

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

February 2015

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.

2015 City Observed Holidays

George Washington's Birthday and
Daisy Bates Day
Monday, February 16

Memorial Day
Monday, May 25

Independence Day
Friday, July 3

Labor Day
Monday, September 7

Veteran's Day
Wednesday, November 11

Thanksgiving Holidays
Thursday and Friday November 26 & 27

Christmas Eve, Christmas Day
Thursday and Friday December 24 & 25

Sanitation / Waste Management Holiday Pickup Schedule

Work 1 day delayed, Tuesday—Saturday

Work 1 day delayed, Tuesday—Saturday

Work regular schedule, Monday—Friday

Work 1 day delayed, Tuesday—Saturday

Work 1 day delayed, Thursday—Saturday

Work 1 day delayed, Friday—Saturday

Work 1 day delayed, Saturday

North Little Rock has a new website.

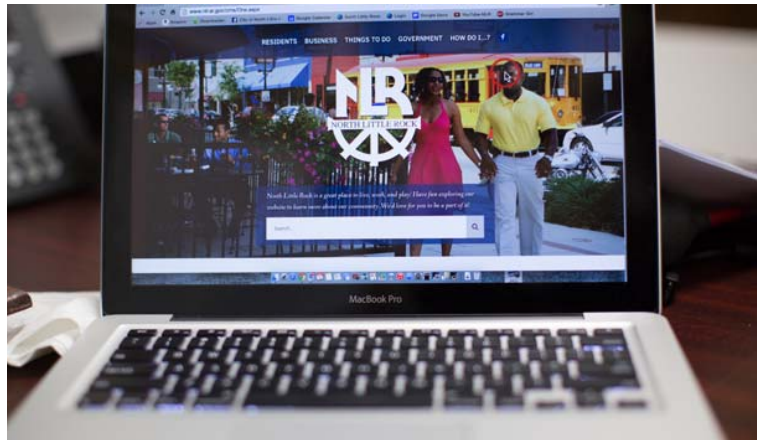
We encourage everyone to take time to visit it at www.nlr.ar.gov.

Visit the Calendar page for upcoming events, meetings, etc.

Visit the Government page to find elected officials, department heads, city council agenda information and more.

Visit the Business page for information about business licenses, zoning, permits and utilities.

Go to the Government page then City Clerk and Treasurer and click on "Licensed Peddlers" to see who is licensed to go door to door.



**City Offices will be closed Monday, February 16, 2015,
in observance of Presidents Day**

Garbage pickup scheduled for the week of February 16, 2015 will run one-day delayed all week.
(i.e. Monday's pickup will be Tuesday and so on...)



"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

Spring in the Northern Hemisphere officially begins not with warm weather or

the arrival of robins, but with the sun arriving directly over the Equator as the Earth moves through its orbit. When this happens, day and night are almost equal in length. But for wildlife, the little details of the seasons are lost in the big picture.

For most creatures, spring means more warmth and more daylight, and these two elements have major effects on animal behavior.

Why Spring Activity? Animals become active in spring—arising from winter sleep, migrating, breeding—because, with the warmth, plants grow and food becomes more abundant. Ground squirrels, such as chipmunks, start scurrying around. Bears, in turn, start feeding on ground squirrels.



Forest wildflowers push shoots above ground in spring, taking advantage of the sunlight they receive before trees grow leaves and shade them. Even in prairies, some smaller plants flower quickly in spring

before taller grasses block out the sun. The growth of plants provides food and nesting material for many species that themselves provide food for predators. In spring, insects crawl from hiding places or take to the wing, providing food for nesting birds. Spring is the season when nature stretches unused muscles and gets back to the work of producing the next generation.

An End to Hibernation. Hibernating animals have slept through all or much of the winter, saving energy and, in some cases, living off stored fat. While zoned out for the cold months, they slowed way down. For example, a chipmunk's heart rate declines from about 350 beats per minute to perhaps 4 beats per minute during hibernation. Hibernating animals include bears, hedgehogs, woodchucks, bats and various ground squirrels.

But the practice of hibernation varies from species to species. A chipmunk's body temperature may drop during hibernation from 94 degrees F to whatever the temperature of its burrow—as cold as 40 degrees F. A bear, on the other hand, will maintain a hibernating temperature of 88 to 97 degrees, just a bit below its summer temperature of 100 degrees. Bears will sometimes wake briefly during winter, but may go without eating, urinating or defecating the entire time. They live on fat reserves. Chipmunks wake every few days,

raise their body temperatures to normal, feed on stored food rather than fat reserves, and urinate and defecate. When chipmunks are in the deep sleep phase of hibernation, they may be very difficult to arouse; bears wake up more quickly.

With the arrival of spring or late winter warmth, revived hibernating animals go out into the work seeking food and, in some cases mate. Chipmunks may mate as early as February and may be seen running across remnants of winter snow.

Love is in the Air (and the Pond).

