

North Little Rock e-Newsletter

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

With flu shots on the horizon, it seemed like a good time to talk about vaccines.

Vaccines: Protecting ourselves and our communities

*By Robert H. Hopkins, Jr. M.D., Found in City & Town—
an Arkansas Municipal League Publication*

Every day, we take precautions and safety measures to make sure we are healthy and protected. Whether it's buckling up before driving, washing our hands before leaving the restroom, or taking medications to treat our health conditions and prevent complications, we take many effort to ensure our health.

Vaccination of children and adults is a high-value preventive intervention that we can, and should, embrace to protect ourselves and our neighbors.

Unfortunately, a growing number of Americans have become alarmed by vaccines. Theories have been circulated about harmful side effects and ulterior motives of manufacturers and providers. Truthfully, vaccines are the result of extensive research to develop these tools to prevent serious infections and diseases. Before we delve deeper into what a vaccine does, it could be beneficial to explain how a vaccine works.

Activating the immune system

When a child or adult is given a vaccine, the patient is given a component of a virus or bacteria designed to activate the immune system so the body is able to resist infection from that particular agent. For example, patients given a tetanus shot receive an inactive part of the tetanus bacteria, which activates the immune system so the individual is not infected later if exposed to the bacteria.

Vaccines are not without potential side effects. However these adverse effects are much less common and generally far less severe than the diseases these immunizations can prevent. Our current vaccines can prevent types of cancer, liver failure, severe pneumonia, the flu, and shingles, among others.



Get your
Flu Shots

The U. S. Centers for Disease Control and Prevention recommends vaccination of nearly all children against 14 different infectious agents, including influenza, measles, tetanus, whooping cough, and rotavirus. It's particularly important to protect our children because they are vulnerable to infection and can commonly spread infectious diseases to other children and adults. There are also a small number of children who cannot receive vaccines due to medical conditions, so vaccination of people around these high-risk kids is important to minimize their risk for exposure to preventable infections.

Children in schools and childcare settings live in a "soup" of viruses and bacteria. Generally, they are less reliable than adults when it comes to washing their hands, covering their mouths while coughing, and taking other health precautions, which make passing of infectious agents between peers more probable. A number of our standard childhood vaccines are critical to help safeguard children.

Value times two

Making sure our children are properly vaccinated provides value at two levels: individually for the

child and for the community as a whole. For example, if roughly 85—90 percent of students in an elementary school are immunized against influenza, the likelihood of a sustained outbreak of this vaccine-preventable infection is very small. There may be isolated cases, but a large number of cases is unlikely. However, if the immunization rate falls, even to 75 percent, the chances of an outbreak, which could lead to hospitalizations and even school closing, is significant.

The easiest way for parents to stay up to date on vaccines their children need is to talk with their pediatrician or family doctor. Each medical practice should have access to our Arkansas state immunization registry, which can report the specific vaccine status of your child, and posted schedules to show what vaccines children of every age need to receive.

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

IS THERE A DIFFERENCE BETWEEN A SERVICE ANIMAL AND AN EMOTIONAL SUPPORT ANIMAL?

*Found in the Arkansas Democrat-Gazette 8-5-15
By Rhonda Owen*

“Service animals” and “emotional support animals” are used by people who have a physical or psychological need for help from an animal, but the key difference is that assistance from one is covered by the federal Americans with Disabilities Act and Arkansas law and the other is not.

Federal and state law define service animals as dogs (although the American Disabilities Act definition has included miniature horses since 2011). At ADA.gov, the website that explains the federal law, a service animal is described as a dog that is trained to do specific tasks related to an individual’s disability.

While most people are familiar with guide dogs assisting the visually impaired, service animals also include dogs that alert deaf people to alarms, pick up objects for people who use wheelchairs and protect people with epilepsy during seizures. Then there are service dogs that flip light switches, open refrigerators or empty clothes dryers. The list of possible tasks for service animals goes on and on, but the takeaway is that the dog must be trained to take action to help the owner.

On the flip side, the ADA says an “emotional support animal” isn’t trained for a specific job, although his presence might comfort or emotionally support his owner. A person who has anxiety or depression can get a health care professional to write a letter saying that this dog is necessary to calm or ease his anxiety. But possessing such a letter doesn’t mean the dog will be covered by the disabili-



ties act, which allows service animals to go anywhere the public is allowed to go, including restaurants, restrooms, churches, libraries, hospitals and schools.

While the ADA doesn’t cover emotional support animals, there are laws that give their owners some of the same rights as those with service animals. The federal Air Carrier Access Act allows a person to take his emotional support animal (which might be a cat or a guinea pig instead of a dog) on an airplane, while the Fair Housing Act requires landlords to accept tenants with emotional support animals even in “no pets” buildings.

Arkansas law limits the service animal designation to dogs trained in specific tasks, but the issue can be a little confusing, says Justin Nickels, spokesman for Disability Rights Arkansas.

“An emotional support dog isn’t the same as a service animal, but a service animal could be an emotional support dog,” he says.

A dog that helps a person with post-traumatic stress disorder, for instance, fits the emotional support category, but also is a service animal because the dog is trained to perform a task such as determining an area’s safety before allowing his owner to enter.

Sometimes confusion about service dogs arises because anyone can call their dog a service animal without having to present proof of certification or training. Employees of a public establishment, Nickels says, can only ask the visitor or customer accompanied by a service animal two questions: “Is this a service animal?” and “What service does it provide?”

Still, he says there’s a simple way for the average person to tell the difference between a true service animal and an emotional support animal: Trained service dogs are identifiable by their conduct and deportment. They don’t lick, bark or otherwise engage with people other than the people they serve. When they go into a public building, they’re quiet, well-behaved and on task. They aren’t merely accompanying a person, but are working. They’re focused on their owner and their job. Most wear vests that have a label on it asking people not to pet the animal because it is working.

For more detailed information about service animals, check out the Americans with Disabilities Act at tinyurl.com/ovj3nys.



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

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



North Little Rock Fire Department

Carbon Monoxide Poisoning

Approximately 250 people die in the US each year from carbon monoxide (CO) poisoning. This deadly gas is hard to detect because it is odorless, colorless and tasteless. Take the following steps to help prevent carbon monoxide poisoning in your home.

