

# North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

May 2020



Mayor Joe A. Smith holds a monthly department head meeting. Department heads provide a report of activities, projects and accomplishments. In lieu of a departmental report, we are sharing the mayor's message regarding COVID-19 which appeared in North Little Rock Proud, Spring 2020, Vol. 03, No. 02.

North Little Rock,

First, I hope you are staying healthy. During the past several weeks, we have seen constant change in our fight against COVID-19, and the City Council and I would like to assist you in getting as much information as possible. I wanted to update you and give you a sense of what the City is doing.

- Currently we are gathering information on how best we can use City resources to help our residents and small businesses get through this unprecedented event.
- We have limited public access to our City facilities and offices for the time being and will continue to reevaluate those closures. At the same time, we are working on alternative methods to allow City business to go on.



- City Council and Planning Commission meetings are being done via Zoom and Facebook Live to allow social distancing. Thank you IT!
- The City remains in a strong financial position and could function at full capacity for approximately 6 months despite reduced revenues. For now, we will continue with capital projects to help ensure that money continues to flow through our economy.
- We are working with the State, County, North Little Rock Schools and federal government to provide the best possible testing, care and support we can.

- The City is working on a recovery plan as well so that we are ready to hit the ground running when this is over.
- We will continue to work with local businesses, business alliances, economic development corporations, small business development corporations, and several other state and federal business groups to provide the information and help our local business owners may need to survive this storm.
- The City of North Little Rock has not implemented a curfew (related to COVID-19) at this time. We are following the lead of the Governor and monitoring the situation very closely. We appreciate all of our citizens for continuing the practice of social distancing and for being responsible during this crisis.
- We have added a link to our City's website that has all the most up-to-date information we have access to. For information go to [nlr.ar.gov/news/covid-19/updates](http://nlr.ar.gov/news/covid-19/updates).
- Pay attention to the Arkansas Department of Health website for the most up-to-date information at [www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus](http://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus).
- If you go to the grocery store, please think of your friends and neighbors before you buy all of the essential goods. Get what you need and leave some for the next person.
- Wear a mask when you go where other people are present.
- Above all, WASH YOUR HANDS, avoid groups of 10 or more, stay home if you don't feel well, cough into your elbow, and pay attention to your mental health.

Our Country, State, and City have seen some major challenges over the last year and the future carries a lot of uncertainty right now, but I have seen firsthand the strength and resiliency of our community and know we will come out of this as well.

For more information, please contact City Hall at 501-975-8601.

Mayor Joe A. Smith

NEVER EVER  
EVER  
GIVE UP!



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

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

## Coronavirus: Keeping Your Pets Safe During the COVID-19 Crisis

Found at [aspc.org](http://aspc.org)—dated March 13, 2020  
**Can My Pet Contract the Coronavirus?**



The Centers for Disease Control and Prevention (CDC) says the disease is spread to humans through person-to-person contact.

### Wash Your Hands

Although there is no current evidence that suggests the coronavirus can be transmitted to or from companion animals, it's always a good idea to follow basic hygiene practices around animals. (Note: April 23, 2020 news reports indicate a few household pets have contracted the virus, possibly from humans).

This includes washing your hands thoroughly throughout the day and before and after direct contact with your pets, their food or supplies.

### Stock Up on Pet Supplies

Prepare a kit with essential supplies to have on hand in the event of an emergency. Your emergency kit should include a 30-day supply of your pets' medications, as well as at least two weeks worth of food.

### Designate an Emergency Caregiver

Proactively identify someone who could help with their short—or long-term care in the event you are unable to care for your pet. Consider a family member, friend, neighbor or your favorite boarding facility.

### Create a Pet Dossier

If your emergency caregiver's assistance is needed, make it easier for them by having all of your pet's information in one place. Consider including things like habits, food preferences, medical conditions and medications taken, veterinarian contact information, and behavioral tendencies.

## You Should Still Take Precautions

Found at [usatoday.com](http://usatoday.com)—dated March 19, 2020

What remains uncertain is if pets can carry the virus on their fur in the same way that the virus could live on hard surfaces for up to three days (and potentially on soft materials like cardboard boxes or laundry for 24 hours). Because we still have a lot to learn about this novel illness, erring on the side of caution is never a bad idea. There are

healthy habits that the CDC recommends upholding in everyday life with a pet, including washing your hands after handling them, (see above) to ensure the health of you and your pet, particularly as the coronavirus escalates.

If you become sick (with confirmed coronavirus or otherwise), the CDC recommends restricting your contact with your pets, the same as you would with humans. Even though there is currently no evidence that COVID-19 affects animals, it's certainly possible a connection may be discovered as more research is done. This doesn't mean an ill person *can't* take a dog for a walk or personally put down the cat's food bowl, but they should limit petting, snuggling, or kissing (basically, maintain a "social distance"), just in case.

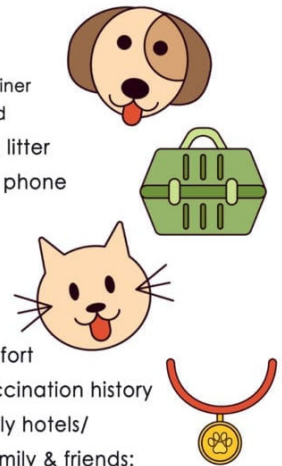
If you haven't put together an Emergency Kit for your pet, now is the time...not just because of Coronavirus, but here in Arkansas we are in Tornado season. You never know when the "big one" will come through your neighborhood and may require you and your furry family members to have to evacuate.

Below is a free checklist found on the internet. This list can be used for your cat, dog, or other furry family member. You can tweak it for other pets including horses, birds, snakes, etc.

## Pet Emergency Kit Checklist

Make sure you have the following items in your pet emergency kit:

- Pet bowls, pet food & water
  - Dry food stored in airtight container
  - Manual can opener for wet food
- Poop bags and/or litter box with litter
- Photo of you & your pet on your phone
- Pet leash & collar with ID
- Crate or carrier
- Pet medications
- First aid kit
- Favorite toys & bedding for comfort
- Veterinary records including vaccination history
- Contact list of nearby pet-friendly hotels/shelters, veterinarians & close family & friends:




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

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

Please Don't Litter  
Spay or Neuter  
Your Critter

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



# North Little Rock Fire Department Coronavirus Safety

Message from the American Red Cross



The CDC advises people to wear a cloth face cover when going out into public, such as going to the grocery store or to pick up other necessities.

- The cloth face cover is meant to protect other people in case you are infected. You could spread COVID-19 to others even if you do not feel sick.
- Do NOT use a facemask meant for a health care worker.
- In addition, do NOT place cloth face coverings on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is NOT a substitute for social distancing.

