

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

August 2016

North Little Rock e-Newsletter

If you have information you would like to share with other city employees, residents and businesses throughout North Little Rock, then let us know. The City Clerk's office provides a monthly *e-letter* to those who subscribe through the North Little Rock website. To sign up, email Dwhitbey@nlr.ar.gov.

Message from North Little Rock School District Superintendent Kelly Rodgers

Dear NLRSD Community;

This year, by virtue of our entire community's commitment to academic success, our district will complete construction of new facilities throughout the city of North Little Rock. We take pride as a school community in continually raising the bar and setting the high educational standards our children deserve. While bolstering an emphasis on the arts and project based learning in every building, the new facilities increase our ability to bring an advanced level of technology, safety and innovative strategies to our schools. Our primary focus of providing rigorous instruction every day in every school strengthens our ability to compete academically in the 21st century, thus preparing our children to be college and career ready.

Fall of 2016, we will celebrate the opening of our first new high school campus in over 50 years! North Little Rock High School sets the standard for schools, now and in the future. NLRSD will open the year with an enrollment of over 9000 students. We welcome each of these children and their families into our academic community. I believe you will find a unique instructional commitment to every student and parent in NLRSD. Our promise is to serve and care for every student and ensure our educational team is truly, "World Class."

Sincerely,
Kelly Rodgers, Superintendent



FIRST DAY OF SCHOOL MONDAY, AUGUST 15, 2016



Watch out for
the kiddos at the
bus stops and
crossing streets!



"Where's Mel"? Be the 1st person to call 975-8617 and tell us where you found him hiding and win a prize!

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

—Children’s author
 Michael Morpurgo
 Rosemary Boggs
 Arkansas
 Democrat-Gazette

I wondered about Arkansas and did some internet digging that turned up no listings for animal blood banks. So I called one central of Arkansas’ emergency pet clinics for a little information.

A very helpful fellow answered the phone. I first asked if he knew of any animal blood banks in the state, and as I suspected, there are none.

Normally, he said, the clinic gets its supply from a blood bank in California. But in times of crisis, such as when they received an influx of animals from Hurricane Katrina, they will use staff pets whose blood has already been typed.

Canine and feline blood have a shelf life of 30 to 35 days. But a lot of smaller veterinary practices don’t need pet blood often enough to keep a supply on hand that might eventually go bad.

There are different canine blood types, but their designations are numbers, not letters. They relate naturally occurring antibodies in the canine’s blood.

In an emergency, most dogs can take any type of blood the first time. But after that infusion, the antibodies in the blood can cause an adverse reaction so veterinarians want to give the correct type to the patient after that.

Felines have three types — A, B and AB. There is no universal donor. A and B need that specific type. AB can take either.

Cats given a noncompatible blood transfusion can develop life-threatening reactions because of naturally occurring antibodies in their immune system that would recognize the wrong type as foreign and attack it. The main thing is to make sure the cat is always matched to the correct type.

Thankfully, my incredibly spoiled pet children have never needed an infusion of blood. But if they ever do, it’s nice to know it will be available.

To contact Rosemary Boggs, email rboggs@arkansasonline.com.



Blood donation can save pets’ lives

Summer is a time to let loose and have some fun. But it can also be a time of accidents. Heat, travel and recreational activities can put us in situations where we might need medical care.

The American Red Cross is asking us to step up and donate blood as need increases in summer.

I know I’ve written about it before, but blood donation is a pet project of mine. I’ve donated for years. I’m not a hero, not a life saver, not a first responder. But in a matter of about 30 minutes I can do a simple act of kindness that could save the life of someone I don’t even know.

And if that’s not enough, sometimes they give out T-shirts and other goodies, and they always offer post-donation snacks and drinks.

For information to schedule a donation, go to redcross.org. The site lists local donation centers and blood drives and ZIP code.

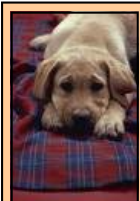
Blood For Pets?

All this thinking about blood donation turned my thought to other loved ones that could need blood—our pets. For many, their pets are like children, and when they’re sick it can be distressing. We love them and want to keep them happy — and alive.

There is no Red Cross for pets, but animal blood donations does go on.

I found an article on the website of the Humane Society of the United States (humanesociety.org) titled “Life-Savers: Dogs Who Donate Blood.”

The article details the experiences of Inga Fricke, director of sheltering and pet care issues for the society. After hearing about the need for canine blood to help sick and injured dogs, Fricke thought her rescued greyhound, Ripley, might be able to help. She started by going to her veterinarian who just happens to operate a regional animal blood bank. Ripley soon became a regular registered donor.



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

Note: some of the information below was copied from Democrat-Gazette Articles dated 7-13-16.

Other information was recalled from viewing the public meeting.

North Little Rock Community Forum

Last month, a public panel discussion was held in the North Little Rock City Hall Council Chambers. State Representative Eddie Armstrong, North Little Rock Mayor Joe A. Smith, North Little Rock Police Chief Mike Davis and North Little Rock Police Officer Tommy Norman were on hand to discuss recent issues affecting our nation.

The discussion included questions from the audience members which included body cameras, police de-escalation practices, community programs, mutual respect, officer psychological evaluations and police use of force to name a few.

North Little Rock Police Chief Davis was responsive to questions and provided reasons for certain practices and items under consideration. Chief Davis also addressed questions regarding officer behavior, responses, etc.

Representative Armstrong outlined the need to move forward and work together. He cited numerous conversations he has had with constituents and personal experiences he had growing up in North Little Rock and how those experiences shaped him into the man he is today.

