

Labor Day

From Wikipedia, the free encyclopedia en.wikipedia.org/wiki/Labor_Day

Labor Day is a federal holiday in the United States celebrated on the first Monday in September in any given year (i.e. a single day from September 1 through September 7) to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievement of the United States. It is the Monday of the long weekend known as Labor Day Weekend.

Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the United States officially celebrated Labor Day.

Now for the pressing questions all the minds of all fashionistas...can I wear white after Labor Day???

No White After Labor Day? But Why?

Found at farmersalammac.com/wear-white-after-labor-day-35950, written by Amber Kanuckel



Fashion rules say you're not supposed to wear white after Labor Day. But why not? The reasons are not so black and white!

White Clothing—A Sign of Wealth?

The "Don't Wear White After Labor Day" rule may have stemmed from practicality. Prior to the advent of air conditioning, clothing choices were important when trying to keep cool in the summer and warm in the winter. Whites and lighter-weight fabrics were more popular during the warm months, and in the winter, people naturally switched to darker colors and heavier fabrics. Perhaps since people already chose light colors to stay cool in the summer, the fashion world went ahead and made the rule an official one. Once Labor Day (the unofficial end of summer) arrived, it was time to retire those whites!

However, others speculate that the rule came from the fashion practices of the wealthy. In the early 1900s, those who were well-to-do often favored light-weight, bright clothing—white linen suits and breezy dresses. Wearing white after Labor Day meant you were someone who had the means to have end-of-summer vacations. Wearing your whites beyond Labor Day was just showing off.

Some historians believe that this rule was actually a way for the wealthy to separate themselves from the working class. Not only could they afford vacations—and the expensive clothes to match—but they didn't do work that stained their

white clothes. Middle-class laborers, on the other hand, often wore darker colors even in summer to hide the dirt and grime that accumulated after a hard day's work.

Rules Are Meant To Be Broken

As with most things in fashion, rules are meant to be broken. These days, there are plenty of people who happily wear white after Labor Day. Even fashionista Coco Chanel bucked this trend in the 1920s when she officially made white a permanent staple in her wardrobe, regardless of the season. Plenty of modern fashion elites wear white year-round, too.

While there are still those who consider post-Labor Day white clothing a no-no, plenty of fashion-forward people say if you have a flattering garment you love, wear it whenever you want, no matter the color and no matter the season! Good advice!



**North Little Rock City Offices will be closed
Monday, September 6, 2021, in observance of Labor Day.
Sanitation and trash routes will run one-day delayed all week.
Monday pickup will be Tuesday, Tuesday's pick up will be Wednesday, and so on...**



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

North Little Rock Animal Services

For more information
call 501-791-8577

Potty Training Your New Pet

Found at vetmed.edu

The day your new puppy first sees its new home is a special day for any new pet

owner. Playing with them, caring for them, and watching them explore every room of their new home is heartwarming and fun. Regrettably, many people forget that cleaning up your little bundle of fur's mess in your home is a responsibility that can quickly become irritating. That is why it is crucial to have a potty-training plan ready for your new pet as soon as you bring them home.

"It's important to start young with potty training, because what we don't want to do is establish bad habits in our pets," said Dr. Mark Stickney, Clinical Associate Professor at the Texas A&M College of Veterinary Medicine & Biomedical Sciences. "Once they learn one way to do something it's hard for them to unlearn it, and any change can confuse them."

"Begin training your dog as soon as you bring it home," said Stickney. "Take it straight outside and give it plenty of time to go potty. Stay out there with it, but ignore it until it is done. Then, as soon as it is done, give it a treat and 'ooh and ahh' over it."

While this progression may be irritating and time-consuming, it will be well worthwhile when you no longer have to pick up messes inside your house.

When your pet is inside the house, one of the most effective ways to train it is by crate training.

"When you are not at home you should keep your pet in a crate inside your house," said Stickney. "This becomes their safe place, or den, and thus crate training takes advantage of their natural instinct not to make a mess in their own den."

As soon as your home instantly take your pet out of its crate and outside to do its business.

"It's not realistic to leave a puppy in a carrier for eight hours straight and not have an accident," said Stickney. "If at all possible you should try to come home or arrange for someone to come by and give it a potty break in the middle of the day if you work full-time."

It is important to never use your pet's crate as punishment. Your pet sees the crate as its safe-place, and if they are put in one as punishment the pet will develop a negative view of it and will no longer see it as their den.

"This also goes for punishment of accidents. Never negatively reinforce their behavior," said Stickney. "If you swat or scold them when they have an accident they not only don't connect their accident to the punishment, but it can cause anxiety and lead to slower potty training."

If you have followed these training recommendations and are still ineffective, there are professional dog trainers who can help with the development. You should also check with your veterinarian to make sure the animal does not have an underlying problem.



Potty training is significantly different for cats and dogs. While dogs need time attention to train, cats are quite a bit easier.

"Litter training is instinctive for cats," said Stickney. "All you really need to do is put your kitten in the room with

the litter pan and keep it in there when you are not playing with it or paying attention to it."

While there are a number of diverse litter-boxes available for your kitten, the most important aspect to look for, at least initially, is that your kitten is comfortable and can easily get in and out.

"You have to remember that when you bring home a kitten it is just a little baby, and if you get a really high box it may have trouble getting into the box and therefore will not use it," said Stickney. "It's also good to remove anything in the room that may resemble litter such as potted plants, or they may become your pet's bathroom."

When choosing a litter for your box it is important to remember that, while there are many varieties available, they are mostly marketed for human preferences. Find one that your cat will use and that works for you as well.

"Although all cat-litter brands are ok to use it may helpful if you know what kind of litter your kitten was using before it came to live with you and start with that if possible," said Stickney. "Cats can be texture and odor specific with their litter so if you start with that you can gradually transition them to another litter later if you prefer."

"If your dog or cat is already housebroken and suddenly starts having accidents it may be a sign that it has a health problem," said Stickney. "In this case you should definitely take the pet to its veterinarian for a check-up."

No one wants to deal with pet messes in their home. If you have a potty training plan in place and are adamant about it, you can have both a healthy, happy and potty-trained pet and a clean, fresh smelling home.



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at any State Revenue Office.

Please Don't Litter
Spay or Neuter
Your Critter





North Little Rock Fire Department

Prescribed Fire (or Controlled Burn)



Found at uaex.edu/environment-nature/air-quality/smoke-management.aspx

Prescribed Fire

Why preform a prescribed fire?

