

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

January 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.

Annual North Little Rock Sertoma Club, City of North Little Rock, North Little Rock Visitors Bureau Christmas Parade was held Sunday, December 6, 2015.



All City of North Little Rock photos contained in this e-Newsletter were taken by Jim Billings.



*From all of us
To all of you
Happy New Year!*

Diane, Linda, Katelyn, Donna and Becky T.



"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



New Year's Resolutions for Pets and Their People

*Found at vetmedicine.about.com (2014)
By: Janet Tobiassen Crosby, DVM
Veterinary Medicine Expert*

At the start of a new year, people's thoughts often turn to diet and exercise, making up for holiday indulgences. I am not typically one for making New Year's resolutions—too much stress and expectation. But I do enjoy the feeling of a “fresh start” and the refocusing that the new year brings.

Here are some ideas and tips to enhance the health and add some fun to your pets' lives.

EXERCISE—Pets also suffer from overeating and lack of exercise. There are more things to consider than diet and exercise when it comes to being a good example for our pets.

Regular exercise has the obvious health benefits, but it also is a great time to bond with our pets. A simple daily walk helps a dog learn proper manners, provides some good quality time, and does wonders for the human counterpart, too!

Keeping pets at the proper body weight reduces the risk of heart and joint problems, diabetes, and a host of other poor health conditions.

HEALTH CHECK UP—A regular visit to your veterinarian is the best way to stay ahead of potential problems. Annual examinations of teeth, heart/lungs, and body condition overall will be less costly than waiting for a problem to develop and your pet suffering needlessly from complications of preventable problems. Having a good “baseline” of information about your pet also gives the veterinarian something to compare against and determine exactly what is wrong when something isn't quite right with your pet.



GOOD NUTRITION—Like humans, pets who eat poor quality food just don't have the health reserves that those with a good, balanced diet do. Poor skin condition, hair/coat, muscle tone, and obesity issues can be a result of a poor diet. Also, pets are not humans—a diet rich in table scraps is not a healthy one and can lead to problems such as obesity and pancreatitis.

GOOD GROOMING—No one wants to be around a stinky pet. Regular grooming—bathing, toe nail clips, brushing teeth, hair/coat and parasite control—not only make the pet more pleasing to be around, it is much healthier for them too. If your pet has skin and coat problems that aren't resolved with regular grooming, see your veterinarian—there may be an underlying medical condition affecting the skin, coat or nails.

SAFETY—Keeping pets safe is something most pet owners take for granted. However, take a moment to assess the toxic chemicals used in your home and yard. Are they necessary? Are all safety precautions followed? Where are household chemicals stored? Can your pet access these items? If toxins such as rodent poisons are used, can your pet access the rodents? Think too about enclosures for pets—is the fencing secure? Can your pet get caught or hooked on a fence, tree, etc, and choke or be stuck out in the weather when you are away?



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

**Please Don't Litter
Spay or Neuter
Your Critter**



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



North Little Rock Fire Department

The Blood Pressure Spectrum

Found in Healthside—2013 Edition

Blood pressure readings are a combination of 2 numbers. One is the systolic pressure (the first or top number). It's the force of blood against the walls of your arteries when your heart beats. The other is the diastolic pressure (the bottom or second number). It's the force of blood against the walls of your arteries when your heart is at rest.

Normal
Systolic **less than 120**
AND
Diastolic **less than 80**

No treatment needed. But remember, blood pressure tends to rise as you get older. So, make sure you and your health-care provider keep an eye on it.

Prehypertension
Systolic **120-139**
OR
Diastolic 80-89

Having prehypertension often leads to having high blood pressure—unless you take steps to prevent it. These steps often start with diet and exercise changes.

High—Stage 1
Systolic **140-159**
OR
Diastolic **90-99**

Treatment with medication is needed. Both high blood pressure and prehypertension raise your risk for heart attack, stroke and heart failure.

High—Stage 2
Systolic **160 and up**
OR
Diastolic **100 and up**

Generally speaking, the risk for heart disease **doubles** for every increase of 20 in systolic BP or 10 in diastolic BP.

The City of North Little Rock and many other businesses now offer employees wellness incentives. North Little Rock City Employees are eligible for incentives in the following areas:

Annual Preventive Exam
Tobacco & Nicotine
LDL Cholesterol
HDL Cholesterol
Triglycerides
Blood Pressure
Blood Glucose or A1C
Body Mass Index

Completed in 2016
Tobacco & Nicotine Free
130 or lower
40 or high
200 or lower
130/85 or lower
110 or 7% or lower
26 or lower



For more information, contact Bernadette Rhodes at Brhodes@nlr.ar.gov or call 501-975-8777.

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 (November events).

Central Arkansas Water—year to date water sales for 2015 are 6.0% below the 13 year historical average.