Important Steps

- ◇ Have a qualified technician inspect fuel-burning appliances at least once each year. Fuel-burning appliances such as oil and gas furnaces, hot water heaters and stoves require yearly maintenance. A qualified technician can identify and repair problems with your fuel-burning appliances.
- ◇ Be aware that CO poisoning may be the cause of flu-like symptoms such as headaches, tightness in the chest, dizziness, fatigue, confusion and breathing difficulties. Because CO poisoning often causes a victim's blood pressure to rise, the victim's skin may take on a pink or red cast.
- ◇ Install a UL Listed CO detector outside sleeping areas. A UL Listed CO detector will sound an alarm before dangerous levels of CO accumulate. Read the manufacturer's instructions carefully before installing a CO detector. If your detector is wired directly into your home's electrical system, you should test it monthly. If your unit is battery operated, test the detector weekly and replace the batteries at least once a year.
- ◇ Know how to respond to a CO detector alarm. If the alarm goes off, turn off appliances, or other sources of combustion at once. Immediately get fresh air into the premises by opening doors and windows. Call a qualified technician and have the problem fixed before restarting appliances.

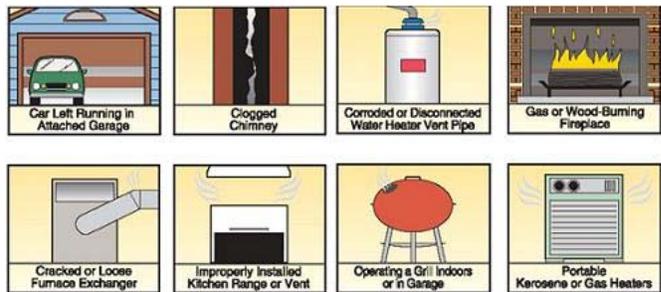


If anyone is experiencing symptoms of carbon monoxide poisoning; headaches, dizziness, vomiting, call the fire department (911) and immediately move to a location that has fresh air. Do a head count to be sure all persons are accounted for. Do not re-enter the premises until it has been aired out and the problem corrected.

Carbon Monoxide Detectors

Carbon monoxide is a by-product of combustion, present whenever fuel is burned. It is produced by com-

mon household appliances such as gas or oil furnaces, clothes dryers, water heaters, ovens and ranges. According to the American Medical Association, carbon monoxide is the number one cause of poisoning deaths in the US. Making sure furnaces and other potential carbon monoxide sources are properly vented and in good working condition, along with owning a UL listed carbon monoxide detector, could become a matter of life and death.



According to national standards, home carbon monoxide detectors must sound a warning before high carbon monoxide levels are reached. The standard requires the alarm to sound before an average, healthy adult begins to experience symptoms of carbon monoxide poisoning. The warning provides time to evacuate the premises.

Placement of Detectors

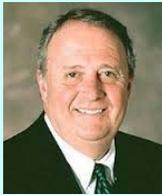
Proper placement of a carbon monoxide detector is important. If you are installing only one carbon monoxide detector, the Consumer Product Safety Commission (CPSC) recommends it be located near the sleeping area, in order to wake you. Additional detectors on every level and in every bedroom of a home provide extra protection.

Homeowners should remember not to install carbon monoxide detectors directly above or beside fuel-burning appliances, as appliances may emit a small amount of carbon monoxide upon start-up. A detector should not be placed within fifteen feet of heating or cooking appliances or in or near very humid areas such as bathrooms.

When considering where to place a carbon monoxide detector, keep in mind that although carbon monoxide is roughly the same weight as air, it may be contained in warm air coming from combustion appliances such as home heating equipment. If this is the case, carbon monoxide will rise with the warmer air. For this reason, CO detector manufacturers suggest mounting the detector on the ceiling. This also puts the detector out of the way of potential interference, such as pets or curious children.

This article was 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 (July events).



Central Arkansas Water—year to date water sales for 2015 are 13.0% below the 13 year historical average. CAW refunded its 2010B Water Revenue Bonds resulting in an annual savings of \$44,300 and an overall savings of \$709,000.

Neighborhood Services—mailed 3,527 neighborhood association announcements/newsletters. Mailed 2,100 announcements about the McCain overlay project to residences around the project and notified businesses along the route.

Hays Center—22 trips were provided to Bryant Senior Center, Dondies in Des Arc, Fairfield Bay Bell of the Bay, Searcy Senior Center, Bass Pro Shop, Murrays Theatre, Cooks Lake Hummingbird Program, and Alma A to Z Outlet: included 189 participants. There were 63 new Hays Center members.

Utilities Accounting—

Electric bad debt expense

July: \$34,022.00; 2015 Projected Bad Debt \$270,000

New accounts installed: 1,218

Accounts finalized: 1,017

Customer related calls—10,808, direct contact with Customer Service—2,210, inside teller payments received 8,121—electric; 9,535—gas / water, drive-thru teller payments—5,003—electric; 5,050—gas / water.

Sanitation—Collected and disposed of 1,617.37 tons (3,234,740 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 365 loads; 7,492 cubic yards of mixed debris along with 3,155 cubic yards of green waste. Issued 48 Sanitation Code notices/letters and 3 citations for non-compliance. Picked up 414 used tires.

Traffic Services—approved 99 barricade applications for permits. Repaired or replaced signs and posts 149, marked 5 city vehicles with logo, 30 Arkansas One Call location requests. Road striping (white—4.2 miles, yellow 7.6 miles), raised pavement markers (red/white—600, yellow—350).

Police—(June numbers) Burglary -1%. Theft from Motor Vehicles +8%. Robbery +6%. July 28 held first "Fish With A Cop" event which was attended by 35 teenagers who fished with 20 officers. Participants completed "Past Due" a summer pilot program led by School Resource Officers Elizandro and Nannen.

Fire—Total Incidents: 958

Residential Fires: 13

Vehicle Fires: 9

Rescue/EMS: 613

Other Responses: 254

Total Responses: 1,655

Other Structure Fires: 0

False Alarms/Malfunions: 63

Haz Mat Responses: 4

Mutual Aid: 2

Total Fire Losses: \$510,274

Total Value: \$101,334,824

Total Saved: \$100,824,550

Training: 3,817.15 hours

Building Surveys: 207

Citywide Burn Ban in effect.

Electric Department—38,453—customers, Peak Power—237,674 KW, Territory— 60 square miles, miles of wire—544.8 miles, # Transformers—11,248, Street lights—11,001 (174 repaired), Security lights—3,931 (23 repaired), Smart meters 37,029—Revenue \$10,044,267. Major outages—1--Prothro—Bethany Road—969 customers.

City Clerk/Treasurer—1% Hotel—\$31,792.78; 2%

Hotel/Motel—\$62,932.39; Mixed Drink Tax—

\$43,275.61; Restaurant Tax—\$510,293.01.

