

During the recent Federal Government shutdown lots of people wanted to help those who were affected. So it seems like a good time to explore the benefits of helping others.

## Scientific Benefits of Helping Others

Found at <http://mentalfloss.com>

Volunteering your time, money, or energy to help others doesn't just make the world better—it also makes *you* better. Studies indicate that the very act of giving back to the community boosts your happiness, health and sense of well-being. Here are some of the scientific benefits of lending a hand to those in need.



**Helping others can help you live longer.** Want to extend your lifespan? Think about regularly assisting at a soup kitchen or coaching a basketball team at-risk high school. Research has shown that these kinds of activities can improve health in ways that can lengthen your lifespan—volunteers show an improved ability to manage stress and stave off disease as well as re-

duced rates of depression and an increased sense of life satisfaction—when they were performed on a regular basis. This might be because volunteering alleviates loneliness and enhances our social lives—factors that can significantly affect our long-term health.

**Altruism is contagious.** When one person performs a good deed, it causes a chain reaction of other altruistic acts. One study found that people are more likely to perform feats of generosity after observing another do the same. This effect can ripple throughout the community, inspiring dozens of individuals to make a difference.



**Helping others makes us happy.** One team of sociologists tracked 2000 people over a five-year period and found that Americans who described themselves as “very happy” volunteered at least 5.8 hours per month. This heightened sense of well-being might be the byproduct of being more physically active as a result of volunteering, or because it makes us more socially active. Researchers also think that giving back might give individuals a mental boost by providing them with a neurochemical sense of reward.

**Helping others may help with chronic pain.** According to one study, people who suffered from chronic pain tried working as peer volunteers. As a result, they experienced a reduction in their own symptoms.

**Helping others lowers blood pressure.** If you're at risk for heart problems, your doctor has probably told you to cut back on red meat or the hours at your stressful job. However, you should also consider adding something to your routine, a regular volunteer schedule. One piece of research showed that older individuals who volunteered for at least 200 hours a year decreased their risk of hypertension by a whopping 40 percent. This could possibly be because they were provided with more social opportunities, which help relive loneliness and the stress that often accompanies it.

**Helping others promotes positive behaviors in teens.** According to sociologists, teenagers who volunteer have better grades and self-image.

**Helping others gives us a sense of purpose and satisfaction.** Looking for more meaning in your day-to-day existence? Studies show that volunteering

enhances an individual's overall sense of purpose and identity—particularly if they no longer hold a life-defining role like “worker” or “parent.”



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

**North Little Rock  
Animal Shelter**

For more information  
call **501-791-8577**

# Responsible Pet Ownership

Found at [www.avma.org/  
public/PetCare](http://www.avma.org/public/PetCare)

Owning a pet is a privilege, but the benefits of pet ownership come with responsibilities.

### Be a Responsible Pet Owner: Commit

- Avoid impulsive decisions when selecting a pet.
- Select a pet that's suited to your home and lifestyle.
- Keep only the type and number of pets for which you can provide appropriate food, water, shelter, healthcare and companionship.
- Commit to the relationship for the life of your pet(s).
- Provide appropriate exercise and mental stimulation.
- Properly socialize and train your pet.

### Invest

- Recognize that pet ownership requires an investment of time and money.
- Make sure your pet receives preventive health care (vaccinations, parasite control, etc.), as well as care for any illnesses or injuries.
- Budget for potential emergencies.

### Obey

- Clean up after your pet.
- Obey all local ordinances, including licensing, leash requirements and noise control.
- Don't allow your pet to stray or become feral.

### Identify

- Make sure your pet is properly identified (i.e., tags, microchips, or tattoos) and keep its registration up-to-date.



### Limit

- Don't contribute to our nation's pet overpopulation problem; limit your pet's reproduction through spay/neuter, containment or managed breeding.

### Prepare

- Prepare for an emergency or disaster, including assembling an evacuation kit (for your pet).
- Make alternate arrangements if you can no longer care for your

- pet.
- Recognize any decline in your pet's quality of life and make timely decisions in consultation with a veterinarian.



When you decide you are ready to add a furry family member, don't forget to consider adopting from a local shelter or rescue. Above—senior pets need new homes, too. Often times, an owner will pass away or enter a home and their senior pet will need to find a new home. Left—a litter of six 4 week old kittens were left by the side of the road to die. They were found and fostered until they were old enough to be adopted. Brothers Spike and Mack found their furr-ever home together in 2008 and celebrated their 10th birthday last year.



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

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



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

### **Sponsors needed!**

The **3M Scott Firefighter Combat Challenge** is coming back to North Little Rock!

In 2016, the competition was held in the parking lot of the USS Razorback and hosting the event in North Little Rock was a great success!

The event promotes physical fitness in the fire service. Competitors from around the country have been asking when North Little Rock would host again! And now we have their answer!!!

