burns Park—131 soccer games, 259 practices and 3 Tournaments; 36 youth baseball games, 44 practices; no senior games, 21 practices; 45 softball games, 46 practices. Pavilions were rented 19 times, Hospitality House 21 and Idlewild Park 6 times.

Finance—

Revenues (MTD—August)

Taxes	\$ 702,445.11
Licenses/Permits	\$ 37,655.98
Fines/Forfeitures	\$ 255,495.62
Local Option Sales Tax	\$2,103,712.36
Intergovernmental-State	\$ 31,542.05
Franchises	\$ 234,194.51
Investment/Misc	\$ 72,816.14

User Fees	\$ 91,799.07
Utility Transfer	\$ 64,607.25
Grants & Other	\$ 93,611.79
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$4,610,949.88

Expenditures

Administration	\$ 87,149.49
Animal Shelter	\$ 63,488.75
Special Appropriations	\$ 433,206.76
City Clerk	\$ 22,791.65
Emergency Services	\$ 128,129.95
Finance	\$ 65,807.17
Fire	\$1,252,866.04
Health	\$ 23,678.06
Legal	\$ 48,439.01
1st Court	\$ 45,910.17
2nd Court	\$ 45,469.41
Public Defender	\$ 348.38
Human Resources	\$ 41,622.00
Commerce	\$ 22,455.19
Planning	\$ 63,552.53
Police	\$1,793,615.73
Code Enforcement	\$ 85,331.94
Public Works	\$ 58,922.26
Neighborhood Services	\$ 12,968.41
Sanitation	\$ 313,862.72
Vehicle Maintenance	\$ 139,402.82
Senior Citizens Center	\$ 105,219.82
Communications	\$ 7,825.32
Fit 2 Live	\$ 24,951.88
Total Expenditures:	\$4,887,015.00

Use Caution When Using Flashlight Apps on Smart Phones

*Provided by Lt. John Breckon,
 North Little Rock Police Department*

Snoopwall.com released a threat assessment report October 1, 2014 on the use of flashlight apps on smartphones. Snoopwall tested and installed the Top 10 Android Flashlight Apps on various smartphones and tablets. Over half a billion people have installed these flashlight apps.

Windows and Apple iOS flashlights behave in a similar fashion, however, more restricted in their spying capabilities due to the hardened OS features of Windows 8.1RT and Apple iOS 7 and 8. All applications tested by Snoopwall appear to obtain access and information way beyond the needs of a Flashlight.

Some flashlight apps appear specifically designed to collect and expose your personal information to cyber-criminals or other nation states.

In additional, Snoopwall states, "you are at significant risk if you are doing Mobile Banking on the same device as one of these free Flashlight Apps. Provided is a list of some of the automatic permissions you provide these eavesdroppers when these flashlight apps are downloaded and some recommended countermeasures. NOTE: The iPhone factory flashlight app appears to be safe to use and Snoopwall offers a Privacy Flashlight app for download.

However, the best countermeasure is to uninstall the flashlight app or go to FACTORY RESET or WIPE on your smartphone. Contact your Smart Phone service provider for assistance.

Flashlight APP Permissions	Recommended Countermeasures
Ability to modify or delete contents on your USB storage	Verify Apps behavior and privacy risk BEFORE installing — do some research and ask the questions "why does this app need BPS, MICROPHONE, WEBCAM, CONTACTS, etc." — most apps don't need these ports unless they want to invade your privacy. Find an alternative before installing risky apps
Capability to retrieve running apps	Disable your NFC (Near Field Communications) or on Apple devices, iBeacon, unless you need them enabled for critical applicants (http://support.apple.com/kb/HT6048)

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Leaf vacuums are out and about.



If you want your leaves vacuumed, rake them to the curb (within 6 feet) next to the street (*but not in the street*). Also, please do not block the sidewalk. Crews must have access to the leaves, so do not block them with vehicles, etc.



Bagged leaves will be picked up weekly on your regular trash pickup day.

The Main Thing's —
A FERTILE HOLIDAY will run through January 10, 2015, with performances every Friday and Saturday night at The Joint, 301 Main Street, North Little Rock.



This comedy chronicles the Fertile Family's trouble-ridden holiday reunion in the tiny town of Dumpster, as they attempt to entertain their rich relatives from San Diego. *The Main Thing* comedy trio brings the quirky family to life by portraying all the relatives and townspeople needed to create the illusion of a bustling Christmas get-together. *A Fertile Holiday* is suitable for people of all ages.