- Without fire, shade-tolerant trees proliferate in the under-story and crowd out the plants and animals specifically adapted to the region's pine and oak forests. Plant species that require sunlight and provide food sources—like oaks, grasses and wildflowers—can't reproduce.
- These crowded conditions also increase the risk of intense, uncontrollable wildfires. The destruction caused by other natural disturbances such as ice and tornadoes is also increased by forest crowding.
- As native plants disappear and incompatible land practices increase, wildlife habitat decreases and soil erosion and invasive plant species become increasingly problematic.



Benefits of prescribed fire include:

Hazardous Fuel Reduction

Fuel reduction is one of the most common reasons for wanting to conduct a prescribed burn. This is no more than reduction of the amount of fuel on the ground that will burn. This may include grass thatch, leaves, limbs, even logging debris and piles. The primary reason to burn for hazard reduction is to reduce the chance of a destructive wildfire. Often, this type of burn is the only objective when an area hasn't been burned in decades. Once a hazard reduction burn has occurred, additional objectives can be accomplished in subsequent burns.

Planting and Regeneration

Prescribed burning is often conducted to prepare the seedbed for mechanical, hand-planted, or natural regeneration of seedlings. By piling and burning the previous forest remains, the seedbed is open for easier access and more effective planting success. This is a common and cost-effective technique used by industrial forest product industries called "site prep burning."

Burning can remove excessive plant material, reduce competition and provide more opportunities for seed to soil contact. In addition, the fire provides a healthy dose of potash and creates a heat-absorbing black soil to further stimulate germination.

Controlling invasive vegetation with prescribed fire

Not all plant species respond to a prescribed fire equally. Many of Arkansas' native forest and grassland species respond positively to frequent, low to moderate-intensity fires. However, due to the long-standing restraint on fire management, many native, fire-intolerant species have accumulated outside their historic range. Prescribed fire can be used over time to reduce or remove these species. In addition, many non-native species that have become problematic by out-competing native plants for resources can likewise be managed with fire over time, especially in combination with other effective treatments like herbicide.

Insect and Disease Control

The direct impact of prescribed fire on many insect or disease infestations is not completely understood. In many cases destructive outbreaks occur when forest or grassland conditions have become unhealthy and succumb to normal fluctuations in insect and disease populations.

The exception to this is when a non-native competitor such as the emerald ash borer or chestnut blight is introduced. Prescribed fire can help maintain forest and grassland vigor through reduction of dead leaf and grass layers, keeping forest density at lower levels, and encouraging a healthy influx of new growth.

There is also some evidence that smoke may play a role in helping some plants defend themselves from certain insect or disease infestations.

Wildlife Habitat Improvement

Roughly 84 percent of Arkansas' native wildlife is adapted to open or semi-open habitats that were historically maintained by a regular fire. Without fire, many of these species have become less competitive or have been driven out to find more suitable habitats. Research shows the absence of regular fire is largely responsible for the decline in Arkansas' quail population. Frequent fire stimulates those plants that provide the best food sources for Arkansas' native animals, including the state's most popular game species. In addition to food sources, fire can create a diverse habitat that provides nesting, hiding and mating opportunities.





Mayor Terry C. Hartwick holds a monthly department head meeting. Department heads provide a report of activities, projects and accomplishments.

Below are highlights from July 2021 (You will see that some departments had to change operations due to the Coronavirus/COVID-19).

Hays Center—based on volunteered information, it is estimated 85% of members had the COVID 19 vaccine. 7,004 members visited in July, average 225 members per day. Alaskan cruise planned, Master Gardeners continue work on flower beds, “Gardening On The Move” Program has produced and given away 81.5 pounds of produce to members. Volunteers contributed 591 hours.

Street—work in the street department is never ending...crews patch potholes, pick up litter, clean out storm drains (remove accumulated debris including leaves and grass clippings (**reminder—do not place ANYTHING in the storm drains—they are for water runoff only!**))

Sanitation—crews continue to pickup garbage and yard waste during the pandemic. Garbage / Yard Waste crews collected 2,828.46 tons (5,656.920 lbs) of household garbage, rubbish and junk. Yard waste crews collected 39 loads (1,034.80 cubic yards) of green waste. 267 tires picked up. 15 Sanitation Code inspections and 12 re-inspections. Issued 15 notices for non-compliance and 0 citations.

Traffic—AR One Call requests—25 (*reminder—calling 1 call will save time and money — time by locating underground utility lines—money by not having to pay to repair damaged underground utility lines!*), Signs/posts repaired or replaced—231, City vehicles marked with decals—17.

Fire—Total incidents— 1,271, Unit responses-2,262, Residential fires-13, False alarms-69, Vehicle Fire-11, Rescue/Emergency Medical-700, Mutual Aid-2, Hazmat-5. Training hours: 3,980. Building surveys: 244.

Emergency/911—Incoming calls-14,778, Non-911-7,272, Wired 911-851, Abandoned 911-44, Wireless 911-6,279, Abandoned Wireless-332. Total dispatch entries: 8,790.

Planning—Inspectors traveled 3,343 miles within the city performing the following inspections: 146 HVAC, 259 Plumbing, 310 Electrical, 177 Building. Issued the following permits: 11 sign, 6 demolition, 6 New Single Family (average cost \$455,333), 56 Residential Remodel (average cost \$15,118), 1 New Commercial (average cost \$1,300,000, 0 new Multi- family.

Electric Customer Service—Payments—39,158, Collections—\$10,141,197.

Code Enforcement—Assigned calls—143, Citations—26, Violation Notices—577, Vehicles Tagged—61, Lots Posted—71, Signs Removed—1, Structures Inspected—46, Rental Inspections—36, Food Service Inspections—10, Houses Demolished by city—0, Houses Demolished by owner—1, Vacant Lots Cleaned—15, Lots with Structures Cleaned—12, Vacant Houses Secured—0, Vacant Lots Mowed—19, Lots with Structures Mowed—1. Tires removed—0.

Farewell Summer! Hello Fall!

Animal Control—Incoming:

Dog—124/814

Cat—88/549

Other—2/30

Adopted:

Dog—40/290

Cat—39/126

Reclaimed:

Dog—26/144

Cat—0/7

Euthanized:

Dog—67/365

Cat—75/399

Service Calls—634/3,851

Citations—38/248 Vouchers (Spay/Neuter)—18/151



Parks & Rec—Staff put in concrete pad for basketball court at Stone Links. Summer Activities Program Sessions (held at all community centers) were a great success. Sherman Park Community Center participated in THV11 Summer Cereal Drive. Golf play was up with majority of activity early in the day due to high temps.

