

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

June 2021

Memorial Day—May 31, 2021

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U. S. Military. Please take a moment to thank those who have served and all who continue to do so.



Things to do in North Little Rock Memorial Day Weekend



May 28 and 29, Argenta Outdoor Dining District—in the street between 300 and 500 blocks of Main. Come on down and enjoy a meal from one of several participating restaurants or bars at a tent covered table right on Main Street!

May 28, 29, and 30, Northshore Balloon Fest
—5401 Northshore Drive

May 28, 29, and 30, Arkansas Travelers Baseball at Dickey Stephens Park—400 W. Broadway—Fun for the whole family!



May 29, Goat YOGA at St. Joseph Center
—6800 Camp Robinson Road



May 29, Argenta Farmers Market—510 Main Street—7:30 a.m.—10:30 a.m.

USS Razorback Submarine Tours—120 Riverfront Park Drive



“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

Did you ever watch your cat
or dog snoozing and think...

How Do Animals Sleep?

Below is an article found at sleepfoundation.org/animals-and-sleep

Written by Logan Foley

Have you ever wondered how whales can sleep without drowning, or why bats sleep upside down? All animals need sleep, but animal sleep patterns are as varied as the animal kingdom itself.

How Mammals Sleep

Mammals sleep to save their energy and restore mental and physical energy. The amount of sleep a mammal needs depends on several factors, including age, body size, environment, diet, and the safety of its sleep site. Whether a mammal lives on land or in the sea can also affect how much sleep it needs.

Different mammals spend different amounts of time in non-REM sleep and REM sleep. However, all mammals studied thus far do exhibit signs of REM sleep, suggesting that mammals dream, just like humans do.

Mammalian sleep is often categorized as monophasic or polyphasic. Monophasic sleep describes animals who generally receive their sleep in one concentrated time period. Humans are an example of monophasic sleepers. Our circadian rhythms encourage us to sleep for extended periods at night and be active and alert during the day.

Polyphasic sleepers, on the other hand, tend to sleep in multiple periods throughout a 24-hour cycle. Polyphasic sleep is more common, as many animals need to maintain some level of vigilance against predators. However, if threats are minimized, animals can enjoy monophasic sleep. Marmosets, for example, sleep in trees surrounded by their family, enabling them to feel more protected and experience monophasic sleep.

Land Mammals and Sleep

Even within land mammals, the amount of sleep required varies from species to species. Giraffes need surprisingly little sleep. The average giraffe sleeps for 4.6 hours per day. For the most part, giraffes tend to sleep during the night, although they do get in some quick naps throughout the day. Giraffes can sleep standing up as well as lying down, and their sleep cycles are quite short, lasting 35 minutes or shorter.

Elephants are another animal that sleep very little. Some researchers have documented their total sleep time at just 2 hours per day. Scientists can tell ele-

phants are sleeping when their trunks stop moving. Elephants, like giraffes, likely only sleep for a few hours each day due to their massive body size and need to graze often. Predation risk may also play a role in how little they sleep, given how far they'll travel while awake. Scientists have observed elephants traveling for nearly two days without sleeping at all.



Like giraffes and elephants, horses don't sleep much, and when they do, they can sleep standing up. However, once they enter REM sleep, they lie down.

On the other end of the spectrum, there are dogs, who spend over a third of their day asleep. Another 21% of their day is spent in a state of relaxed drowsiness, ready to nap at a moment's notice. Little brown bats sleep even longer, at about 20 hours per day. Some of that time is spent in a state of torpor, or hibernation.

What Is Hibernation?

Hibernation is a sleep-like state many mammals and some other types of animals engage in. During hibernation, which can last months at a time, an animal eats, moves, and produces waste very infrequently and only during brief periods of mild arousal.

There's a common misconception of hibernation as an extended sleep state, but that's not quite correct. Hibernation is more properly understood as a state of torpor. During torpor, animals have a lowered metabolism, heart rate, body temperature, and respiratory rate. These effects are similar to what happens during sleep, but they're more pronounced during hibernation than in normal sleep.

Animals hibernate to conserve energy during severe temperature changes or when food is scarce. Bats, for example, must decide whether to hibernate or migrate when their food supply of insects dwindles in the colder months. Some bats may stick around, conserving their energy by entering torpor for a few hours on a chilly day, or hibernating for six months until insects return in the spring.

When people think of hibernation, they frequently think of bears — although the hibernation bears experience is unique from typical hibernation. During torpor, a bear's body temperature stays nearly the same, although it won't eat, drink, urinate, or defecate much for a period of up to seven months. Other animals that hibernate include the Madagascan fat-tailed dwarf lemur, European hedgehogs, ground squirrels, and pygmy possums.

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Need a new
addition to your
family?

Call
501-791-8577
...we've got the
perfect compan-

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



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

Please Don't Litter
Spay or Neuter
Your Critter





North Little Rock Fire Department



Did you ever ask yourself "what is a mission statement"?

Mission Statement

The overall goal of the North Little Rock Fire Department is to prevent the loss of life and property to our residents that are entrusted to our care, through direct intervention and preventative education. This is to be accomplished while ensuring the health and safety of our firefighters and maintaining the highest degree of professionalism within our department. The Fire Department is committed to the pursuit of its mission primarily through prevention and education.



When incidents do occur, we provide emergency and non-emergency responses to/and mitigation of fire, medical emergencies, hazardous material incidents, technical rescues, and any natural, man made or other situation that may arise.

