

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**, 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.



The **2017 Arkansas State Fair** will be held **October 12-22** for eleven days of fun, food, rides, music, entertainment, livestock, exhibits, AND the **PRCA Rodeo** (Oct 20-21).

Advance Gate Admission and Ride Bands are available at all **Walgreens** locations and online at www.etix.com.

The entertainment lineup includes: NEXT, Vince Neil, AJR, Saving Abel, Puddle of Mudd, Avant, Freddie Jackson, Tracy Lawrence, Ann Wilson, Tom Keifer, Keith Anderson, and Coolio.

Lunch at the Fair—Friday Oct 13 and Monday Oct 16 thru Friday Oct 20 — Fair patrons get FREE parking, and FREE gate admission weekdays from 11 a.m. until 1 p.m.

Food vendors include:

Beer, Coke, Bottled Drinks, American & Mexican Buffet, Hub Cap Burgers, Chicken on a Stick, Homemade Root Beer, Pineapple Whips, Ribs, Pork Chops, Hot Dogs, Roasted Pecans and Almonds, Shaved Ice, Nachos, Pig Skins and Kettle Corn, Polish Sausage, Fried Green Beans, Turkey Legs, Bacon Bombers, Apple Pie Fries, Grater Taters, Blooming Onions, Koolickles (Kool-Aid Pickles), Rubeen Sandwiches, Armadillo Eggs, Sausage Corn Dogs Foot Long



Corn Dogs, Chicken Tacos, Burritos, Dipping Dots, Ice Cream, Yogurt, Beef/Chicken Kabobs, Funnel Cakes, Wings, Chicken Strips, Roast Beef Sundaes, Chili Pies, Pizza, Slushies, Cotton Candy, Candy Apples, Roasted Corn, Gator on a Stick, Jambalaya, Boudin, Salad on a Stick, Gyros, Bird Dogs, and more!!!!



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

Puppy Separation Anxiety: Symptoms, Causes, Prevention, and Treatment

By: Erika Mansourian—Dec 2015

Found at <http://www.akc.org/content/dog-training/articles/puppy-separation-anxiety/>

What is puppy separation anxiety (SA)? It's fairly straightforward: Whether in a puppy or an adult dog, separation anxiety is when your dog exhibits stress and/or behavioral problems when left alone. Sadly, it is also one of the most common reasons why owners get rid of their dogs. This is especially unfortunate because it is an issue that can be treated by implementing a few simple but important tactics.

Here's the good news: As the responsible owner a new puppy, hopefully you've laid the foundation for a well-adjusted, well-behaved dog through puppy training, and the investment of time and consistency. Therefore, many of the recommendations here are things you are already doing, or have done. That said, SA does present some unique challenges.

What is the difference between separation anxiety and normal canine behavior? Separation anxiety is a serious condition, and it goes beyond the occasional mournful whimper when you leave the house or the shredded sock waiting for you upon your return. It is also not the same as boredom, and unlike a little mischief when your dog is left alone, separation anxiety is

the result of legitimate stress.

Genuine separation anxiety is not just your puppy's anxiety when you leave—it continues to plague your dog until the moment you return.

Here are some of the behaviors your dog may exhibit.

What are the signs of puppy separation anxiety?

One or two of them, that happen occasionally, may not be a sign of puppy separation anxiety, but if he has multiple episodes of more than a few of them, he is most likely suffering from SA.

1. Excessive barking or howling.
2. Destructive acts, such as chewing furniture and frantic scratching at doors or windows.
3. Indoor accidents (urinating or defecating in the house).
4. Excessive salivation, drooling, or panting.
5. Intense pacing.
6. If confined, prolonged attempts to escape.

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



What causes puppy separation anxiety? It's unclear why some puppies are more prone to separation anxiety than others. There's some anecdotal evidence to suggest it's more common in shelter dogs, who may have been abandoned or suffered the loss of an important person in their life. The more people-oriented breeds may likewise be more susceptible. Also, smaller dogs can be prone to separation anxiety if they're accustomed to near-constant companionship. Life changes can also cause the condition, including a sudden

change in schedule, a move to a new house, or the sudden absence of a family member, whether it's a divorce, a death in the family, or a child leaving for college.

Continued on Page 6...



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

Our shelter is full of dogs, cats, puppies and kittens in need of a forever home. Please consider adopting a shelter pet for your next pet.

Please Don't Litter
Spay or Neuter
Your Critter




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

This month, the North Little Rock Fire Department and the North Little Rock Police Department will join neighborhood groups around the city to celebrate the annual National Night Out.

What is National Night Out? It's an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community.

The following neighborhood organizations are participating this year:

Tuesday, October 3

Ward 1

Holt Neighborhood Association

4:30 pm—6 pm at Gardner United Methodist Church, 1723 Schaer St. *Games, food, obstacle course, St. Vincent Health info, face painting, BBQ grill and DJ.* For more information contact Juanita Henderson at 501-352-0499.

Levy Business Association

5 pm to 8 pm at Levy Baptist Church, 3501 Pike Ave. *Face painting, dancing, ring toss, other games, candy, BBQ Sandwiches and water.* For more information contact Peggy Hogg at 501-944-6330.

Park Hill Neighborhood Association

6 pm—7:30 pm at Idlewild Park, 3411 Idlewild. *Hot dogs, McGruff the Crime Dog and Sparky the Fire Dog.* For more information contact John or Wendy Gregan at 501-364-6296.