Admission is only \$22 (reservations are recommended). Tickets may be purchased by calling 501-372-0205 or online at www.TheJointArgenta.com or at The Joint.

About The Main Thing—a national award-winning, world-class comedy team — is Central Arkansas' own professional resident company. This three-member act stars veteran performers whose work has been featured on "Saturday Night Live," Off-Broadway, on MTV and in thousands of live stage performances across the

country. Their most popular comedy series, starring the fictional Fertile Family, spawned 14 DVDs, leading to numerous appearances in film, on state and TV.

Performances are every Friday and Saturday at 8:00 p.m. The Joint's cabaret-style theater offers cocktails, craft beers, wines, European-style coffees, food and desserts at your table throughout the show.

For more information visit <http://thejointargenta.com/THEMAINTHING.asp> or contact Erika Peters at 501-372-0205.

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Flashlight APP Permissions	Recommended Countermeasures
Text access to protected storage	
Authorization to take pictures and videos	Either put masking tape over your webcam and microphone when not in use or pull the battery out of your smartphone when you are not using it
Prevent device from sleeping	
Precise location (GPS and network-based)	Disable your GPS at all times except in an emergency or when you need to use your smartphone for navigation purposes
View Network connections	Disable Bluetooth at all times except when you are in your car, driving, if you want to have hands-free calls, if supported by your car

The North Little Rock Visitors Information Center in Burns Park will be open Christmas Eve as well as December 26th to assist holiday travelers 8:30 a.m.—4:30 p.m.

The Information Center will be closed Christmas Day and New Years Day

De-stressing the holidays

Found in *Healthy Living Made Simple / Sam's Club magazine* under *Family Wellness, Fitness, Food & Lifestyle*

'Tis the season to be...stressed? For many people, the six-week period between Thanksgiving and New Year's can be one of the most time-crunched and stressful times of the year, says Sheela Raja, PhD, clinical psychologist and assistant professor at the University of Illinois at Chicago.

The top stressors, according to Dr. Raja, are "financial worries, family conflicts, feeling frazzled like you can't get everything done, travel stress and, for a lot of us, the feeling of perfectionism—that the holidays should look like a Norman Rockwell painting or other people's photos on Facebook or Instagram." Indeed, nearly 70 percent of people report being stressed about lack of time or money during the holiday season: almost 50 percent worry about getting or giving gifts, according to the American Psychological Association.

No wonder the holidays often feel more harried than happy. But don't worry, managing stress this time of year is doable with the right coping strategies. Dr. Raja and Daisy Sutherland, DC, author of *21 Ways to Enjoy a Stress-Free Holiday Season*, have offered up their top tips on how to de-stress your holidays.

Financial woes. "Too often we get so fixated with the commercialism of the holidays that we truly forget the reason for the season—getting together with family and friends," says Dr. Sutherland. Instead, focus on creating memories. You can easily cut your costs by planning a no-gift get-together centered around good food and quality time spent with each other.

When giving gifts is appropriate, try being creative or crafty with your gifts, she suggests. "Grandparents love receiving pictures of their grandkids, and digital photo frames are one of the least expensive gifts out there—but they're also the most memorable," she says. Or give a coffee mug with your child's photo on it. "It seems simple, but people are often happy with the littlest things because you put thought into it."

In addition, "focus on what you do have—the small daily things you are grateful for," says Dr. Raja. The expectation shouldn't be about creating a perfect holiday season that goes off without a hitch. Instead, take this time of togetherness to celebrate the smaller successes in your life, along with those of your friends and loved ones.

"There's a lot of research about gratitude journals—whether you write it down or



say it at your table every day from Thanksgiving onward that reminds yourself that we all have small blessings in our life. It's not about that one big day with all the gifts, but about counting up our small blessings throughout the season." Try this yourself, and with your family. You'll be surprised how fast the blessings start adding up.

Family tensions. "The first thing people need to understand is that there are no perfect families," says Dr. Raja. "All families fight. Some more than others."

How can you disarm the tension? Practice boundary—setting beforehand. For instance, if you're sensitive about a topic, practice what you're going to say ahead of time, advises Dr. Raja. You might respond to a hot-button issue by saying, "I know you're worried about my job situation, but I've got it covered for now," she explains. Other strategies include breaking the tension with board games, watching movies or creating videos.