Neighborhood Services—Mailed 2,008 neighborhood association announcements/newsletters. Update the following Facebook pages: Neighborhood Services, Rose City Neighborhood Association, Neighbors United for Levy, and NALC.

Hays Center—Day trips to Cracker Barrel, Amity Trade Days, Argenta movie, Taziki's, Fairfield Bay Cruise and Little Red Cafe, Bentonville Crystal Bridges and Briar Rose Bakery, and Alma for shopping at the A to Z Store and lunch. Volunteers logged 1,409 hours of service during the month.

Utilities Accounting—

Electric bad debt expense November: \$14,583;
2015 Projected Bad Debt \$250,000
New accounts installed: 950
Accounts finalized: 932
Customer related calls—8,527, direct contact with Customer Service—1,497, inside teller payments received 7,264—electric; 8,553—gas / water, drive-thru teller payments—4,503—electric; 4,880—gas / water, Web/IVR payments—4,485.

Street—work continues around the city patching potholes, cutting right-of-way, working alleys in and around Washington Avenue and 2nd Street, set up and took down tents for events, trimmed trees, hauled off sweeper piles, cleaned drainage ditches, ran down Greenlea Lake and checked other "hot" spots, monitor drains along major routes and flush different pipes and basins.

Sanitation—Collected and disposed of 1,907.70 tons (3,815,400 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 302 loads; 5,664 cubic yards of mixed debris along with 2,849 cubic yards of green waste. Of the above totals, 22 loads (610 cubic yards) of debris/junk were collected in Baring Cross during a special clean-up event. Leaf vacs started pickup November 16 and collected 96 loads (2,849 cubic yards). Several move outs were serviced and 199 used tires were picked up. Issued 62 Sanitation Code notices/letters and 11 citations for non-compliance.

Traffic Services—approved 123 barricade applications for permits. Repaired or replaced signs and posts 158, marked 2 city vehicles with logo, 38 Arkansas One Call location requests.

Police—(October numbers) 28 vehicle breakings (most unlocked). The public is reminded to lock vehicles and hide valuables or remove. Issued 50 citations for handicapped parking violations. Participated in Rotary Club "I Like Me" reading program. Helped Kiwanis deliver 150 food baskets to families in need.

Fire—Total Incidents: 848



Residential Fires: 21
Vehicle Fires: 7
Rescue/EMS: 488
Other Responses: 262
Total Responses: 1,505
Other Structure Fires: 1
False Alarms/Malfunions: 58
Haz Mat Responses: 9
Mutual Aid: 2
Total Fire Losses: \$687,720

Total Value: \$1,438,520
Total Saved: \$750,800
Training: 3,600.54 hours
Building Surveys: 191

Electric Department—38,259—customers, Peak Power—158,423 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,032 (105 repaired), Security lights—3,961 (35 repaired), Smart meters 37,907—Revenue \$5,432,024. Major outages—1 at 5900 JFK pole hit, 1,530 customers out 5 minutes, 176 customers out 3 hours.

Planning—on-line inspection requests are underway with no complaints. Allows contractors to make requests and view on-line comments from city inspectors. Issued 3 building permits for commercial remodels, 9 new single family residence permits, 422 inspections (126 electric, 108 building and 188 plumbing/HVAC).

City Clerk/Treasurer—funds processed \$9,552,783.18. Issued 37 new business licenses, 9 renewals, 24 accounts under review. Reviewed 3,765 business license accounts, printed invoices and prepared envelopes for mailing December 31, 2015.

Code Enforcement—123 assigned calls, 420 initiated calls, 53 citations, 339 violation notices, 100 vehicles tagged, 30 structures inspected, rental inspections 15, 15 food service inspections, 1 search warrant, 1 house demolished by city, 4 houses demolished by owner. Code Maintenance—58 assigned calls, 41 vacant lots cleared, 26 lots with structures cleared, secured 2 vacant houses, mowed 0 vacant lots, mowed 0 with structures, picked up 8 tires.

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Animal Control—NLR

Incoming Animals 121,
 Adopted 24,
 Reclaimed 28,
 Euthanized 82,
 Citations issued 69,
 Vouchers
 (low cost spay/neuter)
 Dogs 13, Cats 5
 Calls for Service 495



Pulaski County

Incoming Animals—36,
 Adopted 6,
 Reclaimed 7,
 Euthanized 36
 17 dogs went to out of state rescue. 1 bat tested positive for rabies.

North Little Rock Visitors Center—419 reservations at Downtown Riverside RV Park (average stay 2.84 days). VIC had 766 visitors. USS Hoga arrived November 23.