Thanks to the management at McCain Mall, the North Little Rock Fire Department and the City of North Little Rock, the event will be hosted September 13 & 14, 2019 on the mall property! This location is perfect for both competitors and their families! Once they pull into town and park their vehicles, everything they need will be within walking distance!

This event does not come without a price tag. Although the event is free to the public, there is a cost to host it and we are looking for sponsors.

The benefit to being a sponsor will be exposure for your company on both radio and television. We have partnered with iHeart Radio and will start promoting the event soon. Also, all local news crews will be airing live feeds and promotions leading up to the event.

## **Coming to North Little Rock**

**September 13 & 14, 2019**

North Little Rock

## **Firefighter Combat Challenge**

McCain Mall Parking Lot



Competitors from across the US!

They've been here before and want to come back!

Tax dollars...

Visitors will be staying our local hotels, eating at restaurants and shopping!

Great Family Fun for the whole family

North Little Rock Fire Department will have a team competing!

Mark your calendar today so you can come out and support our home team!

**Make North Little Rock Proud!**

*For information about becoming a sponsor contact:*

Cheryl Ringgold  
501-758-6371 ext 223

Or  
North Little Rock Fire Marshal

Dustin Free  
501-680-2624



## 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 (December events).

**Hays Center**— new members. 8,425 visits for the month. Activities included trips to Murry's Dinner Playhouse, Pine Bluff and Sherwood (Christmas lights). Public Senior Housing residents were transported to medical appointments and grocery stores. Volunteers contributed 999 hours.

**Sanitation**—collected 2,148.8 tons (4,297,600 lbs) household garbage, rubbish and junk. Collected 69 loads (1,727.8 cubic yards) green waste. Loose leaf crews collected 95 loads (3,018.84 cubic yards) mulched leaves. 161 waste tires were also picked up.

**Traffic Services**—approved 54 barricade applications for permits. Repaired or replaced 224 signs and posts, marked 5 city vehicles with logo, 57 Arkansas One Call location requests.

**Police**—November numbers show decreases in the following areas: Property crime down—17%, Burglaries down—22%, Theft from Motor Vehicles down 38% (compared to previous year). Officers and civilian staff participated in Rotary Club reading program by reading to kindergarten students in all NLR Elementary Schools. To date Training Division Officers have taught 1,350 civilians Stop The Bleed Tourniquet training and Response to an Active Aggressor.

**Fire**—Total incidents—940  
Total Unit Responses—1,679  
Residential Fires—19  
Vehicle Fires—4  
False Alarms/Malfunctions—64  
Rescue/Emergency Medical—570  
Mutual Aid—0  
Hazardous Material Response—12  
Structure Fire fatalities—0  
Vehicle fire fatalities—0  
Training hours—1,046  
Total Building Surveys—135  
Firefighters also participated in the Rotary Club "I Like Me" reading program.

**Office of Emergency Services/911**—  
Total incoming calls: 12,643  
Non-911 calls: 5,506  
Wired 911: 776                      Abandoned Wired 911: 124  
Wireless 911: 5,646                Abandoned Wireless: 523  
Total dispatch computer entries: 8,710



**Planning**—reviewed 1 new commercial project: Wes Pak, 5100 Northshore Lane. Issued 4 new single family residence permits (permit average \$146,108). Issued 6 Sign permits and 3 Banner permits. Inspectors completed 482 inspections and covered 3,779 miles: 139 Electric; 115 Building; 151 Plumbing; 77 HVAC.

**Electric Customer Service**—Direct contact—lobby payments, 12,626, Drive-thru payments, 7,526. Total payments received: 49,101 (Electric—39,148, CAW 6,273, Centerpoint 3,680).

**Code Enforcement**—98 assigned calls, 232 initiated calls, 25 citations, 224 violation notices, 58 vehicles tagged, 46 structures inspected, 31 rental inspections, 18 food service inspections, 2 search warrants, 1 house demolished by city, 5 houses demolished by owner. Code Maintenance—85 assigned calls, 36 vacant lots cleaned, 2 lots with structures cleaned, secured 10 vacant houses, vacant lots mowed —, 0 lots with structures mowed.

**North Little Rock Convention & Visitors Bureau**—Visitors Information Center in Burns Park had 454 visitors in December. Downtown RV Park had 340 reservations with an average stay of 4 days and a total of 1,266 camping days. The Arkansas Inland Maritime Museum had 3 sleepovers (2 scout groups and 1 birthday party).

**Electric Department**—38,692 customers, Peak Power—123,045 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,060 (176 repaired), Security lights—4,293 (44 repaired), Smart meters—39,401, Revenue—\$6,193,712. Major outages—none.