North Little Rock Convention & Visitors Bureau—

Arkansas Inland Maritime Museum had 1,991 visitors which included 2 overnight stays. Downtown RV park—654 reservations, average stay 2.08 nights. RVs from 37 states (top 5: AR, TX, FL, CA, & LA).

Electric

39,503 customers

\$7,797,263 revenue

213,733 kw peak power

60 sq miles—territory

11,252 transformers

555 miles of wire

10,458 street lights

5,032 security lights

82 lighting repairs

39,401 smart meters

Major outages: 7-11-21 Levy 2—downed primary at W 16th and Parker—1,094 customers out 3 hr 36 min. 7-31-21 NLRED manual open to put truck on broken pole at 1400 Silver Creek—2,376 customers out 1 hr.



Finance

Year to Date Revenue & Expenditures

as of July, 2021

Revenue

Property Taxes	246,309
Licenses/Permits	345,538
Fines/Forfeitures	94,483
Taxes—sales	5,325,544
Intergovernmental	269,721
Franchise fees	366,266
Charges for Services	95,628
Miscellaneous	17,511
Interest Income	5,664
Net Transfers	1,384,620
Total Revenue	\$8,151,284

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Breathe Better at Home

Found at webmd.com/asthma

Outside Air

Most home heating and cooling systems simply recirculate the air that's already in the house, including all the dust, dirt, and pollen. When the weather's nice and pollen counts are low, open windows and doors to freshen things up. This is especially important if there are fumes from painting, cooking, kerosene heaters, or hobbies like woodworking.

Simple Cleaning Products

Some cleaners have harsh chemicals that can cause breathing problems or trigger an allergy or asthma attack. Read labels carefully and stay away from ones that have volatile organic compounds (VOCs), fragrances, or flammable ingredients. You can make your own cleaners with plain soap and water, vinegar, or baking soda.

Your HVAC

A dirty filter on your heating and air conditioning unit can keep air from flowing the way it should and lead to mold growth if it gets damp. Change it at least every 3 months and make sure it fits well. If you have asthma or allergies -- or you have pets or a large family -- you might want to check it once a month. It's also a good idea for a professional to inspect the unit once a year.

Bathrooms

If there's mold in your house, the tiny spores can float into your nose and even your lungs. That can lead to allergy symptoms, like coughing or sneezing, or other breathing issues. The fungus loves damp areas, so keep bathrooms dry. Turn on a fan or open a window to help move air after you shower, and hang up wet towels and washcloths. If you see mold in the tub or other areas, you may need to clean more often to help keep it at bay.

Air Fresheners

Even pleasant smells can cause problems. Some air fresheners have VOCs in them that may bother your nose and throat. Other aerosol sprays, including some health and beauty products, have VOCs, too.

Fresh Fruits and Vegetables

If you keep them too long, mold can grow on them. Check stored fruits and vegetables often, and toss anything that has mold or slime on it. To keep them fresh longer, don't wash them before you store them -- do that just before you eat them. If you're not sure if something is fresh, throw it away.

Cockroaches

These bugs can cause problems even after they're dead. When they die, their bodies break down into small bits, and those can get into the air. The same can happen with their poop. Those bits can get into sheets, pillows, and other fabrics, and may trigger asthma attacks or allergic reactions. If you know you have a roach problem, use roach baits instead of sprays.

Leaks

These can happen with sinks, toilets, showers, dishwashers, or refrigerators -- even your roof. Pooled water can lead to issues with mold and cockroaches, so any leak needs to be taken care of quickly. Call a plumber if you can't find where it's coming from or don't know how to fix it.

Leftovers

The only thing cockroaches like more than water is food. When dinner's over, put anything that's left in airtight containers. And if you throw food away, make sure it's into a trash can that has a lid on it.

Pets

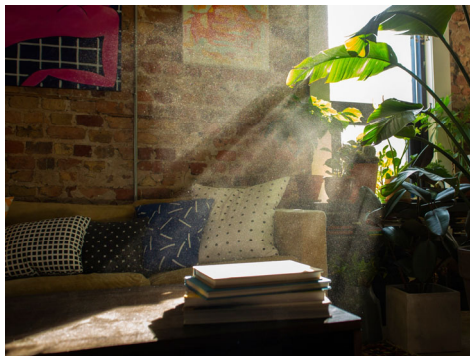
Dander and other allergens that Fido and Fluffy bring in from outside

can cause trouble for your lungs. As hard as it might be, it's a good idea to keep them out of bedrooms and off beds. If that's not an option, bathe them regularly and vacuum the areas where they spend time.

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Expenditures

Administration	182,120
Animal Shelter	72,330
Special Appropriations	305,620
City Clerk	43,245
Emergency Services	208,825
Finance	117,892
Public Safety-Fire	1,797,783
Health	9,039
Legal	82,149
1st Court	72,486
2nd Court	65,871
Human Resources	94,248
Commerce	35,273
Planning	97,500
Public Safety-Police	2,304,606
Code Enforcement	103,247
Public Works	113,868
Neighborhood Services	17,463
Sanitation	401,512
Vehicle Maintenance	94,392
Senior Citizens Center	84,747
Communications	17,835
Fit 2 Live	19,808
Total Expenditures	\$ 6,341,860



Forgotten Areas

Cabinet tops and vent hoods are a couple of places people sometimes forget to clean, along with behind toilets and under bathroom sinks. Wipe them down every so often with warm, soapy water. Give your pets' dishes a daily wash, too, and check around for other areas that might collect grease, food, grime, or water.

Linens and Rugs

Wash sheets, pillowcases, blankets, and area rugs once a week in 130-degree F water to help get rid of dust,

mold, mites, and other things that can affect your breathing. And get rid of throw pillows that don't have zip-off covers. They collect dust mites and pet dander and can be hard to clean.

Furniture

Fabrics can trap dust, pollen, and other allergens. The next time you give the living room a new look, consider leather or vinyl furniture instead of cloth. If you have issues with allergies or asthma, you also might want to hang blinds instead of curtains, and dust them regularly.

Flooring

Hard surfaces, like wood, don't collect things that affect your breathing the way carpet can. If you need some soft areas, use throw rugs you can clean in a washing machine or sink. If you can't take up your carpet, vacuum it weekly with a cleaner that has a HEPA or small-particle filter. When it needs to be professionally cleaned, be sure to use a certified "asthma & allergy friendly" service.

