

# North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

August 2011

## North Little Rock e-Newsletter

If you have information you would like to share with other city employees, residents and businesses throughout **North Little Rock**, then let us know. The **City Clerk's office** provides a monthly *e-letter* to those who subscribe through the **North Little Rock** website.

To sign up, email [Dwhitbey@northlittlerock.ar.gov](mailto:Dwhitbey@northlittlerock.ar.gov).

### Schools Out For Summer...

...at least it was in the lyrics from the popular Alice Cooper song.

North Little Rock School District Classes will resume this month. Below is information from Scott Miller, North Little Rock School Board Vice President—Zone 2.

August 4— Freshmen at NLRSD East Campus are invited to “Let’s Get Started Party” from 10 a.m.—2 p.m. where they can pick up their schedule, have their ID badge made, tour the building, and buy PTSA T-shirts, memberships, and survival kits.

August 8—Parents and Patrons of NLRSD will receive a *New Directions* newsletter in

the mail by this date.

August 15—First day of School

Pedestrian and vehicle traffic will increase significantly around the city as students line up at bus stops or drive to school.



You must stop when a school bus stops. This is the law and is for the safety of both our youth and drivers.

Drivers must yield to pedestrians in cross-walks. It’s the law and is for the safety of both pedestrians and drivers.



## The North Little Rock Woman’s Club

extends an invitation to all ladies

to its Membership Tea

Monday, August 1, 2011

from 1:00 p.m. until 3:00 p.m.

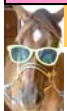
at the North Little Rock Woman’s Club House

401 West Military Road (in Burns Park)

For more information or to RSVP please call

Membership Committee Chair

Lorene Trask at 834-6203



“Where’s Mel”! The 1st person to CALL 340-5317 and tell one of us where you found “Mel” will win a prize!

# North Little Rock Animal Control

For more information, call **501-791-8577**

## Animal Trivia

Found at <http://www.i-pets.com>

### CATS

95% of cat owners admit they talk to their cats.  
 A cat can be either right-pawed or left-pawed.  
 A cat can jump as much as seven times its height  
 A cat can spend five or more hours a day grooming himself.  
 A cat can sprint at about 31 mph.  
 A cat has 230 bones in its body. A human has 206.  
 A cat sees about 6 times better than a human at night because of the tapetum lucidum, a layer of extra reflecting cells which absorb light.  
 A cat that bites you for rubbing his stomach is often biting from pleasure, not anger.  
 A cat uses its whiskers to determine if a space is too small to squeeze through. The whiskers act as feelers or antennae, helping the animal judge the precise width of any passage.  
 A cat will almost never meow at another cat. Cats use this sound for humans.  
 A cat will never break a sweat because it has no sweat glands.



A cat's arching back is part of a complex body language system, usually associated with feeling threatened. The arch is able to get so high because the cat's spine contains nearly 60 vertebrae which fit loosely together.

A cat's brain is more similar to a human than that of a dog.  
 A cat's ears pivot 180 degrees.  
 A cat's tail held high is a sign of happiness. A twitching tail is a warning sign, and a tail tucked in close to the body is a sure sign of insecurity.  
 A cat's tail also plays a vital part in the cat's balance and in the "righting reflex" that allows it to land on its feet after falling.  
 A female cat can begin mating when she is between 5 and 9 months old.  
 Abraham Lincoln loved cats. He had four of them while he lived in the White House. His cat Tabby, was the first of several White House cats.  
 All cats are born with blue eyes.

### DOGS

According to a survey, the most popular name for a dog is Max. Other popular names include Molly, Sam, Zach, and Maggie.



An American Animal Hospital Association poll showed that 33 percent of dog owners admit that they talk to their dogs on the phone or leave messages on an answering machine while away.

An estimated 1 million dogs in the US have been named the primary beneficiary in their owner's will. Contrary to popular belief, dogs do not sweat by salivating. They sweat through the pads of their feet.

Every known dog except the chow has a pink tongue-the chow's tongue is jet black. Every year, \$1.5 billion is spent on pet food. This is four times the amount spent on baby food. French poodles did not originate in France. Poodles were originally used as hunting dogs in Europe. The dogs' thick coats were

a hindrance in water and thick brush, so hunters sheared the hindquarters, with cuffs left around the ankles and hips to protect against rheumatism. Each hunter marked his dogs' heads with a ribbon of his own color, allowing groups of hunters to tell their dogs apart.



Most pet owners (94 percent) say their pet makes them smile more than once a day. Prairie dogs are not dogs. A prairie dog is a kind of rodent. Scientists have discovered that dogs can smell the presence of autism in children. 'Seizure Alert' dogs can alert their owners up to an hour before the onset of an epileptic seizure.



70 percent of people sign their pet's name on greeting cards and 58 percent include their pets in family and holiday portraits.



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

Each day in the US, animal shelters are forced to destroy 30,000 dogs and cats.  
 It has been established that people who have pets live longer, have less stress, and have fewer heart attacks.  
 Please spay and neuter!

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



The World Police & Fire Games are coming to New York City from August 26 through September 5, 2011. Eleven days of sports competition and specially planned events, which will respectfully coincide with the ten year remembrance of September 11, 2001 are planned.



Currently, the World Police & Fire Games is the second largest multi-sport event in the world, surpassed only by the summer Olympics. This event is held every two years and averaged 3,000 to 6,000 participants. This year, over 16,000 police and fire fighters from around the world will participate!

Members of the North Little Rock Fire Department will be competing this year! Battalion Chief R.D. (Roger) Robinson will compete in a 2 mile Open Water Swim on September 2. He started swimming after sustaining an injury to his knee. Chief Robinson said his father, W. D. Robinson was also a Battalion Chief and was with the North Little Rock Fire Department from 1957 to 1993. He said he is participating in this event as part of his "Bucket List" and to honor his father and the men and women who died September 11, 2001. This year will mark 23 years of service to the citizens of North Little Rock for Chief (R.D.) Robinson.



