

# North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

May 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](mailto:Dwhitbey@nlr.ar.gov).

# RIVERFEST 2015

May 22, 23, and 24th

## Musical Lineup

### Friday

#### Bud Light Stage

STARSET 6:30 p.m.—7:30 p.m.  
The Pretty Reckless 8 p.m.—9:15 p.m.  
Halestorm 9:45 p.m.—11 p.m.

#### Miller Lite/AR Federal Credit Union Stage

Just Sayin' 6:30 p.m.—7:30 p.m.  
Kris Allen 8 p.m.—9 p.m.  
Sheryl Crow 9:30 p.m.—11 p.m.

#### Sticky Stage

The Salty Dogs 6:30 p.m.—7:30 p.m.  
Swampbird 8 p.m.—9 p.m.  
Gaelic Storm 9:30 p.m.—11 p.m.

### Saturday

#### Bud Light Stage

Brothers & Company 1 p.m.—1:45 p.m.  
American Lions 2:15 p.m.—3 p.m.  
Recess 3:30 p.m.—4 p.m.  
40 Oz to Freedom 4:30 p.m.—5:30 p.m.  
Bone Thugs 'n' Harmony 6 p.m.  
Better than Ezra 8 p.m.  
311 9:45 p.m.

#### Miller Lite/AR Federal Credit Union Stage

Stephen Neeper & the Wild Hearts 3:30—4:15 p.m.  
Adam Hambrick 4:45 p.m.—5:30 p.m.  
Sister Hazel 6 p.m.—7:15 p.m.  
Robert Earl Keen 7:45—9 p.m.  
Kip Moore 9:30—11 p.m.

#### Sticky Stage

People's Republic of Casio Tones 12:30 p.m.—1:15 p.m.  
Open Fields 1:45—2:30 p.m.  
Move Orchestra 3 p.m.—3:45 p.m.  
Ghost Bones 4:15 p.m.—5 p.m.  
Bobgoblin 5:30 p.m.—6:15 p.m.  
The Whigs 6:45 p.m.—7:45 p.m.  
Vinyl Thief 8:15 p.m.—9:15 p.m.  
Mansions on the Moon 9:45 p.m.—11 p.m.



### Sunday

#### Bud Light Stage

Weakness for Blondes 1:45 p.m.—2:45 p.m.  
The Irie Lions 3:15—4:15 p.m.  
House of Shem 4:45 p.m.—5:45 p.m.  
Galactic featuring Macy Gray 6:15 p.m.—7:30 p.m.  
Big K.R.I.T. 8 p.m.—9 p.m.  
Girl Talk 9:45 p.m.—11 p.m.

#### Miller Lite/AR Federal Credit Union Stage

The Roosevelt's 4:30 p.m.—5:30 p.m.  
Backroad Anthem 6 p.m.—7 p.m.  
Sam Hunt 7:30 p.m.—9 p.m.  
Jake Owen 9:30—9 p.m.

#### Sticky Stage

Big Still River 1:30 p.m.—2:15 p.m.  
Dead Soldiers 2:45 p.m.—3:30 p.m.  
John Paul Keith 4 p.m.—4:45 p.m.  
Adam Faucett & The Tall Grass 5:15—6 p.m.  
Leopold & His Fiction 6:30 p.m. 7:15 p.m.  
Hot Buttered Rum 7:45 p.m.—9 p.m.  
George Porter Jr & His Runnin' Partners 9:30 p.m.—11 p.m.



"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**

*Every day, North Little Rock Animal Control staff have to make difficult decisions regarding the animals in their care. Many of those decisions are the result of someone's neglectful pet ownership, and at times because of accidents.*

*North Little Rock Animal Control and the Non-Profit North Little Rock Friends of Animals have long advocated Spay and Neuter programs in the central part of the state AND statewide.*

*At one time, North Little Rock did not euthanize any adoptable animals. However, that was many years ago. Now there is an over abundance of dogs and cats, puppies and kittens. Our shelter is filled with animals that were either adopted, purchased, discarded or abandoned by someone at sometime.*

*The on-line article below is not meant to pit shelters against one another, but to point out that the real issue is the unnecessary suffering and euthanasia of many unwanted animals which could be reduced considerably if more people would spay or neuter their pets.*

## 'No-kill' pits shelter against shelter, and animals lose

By Ingrid Newkirk, *People for the Ethical Treatment of Animals* / March 6, 2015

Ms. Newkirk recently received a letter from Wyandot County Humane Society, a shelter in Ohio that accepts all animals regardless of their condition—including the ones “no-kill” shelters reject, put on a waiting list or charge a fee to accept. Recently, they got a call from a woman who found a box of kittens. Her local shelter said it couldn't take them because it was full – the usual refrain at shelters striving for “no-kill” status—and told her to call Wyandot Humane instead.

The woman who called explained that she didn't have the gas money for the two-hour round trip. What was the “no-kill” shelter's solution? Just leave the kittens outside, they said—there was nothing they could do.

Wyandot County Humane Society arranged to meet the woman halfway and pick up the kittens. “Could we guarantee none of them would be euthanized? No.” the shelter's directors wrote. “But we could definitely guarantee they would have all the food they want, a warm safe place to be, toys and petting and blankets, and if necessary, a humane euthanasia in the arms of highly trained and skilled professionals who really care about the animals.”

We hear similar stories from shelters across the U. S. that are left to clean up the wreckage caused by the “life at any cost” mentality. PETA works to stop the killing of all animals for food, clothing, experimentation, and more, but we can't—and won't—turn our backs on dogs and cats in danger of being tossed out or whose owners can't afford costly euthanasia services. To us, the choice is obvious. A humane death is better than a slow and painful one.