North Little Rock Alderwoman Linda Robinson said she gets lots of calls from people who are afraid to call the police. She said people have told her they are afraid of someone retaliating against them. She then calls Chief Davis to pass on the information.

Officer Norman spoke about the importance of officers being involved within the community which included getting out of the patrol car and interacting with the residents. Officers need to become a part of the community. If a resident invites them to church or a neighborhood BBQ, officers need to try to attend. Officer Norman has received national attention for his efforts in North Little Rock. He has been a member of the police force for 18 years and dedicates each day to connecting with residents. He and his fellow officers go into North Little Rock neighborhoods daily, delivering snacks, clothes,

toys and other goods to residents ages 5 to 75. Every police interaction does not have to be a negative one. Officer Norman and others are changing lives one person at a time.

A Civil Rights Attorney in the audience said he has

sued many cities within the state due to issues involving police issues and citizen rights. However, he has not sued North Little Rock.

Chief Davis said the department tries to get it right the first time. Officers go through ongoing training. When asked if he had ever reported an officer for wrongdoing, he said he had. Officers are encouraged to follow the law and their training and to place their faith and families first.

For more information, please contact the North Little Rock Police Department at 501-578-1234.



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 (June events).

Neighborhood Services—Mailed association newsletters/meeting announcements, etc. to 4,500. Updated department Facebook page, Rose City Neighborhood Association, Levy groups. Multiple upcoming events. Received a grant from the Arkansas Historic Preservation Program for restoration.

Hays Center—72 new members. Trips included Wilhelmina State Park, Wye Mountain, Altus, Eureka Springs, Little Rock Zoo, Smackover, Mimi's Restaurant, Fayetteville and the Pocket Theater. The Mayor's Office of Volunteer Services was recognized as the Volunteer Association of the Year by the Arkansas Gerontology Society. Retired city employee Delbert Brewer was honored with an award for providing 5,000 hours of volunteer service to the Hays Center Program. Other volunteers provided 1,400 volunteer service hours in various city departments.

Utilities Accounting—

Electric bad debt expense for June: \$48,870

New accounts installed: 1,169

Accounts finalized: 1,137

Customer related calls—9,422, direct contact with Customer Service—1,842 inside teller payments received 7,202—electric; 7,751—gas / water, drive-thru teller payments 4,668—electric; 4,664—gas / water, Web/IVR payments—4,928.

Sanitation—Collected and disposed of 1,561.21 tons (3,122,420 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 268 loads; 6,710.60 cubic yards of mixed debris along with 1,059.0 cubic yards of green waste. Continue to pickup from move outs and illegal dumps. Issued 68 Sanitation Code notices/letters and 13 Citations for non-compliance. Picked up 235 tires. Removed 10 misused Waste Management containers.

Traffic Services—approved 103 barricade applications for permits. Repaired or replaced 231 signs and posts, marked 5 city vehicles with logo, 48 Arkansas One Call location requests.

Police—Burglary/Breaking and Entering buildings -7.8%. Theft from motor vehicles +9%, Robbery +12%, Overall property crime -2%, Total crime -3.7%.



Fire—no report filed.

Office of Emergency Services/911—

Incoming call total: 16,682

Non-911 calls: 7,197

Wired 911: 967

Abandoned Wired 911: 140

Wireless 911: 8,518

Abandoned Wireless: 927

Total dispatch 9,048

Planning—Department now has 4 inspectors: Mechanical, Plumbing, Electrical and Building. Major permits issued: Freddy's Frozen Custard, Big Red/Hardee's, Tri State Trucking, J and K Office/Storage, Pet Sense, Verizon Wireless, Waco Title. Remodel permits: Jean Martin, Rainbow Apparel, Monterrey Law Firm, Levy Pawn and Baptist Med Center. New commercial permit (average \$3,896,752). Issued 7 new single family residential permits (average \$112,346). Inspectors completed 489 inspections and covered 3,776 miles. 150 Electric; 119 Building; 169 Plumbing; 51 HVAC.

Electric Department—38,520 customers, Peak Power—220,692 KW, Territory—60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,042 (141 repaired), Security lights—4,062 (24 repaired), Smart meters—39,233, Revenue—\$6,655,414. Major outages—none.

Fit 2 Live—2016 Employee Appreciation Lunch & Wellness Fair—August 9, 2016. Electric Department won Blue & You Fitness Challenge. Jumpstart Your Block planning underway. Working with Department of Health's Central Region Hometown Health Improvement Office to launch a "Healthy Active NLR" coalition.

City Clerk/Treasurer—processed \$7,105,137.60. Issued new business licenses and renewals, some accounts still under review. Various other activities include software updates and conversion and training for staff on all applications (payroll, licensing, accounts receivable, etc). Mailed annual Beer/Liquor Renewal Letters. Continue calls to delinquent business license account holders. Penalties are now 50%.

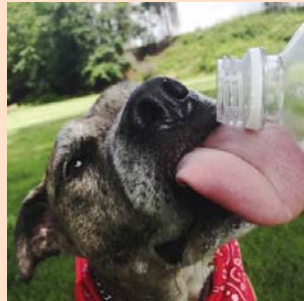
North Little Rock Airport—approximately 7,000 people attended the June Airshow.

Visitors Bureau—1,280 visitors stopped in at Visitor Information Center in Burns Park. Downtown Riverside RV Park had 616 reservations for a total of 1,352 camping nights. Arkansas Inland Maritime Museum had 3,192 visitors which included 3 over-night stays. Also hosted radio broadcast from Razorback's radio room for "Museum Ships on the Air". Restaurant taxes Jan—May totaled \$2,532,834.