**North Little Rock Animal Control**  
Incoming animals—188/YTD-2,307  
Adoptions—58/YTD-730  
Reclaimed—26/YTD-269  
Euthanized—110/YTD-1,243  
Citations issued—23/YTD-347  
Dogs/cats sterilized—38/YTD-506  
Calls for service—435/YTD-6,910  
*Pulaski County (accepted at NLR)*  
Incoming Animals—64/YTD-1,136  
Adopted—20/YTD-238  
Reclaimed—0/YTD-76  
Euthanized—32/YTD-758  
YTD=Year to date

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



**Finance—November Report—Revenues (MTD)**

Taxes	\$3,123,377.08	Fire	\$1,996,592.19
Licenses/Permits	\$ 75,350.28	Health	\$ 4,565.90
Fines/Forfeitures	\$ 166,839.32	Legal	\$ 56,467.42
Local Option Sales Tax	\$2,793,306.45	1st Court	\$ 47,982.02
Intergovernmental-State	\$ 35,640.66	2nd Court	\$ 43,769.00
Franchises	\$ 260,576.08	Public Defender	\$ 0.00
Investment/Misc	\$ 34,108.13	Human Resources	\$ 51,068.26
User Fees	\$ 83,145.28	Commerce	\$ 23,160.64
Utility Transfer	\$ 57,346.44	Planning	\$ 77,464.62
Grants & Other	\$ 87,678.03	Police	\$2,638,676.35
Transfer from Electric	\$ 923,080.00	Code Enforcement	\$ 78,234.36
<b>Total Revenue:</b>	<b>\$7,640,447.75</b>	Public Works	\$ 73,943.37
<b>Expenditures</b>		Neighborhood Services	\$ 16,483.08
Administration	\$ 133,722.37	Sanitation	\$ 340,747.14
Animal Shelter	\$ 56,567.51	Vehicle Maintenance	\$ 75,697.32
Special Appropriations	\$ 408,854.01	Senior Citizens Center	\$ 93,896.33
City Clerk	\$ 27,075.50	Communications	\$ 8,456.05
Emergency Services	\$ 159,289.32	Fit 2 Live	\$ 15,943.78
Finance	\$ 61,344.19	<b>Total Expenditures:</b>	<b>\$6,490,000.73</b>

**Hot Ham and Cheese Sliders**

Found on the internet, posted by Vicki Mullin-Swanson

1 1/2 lbs Virginia ham (NOT honey ham)

12 slices Swiss cheese

1 stick of real butter

2 tsp Worcestershire sauce

1 tsp Garlic Powder

1 tsp Onion Powder

1 tsp poppy seeds

Kings Hawaiian Rolls (or something similar)

You will need two 9" x 13" pans. Place the bottoms of 12 rolls in each pan. Place ham (about 2 shaved slices or so) on the rolls.

Cut the cheese slices into 4 parts and place 2 small pieces on each sandwich.

Put the dinner roll tops on.

In a sauce pan, mix butter, Worcestershire sauce, onion powder, garlic powder and poppy seeds. Wait until all butter is melted and then brush the melted mixture over the ham sandwiches. Cover with foil and let sit in fridge for 1 hour or over night. (If you want to bake them right away, you can.) Preheat oven to 375° and bake for 15 minutes or until cheese is melted. Serve. They are great hot and even at room temperature. Enjoy!



**Classic Cocktail Wieners**

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

1 pkg (14 oz) cocktail-size wieners or smoked sausages

3/4 cup barbeque sauce

1/2 cup seedless raspberry jam (or grape jelly)

1 Tbsp chopped chipotle chilies in adobo sauce (from 7-oz can) or spicy mustard

In a large saucepan, stir together all ingredients. Heat to boiling over medium heat; reduce heat to low and simmer uncovered 20-25 minutes or until thoroughly heated and wieners are plump.

Remove wieners from sauce to serving platter; pour sauce into small bowl. Serve with toothpicks or bamboo knotted party picks.

The easy way would be to throw everything in a Crockpot!



## Winter weather can make people SAD

By Erick Messias, M.D., M.P.H., Ph.D.

Found in *City & Town*,

a publication of the Arkansas Municipal League



By now, wet cold days spent under overcast skies are common, particularly in Arkansas, and it's not uncommon for that persistent weather pattern to affect a person's mood. Usually the effect is not for the better.

However, if the weather has you moody or even outright depressed, and particularly if you've felt that way since the weather turned in the late fall, you may have more than just the winter blues. You may be experiencing seasonal affective disorder (SAD), which goes by the official clinical name Depressive Disorder with Seasonal Pattern.

**What is SAD?** SAD is a type of major depressive disorder, or what most people would simply call depression. The difference, as the name implies, is that SAD only shows up during certain times of the year. It sets in when the seasons change, usually when late fall approaches winter, but SAD has also been observed coinciding with the arrival of spring or early summer. The essential feature is the onset and remission at characteristic times of the year for at least two years.

As is typical with depression, SAD can lead to feelings of despair, along with an onset of apathy and loss of energy. Other symptoms may include:

- Trouble sleeping or oversleeping
- Feeling agitated
- Feeling tired
- Difficulty concentrating
- Changes in appetite
- Weight loss or gain
- Losing interest in activities you used to enjoy
- Wanting more and more to be alone
- Feeling guilty or hopeless
- Frequent thoughts of death or suicide.