Many shelters accept every animal—including elderly, ill and badly injured ones who need a peaceful end to their suffering, even if doing so is unpopular and often mischaracterized or misunderstood.

Jolene was one of those animals. A Portsmouth, Virginia, family acquired the dog from Craigslist on Christmas Eve 2014 and soon discovered why she had been given away.



She was so aggressive that they couldn't even feed her or let her out of the crate that she had been put in. The family called one local agency, which said that it couldn't help. Another shelter told them they had “made a bad decision” and would have to figure out what to do themselves. Finally, they called PETA. We accepted this terrified dog—she was indeed stunningly aggressive—and did what needed to be done. But what would have become of her if we hadn't?

Wyandot County Humane Society writes, “While a particular shelter may turn animals away in order to call themselves no-kill, those animals will likely die—and badly—dumped on the road or given away to just anyone. We cannot understand how any organization can call themselves ‘humane’ and still turn away desperate people with desperate animals with no place to go.”

This problem is everywhere.

In Odessa, Texas, seven puppies were found locked in a cage at a landfill without food or water. The local “no-kill” shelter had refused them entry. “We turn (animals) down everyday, all day long because there's no way we could handle all of them” the shelter director explained. The same week, five more puppies were found in a crate next to a dumpster.

Pretending problems don't exist hurts animals much more than a peaceful death does. The president of the board of directors of a Wisconsin shelter told us, “The cat population in this area is horrendous and we are the only open admissions shelter within a 100 mile radius. We just took in 3 week old kittens from another county where the neighbor's idea of population control was to throw them in a dumpster. The Humane Society in that county said they couldn't help, so here we are, yet again, euthanizing someone else's problem.

So, what can be done? Perhaps a shelter director in California had the right idea: “Get the message out about the need to spay and neuter and reduce the animal population.”

No animal should have to suffer and die in pain.



*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

### WHAT TO DO IF TRAPPED INSIDE YOUR ROOM DURING A HOTEL FIRE?

With vacations and travel approaching, now is a good time to think about safety in your hotel.

What are the very first things you should do, if you wake up in your hotel room to the smell of smoke? First, don't panic. Many people die in fires needlessly, simply because they panicked instead of thinking. There are effective actions you can take, either to escape the building or to keep yourself relatively safe until help arrives.

Before you do anything, pull some clothes on and secure your room key. If you leave the room, but escape is impossible, you need to be able to get back in and protect yourself from heat and smoke until you can be rescued.



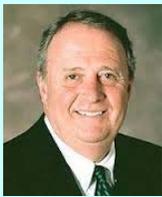
- Assess the situation: Crawl to the door on hands and knees, so you can breathe the fresher air near the floor. Touch it with your hand—only briefly, because it may be very hot. If the door is hot, do not open it.
- Notify authorities: Instead, telephone the hotel operator, give your name and room number, and report the fire. Then, get an outside line and dial 9-1-1 to report the fire directly to authorities. This call may save your life and may be the first alert the fire department receives.
- Seal your room against entering smoke: Turn off the ventilation system. Fill the tub with cold water and soak sheets and towels in it. Use them to block the ventilation duct and the spaces under doors. Put the mattress up against the door, holding it in place with a piece of furniture. Then soak it with water, using your ice bucket as a pail. If there is any smoke already in your room, clear it with the bathroom exhaust fan.
- Protect your lungs: If it's still smoky in your room, breathe through a wet towel that covers your nose and mouth. Breathe only through your nose. Grip part of the towel with your lips and teeth. It can help remind you not to breathe through your mouth.



- Clear flammable debris from the window: Rip off the curtains and anything else that could burn. Don't break the glass. You may need to close it against smoke entering from outside. But, as long as the air outside is fresh, open the window a crack and breathe it in.

- Keep fighting until help arrives: Many people in fires have jumped to their deaths, not knowing that help was on the way. If you have to jump from the window, push out and away from the building to avoid hitting ledges on the way down.

## 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 (March events).

**Central Arkansas Water**—year to date water sales are down 2.3% below 13 year historical average. CAW entered into an agreement with the State Highway and Transportation Department for installation of a 20-inch diameter water main on the new Broadway Bridge in the amount of \$1,319,060.00. The new main will replace the existing main that was installed over 90 years ago.

**Laman Library**—49 programs had 800 attendees. 518 passports issued.

**Neighborhood Services**—Mailed Neighborhood News newsletters to 1,385 households. Attended various meetings and assisted neighborhood associations with a variety of issues.

**Hays Center**—logged 1,416 volunteer hours. Volunteer Emma Dye received an award during the annual Police and Fire Awards Ceremony. Inducted Alderman Murry Witcher and Mrs. Artis Boykin into Senior Citizens Hall of Fame. 77 new members. Trips included Bryant Senior Center, Millennium Bowl, Harrison's Chantilly Tea Room, Mt. View's Ozark Folk Festival, Crystal Bridges, Searcy Senior Center, Mt. Magazine, Murrays Dinner Theatre, Jonesboro Mall and Charlotte's and Lisa's.

### **Utilities Accounting**—

Electric bad debt expense March: \$14,312.00  
New accounts installed: 1,085  
Accounts finalized: 1,158  
Customer related calls—8,550, direct contact with Customer Service—1,874, inside teller payments received 8,114—electric; 8,475—gas / water, drive-thru teller payments—4,957—electric; 5,099—gas / water.

**Street Department**—moved right-of-way crew to asphalt crew to aid in patching potholes citywide

**Sanitation**—Collected and disposed of 1,599.6 tons (3,199,200 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 141 loads; 660 cubic yards of mixed debris along with 3,405 cubic yards of green waste. Leaf crews collected 20 loads (707 cubic yards) of loose leaves. Several move-outs picked up and 292 tires. Issued 49 Sanitation Code notices/letters and 3 citations for non-compliance.