Issued 35 new business licenses, processed 270 re-

newals (including Beer / Liquor), Beer Renewals—

\$233,042.15, Liquor, 38,200.00. 123 accounts under

review. Continue accepting credit card payments

which has provided a beneficial service to out of state

customers wanting to renew or apply for licenses by

phone and businesses that waited until the deadline to

renew beer and liquor licenses.

Code Enforcement—159 assigned calls, 672 initiated

calls, 14 citations, 351 notices, 44 vehicles tagged,

163 structures inspected, rental inspections 28, 19

food service inspections, 0 search warrant, 0 house

demolished by city, 1 houses demolished by owner.

Secured 4 vacant houses, mowed 106 vacant lots,

mowed 36 with structures, picked up 82 tires.

Animal Control—NLR

Incoming Animals—258,

Adopted 84,

Reclaimed 24,

Euthanized 164

Citations issued 44

Vouchers (low cost spay/neuter) Dogs 30, Cats 14,

Calls for Service 679

Pulaski County Incoming Animals—120,

Adopted 40,

Reclaimed 7,

Euthanized 77

Pulaski County residents continue to bring in large

numbers of animals, which is conducive to the open-

door, full-access policy of

NLRAC.



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Parks and Recreation—Staff continue to work on getting Burns Park back to pre-flood conditions. Mowing is getting back on schedule. Flooding caused damage to some areas of the golf course which has effected revenue. However, approaching Fall weather should increase play. Several events were held including the Glo Run with 1,700 runners and Insane Inflatables 5K run with 2,000 runners and walkers. The annual Busch Softball Tournament was held the weekend of July 4th and had 71 teams participate. Community Centers participants took part in SAPling SPY Academy which was an ongoing fun-filled way to learn and play. Shep has been working the geese in and around Burns Park. On a sad note, he attended a memorial service for Little Rock Police Department Canine Officer, Titus.

Finance—

Revenues (MTD—July)

Taxes	\$ 483,540.85
Licenses/Permits	\$ 235,516.03
Fines/Forfeitures	\$ 265,575.53
Local Option Sales Tax	\$2,134,470.03
Intergovernmental-State	\$ 0.00
Franchises	\$ 221,264.97
Investment/Misc	\$ 29,179.20
User Fees	\$ 96,673.26
Utility Transfer	\$ 0.00
Grants & Other	\$ 63,486.68
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$4,452,786.55

Expenditures

Administration	\$ 150,495.08
Animal Shelter	\$ 64,108.42
Special Appropriations	\$ 540,560.12
City Clerk	\$ 22,227.09
Emergency Services	\$ 126,401.54
Finance	\$ 64,814.00
Fire	\$1,448,289.12
Health	\$ 5,524.89
Legal	\$ 42,669.56
1st Court	\$ 43,356.09
2nd Court	\$ 43,776.78
Public Defender	\$ 329.64
Human Resources	\$ 52,753.61
Commerce	\$ 17,942.08
Planning	\$ 94,981.55
Police	\$1,687,178.00
Code Enforcement	\$ 73,067.63
Public Works	\$ 71,648.62
Neighborhood Services	\$ 14,378.49
Sanitation	\$ 359,174.43
Vehicle Maintenance	\$ 66,175.77
Senior Citizens Center	\$ 73,344.55
Communications	\$ 6,865.84
Fit 2 Live	\$ 10,306.86
Total Expenditures:	\$5,080,370.00

North Little Rock Visitor's Bureau—The visitors center in Burns Park had 1,604 visitors. AIMM had 2,639 visitors plus school/youth groups, sleepovers, a family reunion, and Navy re-enlistment ceremony.

Grilled Salmon with Honey-Soy Marinade

Ingredients

- 1 Tbsp packed brown sugar
- 1 Tbsp butter or margarine, melted
- 1 Tbsp olive or vegetable oil
- 1 Tbsp honey
- 1 Tbsp soy sauce
- 1 clove garlic, finely chopped
- 1 large salmon fillet (about 2 lb) cut into 8 pieces

Directions

In a small bowl, mix all ingredients except salmon. In shallow glass or plastic dish, place salmon. Pour marinade over salmon. Cover and refrigerate at least 30 minutes but no longer than 1 hour. Heat coals or gas grill. Remove salmon from marinade; reserve marinade. Place salmon, skin side down, on grill. Cover and grill over medium heat 10



to 20 minutes, brushing 2 or 3 times with marinade, until salmon flakes easily with fork. Discard any remaining marinade. *Makes 8 servings.*

North Little Rock City Offices will be closed, Monday, September 7, 2015 in observance of Labor Day. Garbage and Recycling Routes will be delayed one day all week. (i.e. Monday's route will be picked up Tuesday and so on...)

Roads, Revenues and Suburbs of the Future

Found in *Metro Trends July 2015 Review & Outlook*

Last winter was unusually hard, leaving plenty of cracks and potholes for local drivers to bump and jolt over. Obscure as it may seem, the condition of asphalt makes a useful introduction to a cost-conscious look at the future of suburban development.

In modern practice, most new suburban streets are constructed by private developers. This includes not just local streets in housing subdivisions, but also construction and/or widening or arterial streets within or directly adjacent to new developments (aside from the State Highway system routes). Once roads are built, developers deed them over to local governments, which take over maintenance — in perpetuity, as in *forever*.

Streets have a “design” life which varies depending on the quality of construction, levels of traffic (not easily foreseen), and even weather. A typical life cycle is about 30 years, but this varies. In theory, it’s better to fix a street before it begins to seriously degrade, but in practice governments tend to follow the more easily deferred, but also more expensive, practice of “fix on failure.”

The Arkansas State Highway and Transportation Department (AHTD) keeps a database of pavement conditions on its roads. In the four-county Central Arkansas region, that’s about 15 percent of total roadway miles (AHTD’s share includes the most heavily-travelled miles). Few local governments keep such a database, and those that do

have limited data. One local official, whose city does a reasonably competent job of street maintenance, admits that the practice depends on knowledgeable staff who keep a record of pavement needs by street “in their heads.”

Citizens pay taxes to their local governments, mainly sales and property taxes (most local revenue in Arkansas comes from sales taxes). We know that each new land development will require maintenance funding, as well as provision of police, fire, libraries and other city services. Each new subdivision adds traffic, and requires additional water and sewer capacity. Developments come in many varieties, ranging from low-density single-

family homes to apartment complexes, shopping centers, and even walkable mixed-use and downtown districts. Does anybody know how much these different development types cost governments (and hence their tax-paying citizens), both in the short term and over time?

