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F E A T U R E S

7 Coming back from the brink
Recovery from natural disasters of recent years continues in communities across Arkansas, and City & Town visits with several of them, including Atkins, Clinton, Mena, Gassville, Dumas and Dierks.

13 Mayors, cities cited at Delta Byways
The annual Delta Byways Awards honored cities and mayors for their efforts to make heritage tourism a priority in culturally rich eastern Arkansas.

14 If you wait, it’s too late
Take steps before disaster strikes to make preparations, including using the abundance of free resources FEMA has to offer.

39 Legislature ends fiscal session
The Arkansas General Assembly has set the budget for the coming year and wrapped up its first-ever fiscal legislative session, and the House has elected its new Speaker.
Inclusive play should meet the needs of all children on the playground in a variety of ways. That means we must focus on the thousands of kids typically overlooked on the playground—those with autism and sensory processing deficiencies. By focusing on sensory play, we will create a higher level of inclusive play. Learn more about sensory play at playlsi.com/ad/inclusive-play or call your local playground consultant.
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MARCH 2010 5
Dear Friends,

“Beware of the Ides of March” was a warning to Caesar because that was the date of his demise. But for us, it’s an indication that spring cannot be far behind and the ice and snow are history, at least for this year. I sense a bit of hopeful optimism in the air because the economy is improving slightly, and the sunshine helps everyone’s spirits. Now if the municipal revenues will follow suit, life will be better in Arkansas.

On the state level, the Legislature held their first fiscal session. As expected they confined their work primarily to budget items and the lottery scholarship levels.

Weather kept the Executive Committee from its February meeting, but the March meeting was held on schedule and was productive. The Investment Committee had good results to report as the League’s portfolio is showing steady improvement as the stock market recovers from last year’s downturn. The next meeting of the CMT/PMT/OPEB Board, Investment Committee and Executive Committee will be in Fort Smith on May 20.

The staff, led by Ken Wasson, is continuing to gather input on the concept of a Mayor, Alderman, and Directors’ Certification Program. Past League President, Rep. Tommy Baker spawned the idea during his first term in the Legislature, where he observed that municipal government might be improved with trained leaders. Currently city attorneys, clerks and others have training programs that help them to better serve their constituents. I expect that this idea will be further discussed at our annual meeting in Hot Springs. If you have thoughts on the idea, email them to Ken Wasson at kwasson@arml.org.

We are expecting a successful trip to the NLC’s Congressional Cities Conference in Washington, D.C., this month. On Wednesday, March 17, Congressman Mike Ross is sponsoring his annual breakfast reception, and we are holding our traditional luncheon meeting where we expect all of the Arkansas delegation to attend and converse with League delegates. Next month’s City & Town will have a full report on the Conference.

Who can forget Will Roger’s famous quote: “Even if you’re on the right track, you’ll get run over if you just sit there.” One of the pluses of Arkansas’s municipal leaders is they don’t sit still but continually move forward getting their jobs done. Let us not forget that there is always a need for legislative items that enable us to do our job better. Between now and our June Convention, be thinking of legislation that would be beneficial to your community.

Gary Campbell
City Director/Vice Mayor, Fort Smith
President, Arkansas Municipal League
Minutes to destroy, years to rebuild

By Andrew Morgan, League staff

It took less than a minute for a tornado packing 136 mph winds to turn the heart of Mena into what looked like a war zone. Just after 8 p.m. on Thursday, April 9, 2009, the F-3 tornado ripped a quarter-mile path through the city and destroyed 100 homes, damaged 600 others, took out nearly 11,000 trees, damaged or destroyed businesses and public buildings and left three dead and at least 30 injured in its wake. The tornado was one of 24 twisters spawned from a severe storm system that caused deaths and damage from Oklahoma to Kentucky that night.

Almost a year later, an outsider might still find the scene bleak. Intact trees in the neighborhood that bore the brunt of the storm are almost non-existent, and empty concrete pads where homes and shops once stood, piles of rubble, downed fences and homes still needing repair are plentiful. But don’t let what’s left to be done fool you. The recovery has actually gone remarkably quickly, Mayor George McKee said.

“FEMA told us it’s one of the best run recoveries they’ve seen,” McKee said. “We did in four-and-a-half months what normally takes two years.”

Homeowners in the 25-block area hit hardest were largely uninsured or underinsured, and with FEMA’s help the city has been able to demolish houses—50 to date—and help homeowners rebuild better than before the storm.

“Our goal is to end up better than we were,” McKee said.

City services were fortunately spared in the storm, though many lost power. Power was restored within an “unheard of” six days, the mayor said.

The storm damaged many public buildings throughout the downtown area, including the county courthouse, the police department, a city park, the water department and the street department. The tornado moved the pillars and foundation of city hall enough to twist an elevator shaft inside the building. All the structures have been repaired or rebuilt.

The biggest task left on city property is to repair streets and sidewalks, many of which were damaged after the storm by heavy equipment.

Helping businesses damaged by the storm was another priority for the city, the mayor said. Local companies U.S. Motors, Sterling Machinety, R&D Industries and Brook’s Ice were all hurt by the storm, and all have recovered or are well on their way.

“Get business back as quick as you can so you don’t hurt the economy.”

One way the city was able to help keep the local economy going in the immediate aftermath was to use local people with equipment and services to offer as temporary employees.

“We paid them as part-time employees,” the mayor said.

The city’s emergency response plan was executed well, the mayor said, and the cooperation...
among the city, county, state and FEMA was outstanding.

“Get familiar with the FEMA regulations,” McKee advised city leaders and emergency responders across the state. “We knew it pretty well before. We know it very well now.”

Knowing what the regulations are and following them in an emergency determine how much help you will receive from FEMA, McKee said.

Within minutes of the devastation in Mena, the same storm system moved southeast into Howard County and toward the city of Dierks. The tornado missed the city, but it destroyed its water treatment plant located just west of town by Dierks Lake.

Faced with the complete loss of water service to the city’s residents and businesses, Mayor Terry Mounts and city leaders had to act quickly.

“In those first few hours Thursday night, we didn’t know what we were going to do,” Mounts said. By Friday morning, they had come up with a plan. With the help of the nearby Nashville Rural Water System, the city was able to connect its system to the neighboring system by fire hose and, by noon Friday, water was flowing again. The National Guard within days set up several temporary water treatment devices, which enabled the city to renew treatment of water from Dierks Lake and feed it into the existing system.

Local timber companies Weyerhaeuser and Moore Logging Company donated equipment for cleanup and materials for temporary buildings. Walmart donated bottled drinking water to the city, whose residents were under a boil order.

“The people just did everything they had to do,” the mayor said. “And I can’t say enough about Walmart.”

The water treatment plant was insured, but not enough to cover costs, Mounts said. FEMA dollars and money from the governor’s emergency fund filled in the gaps and now, less than a year later, the city is putting the finishing touches on its new treatment plant.


“Use all your resources,” Mounts advised other cities facing disasters. “The help is out there.”

Nearly a year later, the path the tornado took through Mena is still visible, especially in the damaged tree line at the end of Port Arthur Avenue.

It’s been two years since a Feb. 5, 2008, tornado touched down in Yell County and ripped a record-breaking 140-mile path of destruction northeast, all the way to Sharp County. One of its first victims was Atkins in Pope County.

The storm killed four people in or just outside the city, including a family of three in one home.

“It was unreal,” Mayor Jerry Barrett said. We’ve all seen tornado damage, he said, “but you don’t realize how devastating it can be until you’ve been through it.”

The storm destroyed about 40 homes and damaged at least 100 more in the city of just under 3,000. Trailers were tossed and rolled hundreds of yards and across the highway. Debris from Atkins, such as checks and receipts, were dropped two
counties away by the F-3 twister. An Atkins resident’s handmade quilt taken by the storm was recovered in Mountain View, about 60 miles away.

Despite the loss of life and private property, damage to city property was minimal, the mayor said. The storm did damage the sewer treatment plant on the south side of the city. Once the road to it was cleared, the city was able to bring in a generator and keep the system going. The system still requires repair and the city has money from FEMA for the work, but the last year has just been too wet to make the necessary repairs.

The city has a disaster plan in place, and the response after the storm went well, but it’s still difficult to be completely prepared, Barrett said. Immediate help came from the county and from the Arkansas Department of Emergency Management office in nearby Conway, and their experience was a great help, he said. Within a few days, FEMA had a team in the city helping with recovery. The response from the community’s people and businesses was also immediate and generous.

Recovery has been a learning experience, Barrett said, and the city has since made some improvements to its disaster plan. For example, he said, one volunteer with emergency response experience and looking to help in the immediate aftermath asked if a list had been started to keep track of volunteers, hours spent, and equipment and goods donated.

“We hadn’t even thought of that,” Barrett said. “Sure enough, when FEMA arrived that’s one of the first things they asked for. Now we know.”

With just a bit of trim work left to do, Dierks’ new water treatment plant is again serving the community after being reduced to rubble.

Clinton in Van Buren County was hit by the same tornado shortly after Atkins as the storm made its way northeast across the state. It killed three people in the county, destroyed 50 homes and damaged 100 more. The storm destroyed the Warren Wellness Center, a dentist and chiropractor’s office, and it leveled Rivertrail Inc., a boat manufacturer. The wellness center now has a brand new office in the same location. The boat manufacturer has unfortunately moved its operation elsewhere.

The city lost water service to the tornado, and debris and uprooted trees had to be removed before repairs could be made. The National Guard brought in tankers of water, and the city was able to restore service within 48 hours.

In addition to the help received from the county and state, the city’s disaster plan helped speed recovery.

“It worked better than you can imagine,” Mayor Roger Rorie said. They set up a command center in the Wal-Mart parking lot and had generators and other equipment available, all within hours of the storm.

Clinton has had several setbacks to recovery since the February 2008 tornado. Another, less destructive tornado hit the city in May of that year. Flooding from storms caused by hurricanes Ike and Gustav tore up roads and slowed rebuilding efforts. And a major ice storm in early 2009 also affected the community along with the entire northern half of the state.

Having a plan in place is “an absolute necessity,” the mayor said, and the city is making improvements to its plan. A new early warning system

Atkins must wait for drier weather before it can repair tornado-damaged units at its sewer treatment facility.
is on its way. The city is also applying for federal stimulus grants to purchase more generators. Clinton has already acquired some “for almost nothing” through Federal Surplus Property. With more generator power the city will be able to provide emergency power to the hospital and water plant within minutes. The city water system serves 85 percent of the county, the mayor said.

“If we go down, it affects a lot more than just the city.”

If we go down, it affects a lot more than just the city.”

The same storm system that hit Atkins and Clinton on Feb. 5, 2008, also hit the Baxter County town of Gassville. The tornado killed one resident of a mobile home park in which 60 percent of the homes were destroyed. After the storm, the owner of the park shut down the operation and as a result the city lost about 150 residents. Several homes in the city were destroyed or damaged, and all but five have now been repaired or rebuilt. Several businesses were also damaged, and all but one—a carwash—have recovered.

City services were not disrupted. The city was without power for four days. With help from Mountain Home Water, the city was able to keep water flowing. A local well-drilling company supplied city hall with a generator to keep the building running, and city hall remained open for 12 hours a day, seven days a week for quite some time.

Police cars were damaged, and city hall, the city shop and the fire hall received minor damage, but the city suffered no major structural damage.