A checkup for your protection

By Daniel Knight, M.D.

Found in City & Town, the official publication of the Arkansas Municipal League

Vaccination is one of the strongest tools available to modern medicine. Whatever the vaccine may be, the immunization it provides helps ensure both individual health and, when widely distributed, the health of whole populations.

However, not all vaccines are created equal. Not all of them work the same way, because not all viruses work the same way. Sometimes their protection lasts many years, other times not.

As we head into another autumn, historically a time in which many contagious diseases tend to spread as people spend more time indoors, it's worth taking a quick stock of your shot records and figuring out how well protected you and your family are.

Early immunization

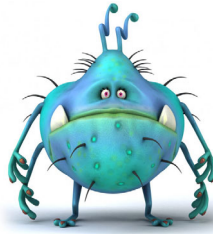
More adults will have received a series of immunizations as children, between birth and 6 years, to ward off a series of dangerous diseases. These immunizations usually include a weakened form of the virus that the body uses to train up its immunity.

The most common of these are a shot for measles, mumps and rubella (MMR) and another for tetanus, diphtheria and pertussis (Tdap or Td). Varicella, which causes chickenpox, can also be immunized against between 12 months and 6 years.

However, not everyone may realize that their shot regimen was incomplete. For example, some forms of the MMR vaccination require two doses. If your shot records only show one, or if you don't have those records, you might consider getting a second dose. Additionally, the Centers for Disease Control and Prevention (CDC) recommends getting a tetanus booster every 10 years or sooner if injured.

The annual battle

Beyond those boosters needed to keep your shot records up to date, for adults, the most commonly needed immunizations will likely be an annual flu shot. Because different strains of influenza are active each year, we



need a yearly flu shot to help us fight them off. The influenza vaccine helps by stimulating your immune system to be ready to respond immediately and fight off the strains of influenza virus that are most likely to be spread that year.

Flu shots are readily available. Many employers offer shots for their employees. Most pharmacies or medical offices also offer the shot.

This year, we will likely again see many drive-up sites set up by different organizations to give flu shots to minimize contact during the ongoing COVID-19 pandemic.

New vaccine technologies

Speaking of which, the COVID-19 vaccine is now available for all people age 12 and older. It is administered in either one or two doses. Anyone eligible for the vaccine is encouraged to get it to help stop the ongoing spread of the virus in its many variant forms.

Unlike many other vaccines, most of the COVID vaccines available in the U.S. are not built from a weakened form of the virus. In fact, they contain no virus at all. Instead, the Pfizer-BioNTech and Moderna vaccines use a genetic material called messenger RNA to teach your body how to recognize the virus and prevent infection. The Johnson & Johnson vaccine uses a disabled adenovirus, which isn't related to the coronavirus that causes COVID, to train the immune system.

The vaccine does not impart 100-percent immunity from the virus, but it has been shown to be highly effective in preventing infection. And in those cases where someone has been immunized and still becomes infected, the chances for serious illness are reduced significantly.

However, as with other vaccines, that does not mean there are no side effects. Some people have reported a sore arm, fatigue, headaches, nausea or fever after being vaccinated. These symptoms are not a sign of infection but are a byproduct of the immune system being activated. These side effects are much less worrisome than the virus itself.

Daniel Knight, M.D., is an associate professor of family medicine at the University of Arkansas for Medical Sciences and the associate program director of the Baptist/UAMS Family Medicine Residents North Little Rock.

Chicken Enchilada Dip

Found at [bettycrocker.com/recipes](https://www.bettycrocker.com/recipes)

Ingredients

2 cups shredded cooked chicken breast
1 can (10 oz) Old El Paso™ enchilada sauce
1 can (4.5 oz) Old El Paso™ chopped green chilies
1 cup shredded Monterey Jack cheese (4 oz)
1 cup shredded Cheddar cheese (4 oz)
Tortilla chips

Heat oven to 350°F. Lightly oil 13x9-inch (3-quart) glass baking dish with cooking spray.

In large bowl, combine shredded chicken, enchilada sauce, chilies, 1/2 cup Monterey Jack cheese and 1/2 cup of the Cheddar cheese. Pour into baking dish. Top with remaining cheeses.

Bake about 20 minutes or until bubbly around edges.

Cool 5 minutes before serving with tortilla chips.



Health Hazards When You Don't Wash Your Sheets

Found at webmd.com/a-to-z-guides

Undercover Trouble

You spend a third of your life in bed. So clean bed linens should be one of your must-do chores. Think of the drool, sweat, dandruff, and other "stuff" you leave between the sheets. Ideally, you ought to launder them weekly, or at least every other week. But a recent survey found that Americans tend to be sheet slackers, going 25 days between washes.

Mite-y Gross

You shed 500 million skin cells a day. Many slough off while you roll around in bed. All those dead cells pile up on your sheets in between washings. Tiny dust mites love to feed on the shed cells. The critters and their droppings can trigger allergies, asthma, and cause your itchy eczema to flare. If you're allergic to dust mites, wash bedding every week in hot water.

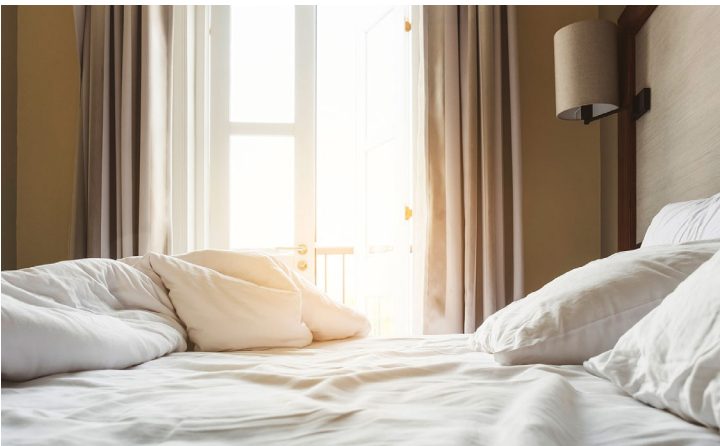


Pet Peeves

Do you sleep with your fur baby? Rover or kitty's hair and dander on your bedding become extra buffet fare for dust mites. If your dog has a skin condition called mange also called animal scabies you fortunately can't catch it from him but your skin can turn itchy and irritated. Your pets also can pass on a fungal infection called ringworm of the scalp. Aim to change your sheets once a week.

