

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

October 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.

National Night Out

The following neighborhood organizations will participate in North Little Rock's National Night Out on **Tuesday, October 6, 2015**.



WARD 1

Military Heights Outreach Association, 4:00 p.m. until 6:30 p.m. at the Military Heights Neighborhood Park, off Willow Street between 23rd and 24th Streets. Activities include: vendors, bounce house, music, food, games and selling neighborhood t-shirts. For more information contact: Juanita Henderson, 501-352-0499.

Holt Neighborhood Association, 4:00 p.m. until 7:00 p.m. at 1700 Block of Schaer Street in the parking lot. Activities include: refreshments for everyone, music with live DJ, games for children preschool through middle school age. For more information contact: Joy Cameron, 501-374-9520.

NLR Police Department Investigative Division, 5:30 p.m. until 7:30 p.m. at Seis Puentes, 4202 A Camp Robinson Road. Activities include: potluck meal, area service providers that assist victims of crime, coloring & face painting for children, giveaways, photos with fire truck. For more information contact, Charlene James, 501-812-2560 or 501-771-7147 or email Charlene.James@nlrpolice.org.

Park Hill Neighborhood Association, 5:30 p.m. until 8:00 p.m. Idlewild Park, 3411 Idlewild. Activities include: Hot dog cookout, smores, kids play event, and music provided by a live musician. For more information contact: Stacy Hamilton, 501-786-0024.

WARD 2

Meadow Park Neighborhood Association, 5:00 p.m. until 7:00 p.m. at Bethany Baptist Church, 318 Eureka Garden Road. Activities include: food, activities for children and voter registration. For more information contact, Evelyn Creal, 501-945-2870.

Rose City Neighborhood Association, 5:00 p.m. until 7:00 p.m. in Rose City School Street Park. Activities include: free food, prize giveaways and fun activities. For more information contact: Dennis Fisk, 501-519-2789.

Faulkner Crossing Property Owners Association, 5:30 p.m. until 8:00 p.m. in Faulkner Crossing. Activities include grilled hot dogs, bounce house, games and more. For more information contact: Michael Hansberry, 501-912-0384.

Dixie Community Development Corporation, 6:00 p.m. until 10:00 p.m. at 914 North "H" Street. Activities Include: food and games for children along with hay rides. A line up of guest speakers include Mayor Joe Smith, Senator Linda Chesterfield, Rep. Eddie Armstrong, Alderwoman Linda Robinson and Alderman Maurice Taylor and other dignitaries. For more information contact Lee Jeffrey, 501-240-5376.

Glenview Neighborhood Association, 6:00 p.m. until 9:00 p.m. on Glenview Blvd., Activities include: dancing, music, horseback riding, games, bouncers and free food. For more information contact, Jackie Alexander, 501-945-0753.

WARD 3

Amboy Neighborhood Association, 5:30 p.m. until 7:00 p.m. at Amboy United Methodist Church, 311 Military Road. Activities include: AR Game & Fish Aquarium, fire truck from NLR Station 8, Police cruisers, Rock Region Metro Vehicle(s), Love & Word Ministry, Live music-the CRS Band, AR National Guard Youth Challenge, food and drinks. For more information contact, Jim Baker, 501-590-4635.

Scenic Hill Neighborhood Association, 5:30 p.m. until 7:30 p.m., corner of West Scenic & Valley View. Activities include: Potluck social. For more information contact, Alice Kunce, 573-353-2270.

Neighbors United for Levy, 6:00 p.m. until 8:00 p.m., Levy Baptist Church Parking Lot. For more information contact, Jennifer Johansen, 501-975-8848.

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"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

Outdoor Cats

Found at
[www.humanesociety.org/
issue/feral_cats](http://www.humanesociety.org/issue/feral_cats)

Cats roam outside in most neighborhoods in the United States. Some are pets whose owners let (or put) them outside, but many are community cats. Community cats may be feral or one-time pets who are stray, lost or abandoned.

The more we understand outdoor cats and the complicated issues related to them, the more we can help them, reduce cat overpopulation and protect wildlife.

What is an “outdoor cat”? The cats you see outside may be cats whose owners let them outdoors, or they may be community cats, feral or stray cats who live outdoors. Although these community cats aren't owned, they may be fed by one or more caring person.

How is a stray cat different from a feral cat? A stray cat is a pet who has been lost or abandoned, is used to contact with people, and is tame enough to be adopted. A feral cat is the offspring of stray or feral cats and is not accustomed to human contact. Feral cats are usually too fearful to be handled and adopted.

Stray cats may be reunited with their families or adopted into new homes, but feral cats will find it difficult or impossible to adapt to living as pets in close contact with people.

Why are there feral cats? If they don't have early contact with people, the kittens of stray or feral cats will become feral, too fearful to be handled or adopted. Since a female cat can become pregnant as early as five months of age, the number of feral cats in a neighborhood can rapidly increase if cats aren't spayed or neutered.

Where do community (feral and stray) cats live? Community cats typically live in a colony—a group of related cats. The colony occupies specific territory where food (a restaurant dumpster or a person who feeds them) and shelter (beneath a porch, in an abandoned building, etc.) are available. Although feral cats may be seen by people who feed them, strangers may not realize that feral cats are living nearby because they rarely see them. Stray cats tend to be much more visible and may vocalize; they may approach people in search of food or shelter. Stray cats may join a colony or defend a territory of their own.