No formal emergency plan was in place at the time, Mayor Danny Smith said, but with help from police and fire departments, county and state emergency departments and FEMA, recovery has gone very well. He also credits the efforts of Gassville’s citizens in the recovery.

“Citizens came to the rescue of their neighbors and they didn’t wait on FEMA to get there,” Smith said. And the citizen response went beyond Gassville. Volunteers, both in and out of state, played a huge part in the recovery, he said.

“The cooperation of the neighboring cities, towns and counties was unreal,” Smith said. At one point, coordinating the volunteers became too big of a job for the mayor, who had many other responsibilities during the recovery process. He was able to delegate that responsibility to a local church. “I was so happy and relieved that a local church stepped up to coordinate the volunteers.”
While the city still has no formal disaster plan, Gassville participated in a “hot wash” evaluation where state, county and local leaders reviewed and critiqued the recovery experience. From this, recommendations for changes have been made and all parties know what to do should disaster strike again.

“Everybody did a marvelous job,” Smith said. “I could not have asked for more. FEMA had good people. There were no major issues with them. ADEQ worked well with the city. Gassville’s experience with ADEM was very positive. The Arkansas National Guard was incredibly helpful. And the local utility companies did a great job in restoring services.”

Of all the agencies that helped, the mayor was most shocked and impressed with the tremendous job the prisoners with the Arkansas Department of Corrections did.

Rebounding from the tornado went relatively quickly. The city’s work was completed in three months, the mayor said, and businesses and homes were back by the next year. The ice storm of late January 2009 was a setback. The city went without power for a week, and help from surrounding communities was unavailable. Everyone around was stuck in the same ice, the mayor said.

“Compared to the tornado, the ice storm seemed trivial,” Smith said. It took two months for the city to come back from the ice storm, and again ADEM and FEMA assisted.

Develop a good working relationship with all local, county and state officials, advised Smith, and make getting to know your state legislators a priority. “They always want to help you.” Smith, who spent 21 years with the Gassville Fire Department, also recommended learning about emergency services. Know how your police and fire departments operate, he said. Hire good personnel, and as finances become available, purchase equipment to be used in times of disaster.

February marked the third anniversary of the 2007 tornado that cut a path through Dumas. Touring the city now, it’s hard to tell.

The Desha County city’s business district was hit hardest. Most of the businesses along Highway 65, the main business corridor, were destroyed or damaged, as were homes near them. An estimated 800 local workers were left unemployed when two local factories were damaged. A corner of the city’s community center was ripped away. The tornado also damaged the city water tower and knocked out an electrical substation, leaving thousands in the dark for six days. About 30 people were injured. It was remarkable that no one was killed in the storm.

Now, three years later, recovery in the city is nearly complete.

“To look at it now, you couldn’t tell it happened,” Dumas City Clerk Johnnie Brigham said. But recovery wasn’t easy, and the city had to do it largely without FEMA’s help.

Because of the nature of the damage and the fact that no one died in the storm, federal aid just wasn’t available, Brigham said.

There was, however, an incredible outpouring of help from the surrounding communities, the county, organizations and churches, which points to the importance of local planning and cooperation in emergency situations.

The city has bounced back and even improved many areas since the disaster. The city baseball field complex, torn apart by the tornado, is back better than before and even has a new concessions building. It will soon be hosting tournaments. The water tower and community center have been repaired.

Almost all the businesses that were damaged or destroyed have rebuilt. Most visibly, the city boasts a brand new Mad Butcher grocery, which stands on Highway 65 as a testament to the city’s remarkable recovery.

Information for this article was provided by Whitnee V. Bullerwell, League Communications Director.
Mayor Don Sikes, third from left in his signature black Stetson, stands with members of the Maynard Fire Department in front of a new pumper truck, one of two new vehicles acquired by the town with USDA and Arkansas Department of Rural Services grant money. DRS was established in 1991 to enhance the quality of life in Arkansas’s rural communities. DRS administers the Rural Community Development Grant Program, Rural Community Fire Protection Grant Program, Rural Block Grant Program and more. A new cycle of funding for fiscal year 2011 begins soon. Contact DRS toll-free at 1-888-RURALAR for more information, or visit their Web site at www.state.ar.us/drs for grant information, deadlines, applications and more.

Visit Us.
www.arml.org
Delta Byways honors mayors, cities for tourism achievement

By Whitnee V. Bullerwell, League staff

WEST MEMPHIS—The 10th Delta Byways Awards recognizing tourism achievement in Eastern Arkansas were presented Friday, Feb. 26, at Southland Park Gaming and Racing. Mayors Robert Patrick and JoAnne Bush, both former League presidents, were recognized for their efforts in promoting tourism, while two member cities, Dermott and Helena-West Helena, received honors for event hosting in the region.

St. Charles Mayor Robert Patrick was named Tourism Person of the Year. Mayor Patrick has been a long-time heritage tourism advocate for the region and was recognized for his efforts in establishing a unique museum in St. Charles. Patrick has built a solid reputation for promoting the benefits of tourism statewide and focuses his efforts to ensure that St. Charles remains a popular destination for hunters and all interested in environmental and cultural tourism.

Lake Village Mayor JoAnne Bush was awarded the Outstanding Member Award. Bush is known as a strong advocate for heritage tourism and preservation. Mayor Bush was recognized for her promotion of the region and involvement in community restoration efforts in Lake Village, including the Lakeport Plantation, the Tusche Building and the Dr. E.P. McGehee Infirmary.

The city of Dermott received the Festival Award for holding the long-time Dermott Crawfish Festival. The annual May event has been held for a quarter of a century and raises money for Dermott Chamber of Commerce operations and projects. Festival events include a carnival, children’s activities, live music, horse shoe pitching, an antique tractor show, a car show, a flea market and approximately 100 vendors. During the festival, some 10,000 people come to Dermott for the festivities, the crawfish-eating contests, and crawfish dinners.

The city of Helena-West Helena was recognized with the Promotional Award for its Arkansas Heritage Month activities. The 2009 statewide theme focused on the natural and unique aspects of Arkansas. To carry out this theme, Main Street Helena, the Delta Cultural Center and Phillips Community College celebrated the city’s unique position on the Mississippi River and on Crowley’s Ridge, including two intersecting National Scenic Byways. Activities included a Heritage Lecture Series, guided canoe trips on the Mississippi River, student field trips to river- and ridge-related attractions and an art/photography contest.

The Arkansas Delta Byways refers to a 15-county region in Eastern Arkansas bound by a rich natural and cultural heritage. Delta Byways is the nonprofit organization recognized by the Arkansas Department of Parks and Tourism as the official tourism promotion association for the Arkansas Delta. Counties in the region include Arkansas, Chicot, Clay, Craighead, Crittenden, Cross, Desha, Drew, Greene, Lee, Mississippi, Monroe, Phillips, Poinsett and St. Francis.
Don’t wait to prep for disaster

Take steps now to prepare for disaster by using easily available resources to create a disaster plan for your community.

By Sherman Banks, guest writer

What do you do when disaster strikes? How would you respond to a tornado, a flood, a power outage, or even an earthquake? When a disaster strikes a city or town that is unprepared the results can be catastrophic. There could be a total blackout, a loss of power and communications with the outside world. There could be a loss of communications within your own city.

Natural disasters by nature are unexpected, and cities are often unprepared. We have become so accustomed to having the radio, television and the telephone that it is inconceivable that we could be without these conveniences. However, when a disaster strikes everything can be lost in an instant. Telephone poles and trees are uprooted, satellite towers are torn down, and electricity is gone.

By the time a disaster strikes the time to prepare is past. The key to surviving a disaster is to have policies and procedures for responding to and recovering from a debilitating disaster. What you do today will determine how your city will survive and how fast can you recover.

How do you create a disaster survival plan? The key to survival is to have a strategy, with a clear set of policies and procedures for reaction to and recovery from a disaster. First, examine your communication and information system. Analyze all the risks that could affect the system. Analyze anything that could cause a system to fail and determine what the impact of that would be. Some of the risks to your city include the loss of electrical power, unsanitary water supplies, food shortages, and a breakdown in transportation.

Next, take steps to minimize the risks to the crucial systems. When a disaster strikes how do you minimize the down time before your backup plan kicks in? It is also important that your risk analysis includes a comprehensive list of the possible threats and a solution and cost for recovery in a disaster. Disaster recovery budgets vary from city to city. It also depends on the population and land size of your city.

Once you have determined your weak links and how to compensate for them, it’s time to develop a plan. This survival and recovery plan should be written in complete detail. Establish a survival team from within the city staff and members of the community and assign specific duties to each person. It is paramount that each member is fully aware of how the system works, and you should establish practice times to insure that when a disaster occurs everyone is ready to act.

To develop a plan, you don’t have to reinvent the wheel. FEMA has many resources to help you develop a disaster plan. FEMA’s “Are You Ready?” guide is a comprehensive source for citizen preparedness. This guide also provides in-depth information on dealing with specific hazards, including what to do before, during and after each disaster type. In Arkansas, we are most affected by flooding, tornadoes, thunderstorms and lightning, ice storms and sometimes extreme heat. The guide is available also in Spanish. To get a copy of this guide, contact the FEMA publications warehouse toll-free at 1-800 480-2520. It is also available online at www.fema.gov/areyouready.

All local government offices should have a disaster plan. Are you prepared?

Contact Sherman Banks at 501-376-8193, e-mail sbanks@aristotle.net, or write to P.O. Box 165920.
It’s Convention time again.

June 16-18—Hot Springs, Ark.
See next page for more information.
Register online at www.arml.org.

Exhibitors, contact the League immediately to reserve space for your display. Contact Whitnee Bullerwell at 501-374-3484, ext. 206. Cost for the exhibit space is $500.
**Hotel Room Rates**

Embassy Suites Hotel (headquarters hotel)
- Single/Double: $139  
- Check-in: 3 p.m.

Austin Hotel
- Single/Double: $78  
- Check-in: 3 p.m.

Arlington Hotel
- Single: $81  
- Double: $91  
- Check-in: 3 p.m.

- Cut-off date for hotel reservations is **June 1, 2010**.
- Rooms in Hot Springs are subject to a 13.5 percent tax.
- Rooms will be held until 6 p.m. and then released unless guaranteed by credit card.
- Contact the hotel directly to make changes or cancellations in hotel accommodations.
- Hotel confirmation number will come directly from the hotel.
- Please check on cancellation policy for your hotel.

**Registration and payment must be received in League office by Tuesday, June 1, 2010, to qualify for advance registration.**

Advance registration for municipal officials: $150
Registration fee after **June 1, 2010**, and on-site registration for municipal officials: $175
Spouse/guest registration: $75
Child registration: $75
Other registrants: $200

- Registration will be processed **ONLY** with accompanying payment in full. Make checks payable to the Arkansas Municipal League.
- Registration includes meals, activities and a copy of the **2009–’10 Handbook for Arkansas Municipal Officials**.
- No daily registration is available.
- Registration must come through the League office. No telephone registrations will be accepted.
- **No refunds after June 1, 2010.**
- Cancellation letters must be postmarked by **June 1, 2010**.