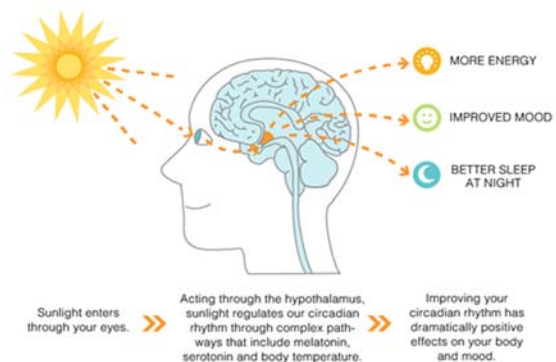
In short, SAD isn't something that should be taken lightly. As with other types of depressions, if not treated, SAD can lead to other problems such as withdrawing from social activities, struggles at school or work, anxiety, and even substance abuse.

**Being sad vs. having SAD**—As noted earlier, it's not uncommon for people to suffer mood swings or feel down during this time of year. The weeks leading up to the holiday season can be very stressful. Many people are worried about finding just the right gift for their loved ones, and whether those gifts are within their budget. Overspending brings on stress, especially when the credit card bills become due.

The holidays themselves can also be demanding, filled with large family gatherings, and they may involve travel or hosting relatives from out of town for an extended stay. Afterward, the mind may well be ready for a break.

Usually, those dark clouds over your mood will pass in time, and you'll eventually feel normal again. If you don't—if those gnawing, depressive feelings have been around since the days got shorter and just won't seem to go away—you should contact your doctor. It's important to remember that there is help available.

**Getting help**—Though first identified as a condition more than 30 years ago, we don't know exactly what causes SAD. There is evidence that it may be caused by shorter days with less sunlight, which can lower the body's levels of serotonin, a mood-affecting hormone produced naturally in the body. Other research has suggested that SAD may be caused by low levels of melatonin, another hormone the body produces that helps induce sleep.



Regardless, there are a few different treatment options available if you need help. Some patients with SAD respond well to light therapy, which, as the name implies, involves sitting or working near a light box set up to mimic natural light. Other treatment options include speaking with a medical professional, who may deem it necessary to prescribe medication such as an antidepressant.

Whatever you do, though, it is important to know that if you are feeling any kind of depression, whether SAD or otherwise, help is always available. Speak with your doctor. You should not endure the long, cold winter alone.

*Erick Messias, M.D., M.P.H., Ph.D., is the associate dean for faculty affairs and a professor of psychiatry in the College of Medicine at the University of Arkansas for Medical Sciences.*

## Trees—What are they worth?

Most folks know that trees and other living plants have value. In addition to beautifying our surroundings, they purify the air by manufacturing oxygen, act as sound barriers, and help save energy through their cooling shade in summer and their wind reduction in winter.

Many people don't realize, however, that plants have a dollar value of their own that can be measured by competent plant appraisers. If your trees or shrubs are damaged or destroyed (say by a tornado or wreckless driver), you may be able to recapture your loss through an insurance claim.

So how do we find out the value of plants? It's through a process known as valuation.

Seek the advice of professionals in the industry who have developed a set of guidelines for valuation. Such guidelines have been widely adopted in the field and are recognized by insurance companies, courts and in some cases, the IRS.

There are several valuation methods that can be used for tree appraisal. The most appropriate method will vary based on the situation and type of loss. Using an inappropriate method can result in an appraised value that does not make logical sense and will not be accepted.

### **Four Potential Factors in Professional Valuation of Trees and Other Plants.**

**Size**—Sometimes the size and age of a tree are such that it cannot be replaced.

Trees that are too large to be replaced should be assessed by professionals who use a specialized appraisal formula.

**Species or Classification**—Trees that are hardy, durable, highly adaptable, and free from objectionable characteristics are most valuable. They require less maintenance; they have sturdy, well-shaped branches and pleasing foliage. Tree values vary according to region, the "hardiness" zone, and even local conditions. If you are not familiar with these variables, be sure your advice comes from a competent source.

**Condition**—The professional will also consider the condition of the plant. Obviously, a healthy, well-maintained plant has a higher value. Roots, trunk, branches, and buds need to be inspected.

**Location**—Functional considerations are important. A tree in your yard may be worth more than one growing in the woods. A tree standing alone often has a higher value than one in a group. A tree near your house or one that is a focal point in your landscape tends to have a greater value. The site, placement, and contribution of a tree to the overall landscape help determine the overall value of the plant attributable to location.

All of the above factors may be measurable in dollars and cents. They can determine the value of a tree, specimen shrubs, or evergreens, whether for insurance purposes, court testimony in lawsuits, or tax deductions.



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**Checklist**—These steps should be taken before and after any casualty loss to your trees and landscape. Taking them can improve the value of your investment and prevent financial loss should they be lost or damaged.

