

## What Does Mardi Gras Mean?

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

*Mardi* is the French word for Tuesday, and *gras* means “fat.” In France, the day before Ash Wednesday came to be known as Mardi Gras, or “Fat Tuesday.”

Traditionally, in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods—meat, eggs, milk, lard, cheese—that remained in their homes, in anticipation of several weeks of eating only fish and different types of fasting.

The word *carnival*, another common name for the pre-Lenten festivities, also derives from this feasting tradition: in Medieval Latin, *carnelevarium* means to take away or remove meat, from the Latin *carnem* for meat.



## New Orleans Mardi Gras

The first American Mardi Gras took place on March 3, 1699, when French explorers Pierre Le Moyne d'Iberville and Sieur de Bienville landed near present-day New Orleans, Louisiana. They had a small celebration and dubbed their land spot Point du Mardi Gras.

In the decades that followed, New Orleans and other French settlements began marking the holiday with street parties, masked balls and lavish dinners. When the Spanish took control of New Orleans, however, they abolished these rowdy rituals, and the bans remained in force until Louisiana became a U. S. State in 1812.



On Mardi Gras in 1827, a group of students donned colorful costumes and danced through the streets of New Orleans, emulating the revelry they'd observed while visiting Paris. Ten years later, the first recorded New Orleans Mardi Gras parade took place, a tradition that continues on this day.

In 1857, a secret society of New Orleans businessmen called the Mistick Krewe of Comus organized a torch-lit Mardi Gras procession with marching bands and rolling floats, setting the tone for future public celebrations in the city.

Since then, krewes have remained a fixture of the Carnival scene throughout Louisiana. Other lasting customs include throwing beads and other trinkets, wearing masks, decorating floats and eating King Cake.

Louisiana is the only state in which Mardi Gras is a legal holiday. However, elaborate carnival festivities draw crowds in other parts of the U. S. during the Mardi Gras Season as well, including Alabama and Mississippi. Each region has its own events and traditions.



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## North Little Rock Animal Shelter

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## How Long Does It Take to Train My Dog?

By Robin MacFarlane

Found at [www.gundogsupply.com](http://www.gundogsupply.com)

### Answer: It depends. On a lot of things.

It depends on how much time and effort you can put into the training. A person that spends time each day practicing with their dog and integrating new skills into the daily routine has a huge advantage over a person who only does the 'homework' once or twice a week.

It depends on your skill level. The newer you are to training, the more learning curve there may be. But motivation to practice and work at it pays off, so don't let being a "newbie" deter you.

It depends on your dog's age. New pups learn quickly and don't have undesirable habits that need changing. Older dogs can have great success as well, but if bad habits already exist, understand that replacing them with more appropriate behavior will take some consistent effort.

It depends on your dog's personality. A well-balanced, stable personality is going to have an easier time catching on to things quickly. Dogs with anxiety, timidity or reactivity issues are more easily flustered by what's in the surrounding environment, so expect it to take more time overcoming certain hurdles.

The speed of learning depends on what goals you are trying to accomplish and breed can have an influence on how fast you get there. Teaching a hound to do a heads up heel, or a Nordic breed to have a rock solid off leash recall versus teaching a Lab to retrieve and bring back a ball, or teaching a Border Collie to, well, just about anything with Border Collies!, they are very different things. So it all depends.

Breaking down expectations into component parts is key in developing a successful training plan and coming up with a realistic time frame to achieve your goals.

Here is my rule of thumb: Go as fast as you can, but as slow as you need to.

What do I mean by that?

Moving along smoothly as the dog progresses in his level of understanding is important not only so you make strides toward your overall goal, but also so the dog is challenged and remains engaged in the process.

Practicing a Down/Stay in your kitchen when the house is quiet over and over and over will certainly give you a reliable down stay in the kitchen when the house is quiet, but it won't get you any closer to having

a dog that will lie down and stay when the doorbell rings and your guests arrive for the dinner party.

Nor will it give you a dog that has that bright and eager look that you see in dogs that are tuned in and earnestly working with their human.



To achieve a high degree of reliability and engagement you have to learn to slice the pieces of your goal into component parts. Then understand how you put them together effectively to proof the final behavior.

Let's take for example a dog that you want to go to his Place (dog bed) when the door bell rings and remain there when visitors enter the house. Remaining on that place through all that excitement of visitors is the vision we have planted in our head as the crowning achievement of training this particular behavior.

We first have to teach the dog what the command Place means. We go through the process of assisting the dog onto the bed and rewarding him for getting on there. In the early phase that reward is immediate as soon as four paws are on the bed. After a number of repetitions the dog will begin to show understanding of what is expected. How many repetitions will it take before you see that understanding? It depends. But as soon as some understanding is achieved that the dog is to get on to the bed, then you start prolonging the idea of remaining in place.

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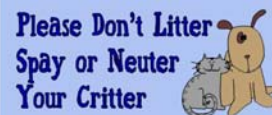


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## North Little Rock Fire Department

# Hoarding and Fire: Reducing the Risk

Found at [www.nfpa.org](http://www.nfpa.org)

Do you have a person in your life who may be a hoarder? Hoarding is a condition where a person has persistent difficulty discarding personal possessions. The large amount of possessions fill the home and prevent the normal use of the space. Living space becomes cluttered. It may be unusable. Hoarding brings distress and emotional health concerns.

### WHY HOARDING INCREASES FIRE RISKS

- Cooking is unsafe if flammable items are close to the stove or oven.
- Heating units may be too close to things that can burn. They might also be placed on unstable surfaces. If a heater tips over into a pile, it can cause a fire.
- Electrical wiring may be old or worn from the weight of piles. Pests could chew on wires. Damaged wires can start fires.
- Open flames from smoking materials or candles in a home with excess clutter are very dangerous.
- Blocked pathways and exits may hinder escape from a fire.