Why do people consider stray cats a problem? Nuisance behaviors, such as urinating and defecating in someone's yard or garden, digging in someone's yard or garden, jumping on someone's car, and upsetting an owned cat, are the greatest concerns that the general public has about outdoor cats.

Overpopulation is a serious concern, as well. In the U. S. approximately 2 percent of the 30 to 40 million community (feral and stray) cats have been spayed or neutered. However, 85 percent of the estimated 75 to 80 million pet cats in the U. S. are already spayed or neutered, many have kittens



*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.



before they are spayed or neutered. Those kittens, especially if allowed outdoors, add to the number of outdoor cats and the problems associated with them.

Shelters in a community with a large population of outdoor cats who aren't spayed or neutered experience issues too:

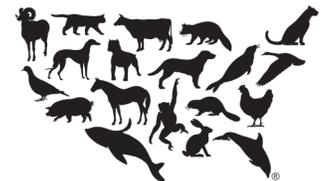
- More cats entering shelters as a result of trapping feral kittens young enough to be socialized (tamed) and feral adults.
- A rise in euthanasia rates for all cats because adult feral cats can't be adopted.
- Euthanasia of adoptable cats when cage space runs out.
- Costs associated with trapping and/or caring for and euthanizing feral cats.

If my cats have been spayed or neutered, why shouldn't I let them out? It's not a good idea to let your cat outside unless you have a safe enclosure or are walking him or her on a harness or leash. Even pet cats who are spayed or neutered may cause conflicts between neighbors and injure or kill wildlife.

When outside, cats face dangers such as injury or death from being hit by a car, being harmed by another animal or person and diseases and parasites.

Approximately 65 percent of the estimated 80 million pet cats in the U. S. are kept indoors, and more owners are realizing that indoor cats are safer and can lead happy lives indoors. But millions of pet cats are still allowed outside, usually without the visible collars and identification that would help reunite them with their owners should the cats be picked up by a neighbor or animal control.

How can the cat-overpopulation problem be solved? Spaying or neutering community (feral and stray) cats can help. Spaying or neutering pet cats before they reproduce will reduce their numbers and help stop (reduce) pet overpopulation.



THE HUMANE SOCIETY
OF THE UNITED STATES



North Little Rock Fire Department

PRESENTS
FIRE FEST



THURSDAY

OCTOBER 8, 2015

5:00 pm - 8:00 pm

Kroger Parking lot McCain Blvd.

Come see:

Fire Truck Demonstrations

Free soft drinks & Hot Dogs

AGFC Aquarium

Children's Safety Smoke House

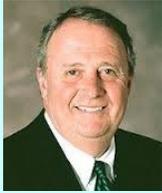
Free Eye- Screening Provided by the Lions Club

Games, Goodies and Much Much More!

FUN FOR THE WHOLE FAMILY

WE HOPE TO SEE YOU THERE

Highlights from some City Departments



Mayor Joe A. Smith holds a monthly department head meeting. Department heads provide a report of activities, projects and accomplishments. Below are a few highlights from the last meeting (August events).

Central Arkansas Water—year to date water sales for 2015 are 12.0% below the 13 year historical average. No rate increase planned for 2016.

Laman Library—261 passports processed. Free lunch program feed over 1,200 children between June 8 and August 14. Over 3,600 people signed up and participated in the Summer Reading Program and read 45,121 books.

Neighborhood Services—worked Patio on Park Hill event—estimated 2,500+ attended. Mailed 4,116 neighborhood association announcements/newsletters and 1,363 copies of *Neighborhood News*.

Hays Center—9 trips were provided to Crowley's Ridge State Park and Nature Center, Bryant Senior Center, Searcy Senior Center (for Bingo), Heber Springs, Eureka Springs, and Queen Wilhelmina State Park. Two new craft classes have been added (Holiday Wreath Making and Pumpkin Carving and Lighting).

Utilities Accounting—

Electric bad debt expense

August: \$18,524.00;

2015 Projected Bad Debt \$270,000

New accounts installed: 1,124

Accounts finalized: 1,326

Customer related calls—10,783, direct contact with Customer Service—2,610, inside teller payments received 8,346—electric; 8,705—gas / water, drive-thru teller payments—4,053—electric; 4,978—gas / water.

Sanitation—Collected and disposed of 1,372.96 tons (2,745,920 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 227 loads; 4,946 cubic yards of mixed debris along with 1,679 cubic yards of green waste. Issued 47 Sanitation Code notices/letters and 4 citations for non-compliance. Picked up 363 used tires.

Traffic Services—approved 84 barricade applications for permits. Repaired or replaced signs and posts 141, marked 15 city vehicles with logo, 36 Arkansas One Call location requests. Road striping (white—1.2 miles=35.5 gallons, yellow 2 miles=53.6 gallons). Trimmed and cut 6 locations where trees/bushes were clocking view of traffic.

Police—(July numbers) Theft from Motor Vehicles +5%. All Property Crime (Shoplifting up 33%) +12%, Robbery increase of 11 from same time last year. As-

signed current School Resource Officer (assigned to Middle and High School) to elementary schools within their areas to visit and establish contacts with staff and students during the year. This is in addition to area patrol officers taking part in new programs in hopes of building relationships with students to prevent problems in the future.



Fire—Total Incidents: 893
Residential Fires: 25
Vehicle Fires: 10
Rescue/EMS: 523
Other Responses: 252
Total Responses: 1,745
Other Structure Fires: 1
False Alarms/
Malfunctions: 72

Haz Mat Responses: 7

Mutual Aid: 3

Total Fire Losses: \$168,620

Total Value: \$1,563,020

Total Saved: \$1,394,400

Training: 7,839.68 hours

Building Surveys: 211

Citywide Burn Ban in effect.