*Battalion Chief R.D. (Roger) Robinson*



Lieutenant Todd Hink, Engine 8, will also participate in the World Police & Fire Games. He will be in NYC a total of 9 days, and compete in the Triathlon on August 28, 10,000 meter Track and Field Race on August 31, and 10,000 meter Cross Country Run on September 2nd. Todd said he has never been to the games. This is the second largest "games" event, behind the Summer Olympics. Todd competes in many running, duathlon, and triathlon events, throughout the year. However, he is really looking forward to this competition which will be a very emotional one as the athletes gather to honor all of their brothers and sisters in the fire fighting profession.

*Lieutenant Todd Hink*

*Life is not a spectator sport and neither are the 2011 World Police & Fire Games in New York City.*

For more information, visit [www.2011wpfg.org](http://www.2011wpfg.org) or contact Battalion Chief Robinson or Lieutenant Hink.

A new law recently took effect—

### Arkansas Law Bans Sagging Pants in Schools

—found at [sizly.com](http://sizly.com)

Students in the state of Arkansas are now banned from wearing sagging pants. The law prohibits students from wearing clothes that reveal "underwear, buttocks or the breast of a female."

Educators have been complaining about the attire, such as young men wearing saggy, low-rise jeans that expose the top part of colorful boxer shorts.

Lawmakers said students should learn to dress in a way that would be acceptable in the workplace, because they are, in effect, preparing to enter it in the future.

The new law does not specify how the state's school districts will discipline students who insist on wearing such clothing. ...continued on page 15...





The North Little Rock Fire Department hosted a Kids Fire Academy last month. Above Assistant Fire Marshal/Captain John Pflasterer distributed firemen hats to all participants. Youth of all ages learned important life-saving skills including what to do, and not do during a fire.



**Weigh options before paying off a mortgage**

—Jeff Wuorio, USA Weekend—July 29-31, 2011

Living without a mortgage may be every homeowner's dream. But before you pay off your mortgage early, consider these:

**Hit credit debt first.** Not only are credit card interest rates probably higher than your mortgage rate, they also may suggest you're living beyond your means, says New York certified financial planner Erick Safran.

**Check interest rates.** If you're near the current 30 year rate of 4% or so, that's a bargain. It might be better to direct any extra cash toward your retirement or college savings for the kids. But "if you're locked in at 7% or more, and have been unable to refinance the loan, by all means pay it off," Safran says.

**What's your savings?** This depends on your interest rate and the size of your mortgage. Adding \$100 a month to a \$200,000, 6% mortgage saves you about \$32,000 over the life of the loan. If you think you can do better investing that money—and will commit to it—then forgo the pay-down. Visit [mortgageloan.com/calculator/mortgage-payoff-calculator](http://mortgageloan.com/calculator/mortgage-payoff-calculator) to figure out your savings.

**Peace of mind counts.** "If paying off your mortgage will provide nirvana of being debt-free and you have the funds to pay it off, then do so," Safran says. There is no price tag for that peace of mind.

## UV Eye Safety

By Troy Bedinghaus, O.D., About.com



We protect our skin with sunscreen, but what about our eyes? Most of us are aware of the dangerous effects ultraviolet (UV) rays have on our skin, but few of us realize the danger imposed on our eyes. UV radiation, whether from natural sunlight or artificial UV rays, can damage the eye's surface tissues as well as the cornea and lens. UV radiation can burn the front surface of the eye, much like a sunburn on the skin.

**UV Radiation** consists of invisible rays from the sun.

There are three types of UV

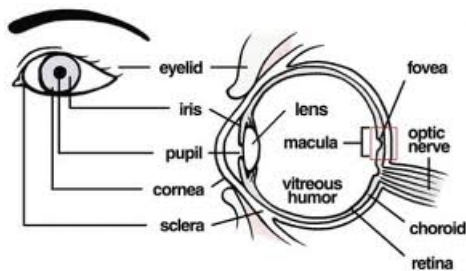
radiation: UVA, UVB and UVC. UVC rays do not pose any threat, as they are absorbed by the ozone layer. However, exposure to UVA and UVB rays can have adverse effects on your eyes and vision. Short- and long-term exposure to these dangerous rays can cause significant damage. It is important to note that UV radiation can also be given off by artificial sources like welding machines, tanning beds and lasers.

**Short-Term Effects of UV Radiation.** If you are exposed (unprotected), to excessive amounts of UV radiation over a short period of time, you are likely to experience an effect called photokeratitis. Photokeratitis is an inflammation of the cornea caused by a brief exposure to

UV radiation, usually when combined with cold wind and snow. Like a "sunburn of the eye", it

may be painful and may create symptoms including red eyes, a foreign body sensation or gritty feeling in the eyes, extreme sensitivity to light and excessive tearing. Fortunately, this is usually temporary and rarely causes permanent damage to the eyes

**Long-Term Effects of UV Radiation.** Long-term exposure to UV radiation can be more serious. Scientific studies and research growing out of the U.S. space program have shown that exposure to small amounts of UV radiation over a period of many years may increase the chance of developing a cataract, and may cause damage to the ret-



ina, the nerve-rich lining of the eye that is used for seeing. This damage to the retina is usually not reversible. Cumulative damage of repeated exposure may contribute to chronic eye disease, as well as increase the risk of developing skin cancer around the eyelids. Long-term exposure to UV light is also a risk factor in the development of pterygium (a growth that invades the corner of the eyes) and pinguecula (a yellowish, slightly raised lesion that forms on the surface tissue of the white part of your eye.)

**UV Radiation Protection.** It is not known how much



exposure to UV radiation will cause how much damage, but a good recommendation is to wear quality sunglasses that offer good protection and a wide-brimmed hat when working outdoors, participating in outdoor sports, taking a walk,

running errands or doing anything in the sun.

To provide protection for your eyes, your sunglasses should:

- ◆ block out 99 to 100 percent of both UV-A and UV-B radiation
- ◆ screen out 75 to 90 percent of visible light
- ◆ be perfectly matched in color and free of distortion and imperfection
- ◆ have lenses that are gray for property color recognition

If you spend a lot of time in bright sunlight, wrap-around frames can provide additional protection from harmful UV radiation

by keeping UV rays from reaching the eyes. Also, remember UV eye protection for children and teenagers. They typically spend more time in the sun than adults. Finally, even



if you are wearing contact lenses that have UV protection, you still need to wear sunglasses. UV rays will likely affect the eye tissue that is not covered by the contacts. Your eyes will be more comfortable, too, with most of the bright light blocked.