Surprisingly, almost nobody. This isn’t just a local problem. A recent study by Smart Growth America covering the entire United States found “only four municipalities that have studied the ability of different development patterns to generate a surplus.” Generally, however, denser developments, particularly those that put a high premium on the quality of their urban environment, may cost more up front but generate more revenue per acre, and hence cost less in proportion to the revenues they produce. Low-density development, often seen as “economic” from a short-term perspective is, in practice, heavily subsidized by governments in the long run.

The hidden nature of development costs, and problems of traffic saturation, helps explain why two local communities, Bryant and Conway, now levy impact fees on new developments. It probably also explains why, over the decades, fast-paced population and housing growth tend to jump around from one “hot” new suburban town to

another. Problems of traffic and cost generally come due, growth slows, and fast-paced development leapfrogs to another community. Tastes are changing, too, as more walkable older and redeveloped inner-city areas gain popularity, and this will add a bit to overall density, although greater convenience typically comes at premium cost.

A growing region like Central Arkansas, with ample developable land and

free from the extreme congestion common to larger urban areas, will continue developing outward into the foreseeable future. The cost question will be deferred, but it will quietly influence the willingness of private finance and local governments to back new developments. As the region grows into the future, expect a combination of suburban spread on the one hand, and infill and redevelopment in established areas on the other, and hence a slow rise in overall density. And what about pavement conditions? You will see occasional patches and repair jobs, but potholes and cracks will continue spreading and worsening overall. Expect even more bumps and jolts in your future.



Healthy Ways to Improve Your Mood

*Found in Healthy Exchange Newsletter
from Southwest EAP (Employee Assistance Program)*

Bad moods are an inevitable part of life. What can be particularly frustrating, however, is when we know we're in a bad mood, but seem unable to snap ourselves out of it. Are you aware of the many short-term and long-term, healthy techniques and strategies you can utilize to improve your mood?

If you find yourself feeling down, anxious, grumpy, low in energy, irritable and quick to snap at family, friends and co workers. Try a few of the suggestions below and find what works best for you.



1. **Practice deep breathing.** Break the grip of a bad mood with controlled, slow and deep breathing. Here's what to do: Sit comfortably at your desk or alone in a quiet room. Close your eyes and inhale slowly and deeply through your nose (about 7 seconds), then exhale slowly through your mouth (about 8 seconds). Focus your attention entirely on your breathing. If you prefer, say (or think the word) "relax" or "calm" or another soothing word as you exhale. Do this for ten repetitions any time you feel particularly anxious or stressed. This technique, known as the "Relaxation Response," will calm your brain, relax your body and lift your mood.
2. **Exercise.** When you exercise, your brain releases endorphins, adrenaline, serotonin and dopamine—natural brain chemicals that work together to relieve tension, lift your energy and boost your mood. Researchers report that even a short brisk walk can give you an energy and mood boost. What types of exercise are best? Cardiovascular exercise (such as brisk walking, running, cycling, swimming or other aerobic activity), weight training and yoga have all been shown in studies to reduce tension and anxiety and improve your emotional state.
3. **Adjust your diet.** When you eat and what you eat affects your blood sugar levels, which in turn affect your energy and mood. Nutritionists recommend the following to help stabilize your blood sugar levels and mood:
 - ◇ Eat small meals and snacks every few hours to avoid peaks and valleys in your blood sugar levels. Eating consistently throughout the day provides your brain with a constant source of fuel to help stabilize your energy and mood.
 - ◇ Limit consumption of simple sugars and refined carbohydrates to lessen major blood sugar swings. Concentrated sources of sugar like soda, candy, fruit juice, jam and syrup can create radical spikes (and drops) in your blood sugar levels, which can leave you feeling irritable and tired. Additionally, refined white starch foods like white bread, crackers, bagels, muffins, breakfast cereals and white rice can have the same effect on your blood sugar and mood. Limit your consumption of these foods. Instead include more complex carbohydrates in your diet, such as vegetables, fruit, beans, peas, lentils, whole grains, brown rice and oatmeal.
4. **Let it out.** If you're in a bad mood, there could be an obvious problem or emotional reason for it. Try to determine why you're in a bad mood and talk to a family member, friend or counselor about it. Simply talking about your problem will help you start to feel better. Allow yourself to feel your emotions. Remember, bottling up your feelings will only darken your mood, so let your feelings out.
5. **Make adequate sleep a priority.** Scientists have documented the link between sleep deprivation and a poor mood. According to a survey conducted by the National Sleep Foundation, those who got fewer than six hours of sleep on weekdays were more likely to describe themselves as stressed, sad, angry and pessimistic. Conversely those getting adequate sleep reported more positive feelings. For a better mood, make the quality and quantity of your sleep a priority. Research suggests that most healthy adults need seven to nine hours of sleep each night. Keep a consistent sleep and wake schedule on workdays and weekends. Choose relaxing activities before bedtime, such as reading or taking a warm shower or bath, instead of turning on the TV or computer. Make sure your sleeping environment promotes relaxation and sleep. Your bedroom should be quiet, dark and at the proper temperature (in the mid-60's).
6. **Bask in the sun.** Sunlight is another element that is associated with mood and health. About 20% of Americans report feeling more depressed during the winter, when the amount of sunlight during the day is less and foul weather keeps people indoors more often. Why does this happen? When you're out in the sun your serotonin levels go up. Serotonin is a hormone in our body that helps elevate our mood. In the winter, we don't get as much sunlight, so we don't produce as much serotonin. As a result more people feel blue.

◇ Include protein with meals and snacks. The addition of protein to a meal or snack will help slow the absorption of carbohydrate in the blood and lessen blood sugar and mood swings. Good protein sources include chicken, turkey, seafood and

fish, veal, pork tenderloin, tofu, eggs and low-fat yogurt.

◇ Cut down on caffeine. Although it can provide an initial boost in energy and concentration, too much caffeine is linked to depression, fatigue and mood swings.

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Try to get out more during daylight hours to help break a bad mood. An early morning or lunchtime walk will increase your exposure to natural sunlight, release the brain's natural mood-lifting chemicals like endorphins, and includes the additional benefit of being outside and breathing fresh air.

