

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

April 2018



Found at www.history.com

On this day in 1700, English pranksters begin popularizing the annual tradition of April Fools' Day by playing practical jokes on each other.

Although the day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact

origin remain a mystery. Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes. These included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

Historians have also linked April Fools' Day to ancient festivals such as Hilaria, which was celebrated in ancient Rome at the end of March and involved people dressing up in disguises. There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.

In modern times, people have gone to great lengths to create elaborate April Fools' Day hoaxes. Newspapers, radio and TV stations and Web sites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences. In 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti

crop and showed footage of people harvesting noodles from trees; numerous viewers were fooled. In 1985, *Sports Illustrated* tricked many of its readers when it ran a made-up article about a rookie pitcher named Sidd Finch who could throw a fastball over 168 miles per hour. In 1996, *Taco Bell*, the fast-food restaurant chain, duped people when it announced it had agreed to purchase Philadelphia's Liberty Bell and intended to re-name it the *Taco Liberty Bell*. In 1998, after Burger King advertised a "Left-Handed Whopper," scores of clueless customers requested the fake sandwich.



"Where's Mel"? Be the 1st person to call 975-8617 and tell us where you found him hiding in the newsletter and win a prize!

North Rock

Animal Control

more information call
501-791-8577

Springtime Pet Babies

By Mindy Norton—Mar, 2015
Found at apr.org

Puppies and kittens are so cute, and so plentiful in the Spring — too plentiful, in fact. If you are considering adopting a new pet, this is the perfect time of year because so many are available and looking for a home!



Vernal Equinox—officially the first day of spring. And in the animal world that means — BABIES! Baby birds, baby squirrels, baby chipmunks, and baby dogs and cats—puppies and kittens.

Spring is a time most of us really look forward to, but for animal control and animal welfare workers, spring means too many animals looking for homes. More puppies and kittens are surrendered to animal shelters in the upcoming months of April, May and June than any other time of the year. The reason for this is simple: during this time of year—early spring—many dogs and cats are as eager as we are to get outside and enjoy the milder weather.

It also happens to be a time when unspayed female pets go into heat, which attracts unneutered male pets. They will jump over, dig under or climb fences in order to get to the females. If there is more than one male animal in the area, they may compete for the attention of a female, so you might see male pets fighting, often causing each other serious injury. And if one or more of those males succeed in mating with a female, a couple of months later a litter of puppies or kittens is born.

The result is an overabundance of mostly mixed-breed pets—so many that there



are not enough homes for them all. Right here in our area, thousands of animals never have a chance for a good home and a loving owner, for the sole reason that there are just too many being born. Most animal shelters have no choice — euthanasia is the only humane option for the victims of pet over-population.

Please do not allow your pet to run free. If you have a cat, it can live indoors and get along quite well. Your dog can be fenced or kept on a leash when it goes outdoors. In many areas, letting a pet run loose is a violation of leash laws—but it's also good pet sense to guard your pet against danger by keeping it safe at home.

And most importantly, talk to your veterinarian about having your furry companion surgically altered (neutered or spayed) to prevent unwanted litters. It can be a life-and-death decision for future generations, when you're speaking of pets.



Need a new addition to your family?
Call

501-791-8577

...we've got the perfect companion for you!

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.

**Please Don't Litter
Spay or Neuter
Your Critter**



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 and Summer Outdoor Safety Tips

Found at www.vtcrc.com—reference: CDC.gov



Spring is here and it's a good time to be outside enjoying the weather. Here are some ways to help keep you and your loved ones healthy.



1. **Beware and aware of BUGS!** Mosquitos, ticks, and fleas transmit disease. Use appropriate insect repellent. Avoid tick infested areas such as high grass or thick brush. Shower as soon as possible after coming indoors and check your body for ticks. Check your children. Wash and tumble dry clothing. Check pets for ticks. Consult your health care provider if you or a family member develops fever, rash, body aches, headache, stiff neck, fatigue or disorientation after a tick bite. Typically these symptoms occur in the first three weeks after a tick bite.

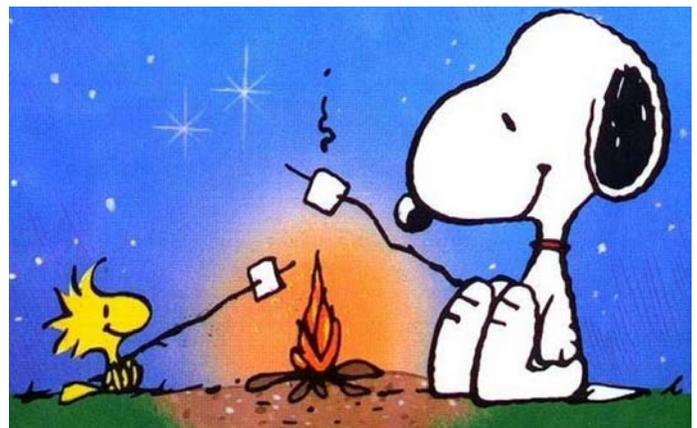
2. **Grilling out?** Use a meat thermometer to make sure meats are cooked thoroughly. Place cooked meat on a clean platter not back on the one that held raw meats. Wash hands, utensils and any surfaces that have been in contact with raw meats as soon as possible. Good rule: Keep HOT foods HOT and COLD foods COLD.