### HOW HOARDING IMPACTS FIRST RESPONDERS

- Hoarding puts first responders in harm's way.
- Firefighters cannot move swiftly through a home filled with clutter.
- Responders can be trapped in a home when exits are blocked. They can be injured by objects falling from piles.
- The weight of stored items, especially if water is added to put out a fire, can lead to building collapse.
- Fighting fires is very risky in a hoarding home. It is hard to enter the home to provide medical care. The clutter impedes the search and rescue of people and pets.



### How Can You Help Reduce the Risk of Fire Injury?

- When talking to a person who hoards, focus on safety rather than clutter. Be empathetic. Match the person's language. If they call it hoarding, then you can call it hoarding.
- Help the residents make a home safety and escape plan. Stress the importance of clear pathways and exits. Practice the plan often. Exit routes may change as new items are brought into the home.
- Install working smoke alarms in the home. Test them at least once a month.
- Reach out to community resources who may be able to connect you with members of a hoarding task force for additional help.

### So what is Hoarding?

#### Hoarding Disorder—found at [www.mayoclinic.org](http://www.mayoclinic.org)

Hoarding disorder is a persistent difficulty discarding or parting with possessions because of a perceived need to save them. A person with hoarding disorder experiences distress at the thought of getting rid of items. Excessive accumulation of items, regardless of value, occurs.

**Hoarding animals.** People who hoard animals may collect dozens or even hundreds of pets. Animals may be confined inside or outside. Because of the large numbers, these animals often aren't cared for properly. The health and safety of the person and the animals is at risk because of unsanitary conditions.

**Causes and Risk factors.** It's not clear what causes hoarding disorder. Genetics, brain functioning and stressful life events are being studied as possible causes.

Hoarding usually starts around ages 11 to 15, and tends to get worse with age. Hoarding is more common in older adults than in younger ones.

**Complications.** Some of the complications of being a hoarder are increased risk of falls, injury or being trapped by shifting or falling items, family conflicts, loneliness and social isolation, unsanitary conditions that could cause a health risk, fire hazard, poor work performance or legal issues such as eviction.



## Highlights from some City Departments

Mayor Joe A. Smith holds a monthly department head meeting. Department heads provide a report of activities, projects and accomplishments. Below are a few highlights from the last meeting (January events).

**Hays Center**— new members. 12,150 visits for the month. Activities included trips to Heber Springs and Murry's Dinner Playhouse. Public Senior Housing residents were transported to medical appointments and grocery stores. Volunteers contributed 1,177 hours.

**Sanitation**—collected 2,642.47 tons (5,284,940 lbs) household garbage, rubbish and junk. Collected 37 loads (818.6 cubic yards) green waste. Loose leaf crews collected 97 loads (3,174.55 cubic yards) mulched leaves. 389 waste tires were also picked up.

**Traffic Services**—approved 108 barricade applications for permits. Repaired or replaced 138 signs and posts, marked 16 city vehicles with logo, 69 Arkansas One Call location requests.

**Police**—2018 year end crime numbers show decreases of 15% overall. Property crime down—15%, Burglaries down—23%, Theft from Motor Vehicles down 36%.

**Fire**—Total incidents—875  
Total Unit Responses—1,660  
Residential Fires—15  
Vehicle Fires—4  
False Alarms/Malfunctions—63  
Rescue/Emergency Medical—505  
Mutual Aid—1  
Hazardous Material Response—14  
Structure Fire fatalities—0  
Vehicle fire fatalities—0  
Training hours—3,243  
Total Building Surveys—66



### Office of Emergency Services/911—

Total incoming calls: 10,440  
Non-911 calls: 4,657  
Wired 911: 585      Abandoned Wired 911: 109  
Wireless 911: 4,501      Abandoned Wireless: 501  
Total dispatch computer entries: 8,996

**Planning**—reviewed 0 new commercial projects. Issued 6 new single family residence permits (permit average \$164,542). Issued 9 Sign permits and 1 Banner permit. Inspectors completed 476 inspections and covered 3,381 miles: 159 Electric; 114 Building; 134 Plumbing; 69 HVAC.

**Electric Customer Service**—Direct contact—lobby payments, 5,826, Drive-thru payments, 3,242. Total payments received: Electric—38,145, amount \$7,207,565.00. Bad debt: \$7,481.00.

**Code Enforcement**—108 assigned calls, 312 initiated calls, 32 citations, 313 violation notices, 93 vehicles tagged, 45 structures inspected, 26 rental inspections, 4 food service inspections, 2 search warrants, 1 house demolished by city, 5 houses demolished by owner. Code Maintenance—111 assigned calls, 35 vacant lots cleaned, 0 lots with structures cleaned, secured 20 vacant houses, 1 vacant lot mowed, 0 lots with structures mowed.

**North Little Rock Convention & Visitors Bureau**—Visitors Information Center in Burns Park had 248 visitors in January. Downtown RV Park had 261 reservations with an average stay of 305 days and a total of 913 camping days. The Arkansas Inland Maritime Museum had 835 visitors which included 95 students from Central High JROTC and Grapevine, Texas Cub Scout Pak 777—21 stayed on board over night.

**Electric Department**—38,845 customers, Peak Power—126,146 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,060 (201 repaired), Security lights—4,302 (59 repaired), Smart meters—39,401, Revenue—\$6,513,022. Major outages—Jan 1, 2019—16th and Sycamore, primary wire down—1,600 customers without power 1.5 to 3 hours.