Electric Department—38,706—customers, Peak Power—230,815 KW, Territory— 60 square miles, miles of wire—544.8 miles, # Transformers—11,248, Street lights—11,002 (93 repaired), Security lights—3,931 (21 repaired), Smart meters 37,184—Revenue \$12,031,620. Major outages—2 total. Park Hill area—739 customers—48 minutes. England Hwy—367 customers—116 minutes.

Code Enforcement—117 assigned calls, 549 initiated calls, 43 citations, 402 notices, 74 vehicles tagged, 136 structures inspected, rental inspections 39, 21 food service inspections, 0 search warrant, 2 houses demolished by city, 1 houses demolished by owner. Secured 5 vacant houses, mowed 77 vacant lots, mowed 32 with structures, picked up 52 tires.

Animal Control—NLR

Incoming Animals—179,

Adopted 44,

Reclaimed 12,

Euthanized 128

Citations issued 77

Vouchers (low cost spay/

neuter) Dogs 36, Cats 19

Calls for Service 688

Pulaski County Incoming Animals—65,

Adopted 19,

Reclaimed 9,

Euthanized 53

Seven animals sent to AR Dept of Health to be tested for rabies. Two skunks were positive. 13 dogs sent to out of state rescue. Seized 32 illegal pit bull dogs.



Continued on next page...

Parks and Recreation—close to 200 children between the ages of 5 and 15 participated in an 11 week program *Spies in Training* at the Rec Center. Every participant was promoted to Top Secret Agents by the end of summer. Final construction of an ADA accessible canoe and Kayak boat dock and wildlife observations blinds is complete. Some minor signage work is left with a grand opening occurring in late October. The dock is located by the Log Cabin and Archer Range in Burns Park. Close to 1,000 folks participated in the Walk for Children and Families across the Big Dam Bridge and collected \$90,000.

Finance—

Revenues (MTD—August)

Taxes	\$2,967,312.37
Licenses/Permits	\$ 92,605.67
Fines/Forfeitures	\$ 224,931.78
Local Option Sales Tax	\$2,249,863.44
Intergovernmental-State	\$ 46,211.82
Franchises	\$ 250,144.73
Investment/Misc	\$ 23,975.34
User Fees	\$ 85,991.03
Utility Transfer	\$ 0.00
Grants & Other	\$ 98,243.94
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$6,962,360.12

Expenditures

Administration	\$ 103,343.27
Animal Shelter	\$ 51,133.61
Special Appropriations	\$ 331,615.76
City Clerk	\$ 19,458.26
Emergency Services	\$ 115,812.21
Finance	\$ 60,820.40
Fire	\$1,099,334.25
Health	\$ 4,128.21
Legal	\$ 39,226.65
1st Court	\$ 62,194.57
2nd Court	\$ 42,330.26
Public Defender	\$ 593.01
Human Resources	\$ 48,800.47
Commerce	\$ 16,004.69
Planning	\$ 50,533.41
Police	\$1,728,271.66
Code Enforcement	\$ 84,213.92
Public Works	\$ 116,576.07
Neighborhood Services	\$ 14,781.91
Sanitation	\$ 313,742.41
Vehicle Maintenance	\$ 34,365.18
Senior Citizens Center	\$ 76,546.12
Communications	\$ 6,390.11
Fit 2 Live	\$ 15,089.24
Total Expenditures:	\$4,435,366.00

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The following Neighborhood Associations will hold National Night Out Celebrations on the dates listed below.

Thursday October 8, 2015

Baring Cross Neighborhood Association, 5:00 p.m. until 7:30 p.m. at Vestal Park. Activities Include: hot dogs, games, entertainment, painting booth, speakers, give awards to our police and Jack Finnegan. For more information contact, Harlan Hunter, 501-541-1591 or LaWanda Hunter, 501-425-5797.

Saturday October 10, 2015

Melrose Community Outreach, 5:00 p.m. until 9:00 p.m. in Melrose Park. Activities include: music, good food, dance by Melrose Outreach and Money Movie and getting to know our neighbors. For more information contact, Margo Tenner, 501-374-7842.

2015 ARKANSAS STATE FAIR OCTOBER 9–18, 2015

Food!!



Entertainment!

- Montgomery Gentry
- Eddie Money
- Silk
- Styx
- Toni Tony Tone
- PopEvil
- Grand Funk Railroad
- Joe Diffie
- Naughty By Nature

Fun!!!



Guide to a Healthy Kitchen The Truth About Gluten

WebMD Feature by Peter Jaret

More and more groceries and health food stores stock gluten-free products. That's good news for people with celiac disease, who for health reasons should not eat wheat with gluten.

Yet paradoxically, most of the people who reach for gluten-free products don't have celiac disease and or even a sensitivity to wheat. Peter H. R. Green, MD, director of the Celiac Disease Center at Columbia University told WEBMD. "The market for gluten-free products is exploding. Why

exactly we don't know. Many people may just perceive that a gluten-free diet is healthier."

In fact, it isn't. For people with celiac disease, a gluten-free diet is essential. But for others, "unless people are very careful, a gluten-free diet can lack vitamins, minerals and fiber," says Green.

Celiac Disease Serious, Often Undetected

Experts estimate that about 1% of Americans have celiac disease. The condition, caused by an abnormal immune response to gluten, can damage the lining of the small intestine. That, in turn, can prevent important nutrients from being absorbed.