3. **In the SUN...** Do your part to protect yourself and your family from illnesses that are transmitted when participating in recreational water activities. Do not swim if you have diarrhea, do not swallow pool water, wash your hands frequently. Avoid being directly in the sun during the hottest time of the day. Use sunscreen at least SPF 15, cover skin with clothing and wear a wide brimmed hat. Wear sunglasses to protect your eyes (UVA and UVB rays). Always be aware of heat stress.

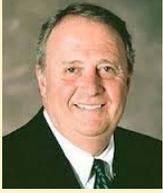


4. **Spending time with Nature...** Drinking stream water even though it looks clear is risky business. Clear doesn't mean safe. Cryptosporidium and Giardia are parasites that inhabit water. They are not visible and can cause significant illness. Always filter or treat water to make it safe for drinking. Protect yourself from mosquitos, ticks and other insects by using an appropriate repellent. Check yourself daily for ticks. Ticks should be carefully removed. Bats enjoy the night life. Bats are a common sight at dusk when camping. Remind children to never touch a bat. Bats may be infected with rabies. If bitten, wash the area well and seek immediate medical attention.



Have a healthy Spring!

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—68 new members. 10,211 visits for the month. Activities included Black History Luncheon and Cultural Program with 200 guests, Mardi Gras part with Dixieland Band and 90 guests, displayed exhibit titled “African American Legislators, 1868—1893” from the Arkansas State Archives, Miracle Ear and Captioned Telephones provided testing for members, Advanced Physical Therapy Therapists are again volunteering for one-hour on Mondays, new classes: Chess, Crochet, and Drawing. Provided 11 trips: Pyramid Fine Arts Gallery and Bryant Senior Center. Transported Public Senior Housing residents to medical appointments and grocery store. Mayor’s Office of Volunteer Services volunteers logged 1,094 hours.

Electric Customer Service—Customer calls—8,542. Direct contact: 7,214 inside teller payments: 7,214 Electric; 8,288 Gas/Water. Drive thru: 3,992 Electric; 4,920 Gas/Water. Online: 8,486. Total payments received: 52,000.

Sanitation—Collected and disposed of 1,789.55 tons (3,579,700 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 60 loads; 1,580.4 cubic yards of green waste. Loose leaf crews collected 30 loads (947.66) cubic yards of mulched leaves. Picked up 372 tires. 137 Sanitation/Code related complaints.

Traffic Services—approved 113 barricade applications for permits. Repaired or replaced 212 signs and posts, marked 2 city vehicles with logo, 67 Arkansas One Call location requests.

Police—Theft from motor vehicles down from 64 to 33. The number of thefts from vehicles has begun to drop. Hopefully, this is because residents have been locking their vehicles and not leaving valuables inside.

A reminder is sent to residents via social media every night at 9:00 p.m. Robberies increased from 6 to 9. Burglaries were down from 66 to 33. Officers visited two nursing homes and United Cerebral Palsy day center to visit with patients and hand out stuffed bears for Valentine’s Day.

Fire—Total incidents—920
Total Unit Responses—1,760
Residential Fires—22
Other fires—2



Vehicle Fires—8
False Alarms/Malfunctions—60
Rescue/Emergency Medical—495
Mutual Aid—2
Hazardous Material Response—10
Structure Fire fatalities—0
Vehicle fire fatalities—0
Training hours—5,479
Total Building Surveys—92

Office of Emergency Services/911—

Total incoming calls: 12,716
Non-911 calls: 5,748
Wired 911: 722 Abandoned Wired 911: 128
Wireless 911: 5,386 Abandoned Wireless: 555
Total dispatch computer entries: 9,483

Planning—reviewed 2 new commercial projects (average \$515,000)—5609 MacArthur/Family Dollar and 1112 W 9th/Commercial Center, 5 commercial remodel projects and issued 3 new single family residence permits (average \$186,000). Also issued 11 Sign permits and 0 Banner permits. Inspectors completed 377 inspections and covered 3,500 miles: 114 Electric; 68 Building; 122 Plumbing; 73 HVAC. Department continues working towards accepting certain permits on-line beginning in April.