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input checked="" type="checkbox"/>	_____
<input checked="" type="checkbox"/>	_____
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- Plan your landscaping for both beauty and functional value.
- Protect and preserve to maintain value.
- Take pictures of trees and other landscape plants while they are healthy and vigorous. Pictures make “before and after” comparisons easi-

er and expedite the processing of insurance claims or deductions for losses.

- Check your insurance to learn the maximum amount of an allowable claim for any one tree or shrub.
- For insurance, legal, and income tax purposes, keep accurate records of your landscape and real estate appraisals on any losses.
- Consult a Plant Health Care professional at every stage in the life cycle of your landscape (planning, planting, care), and to make sure you do not suffer needless financial loss when a casualty strikes.

*This information was found in a brochure from the Arkansas State Forestry Commission and International Society of Arboriculture.*

## Chocolate Lasagna

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

- 1 pkg chocolate sandwich cookies (like Oreos), crushed
- 6 Tbsp butter, melted
- 1 8-ounce pkg cream cheese, softened
- 1/4 cup granulated sugar
- 3 1/4 cups plus 2 Tbsp cold milk (divided)
- 1 12-ounce tub Cool Whip
- 1 5.9-ounce pkg instant chocolate pudding
- 1 1/2 cups chocolate chips (semisweet or milk chocolate)

Add 36 chocolate cookies to a large zip-top plastic bag and crush using a rolling pin or meat mallet, until fine crumbs form.

Transfer crumbs to a large bowl. Stir in melted butter. Transfer the mixture to a 9” x 13” baking dish. Press crumb mixture into the bottom of the pan. Place in refrigerator to chill while working on other layers.

Mix the cream cheese with a mixer until light and fluffy. Add granulated sugar and 2 Tbsp milk and mix well. Stir in 1 1/4 cups Cool Whip. Spread mixture over the cookie crust. Refrigerate.

In a bowl, combine chocolate instant pudding with 3 1/4 cups cold milk. Whisk for several minutes until pudding begins to thicken. Spread the mixture over the cream cheese layer. Allow the dessert to rest for 5 minutes so the pudding can firm up.

Spread the remaining Cool Whip over the top. Sprinkle evenly with mini chocolate chips. Place in freezer for 1 hour or refrigerator for 4 hours before serving.





## How To Save For A Rainy Day At Any Income Level

By Dwain Hebda

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

Financial experts agree, Americans don't save enough of what they earn. In our 24-hour, order-it-now, instant gratification society, saving has become a lost art. People instead rely on credit cards and loans to make big purchases, only to find themselves drowning in a sea of debt.

But it doesn't have to be that way. People of almost any income level can find ways to set aside a few bucks for emergencies or for a major purchase such as a car or a down payment on a home. According to local bankers, all it takes is a plan and a little discipline.

"Make a budget, stick to that budget and in that budget, include a small amount for savings," said Khalia Phillips, assistant branch manager with Simmons Bank in Little Rock. "Normally what they suggest you do is take 10 percent of your money and put that in savings first. Then work off your budget from the rest of the money."

Saving money, especially for a low-income family, might seem like a fantasy. If you're cutting it close every month, how are you supposed to find an extra \$10 or \$20 per paycheck? According to Phillips, this is where planning and record keeping comes in. People who track every single penny coming in and going out understand there's almost always room to make positive changes in spending.

"In that budget, you should have it broken down in each category how much you're going to spend on food, how much you're going to spend on entertainment and then stick to that," she said.

If you pay strict attention to that budget, Phillips said, you almost immediately start to see areas where you can see changes that will save you money and you can funnel those dollars into your savings account.

"You can eat out occasionally, but it shouldn't be your everyday things," she said. "You can save a lot of money by preparing food at home. For me, I cut off my cable; it was a waste of money for me, so I got an antenna to get basic channels for free and I have a Netflix subscription for \$13 a month. Another thing is, I send all my bills out on bill pay. I haven't bought a stamp in a long time."

Another key to saving is in how your money moves from your paycheck to your pocket. Handling all cash presents a lot of problems, but it's still not impossible to stash some cash for later.

"Your typical individual who does not have a checking account may literally be going from paycheck to paycheck," said Chris Johnson, market president with First Financial Bank in Little Rock. "Meaning they get

their paycheck from their employer, they go to that bank that issued that paycheck, they cash it, get all the money, put it in their pocket and move on down the road."

"What I would advise would be cash your check, take a \$20 bill, put it in a piggy bank. Every time you cash a check put a \$20 bill in a coffee can or whatever it is that you put out of sight, out of mind and start with the bare basics."

Johnson said a better option is to open a free checking account where you can auto deposit your paycheck and then set up a draft that takes that \$20 (or \$10, or whatever) right off the top and puts it into a savings account. Think of it like an auto bill pay but instead of paying someone else, you're paying yourself. One of the advantages of setting it up this way is,

the money is taken out right away, so you aren't tempted to spend it. Banks have also introduced various programs to help their customers be better savers. First Financial, for instance, has a tool on their website called Money Island which teaches why it's important to save. Simmons Bank offers a program that allows customers to save money every time they make a purchase.

