North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer *April 2020*

Coronavirus Outbreak 2020…

By now, most folks have heard about the coronavirus and COVID-19. You've probably also been inundated with information about the virus, travel restrictions and "self-distancing." During the influx of information, the article below which was found at www.webmd.com seemed appropriate to share. For the full content, please visit webmd.

Self-Distancing Vital Tactic in Coronavirus Fight

By Karen Weintraub

Whenever people gather, there are opportunities to spread germs.

In a conference held in Boston, where 175 people gathered, the new coronavirus spread to more than 100 people.

Although not every gathering will be so contagious, it's impossible to know ahead of time who is going to be coughing or sneezing...remember...you don't have to have symptoms to be contagious.

The Trump administration asked everyone to avoid gatherings, along with discretionary travel. This is why schools and universities closed and why people were (and are) working from home. They want us to stay apart — "self-distancing". If we don't get within 6 feet of another person, or at least lessen the number of people we let into this 6-foot zone, we will cut our chances of getting sick, said Jeanne Marrazzo, MD, a professor of medicine and director of the Division of Infectious Diseases at the University of Alabama at Birmingham.

Right now, there is no specific treatment for COVID-19, the disease caused by the new coronavirus, and no vaccine to protect against it. Researchers worldwide are rushing to develop both. Treatments are likely to come first, with one being tested in March. Vaccines could take several years to be approved and then made on a large enough scale to make a difference.

Tips and Tricks *if the situation continues...*

So, what does it mean to socially distance yourself? Below are some guidelines from the CDC and others:

- Stay at lease 6 feet away from other people, if possible.
- Avoid sports arenas, theaters, museums, and other places where you are likely to come into contact with large numbers of people.
- You may want to avoid salons of all types where folks will have to get closer than 6 feet.
- Skip playdates, parties, sleepovers, or families visiting each other's houses.
- Do not visit nursing homes, rehab centers, or assisted living facilities as many of the residents may have compromised immune systems.

WASH YOUR HANDS frequently and longer than usual. The recommended length of time for handwashing is 20 seconds, or about as long as it takes to sing "Happy Birthday to You" twice. Soap and water is just as good if not better than sanitizers. Hand sanitizers are OK to use if you can't get to soap and running water.

THREE DAYS...is how long the virus can remain alive on hard surfaces, meaning if you touch a metal doorknob that someone with the virus touched, you could get it.

Some other suggestions...touch your face less, especially your eyes, nose and mouth.

Don't wear a mask unless you are sick yourself. They haven't been shown to protect healthy people in the general public from falling ill.

Stay healthy...don't forget to get enough sleep. Ease stress by exercising, talking with friends and family, and practicing your hobbies when possible!

Walks outside and hikes can be a good way to get exercise without coming into close contact with others.

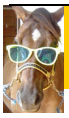
If you need to go to the grocery or drugstore, go ahead, but postpone other non-essential shopping trips (like buying a new pair of shoes).

Monitor information and research the facts. A lot of false information has been shared.

Finally, be ready to hunker down if you are sick (whether it is COVID-19, the flu, etc.). You should take extreme measures. Stay home and send others to the store or other crucial errands for you. If you live with others, try to isolate yourself as much as you can, staying alone in a bedroom and using a dedicated bathroom.

Keep in mind, people over 65 years of age, those with reduced immunity—because of cancer treatment, other medications, or medical conditions that weaken the immune system—and people in contact with either of these groups need to be particularly careful.

Be safe and protect others...always wash your hands frequently *and* thoroughly. Cough into your elbow or a tissue. Throw away your tissue after using it the first time. Stay home when you are sick!



"Where's Mel"? Mel has been in hiding the past couple of months...but this month he's back!
Be the first person to call 501-975-8617 and tell us where he's hiding and win a prize! (*Only 1 win per year!*)

North Little Rock Animal Shelter
For more information
call **501-791-8577**

The Bond Between Pet and Owner

By John Bradshaw Ph.D.

Much has been written about the human-animal bond, and the benefits it can bring to owners of companion animals. Sometimes, pets are portrayed as more-or-less interchangeable, as if it made little difference to the relationship whether the pet happens to be a cat, a dog, or a rabbit.

The emotional ties that owners feel towards their pets may be somewhat independent of the type of animal invovled, but the way the animals feel about their owners will be markedly different from one species to another. Moreover, these differences have profound implications for the well-being of animals that find themselves in a less-than-ideal relationship.

Of course, it's obvious that cats and dogs aren't the same, and the differences between them will be reflected in what they can contribute to the relationship. Few cat owners take their cats for walks, so it will mainly be dog owners who get the benefits of physical exercise and sociable exchanges with other owners. Dogs are much easier to train than cats are, and are much more tolerant of other members of their own species: both these differences stem from the two animals' contrasting origins, and both are clues as to how they perceive their relationship with us.

The domestic cat is essentially a rather solitary and territorial animal, and one that is still not completely domesticated, despite appearance to the contrary. Descended from the North African/ Middle Eastern wildcat *Felis lybica*, it probably began a loose association with mankind some 10,000 years ago. But domestication in the sense of turning into a pet does not seem to have begun until about 2,000 B.C., and has not proceeded entirely smoothly since then.

The status of cats as pets has waxed and waned over the centuries, and it is only very recently, on an evolutionary time-scale, that they have become as popular as dogs. Apart from the minority of kittens that come with a pedigree, most are the product of matings planned by the cats themselves, not by their owners. This habit takes cats outside the strict definition of a domesticated animal, which requires breeding to be at least predominantly under human control.

Moreover, many cats appear to enjoy hunting, a habit that until recently formed much of their *raison d'etre*, but now disgusts many of their owners and enrages lovers of wildlife. That cats have been unable to shed this habit is probably due to their exacting nutritional requirements, shared with all of the cat family, including lions and tigers. Until these became fully understood some forty years ago, much of the food provided by cat owners would have been nutritionally inadequate, forcing those cats to hunt In order to obtain the nutrients they needed for successful breeding. Now that a completely balanced diet for cats is available in every supermarket, no cat should need to go out hunting, but insufficient time has passed for this instinct to die out.

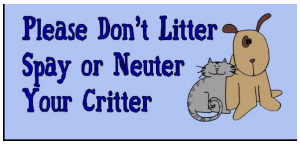
Dogs have a much longer and more complete history of domestication. Moreover, they are descended from a species, the grey wolf, which had already evolved a highly sophisticated social brain that was, evidently, ripe for adaptation to a life with mankind. By eight thousand years ago, when cats were still making their first tentative steps towards eventual domestication, dogs had already diverged into multiple types, adapted for guarding, hunting, and even as status objects.

Domestication wrought two major changes in their behavior that were crucial to their adaptation to the domestic environment. As they turned into dogs, they became much more tolerant of other members of their own species, unlike wolves, which are highly aggressive towards all but the members of their pack. They also gained a unique sensitivity towards human body language, gaze and gesture, enabling them to be trained to carry out a multitude of tasks, from herding to guarding to guiding. Cats, perhaps unfortunately, have not made as much progress on either of these fronts, most still regarding other cats with deep suspicion, and having a much more limited understanding of human behavior than dogs do.

Continued on page 5...

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

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



Support spaying and neutering in Arkansas by getting your own Arkansas Specialty *Please Spay or Neuter* License Plate at any State Revenue Office.