About.com, Inc. is a part of The New York Times Company.

# Drought Tolerant Plants

## *Suitable for Arkansas Landscapes*

Below are groups of plants that should survive our dry Arkansas summers. Some may be included in more than one list. Several plants are identified as “native plants”. These, in addition to others you may see growing along the side of roadways and in fields throughout central Arkansas, have proven they can withstand the climate we experience in Pulaski County. When you reference garden books, keep in mind that the term “dry” or “xeriscape” means something different to western gardeners than to those in other areas of the country. In central Arkansas we usually have adequate water in winter and spring but we suffer more from drought in the summer and early autumn. Experience and experimentation will reveal those plants that will work for you.

### TREES

Arborvitae	Arizona Cypress
Chaste Tree (Vitex)	Crapemyrtle (tree)
Ginkgo	Golden Raintree
Hawthorne (native)	Honeylocust (native)
Pin Oak (native)	Redbud (native)
Red Maple	Russian Olive
Shortleaf Pine (native)	Shumard Oak (native)
Smoketree (native)	Smooth Sumac (native)
Southern Red Oak (native)	Oak Species
Elm Species	

### ANNUAL FLOWERS

Cleome	Cosmos
Globe Amaranth	Gloriosa Daisy
Purslane	Lantana
Marigolds	Moss Rose
Periwinkle	

### PERENNIALS

Artemisia	Baby’s Breath
Bearded Iris	Candytuft
Daffodils	Daylilies
Dianthus	Gaura
German Statice	Lamb’s Ear
Penstemon (native)	Phlox—Downy (native)
Russian Sage	Sedum
Snow in Summer	Stoke’s Aster
Torch Lily	Yarrow

### Shrubs

Beauty Berry (native)	Beautybush
Blue Rug Juniper	Burford Holly
Chinese Juniper	
Crimson Pygmy Barberry)	
Crapemyrtle	Arborvitae
Flowering Quince	Forsythia
Santolina	Groundsel (native)
Holly Species	Hydrangea—Peegee
Huckleberry (native)	
Japanese Garden Juniper	

Mugo Pine  
 Red Chokeberry (native)  
 Shore Juniper  
 Spirea  
 Variegated Privet  
 Yaupon Holly

Nandina  
 Barberry  
 Spicebush (native)  
 Thorny Elaeagnus-  
 Wax Myrtle  
 Yucca

### VINES

American Bittersweet  
 Cypress Vine (annual)  
 Hyacinth Bean (annual)  
 Morning Glory (annual)  
 Yellow Jessamine



### GROUNDCOVERS

Asian Jasmine  
 Carolina Yellow Jessamine  
 Creeping St. John’s Wort  
 Creeping Thyme  
 Liriope, all cultivars  
 Nandinas (dwarf)  
 Showy Evening Primrose

Trumpet Honeysuckle  
 Silver Lace  
 Native Honeysuckle

Boston Ivy

Junipers, all cultivars  
 Mondo grass  
 Sedums  
 Yaupons, all cultivars

### WILDFLOWERS

Bee Balm  
 Black Eyed Susan  
 Coreopsis  
 False Indigo  
 Hardy Ageratum  
 Liatris  
 Purple Coneflower  
 Sundrop  
 Yarrow

Bird Foot’s Violet  
 Butterfly Weed  
 Evening Primrose  
 Gaillardia  
 Joe Pye Weed  
 Ox-eye Daisy  
 Queen Anne’s Lace  
 Verbena

### HERBS

Artemesia  
 Cone Flowers  
 Dill (annual)  
 Garlic  
 Lavender  
 Ox-eye Daisy (native)  
 Rosemary  
 Santalina  
 Sweet Marjoram  
 Thyme  
 Veronica (native)  
 Wild Mints (native)

Bee Balm  
 Fennel  
 Hyssop  
 Oregano



Sage  
 Savory  
 Tansy  
 Verbena Canadensis  
 Wild Aster (native)

### GRASSES

Bermuda (lawn)  
*The following are all ornamental grasses:*  
 Bluestem Grass  
 Gulf Muhly Grass  
 Pampas Grass  
 Ravenna Grass  
 Ribbon Grass  
 Zoysia (lawn)  
 Fountain Grass  
 Love Grass  
 Miscanthus Grass  
 Reed Grass

This list was prepared by Pulaski County Master Gardeners Jane Druff and Dorothy Veirs.

## Eat better by exercising your portion control

Found in *usaweekend.com* July 15-17, 2011

Diets come and go, but one constant is the idea that it's not so much what you eat, but how much you eat. Try using these tips from *ShopSmart* magazine to exercise better portion management:

**Create a visual feast.** You can play a trick on yourself to help deal with smaller portions. Make sure your meal is colorful and has several different elements so that you can arrange them on your plate in a pleasing way. What was once a tiny meal is now a radiant potpourri.

**Heap it on.** So you can't eat as much meat or carbs as you might like—that doesn't mean you



Wrap  
veggies  
into your  
protein.

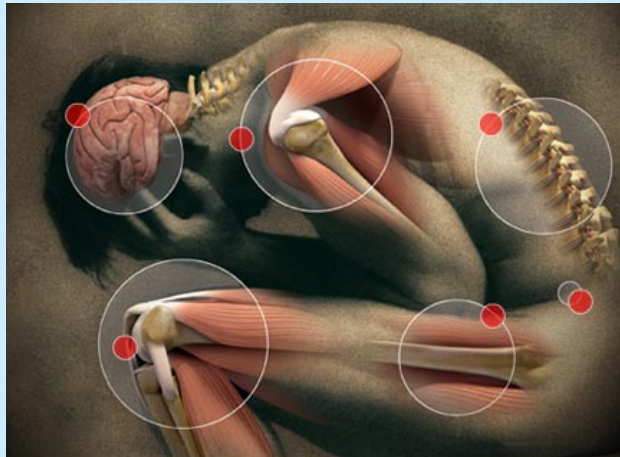
have to skimp on vegetables. Pile on some water-based veggies that are not only a delight to chew but an effective way to mask a limited portion of something else.