**Traffic Services**—approved 868 barricade applications for permits. Repaired or replaced 187 signs and 45 posts.

**Police**—February crime numbers reflect drops in several key areas as department continues to concentrate aggressive patrols in problem areas. Burglary/Breaking and Entering Buildings –6.90%, Theft from Motor Vehicles –19.40%, Robbery –no change. Over 12 off duty officers participated in a Tip a Cop Fund-raiser which raised \$4,000.00 for Special Olympics Arkansas. Recognized Dr. Richard Allen, DVM for his service to the K-9 Unit since 1983.

**Fire**—Total Incidents: 912

Residential Fires: 14

Vehicle Fires: 9

Rescue/EMS: 579

Other Responses: 243

Total Responses: 1,563



Other Structure Fires: 4

False Alarms/  
Malfunctions: 52

Haz Mat Responses: 10

Total Fire Losses:

\$424,350

Total Value:

\$10,655,100

Total Saved:

\$10,230,750

Training: 3,612 hours

Building Surveys: 243

Received 3 new fire engines. Special Ops Response Team participated in Core rescue Training.

**Electric Department**—38,753—customers, Peak Power—127,877 KW, Territory— 60 square miles, miles of wire—544.8 miles, # Transformers—11,248, Street lights—11,001 (102 repaired), Security lights—3,898, Smart meters 35,648—Revenue \$6,663,199. 1 outage—total time 50 minutes effecting 1,982 customers.

**City Clerk/Collector**—1% Hotel—\$22,993.17; 2% Hotel/Motel—\$45,283.10; Mixed Drink Tax—\$35,055.83; Restaurant Tax—\$405,073.15. Issued 58 new business licenses, processed 577 renewals (including Beer / Liquor), 23 accounts under review.

**Code Enforcement**—165 assigned calls, 449 initiated calls, 34 citations, 329 notices, 60 vehicles tagged, 99 structures inspected, rental inspections 6, 16 food service inspections, 0 search warrants, 0 houses demolished by city, 7 houses demolished by owner. Secured 2 vacant houses, mowed 0 vacant lots, mowed 0 with structures, picked up 248 tires.

*Continued on next page...*

**Animal Control—NLR**

Incoming Animals—182,  
Adopted 71,  
Reclaimed 26,  
Euthanized 88  
Citations issued 107  
Vouchers (low cost spay/  
neuter) Dogs 26, Cats 16,  
Calls for Service 570



**Pulaski County** Incoming Animals—77,  
Adopted 18, Reclaimed 6,  
Euthanized 42

**Parks and Recreation**—during Spring Break 3 youth centers held the Wild and Wacky Week of Spring Break Camp for students kindergarten through 9th grade. 75 youth participated in a structured program which included field trips. Another 130 youth came in for “drop in play”. Staff began adding goose eggs. At Cooks Landing 10 nests were found with 27 eggs and one golf ball. Four tennis courts have had lights added.

**Finance—**

**Revenues (MTD—March)**

Taxes	\$ 322,124.17
Licenses/Permits	\$ 372,907.01
Fines/Forfeitures	\$ 176,684.21
Local Option Sales Tax	\$1,961,671.59
Intergovernmental-State	\$ 0.00
Franchises	\$ 330,753.81
Investment/Misc	\$ 3,400.62

User Fees	\$ 104,377.90
Utility Transfer	\$ 49,716.56
Grants & Other	\$ 9,234.25
Transfer from Electric	\$ 923,080.00
<b>Total Revenue:</b>	<b>\$4,253,950.12</b>

**Expenditures**

Administration	\$ 99,472.66
Animal Shelter	\$ 60,833.05
Special Appropriations	\$ 346,373.43
City Clerk	\$ 20,452.81
Emergency Services	\$ 126,636.36
Finance	\$ 62,974.88
Fire	\$2,397,895.08
Health	\$ 7,495.43
Legal	\$ 51,667.67
1st Court	\$ 46,336.36
2nd Court	\$ 44,351.36
Public Defender	\$ 393.32
Human Resources	\$ 45,076.28
Commerce	\$ 19,101.93
Planning	\$ 64,796.49
Police	\$1,633,177.83
Code Enforcement	\$ 58,307.63
Public Works	\$ 54,191.20
Neighborhood Services	\$ 11,587.17
Sanitation	\$ 350,914.06
Vehicle Maintenance	\$ 107,936.81
Senior Citizens Center	\$ 73,281.35
Communications	\$ 20,600.15
Fit 2 Live	\$ 16,404.64
<b>Total Expenditures:</b>	<b>\$5,720,258.00</b>



**Arkansas Regional  
Organ Recovery Agency**

April was National Donate Life Month nationwide. The Arkansas Regional Organ Recovery Agency hosted events throughout the month to commemorate Arkansas donors and donor families, as well as bring attention to the critical need for Arkansans to register to become organ, tissue and eye donors.

**Donation Facts:**

- ◇ Approximately 78 organ transplants take place every day in the U.S.
- ◇ On average, a single tissue donor can save or enhance the lives of up to 50 people.
- ◇ More than 29,000 patients began new lives in 2014 thanks to organ transplants.
- ◇ More than 40,000 patients had their sight restored last year through cornea transplants.
- ◇ A living donor can provide a kidney or a portion of their liver, lung, pancreas, or intestine.
- ◇ One in 10 deceased donors is age 65 or over.