Electric Department—38,663 customers, Peak Power—122,053 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,049 (101 repaired), Security lights—4,243 (21 repaired), Smart meters—39,401, Revenue—\$7,239,148. Outage: 2/21/18 Entergy breaker trip on Sylvan Hills Transmission line effecting 11,500 customers—out 5 minutes.

Code Enforcement—86 assigned calls, 422 initiated calls, 95 citations, 308 violation notices, 53 vehicles tagged, 165 structures inspected, 42 rental inspections, 21 food service inspections, 0 search warrant, 5 houses demolished by city, 1 house demolished by owner. Code Maintenance—12 assigned calls, 26 vacant lots cleaned, 1 lot with structures cleaned, secured 0 vacant houses, vacant lots mowed—0, lots with structures mowed—0.

North Little Rock Convention & Visitors Bureau—

Visitors Information Center in Burns Park had 395 visitors in February. Downtown RV Park had 232 reservations with an average stay of 3.2 days and a total of 742 camping days. The Arkansas Inland Maritime Museum had 485 visitors, which included overnight stays and Scouts.

Continued page 4

North Little Rock Animal Control

Incoming animals—160/YTD-297
 Adoptions—58/YTD-90
 Reclaimed—20/YTD-42
 Euthanized—65/YTD-121
 Citations issued—23/YTD-57
 Dogs/cats sterilized—67/YTD-115
 Calls for service—515/YTD-1076
Pulaski County (accepted at NLR)
 Incoming Animals—61/YTD-127
 Adopted—29/YTD-44
 Reclaimed—10/YTD-14
 Euthanized—33/YTD-55
 YTD=Year to date



No adoptable animals were euthanized for space, however several cats were. ****Non-adoptable animals are those that are sick, injured, unweaned (puppies and kittens), vicious, court ordered or by owner request.**** **Reminder!** Please consider adopting from a shelter! Shelter pets make great additions to any family! And **PLEASE spay or neuter your pets!**

Finance—February Revenues (MTD)

| | |
|-------------------------|----------------|
| Taxes | \$ 244,571.42 |
| Licenses/Permits | \$1,005,878.82 |
| Fines/Forfeitures | \$ 244,008.40 |
| Local Option Sales Tax | \$2,667,308.53 |
| Intergovernmental-State | \$ 0.00 |
| Franchises | \$ 382,055.03 |
| Investment/Misc | \$ 35,751.93 |

| | |
|------------------------|-----------------------|
| User Fees | \$ 86,505.47 |
| Utility Transfer | \$ 58,839.62 |
| Grants & Other | \$ 73,330.08 |
| Transfer from Electric | \$1,846,160.00 |
| Total Revenue: | \$5,721,329.30 |

Expenditures

| | |
|----------------------------|-----------------------|
| Administration | \$ 494,503.16 |
| Animal Shelter | \$ 55,547.19 |
| Special Appropriations | \$ 968,155.25 |
| City Clerk | \$ 27,805.99 |
| Emergency Services | \$ 181,399.53 |
| Finance | \$ 56,668.03 |
| Fire | \$1,178,750.90 |
| Health | \$ 7,182.13 |
| Legal | \$ 60,563.72 |
| 1st Court | \$ 42,830.22 |
| 2nd Court | \$ 48,841.10 |
| Public Defender | \$ 438.57 |
| Human Resources | \$ 78,877.65 |
| Commerce | \$ 22,293.24 |
| Planning | \$ 66,872.54 |
| Police | \$1,797,995.71 |
| Code Enforcement | \$ 76,565.53 |
| Public Works | \$ 92,040.35 |
| Neighborhood Services | \$ 11,267.99 |
| Sanitation | \$ 354,138.75 |
| Vehicle Maintenance | \$ 81,311.45 |
| Senior Citizens Center | \$ 76,065.67 |
| Communications | \$ 10,704.59 |
| Fit 2 Live | \$ 12,339.34 |
| Total Expenditures: | \$5,803,158.70 |

Annual North Little Rock Public Safety Awards—2018

Fire Department

- Emergency Medical Firefighter of the Year (EMT or Paramedic) - **Firefighter Eli Staton**
- Firefighter of the Year - **Firefighter Erick Free**
- Fire Officer of the Year (Lieutenant or Captain) - **Captain Doug Davis**
- Fire Service Educator of the Year - **Lt Toby Harrington**
- Apprentice Firefighter of the Year - **Firefighter Dameon Johnson**
- Fire Service Support Staff Award - **Captain Billy Jones**
- Unit Citation Award
 - Safety 1—**Lt Mark Mahan, Brian Free, Sean Mahanay and Ben Evans**
 - Individual Citation— **Lt Gabe Trobis**
 - Chief’s Award—**Captain Michael T. Holly**