Ward 2

Meadow Park Neighborhood Association

5 pm to 7 pm at Meadow Park Elementary School, corner Bethany Road and Eureka Garden Rd. *Food vendors, public service booths, and games.* For more information contact Evelyn Creal at 501-945-2870.

Dixie Addition Community Development Corporation

5 pm—9 pm in 900 block of North "H" St. *Food and dancing in the street. Speakers: Mayor Joe A. Smith, State Senator Linda Chesterfield, JP Candidate Benny Jefferson, LR District Court Judge Candidates LaTonya Austin and JaNan Davis.* For more information contact Lee A. Jeffery at 501-240-5376.

Faulkner Crossing Property Owners Association

5:30 pm—7:30 pm at Stone Links Club House, 110 Hwy 391. For more information contact Dominica Williams at 501-412-5704.

Glenview Neighborhood Association

5:30 pm—8 pm on Glenview Blvd. *Food, DJ, networking with neighbors.* For more information call Bernadette Conley at 501-541-5704.



Ward 3

Amboy Neighborhood Association

5 pm—7 pm at Amboy United Methodist Church, 311 Military Rd. For more information contact Jon Chamblee at 502-321-9617.

Levy Business Association

5 pm—8 pm at Levy Baptist Church, 3501 Pike Ave. *Face painting, dancing, ring toss, other games, candy, BBQ Sandwiches and water.* For more information contact Peggy Hogg at 501-944-6330.



Saturday, October 7

Ward 2

Melrose Community Outreach

Contact Margo Tenner for information at 501-804-0195

Ward 4

Toltec Drive Cul-de-sac

4:30 pm—8 pm in the cul-de-sac. *Cookout, games, Razorback Game on a Big Screen TV, meet and greet new families in the neighborhood and discuss opportunities and share ideas.* For more information contact Harvey Hairston.

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 (August events).

Laman Library—Laman circulation—17,852, total visits—30,886; Argenta circulation—3,221, total visits—7,452. Electronic circulation—7,680, electronic visits—18,192. Items added—237, items withdrawn—5,200, total items 180,966. Ancillary Services: Passports—465, Notaries—43.

Hays Center—57 new members. Started a new beginner's jewelry class and *Flavors from Around the World* cooking class. Provided 20 bus trips to members: Dondie's Seafood Restaurant, Bryant Senior Center, Alma to A to Z Store, Hope Watermelon Festival and Little Rock Outlet Mall. Red Hatters visited the (Lion's) World Services for the Blind. Public senior housing residents were also transported to medical appointments, Dollar Tree and Wal-Mart. Hays Center volunteers logged 1,200 hours.

Electric Customer Service—Bad debt—\$52,632, New accts—1,215, Finaled accts—1,169. Customer calls—9,349. Direct contact: 2,002, inside teller payments: 7,488 Electric; 8,046 Gas/Water. Drive thru: 4,411 Electric; 4,655 Gas/Water. Online: 7,229.

Sanitation—Collected and disposed of 2,323.02 tons (4,646,040 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 110 loads; 2,959.4 cubic yards of mixed debris and green waste. Picked up 782 tires. Issued 122 Sanitation Code Violations.

Traffic Services—approved 175 barricade applications for permits. Repaired or replaced 211 signs and posts, marked 4 city vehicles with logo, 70 Arkansas One Call location requests.

Police—Crime numbers for July indicate continued rises in property crimes. 65 thefts from motor vehicles were reported (this number is down from 104 in June). The majority of thefts from motor vehicles **continue to occur from unlocked vehicles** in residential areas late at night. **Residents are reminded to remove ALL VALUABLES from with plain view AND lock your vehicle.** Burglaries were up with 43 reported (there were 41 reported in June). Violent crime overall was up 4%. Officers were stationed at all 12 officers are currently in various stages of training.

Fire—Total incidents—1,025
Total Unit Responses—1,829
Residential Fires—4
Other fires—0
Vehicle Fires—2
False Alarms/Malfuctions—81
Rescue/Emergency Medical—627



Mutual Aid—3
Hazardous Material Response—11
Structure Fire fatalities—0
Vehicle fire fatalities—0
Training hours—5,308
Total Building Surveys—356
Firefighters attended or participated in various meetings and events throughout the city and installed 56 Smoke Detectors in Dark Hollow.

Office of Emergency Services/911—

Total incoming calls: 16,185
Incoming call total Non-911 calls: 7,198
Wired 874: 908 Abandoned Wired 911: 108
Wireless 911: 7,069 Abandoned Wireless: 730
Total dispatch computer entries: 10,014

Planning—Major permits reviewed 6: Thrive Apartments, Fluid Solutions, H and H Enterprises, Burger King, Northshore RV Storage, Oaks Commercial. New Commercial average \$1,088,333. Issued 4 commercial tenant finish out: AR Surgery, Honey Baked Ham, Oaks Commercial (A & B). Issued 1 new single family residential permits (\$200,000). Inspectors completed 519 inspections and covered 4,704 miles: 181 Electric; 116 Building; 124 Plumbing; 98 HVAC.

Electric Department—38,587 customers, Peak Power—218,285 KW, Territory—60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,049 (192 repaired), Security lights—4,204 (25 repaired), Smart meters—39,401, Revenue—\$11,027,796. Major outages—PSSS Outage 8-22-17 @ 16:02 hours—2,304 customers—power out 2 hours 11 minutes—due to Entergy dropped station.