Our engines are equipped with firefighting equipment, emergency medical equipment, and a wide array of other tools. These engines are the NLRFD's main firefighting apparatus. Trucks have aerial ladder capabilities and carry a wider variety of ground ladders. Rescues carry equipment used for fire rescues, emergency medical equipment along with extrication equipment.

Rescue 1 and Engine 7 are licensed and equipped Advanced Life Support (ALS) units. A minimum of one paramedic is assigned to each unit per shift. All other units are Basic Life Support (BLS) equipped.

In addition to fire and EMS calls, the NLRFD also responds to calls for service that require our Special Operations Response Team, Haz Mat Response Team and Water Rescue for responses to the Arkansas River.



Left: NLR Firefighters train at the city's fire tower. Continued training is priceless when they have to respond to a fire when lives and property are at risk.



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

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

Hays Center—95% of members had the COVID 19 vaccine. 4,560 members visited, average 152 members per day. Both pools are open along with billiards, ping pong, exercise equipment area and pickleball, knitters, Tai Chi and quilting. New program *Walking off the Pounds, Spanish class, Line Dancing, Computer Lab and Crafting!* Volunteers contributed 575 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 3,116.81 tons (6,233,620 lbs) of household garbage, rubbish and junk. Yard waste crews collected 30 loads (853.40 cubic yards) of green waste. 445 tires picked up. 23 Sanitation Code inspections and 23 re-inspections. Issued 7 notices for non-compliance and 0 citations.

Traffic—AR One Call requests—38 (*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—264, City vehicles marked with decals—12.

Fire—Total incidents— 986, Unit responses-1,771, Residential fires-18, False alarms-46, Vehicle Fire-9, Rescue/Emergency Medical-551, Mutual Aid-3, Hazmat-12. Training hours: 2,971. Building surveys: 238.

Emergency/911—Incoming calls-12,500, Non-911-6,108, Wired 911-691, Abandoned 911-55, Wireless 911-5,374, Abandoned Wireless-274. Total dispatch entries: 8,268.

Planning—Inspectors traveled 3,203 miles within the city performing the following inspections: 145 HVAC, 347 Plumbing, 357 Electrical, 185 Building. Issued the following permits: 11 sign, 12 demolition, 25 New Single Family (average cost \$163,686), 61 Residential Remodel (average cost \$14,996), 2 New Commercial (average cost \$2,022,715, 0 new Multi- family.

Electric Customer Service—Payments—36,302, Collections—\$7,305,199.

Code Enforcement—Assigned calls—211, Citations—46, Violation Notices—1830, Vehicles Tagged—179, Lots Posted—674, Signs Removed—0, Structures Inspected—61, Rental Inspections—33, Food Service Inspections—8, Houses Demolished by city—0, Houses Demolished by owner—0, Vacant Lots Cleaned—32, Lots with Structures Cleaned—8, Vacant Houses Secured—1, Vacant Lots Mowed—45, Lots with Structures Mowed—20. Tires removed—0.

Animal Control—Incoming:

Dog—94/423
 Cat—108/219
 Other—17/17
 Adopted:
 Dog—48/181
 Cat—23/45
 Reclaimed:
 Dog—16/74
 Cat—1/6
 Euthanized:
 Dog—39/175
 Cat—75/157
 Service Calls—509/1,828
 Citations—33/122
 Vouchers (Spay/Neuter)—25/95



Parks & Rec—Maintenance trimmed trees, repainted and touch up work at various locations, addressed drainage and erosion issue at North Heights Community Center, delivered 4 concrete planters to RV park entrance. Baseball and softball leagues and tournaments are back. Funland hosted Easter Egg hunt, Central AR Water donated water fountain near One Heart Playground. After school activities included goals to improve healthy eating.

North Little Rock Convention & Visitors Bureau—Arkansas Inland Maritime Museum re-opened for tours with 759 visitors in May. Downtown RV park—550 reservations, average stay 2.73 nights. RVs from 43 states (top 5: AR, TX, FL, CA, & OK). Gift shop added “Dogtown” themed items (\$1 from each sale will be donated to the NLR Police Department K-9 Foundation).

Electric

39,966 customers
 \$6,072,091 revenue
 118,275 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: none.



Finance

Year to Date Revenue & Expenditures as of April, 2021

Revenue	
Property Taxes	466,468
Licenses/Permits	220,267
Fines/Forfeitures	10,590
Taxes—sales	4,037,412
Intergovernmental	97,980
Franchise fees	292,316
Charges for Services	141,647
Miscellaneous	47,370
Interest Income	9,818
Net Transfers	229,319
Total Revenue	\$5,553,188

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City Officials receive the above reference publication each month from the Arkansas Municipal League. Often times there are articles that could benefit our residents. Below is one to help with our mental health!

As life returns to 'normal' take time to focus on mental health

By Sacha McBain, Ph.D

Found in *City & Town*, the Official Publication of the Arkansas Municipal League—May 2021, Vol. 77

As we all begin to consider our “return to normal” now is the perfect time to take a moment to ask ourselves what it is exactly we want to return to. When we face adversity, it is a very human response to try to shield ourselves from the emotional discomfort and to “get over it.” Sometimes our aversion to processing our experiences interferes with our ability to truly move forward. This is especially true with traumatic events or chronic stress.

During the pandemic, we’ve seen increased awareness of self-care and less mental health stigma. However, as the pandemic prolongs and we get used to our new routines, those old expectations and mindsets can start to take hold again. In the face of pressures of productivity and getting back to full speed, it will take a conscious effort to remember to take stock of your mental health and well being.