Emergency Services/911

- Leadership Award - **Leanna Grady**
- Leadership Award - **Eric Bonnes**
- Directors Award - **Gary (Bud) Gray**



Police Department

Narcan Recognition—*Officers Justin Cross,
Michael Bowen, Matt Peach, and
Sgt Matt Anderson*

Leadership Awards—Leaders of Special Ops Teams
Lt Wesley Honeycutt—Special Operations
Teams Commander

Lt Patrick Thessing—Special Response
Team Commander

Sgt Rick Bibb—Crisis Negotiations Team Leader

Sgt Larry Behnke—SWAT Team Leader

Life Saving Award—*Officer Robert Emery*

Life Saving Award—*Officer Sean McGowan*

Merit Award—*Kandace Sanders, Support Services*

Merit Award—*Ben Tullios, NLRPD IT Department*

Achievement Award—*Investigator Mike Brooks*

Chief's Award—*Sgt Clint O'Kelley*

Special Thanks to the following sponsors:

Centennial Bank

*Ashley Group
Commercial Real Estate*

Smith Family Funeral Homes

*And in partnership with
Baptist Health Medical Center—NLR
CHI St. Vincent North*





Intermittent fasting no long-term solution

By Tanya Johnson

Found in City & Town—A publication of the Arkansas Municipal League—March 2018

A new fad has taken the diet world by storm. It's called intermittent fasting. What's that, you ask? Intermittent fasting calls for going one day without eating, or greatly limiting your calorie intake for one day to about 500 calories.

So, does it work? Well, anytime you lower your calorie intake or go without eating for an extended period of time, you will lose weight. Now, before you pledge to fast the next 24 hours to see how far the scale drops, let's address some things to know about this diet.

Don't rush in

I've learned throughout my career that when clients say they're going to try a new diet, they usually do. If you're determined to try intermittent fasting, be prepared. First, know how many calories you regularly consume in a day. And make sure you still get about 100 grams of carbohydrates during your fasting day as carbs are important to proper brain function.

If your calorie count is 2,500 a day, maybe try dropping down to 1,000 calories a day instead of fasting for an entire day or restricting your calories further. No, this isn't fasting, but it's decreasing your calories while still remaining at a healthy level. Make sure the 1,000 calories includes adequate protein, vitamins, and minerals.

Is this a long-term option?

Simply put: No. When you don't eat or greatly restrict your caloric intake, your body will respond. Yes, you might lose a few pounds initially, but your metabolism will slow down to maintain internal stability. When you hop off the diet and return to regular eating, it becomes easier for you to gain weight quicker because your metabolism has slowed.

This creates a never-ending cycle as you go on and off this diet in the future, until it's hard for you to maintain a stable weight because of a slowing metabolism.

Your body also needs at least 1,000 calories a day regularly to function properly. That includes muscle building, immune and antibody development, and other run-of-the-mill processes you might take for granted but processes your body needs every day to keep going.

I tell patients if a new diet plan you want to try is not a long-term solution, it's not worth trying. A long-term solution must include a lifestyle change.

A better option

Pick almost any diet plan and you'll notice they all have a common theme: healthy eating and exercise. It's never the sexy, hip, or appealing option, but it still provides the best results in the long run.

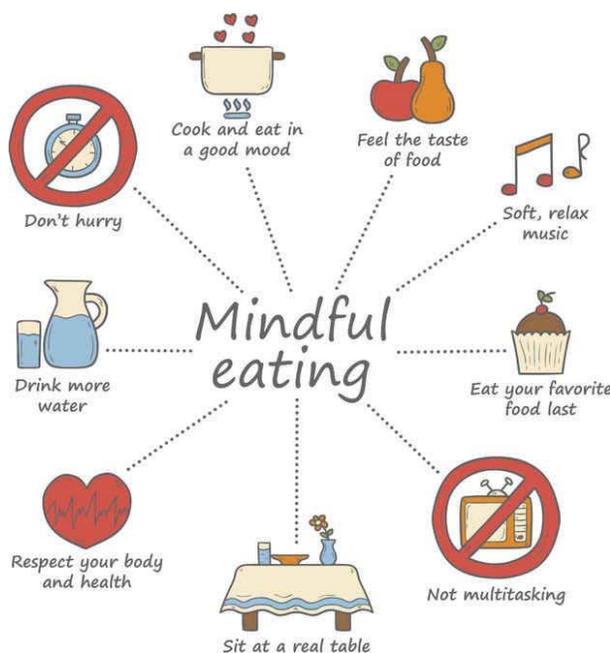
This brings me back to the lifestyle change I mentioned. To make it successful, eating healthy and exercising regularly require you to break old habits and convince yourself you don't need that bag of chips, or sleeve of cookies, or a third scoop of ice cream. It's also realizing that when you do enjoy a treat here and there, you have to plan ahead for some extra gym or treadmill time or account for the extra calories in another way.