- ◇ Sadly, an average of 21 patients dies every day while waiting, simply because the organ they needed did not become available in time.
- ◇ On average, 138 people are added to the nation's organ transplant waiting list each day—one every 10 minutes.
- ◇ 35% of patients awaiting kidney transplants are African American.
- ◇ Annually, there are more than 25,000 tissue donors and 70,000 cornea donors.
- ◇ More than 1 million tissue transplants are done each year and the surgical need for tissue has been steadily rising.

Last month, donor families and their loved ones were honored during several events, including the annual Donor Family Weekend at War Memorial Park and the Little Rock Zoo.

Currently, there are more than 124,00 people on the national organ donor waiting list — more than 300 of those waiting are Arkansans.

How can you become a donor? Register at your local DMV Office when you renew your drivers license, or visit [donatelifearkansas.org](http://donatelifearkansas.org). You can also call ARORA at 866-660-5433.

# Diabetes—What you need to know

Found in a flyer provided by the Arkansas Health Department

## What is diabetes?

It is a condition that changes how the body uses glucose. Glucose is a form of sugar the body uses for energy.

**In diabetes, glucose cannot get into the cells.** Normally, the pancreas (an organ in the body) makes a hormone called insulin. Insulin helps glucose get inside the cells.

**In a person with diabetes,** the pancreas either:

- makes little or no insulin (type 1 diabetes)
- makes insulin, but the cells do not use it well (type 2 diabetes).

**In both types of diabetes, glucose builds up in the blood** when it cannot get into the cells.

## Who gets diabetes?

You may be at a higher risk if you:

- have a parent, brother or sister with diabetes
- are overweight
- do not get much activity
- have high blood pressure or high cholesterol
- are African American, Hispanic American, Native American, Pacific Islander or Asian American
- gave birth to a baby over 9 pounds
- have used certain antipsychotic drugs.

## The causes of type 1 diabetes may include:

- family history—some people may inherit it
- an “autoimmune response”—the body’s immune system attacks the cells that make insulin.
- viruses—a viral illness may lead to an autoimmune response.

**The cause of type 2 diabetes is not known,** but it may run in families. Type 2 diabetes usually affects older adults. But it is on the rise in overweight children, teenagers and young adults.

## Early detection is important.

More than 20 million Americans have diabetes. Many do not even know it.

**If diabetes is not treated,** it can cause serious health problems. These can include:

**Get tested**—it is easy. Simple blood tests can check for diabetes.

- high blood pressure
  - heart disease
  - stroke (brain attack)
  - poor circulation
  - foot problems
  - eye problems
  - nerve damage
  - kidney disease
  - coma.
- If you are 45 or older, get a blood test every 3 years.
  - If you are at higher risk, get tested sooner and more often.
  - If you think your child may be at risk, ask your child’s health-care provider about getting him or her tested.

**If you are pregnant,** ask about testing for gestational diabetes. Pregnant women sometimes get this form of diabetes. It usually goes away after you have the baby. But having it puts you at risk for getting type 2 diabetes later on.

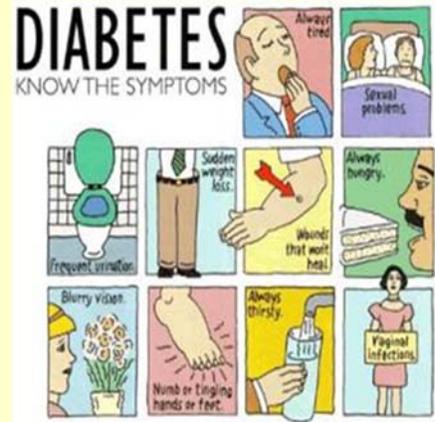
## Symptoms of diabetes

Symptoms for each type of diabetes are similar. But they may show up in different ways.

### Type 1 diabetes often comes on quickly.

Symptoms may include:

- being thirsty all the time
- having to urinate a lot
- being very hungry
- rapid weight loss
- nausea or vomiting
- blurred vision
- lack of energy



If it is not treated,

type 1 diabetes can lead to coma.

**Type 2 comes on over time.** Many people have no clear symptoms. If present, they may include any type 1 symptom. They may also include:

- frequent infections
- dry, itchy skin
- numbness or tingling in hands or feet
- wounds that take a long time to heal
- feeling tired.

**Note:** You should always talk to your health-care provider. This information is not a substitute for the advice of a qualified health-care provider.

## Diabetes can be managed.

Diet, exercise and weight control are key. Sometimes, medication is also needed.

**Diet.** Your health-care provider and a dietitian or nutritionist may give you a special meal plan. This can help keep blood glucose levels steady.

**Exercise.** Regular exercise lowers blood glucose. It is also good for your physical and mental health. (Talk to your health-care provider before you start an exercise program.)

**Weight control.** Weight loss alone may bring blood glucose back to normal. This is especially true for type 2 diabetes. Talk to a health-care provider before changing your diet. Also ask before you start a weight control plan.

**Medications.** Insulin is always prescribed for type 1 diabetes. It may also be used for type 2 diabetes in some cases. Other medications may also be prescribed.

**Monitoring your blood glucose.** How you test may vary. The machine you use to test may also vary. Monitoring often helps you and your health-care provider see how treatment is working.

For more information, talk to your health-care provider, Health Department, or visit [www.diabetes.org](http://www.diabetes.org).

You can also call 1-800-342-2383.

## Ways to Cut Back on Salt

By Nancy Calhoun

Cutting back on salt and sodium can lower your risk of high blood pressure, heart disease and stroke. Eating less salt doesn't have to be hard. Here are some ways to cut back.