Even urban residents may notice that in spring, trees become broadcasting sites for birds—they chirp, whistle and warble—sometimes disturbing slumbering humans at daybreak. Songs are



used to attract mates and to warn away rivals. More unusual, however, is the behavior of various salamander, toad and frog species. These animals are amphibians, their lives split between dry habitat and water. Almost all of them need water bodies in which to lay eggs. Consequently, in spring, many amphibian species converge on ponds—possibly the very ponds where they themselves hatched. Many of these species coordinate their mating with the phases of the full moon, so that hundreds or even thousands of them show up on the same night at the same pond to breed, increasing their chances of success in the mating game. They are following urges and pathways that may be thousands of years old, but they may find that things have changed since their early ancestors first trod the earth. Roads, for example, may now lie between them and their breeding pond. In some areas, hundreds of toads, frogs or salamanders may hop or slither across roads in mass movements that set up the animals as easy victims for motor vehicles.

Spring for the Young. Not all creatures mate in spring. Deer, for example, mate in the fall, which allows their fawns to be born during the abundance of spring. Many species that live in the northern reaches of the Earth, including wolves and coyotes as well as deer and birds, time their mating behaviors to produce young in spring. However, like the seasons themselves, even mating seasons can vary with a species.

Found at www.nwf.org/news-andmagazines/

Need a new addition to your family?
Call
501-791-8577
...we've got the perfect companion for you!



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





North Little Rock Fire Department

Fire Safety Tips for the Workplace

No matter what type of business you conduct at your workplace, fire safety should always be a main concern. Here are a few fire safety tips you can distribute to your staff.

Fire Prevention

- Keep your work area free of waste paper, trash and other items that can easily catch fire.
- Check on your electrical cords. If a cord is damaged in any way, replace it. Try not to lay cords in places where they can be stepped on, as this will contribute to deterioration of the protective outside coating.
- Don't overload your circuits.
- Turn off electrical appliances at the end of each day.
- Keep heat producing equipment away from anything that might burn. This includes copiers, coffee makers, computers, etc.

In the Event of a Fire

- Upon finding a fire, call 911 immediately and don't hang up with the emergency responder until told to do so.
- Close doors when exiting to help limit the spread of smoke and fire throughout the building.
- Never use elevators during an evacuation.
- Follow the escape plan and meet at a pre-determined place outside of your building and away from danger. Conduct a headcount to ensure all of your staff has evacuated.

The best way to ensure the safety of your staff is through fire prevention and preparation. Talk with your staff about fire safety in the workplace today.

Found at www.alarm.org



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 (December events).

Central Arkansas Water—Year to date water sales are 10% below 12 year historical average. Consumption was the lowest in CAW history. Purchased 295.25 acres in the watershed to be placed in a Conservation Easement.

Laman Library—in 2014 390,618 patrons visited the library, there were 82,929 virtual visits and 201,847 items were checked out. Exhibits at Laman and Argenta had 30,582 visitors. The library also issued 3,432 passports in 2014. Laman Library was also awarded the 2014 Public Sector Historic Preservation Alliance of Arkansas Award for the preservation of the Argenta Branch Library.

Neighborhood Services—Mailed 3 neighborhood group and Neighborhood News newsletters to 1,289, emailed 108 and attended a multiple neighborhood meetings.

IS—84 work orders, 31 web postings, multiple ongoing projects in majority of city departments.

Utilities Accounting—

Bad debt October: \$36,291

Electric bad debt write-offs 2014: \$268,733

New accounts installed: 973

Accounts finalized: 1,030

Customer related calls—6,809, direct contact with Customer Service—1,935, inside teller payments received 9,212, drive-thru teller payments—5,412.

Street Department—Patchwork city-wide, cut and cleaned various alleyways, haul sweeper piles off, ran down Greenlea Lake, cut ditches city-wide, replaced sidewalk, poured pads for light poles, and more.

Sanitation—Collected and disposed of 1,758.96 tons (3,517,920 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 206 loads; 690 cubic yards of mixed debris along with 5,154 cubic yards of green waste. Leaf crews collected 148 loads (5,451.0 cubic yards) of loose leaves. Several move-outs picked up and 221 tires. Issued 62 Sanitation Code notices/letters and 2 citations for non-compliance.

Police—Theft from motor vehicles –32%, all property crimes –25%, Robbery –35%. Officers participated in

“I Like Me” book reading program in elementary schools. NLRPD 18th Annual Season of Giving provided food and toys to 20 families for Christmas, Governor-elect Asa Hutchinson participated in 3 deliveries. No bank robberies in 2014.

Fire—Total Incidents: 863
Residential Fires: 15
Vehicle Fires: 4
Rescue/EMS: 499
Other Responses: 275
Total Responses: 1,535
Other Structure Fires: 0
False Alarms/Malfunctions: 63
Haz Mat Responses: 5
Total Fire Losses: \$226,450
Total Value: \$649,700
Total Saved: \$423,250
Training: 3,911 hours
Building Surveys: 171



Office of Emergency Services/911—

Calls for service: 19,591

CAD incidents: 8,808

Electric Department—38,568—customers, Peak Power—124,001 KW, Territory— 60 square miles, miles of wire—544.8 miles, # Transformers—11,248, Street lights—10,993 (85 repaired), Smart meters 35,002—Revenue \$6,172,229. 1 outage: 998 customers were without power after a cluster of “Birthday” balloons knocked out the McCain Substation for 68 minutes.