### North Little Rock Animal Control

Incoming animals—223/YTD-223  
Adoptions—56/YTD-56  
Reclaimed—34/YTD-34  
Euthanized—131/YTD-131  
Calls for service—700/YTD-700  
*Pulaski County (accepted at NLR)*  
Incoming Animals—54/YTD-54  
Adopted—23/YTD-23  
Reclaimed—2/YTD-2  
Euthanized—41/YTD-41  
YTD=Year to date

**\*\*Non-adoptable animals are those that are sick, injured, unweaned (puppies and kittens), vicious, court ordered or by owner request.\*\***



# Cajun Grilled Shrimp

Found at [www.tasteofhome.com/recipes](http://www.tasteofhome.com/recipes)

- 3 green onions, finely chopped
- 2 Tblsp lemon juice
- 1 Tblsp olive oil
- 3 garlic cloves, minced
- 2 tsp paprika
- 1 tsp salt
- 1/4 tsp pepper
- 1/4 tsp cayenne pepper
- 2 pounds uncooked medium shrimp, peeled and deveined with tails on
- 4 medium lemons, each cut into 8 wedges

In a large resealable bag, combine the first eight ingredients. Add shrimp; seal bag and turn to coat. Refrigerate for 15 minutes.

Drain shrimp, discarding marinade. On each of 12 metal or soaked wooden skewers, thread shrimp and lemon wedges.



Grill, covered, over medium heat or broil 4 inches from the heat source until shrimp turn pink, turning once, for about 6—8 minutes.

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We start small and build the duration of the staying concept and we reward the duration rather than just the getting on part of the behavior.

Once the dog is catching onto the concept of remaining, we add in distractions and this is where we need to get truly creative to build reliability. For the example above, we certainly want to add in the chime of the doorbell, the opening of the door, and the excitement of new people coming into the house. These variables should be broken into component parts. For instance, I don't have people coming in the door as soon as it is opened. I proof the dog to the door opening and closing, then add people to the equation.

I ring the bell numerous times during the day and escort the dog to the Place. When I add people, there is limited excitement at first but then we add in more realistic greetings and hoopla. It is broken down into little slices that eventually will be put together into a completed behavior.

During the entire process I am paying attention and fixing the dogs mistakes as soon as they happen so

the dog can understand the right versus wrong response. I'm rewarding the right response and interrupting the wrong ones. It makes the learning black and white and easy for the dog to understand.

But, how long did it take to get to the final outcome?

It depends on all of those things mentioned in the beginning of this article. I've had some dogs that learned the whole repertoire in a few days and those that took several weeks.

I'm going as fast as I can and as slow as I need to in order to help the dog understand exactly what it is that I want and expect. But trying to skip steps or push a dog faster than they are ready for will leave holes in the training and that doesn't expedite anything.

As fast as you can, but as slow as you need to.

I think this is a good mantra for achieving goals in all aspects of life!



## Daylight Savings Time March 10, 2019 Don't forget to Spring Forward!



## To flush or not to flush

By David Meints II, PE

*Found in City and Town, a publication of the Arkansas Municipal League—February 2019, Vol. 75, No. 2*

Though some things may technically flush down the toilet, that doesn't mean we should do so. For example, a half-eaten donut or partially knitted scarf will flush down the toilet, but under normal circumstances a rational person wouldn't flush those items. Makes sense, right?

Sanitary sewer systems are designed to carry human waste and wastewater to treatment facilities. Foreign objects and substances intentionally introduced into the system have damaging effects. Here we'll list some common items that we should not flush down the toilet or pour down the drain. Let's start by separating homes into two groups:

First, homes that send waste to a municipal treatment facility, and second, individual home treatment systems.

There are two types of treatment processes that treatment systems employ: physical and chemical removal processes. Physical removal processes are those such as screening or settling by gravity or centrifugal forces. The physically removed waste is ultimately hauled off to a landfill or, in the case of sludge, dried and/or applied to land. Often, physical removal will involve a person at some point along the line removing the items in question.

Chemical removal processes involve the addition of certain chemicals to boost physical removal processes. We call these processes coagulation and flocculation. In brief, coagulation destabilized particles in water, and flocculation introduces a new particle, whereby the destabilized particles are attracted to become stable. This creates floc, or loosely clumped mass of fine particles, which is larger in size and will settle out of suspension more quickly.

The following is a list of items not to be flushed or poured down the drain when connected to a municipal treatment facility:

- Feminine products, diapers, baby wipes, facial wipes, and other "flushable" wipes—These items are designed to be absorbent materials, which can lead to clogs. These products are not designed to break down like toilet paper and can eventually add to what has to be physically removed. Additionally, feminine hygiene products and some wipes may claim to be biodegradable, but that doesn't mean they are suitable for toilet flushing! An item may be biodegradable, but over how much time? Disposal should be in the garbage, even if the packaging suggests otherwise.



- Q-tips, paper towels, tissues, condoms, cleaning pads, and gum—**NONE** of these are designed to break down like toilet paper, therefore none should be placed in the sanitary sewer systems.
- Medications, hypodermic needles, and cigarette butts—Pharmaceuticals are an increasing problem in that some sewage treatment systems are not designed to deal with the myriad of chemicals that are in them. They release unwanted and potentially harmful chemicals into the treatment system.
- Pet waste and kitty litter—The treatment process is not designed to handle some of the unique pathogens that may accompany pet waste. Pet waste, including kitty litter, should always be disposed of in the garbage.
- Cooking grease, fats, and oils—These all congeal when cool. While it may seem to make sense that flushing it down with hot water will help, it doesn't. It might just make it a bit further down the drain before it solidifies and plugs up your plumbing or the municipal sewer system. The proper way to dispose of grease, fats, and oils is to pour them into a container and freeze it. Once frozen, they can be placed into the trash.