"It's called a Round Up Program where it rounds up to the next dollar," she said. "If they spend \$5.50 on a debit card, \$6.00 is taken out of their

checking account and \$.50 is put in their savings account. That can help add up; a little change adds up, especially if you're like me and only use your debit card. I don't carry cash. I use my debit card for almost everything."

Like any other change in behavior, retraining your spending habits is hard at the start, especially when the amount saved doesn't seem like all that much for the effort. But as Johnson points out, once you start to see results, saving becomes a habit that pays off.

"Saving provides you a tangible goal," he said. "So \$10, a lot of people can do. They put that into their mindset. They're training themselves to put \$10 away, whether it's that coffee can or whether it's that savings account. At the end of a few months, they can say 'Look there. I've put away almost \$100.' OK. Let's go another three months. At the end of a full year, a person is going to see OK, I can see that I saved a stack of money. I was able to do it."

"Year two, let's try to double that. Instead of \$10 let's go to \$20. Instead of \$20 I'm going to go to \$40. Very incremental steps. And, if they have a savings account, that money is going to compound savings interest, whether it's 1 percent or 1.5 percent. Each month that balance is going to grow. Now at the end of the second 12 months, not only did they save (from each paycheck) but they also saved whatever interest rate on top of that."



## William F. Laman Library

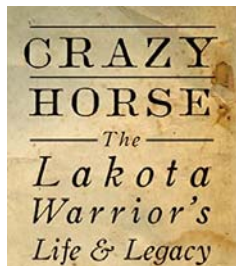
Both branches of the William F. Laman Public Library close Feb. 18 for Washington's Birthday. However, our digital resources are always available. Check out our downloadable books, movies, and music at [lamanlibrary.org/page/13/downloadables](http://lamanlibrary.org/page/13/downloadables).

Create your own Valentine – Stop by the Main Branch Valentine Creation Station Feb. 4 – 9 and delight someone special.

Free Movies - Don't miss Baywatch at 1 p.m. Feb. 4, Rampage at 1 p.m. Feb. 11, and TAG at 1 p.m. Feb. 25 at the Argenta Branch. We'll also show Alice in Wonderland at 3:30 p.m. Feb. 4 at the Main Branch.

Lit @ Lunch: Storytime for Grownups – Maya Angelou's Still I Rise and Sojourner Truth's Ain't I a Woman? are featured Feb. 5 for special Black History Month readings at 12:30 p.m. at the Main Branch. The True Story of the 3 Little Pigs! by Jon Scieszka is also presented at 12:30 p.m. Feb. 26. You're invited to bring your lunch or enjoy light refreshments.

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



Crazy Horse: The Lakota Warrior's Life and Legacy Book Talk – Floyd Clown Sr., an elder of the Crazy Horse family, joins author William Matson to discuss and sign their book Crazy Horse: The Lakota Warrior's Life and Legacy at 5:30 p.m. on Feb. 5 at the Main Branch. According to the author, the family's oral history wasn't told outside the family for over a century because the government had been hunting their family members since Crazy Horse was assassinated in 1877. The book will be for available for sale after the discussion.

Teen Fear Factor – The Main Branch Teen Center dares 12- to 18-year-olds to try foods and a life-size maze at 4 p.m. on Feb 7.

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

We Love Black History Month Storytime – Bring the family for crafts, treats, and a story at the Main Branch, 5 p.m. on Feb. 11.

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

Argenta ArtWalk – North Little Rock photographer Vincent Griffin's Past Lives is featured this month at the Argenta Branch gallery – stop by for the free opening reception from 5 to 8 p.m. Feb. 15.

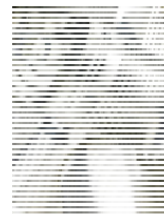
Tween Taste Test Challenge – Ten- to 12-year-olds compare name-brand treats with less expensive options at the Main Branch at 1 p.m. on Feb. 16.

Black History Month Trivia – Kids, tweens, and teens test their knowledge at 4 p.m. in the Argenta Branch contest Feb. 21. Teens also compete at the Main Branch Teen Center at 4 on Feb. 21.

Kids' Kitchen – Read a story and make a snack at 10:30 a.m. and 3:30 p.m. Feb. 26 at the Argenta Branch Library.

Recycled Tin Can Planters - Create your own at 11:30 a.m. on Feb. 27 with the Main Branch Garden Craft program. All supplies provided free. Preregister at (501) 758-1720 or online at [lamanlibrary.org](http://lamanlibrary.org).