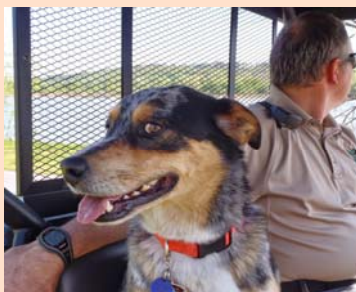
Code Enforcement—134 assigned calls, 716 initiated calls, 0 citations, 24 violation notices, 25 vehicles tagged, 67 structures inspected, 25 rental inspections, 18 food service inspections, 0 search warrant, 0 houses demolished by city, 4 houses demolished by owner. Code Maintenance—249 assigned calls, 107 vacant lots cleaned, 95 lots with structures cleaned, secured 3 vacant houses, vacant lots mowed—116, lots with structures mowed—84, picked up 12 tires.

North Little Rock Animal Control—

Incoming animals—239
 Adoptions—61
 Reclaimed—17
 Euthanized—110
 Citations issued—68
 Dogs sterilized—34
 Cats sterilized—12
 Calls for service—705
 Pulaski County (accepted at NLR)
 Incoming Animals—100
 Adopted—20
 Reclaimed—7
 Euthanized—78
 Picked up 35 illegal Pitbulls. Sent 3 rabies specimens to State Health Department for testing—all were negative. It's hot out! Be sure to provide pets plenty of clean water!



Parks and Recreation—Clubhouse at Stonelinks has been remodeled. For rental information, call 791-8537. New parking area for equestrians in Burns Park is underway. Will include mounting blocks. Country by the River concert held in July supporting an inclusive playground for children of all abilities in Burns Park. Glenview Splash Pad open to visitors of all ages...and its FREE! Shep (the Burns Park Goose Eradicator) reported that the geese are molting and unable to fly. Once they can fly again, Shep will restore the natural order to our parks.



Finance—

Revenues (MTD—June)

Taxes	\$ 434,184.86
Licenses/Permits	\$ 203,103.60
Fines/Forfeitures	\$ 283,891.32
Local Option Sales Tax	\$2,031,300.93
Intergovernmental-State	\$ 0.00
Franchises	\$ 152,891.88
Investment/Misc	\$ 4,283.49
User Fees	\$ 84,762.70
Utility Transfer	\$ 0.00
Grants & Other	\$ 167,037.34
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$4,284,536.12

Expenditures

Administration	\$ 193,437.94
Animal Shelter	\$ 70,823.53
Special Appropriations	\$(6,762,095.59)
City Clerk	\$ 22,027.67
Emergency Services	\$ 149,695.18
Finance	\$ 63,835.68
Fire	\$1,431,113.07
Health	\$ 5,079.90
Legal	\$ 52,101.79
1st Court	\$ 46,455.44
2nd Court	\$ 47,685.41
Public Defender	\$ 689.86
Human Resources	\$ 54,654.30
Commerce	\$ 19,562.24
Planning	\$ 63,835.68
Police	\$1,668,644.52
Code Enforcement	\$ 80,107.51
Public Works	\$ 127,399.80
Neighborhood Services	\$ 17,673.95
Sanitation	\$ 307,453.74
Vehicle Maintenance	\$ 100,213.57
Senior Citizens Center	\$ 77,221.69
Communications	\$ 14,158.97
Fit 2 Live	\$ 15,843.24
Total Expenditures:	\$(2,132,940.29)

Pictured left: Shep and his driver, North Little Rock Park Ranger Ian Hope patrol Burns Park.

The Arkansas Travelers are hosting
Fire Safety Night at Dickey Stephens Ball Park
Tuesday, August 16, 2016, 5 p.m.—9 p.m.
 Come show your support for NLRFD and the Trav's!



Mark Your Calendar Today!

December 7, 2016, the Arkansas Inland Maritime Museum (AIMM) will host **"Arkansas Remembers Pearl Harbor"** to honor the 75th anniversary of the attack on Pearl Harbor. The public is invited to AIMM at 120 Riverfront Park Drive for the formal Arkansas Pearl Harbor Day Ceremony. The tugboat *Hoga*, which fought fires for 72 continuous hours on Battleship Row will be available for public viewing from the outside. The submarine *Razorback* will be open for free self-guided tours. Events are scheduled December 5—11, 2016.

A full schedule of events will be posted later at AIMMuseum.org/ARRemembersPearlHarbor.



Minding the rays this summer and year round

By Thomas Jennings, M. D., Ph.D.

The kids are out of school, the temperatures continue to rise, and we're all eager to get to our favorite beach spot, hiking trail, or cove. Before we head out in summer sun, it's important to remember a few steps for protecting our skin.

First, it is good to understand how the sun and our skin interact. Our body uses sunlight to manufacture vitamin D, which is vital for healthy bones. However, being exposed to the sun's ultraviolet (UV) rays for long periods of time can damage our skin. Most of the time, the damage is repaired quickly by our bodies, but sometimes the damage builds up and leads to brown blemishes or lesions that can become skin cancer. Damage can be done to deeper structures of the skin, leading to wrinkles.

Proper steps for protection

Even though the summer usually means hotter temperatures, it's important to cover your skin. Find lightweight, loose clothing that covers your arms, stomach, back and legs. Wide-brim hats are good for head protection, including your neck, ears, cheeks, nose, and lips. Always try to seek shade when you can avoid peak sun times between 10:00 a.m. and 4:00 p.m.

It's critical to remember to wear sunscreen with an SPF of at least 30. Find a broad-spectrum product that protects against UVA and UVB rays. It's important to reapply every 90 minutes, especially if your outdoor activity involves sweating.