- Pet fish—If it's alive, for shame. If it's dead, skeletons don't break down in a reasonable amount of time; therefore, the remains build up and add to what has to be physically removed.

- Hair—Large masses of hair from haircuts or cutting a pet's fur often stay clumped together and do not break apart into loose materials quickly. Large masses of hair are sometimes found in lift station pumps and stuck in sewer mains. Hair should always be thrown in the garbage.

- Dental floss—While it might seem insignificant, dental floss in the sewer system creates a risk, mainly at municipal pump stations. It is usually a fairly tough and tear-resistant product that gets caught up in pump impellers. Used dental floss should be disposed of in the garbage.
- Food scraps—Food scraps and grinds that make their way into the sanitary sewer systems put additional stress on the treatment process and also add solids to the sewage street that can compromise the flow in the sewers.

For individual home treatment systems, all of the items listed for a municipal treatment facility also apply, with the important addition of bleach or harsh chemicals. Individual home treatment systems are not nearly as robust as municipal treatment facilities and can be very sensitive to chemical changes and clogs.

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The EPA maintains a list that details contaminants of emerging concern. That list includes pharmaceuticals, personal care products, and endocrine-disrupting compounds (a subclass of organic contaminants that have been detected in wastewater and surface waters throughout the world). Regulations pertaining to these types of contaminants are typically imposed on our drinking water treatment plants. It is important to keep in mind that what we discharge from our wastewater treatment plants has a chance of finding its way back into our drinking water treatment plants via direct reuse, indirect reuse, or the water cycle. However, an unregulated contaminant typically means it doesn't get removed and has the potential to accumulate over time until it becomes a problem.

If you find yourself with one of the products listed here in hand, try to remember not to flush it. Since most things in this world end up at the landfill, we can reduce costs and eventually, our bills by throwing these items in the trash or appropriate disposal site. Doing so eliminates the added step of the local water/wastewater treatment facility having to remove these items before sending them to the same final destination.

And remember, all storm sewers drain into rivers, streams, and lakes, and they can seep into the ground. What goes into the storm sewer can contaminate the sources of our drinking water.

*David Meintis is a professional engineer with MCE's (McClelland Consulting Engineers) Water/Wastewater Department and worked in their Fayetteville office*



## Smart Eating Starts With Smart Shopping

By Dwain Hebda

Found in Arkansas Flavor, Issue No. 6 | Winter 2018

As someone will tell you, home-cooked is always better from a nutrition perspective than hitting a drive-through. But that's generally easier said than done. Family life is so busy nowadays that by the time everyone gets home from school, work, or other activities there's very little time left over to make a nutritious meal.

One way to combat this problem is to make sure you have "power ingredients" on hand, those things that are so versatile they can be prepared in a variety of ways in a short period of time. Keeping the pantry, fridge or freezer stocked with these items can help you find time to cook, even on hectic days, or cook in advance to be heated up during the week, said Sam Stadter, a registered dietician at Cooking Matters through the Arkansas Hunger Relief Alliance.

"We call it having a framework, and it's basically the idea that you need to have all the food groups in your meal and you can kind of mix and match those foods in any way," she said. "As long as you've got lots of fruits and vegetables, maybe a whole grain and some kind of protein source, you can really make any kind of meal."

For the ultimate in versatility and the best nutrition bang for your grocery buck, Stadter says hit the frozen food aisle. Frozen vegetables keep well, can be used in an unlimited number of dishes and don't take long to cook, either.

Frozen veggies are definitely one of my go-tos," Stadter said. "What's nice about frozen veggies is that usually they're very affordable. You can buy a bag for less than a dollar usually and they've got a bunch of mixtures, so you're not having to come up with combinations yourself."

"They're also nice because they're already chopped for you. You don't have to wash anything. You don't have to chop anything. That can save a lot of time and save a lot of dishes as well."



Pasta is another of Stadter's recommended items because it can be fixed many ways and all you need to know is how to boil water. Plus, spaghetti, macaroni and other selections can often be had for less than a dollar a package and because it's filling you can feed a crowd on just a few bucks.

"I would say one of my go-tos is some frozen veggies thrown in with some whole wheat pasta," she said. "You could make an Asian-style stirfry with soy sauce to go with your veggies and maybe some kind of beans or even tofu. Or you can use penne pasta with some frozen veggies and just throw a little oil on it."

"Or, you can make a little homemade red sauce with some canned tomato sauce and a little Italian seasoning thrown in. I'm really a big fan of frozen veggies and pastas and finding different ways to combine those two."

Stadter said for a protein source most people think of meat, which pound for pound is one of the most expensive things in the grocery store. She said looking to plant-based protein such as beans, peas and peanuts in a recipe is a lower-cost alternative and helps make budgets stretch. If you must buy chicken or beef, watch the grocery ads as part of your overall shopping strategy.

"There's a lot of things we can do to save money at the grocery store before we even leave the house. Often those are the most important things," she said. "You want to have a plan for what you're going to cook that week. Look in your pantry to see what's already there so you don't end up with four boxes of rice or something. That can help guide you."

"Check the weekly ad to see what's on sale that week. If you see there's a really good deal on whole chickens you might say, 'OK, I can definitely make a whole chicken work for the entire week.' That weekly ad can guide your meal plan and then with what you already have on hand, figure out what's going to go on that grocery list."