City Clerk/Collector—1% Hotel—\$22,208.95; 2% Hotel/Motel—\$44,935.12; Mixed Drink Tax—\$24,204.21; Restaurant Tax—\$413,036.81. Issued 16 new business licenses, processed 37 renewals (including Beer / Liquor), 11 accounts under review. Attended Code and Animal Court. Working with Legal on legislation to impose penalties for late payments mixed drink and alcohol permits. Began regular postings to new website (Newsletter, Boards and Commissions, City Council meeting information).

Code Enforcement—97 assigned calls, 441 initiated calls, 31 citations, 267 notices, 118 vehicles tagged, 82 structures inspected, rental inspections 26, 19 food service inspections, 0 search warrant, 2 houses demolished by city, 7 houses demolished by owner. Secured 2 vacant houses, mowed 0 vacant lots, mowed 0 with structures, picked up 183 tires.



Continued on next page...



Animal Control—NLR

Incoming
 Animals—166, (2,817 in 2014)
 Adopted 54, (703 in 2014)
 Reclaimed 20, (385 in 2014)
 Euthanized 78, (1,509 in 2014)
 Citations issued 74, (979 in 2014)
 Vouchers (low cost spay/

neuter) Dogs 22, Cats 16,
 Calls for Service 494 (8,858 in 2014)

Pulaski County Incoming Animals—61, (1,105)
 Adopted 11 (276—2014), Reclaimed 9 (77—2014),
 Euthanized 33 (690 in 2014)

22 animals were sent to out-of-state rescue. Seized
 11 Pit Bulls. Sent 1 specimen to State Health Department for rabies test.

North Little Rock Visitors Bureau / A&P

Visitor Information Center (Burns Park) had 569 visitors. Arkansas Inland Maritime Museum had 1,392 visitors including birthday parties, overnight stays, school groups, etc. RV Park had 262 RV's with an average stay of 2.96 days. Top 5 restaurants (based on sales) Golden Corral, Red Lobster, Chick Fil-A, Olive Garden and Cracker Barrel.

Parks and Recreation—Holiday Lights event (held in Burns Park) was a huge success. 140 people and 8 dogs participated in annual *Dashing Thru the Lights* event. Over 200 youth visited with Santa, decorated cookies, made greeting cards and crafts. Soccer Field preparations underway for U S Youth Soccer Region III Championship Tournament June 19—25, 2014. Shep (city's goose eradicator) has been busy keeping the geese away. Shep also assisted Park Ranger in giving directions, information and maps to over 500 visitors to city parks.

**Finance—
 Revenues (MTD—August)**

Taxes	\$ 272,750.12
Licenses/Permits	\$ 50,123.79
Fines/Forfeitures	\$ 231,914.00
Local Option Sales Tax	\$2,082,724.59
Intergovernmental-State	\$ 0.00
Franchises	\$ 113,590.69
Investment/Misc	\$ 11,640.34
User Fees	\$ 197,526.17
Utility Transfer	\$ 51,886.01
Grants & Other	\$ (83,514.68)
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$3,851,721.03

Expenditures

Administration	\$ 157,996.57
Animal Shelter	\$ 85,399.80
Special Appropriations	\$ 376,556.39
City Clerk	\$ 26,464.40
Emergency Services	\$ 131,548.75
Finance	\$ 71,348.15
Fire	\$1,597,514.15
Health	\$ 15,672.47
Legal	\$ 41,127.74
1st Court	\$ 48,789.00
2nd Court	\$ 45,246.76
Public Defender	\$ 1,856.26
Human Resources	\$ 48,101.30
Commerce	\$ 21,428.25
Planning	\$ 74,116.55
Police	\$2,574,258.68
Code Enforcement	\$ 87,955.52
Public Works	\$ 54,459.66
Neighborhood Services	\$ 13,364.01
Sanitation	\$ 456,823.96
Vehicle Maintenance	\$ (66,700.81)
Senior Citizens Center	\$ 117,335.06
Communications	\$ 13,615.90
Fit 2 Live	\$ 14,650.95
Total Expenditures:	\$6,008,899.00

Cheesy Mashed Potato Chicken Chowder

- 2 cups reduced-sodium chicken broth
- 1 can whole kernel sweet corn, undrained
- 2 cups chopped deli rotisserie chicken
- 1 medium red bell pepper, chopped
- 2 medium green onions, sliced with tops (1/4 cup)
- 2 tablespoons butter or margarine
- 2 cups milk
- 1 box (4.9 oz) Betty Crocker Ultimate Cheddar mashed potatoes



Heat chicken broth, corn, chicken, bell pepper, green onions and butter over medium high heat until boiling. Cover and reduce heat. Simmer 5 minutes, stirring occasionally, until bell pepper is crisp-tender. Stir in milk and 1 pouch Cheese Sauce until sauce is melted and thoroughly heated. Remove from heat; stir in 1 potato pouch until blended. Serve immediately. Serves 6.