North Little Rock Fire Department

Spring Cleanup for Fire Safety

The snow has melted...*oh, wait, that's not central Arkansas!*

Okay, so the rain and wind are beginning to subside and plants are budding and trees are blooming. Spring is arriving and your thoughts may turn to the dreaded ritual of spring cleaning. With it comes a timely reminder to keep your home safe from the threat of fire. In effort to make this "Spring Cleanup" a fire safe one, the information contained herein was found on the internet, but can apply to any city or town in the country.

- Clean your garage or stored newspapers or other rubbish that can fuel a fire.
- Test your smoke alarms monthly.
- To help prevent nuisance alarms, gently vacuum your smoke alarm every six months or as needed.
- Never borrow smoke alarm batteries to use for toys or other equipment.
- Replace all smoke alarms every 10 years or as recommended by the manufacturer.
- By now, you've set your clocks forward (Spring Forward), which is always a great time to change smoke alarm batteries. If you haven't replaced them with new ones yet, do so asap!
- Outdoors—keep debris or dead vegetation away from the house. This will help in case of a fire and will reduce insect/animal activity, too.
- If you store gasoline, keep it outside of your home, in a shed or DETACHED garage. Keep only small quantities in tightly sealed containers. Use gasoline only as a motor fuel...NEVER as a cleaning agent.
- Properly dispose of oily or greasy rags. If these items must be stored, they should be kept in labeled, sealed, metal containers.
- Use outdoor barbecue grills with caution. Place in a safe area away from buildings, windows, heating, ventilation and air conditioning units, or places with high/dead vegetation. Also be careful using your grill around children or pets. Both are curious and can get burned.
- Use barbecue grills outside only — not under overhangs or balconies, and away from combustibles.
- Check your propane barbecue grill hose for leaks and cracks; never store propane indoors.
- Never use gasoline to start the fire, and don't add charcoal lighter fluid once the fire has started.

Photos were found on the internet.

Highlights from some City Departments

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

Hays Center— 72 new members. 10,578 visits for the month. Activities included a Black History Luncheon attended by 250, Sister City Banquet, Police and Fire testing. Hays Center members also had a trip to the Searcy Senior Center for lunch and Bingo. Public Senior Housing residents were transported to medical appointments, grocery stores, and pharmacies. Volunteers contributed 1,810 hours.

Sanitation—Garbage/Yard Waste—2,068.86 tons (4,137,720 lbs.), Yard Waste—28 loads = 837.00 cubic yards (green waste). 425 waste tires collected. 40 Sanitation Code Inspections and issued 24 notices for non-compliance and 1 citation. Leaf crews picked up 39 loads (1,201.50 cubic yards) of loose leaves. Note: Leaf vacuum season has ended...*Bagged leaves will be picked up weekly.*

Traffic—101—barricade permits, signs and posts repaired or replaced–407, city vehicles marked with logo—9, AR One Call requests—79.

Police—Crime numbers from February show a slight upward trend, especially for property crime. Thefts from Motor Vehicles occur mostly at night (*vehicle thefts continue to be a result of unlocked vehicles with valuables inside, along with key fobs being left in the vehicle).* 3 officers retired in March.

Fire—Total incidents—859
Total Unit Responses—1,550
Residential Fires—6
Vehicle Fires—7
False Alarms/Malfunctions—61
Rescue/Emergency Medical—493
Mutual Aid—1
Hazardous Material Response—11
Structure Fire fatalities—0
Vehicle fire fatalities—0
Training hours—3,152
Total Building Surveys—205

Office of Emergency Services/911—
Total incoming calls: 11,199
Non-911 calls: 5,964
Wired 911: 482 Abandoned Wired 911: 22
Wireless 911: 4,499 Abandoned Wireless: 254
Total dispatch computer entries: 7,326

Planning—1 new commercial permits ($288,000). Issued 7 new single family residence permits (permit average $193,333). Issued 7 Sign permits and 0 Banner permits. Inspectors completed 824 inspections and covered 2,829 miles: 438 Electric; 92 Building; 158 Plumbing; 136 HVAC.

Electric Department—38,937 customers, $6,589,031 revenue, 122,335 KW peak power, 11,252 Transformers, 11,060 Street Lights, 4,341 Security Lights, 39,401 Smart Meters. 2-4-2020—Alanbrook—failed instructor/burnt wire...1,953 customers without power 1 hour 46 minutes. Electric Utility Accounting—Bad debt $2,471. Total payments 38,073, total received $6,776,398.00

Code Enforcement—79 assigned calls, 432 initiated calls, 37 citations, 386 violation notices, 135 vehicles tagged, 48 structures inspected, 18 rental inspections, 10 food service inspections, 0 search warrants, 0 house demolished by city, 13 houses demolished by owner. Code Maintenance—47 assigned calls, 15 vacant lots cleaned, 0 lots with structures cleaned, secured 9 vacant houses, 0 vacant lots mowed, 0 lots with structures mowed.

North Little Rock Convention & Visitors Bureau—Arkansas Inland Maritime Museum—862 visitors.

North Little Rock Animal Control
Incoming animals—203/YTD-377
Dogs—140/YTD-261
Cats—59/YTD-111
Other—4/YTD-5
Adoptions
Dogs—31/YTD-52
Cats—11/YTD-37
Other—3/YTD-4
Reclaimed
Dogs—45/YTD-83
Cats—1/YTD-3
Euthanized
Dogs—56/YTD-107
Cats—46/YTD-84
Calls for service—562/YTD-1,084
Citations issued—37/YTD-78
Vouchers (Spay/Neuter) issued—32/YTD-71

Pulaski County (accepted at NLR)-0
YTD=Year to date
Non-adoptable animals are those that are sick, injured, unweaned (puppies and kittens), vicious, court ordered or by owner request.

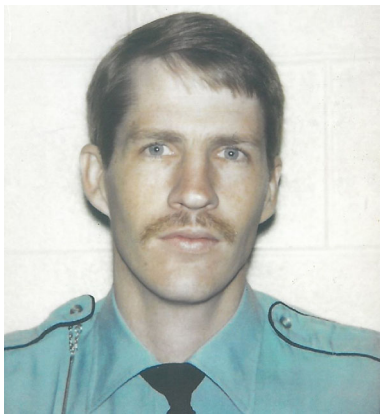
***Finance—December/January Reports—*Revenues (MTD)** *will be in next e-Newsletter.*

North Little Rock Police Chief Mike Davis retired February 27, 2020 after 34 years of dedicated service to the residents of North Little Rock.

Chief Davis was joined by his immediate family, brothers and sisters in blue, Church Family, City Family, City Officials, Business Owners and many others.

Chief Davis served in a variety of divisions during his distinguished career. He led the department with character and integrity and was an inspiration to those under his command.

The legacy that he established will ensure the success of the department for many years to come.



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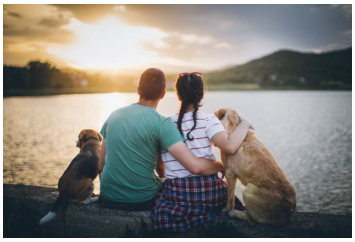
For most cats, the relationship with their owner is important, but not all-consuming: most cats seem perfectly content to keep their own company for much of the day. Cats undoubtedly display an attachment to their owners that transcends mere cupboard-love, based as it is on behavior such as rubbing, purring, and licking that are also used to cement bonds between one cat and another. However, their limited ability to communicate effectively with cats outside their immediate family means that many owners inadvertently place them under significant stress.