One misconception is that precautions should only be taken on sunny, summer days. That is not the case. Even on cloudy days, the sun's UV rays shine through so remember sunscreen and proper clothing.

There is one popular indoor spot that has the same risks as sunlight; the tanning bed. Tanning beds expose your skin to a significant amount of UV rays that

can also lead to skin damage, which just like the sun, can lead to precancerous lesions and skin cancer.

Know the warning signs

It's important to know the warning signs for skin cancer and when to see a dermatologist.

Precancerous lesions are usually rough to the touch. One way to tell is if you can rub your fingers on the spot and feel a spot catching. These lesions can come and go. If you notice a rough spot appear that does not go away, it's best to see a dermatologist.

The two most common forms of skin cancer are basal cell carcinoma and squamous cell carcinoma. Basal cells are typically pearly and have blood vessels on top of them, but they can ulcerate. Squamous cells are red and scaly or crusty.

Melanoma is a less common but far more serious form of skin cancer. Look for new, unusual growths or changes to an existing mole. Melanoma spots have uneven borders, multiple colors and grow over time. If you're concerned with a spot, take a picture on your phone every few weeks to keep a record of it and look for changes in shape, size or color.

Treating skin cancer

One of the most advanced and effective treatments for skin cancer is Mohs micrographic surgery, which we specialize in at UAMS. This technique minimizes the change of regrowth and lessens the potential for scarring by removing the least amount of tissue to treat the cancer.

Using this procedure, malignant skin lesions are removed in thin slivers—like peeling back layers of an onion—and examined immediately under a microscope to determine if all malignant tissue was removed. The physician continues removing thin layers until all cancerous tissue is gone. The Mohs procedure is especially helpful for patients with skin cancer on their face, which is one of the most common locations for cancer to appear.

Summertime is filled with opportunities for outdoor activities with family and friends. Just remember to take precautions to stay safe in the sun.

Thomas Jennings, M.D., Ph.D., is Assistant Professor, Department of Dermatology, UAMS College of Medicine.



As I was looking through a magazine recently, I discovered an article about gardening...or more specifically, getting started. You may think it's too late for this summer, but it's never too early to get a start!

Below are portions of the article.

Edible Resources—*found in Edible Ozarkansas*

By Zoe Rom

GARDENING: Every type of garden—raised, in-ground, window box—comes with its own challenges for soil maintenance and nutrition. Soil, which is a rich and complex system, requires maintenance before planting can begin. A little bit of hard work, some knowledge, and a whole lot of love will prepare a garden to be productive and rewarding.



Digging in. The first step for determining a new garden location is to decide on the construction of the beds. Raised beds, or mounds of earth that are raised about 6 to 8 inches above ground level, are beneficial where soil quality is lacking, as they provide an opportunity to amend existing soils with augmented nutrition. They also function as a solution to low-lying areas that are prone to flooding, lifting the plants out of the water's path and allowing for proper drainage. A raised bed built with a frame system to stand at waist height can be an accessible option for gardeners with physical impairments or who'd prefer not to crouch and bend. Once these raised beds are established, materials must be added periodically to maintain the desired height and quality nutrition within the soil.

One problem encountered by many first-time who choose to plant directly into the ground is overly compact soil. Rain and gravity, along with foot or mechanical traffic, will compact soil over time, impeding root growth and nutrient absorption. When establishing garden beds, gardeners must make a decision between till and no-till methods for preparing the soil for planting. Tilling can be an efficient mechanical method of breaking up soil, incorporating nutrient-rich surface soil into the root zones. By disrupting the growth of existing plants, tilling also may reduce or eliminate competitive vegetation.

However, many farmers are skeptical that tilling is necessary, or even beneficial, to soil health. Patrice Gros at Foundation Farm, a small-scale, organic farm in Carroll

County that offers fresh food, inspiration, and education to its surrounding communities, is an advocate of no-till methods. Patrice aims to recreate nature's processes on his farm by forgoing interventions such as composting and tilling.

"Tilling destroys the natural components of the soil, such as the structure and microbiology," he says. Patrice advises against tilling in order to "protect and preserve the soil biology."

Another reason to avoid tilling is that compaction zones can form just beneath the reach of the tillers blades, leading to sections of impenetrable soil that hinder root growth and causing water pooling beneath the surface and above the layer of dense soil matter. Mixing in organic matter adds valuable nutrients and breaks up dense areas of soil. Compost is a valuable source for nutrient-rich soil.

Basic composting. Conventional wisdom maintains that home composting, especially of kitchen scraps or yard and garden wastes, is a useful way of improving soil structure by allowing it to maintain moisture and increasing its ability to easily crumble.

Gathering of food scraps for a compost pile begins indoors. Consider storing scraps in a specific compost containers, such as a stainless steel bucket with a lid, to prevent unwanted pests and odors. Every few days, the indoor scraps should be transferred to the outdoor pile.

For the optimal outdoor compost pile, find a place with several hours of sunlight, as heat helps decomposition. An ideal compost bin doesn't need to be elaborate, it simply needs to hold ingredients so that the soil can heat up and activate the bacteria for decomposition. Self-contained bins should retain heat and moisture and be turned periodically.

Some compost bins come with a handle that allows for easy rotation, though a simple compost pile and gardening fork work fine. Turning compost adds oxygen, which speeds up breakdown of organic matter. It moves surface material to the interior, where the bacteria is more active, aiding in decomposition.