**REGISTRATION**

76th CONVENTION
Hot Springs Convention Center
June 16-18, 2010
**Step 1: Delegate Information**

Name: ____________________________________________

Title: ____________________________________________ City of: ____________________________________________

Address: __________________________________________

City: __________________ State: ______ Zip: ___________ Telephone: __________________

Spouse/Guest will attend: □ Yes □ No

Name: ____________________________________________

Children will attend: □ Yes □ No

Name(s): __________________________________________

**Step 2: Payment Information**

- **WHAT IS YOUR TOTAL?** [see opposite page for fees]

  □ Advance Registration  □ Regular Registration  □ Spouse/Guest  □ Child  □ Other Registrants  Total

  $150  $175  $75  $75  $200  $____

- **HOW ARE YOU PAYING?**

  □ Check  Mail payment and form to: Arkansas Municipal League

  76th Convention

  P.O. Box 38

  North Little Rock, AR 72115

  □ Credit Card  Complete information below and send to address above.

  Credit Card: □ Visa □ MasterCard

  Card Number: _____________ — _____________ — _____________ — _____________  Exp. Date: _ _ /20__

  Card Holder Name (as it appears on card): ____________________________________________

  Billing address (as it appears on statement): ____________________________________________

  City: __________________ State: ______ Zip: ___________

  E-mail address (required for credit card payment): ____________________________________________

**Step 3: Hotel Reservations**

To obtain hotel reservations, registered delegates must directly contact participating hotels listed below:

**Arlington Hotel**

Reservations ____________________________ 800-643-1502 or 501-609-2533

**Austin Hotel**

Reservations ____________________________ 877-623-6697

**Embassy Suites Hotel**

Reservations ____________________________ 501-321-4430

Emily Parker, Lead Reservationist

**Step 4: Hotel Payment**

Payment Options: Credit Card or Direct Bill  Note: only two payment options.

To obtain direct billing as a payment option, registered delegates must directly contact hotel accounting offices listed below:

**Arlington Hotel**

Accounting ____________________________ 800-643-1502 or 501-609-2533

**Austin Hotel**

Accounting ____________________________ 800-844-7275

**Embassy Suites Hotel**

Accounting ____________________________ 501-321-4413 (ask for Melody Fruen)
TENTATIVE PROGRAM IN BRIEF

| WEDNESDAY | 2 p.m.-7 p.m. |
| JUNE 16 | 5:30 p.m. |
| | 7 p.m. |

| THURSDAY |
| JUNE 17 |
| 7:30 a.m.-4 p.m. |
| 7:30 a.m.-4:30 p.m. |
| 7:30 a.m.-8:45 a.m. |
| 9 a.m.-12:30 p.m. |
| 12:30 p.m.-1:30 p.m. |
| 1:30 p.m.-5:30 p.m. |
| 5:30 p.m.-9 p.m. |

| FRIDAY |
| JUNE 18 |
| 7:30 a.m.-1 p.m. |
| 7:30 a.m.-8:45 a.m. |
| 9 a.m.-10 a.m. |
| 10:15 a.m.-11:30 a.m. |
| 11:45 a.m.-1:30 p.m. |

REGISTRATION AND EXHIBIT HALL OPEN
RESOLUTIONS COMMITTEE MEETING
OPENING NIGHT BANQUET

REGISTRATION OPEN
EXHIBITS OPEN
HOST CITY BREAKFAST
GENERAL SESSIONS
LUNCHEON
CONCURRENT WORKSHOPS
EVENING OPEN—ENTERTAINMENT OPTIONS

REGISTRATION OPEN
BREAKFAST
OFFICIALS’ EXCHANGE
ANNUAL BUSINESS MEETINGS
AWARDS AND NEW OFFICERS’ LUNCHEON

RESOLUTIONS

Suggested Convention Resolutions for consideration at the 76th Annual Convention should be mailed to:
76th Convention Resolutions
Arkansas Municipal League
P.O. Box 38
North Little Rock, AR 72115-0038

The deadline for Resolution submission is May 17. Resolutions submitted by April 27 will be reviewed for possible endorsement by the Advisory Councils and the Executive Committee.

Resolutions may be drafted by an official of any member city or town and can relate to any matter of municipal concern. See your 2009-2010 Policies and Goals for resolutions adopted at the 75th Convention.

WANTED: City officials or employees with 25 years of service

Did you begin serving your city or town in 1985? The League would like to know!

The League will give special recognition to city and town officials who are in their 25th year of municipal service at the 76th League Convention, June 16-18, in Hot Springs.

Names must be submitted to the League by May 17.

Call Ken Wasson at 501-374-3484, ext. 211; Sheila Boyd, ext. 218; or write to P.O. Box 38, North Little Rock, AR 72115-0038.

NOTICE TO EXHIBITORS

At the 76th Convention, a special Exhibit Hall is available for businesses, companies and manufacturers to display their products and services that are available to Arkansas municipalities.

To guarantee your firm’s exhibit area, contact the League immediately to reserve space for your display. Your name will be added to the list of exhibitors, and we will reserve a space for your exhibit when you arrive.

The cost this year for exhibit space is $500. We cannot guarantee space for companies that do not register before June 1.

Call Whitnee Bullerwell at 501-374-3484, ext. 206, or write to Arkansas Municipal League, P.O. Box 38, North Little Rock, AR 72115-0038.
The Drifters, led by early member Charlie Thomas, will bring their soulful early rock & roll sound and famous four-man choreography to Hot Springs when the group performs after dinner on Thursday, June 17, at the League’s 76th Convention.

The show is free for League members.

Started in 1953, the group hit the charts early with the 2 million selling hit “There Goes My Baby.” Over the next 10 years (and several lineup changes) they released a string of 29 top sellers, including “This Magic Moment,” “Save the Last Dance for Me,” “Up on the Roof,” and “Under the Boardwalk.”

The Drifters racked up nearly 200 million in total sales, and sold a remarkable 80 million records in the United States alone. The group was inducted into the Rock & Roll Hall of Fame in 1988, the Vocal Group Hall of Fame in 2000, and in 1999 they received an R&B Achievement Award. According to The Book of Lists, only The Beatles, The Rolling Stones, The Bee Gees and Michael Jackson have sold more records over a sustained period of time.
League welcomes Turkish delegation

A delegation of Turkish government leaders visited the Arkansas Municipal League Thursday, Feb. 18 as part of a Turkish-American Friendship tour in the state. League Executive Director Don Zimmerman, North Little Rock Alderman and League First Vice President Murry Witcher and several members of the League staff welcomed the group and discussed the likenesses and differences in municipal, state and federal governments in our countries.

Samsun, Turkey, is a sister city of North Little Rock. During their time in Arkansas, the delegation visited also with the governor, members of the state legislature, the secretary of state and the mayors of Little Rock and North Little Rock.

From left, Dr. Mehmet Sahin, Turkish Parliament member, Malatya; North Little Rock Alderman Murry Witcher; Dr. Vahit Kirisci, Turkish Parliament member, Adana; League Executive Director Don Zimmerman; Ozlem Piltanoglu Turkone, Turkish Parliament member, Istanbul; Nurettin Canikli, Turkish Parliament member, Giresun; Fatih Ozturk, Turkish Parliament member, Samsun; Salih Cifci, Raindrop Turkish House, Little Rock; Mustafa Atas, Turkish Parliament member, Istanbul; and Mark Whitmore, general counsel, Association of Arkansas Counties.
The 2010 Census: It’s in our hands

Let’s make history by boosting the mail-back participation rates across the nation and in your community during the 2010 Census. During each Decennial Census, the Census Bureau undertakes the count of every person residing in the United States, as mandated by Article 1, Section 2 of the U.S. Constitution.

To encourage everyone to take 10 minutes to answer the 10 simple questions on the 2010 Census form, we are launching the “Take 10” campaign. Through “Take 10,” you can visit www.2010.census.gov/2010census/take10map to get updates on the proportion of households that have mailed back the 2010 Census forms. You also will be able to view differences between your community’s participation rates and those of neighboring communities or other areas across the country.

The “Take 10” Challenge: Tools to inspire the mail-back participation rates for the 2010 Census

During the 2000 Census, 72 percent of occupied households mailed back their forms. In 2010, we are challenging communities to do even better.

The Census Bureau’s “Take 10” campaign gives you a wide range of tools to inspire your community to meet our challenge. These include:

- An interactive, map-based, “Take 10” Web site that allows local areas to track and compare their 2010 Census mail-back participation rates, which will be updated on a daily basis at www.2010.census.gov, and to look up their 2000 Census participation rates.
- An electronic toolkit is available which includes talking points, sample speeches, news releases, newsletter copy, event suggestions, flyers, stickers, doorknob hanger templates and more.
- Suggestions on how to use friendly competition with other communities to inspire participation in the census.

Your constituents must complete and mail back their census forms between March 15, 2010, and April 15, 2010. The good news is that the 2010 Census questionnaire is one of the shortest in history—just 10 questions that only take about 10 minutes to complete.

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AEDC grants available for innovative projects

The Arkansas Economic Development Commission is accepting proposals for grant funding under the General Assistance and Innovative Projects line item of the Arkansas Community and Economic Development Program.

Projects must address a national objective for the Community Development Block Grant program (CDBG). Grants will be for an amount between $50,000 and $200,000. Priority will be given to innovative projects, to communities with lower average incomes, and to projects that address priorities stated in the state’s Consolidated Plan.

Cities and counties that are eligible for funding must submit proposals by 4:30 p.m., March 31. Grant awards will be made before July 1.

For full eligibility requirements and to obtain an application and application guidelines, contact the Grants Management Division at the Arkansas Economic Development Commission, 501-682-1211 or 1-800-ARKANSAS. Applications and guidelines can also be viewed online at www.arkansasedc.com.
Each year, thousands of Arkansans improve the appearance of their communities by volunteering in the national Keep America Beautiful Great American Cleanup in Arkansas. This year’s spring cleanup campaign is being coordinated and promoted by Keep Arkansas Beautiful (KAB), a Keep America Beautiful certified state affiliate. It began March 1 and runs through May 31.

All communities across the state are encouraged to become involved in this annual community-cleanup effort. Those interested in learning more about organizing a Great American Cleanup event in your community or to volunteer with a local event can visit KeepArkansasBeautiful.com, e-mail sarah.wruck@arkansas.gov or call 888-742-8701 toll-free.

“The Great American Cleanup in Arkansas is an opportunity for volunteers and communities to help keep The Natural State clean and green. Groups large and small shine when they clean up their communities by planting trees and flowers, improving parks and hosting recycling drives,” said Sarah Wruck, Keep Arkansas Beautiful volunteer services coordinator. “We want to preserve our state’s natural beauty for residents and visitors to enjoy for years to come.”

Once a community signs on to host a Great American Cleanup in Arkansas event, KAB will work with that community to organize and publicize the effort. KAB will provide volunteers with GLAD trash bags, Nestle bottled water, gloves, safety vests and T-shirts. Great American Cleanup volunteers will be registered to win prizes. Promotional materials available to communities include banners, posters, volunteer stickers and brochures.

During last year’s Great American Cleanup in Arkansas, more than 18,000 individuals volunteered more than 50,000 hours in communities across the state. The spring community-improvement effort involved 224 events, with volunteers picking up 1.2 million pounds of litter from 1,822 miles of roadway, trails and shorelines, and 439 acres of parks and public areas; cleaning 74 playgrounds; closing five illegal dumping sites; and removing eight junk cars.

In addition to picking up litter, volunteers recycled 512,105 pounds of mixed metal, 40,000 pounds of plastic bottles and 242,882 pounds of newspapers, as well as 138 car batteries, 12,654 tires and 340,025 pounds of electronics. Also, 1,260 pounds of clothing were collected for reuse. Additionally, volunteers planted 608 trees and 45,000 flowers and bulbs, painted or renovated 12 homes and buildings, and removed graffiti from 10 sites.