There's also what we like to call environmental control. This means limiting or eliminating the junk food portion of your pantry. When you have a moment of weakness or an uncontrollable urge, it's easier to avoid a pitfall if there isn't a new bag of chips or cookies waiting for you in the kitchen.

We lead busy lives. From work to family to social lives and everything in between, we're always looking for a shortcut that makes us more efficient and gets the results we need quicker and with less effort. Unfortunately, there isn't a magic pill that can immediately make us healthier beings. We have to work for it.

However, the work and effort are worth it in the end. Not only will you be a healthier you at the end, you'll appreciate all it took to accomplish your goal.

Tonya Johnson is director of Food and Nutrition Services, University of Arkansas for Medical Sciences.





**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: 4/1/18
Expires: **7/31/18**



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: *If someone comes to my home selling Cable TV subscriptions, are they required to have a door-to-door peddlers permit?*

Answer: Yes. Anyone going door to door in the North Little Rock City Limits is required to have a peddlers permit and ID issued by the City Clerk's Office. Other examples include newspapers, pest control, alarm systems, home improvements, etc.

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.

URGENT

All North Little Rock Business/Privilege License renewals were due by March 31, 2018 to avoid penalties. Effective Monday, April 2, 2018, the penalty for not renewing or doing business in the city since January 1, 2018 is 25% of the total due. Existing businesses that are delinquent for previous years are subject to a 50% penalty on the total due.

Reminder—ALL businesses doing business within the city limits of North Little Rock are required to have a current Business/Privilege License. Businesses that are not licensed are subject to a citation (and court appearance) for operating a business without a license.

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

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.

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.

As of April 1, 2018, the following door to door peddler was licensed in the city of North Little Rock.

Melvin H. Jackson—Legal Shield
Expires 4-5-2018

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.**

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, Karen Scott | 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 Beth White | 753-0733 758-2738 |
| Ward 2 | Linda Robinson Maurice Taylor | 945-8820 690-6444 |
| Ward 3 | Steve Baxter Ron Harris | 804-0928 758-2877 |
| 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/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 |

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 |
| Nathan Hamilton | |
| External Relations..... | 501-975-8605 |
| Margaret Powell | |
| Fit 2 Live..... | 501-975-8777 |
| Isaac Henry | |
| Special Projects..... | 501-975-3737 |
| Jim Billings | |

North Little Rock Curbside Recycling
schedule for the month of April

April 2—6 Recycle

April 9--13 NO

April 16 —20 Recycle

April 23-27 NO

April 30—May 4 Recycle



William “Casey” Laman Library and Argenta Branch Library Happenings

Stop by the Main Branch gallery to enjoy Central Arkansas students’ artwork. The Arkansas Art Educators Central Region Art Exhibition **Closing Reception from 6 to 8 p.m. on April 6** is free and open to the public.

Join us for the **Spring Garden Fest from 10 a.m. to 2 p.m. on April 7 at the Main Branch.** We’ll have free adult and kids’ activities, the Herb Society, and a beekeeper’s exhibit, as well as Delta Rivers Nature Center owls at 11 a.m. Free hotdogs provided from noon to 1 p.m.



You’re also invited to bring plants and seeds to swap.

Help us celebrate **National Library Week from April 9 to 14** with special activities and surprises at both branches. The Main Branch hosts an **Open House from 10 a.m. to 3 p.m. on April 10.** Ever wonder what happens behind the scenes here at the library? Learn more with tours at 11 a.m. and 2 p.m.

We’ll have pink treats galore, games, and a movie at the **Main Branch’s Pink Hello Kitty Family Night at 6 p.m. on April 12.**

The **Geek Prom at 4 p.m. on April 17 at the Main Branch Teen Center** promises to be a blast with several different crafts and games.

Is your child interested in Dungeons & Dragons, but you don’t know where to begin? Come check out **Mini D&D at 4 p.m. on April 19 at the Argenta Branch.** This interactive storytelling program, fostering interest in pen and paper adventures, teamwork, and problem solving, is based on the D&D 5th edition. Ages 11 - 18 are welcome to learn the basics of roleplaying and the D20 system.