Feeling frazzled. "Plan ahead," says Dr. Sutherland. "That will take away the stress from not having enough time." Prep your holiday meals in advance, and make use of the freezer. Cut vegetables and make gravies or big batches of cookies ahead of time and freeze them.

Don't forget to pace yourself. "If you're decorating your house, don't think you have to do it all in one day," Dr. Sutherland says. "In our home, we start adding decorations little by little. One day we may put up garland. Another day we'll put up the lights. Another day we'll make ornaments from the Christmas cards we got the year before."

Finally, consider some kind of relaxation method—even just five to 10 minutes each day will calm your body, advises Dr. Raja. Meditation, prayer, yoga, stretching or deep breathing in your car with the radio off can help. "There's evidence that even a small amount of time spent relaxing can create lasting changes in our brain chemistry and boost our immune system," she explains.

Travel stress. Start early, be prepared and make a list of everything you need to bring beforehand so you can check things off. When traveling with children or other family members, it's important to remember snacks, games and other things to occupy passengers. In addition, when you're at the airport and your plane is delayed, just accepting that's the way things go, especially during the busy holiday season, can help you feel less frazzled, Dr. Raja says.

Perfectionism. "Invite others to help you," says Dr. Sutherland. "Don't think you have to do it all." Try asking for help with gift wrapping, meal preparation and party hosting.

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Asking for help can relieve the stress of having to do it all by yourself.

And rather than focusing on creating the perfect meal, gather your family or friends and head to a local food bank, advises Dr. .Raja. Research suggests that helping those in need can reduce stress and promote positive emotions. "If you focus on (volunteering), you're really going to change the tone of the holiday season," she says.

Volunteer at a soup kitchen or make sandwiches for those in need. "Your serving others, and that's a holiday gift." said Dr. Sutherland.

In another article, Dr. Andrew Myers said Chronic stress is just plain bad for your body, and it wreaks havoc on your immune system. When you're under

stress, your body releases a number of hormones, including cortisol. Cortisol overrides functions in the body that aren't essential to a "Fight or flight" survival response. Cortisol impacts your immune system response, increasing the risk of getting sick. Over time, chronic stress can lead to weight gain, sleep problems, depression, and an increased risk of heart disease.

Reducing your stress levels is important to staying well. Deep breathing, yoga, meditation, laughter or even a leisurely walk can help keep your stressors in check. Start by spending just 10 minutes managing your stress today. And you can begin making positive choices for your health that can support immunity and even extend your life.

Scottish Shepherd's Pie

- 1 lb lean ground beef
- 1/2 cup yellow onion, diced
- 1 cup carrot, peeled and diced
- 1 oz pkg brown gravy mix
- 1 to 3 teaspoons curry powder (or to your taste)
- 4 cups mashed potatoes, warmed

Brown beef, onion and carrot in a skillet over medium heat; drain. Meanwhile, prepare gravy mix according to package directions; stir desired amount of curry powder into gravy. Add gravy to beef mixture. Spoon mixture into an ungreased 2-quart casserole dish. Top with warm mashed potatoes. Bake, uncovered at 350° for 30 to 35 minutes. Makes 4 to 6 servings. Serve with green salad.

Found in *Weeknight Dinners Cookbook*
published by *Gooseberry Patch*



North Little Rock Finance Director

Karen Scott was a finalist this year for Arkansas Business CFO of the Year 2014.

In 1993, Scott began her government accounting career working in the finance department for the City of Hot Springs.

Over the years, she has had accounting positions with several government agencies, including the Arkansas Department of Human Services and the city of Benton. In May 2013, she became the city of North Little Rock Finance Director. Revenue was \$171.2 million. Project revenue this year is \$188 million.



The city has 870 employees. Mrs. Scott's management style is to "make every member of the team understand that they have an important role to play and it doesn't matter what position they're in or what pay grade they're in," she told Arkansas Business.

Away from work, Scott recently completed her term as president of the Arkansas Governmental Finance Officers Association. She has been a member of the Magnet Cove School District School Board since 2000.

She said the secret to her success is having parents "who taught me the value of working hard and doing right by my employer."



Veterans Day

A ceremony in memory of North Little Rock residents who gave their lives in service to our country was held November 11, 2014, at Laman Library in the auditorium. Major General William F. Wofford, Adjutant General, Arkansas National Guard was the keynote speaker.