### Slow-cooker Chicken Cacciatore

14 1/2 oz can, fire-roasted crushed tomatoes  
1 Tbsp canned tomato paste  
3/4 tsp, crushed, dried oregano  
1/4 tsp black pepper  
2 cups, sliced (fresh, canned or frozen) mushrooms  
1 small uncooked onion, chopped (fresh or frozen)  
1/4 cup red wine  
2 medium garlic cloves, minced  
3/4 tsp salt  
4 (5 oz) uncooked, bone in, skinless chicken thighs (fresh or frozen)  
1 medium green pepper, thinly sliced (fresh or frozen)  
1/4 cup chopped, black olives (small can)



Whisk together tomatoes, wine, tomato paste, garlic, oregano, salt and pepper in a 3 to 5 quart slow cooker. Add chicken, mushrooms, bell pepper, and onion.

Cover and cook 6—7 hours on low or 3—3 1/2 on high.

When done, sprinkle chopped olives over the top.

Serve size is 1 thigh and about 3/4 cup veggies. (Weight Watcher SmartPoints: 4)



## Don't let utility scams overpower you

By Lisa Lake, Consumer Education Specialist, FTC  
Found at [www.consumer.ftc.gov](http://www.consumer.ftc.gov)

When your electricity goes out, you lose power in more ways than one. Daily necessities are out of reach without lights, warm water, and heat or air conditioning.

So if you get a call from someone threatening to shut off your utilities because they say you owe money, you're going to pay attention—and you may even pay up. But not so fast. The caller might be an imposter running a utility scam.

How can you tell? The caller wants you to send money—quickly, and in a very specific way. He or she may say the only way to make the “payment” is by wiring the money or using a prepaid card. That's because scammers want your money quick, and they want to stay hidden. But once you wire money or use a prepaid card, your money is gone for good.

Here are a few ways to protect yourself and your community:

- **Make sure you're really dealing with your utility company.** Call the company using the number on your bill. You can also check your bill to confirm what you owe.
- **Never wire money or send the number from a prepaid card to someone you don't know—** regardless of the situation! Once you do, you cannot get your money back.
- **Contact the company** if you are falling behind on your utility bill. See if you can work out a payment plan to catch up and keep your service on.
- **Pass on information about imposter scams to people you know—**and keep in touch with the latest scams by signing up for the FTC scam alerts.
- **Report it to the FTC** if you think a scammer has contacted you.

In North Little Rock, anyone conducting business of any kind is required to have a city business license. Examples would be if someone knocks on your door and offers to trim your trees, rake leaves, or give you a free estimate on your roof, do your due diligence. Ask to see a copy of their business license, bond, insurance, etc. Anyone going door to door is also required to have a Door-to-Door Solicitors License issued by the City Clerk's Office.

To verify the person is licensed to work in North Little Rock, contact the City Clerk's Office at 501-975-8617.

If someone calls you on the phone, also check them out. A good rule should be “*if I want to do business with you, I will call you.*”

Also be cautious of anyone who comes to your door and offers a free energy audit, etc. You **should not let people into your home that you are not expecting or did not invite.** So unless you requested the service, do not let solicitors into your home. Regarding an Energy Audit...the North Little Rock Electric Department offers this service for free. However, you have to call them to arrange an audit.

Be careful with your email as well. Bogus scammers will send emails that resemble a bill and may even appear to come from a utility website. If you get an email that is allegedly from your utility provider, pick up the phone and call!

Suspicious people in your neighborhood...get to know who your neighbors are, what kind of cars they drive, etc. If you see something suspicious, call the North Little Rock Police Department non-emergency number (if it is not an emergency) at 501-758-1234 or if it is an emergency call 9-1-1.

If you are going out of town on vacation or will be away from your home for several consecutive days, you can call the North Little Rock Police Department and let them know. Under Directed Patrol officers will patrol the area during their shift and look at the property, check windows or doors.

When you are at home...keep your doors locked! Lock your vehicle doors at all times (day or night). Most thefts of property from vehicles is from those that were left unlocked. Keep valuables in your home, not your vehicle. When you get home, take in your purse, gun, etc. Do not leave backpacks in plain site. It may just be your kids homework, but the person looking to steal something may think it is a pack full of gold. Working in the yard? Yes, lock your house. If went out your back door to mow or rake leaves and go around to the front to work for 30 minutes or so, you have just left your house wide open...same goes from the front door and garage doors. Often times, crimes are not premeditated, but crimes of convenience. An open garage door usually means an open house door...you get where this is going.

Be aware and be observant...and use your head. If a situation doesn't seem right, it may not be right. Put away your phone and other distractions, take the time to listen and use your senses.



## William F. Laman Library

Both branches of the William F. Laman Public Library **close March 25 and 26** for staff development. However, our digital resources are always available. Check out our downloadable books, movies, and music at [lamanlibrary.org/page/13/downloadables](http://lamanlibrary.org/page/13/downloadables).

**Spring Break Cooking Fun** - Pre-registrations accepted for 8- to 11-year-olds. The free classes are noon to 1 p.m. March 18 to 21 at the Main Branch.

**Read Across America Special Events** – Celebrate Dr. Seuss' Birthday at the Argenta Branch at 10:30 a.m. and the Main Branch at 11 a.m. on March 2.



**Knitting for a Cause** - Back by popular demand! Join us for a Main Branch loom-knitting hat workshop at 1 p.m. March 2. Over 500 hats have been donated to local shelters and the Central Arkansas Heart Association's Little Hats, Big Hearts program since September. All supplies are provided free, and we'll be happy to teach you to process from start to finish.

**Teen Tech Week** - Teens take a coding challenge, explore 3D printing, and video a cooking demonstration after school March 3-9 in the Main Branch Teen Center.