The total economic value of the 2009 Great American Cleanup to Arkansas communities was more than $1 million.

Nationally, this year’s Great American Cleanup is expected to involve an estimated three million people volunteering more than 6.7 million hours to clean, beautify and improve 17,000 communities during 30,000 events from coast to coast. Activities will include beautifying parks and recreation areas, cleaning seashores and waterways, collecting recyclables, picking up litter, planting trees and flowers, and conducting educational programs and litter-free events.


Keep America Beautiful Inc., established in 1953, is the nation’s largest volunteer-based community action and education organization. This national nonprofit forms public-private partnerships and programs that engage individuals to take greater responsibility for improving their community environments. The Great American Cleanup is one of its many programs that encourage people to care for their communities through volunteer participation. For more information, visit kab.org.

As a certified state affiliate of Keep America Beautiful Inc., KAB works to inspire and educate individuals to reduce litter, recycle and keep Arkansas beautiful. It operates as a division of the Arkansas Department of Parks and Tourism and is overseen by a nine-member commission appointed by the governor. KAB is funded by one percent of the eighth-cent conservation tax and, by utilizing volunteers, returns to the state a cost benefit of $15.34 in community service for each program dollar spent. For more information about KAB, call toll-free 888-742-8701, visit KeepArkansasBeautiful.com or follow at Facebook.com/KeepArkansasBeautiful.
Support a family on $20 a week?

Volunteer firefighters who are injured in their firefighter duties receive only $20 a week for a compensable injury.

Solution: The Arkansas Municipal League’s Volunteer Firefighters Supplemental Income Program protects the earnings of volunteer firefighters who are injured in their duties.

What they get: Weekly temporary total disability benefits payable up to a MAXIMUM of $550 allowed under Arkansas Workers’ Compensation Law; weekly benefits go for 52 weeks; $10,000 death benefit.

How? Cost is only $20 a firefighter a year. All volunteer and part-paid firefighters in the department must be covered. The minimum premium for each city or town is $240.

Call: Sheryll Lipscomb at 501-374-3484, ext. 234, or Andrea Ross, ext. 237.

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Arkansas Municipal League’s Volunteer Firefighters Supplemental Income Program

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Neighborhoods USA Conference comes to Little Rock

Little Rock will host the 35th Neighborhoods USA (NUSA) Conference on May 26-29, 2010, at the Statehouse Convention Center. More than 1,000 neighborhood representatives, public officials and private sector individuals from across the nation are expected to attend.

NUSA is a national, nonprofit organization committed to building and strengthening neighborhood associations. Created in 1975 to share information and experiences toward building stronger communities, NUSA now continues to encourage networking and information sharing to facilitate the development of partnerships between neighborhood organizations, government and the private sector.

The heart of the organization is its annual conference held each May. During this event, representatives from all ethnic/cultural backgrounds and economic levels gather to hear keynote speakers, visit exhibits, attend workshops and tour local neighborhoods.

The conference will present 60 workshops, which include topics such as tips on organizing grassroots initiatives, crime prevention through code enforcement, disaster preparedness and the benefits of engaging youth in community efforts.

A special track of workshops for youth is also included. Concentrated effort has been made to include a balance of local, regional and national work sessions, with targeted presentations by HUD, FEMA, City Year and the Clinton Presidential Center on Green Initiatives.

A highlight of the conference is the Neighborhood Pride Tours, during which attendees can tour selected neighborhoods and see the impact of successful improvement projects in this area. A total of 16 tours are planned, each culminating in a dinner shared with neighborhood residents.

To receive a registration packet or for additional information, go to NUSA@littlerock.org.

Municipal Notes

Announcing the 2010 Awards for Municipal Excellence

The National League of Cities (NLC) is pleased to launch a new year of the 2010 Awards for Municipal Excellence. Since 1989, this prestigious award has honored outstanding programs across the country that improve the quality of life in America’s communities.

You are invited to celebrate the continued success of the Awards for Municipal Excellence by nominating an innovative program in your city that has improved the quality of life for its residents by: forming successful and productive partnerships or collaborations, effectively managing resources, creating innovative government policies, or implementing projects with tangible positive results.

Cities of all sizes are welcome to submit nominations beginning in February. Two winners will be selected in each of four population categories. The deadline for all submissions is May 5.

The eight winning programs will receive awards of either $1,000 or $2,000, and will have the honor of being publicly recognized for their outstanding achievements at a ceremony at NLC’s Congress of Cities Conference and Exposition in Denver, Colo., Nov. 30-Dec. 4.

The awards are sponsored by CH2M HILL.

To learn more about how you can recognize an innovative program in your city and to obtain a copy of the 2010 nomination packet, please email awards@nlc.org, or visit the NLC Web site at www.nlc.org.
Obituaries

**Marvin Saunders**, 67, a Bentonville code enforcement officer, died Feb. 13.

**Sam Watson**, 80, a former Arkadelphia city director and mayor, died Jan. 30.

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Washington, D.C.

**Arkansas Municipal League**

76th Annual Convention

Wednesday-Friday

June 16-18, 2010

Hot Springs

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**MARCH 2010**
Turning away animals compounds problem

Cooperation among animal shelters could go a long way in the battle against “dumping” and over-population.

By Billy Grace

If you bring an animal to the North Little Rock Animal Shelter and tell us that you found it in Little Rock, we’ll tell you to take the animal to Little Rock. If you take an animal to the Little Rock Animal Shelter from Sherwood, you are told to take it to Sherwood. If the stray comes from an area that has no animal control department, you are just out of luck.

There are at least 10 municipal animal shelters within 30 miles of the Little Rock area, and we all operate the same way. We only take animals that come from the jurisdiction that we serve.

Let’s take the above scenario a step or two further. When we turn animals away and tell the finders to take them to another jurisdiction, do they actually do it? Granted, some of them will be conscientious enough to do just that. Many of them, however, will drive down the road, either in your jurisdiction or ours, and push the animal out of the car. Several things can happen then, and most of them are bad. If the animal does not die a painful death from starvation, disease or injury, it will reproduce. If it gets enough food to survive, it will multiply in astounding numbers. Dogs (especially mid-sized ones like most of us see every day) and cats are some of the most prolific reproducers in this world. One animal can turn into 10, and 10 can become 100 in just a few short months. All of this could have been prevented if we had just taken the animal.

There are reasons we refuse animals from other areas. For one, we are all supported by our local taxpayers, and it is just not fair for them to pay for animals from other jurisdictions. The main reason, however, is that we perceive our shelters as being too full with our own animals to take them from anywhere else. More animals through the door means more animals euthanized, and heaven knows that we all want to say that we euthanize fewer animals than our neighbors do. That’s what makes us look good. Everyone likes to hear that their shelter is not killing pets. We receive accolades from everyone, including various civic groups. Newspapers write articles about us, and local television stations lavish praise on us. Everyone comes away with a warm, fuzzy feeling. In reality, we have helped no one but ourselves, and that is only temporary. We know this to be true from experience. We made this mistake and lived to regret it. Frankly, when we get to the point where we measure success by reduced euthanasia rates while thousands of strays run loose, it’s about us, not the animals.

Most humans have a limit to their charity. When someone finds a stray animal they think, “Animal shelter.” They don’t think, “North Little Rock for North Little Rock animals” or “Conway for Conway animals.” They think they have done the right thing by taking the animal to a shelter. They do not feel (and rightfully so) like they should be expected to drive another 10 or 20 miles to carry out their good deed. If we refuse the animal, we give them the excuse they are looking for to get rid of the problem. They “dump” it.

If this is true (and I think that anyone who has worked in animal control for any length of time knows that it is), have we really helped ourselves by refusing to take the animal? Dogs and cats don’t read city limit signs. Some of the puppies born in our area will end up in yours and vice-versa. When it comes to controlling this population, we are all in this together. Why then do we continue to operate this way? We are like the octopus with a head on each tentacle. We can’t get anywhere because we are all pulling in different directions, with each of us trying to improve our own image.

There needs to be a working agreement between all jurisdictions within the central Arkansas area. We need to agree upon a fair price for housing animals from other jurisdictions, and we need to take any intact animal that comes to our door. At the end of the month, we could bill each other, or we could just “trade off.” Granted, it would take some trust on the part of the city paying the bill, but it would certainly be a lot better than the situation that we now have. The worst thing we can do is turn animals away.

The same can be done in cities within a county that has no animal control department. It would help everyone if these cities would accept animals from the respective county, even if it means more euthanasia. Most counties are more than willing to pay for this service, which would produce much needed revenue. We would all benefit from this, but none more than the city surrounded by the county without animal control. That city will likely house them for free otherwise because of the “dumping” that will take place.
Better dead than bred

Most of us refuse animals from other areas because we know that it will result in increased euthanasia rates. Given our current situation, euthanasia is a grim reality for any municipal animal shelter. None of us enjoy it, but if we do not euthanize, we are dumping our “dirty work” on someone else. Here at our shelter we do everything possible to find homes for these animals, and we will continue to do so. When we run out of room, however, we do what we have to do. Personally, I would much rather euthanize one animal today, than 100 of its descendants tomorrow. “Dead” equals dead times one. “Bred” equals dead times 10—or a hundred, or a thousand after only a few years. It has been said many times that animal shelters should be filters to the reproductive process. Once an animal enters a shelter it should never be allowed to reproduce again, either by sterilization or euthanasia. This “filter” cannot work if we refuse to accept the animal.

We have all heard of PETA (People for the Ethical Treatment of Animals). Many people tend to think of them as being a little off center. After all, they are the ones who stand on street corners chanting, “Rats have rights!” and oppose eating meat of any kind. Well, I’ve got news for you. PETA believes strongly in euthanizing stray dogs and cats in order to control the unwanted pet population. They just ask that professionally trained people do it humanely. PETA refers to limited admission shelters as “turn away facilities.” They even go so far as to say that euthanasia is “the only humane way to handle the sheer number of animal refugees.” I am not a member of this organization, and I often disagree with them, but I have to admit they are light years ahead of us on this issue. Go to www.peta.org to see what they think of “no kill facilities.”

If PETA can accept euthanasia, then why can’t we? Why do we think it so honorable to get up on a stump and say “look at us, we are not euthanizing,” even though we know that there are thousands more animals out there than there are available homes. They just may not be in our little “area of responsibility.”

After 15 years in this business, I am convinced of one thing: Our current practices are simply not working. There seem to be as many stray dogs and cats around as there ever were, maybe more. I am also convinced that until we all start doing our part and operating as a team, it will never get any better. Spay/neuter programs are absolutely essential, but they simply will not work if we continue to turn animals away from our shelters.

Billy Grace is the director of North Little Rock Animal Control. He can be reached at 501-791-8577 or e-mail bgrace@aristotle.net.
Emergency bypass of civil service procedures questionable

Opinion: 2010-002
Requestor: Hall, Clark—State Representative

Were the actions taken by the Helena-West Helena mayor to, by executive order, declare an emergency and bypass Civil Service procedures and testing to promote and increase the salaries for 21 employees of the Helena-West Helena police and fire departments legal? Q2) What circumstances would be considered an emergency for promotions within the departments? **RESPONSE:** Q1) No, assuming that the Helena-West Helena Civil Service Commission was established in accordance with state law. However, to the extent there are factual variables impacting the validity of the Commission, I am unable to respond to this question. Q2) In the civil service context, two statutes create exceptions to the civil service testing requirements in emergency situations: ACA 14-51-301(b)(4)(A)(ii) and 14-51-301(b)(8)(A). Neither statute defines “emergency,” but the term generally means “a sudden, urgent, usually unexpected occurrence or occasion requiring immediate action.” Outside of civil service, the existence of an emergency in connection with a mayor’s executive order is a matter likely falling to the mayor, as there appears to be nothing limiting the mayor’s power in this respect.