### Help Slow the Spread of COVID-19

Follow these steps to help keep you and others safe:

- **Stay home** if you can and avoid any non-essential travel. Avoid social gatherings of more than 10 people.
- **Practice social distancing** by keeping at least 6 feet — about two arm lengths — away from others if you must go out in public. Stay connected with loved ones through video and phone calls, texts and social media. Avoid close contact with people who are sick.
- **WASH YOUR HANDS often** with soap and water for AT LEAST 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- **Avoid touching your eyes, nose and mouth** with unwashed hands.
- **Clean and disinfect household surfaces** daily and high-touch surfaces frequently throughout the day. High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, keyboards, tablets and bedside tables.
- **Cover your coughs and sneezes.** Use a tissue to cover your nose and mouth, and throw used

tissues in a lined trash can. If a tissue isn't available, cough or sneeze into your elbow — not your hands! Wash your hands immediately!

### Who is at a Higher Risk?

According to the CDC, it appears that some people are at a higher risk of getting sick if they are older adults, any age with an underlying medical condition (including heart, lung or liver disease; diabetes; moderate to severe asthma; severe obesity; and renal failure) or have a weakened immune system, including those undergoing cancer treatment.

### IF YOU ARE SICK

According to the CDC, COVID-19 symptoms include fever, shortness of breath and a cough. Keep track of your symptoms, which may appear two to 14 days after exposure, and call to seek medical attention if your

What's interesting about this information is that the things we can do to prevent or reduce the spread of the COVID-19 virus are things we should all be doing anyway!

We've always been told to wash our hands...and yes, for 20 seconds! Now we know that can save lives!

We've been told to sneeze or cough into our sleeve...that too can reduce the spread of illness and save lives!

We've been told not to touch our eyes, nose and mouth...yep, that is how germs spread and enter the body.

We've been told to keep surfaces clean to reduce germs...yes, turns out that's a fact too.

When life returns to normal...or at least whatever the new normal will be, we will all be doing this right!!!

**Don't touch the T-Zone!**

**Never put your fingers in your**



Follow these easy steps to help prevent the spread of COVID-19.

**Disinfect surfaces around your home and work.**

**Wash your hands for at least 20 seconds.**

**Sneeze or cough? Cover your mouth.**

## How to deal with the new coronavirus

By Joseph H. Bates, M.D., M.S.

*Found in City & Town—April 2020*

*The official publication of the Arkansas Municipal League*

As I write this (for April 2020), COVID-19, the disease caused by the coronavirus outbreak that began late last year in China, has 853 confirmed cases in Arkansas. But there most certainly will be more, Arkansas Department of Health officials say. At press time there were more than 1.17 million cases worldwide with 64,000 deaths. State health departments and the Centers for Disease Control and Prevention (CDC) are working together to keep track of outbreaks like the one we're dealing with now.

### What are we dealing with?

There are many kinds of coronavirus, and you've very likely fought one off before. It's the same virus family that's behind the common cold. But the 2019 virus, which appears to have jumped into humans from bats, is much more dangerous than the common cold. COVID-19 has been estimated to have a fatality rate of as much as 3.4 percent, but many experts believe it to be much lower. To put that into perspective, the fatality rate of the flu is usually around 0.1 percent, and we have seen 86 deaths from it this year in Arkansas already.

This disease appears to be much more dangerous and highly infectious. If a sick person infects two or more people, it spreads faster than people recover. And the virus is believed to spread when an infected person is showing no symptoms.

That's how this disease became an epidemic in China and, eventually, in South Korea, Iran, Italy, and Spain. An **epidemic** is when a disease spreads rapidly to many people. A **pandemic** is when the disease has spread globally, and the CDC on March 11 declared it to have reached a pandemic status.

### Response from health care

Health care workers across Arkansas have been trained in caring for patients with COVID-19. Additionally, some hospitals have special quarantine units (many built for the Ebola outbreak back in 2015) in which to house patients who need the most care.

Drive-through testing sites are being set up to allow for testing those with symptoms. Meanwhile, the state health

department sends doctors and public health officials daily updates on testing.

### What you can do

Keep doing things like washing your hands frequently, and avoid touching your face, shaking hands with others and attending large gatherings of people. Limit your exposure to public spaces. If you must go out for groceries or other necessities, buy enough to last for a couple of weeks to avoid repeat trips.

Also, if you end up coming in contact with someone who is thought to have the virus, you will be asked to self-quarantine by staying home for two weeks and separating yourself from other people and animals in your home.

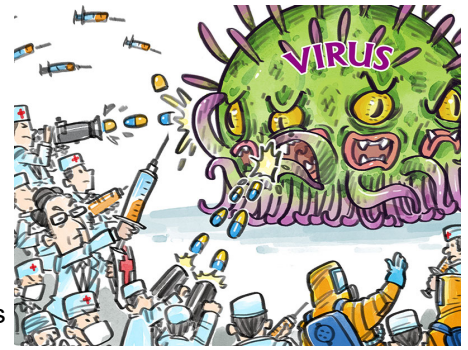
The goal is to slow down the spread so that health care facilities are not overwhelmed and will have equipment and personnel to treat those who need hospitalization. And actually, most people who get the virus will recover on their own at home.

UAMS has set up a coronavirus hotline for people who have questions or feel they may have symptoms. The number is 1-800-632-4502.

UAMS HealthNow is also available for free COVID-19 screening. To access UAMS HealthNow, go to [UAMSHHealth.com/healthnow](https://UAMSHHealth.com/healthnow) and click on "Begin Screening." This service is available 24 hours a day, seven days a week to patients of all ages across the state of Arkansas and is accessible from a smart phone, tablet, laptop or computer with video capabilities.

All this may sound scary, and that's understandable. But that does not mean we should panic. It's important to focus on the simple, rational steps that can help keep you and your loved ones safe in this troubling time.

*Joseph H. Bates, M.D., M.S., is the associate dean for public health practice and a professor in the Fay W. Boozman College of Public Health at the University of Arkansas for Medical Sciences.*



To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



# Creepy, Crawly Critters

Found at [agclassroom.org](http://agclassroom.org)

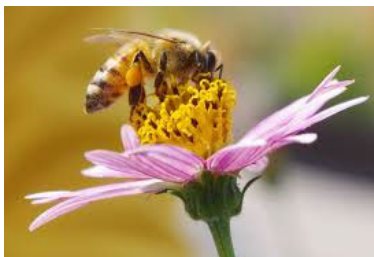
Did you know there are over 1.5 million kinds of insects! They come in all shapes and sizes. Without them, our world would probably end. Insects carry pollen from flower to flower. This helps the plants make the fruits and vegetables we eat. Many bugs help farmers, either by pollinating the plants or by eating the bugs that harm the farmers' crops. These are called beneficial insects. Both Thomas Jefferson and George Washington maintained insectaries where various plants were nurtured to attract beneficial insects for protection of their crops.



The lady beetle, more commonly known as a ladybug, is a beneficial insect. Lady beetles and their young (larva) are welcome in gardens, because they eat many harmful insects. The lady beetle you see in the garden may not

be a lady. There are male and female lady beetles.