1. Read food labels. Check the "Nutrition Facts" for the total sodium in packaged foods.
2. When you shop, choose foods that are low in sodium. Less than 140 mg of sodium per serving is considered a "low-sodium" product.
3. Cut back or avoid already prepared foods and fast foods. They are often high in sodium.
4. Look for low-sodium frozen or canned foods. Avoid high-sodium soups, sauces, condiments and prepared mixes.
5. Take the saltshaker off the table.
6. Eat more fresh fruits and vegetables.
7. Limit the amount of cured meats such as bacon, ham, hot dogs, and deli meats that you eat. Avoid cooking with bacon grease too.
8. Taste food before salting it. Give yourself time to get used to the natural flavors.
9. Look for low-sodium recipes. You can leave out the salt in most casseroles, stews and other main dishes.
10. Choose unsalted nuts, seeds, crackers and other snack foods.
11. Add flavor to foods using spices or herbs. But avoid mixed seasonings and spice blends that include salt, such as garlic salt.
12. Many drinks like sports drinks, vegetable juices and milkshakes are high in sodium. Try water or other low-sodium beverages instead.



13. Eat at home more often. Restaurant foods can be high in sodium.

14. When eating out, ask for your food to be prepared with less salt. Or choose lower sodium options such as fresh salads and items without special sauces.

15. Be patient. Your taste buds will soon get used to less salt. Your heart will thank you!

Salt has many names.

- Salt is also called sodium. It comes in many forms. Some of those include table salt (sodium chloride,

baking soda (sodium bicarbonate), baking powder, and monosodium glutamate (MSG).

- When reading food labels, look for anything with the word "sodium" in it.

How much salt should you eat?

- If you eat more salt than you should, try cutting back a little at a time.
- For most people, it is best to aim for no more than 1,500 mg per day (about 2/3 teaspoon).
- It is especially important to limit your salt intake if you are over 40, have high blood pressure, or are African American.

Cutting back on the amount of salt and sodium in your diet can reduce your risk of heart disease and stroke. Small changes add up to a healthier you!

For more information visit [www.cdc.gov/salt](http://www.cdc.gov/salt).

## Arkansas among "Best Crappie States" for 2015

According to an article in *City & Town*, Vol. 71

*Game & Fish* magazine has named Arkansas on its list of "Best Crappie States for 2015." The list is compiled based on the advice and top picks of local fishing experts.



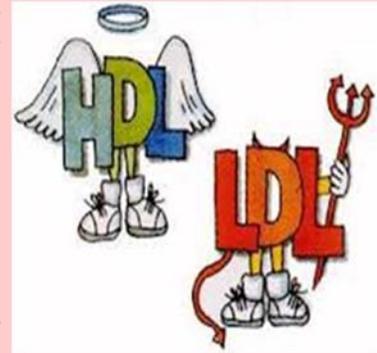
"It seems that Arkansas 'barn doors'—crappie weighing 2.5 pounds or more—are becoming increasingly common in waters statewide." *Game & Fish* writes.

The magazine suggests fishing enthusiasts will have good luck at many of Arkansas 's lakes, including Old Town Lake, Lake Hogue, Lake Ashbaugh, Lake Ouachita, Lake Dardanelle, Lake Conway, Bull Shoals and Norfolk lakes and Milwood Lake.

## Things Everyone Should Know About CHOLESTEROL

Written by Kristi Holt

1. Keeping your cholesterol level healthy will lower your risk for heart disease, including a heart attack.
2. Cholesterol is a waxy, fat-like substance made by your body. Every part of your body needs some cholesterol to work well.
3. Cholesterol helps your body make digestive acids, hormones and vitamin D.
4. After your body uses what it needs, any extra cholesterol can build up on the walls of your arteries.
5. Too much cholesterol causes the arteries to become hard and narrow.
6. Narrow arteries mean less blood and oxygen get to the heart, causing heart disease. If the blood flow is cut off completely, a heart attack will happen.
7. There are many causes of high cholesterol. Some you can change, others you cannot.
8. High cholesterol can run in families. Some people produce more cholesterol than their body needs.
9. Age affects cholesterol. Levels rise as people age. (Though young people can have high cholesterol, too.)
10. Eating foods high in saturated fat and dietary cholesterol can raise the amount of cholesterol in your blood.
11. Being overweight, not getting enough exercise and too much stress may also cause high cholesterol levels.
12. High cholesterol alone does not cause any symptoms. Many people with high cholesterol do not even know they have it.
13. Everyone aged 20 and older should have their cholesterol checked. Ask your health care provider how often you should be checked.
14. The blood test used to detect cholesterol levels is called a *lipoprotein profile*.
15. A lipoprotein profile shows the total amount of cholesterol in your blood. It also shows the HDL, LDL and triglyceride levels.
16. A total cholesterol level that is less than 200 is best. Levels between 200 and 239 are borderline high. Levels over 240 are high.
17. HDL is called the “good” cholesterol because it helps your body get rid of excess cholesterol. High HDL levels actually help prevent heart disease.
18. HDL levels of 60 or more are best. HDL levels that are too low (less than 40) increase your risk of heart disease.
19. LDL is called the “bad” cholesterol because it can build up and clog the arteries. The higher your LDL level, the greater your risk for heart disease.
20. LDL levels should be kept low. Levels less than 100 are best.
21. Triglycerides are another type of fat found in your blood. They can also damage blood vessels.
22. Triglyceride levels of 150 or less are normal.
23. There are things you can do to raise your HDL and lower your LDL cholesterol levels.
24. Getting 30 to 60 minutes of physical activity on most days will help raise your HDL.
25. Eating a diet low in saturated fat and cholesterol and high in fiber can help lower your LDL.
26. To lower cholesterol, limit butter, egg yolks, fatty meats and full-fat dairy products. Limit fried foods such as donuts and French fries.
27. If you are overweight, losing weight will lower your LDL.
28. Smoking greatly increases your risk for heart disease, especially if you have high cholesterol. Quitting smoking is one of the most important things you can do to lower your risk of heart disease.
29. Lifestyle changes such as diet and exercise may not be enough to lower cholesterol in some people.
30. Your health care provider may also recommend cholesterol-lowering medications.