7. **Eliminate the "worry mode."**

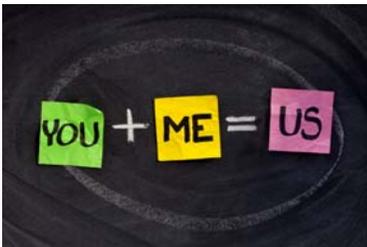
Changes take place in your physiology (changes in blood chemistry, blood sugar level, blood pressure, muscle tension) that undermine your energy and mood. If you're prone to worry, ask yourself these questions: Will any amount of worrying change the future? Will worrying pay your bills, prevent an accident, make your job more secure, or show that you care more because you worry? The truth is you can spend the rest of your life worrying and you will not have changed a thing. Worrying is passive. It gets you nowhere. The first step to eliminating worry is to recognize it as a bad habit (a



learned, negative way of thinking) that can be changed. To eliminate worry, try the following: The next time you catch yourself worrying, change your "worry" to "wonder." Your internal dialogue could go something like this: "I wonder how I can overcome this obstacle? Maybe I could try this. If it doesn't work, I'll try something else." By changing worry to wonder, you turn unproductive, stress-promoting thinking into thought and action that can create positive change in your life. If persistent worry is a problem for you, seek out additional resources or counseling to help you overcome this destructive habit.

8. **Take a break.** Give yourself a break from negative thinking or a bad mood by doing something different. Suggestions that might work for you: Take a warm bath, read a good book, listen to relaxing music, get a massage, engage in a hobby, work in your garden, watch your favorite comedy or visit a library or museum. A change of pace, no matter how short, can help give you a more objective or positive perspective on what may be souring your mood.

Everyone experiences a bad mood from time to time. However, if you're feeling "down" for more than a few weeks, or having difficulty functioning in daily life, you may be suffering from a serious medical condition called depression. If you suspect that you or one of your dependents, may be suffering from depression, you should consider contacting a counselor for assistance.

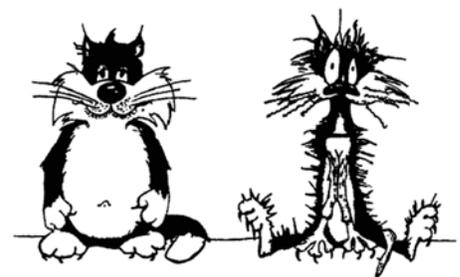


Relationships 101

For a relationship to be successful, both partners must be willing to share and accept each other's feelings. The ability to share feelings is essential to creating intimacy and openness in a relationship. Both "negative" and "positive" feelings need to be shared. For many, these are "emotional" skills that need to be learned.

Quick Tip for Relieving Job Stress

To help ease stress at work, take some "time out" every day. Get away from your work activities. Relax in a peaceful setting or take a short walk. Even a 15-minute time-out has the ability to dissipate stress, energize you and make the rest of your workday more productive and enjoyable.



Before Work

After Work



Alcohol and Sleep

Use alcohol only in moderation and not before bedtime. Do not use alcohol to induce sleep. A nightcap can lull you to sleep, but alcohol typically produces light, unsettled sleep. Additionally, using alcohol to fall asleep could lead to dependency.

Why you should mulch leaves, not rake them

Found at www.mnn.com (Mother Nature Network)

Mulching is great for your wallet (and your back!) Shredded leaves control certain weeds and also provide soil with much-needed winter nutrients.

By Tom Oder

It's the annual fall dilemma. The leaves that have fallen need to be removed, but there are more on the trees. Should you rake them up now or wait until the limbs are bare?

Neither! Bag the rake, not the leaves!

Instead of raking leaves, stuffing them into lawn bags and hauling the bags to the curb, mow them with a mulching lawn mower—a lawnmower with a specially designed high deck and a mulching lade that chops leaves into fragments as tiny as confetti. As the shredded leaves decompose, they will act as a natural fertilizer and weed control agent.

For those who insist on a spotless lawn year-round and might be concerned about what the neighbors will think of the brown leaf bits the mower leaves behind, don't worry. The shredded leaves will filter through the grass and disappear from sight. In northern lawns that go dormant or in grasses such as Bermuda or zoysia that turn a dormant brown color in winter, the shredded leaves may even blend right in. Better yet, if you continue this practice each fall, in a few years mulching can help you have a luscious spring and summer lawn free of dandelions and crabgrass that will be the envy of people up and down the street.

Here's a guide on how to take advantage of autumn leaves, the best free resource for your lawn.

The problem with fall leaves. Leaves that are not removed from your lawn block sunlight and air from reaching the grass. The problem becomes worse when it rains or there are early snows that turn fluffy layers of leaves into soggy mats. The lack of light and air circulation can cause turf diseases or, in a worst-case scenario, may even smother the grass and kill it.

The Answer. Homeowners can easily solve this problem with a mulching mower. "Mulching mowers are designed with a high deck and are shaped so that the mulching blade spins leaves and grass more than once as it cuts them into small pieces," said Kevin Morris, president of the National Turfgrass Federation. Just change the mower to its highest setting, remove the bag attachment and mow the leaves and grass, letting the shredded leaves and grass blades remain on the lawn. If you don't have a mulching mower, an alternative is to buy a mulching blade from a hardware store. Mulching blades have special serrated edges and attach to the mower. Morris cautions though that regular mowers may not shred leaves as well as a mulching mower because regular mowers may not recirculate leaves inside the deck the way that mulching mowers do. Mowers



with side chutes or old-fashioned push mowers can be used, but also are not as effective in shredding leaves into small pieces as mulching mowers. If you use a landscaping service, ask them to use a mulching mower in the fall and not bag the leaves.

When to mulch. The optimum time to shred fallen leaves is when you can still see some grass poking up through them. Depending on the number and size of trees on your property—or your neighbor's—you may need to mow your yard more than once a week. Studies by turf grass specialists at Michigan State University show that up to six inches of leaves can be mulched at one time, depending on the type of mower you have. There's also a common sense approach about when to mulch. If the leaves are so thick that they make mowing difficult, you may need to add the bag attachment or even rack them. You can also put the bag attachment on a mulching mower and spread mulched leaves on landscape and vegetable beds.

What not to do. Don't wait until spring to mulch leaves and spread them on landscaped beds. If you place leaves on garden beds in the fall, they will biodegrade almost completely, if not completely, by spring. If, on the other hand, leaves are not placed on garden beds until spring, the decomposition process will compete with plants for nutrients just when the plants need it most, to make energy to produce the flowers you've waited all winter to enjoy.

Why mulching works. Micro-organisms that live in the soil break down organic material such as leaves. Worms get in on the action, too. The roots of some grasses such as fescue can grow slowly in the fall and a mild winter and the decaying action of mulched leaves left on the yard will provide these roots with nutrients. Mulched leaves will biodegrade and disappear from the lawn by spring. The same type of activity with micro-organisms and worms that is happening in the lawn area is also happening in landscape and vegetable beds.