Some insects will sting you. You should stay away from them. Don't kill them, though, because they might be beneficial too. Insects do not sting without cause. They only sting when they think you are going to hurt them. One of these insects, the honeybee, is a very beneficial insect. It carries pollen from plant to plant and then carries the pollen to the beehive. There the bees all work together to make wax and delicious honey. If you do get stung, try this home remedy: Mix a small amount of baking soda with water to make a paste. Make sure the bee's stinger has been scraped out, then rub the paste on the sting and let it dry.



Each year people spend millions of dollars trying to control insects that are pests. One of the most common household pests is the cockroach. Both the German cockroach and American cockroach reproduce rapidly and can be very difficult to control. Farmers have trouble with cockroaches, too. Cockroaches like



to get into grains the farmer has stored and lay their eggs. In no time at all they will overrun the storage area.

## Encountering Snakes

Found at [uaex.edu](http://uaex.edu)

Snakes are feared more than any other wildlife species in Arkansas. According to psychologists and animal behaviorists, the fear of snakes is a learned behavior. Recent findings indicate our brains are pre-conditioned to readily accept this fear. Yet statistically, venomous snakebites account for fewer deaths than bee or wasp stings or lightning strikes, though these are also rare. Despite their rarity, data from annual reports of the American Association

of Poison Control Centers indicate a trend of increasing numbers of venomous snakebites. On average, a total of 8,200 snakebites occurred annually between 2000 and 2006 in the United States, of which about half were from venomous snakes. Of the 30,000 reported venomous snakebites, during that time, only 21 resulted in mortality, or 0.07 percent of all venomous snakebites.

According to the Arkansas Department of Health, from 1960 to 2007 only three Arkansas residents died from native snakebites, with all three occurring in the 1960s. One death in 1960 was a rattlesnake bite, while the other two in 1964 and 1965 were by unspecified snake species.

In 1995, one nonresident died in Arkansas from a rattlesnake bite acquired in another state, and in 2004 another nonresident died after being bitten by an exotic, nonnative pet snake.

Despite their low incidence, occasionally snakebites occur, and with quick medical treatment, the vast majority of victims survive. Obviously, avoiding encounters with snakes will decrease the odds of being bitten.



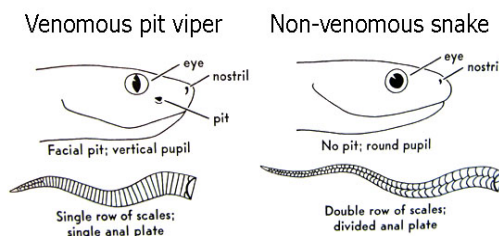
## Arkansas Snakes

Snakes serve an important role in our environment. They prey on rodents, insects, toads, frogs, crayfish, minnows and other snakes and are themselves food for hawks, owls, foxes, bobcats, raccoons, fish and many other species. Of the 36 species of native snakes in Arkansas, only six are venomous.

Also, all native snakes, including venomous snakes are protected by law and are illegal to kill unless they "pose reasonable threat or endangerment" to persons or property on your private property.

If a snake is not causing harm, simply leave it alone. Do not pick up or handle an unknown snake species. Many snakes have different pattern variations as juveniles and color phases as adults.

By the way...Speckled King snakes have a reputation of consuming other snakes larger than themselves! Having nonvenomous species around your yard could be beneficial!



# Cinco de Mayo

Found at [history.com](http://history.com)

Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Tuesday, May 5, 2020, is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

## Cinco de Mayo History

Cinco de Mayo is *not* Mexican Independence Day, a popular misconception. Instead, it commemorates a single battle. In 1861, Benito Juárez—a lawyer and member of the indigenous Zapotec tribe—was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments.

In response, France, Britain and Spain sent naval forces to Veracruz, Mexico demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juárez and his government into retreat.

## The Battle of Puebla

Certain that success would come swiftly, 6,000 French troops under General Charles Latrille de Lorencez set out to attack Puebla de los Angeles, a small town in east-central Mexico. From his new headquarters in the north, Juárez rounded up a ragtag force of 2,000 loyal men—many of them either indigenous Mexicans or of mixed ancestry—and sent them to Puebla.

The vastly outnumbered and poorly supplied Mexicans, led by Texas-born General Ignacio Zaragoza, fortified the town and prepared for the French assault. On May 5, 1862, Lorencez gathered his army—supported by heavy artillery—before the city of Puebla and led an assault.



## How Long Did the Battle of Puebla Last?

The battle lasted from daybreak to early evening, and when the French finally retreated they had lost nearly 500 soldiers. Fewer than 100 Mexicans had been killed in the clash.

Although not a major strategic win in the overall war against the French, Zaragoza's success at the Battle of Puebla on May 5 represented a great symbolic victory for the Mexican government and bolstered the resistance



movement. In 1867—thanks in part to military support and political pressure from the United States, which was finally in a position to aid its besieged neighbor after the end of the Civil War—France finally withdrew.

The same year, Austrian Archduke Ferdinand Maximilian, who had been installed as emperor of Mexico in 1864 by Napoleon, was captured and executed by Juárez's forces. Puebla de los Angeles was renamed for General Zaragoza, who died of typhoid fever months after his historic triumph there.

## Cinco de Mayo in Mexico

Within Mexico, Cinco de Mayo is primarily observed in the state of Puebla, where Zaragoza's unlikely victory occurred, although other parts of the country also take part in the celebration.

Traditions include military parades, recreations of the Battle of Puebla and other festive events. For many Mexicans, however, May 5 is a day like any other: It is not a federal holiday, so offices, banks and stores remain open.

## Why Do We celebrate Cinco de Mayo in the United States?

In the U.S., Cinco de Mayo is widely interpreted as a celebration of Mexican culture and heritage, particularly in areas with substantial Mexican-American populations.

Chicano activists raised awareness of the holiday in the 1960s, in part because they identified with the victory of indigenous Mexicans (such as Juárez) over European invaders during the Battle of Puebla.

Today, revelers mark the occasion with pa-



Mole Poblano

rades, parties, mariachi music, Mexican folk dancing and traditional foods such as tacos and mole poblano. Some of the largest festivals are held in Los Angeles, Chicago and Houston.



# 9 Common Ailments That Drive You Crazy

## How to manage leg cramps, dry eye, cold sores and more

By Margery D. Rosen

Found at [aarp.org/health](http://aarp.org/health) (April/May 2013)

### Carpal Tunnel Syndrome

**What it is:** Tingling, aching, pain or numbness on the thumb side of your hand that can stretch across your palm, through your fingers and even up your forearm. Carpal tunnel syndrome can make it painful to do anything that involves flexing your wrist, such as using a keyboard, holding a steering wheel or even grasping a bag.

**Why:** Tendons in the narrow part of your wrist (known as the carpal tunnel) swell, pinching the nerve that leads to your hand. A number of factors may contribute to this: normal aging, repetitive movements, hormonal changes and certain medical conditions like diabetes or rheumatoid arthritis.