Fresh from the State Choral Festival, the **Sylvan Hills High School Choir performs live at 6 p.m. on April 19 at the Main Branch.**

Children polish their skills by reading to therapy dogs during **Tail Waggin’ Tutors at 4 p.m. on April 20 at the Argenta Branch.**

Digital media artist Jasmine Greer, an assistant professor in the Art Department of Arkansas Tech University, shares her work at the **Argenta Branch during ArtWalk from 5 to 8 p.m. on April 20.** The exhibit continues in the gallery through May 12. As always, admission is free.



Bring five minutes of poetry to read aloud during the **Main Branch’s Saturday Poetry Open Mic at 2 p.m. April 21.** Your selection can be original, from your favorite poet, and/or from our collection. We’ll provide the refreshments.

It’s National Poetry Month so teens have a **Poetry Slam! at 4 p.m. on April 24 in the Main Branch Teen Center.**

PASTA FOR PAWS

Spaghetti Dinner and Silent Auction for
North Little Rock Friends of Animals

Friday April 13

5:00 p.m. - 8:00 p.m.

Hospitality House, Burns Park, NLR



GEMME CORRELL '15



Menu: spaghetti, salad, bread, dessert, and beverages.
Live entertainment provided by DB Reflections Entertainment Tribute.

Tickets available at the door: \$10, adults; \$6, children ages 6-12.
Takeout and vegetarian spaghetti available.

Advanced Tickets can be purchased at the NLR Animal Shelter

For more information, contact Marsha Mosenthin at 501-454-4304

North Little Rock Employee Weight Watchers Class Accomplishments

"If you can dream it, you can achieve it." Words quoted by Zig Ziglar.



Would you want to be called a "loser" and have the teacher say, "I hope to see less of you next week?" Sixty-eight of the North Little Rock city employees do!

Earlier this year, the city partnered with Weight Watchers in order to promote a healthier initiative for the city's employees. Thanks to the team effort of Mayor Smith, Terry Hartwick, Isaac Henry, our eight Council Members, Denzell Newsom, Temeka Martin, Jan Eberle, and in collaboration with Ms. Dee Hoy, city employees were offered the chance to take on a 12-week weight loss journey at no charge with attendance commitments at the North Little Rock Community Center. Employees are excitedly gravitating to their weight loss goals.

There are three (3) classes being held - Tuesdays at 12:00 p.m. and 4:30 p.m., and Thursday at 12:00 p.m., with weigh-ins starting 30 minutes prior to the meetings. Going through

the weeks, employees are able to learn more about different recipes that are healthier food options as well as hear encouraging stories and learn different tricks in order to make the program their own. Various goals have been to lower blood pressure, manage diabetes better, get off some medications, fit back into clothes, look and feel better. This program is designed to make employees healthier, and by doing so, seeing better work attendance and insurance rates drop.

Employees are thankful for the two (2) instructors that pass on their knowledge and make the members understand it is not a "diet", as the members can eat any foods they want, but manage how to do it. The classes are fun! *"Not everyone will follow the eating plans the same, but as long as you're seeing results you should be fine."* Member weekly weight loss is on the positive for losing pounds.

The three (3) classes have a friendly competition amongst each other to see which class will lose the most weight once the 12-week session is over. So far, the Tuesday noon class is ahead with 305.2 lbs. of weight loss, Thursday noon class with 166.1 lbs., and the Tuesday evening class with 132.8 lbs., overall totaling 604.4 lbs. to date. That is an amazing accomplishment to all.

With this session of classes being close to being over, members are looking to push the classes beyond the initial 12-weeks and make it a continuous program in order to enhance the well-being and health of all city employees. We would like to thank the people at Weight Watchers for allowing us to be a part of their program. It works and it is not so bad to be called a loser! *Denzell Newsom*



North Little Rock Lions Club Annual Bob Moore Memorial Fish Fry

Friday, April 20, 2018

Pond Raised Catfish

and Breaded Chicken Strips

With All The Trimmings

Serving 4:30PM Until 7:00PM

Burns Park Hospitality House In North Little Rock

Adults: \$12

Children Under 12: \$10.00



Tickets Available at the Door or from any club member



We Serve

Since 1917, Lions clubs have offered people the opportunity to give something back to their communities. From involving members in local projects such 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.

Book Release Party

An Evening with Champion Kipling A. Jackson

Saturday, April 28 from 5 to 8pm

LaVada's

2005 Main Street • North Little Rock, AR 72114

ALS: A Respiratory Perspective

Kipling A. Jackson

Join us to celebrate the release of *ALS: A Respiratory Perspective* by author Kipling Jackson. Due to symptoms of amyotrophic lateral sclerosis (ALS), Kip is only able to communicate by using his eyes. With great determination and passion, Kip has written this book and created the cover entirely by himself using eye-gaze technology on his computer.