When building a healthy compost mixture, diversity is essential. Each component activates different naturally occurring microbes that work together to promote decomposition. The key ingredients for making compost in the garden are the "greens," the "browns," and bulk matter. "Greens" are fresh green matter, which can include fruits and vegetable scraps, coffee grounds, grass or leaves. The "browns" are dried leaves or dried plant

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material, wood chips or sawdust, straw, and scrap and shredded paper. Bulk matter such as sticks should be cut down to aid in decomposition.

A good ratio is 70 to 80 percent browns, 20 to 30 percent greens, and just a bit of bulk. This will establish an ideal equilibrium between nitrous and carboniferous components. If a mixture is odorous, it has too much green material. A pile that is dry or not decomposing sometimes needs more green material and less brown.

Composting isn't praised by everyone. Similar to his stance on tilling, Patrice says he believes that composting isn't necessary to increase the productivity of the soil and that "nature does the work for plants." Instead of composting, Patrice plants cover crops, such as oats, that seasonally add to the biomass of his garden and contribute their own valuable nutrients. He allows natural elements, such as leaves, to provide the organic matter for his plot.

Heavily mulching a garden space also benefits the soil. Mulch helps retain moisture in the bed, assists in weed control, and as the mulch breaks down, those nutrients benefit the soil.

Soil nutrition. When prepping a garden and establishing compost, it is important to consider what nutrients plants will need and where they will get them. Healthy soil yields healthy produce, and Calvin Bey, of Harmony Gardens, a venture based in Washington County that was created to provide useful information on gardening, health, and sustainability issues, has led many workshops that focus on the health and the nutritional value of produce. In addition to being healthier for consumers, nutrient-dense food is shown to have a longer shelf life.

Macronutrients, such as carbon and nitrogen, are nutrients that plants require in large amounts. Micronutrients are those that plants need in only small or trace amounts, but are nonetheless important to soil nutrition and health. Calvin stresses that knowing and understanding what nutrients are important, and what a specific garden's soil might require, are keys to creating a healthy and productive garden.

Nitrogen is an important component in soil health. It is easily added to compost through materials such as the "black gold" of highly nitrous coffee grounds, tea leaves, and other common table scraps. The element promotes cell growth and the utilization of chlorophyll during photosynthesis. It is responsible for the growth of new leaves and shoots, though too much nitrogen can cause stunted growth and delayed maturity. To combat an

excess of nitrogen in compost, add carboniferous components such as dry leaves, straw, or wood ash.

Phosphorus and potassium are also important macronutrients. Potassium keeps cells and cell fluid in motion and helps plants retain moisture. It works to regulate and activate plant enzymes, and plants lacking potassium will be weak and misshapen, causing them to drop fruit prematurely. Similarly, plants that lack phosphorus will be stunted and will fruit late. Nutrients such as calcium, magnesium, and sulfur are equally important and often must be introduced by way of organic fertilizers.

Calcium facilitates cell division, and without it plants will yellow and their leaves can curl. Soil that lacks calcium produces plants that can have blackened shoots and stunted growth. Because calcium is crucial in helping plants absorb other nutrients, it is a keystone in a healthy soil system. Magnesium plays an important role in photosynthesis. Sulfur can be found to increase the protein content of vegetables.

Micronutrients such as zinc, boron, copper, manganese, and chloride are also important to soil health. The majority of these nutrients can be found in good home

compost, and those that are lacking can be easily added through organic fertilizers.

"Not all soils are the same, but soils need organic matter," says Mary Savin, a soil science professor in the Dale Bumpers College of Agricultural, Food and Life Sciences at the University of Arkansas. "It potentially will take time and care to cultivate a healthy soil. Keep the soil in place; prevent erosion."

It can be difficult to visually diagnose excess or insufficient minerals in soil, and many problems with soil have

symptoms similar to diseases. Knowing what specific nutrients soils require is important in maintaining a healthy garden.

The University of Arkansas System Division of Agriculture Cooperative Extension Service offers free soil testing that can determine what macro and micronutrients are lacking or in excess and can offer recommendations for improving soil health. Knowing the soil's contents is helpful in determining what nutrients the soil might be lacking and what to add to help the plants grow best. To test soil, gather approximately one pint of dry soil from each garden bed and take it to the local Extension Service office.



Next month, we will have an article about worms and vermicomposting.

North Little Rock Woman's Club Membership Tea

The North Little Rock Woman's Club will host its annual Membership Tea, Monday, August 1, 2016, at the Woman's Club House located at 401 West Military Drive in Burns Park.

Anyone interested in learning more about this non-profit service organization is encouraged to attend.

The North Little Rock Woman's Club was organized in 1958. The object of the club is the development of fellowship among residents and their assimilation into civic life and social activities of the community. The club holds fundraising events throughout the year, then distributes the funds within the city by awarding scholarships to North Little Rock High School Seniors, contributing and supporting programs for the elderly, North Little Rock Post Prom, Baptist Health Foundation, Friendly Chapel F.L.A.M.E. and more.

For more information, contact President Carole Lovell at 501-835-3656.



Place your bets on healthy habits

EMPLOYEE LUNCH & WELLNESS FAIR

August 9, 10:00 am—2:00 pm
NLR Community Center Gym, 2700 Willow

Lunch by **Newk's** BAKERY

A close-up of a roulette wheel with a white ball in the pocket. The wheel is red and black with white numbers. The background is a green roulette table.

All full-time and part-time North Little Rock City Employees are invited...Employee ID required.

Squash Gratin

Found in Democrat-Gazette, By Kelly Brant

2 pounds yellow squash, about 3 medium
1 tsp kosher salt
4 oz garlic-flavored croutons, crushed
3 Tbsp butter, melted
1/2 yellow onion, thinly sliced
1 green onion, thinly sliced
1 red Chile, seeded and sliced
1/4 to 1/2 tsp ground black pepper
4 oz sharp cheddar or smoked cheddar, grated.