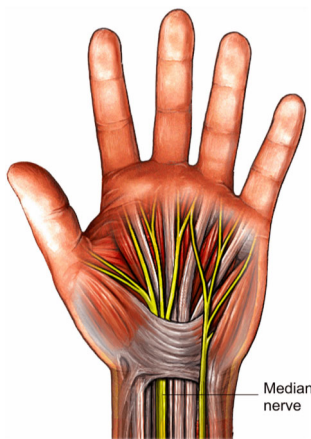
**The remedy:** Use Advil, Aleve or another pain reliever to ease swelling and pain. If you work at a computer, take frequent breaks and rotate your wrists in both directions. If that doesn't help, a cortisone shot may provide temporary relief. In chronic cases, outpatient surgery to free the nerve is almost always successful.

### Spider and Varicose Veins

**What they are:** Enlarged, ropy and often painful, varicose veins are found most often on the thighs, lower legs and calves. The thin, purplish-red jagged lines on the face and legs are spider veins.

**The reason:** Genetic roulette, exacerbated by pregnancy, menopause, obesity, injury, sun damage and age.

**The remedy:** Walk, bike or swim—anything that boost circulation may prevent them from getting worse. Avoid sitting or standing for long periods. Take frequent breaks with your feet elevated. Try support hose or compression stockings (or socks). Spider and small varicose veins can be removed by sclerotherapy or laser-assisted sclerotherapy. For serious varicose veins, talk to your doctor.



### Cold Sores

**What they are:** Small, painful blisters that usually occur on or around your lips.

**The reason:** Cold sores are caused by the herpes simplex virus, which you can get by kissing or by sharing dishes, towels or utensils with someone who's infected. This is a variation of the same virus that causes genital herpes, though having one doesn't mean you'll have the other.

**The remedy:** Cold sores usually clear on their own after a week or two, but antiviral creams applied as soon as you feel a twinge or tingle can greatly speed healing. To numb the area during flare-ups, try ointments such as Abreva or Anbesol. Flare-ups can be triggered by sun exposure and stress, so slather on sunscreen and lip balm (avoid mentholated products).

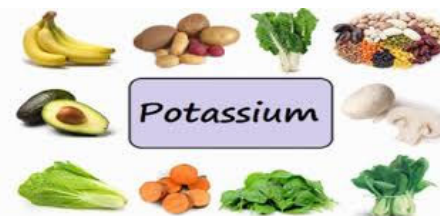
### Leg Cramps

**What they are:** Sudden muscle contractions in your leg or foot that last from a few seconds to a few minutes. The cramps often happen at night, causing you to wake in excruciating pain.

**The reason:** No one knows exactly what causes cramps in otherwise healthy adults, but certain risk factors may make older people more susceptible. These include deficiencies in key minerals, lack of hydration, poor muscle conditioning and certain medications.



**The remedy:** Stretching and massage to loosen your muscles may help prevent a cramp and provide relief if you're having one. Applying a hot washcloth can also calm the muscle. Studies have linked leg cramps to low levels of potassium, calcium and magnesium. So make sure your diet includes bananas, oranges, brown rice, almonds and spinach, which contain these nutrients. Staying hydrated and wearing comfortable shoes can help, too. If you take a diuretic for hypertension or statins for high blood cholesterol, ask your doctor about possible alternatives.



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STAGES OF DEVELOPMENT OF VARICOSE

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### **Restless Legs Syndrome (RLS)**

**What it is:** A neurological condition that triggers an unbearable urge to move the legs. Symptoms—not quite pain but severe discomfort, pinching or pulling that’s only partially relieved by movement—usually strike most when you’re lying down, often interfering with sleep.



**The reason:** Nobody knows the cause, though heredity plays a role, as does a drop in iron levels and the level of dopamine in the brain. Certain medications, including antidepressants and antihistamines, can trigger symptoms — even if you’ve been taking them for some time with no ill effects. Some chronic diseases, like diabetes and peripheral neuropathy, also can play a role.

**The remedy:** If you suspect a medication may be to blame, talk to your doctor about switching drugs. For mild RLS, over-the-counter pain relievers can help. So can lifestyle changes such as gentle exercise, hot baths or yoga stretches before bed. Medications that treat Parkinson's or sleep disorders sometimes provide relief, although it can take time and patience to find the one that works for you.

### **Smelly Feet**

**What it is:** Exactly what you think.

**The reason:** Feet have many thousands of sweat glands, and footwear provides the perfect breeding ground for odor-causing bacteria.

**The remedy:** Air out your shoes 24 hours between wearings. Wash and dry your feet daily. Look for mesh athletic shoes, which provide good ventilation. For leather shoes, dab antiperspirant deodorant on your feet or spray it into shoes. A spritz of a disinfectant spray — or a sprinkle of cornstarch or antifungal/antibacterial powder — may also do the trick. In extreme cases, some doctors recommend Botox injections, which temporarily halt the function of the sweat glands.



### **Dry Eye**

**What it is:** Gritty, tired and painful eyes that make it hard to read, work at the computer, watch television or drive. Symptoms typically worsen throughout the day. To compensate for lost moisture, the body may, paradoxically, produce excess tears.

**The reason:** Key culprits include aging; contact lenses; diabetes and thyroid disease; medications for colds, coughs and depression; and, in some cases, LASIK surgery.

**The remedy:** Apply warm compresses. Turn off fans and turn on a humidifier. Outside, wear wraparound glasses or eyeglass shields. You may want to try over-the-counter artificial tears, gels or ointments, but avoid products that “get the red out,” since these are decongestants and will make dry eye worse. Oral or topical antibiotics may also offer help.

### **Urinary Incontinence**

**What it is:** If a few drops or a squirt of urine leaks out when you cough, laugh or exercise, you could have stress incontinence. A strong, sudden gush may signal urge incontinence, or overactive bladder.

**The reason:** Stress incontinence is usually caused by weakened tissue and muscles, an infection, a hernia, prostate problems or obesity. Some drugs—including diuretics, antidepressants, blood pressure medications and even over-the-counter cold and cough remedies—are also possible culprits. Urge incontinence may be caused by prostate problems, nerve damage due to stroke, or illness such as diabetes.

**The remedy:** Urinary incontinence may be common in older people, but it’s not a normal, inevitable part of aging. You don’t have to live with it. For urge incontinence, prescription medications—Oxytrol, Ditropan and Detrol—have been the treatment of choice, but a study found that a onetime Botox injection in the bladder can be at least as effective. If you have stress incontinence, some simple lifestyle changes could make a huge difference. Limit fluids and gradually retrain your bladder to go every three to four hours. Eliminate coffee, tea, spicy foods, chocolate, alcohol and citrus fruits. You can strengthen pelvic-floor muscles by doing Kegel exercise. Losing

weight and avoiding constipation can help, too. If nothing else works, some women find relief through sling surgery, an outpatient procedure in which doctors create a kind of sling that support the bladder and urethra, thereby reducing the pain.

### **Nail Fungus**

**What it is:** An infection that appears as yellow or white spots on your nail. As the fungus spreads, the nail can thicken and even pull away from its bed.