Benefits. Mulching leaves will save homeowners time and money. Mulching is faster and far easier on the back than raking. It's also easier on the wallet. The decomposing leaves and grass cover the soil between the individual grass plants where weeds can germinate. MSU studies found that homeowners can attain a nearly 100 percent decrease in dandelions and crabgrass after mulching fall leaves for just three years. In addition to reducing the occurrence of weeds, and the need to spend money on weed control products, mulched leaves keep the soil warmer in winter and cooler in summer and the nutrients provided by mulching reduce the amount and expense of fertilizer needed to achieve green-up in spring.

Crème Brulee Cheesecake Bars

Ingredients

- 1 pouch (1 lb 1.5 oz) Betty Crocker™ sugar cookie mix
- 1 box (4-serving size) French vanilla instant pudding and pie filling mix
- 2 Tbsp packed brown sugar
- 1/2 cup butter or margarine, melted
- 2 1/2 tsp vanilla
- 2 eggs plus 3 egg yolks
- 2 packages (8 oz each) cream cheese, softened
- 1/2 cup sour cream
- 1/2 cup sugar
- 2/3 cup toffee bits, finely crushed



Directions

Heat oven to 350°F. Lightly spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, stir cookie mix, pudding mix, brown sugar, melted butter, tsp of the vanilla and 1 whole egg until soft dough forms. Press dough in bottom and 1/2 inch up sides of pan.

In small bowl, beat cream cheese, sour cream and sugar with electric mixer on medium speed until smooth. Add remaining whole egg, 3 egg yolks and remaining 1 1/2 tsp vanilla; beat until smooth. Spread over crust in pan.

Bake 30 to 35 minutes or until set in center. Immediately sprinkle top with crushed toffee bits. For bars, cut into 9 rows by 4 rows. Store covered in refrigerator. *Makes 36 servings.*

School Board Election

Early voting starts September 8

Last day to early vote September 14

Election held September 15

To view early voting locations and times visit www.votepulaski.net

Candidates for School District Board of Directors

Zone 2

Tracy Steele
Alicia Walton

Unopposed

Darrell L. Montgomery – Zone 3 (Write in)
Luke King – Zone 7

...continued from page 1...

The value of vaccination does not stop with children. Adults also should be strongly encouraged to continue receiving preventive vaccines, including those for influenza, whooping cough, pneumococcal infections, shingles, and hepatitis B. While many adults emphasize protecting their children above their own health, it's important to stay current on vaccines. It's also important to remember that for adults, vaccination can also provide another layer of protection to children who are too young for certain vaccines.

See next page for city employee flu shot schedule.



SAVE THE DATE

Over 30 Chamber Member Restaurants, Caterers & Drink Distributors PLUS CHAMBER BUSINESSES ARE INVITED TO PARTICIPATE THIS YEAR!

Tickets
\$15 in advance
\$20 at the door

THURSDAY, SEPTEMBER 24, 2015
5:00 p.m. - 7:30 p.m.
VERIZON ARENA

A TASTE FOR BUSINESS



For more information about how your business or restaurant can get a booth, contact The Chamber at 372-5959.

Full-time and Part-time City of North Little Rock Employees—Flu Shots

September 14 10:00 a.m.—11:00 a.m. NLR Community Center—large meeting room

September 21 10:30 a.m.—11:30 a.m. City Services—1st floor conference room

September 22 12:00 noon—4:00 p.m. Police & Fire Training Bldg—small classroom

September 25 7:00 a.m.—9:00 a.m. Public Works—Blue training building

September 30 7:30 a.m.—8:30 a.m. Electric—construction meeting room

September 30 9:00 a.m.—10:00 a.m. City Hall—1st floor breakroom

Employees must bring their insurance card.

Would You Like to Know How to Detect Cancer Early?

Found in NLR Wellness Newsletter—August 2015

<http://www.nutritionaction.com>

If you've reached the age of 40, your odds of getting some form of cancer over the next 20 years are about one in 11. Once you hit 60, your 20-year risk is one in five (for women) and one in three (for men).

And all cancers are not equal. Some (like lung and pancreatic) are more likely to kill you than others (like prostate and breast). Some (like colon and cervical) are easier to detect at early stages than others (like ovarian and esophageal). And some are more closely linked to what—and how much—you eat and how much you move than others.

Here's how to detect cancer early with some warning signs, and how to reduce your risk.

Breast Cancer No other cancer strikes anywhere near as many women, though lung cancer claims more lives. Warning signs of breast cancer include a painless lump, thickening, swelling, distortion, tenderness, skin irritation, redness, scaliness, dimpling, puckering, pitting, discharge or nipple turned inward.

To help reduce your risk, watch your weight. "The first thing to emphasize about post-menopausal breast cancer is that excess weight increases the risk," says Regina Ziegler of the Division of Cancer Epidemiology & Genetics at the National Cancer Institute. "And it's not just being obese, but also simply being overweight."

What's more, breast cancer patients who are more active and less overweight have better odds of surviving the disease.

Colon Cancer The warning signs for colon cancer include diarrhea or constipation, feeling that your bowel doesn't empty completely, blood (bright red or very dark) in your stool, narrow stools, gas pains or cramps, feeling full or bloated, unintended weight loss, fatigue, nausea, and vomiting.

To help reduce your risk, watch your weight. "Being overweight or obese is clearly associated with colorectal cancer, and a larger waist circumference also increases the risk," says Marjorie McCullough, director of nutritional epidemiology at the American Cancer Society.

And in the NIH-AARP study of roughly half a million people, men and women who did moderate to vigor-

ous exercise at least five times a week had an 18 percent lower risk of colon cancer than those who did little or no exercise.

Esophageal Cancer Esophageal cancer is actually two diseases. Worldwide, squamous cell carcinoma is more common. Its victims are typically smokers, heavy drinkers, or poorly nourished. In the United States, adenocarcinoma now accounts for half of all esophageal cancers.

Warning signs include food getting stuck in the esophagus or coming back up, painful swallowing, chest or back pain, unintended weight loss, heartburn, a hoarse voice or cough that doesn't go away in two weeks.

To help reduce your risk, watch your weight. "In today's world, it is dominating everything," says Susan Mayne, head of the Division of Chronic Disease Epidemiology at the Yale School of Public Health.