Cut squash into 1/4-inch thick slices. In a large colander set over a bowl, toss the sliced squash with the salt. Set aside for 15 to 30 minutes.

Heat oven to 400°.

Place croutons in a small bowl.

In a small skillet, melt butter over medium-low heat. Continue cooking, being careful not to let it burn, until butter is golden brown and smells nutty. Pour the butter over the croutons and stir to combine; set aside.

In the same skillet used to melt the butter, sauté the onions and Chile pepper until tender.

Transfer the squash to a large mixing bowl. Add the sautéed onions and pepper. Season with black pepper.



Toss to combine, and add half of the cheese and half of the butter coated croutons.

Transfer the mixture to a large gratin dish or cast-iron skillet. Top with the remaining cheese and buttered croutons.

Bake 30 to 35 minutes, or until the squash is tender and the top is crisp.

Low Country Shrimp Foil Packs

Found at www.bettycrocker.com/recipes

1 lb small red potatoes, halved
4 pieces frozen mini corn on the cob, thawed, cut in half
2 teaspoons oil
1 teaspoon Old Bay seasoning
1 lb uncooked peeled deveined extra-large shrimp (16 to 20 count)
12 oz fully cooked andouille sausage, sliced
1 lemon, cut into 8 wedges
1/4 cup chopped fresh parsley leaves

Heat gas or charcoal grill. Cut 4 (18x12-inch) sheets of heavy-duty foil. Spray with cooking spray.

Place potatoes in microwavable bowl. Microwave uncovered on High 5 to 6 minutes or until potatoes are just tender. Add corn to potatoes; drizzle with 1 teaspoon of the oil, and sprinkle with 1 teaspoon of the seasoning; mix until evenly coated. Place shrimp in medium 1 teaspoon seasoning; mix until evenly coated.

Place equal amount of sausage on center of each sheet of foil. Dividing evenly, arrange potato and corn mixture around sausage. Divide shrimp

evenly over sausage. Squeeze 1 wedge of lemon over each pack.

Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.

Place packs on grill over medium heat. Cover grill; cook 6 minutes. Rotate packs 1/2 turn; cook 5 to 7 minutes longer or until shrimp are pink and sausage is heated through. Remove packs from grill, cut large X across top of each pack. Carefully fold back foil; sprinkle with parsley, and top with remaining lemon wedges.



Maddening Mind-Manglers

Found in The Old Farmer's Almanac—2016

Food Four Thought—Pairs abound in nature and the world. Here we double your trouble. See if you can identify the four items in these classifications:

1. FDR's "Four Freedoms":
2. Canada's "Fundamental Freedoms"
3. Honor cards in the game of bridge
4. Ancient "elements"
5. Zodiac signs that have human form
6. Cycles of the 4-stroke internal combustive engine
7. Horsemen of the apocalypse
8. Galilean moons of Jupiter
9. Colors in a 4-color process in photoengraving
10. Stomach compartments of a cow
11. H's of the Four-H Club
12. The Fab Four
13. The Big Four
14. In Canada, the Four Corners (geography)
15. In the U.S. the Four Corners (geography)
16. In Canada, the original members of the Confederation

Answers will be provided next month.

Most folks have phobias...but have you ever heard of Weather Phobias?

Below is a list of Weather Phobias found in The Old Farmer's Almanac—2016.

Fear of:	Phobia:
Clouds	Nephophobia
Cold	Cheimatophobia
	Frigophobia
	Psychrophobia
Dampness, moisture	Hygrophobia
Daylight, sunshine	Heliophobia
	Phengophobia
Extreme cold, frost, ice	Cryophobia
	Pagophobia
Floods	Antiophobia
Fog	Homichlophobia
	Nebulaphobia
Heat	Thermophobia
Hurricanes, tornadoes	Lilapsophobia
Lighting, thunder	Astraphobia
	Brontophobia
	Keraunophobia
Northern lights, Southern lights	Auroraphobia
Rain	Ombrophobia
	Pluviophobia
Snow	Chionophobia
Thunder	Ceraunophobia
	Tonitrophobia
Wind	Ancraphobia
	Anemophobia

Rules for Teachers in 1911

Think teachers have it tough today? Well...

...courtesy of J. O'B., Hartford, Connecticut

- You will not marry during the term of your contract.
- You are not to keep company with men.
- You must be home between the hours of 8 pm and 6 am unless at a school function.
- You may not loiter downtown in any of the ice cream stores.
- You may not ride in carriages or automobiles with any man except your father or brother.
- You may not travel beyond the city limits unless you have permission of the chairman of the school board.
- You may not smoke cigarettes.
- You may not dress in bright colors.
- You may under no circumstances dye your hair.
- You must wear at least two petticoats.



- Your dresses may not be shorter than 2 inches above the ankles.
- To keep the classroom neat and clean, you must sweep the floor once a day; scrub the floor with hot, soapy water once a week; clean the blackboards once a day; and start the fire at 7 am to have the school warm by 8 am when the scholars arrive.





2003 Fendley Drive, N. Little Rock

501-753-4038

www.caringheartspregnancy.org

Diaper Drive



The month of AUGUST
ANY BRAND, NEW & UNOPENED
SIZES: 4, 5 & 6 preferred
Drop Off Locations:
Any and All
NLR Fire Departments



Secretary of State Mark Martin ~ 2015

Sponsor Opportunity!

The Arkansas Inland Maritime Museum will host a commemorative week of events throughout Central Arkansas for the **75th Anniversary of the Attack on Pearl Harbor** with a formal ceremony on December 7.