**The reason:** Fungus thrives in dark, moist conditions—so you get it from closed, tight shoes, wet floors in showers or gym locker rooms, or un-

sterilized tools at the nail salon.  
**The remedy:** Wear sandals or shoes at the pool or gym. Avoid cotton or wool socks; instead choose synthetics, which don’t hold moisture. Dust your feet with antifungal powder after a bath or shower, and before bed. If you get professional pedicures bring your own tools to the nail salon, or make sure the salon sterilized theirs. For treatment, ask your doctor about prescribing Lamisil, an oral medication, or Penlac, a clear nail polish. Another option is photodynamic therapy, which uses drugs and a special light to zap the fungus.



## What to Do About 14 Common Aches and Pains

Found at [webmd.com/pain-management](http://webmd.com/pain-management)

### Sprains and Strains

People who play sports or are physically active are familiar with sprains (*a stretched or torn ligament*) or strains (*a stretched or torn muscle or tendon*). Both cause swelling and inflammation. Sprains can give you bruises. Strains may trigger muscle spasms. Use the RICE method for early treatment—rest, ice, compression, and elevation. Take an over-the-counter (OTC) pain reliever. See a doctor if you have numbness or tingling, you can't move a joint, or it doesn't get better within a week.

### Tension Headache

This common type of headache feels like a band is squeezing your head. OTC painkillers, rest, and drinking water will often do the trick. Your headache should go away within hours, but it could last a couple of days. Plenty of rest, proper massage, less stress, and lots of fluids (without caffeine) may help you avoid one.

### Migraine

Throbbing pain in the front or side of your head can put a hold on your daily activities. You might feel sick to your stomach, be sensitive to light, or have other symptoms. Find somewhere dark and quiet to rest. An ice pack may numb pain; a heating pad can relax tense muscles. An OTC pain reliever may help if you catch a migraine early. Some people need a prescription to treat or prevent them.

### Toothache

Tooth decay, cracked teeth, broken fillings, and gum disease are likely causes. You might not be a fan of the dentist, but if your toothache lasts more than a couple of days, you should go. If you don't take care of it, an inflamed area could become infected, leading to bigger problems. Tooth pain can also signal a sinus infection, a problem with the joint where your jaw meets your skull (TMJ), or grinding your teeth at night.

### Neck Pain

Your neck is less protected than the rest of your spine, so it's vulnerable to sprains and strains. Those pains are usually temporary, and often, you won't need a doctor. Regular wear and tear, such as the disks breaking down, can also hurt. Good posture helps prevent pain.

### Back Pain

As you age, it becomes more common. Back pain can be dull or sharp and last months at a time. Being overweight and lifting something the wrong way can cause it. Diseases including arthritis and cancer can affect your back and spine, and your genes can play a role, too. Treatments for most types of back pain include OTC medications, hot and cold packs, exercise, yoga, and massage.

### Frozen Shoulder

The pain is usually worse at night, when you lie on that side. Simple everyday tasks can be hard to do. Your shoulder becomes stiff to the point where you can't move it. Exercises and physical therapy can improve your range of mo-



tion. It mostly happens to people between 40 and 60. Women and people with diabetes are more likely to have this problem.

### Tendinitis and Bursitis

These are swelling around a muscle or bone, usually brought on by the overuse or injury of a joint, like your ankle, elbow, knee, hip, shoulder, or wrist. Treat these with RICE, too. Call your doctor if the pain and swelling are bad, get worse, or if there's any redness or warmth.

### Arthritis

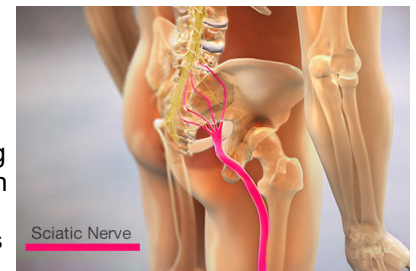
The leading cause of disability in America is a group of more than 100 diseases that cause joint pain. Symptoms, which may come and go, often include swelling, pain, stiffness, and limited motion. They could be the result of wear and tear or of inflammation triggered by your immune system. Arthritis usually can't be cured, but you can often ease pain and manage the condition with your doctor's help.

### Stomachache

It could be for a number of reasons, including indigestion, gas, and constipation. OTC medicines may help a tummy ache or upset stomach feel better until it passes. Call your doctor if you pain is sudden and severe, lasts for days, or if you're vomiting blood, have bloody stool, or notice any other unusual symptoms.

### Sciatica

This shooting pain can make either sitting or standing uncomfortable. You might feel weak, numb, and a burning or tingling in your leg, but it's not a cramp. It's a pinched nerve in your lower back. Sneezing and coughing can sharpen the pain. Sciatica usually goes away in a few weeks with rest and gentle exercise, but you should see your doctor. Most people who get it are between 30 and 50.



### Nerve Pain

Tingling, burning, numbness, and weakness can all signal a problem with your nerves. People with uncontrolled diabetes tend to get nerve damage in their feet, hands, arms and legs. Shingles, a painful rash caused by the chicken pox virus, can lead to ongoing nerve pain. When your organs are affected, you could have trouble with digestion or peeing. Medications, physical therapy and eating well can help.

### Carpal Tunnel Syndrome

There's little evidence that keyboard overuse is at fault for one of the leading nerve disorders. Pecking at the computer could make the tingling and numbness in your fingers worse though, if you already have a pinched nerve. Rest first; avoid bending or twisting your wrist for a couple of weeks. Then try yoga or physical therapy. Sometimes medicines that reduce swelling can ease symptoms.

### Sore, Swollen Feet

Rest and put your feet up! Ice them for 15-20 minutes at a time. If you must stand on a hard surface all day, try compression stockings, wear shoes with good support, and take breaks off your feet when you can. Women and people who have flat feet or high arches are more prone to plantar fasciitis, which makes the bottom of your heel hurt. Stretching is good for that.

Call your doctor when the pain is bad or if you don't know why your feet ache.

## How Long Does the Coronavirus Live on Surfaces?

Found at [webmd.com](http://webmd.com)

*We've all been asking the same questions and getting different answers...this article might help...Also, keep in mind that some of this information applies to other viruses like the common cold, flu, etc.*

The coronavirus that causes COVID-19 mainly spreads from person to person. When someone who is infected coughs or sneezes, they send droplets containing the virus into the air. A healthy person can then breathe in those droplets. You can also catch the virus if you touch a surface or object that has the virus on it and then touch your mouth, nose, or eyes.



### Coronavirus: What you Need to Know

The coronavirus can live for hours to days on surfaces like countertops and doorknobs. How long it survives depends on the material the surface is made from.

Here's a guide to how long coronaviruses—the family of viruses that includes the one that causes COVID-19—can live on some of the surfaces you probably touch on a daily basis. Keep in mind that researchers still have a lot to learn about the new coronavirus that causes COVID-19. For example, they don't know whether exposure to heat, cold, or sunlight affects how long it lives on surfaces.