The following were recognized for their service:

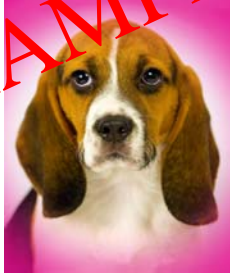
<i>NAME</i>	<i>MILITARY BRANCH</i>	<i>NAME</i>	<i>MILITARY BRANCH</i>
Acosta, John Wayne	Army	Kuehnert, Billy Hiram	Navy
Adams, Willie Guy, Jr.	Army	Lamberson, William Edward	Army
Baker, Aquila	Army	Manees, Fred M.	Army
Beardsley, William R.	Army	Manning, Gerald Alton	Navy
Belcher, Billy Dean	Navy	Mayer, Paul Evans	Marines
Biles, Calvin Webb	Marines	McCommons, Michael Ray	Army
Blevins, Hiris Wayne	Army	Miller, Charles Edward	Navy
Briley, Donovan L.	Army	Miller, Cloyce H.	Army
Canady, Carl A.	Army AC	Mooty, Lawrence Boyd	Army
Clements, George Lee	Army	Moore, Clarence L. A.	Army
Conway, James Albert	Army	Mossholder, Loyd Walter	Navy
Cook, Marvin, Jr.	Marines	Musick, Arthur Benton	Navy
Copeland, Joseph Errett	Navy	Neighbors, Lester A.	Army
Crowder, Harold Edward	Marines	Nolen, Bobbie E.	Army
Davis, James William	Navy	Oholendt, Harry Kenneth	Army
Davis, Ronald Eugene	Army	Pattison, Ronald Alan	Marines
DeBell, James Albert	Navy	Rash, Ronald Wayne	Army
Dedman, Julian Dean	Army	Ratcliff, Henry Earl	Navy
Dhonau, Charles M., Jr.	Army	Rea, Fred Daniel	Army
Dillon, Richard Hall, Jr.	Marines	Robertson, Gerald William	Marines
Dixon, Jay B.	Army	Robbins, William T.	ANG
Elledge, Michael Stewart	Army	Schriver, Thomas M.	Marines
Eubanks, George R.	Marines	Screeton, James Clark	Navy
Evans, Dean P.	Army AC	Seabourn, Lloyd Earl, Jr.	Navy
Fairchild, Lloyd Thomas	Navy	Sheppard, Ben Ogilvie, Jr.	Navy
Felder, Arthur	ANG	Smith, Louis W.	Army
Hale, George M., Jr.	Army AC	Smith, William Taft	Army
Hampton, Michael Dewayne	Army	Spratlin, Michael Stephen	Navy
Henderson, Frank Herman	Army	Stroble, Coy Edward	Army
Hines, Arvel Clay	Navy	Stukey, Frederick Luther, Jr.	Army
Holcomb, Oscar Thomas	Army	Taylor, Michael Vernon	ANG
Holloway, Freddy Archie	Army	Thomas, Robert Milton	Army
Howard, William Archie	Marines	Tilley, Louis Henry	Marines
Johnson, Nathaniel Noble	Navy	Tobey, Roy Carl	Army AC
Johnson, Robert Thomas	Army	Ward, James Henry	Marines
Jones, Otis Cecil, Jr.	Army	Warren, William Thomas	ANG
Kaufman, Richard C.	Army	Webster, William A.	Army AC
Klassen, Francis James	Army	Westbrook, Buster	Army
Kordsmeier, Patrick William	ANG	Williams, Edward Odell	Army
Kresse, Joseph Anthony	Navy	Wood, William E., Jr.	Air Force



**Peddlers Permit
City of North Little Rock**

Issued to: **Jane Doe**
Issued: 8/1/14
Expires: **11/1/14**

EXAMPLE



Sex: Female
Eyes: Brown
Hair: White and Tan
Height: 1'2"
Employer: **Doggie Jewelry for Pups**
Type of Goods Sold: **Jeweled Collars**

City Clerk and Collector Diane Whitbey
By: **SAMPLE ONLY—**
only valid with signature

Deputy City Clerk and Collector

**North Little Rock Lions Club
Annual Fruit Sale**

Order by December 10, 2014

**Delivery on December 17, 2014
Peck Baskets for \$25.00
Half Peck Baskets for \$15.00**



For more information or to Order, Please contact

**Bill Singley at
billsingley1942@gmail.com**



Since 1917, Lions clubs **We Serve** 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 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.