Bacterial Bed Buddies

Dead skin cells, sweat, saliva, and more can turn your comfy bed into a petri dish for germs to grow. For instance, lab tests found that swabs from pillowcases unwashed for a week harbored 17,000 times more colonies of bacteria than samples taken from a toilet seat.



Bedroom Breakouts

Is your acne worse and you can't figure out why? Your dirty pillowcase could be to blame. The embedded dirt, dead skin, and bacteria can clog your pores. If you have bad breakouts, change your pillowcases every 2-3 days and the rest of your bedding once a week.

Sickly Sheets

If you or your partner has been ill, toss your sheets into the wash right away to kill any lingering germs. Most bacteria or viruses can survive on soft surfaces for minutes to hours. The duration varies based on the specific microbe. For example, flu viruses live on tissues for just 15 minutes, but some stomach bugs can survive on fabrics for 4 hours.

Pillow Toss

Where you rest your head at night can be full of fungus -- some can be dangerous to those with asthma. If your pillow -- the fluffy thing itself -- can be washed, do so at least twice a year. Follow the care label on how to do it. Make sure to rinse and dry it well to prevent mildew. If you use a pillow protector, toss it into the wash along with your pillowcase.

Sheet Swaps

Some other things can add to the icky factor between your sheets. Strip the bed weekly (or even more often) if you:

- Sleep in the nude
- Snack in bed
- Sleep with your kids
- Sweat a lot at night.

Let Your Sheets Breathe

You may have heard that the best way to kick start your day is to make your bed. But it might be wise not to rush. That's because moisture builds in your sheets after each night of slumber. When you wake up, peel back the covers and give your bed a chance to dry. That makes it a less attractive nesting spot for bacteria and mites.

Wash Day Tips

Launder your bedding with the hottest water suggested on the care label. Afterward, toss it into the dryer. Studies show the dryer's heat can kill some germs that survive the wash. If it's safe for the color, use a germ-killer like bleach on your sheets, especially if you're cleaning up after a sick person.



Dirty Duvets and More

Some comforters or duvet covers aren't machine washable. So check labels before you launder. Stick to this cleaning schedule for a fresh bedroom:

- Comforters, blankets, and duvet Covers: Once every 1-2 months. (If you don't use a top sheet, wash them when you do your sheets.)
- Mattress pad: Wash four times a year
- Bed skirt: Every 3-6 months.

Vacuum your mattress when you launder the bed skirt to suck away dust and dirt.

Bedbugs

These critters aren't lured by dirty or clean sheets. They're attracted to you. They live in warm places close to people, so your bed is perfect. Bedbugs crawl out at night and feed on your blood. You may wake up with itchy bite marks. The bugs travel to your home from places that are infested, like a hotel, dorm room, neighbors apartments, schools, workplace on your jackets. In other words--they are almost everywhere! Dry your bedding on high heat for 30 minutes to kill the bugs and their eggs.

Laman and Argenta Branch Library Events:

Equal Hearts Suppers - free meals for ages 1-18 are available curbside between 3:45 and 4:15 p.m. on weekdays at the Laman Library Main Branch Children's Entrance. Equal Heart meals are provided on a first-come, first-served, grab & go basis, except for Monday, Sept. 6, when both branches are closed in observance of Labor Day.



Intruders in the Dirt: The Architecture and Landscape of the Arkansas Delta - coming Sept. 7 to Main Branch's upstairs gallery. Enjoy Brian Cormack's photographic take on prominent but threatened buildings, like the historic Saenger Theater in Pine Bluff and Stuttgart's Riceland Hotel. The exhibit continues with free admission 9 a.m. to 6 p.m. weekdays through Oct. 28.

Teen Movies, Board Games, and Special Events - 12- to 18-year-olds are invited to Main Branch Teen Center for something fun everyday after school.



We're happy to announce the restart of our Equal Heart Suppers program! Free meals for ages 1-18 are available curbside at the Laman Library Main Branch Children's Entrance. Equal Heart is an equal opportunity provider, and meals are distributed on a first-come, first-served, grab & go basis, except on Sept. 6, when both branches close in observance of Labor Day.



Argenta's Third-Friday ArtWalk - join us at Argenta Branch from 5 to 8 p.m. on Sept. 17 to meet artist Emily Moll Wood. You can get a sneak peek of her work on the LamanLibrary YouTube channel Artist Talk and *Heros murals behind 413 Main St.*

Stop by Main Branch to pick up a Bingo card before our **Facebook LIVE Bingo Games** at 2 p.m. Sept. 3.

Books & Blocks - children are invited to build with Argenta Branch Youth Services' colossal blocks between 10 a.m. and 4 p.m. Mondays throughout September.

Enjoy **Marilyn's LIVE Facebook Storytimes** at 11 on Thursday mornings. They'll be recorded to our page for viewing anytime.

Main Branch Homeschoolers Explore the World - with a socially-distanced video program and special Take & Makes at 1 p.m. every Thursday. Call (501) 758-1720 for details.

Monday **Mystery Book Club** - enjoy Sally Hepworth's *The Mother-in-Law*, and let us know what you think at 6 p.m. Sept. 13. Join through the Zoom link on the calendar at lamanlibrary.org.



Averi's Chapter Book Club - a new program for kids on Facebook LIVE! Averi's Chapter Book Club debuts at 4 p.m. on Sept. 16 on our Facebook page.

Indulge your love of culinary adventure! Our **Spice of the Month Club** Kits include recipes tempting you to try the spice for yourself. Then join the discussion through lamanlibrary.org/cooking to share your impressions with virtual Fellowship & Flavor at 5 p.m. on Sept. 27.

Essence of Books - Join the Zoom discussion at 6 p.m. Sept. 28 through a link on the calendar at lamanlibrary.org.

Tune in for our other virtual programs on social media and the LamanLibrary YouTube channel.

Book Chat with Julie - debuting Sept. 9 on Facebook and the Lamanlibrary YouTube channel. This month's show is all about new releases and the books in Julie's TBR pile.

Jewelry Making & Krafty Seniors - pick up Main Branch Take & Make kits for virtual crafting programs debuting Sept. 8, 22, and 23. Call (501) 758-1720 to reserve your kits, and we'll deliver curbside.

Pressed Flowers Crafternoon - tune in starting at 3 p.m. on Sept. 10 bookmark making.

Argenta's Mystery Craft Box - Call Argenta Branch at (501) 687-1061 to reserve your child's kit, and then watch the show for a fun surprise!