**Metal**—examples: doorknobs, jewelry, silverware

5 days

**Wood**—examples: furniture, decking

4 days

**Plastics**—examples: milk containers and detergent bottles, subway and bus seats, backpacks, elevator buttons

2 to 3 days

**Stainless steel**—examples: refrigerators, pots and pans, sinks, some water bottles

2 to 3 days

**Cardboard**—example: shipping boxes

24 hours

**Cooper**—examples: pennies, teakettles, cookware

4 hours

**Aluminum**—examples: soda cans, tinfoil, water bottles

2 to 8 hours

**Glass**—examples: drinking glasses, measuring cups, mirrors, windows

Up to 5 days

**Ceramics**—examples: dishes, pottery, mugs

5 days

**Paper**—the length of time varies. Some strains of coronavirus live for only a few minutes on paper, while others live up to 5 days.

**Food**—coronavirus doesn't seem to spread through exposure to food. Still, it's a good idea to wash fruits and vegetables under running water before you eat them. Scrub them with a brush or your hands to remove any germs that might be on their surface. Wash your hands after you visit the supermarket. If you have a weakened immune system, you might want to buy frozen or canned produce.

**Water**—coronavirus hasn't been found in drinking water. If it does get into the water supply, your local water treatment plant filters and disinfects the water, which should kill any germs.



Coronaviruses can live on a variety of other surfaces, like fabrics and countertops. One study tested the shoe soles of medical staff in a Chinese hospital intensive care unit (ICU) and found that half were positive for nucleic acids from the virus. But it's not clear whether these pieces of the virus cause infection. The hospital's general ward, which had people with milder cases, was less contaminated than the ICU.

### What You Can Do

To reduce your chance of catching or spreading coronavirus, clean and disinfect all surfaces and objects in your home and office every day. This includes:

- Countertops
- Tables
- Doorknobs
- Bathroom fixtures
- Phones
- Keyboards
- Remote controls
- Toilets



Use a household cleaning spray or wipe. (*Check with your IT Department or company provider regarding electronics before using sprays or wipes as some can be harmful to equipment.*) If surfaces are dirty, clean them first with soap and water and then disinfect them.

Keep surfaces clean, even if everyone in the house is healthy. People who are infected may not show symptoms, but they can still shed the virus onto surfaces.

After you visit the drugstore or supermarket, or bring in takeout food or packages, wash your hands for at least 20 seconds with soap and warm water. Do the same thing after you pick up a delivered newspaper (*or mail*).

*Look, the bottom line is this... "we're all in this together" at least that's what the catch-phrase of the day is...*

*Let's take care of each other. Wear a mask when in public and practice "social-distancing" to protect others. You don't want to be the person who gave your 'meemaw' or 'pawpaw' a virus, do you?*

*And when you go shopping, please don't buy all the toilet paper, disinfectant spray, etc that are in short supply. There is someone out there who may need it much more than you do!*



*Shared by a friend who found on Facebook and copied from a friend who, copied from a friend who, copied from another who's been thinking aloud.*

## **WE ARE NOT IN THE SAME BOAT ...**

I heard that we are in the same boat.

But it's not like that.

We are in the same storm, but not in the same boat.

Your ship can be shipwrecked and mine might not be.  
Or vice versa.

For some, quarantine is optimal: moment of reflection, of re-connection. Easy, in flip flops, with a whiskey or tea.

For others, this is a desperate crisis.

For others it is facing loneliness. For some, a peace, rest time, vacation.

Yet for others, Torture: How am I going to pay my bills?

Some were concerned about a brand of chocolate for Easter (this year there were no rich chocolates).

Others were concerned about the bread for the weekend, or if the noodles would last for a few more days.

Some were in their "home office" .

Others are looking through trash to survive.

Some want to go back to work because they are running out of money.

Others want to kill those who break the quarantine.

Some need to break the quarantine to stand in line at the banks.

Others to escape.

Others criticize the government for the lines.

Some have experienced the near death of the virus, some have already lost someone from it, some are not sure their loved ones are going to make it, and some don't even believe this is a big deal.



Some of us who are well now may end up experiencing it, and some believe they are infallible and will be blown away if or when this hits someone they know, some have faith in God and expect miracles during this 2020.

Others say the worse is yet to come.

So, friends, we are not in the same boat.

We are going through a time when our perceptions and needs are completely different.

And each one will emerge, in his own way, from that storm.

Some with a tan from their pool. Others with scars on the soul (for invisible reasons).

It is very important to see beyond what is seen at first glance. Not just looking, more than looking, seeing.

See beyond the political party, beyond religion, beyond the nose on your face.

Do not underestimate the pain of others if you do not feel it.

Do not judge the good life of the other, do not condemn the bad life of the other.

Don't be a judge.

Let us not judge the one who lacks, as well as the one who exceeds him.

We are on different ships looking to survive.

Let everyone navigate their route with respect, empathy and responsibility.

*Unknown author*



**Peddlers Permit  
City of North Little Rock**

Issued to: **Mel Dun**  
Issued: **11/10/19**  
Expires: **12/31/19**



**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

**Question:** *I am a lawyer but do not have an office or see clients in my home, am I required to have a business license?*

**Answer:** **Yes**...if you use your home address as your mailing address for your business, AND/OR if you advertise that you are doing business you are required to have a valid business license. This can include electronic ads, etc.

**Reminder to residents:**

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

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

**North Little Rock History Commission**



If you or someone you know has items of a historical interest (photos, newspaper clippings, keepsakes, etc.) to City of North Little Rock, please consider donating them to the NLR History Commission.

For more information, call 501-371-0755 or email [nlrhistory@comcast.net](mailto:nlrhistory@comcast.net).

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

*To submit events, visit [www.NorthLittleRock.org](http://www.NorthLittleRock.org) or call Stephanie Slagle, Public Relations Representative at 501-758-1424.*

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

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

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

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

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

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

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

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

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

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

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

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

## ***North Little Rock City Council Schedule***

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

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

The City Council Agenda can be found at [www.nlr.ar.gov](http://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<br>Beth White          | 753-0733<br>758-2738 |
| Ward 2 | Linda Robinson<br>Maurice Taylor | 945-8820<br>690-6444 |
| Ward 3 | Steve Baxter<br>Ron Harris       | 804-0928<br>758-2877 |
| Ward 4 | Charlie Hight<br>Jane Ginn       | 758-8396<br>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 Joe A. Smith                     | 975-8601 |
| City Clerk/Treasurer Diane Whitbey     | 975-8617 |
| City Attorney Amy Fields               | 975-3755 |
| District Court Judge Randy Morley      | 791-8562 |
| District Court Judge Paula Juels Jones | 791-8559 |

### ***Telephone Numbers for City Hall***

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

### North Little Rock Curbside Recycling schedule for the month of April

Apr 27—May 1 recycle  
*May 4-8 no pickup*  
May 11—15 recycle  
*May 18-22 no pickup*  
May 26-30 recycle



## Home Based Businesses Operating in the City of NLR

The North Little Rock Zoning Ordinance No. 7697 regulates zoning related issues in our city. Below is the section which covers businesses being operated in residential zones.