**Free Movies** - Don't miss Black Panther at 1 p.m. March 4, Adrift at 1 p.m. March 11, and Avengers: Infinity War at 1 p.m. March 18 at the Argenta Branch. We'll also show Horton Hears a Who at 3:30 p.m. March 4 and The Lorax at 3:30 p.m. March 18 at the Main Branch.

**Inventors' Project** - Kids learn more about inventing at 4 p.m. on Alexander Graham Bell Day, March 7, at the Main Branch.

**Main Branch Free Workshops** - Krafty Seniors make Lucky Shamrock Wreaths at 1 p.m. March 12. Register before March 6.

**Nerd Hub** creates Body Scrub at 5:30 p.m. March 12. A Cooking Thing & Recipe Swap learns to make Lemon Chicken with

**Spinach and Potatoes** at 6 p.m. March 19. Register at (501) 758-1720 or the events & programs/calendar tab of [lamanlibrary.org](http://lamanlibrary.org).

**Free Walk-In Legal Clinic** - Have your legal questions answered by Leigh Law, PLLC, 9 a.m. to noon March 16 at the Main Branch.



**Plant/Seed Swap and Gardening Fun** - Gardenfest, featuring demonstrations, free DIY projects, live goats and bird of prey, door prizes and a plant/seed swap, offers something for all ages from 1 to 4 p.m. March 16 at the Main Branch. Master gardeners will be on hand to answer gardening and plant questions, and vendors, including the Herb Society, will offer items for sale. Free hotdogs while supplies last. Admission is free and open to the public.

**Lit @ Lunch: Storytime for Grownups** – Zora Neale Houston's Their Eyes Were Watching God is featured March 20 at 12:30 p.m. at the Main Branch. You're welcome to bring a lunch or enjoy light refreshments.

**Argenta Branch Rock Painting** – Families are invited at 3:30 p.m. March 5, 12, and 19.

**Free Bingo Games** – Adults play at 1 p.m. on March 8 at the Argenta Branch and 1 p.m. on March 19 at the Main Branch.

**Argenta Branch Tick Tock Tech Time** – Having trouble accessing our free digital resources? Get those pesky technology questions answered at 2:30 p.m. March 13.

**Argenta ArtWalk** – Hendrix College art professor and painter Matthew Lopas is featured this month at the Argenta Branch gallery – stop by for the free opening reception from 5 to 8 p.m. March 15.

**Dungeons & Dragons** – Teens play at 5:30 p.m. March 4 and 12 in the Main Branch Teen Center, and tweens/teens enjoy a mini campaign at 4 p.m. March 20 at the Argenta Branch.

**Free Computer Classes** – At the Main Branch, explore Instagram, our Online Catalog, and Microsoft Excel from 2 to 3 p.m. Tuesdays, Wednesday, and Thursdays throughout March. The basics of Web Design, Computer Repair, and Roblox Studio are offered from 5 to 6 p.m. Tuesdays, Wednesdays, and Thursdays. At the Argenta Branch, pre-registration is required for the PowerPoint class from 2 to 3 p.m. March 7. Register at (501) 687-1061.

### Birthdays:

Stacy Purdy 2nd  
Jasmine Roberts 5th

Ginny Williams 7th  
Susan Shirley 17th

Fredonna Walker 19th

### Anniversaries:

Shelbie Reed 3 years

Celebrate!!



Celebrate!!





## Welcome home Matthew Zajac!



North Little Rock residents, employees and city officials welcomed U.S. Army Veteran Matthew Zajac to his new home in Arkansas! During his deployment in Iraq, Zajac and members of his unit encountered an IED near a bridge which exploded under their Humvee. Matthew lost both of his legs, received a hole through his wrist and severe burns. He returned to the US and had many surgeries...his father was his sole support and aided in his recovery.

In 2013, Matthew lost both his father and grandmother. Today, with the help of many organizations and community support right here in Arkansas and from the North Little Rock Veterans Hospital, Matthew is starting a new chapter in his life. Monday, February 25, 2019, Matthew was escorted by the Patriot Guard Riders and Arkansas State Police to a Welcome Home reception that was held at the Burns Park Hospitality House.



Matthew continues to address issues related to PTSD and getting his Prosthetics in order as he re-focuses his life.

He plans to complete treatment at the VA and join *We Are The 22* as a spokesperson for Veterans. Matthew will share his story and hopefully make a difference in the life of a veteran who may be considering suicide.





**Peddlers Permit  
City of North Little Rock**

Issued to: **Mel Dun**  
Issued: 1/2/19  
Expires: **4/1/19**



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

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

**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).

**Effective July 2, the penalty for not renewing or doing business in the city since January 1, 2018 is 50% of the total amount due.**

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

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

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

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

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.**

**All Business / Privilege Licenses expired December 31, 2018**  
Renewal notices were **mailed on or about Monday, December 31, 2018.**

Licenses **must be renewed** between **January 2, 2019 and April 1, 2019** to avoid penalties.