Code Enforcement—130 assigned calls, 403 initiated calls, 95 citations, 272 violation notices, 73 vehicles tagged, 164 structures inspected, 38 rental inspections, 26 food service inspections, 0 search warrants, 1 house demolished by city, 4 houses demolished by owner. Code Maintenance—199 assigned calls, 117 vacant lots cleaned, 49 lots with structures cleaned, secured 2 vacant houses, vacant lots mowed—108, lots with structures mowed—49, picked up 0 tires.

North Little Rock Visitors Bureau—Visitors Information Center in Burns Park had 919 visitors in August. Downtown RV Park had 557 reservations/average stay 2.2 days. The Arkansas Inland Maritime Museum had 1,679 visitors. The Visitors Bureau has distributed 72,456 brochures containing various information.

Parks & Recreation—staff painted all pavilions in Burns Park (with the exception of John Irvin) and replaced 6 roofs. Astroturf has been installed on 2 cricket pitches located at Stone Links. The One Heart Playground was completed and a grand opening was held. SAPling summer program had over 250 graduates who earned a degree in *Summer Fun!*

North Little Rock Animal Control—

Incoming animals—206 Adoptions—76
 Reclaimed—14 Euthanized—105
 Citations issued—25
 Dogs/cats sterilized—44
 Calls for service—28
 Pulaski County
 (accepted at NLR)
 Incoming Animals—117
 Adopted—23
 Reclaimed—14
 Euthanized—88



Animal Control picked up or received 35 illegal pit bulls.

North Little Rock Animal Shelter and North Little Rock Friends of Animals participated in adoption events at Landers in Benton and in the Bark Bar in Little Rock. NLRFOA hosted a “Pamper a Shelter Pet” fundraiser and raised over \$4,000 in donations. All proceeds will be used to spay or neuter adoptable animals.

Even though the shelter remained at capacity another month, no adoptable animals** were euthanized for space—something we hope will continue!

****Non-adoptable animals are those that are sick, injured, unweaned (puppies and kittens) or by owner request.****

Reminder! Please consider adopting from a shelter! Shelter pets make great additions to any family! And **PLEASE spay or neuter your pets!**

Note: 1,480 animals have entered the shelter since the first of the year. 744 of those animals had to be euthanized.

Finance—Revenues (MTD—August not available)

Taxes \$
 Licenses/Permits \$

Fines/Forfeitures \$
 Local Option Sales Tax \$
 Franchises \$
 Investment/Misc \$
 User Fees \$
 Utility Transfer \$
 Grants & Other \$
 Transfer from Electric \$
Total Revenue: \$

Expenditures
 Administration \$
 Animal Shelter \$
 Special Appropriations \$
 City Clerk \$
 Emergency Services \$
 Finance \$
 Fire \$
 Health \$
 Legal \$
 1st Court \$
 2nd Court \$
 Public Defender \$
 Human Resources \$
 Commerce \$
 Planning \$
 Police \$
 Code Enforcement \$
 Public Works \$
 Neighborhood Services \$
 Sanitation \$
 Vehicle Maintenance \$
 Senior Citizens Center \$
 Communications \$
 Fit 2 Live \$
Total Expenditures: \$

Arkansas—The Natural State

Looking for things to do this fall? Then you don’t have far to go! Arkansas is known as the Natural State for a reason! Our hills and valleys are filled with beautiful foliage and wildlife. You can travel to the Ozark Mountains, the Arkansas Valley, the Ouachita Mountains, the Gulf Coastal Plain, the Mississippi Alluvial Plain or Crowley’s Ridge all in one day from anywhere within our state!

Now let’s look at a little more detail...

Ozark Mountains—this eroded limestone plateau features clear streams and lush valleys where you will find small-mouth bass, nesting woodland warblers, and some of the state’s most beautiful scenery.

Arkansas Valley—the central section of the state offers excellent sites such as Holla Bend National Wildlife Refuge and Mount Magazine, Arkansas’s highest peak and a paradise for birds and butterflies.



Gulf Coastal Plain—the rolling hills here were once beaches along an ancient seashore. Today, vast pine forests host an abundance of white-tailed deer and populations of the endangered Red-cockaded Woodpecker.

Mississippi Alluvial Plain—The famed Delta, created by meanderings of the Mississippi and Arkansas rivers, encompasses some of America’s most important bottomland hardwood landscape at sites such as the Cache River and White River national wildlife refuge.

Crowley’s Ridge—this narrow upland, formed from wind-blown soil deposited in the Ice Age, is home to plants found nowhere else in Arkansas, creating an ecosystem reminiscent of the Appalachians. Village Creek State Park is a great place to explore it.

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What can I do about puppy separation anxiety?

Neither you nor your puppy wants this constant cycle to continue. It's difficult seeing a beloved pet under so much stress and just as difficult to come home to mayhem and destruction. While there's no magic bullet, there are some things you should try.

As said, these methods should already be a part of a puppy's routine, but they're also specific to addressing SA.

1. **Crate Training.** It's well-established, but it's always bears repeating: The crate is your dog's ally, and it's an important training tool and the solution for a number of puppy challenges. It's neither cruel nor unhealthy. Look at it this way: For millennia dogs have been "den animals." In the wild, they use small, enclosed spaces for protection, warmth, and to raise their puppies. This hardwired instinct can be employed to give your pup a safe, quiet place to retreat to. Especially when you're not home. Some dogs feel safer and more comfortable in their crate when left alone. Watch his behavior in the crate to see if he settles right down or if the anxiety symptoms ramp up.