This is Kip's personal journey of LIVING with ALS, filled with insight and humor on every page. Kip shares stories about his wife, Robin, their dog, Allie, and their mutual decision for Kip to live a much longer life with mechanical ventilation and the tracheostomy in spite of being completely paralyzed by ALS.



- Hors d'oeuvres, libations and a silent auction
- Drop-in, casual attire
- Tickets are \$25 each
- Meet Kip and purchase a book signed by the author
- Books can be purchased through Amazon or will be available at the party

ALS

ASSOCIATION

All proceeds from the book release party will support the Jackson Family's homecare expenses and the ALS Association, Arkansas Chapter to help others with ALS.

To order tickets call 501-744-3530

April Birthdays

| Name | Dept | Date | Name | Dept | Date |
|---------------------|---------------|------|-------------------|----------------|------|
| BARRINGTON, WALTER | Electric | 1 | REAVIS, TIMOTHY | Comm Planning | 13 |
| DICKSON, THOMAS | Police | 1 | BRECKON, JOHN | Police | 13 |
| JOHNSON, JOHNNY | Street | 2 | MILLER, JON | Fire | 14 |
| JENSEN, JANICE | Police | 3 | HUMPHREY, VICKI | Code | 16 |
| CANTRELL, PAUL | Police | 3 | RODGERS, DAVID | Sanitation | 16 |
| ALLEN, MICHAEL | Electric | 4 | GASTON, DALTON | Fire | 18 |
| WHITNEY, IRA | Police | 4 | LOWRY, PHILLIP | Police | 18 |
| DAVIDSON, BRANDON | Police | 4 | COULTER, JULIA | Animal Shelter | 19 |
| HUGHES, ROBERT | Electric | 6 | MILES JR, CHARLES | Police | 19 |
| SAUERWIN, JOSHUA | Sanitation | 6 | PRIDMORE, RICKY | Vehicle Maint | 19 |
| BURKS, BOBBIE | Electric | 7 | BARNES, BLAKE | Police | 20 |
| MADISON, JOSEPH | Police | 7 | JONES, BILLY | Fire | 21 |
| MONTGOMERY, LEONARD | OES/911 | 8 | PIERCE, ALANA | Fire | 22 |
| GANGLUFF, PHILLIP | Police | 8 | EVANS, PHILIP | Police | 22 |
| PRATER, SHANE | Electric | 10 | RAY, CHRISTOPHER | Electric | 24 |
| DANCY, JAMES | Police | 10 | KRAUSS II, GLENN | Electric | 24 |
| LYON, JOHN | Police | 10 | FORD, HAROLD | Sanitation | 24 |
| BAKER, ALEXANDER | Police | 11 | DEVINE, DEIDRA | Traffic | 25 |
| YATES, JOHN | Police | 12 | WILLIAMS, KENNETH | Sanitation | 26 |
| GARNER, ALAN | Fire | 13 | HOUSE, JACOB | Police | 27 |
| GREENE, RODGER | Comm Planning | 13 | MCNEIL, KYLE | Electric | 28 |

Information regarding employee anniversaries and birthdates is provided by HR the prior year (i.e. 2018 was provided in 2017). 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 18 years. My total service with the city is 28 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)

15th National Prescription Drug Take Back Day is April 28, 2018

Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. That's why it is important for people to clean out their medicine cabinets and turn in — safely and anonymously — unused prescription drugs.

Unused or expired prescription medications are a public safety issue, leading to potential accidental poisoning, misuse, and overdose. Proper disposal of unused drugs saves lives and protects the environment.

In October, 2017, 4,274 Law Enforcement agencies participated, collecting prescription drugs at 5,321 locations. Total weight collected...912,305 lbs. or 456 tons.

Participating locations in North Little Rock are:

Cornerstone Pharmacy—5328 John F. Kennedy Boulevard

Cornerstone Pharmacy—2609 McCain Boulevard

Hours are 10 a.m. until 2 p.m.



Note: for year-round disposal contact Walgreen at 4823 John F. Kennedy Boulevard.