Free Computer Classes – At the Main Branch, explore YouTube, Overdrive, and Microsoft Word from 2 to 3 p.m. Tuesdays, Wednesday, and Thursdays throughout February. Web Design, Computer Repair, and Roblox Studio are offered from 5 to 6 p.m. Tuesdays, Wednesdays, and Thursdays also. At the Argenta Branch, pre-registration is required for the Microsoft Office Tools Class from 2 to 3 p.m. Feb. 21 and 28. Register at (501) 687-1061.



Training Focus: Job Skills – Do you recognize patterns, draw logical conclusions, and make recommendations for action? Examine balancing reasonable risk against potential gain for decisions and proposals with Problem-Solving/Decision-Making, a free Main Branch workshop presented by Laman Library Training Specialist, Fredonna Walker, at 2 p.m. Feb. 12, 3 p.m. Feb. 14, 4 p.m. Feb. 19, and 5 p.m. Feb. 21. Register at [lamanlibrary.org](http://lamanlibrary.org) or (501) 758-1720.



### Birthdays:

James Thurman 4th      Robert Donald 7th      Cyrstal Gates 10th  
Vickie Carroll 23rd

### Anniversaries:

James Thurman 4 years      Ronica Crustchfield 2 years





# POLAR PLUNGE.



FOR SPECIAL OLYMPICS ARKANSAS



NLRPD participated in the annual Special Olympics Polar Bear Plunge



NLRPD won multiple contests including best costumes



Photos provided by Todd Humphries NLRPD







**Peddlers Permit  
City of North Little Rock**

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



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 February



*Jan 28—Feb 1 no pickup*  
Feb 4—8 recycle  
*Feb 11—15 no pickup*  
Feb 18—22 recycle (no delay)  
*Feb 25—Mar 1 no pickup*

# February Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
CHARLOTTE	THOMAS	ADMIN	45	JAMIE	PETTIT	PARKS MAINT	7
ERNEST	BRIDGES	ADMIN	5	SAMUEL	SEIGRIST	PARKS MAINT	20
LARRY	EPPERSON	CODE	13	TODD	SMALLING	PARKS MAINT	21
MARY	ERVIN	COMM DEV	17	CARRIE	HAVENS	PARKS REC	1
ERIC	HEINRICH	ELECTRIC	8	BRIANNA	THOMPSON	PARKS REC	1
JILL	PONDER	ELECTRIC	9	DEWEY	GOSHIEN	PLANNING	10
CHERYL	WHITLEY	ELECTRIC	10	COURTNEY	KING	POLICE	2
DANA	RAEBURN	ELECTRIC	11	CHRISTOPHER	ABEL	POLICE	2
KEITH	MCCOURT	ELECTRIC	16	JAMES	EDWARDS	POLICE	2
JEFFREY	EISENHOWER	ELECTRIC	37	DWIGHT	LESTER	POLICE	2
RONALD	OSBURN	ELECTRIC	38	JULIA	REDDITT	POLICE	2
SCOTT	SPRINGER	ELECTRIC	38	DAVIN	REYNOLDS	POLICE	3
WILLIAM	BROOM	FIRE	7	ROBERT	SPRIGGS	POLICE	13
COREY	PLATT	FIRE	7	JACOB	HOUSE	POLICE	16
SEAN	SPECKELS	FIRE	7	RICHARD	BIBB	POLICE	23
TYSON	HADDOCK	FIRE	12	TODD	HUMPHRIES	POLICE	23
DOYLE	KIRKENDOLL	FIRE	12	RAGAN	HERNANDEZ	POLICE	24
BRIAN	THOMAS	FIRE	12	NATHAN	KIMES JR	POLICE	24
CHRISTOPHER	BRADLEY	FIRE	13	JAMES	BAILEY	POLICE	25
MICHAEL	COOK	FIRE	13	JAMES	BONA	POLICE	25
SHANE	DOUGAN	FIRE	13	CONNIE	BARTLETT	POLICE	27
CHRISTOPHER	MATLOCK	FIRE	13	TODD	SPAFFORD	POLICE	27
ALANA	PIERCE	FIRE	13	HARVEY	SCOTT III	POLICE	29
BRIAN	MILLER	FIRE	13	JOHN	DAVIS	POLICE	33
JEFFREY	COMBS	FIRE	20	DAVID	FORSTROM	PUBLIC WORKS	2
DUSTIN	FREE	FIRE	20	JOHNATHON	HENDERSON	SANITATION	1
CHRIS	PATTON	FIRE	20	FREDERICK	PENNINGTON	SANITATION	1
ISAAC	HENRY	FIT 2 LIVE	4	KENNETH	WILLIAMS	SANITATION	10
NADIA	JOHNSON	HAYS CENTER	11	WILLIAM	DODSON	SANITATION	13
TAMMY	NEWTON	OES/911	19	KENNY	SUMMONS	SANITATION	19
LEONARD	MONTGOMERY	OES/911	41	GERALD	PORTER	STREET	3
RODNEY	PERRINE JR	PARKS MAINT	2	JORDAN	ROULSTON	STREET	3
PATRICK	ISBELL	PARKS MAINT	3	PATRICK	LANE	STREET	15
TOLLIE	WALLACE	PARKS MAINT	3	ALLEN	BUIE	STREET	33
ZACHARY	GOURLEY	PARKS MAINT	5	JAMES	SEIGRIST JR	VEHICLE MAINT	4
WILLIAM	BURNHAM	PARKS MAINT	6	BILLY	ROBERTSON	VEHICLE MAINT	18
GARY	SONTAG	PARKS MAINT	7				