Here are some strategies to help prioritize your mental health.

Being flexible

Have you ever stopped to ask yourself how you process stress? If you don’t know what your stress looks like, it’s hard to heal it. That’s when reflex kicks in. If we don’t recognize we’re getting stressed, we don’t stop to consider how we’re responding to it. When that happens, we lose a degree of flexibility in how we think and act.

To remain flexible, explore what stress looks like and feels like for you. Then when it happens, you can stop and take a deep breath. Don’t just feel frustrated—ask yourself what’s causing it and what you can do to take care of yourself or remedy the situation.

To each their own

It’s also important to understand that while we’ve all been through the same pandemic, we’ve all experienced it differently. As a result, the return to normal—whether it’s a new or old normal—will be a different transition for everyone. Be patient with those around you as they navigate their own transition. You might find it helps you to be a little bit more patient with yourself.

Know that it’s OK to have some uncertainty as things begin to change. And it’s OK to feel conflicted about it. For example, maybe life during the pandemic has worked better for you in some ways and you dread going back to old routines. This experience may have changed what you value, your goals or your priorities. Know you’re not the only person feeling that way.

Your experience is valid. But don’t forget to ask yourself why. If you enjoyed spending more time at home and are a little anxious about a return to the office, ask yourself what parts of being at home provided that comfort and how you might retain those emotional elements as you transition to post-pandemic life.

Defining your behavior

We can all be a bit hard on ourselves at times, we self-criticize because we think we’re not doing enough in some area of our lives. We also tend to behave in ways to control or avoid those anxieties.

However, instead of avoiding things that make us anxious, there’s value in asking whether it might be better to face that short-term anxiety for long-term gains. For example, do you really need to work longer hours to get the work done? Ask yourself this: Are you doing your best? If you’re stretched too thin? If not, then perhaps it’s worth tolerating a little anxiety to simply stop checking work emails at night or on the weekends. And that goes double for organizational leaders, who set the tone for the workplace. If the result is a workplace with happier, healthier people,

what’s the harm of a less hectic pace? After all, if the pandemic has taught us anything it’s that we can’t control what’s going to happen, only how we react to it.

Sacha McBain, Ph.D., is a clinical psychologist and assistant professor in the Division of Trauma and Acute Care Surgery in the Department of Surgery and the associate director of the Center for Trauma Prevention, Recovery and Innovation in the Department of Psychiatry and Behavioral Sciences at the University of Arkansas for Medical Sciences.

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Expenditures	
Administration	138,841
Animal Shelter	48,304
Special Appropriations	259,999
City Clerk	34,000
Emergency Services	137,506
Finance	84,013
Public Safety-Fire	1,095,447
Health	8,169
Legal	55,521
1st Court	47,474
2nd Court	44,733
Human Resources	65,956
Commerce	25,431
Planning	73,651
Public Safety-Police	1,662,177
Code Enforcement	119,587
Public Works	76,848
Neighborhood Services	13,905
Sanitation	372,297
Vehicle Maintenance	78,159
Senior Citizens Center	79,220
Communications	27,552
Fit 2 Live	13,516
Total Expenditures	\$ 4,562,309



Don't Make These Morning Health Mistakes

Found at webmd.com/balance

Reviewed by Christopher Melinosky, MD September 8, 2019

Hit the Snooze Button

That extra 15 minutes will help energize your day, right? Wrong. You'll get better rest if you get up and go to bed at the same time every day. Groggy in the a.m.? Try using a sleep tracker. This wearable device can tell when you're in a light stage of sleep and wake you when it's easiest to get up.

Stay in the Dark

It's tempting to stay in the quiet dark of your room with the shades drawn in the morning. Don't do it. Daylight helps your body set its clock. That helps you sleep better and helps your body fight infection and inflammation. Getting outdoors into the sunlight helps you make vitamin D, think more clearly, and exercise more. It can even make you happier. So open those shades and greet the new day.

Sleep Late

Sometimes it just feels so good, especially when you have the time and you've been short on sleep. But the best way to improve your sleep over the long term is to keep a regular bedtime schedule. That means you get up at the same time every day, even if you had a late night -- and yes, that includes the weekend.

Shoot Out of Bed Too Quickly

When you go from lying down to standing, gravity sends blood rushing to your legs, which can drop your blood pressure suddenly and make you feel a bit woozy. It can even make you pass out. Sit up slowly and pause at the edge of the bed to give your body a few seconds to get used to the idea, especially if you noticed some lightheadedness in the past. It's an easy precaution that could save you from a serious fall.

Ditch Your Workout

Regular exercise helps your sleep, weight, heart, and mood, among many benefits. You may be more likely to stick with exercise if you do it first thing. It could even make it easier to control what you eat throughout the day and maintain your weight. Plan ahead and put your workout clothes out the night before.

Skip Your Coffee

If you usually have a couple of cups of joe in the morning, skipping it can leave you groggy. You may not concentrate as well, and you might even become very tired with a severe headache, nausea, and flu-like symptoms. If you're trying to cut back on your caffeine, do it slowly to avoid these responses.

Forget Your Teeth

A sticky film called plaque forms on your teeth each night. If you don't brush it off in the morning, it can start to harden into stuff called tartar that you can only get rid of at your dentist's office. If plaque and tartar are around too long, they can lead to swollen or bleeding gums, cavities, bad breath, gum disease, and other health problems.