April Anniversaries

| <i>Name</i> | <i>Dept</i> | <i># Yrs</i> | <i>Name</i> | <i>Dept</i> | <i># Yrs</i> |
|---------------------|---------------|--------------|----------------------|--------------|--------------|
| FISHER, JULIE | Admin | 6 | NASH, GREGORY | Fire | 16 |
| ROSS, RICHARD | Code | 3 | MAHAN, TIMOTHY | Fire | 16 |
| EVERETT, AUSTIN | Code | 3 | MORENO, CHRISTOPHER | Fire | 16 |
| WILLIS, CRYSTAL | Commerce | 6 | POOLE, DENNIS | Fire | 14 |
| JONES, ALYSON | Comm Planning | 1 | HARGROVE, RICHARD | Fire | 14 |
| CROWLY, JIMMY | Electric | 45 | ROE, JASON | Fire | 14 |
| ALLEN, MICHAEL | Electric | 34 | BURKS, JOSH | Fire | 14 |
| STEWART, JOAN | Electric | 30 | GARRETT, MICHAEL | Fire | 14 |
| BOLDEN, CHARLES | Electric | 22 | REEKIE, CLINT | Fire | 14 |
| ANDERSON, LYNWOOD | Electric | 21 | COX, JOSHUA | Fire | 14 |
| WILSON, BRENDA | Electric | 18 | BOREL, PEGGY | Fire | 14 |
| MORAGNE, NAKISHA | Electric | 18 | BUTLER, CLINT | Fire | 8 |
| BURKS, BOBBIE | Electric | 7 | MITSUNAGA, MICHAEL | Fire | 3 |
| BARTLETT, JAMES | Electric | 7 | TETKOSKIE, NICHOLAS | Fire | 2 |
| HUNTER, JUDY | Electric | 4 | JOHNSON, DAVID | Fire | 2 |
| ALLISON, TAYLOR | Electric | 3 | JONES, JUSTIN | Fire | 2 |
| LOCKWOOD, ZACHRY | Electric | 2 | QUINN, RODERICK | Fire | 2 |
| GILLIAM, BRANDON | Electric | 1 | GEE, GALEANA | Fire | 2 |
| FERRY, WILLIAM | OEC/911 | 16 | HILL, JANET | First Court | 28 |
| HOUSE, LACY | OEC/911 | 1 | PATE, TONY | Parks & Rec | 11 |
| MCMULLIN, CHANCE | OEC/911 | 1 | CARR, MICHAEL | Parks Golf | 5 |
| PELTS, BRENNAN | OEC/911 | 1 | BROOKS, CHARLES | Parks Maint | 17 |
| HENLEY, SHARON | Finance | 40 | EOFF, DONALD | Parks Maint | 15 |
| ADAMS, JOHN | Fire | 36 | STANFORD, CHARLES | Parks Maint | 5 |
| PAYNE, DONALD | Fire | 36 | SCROGGINS, BRIAN | Parks Maint | 3 |
| GUNTHER, FREDERICK | Fire | 36 | BROWN, ALICE | Police | 50 |
| MATCHETT, DAVID | Fire | 36 | KOVACH, WILLIAM | Police | 31 |
| SHOOK, LARRY | Fire | 36 | SCOTT, ROBERT | Police | 31 |
| HOLLEY, MICHAEL | Fire | 23 | ROULSTON, TRACY | Police | 30 |
| CRANFORD, RICKY | Fire | 22 | MORSHEDI, SIAVASH | Police | 30 |
| ADAMS, LAITH | Fire | 21 | TUBBS, MARK | Police | 26 |
| MAHANAY, EARL | Fire | 21 | NELSON, MICHAEL | Police | 25 |
| HOOPS, HEATH | Fire | 21 | DICKSON, THOMAS | Police | 25 |
| THOMPSON, MICHAEL | Fire | 20 | YATES, JOHN | Police | 25 |
| KOLB, JAMES | Fire | 20 | WOODWARD, JASON | Police | 20 |
| IRBY, TODD | Fire | 20 | MERZ, CARISSA | Police | 5 |
| BROWN, GREGORY | Fire | 19 | SMITH, JOSEPH | Police | 4 |
| OAKLEY, BRIAN | Fire | 19 | WILLIAMS, ADAM | Police | 1 |
| BRYSON, ROBERT | Fire | 19 | SPILLMAN, JORDAN | Police | 1 |
| FENDER, JASON | Fire | 19 | SANTUCCI, ALEXANDER | Police | 1 |
| SIMPSON, KYLE | Fire | 19 | HARRIS, QUINCY | Police | 1 |
| KNOERNSCHILD, JASON | Fire | 18 | HENDERSON, DENNIS | Second Court | 12 |
| ZAKRZEWSKI, CLAYTON | Fire | 18 | MOORE III, FREDERICK | Street | 22 |
| SCHRADER, DUDLEY | Fire | 18 | GLENN, TERRY | Street | 11 |
| DAVIS, WILLIAM | Fire | 17 | HUBBARD, STEVEN | Street | 8 |
| HILL, BRYAN | Fire | 17 | ROUGELY, BRYAN | Street | 5 |
| FORTSON, STEPHEN | Fire | 17 | JOHNSON, JOHNNY | Street | 1 |
| KNIFE, JASON | Fire | 16 | RICHARDSON, LESLIE | Traffic | 13 |