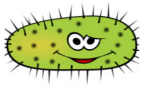
Cats do not naturally "get along with" each other, but many owners will obtain a second cat in the belief that it will be "company" for their original cat, only to witness their house being acrimoniously divided into two separate territories. Even a cat that feels relaxed while in its owner's home may be terrorized by a neighbor's cat as soon as it emerges through the cat-flap.

For most dogs, the attachment they feel towards their owner is fundamental to their well-being. Thousands of years of selection for animals that are biddable and easy to train has ensured that while dogs enjoy one another's company, they crave human attention. Unfortunately, they do not appear to have evolved the ability to turn this off at will, so the modern habit of leaving companion dogs along for hours at a time can cause them considerable distress.

Thankfully, it is possible to train dogs to relax while they are on their own, provided they have not already experienced the cycle of anxiety caused by what they experience as repeated abandonments.

Thus, the well-being of both cats and dogs depends critically upon their owners' perceptions of how they experience that relationship. For most cats, their owner's careful and sympathetic management of their interactions with other cats is perhaps more important that the nuisances of the relationship they enjoy with their owners. Dogs, by contrast, feel that relationship with such an intensity that many can only be contented if they are taught how to cope with being left alone.

Found at psychologytoday.com



What Happens ... When You Don't Wash Your Hands?

Found at webmd.com

Wash 'Em, Wash 'Em Good

The science has been clear for years: Washing your hands can cut down on being sick, but we don't do it enough. One study estimates that if everyone did it regularly, we could save a million lives each year. What's more, when you don't wash your hands, problems can come up.

You Pass on Germs

If you don't wash your hands when they're germy, you could pass those germs to friends and family and get them sick. If you get them on an object—like a doorknob or handrail—you could infect people you don't even know.

Make sure to lather up after you use the bathroom. A single gram of human feces can contain a TRILLION germs. YUK!

You Can Get Sick, Too

All those germs can get to you, too. Your hands can carry germs into your eyes and your mouth from places you don't even want to think about. And the illnesses the germs can cause could be serious. Washing your hands with soap (which is much more effective than sanitizer or water alone) can protect you from illnesses like diarrhea, respiratory infections, and more.

Kids Miss a Lot of School

Often, kids don't wash their hands. They can get sick from all those germs they don't scrub away, which causes them to miss school. Handwashing education in schools can lower absenteeism from gastrointestinal problems by up to 57%.

You Miss a Lot of Work

Each year, the flu costs Americans about 17 million missed workdays. That translates to $7 billion a year in sick days and undone work. One of the ways you can avoid getting the flu is to wash your hands thoroughly with soap and water.

You Lose Money

Americans spend about $4.6 billion each year fighting the flu. That amount includes doctor visits, hospital stays, and medicine. So washing your hands could also help save you money.

Your Bowels Will Give You Trouble

Diarrhea can be a symptom of a larger disease like cholera or typhoid. Diarrhea is the second-leading cause of death among children under 5. About 1.5 million kids die each year because of diarrheal diseases, most of them in Africa and Southeast Asia. One study found that washing hands with soap can prevent about 4 out of 10 cases of diarrhea.

Eyes—Yours and Others'—Could Be Affected

Washing your hands has been shown to prevent two far-reaching eye diseases. Pinkeye, picked up by 6 million Americans each year, can be caused by infection, as can trachoma, a bacterial infection that is the leading cause of blindness in the world.

Skin Infections

Staphylococcus bacteria—staph, for short—are germs often found on your skin and in your nostrils. If those germs get into an open wound, they can cause skin infections or move deep into your skin and soft tissues. From there, they can travel into joints, bones, and organs. They can even cause blood poisoning. Staph is the leading cause of infection in U.S. healthcare facilities. Washing your hands with soap and water helps keep them from traveling. So does covering those open wounds.

Sepsis

When faced with an infection, your body's immune system sometimes can turn on itself in the form of a serious illness called sepsis. It affects 1.7 million Americans each year. Nearly 270,000 of those dies. One of the most important ways to prevent sepsis is good hand washing, including both before and after caring for a sick person.

How to Wash Your Hands

The procedure is:

1. Water
2. Lather
3. Scrub for AT LEAST 20 seconds
4. Rinse
5. Dry

Make sure to wash up:

- Before, during, and after preparing food
- Before you eat
- After you use the bathroom (or help a toddler)
- After petting your pet
- When you sneeze
- Anywhere, anytime germs may gather

A hand sanitizer with 60% alcohol is OK, but soap is better!

With on-going media coverage of the Corona Virus and Flu, and the reminders urging folks to wash their hands, it seemed like a good time to share an article about hand-washing.

The information above was found at webmd.com and dated 2019.

There is lots of information available through social media, print media, etc. You are encouraged to educate yourself.

There is another webmd article about cold and flu activity and indicates activity is very high in the majority of the US states, including Arkansas. There is also a questionnaire (quiz) that can help you tell the difference between the two.

Hopkinsmedicine.org/health/conditions-and-diseases had information indicating that both "the flu" and COVID-19, the illness caused by the new coronavirus, are both infectious respiratory illnesses. Although the symptoms of COVID-19 and the flu can look similar, the two illnesses are caused by different viruses.

As of March 5, 2020 (the day I searched for information), the flu was showing much more of an impact on Americans than COVID-19 at the Centers for Disease Control and Prevention. By the time this newsletter is shared I am sure it will have changed.

Both "the flu" and Covid-19 can be prevented by frequent, thorough hand washing, coughing into the crook of your elbow, staying home when sick and limiting contact with people who are infected.

Upcoming Census and Its History

By Dr. Kenneth Bridges

At the beginning of April, all Americans will be asked to participate in a special event that takes place once every ten years: the census. The nation will be examining and tabulating the sizes and conditions of each American household as it existed on April 1. Questions will be asked about age, occupation, number of children, education levels, wages, ethnicity, homeownership, veterans' status, and language spoken at the home. For the first time, Americans will also be able to complete the census online. The census, required by the Constitution, is part of a tradition dating back many centuries around the world.

Ancient Egypt was the first known nation to conduct a regular census. Officials of the pharaoh, starting around 1800 BC, required an annual counting of every man in Egypt as well as a listing of occupations. Around 1350 BC, Israelite officials conducted a count of the military-age men, listed by tribe. The Book of Numbers, from the Old Testament and the fourth book of the Jewish Torah, was a compilation of this census data. The Romans were also famous for conducting a census, mostly for tax purposes. The Incans of South America also conducted a periodic census in the years before they fell to Spain in the sixteenth century.

When the U S Constitution was ratified in 1788, it required a census be conducted every 10 years to determine representation in Congress and whether states gain or lose seats. The federal government also uses the census data to determine what services are needed in particular communities and doles out funding from various funds based on those numbers.

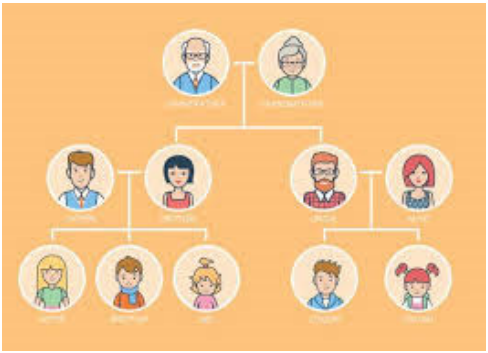
Secretary of State Thomas Jefferson coordinated the first census in 1790. Between 1790 and 1840, the census was conducted by U S Marshals and their deputies. In 1790, it took 650 enumerators to count a population of 3,929,214 in the 13 states at a cost of $44,000. The largest city was New York City with only 33,131 residents, compared to more than 8 million by 2010. Philadelphia was the second-largest city with a population of 28,522, with Boston third at 18,320.