Brush Right After Coffee

It's the acid in coffee. So you really shouldn't brush right after any acidic food or drink. For example, some people

like to drink water with lemon in the morning. The acid weakens tooth enamel, and brushing too soon can remove it. Simply brush your teeth beforehand, or wait 30 to 60 minutes for the acid to fade from your teeth.

Check Your Email

If you constantly check digital devices, email, and social media, it can cause stress and anxiety. For example, you may feel more pressure to start work earlier if you check your email first thing. Take some time in the morning to stay disconnected from digital media like email. It may take some effort at first, but it can make you happier and may even help you get more work done in the long run.

Start Your Day Without a Plan

If you start your day without a thought to why you do what you do, you may lose sight of what you're trying to achieve and what gives your life meaning. Whether it's work, family, or lifestyle, it's important to figure out what's most important to you and make sure the things you do each day help you get there. Set priorities, make a list, and check your progress at the end of the day.

Dwell on the Day's Problems

Once you've got a plan to tackle the day's problems, let them go and take a moment to be grateful for the good things in your life. People who do this are often happier, healthier, and more satisfied in their relationships, especially compared to those who focus on their problems. Write it in a journal or just list them in your head -- what matters most is that you do it.

Forget Quiet Time

If your day is filled with work and noise, the morning is a perfect chance to clear your mind with even a few minutes of meditation. You can simply focus on your breath and try to let go of thoughts that come up. The practice can lower levels of the stress hormone cortisol and may help ease conditions including anxiety, pain, high blood pressure, insomnia, and migraine headaches.



Bail Out of Breakfast

People who eat breakfast regularly tend to have sharper thinking and less body fat, and they are less likely to have type 2 diabetes and heart disease. They also exercise more regularly and eat a healthier diet. So enjoy a healthy breakfast -- it's an easy and enjoyable way to get a good start on the day.

Eat Too Sweet

Doughnuts and other sugary pastries made from white flour have little nutrition and get into (and out of) your blood too quickly. That can leave you tired, irritable, and hungry for more. Protein from eggs or cottage cheese and "complex carbs" with more fiber and nutrition -- oatmeal or other whole grains, fruits, and vegetables -- take longer to digest, satisfy your hunger, and provide a slow steady stream of energy.

Skip the Sunscreen

It can help protect your skin against cancer and wrinkles caused by UV rays that you're exposed to whenever you're out in the sun, even if it's cloudy. It's best to put it on about 15 minutes before you go outside. That's how long it takes your skin to absorb it. You need to put it on again after just 2 hours if you're still in the sun, or sooner if you sweat a lot or go swimming.

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Marine Mammals and Sleep

When it comes to sleep duration, walrus are like the bats of the sea, sleeping between 19.4 to 20.5 hours per day. They can sleep in water and on land, although they sleep for longer periods on land. When walrus sleep in the water, they usually lie at the bottom, float along the surface, or lean against something while in a standing position. They can even hook their tusks onto an ice floe and sleep that way. Like elephants, walrus can go for days without sleep. They can swim for up to 84 hours before needing to recharge.

Not to be outdone by walrus, sperm whales also have unique sleeping positions. They actually sleep in an upright position. Watchful scientists were able to confirm they were asleep because they didn't react to a ship passing by until it bumped into them!

Dolphins, eared seals, and manatees are all marine mammals who sleep unihemispherically. During unihemispheric sleep, one side of the brain sleeps while the other side stays awake, enabling these animals to enjoy the restorative benefits of sleep while still being on the lookout for potential threats.

How Birds Sleep

Birds also sleep unihemispherically, with one side of the brain asleep while the other stays awake. As they sleep, only the eye associated with the sleeping hemisphere of their brain is closed.

Unihemispheric sleep allows birds to protect themselves from predators. For example, mallard ducks can sleep in a row. The ducks at the end will be most likely to sleep unihemispherically, with their outward eye remaining open, while ducks in the middle sleep with both eyes closed.

Unihemispheric sleep also enables migratory birds to make their long flights. They may sleep while gliding, when their wings don't need to flap as much. Birds like the Alpine swift have been documented flying for 200 days non-stop.



However, migrating birds do sleep significantly less while migrating. White-crowned sparrows, for instance, only get a third of the sleep they do when they're not migrating. They'll catch up on sleep with daytime micro-naps, and during times when they're perched. When they perch, tendons in their feet lock into place, allowing them to sleep with little exertion. Bats have a similar locking function which enables them to sleep upside down.

How Reptiles and Amphibians Sleep

Reptiles and amphibians are some of the least studied animals when it comes to sleep. Historically, REM and slow-wave sleep were thought to exclusively be sleep patterns of mammals and birds. However, emerging research indicates that reptiles such as lizards may also experience these stages of sleep, even in sleep cycles as short as 80 seconds.

Like other animals, lizards choose sleep perches that maximize their safety. They may sleep on leaves, with their heads oriented towards the path a predator would



use to approach them. Some predators, like crocodiles, sleep unihemispherically so they can keep an eye out for threats and food.

While crocodiles sleep with one eye open, snakes sleep with both eyes open — in fact

they must, since they don't have eyelids. Snakes may sleep for days at a time, digesting their food.

Cottonmouth snakes and Western fence lizards both brumate. Similar to hibernation, brumation describes a state of reduced activity and metabolism in reptiles, typically in response to colder temperatures and less available food. Salamanders can enter brumation for 100 days at a time.

Amphibians can also enter a state of torpor to survive in arid climates. This state is known as estivation. During estivation, green-striped burrowing frogs burrow deep underground, where they stop moving and eating for months.