Arkansas Department of Health

Pulaski County Health Facts

Core Services

The work of the Arkansas Department of Health affects the state's entire population every day. Each year, they see more than 80,000 family planning patients and ensure that more than 20,000 food service establishments are clean and serve food that is safe to eat. The department tests water quality in over 1,100 water systems and in swimming pools to make sure it is safe. Employees investigate public health diseases and threats, provide preventive health services in clinical and in-home settings and educate and monitor sites that impact the public's health.

The following services can be accessed through local health units.

Clinical Services are provided through local health units that prevent disease, illness and injury; protect against health threats and share knowledge with the community. These services are an essential and cost-effective public investment and include: *Infectious Disease Prevention and Control; Immunizations; Breast and Cervical Cancer Prevention and Control; Infants and Children (WIC) and Women's Health.*

In-Home Services provide a wide variety of health care programs and services under physicians' orders to patients in their homes and other settings including: *Home Health, Personal Care/Elder Choices, Hospice, Maternal/Infant and Community-based Case Management for the Elderly.*

Environmental Health Services work to prevent premature death and avoidable illness and disability that may result from interactions between people and the environment. Program include: *Food and Milk; On-Site Wastewater; Pool and Swim Beach Safety; Tattoo and Body Art; Water Systems (Engineering); Heating, Ventilation, Air Conditioning and Refrigeration; Plumbing and Clean Indoor Air Act Enforcement.*

Community Services work to improve the health of



citizens by promoting healthy behaviors and providing assistance with the development of health services and systems of care.

Hometown Health Im-

provement (HHI) initiatives support community-related health development efforts in all 75 counties and pro



vide support for 73 coalitions. *Rural and Primary Care* administrates grant programs for small hospitals and committees to improve health services in rural areas and works with organizations to coordinate rural health resources and activities statewide.

Local Health Units

North Little Rock, 2800 Willow, 791-8551

Central Little Rock, 3915 W 8th Street, 280-3100

Southwest Little Rock, 4918 Baseline Road, 565-9311

Jacksonville, 3000 N 1st, 982-7477

What we do locally

(Fiscal Year 2012—July 1, 2011—June 30, 2012)

Budget and Employees

Health Department	\$7,279,761
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# of Employees	144
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In-Home Services Annual Payroll	\$ 509,569
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Clinic Services	Patients/Visits
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BreastCare	569/600
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Family Planning	4,371/8,268
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Flu Shots	12,481/12,592
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Immunizations (excluding flu)	6,977/7,903
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Maternity	26/48
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Sexually Transmitted Diseases	3,499/4,763
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Tuberculosis	1,426/3,139
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Tuberculosis Skin Tests	13,462/27,498
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Environmental Services

Food Service Establishment Inspections	3,356
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On-Site Wastewater Systems Permits Issued	185
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Swimming Pool Inspections	554
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Flu Vaccine

Total Flu Doses	18,890
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In-Home Services

Case Management Units	742
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ElderChoices Hours	6,864
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Home Health Visits	2,995
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Hospice Days	0
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Patients Served	1,187
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Personal Care Hours	38,293
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Maternal/Infant Visits	1,807
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Unreimbursed Care	\$156,108
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Prevention and Control of Communicable Disease

# of Cases Investigated	367
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Women, Infants and Children Services (WIC)

Patients Served Annually	18,909
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Payments to WIC Vendors in County	\$7,900,066
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County Statistics

Population	386,299
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Female	200,641
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Male	185,658
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White	215,958
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Black	136,848
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Hispanic or Latino Origin	23,147
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Other	10,346
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Children in Single-Parent Home	39,097
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Children in Poverty	22,937
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Uninsured	51,687
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Hypertension	99,407
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10 Ways to Boost Your Energy

Staying hydrated is one way to boost energy, but you don't need to reach for caffeine. Here are natural energy boosters, some as simple as drinking a glass of water or sprinting up a flight of stairs.

By Beth W. Orenstein

Medically reviewed by Pat F. Bass III, MD, MPH

Found at www.everydayhealth.com

Feeling sluggish? Experiencing low energy by mid-day? Many factors can cause a drain of energy, but there are just as many ways to boost energy levels when you're feeling foggy and finding it hard to concentrate.

These 10 natural energy boosters will keep your engine humming throughout the day:

1. **Eat an apple.** Apples contain natural sugars, which your body can turn into energy. "An apple will have the same effect as a cup of coffee without the side effect of an energy crash," says Kathi Casey, wellness coach, author, trainer, and owner of Healthy Boomer Body Center in Otis, Mass. "Any kind of apple will do, and there is a wide variety of apples to choose from, so you can pick the one you like best."
2. **Do five or more push-ups.** It may seem counterintuitive to exert energy when you're already tired, Casey says, "but it's amazing what a couple of push-ups will do for you if you have low energy." Push-ups get your blood circulating through your body, she explains. Your blood brings oxygen to your brain and your tissues, making you more alert and energetic.
3. **Take a power nap.** A power nap will help you feel refreshed, says Jini Cicero, a fitness and nutrition expert based in Los Angeles. Between 15 and 30 minutes is best. "You don't want to get into deep REM sleep, or you'll be groggy afterward," Says Cicero. "I believe 20 minutes is ideal — just enough to refresh your body's systems."
4. **Have a cup of green tea.** One of the reasons people feel as though they have low energy is that they're really dehydrated, Cicero says. Staying hydrated is a natural energy booster. "I recommend replenishing your fluids by sipping a cup of green tea or white tea, which is the younger plant of green tea." Green tea has a small amount of caffeine and white tea even less, but it's the fluid that will perk you up. Even drinking water can help, Cicero says.
5. **Step outside.** Sunshine gives you energy because you're getting vitamin D, and vitamin D can help boost your mood and mental performance. However, keep your face out of the sun and don't bake — always protect yourself from the sun's harmful UV rays. Take just 10 to 15 minutes to step outside for some fresh air and sunshine and you'll go back to work feeling refreshed, Cicero says.
6. **Phone a friend.** Social connections are another natural energy booster, Cicero says. Studies have shown that people gain enormous amounts of energy from having friends, helping others, and giving of themselves. If you're feeling down or have low energy, take a few minutes to call someone whose voice will perk you up. Even better, make plans to do something positive for someone else, such as volunteer at a shelter or help an elderly neighbor.
7. **Mediate.** A mini-meditation break of 5 to 10 minutes can be a great natural energy booster. "There is a lot of clinical evidence that people who meditate are less stressed and have higher energy levels," says K. C. Craichy, nutrition and fitness expert in Tampa, FL., and author of *SuperHealth: 7 Golden Keys to Unlock Lifelong Vitality*. Find a quiet place where you can get comfortable. Sit down and concentrate on your breathing. Clear your head and forget about your work or whatever was on your mind. After meditating, get up, stretch, and go back to whatever you were doing, feeling refreshed and more energized.
8. **Eat high-energy foods.** We're not talking power bars or energy drinks. While they can provide quick energy, they also can cause you to crash when they wear off, Craichy says. Instead, choose high-energy foods that have essential vitamins and minerals. Vitamins B1, B2, and B6 in particular help your body convert carbohydrates into energy. Foods rich in B vitamins that will work as pick-me-up snacks include yogurt, whole grains, and sunflower seeds. Minerals in nuts, whole grains, and dairy products also enhance energy by assisting metabolism.
9. **Take the stairs.** Like doing push-ups, a quick flight up the stairs in your office building will provide aerobic exercise and help you feel more energetic, Casey says. Exercise not only helps your body function better, it also increases the amount of oxygen in your blood and causes your heart to beat faster, which increases blood flow to your muscles and back to your lungs. Exercise also releases endorphins, hormone-like substances that promote an increased sense of well-being.
10. **Stop multitasking.** "People are really doing themselves a disservice by trying to do too much at once," Casey says. "you're causing way too much stress on yourself and you're not able to focus as well as you could were you to give each task your undivided attention." If you do your day's activities one at a time, you can devote more energy to each one. It will make you feel as though you have more energy overall.

Most of these natural energy boosters are easy to work into your day. They take 10 to 15 minutes at most, and the benefits can last for hours.

Options for elderly care at home

Found in December 2014 City & Town Magazine
By Robin McAtee, Ph.D, R.N.

A coworker of mine can entertain you with stories of his grandmother, who still tells jokes and loves to paint despite being well into her eighties. While her humor and artistry are still reliable, her balance isn't, and that's had her family wondering how much longer she can remain independent. Grandma, however is adamant that she will not move out of her home under any circumstances.

This story, or something like it, is perhaps increasingly familiar to many as America's aging population becomes larger. In the next 10 years, it's estimated that nearly one in five Americans—and one in four Arkansans—will be over the age of 65. In survey's, some 90 percent of those seniors indicate that they prefer to age at home. And, the truth is, the majority of seniors do live in their own homes and not long-term care facilities.

That is why it's important to be aware of the role of caregiver, which can be a paid caregiver or care provided by family or other loved ones. Unfortunately, even paid caregivers usually have little or no training, while a family caregiver will have even less.



Which type of caregiver a family chooses depends on many factors, not the least of which is the general health and well being of the person needing care. How much assistance that person needs, from an occasional helping hand to round-the-clock care, should be considered, but asking that person what they are comfortable with is important, too. The nature of a person's needs will also be a factor. A senior who struggles to get around, such as my coworkers' grandmother, won't need the same type of care as a patient with Alzheimer's or other dementia.



If considering a family caregiver, that person needs to be honest about their capability to provide care. If going the paid route, families should ask for the qual-

ifications, experience, and certifications of those they are considering for hire. It is possible for someone without any formal training or experience to claim to be a formal caregiver. It's also possible that Medicaid or insurance may help pay for formal care.