In 1840 the Census Bureau was formed. Instead of federal marshals, the census would then be conducted by census employees hired temporarily to go door-to-door and ask who lived in a residence, occupations, ages, and state or country of birth. Historians routinely use census data to learn more about lesser-known individuals and how they lived as well as for statistical purposes. For example, the 1860 census is often used to detail which men joined Civil War units and their occupations, family sizes, and relative net worth's were before the war started in 1861. Historians trace where these individuals were before the war and afterward. It can also be used to look in more detail about who was moving from one part of the country to another in the years of rapid movement westward. This has also made the census an invaluable tool for genealogists.

Many important technological changes emerged because of the census. The 1880 census recorded a population of 50,189,209, an increase of more than 30% from 1870. But with so many people and so much information coming in, it took years to compile all the different sets of data by hand. Herman Hollerith, a professor of engineering, began working for the Census Bureau in 1884. He soon devised a system of adding and sorting information more quickly by using a punch card system with the numbers being recorded on dials, using the dial record invented by Alexander Dey in 1888. Hollerith's electric tabulating machine reduced the work for the 1890 census by up to two years, a monumental task given that the 1890 count listed 62,979,766 Americans.

Hollerith's work made the Census Bureau the first computerized government agency. In 1911, Dey and Hollerith came together with two other inventors to form a new company to build devices that could make large calculations quickly. The company soon became known as IBM.

In 1903, the Census Bureau was placed under the control of what became the Department of Commerce. Since 1920, the Census Bureau has also conducted a census of manufacturers every two years and a census of agriculture every ten years. This data helps the government and business leaders alike examine the status of business across the nation and has been used to determine community grants and funding.



Census data dating to the 1790 census is available in printed forms at libraries and now online through the Census Bureau, though some of the work has been lost. The original census forms are released every 72 years, allowing families and others to look at the information in detail. The last census released was the 1940 count in 2012. The 1950 forms will be released in 2022. The 2010 census recorded a population of 308,745,538 and noted that the population was still moving westward. More than 635,000 enumerators participated at a cost of $12.9 billion. The totals for the 2020 census will be calculated quickly. Though the Census Bureau performs small samplings of communities within the ten-year period and other data can yield a fair approximation of the population, the official count through the census and the demographic data available will have much to say about a nation still changing and growing for more than two centuries.

Found in The Daily Record
March 16-22-2020

DESPITE TOILET PAPER SHORTAGE, EXPERTS WARN NOT TO FLUSH ALTERNATIVES

By Raquel Harrington

SPRINGFIELD, Mo. (KY3) -- Toilet paper continues to be a hot commodity on shopping lists.

Stocking up on toilet paper has led to a significant increase in panic-buying during the Coronavirus outbreak. However, experts say resorting to other materials isn't a good idea.

The worry and uncertainty of the COVID-19 quarantine led many people to buy and stack up on lots of toilet paper. Numerous stores throughout the area have had trouble keeping up with the demand, and toilet tissue shelves are empty.

Springfield Environmental Services regularly campaign to remind the community to only flush toilet paper.

Clean Water Services Superintendent Mike DeLong said it's critical, especially now more than ever, to watch what you flush.

DeLong said in desperate times, people are more likely to use other items like *tissues, baby wipes, flushable wipes, or even paper towels*.

However, using different materials and flushing them can cause **severe clogging and damage** to one's plumbing. It can also create unwanted and messy build-up.

"Sewage comes out of the manhole and onto the ground or pavement," explained DeLong. "Around that manhole, people can come in direct contact with that sewage."

DeLong said sewage problems are fixable. Unfortunately, it's always after the issue, and after the damage is done. He said it could be avoided by remembering **only to flush toilet paper**.

The design of toilet paper can disintegrate quickly in water. DeLong said other materials like paper towels, napkins, or tissue should never be used as an alternative if you plan on flushing it.

Flushable wipes are not an exception. While they can flush down the drain, they are **not biodegradable** and do not dissolve. DeLong said avoiding the use of flushable wipes is critical.

"They can become clogged either in the person's own sewer lateral or in our sewer main, which can cause backup and the sewer to overflow out of manholes," explained DeLong.

DeLong said, always remember if it doesn't come out of you, and it's not TP; you shouldn't flush it.

Colonoscopy? Have no fear

By Jason S. Mizell, M.D.

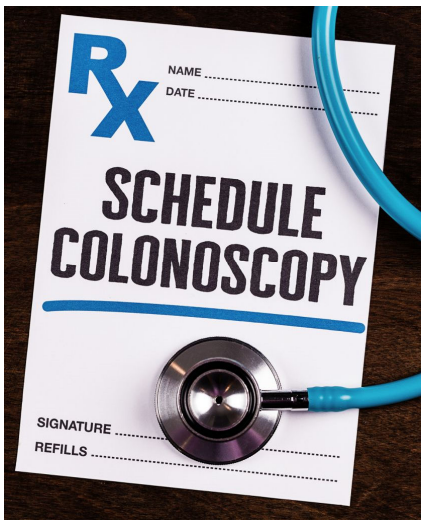
Found in City & Town–March 2020 Vol. 76. No.03

Once upon a time, getting a colonoscopy wasn't all that pleasant. It required chugging down a gallon of nauseating liquid to clean out the colon, foregoing food and drink all day and night beforehand, and sometimes the procedure was even performed without sedation. You can understand why people weren't thrilled to schedule them.

Thankfully, modern medicine has improved to the point where none of those things are required. Unfortunately, the procedure still carries a reputation for unpleasantness. That scares people away—and puts them at risk.

When to get a colonoscopy

A colonoscopy is a procedure in which a doctor uses a camera to inspect the inside of your colon. Generally, they're looking for polyps, which, if undetected or left untreated, can develop into cancer. Polyps generally don't cause symptoms until they are very large, so not having any symptoms doesn't mean you don't have a problem.



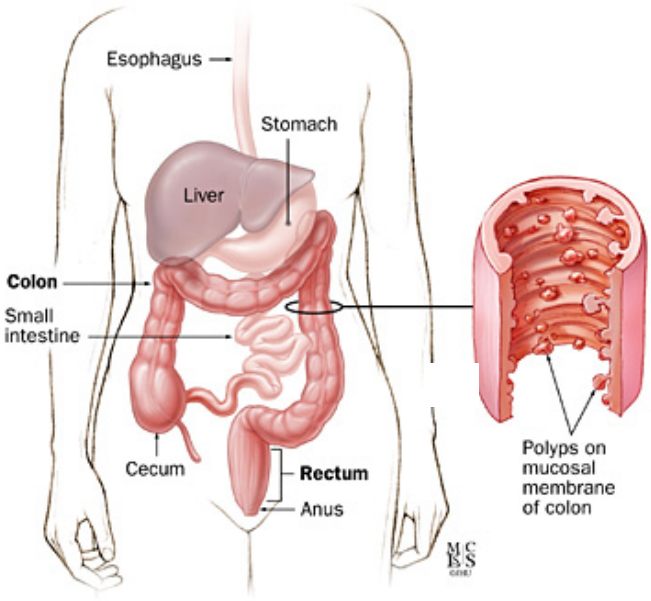
We tend to suggest patients get a colonoscopy starting around age 45 to 50. If there is a family history of cancer, you may need to start screening much earlier. If the colonoscopy is normal and you have no other risk factors, you can wait 10 years before having the procedure again. If polyps are found, future colonoscopies will be scheduled every three to five years.