2. **Conditioning.** Conditioning is an important element of raising a mentally and physically healthy new puppy. In some cases, you can try to relieve his dismay by teaching him that separation has its rewards. Right now, he's conditioned to go into stress mode when he knows you're leaving him. Try countering that reaction by using a "high value" treat—something he especially loves, and that you only bring out for important lessons and rewards. If he gets a treat right before you leave, he might even begin to look forward to your departure. Begin conditioning your puppy early on by leaving him for very short periods of time and gradually lengthening the amount of time you're gone.
3. **Exercise.** Physical: Make sure your puppy gets plenty of exercise. This is especially true for large, high-energy dogs with a lot of it to burn off. A

tired, contented dog, who's had a brisk walk and playtime with you, is more likely to settle down when you leave. Mental: Dr. Brian Kilcommons, of The Pet Docs, says, "Mental exercise is just as important as physical, if not more. Games that build his self-control, focus, and patience are key to him getting better when alone." Kilcommons' book, *My Smart Puppy*, provides games that will develop and occupy that busy puppy brain.

4. **Medication and Natural Supplements.** Sometimes, no amount of training and conditioning will help. Some vets recommend medication such as amitriptyline, which is used to treat depression, or alprazolam, which is prescribed for anxiety and panic disorders. These require a prescription and are safe for most pets, though you'll need to consult with your vet, and be extra diligent about the use of medication with a young dogs. Another option is natural supplements and homeopathic treatment. Natural supplements that help ease anxiety in dogs include amino acid L-theanine, chamomile, passionflower, St. John's Wort, and valerian. AKC Family Dog columnist Dr. Shawn Messonnier suggest that natural supplements help ease anxiety in dogs because they have various mechanisms of action that basically function to alter neurotransmitters in the brain (such as serotonin, GABA, or dopamine), to induce a sense of peace and calmness.
5. **Play It Cool.** PetMD recommends that you not pay attention to your dog when he follows you around closely. Most behaviors considered "attention seeking" can be modified by ignoring them. When you're about to leave, try not to give cues that your pup will begin to recognize. In other words, depart calmly and without fanfare. In the Merck Veterinary Manual, Drs. Gary M. Landsberg and Sagi Dernenberg say that a daily routine can be established that provides stability and predictability for the puppy, beginning with meeting the dog's social and physical needs, followed by sessions of inattention during which the dog is given the opportunity to nap and rest or to engage in exploratory play with his food and chew toys.

Separation anxiety in puppies and dogs isn't always preventable, despite your best efforts. But with patience and a positive attitude, you may be able to reduce your puppy's suffering. It can be a complicated process, so consider working with a Certified Applied Animal Behaviorist or a veterinary behaviorist.



Various Phenomena Chronological Events— September

found in *Grier's Almanac 2017*

First
published
in 1807



and
every year
since

1 Ford introduced "Model T" car, 1908

2 International YMCA organized, 1889

3 King Ferdinand abdicated, 1918

4 First English Bible, 1535

5 Beatles first record, 1962

6 Battle of Yorktown, 1781

7 1st double-decked steamboat arrived in New Orleans, 1816



8 Great Chicago Fire, 1871

9 Yale college founded, 1701

10 U.S. Naval Academy, Annapolis, opened, 1845

11 Daughters of American Revolution (DAR) org., 1890

12 Columbus landed in the Bahamas, 1492

13 Hurricane "busting" attempted, 1947

14 William Penn born, 1644

15 U.S. Department of Transportation established, 1966

16 J. Brown raided Harpers Ferry, 1859

17 Albert Einstein arrived in U.S., 1933

18 Mason-Dixon Line settled, 1767

19 British—Egypt Suez Agreement, 1954

20 R.R. up Pikes Peak completed, 1890

21 Magellan entered strait which bears his name, 1520

22 Cuban missile crisis, 1962

23 Traditional date of departure of swallows of Capistrano



24 First transcontinental telegraph, Calif to D.C., 1861

25 U.S. Marines and Army invaded Grenada, 1983

26 Gunfight at O.K. Corral, 1881

27 Philadelphia founded as Quaker Colony, 1662

28 Harvard University founded, 1636

29 Stock Market collapsed, 1929

30 End of Last Crusade, 1270

31 Columbia University founded, 1754

A shot of healthy living

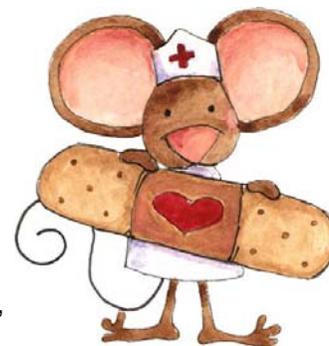
Found in *Healthy Living Made Simple*

—September/October 2017—a publication of Sams Club

Influenza is a serious disease that in some cases can lead to hospitalization. Because each flu season is different, it is important to get an annual flu shot.

So, **will the flu shot make you sick?** The flu vaccine is an inactivated virus so it **DOES NOT** have the ability to give you the flu or make you sick. It does take 1- - 14 days before it may provide full immunity so if the patient has been exposed before receiving the vaccine, they still have the potential to get a mild case of the illness.