The museum is currently in need of event sponsors.

Visit AIMMuseum.org/
Support for the sponsorship package or email ArkansasRemembers@yahoo.com for more information.



**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: 4/15/16
Expires: **7/15/16**



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

North Little Rock History Commission



The North Little Rock History Commission is on Facebook! Search for North Little Rock History Commission and join their page today!

Also, the Friends of North Little Rock History have formed a Non-Profit Organization whose purpose is to protect and promote our city's rich history.

If your family has been in North Little Rock for 50 years or longer, the History Commission wants to know.

If you have items that represent our city's past and would like to donate them for future generations to enjoy, contact the History Commission staff.

For more information, contact the History Commission at 501-371-0755.

*The North Little Rock Visitor's Center wants to know about your upcoming events!
To submit events, visit www.NorthLittleRock.org or call Stephanie Slagle, Public Relations Representative at 501-758-1424.*

All North Little Rock Door-to-Door Peddlers permits issued in 2015 expired Dec 31, 2015.

Persons wishing to go door-to-door in 2016 must reapply with the City Clerk/Treasurer.

Permits are valid for 90 days from the date of issue.

As of August 1, 2016, a number of persons were registered to solicit door to door in the city of North Little Rock for the following companies:

- Southwestern Advantage**
- Terminix International**
- Vivint**

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

To see an individual ID/Permit, click on the person's name.

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
City Council Schedule

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

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

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

City Offices located at 120 Main

IS/Data Processing, Kathy Stephens	975-8820
Finance, Karen Scott	975-8802
Fit 2 Live, Bernadette Rhodes	975-8777
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Shawn Spencer	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, David Melton	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 Bruce Foutch	804-0928 658-9714
Ward 4	Murry Witcher Charlie Hight	835-0009 758-8396

**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 C. Jason Carter	975-3755
District Court Judge Jim Hamilton	791-8559
District Court Judge Randy Morley	791-8562

Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Legal.....	501-975-3755
C. Jason Carter	
Communications.....	501-975-8833
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Special Projects.....	501-975-3737
Jim Billings	

North Little Rock Curbside Recycling schedule for the month of August:

August 1—5 no pickup

August 8—12 RECYCLE

August 15—19 no pickup

August 22—26 RECYCLE

August 29—Sept 2 no pickup



August Birthdays

<i>ame</i>		<i>Dept</i>	<i>Date</i>	<i>Name</i>		<i>Dept</i>	<i>Date</i>
WILLIAM	POE	Fire	2	MURRY	WITCHER JR	Admin	18
DAVID	WILKINS	Police	2	MAURICE	TAYLOR	Admin	19
RICKY	ALBERS	Fire	4	CHAD	ALLEN	Electric	19
MICHAEL	KLAMM	Public Works	4	CHARLES	BASS	Fire	19
CLIFFORD	LEE	Street	4	WILLIE	ROMES	Parks Maint	19
MICHAEL	CARR	Parks Golf	4	JOHN	PFLASTERER	Fire	20
JAMIE	WALLACE	HR	5	BAILEY	GOREE	OES	21
MIKE	SCHULLER	Fire	6	JEREMY	REED	Fire	21
LANDON	RAPPOLD	Police	7	CHARLES	CARTER	Electric	22
MATTHEW	DIXON	Fire	8	THOMAS	NORMAN	Police	22
MICHAEL	MARBLEY	Sanitation	8	MICHAEL	SHAHAN	Police	22
RONALD	CARTER	Electric	9	ANTHONY	ROBINSON	Sanitation	22
CAMILLE	FLEMING	HR	9	WILLIAM	BURNHAM	Parks Maint	22
JUSTIN	MOSS	Police	9	CHARLES	PLATT	Fire	23
ROBERT	EMARY	Police	10	JOSHUA	COMBS	Fire	23
RONALD	RIGGIN	Electric	11	JENNIFER	JOHANSEN	HR	23
KIMBERLY	FRANCISCO	Police	11	WILLIAM	ROBERTSON	Vehicle Maint	23
SCOTT	HARTON	Police	11	WILLIAM	FERRY	OES	24
KASEY	KNIGHT	Police	11	SHANE	WILLIAMS	Sanitation	24
MARCUS	LEE	Sanitation	11	MICHAEL	JOY	Fire	25
RICKY	CRANFORD	Fire	12	JAMES	CAVIN	Police	25
DAVID	WILBOURN	Traffic	12	CURLTAND	WATSON	Sanitation	25
DUSTIN	TERRY	Fire	13	CHARLOTTE	THOMAS	Admin	26
FREDERICK	GUNTHER	Fire	13	CLAY	ROGERS	Airport	26
SHAY	REAGAN	UAD	13	BRAD	BOOTH	Electric	26
STACEY	LEONARD	HR	14	JAMES	WILSON	Electric	26
ASHLEY	NOEL	Police	14	JANET	EBERLE-WILKINS	Parks Admin	26
PAUL	RILEY	Police	14	KATHRYN	SNIDER	Electric	27
JOHN	ALEXANDER	Animal Shelter	15	NORITH	ELLISON	Electric	29
WILLIAM	BROWN	Legal	15	DANIEL	MCFADDEN	Legal	29
SANDRA	TARKINGTON	UAD	15	MARK	WRIGHT	Police	29
JAMES	BAILEY	Police	15	JAMES	TINDALL	Animal Shelter	30
ANGELA	WIRT	Hays Center	15	ROBERT	SCOTT	Police	30
ROBERT	SHAW	Fire	16	SCOTT	SPRINGER	Electric	31
KAREN	FLETCHER	UAD	16				

Notice: to be eligible to offer a discount to North Little Rock City Employees, a business must be properly Licensed to do business in the city and current on all monies due to the City of North Little Rock.