This is assuming you have no symptoms or conditions that increase cancer risk, like Crohn's disease. If you have blood in your stool, vague unexplained abdominal pain, a change in the size or caliber of your stool, unintentional weight loss, or a very dark or even black stool, those are all warning signs you should see your physician and schedule a colonoscopy regardless of age.

There's rarely any need for an annual colonoscopy, even if you've had problems in the past. Polyps take a very long time to develop into cancer, so a screening every few years still gives doctors enough time to catch them while they're small.

Preparing for the procedure

In the past, preparation for a colonoscopy meant drinking a sickening amount of fluid meant to cleanse your colon. These days, the amount of liquid is reduced greatly and is not as bad tasting. Depending on your doctor, you may be offered the option to split that liquid into separate, smaller servings taken a few hours apart the day before your procedure. Colonoscopy preparation also once meant fasting the day before. Nowadays, the day before the procedure you will need to abstain from solid foods but can consume clear liquids like beef or chicken broth, gelatin, sports drinks and popsicles. On the day of, you'll be asked not to consume anything within four hours of your appointment.



Because the procedure requires sedation, probably the biggest hassle is having to arrange transportation. But sedation also means you'll sleep through the whole thing and very likely wake up feeling great. Some patients feel mildly bloated afterward, but this usually subsides quickly.

Finding peace of mind

With modern technology, a colonoscopy is a very accurate test. If a patient has a polyp, our ability to find it is very high. It is also a procedure with very little risk. You rarely hear about complications from a colonoscopy. Therefore, it's a procedure with tremendous benefit and very little downside. That's important because it provides certainty. What I mean is, a patient may go a long time suffering symptoms while blaming hemorrhoids. A colonoscopy can confirm whether the patient has anything to be concerned about and, if not, they can rest easy for several years. However, if the patient only assumes it's something benign like hemorrhoids and doesn't get a screening, a more serious issue like cancer can become very problematic in time.

So don't wait to get treatment. The earlier you do, the better the outcome is likely to be. The preparation isn't a cakewalk, but it's not as bad as it once was. And the results could save your life.

Jason S. Mizell, M.D., is an associate professor of surgery in the Division of Colon and Rectal Surgery in the College of Medicine at the University of Arkansas for Medical Sciences.

Are you stuck at home "self-distancing"? If so, how about starting your own little container veggie garden!

Container Gardening With Vegetables

Yields More Vegetables With Less Work!

By Robin Sweetser

Container gardening is an easy way to grow vegetables, especially when you lack yard space! If you have a small garden or simply a patio, balcony, or rooftop, explore the magical word of gardening pots!

Want to have more control over growing conditions and enjoy higher yields with a lot less work? Garden in containers.

Tips For Container Gardening

Pots: The Bigger, the Better

- Large plants need a lot of space, and most roots need room to grow. Avoid small containers as they often can't store enough water to get through hot days. Plus, the bigger your container, the more plants you can grow!
- Use barrels (a wooden half-barrel can yield an amazing amount of food), buckets, baskets, boxes, bath-and other tubs, and troughs—anything that holds soil. Just be sure that it has drainage holes in the bottom.

Care Tips for Container Gardening with Vegetables

- Clay pots are usually more attractive than plastic ones, but plastic pots retain moisture better and won't dry out as fast as unglazed terra-cotta ones. To get the best of both, slip a plastic pot into a slightly larger clay pot.
- Black pots absorb heat when they are sitting in the sun.
- Many plants grown in pots must be watered as often as twice a day. To keep plants adequately cool and moist during hot summer days, double-pot: Place a small pot inside a larger one and fill the space between them with sphagnum moss or crumpled newspaper. When watering the plant, also soak the filler between the pots.
- Hanging baskets make good use of extra space, and herbs, cherry tomatoes, and strawberries grown at eye level can be easily tended and harvested.
- Vegetables that can be easily transplanted are best suited for containers. Transplants can be purchased from local nurseries, hardware stores, etc. or started at home.
- Feed container plants at least twice a month with liquid fertilizer, following the instructions on the label.
- An occasional application of fish emulsion or compost will add trace elements to container soil.
- Place containers where they will receive maximum sunlight and good ventilation. Watch for and control insect pests.

Climbing plants may need a support or trellises. You can easily make a teepee out of bamboo poles or wooden supports and twine. You can also use tomato cages.

To maximize space and for interest, mix things up by planting root crops, low-growers and tall climbers together in the same container. The climbers will eagerly scramble up a trellis, while the small plants spread around their base. You'll hardly need to weed because there won't be any room for weeds to gain a foothold, and during the height of summer, some low-growers (leafy greens for example) will thrive in the shade provided by the taller plants.

Mix in some flowers like marigolds and zinnias to add color.

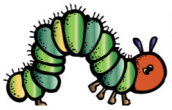
You may also want to mix quick-maturing plants, such as lettuce or radishes, with longer-growing ones, like tomatoes and broccoli.

Group plants with similar needs for sun and water, such as pole beans, radishes, and lettuce; cucumber, bush beans, and beets; tomatoes, basil, and onions; and peas and carrots.

There are some varieties of vegetables bred specifically for growing in containers.

Whatever you do, make sure your plants have enough water. It's no fun to come home from work to a wilted garden!

Found at almanac.com



Mary Ruth (Taylor) Morgan was born December 17, 1928. She and Mickey Mouse shared the date and were the same age, which explains her love for the mouse!

She served as North Little Rock's elected City Treasurer for 40 years until retiring at the end of 2014. She also served as an elected Pulaski County Justice of the Peace for 10 years.

A native of North Little Rock, Morgan also taught school for 37 years. Many former students remember her as their social studies teacher at Ridgeroad and then Lakewood junior high schools. Some of her former students included retired Mayor Patrick Henry Hays, former Council Member Clark McGlothin, North Little Rock Convention and Visitor Bureau Director Bob Major and retired Fire Chief Steve Smith, to name a few. "I also taught all my doctors and my dentist, my plumber," recalled Morgan in an interview with retired Democrat-Gazette reporter Jake Sandlin. Morgan also served on several boards and commissions. She was also involved in social groups including her Bridge Club, church groups and many others.

Her father Woody Taylor ran an auto garage at 207 Poplar Street. Mary Ruth graduated from North Little Rock High school in 1946 and earned a bachelor's degree in government and speech at Texas Woman's University in Denton. Mary Ruth Morgan was recognized as Educator of the Year by the Arkansas PTA in 1987.

Her husband F.L. "Buddy" Morgan is a retired North Little Rock police officer.

The North Little Rock Chamber of Commerce honored her as Citizen of the Year in 1991.

Mary Ruth was part of our city team for many years. Her kindness, humor and knowledge will be missed.

Sharon Louise Schalchlin, age 64, of Sherwood, Arkansas, passed away March 4, 2020. Born on November 3, 1955 in Quitman, Arkansas, she was the daughter of the late Eldon and Naomi Perry Hodges.