Get your shot BEFORE flu season arrives. The actual flu season is variable, however, the largest number of flu shots are given in October. If patients are vaccinated in the fall they should be protected for a full year, well into flu season.



Know your vaccinations



- **INFLUENZA**—Quadrivalent vaccination provides protection against four strains of the flu. *Patients 65 and older should ask about specific vaccines for their age group.*
- **SHINGLES**—This vaccination greatly reduces the pain associated with the disease.
- **PNEUMONIA**—Pneumococcal vaccines may help protect against more than 90 types of bacteria that contribute to pneumonia, meningitis, bacteremia and sinusitis. The Centers for Disease Control and Prevention (CDC) recommends a two-dose series for the best protection.
- **TDAP**—Tetanus (lockjaw), diphtheria and pertussis (whooping cough) are the diseases covered by the Tdap vaccine. This vaccination is important for families with infants. Grandparents, child care workers and other family members in close contact with infants are encouraged to receive this vaccine as they are the people that generally transmit whooping cough to a newborn.
- **HPV**—The CDC recommends children between the ages of 11 and 12 years old get a two-shot vaccine to help protect against certain cancers caused by the human papillomavirus.
- **HEPATITIS A AND B**—The combined hepatitis A and B vaccination can be given to persons 18 years or older, often in the form of three shots over a period of six months. Hepatitis A and B are serious liver infections.

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Wildlife

Elk—since reintroduction in the 1980s, the elk population in Arkansas has grown to around 500 animals. Elk are most likely to be seen at dawn and dusk in fields along the Buffalo National River near Boxley. Nearby in Ponca, the Elk Education Center provides information on the elk's return to Arkansas, as well as on other species in the area.

Black Bear—after nearly disappearing from Arkansas in the mid-20th century, the black bear is thriving all over the state, creating more opportunities for observation. Although bears are plentiful, they're notoriously reclusive, especially during winter when they den. When looking for bears, keep an eye out for tell-tale signs of activity such as tracks and overturned logs or rocks.

Other Mammals—many mammals are shy and/or primarily nocturnal, but sightings of white-tailed deer, eastern chipmunk, gray and fox squirrels, and eastern cottontail are common. With a little luck, you could spot armadillo, woodchuck, beaver, coyote, red fox, gray fox, raccoon, mink or bobcat, among many other possibilities.

Bald Eagle—another species that has made a strong comeback in Arkansas, the Bald Eagle now nests at dozens of sites around the state, usually along or near the shores of lakes or rivers. Our national emblem is even more common in winter, when migrant birds arrive from more-northern regions. At that season, look for them at large reservoirs such as Bull Shoals, DeGray Lake, Greers Ferry and Millwood.

Butterflies—more than 150 kinds of butterflies have been seen in Arkansas, including such beautiful species as zebra swallowtail, great purple hairstreak, northern metalmark, great spangled, fritillary and Baltimore checkerspot. The spectacular Diana fritillary, rare and declining in much of the United States, is still common in part of Arkansas, including Mount Magazine.

This information was found in Keep Arkansas Natural—Birding & Watchable Wildlife brochure.



Tips for a nutritious, successful school year

By Tina Maddox, Ph.D. found in *City & Town*, a publication of the Arkansas Municipal League - September 2017

Wouldn't you do anything to make sure your child was fully prepared to make the most of the new school year?

If the secret were a new study guide or tutor, wouldn't you take action to help your pupil succeed?

How about your child's diet? Whether we realize it or not, food is the fuel that powers our children to success in the classroom. It's important that we send our kids out every day ready to learn with a healthy, nutritious diet. It ensures they have the energy to be at their best throughout the day.

With school starting back, days around the house days seem to be longer and more hectic, which can make healthy eating a challenge. However, with a little planning and perseverance, you can do it! For starters try following these four tips to get you through another school year.

1. Breakfast is really important.

This is no myth. Breakfast is the most essential meal of the day for everyone, especially growing children. Getting protein and carbohydrates in the morning provides the fuel our kids need to learn and retain new information.

Traditional breakfast foods are not required. If time is an issue, there are some quick, nutritious options. For example, Greek yogurt, string cheese, and peanut butter are portable and good sources of protein. Pair them with a whole grain or fruit to give your child a nice mix of protein and carbs.

Pop tarts, donuts and high-sugar cereals should be avoided. They might be enjoyed at breakfast time and provide a quick burst of energy, but your kids are sure to crash well before their morning instruction is over.

2. Lunch = refuel.

If breakfast is best described as an initial fueling, lunch is best portrayed as a refueling time. Making sure your child has a diverse lunch with several food groups represented—protein, grain, and dairy—will help them through the afternoon hours with flying colors.

Much like breakfast, its' easy to go with the traditional items like sandwiches, but you can get creative. Try a wrap or use a cookie cutter to give the mundane sandwich a new twist. Switching things up could help your child be more interested in eating at the lunch table. Incorporate foods with a variety of colors as well to further entice your child to eat.

3. Being prepared increases variety.

If packing a lunch is the norm in your household, investing in an insulated lunch bag will help widen the net in terms of food you can pack, especially cold foods. For instance, chilled hummus with raw veggies like carrots and cucumbers are a healthy alternative to chips. Also keep a bin of easy, go-to items at home, like fruits and

veggies the kids like to cut down on prep time during the week.