**Contain it.** That fish or chicken filet looks awfully lonely on your plate. Why not wrap it in a tortilla with some shredded lettuce or a similar vegetable?

**Downsize your treats.** An occasional treat is not a crime. When you get home from the market, divide any junk food into sensible portions. This way you're much less likely to overeat.

—Gregory Connolly

## Health Smart Advise from **THE DOCTORS** Important tips to manage your chronic pain



### 4 sure-fire strategies for feeling better

Chronic pain can be debilitating, all-consuming and even frustrating—especially when you've taken every test and tried every medication and you still hurt. You start to think maybe it's all in your head (it's not) and there's nothing else you can do (not true). Research shows the best way to control chronic pain is to tackle it from all fronts' in fact, a published review found that comprehensive pain programs—ones that address biological, psychological and social aspects of pain—are most effective at improving quality of life. For many conditions, medications help' to better manage pain, try these strategies, too:

**Move a little every day.** Regular physical activity helps strengthen muscles, reduce stress and im-

prove sleep—all of which help you control pain. And every bit of exercise helps: Researchers at John Hopkins University School of Medicine found that short bursts of daily activity (such as walking or gardening) helped people with fibromyalgia feel and function better. Talk to your doctor to determine the safest exercises for you.

**Practice mindful medication.** Your negative reactions to pain—such as fear or anger—actually can make it worse. Mindfulness teaches you to observe your thoughts and feelings instead of reacting to them, so you'll learn to experience pain as a moment-to-moment sensation, which then lessens the intensity. Research shows mindfulness-based stress reduction (MBSR) techniques can reduce chronic pain and anxiety and increase vitality. To find a MBSR class in your area, visit [umassmed.edu/cfm/mbsr](http://umassmed.edu/cfm/mbsr).

**Ask about supplements.** Omega-3 fatty-acid supplements may benefit arthritis, back and neck pain sufferers; and research suggests that vitamin D may help reduce fibromyalgia and bone pain. The dosing for herbal supplements may vary, some supplements have side effects, and others interact with prescription medications, so consult your doctor first.

**Accept your pain.** That doesn't mean resigning yourself to suffer but instead changing the way you think about your condition. Research suggests if you stop trying to resist pain and learn to live with it, you'll hurt less and function better. Acceptance is about choosing to move forward and focus on the positives—the things you *can* do, the parts of your life you are thankful for.

*The Doctors* is an Emmy-winning daytime TV show with pediatrician Jim Sears, OB-GYN Lisa Masteron, ER physician Travis Stork and plastic surgeon Andrew Ordon.

### **Why it is important to take precautions connecting to a WiFi network.**

The lure of free internet is an enticing way to get access to the world while at airports, coffee shops, hotels, and while visiting an array of local businesses. On the surface it seems like a win-win situation. Customers gain internet access to do work, socialize, or just kill time. While, businesses are able to keep consumers in their establishment longer, increasing the chance that they will buy more. But predators of all sorts use the free unsecured wireless networks to get access to you -and your data. Before you connect to an unsecured wireless network, you should consider the potential risks.



Typically free Wi-Fi is free access to the internet through an unsecured network. In theory, this is a great idea. Unfortunately, free Wi-Fi can be an unsuspecting web surfer's worst nightmare; since, it can be an easy way for thieves to steal your passwords and sensitive information.

You should know that there are two common ways for someone to steal your information while you are logged on to the Free Wi-Fi at the airport, a local business, hotel, or simply on the street. First, a thief can hack into the unsecured network. This approach takes the skill of a professional hacker. Although, this technique is harder, it's not impossible, which is evident by the number of networks being hacked in recent news. The other common method is by setting up an unsecured network and giving it the same name as that of a business. It may seem unrealistic, but you'd be surprised.

In both scenarios, consumers would never know that their browsing information has been compromised until it's too late. They tend to let their guard down, especially if they are using the Wi-Fi of a trusted brand, such as a popular hotel chain, or a local business that they visit frequently, like a coffee shop. Dropping your guard on free unsecured Wi-Fi networks means doing things such as, checking your bank account on line, logging into an email account or social networking profile. In essence, *any* internet use that requires you to enter a password or look at sensitive information is risky on an unsecured network.

Despite the dangers of using free Wi-Fi, most of us still do it. For the majority of people, the convenience of having the internet on the go outweighs our normally cautious nature.

*David Hillman*

*City of North Little Rock*

*Information Services*

*( 501) 975-8821*

### ***Coca Cola Cake—from Vel Donna Weaver—Neighbors United for Levy***

2 cups unsifted flour  
2 cups sugar  
2 sticks oleo  
1 cup *Coca Cola (King Size)*  
1/2 cup buttermilk  
2 eggs beaten  
1 tsp baking soda  
1 tsp vanilla  
1 1/2 cups miniature marshmallows

Combine flour and sugar in a mixing bowl. Mix butter and coke and bring to a boil, then pour over flour mixture; mix thoroughly. Add buttermilk, eggs, soda, vanilla and marshmallows—beat together and mix well.

This will be a thin batter with marshmallows floating on top. Bake in a sheet cake pan for 350 degrees for 40-45 minutes. Ice while hot.



Icing:

1/2 cup butter (1 stick)  
6 tablespoons *Coca Cola (remaining King Size)*  
3 tablespoons cocoa  
1 box confectioners sugar  
1 cup chopped pecans  
Toast chopped pecans while mixing other ingre-

dients of cake—in preheating oven. Combine butter, cocoa and coke and heat to boiling. Pour over confectioners sugar. After beating well add one cup chopped toasted pecans. Spread over hot cake.

*This recipe was found in the August 2011 Neighbors United for Levy Newsletter.*

## *North Little Rock City Council Schedule*

Meets the second and fourth Monday of each month in City Hall. Meetings commence at 7:00 p.m. and can be viewed on our website.