Those who opt to take on the task of caring for an aging family member may find themselves overwhelmed. There's a reason paid professionals exist: It can be difficult work and it

takes specific skills to do well. But family caregivers should know they are not without resources. A number of programs, such as the UAMS Schmieding Home Caregiver Training Program offered throughout the state, exist to train not just formal paid caregivers, but family caregivers as well. These kinds of programs are developed specifically to offer high-quality instruction to those caring for older adults living in their own homes.

Schmieding Home Caregiver workshops for family caregivers are free. They are short, consisting of two four-hour sessions. They are offered at 10 sites throughout Arkansas: Springdale, Fort Smith, Jonesboro, West Memphis, Hot Springs, Pine Bluff, Texarkana, and El Dorado. These feature both classrooms and simulated home environments to teach care techniques. Much more information on those workshops, as well as options for care, can be found at arcaregiving.org.

Obviously the decision of how to pursue care for an elderly friend or relative isn't an easy one and is certainly not a one-size-fits-all situation. However, those facing the decision are not alone. Indeed, they have more company than they probably know. And there are more options out there for them—and their loved ones—than ever before.

Robin McAtee, Ph.D, R.N. is Associate Director Arkansas Aging Institute, Donald W. Reynolds Institute on Aging, University of Arkansas for Medical Sciences.

Cafeteria Rolls

2 cups milk
1/4 cup sugar
2 pkg dry yeast
2 tsp salt
1-cup Butter, melted
About 4 1/2 cups plain flour

Heat milk until warm. Then dissolve yeast, sugar and salt in



milk. Add 1/2 cup melted butter to mixture, then add flour to make stiff dough. Put dough on a floured board and roll out and cut into rolls. Grease top of rolls with butter. Set in warm place and let rise (1 1/2 hours). Bake at 400 degrees for 15 to 20 minutes. When brown take out and brush top of rolls with butter.

Recipe found on Facebook

Randy Naylor— —Keep North Little Rock Beautiful

Last year, Arkansas Business and Keep Arkansas Beautiful included an article about Randy Naylor of North Little Rock. Since we missed it then, we will feature it now.

Every kid loves a snow day, right? There's nothing like making snowmen and snow angels, having snowball fights and sledding. But for Randy Naylor, a snow day in his teen years was more than just fun.

That day planted a seed of community service in him that has continued to bloom.

"The first time I saw a really heavy snow it was really pretty, but there was trash all over the place. Several friends and I cleaned up the whole park just because the snow was so pretty and we didn't want it to look so bad," Says Naylor, director Keep North Little Rock Beautiful. "I can't say just that one incident was the start of it—really I just cleaned up trash in my neighborhood anyway, but the trash on the snow really stuck with me."

Naylor says as he grew into adulthood, he continued to be conscientious about his neighborhoods until finally being asked to help start Keep North Little Rock Beautiful.

"Our alderman, Beth White, had tried to get the organization certified three other times. She and others wanted to do it, but they just didn't have enough people to follow through to get it done. I was determined that when I started, we wouldn't be number four to try, we were going to get certified."

It takes about a year for a local affiliate, like Keep North Little Rock Beautiful, to become certified as a Keep America Beautiful affiliate. Naylor has continued working with Keep North Little Rock Beautiful since the organization was certified in February 2012.

It's Naylor's commitment to his community that makes him worthy to be honored as a Keep Arkansas Beautiful Lodestar, though he jokingly admits he might be as likely to earn an award for nerve-grating.



"People would say I'm persistent—I probably push a little too hard; I ask for a lot. I might get to them a lot of the time, but people usually get things done for me," he says. "Sometimes I have to keep asking, but I think people know I do what I do not for any betterment of myself, but for the betterment of our city. Yes, sometimes I push hard, but when we're out doing a project I can tell that the people involved are enjoying it and that makes me feel good."

Naylor is honored to be recognized as a Lodestar, but he says the credit should go to the Keep North Little Rock Beautiful board of directors and volunteers.

"I'm just proud of our state and proud of our city," he says. "I know we only get so many days the earth, so I just want to do my part to make a difference. When I leave here, I want to know I did something good."

One contribution Naylor is sure to be remembered for is organizing the Great Arkansas River Cleanup, which was held for the third time last year.

"That's the one thing I really pushed and feel strongly about," he recalls. "We have a great resource running right between two cities. I tell people that one day we'll be drinking water out of that river, and a lot of people are doing that already. And as the population gets even larger and larger, it will be a great resource. We need to start now to try and keep it clean."

Naylor always has a project in development. "One project that I have in the works right now is a litter trap on Shilcutt Bayou where it dumps a lot of trash into the Arkansas River at Burns Park. It doesn't sound like a big project, but that thing delivers lots of litter from all over the city. We've cleaned up out there a lot and it just keeps coming back, and this way we can stop all that trash."

"We all should take pride in our community and in our state. Sometimes I go to another state or city and it looks really clean and come back here and it looks kinda bad. We have let some of our roadways get littered with trash," Naylor says. "Most of it is not that people litter all the time, but it's trucks and traffic and garbage trucks. We just need to find more opportunities to keep litter from happening."

Best Chocolate Pie Ever!