Kids like being part of the planning process, too. Set aside time during the weekend to talk with your kids about what they want for lunch. Consider taking them to the grocery store to let them pick out a new fruit or veggie they want to start packing for lunch, and a healthy dip to go along with it to further encourage your kids to eat new food.

These tips can help with a picky eater, too. Kids will be

more invested in the entire process if they're more involved in the planning. It's also important to introduce new foods slowly, and be sure to incorporate them with one of your child's established favorites so they will be more included to eat it.

4. Don't get discouraged.

It's OK to feel overwhelmed at time. Life and all its occurrences—work, school, and hobbies—can make tasks like these difficult to achieve. However, the impact a well-balanced diet can have on your child's performance in the classroom will make the extra effort worth it in the end.

Tina Maddox, Ph. D, is Associate Professor of Dietetics and Nutrition, College of Health Professions, University of Arkansas for Medical Sciences.





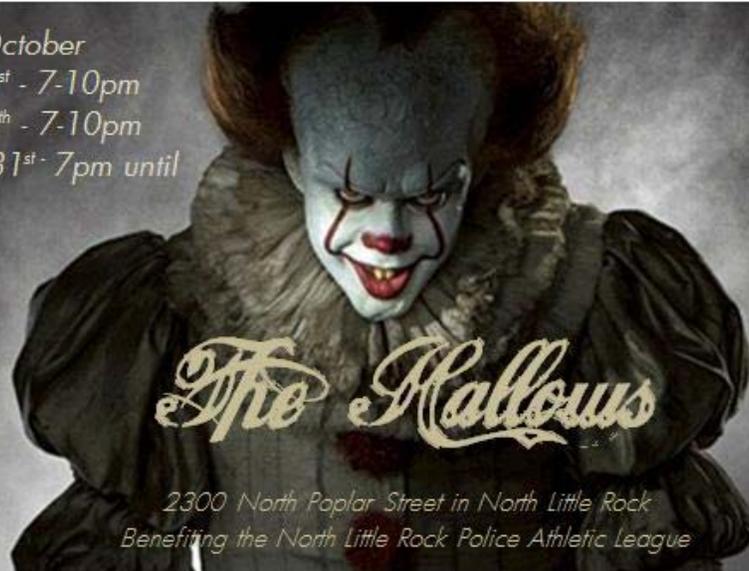
Traffic Services employees Chester McKee and Kevin Ussery a statute at the North Little Rock Fire Station at the corner of John F. Kennedy and Osage in honor of Fire Chief Jim Murphy.



Jimmy Crowley, North Little Rock Electric Department Street Light Supervisor shared the above photo of a hornets nest in a street light in Burns Park on Arlene Laman Drive by the BMX track.

This month,
the scariest
place to be in
North Little
Rock will be at
The Hallows,
2300 North
Poplar Street

October
18-21st - 7-10pm
24-28th - 7-10pm
30 and 31st - 7pm until



Go
there,
I
dare
you!



Honey Mustard Coleslaw

Found in The Best of Country Cooking

—Taste of Home Cookbook

Rebecca Anderson, Melissa, TX

- 1 package (14 ounces) coleslaw mix
(cabbage and carrots—if you want to chop your own)
- 1/2 cup mayonnaise
- 2 tablespoons honey
- 1 tablespoon cider vinegar
- 1 tablespoon spicy brown mustard
- 1/2 teaspoon lemon pepper seasoning
- 1/8 cup celery seed

Place coleslaw mix in a large bowl. Combine the remaining ingredients. Pour over the coleslaw mix and toss to coat. Chill until serving.

Note from newsletter editor: I made this and used green cabbage, red onion and carrots—it was sooooo good!

Simple Sparerib & Sauerkraut Supper

Found in The Best of Country Cooking—Taste of Home Cookbook

Donna Harp, Cincinnati, OH

- 1 pound fingerling potatoes
- 1 medium onion, chopped
- 1 medium Granny Smith apple, peeled and chopped
- 3 slices thick-sliced bacon strips, cooked and crumbled
- 1 jar (16 ounces) sauerkraut, undrained
- 2 pounds pork spareribs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon vegetable oil
- 3 tablespoons brown sugar
- 1/4 teaspoon caraway seeds
- 1/2 pound smoked Polish sausage, cut into 1-inch slices
- 1 cup beer

In a 2-quart, slow cooker, place the potatoes, onion, apple and bacon. Drain sauerkraut, reserving 1/3 cup of the liquid; add sauerkraut and reserved liquid to slow cooker.

Cut spareribs into serving-size portions, sprinkle with salt and pepper. In a large skillet, heat oil over medium-high heat; brown ribs in batches. Transfer to slow cooker; sprinkle with brown sugar and caraway seeds.

Add sausage; pour in beer. Cover and cook on low for 6—7 hours or until ribs are tender.





**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: 9/1/17
Expires: **12/31/17**



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 / Treasurer, Revenue

Question: *If someone comes to my home selling newspaper subscriptions, are they required to have a door-to-door peddlers permit?*

Answer: Yes. Anyone going door to door in the North Little Rock City Limits is required to have a peddlers permit issued by the City Clerks Office.

North Little Rock History Commission



If you or someone you know has items of a historical interest (photos, newspaper clippings, keepsakes, etc.) to City of North Little Rock, please consider donating them to the NLR History Commission.

For more information, call 501-371-0755 or email nlrhistory@comcast.net.



The One Heart Playground is officially open in Burns Park in North Little Rock. Please come out and enjoy this beautiful playground!