## Rice...or is it?

Did you know you can substitute cauliflower for rice? Just take 1/2 head of cauliflower and put it through the food processor or chop by hand to a semi fine consistency. You can now steam, microwave or sauté with butter. Do NOT over cook!



## Drowsy driving dangerous

*Provided by a'TEST Consultants, Inc.*

According to the National Sleep Foundation's Sleep In America Study, approximately 168 million drivers are behind the wheel, driving, and are drowsy! That is a very scary situation that often results in tragic consequences. The study, based on a one-year timeframe, indicated that 37 percent or around 103 million people have actually fallen asleep at the wheel. A breakdown of those drowsy drivers stated that 13 percent say they have done so at least once a month. Even scarier, some 4 percent, or 11 million drivers, admitted they had an accident or near accident because they dozed off or were too tired to drive.

The National Highway Traffic Safety Administration estimates 100,000 police-reported crashes are the direct result of driver fatigue each year. The outcomes from these accidents are staggering. Some 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses are conservative figures. Alcohol and drug use contribute to many accidents annually.

Getting the facts is difficult, almost impossible, due to many issues, such as:

- There is no test available to measure "sleepiness".
- States reporting criteria is inconsistent—there is little police training to determine if drowsiness is a crash factor; however, suspected fatigue may be listed on an accident form.
- Self reporting is unreliable.
- Alcohol and drug use contributes to accidents.
- About one million accidents are related to inattention to driving.

CDL holders may be tested for sleep apnea if they meet certain criteria during their medical examination. This is a good step towards recognizing a health issue that can impact a driver's ability to stay awake while performing in a safety-sensitive job. If a driver fails to report his or her sleep issues to the medical examiner, and the driver does not meet the DOT guidelines for identifying a person with sleep apnea, the person may slip by during the exam.

Alcohol use, drug use, and failure to get needed sleep create a "triangle of danger" when a driver gets behind the



wheel to drive. As you are driving your vehicle, think about the millions of sleep-deprived drivers on the road and then drive defensively. As an employer, it is important to watch employees for signs of fatigue before allowing them to drive or work on equipment that could hurt them and others who share the roadway.

### Who is at risk?

Sleep related crashes are most common in young people and mostly in men. Others at risk include adults with children and shift workers. Some findings to consider are:

1. Men have more drowsy driving issues than women (56 percent vs. 45 percent) and are twice as likely to fall asleep while driving.
2. Adults with children in the household are more likely to drive drowsy.
3. Shift workers are at greater risk than those who have regular daytime work hours, and they admitted to driving to or from work drowsy at least a few days a month (36 percent vs. 23 percent).
4. Sleep deprivation increases the risk of becoming a drowsy driver. The AAA Foundation for Traffic Safety maintains that people who sleep six to seven hours a night are twice as likely to be involved in a crash.

Sleeping less than five hours increases the risk four to five times.

5. An Australian research team found that being awake for 18 hours produced an impairment equal to a blood alcohol level of .05, and after 24 hours .08. Both of these levels are legally drunk.

This is a serious problem that seemingly can be prevented by good sleep habits, avoidance of alcohol and drugs, and both knowing when one is not ready to drive and refraining from driving when it is unsafe to do so.

*a'TEST Consultants, Inc. provides drug and alcohol testing as a service of the Arkansas Municipal League Legal Defense Program. The program helps cities and towns comply with the U. S. Department of Transportation's required drug testing for all holders of commercial drivers licenses.*

## RIVERFEST FOOD VENDORS

**Cristi-N-Cuisine**—Chicken Steak Wraps, Buffalo Chips, Pot Stickers, Fried Oreos, Butterfingers & more

**Dry Creek Concessions**—Burgers, Brats, Nachos, Pulled Pork & more

**Yarnell's**—Root Beer Floats (zone B), Orange Whip and Hand-dipped Ice Cream Cones in 8 flavors

**Flossies Fresh & Frozen Lemonade**

**Flossies Funnel Cakes**

**Ice Tea Box**

**Kathy's Kabana**—Walking Taco, Philly Cheese Steak, Chocolate Dipped Bananas and more

**Linda Chans**—Chicken on a Stick, Shrimp Fried Rice & Egg Rolls

**Nucci's Concessions**—Corn Dogs

**Original Corn Roast**—Roasted Corn, Corn in a Cup, Apple slices



**Ozark Candies & Nuts**—Kettle Corn, Cinnamon Roasted Almonds & Pecans

**Bryant's BBQ**

**Papa Johns Pizza**

**Riverside Catering**—Crawfish, Boudin Alligator, Deep Fried Banana Pudding

**Santa Lucia**—Gyros, Chicken & Seafood Pitas, & Baklava

**Taste of the Caribbean**—Jerk Chicken & Port, Curry Goat & Shrimp, Escoveitch Fish

**The Chill Factory**—Slushies & Daiquiris

**W & M Concessions**—Corn Dog, Cheese Sticks & Nachos

**Bubbas Bacon**—1/4 lb Bacon on a Stick, 1/4 lb Bacon on a Stick covered in Chocolate, Bacon Popcorn

## Ninety Minute Cinnamon Rolls

*found at allrecipes.com*

Ingredients:

3/4 cup milk

1/4 cup margarine, softened

3 1/4 cups all-purpose flour

1 (.25 ounce pkg instant yeast

1/4 cup white sugar

1 cup brown sugar, packed

1/2 tsp salt

1 Tblsp ground cinnamon

1/4 cup water

1/2 cup margarine, softened

1 egg

1/2 cup raisins (optional)

Heat the milk in a small saucepan until it bubbles, then remove from heat. Mix in margarine (1/4 cup) stir until melted. Let cool to lukewarm.