Sharon was a loving daughter, wife and sister. She was a member of the Park Hill Baptist Church. She had enjoyed a career in banking for over 46 years and had made many dear friends during those years. She enjoyed spending time with her family and friends.

She was preceded in death by her parents and her brother Eddie Hodges.

She is survived by her husband retired North Little Rock police officer David Schalchlin, her brother Jackie Hodges and his wife Marilyn, her sister-in-law Patsy Hodges, her father-in-law Neil Schalchlin and his wife Carolyn, and her brothers-in-law Corky Schalchlin, Scott Schalchlin and Steve Schalchlin. Mrs. Schalchlin is also survived by her many nieces, nephews, other relatives and many friends.

Laman and Argenta Branch Libraries

Spring Fling and Easter Egg Hunt - Main Branch Children's Department hosts The Arkansas Pet Rabbit Network for free family fun! Enjoy games, an egg hunt, refreshments, and furry friends from 1 to 3 p.m. April 4.

Professional Development Coaching Workshops - Laman offers professional development continuing education credit in the Main Branch upstairs gallery on Wednesdays from noon to 1 p.m. and 2 to 3 p.m. all this month. No registration is required.

Crochet 101 - Learn the basics and tips for more advanced patterns at 6 p.m. April 8 and 1 p.m. April 18 at the Main Branch.

Argenta Branch Gallery and ArtWalk Opening – Argenta Branch highlights the work of collage/mixed media artist Diane Page-Harper with a Third-Friday opening reception, 5 to 8 p.m. April 17. The exhibit continues with free admission through May 8.

Movies – Enjoy free popcorn and a drink at Argenta Branch Library on Mondays at 1 p.m. with *Midway* on April 6, *Knives Out* April 20, and *Black and Blue* April 27. Main Branch LINC hosts Wednesday Movie Nights upstairs at 6 p.m.

Free Main Branch Computer Classes & Clubs – Take a closer look at films, podcasts, anime, and video games with our special clubs: **Anime Club** meets at 4 p.m. April 2; **Film Club** meets at 6 p.m. April 6; **Podcast Club** examines your favorite true crime series 6 to 7 p.m. April 27; and **Game Club** explores, plays, and discusses video games, role-playing games, and board games at 6 p.m. April 30. **Computer Basics** are covered 11 a.m. to noon on Tuesdays and Fridays and 5:30 to 6:30 p.m. on Tuesdays**. Table Top Tuesdays** feature old-school gaming from 5 to 6 p.m., and **Retro Gaming** is 1 to 2 p.m. April 4 and 18. **Cyber Saturday Gaming** is 9 a.m. to 4:30 p.m. on April 11 and 25 with tournaments beginning at 1 p.m.

Laman Learners' Book Club - Join the online discussion of Dr. Melanie A Katzman's *Connect First: 52 Simple Ways to Ignite Success, Meaning, and Joy at Work* this month using the Google Classroom code hlitee4.

Main Branch's Book Discussions – **Book Club** is open to all at 1 p.m. April 7. This month's story is *The Mother-in-Law: A Novel* by Sally Hepworth. Share your thoughts about Yaa Gyasi's *Homegoing* with **Essence of Books** at 6 p.m. April 28.

Lit Tuesdays – Main Branch's literacy, learning, and fun starts at 4 p.m. April 7 & 21.

The Great Debate - Teens decide **Marvel vs. DC** at 4 p.m. April 9 in the Main Branch Teen Center.

Free Bingo Games - Everyone's a winner at 1 p.m. April 10 at Argenta Branch and 1:30 p.m. April 21 at Main Branch.

Free Main Branch DIY and Fitness Classes – Join us upstairs in The Studio for a **Spring Wreath Craft** from 4 to 5 p.m. April 16. **Dirty Pour Flower Pots** - Create a masterpiece at 1 p.m. April 18. All supplies provided free for ages 18 and up. Registrations are accepted through our Calendar under the Events and Programs tab at lamanlibrary.org or at (501) 758-1720. This month, Main Branch offers **Adult Yoga** at 6 p.m. on Thursdays, **Mixxed Fit** 11 a.m. on Saturdays, and Meditation 1 p.m. Thursdays.

Argenta Branch Kids' Kitchen – Children of all ages enjoy reading a story and making a snack at 10:30 a.m. and 4 p.m. April 21.

Teen Center's Can You Dig It? - Ages 12 to 18 pot their own succulents and learn to care for them at 4 p.m. April 21.

Argenta Branch Mini D&D - Ages 11 to 18 are invited to select from a variety of pre-made characters to explore a dungeon, and along the way, they may decide to disarm traps, save a village, or make a deal with a dragon. This streamlined version of D&D 5th edition is designed to encourage teamwork and problem solving while fostering an interest in pen and paper adventures at 4 p.m. April 22.

Meditation and Mindfulness – Thirty minutes of relaxation at the Argenta Branch starting at 4 p.m. Mondays.

Equal Heart - Free meals are provided for ages 1 to 18 at the Main Branch from 3:30 to 4:15 p.m. weekdays and 2 to 2:45 p.m. Saturdays.

Storytimes - Preschoolers enjoy stories, songs, and playtime at 10:30 a.m. on Tuesdays and Wednesdays at the Main Branch and Thursdays at the Argenta Branch. Lapsit Storytime is 10:30 a.m. on Wednesdays at the Main Branch.

We have these April **Birthdays**:

BEVERLY PARTIN	Laman Library	1
KORY SANDERS	Laman Library	14
ROBERT RUMPF	Laman Library	22

And these April **Anniversaries**:

ASHLEY BROWN	Laman Library	10 years
STEPHANIE WILLIAMS	Laman Library	2 years

Due to the COVID19 virus, both branches were closed during a portion of the month of March, 2020. Please contact the branches directly to find out if they are open and if the above events will be held, cancelled or rescheduled.

Arkansas Historic Preservation Program—Sandwiching in History

The Arkansas Historic Preservation Program will visit The Old Mill in North Little Rock April 3, 2020 at 12 noon. The address is 3800 Lakeshore Drive, North Little Rock, Arkansas.

Famous for being featured during the opening credits of the film *Gone With the Wind*, the Old Mill was built in early 1939 by the Justin Matthews Company as part of their new Lakewood development. Designed by architect Frank Carmean and constructed by noted Mexican sculptor Dionicio Rodriguez using a fork art style of intricate concrete work known as *faux bois* (fake wood).

The old mill is a historic recreation of an 1880's water-powered grist mill. The mill is located in the T. R. Pugh Memorial Park at the corner of Fairway Avenue and Lakeshore Drive. It was formerly named Pugh's Mill in honor of Matthews's lifelong friend Thomas R. Pugh. The mill features a two-story stone building, bridges, benches, and other examples of Rodriguez's art.

The former Justin Matthews Company gave the park to the city on May 24, 1976.

This event is free and open to the public and does not require an RSVP. Those attending the tour are encouraged to wear comfortable shoes, seasonal and weather appropriate clothing, and exercise respect for property owners and pedestrians when parking (note, this is in a residential neighborhood).

For more information about this and other programs, visit arkansaspreservation.com/events.

Pictured then (right) and now (above).

With Spring in the air, we need a quick and easy recipe for dinner after spending time in the great outdoors doing yard work, gardening or just going for a hike. The one below which is sure to please!
Prep time—15 minutes, cook time 2 hr 25 min, serves 8!