Symptoms of celiac disease include diarrhea, anemia, bone pain, and a severe skin rash called dermatitis herpetiformis. But celiac disease often has few or no symptoms. In part for that reason, only about 5% to 10% of cases are diagnosed in the U.S., Green says.

How do you know if you have celiac disease? The only way is to be tested. The first test is typically a blood test that detects antibodies related to an abnormal immune response. If the blood test is positive, a biopsy is performed to confirm inflammation in the lining of the small intestines.

But What If You Don't Have Celiac Disease?

Some people may be sensitive to gluten but don't have outright celiac disease. These people may feel better on a diet with less gluten.

So what's wrong with the rest of us trying a gluten-free diet to see how we feel?

For starters, going gluten-free means saying no to many common and nutritious foods. Gluten is a protein found in wheat, barley, and rye. Gluten also shows up in many whole grain foods related to wheat, including bulgur, farro, kamut, spelt, and triticale (a hybrid of

wheat and rye). Some celiac disease experts warn patients to steer clear of oats, as well.

Gluten itself doesn't offer special nutritional benefits. But the many whole grains that contain gluten do. They're rich in an array of vitamins and minerals, such as B vitamins and iron, as well as fiber. Studies show that whole grain foods, as part of a healthy diet, may help lower risk of heart disease, type-2 diabetes, and some forms of cancer. The 2010 Dietary Guidelines for Americans recommends that half of all carbohydrates in the diet come from whole grain products.

To be sure, a few whole grains don't contain gluten, including amaranth, millet, and quinoa. But they are far less common than gluten-containing grains. Meeting

the dietary guidelines goal is very tough if you have to eliminate wheat, barley, rye, kamut, and other gluten-containing whole grains.

The Risks of Going Gluten-Free

Because wheat is ubiquitous in the American diet, completely eliminating gluten requires adopting whole new diet. You would have to give up most breads, crackers, breakfast cereals,

conventional pastas, pastry goods, and a wide range of processed foods made with small amounts of gluten.

"And any time you eliminate whole categories of food you've been used to eating, you run the risk of nutritional deficiencies," said Green. A 2005 report from the American Dietetic Association warned that gluten-free products tend to be low in a wide range of important nutrients, including B vitamins, calcium, iron, zinc, magnesium, and fiber.

There's little point in taking that risk unless you genuinely have celiac disease or gluten sensitivity. "Eating a healthy gluten-free diet means paying constant attention to what you eat. This isn't something that anyone should do casually," said Green.

There's also little point in eliminating just some gluten. For people who are sensitive, even trace amounts can cause damage to the small intestines. "So an almost gluten-free diet isn't going to help if you have a problem."

Choosing gluten-free goods has another drawback. Most gluten-free alternatives, such as pasta and bread, are significantly more expensive than their conventional counterparts. A 2007 survey conducted by Green and his colleagues found that gluten-free pastas and breads were twice the price of conventional products, for instance.

The bottom line: If you think you may have a problem with gluten, get tested. *Continued on next page...*



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Making Smart Choices on a Gluten-Free Diet

Thanks to the increasing selection of gluten-free foods, it has become far easier for people with true gluten problems to eat healthy diets. "People who have had [celiac] disease for 15 to 20 years are astounded at the selection of gluten-free foods out there," Green said.

Unfortunately, not all the foods being marketed are healthy. Some are high in saturated fat or cholesterol. Others may be high in calories but contain very little in the way of nutrition. A slew of herbal remedies have also hit the market, promising to ease gluten sensitivity. There's little evidence that any of them help, Green said.

The basis of a healthy gluten-free diet, as with any diet, should be natural foods. Lean meats and fish, fruits and vegetables, and low-fat dairy products are all

safe for people with celiac disease. Grains that don't contain gluten, such as quinoa and amaranth, are another healthy option. More and more products are being made with such grains, from breads and breakfast cereals to pastas.

Clinical trials are currently under way of drugs that may help ease celiac disease. A vaccine for celiac disease is also under investigation.

Even if such approaches work, they aren't likely to cure the condition entirely, however. "The treatments under investigation are probably going to be useful mostly for lessening the damage caused by occasional lapses in diet," Green said. People with celiac disease will continue to have to eliminate wheat products from their diet. Fortunately, growing awareness of the prevalence of these conditions should continue to make that challenge easier.

Nutrition and healthy eating

Found at www.mayoclinic.org By Mayo Clinic Staff

Initially, following a gluten-free diet may be frustrating. But with time, patience and creativity, you'll find there are many foods that you already eat that are gluten-free and you will find substitutes for gluten-containing foods that you can enjoy.

The gluten-free diet is a treatment for celiac disease (see article on page 6 and continued above). Some people who don't have celiac disease also may have symptoms when they eat gluten, however. This is called non-celiac gluten sensitivity.

If you're starting a gluten-free diet, it's a good idea to consult a dietitian who can answer your questions and offer advice about how to avoid gluten while still eating a healthy, balanced diet.