The North Little Rock Convention & 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.

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 City Clerk and Treasurer's Office (similar to the example on this page), 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. You can also call the North Little Rock City Clerk/Treasurer's Office Monday through Friday 8:00 a.m.—4:30 p.m. to verify any business license or peddlers permit in our city at 501-975-8617.

As of October 1, the following is registered to solicit door to door in the city of North Little Rock.

LegalShield Expire 10-13-17
Melvin Jackson

To see a list of issued permits, visit the city website at www.nlr.ar.gov, then click on City Clerk/Treasurer, followed by Licensed Peddlers.

To see an individual ID/Permit, click on the person's name.

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 501-975-8617 or email Diane Whitbey at Dwhitbey@nlr.ar.gov.

The City Council Agenda can be found at www.nlr.ar.gov, then click on the Government tab, followed by Council Agenda.

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, Shawn Spencer	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, Terrell Milton	975-8888

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 Ron Harris	804-0928 758-2877
Ward 4	Murry Witcher Charlie Hight	835-0009 758-8396

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

Other Elected Officials

Mayor Joe A. Smith	975-8601
City Clerk/Treasurer Diane Whitbey	975-8617
City Attorney C. Jason Carter	975-3755
District Court Judge Randy Morley	791-8562
District Court Judge Paula Juels Jones	791-8559

Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Communications.....	501-975-8833
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Fit 2 Live.....	501-975-8777
Isaac Henry	
Special Projects.....	501-975-3737
Jim Billings	

North Little Rock Curbside Recycling
schedule for the month of October

Oct 2-6—Recycle

Oct 9-13—NO

Oct 16-20—Recycle

Oct 23-27 —NO

Oct 30—Nov 3



**NORTH LITTLE ROCK
FIRE DEPARTMENT**

PRESENTS

FIREFEST



EVERY SECOND COUNTS
PLAN 2 WAYS OUT!

FIRE PREVENTION WEEK
OCTOBER 8-14, 2017

TUESDAY OCTOBER 10TH, 2017
5:00 pm - 8:00 pm
McCain Mall - 3929 McCain Blvd

Fire Truck Demonstrations- AGFC Aquarium
Children's Safety Smoke House
Free Eye- Screening Provided by the Lions Club
Games, Goodies and Much More!

FUN FOR THE WHOLE FAMILY-WE HOPE TO SEE YOU THERE
For questions- Call: (501)340-5377 or Email: FMO@nlr.ar.gov

MCCAIN MALL
A SIMON MALL

Daylight savings time ends Sunday, November 5, 2017. Don't forget to turn your clocks back one hour!



North Little Rock Police Department welcomes new recruits to the force.

Pictured l-r Phillip Gangluff, Zachary Hodge, Mayor Joe A. Smith, Evan Hendrix and Christopher Henderson.



Save the date—October 6, 2017
31st Annual Brother Paul
Fish & Fowl Dinner - Verizon Arena



North Little Rock Electric Department Policy Changes to General Rules and Regulations coming in 2 phases

Phase two—effective—10-23-2017

- Payment Due Date
- Discontinue Promissory Note
- Discontinue Mailed Shut-Off Notice
- Weather Rule

For more detail on upcoming policy changes, please call 501-975-8888 or go online to: www.nlrelectric.com/policy



October Birthdays

Name	Dept	Date	Name	Dept	Date		
KATHY	DAVIS	COURTS	1	DUSTIN	FREE	FIRE	16
LYNWOOD	ANDERSON	ELECTRIC	1	ERNEST	SCOTT JR	PUBLIC WORKS	16
MARK	SHOEMAKER	FIRE	1	ANTHONY	LOGAN	SANITATION	17
ERIC	IMHOFF	POLICE	1	CODY	WORTHAM	FIRE	18
CHRISTOPHER	NICHOLAS	ELECTRIC	2	CHAD	FREY	FIRE	18
KENNY	STEPHENS	PUBLIC WORKS	2	CHARLES	HOBSON	FIRE	18
NADIA	JOHNSON	SENIOR CENTER	2	JAMYRIA	LAYTON	PARKS CONCESSION	18
RANDY	PRESLEY JR	ELECTRIC	3	RHONDA	HUEY	POLICE	19
ROBERT	EDISON JR	POLICE	3	JEFFREY	GRAVETT	POLICE	19
ANDREW	JOHNSON	ELECTRIC	4	LEANNA	GRADY	OES	20
MICHAEL	MITSunAGA	FIRE	4	RICHARD	DAVIS	ELECTRIC	22
CAROLINE	SPENCER ALLINSON	PARKS & REC	5	WILLIAM	LEWIS	ELECTRIC	22
JON	BRUNETT	PARKS MAINT	5	PAMELA	TILLER	FIRE	22
TODD	SPAFFORD	POLICE	6	RONNIE	MITCHELL	PARKS MAINT	22
TOMMIE	WILLIAMS	STREET	6	WESLEY	STEPHENS	FIRE	23
CARRIE	BROWN	POLICE	8	GARY	WILLIAMS	FIRE	23
STEVE	RABUN	UAD	8	DANTE	GUIUSTI	SANITATION	23
WARREN	DEBUSK	PARKS MAINT	9	SHERRY	KELLEY	SENIOR CENTER	23
MICHAEL	OSBORNE	POLICE	9	DONNA	BRYANT	ELECTRIC	25
CLINT	REEKIE	FIRE	10	EDWIN	FAUBION	FIRE	25
DONALD	SHOEMAKER	POLICE	10	JOHN	BLANKENSHIP	POLICE	25
KENDALL	ABEL	STREET	10	AMBER	HODGE	HR	26
AMY	SMITH	COMMERCE	11	DON	DUKES	POLICE	26
SHARON	HENLEY	FINANCE	11	TANNER	RAMSEY	FIRE	27
ROSS	COTHREN	FIRE	11	CYNTHIA	MARSHALL	POLICE	27
JASON	BRYANT	FIRE	11	JILL	PONDER	ELECTRIC	28
JAMES	KOLB	FIRE	12	LANA	GREGORY	ELECTRIC	28
VIVAN	BAUTISTA MARTINEZ	PARKS & REC	12	TERRY	HARTWICK	PARKS ADMIN	28
CHARLES	BROOKS JR	PARKS MAINT	12	TERRELL	MILTON	UAD	28
MICHAEL	BROOKS	POLICE	12	JOHNNN	JOHNSTON	PARKS MAINT	29
SYLVESTER	SMITH JR	SANITATION	12	VICENT	THORTON	POLICE	29
NICHOLAS	BECK	OES	14	CHEREON	CAMP	POLICE	29
CHRISTOPHER	JONES	STREET	14	ARVILLE	BENTON	Electric	30
JOHNNY	GRAY	VEHICLE MAINT	14	JON	CROWDER	POLICE	30
TOLIVER	WHILLOCK	FIRE	15	CHRISS	TERRY	STREET	30
KEITH	PHIFER	POLICE	15	CHRISTOPHER	COLLINS	UAD	30
BRYAN	ROUGELY	STREET	15	DAVID	COOK	PUBLIC WORKS	31
CHARILE	HIGHT	ADMIN	16	ERIC	DUNCAN	STREET	31
TAMARA	MCCLENDON	COURTS	16				