In a large mixing bowl, combine 2 1/4 cups flour, yeast,



sugar (white) and salt; mix well. Add water, egg and the milk mixture; beat well. Add the remaining flour, 1/2 cup at a time, stirring well after each addition. When the dough has just pulled together, turn it out onto a lightly floured surface and knead until smooth; about 5 minutes.

Cover the dough with a damp cloth and let rest for 10 minutes. Meanwhile, in a small bowl, mix together brown sugar, cinnamon and softened margarine (remaining 1/2 cup).

Roll out dough into a 12x9 inch rectangle. Spread dough with margarine/sugar mixture. Sprinkle with raisins if desired. Roll up dough and ping seam to seal. Cut roll into 12 equal size pieces (rolls) and place cut side up in 12 lightly greased muffin cups or together on a pan. Cover and let rise until doubled, about 30 minutes.

Preheat oven to 375° degrees.

Bake in preheated oven for 20 minutes, or until browned.

Remove from muffin cups to cool. Serve warm.



## Super Easy Peanut Butter Cookies

*Found on Facebook*

1 box yellow cake mix

2 eggs

1/2 oil

1 cup peanut butter

Preheat oven to 350°. Mix together all ingredients. Drop by spoonful onto cookie sheet. Flatten with a fork in a criss-cross pattern. Bake about 10 minutes. Easy and good!



Last month, Mayor Joe A. Smith and others gathered at the Patrick Henry Hays Senior Citizen Center for a luncheon honoring newly inducted North Little Rock Senior Citizen Hall of Fame members. Left, Mayor Smith congratulated Mrs. Artis Boykin for her service to the senior community and presented her with an award.

Below, Mayor Smith congratulated North Little Rock Alderman Murry Witcher for his service on the Senior Citizens Commission and continued service to the residents of North Little Rock. He was also presented an award.

## North Little Rock Senior Citizens Hall of Fame



Pictured left are some of the beautiful flowers planted and maintained at the Hays Center by volunteers from the North Little Rock Woman's Club.



**Peddlers Permit  
City of North Little Rock**

Issued to: **John Doe**  
Issued: 3/1/15  
Expires: 6/2/15

**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, Treasurer, Revenue

**The following have Peddlers permits in NLR:  
Melvin H. Jackson, LegalShield  
expires 5-1-2015  
Tyler Williams, Protection 1  
expires 5-4-2015  
There are NO other licensed peddlers as of  
this date. (5/1/15)**

**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.

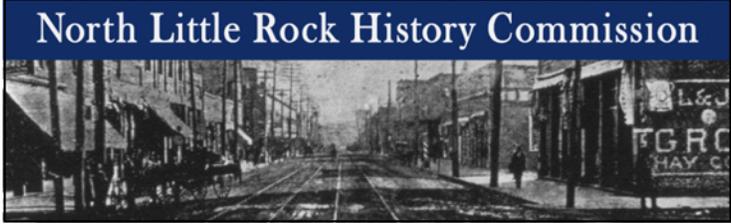
**The North Little Rock Visitor's Center wants to know about your upcoming events!  
To submit events, visit  
www.NorthLittleRock.org or call Stephanie Slagle, Public Relations Representative at  
501-758-1424.**

**Leaf vacuums are making final rounds.**



If you want your leaves vacuumed, rake them to the curb (within 6 feet) next to the street (*but not in the street*). Also, please do not block

the sidewalk. Crews must have access to the leaves, so do not block them with vehicles, etc. Bagged leaves will be picked up weekly on your regular trash pickup day.



The North Little Rock History Commission is 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.

**City Offices will be closed**  
Monday, May 25, 2015,  
in observance of Memorial Day  
Garbage, trash and recycling routes will run one-day delayed all week.  
The City Council meeting scheduled for Monday, May 25, 2015, will be held on Tuesday, May 26, 2015.

## *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@northlittlerock.ar.gov](mailto:Dwhitbey@northlittlerock.ar.gov).

The City Council Agenda can be found at [www.northlittlerock.ar.gov](http://www.northlittlerock.ar.gov), then click on the Government tab, followed by Council Agenda.

### City Council Members

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

### Other Elected Officials

Mayor Joe A. Smith	975-8601
City Clerk and Treasurer Diane Whitbey	975-8617
City Attorney C. Jason Carter	975-3755
District Court Judge Jim Hamilton	791-8559
District Court Judge Randy Morley	791-8562

North Little Rock Curbside Recycling  
schedule for the month of May:

**Apr 27—May 1 no pickup**

**May 4—8 recycle**

**May 11—15 no pickup**

**May 18 —22 recycle**

**May 25—May 29 no pickup**



## City Offices located at 120 Main

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

## **Utility Payment Assistance and Other Numbers**

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

## **Telephone Numbers for City Hall**

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & 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	