For more information please call the City Clerk's Office at 501-340-5317 or visit our website at [www.northlittlerock.ar.gov](http://www.northlittlerock.ar.gov).

### CITY COUNCIL MEMBERS

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

### Other Elected Officials

**Mayor**, Patrick Henry Hays  
501-340-5301

**Clerk and Collector**, Diane Whitbey  
501-340-5317

**City Attorney**, C. Jason Carter  
501-975-3755

**City Treasurer**, Mary Ruth Morgan  
501-753-2028

**District Court Judge**, Jim Hamilton  
501-791-8559

**District Court Judge**, Randy Morley  
501-791-8562

- 4 tablespoons balsamic vinegar
- 1 minced garlic clove
- 1/4 cup chopped fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 5 tablespoons olive oil
- 2 romaine lettuce hearts, washed and chopped into 1/4 inch slices
- 2 large sweet red peppers, seeded and cut into 4 quarters
- 4 ears corn, chucked and silks removed
- 1 large red onion

Heat gas grill to medium-high.

In a small bowl, whisk together balsamic vinegar, garlic, basil, salt and pepper. Then slowly whisk in olive oil; set aside. Place romaine in a large serving bowl.

Place peppers on grill and cover (6 to 7 minutes) remove from grill and cut into 1/2 inch pieces, then add to romaine.



Grill corn 10 minutes, turning or until tender and beginning to brown. Remove from grill. Cut kernels from cob and add to romaine.

Cut red onion into 1/2 inch-thick slices. Then grill 5 minutes per side, turning once. Removed and cut into 1 inch pieces and...you guessed it...add to romaine.

(Lee grilled all her veggies at one time in separate foil—she said it didn't hurt anything. She also cut the recipe in half, it was plenty for two and makes a full meal, no meat needed. Very healthy too!)

Toss salad with prepared items and dressing. Serve immediately.

Applications may be obtained in the Human Resources Department, City Services Bldg., 120 Main St., 3rd floor, NLR, AR., 72114 **and must be completed and returned by the closing date. Late applications will not be accepted.** *Job-related test, interviews or other types of selection methods may be administered in order to determine whether an applicant possesses the required knowledge, skill and ability. A thorough background check and other necessary screening will be made on all persons selected for hire. After all other requirements have been satisfactorily met offers of hire are conditioned on satisfactory completion of a job-related physical exam, including a drug screen.* **AS AN EQUAL EMPLOYMENT OPPORTUNITY EMPLOYER, THE CITY OF NORTH LITTLE ROCK IS SEEKING QUALIFIED BLACK AND FEMALE APPLICANTS.**

## **City Offices - 120 Main**

**IT/Data Processing**, Kathy Stephens

501-975-8820

**Finance**, Bob Sisson

501-975-8802

**Information**

501-975-8888

**Human Resources**, Betty Anderson

501-975-8855

**Planning**, Robert Voyles

501-975-8835

**Purchasing**, Joe Smith

501-975-8881

**Revenue/Audit**, Jerry Reagan

501-975-8895

**Utilities Accounting**, David Melton

501-975-8888

### **Chopped Salad with Roasted Corn Relish**

*Submitted by Lee Shaw  
retired Emergency  
Services Director*



## The Arkansas State Capitol

The Arkansas State Capitol was built in the early 20th century (1899-1915) to accommodate a growing state government and a steadily expanding capital city. In its early days, Little Rock (our sister to the south) grew mainly east and south of the Arkansas River and the construction of the elegant State House on Markham Street reflected the activity center for the bustling, but small capital city.

In 1839, the state purchased 92 acres of land west of the city for use as the state's first prison. The site was a low hill just visible from the State House. When Union troops captured Little Rock in 1863, they used the prison as a federal military jail, holding captured Confederate soldiers and civilian sympathizers. After the Civil War, the penitentiary once again became a civil prison.

The prison had grown by the end of the 19th century, and so had Little Rock. When the prison was built in 1839, it was isolated outside the then-small capital city. By 1899, it was surrounded on three sides with homes, and more were planned. In the spring of 1899, Governor Daniel Jones proposed that the site be converted to the new state capitol building, authorized by the 32nd Legislative Assembly.

Ground for the new Capital was broken on July 4, 1899. Over the next 17 months, the Capitol's basement was excavated and the foundation constructed, mostly by convict labor under the supervision of Capitol Commissioners George Donaghey. This work was completed by Thanksgiving 1900, when about 40,000 dignitaries and spectators watched as the Capitol's cornerstone was laid. Completion of the building required another 14 years, more than \$2 million, a new architect, and a governor, George Donaghey, who campaigned on a plan to finish construction.

### Design and Features of the State Capitol

Nearly a century later, the Arkansas State Capitol complex has grown to include almost 40 acres of facilities and grounds.

The neoclassical style of the building is a common style found in monumental architecture of the 20th century. The ground floor is 440 feet long and 190 feet wide. The walls and parapet (railing along the roof) rise about 80 feet above ground level.

When it authorized the construction of the Capitol,



the state legislature urged Arkansas materials to be used wherever possible. Limestone was used for the exterior walls—Indiana limestone for the ground floor walls, and a hard limestone from near Batesville, Arkansas, for the upper stories and the fireplace mantles in the Governor's Reception Room. Indiana limestone was also used for the dome, which was erected in the latter half of 1910.

The Capitol's dome rises 213 feet above ground level. Governor George Donaghey suggested the building's second architect, Cass Gilbert, that a dome similar to the one on Mississippi's capitol might suit the building's neoclassical style. Gilbert agreed and obtained permission from Mississippi's architect, Theodore Link, to replicate the dome. Ironically, few people realized until the 1930's that Mississippi's dome had been designed by George Mann, the original architect of the Arkansas State Capitol.

The dome is topped with a lantern-style cupola, and capped with a ball finial, which is a hollow copper sphere. It and the supporting rooftop are gilded in 23-karat gold leaf, an extremely thin gold foil, which is reapplied by hand when needed. The last application was in the 1990's.