Card Shop with Argenta Branch - celebrates sunflowers this month. We'll make a beautiful set of cards featuring these cheery florals. Reserve your kit at Argenta Branch. Supplies are limited, so one kit per person please. If you aren't able to pick one up, these classes are designed to use inexpensive and household items.

September Birthdays

SHELBIE REED	Laman	14	ROBIN CAMPBELL	Laman	18
ASHLEY BROWN	Laman	24			

September Anniversaries

ADAM BRANSCUM	Laman	4 years	BEVERLY PARTIN	Laman	6 years
SUSAN SHIRLEY	Laman	33 years			



**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: **4/2/2021**
Expires: **9/30/2021**



EXAMPLE

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

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

Deputy City Clerk / Treasurer, Revenue

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

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

Currently, we have NO permitted door to door solicitors.

All North Little Rock Business/Privilege License/Permit renewals were due March 31, 2021.

Beginning July 1, 2021, penalties on all unpaid accounts will be an additional 50% of the total due.

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

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

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

North Little Rock History Commission



The Friends of NLR History continue to raise money for a project **KEEPING THE PAST PRESENT**. Funds will be used to create a new interactive, state-of-the-art, museum experience with permanent and temporary/changeable exhibits.

For more information, call 501-371-0755 or email nlrhistory@comcast.net.

The North Little Rock Convention & Visitors Bureau wants to help promote your upcoming events! Visit www.NorthLittleRock.org or call Stephanie Slagle (Director of Marketing) at stephanie@northlittlerock.org or 501.404.0378 to submit your events.

Operating a Business in North Little Rock

If you have decided to open a business in North Little Rock (NLR), we are glad you will be a partner in the development of our wonderful city. We also want to take the time to provide some basic information for all business operators.

1. The NLR City Council requires all persons conducting business of any kind in our city to have a current Business/Privilege License/Permit.
2. The NLR City Council requires all persons wishing to operate a business in our city to obtain a zoning certificate. This ensures that the type of business to be operated corresponds with the current zoning of the location. (This applies to home-based businesses as well).
3. NLR Business/Privilege License/Permits must be renewed annually. All License/Permits run from January 1 thru December 31. Some new accounts opened within the calendar year may be prorated (quarterly).
4. Hotels, Motels, Home Vacation Rentals, Restaurants and Food Trucks are also subject to an Advertising and Promotion (A&P) tax to be collected at the point of sale and remitted monthly to the A&P Commission.
5. The majority of businesses will be subject to the General Sales and Use Tax.
6. The business may also be subject to certain County taxes and should contact the Pulaski County Assessor's Office.
7. Businesses operating in the city are subject to inspection by the North Little Rock Fire Department to ensure they are in compliance with the Fire Code.
8. Businesses must have prior approval for signage (not allowed for home-based businesses).
9. Some businesses (restaurants, food trucks, day cares, etc.) may also require a State Health inspection prior to obtaining a business license.
10. All businesses selling alcoholic beverages must have a State Alcohol Beverage Control Board (ABC) License before selling any of these products.

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

North Little Rock City Council Schedule

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

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

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

City Offices located at 120 Main

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

City Council Members

Ward 1	Debi Ross Nathan Hamilton	753-0733 952-7679
Ward 2	Linda Robinson Maurice Taylor	945-8820 690-6444
Ward 3	Steve Baxter Ron Harris	804-0928 758-2877
Ward 4	Charlie Hight Jane Ginn	758-8396 749-5344

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 Terry C. Hartwick	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
Terry C. Hartwick	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Communications.....	501-975-8833
Shara Brazear	
External Relations.....	501-975-8605
Margaret Powell	
Special Projects.....	501-975-3737
Arnessa Bennett	
Fit 2 Live.....	501-975-8777

North Little Rock Curbside Recycling
schedule for the month of September



Aug 30—Sept 3 recycle
Sept 6—11 no pickup
Sept 13—17 recycle
Sept 20—24 no pickup
Sept 27—Oct 1 recycle

September Anniversaries

<i>Name</i>	<i>Dept</i>	<i># Yrs</i>	<i>Name</i>	<i>Dept</i>	<i># Yrs</i>
MILES III, DAVID N	Animal Contr	18	EDISON JR, ROBERT L	Police	26
MOORE, BARBARA J	Comm Dev	1	CARMICAL, BRANDT T	Police	26
TAYLOR, WOODIE R	City Clerk/Treas	7	FRANCISCO, KIMBERLY H	Police	24
CULLUM, LEANNA	OES/911	5	DEDRICK, BRIAN T	Police	24
OSBORNE, STEVEN T	OES/911	4	PETTIT, DAVID N	Police	23
COX, MEGAN D	OES/911	1	LYON, JOHN P	Police	22
FREEMAN, KIM A	Electric	44	SCHWULST, JON P	Police	21
BELL, JAMIE L	Electric	31	CANTRELL, PAUL A	Police	21
WOODWARD, GREGORY D	Electric	31	GRAVETT, JEFFREY T	Police	21
PETTIT, LEONARD E	Electric	24	MOYSTER, BRUCE W	Police	20
PRICE, MATTHEW H	Electric	14	NICHOLS, CARLA M	Police	20
SMITH, BRIAN S	Electric	12	FISHER, JON P	Police	19
BROWN, ANTHONY	Electric	12	NEELEY, JAMES A	Police	19
SCHULTZ, KRISTIN A	Electric	11	HAMMONS, PHILLIP J	Police	12
BURLESON, SUSAN M	Electric	11	ANDERSON, MATTHEW S	Police	12
BETTIS, RICKY W	Electric	7	DIMATTEO, KAREN S	Police	12
NORTHCUTT, JARED C	Electric	6	NOEL, ASHLEY M	Police	12
DOWDY, JEREMY	Electric	5	TOLLETT, YANCY W	Police	12
STRIPLING, WILLIAM T	Electric	5	HAWKINS, JASON P	Police	6
DAVISON, BRIANNA M	Electric	5	BARBER, TYLER C	Police	4
OGINSKI, JOSHUA A	Electric	3	ABEL, SHIRLEY M	Neighborhood Srv	26
DERRICK, ZACHERY H	Electric	3	HOPSON, BILLY R	Sanitation	21
ALLEN, BRANDON M	Electric	2	TUCKER, ALTORIA	Sanitation	13
CURTIS, CHRISTOPHER R	Electric	2	WILLIAMS, LYNN L	Sanitation	9
SANCHEZ, ROY	Fire	34	PARKS JR., JAMES E	Sanitation	2
DEREUISSEAU, WALLACE L	Fire	34	USSERY, KEVIN	Traffic	32
TETKOSKIE, ALAN D	Fire	32	EVERETT, THOMAS R	Traffic	22
THORN, MARK R	Fire	32	NUTT, MATTHEW D	Traffic	3
DELLORTO, DANIEL P	Fire	28	DAISEY JR, ROBERT L	Vehicle Maint	1
BUFORD, BEAU W	Fire	28	EGLI, BRIAN S	Vehicle Maint	1
HALL, CHRIS E	Fire	28	FRANKLIN, ROOSEVELT D	Park Maint	2
GUAJARDO JR, ALEX	Fire	28	KING, ALLEN H	Park Maint	1
MILLER, JON R	Fire	24	WEBB, MORRIS B	Park Maint	1
SHOEMAKER, MARK E	Fire	24	PARKER, GLENDA A	Parks Rec	27
SARTIN, KENNETH W	Fire	6	ALLEN, RACHEL G	Parks Rec	13
KOLB, MATTHEW R	Fire	3	REEVES, MICHAEL T	Parks Rec	3
COX, BRYEN G	Fire	3	GILBERT, YOLANDA F	Parks Rec	1
WILLIAMS, JONATHAN C	Fire	1	TILLMAN, CLEMENTENA	Parks Rec	1
GRAHAM, BRANDON D	Fire	1	BUTLER BEAN, FELECIA A	Parks Rec	1
WALKER, NICHOLAS T	Fire	1	SANDERS, SHARON D	Parks Concession	2
WADE, ALEXANDRA S	Fire	1	RHODES-LAMB, BRYEN J	Parks Concession	2
MIDDLETON, DEBORAH A	1st Court	6	PERKINS, BETTY L	Parks Concession	2
THESSING, PATRICK P	Police	26	SAWYER, ANNA M	Fit 2 Live	1

September Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>
HARRIS, RON	City Council	1	KNOERNSCHILD, JASON	Fire	18
FINCH, MARK	Electric	1	BRANCH, CAROLYN	Police	18
HENDERSON, AARON	Fire	1	DOLAN, CAROL	Police	18
OAKLEY, BRIAN	Fire	1	WIGGINS, MARK	Police	18
CASH, RONALD	Vehcile Maint	2	BREWER, THOMAS	Parks Maint	18
PATTON, CHRIS	Fire	3	BRYANT, TAMMARRAH	Parks Rec	18
SCHRADER, DUDLEY	Fire	3	CREWS, CHRISTOPHER	Vehcile Maint	19
MERZ, CARISSA	Police	4	USSERY, EBBIE	Electric	20
MCCOURT, KEITH	Electric	5	ROBERTSON, BILLY	Vehcile Maint	20
NOLES, KEVIN	Electric	5	TENNER, ANDREAUS	Vehcile Maint	20
BRUNO, SHERRYL	Police	5	BUTLER, CLINT	Fire	21
PETTIT, DAVID	Police	5	BLANKENSHIP, GREGORY	Police	21
HOLMAN, AARON	IT	5	CARMICAL, BRANDT	Police	21
BARTLETT, JAMES	Electric	6	JOHNSON, DAJSAMONE	Concessions	21
EVANS, REAGAN	Police	6	TREADAWAY, MICHAEL	Fire	24
MAGGARD JR, DON	Police	6	LIVINGSTON, KENNETH	Police	24
MARTIN, TEMEKA	Parks Rec	6	HALSEY, JACKIE	Electric	25
HEINRICHS, ERIC	Electric	7	SCHULTZ, KRISTIN	Electric	25
DAISEY JR, ROBERT	Vehcile Maint	7	KING, JEN-CHUAN	Police	25
PETTIT, JAMIE	Parks Maint	7	STROUT, ANTHONY	Police	25
BALL, TATANA	Concessions	8	VANASSCHE, JACOB	Police	25
JONES, WILLIAM	Police	9	ANDREWS, ROMMIE	Street	25
MATHIS, JOSEPH	AIMM	9	PERRY, MICHAEL	Parks Maint	25
MAHANAY, EARL	Fire	10	BARENTINE, RONALD	Golf	25
COYOTE, DUSSTIN	Fire	11	CHAPERON, BRITTANY	OES/911	26
JONES, JESSIE	Concessions	11	ADAMS, STEVE	Street	26
EISENHOWER, COREY	Fire	12	BROWN, GREGORY	Fire	27
HUTCHISON, JARRETT	Fire	12	MORSHEDI, SIAVASH	Police	27
THOMAS-BATRES, ISAIAS	Fire	12	BELL, JAMIE	Electric	28
SEHIKA, JOHN	Street	12	HARTWICK, RYAN	Electric	28
REYNOLDS, DAVIN	Police	13	HENDRIX, KUADRIKA	Police	28
MCCULLAR, JOHN	Public Works	13	GINN, JANE	City Council	29
DAVENPORT, JOSHUA	OES/911	14	EDWARDS, CHADWICK	Police	29
TOLENTINO, VALERIE	OES/911	14	COUCH III, LEE	Parks Rec	29
PECKAT, CHARLES	Police	14	GUAJARDO, BILLY	Fire	30
THESSING, PATRICK	Police	14	DAVIS, CORDELL	Police	30
FREEMAN, KIM	Electric	15	JACKSON, LINDA	Police	30
YOUNG, ANTWONE	Sanitation	15	CHRISTOPHER, MARCUS	Street	30
MCKEE JR, THURMAN	Traffic	15	MAHAN, JACOB	Traffic	30
PLAUDIS, THOMAS	OES/911	16	ALLEN, RACHEL	Parks Rec	30
HENDERSON, CHRISTOPHER	Police	16	MILLER, MYNA	AIMM	30
MILLER, MICHAEL	Police	16			



Mayor Terry C. Hartwick and a few of our North Little Rock City Hall team joined Arkansas Municipal League team members and Dr. Joe Thompson for City Hall Selfie day last month in front of our City Hall.

North Little Rock City Offices
 will be closed
Monday, September 6, 2021
 In observance of **Labor Day.**
Sanitation routes will run one-day delayed all week.
Monday pickup will be Tuesday and so on...



Confirm your attendance by scanning here.

City of North Little Rock
JOB FAIR

Wednesday, September 22, 2021

12:00 - 6:00 pm

NLR Chamber of Commerce, 100 Main Street, NLR

The City of North Little Rock needs your expertise!