In an NIH-AARP study, which tracked roughly 500,000 men and women for seven years, those who were overweight had a 70 percent higher risk of esophageal adenocarcinoma than those who were normal weight. The obese had more than double the risk. Why? Pressure from a bigger belly may raise the odds of reflux.

Lung Cancer Lung cancer kills more Americans than breast, colon, and prostate cancers combined. While cigarettes, cigars, and pipes account for 87 percent of lung cancers, 16,000 to 24,000 Americans who never smoked die of lung cancer each year. "Nonsmokers can still get lung cancer," says the NCI's Regina Ziegler.

Warning signs include a persistent cough, shortness of breath, constant chest pain, coughing up blood, a hoarse voice, frequent lung infections like pneumonia, fatigue and unintended weight loss.

To reduce your risk, watch your diet. Also, in 2010 researchers tracking 500,000 healthy Europeans found that those with higher blood levels of vitamin B-6 had a 55 percent lower risk of lung cancer.

B-6 was associated with a similar decrease in risk among none smokers, former smokers, and current smokers," says Ziegler. So smoking doesn't explain the results. "Seafood, poultry, beans, cottage cheese, nuts, whole grains, all are rich in vitamin B-6. But don't rush out to the drugstore for B-6 pills.

"Something else could account for the link," cautions Ziegler.

Grilled Southwestern Shrimp Salad

Ingredients

1 lb uncooked deveined peeled large shrimp
1 tsp chili powder
3 ears fresh sweet corn, husks removed, cleaned
1/4 cup fresh lime juice
1 Tbsp canola oil
1 Tbsp honey
1/2 tsp kosher (coarse) salt
1/2 tsp ground cumin
1/8 tsp coarse ground black pepper
6 cups chopped romaine lettuce
2 large tomatoes, cut into 8 wedges
1 small avocado, pitted, peeled and diced (3/4 cup)

Directions

Heat gas or charcoal grill.

Sprinkle shrimp evenly with chili powder; set aside. Spray grill rack with cooking spray. Place corn on grill over medium heat. Cover fill; cook 12 minutes, turning occasionally. Add shrimp to grill for last 6 minutes of cooking time; cook, turning once, until shrimp is pink. Cut kernels from ears of corn. Discard cobs. In small bowl, stir lime juice, oil, honey, salt, cumin and pepper with whisk; set aside.

In a large bowl, stir together shrimp, corn, lettuce and tomatoes; drizzle with dressing and toss well. Add avocado; toss gently. Serve immediately. *320 calories per serving.*



Keep bagging leaves for weekly pickup!

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

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



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

Believe it or not, Fall will be here before we know it and events are already starting to fill the calendar!



October 17, 2015

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



November 7, 2015



**Peddlers Permit
City of North Little Rock**

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



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

North Little Rock History Commission



The North Little Rock History Commission is on Facebook! Search for North Little Rock History Commission and join their page today!

Also, the Friends of North Little Rock History have formed a Non-Profit Organization whose purpose is to protect and promote our city's rich history.

If your family has been in North Little Rock for 50 years or longer, the History Commission wants to know.

If you have items that represent our city's past and would like to donate them for future generations to enjoy, contact the History Commission staff.

For more information, contact the History Commission at 501-371-0755.

The North Little Rock Visitor's Center wants to know about your upcoming events!

To submit events, visit www.NorthLittleRock.org or call Stephanie Slagle, Public Relations Representative at 501-758-1424.

The following have a Peddlers permit in North Little Rock:

Southwestern Advantage

Educational books, software

- Lesley Hahn - expires 9-3-15
- Savanna Barrow - expires 9-6-15

ARM Security

Security Systems and Service expire 9-14-15

- | | |
|---------------------|-------------------------|
| Holden Bailey | Kenneth Vinyard |
| Nicholas Brezina | Brock Water |
| Derek Christensn | <i>Following expire</i> |
| Ethan Desmarais | <i>10-27-15</i> |
| Yasir Finkenthal | Spencer Christensen |
| Daniel Gardner | Blake Densley |
| Andrews Givens | Cody Gally |
| Tyler Goudy | Danny Garcia |
| Spencer Hale | Casey Gorham |
| Tanner Hale | Cody Hunt |
| Dylan Hammond | Eric Johnson |
| Christopher Lumpkin | Trent Kohler |
| Nathaniel Moore | Camron Hanna |
| Mitchell Morse | Geremy Mori |
| Andrew Mummert | Jason Morris |
| Mark Oman | Chase Russell |
| Preston Paynter | Brycen Sharp |
| Taylor Petersen | Jarin Sillitoe |
| Steven Price | Isaac Terry |
| Dallin Stevens | Josh Terry |

Michael Terry
Jordan Wilson
PROTECTION 1

Expire 11-9-15

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

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

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

Reminder to residents:

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

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

North Little Rock
City Council Schedule

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

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

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

City Offices located at 120 Main

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

City Council Members

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

**Utility Payment Assistance
and Other Numbers**

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

Other Elected Officials

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

Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Legal.....	501-975-3755
C. Jason Carter	
Communications.....	501-975-8833
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Special Projects.....	501-975-3737
Jim Billings	