Information regarding employee anniversaries and birthdates is provided by HR the prior year (i.e. 2017 was provided in 2016). So if an employee name is on the list that has retired or resigned, please disregard. Also, typos happen! Please let me know if a name is spelled wrong and a correction will be included next month!

October Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs
CEDRIC	WILLIAMS CODE	14	JALEN	BANKS PARKS CONCESSION	2
MICHAEL	JOHNSON CODE	19	STEACY	KENNEDY PARKS MAINT	3
ROBINSON, LAURIE	SISSON COURTS	15	JODY	HARRIS PARKS MAINT	1
TAMARA	MCCLENDON COURTS	1	KEITH	IVEY PARKS MAINT	1
MILTON	HINSHAW II ELECTRIC	12	DAVID	MARSHALL PARKS MAINT	1
JACKIE	PEACH ELECTRIC	12	ARNOLD	COLEMAN PLANNING	1
PHILICIA	KNOX ELECTRIC	16	LINDA	JACKSON POLICE	44
WILLIAM	LEWIS ELECTRIC	17	LARRY	MICKEL POLICE	37
RONALD	CARTER ELECTRIC	8	DANA	BOWERS POLICE	25
SUZANNE	FLETCHER FINANCE	45	JOHN	DESIZELTS POLICE	23
ROBERT	SHAW FIRE	22	WESLEY	HONEYCUTT POLICE	23
GABRIEL	TROBIS FIRE	12	CYNTHIA	MARSHALL POLICE	23
MICHAEL	MILLER FIRE	1	DANE	PEDERSEN POLICE	26
WHITNEY	PADGETT FIRE	1	MATT	SODERLUND POLICE	26
DEMARIO	HAYDEN FIRE	1	DONALD	SHOEMAKER POLICE	23
ALEXANDER	HRONAS FIRE	1	DANIEKA	HERNANDEZ POLICE	6
DUSTIN	TERRY FIRE	3	BILL	BUSH PUBLIC WORKS	30
HUNTER	MOIX FIRE	2	HERMAN	BARNES JR SENIOR CENTER	4
JARETT	HUTCHISON FIRE	1	BOBBIE	BRYANT SENIOR CENTER	7
BECKY	HENDERSON Legal	15	JESSE	BOOTH SENIOR CENTER	1
ROBERTA	MUELLING OES	27	ROMMIE	ANDREWS STREET	5
JENNIFER	BUCKNER OES	14	JERRY	HAWKINS STREET	3
JEFFREY	ALTSTATT OES	1	SAM	BROOKS JR STREET	22
ERIC	BONNES OES	1	UNARD	BUSH STREET	3
JORDAN	ROARK OES	1	MATTHEW	ROWLAND STREET	7
TAMAR	JORDAN PARKS & REC	1	DOMINIQUE	AMBROSE UAD	9
MARY	BROADWAY PARKS & REC	2	CHRISTINE	FERRY UAD	1
BRIANNA	FIELDS PARKS & REC	3	PAJAI	VANG UAD	1
CAMERON	STEWART PARKS CONCESSION	3	CHAD	FULLER VEHICLE MAINT	5

Halloween is Tuesday, October 31 2017

NLR City Employees, if you wear a Halloween costume to work on the 31st, be sure to email a photo to Dwhitbey@nlr.ar.gov. Residents if your kids dress up for Halloween, email those photos, too. They might end up on our Facebook page or in the next e-Newsletter!

I included a couple of office group themes I found on the internet to give you some ideas.