### Section 12.4—Home Occupations

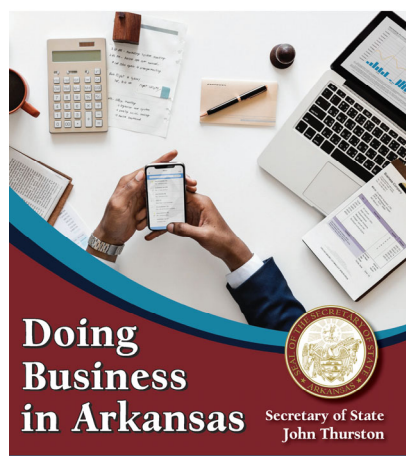
- A. Home occupations are only those occupations that meet all of the requirements listed below. Home occupations are approved administratively by city staff.
1. The home occupation is located completely within the principal dwelling unit.
  2. The home occupation is solely operated by the owner(s) and occupant(s) of the dwelling. No non-resident persons are employed.
  3. The home occupation does not occupy more than 25% (1/4) of the gross habitable ground floor area of the principal dwelling unit.
  4. The home occupation does not display merchandise or have outside storage of equipment or materials.
  5. The home occupation does not alter the external appearance of the principal dwelling unit.
  6. The home occupation does not create noise, vibration, glare, fumes, electromagnetic interference, odors, or air pollution outside the principal dwelling unit.
  7. The home occupation does not have a sign that identifies or advertises the business.
  8. The home occupation does not involve the storage of hazardous materials, other than substances, of a type and quantity customarily associated with a home or hobby.
  9. The home occupation will not cause more than two vehicles to be parked in the vicinity of the principle dwelling.
- B. Examples of Home Occupations.
1. Activities conducted principally by telephone, computer, facsimile, or mail.
  2. Studios where handicrafts or objects-of-art-are produced.
  3. Dressmaking or apparel alterations.
  4. Instructing, teaching, tutoring, or therapy of no more than four persons simultaneously.
- C. Prohibited Home Occupations.
1. Bed and breakfast.
  2. Eating and drinking establishments.
  3. Kennels.
  4. Sales or leasing of vehicles.
  5. Rest home.
  6. Clinic, Doctor or Dentist Office.
  7. Tourist Home.
  8. Any use that requires a building code upgrade (i.e., from residential standards to commercial standards) to accommodate the home occupation.
- D. Hobbies conducted solely within the confines of a structure with no external impacts whatsoever, are not considered home occupations.
- E. Garage Sales, Yard Sales, Carport Sales are allowed in residential zones for 1 week every 4 months.
- F. The authority to operate a home occupation shall not be interpreted to waive any law or regulation of the city, state, or federal government relating to the operation of business, including without limitations: privilege licenses, facility licenses, professional certificates, inspection and similar requirements.



During the COVID-19 Pandemic, we have seen a lot of home-based type businesses pop up. These have been anything from personal shoppers to seamstresses making masks.

Home-Based businesses are not new. In North Little Rock many residents have operated their businesses from their home address for years. Some of those include Piano Teachers/Tutors, Home Day Care, Internet Sales, Cosmetic Sales, Janitorial, Plumbing, Electrical Services, Lawncare/Landscaping, dog walkers/sitters and so much more!

If starting a home-based business is something you have been thinking about, now may be the time to look into it!



Keep in mind there may be a lot more that goes into opening a business than you may know. We encourage you to visit the Arkansas Secretary of State's website and go to [sos.arkansas.gov/uploads/DBA\\_2019\\_Web.pdf](https://sos.arkansas.gov/uploads/DBA_2019_Web.pdf). You can also contact our office to obtain a hard copy. The handbook explores:

- Choosing an entity type
- Reserving and filing a corporate name
- Avoiding common problems with document filings
- Corporate fee schedule
- Domestic entities
- Foreign entities
- Trademarks and Service Marks

You can also call the Secretary of State's Office at 501-682-3409 or 1-800-233-0325

# May Anniversaries

| <i>Name</i>          | <i>Dept</i>   | <i># Yrs</i> | <i>Name</i>         | <i>Dept</i>   | <i># Yrs</i> |
|----------------------|---------------|--------------|---------------------|---------------|--------------|
| ROGERS, CLAYTON      | Airport       | 9            | RALSTON, JOSEPH     | Parks Golf    | 6            |
| FULLER, DUSTY        | Code          | 5            | STUART, KRISTAN     | Parks Golf    | 4            |
| BRAY, JAMES          | Electric      | 45           | RHODES, JASON       | Parks Maint   | 7            |
| GULLETT, MARVIN      | Electric      | 42           | LEWIS, JOSHUA       | Parks Maint   | 4            |
| ELLISON, JEFFERY     | Electric      | 38           | CHEATHAM, GREGORY   | Parks Maint   | 4            |
| USSERY, EBBIE        | Electric      | 31           | JENKINS, TREVOR     | Parks Maint   | 1            |
| HOBBY, JEAN          | Electric      | 20           | LARRY, WILLIAM      | Parks Maint   | 1            |
| DUCKERY, KRASTAL     | Electric      | 13           | NEWTON, VINCENT     | Parks Maint   | 1            |
| TARKINGTON, SANDRA   | Electric      | 13           | PERRY, MICHAEL      | Parks Maint   | 1            |
| WILLIAMS, LINDA      | Electric      | 13           | CUNNINGHAM, JENNIE  | Parks Rec     | 25           |
| MELTON, DAVID        | Electric      | 11           | WORRELL, TINA       | Parks Rec     | 17           |
| JOHNSON, ANDREW      | Electric      | 8            | WHITLEY, JAYLA      | Parks Rec     | 7            |
| COLLINS, CHRISTOPHER | Electric      | 6            | TURNER, STEPHANIE   | Parks Rec     | 4            |
| FUNDERBURG, CODY     | Electric      | 5            | JAMES, LOSHARICKA   | Parks Rec     | 3            |
| WETZLER, DIANNE      | Electric      | 4            | HAMPTON, MARKEITA   | Parks Rec     | 3            |
| MARKHAM, APRIL       | Electric      | 4            | BUTLER, EZEKIEL     | Parks Rec     | 3            |
| WILLIAMS, HELEN      | Electric      | 4            | SIMS, NIESHA        | Parks Rec     | 2            |
| BOWERS, SAVANNAH     | Electric      | 2            | BEARD, FLOYD        | Parks Rec     | 2            |
| VANG, PAJAI          | Electric      | 2            | LARRY, THURSTON     | Parks Rec     | 2            |
| HEAD, CLARK          | Electric      | 1            | HONORABLE, JONATHON | Parks Rec     | 1            |
| ALMON, WARREN        | Fire          | 26           | HOUSE, JERRICK      | Parks Rec     | 1            |
| MONTGOMERY, ERIC     | Fire          | 5            | SHARKEY, TATYANA    | Parks Rec     | 1            |
| RAMIREZ, KATHERYN    | IT            | 1            | ANNIS, CARSON       | Parks Rec     | 1            |
| HOLMAN, AARON        | IT            | 1            | WEEKS, JORDAN       | Parks Rec     | 1            |
| YIELDING, CHRISTINA  | Legal         | 20           | EDWARDS, CRAIG      | Police        | 25           |
| KING, ERICA          | OES           | 3            | MCEUEN, ELLISA      | Police        | 9            |
| SMITH, KAREEM        | OES           | 3            | STANTON, DEXTER     | Public Works  | 4            |
| STRONG, DARIAN       | OES           | 2            | WICHELT, ERIC       | Sanitation    | 1            |
| JONES, LATARA        | OES           | 1            | GIUSTI, DANTE       | Sanitation    | 1            |
| SHEA, NICHOLAS       | OES           | 1            | HARRIS, CHARLES     | Street        | 9            |
| CAPLINGER, DEBORAH   | Parks Admin   | 1            | BROCK, KENNY        | Vehicle Maint | 28           |
| GRADY, TAMIA         | Parks Funland | 9            | MCDUGAL, JUSTIN     | Vehicle Maint | 13           |
| FORD, LAUREN         | Parks Funland | 4            |                     |               |              |