How Fish Sleep

Do fish sleep? Sort of, but it's probably more appropriate to call what fish do "rest." When fish are resting, they slow down their activity level and metabolism while remaining alert enough to protect themselves from danger. They float in place, like zebrafish do, or find themselves a safe spot in the mud, sand, or coral to rest. Parrotfish even secrete a cocoon of mucus around themselves to stay protected while they sleep.

The way a shark sleeps depends on how it breathes. Buccal pumping sharks breathe through their cheeks, which allows them to rest motionless in a cave or on the sea bottom. Scientists have observed nurse sharks, a type of buccal pumping shark, entering a sleep-like state in which they appear sluggish and still. Their eyes are half-closed, and their pectoral and tail fins prop them up as they use a rock for a pillow.

Ram ventilating fishes and sharks, on the other hand, ventilate their gills by keeping their mouths open while they swim. They must swim continuously, so they have to find creative ways to sleep. Scientists hypothesize that ram ventilating fishes may take advantage of currents, allowing the current to push water over their gills and enable respiration. It is more likely, however, that they sleep unihemispherically, enabling one eye to stay open and monitor their environment.

The world of animal sleep is fascinating, and researchers continue to learn more every day.



How to Prepare for



Found at [wikihow.com/Prepare-for-Summer](http://www.wikihow.com/Prepare-for-Summer)

Summer is the perfect time to go outside and soak up some sunshine. While it is great to take time for yourself to relax, you should also make time to go on adventures with friends and family. Before summer arrives, it is important to plan out what you want to do, and what you hope to accomplish. Maybe you want to tackle a summer reading list and attend a concert, or maybe you want to enroll in an art class or pick up a summer job. With just a little preparation, you can set yourself up for a fun and productive summer!

By now, you should have unpacked your **summer clothing**. Bring bright colored prints and lightweight fabrics to the forefront of your wardrobe. Try on your summer clothes to see what still fits you, and take stock of any key items you might need to replace. If your summer clothing has gone untouched since last summer, make sure you wash anything that smells musty before wearing it out.

While you're rotating your wardrobe, see what you are willing to part with and donate to a local thrift store. You may even find some summer clothing at the thrift store to bulk up your wardrobe!

Consider treating yourself to a **new swimsuit** to get in the summer spirit!



Make sure it represents your personality! You don't have to buy a two piece or even what is trending. Find a swimsuit you will be comfortable in and will confidently wear in public!

If you don't have **sunglasses**, make sure you invest in a pair with UV protection. You could also visit your local ophthalmologist to get prescription sunglasses.



Don't forget the **sunscreen**! Pick up a new bottle that has at least an SPF 30 protection. If you have fair skin, you may need a stronger SPF level or a sunscreen with zinc in it. Keep in mind sunscreens can be greasy and clog your pores. If you have acne or sensitive skin, look for sunscreens that are manufactured by your favorite soap companies like Neutrogena or ones that are oil-free.

Some sunscreens even have bronzers! If you want to protect your skin AND give it a golden glow, look for sunscreens with bronzer or tanning agents in them.

Soak up some sun poolside or in your backyard. Cold winters and rainy springs can seriously deprive you of vitamin D, so grab a towel or a chair and enjoy some sunshine! Time in the sun can be fun and refreshing, but only if you don't get burned in the process...don't forget the sunscreen!

Make a summer reading list! Summer is a great time to unwind, relax and read a good book. It is an easy activity to bring with you to the beach, pool, coffee shop or park. Don't want to buy books? No worries! Visit your local public library and check out some! This will allow you to catch up on your favorite book series, and save you some cash!

Below is a summer sunset photo found on the internet indicating it was taken in North Little Rock found at thebigphotos.com.



Mayor Terry C. Hartwick Appoints Felicia McHenry Director of Code Enforcement

Felicia McHenry has been appointed Director of Code Enforcement in the City of North Little Rock by Mayor Terry Hartwick. McHenry has worked for North Little Rock in the Code Enforcement Department for 23 years.

A longtime resident of North Little Rock, McHenry has been married for 29 years and has five children.

McHenry obtained a Housing Code Certification through the Standard Building Code Council International and also holds a license as a Plumbing Inspector by the State of Arkansas. In addition, McHenry has obtained additional certifications through the International Code Council for Housing and Property Maintenance Codes.

McHenry is prepared to take on the ultimate leadership role within the Code Department. She realizes the importance of listening to your employees, treating everyone fairly, bringing out the best in both employees and customers while still making the hard decisions when necessary. "An open line of communication with other city departments is key, we are all an important piece of the puzzle called the City of North Little Rock, working together to serve our citizens. My passion has always been to provide exceptional service to our community and to treat everyone with respect and dignity." shared McHenry.

"Felicia has worked hard in our city as a Code Supervisor and also as the Interim Director since January of this year. I am confident Felicia is the most qualified and experienced person for the job," said Mayor Hartwick.



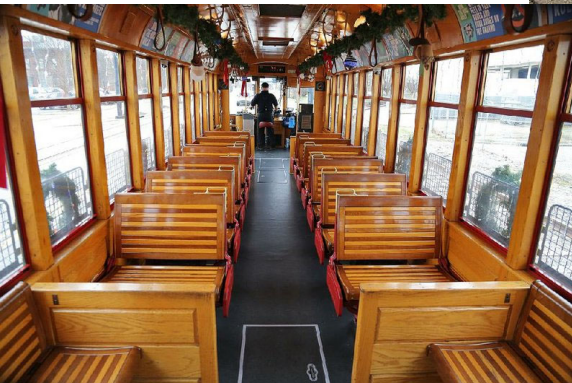
Rock Region Metro—North Little Rock Street Car Loop expected to open in June!