### Surrounding Structures

In the 1960's the state purchased a building known as "The Rackensack Apartments," north of the Capitol. Built in the 1920s, the structure, now called Capitol Hill, continues to provide legislators' housing and overflow office space. Today, buildings, along the west mall include a multi-agency complex known as "Big MAC" and facilities for education divisions.

*This information was found in a handout A Walk on the Hill, provided by the Arkansas Secretary of State, Mark Martin.*



# Health Matters

Your source for healthy eating and active living

August 2011

## Survey: What do you want from your Wellness Program?

I need to hear from you! Do you want...

Workout classes?

Cooking workshops?

Health fairs?

Fill out a CONFIDENTIAL Employee Wellness Interest and Needs Survey ONLINE or ON PAPER and get ONE HOUR PAID TIME OFF!

### Online survey:

Take the survey at:

<https://www.surveymonkey.com/s/B2QLWCL>

Print the final page of the survey and show it to your payroll clerk.

### Paper survey:

Request a copy from your payroll clerk. Fill it out and put it into an envelope *in front of* your payroll clerk.

Seal it so it remains confidential. Your payroll clerk will submit it to me.

Your payroll clerk will put your name on the list for one hour paid time off.

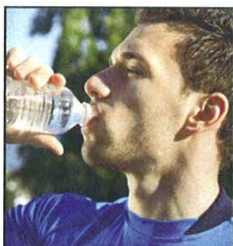
Thanks for your help!

—Bernadette (975-8777)

## BEAT THE HEAT: Focus on Hydration

Symptoms of dehydration usually begin with thirst and progress as the body's need for water becomes more urgent. The initial signs and symptoms of mild dehydration in adults appear when the body has lost about 2% of its total fluid. They often include:

- Thirst
- Loss of Appetite
- Dark Colored Urine
- Dry Mouth
- Fatigue or weakness
- Chills
- Head Rushes



### Safety tips:

- Start drinking water first thing in the morning.
- Drink AT LEAST 8 cups of water a day.
- Sip throughout the day—don't gulp water all at once.
- Eat lots of fresh fruits and vegetables, which also contain water.

## FAST FOOD 101

Get this handy pocket-sized booklet FREE when you sign up for the City of NLR's "Fit 2 Live" Employee Wellness Program.

Current members: Request one from Bernadette!

- Calorie counts for menu items at all your favorite fast food joints.
- Practical tips on serving sizes, healthier alternatives, and more.
- Keep it in your glove compartment for those drive-thru moments!



## NOT ALL CALORIES ARE CREATED EQUAL 20-Year Study Uncovers Good and Bad Foods

Who has time to read long articles?! Here's the Fit 2 Live summary of a 20-year study conducted by the Harvard School of Public Health:

### Foods that led to weight GAIN:

1. Potato chips
2. ANY kind of potato
3. Sugar-sweetened beverages (soda!)
4. Red meat
5. Simple carbs (white bread, white rice)



### Foods associated with weight LOSS:

1. Yogurt
2. Nuts
3. Fruits
4. Whole grains (whole wheat bread, brown rice)
5. Vegetables



Info brought to you by:

Your City of NLR "Fit 2 Live" Employee Wellness Program  
Join FREE! Get big discounts on health and fitness!

For more information, visit [www.nlrpr.org/employeewellness](http://www.nlrpr.org/employeewellness) or contact Bernadette Gunn, Fit 2 Live Coordinator, at 975-8777 or [bgunn@northlittlerock.ar.gov](mailto:bgunn@northlittlerock.ar.gov).



## THIS AND THAT

### Veteran Designation

to Appear on Arkansas Driver's License

Arkansas veterans will now have proof of military service on their driver's license or identification card. Beginning last month (July 1), through a controlled statewide implementation of the new driver's license design.

The word "Veteran" will be placed below the individual's picture on the updated format (see the sample license above).



The designation was created by "The Nick Bacon Remembrance Act" in memory of the former Arkansas Department of Veterans Affairs Director and Congressional Medal of Honor recipient who passed away in 2010.

The designation will be no additional cost for first time driver's license applicants and driver's license renewals. If a veteran chooses to add the designation before their renewal date, they may obtain a duplicate license for \$10. The cost of an identification card and duplicate identification card is \$5. Proof of service must be presented by presenting a personal DD214 form.

For more information visit [www.dfa.arkansas.gov/offices/driverServices/Pages/formatRollout.aspx](http://www.dfa.arkansas.gov/offices/driverServices/Pages/formatRollout.aspx).

## DRIVERS PLEASE BE AWARE IT'S ARKANSAS STATE LAW

### USE OF BICYCLES OR ANIMALS

Every person riding a bicycle or an animal, or driving any animal drawing a vehicle upon a highway, shall have all the rights and all of the duties applicable to the driver of a vehicle, except those provisions of this act which by their nature can have no applicability.

### OVERTAKING A BICYCLE

The driver of a motor vehicle overtaking a bicycle proceeding in the same direction on a roadway shall exercise due care and pass to the left at a safe distance of not less than three feet (3') and shall not again drive to the right side of the roadway until safely clear of the overtaken bicycle.



## AND CYCLISTS, PLEASE REMEMBER...

You're vehicles on the road, just like cars and motorcycles and must obey all traffic laws— signal, ride on the right side of the road and yield to traffic normally. Make eye contact with motorists. Be visible. Be predictable. Heads up, think ahead.



North Little Rock announces second round of community garden grants. Applications are

posted on the city's website at [www.northlittlerock.ar.gov](http://www.northlittlerock.ar.gov). The deadline is Thursday, September 15, 2011.

An informational meeting will be held August 27, 2011, at 10:00 a.m. in the City Council Chambers in City Hall (300 Main Street).

For more information, contact Bernadette Gunn at 975-8777.

## 2011 Sales Tax Holiday

Beginning at 12:01 a.m. on Saturday August 6, 2011, and ending at 11:59 p.m. on Sunday August 7, 2011, the State of Arkansas will hold its sales tax holiday allowing shoppers the opportunity to purchase certain School Supplies, School Art Supplies, School Instructional Materials, and clothing free of state and local sales or use tax.