Allowed foods

Many healthy and delicious foods are naturally gluten-free:

- ◇ Beans, seeds and nuts in their natural, unprocessed form
- ◇ Fresh eggs
- ◇ Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- ◇ Fruits and vegetables
- ◇ Most dairy products

It's important to make sure that they are not processed or mixed with gluten-containing grains, additives or preservatives. Many grains and starches can be part of a gluten-free diet, such as:

- ◇ Amaranth,
- ◇ Arrowroot
- ◇ Buckwheat
- ◇ Corn or cornmeal
- ◇ Flax
- ◇ Gluten-free flours (rice, soy, corn, potato, bean)
- ◇ Hominy (corn)
- ◇ Millet
- ◇ Quinoa
- ◇ Rice
- ◇ Sorghum

- ◇ Soy
- ◇ Tapioca
- ◇ Teff

Always avoid

Avoid all food and drinks containing:

- ◇ Barley (malt, malt flavoring and malt vinegar are usually made from barley)
- ◇ Rye
- ◇ Triticale (a cross between wheat and rye)
- ◇ Wheat

Avoiding what can be challenging because wheat products go by numerous names. Consider the many types of wheat flour on supermarket shelves—bromated, enriched, phosphate, plain and self-rising. Here are other wheat products to avoid:

- ◇ Durum flour
- ◇ Farina
- ◇ Graham flour
- ◇ Kamut
- ◇ Semolina
- ◇ Spelt

Avoid unless labeled 'gluten-free'

In general avoid the following foods unless they're labeled as gluten-free or made with corn, rice, soy or other gluten-free grain:

- ◇ Beer
- ◇ Breads
- ◇ Cakes and pies
- ◇ Candies
- ◇ Cereals
- ◇ Communion wafers
- ◇ Cookies and crackers
- ◇ Croutons
- ◇ French fries
- ◇ Gravies
- ◇ Imitation meat or seafood
- ◇ Matzo
- ◇ Pastas
- ◇ Processed luncheon meats

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- ◇ Salad dressings
- ◇ Sauces, including soy sauce
- ◇ Seasoned rice mixes
- ◇ Seasoned snack foods, such as potato and tortilla chips
- ◇ Self basting poultry
- ◇ Soups and soup bases
- ◇ Vegetables in sauce

Certain grains, such as oats, can be contaminated with wheat during the growing and processing stages of production. For this reason, doctors and dietitians generally recommend avoiding oats unless they are specifically labeled gluten-free.

You should also be alert for other products that you eat or that could come in contact with your mouth that may contain gluten. These include:

- ◇ Food additives, such as malt flavoring, modified food starch and others
- ◇ Medications and vitamins that use gluten as a binding agent

Watch for cross-contamination

Cross-contamination occurs when gluten-free foods come into contact with foods that contain gluten. It can happen during the manufacturing process, for example, if the same equipment is used to make a variety of products.

Some food labels include a “may contain” statement if cross-contamination is likely. But be aware that this type of statement is voluntary.

Foods may also be labeled as “gluten-free.” If a product carries a gluten-free label, the Food and Drug Administration requires that the product contain less than 20 parts per million of gluten. Be aware that products labeled “wheat-free” may still contain gluten.

You still need to check the actual ingredient list. If you’re not sure whether a food contains gluten, don’t buy it or check with the manufacturer first to ask what it contains.

Cross-contamination can also occur at home if foods are prepared on common surfaces or with utensils that weren’t thoroughly cleaned after being used to prepare

gluten-containing foods. Using a common toaster for gluten-free bread and regular bread is a major source of contamination, for example. Consider what steps you need to take to prevent cross-contamination at home, school and work.



Be careful about eating out a restaurant. Ask restaurant staff members if they have choices that are truly gluten-free, including being prepared so as to avoid cross-contamination.

People with celiac disease who eat a gluten-free diet experience fewer symptoms and complications of the disease.

People with celiac disease must eat a strictly gluten-free diet and must remain on the diet the remainder to their lives. In some severe cases, a gluten-free diet alone can’t stop the symptoms and complications of celiac disease, and additional treatment is needed.

Not getting enough vitamins

People who follow a gluten-free diet may have low levels of certain vitamins and nutrients in their diets. Ask your dietitian to review your diet to see that you’re getting enough of these key nutrients:

- ◇ Iron
- ◇ Calcium
- ◇ Fiber
- ◇ Thiamin
- ◇ Riboflavin
- ◇ Niacin
- ◇ Folate

Not sticking to the gluten-free diet

If you accidentally eat a product that contains gluten, you may experience abdominal pain and diarrhea. Some people experience no signs or symptoms after eating gluten, but this doesn’t mean it’s not damaging their small intestines. Even trace amounts of gluten in your diet may be damaging, whether or not they cause signs or symptoms. Over time, not following a gluten-free diet if you have celiac disease can lead to serious complications including small intestinal cancer.



Veteran Groundskeepers Cultivate a Public Service Approach at Soldier Field

by Shelby O. Mitchell

Found in PublicWorks Aug 2015

One of Chicago's highest profile jobs is done almost entirely behind the scenes. Just as public works directors manage critical infrastructure to keep a town running smoothly, Soldier Field groundskeepers work long hours to get the city's famous football stadium ready for action.

And not just on game days. They create a beautiful space for concerts and events like the Chicago Blackhawks' Stanley Cup victory celebration, and then transform it into a high-performance arena that enhances athletes' safety and performance.

It's no surprise that the men responsible for this feat have extensive public service backgrounds. Head groundskeeper John Nolan began his career with the Chicago Park District in 1976, working first for the parking division and later the landscaping division. That's where he met Ken Mrock, superintendent of the city's six public golf courses for more than a decade.

In 1988, both men were hired to tend to Soldier Field when it was converted from Astro Turf to Kentucky bluegrass. Nolan joined the stadium's staff; Mrock advised on the turf conversion as head groundskeeper for the Chicago Bears.