# May Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
GLINDA	CRAIGMYLE	Admin	5	CHRISTOPHER	COLLINS	UAD	1
CLAYTON	ROGERS	Airport	4	KRASTAL	DUCKERY	UAD	8
JOHN	ALEXANDER	Animal Shelter	15	AUDRIANNA	BARNES	UAD	1
KIMBERLY	LAURENT	OES	15	DAVID	MELTON	UAD	6
SARA	NOWROSKI	OES	1	KEISA	STEWART	Planning	4
JAMES	BRAY	Electric	40	ELLISA	MCEUEN	Police	4
JEFFERY	ELLISON	Electric	33	CRAIG	EDWARDS	Police	20
WILLIAM	THOMPSON	Electric	17	TERRY	KUYKENDAL	Police	20
EBBIE	USSERY	Electric	26	VERA	WAYNE	Police	8
MARVIN	GULLETT	Electric	37	JANICE	JENSEN	Police	5
WALTER	BARRINGTON	Electric	3	CHARLES	HARRIS	Street	4
ANDREW	JOHNSON	Electric	3	JULIUS	CRAIG	Street	17
CHRISTOPHER	PLY	Electric	11	JUSTIN	MCDUGAL	Vehicle Maint	8
KAREN	SCOTT	Finance	2	FRANKLIN	GRIFFIN SR	Vehicle Maint	22
DOROTHY	GILLILAND	Finance	1	RICKY	CARRINGTON	Vehicle Maint	11
CHARLES	BASS	Fire	35	KENNY	BROCK	Vehicle Maint	23
CHARLES	REDDING	Fire	35	PAULA	SMITH	Parks Admin	25
WARREN	ALMON	Fire	21	JERRY	HINSON	Parks Maint	2
CHRISTINA	YIELDING	Legal	15	MICHAEL	WALKER	Parks Maint	16
WILLIAM	BROWN	Legal	13	JASON	RHODES	Parks Maint	2
JEAN	HOBBY	UAD	15	TINA	WORRELL	Parks Rec	12
SANDRA	TARKINGTON	UAD	8	MATTHEW	PETERSON	Parks Rec	2
LINDA	WILLIAMS	UAD	8	JENNIE	CUNNINGHAM	Parks Rec	20
CYNTHIA	BOONE	UAD	31	JOSEPH	RALSTON	Parks Golf	1

## Cell phones and 911...

Last month, a friend of mine was involved in an accident on McCain Boulevard. She did what she was supposed to do and called 911. When asked her location, she said "by Corky's BBQ". The operator wanted an address. Needless to say, my friend didn't have one.

The number of calls placed by people using wireless phones has significantly increased in recent years. It is estimated that about 70 percent of 911 calls are placed from wireless phones, and that percentage is growing. For many Americans, the ability to call 911 for help in an emergency is one of the main reasons they own a wireless phone.

Next month, we will have an article found at [www.fcc.gov](http://www.fcc.gov) regarding 911 wireless services.



# May Birthdays

Name	Dept	Date	Name	Dept	Date
KIMBERLY LAURENT	OES	1	COREY GIBBS	Parks Maint	15
KAREN ALLEN	Electric	2	JAMES BILLINGS	Admin	16
MARCUS JOHNSON	Parks Maint	2	BRYAN SPEARS	Parks Maint	16
GREGORY ZONNER	AIMM	3	WILLIAM THOMPSON	Electric	17
JASON WOODWARD	Police	4	CAREY WALKER JR	Electric	17
WESLEY HONEYCUTT	Police	5	SHANE DOUGAN	Fire	17
CAROLINE PRENTICE	Sanitation	6	VICTOR RODRIGUEZ	1st Court	17
JENNIE CUNNINGHAM	Parks Rec	6	STEVEN LANKFORD	Fire	18
JESSICA BEINS	Animal Shelter	7	SAMANTHA THOMPSON	Police	18
BILLIE BLACK	Planning	7	ANITA KABAT	Animal Shelter	19
CHARLES HARRIS	Street	7	STEVEN GRIMES	Fire	19
DEBRA LUSK	OES	8	JACOB SCHMIDT	Fire	19
SEAN WALKER	Fire	8	RUSTY GARTRELL	Police	19
TONY PATE	Parks Rec	8	STEVEN HUBBARD	Street	20
JERRI DAUGHERTY	Police	9	SUSAN BURLESON	UAD	21
RYAN DAVIDSON	Police	9	LONNELL TIMS	Police	21
SHANA COBBS	Police	10	MICHAEL HOLLEY	Fire	22
SARAH BORNHAUSER	Police	10	JEFFREY GLOVER	Police	22
DANNY DILLON	Traffic	10	ELREE ASHFORD	Sanitation	23
JOHN BARBER	Police	11	LARRY MICKEL	Police	25
JOHN HARRIS	Electric	12	EUGENE TYREE JR	Police	27
AMY COOPER	Police	13	CHARLES BINYON	Street	27
BRYAN KINKAID	Police	13	KATHRYN DILLON	Vehicle Maint	28
PATRICK GARRETT	Police	13	KRASTAL DUCKERY	UAD	29
KRISTOPHER ROARK	Street	14	KARL SORRELLS	Police	29
JENIFER HOLLAND	Planning	15	MATTHEW BARBER	Police	31
JOSEPH GREEN	Police	15	CHARLES BARNES	Police	31



Members of the **North Little Rock Lions Club** will host their annual Bob Moore Memorial Fish Fry (and some chicken, too) Fundraiser **tonight** at the Burns Park Hospitality House. Tickets are available at the door \$12 for adults / \$10 for children under 12

*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](mailto:Dwhitbey@nlr.ar.gov) by the 15th of the month.**

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

# Great North Little Rock Cleanup

May 16, 2015

8 a.m. - Noon

Thank You Pizza Party with prizes  
at Lakewood Village Pavilion for 11:30 a.m.



We need your help to clean up North Little Rock - individuals, families, scouts, churches, civic organizations...Be a part of the nationwide Great American Cleanup.



**KEEP  
NORTH LITTLE ROCK**  
*Beautiful*

Sign up with Keep North Little Rock Beautiful:  
[www.KNLRB.org](http://www.KNLRB.org) • [Green@KNLRB.org](mailto:Green@KNLRB.org) • 501-350-8775