## Message to residents from the North Little Rock City Clerk's Office regarding door-to-door solicitors/peddlers.

Residents, at this time there is only 1 (one) licensed/permitted door-to-door solicitor in our city limits.

ALL DOOR-TO-DOOR solicitors/peddlers are required to obtain and possess a city issued ID permit and be ready to show the same to residents or city officials at all times.

If you see someone in your neighborhood going door-to-door and they are unable to produce the city issued ID, please call the city clerk's office at 501-975-8617 or the non-emergency North Little Rock Police Department number at 501-758-1234. Please provide a description of the individual, description of vehicle and license plate number if you are able to get it, and company represented.

Our office has been contacted and advised that an alarm company is currently operating in our city and advising residents they do not have to have a permit. This is FALSE information. At the time of this writing, there are NO licensed/permitted door-to-door alarm company solicitors in our city (or any other company) other than the one mentioned above. For information and photos, you can visit our website at [www.nlr.ar.gov](http://www.nlr.ar.gov), then click on the government tab, followed by City Clerk and Treasurer, then scroll down to Licensed Peddlers and click on the highlighted name of the permit holder.

# May Birthdays

|                        |               |    |                   |                |    |
|------------------------|---------------|----|-------------------|----------------|----|
| GATSON-BARNUM, EMANUEL | Parks Rec     | 1  | SPEARS, BRYAN     | Parks Maint    | 16 |
| WOOLFOLK, ANNA         | Parks Rec     | 1  | BILLINGS, JAMES   | Communications | 16 |
| ALLEN, KAREN           | Electric      | 2  | DOUGAN, SHANE     | Fire           | 17 |
| KEMP, DARRON           | Parks Rec     | 2  | HAWKINS, JOHN     | Fire           | 17 |
| ZONNER, GREGORY        | AIMM          | 3  | RODRIGUEZ, VICTOR | Courts 1       | 17 |
| WOODWARD, JASON        | Police        | 4  | BROOKS, SAM III   | Street         | 17 |
| HONEYCUTT, WESLEY      | Police        | 5  | LANKFORD, STEVEN  | Fire           | 18 |
| PRENTICE, CAROLINE     | Public Works  | 6  | JOHNSON, RAVEN    | Parks Rec      | 18 |
| CUNNINGHAM, JENNIE     | Parks Rec     | 6  | KABAT, ANITA      | Animal Contr   | 19 |
| BEINS, JESSICA         | Animal Contr  | 7  | GRIMES, STEVEN    | Fire           | 19 |
| BLACK, BILLIE          | Planning      | 7  | SCHMIDT, JACOB    | Fire           | 19 |
| HARRIS, CHARLES        | Street        | 7  | GARTRELL, RUSTY   | Police         | 19 |
| FERRY, CHRISTINE       | Electric      | 8  | FIELDS, ETHAN     | AIMM           | 19 |
| HAYDEN, DEMARIO        | Fire          | 8  | JAMES, JUSTIN     | Electric       | 20 |
| SARTIN, KENNETH        | Fire          | 8  | DAVIS JR, CHARLES | Fire           | 20 |
| WALKER, SEAN           | Fire          | 8  | SHOSHONE, RICKY   | Fire           | 20 |
| PATE, TONY             | Parks Rec     | 8  | HUBBARD, STEVEN   | Street         | 20 |
| ELMS JR, DOUGLAS       | Fire          | 9  | BURLESON, SUSAN   | Electric       | 21 |
| DAUGHERTY, JERRI       | Police        | 9  | TIMS, LONNELL     | Police         | 21 |
| DAVIDSON, RYAN         | Police        | 9  | FIELDS, MARCUS    | Parks Maint    | 21 |
| DILLON, DANNY          | Traffic       | 10 | HOLLEY, MICHAEL   | Fire           | 22 |
| BARBER, JOHN           | IT            | 11 | STANTON, DEXTER   | Public Works   | 23 |
| HARRIS, JOHN           | Electric      | 12 | HEMANN, MICHAEL   | AIMM           | 23 |
| BLAND, TIMOTHY         | Police        | 12 | COLEMAN, ARNOLD   | Planning       | 25 |
| SANTUCCI, ALEXANDER    | Police        | 12 | MEDFORD, DUSTIN   | Police         | 25 |
| HAMPTON, MARKEITA      | Parks Rec     | 12 | MICKEL, LARRY     | Police         | 25 |
| GRISHAM, LYLE          | AIMM          | 12 | ALTSTATT, JEFFREY | OES            | 26 |
| COOPER, AMY            | Police        | 13 | TURNER, STEPHANIE | Parks Rec      | 26 |
| GARRETT, PATRICK       | Police        | 13 | DILLON, KATHRYN   | Vehicle Maint  | 28 |
| KINKAID, BRYAN         | Police        | 13 | DUNBAR, ADDISON   | Parks Funland  | 28 |
| BOWERS, JOSHUA         | Planning      | 14 | DUCKERY, KRASTAL  | Electric       | 29 |
| ROARK, KRISTOPHER      | Street        | 14 | SORRELLS, KARL    | Police         | 29 |
| POLITE, TONDALIA       | Senior Center | 14 | ROSS, RICHARD     | Code           | 30 |
| BROWN, JIMMY           | Parks Maint   | 14 | POWELL, TOMMY     | Parks Golf     | 30 |
| GREEN, JOSEPH          | Police        | 15 | BARBER, MATTHEW   | Police         | 31 |
| BUTLER, EZEKIEL        | Parks Rec     | 15 | BARNES, CHARLES   | Police         | 31 |
| HOLLAND, JENIFER       | Parks Rec     | 15 |                   |                |    |

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