In an article written by **Stephen Simpson, Democrat Gazette Reporter**, the North Little Rock Street Car (or Trolley to some of us!) should be up and running this summer after taking almost of year off due to the coronavirus pandemic.

Rock Region Metro Chief Executive Officer Charles Frazier said the North Little Rock loop is expected to resume June 1 (2021). The Little Rock loop will be delayed due to the Interstate 30 construction.

"The trolley's are out on the track now as we are in the process of recertifying our operators," Frazier said.

The street car system has been in operation for 18 years. Its first phase opened in 2004, and a second phase (that extended



the service to the Clinton Presidential Center) opened in 2007.

North Little Rock Mayor Terry C. Hartwick said the trolley is an asset to the city. "I am not sure how popular it is as transportation within our city, but it's a great way to cross from North Little Rock to Little Rock (and vice versa) without having to search for parking." "I believe it will be a boost to the downtown area once restrictions are lifted."

*Note: both photos were found at arkansasonline.com
For the complete article visit nwaonline.com.*

Two long-time North Little Rock Electric Department Employees retire.

Ron Osburn, Director of Operations, retired at the end of April.

Forty years ago in 1981, his career started as a Lineman Helper “because I needed a job and heard the Electric Department was hiring.”

Fast forward to today, most of us cannot imagine NLRED without him. His experience, knowledge and exceptional memory will be missed every day because the fastest and easiest solution to most questions has always been “Ask Ron”.

In his career, there is no job in construction he hasn't done. An expert repairman and tinkerer, he is able to repair or create a suitable work-around for almost any problem which has saved the City a lot of money and trouble.

A “Master of Quick Wit” and “King of Comebacks” Ron can definitely make or break your day! He always gets in the last word...always.

If you never got to be an active participant or witness an exchange of Ron's banter sometime just for the sake of argument... just know, you would not...could not...win.

With retirement, Ron will have more time to spend with his Ott ORV Park, motorcycle riding, and activities with his wife, Susie, son Scott, daughter Jennifer and three grandchildren.

Taking a safe bet here - I bet if you run across Ron any time after retirement, you will see a little brown-haired girl by his side trying to keep up with his recognizable long stride.

Equally as much as he will be missed at NLRED, she will benefit from the extra time spent with Grandpa. Fair trade accepted.

Wishing you good weather and safe travels, my friend.



Jonathan Stowell decided after 33 years of service to see what it was like to slow down a little and enjoy life by the lake.

As any of John's friends know, he learned at a young age how to work hard and never stopped. From working as a Miner in Arizona he came here to be a Hole Borer in 1987 and progressed to General Construction Supervisor. Jon didn't choose easy careers...but he loved what he did.

However, what gives Jonathan the most pleasure is ministering to people. He rarely misses an opportunity to share his faith.

On a personal note, I have a memory that I will never forget about Jonathan. After a difficult employee termination a few years back, I watched Jon walk the young man to his car, put his arm on the young man's shoulder, bow his head and pray

with him. Just last week, that young man called Jonathan and shared with him what a difference and life changing effect he had made in his life.

We are indeed a family and celebrate Jon's entry into the well-earned best chapter of his life.



**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**

Issued: 4/2/2021

Expires:

7/23/2021



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 to avoid penalties.

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 nlrhhistory@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	
Fit 2 Live.....	501-975-8777
Isaac Henry	
Special Projects.....	501-975-3737
Arnessa Bennett	

North Little Rock Curbside Recycling
schedule for the month of June



May 31—Jun 5 no pickup
June 7—11 recycle
June 14—18 no pickup
June 21—25 recycle
June 28—July 2

Laman / Argenta Libraries

Our Tails and Tales Summer Reading Challenge offers prizes, programs, and virtual events for all ages from June 1 to July 31.

Books, movies, and audiobooks you read, watch, or listen to all count! Registration is quick with the READsquared app, or we have personal reading logs available at both branches. Going with the app gives you access to special videos from Page Turner Adventures.

Mark your calendars now and tune in with the kids at 10:30 a.m. on Facebook or the Laman Library YouTube channel for children's virtual events with yoga June 8 and 22, STEM crafts on Mondays, and special performers! Tommy Terrific's Wacky Magic is June 15 and the Museum of Discovery debuts June 29. Stop by either branch between 9 a.m. and 6 p.m. Mondays to Fridays or visit lamanlibrary.org for details.

Enjoy Marilyn's LIVE Facebook Storytimes at 11 on Thursday mornings.

Do you love trying new dishes? Our Spice of the Month Club Kits include recipes to try the spice for yourself. Then join the discussion through a link on lamanlibrary.org to share your impressions with virtual Fellowship & Flavor at 5:30 p.m. on June 28.

April Sinclair's *Coffee Will Make You Black* is hilarious and insightful coming-of-age novel introducing the charming Jean "Stevie" Stevenson, a young woman raised on Chicago's South Side during the 1960s. Read the story through Libby or hoopla, and share your thoughts with the Essence of Books Zoom discussion at 6 p.m. June 29. Register through the calendar at lamanlibrary.org.

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

Get all the details about Argenta's Summer Reading Challenge during this month's Book Chat with Julie. Read or listen to books in specific categories and you'll be in the running for a Book Lover's gift basket!