The following individuals is currently licensed to go door-to-door in the City of North Little Rock:

Edward Jones **Melvin H. Jackson**
Expires 1/1/2015 **Expires 1/14/2015**
Scott Burton Legal Shield

Reminder to residents:

If someone comes to your door, you do not have to answer or let them in. If someone comes to your door and makes you uncomfortable please call the police. If someone comes to your door and is unable to produce an ID issued by the City of North Little Rock (similar to above example), please call 501-758-1234.

In all cases, if you call please provide a description of the person, location and vehicle description and license number if possible.

*The North Little Rock Visitor's Center wants to know about your upcoming events!
To submit events, visit
www.NorthLittleRock.org or call Stephanie Slagle, Public Relations Representative at 501-758-1424.*

**North Little Rock Christmas Parade
will be Sunday, December 7, 2014
beginning at 2 p.m.**

This year's theme is "I Love Christmas"

All clubs, organizations, schools, churches and businesses are encouraged to participate in the parade.

All entries must have entertainment appeal. Vehicles must be decorated and participants must be costumed. Drivers of 3 and 4-wheelers must be 18 years of age or older.

All children and children's groups will be required to be in a vehicle. This is for the safety of participants and spectators and to keep the parade moving in a timely manner.

There will be only one Santa in the parade (well, duh, there's only one Santa anyway! Right?!) Sponsored by the North Little Rock Sertoma Club, City of North Little Rock, North Little Rock Visitors Bureau
Sherry Bruno, Project Chair

For more information, contact Shannon Harris at 501-758-1424 or email SHarris@northlittlerock.org



North Little Rock City Council Schedule

The North Little Rock City Council meets the 2nd and 4th Monday of each month at **6:00 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.

The City Council Agenda can be found at 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 November:

December—1—5 recycle

December 8—12 no pickup

December 15—19 recycle

December 29—Jan 2 no pickup



City Offices located at 120 Main

IS/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, Mary Beth Bowman	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

Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Collector.....	501-975-8617
Diane Whitbey	
Legal.....	501-975-3755
C. Jason Carter / Matt Fleming	
Communications.....	501-975-8833
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Fit 2 Live.....	501-975-8777
Bernadette Rhodes	

Immediately following the
NLR Sertoma Christmas Parade)

The City of North Little Rock presents:

Northern Lights Festival

Sunday, December 7, 2014

3:30 p.m. - 5:30 p.m., City Services Lot

Immediately following the
NLR Sertoma Christmas Parade)

Pictures with Santa

Kids Crafts

Tree Lighting

Musical Entertainment by Local Choirs

Toys for Tots Drop-off & MORE!

Everyone's invited,
see you there!

Santa

North Little Rock History Commission



The **North Little Rock History Commission** invites everyone to come by the old fire station building at **506 Main Street** prior to the Christmas Parade Sunday, **December 7, 2014** to see the exhibit

“Rockin’ Around the Christmas Tree.”

The building will be open at **1:00 p.m.**

A special “Elf” will be visiting the building and a **craft for children** will be included.

Come by and see this exhibit which will highlight some of our city’s “Baby Boomers”.



Special Olympics goal is to bring people with intellectual disabilities into the mainstream of society in Arkansas under conditions where they are accepted, respected, and given the opportunity to become positive citizens.

Special Olympics is more than medals or winning. We celebrate that our athletes are at the center of our work and the heart of our movement.

Take the Polar Bear Plunge and Support

Special Olympics Arkansas Saturday, December 6, 2014

Lake Willastein

(participants must wear shoes to plunge)

Maumelle, AR 72113

Registration begins at 10:30 a.m.

Plunge is at 12 noon

*For more information, contact Paula Calhoun
at 501-425-8343 or email
paula@specialolympicsarkansas.org*

December Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
JULIA	COULTER	Animal Shelter	18	MICHAEL	GIBBONS	Police	20
MARY	DENTON	OES/911	11	CHARLES	BARNES	Police	16
JONATHAN	STOWELL	Electric	27	JOHN	NANNEN	Police	16
SHANE	PRATER	Electric	5	MARK	TOZER	Police	15
DANIEL	CUSHING	Electric	7	RICHARD	BEASTON	Police	15
DONNA	BRYANT	Electric	32	JUDY	PRINCE	Police	34
TERRENCE	WILLIAMS	Electric	13	ERIC	IMHOFF	Police	10
ALFRED	CERRATO	Fire	34	KASEY	KNIGHT	Police	8
BRENT	TREECE	Fire	7	KENNY	STEPHENS	Public Works	7
JUDY	WILKINS	2nd Court	11	ROBERT	HUMPHREY	Public Works	7
SYLVIA	NORMAN	UAD	7	JULIANNE	IVY	Sanitation	5
WHITNEY	MOORE	UAD	2	SYLVESTER	SMITH JR.	Sanitation	5
SHAY	REAGAN	UAD	2	ANTHONY	ROBINSON	Sanitation	6
ROBERT	MAULDIN	HR	7	JOSEPH	BAUMAN	Sanitation	18
STACEY	LEONARD	HR	4	MICHAEL	MARBLEY	Sanitation	6
JERRI	DAUGHERTY	Police	33	GREGORY	PATILLO	Street	3
KENNETH	LIVINGSTON	Police	16	NOEL	BROWN	Street	3
LARRY	BEHNKE	Police	9	ROBERT	BROWN JR.	Street	7
WILLIAM	JONES	Police	11	GARY	SHEFFIELD	Street	7
MICHAEL	BROOKS	Police	7	DEAN	GATLIN	Street	12
JEFFREY	GLOVER	Police	24	WALLACE	HATCHETT	Street	23
GARY	YIELDING	Police	24	THURMAN	MCKEE JR.	Traffic	14
JAROD	MAYNARD	Police	7	LINCOLN	MARTIN	Hays Center	10
CRAIG	UMHOLTZ	Police	7	CHERIHAN	SBAIT	Hays Center	2
AMY	COOPER	Police	11	NATHANIEL	LEE	Parks Maint	4
PHILLIP	LOWRY	Police	20				



Hays Center Christmas Party

Friday, December 12, 2014

6:30 p.m.—9:30 p.m.

401 West Pershing

Dinner, dancing, games and fun!

Live Band—Exit 123

Tickets are only \$15 per guest and must be purchased in advance.
This event is open to the public and all ages are welcome to attend!

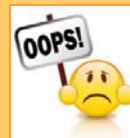
If you have news, an upcoming event, recipe, photos, etc. you would like to share with others in North Little Rock, please email Dwhitbey@nlr.ar.gov by the 15th of the month.

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.

December Birthdays

Name	Dept	Date	Name	Dept	Date		
ROBERT	KUYKENDALL	Electric	1	CHRISTINA	YIELDING	Legal	17
THOMAS	SIMMONS	Fire	1	BELINDA	GARVIN	Public Works	17
FELECIA	HART	Commerce	1	RICHARD	POZZA	Electric	18
MALLORIE	LEWIS	OES/911	2	ALLEN	BUIE	Street	18
JOHN	MCCULLAR	Public Works	4	RENALDO	BENNETT	Fire	19
LEEANN	SADLER	OES/911	5	HELEN	ARNOLD	1st Court	19
LARRY	BEHNKE	Police	5	LINDA	ROBINSON	Alderman	20
DAVID	ARMSTRONG	Vehicle Maint	5	DAVID	MILES III	Animal Shelter	20
GREGORY	NASH	Fire	6	ROBERT	BRYSON	Fire	20
AMON	SHIRLEY	Police	6	ANGEL	ROSADO	Police	20
RICHARD	MATTHEWS	Fire	7	MATTHEW	PETERSON	Parks Recreation	20
WILLIAM	SCOTT	Police	8	JOHN	POUNDERS	Fire	21
JAMES	FRANKS	Police	9	VICKI	WEED	1st Court	21
TERRI	TODD	OES/911	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
ZACHERY	KIMSEY	Electric	14	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
CHAD	FULLER	Vehicle Maint	16	DUANE	GILES	Code	29
MARY RUTH	MORGAN	Treasurer	17	JOSEPH	FOLEN III	Finance	30
DONALD	FRIDAY JR	Electric	17	JOHN	ADAMS	Fire	31
WALTER	GUNN III	Health	17	KRISHAUNA	KINDALL	Parks Recreation	31

We missed an anniversary last month..
...A Special Happy 1 year Anniversary to
Mary Beth Bowman, Commerce and Governmental Affairs



MERRY CHRISTMAS AND HAPPY NEW YEAR
FROM THE NORTH LITTLE ROCK CITY CLERK AND COLLECTOR'S OFFICE
DIANE WHITBEY, LINDA MARSHALL, KATELYN THOMAS AND MARK ROGERS
AND CITY TREASURER MARY RUTH MORGAN

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. If someone is omitted, please let me know!