Law Enforcement, Emergency Services, Fire Protection,
 Electric/Journeyman Linemen, Parks, Street, Sanitation, and Administrative
Apply for open positions at the Job Fair.

The City of North Little Rock offers an excellent pay and benefits package, including:
 Health & Dental Insurance, a defined Benefit Retirement Plan, and many more incentives.

The City is partnering with UAMS to provide a COVID-19 Vaccine Clinic at the Job Fair.

CAPDD is an "equal opportunity employer/program," and "auxiliary aids and services are available upon request to individuals with disabilities." Arkansas Relay Service: 1-800-285-1121 (Voice) 1-800-285-1131 (TDD) Or TDD 711.



A proud partner of the
 americanjobcenter
 network

Information regarding employee anniversaries and birthdates is provided by Human Resources the prior year (i.e. 2021 was provided in 2020). 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 20 years. My total service with the city is 30 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)



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**ROCK SOLID
SHREDDING**

**WHEN SECURITY COUNTS: COUNT ON US!
MOBILE ON-SITE SHREDDING SERVICES**



**ALWAYS WORKING FOR A
SUSTAINABLE TOMORROW**

*Are proud to announce the
3rd Annual North Little Rock
Free Shred and Recycle event*

held at First Baptist Church

2015 Main St North Little Rock, AR 72114.

September 11th, 2021

Time: 10am-12:30p.m.

Recycle Right

Follow these 3 rules to make recycling simple:

1. Recycle empty bottles, cans, paper, and cardboard.
2. Keep foods and liquids out of the recycling.
3. Keep plastic bags out of the recycling bin.

No bagged recyclables.

All paper will be 100% recycled.

In 2 or 3 weeks your shredded documents will become paper towels, napkins, or toilet paper.

Live Green!



IMPORTANT

ABSOLUTELY NO BATTERIES or large metal objects like 3 ring binders. Paper clips, staples and small binder clips are okay

For Further details contact: Kristina "KC" Gulley, 501-744-0085

DO YOU RECYCLE?

We hope so!

Here are some tips on how easy it is to do recycling right!

Recycling is as simple as 1., 2., 3. Here's how:

1. Empty plastic bottles, and jugs should go in your curbside recycling cart.



2. Empty aluminum, steel, and tin cans go in there, too!

3. Paper, cardboard, newspaper, junk mail, and paperboard (like cereal boxes, but without the plastic liner) also go in your curbside recycling cart. Flatten all card board to fit inside the cart.



Regional Recycling
& Waste Reduction
District

Also, if you're not sure about the other stuff, just give us a call!
Or, always remember, when in doubt, leave it out (of your recycling cart).



The Great Arkansas River Cleanup

Saturday, **September 18, 2021**

Staging area will be **Burns Park Boat Ramp**
at 8:00 a.m.

Clean up will be from 8 to 11 a.m.

Volunteers are strongly encouraged to **wear boots**
(snakes will still be out and about!)
Gloves, bags, picker upper tools and bug spray will be provided.

Members of **Keep North Little Rock Beautiful** and friends will be picking up litter in the **Burns Park** area, along the trail and river shoreline.

Boaters, kayakers, canoers are encouraged to bring their boats and collect riverside.

Boaters and others participating by water can drop off bags of litter they pickup at the Burns Park Boat Ramp for removal.

For more information, contact:
Keep North Little Rock Beautiful at knlr.org
or email green@knlr.org.
You can also call **Randy Naylor** at 501-350-8775.

Our mission is to engage residents to improve the local environment, including waterways that feed into the Arkansas River, through litter prevention, beautification, recycling and education.



North Little Rock Police Officer **Jhailan Rathey** is our city's liaison to the unsheltered community. He has a passion for working with people. Officer Rathey works closely with individuals by helping them utilize available resources. Officer Rathey can be reached by calling **501-975-8780** or email **Jhailan.rathey@nlrpolice.org**.

Unsheltered Community Resources

Emergency Shelters

Abba House (Women & Children only)
1014 S Oak St, LR 501-666-9718

Compassion Center (Men & Women)
3618 W Roosevelt, LR 501-296-9114

Dorcas House
823 S Park St, LR 501-374-4022

Lucie's Place (LGBTQ+ ages 18-25)
300 S Spring, Ste 715, LR 501-508-5005

Our House (Working Shelter)
301 E Roosevelt, LR 501-374-7383

Salvation Army (Women & Families)
111 W Markham, LR 501-374-9296

Women and Children First
(Open 24 hours) 501-376-3219

Meals

Friendly Chapel (M-F)
116 S Pine, NLR 501-371-0912

Jericho Way (M-F)
3000 Springer Blvd, LR 501-916-9859

River City Ministries (M-F)
1021 E Washington, NLR 501-376-6694

Stewpot (M-F)
800 Scott St, LR 501-372-1804

Homeless Outreach

Street Ministry 501-860-1180

The Van
4500 W 61st St, LR 501-955-3444

Housing

Housing Authority Leasing Office
1700 Vine St, NLR 501-758-8911

Metropolitan Housing Alliance
100 S. Arch St, LR 501-340-4821

Pulaski County Housing
201 S Broadway, LR 501-340-3376

Public Transportation

Rock Region Metro
901 Maple St, NLR 501-375-6717

Jobs / Reentry

Arkansas Division of Workforce Services
2 Capital Mall, LR 501-682-2121

Goodwill Industries of AR
7400 Scott Hamilton Dr, LR 501-372-5100

Our House (Career Center)
301 E. Roosevelt, LR 501-374-7283

St. Francis House
2701 S Elm, LR 501-664-5036

Call 2-1-1

Arkansas 211 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, seven days a week, online and by phone. www.arkansas211.org

Fit2Live Director

North Little Rock Mayor Terry C. Hartwick recently named Lakaisha Shelby Director of the Fit2Live Program.

Shelby, a graduate of the University of Arkansas at Little Rock (UALR) holds a Bachelor of Health Education and Promotion with a minor in Health and Education. She was named to the Dean's List three consecutive years while attending UALR.

Shelby most recently worked at the Arkansas Department of Workforce Services and the Arkansas Department of Finance and Administration. She has extensive customer service experience working for both private companies and state agencies.

Shelby commented, "I am excited about the opportunity to continue developing the North Little Rock Community Gardens Program, Employee Wellness Plan, as well as the overall Fit 2 Live Initiative in the City of North Little Rock."

Visit the City's website at www.nlr.ar.gov if you are interested in learning more about the Fit2Live Initiative or the Community Gardens Program in North Little Rock.