Parks and Recreation—tree trimming continues, heaters installed at Tennis Center. 1,200 flower bulbs planted and equipment being serviced for Spring 2016. Rain in November impacted golf revenue. Want to know about spiders? Call the Park Ranger (Ian) 501-812-5962 to schedule a program. Volunteers needed for the Park Ambassador Program, call Jeff at 501-791-8540 for more info. Improvements at pavilions include roof repairs and painting. Elevated walkway built by staff and installed by a mountain bike volunteer group on Pfeifer Trail. Shep reported the number of geese down overall averaging about 60 but not daily. Those were found in and around Burns Park, Cooks Landing, and Riverview Park. Most appear to be migratory.

**Finance—
 Revenues (MTD—November)**

Taxes	\$2,922,518.18
Licenses/Permits	\$ 20,502.76
Fines/Forfeitures	\$ 216,686.09
Local Option Sales Tax	\$2,108,004.63
Intergovernmental-State	\$ 29,548.81
Franchises	\$ 185,372.78
Investment/Misc	\$ 54,701.88
User Fees	\$ 180,573.05
Utility Transfer	\$ 72,341.60
Grants & Other	\$ (64,159.72)
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$6,649,170.06

Expenditures

Administration	\$ 69,935.81
Animal Shelter	\$ 83,207.26
Special Appropriations	\$ 308,021.21
City Clerk	\$ 18,204.21
Emergency Services	\$ 129,143.31
Finance	\$ 60,823.84
Fire	\$1,001,521.94
Health	\$ 9,051.71
Legal	\$ 40,011.78
1st Court	\$ 37,950.23
2nd Court	\$ 38,259.14
Public Defender	\$ 785.72
Human Resources	\$ 43,460.88
Commerce	\$ 17,587.29
Planning	\$ 54,061.96
Police	\$1,530,515.36
Code Enforcement	\$ 68,847.54
Public Works	\$ 63,324.65
Neighborhood Services	\$ 14,213.87
Sanitation	\$ 258,624.78
Vehicle Maintenance	\$ 7,910.69
Senior Citizens Center	\$ 73,873.49
Communications	\$ 7,609.95
Fit 2 Live	\$ 10,662.43



Elinor (Ellen) Enyeart Ferguson

Retired Finance Department employee Ellen Ferguson died November 28, 2015. Ellen was born in North Little Rock to the late Ezra Euen and Margaret Burke Ferguson. She lived in North Little Rock her entire life and was a graduate of North Little Rock High School.

Ellen worked in the Finance Department for many years as an Accounts Payable Associate.

Ellen is survived by her sisters, Margaret Rose Mushrush (Eldon), Alma, AR, Judy Marek (Richard), North Little Rock, and brother Sonny Ferguson, Benton, and nieces and nephews.

Visitation was Friday December 4 at Griffin Leggett Rest Hills.

Ellen loved animals of all kinds and was a big supporter of North Little Rock Friends of Animals. Memorials can be made to NLR Friends of Animals c/o NLR Animal Shelter.

New Years Resolution Ideas

From Michael Pruiksma—modernizedlifestyle.com

So, it's 2016...where do we start?

Start a new chapter in your life. It doesn't matter what has happened in your past, that's already history. Learn from the past and start making improvements instead of doing the same old things day after day and expecting a different result. That's called insanity.

Your goal for the new year should be to make small daily improvements and to strive to make tomorrow better than yesterday. If you just make a 1% improvement each day, you will be 365% better in just one year!

You already know what you have to do, so now you just have to do it! Whether it's eating a candy bar or an apple; going for a walk around the block or sitting on the couch and watching TV; going out and spending money or using it to pay your bills and get out of debt. As you can see it's really easy stuff to do...you just have to do it! It can be easy to do...it can be easier not to do it.

So what's easier? Sitting on the couch instead of exercising? Eating junk food instead of healthy food? Staying in your comfort zone instead of trying new things? Saying you "can't do it" instead of giving it a try? Being negative instead of positive? To be sad and down instead of happy and cheerful?

Now is the time to challenge yourself to start doing what is right instead of what's easy. Yes, it will be a challenge and seem difficult at times, but it will only make you stronger and better in the end.



We all have good days...and we all have bad days. Good days can be great, while the bad ones can be horrible. On the good days, be grateful and celebrate. On the bad days, learn from the experience and learn to shake it off and move on.

Here are some suggestions:

If you're having a bad day, don't dwell on it and don't tell everyone how bad it is.

Change your thoughts as fast as you can from negative to positive.

Where your emotions go is where your energy flows.

You get what you focus on.

You are what you think about all day.

Spend some time watching or listening to positive, inspiring and motivational videos to gain hope and passion and keep working and fighting for your dreams.

The Ultimate 2016 New Year's Eve Game Plan

When most people make a new years resolution, it's more like a wish and they don't take it seriously or stick with it.

Some people want to loose weight, get healthy, get out of debt or quit their addiction. The first day they are passionate and determined, but as the days go by, the passion and determination fizzle out and in a matter of a week or two, they give up.