Slow-Cooker Creamy Tuscan Chicken Pasta

Found at bettycrocker.com

2 1/2 cups Progresso™ chicken broth (from 32-oz carton)
1 Tblsp Italian seasoning
1/2 tsp salt
1/4 tsp crushed red pepper flakes
1 pkg (20 oz) boneless skinless chicken thighs, cut in 1 1/2-inch pieces
8 oz uncooked campanelle pasta (2 3/4 cups)
1/2 cup chopped drained oil-packed sun-dried tomatoes with herbs
1 pkg (8 oz) cream cheese, cut into cubes, softened
1 cup shredded Parmesan cheese (4 oz)
1 pkg (5 oz) fresh baby spinach leaves

Spray 5-quart slow cooker with cooking spray. In slow cooker, mix broth, Italian seasoning, salt and pepper flakes.

Stir in chicken, Cover; cook on High heat setting 1 1/2 to 2 hours or until chicken is cooked through (at least 165°F). Stir in pasta and tomatoes. Cover; cook on High setting 25 to 30 minutes or until pasta is tender, stirring twice.

Stir in cream cheese and Parmesan cheese until cheeses melt. Stir in spinach until wilted. Let stand covered 5 to 10 minutes or until slightly thickened. Stir before serving.

Add a side salad and some garlic bread and you will have a feast!

Peddlers Permit
City of North Little Rock
Issued to: Mel Dun
Issued: 11/10/19
Expires: 12/31/19

Sex: Male
Eyes: Brown
Hair: Dun
Height: 15 hands
Employer: Equine sunglasses
Type of Goods Sold: Sunglasses for horses

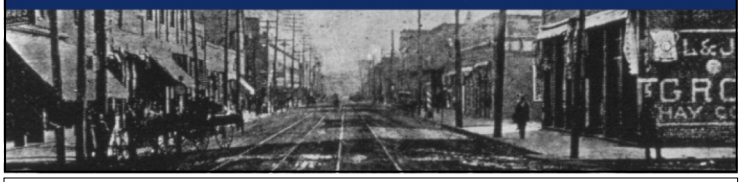
City Clerk and Treasurer Diane Whitbey
By: _**SAMPLE ONLY—**
only valid with signature

_____
Deputy City Clerk / Treasurer, Revenue

Question: *I am a **lawyer** but do not have an office or see clients in my home, am I required to have a business license?*
Answer: **Yes**...if you use your home address as your mailing address for your business, AND/OR if you advertise that you are doing business you are required to have a valid business license. This can include electronic ads, etc.

Reminder to residents:
If someone comes to your door, you do not have to answer or let them in. **If someone comes to your door and makes you uncomfortable please call the police.** If someone comes to your door and is unable to produce an ID issued by the City of North Little Rock City Clerk and Treasurer's Office (similar to the example on this page), please call **501-758-1234**.
In all cases, if you call **please provide a description of the person, location and vehicle description and license number if possible**. You can also call the North Little Rock City Clerk/Treasurer's Office Monday through Friday 8:00 a.m.— 4:30 p.m. to verify any business license or peddlers permit in our city at 501-975-8617.

North Little Rock History Commission



If you or someone you know has items of a historical interest (photos, newspaper clippings, keepsakes, etc.) to City of North Little Rock, please consider donating them to the NLR History Commission.
For more information, call 501-371-0755 or email nlrhistory@comcast.net.

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

All businesses of any type are required to have a current City of North Little Rock Business/Privilege License if they conduct business within the city.

All businesses conducting business on January 1 of the new year will be required to have a current license for that day and/or any subsequent date. (*Example: Business is open in January, then closes January 31...full fee is due*).

Please contact 501-975-8617 with any questions regarding North Little Rock Business License requirements and fees.

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

To see an individual ID/Permit, click on the person's name. All licensed door to door peddlers are **required to have the ID issued by the City Clerk's Office with them at all times**.

Currently, we have the following permitted door to door solicitor:

***Melvin Jackson, Legalshield**—expires 6-1-2020*

All 2019 Business / Privilege Licenses expired December 31, 2019.

All persons doing business ***of any kind*** within the city limits of North Little Rock are required to have a Business/Privilege License. This includes home-based such as lawn care or internet sales.

****If** a business ***operates 1 day into the new year, it is required*** to obtain a business license at the full fee.****

If you have been licensed in North Little Rock previously and HAVE NOT received a renewal letter, please contact us ASAP!

If you have any questions, please contact the North Little Rock City Clerk's Office at 501-975-8617.

North Little Rock City Council Schedule

The North Little Rock City Council meets the 2nd and 4th Monday of each month at **6:00 p.m.** in the City Council Chambers in City Hall (300 Main Street, North Little Rock).

For more information, please contact the City Clerk's Office at 501-975-8617 or email Diane Whitbey at Dwhitbey@nlr.ar.gov.

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

City Offices located at 120 Main

IS/Data Processing, Kathy Stephens	975-8820
Finance, Ember Strange	975-8802
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Shawn Spencer	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, Terrell Milton	975-8888

City Council Members

Ward 1	Debi Ross	753-0733
	Beth White	758-2738
Ward 2	Linda Robinson	945-8820
	Maurice Taylor	690-6444
Ward 3	Steve Baxter	804-0928
	Ron Harris	758-2877
Ward 4	Charlie Hight	758-8396
	Jane Ginn	749-5344

Other Elected Officials

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

Utility Payment Assistance and Other Numbers

Central AR Development Council……..501-603-0909

Little Rock Catholic Charities...501-664-0640 ext 459

Saint Francis House……....501-664-5036

Watershed……..……..501-378-0176

Helping Hand of Arkansas…… 501-372-4388

River City Ministries……501-376-6694

Arkansas Metro……....501-420-3824

Arkansas Food Bank……....501-565-8121

American Red Cross……....501-748-1021

Salvation Army……501-374-9296

Telephone Numbers for City Hall

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

North Little Rock Curbside Recycling schedule for the month of April

Mar 30—Apr 3 recycle
Apr 6-10 no pickup
Apr 13—17 recycle
Apr 20-24 no pickup
Apr 27—May 1 recycle