2 Graham Cracker pie crusts
2 cups sugar
1/2 cup all purpose flour
2/3 cup cocoa
Pinch of salt
4 egg yolks
4 cups milk (2% or whole)
2 tsp vanilla
Measure dry ingredients and stir together until blended.



Separate egg yolks from egg whites
Add 4 cups of milk, beaten egg yolks and vanilla flavoring to dry mixture. Heat in microwave on high in 2 minute increments in a glass bowl. Stir after each 2 minutes. When thickened to right consistency (thick and creamy) pour into pie crusts. Cool, then top with whipped cream.
Serves 16 (2 pies).

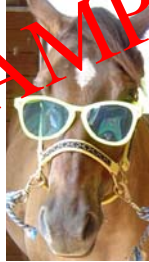
*Found on I Love North Little Rock ! (Dogtown!)
Facebook page*



**Peddlers Permit
City of North Little Rock**

Issued to: **John Doe**
Issued: 1/30/15
Expires: **5/1/15**

EXAMPLE



Sex: Male
Eyes: Brown
Hair: Dun
Height: 15 hands
Employer: **Equine sunglasses**
Type of Goods Sold: **Sunglasses for horses**

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

Deputy City Clerk and Treasurer

Leaf vacuums are out and about.



**Do not rake
leaves into
the street**

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.



**Do not block
with vehicles**

North Little Rock History Commission



The North Little Rock History Commission is now on Facebook! Search for North Little Rock History Commission and join their page today!

Also, the Friends of North Little Rock History have formed a Non-Profit Organization whose purpose is to protect and promote our city's rich history.

If your family has been in North Little Rock for 50 years or longer, the History Commission wants to know.

If you have items that represent our city's past and would like to donate them for future generations to enjoy, contact the History Commission staff.

For more information, contact the History Commission at 501-371-0755.

*The following have Peddlers permits in NLR:
Melvin H. Jackson
LegalShield through 5-1-2015*

There are NO other licensed peddlers as of this date. (1/29/15)

Reminder to residents:

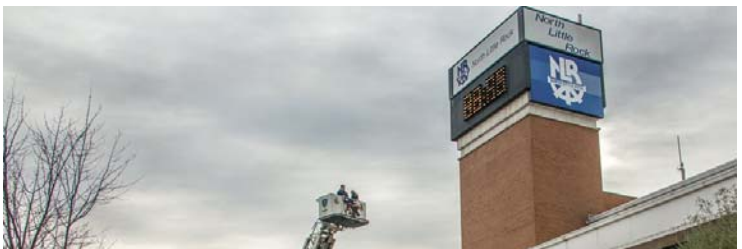
If someone comes to your door, you do not have to answer or let them in. If someone comes to your door and makes you uncomfortable please call the police. If someone comes to your door and is unable to produce an ID issued by the City of North Little Rock (similar to above example), please call 501-758-1234.

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.



Does anybody know what time it is?

City crews changed the bulbs on the clock tower at NLR City Services this month. Now we'll know if it's cold or not and if we are late!

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 Treasurer 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 February:

Feb 2—6 no pickup
Feb 9—13 recycle
Feb 16—20 no pickup
Feb 23—27 recycle



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 & Treasurer.....	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	

February Anniversaries

Name		Dept	# Yrs	Name		Dept	# Yrs
CHARLOTTE	THOMAS	Admin	41	LEONARD	MONTGOMERY	Police	37
MARY	ERVIN	Comm Dev	13	HARVEY	SCOTT III	Police	25
MARK	ROGERS	City Clerk	2	KIM	ALMOND	Police	25
TAMMY	NEWTON	OES	15	TODD	SPAFFORD	Police	23
ERIC	HEINRICHS	Electric	4	DARRELL	PIERCE	Police	25
EMORY	REED	Electric	27	CONNIE	BARTLETT	Police	23
JEFFREY	EISENHOWER	Electric	33	JAMES	BONA	Police	21
SCOTT	SPRINGER	Electric	34	JAMES	BAILEY	Police	21
RONALD	OSBURN	Electric	34	RAGAN	HERNANDEZ	Police	20
CHARLES	CARTER	Electric	8	RICHARD	BIBB	Police	19
JILL	PONDER	Electric	5	NATHAN	KIMES JR.	Police	20
KEITH	MCCOURT	Electric	12	RICHARD	GRAY	Police	19
JOSEPH	FOLEN III	Finance	12	TODD	HUMPHRIES	Police	19
ALANA	PIERCE	Fire	9	JACOB	HOUSE	Police	12
JEFFREY	COMBS	Fire	16	CHARLENE	JAMES	Police	17
BRIAN	MILLER	Fire	9	ROBERT	SPRIGGS	Police	9
CHRIS	PATTON	Fire	16	LARRY	EPPERSON	Code	9
COREY	PLATT	Fire	3	WILLIAM	DODSON	Sanitation	9
CHRISTOPHER	BRADLEY	Fire	9	KENNETH	WILLIAMS	Sanitation	6
CHRISTOPHER	MATLOCK	Fire	9	KENNY	SUMMONS	Sanitation	15
TYSON	HADDOCK	Fire	8	PATRICK	LANE	Street	11
DOYLE	KIRKENDOLL	Fire	8	GARRY	BUTLER	Street	27
DUSTIN	FREE	Fire	16	ALLEN	BUIE	Street	29
WILLIAM	BROOM	Fire	3	BILLY	ROBERTSON	Vehicle Maint	14
MICHAEL	COOK	Fire	9	NADIA	JOHNSON	Hays Center	7
SEAN	SPECKELS	Fire	3	WILLIAM	BURNHAM	Parks Maint	2
SHANE	DOUGAN	Fire	9	GARY	SONTAG	Parks Maint	3
BRIAN	THOMAS	Fire	8	ZACHARY	GOURLEY	Parks Maint	1
CHERYL	THOMAS	UAD	6	SAMUEL	SEIGRIST	Parks Maint	16
DANA	RAEBURN	UAD	7	RUSSELL	MEEKS	Parks Maint	1
JENNIFER	JOHANSEN	HR	27	TODD	SMALLING	Parks Maint	17
DEWEY	GOSHIEN	Planning	6	MARTHA	GREEN	Parks Maint	14
JOHN	DAVIS	Police	29	JAMIE	PETTIT	Parks Rec	3