All retailers are required to participate and may not charge tax on items that are legally tax-exempt during the Sales Tax Holiday.

For more information go to [www.dfa.arkansas.gov](http://www.dfa.arkansas.gov).

## HOUSEHOLD CHEMICAL COLLECTION

12th and Willow, NLR 72114

Sponsored by Solid Waste Management District

### OPERATION SCHEDULE

Every Tuesday: 7:00 a.m.—9:30 a.m. and 3:30 p.m.—5:30 p.m.

Every 3rd Saturday: 7:00 a.m. — noon

### ITEMS ACCEPTED

Motor Oil

Antifreeze

### ITEMS NOT ACCEPTED

No Insecticides

No Batteries (Car/Household)

No Pesticides

No Sharp objects

No Herbicides

No Oil Filters

No Auto Cleaners/Chemicals

No Paint

No Household Cleaners

For more information, call the Recycling Hotline at 501-340-8787

**Pet Peeve #2:** People who drive and text, put on makeup, eat, smoke, or any other task that takes their attention off of the roadway.

What's your Pet Peeve?



## Susan G. Komen Arkansas Race for the Cure

Saturday, October 22, 2011

Downtown Little Rock, Arkansas, (intersection of Broadway & 2nd Street)

HOPE RUNS ON **HEROES.**

### Join the City's Team and get a free City t-shirt.

- 1) Go to [www.komenarkansas.org](http://www.komenarkansas.org)
- 2) Click on Komen Race for the Cure
- 3) Click on Register
- 4) Click on Join an Existing Team
- 5) Search for 50053 Team NLR
- 6) Select Join to register yourself and family members. No password needed.



**Competitive Runners** (<27 min) *Entry Fee: \$30 (will also receive a timing chip)*

**5K Run/Walk** *Entry Fee: \$25 offline/\$26 online*

**Family 2K Fun Walk/Run** *Entry Fee: \$25 offline/\$26 online*

Each participant will receive a race t-shirt and bib.

**Sleep in for the Cure®** *Sponsored by Hank's Fine Furniture Entry Fee: \$25 offline/\$26 online*

You can participate without actually being present on Race Day. Receive a race t-shirt and bib.

**Three Miles of Men®** *Sponsored by Bank of America and Today's THV Entry Fee: \$25 offline/\$26 online*

Men show their support for the runners/walkers by lining the race course and cheering the race participants on. Receive a *Three Miles of Men®* t-shirt and invite to the 3 MOM Tailgate Party on Friday, October 14, 2011.

Deadline to register: Wednesday, October 19, 2011. Any team member who registers online after October 9, 2011, must pick up their packet at the Race Space or on Race morning.

If you prefer to register offline (mail-in), contact Team Captain Jennifer Johansen, 975-8848, no later than Wednesday, September 14.

# GRAPES, GRAINS & GROWLS

Saturday, August 27th, 2011  
4 p.m. - 8 p.m.

Woody's Sherwood Forest

1111 W. Maryland, Sherwood, AR 72120  
Benefits NLR Friends of Animals

Presented By: RIVERSIDE PRODUCTIONS



The purpose of this event is to raise funds for North Little Rock Friends of Animals, and to introduce great wine and craft beer to Central Arkansas. Over 100 different wines and about 100 different beers will be available for sampling. Tickets are only \$25 and the proceeds go to a very worthy cause.



Tickets will be available at Springhill Wine and Spirits 501-707-7155, The North Little Rock Animal Shelter 501-791-8577, and through North Little Rock Friends of Animals. 501-758-5482 or 501-753-4594.

Proceeds will go to the North Little Rock Animal Shelter's adoption/rescue and spay/neuter programs.



# 🎵 HAPPY BIRTHDAY! 🎵 AUGUST

Name		Dept	Date	Name		Dept	Date
DONNELL	ACKLIN	Street	1	MICHAEL	PROBST	Animal Shelter	17
DAVID	WILKINS	Police	2	MURRY	WITCHER JR.	Administration	18
BENJAMIN	ELLIS	Parks Maint	2	MAURICE	TAYLOR	Administration	19
RICKY	ALBERS	Fire	4	CHAD	ALLEN	Electric	19
WILLIAM	BAILEY	Fire	4	CHARLES	BASS	Fire	19
CLIFFORD	LEE	Street	4	WILLIE	ROMES	Street	19
JAMIE	WALLACE	HR	5	JOHN	PFLASTERER	Fire	20
MIKE	SCHULLER	Fire	6	JEREMY	REED	Fire	21
MATTHEW	DIXON	Fire	8	JEANNETTA	MARTIN	Health	21
CORDELL	HORTON	Health	8	JASON	CARTER	Legal	22
MICHAEL	MARBLEY	Sanitation	8	THOMAS	NORMAN	Police	22
JAMES	CLINGAN	Vehicle Maint	8	MICHAEL	SHAHAN	Police	22
RONALD	CARTER	Electric	9	ANTHONY	ROBINSON	Sanitation	22
JUSTIN	MOSS	Police	9	JOSHUA	COMBS	Fire	23
DENAE	WRIGHT	Police	9	CHARLES	PLATT	Fire	23
DONALD	VANCE	Fire	10	JENNIFER	JOHANSEN	HR	23
RONALD	RIGGIN	Electric	11	WILLIAM	ROBERTSON	Vehicle Maint	23
OTHA	JOHNSON JR	Fire	11	CAREY	MANN	Parks Maint	23
KIMBERLY	FRANCISCO	Police	11	WILLIAM	FERRY	OES/911	24
SCOTT	HARTON	Police	11	HERMON	CUNNINGHAM	Sanitation	24
KASEY	KNIGHT	Police	11	MICHAEL	JOY	Fire	25
RICKY	CRANFORD	Fire	12	CURTLAND	WATSON	Sanitation	25
JESSICA	COTE	HR	12	CHARLOTTE	THOMAS	Administration	26
FREDERICK	GUNTHER	Fire	13	JAMES	WILSON	Electric	26
SHAY	REAGAN	UAD	13	TIMOTHY	MARVIN	Traffic	26
ASHLEY	MILLER	Police	14	JANET	EBERLE-WILKINS	Parks Admin	26
PAUL	RILEY	Police	14	KATHRYN	SNIDER	Electric	27
JOHN	ALEXANDER	Animal Shelter	15	DAVID	HILLMAN	UAD	27
WILLIAM	BROWN	Legal	15	ELINOR	FERGUSON	Finance	28
SANDRA	TARKINGTON	UAD	15	NORITH	ELLISON	Electric	29
JAMES	BAILEY	Police	15	DANIEL	MCFADDEN	Legal	29
ANGELA	WIRT	Hays Center	15	MARK	WRIGHT	Police	29
ROBERT	SHAW	Fire	16	ROBERT	SCOTT	Police	30
KAREN	FLETCHER	UAD	16	SCOTT	SPRINGER	Electric	31
				SANDRA	PETRIZZO	Police	31