Pay still due suspended city attorney

Opinion: 2010-023
Requestor: Whitaker, Ruth—State Senator

Is it required that a city of the first class continue to pay the salary of the elected city attorney while said attorney is serving a 90-day suspension of his law license and unable to perform the functions of the city? **RESPONSE:** Yes. The salary of an official of a city of the first class may be decreased during the term for which the official has been elected or appointed only if requested by the official. ACA 14-42-113(a).

For full Attorney General opinions online, go to www.arkansasag.gov/opinions.
Small cities eligible for energy grants

Small cities can apply for funding through the Energy Efficiency Conservation Block Grant (EECBG) program, which provides grants for energy efficiency and renewable energy projects. The Arkansas EECBG program will assist local governments in implementing strategies to reduce fossil fuel emissions, reduce total energy use, improve energy efficiency and deploy market-ready renewable energy technologies. The Arkansas Energy Office in partnership with Winrock International is administering the program. Applications are due April 30. For more information visit www.arkansasenergy.org.

Western Grove gets funds for water system

Western Grove will receive a $635,000 USDA Rural Development grant and a $279,000 loan to improve the town’s water system to serve 40 additional residents, the Harrison Daily Times reported Feb 13. The funds will be used to construct a storage tank and two pumping stations.

Wabbaseka, others receive AFG grants

The Wabbaseka Volunteer Fire Department will receive $237,500 in federal grants through the Department of Homeland Security’s Assistance to Firefighters Grants (AFG) program, the Stuttgart Daily Leader reported.

LR’s Capitol View named “Best Old-House Neighborhood”

This Old House magazine has named Little Rock’s Capitol View one of its “Best Old-House Neighborhoods” in its current issue, the Arkansas Democrat-Gazette has reported. The magazine picked 50 U.S. neighborhoods and one in Ontario, Canada, to feature.

Capitol View residents nominated their neighborhood for consideration for its historic homes, proximity to trails, the Arkansas River and the state Capitol. Last year, the magazine recognized Eureka Springs, and in 2008, Fayetteville’s Walker Park neighborhood.
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Clip and mail to: **Arkansas Municipal League**

2010 Directory
P.O. Box 38
North Little Rock, AR 72115-0038
The executive board of the Arkansas City Clerks, Recorders and Treasurers Association (ACCRTA) awards scholarships for tuition to attend the Municipal Clerks’ Training Institute, the Academy for Advanced Education and the International Institute of Municipal Clerks’ annual conference, all of which will enable Arkansas clerks to further educational training.

A scholarship honoring the memory of Bill S. Bonner will be awarded to a first-year attendee in the certification program at the Municipal Clerks’ Institute in September 2010.

Scholarships include: four local $400 scholarships to attend the Municipal Clerks’ Institute, Sept. 19-24, 2010, in Fayetteville; one $400 scholarship for the Academy for Advanced Education, Sept. 22-23, 2010, in Fayetteville; and one $400 scholarship to attend the International Institute of Municipal Clerks (IIMC) annual conference, May 23-27, 2010, in Reno/Tahoe.

These scholarships are in addition to the 11 regional scholarships awarded by the IIMC.

Fill out the scholarship application below and return it to: Judy Reddick, CMC
City Clerk
City of Paragould
P.O. Box 1175
Paragould, AR 72451.

For more information, contact Scholarship Chairman Judy Reddick at 870-239-7500, or e-mail judy.reddick@paragouldcity.org.

**2010 APPLICATION FOR SCHOLARSHIP ASSISTANCE**

I, ___________________________________________, am a member of the Arkansas City Clerks, Recorders and Treasurers Association and the International Institute of Municipal Clerks, and do hereby apply for assistance from ACCRTA. (Applicant must be a City Clerk, Deputy City Clerk, Recorder, Treasurer or related title at the time of application.)

Name _____________________________________________  Title_____________________________________________________
Street Address or P.O. Box ______________________________________________________________________________________
City, State, Zip _______________________________________________________________________________________________
Telephone _______________________________________  Date assumed present position __________________________________

Other related experience:

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Education: H.S. ___  Graduate College (years) _____ Degree _____________________

Check one: This application is for a _____First _____ Second ____ Third year Institute

What are the approximate costs of the institute you plan to attend?

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How much does your municipality budget your department yearly for education? ________________________

What is your reason(s) for applying for this scholarship? ____________________________________________________

_________________________________________________________________________________________________

I understand that if a scholarship is awarded to me, it must be used between Jan. 1, 2010, and Dec. 31, 2010, and that I must attend all sessions. Yes. _____

Have you attached written evidence that your Chief Executive or legislative body supports your attendance at the institute and that in the event that a scholarship is awarded, you will be given the time to attend the institute? Yes ___ No ____

I hereby attest that the information submitted with this application is true and correct to my best knowledge.

Signature: _______________________________________  Date: ______________________

CHECK THE SCHOLARSHIP FOR WHICH YOU ARE APPLYING:

_____ Municipal Clerks’ Institute, Fayetteville—Sept. 19-24  DEADLINE:  April 2, 2010
_____ Academy for Advanced Education, Fayetteville—Sept. 22-23  DEADLINE:  April 2, 2010
_____ IIMC Conference, Reno/Tahoe, Nevada—May 23-27  DEADLINE:  March 2, 2010

DISCLAIMER: ACCRTA will not be responsible for applications that do not reach the chairman by the deadline. Please feel free to call after a few days to be sure your application was received.
Nudge, don’t shove with your regulations

With some gentle nudging, developers and public policy makers may just make better decisions and ones that fit long-term planning goals.

By Jim von Tungeln

It has been apparent to me for years that a nudge is much better than raw force in achieving one’s aim. Men learn this from their spouses through such phrases as “Would you like to do what I wish today, or would you like me to transform myself into my alter ego?”

Only takes once or twice and you learn.

As one who tries to apply the lessons of life in a productive manner, I was delighted to read that the art of the nudge is the latest thing in public administration. Let’s see how it might work in the planning world.

A number of cities now enforce design standards as part of their zoning codes. As one might imagine, these aren’t the most popular new concepts among developers. On the other hand, the restrictions—where they are implemented—help prevent the proliferation of metal buildings fronting main streets. So they are popular with the public.

Some cities maintain design standards through a more gentle approach than the “our way or else” technique so popular these days. They offer developers a choice. The first is to build according to the city’s standards by simply obtaining a building permit. The second, in those instances where developers feel a different design is warranted, may require a public hearing and notification to neighbors that a separate design approach is proposed.

Guess what has happened in cities using this approach. Yep, most developers meet the adopted standards. In the alternate cases, there are almost always justifiable reasons for departure. The few unfortunate cases in which the standards are ignored completely derive, as one city planner put it, “from lack of backbone.”

Similar results occur with cell tower regulations. A few cities allow them without any hassle in those zoning districts or areas where they won’t cause problems. Again, would you like to guess where the developers look first?

Now where else could this concept be used? The disposal of solid waste represents one of the most appealing areas. So far, the great goal of recycling, i.e., deposits on returnable containers, eludes us. There is, however, a good idea in force in Nantucket, Mass., as reported in a recent New York Times article by Leslie Kaufman. That city’s “zero-waste” initiative, according to Kaufman, includes “… a garagelike structure where residents can drop off books and clothing and other reusable items for others to take home.”

Another area is sustainability. For example, in an effort to encourage the use of electric cars, the city and county of Denver selected nearly 100 sites around the city at which public charging units could be installed. As reported in the December 2009 issue of Plantizen, “… this will offer the public the first tangible look at how electric cars will operate in the city while assuaging fears over their driving ranges.”

Closer to home, my city in a very progressive move years ago made the planned unit development process very flexible and simple. The result has been the productive development of dozens of infill parcels. Many, if not most of these, would never have felt the developer’s spade through a traditional zoning request. Often, the planning commission will serve as facilitator between developers and the neighborhood in these cases.

Another area that seems ripe for some nudging is the area of parking. A good case of negative nudging occurred when cities removed parking meters downtown. Employes who worked downtown were pleased, of course. What it meant to the businesses already suffering from a decline in customers was that there wouldn’t be any place for them to park if they did come.

For cities that still have meters, planners have found a way of nudging long-term parkers to leave the on-street places available for short-term users such as customers. The cost of parking on the street simply must be higher than the cost of parking in off-street lots. Simple, eh?

Cities could also allow flexibility in the number of parking spaces required. This could include reductions for cross-parking arrangements. It could also involve lower initial parking requirements if space is allocated for the expansion of parking in the future. This is nudging at its best. It saves money for the private investor while, at
This traffic-calming device in Bentonville is much kinder and gentler than a speed bump.

The same time, allowing the city to reduce asphalt and achieve storm-water management goals.

This act of simultaneously producing benefits for all parties should be the guiding principle behind any use of the nudging concept.

Of course there are criticisms of the use of nudging people to “do the right thing.” The most obvious is: Who determines what the right thing is? This concern points out the need for broad-based community planning. It helps prevent the misuse of an effective tool to advance proposals of individuals or groups whose aims are not embraced by the citizens at large.

Nudging also suffers from a charge of manipulation. Of course a proposal is much more likely to involve manipulation if it is contrary to my ideas. When it supports them, it is—as any reasonable person could tell you—simply a matter of good, old-fashioned, moral suasion.

Despite the pitfalls, nudging is worth a try. Who knows? It may give your city the reputation of being a kinder and gentler place.

Jim von Tungeln is staff planning consultant available for consultation as a service of the Arkansas Municipal League and is a member of the American Institute of Certified Planners. Persons having comments or questions may reach him at 501-372-3232. His Web site is www.planyourcity.com.
Identify and eliminate hazard trees

Most people probably don’t associate the word hazard with tree, but they are words that are used together too often by professional arborists and community foresters.

A “hazard tree” is a tree with both a structural defect and a target. Structural defects could be re-growth from topping (an improper pruning practice), a broken or partially attached branch, dead or dying branches, or the presence of decay. The U.S. Park Service defines a target as an “object, structure, or person that potentially may be hit or impacted by a falling tree or tree part.”

Structural defects may be grouped by the three areas where they occur on the tree. Those areas are the crown, trunk and roots. Defects may be confined to one of the areas of the tree or may occur in all three areas on a single tree. The extensiveness and location of a hazard on a tree will likely dictate how it is dealt with. For example, a single dead limb over a picnic table at a park can be removed to correct the hazard. Significant die-back of the crown, large cavities in the trunk or significant root damage/removal from construction may not be correctable and may require the removal of the tree.

Defining the term hazard tree is relatively easy. Identifying a hazard tree in the field can be subjective and difficult. The U.S. Forest Service and the U.S. Park Service use a widely accepted point system to remove the subjectivity in this process. In this system, a defective tree is rated in two categories: risk of failure and the likelihood that a falling tree or tree part will affect a target. In the first category, defects are awarded points from 0 through 4 according to the type of defect. For example, 0 points would indicate that no defects are present. A 4 would indicate a dead tree. In the second category, points from 0 to 3 are awarded for the value of the target. For example, 0 would indicate that there is no target—perhaps the tree is in a wilderness area. A 3 may indicate people, permanent structures or parked cars. The numbers of both categories are then multiplied and the total score indicates the hazard rating as shown by a scale used with this method. The higher the number on this scale, the higher the hazard.