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!

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.

February Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>		
WILLIAM	BROOM	Fire	1	ALEX	GUAJARDO JR	Fire	13
MARGIE	MAY	2nd Court	1	DENNIS	HENDERSON	2nd Court	13
CHERIHAN	SBAIT	Hays Center	1	KAREN	SCOTT	Finance	14
HARRY	ALLEN IV	Electric	2	DAGNY	PRITCHARD	Finance	14
THOMAS	BLYTHE JR	Electric	2	LESLIE	RICHARDSON	Traffic	14
LINDA	FELTON	Police	2	RICKEY	TRAMMELL	Parks Rec	14
BEAU	BUFORD	Fire	3	JOSEPH	RALSTON	Parks Golf	14
DIANE	WHITBEY	City Clerk	4	TERRENCE	WILLIAMS	Electric	15
JEFFREY	EISENHOWER	Electric	4	CYNTHIA	YANCEY	Fire	15
BENJAMIN	MUNDY	Fire	4	HEATH	WILLIAMS	Fire	15
JOSHUA	COX	Fire	4	JIMMY	JONES	Police	15
DIRK	BARRIERE	Police	4	ROY	ROBINSON	Street	15
PHILIP	GRAY	Police	4	PHILICIA	KNOX	Electric	16
DANIEKA	HERNANDEZ	Police	4	MARTIN	DUNLAP	Planning	17
FELECIA	MCHENRY	Code	4	CONSTANCE	FOWLER	Hays Center	17
WILLIAM	DODSON	Sanitation	4	GLENDA	PARKER	Parks Rec	17
JENNIFER	FAULKNER	Parks Maint	4	JEFFERY	ELLISON	Electric	18
DANE	PEDERSEN	Police	5	BRIAN	MITCHELL	Police	18
JOHN	SCOTT	Police	5	SAMUEL	SEIGRIST	Parks Maint	19
JOAN	STEWART	Electric	6	MELINDA	JOHNSON	2nd Court	20
PHILLIP	HAMMONS	Police	6	GABRIEL	KING	UAD	20
CHRISTOPHER	MORENO	Fire	7	KATELYN	THOMAS	City Clerk	21
ANTHONY	BROWN	Street	7	DOYLE	KIRKENDOLL	Fire	21
PEGGY	BOREL	Fire	8	GARY	SHEFFIELD	Street	21
LINDA	WILLIAMS	UAD	8	ZACHRY	LEASE	Police	22
RICHARD	COUNTS	Police	8	TRAVIS	ANDERSON	Street	22
ERNEST	RUMMEL	Street	8	JAMES	HOOKS	Fire	23
TODD	SMALLING	Parks Maint	9	BRIAN	MILLER	Fire	23
DANA	WALLIS	Electric	10	ALICE	BROWN	Police	23
MARK	TOZER	Police	10	GREGORY	HEINTZ	Electric	24
JAMES	BENSON	Sanitation	10	HEATH	HOOPS	Fire	25
JASON	STEELE	Street	10	CLAYTON	ZAKRZEWSKI	Fire	25
TERRY	LEONARD	Sanitation	11	JASON	FENDER	Fire	26
GERALD	TUCKER	Fire	12	ZACHARY	GOURLEY	Parks Maint	26
SUZANNE	FLETCHER	Finance	13	CHRISTOPHER	WEAVER	Police	27
ROGER	ROBINSON	Fire	13	JAMES	BAILEY	Sanitation	28
JERRY	ROBINSON	Fire	13	DOUGLAS	THURMOND	Electric	29

North Little Rock Lions Club

Annual

Bob Moore Memorial

Fish Fry

May 1, 2015



*Pond Raised Catfish
And Breaded Chicken Strips*

With All The Trimmings

Serving 4:30PM Until 7:00PM

Burns Park Hospitality House

In North Little Rock

Adults

\$12.00

Children Under 12

\$10.00

Tickets Available At The Door

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 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.