**All persons** doing business **of any kind** within the city limits are required to have a Business/Privilege License.

If a business **operates 1 day into the new year**, they **are 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  
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, Karen Scott	975-8802
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Shawn Spencer	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, Terrell Milton	975-8888

**City Council Members**

Ward 1	Debi Ross Beth White	753-0733 758-2738
Ward 2	Linda Robinson Maurice Taylor	945-8820 690-6444
Ward 3	Steve Baxter Ron Harris	804-0928 758-2877
Ward 4	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 Joe A. Smith	975-8601
City Clerk/Treasurer Diane Whitbey	975-8617
City Attorney Amy Fields	975-3755
District Court Judge Randy Morley	791-8562
District Court Judge Paula Juels Jones	791-8559

***Telephone Numbers for City Hall***

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

North Little Rock Curbside Recycling  
schedule for the month of March



*Feb 25—Mar 1 no pickup*  
 Mar 4—8 recycle  
*Mar 11—15 no pickup*  
 Mar 18—22 recycle  
*Mar 25—29 no pickup*

# March Anniversaries

<i>Name</i>		<i>Dept</i>	<i># Yrs</i>	<i>Name</i>		<i>Dept</i>	<i># Yrs</i>
JOHN	BARBER	ADMIN	16	LEEANN	SADLER	OES/911	10
GARY	ERWIN	AIRPORT	3	RONALD	BARENTINE	PARKS GOLF	5
ANTHONY	GARDNER	ANIMAL CONT	21	DELVIN	MARTIN	PARKS MAINT	1
PATRICIA	JONES	ANIMAL CONT	24	ZACHARY	SMITH	PARKS MAINT	1
DONELL	MEADOWS	1ST COURT	2	CHARLES	O'DELL	PARKS MAINT	2
JOSEPH	BREEN	1ST COURT	7	BRYAN	SPEARS	PARKS MAINT	14
MARTIN	DUNLAP	ELECTRIC	3	KATRINA	WILBON	PARKS REC	31
DONALD	FRIDAY JR	ELECTRIC	8	REGINA	HENSON	PARKS REC	32
ZACHARY	BROWN	ELECTRIC	12	SHAWN	SPENCER	PLANNING	17
JAMES	WILSON	ELECTRIC	12	TIMOTHY	BLAND	POLICE	1
CHRISTOPHER	HARRIS RAY	ELECTRIC	14	JACOB	CERVANTES	POLICE	1
CHRISTOPHER	NICHOLAS	ELECTRIC	14	LUCAS	EDWARDS	POLICE	1
JAMES	HOUSTON	ELECTRIC	17	AMANDA	KING	POLICE	1
LANA	GREGORY	ELECTRIC	21	NICHOLAS	STEWART	POLICE	1
JACKIE	HALSEY	ELECTRIC	21	LINDA	MODDRELL	POLICE	2
RICHARD	POZZA	ELECTRIC	21	BRYAN	KINKAID	POLICE	15
AMANDA	BONNER	FINANCE	19	ROBERT	CUPPS	POLICE	16
ROSS	COTHREN	FIRE	3	DANIEL	HALEY	POLICE	16
DANTANIEL	DURAN	FIRE	8	REBA	CRAIG	POLICE	17
AARON	HENDERSON	FIRE	8	JON	CROWDER	POLICE	17
JACOB	SCHMIDT	FIRE	8	DONALD	STEELE	POLICE	18
CODY	WORTHAM	FIRE	8	MATTHEW	THOMAS	POLICE	18
AARON	CHASSELLS	FIRE	20	MICHAEL	BLEVINS	POLICE	19
BILLY	JONES	FIRE	25	DENISE	LACY	POLICE	19
MATTHEW	DIXON	FIRE	28	JOSHUA	FORNEY	POLICE	19
TERENCE	METCALF	FIRE	28	LINDA	FELTON	POLICE	21
BENJAMIN	MUNDY	FIRE	28	JOHN	ALSTON	POLICE	22
RICKY	ALBERS	FIRE	29	PATRICK	GARRETT	POLICE	22
STEPHEN	EVANS	FIRE	29	CHRIS	GANN	POLICE	22
CHARLES	PLATT	FIRE	29	JEN-CHUAN	KING	POLICE	22
GERALD	TUCKER	FIRE	29	MICHAEL	MERLO	POLICE	22
RENALDO	BENNETT	FIRE	34	WALTER	GUNN III	PUBLIC WORKS	7
STEVEN	GRIMES	FIRE	34	CHRIS	WILBOURN	PUBLIC WORKS	8
JOHN	POUNDERS	FIRE	34	DAVID	RODGERS	SANITATION	5
BERNADETTE	RHODES	HAYS CENTER	8	RICKY	PRIDMORE	SANITATION	8
KRISTIN	JONES	HR	2	CLIFFORD	LEE	STREET	5
BETTY	ANDERSON	HR	18	KRISTOPHER	ROARK	STREET	5
AMY	FIELDS	LEGAL	2	EDWARD	JERNIGAN	STREET	12
MARIE-BERNARDE	MILLER	LEGAL	3	JASON	STEELE	STREET	12
CAMILLE	FLEMING	LEGAL	5	BRECK	MAXEY	UAD	25
KYRA	ANDERSON	OES/911	1	KAREN	FLETCHER	UAD	31