Evaluating trees for their potential hazard can be detailed and complicated. It is something that should be done by professionals. Hazard rating should also be a part of a comprehensive tree management plan for a community. The Arkansas Forestry Commission administers a grant program that can help pay for a community’s expenses in the process of creating a management plan and identifying hazard trees.

Many resources are available for additional reading about hazard trees. On the Internet, the U.S. Forest Service hosts a hazard trees page on its Web site that can be found at www.na.fs.fed.us/fhp/hazard_tree. Several great publications can be found here, including “How to Recognize Hazardous Defects in Trees,” “How to Prune..."
Trees,” and the U.S. Park Service Hazard Tree Guidelines. The International Society of Arboriculture (ISA) Web site, www2.champaign.isa-arbor.com, contains several publications about tree care, including recognizing hazard trees. The ISA Web site also contains an area where one can search by zip code for professional arborists.

I highly recommend using ISA-certified arborists to conduct maintenance on public trees, whether evaluating trees for hazard or pruning. As I have stated so many times before, proper maintenance can prevent many future costly tree problems.

Make a Memory ... Plant a Tree

John Slater is urban forestry partnership coordinator with the Arkansas Forestry Commission. Contact him at 501-984-5867, or at john.slater@arkansas.gov.
Everyone wins through good collaboration. City leaders who become good at facilitating collaboration can accomplish a lot with a little funding. The trick is being patient and finding people within organizations who view a project as an opportunity. Downtown Jonesboro’s bicycle rack project is a good example of such a project. The bicycle rack project resulted from collaboration among the city, the Northeast Arkansas Bicycle Coalition and the Northeast Arkansas Career and Training Center.

Downtown Jonesboro had become a hub for cycling. A budding cycling outfitter called Gearhead Outfitters was drawing people interested in riding bikes downtown, but there were few places to secure a bike. For several years merchants in Jonesboro’s historic downtown district had discussed the need for bicycle racks. Downtown merchants approached the Jonesboro Parks and Recreation Department, which maintains downtown, about the possibility of purchasing bike racks, but the bike racks were expensive and none of the catalog designs fit the aesthetics or space limitations of downtown Jonesboro.

Then the Northeast Arkansas Bicycle Coalition became involved in the discussion. Coalition members Sally Broadaway and Dr. Jeff Graham saw the need as a great project for the newly formed coalition. Graham was able to contact Michael Bennett, the precision manufacturing and machining instructor at the Northeast Arkansas Career and Technical Center.

“I got involved after Sally Broadaway and I decided to begin our campaign to promote cycling as a means of transportation around town,” Graham said. “After striking out with local materials and builders, it occurred to us to approach the NEA Career and Technical Center. Michael and I hit it off from the beginning, and he was able to easily morph a couple of rack designs to create our eventual finished product.”

Graham and Broadaway worked with the city’s parks and engineering departments on design and location of the bike racks. After a few months the students at the Northeast Arkansas Career and Technical Center had created bike racks from left over pipe, which blended with the aesthetic of the downtown area and fit in the limited space along the sidewalks. The city was able to provide bike racks to bikers at very little cost. In turn the students at the NEA Career and Technical Center received experience in design and manufacturing of a real product.

“I am so very pleased to have been a part of this collaboration. This whole thing started with me and Jeff getting together late last spring and talking about how my students could be involved with giving back to our community and helping the bike club as well,” Bennett said. “My students were so happy that they were allowed to have a part of building up downtown and in the process made something that will be a part of downtown for years to come.”

Jason Wilkie is director, Jonesboro Parks and Recreation Department.
General Information

Class Size/Registration - Space is limited so you are encouraged to register early. Registration is on a first come, first served basis. A minimum registration of 40 is required by NRPA. If minimum is not met, you will be notified 30 days before the Course.

Preparation - It is extremely important that you read the course materials prior to attending the class. Failure to study the materials before the course commonly leads to failure of the exam.

Questions - If you have any questions and/or comments, please contact Kitty Lane at 501-416-6700 or execdir@arkarpa.org.

Continuing Education Units - Earn 1.2 CEU’s while participating in this seminar. Please be sure to sign the attendance roster for NRPA’s records before you leave the seminar. NRPA will forward you a transcript of your attendance 6 to 8 weeks after the course is finished.

Certification - Those taking the course are eligible to take the Playground Safety Inspectors Exam given immediately after the course. Upon successfully passing the exam, you will be certified through the National Recreation & Park Association as a Certified Playground Safety Inspector (CPSI) for a three year period. Certificates will be awarded and your name will be added to a national roster of CPSI’s.

Cancellation Policy

Cancellations must be made by calling the Executive Director. Cancellation fees are as follows: On or before June 2, 2010: $100; On or before July 2, 2010: $150; No refunds after July 2.

Phone: 501-416-6700  •  www.arkarpa.org

Legislature wraps up fiscal session, House elects new Speaker

The first ever fiscal session of the Arkansas Legislature has come to a close. The House and Senate have passed a sine die resolution setting final adjournment on March 4. The 18-day session wrapped up five days ahead of schedule.

Outgoing Speaker of the House Robbie Wills said in a media release he could not be more pleased with the outcome. “We were able to accomplish a great deal in a short time frame by working with each other and with the governor’s office. Members showed great statesmanship in their willingness to compromise, for the purpose of making sure our state is on the soundest ground possible heading into the next fiscal year.”

In all, 305 bills were filed in the House and Senate and 299 of those passed. The legislature set the state’s nearly $4.5 million budget and passed appropriations bills that set the 2011 budget for the various state agencies that serve the cities, towns and citizens of Arkansas. Members also passed legislation amending the Revenue Stabilization Act, ensuring that the state does not spend money it does not have.

Although the purpose of the session was to focus strictly on fiscal matters, the Legislature also established scholarship awards and standards for the new Arkansas Lottery.

At the close of the fiscal session, the Arkansas House of Representatives on Thursday, March 4 elected District 12 Rep. Robert Moore (D-Arkansas City) to serve as Speaker-Designate of the 87th General Assembly. Moore is serving his second term in the House of Representatives.

“As I affirmed to my colleagues and to the people of Arkansas, I will serve honorably, fairly and to the very best of my ability,” Moore said in a media release. “I intend on ensuring that the House has a diversity in leadership with regard to committee chairs and other leadership positions.”

Speaker-Designate Moore will be confirmed as Speaker of the House at the convening of the next regular session, which begins January 2011.
The Department Of Transportation (DOT) is proposing to amend certain provisions of its drug testing procedures impacting laboratory testing of urine specimens. Additional proposed changes will affect the roles and standards that apply to specimen collectors and medical review officers. The proposed changes are intended to help create consistency with new requirements established by the U.S. Department of Health and Human Services (DHHS) mandatory guidelines.

Comments to the notice may be submitted until April 5. Comments filed after that date will be considered to the extent practicable. You may contact a’TEST for assistance or go directly to the Web site, www.regulations.gov, and follow the directions.

The proposed rules have new terms that will match terms used by DHHS. One change is the introduction of an “Alternate Responsible Technician,” a person who assumes professional, organizational, educational, and administrative responsibilities for the day-to-day control of the new Instrumented Initial Testing Facility (IITF). An IITF is a permanent place where initial testing, reporting of results, and recordkeeping are performed under the supervision of a responsible technician. DHHS and the National Laboratory Certification Program will closely monitor the IITF.

Other changes cover how the collection site must look, how DOT drug and alcohol tests relate to non-DOT tests, and many more important items like drug testing cut-off levels and added drugs to the panel.

Please check out these proposed changes. The drug testing panels are changing, and other topics will affect your program significantly. Once approved, these regulations will impact everyone, and compliance is not an option.

**SPECIMEN COLLECTOR CERTIFICATES NEEDED**

It is important for employers to verify that the specimen collector you use possess a DOT current training certificate. Employers commonly fail to ask to see the credentials of the specimen collector they use, and this could be a problem for DOT testing. It is not a federal requirement for specimen collectors to have “official” training to do non-DOT specimen collections; however, a wise employer will want to follow the tried and true regulations for safety sake. DOT regulations require that a specimen collector have initial training from a qualified trainer and then have refresher training every five years. Most collectors have had the initial training, but not the required refresher courses, without which they may not do DOT drug testing.
The Municipal Clerk of the Year Award each year recognizes a member of the Arkansas City Clerks, Recorders, Treasurers Association (ACCRTA) who has made significant contributions to the objectives of the municipal clerks’ profession and to the improvement of municipal government in Arkansas and the clerk’s own community.

Qualities are length of service, good relationship with other clerks, interest in education, furthering of the association, attendance at national and regional conferences, community service and furthering the municipal clerks’ association.

Any municipal official or ACCRTA member may nominate a candidate for Municipal Clerk of the Year for 2010. The deadline for nominations is May 1, 2010. The finalist will be honored at the 76th Arkansas Municipal League Convention, June 16-18, in Hot Springs.

ACCRTA seeks nominations for Clerk of the Year

Requirements for nominees:
• Has been an active ACCRTA member at least five years
• Holds a city clerk/recorder/treasurer or deputy position
• Is a Certified Municipal Clerk or Certified Arkansas Municipal Clerk
• Provides service to other municipal clerks in the state as the opportunity exists
• Exhibits leadership

Complete the nomination form below and mail to:
Sherri Gard, CMC Assistant City Clerk
P.O. Box 1908
Fort Smith, AR 72902
Economic development districts help regions grow

Act 118 of 1969 created Arkansas’s economic development districts, and taking full advantage of what they can do for your community and your region is more important now than ever.

By Jim Youngquist

In this era of emphasizing regional partnerships, collaboration, cooperation and strategies, no law should be more important to you as a municipal official, elected or appointed, than Act 118 of 1969, the legal action of the Arkansas General Assembly to establish the eight economic development districts (EEDs)—also referred to as planning and development districts (PDDs)—throughout our state.

Before you were elected as a mayor or city council member, or were hired as an appointed municipal official, there is a good chance that you had never heard of the EDDs/PDDs in our state. You more than likely ran for public office on one issue, and probably didn’t run with your bordering jurisdictions in mind. However, you realized fairly quickly that there are many issues facing your city that impact or are impacted by bordering geopolitical entities. Do you know that your local government owns an organization that can help you address these issues, challenges and opportunities? It is your region’s EDD/PDD.

In establishing the eight districts, the Arkansas General Assembly made the local governments of each designated region the owners of each EDD/PDD. Ownership gives you the responsibility of being financially and programmatically accountable for your EDD/PDD. Contrary to popular belief, the EDD/PDD is not just a place where you go to ask planning and economic development professionals to write a grant for you. If it is not more than that, you are not maximizing the potential of your organization.

Your EDD/PDD is the only organization serving the legislatively designated region that represents every jurisdiction and every citizen in your area of the state. Not only does it have legal standing in the state, it also is recognized as the official economic development district of local governments in your area.