*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)*



# February Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>		
WILLIAM	BROOM	FIRE	1	LESLIE	RICHARDSON	TRAFFIC	14
CHERIHAN	SBAIT	HAYS CENTER	1	DAGNY	PRITCHARD	FINANCE	14
LINDA	FELTON	POLICE	2	DWIGHT	LESTER	POLICE	14
FREDERICK	PENNINGTON	SANITATION	2	JIMMY	JONES	POLICE	15
HARRY	ALLEN IV	ELECTRIC	2	JOHN	PARKER	SANITATION	15
ALLIE	LEWIS	POLICE	2	CYNTHIA	YANCEY	FIRE	15
TAYLOR	ALLISON	ELECTRIC	2	TERRENCE	WILLIAMS	ELECTRIC	15
BEAU	BUFORD	FIRE	3	HEATH	WILLIAMS	FIRE	15
JEFFREY	EISENHOWER	ELECTRIC	4	PHILICIA	KNOX	ELECTRIC	16
DIANE	WHITBEY	CITY CLERK	4	ZACHARY	HODGE	POLICE	16
DIRK	BARRIERE	POLICE	4	CONSTANCE	FOWLER	HAYS CENTER	17
BENJAMIN	MUNDY	FIRE	4	GLENDA	PARKER	PARKS REC	17
FELECIA	MCHENRY	CODE	4	MARTIN	DUNLAP	ELECTRIC	17
WILLIAM	DODSON	SANITATION	4	DONALD	FRIDAY JR	ELECTRIC	17
DANIEKA	HERNANDEZ	POLICE	4	JEFFERY	ELLISON	ELECTRIC	18
JOSHUA	COX	FIRE	4	BRIAN	MITCHELL	POLICE	18
PHILIP	GRAY	POLICE	4	SAMUEL	SEIGRIST	PARKS MAINT	19
JOHN	SCOTT	POLICE	5	NICHOLAS	RODRIGUEZ	POLICE	19
JOAN	STEWART	ELECTRIC	6	MELINDA	BELL	2ND COURT	20
PHILLIP	HAMMONS	POLICE	6	GABRIEL	KING	ELECTRIC	20
SHANE	CRAMER	OES/911	6	GARY	SHEFFIELD	STREET	21
ANTHONY	BROWN	ELECTRIC	7	DOYLE	KIRKENDOLL	FIRE	21
CHRISTOPHER	MORENO	FIRE	7	KATELYN	THOMAS	CITY CLERK	21
ERNEST	RUMMEL	STREET	8	ZACHRY	LEASE	POLICE	22
PEGGY	BOREL	FIRE	8	JAMES	HOOKS	FIRE	23
LINDA	WILLIAMS	ELECTRIC	8	BRIAN	MILLER	FIRE	23
JOHNNY	JOHNSON	STREET	9	BRENNAN	PELTS	OES/911	23
TODD	SMALLING	PARKS MAINT	9	TERRY	DAVIS	PARKS MAINT	24
TELINA	MAHAN	PARKS ATHLETIC	9	GREGORY	HEINTZ	ELECTRIC	24
PAJAI	VANG	ELECTRIC	9	KYRA	ANDERSON	OES/911	24
DANA	WALLIS	ELECTRIC	10	CLAYTON	ZAKRZEWSKI	FIRE	25
MARK	TOZER	POLICE	10	HEATH	HOOPS	FIRE	25
ZACHERY	DERRICK	ELECTRIC	11	JAMES	REID	FIRE	25
LINDA	MODDRELL	POLICE	12	JASON	FENDER	FIRE	26
GERALD	TUCKER	FIRE	12	ZACHARY	GOURLEY	PARKS MAINT	26
KAREEM	SMITH	OES/911	12	FLOYD	MAYFIELD	SANITATION	27
SUZANNE	FLETCHER	ELECTRIC	13	STEVEN	OSBORNE	OES/911	27
JERRY	ROBINSON	FIRE	13	CHRISTOPHER	WEAVER	POLICE	27
ALEX	GUAJARDO JR	FIRE	13	ISAARIA	BROWN	ELECTRIC	27
ROBERT	DIGBY	ELECTRIC	14	DOUGLAS	WELTER	FIRE	27
JOSEPH	RALSTON	PARKS GOLF	14	JAMES	BAILEY	SANITATION	28
KAREN	SCOTT	FINANCE	14				

# 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**



**We Serve**

**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.**