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

Sept 1—4 no pickup
Sept 7—11 recycle
Sept 21—25 no pickup
Sept 28—Oct 2 recycle



September Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
DAVID	MILES III	Animal Shelter	12	BRUCE	MOYSTER	Police	14
GREGORY	WOODWARD	Electric	25	BRIAN	MITCHELL	Police	15
MATTHEW	PRICE	Electric	8	PHILLIP	HAMMONS	Police	6
JAMIE	BELL	Electric	25	KAREN	DIMATTEO	Police	6
BRIAN	SMITH	Electric	6	JEFFREY	GRAVETT	Police	15
THOMAS	FLETCHER	Electric	16	ASHLEY	NOEL	Police	6
ROBERT	BRYSON	Electric	18	JAMES	FRANKS	Police	20
RANDY	PRESLEY JR	Electric	6	BRANDT	CARMICAL	Police	20
RICKY	BETTIS	Electric	1	ROBERT	EDISON JR	Police	20
LEONARD	PETTIT	Electric	18	CHARLES	MILES JR.	Police	20
KEITH	MELTON	Fire	26	YANCY	TOLLETT	Police	6
CORNELIUS	FENNESSEE	Fire	28	DAVID	PETTIT	Police	17
MARK	THORN	Fire	26	MICHAEL	SHAHAN	Police	17
WALLACE	DEREUISSEAU	Fire	28	RASHUNDA	WILLIAMS	Police	2
ALEX	GUAJARDO JR	Fire	22	JERRI	PAGE	Police	31
CLINT	BUTLER	Fire	28	CARLA	NICHOLS	Police	14
ROBERT	BARTON	Fire	28	JON	FISHER	Police	13
CARL	WILSON	Fire	21	JAMES	NEELEY	Police	13
BEAU	BUFORD	Fire	22	TANYA	WARD	Police	13
ROY	SANCHEZ	Fire	28	MARK	STEPHEN	Police	13
CHRIS	HALL	Fire	22	VICKI	HUMPHREY	Code	15
JON	MILLER	Fire	18	SHIRLEY	ABEL	Neighborhood Sr	20
DANIEL	DELLORTO	Fire	22	HAROLD	FORD	Sanitation	14
TODD	HINK	Fire	22	BILLY	HOPSON	Sanitation	15
ALAN	TETKOSKIE	Fire	26	ALTORIA	TUCKER	Sanitation	7
CEDRIC	PAYNE	Fire	28	LYNN	WILLIAMS	Sanitation	3
MARK	SHOEMAKER	Fire	18	COREY	GOODMAN	Sanitation	1
KIM	FREEMAN	UAD	38	JOHN	BLASINGAME	Street	2
KRISTIN	SCHULTZ	UAD	5	TYRONE	MAYWEATHER	Street	8
SUSAN	BURLESON	UAD	5	PAUL	REEVES JR	Street	27
CHASSITY	WILKINS	UAD	2	ANTHONY	BROWN	Street	6
KIMBERLY	FRANCISCO	Police	18	JON	SAVARY	Traffic	38
PATRICK	THESSING	Police	20	KEVIN	USSERY	Traffic	26
BRIAN	DEDRICK	Police	18	THOMAS	EVERETT	Traffic	16
JOHN	LYON	Police	16	BOBBY	RHOADS	Parks Admin	17
MATTHEW	ANDERSON	Police	6	COREY	GIBBS	Parks Maint	16
RICHARD	COUNTS	Police	6	CHARLES	WINSTON	Parks Maint	5
PAUL	CANTRELL	Police	15	GLENDA	PARKER	Parks Rec	21
JON	SCHWULST	Police	15	GREGORY	GAINES	Parks Rec	34

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

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

September Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>		
MARK	FINCH	Electric	1	THOMAS	WADLEY	Code	17
BRIAN	OAKLEY	Fire	1	JASON	KNOERNSCHILD	Fire	18
AARON	HENDERSON	Fire	1	MATTHEW	ROEBUCK	Police	18
NOEL	BROWN	Street	2	MARK	WIGGINS	Police	18
RONALD	CASH	Vehicle Maint	2	CAROLYN	BRANCH	Police	18
DOROTHY	GILLILAND	Finance	3	CHERYL	BROWN	Street	18
DUDLEY	SCHRADER	Fire	3	THOMAS	BREWER	Parks Maint	18
CHRIS	PATTON	Fire	3	JOE	SMITH	Admin	20
CARISSA	MERZ	OES	4	EBBIE	USSERY	Electric	20
ROBERT	BROWN JR.	Street	4	RENITA	NOBLE	Electric	20
BRENDA	WILSON	Electric	5	BEONICA	WILLIAMS	Finance	20
KEITH	MCCOURT	Electric	5	BILLY	ROBERTSON	Vehicle Maint	20
DAVID	PETTIT	Police	5	CLINT	BUTLER	Fire	21
GLINDA	CRAIGMYLE	Admin	6	GREGORY	BLANKENSHIP	Police	21
JAMES	BARTLETT	Electric	6	JIMMY	CROWLY	Electric	22
STEVE	ALLEN	Fire	6	MARTHA	GREEN	Parks Maint	22
DON	MAGGARD JR	Police	6	DAVID	BELL	Sanitation	23
TEMEKA	MARTIN	Parks Rec	6	CHARLES	WINSTON	Parks Maint	23
ROBERTA	MUELLING	OES	7	NATHAN	HAMILTON	Communications	23
ERIC	HEINRICHS	Electric	7	MICHAEL	TREADAWAY	Fire	24
JAMIE	PETTIT	Parks Rec	7	KENNETH	LIVINGSTON	Police	24
CALVIN	REVES	Electric	8	JACKIE	HALSEY	Electric	25
MICHAEL	SANCHEZ	Fire	9	KRISTIN	SCHULTZ	UAD	25
WILLIAM	JONES	Police	9	GARY	YIELDING	Police	25
SARA	NOWROSKI	OES	10	JEN-CHUAN	KING	Police	25
EARL	MAHANAY	Fire	10	ROMMIE	ANDREWS	Street	25
JONATHAN	THOMPSON	Police	10	ANTHONY	RIPPEE	Parks Maint	25
JULIUS	CRAIG	Street	10	RONALD	BARENTINE	Parks Golf	25
WILLIAM	MILLER	Police	11	CONNIE	BARTLETT	Police	26
ROBERT	HUMPHREY	Public Works	11	STEVE	ADAMS	Street	26
COREY	EISENHOWER	Fire	12	CORDERREL	HARRIS	Parks Maint	26
JOHN	SEHIKA	Street	12	GREGORY	BROWN	Fire	27
ZACHARY	BROWN	Electric	13	SIAVASH	MORSHEDI	Police	27
JOHN	MCCULLAR	Public Works	13	JAMIE	BELL	Electric	28
PATRICK	THESSING	Police	14	RYAN	HARTWICK	Electric	28
JEREMIAH	COVINGTON	Police	14	CHADWICK	EDWARDS	Police	29
KIM	FREEMAN	UAD	15	JONATHAN	STOWELL	Electric	30
ANTWONE	YOUNG	Sanitation	15	JOSEPH	MARTIN	Electric	30
THURMAN	MCKEE JR.	Traffic	15	CORDELL	DAVIS	Police	30
MICHAEL	MILLER	Police	16	LINDA	JACKSON	Police	30
RICHARD	GRAY	Police	17	JACOB	MAHAN	Traffic	30

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

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

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

To Join Team NLR

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

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

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





FIRST NIGHT UNDER THE LIGHTS

The All-New

NORTH LITTLE ROCK HIGH SCHOOL CHARGING WILDCAT STADIUM

Join us as we dedicate the new
CHARGING WILDCATS STADIUM!

Friday, September 4
Pregame - 5:30 pm
Dedication - 6:30 pm
Kickoff - 7:00 pm

Think
World Class
North Little Rock School District

www.nlrtd.org