As part of a 30-year contract between the Chicago Park District and the Chicago Bears, Mrock and Nolan still work hand-in-hand to keep the playing field in top condition. Together, they make turf-related decisions, such as when the field needs remediation and what type of sod to use.

According to their contract, the Bears pay rent to use the stadium and the park district maintains Soldier Field to National Football League standards. If the Bears make the playoffs, the team assists with field maintenance expenses during post-season play.

In 1994, the park district hired SMG, a public facility-management company based in West Conshohocken, Pa., that also manages the city's McCormick Place convention center, to run operations, events, and facilities at Soldier Field. Nolan became an SMG employee, as did his team; assistant groundskeeper Kurt Hoffman and Nick Longino, grounds crew member and mechanic. They maintain the athletic field, stadium grounds, and surrounding parkland.

Mutual understanding lies behind the public/private partnership to maintain Soldier Field. "A lot of people don't realize what's involved in being a public employee," says Mrock. "I get it. I always enjoyed working hard to put out a great product for the public." Nolan says it helps that they both still have contacts in the park district.

Following are the five biggest challenges groundskeepers face as they set the stage for 90 professional athletes to engage in heavy-duty competition each year.

Harsh weather conditions

The Chicago Bears plan on natural grass, which goes dormant during the winter (football season). "It's a big



challenge to put a competitive surface out there in all weather conditions," says Mrock. "We have had games played here in 90 degree weather and below zero on the same field."

Nolan and his crew take a proactive approach in all weather conditions. "We tarp the field for rain and snow before many games," he says. His maintenance budget remains flexible, varying each year to allow for part-time help and snow removal as needed. For example, tarping the entire field, often in strong winds, can take up to 100 people working overnight shifts.

Extreme temperatures also call for extreme measures. "When it's below freezing, we use the underground heating system and blow air under the tarp with heaters to keep frost off of the field," says Nolan. "In summer we run fans on the field to move air when it's too hot and disease pressures are high."

Lots of player involvement

Due to the nature of the public/private partnership, Mrock and Nolan report to many bosses. When the head groundskeepers decide the field isn't performing well or not looking its best, they meet with a committee that can include the general manager of the stadium, the Bear's general manager, director of administration, and head trainer.

Team management then updates the players. Mrock says transparency and honesty is key. "Sometimes you have to tell people things they don't want to hear, but it's best to be upfront," he says.

Sharing the field

Soldier Field is more than just a football field. The multi-use venue hosts events on more than 200 days per year. "We had 40 days of hockey in February and March, then we installed new video boards so there were two cranes on the field [until May]," says Nolan.

Since spring began, there have been special events almost every weekend, including the opening of the Chicago Special Olympics, a beer festival, and autism event, and concerts like the Grateful Dead's final appearance.

Continued on next page...

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The changing schedule of events makes budgeting a challenge. Although SMG sets an annual maintenance budget, actual expenses depend on the number of events scheduled and weather conditions.

Nolan's crew protects the playing field as much as possible, often covering it with Teraplas PLC's Terraplas, a turf-protection system that lets air, water, and light reach the grass. But after several nights of concerts, the sod may have to be replaced for the next sporting event.

Groundskeepers typically re-sod several times a year, which costs \$40,000 to \$250,000 each time, depending on the amount of cover needed. These expenses are either part of the annual maintenance budget or are internally charged against event revenues.

"We understand the city can't afford to have the stadium idle except for 10 Bears home games a year," says

Mrock. Their agreement includes a "safeguard" clause that prevents other events from being held on the field within five days of a game, without special permission from the team. This provides time to make any necessary repairs.

Constant change

With unpredictable weather and constant activity, Nolan says, "there's no set maintenance routine. The event schedule dictates what we can do and when."

Nolan and his crew maintain the turf almost like a golf green and constantly seek new and better types of grass.

Two days before each Chicago Bears game, head groundskeepers, John Nolan and Ken Mrock test the field according to MFL protocol for field safety, checking hardness and traction in 30 different places, and submit the data. They rate the grass based on required criteria including percentage of ground cover, softness, and shear strength (how well the grass holds up under spike cleats without breaking).

quickly and efficiently. They hire a contractor to place the rolls, generally 42 or 48 inches wide and 30 feet long, using specialized equipment that Nolan helped engineer to ensure precise, tight placement.

"It's like an instant field," says Mrock. "We can sod a field and play on it within one or two days." With fewer seams, the wide rolls make the field safer for athletes and resist wear and tear longer.

Tough customers

"Sod farms are beginning to grow varieties that are more wear-resistant and grow more aggressively," he says.

For about 20 years, the groundskeepers have used thick, "big roll sod" to do the job



According to the most recent survey in 2010, 69% of 1,600 active players prefer grass (although some make an exception for grass fields in cold climates and multipurpose stadiums like Chicago's). About 90% believe artificial turf causes more soreness and fatigue than grass, and 82% say it's more likely to lead to injuries.

Although the Bears are one of four teams playing on natural

grass in a northern climate, the organization has resisted changing to artificial turf, citing player safety. To date, the team hasn't announced plans to change back to artificial turf and grounds crews are gearing up as usual for the 2015-2016 season.