Get creative with our Dirty Pour Painting Stencil Fish Art tutorial. Like and comment on the Facebook post and you'll be entered in a drawing for this month's painting. Share the love by sharing our post!

June's Card Shop with Sari is a Mermaid Love Workshop. 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.

Argenta's Mystery Craft Kit - Call Argenta Branch at (501) 687-1061 to reserve your child's kit for curbside pickup.

Discover NLR with a virtual visit to Me & McGee Market!

Shelbie creates a chick gift tag in our next Recycle Craft. For Garden Craft, she shares rock painting secrets, and with Happy Crafternoon, she'll show how to create an adorable felt fox ornament. Cooking Classy features a delicious Citrus Garlic Shrimp recipe.

June Birthdays

DARLENE CUNNINGHAM	Laman	12	DALE BRYANT	Laman Library	26
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June Anniversaries

JENNIE PROMACK	Laman	4 years	CHANCE GRIEBEL	Laman Library	5 years
STACY PURDY	Laman	6 years	ROBIN CAMPBELL	Laman Library	6 years
JANET RODGERS	Laman	8 years	ROBERT RUMPF	Laman Library	11 years
CRAIG GERARD	Laman	29 years			



June Anniversaries

Name	Admin	# Yrs	Name	Admin	# Yrs
LARSON, TODD D	Admin	3	DORRELL II, DENNIS C	Police	23
ROLLINS, KAREN D	OES/911	18	ELIZANDRO, WILLIAM B	Police	23
TODD, TERRI L	OES/911	17	BLANKENSHIP, GREGORY R	Police	23
WARFORD, PAUL D	OES/911	1	BOODY, JAY D	Police	23
DILLON JR, OKEY H	Electric	36	NORMAN, THOMAS M	Police	23
RIGGIN, RONALD C	Electric	30	HELTON, CARMEN S	Police	22
ALLEN, CHAD P	Electric	27	WRIGHT, MARK J	Police	20
KUYKENDALL, ROBERT	Electric	13	CHAMNESS, STEVEN E	Police	19
HANKINS, THOMAS F	Electric	11	HOOD, MARK W	Police	19
WALLIS, DANA M	Electric	11	ECKERT, JULIE D	Police	19
STEPHENS, JESSICA D	Electric	11	O'KELLEY, CLINTON A	Police	18
LOR, KIMBERLY	Electric	9	MAGGARD JR, DON E	Police	18
WILSON, RICHARD R	Electric	5	TIMS, LONNELL D	Police	18
JONES, LOGAN S	Electric	1	SIMS, BRADLEY D	Police	17
FAUBION, EDWIN A	Fire	24	BRANCH, ROBERT F	Police	17
EVANS, BENJAMIN L	Fire	21	BENNETT, BRANDON J	Police	14
JOY, MICHAEL D	Fire	14	BROWN, CODY H	Police	14
ASHLEY, DANIEL B	Fire	10	MONTGOMERY, SAMUEL A	Police	14
MAYFIELD, MATTHEW I	Fire	10	DRONE, PHYLLIS A	Police	9
USSERY, BRANDON G	Fire	3	TEMPLE, JOHN	Police	4
SMITH, BRODY M	Fire	2	GANGLUFF, PHILLIP	Police	4
COLTER, TYLER J	Fire	2	BRECKON, JOHN D	Police	2
BELL, MELINDA G	2nd Court	12	WILLIAMSON, DMITRY Z	Police	1
MCDONNELL, JULIA AMBER	HR	19	HOLLAND, SHAWN C	Police	1
GREENE, RODGER L	Planning	23	EVANS, REAGAN L	Police	1
HALE, JOHN CHRISTI	Planning	7	REESE, GLEN W	Code	11
DANCY, JAMES L	Police	36	LOGAN, ANTHONY D	Sanitation	21
MILLER, MICHAEL T	Police	25	PARKER, JOHN	Sanitation	4
SORRELLS, KARL E	Police	25	CARR, GRALYN	Street	4
DUKES, DON E	Police	25	ROBERTSON, WILLIAM K	Vehicle Maint	31
COOKE, CARY M	Police	24	ARMSTRONG, DAVID W	Vehicle Maint	24
MESSER, RONALD B	Police	24	CORRIGAN, GERALD LEO	Park Maint	7
PHIFER, KEITH L	Police	24	MAHAN, TELINA D	Park Maint	5
WIGGINS, MARK C	Police	24			

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)

June Anniversaries *continued...*

Name	Admin	# Yrs
SMITH, PAMELA R	Parks Rec	29
HOLLAND, JENIFER R	Parks Rec	8
KEMP, DARRON K	Parks Rec	6
TILLMAN, KEANDRA E	Parks Rec	5
JONES, JAVIAN D	Parks Rec	5
SANDERS, AARON	Parks Rec	4
JOHNSON, RAVEN A	Parks Rec	4
WOOLFOLK, ANNA	Parks Rec	4
NATION, LISA M	Parks Rec	3
MCCALL, KAREN S	Parks Rec	3
JOHNSON, KEITH T	Parks Rec	2
JENKINS, KAYLA	Parks Rec	2
BAGGETT, HANNAH C	Parks Rec	2
COTTON JR, KAREAME A	Parks Rec	2
PIGHEE, JAIDEN A	Parks Rec	1
HOUSTON, ALEXANDER E	Parks Rec	1
PERRY, JACQUELINE R	Parks Rec	1
WILLIAMS, ALEXANDRIA A	Parks Rec	1
CHEEKS, SCHYLER M	Parks Rec	1
RINCHUSO, MATTHEW R	Burns Park Golf	8
MCNAUGHTON, DUSTIN ADAM	Burns Park Golf	7
MORGAN, JOSEPH B	Burns Park Golf	3
WELCH, CHANDLER M	Burns Park Golf	1
PALLONE, COLTON H	Burns Park Golf	1
JAMESON, JAY W	Burns Park Golf	1
HODGE, LYRICA A	Parks Concession	2
JONES, JESSIE	Parks Concession	1
CHAMBERS, ELIJAH M	Parks Concession	1
JENNINGS, DANIELLE L	AIMM	3
RABUN, STEVE A	IT	26
ALURAIBY, YASSIN	IT	4
MCCOY, BRADY E	IT	2
CHUNG, CHRISTINA L	IT	2