Name	Dept	# Yrs	Name	Dept	# Yrs		
KATELYN	THOMAS	City Clerk/Treas	4	LANDON	RAPPOLD	Police	5
HEIDI	WEBB	OES	3	MICHAEL	OSBORNE	Police	10
CHERI	MONROE	OES	12	JEREMIAH	COVINGTON	Police	10
KAREN	ALLEN	Electric	18	CHRISTOPHER	BROWN	Police	6
ROBERT	DANIELS	Electric	35	CORDELL	DAVIS	Police	4
MARK	FINCH	Electric	14	JOHN	BLANKENSHIP	Police	3
ROCKY	HARRIS	Electric	24	GENE	WHITLEY	Police	15
DARREN	OWEN	Electric	12	SARAH	BORNHAUSER	Police	3
KENNY	HIGHFILL	Electric	11	PHILIP	EVANS	Police	4
JOHN	HARRIS	Electric	9	ZACHRY	LEASE	Police	10
EDDIE	REED	Electric	26	IRA	WHITNEY	Police	11
JOSEPH	MARTIN	Electric	43	JOSEPH	MADISON	Police	8
GREGORY	HEINTZ	Electric	4	SCOTT	HARTON	Police	8
ROBERT	HUGHES	Electric	6	MATTHEW	BARBER	Police	4
GLENN	KRAUSS II	Electric	4	BLAKE	BARNES	Police	8
MATTHEW	RAGLAND	Electric	4	CHADWICK	EDWARDS	Police	10
RYAN	HARTWICK	Electric	7	MICHAEL	LITTEN	Police	8
WILLIAM	MANN	Electric	10	ERIC	STOCKMAN	Police	6
DAGNY	PRITCHARD	Finance	4	ERIC	CHEATHAM	Police	4
DEBORAH	MURPHY	Finance	37	RODNEY	THOMAS	Police	6
GLADYS	JACKSON	Finance	19	RYAN	DAVIDSON	Police	6
BEONICA	WILLIAMS	Finance	4	JASON	CHRISMAN	Police	5
JAMES	MURPHY	Fire	2	JEFFREY	ELENBAAS	Police	6
JERRY	ROBINSON	Fire	21	RANDY	FLIPPIN	Police	6
JAMES	HOOKS	Fire	26	WILLIAM	SCOTT	Police	6
JEFFREY	BENNETT	Fire	19	MICHAEL	REYES	Police	5
JOHN	PFLASTERER	Fire	21	ROBERT	EMARY	Police	4
KEVIN	BEMRICH	Fire	21	JOSHUA	THRELKELD	Police	4
GARY	WILLIAMS	Fire	16	DAVID	MOORE	Police	3
MICHAEL	JORDAN	Fire	19	AMON	SHIRLEY	Police	3
RICHARD	MATTHEWS	Fire	15	MICHAEL	STANLEY	Police	3
JONATHON	STATON	Fire	3	WILLIAM	WILLIAMS	Police	3
MATTHEW	HUNT	Fire	10	CAROLYN	BRANCH	Police	16
JASON	BRYANT	Fire	10	CHEREON	CAMP	Police	4
JOSHUA	COMBS	Fire	10	DIANA	LUNA	Police	11
JEREMY	REED	Fire	10	DAVID	WILKINS	Police	10
TOLIVER	WHILLOCK	Fire	10	RUSTY	GARTRELL	Police	11
HEATH	WILLIAMS	Fire	11	LAURA	PETTY	Code	2
NICHOLAS	FREY	Fire	9	BELINDA	GARVIN	Public Works	5
NATHAN	WOLFE	Fire	10	DANIEL	SCOTT	Neighborhood Srv	21
MICHAEL	SANCHEZ	Fire	9	DANTE	GIUSTI	Sanitation	6
DANIEL	MCFADDEN	Legal	6	RICHARD	ABBOTT	Sanitation	18
YVONNE	HARRIS	1st Court	28	TINA	OFFORD	Sanitation	12
JUDY	WEST	2nd Court	32	DONNA	MATHEWS	Sanitation	2
VEDA	STEWART PEREZ	UAD	16	ELREE	ASHFORD	Sanitation	2
SHANNON	JOHNSON	UAD	3	JAMES	BENSON	Sanitation	2
KATHERYN	STEPHENS	UAD	26	CURTLAND	WATSON	Sanitation	6
JAMIE	WALLACE	HR	22	JAMES	BAILEY	Sanitation	2
AMY	SMITH	Commerce	17	JEFFREY	WHITE	Street	15
BILLIE	BLACK	Planning	6	CODY	REESE	Traffic	4
DIRK	BARRIERE	Police	24	CHONG	LOR	Traffic	3
ROBERT	GRIFFIN	Police	26	DONNIE	ADAMS JR	Traffic	4
BRANDON	DAVIDSON	Police	11	DEIDRA	DEVINE	Traffic	18
CHRISTOPHER	WEAVER	Police	8	JANET	EBERLE-WILKINS	Parks Admin	46
JUSTIN	CROSS	Police	5	DONALD	JOHNSON	Parks Maint	16
DAVID	DALLAS	Police	30	TEMEKA	MARTIN	Parks Rec	13
CHAUNCEY	SIMS	Police	8	BRIAN	FISCHER	Parks Golf	5
MATTHEW	PEACH	Police	5	JEFFREY	CAPLINGER	Parks - Spec Proj	12

AUGUST ANNIVERSARIES