*If a name is listed of an employee who is no longer with the city, or if someone has been omitted, please let me know. This list is generated at the beginning of the year.*

*...continued from page 3*

“School boards will have to look at existing school dress code policies and make sure they are in compliance with this new law,” said Kristen Gould, staff attorney for the Arkansas School Boards Association. “Many of them may well be, and if not, they will have to incorporate it into their current policy and design punishment in accordance.”

The bill had little public opposition in Arkansas, although there were a number of lawmakers who voted against it.

“Individual expression is important to young people and dress is an especially strong statement of expression, and I don’t think legislators should meddle with that,” said Sue Madison, a Democratic senator from Fayetteville.

# AUGUST EMPLOYEE ANNIVERSARIES

Name		Dept	# Years	Name		Dept	# Years
CHERI	MONROE	OES/911	7	BLAKE	BARNES	Police	3
KAREN	ALLEN	Electric	13	DIRK	BARRIERE	Police	19
JONATHAN	CAUDLE	Electric	2	CAROLYN	BRANCH	Police	11
ROBERT	DANIELS	Electric	30	SERENA	BRAWLEY	Police	5
MARK	FINCH	Electric	9	CHRISTOPHER	BROWN	Police	1
ROCKY	HARRIS	Electric	19	JEREMIAH	COVINGTON	Police	5
JOHN	HARRIS	Electric	4	DAVID	DALLAS	Police	25
RYAN	HARTWICK	Electric	2	BRANDON	DAVIDSON	Police	6
KENNY	HIGHFILL	Electric	6	RYAN	DAVIDSON	Police	1
ROBERT	HUGHES	Electric	1	CHADWICK	EDWARDS	Police	5
WILLIAM	MANN	Electric	5	JEFFREY	ELENBAAS	Police	1
JOSEPH	MARTIN	Electric	38	RANDY	FLIPPIN	Police	1
DARREN	OWEN	Electric	7	RUSTY	GARTRELL	Police	6
RONNIE	PETTIT	Electric	30	ROBERT	GRIFFIN	Police	21
BRIAN	PETTY	Electric	9	SCOTT	HARTON	Police	3
EDDIE	REED	Electric	21	NATHAN	KIMES SR.	Police	10
GLADYS	JACKSON	Finance	14	AMANDA	KISSINGER	Police	1
DEBORAH	MURPHY	Finance	32	ZACHRY	LEASE	Police	5
KEVIN	BEMRICH	Fire	16	MICHAEL	LITTEN	Police	3
JEFFREY	BENNETT	Fire	14	DIANA	LUNA	Police	6
JASON	BRYANT	Fire	5	JOSEPH	MADISON	Police	3
JOSHUA	COMBS	Fire	5	MICHAEL	OSBORNE	Police	5
NICHOLAS	FREY	Fire	4	WILLIAM	SCOTT	Police	1
JAMES	HOOKS	Fire	21	CHAUNCEY	SIMS	Police	3
MATTHEW	HUNT	Fire	5	ERIC	STOCKMAN	Police	1
MICHAEL	JORDAN	Fire	14	RODNEY	THOMAS	Police	1
RICHARD	MATTHEWS	Fire	10	CHRISTOPHER	WEAVER	Police	3
JOHN	PFLASTERER	Fire	16	GENE	WHITLEY	Police	10
BURT	PRICKETT	Fire	15	IRA	WHITNEY	Police	6
JEREMY	REED	Fire	5	DAVID	WILKINS	Police	5
JERRY	ROBINSON	Fire	16	BILLIE	BLACK	Public Works	1
MICHAEL	SANCHEZ	Fire	4	DANIEL	SCOTT	Neighbor Services	16
TOLIVER	WHILLOCK	Fire	5	RICHARD	ABBOTT	Sanitation	13
GARY	WILLIAMS	Fire	11	DANTE	GIUSTI	Sanitation	1
HEATH	WILLIAMS	Fire	6	TINA	OFFORD	Sanitation	7
NATHAN	WOLFE	Fire	5	CURLAND	WATSON	Sanitation	1
DANIEL	MCFADDEN	Legal	1	CATHIE	NOWDEN	Street	24
YVONNE	HARRIS	1st Court	23	GEORGE	STAUBER	Street	6
GARRY	MCNALLY	1st Court	3	JEFFREY	WHITE	Street	10
JUDY	WEST	2nd Court	27	DEIDRA	DEVINE	Traffic	13
SHAY	REAGAN	UAD	3	DANNY	ABLES	Vehicle Maint	6
KATHERYN	STEPHENS	UAD	21	JANET	EBERLE-WILKINS	Parks Admin	41
VEDA	STEWART	UAD	11	ALAN	GOURLEY	Parks Maint	5
JAMIE	WALLACE	HR	17	DONALD	JOHNSON	Parks Maint	11
JOE	SMITH	Commerce	20	JEFFREY	CAPLINGER	Parks Rec	7
AMY	SMITH	Commerce	12	TEMEKA	JONES	Parks Rec	8
MATTHEW	BARBER	Police	1	LAWRENCE	WESTON III	Special Activities	18

*If a name is listed of an employee who is no longer with the city, or if someone has been omitted, please let me know. This list is generated at the beginning of the year.*