April Anniversaries

Name	Dept	# Yrs
FISHER, JULIE	Admin	8
FIELDS, ETHAN	AIMM	1
MARTIN, ROBERT	Airport	8
BEINS, JESSICA	Animal Cont	1
ROSS, RICHARD	Code	5
EVERETT, AUSTIN	Code	5
HILL, JANET	Courts 1st	30
ALLEN, MICHAEL	Electric	36
STEWART, JOAN	Electric	32
BOLDEN, CHARLES	Electric	24
MORAGNE, NAKISHA	Electric	20
BARTLETT, JAMES	Electric	9
BURKS, BOBBIE	Electric	9
HUNTER, JUDY	Electric	6
ALLISON, TAYLOR	Electric	5
NOBLE, RENITA	Electric	4
GERAN, DAVID	Electric	2
SMITH, MICHAEL	Electric	2
OSBON, NATHAN	Electric	2
HENLEY, SHARON	Finance	42
DRIGGERS, LINDA	Finance	2
GUNTHER, FREDERICK	Fire	38
PAYNE, DONALD	Fire	38
HOLLEY, MICHAEL	Fire	25
CRANFORD, RICKY	Fire	24
ADAMS, LAITH	Fire	23
HOOPS, HEATH	Fire	23
MAHANAY, EARL	Fire	23
KOLB, JAMES	Fire	22
THOMPSON, MICHAEL	Fire	22
IRBY, TODD	Fire	22
BROWN, GREGORY	Fire	21
BRYSON, ROBERT	Fire	21
FENDER, JASON	Fire	21
OAKLEY, BRIAN	Fire	21
SIMPSON, KYLE	Fire	21
KNOERNSCHILD, JASON	Fire	20
SCHRADER, DUDLEY	Fire	20
ZAKRZEWSKI, CLAYTON	Fire	20
DAVIS, WILLIAM	Fire	19
HILL, BRYAN	Fire	19
FORTSON, STEPHEN	Fire	19
KNIFE, JASON	Fire	18
NASH, GREGORY	Fire	18
MAHAN, TIMOTHY	Fire	18
MORENO, CHRISTOPHER	Fire	18
BURKS, JOSH	Fire	16
COX, JOSHUA	Fire	16
GARRETT, MICHAEL	Fire	16
HARGROVE, RICHARD	Fire	16
POOLE, DENNIS	Fire	16
REEKIE, CLINT	Fire	16
ROE, JASON	Fire	16
BOREL, PEGGY	Fire	16
BUTLER, CLINT	Fire	10
MITSUNAGA, MICHAEL	Fire	5
JONES, JUSTIN	Fire	4
QUINN, RODERICK	Fire	4
TETKOSKIE, NICHOLAS	Fire	4
RAY, ERIC	Fire	1
COLEMAN, JERMAINE	HR	1
DAVENPORT, JOSHUA	OES	1
CARR, MICHAEL	Parks Golf	7
MURPHY, CLIFFORD	Parks Golf	2
BROOKS, CHARLES	Parks Maint	19
EOFF, DONALD	Parks Maint	17
STANFORD, CHARLES	Parks Maint	7
SCROGGINS, BRIAN	Parks Maint	5
ADAMS, ARMON	Parks Maint	1
BROWN, JIMMY	Parks Maint	1
RAGLIN, DONALD	Parks Maint	1
ARMBRUST, KEITH	Parks Maint	1
PATE, TONY	Parks Rec	13
SAVAGE, DOMINIQUE	Parks Rec	12
COUCH III, LEE	Parks Rec	4
HAMMONDS, DONALD	Parks Rec	3
THOMPSON, TIARA	Parks Rec	2
JONES, ALYSON	Planning	3
AUSTIN, ALLISON	Planning	1
KOVACH, WILLIAM	Police	33
MORSHEDI, SIAVASH	Police	32
ROULSTON, TRACY	Police	32
TUBBS, MARK	Police	28
NELSON, MICHAEL	Police	27
WOODWARD, JASON	Police	22
MERZ, CARISSA	Police	7
SMITH, JOSEPH	Police	6
SANTUCCI, ALEXANDER	Police	3
WILLIAMS, ADAM	Police	3
BRUCKS, SAMUEL	Police	1
LESTER, JESSICA	Police	1
MILBY, WILLIAM	Police	1
WARD, PATRICK	Police	1
WILLIS, CRYSTAL	Purchasing	8
POLITE, TONDALIA	Senior Center	2
MOORE III, FREDERICK	Street	24
HUBBARD, STEVEN	Street	10
ROUGELY, BRYAN	Street	7
JOHNSON, JOHNNY	Street	3
KATTAVIRAVONG, HOLLY	Street	1
RICHARDSON, LESLIE	Traffic	15
LAWRENCE, JACOB	Vehicle Maint	2

April Birthdays

Name	Dept	Date	Name	Dept	Date
CANTRELL, PAUL	Police	3	BRECKON, JOHN	Police	13
COTTON, DENISHA	Parks Rec	3	RABUN, PAMELA	Electric	14
ELLIS, RODNEY	Parks Rec	3	MILLER, JON	Fire	14
ALLEN, MICHAEL	Electric	4	JACKSON, JAYLON	Parks Rec	15
WALKER, MELANIE	Fire	4	LARSON, TODD	Admin	16
DAVIDSON, BRANDON	Police	4	RODGERS, DAVID	Sanitation	16
WHITNEY, IRA	Police	4	JONES, RAGAN	Electric	18
MELTON, DENNIS	Parks Maint	5	GASTON, DALTON	Fire	18
HUGHES, ROBERT	Electric	6	LOWRY, PHILLIP	Police	18
SAUERWIN, JOSHUA	Sanitation	6	MILES JR, CHARLES	Police	19
SHUMPERT, JAMES	Parks Maint	6	PRIDMORE, RICKY	Sanitation	19
BURKS, BOBBIE	Electric	7	WILLIAMS, RICHARD	Electric	20
MADISON, JOSEPH	Police	7	BARNES, BLAKE	Police	20
RAMIREZ, KATHERYN	IT	7	JONES, BILLY	Fire	21
MONTGOMERY, LEONARD	OES	8	BANKS, VERTINA	Senior Center	21
GANGLUFF, PHILLIP	Police	8	HONORABLE, JONATHON	Parks Rec	21
SANDERS, AARON	Parks Rec	8	DANIELS, TEANA	Parks Funland	21
PRATER, SHANE	Electric	10	PIERCE, ALANA	Fire	22
DANCY, JAMES	Police	10	EVANS, PHILIP	Police	22
LYON, JOHN	Police	10	HARRIS RAY, CHRISTOPHER	Electric	24
STOVALL, CHARLES	Parks Golf	10	DEVINE, DEIDRA	Traffic	25
BAKER, ALEXANDER	Police	11	CARSON, JONATHAN	Parks Funland	25
HORTON, AVA	Parks Rec	11	CLARK, JUSTIN	Fire	26
SMITH, ZACHARY	Parks Maint	12	WILLIAMS, KENNETH	Sanitation	26
CASH, JARON	Parks Rec	12	ALLEN, BRANDON	Electric	27
GARNER, ALAN	Fire	13	HOUSE, JACOB	Police	27
GREENE, RODGER	Planning	13	MCNEIL, KYLE	Electric	28
REAVIS, TIMOTHY	Planning	13	HAGERMAN, NATALIE	AIMM	28

Information regarding employee anniversaries and birthdates is provided by Human Resources the prior year (i.e. 2020 was provided in 2019). So if an employee name is on the list that has retired or resigned, please disregard. Also, typos happen! Please let me know if a name is spelled wrong and a correction will be included next month! For employees who leave the city and come back in a different capacity or department, your length of service may change as well. Example, I worked in the Mayor's Office 10 years, then was elected City Clerk. I have been in the City Clerk's Office 19 years. My total service with the city is 29 years. If this scenario applies to you, please email me at least one month before the month of your anniversary month so I can include your total service to the City of NLR! Diane (Dwhitbey@nlr.ar.gov)

North Little Rock Lions Club

***Annual Bob Moore Memorial* Fish Fry**

RESCHEDULED

Friday, June 16, 2020

Pond Raised Catfish And Breaded Chicken Strips
With All The Trimmings

Serving 4:30PM Until 6:30PM
Burns Park Hospitality House In North Little Rock
Price: $12.00

Tickets will be available at the door

We Serve

Since 1917, Lions clubs have offered people the opportunity to give something back to their communities. From involving members in projects as local as cleaning up an area park or as far reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community.