Memorial Day closings and collection schedules:

Monday—May 31, 2021

North Little Rock Sanitation routes will run one-day delayed all week (i.e. Monday's route will be picked up Tuesday and so on...). This includes garbage, trash and green waste.

North Little Rock City Offices will be closed.

For emergencies, please call 911.

For non-emergencies, please call 501-785-1234.

**“Our flag does not fly
because the wind
moves it.
It flies with the last
breath of each soldier
who died protecting it.”**
Unknown

June Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>
SCHOLL, JAN	Admin	1	WAID JR, TOMMY	Street	17
SMITH, BRIAN	Electric	1	STANLEY, MICHAEL	Police	18
WEBB, PETRA	Electric	1	MOORE, PAMELA	Parks Rec	18
WOOLDRIDGE, BRYCE	Electric	1	BROWNING, CHAD	Electric	19
IVEY, KEITH	Parks Maint	3	SPENCER, SHAWN	Comm Planning	19
WORRELL, TINA	Parks Rec	3	MATLOCK, CHRISTOPHER	Fire	20
WOODWARD, GREGORY	Electric	4	GULLETT, MARVIN	Electric	21
DELLORTO, DANIEL	Fire	4	BONNER, AMANDA	Finance	21
WYATT, DANIEL	Animal Contr	5	COMBS, JEFFREY	Fire	21
GERAN, DAVID	Electric	5	COLLINS, JERRY	Police	21
ASHLEY, DANIEL	Fire	5	LAMBERT, DONNA	Sanitation	21
BLEVINS, MICHAEL	Police	5	DANIELS, ROBERT	Electric	22
SCHWULST, JON	Police	6	RAINEY, JACQUESE	Police	22
WILLIAMS, LYNN	Sanitation	6	KATTAVIRAVONG, HOLLY	Street	22
BIRCH, ROBERT	Admin	7	ROSS, DEBI	Council	23
MORAGNE, NAKISHA	Electric	8	STEWART PEREZ, VEDA	Electric	23
TAYLOR, SALLY	Electric	8	HARPER, SHELIA	Finance	23
IRBY, TODD	Fire	8	COLEMAN, MARK	Fire	23
ANDERSON, MATTHEW	Police	8	BIBB, RICHARD	Police	23
BONA, JAMES	Police	8	MERLO, MICHAEL	Police	23
JOHNSON, MARCUS	Sanitation	8	REESE, GLEN	Code Enf	23
JENKINS, TREVOR	Parks Maint	8	EOFF, DONALD	Parks Maint	23
COOK, MICHAEL	Fire	9	HOLLEY, CHRISTOPHER	Fire	24
VELIZ PONCE, ANTHONY	Police	9	MATHIS, MICHAEL	Fire	24
PALMER, TYLER	OES/911	10	ADKINS, GIOVANNA	Police	24
SIDERS, DAVID	Electric	10	REEVES, MICHAEL	Parks Rec	24
COBURN, JEFFREY	Police	10	TAYLOR, KALEB	Parks Rec	24
BREEDLOVE JR, CONDOROUS	Sanitation	10	PETTIT, LEONARD	Electric	25
LAWRENCE, JACOB	Vehcile Maint	10	BRYANT, JAMES	Police	25
HILL, BRYAN	Fire	11	HOPSON, BILLY	Sanitation	25
BOLDEN, CHARLES	Electric	12	OSBON, NATHAN	Electric	26
CHRISMAN, JASON	Police	12	MONSON, AALIYAH	Parks	26
MULLINS, GAYLE	IT	12	MUNNS, RANDALL	Parks Maint	26
ROBINSON, LAURIE	Police	14	FREE, ERICK	Fire	27
STOCKMAN, ERIC	Police	14	JONES, DAVID	Fire	27
PLATT, COREY	Fire	15	ROULSTON, TRACY	Police	27
TACKETT, MARK	Fire	15	GRIFFIN, ROBERT	Police	28
KELLEY, SCOTTIE	Comm Planning	15	LACY, DENISE	Police	28
ELIZANDRO, WILLIAM	Police	15	RAGLIN, DONALD	Parks Maint	28
HAWKINS, JERRY	Sanitation	15	DOWDY, JEREMY	Electric	29
RUSSELL, SUSAN	Hays Center	15	COFFMAN, NATHANIEL	Police	29
MANN, WILLIAM	Electric	16	MOORE, BARBARA	Comm Dev	30
SCOTT, DANIEL	Neighbor Srv	16	BRANCH, ROBERT	Police	30
HOLLAND, SHAWN	Police	17	WILLIAMS, WILLIAM	Police	30
PEACH, MATTHEW	Police	17	HAVENS, CARRIE	Parks Rec	30