One of the ways that you as a municipal official can work with other local government officials in your region to maximize the potential of your EDD/PDD to play an enhanced relevant role for the region and your individual city is for you to have your EDD/PDD become the “convener of the region.” It should be the natural place for you, other local government leaders and other public and private leaders to come together to discuss issues, opportunities and challenges facing your region. It should be the natural place for you to develop strategies to move your region and your city forward.

Who knows your region better than you and the other elected and appointed local government officials? By using your EDD/PDD, you can identify the true issues, opportunities and challenges facing the region that, in turn, can be used in an advisory way to the various state and federal officials, elected and appointed on a broad spectrum of physical and human resource points. A number of your colleagues in other states use their EDD/PDD equivalent to identify and prioritize potential projects, initiatives and programs for and in support of their state transportation, workforce, aging, housing, environmental, community development and economic development departments. Some of your colleagues in other states use their EDD/PDD to identify potential agendas and initiatives for their state municipal and county associations. North Carolina, for example, has an advisory group called the Regional Forum.

In North Carolina, each development district nominates a municipal and county elected official to their state’s municipal and county associations. The two pick one of the nominees, either municipal or county, to build a Regional Forum so that each EDD/PDD has an elected official representing their region on the Regional Forum Board. The Forum Board identifies issues, challenges or opportunities that are of common interest to both municipalities and counties and might be addressed best on a regional and statewide basis, sometimes leading to policy proposals and laws that enhance local government’s abilities. Creating such a forum in Arkansas would be beneficial and deserves consideration.

It would be nice to be able to call the 1969 Arkansas General Assembly visionaries for passing Act 118. Lawmakers at the time, however, were responding like many of other states to the federal creation of a number of human resource and physical infrastructure programs.
and projects that seemed to be best administered at the state level on a multi-jurisdictional or regional basis. What they really created without realizing it was a legal entity that local governments could use to address issues, challenges and opportunities of multi-jurisdictional importance that in turn would benefit each individual community in the designated region.

Yes, it is important that each EDD/PDD employ a competent staff of professionals to administer the various grants and programs supported by the Board and local governments in the region. Yes, it is important for the EDD/PDD to have staff professionals that are well versed in various grant programs and initiatives and can successfully secure funds for communities. But it’s most important for you—the local government leaders—to use your EDD/PDD as the convening place for your region to enhance the future development of the region and thus your community.

Jim L. Youngquist is Executive Director, Institute for Economic Advancement, College of Business, University of Arkansas at Little Rock.
Cervical cancer testing expands in Arkansas

Though the number of cervical cancer deaths in the United States has decreased significantly in the last 40 years, many Arkansas women still don’t have access to medical tests that could save their lives by finding and treating it in the precancerous stage.

By Chuck Hitt, M.D.

A new grant and research project at the University of Arkansas for Medical Sciences (UAMS) is making tests to detect cervical cancer more widely available, starting with Clarksville, Hope and Wynne.

According to the National Centers for Disease Control and Prevention, cervical cancer used to be the leading cause of cancer death for women in the United States. While that’s no longer the case, Arkansas is among 10 states with the highest rate of death from cervical cancer.

What is cervical cancer?

Cervical cancer forms in tissues of the cervix and is usually a slow-growing cancer often caused by human papillomavirus (HPV) infection. In 2009, there were 11,270 new cases and 4,070 deaths from cervical cancer in the United States.

The cancer may or may not have symptoms but can be found with regular Pap tests, a procedure in which cells are scraped from the cervix and looked at under a microscope. If a Pap smear identifies abnormal cells, a colposcopy is done to examine the cervix with a microscope. The abnormal cells are removed and a biopsy is taken to see if it is cancer.

Reaching out

Some low-income women are eligible to receive state Medicaid-funded Pap smears and treatment of cervical cancer, but don’t qualify for Medicaid to pay for the important steps in between: colposcopies and biopsies.

These women are really in a catch-22 right now, but thanks to this grant we can provide more Arkansas women the bridge they need to get from Pap smear to cancer treatment.

The UAMS research project uses communications technology that links doctors at UAMS to state health clinics at Clarksville, Hope and Wynne. The telemedicine program uses two-way, high-definition interactive video to enable an obstetrician/gynecologist at UAMS in Little Rock to oversee the exams and biopsies administered by an advanced practice nurse at the remote clinics.

The cervical colposcopies and biopsies became available in January and will help an estimated 4,500 women over three years who would have had difficulty—due to travel distance and cost—accessing this potentially lifesaving medical service.

As Arkansas’s only academic medical center, UAMS is home to many highly specialized physicians. Making their expertise more widely available through telemedicine has been a goal for UAMS. A specialist can consult with the patient’s primary care doctor in another city and view the patient’s X-rays, CT scans and live ultrasounds.

The $735,000 grant from the federal Health Resources and Services Administration and its Office for the Advancement of Telehealth allows UAMS to expand its research into the use of telemedicine for colposcopies and biopsies. UAMS began its research with a smaller pilot study at the clinic in Hope.

Building a bridge

Called Arkansas START (System To Access Rural Telecolposcopy), the program is funded through the UAMS ANGELS (Antenatal and Neonatal Guidelines, Education and Learning System) program. UAMS will oversee the study of telemedicine’s value in the early diagnosis of cervical cancer.

The grant allows cervical cancer testing in parts of the state previously unreachable to efficient testing. We can now effectively and efficiently cover two-thirds of the outlying quadrants of the state.

Chuck Hitt is Chief, Division of General Obstetrics and Gynecology, UAMS.
SHINE all the time

Always put litter in its place and recycle everything you can. Doing a little can do a lot. SHINE.

Visit KeepArkansasBeautiful.com or call 888-742-8701 for more information.
Maximize Your Benefit.
Join the Municipal Health Benefit Fund

Approximately 90 percent of the municipalities across Arkansas that offer employees and officials medical benefits have joined the Municipal Health Benefit Fund and receive $2,000,000 major medical coverage with stop-loss, employee life, accidental death and dismemberment, dependent life, dental and vision coverages.

For 2010, new additions to the Municipal Health Benefit Fund are:
• Increased wellness benefits for all covered adults
• Increased well baby care visits
• Hearing aid benefit
• HIPAA authorization to release medical information (form in booklet and on Web site)
• Clarification of retiree coverage

The Municipal Health Benefit Fund provides quality health protection for your officials and employees at a reasonable rate.

For further information, please call 501-374-3484, ext. 111.
Maximize Your Benefit.

For further protection for yourself and your family, the Municipal Health Benefit Fund provides quality health insurance to municipal employees and officials at a reasonable rate.

For 2010, new additions to the Municipal Health Benefit Fund are:
- medical coverage with stop-loss
- employee life
- accidental death
- dismemberment
- dependent life
- dental and vision coverages.

Municipal employees and officials who join the Municipal Health Benefit Fund and receive $2,000,000 major medical coverage can access information about the Municipal Health Benefit Fund at the form in booklet and on the Web site.

Contact Whitnee Bullerwell, wvb@arml.org, at 501-374-3484, ext. 111 for further information.

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### Changes to 2010 Directory, Arkansas Municipal Officials

**Submit changes to Whitnee Bullerwell, wvb@arml.org.**

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Visit Us.

www.arml.org
Put the brakes on stress
Take steps to keep stress from becoming a way of life.

By Mary Eastham, R.N., League staff

Practically everyone faces deadlines, frustrations, demands and hassles that dominate our lives each day. Our municipal leaders are no different. The state of the economy, job losses, price of fuel and extreme weather conditions, to name just a few, all induce stress.

For many, stress is so common it has become a way of life. It can easily creep up on you. You get used to it, and it starts to feel familiar, even normal.

A small amount of stress every now and then can be a good thing. It can actually help us accomplish tasks and provides motivation.

But what happens when the stress becomes too great? Serious health problems can occur, such as increased risk for heart attacks, strokes, hypertension and weakening of the immune system, as well as sleep problems, depression and obesity. To decrease those risks, we must find ways to manage stress.

The first step is to take charge of your life. Assess your schedule and your environment. Learn to identify the culprits of your stress. Ask yourself what is causing the sadness, frustration or angry feelings you may be experiencing. Make changes where you can—whether big or small—in yourself, your family and your environment.

Learn to relax. Go for walks or ride your bicycle. Arkansas has many beautiful natural and manmade trails throughout the state. What better way to spend quality time with friends or family and get the exercise we need? Join your local gym or recreational facility and ask a family member or friend to go with you for support and motivation.

Secondly, assess your diet. According to Web-based health resource Holistic Online (www.holisticonline.com), a well-balanced diet is crucial in helping to reduce stress and maintaining health. Reducing caffeine, alcohol, nicotine, salt and fatty foods in your diet is recommended. Increase your fiber intake, and include green, yellow and orange vegetables in your diet.

Last but not least, get an adequate amount of sleep. Sleep fuels your mind as well as your body. Getting too little sleep will increase your stress level and cause you to think irrationally and perform poorly in your job.

Oh yes, and don’t forget to laugh. According to Annette Goodheart, Ph.D, author of “The Latest in Laughter” and “News and Views from Dr. Goodheart,” laughter strengthens the immune system and actually increases your intellectual performance. It also boosts information retention. Dr. Goodheart writes, “We are born with the gift of laughter—it’s being serious that we learn.”

We wish our municipalities a stress-free and healthy 2010.

Mary Eastham is the League’s Wellness Nurse. Contact Mary at 501-374-3484, Ext. 290, or e-mail meastham@arml.org.
If you have ever been to a fitness center at the beginning of a new year, you will notice that there are a large number of people using cardiovascular machines, working out with weights and taking fitness classes. Thanks to New Year’s resolutions and the cold Arkansas winter weather, more people tend to use indoor fitness facilities at the beginning of the year. As the months go by, interest in working out wanes for some, and as spring approaches, others start getting active outdoors.

Exercising outdoors is a great way to increase your physical activity, burn calories, have fun with your family and ease stress. The great thing about exercising outdoors is there are no rules. Outdoor exercising can be a family picnic that includes chasing the kids or grandkids around the park. It can be throwing a Frisbee to your dog or friends. How about dusting off that bike that has not been used in several years? If you do not have a good walking or hiking trail in your area, plan a day trip to one of the many easily accessible areas in “The Natural State.”

Exercising and becoming physically active is where you find it. Many people are under the misconception that becoming physically active involves expensive gym memberships, special equipment and lots of special guidance. This is simply not true. What it does require is a desire to improve your health, maintain a healthy weight and improve your quality of life.

If you plan on spending time outdoors increasing your physical activity this spring, here are a few things that must be considered:

• Before beginning any type of exercise program, it is extremely important to consult with your healthcare provider.
• Stay hydrated with plenty of water; eliminate caffeinated beverages before and after physical activity.
• Avoid the hottest part of the day by planning the most active times before or after mid-day.
• Use sunscreen with at least SPF 15.
• Find a buddy who wants to participate with you. Not only does this make the activity more enjoyable, it provides an extra benefit of personal security.
• Carry a cell phone in case of an emergency.
• Don’t overdo play or exercise. This is easy to do in warm weather.
• Dress appropriately by wearing loose-fitting, light-colored clothing. Wear good athletic shoes with socks. Socks, even in warm weather, help prevent blisters.
• Be aware of your surroundings. Pay attention to the traffic, others around you and any potential environmental safety issues such as exercising in secluded or unlit areas.

Many wonder about heart rate and exercising. Here’s a simple test: If you cannot carry on a normal conversation while performing exercise, then slow down. Your heart rate may be too high.