Grilled Chicken Fajita Foil Packets

Found at www.bettycrocker.com/recipes

- 2 tsp chili powder
- 1/2 tsp ground cumin
- 1/4 tsp salt
- 2 cloves garlic, finely chopped
- 2 Tblsp lime juice
- 2 boneless skinless chicken breasts, cut into 1/2-inch strips
- 1 red or yellow bell pepper, seeded, cut into rings
- 1 small onion, thinly sliced, separated into rings
- 4 Old El Paso™ flour tortillas for burritos (8 inch; from 11 oz package)



Cooking Directions on page 15

2015 Komen Race for the Cure October 10, 2015 Downtown Little Rock / North Little Rock

Join Team NLR for the Komen Arkansas Race for the Cure to honor breast cancer survivors and remember friends and family who have lost their fight against breast cancer.

To Join Team NLR

1. Go to www.komenarkansas.org
2. Click on **Komen Race for the Cure**
3. Click on **Register**
4. Click on **Join a Team**
5. Search for **Team NLR**
6. Select **Join** to register yourself and family members (\$26 per person)

Deadline to register online and receive T-shirts by mail *before* the race is September 14.

Team Captain Jennifer Johansen. For more information call Jennifer at 501-975-8848.



Grilled Smoky Cheddar Potatoes Foil Pack

Found at www.bettycrocker.com

- 4 medium potatoes, cut into 1-inch chunks
- 1/2 tsp salt
- 2 Tbsp butter or margarine
- 1 cup shredded Cheddar cheese (4 ounces)
- 2 Tbsp Betty Crocker™
Bac-Os® bacon flavor chips
- 2 medium green onions, sliced (2 Tbsp)

Heat coals or gas grill for direct heat. Place potatoes on 30 x 18 inch piece of heavy-duty foil. Sprinkle with salt. Dot with butter. Sprinkle with cheese and bacon chips.

Wrap foil securely around potatoes; pierce top of foil once or twice with fork to vent steam. Cover and grill foil packet, seam side up, 4 to 6 inches from medium heat 45 to 60 minutes or until potatoes are tender. Sprinkle with onions.



Prep time 10 minutes
Number of servings—4

Keep bagging leaves for weekly pickup!

With the dry weather, leaves are starting to fall a little early, however, the city leaf trucks won't be out until late October (third week - maybe ☺ depending on leaf fall).

Residents need to continue to bag leaves for weekly curbside pickup. You can also mow (mulch) them. Mulched leaves provide a great food source for lawns and make great composting material!



Hearts & Hooves Upcoming Events you won't want to miss!

There's still time to get your tickets to either or both of the great events below!



October 17, 2015

For more information, call 834-8509 or visit www.heartsandhooves.com or [facebook.com/heartsandhoovesar](https://www.facebook.com/heartsandhoovesar)



November 7, 2015



**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: 6/1/15
Expires: **9/2/15**

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 a Peddlers permit in North Little Rock:

ARM Security

Following expire 10-27-15

- Spencer Christensen
- Blake Densley
- Cody Gally
- Danny Garcia
- Casey Gorham
- Cody Hunt
- Eric Johnson
- Trent Kohler
- Camron Hanna
- Jeremy Mori
- Jason Morris
- Chase Russell
- Brycen Sharp
- Jarin Sillitoe
- Isaac Terry
- Josh Terry
- Michael Terry
- Jordan Wilson

PROTECTION 1

Expire 11-9-15

- Bret Barben
- Jeffrey Barben
- John Carty
- Brandon Cohen
- Heber Lebaron
- Isaac Lebaron
- Evan Wahlquist

North Little Rock History Commission



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.

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.

To view NLR issued ID's go to www.nlr.ar.gov, then click on City Clerk and Treasurer, then select Licensed Peddlers and click on the persons name.

Note: the city clerk's office has applications in review for Northstar, however, they have not been issued at this time.

Reminder to residents:

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

In all cases, if you call please provide a description of the person, location and vehicle description and license number if possible. You can also call the North Little Rock City Clerk and Treasurer's Office Monday through Friday 8:00 a.m.—4:30 p.m. to verify any business license or peddlers permit in our city at 501-975-8617.

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.

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

City Offices located at 120 Main

IS/Data Processing, Kathy Stephens	975-8820
Finance, Karen Scott	975-8802
Fit 2 Live, Bernadette Rhodes	975-8777
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Shawn Spencer	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, David Melton	975-8888

City Council Members

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

Utility Payment Assistance and Other Numbers

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

Other Elected Officials

Mayor Joe A. Smith	975-8601
City Clerk 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

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	
Communications.....	501-975-8833
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Special Projects.....	501-975-3737
Jim Billings	

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

Sept 28—Oct 2 no pickup

Oct 5—9 recycle

Oct 12—16 no pickup

Oct 19—23 recycle

Oct 26—30 no pickup



October Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
BAILEY	GOREE	OES	1	DANA	BOWERS	Police	23
ROBERTA	MUELLING	OES	25	LARRY	MICKEL	Police	35
JENNIFER	BUCKNER	OES	12	DANE	PEDERSEN	Police	24
MILTON	HINSHAW II	Electric	10	MATT	SODERLUND	Police	24
CALVIN	REVES	Electric	27	JOHN	DESIZLETS	Police	21
WILLIAM	LEWIS	Electric	15	DONALD	SHOEMAKER	Police	21
JACKIE	PEACH	Electric	10	LINDA	JACKSON	Police	42
RONALD	CARTER	Electric	6	DANIEKA	HERNANDEZ	Police	4
PHILICIA	KNOX	Electric	14	CYNTHIA	MARSHALL	Police	21
DEBORAH	SCHERZ	Electric	16	CEDRIC	WILLIAMS	Code	12
DIANNE	WETZLER	Electric	21	MICHAEL	JOHNSON	Code	17
SUZANNE	FLETCHER	Finance	43	WILLIAM	BUSH	Public Works	28
DUSTIN	TERRY	Fire	1	SAM	BROOKS JR	Street	20
ROBERT	SHAW	Fire	20	ROMMIE	ANDREWS	Street	3
GABRIEL	TROBIS	Fire	10	JERRY	HAWKINS	Street	1
REBECCA	HENDERSON	Legal	13	ANTHONY	CHUKES	Street	20
ROBIN	SISSON	1st Court	13	MATTHEW	ROWLAND	Street	5
PRECIOUS	COLLIER	1st Court	1	UNARD	BUSH	Street	1
DOMINIQUE	AMBROSE	UAD	7	CHAD	FULLER	Vehicle Maint	3
WESLEY	HONEYCUTT	Police	21	STEACY	KENNEDY	Parks Maint	1