# March Birthdays

Name	Dept	Date	Name	Dept	Date		
IAN	HOPE	PARKS MAINT	1	JASON	KNIFE	FIRE	16
MICHAEL	THOMPSON	FIRE	1	MICHAEL	JORDAN	FIRE	17
BENJAMIN	EVANS	FIRE	1	TODD	HUMPHRIES	POLICE	17
DAVID	HEISER	TRAFFIC	3	DAMEON	JOHNSON	FIRE	17
FARRAH	HORSLEY	ELECTRIC	4	SHELLEY	USSERY	CITY CLERK	18
CHRISTOPHER	BRADLEY	FIRE	4	JON	FISHER	POLICE	18
DOMINIQUE	FROST	OES/911	4	DENNIS	POOLE	FIRE	18
JUSTIN	CROSS	POLICE	5	DONALD	GARRINGER	FIRE	18
JARROD	CARTER	FIRE	9	BRANDON	USSERY	PARKS MAINT	18
BRIAN	GRAYSON	ANIMAL CONT	9	MARK	TUBBS	POLICE	19
TOLLIE	WALLACE	PARKS MAINT	9	ROBERT	SPRIGGS	POLICE	19
HEIDI	WEBB	POLICE	10	ALYSON	JONES	PLANNING	19
WARREN	ALMON	FIRE	10	BECKY	TAYLOR	CITY CLERK	21
ROBERT	MAULDIN	HR	10	THOMAS	LATINA	POLICE	21
CHRISTOPHER	WILSON	FIRE	10	ORLANDO	ANTHONY	PARKS MAINT	24
JOHN	BARBER	ADMIN	10	STEPHEN	EVANS	FIRE	24
JOHN	SMITH	STREET	11	BILL	MIDDLETON	STREET	24
ERIC	MONTGOMERY	FIRE	11	DEBORAH	MIDDLETON	1ST COURT	25
LESLIE	SPENCER	SANITATION	11	DANIEL	CUSHING	ELECTRIC	26
JARED	NORTHCUTT	ELECTRIC	11	NATHAN	KIMES JR	POLICE	27
GARY	THORNTON	CODE	12	DWIGHT	AKINS	SANITATION	28
RICHARD	BEASTON	POLICE	12	CORNELIUS	FENNESSEE JR	FIRE	28
JOHN	TEMPLE	POLICE	12	ELLISA	MCEUEN	POLICE	28
DAVID	ROBINSON	FIRE	12	CRYSTAL	WILLIS	COMMERCE	28
TRENT	HARLAN	FIRE	12	DOMINIQUE	AMBROSE	ELECTRIC	28
ALTORIA	TUCKER	SANITATION	13	JEFFREY	CAPLINGER	PARKS ATHLETIC	29
TYSON	HADDOCK	FIRE	13	THOMAS	EVERETT	TRAFFIC	29
BLAKE	BROOKS	PARKS MAINT	13	WILLIAM	KINCAID JR	STREET	30
MARK	JOSEPH	PARKS GOLF	15	VINCENT	RAY	POLICE	30
JASON	ROE	FIRE	15	CARMEN	HELTON	POLICE	30
JACKIE	PEACH	ELECTRIC	16	SEAN	MCGOWAN	POLICE	31

*Information regarding employee anniversaries and birthdates is provided by HR the prior year (i.e. 2019 was provided in 2018). 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)*

**Want to save a little money while doing laundry?** Use these tips found at [www.energyefficiencyarkansas.org](http://www.energyefficiencyarkansas.org)

Wash clothes in cold water.

Wash only FULL loads.

Set your machine to the most efficient settings (like side of load)

Use the moisture sensor if your dryer has one.

Clean the dryer lint filter AFTER EVERY LOAD.

Check your outside dryer exhaust vent (make sure it opens and closes freely).

Dry clothes outside in good weather using the sun's energy to line dry.



***North Little Rock Woman's Club***



***Twenty Ninth Annual Gala Carousel Ball***

will be held ***Saturday, March 30, 2019***  
at the ***Patrick Henry Hays Senior Citizens Center***  
***401 Pershing Boulevard, North Little Rock***

***Dinner • Dancing • Entertainment***

***Dancing to the Warren Crow Band***

*Black Tie Optional*

*Master of Ceremonies*

***Lance Restum***

***Director of Marketing & Media Relations***

***Arkansas Travelers***

*\$50 per person (\$25 is tax deductible)*

*Table Reservations Required*

*RSVP by March 25, 2019*

*For more information call*

***501-868-1348 or 753-7246***

Proceeds benefit **North Little Rock Heritage-Bowker-Willow Houses**  
the **Patrick Henry Hays Senior Citizens Center**,  
and other community service projects of the  
**North Little Rock Woman's Club**



# North Little Rock Lions Club

## Annual Bob Moore Memorial Fish Fry

Friday, April 12, 2019



*Pond Raised Catfish and Breaded Chicken Strips  
With All The Trimmings*

**Serving 4:30PM until 7:30PM**

**Burns Park Hospitality House In North Little Rock**

**Adults**

**\$12.00**

**Children Under 12**

**\$10.00**

**Tickets available at the door**

*Since 1917, Lions clubs have offered people the opportunity to give something back to their communities. From involving members in projects as local as cleaning up an area park or as far reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community.*



## Argenta Branch Club

*Exploratory Meeting*

**Tuesday, March 12, 2019**

**Noon—1 p.m.**



**Argenta United Methodist Church**

**317 Main Street**

*If you work or live downtown, this is your opportunity to get involved in a local Civic Club. The North Little Rock Lions Club was chartered in 1931 and has a rich history in our community and continues to provide much needed volunteer services and fundraisers which help people here in North Little Rock and in other countries around the world.*

*To learn more, rsvp below. Lunch is provided, so you have nothing to loose!  
We'll see you on the 12th!*

**Lunch provided**

**Please RSVP to [scopley438@gmail.com](mailto:scopley438@gmail.com) or**

**Call 501-626-9220**

# Burns Park

# Easter Egg Hunt



Date: SATURDAY, APRIL 20, 2019

Registration time: 9:00 AM

Place: Burns Park Youth Baseball Complex  
4501 Joe K Poch Drive

Cost: **FREE!**

Prize Drawings

Face Painting

Bounce Houses

Pictures with the Easter Bunny

**\*First 500 receive a drawstring bag.**

## EGG HUNT:

Ages 1 - 3 \* 10:00 am

Ages 4 - 6 \* 10:20 am

Ages 7 - 9 \* 10:40 am

Special Needs \* 11:00 am

Ages Youth 1—9 & Special Needs



Email | Phone

[jpettit@nlr.ar.gov](mailto:jpettit@nlr.ar.gov)

(501) 906-6300