The key to increasing your physical activity, getting fit and improving your quality of life is finding an activity that you enjoy doing with friends or family and doing it consistently.

David Baxter is the League’s Health and Safety Coordinator. Contact David at 501-374-3484, Ext. 110, or e-mail dbaxter@arml.org.
USDA announces grants for libraries

Libraries are essential resources, especially in smaller cities and towns, the USDA has announced a new round of grants to fund them in communities with populations under 20,000.

By Chad Gallagher

For as long as I can remember I have loved to read, and before that I loved to be read to by others. Literacy is truly a great equalizer in life and a pathway to empowerment. Books are a magical thing. The words, thoughts, ideas, dreams and imaginations of others come alive on the pages of books, and no matter who you are, where you live or your current state of life, you too can go to another world, learn from a new worldview or step back in time. Books are that powerful. My shelf is full of books I hope to one day read. I have no greater joy than watching my children devour books at night before they go to bed and beg to get to read “one more chapter.”

If books are doorways to success, then libraries are treasuries of wealth that belong to the masses. As a boy in Winthrop (population 227) when I was in high school, I loved the public library and Mrs. Vonnie Chewning the librarian. Public libraries are a brilliant and amazing concept. Here one can find a wealth of books, providing access to every aspect of human knowledge, available to anyone and everyone for free. Brilliant!

Libraries are so much more than a collection of books. They are a collection of sources, resources, knowledge and, consequently, power. Today’s libraries provide unlimited access to modern media, blogs, social networks, news sites, job searches and much more through the Internet. The library has become a facilitator of ensuring that even the most disconnected enjoy and benefit from the amazing world of technology. Libraries have become an on-ramp to the super highway of information. Libraries bridge the digital divide in rural America.

In small cities and towns libraries play an additional role. They are a crucial crossroads of the community and enhance economic vitality. They provide a place of interaction, shared learning and social enrichment. Rural libraries are utilitarian in purpose but their role as stewards of the quality of life in a small town is second to none. All across Arkansas there are citizens that share this belief. Libraries have long enjoyed the sacrificial support of patrons yet too many times have not made the priority list of funding in the public sector. Even without adequate funding Arkansas communities have found creative ways to make libraries happen.

Right now communities have a unique opportunity in regards to library funding. The USDA Rural Development just announced a new funding opportunity for libraries under the American Recovery and Reinvestment Act. The Secretary of Agriculture has designated $100 million to fund public libraries. The funds are now available and the grant cycle is open. There is no due date. The funds are first come, first serve and once they’re gone, they’re gone. The funds will allow rural communities to improve their library facilities through new construction or renovations. The monies can be spent to acquire land, pay for fees and equipment, shelving, furniture, computers, media equipment, distance learning and book mobiles. The funds are only available to communities with 20,000 or less in population and applicants located in smaller communities with low population and low incomes will receive a higher percentage of grants. The maximum allowable request is $500,000. This is a great opportunity and the early bird gets the worm. I hope Arkansas communities are first in line. For more information call or email Legacy Consulting, or contact the USDA at 800-670-6553.

Chad Gallagher is principal of Legacy Consulting and a former mayor of DeQueen. Contact him at 501-580-6358 or by e-mail at chad.gallagher@legacyincorporated.com.
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Discussion lists:
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Subscribe to the list servs by using one of the following options:

Option B: Complete Step 3 and fax to 501-374-0541, attn: Whitnee Bullerwell.
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Name
Title
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• eNewsRoom offers online news articles from Arkansas’s municipalities’ dailies.
• City & Town is available to download in its entirety in PDF from the Publications page.
• Cities of Arkansas local government portal page gives visitors a sneak peek at the quality of life in the municipalities across Arkansas.
• Flyout menus provide easier navigation and cut down on search time.
• A search engine makes it easy to locate topics, based on specific words.
• Legislative Action Center is now home to legislative matters, including a new Legislative Bulletin.
• eCart, order and pay for publications and mailing lists online.
• Legal Frequently Asked Questions (FAQ) page
Conference studies ways to lift Delta

Economic recovery, job creation, transportation, infrastructure, healthcare and more issues that impact the perennially struggling eight-state Mississippi River Delta region will be discussed at the Delta Grassroots Caucus’ Delta Conference, April 1-2 in Little Rock. The opening session is 5 to 8 p.m. Thursday, April 1, at the Clinton School of Public Service. It continues 9 a.m. to 4 p.m. Friday, April 2, in the Great Hall of the Clinton Library.

Sen. Blanche Lincoln will be the luncheon speaker Friday, April 2. Congressman Mike Ross will speak at the opening session Thursday, April 1. President Bill Clinton and Gov. Mike Beebe have each spoken at the past several Conferences and have again been invited. Blytheville Mayor Barrett Harrison, Johnnie Bolin of the Arkansas Good Roads Transportation Council, Carbondale, Ill., Mayor Brad Cole, and many grassroots leaders from across the region will also speak.

Early registration for the Conference is $85. The early registration period ends March 16, after which registration is $100. Discounted group rates and hotel rates are available. To register contact Lee Powell at 202-360-6347, or visit www.mdgc.us.
### MUNICIPAL HEALTH BENEFIT FUND

**PREFERRED PROVIDER NETWORK**

Also visit League Programs on League Web site, www.arml.org, for these changes and providers.

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**CITY & TOWN**

54
Your Municipal Property Program offers broad coverage for your municipal property. The limits of coverage are $50 million per occurrence per member for damages from fire, windstorm and other incidents in excess of $5,000.

Coverage is $15 million per occurrence per member for losses exceeding $100,000 on earthquakes and flooding.

The Municipal Property Program’s 2009 annual meeting in November adopted rates according to the following scale for 2010. See the new rates below.

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For more information, call Linda Montgomery at League headquarters, 501-978-6123 or 501-374-3484, Ext. 233.
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ETC Engineers, Inc.

Water & Wastewater Systems • Streets & Drainage • Airports & Parks Surveying & Land Planning • Environmental & Materials Testing Laboratories
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300 South Rodney Parham
Suite 97
Little Rock, AR 72205
1-800-352-4928
CERTIFIED PATROL OFFICER—The Beebe Police Department is currently accepting applications for a full-time certified patrol officer. Starting salary is $25,708 with a benefit package that includes paid employee insurance, uniform allowance and a take-home vehicle if the employee resides within the city limits. Any interested persons should contact Chief S. Wayne Ballew at 501-288-1930 or Lt. Brian Duke at 501-288-2961. Applications can be obtained at the Beebe Police Department at 201 West Illinois St., Beebe, AR 72012.

CHIEF FINANCIAL OFFICER—Conway, a vibrant and progressive community located in central Arkansas, 31 miles northwest of the state capital of Little Rock, is seeking an experienced professional with proven leadership skills to serve as Chief Financial Officer. The City of Colleges, Conway has a population of 53,412 and is home to three institutes of higher learning, the University of Central Arkansas, Hendrix College and Central Baptist College. Conway is a rapidly growing community more than doubling in population since 1990. Conway is the northern entrance into the Little Rock-North Little Rock MSA and as well as the gateway into the recreational opportunities of the Arkansas River Valley and the southern Ozark Mountains.

The Chief Financial Officer reports directly to the Mayor and is responsible for all financial reporting and accounting functions for the City of Conway including long-range financial forecasting and planning. The CFO ensures compliance with all regulatory financial statues/guidelines and serves as the City’s financial liaison to the City Council; effectively communicates a wide range of complex technical issues, both in writing and oral, in plain language to citizens, staff and peers.

Education/Experience: Bachelor’s degree in finance, accounting or a related field. Certification as a CPA required. Five (5) years municipal governmental accounting with management and supervisory experience required.

Closing Date: March 31, 2010
Please submit resume to: Human Resources Director, City of Conway, 1201 Oak Street, Conway, AR 72032 or email: lisa.williams@cityofconway.org; fax 501-513-3503. Submitted resumes will be subject to disclosure under the Arkansas Freedom of Information Act. Conway is an Equal Opportunity Employer.

WATER AND SEWER OPERATIONS MANAGER—El Dorado Water Utilities is accepting applications for a Water and Sewer Field Operations Manager. Applicant must possess a Class IV Water Distribution or a Class IV Water Treatment License and a Class IV Wastewater License or be eligible to obtain these required licenses within one year of employment. Applicant should have at least five years of supervisory experience, preferably in a water or wastewater utility. Potential applicants should visit goeldorado.com for information on the El Dorado area. If applicant has children, pay particular attention to the link to education/Experience:

WATER AND WASTEWATER GENERAL MANAGER—Brinkley Municipal Waterworks will be accepting applications for the position of General Manager of the Brinkley Water and Wastewater System from February 15 through March 1, 2010. Minimum requirements include, five years’ supervisory experience, High School Graduate, Class III Water Treatment License, Class III Water Distribution License, Class III Wastewater License. Please send resumes to: G.W.B., P.O. Box 746, Brinkley, AR 72021. For more information call 870-734-1721 or 870-734-6353.

FOR SALE—DeQueen has for sale a 1992 Ford F-350 rescue truck. This is a crew cab with a 5.7L engine. It is a 2wd with a utility bed and is equipped with a light bar, strobe package, back-up alarm, 8,000-lb warn winch and winch bumper. It also has a built-in battery charger and good tires. This truck is ready to put in service; however, during extended idle the engine loads up at times.

CITY MANAGER—Cape Coral, Fla., is seeking a City Manager. The City Manager, at the direction of City Council, shall be the chief administrative officer of the City. The City Manager shall be responsible to the Council for the administration of all City affairs placed in the City Manager’s charge by or under the City Charter. Assists in implementing Council’s agenda through a collaborative effort. The City Manager directs a city workforce of approximately 1,500 employees and is responsible for the day to day operations of the City. Individual assigned to this classification is accountable for applying extensive knowledge of a wide variety of City government functions.

Salary and terms of the City Manager’s contract are negotiable and subject to Council approval. Must establish residency in Cape Coral within 30 days of hire and maintain residency for duration of employment.

For additional information and to apply, please go to www.capecoral.net/jobs. Employment Opportunity closes April 15, 2010.
Female, Minority, Military, and Private Sector Candidates are encouraged to apply.
Nationally recognized.

Arkansas focused.

Crews & Associates continues to grow at a record pace, and rates on many financing options are very attractive. Both of these facts are great news for our clients. In the past 5 years, we have participated as a managing underwriter for more than $11.2 billion of financings in 46 states across the country. Of that amount, $3.3 billion were Arkansas transactions. Translation: Our team of public finance experts at Crews & Associates continues to be a recognized leader in municipal finance, especially right here at home in Arkansas.
Helping to build Arkansas’ backbone

BEGINSWITH

HAVING ONE.

At Stephens, we’ve never shied away from tough decisions and hard work. And for more than 75 years, we’ve applied an independent perspective, diligence and common sense to helping build Arkansas’ prosperity.

Again in 2009, our firm led the state in successfully managing the largest percentage of tax-exempt issues. During this same period, Stephens completed a majority of the financial advisory transactions for Arkansas school districts.* And while 2009 was a good year, we understand it was possible because of the trust and confidence shown by our fellow Arkansans.

At Stephens, we are continually impressed with the talent and dedication of the men and women who manage Arkansas’ municipalities, hospitals, colleges and universities, school districts, state agencies, counties, utility systems and other governmental organizations.

For over 75 years, Stephens Inc. has been the market leader in this state. Thank you, Arkansas, for your continued confidence in our capabilities.

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