A spreadsheet including all North Little Rock employees is provided at the end of the previous year for Birthday and Anniversary information (to be used the following year). If you see an employee's name who is no longer with the city, keep in mind that the current information was provided during the previous year when those individuals were employees of the City of North Little Rock. If someone is omitted, please let me know!

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

Continued from page 10

Directions

In a medium bowl, mix chili powder, cumin, salt, garlic and lime juice. Add chicken, bell pepper and onion; stir to coat. Cover bowl; refrigerate at least 2 hours to marinate, turning once.

Heat gas or charcoal grill. Cut 2 (18 x 12-inch) sheets of heavy-duty foil. Remove chicken and vegetables from marinade; discard marinade. Place half of chicken and vegetables on center of each sheet. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold



other sides to seal. Cut another sheet of foil; wrap tortillas securely in foil.

Place packets on grill over medium heat. Cook chicken and vegetables 10 to 15 minutes or until chicken is no longer pink in center and vegetables are crisp-tender. Cook tortillas 2 to 3 minutes or until warm. Open foil carefully to allow hot steam to escape.

Serve each chicken and vegetable packet with 2 tortillas. If desired, top tortillas with shredded lettuce, sour cream, guacamole, shredded cheese and salsa.

October Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>
LYNWOOD ANDERSON	Electric	1	CHARLES HIGHT	Admin	16
MARK SHOEMAKER	Fire	1	DUSTIN FREE	Fire	16
KATHY DAVIS	2nd Court	1	ANTHONY LOGAN	Sanitation	17
ERIC IMHOFF	Police	1	CHARLES HOBSON	Fire	18
CHRISTOPHER NICHOLAS	Electric	2	CHAD FREY	Fire	18
KENNY STEPHENS	Public Works	2	CODY WORTHAM	Fire	18
NADIA JOHNSON	Hays Center	2	JEFFREY GRAVETT	Police	19
RANDY PRESLEY JR	Electric	3	RHONDA HUEY	Police	19
ROBERT EDISON JR	Police	3	KEVIN TACKETT	Fire	20
ANDREW JOHNSON	Electric	4	WILLIAM LEWIS	Electric	22
TODD SPAFFORD	Police	6	PAMELA TILLER	Fire	22
RUTH PRICE	2nd Court	7	JERRY HINSON	Parks Maint	22
STEVE RABUN	UAD	8	RONNIE MITCHELL	Parks Maint	22
CARRIE BROWN	Police	8	WESLEY STEPHENS	Fire	23
MICHAEL OSBORNE	Police	9	GARY WILLIAMS	Fire	23
PAULA SMITH	Parks Admin	9	DANTE GIUSTI	Sanitation	23
WARREN DEBUSK	Parks Maint	9	KEVIN BEMRICH	Fire	24
CLINT REEKIE	Fire	10	WALLACE HATCHETT	Street	24
DONALD SHOEMAKER	Police	10	DONNA BRYANT	Electric	25
SHARON HENLEY	Finance	11	EDWIN FAUBION	Fire	25
JASON BRYANT	Fire	11	JOHN BLANKENSHIP	Police	25
AMY SMITH	Commerce	11	JEFF JEFFERIES	Fire	26
JAMES KOLB	Fire	12	JULIA HODGE	HR	26
MICHAEL BROOKS	Police	12	DON DUKES	Police	26
WILLIAM SMITH	Public Works	12	CYNTHIA MARSHALL	Police	27
SYLVESTER SMITH JR.	Sanitation	12	LANA GREGORY	Electric	28
CHARLES BROOKS	Parks Maint	12	JILL PONDER	Electric	28
DONALD WOOD	Code	14	TERRELL MILTON	UAD	28
GARRY BUTLER	Street	14	VINCENT THORNTON	Police	29
JOHNNY GRAY	Vehicle Maint	14	CHEREON CAMP	Police	29
TOLIVER WHILLOCK	Fire	15	CHRISTOPHER COLLINS	UAD	30
KEITH PHIFER	Police	15	JON CROWDER	Police	30
BRYAN ROUGELY	Street	15	CHRIS TERRY	Street	30



North Little Rock Report and Repair (NLR R&R) is the Official App of the City of North Little Rock, NLR R&R allows users to submit service requests (potholes, tall grass, graffiti, etc.) directly to the city, where the request will be routed to the appropriate department. Users are able to track their requests all the way through completion from their mobile device.

To use the app, visit our website at www.nlr.ar.gov. Scroll to the bottom of the main page and click on Report and Repair. Once you sign up, you are ready anything from code violations, Business License issues, Street Light outage, City employee performance and more.

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.