People need to continue to make progress each day to reach their goals.

What Is Problem Drinking Or Drug Use?

Found in Southwest EAP Employee Assistance Program
Fall 2015 Newsletter

Alcohol and drug problems occur at all educational and social levels, and in every age group. If you think that you (or a family member) may have a problem with alcohol or drugs, ask yourself the following questions. If the answer to any of them is "yes", you need to examine how your alcohol or drug use is affecting your health, safety, relationships, family, job performance or finances.

1. Do you ever drink heavily or use drugs when you are disappointed, under pressure or have had a quarrel with someone?
2. Do you sometimes feel guilty about drinking or drug use? Do you do things while under the influence that you wouldn't do otherwise? Do you find yourself regretting them later?
3. Do you tell yourself you can stop drinking or using drugs any time you want to, but you keep getting drunk or high when you don't intend to?
4. Has a family member, friend, or your employer ever expressed concern or complained about your drinking or drug use? Are you annoyed by their concern? Do you become defensive?
5. Do you sometimes have "shakes" in the morning and find that it helps to have a "little" drink, tranquilizer or medication of some kind?
6. Do you ever wake up the morning after with no memory of the night before? Have these "blackouts" become more frequent?
7. Do you find yourself lying to your spouse, your kids, your friends, your employer to cover up your drinking or drug use—though you really don't like lying?
8. Have you had financial, work, family or legal problems as a result of drinking or drug use?
9. Do you drink or get high while alone?
10. Have you driven a car while intoxicated or in a drug-induced haze? Have you ever been arrested for driving under the influence of a substance?
11. Have you been drunk or high more than four times in the past year?
12. Do you resort to alcohol or drugs in order to do something (start the day, work, have sex, or socialize, for example) or to change how you feel (sad, scared, anxious or angry), to banish shyness or bolster confidence?
13. Do you notice you have an increased need for more alcohol or more of your drug of choice in order to feel high?

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14. Do you sometimes feel uncomfortable when you have to be somewhere where no alcohol or drugs will be available? When drinking or drugging with other people, do you keep going when everyone else has had enough?
15. Are most of your friends or acquaintances people you drink or get high with? Do you try to avoid other friends and family when you're drinking or using drugs?
16. Has your drinking or drug use led to conflicts with your friends or family members? Do you regularly hide alcohol or drugs from those close to you so that they will not know



- how much you are using?
17. Have you ever thought that your life might be better if you didn't drink or use drugs, or that life as it is just isn't worth living?

18. Are you taking illegal drugs?
If you answered "yes" to event two or three of the questions above, you should consider the possibility that your drinking or drug use is a problem.

Note: This questionnaire is for education purposes only and does not provide a diagnosis of alcohol or drug abuse or addiction. It is not a substitute for a full evaluation by a healthcare professional, and should only be used as a guide to understanding your alcohol or drug use and related health issues.

2016 Holiday Schedule

The City of North Little Rock observes the same holidays as the State of Arkansas by authority of Act 304 of 2001. Below is the list of 2016 State Observed Holidays found on the Arkansas Secretary of State's website.

January 1, 2016 (Friday)	New Year's Day
January 18, 2016 (Monday)	Dr. Martin Luther King Jr. and Robert E. Lee's Birthdays (Observed)
February 15, 2016 (Monday)	George Washington's Birthday and Daisy Gaston Bates Day (Observed)
May 30, 2016 (Monday)	Memorial Day (Observed)
July 4, 2016 (Monday)	Independence Day
September 5, 2016 (Monday)	Labor Day
November 11, 2016 (Friday)	Veteran's Day
November 24, 2016 (Thursday) <i>And the day after for North Little Rock Employees (November 25, 2016)</i>	Thanksgiving Day
December 24, 2016 (Saturday)	Christmas Eve (Observed on Friday, December 23, 2016)
December 25, 2016 (Sunday)	Christmas Day (Observed on Monday, December 26, 2016)



Getting past the myths of colorectal cancer

By Jonathan Laryea, M.D.
Found in City & Town, November 2015

Colorectal cancer is the third-most commonly diagnosed cancer in both men and women and the second-leading cause of cancer deaths, yet it doesn't quite get the attention that many other types of cancers and diseases do. In Arkansas alone there are about 1,500 colorectal cancer cases annually, with death rates slightly above the national averages. On average, the risk of getting colon cancer is about one in 20.

There are several myths that keep people from getting tested and screened. Education about colorectal cancer and its early detection—both the benefits of getting tested and screened—can be keys to decreasing the number of deaths from the disease each year. It is my hope to help dispel some of these myths and encourage more Arkansans to ask their doctors more questions and get screened when appropriate.

Myth 1—Colorectal cancer is a man's disease. Colorectal cancer is just as common among women as it is men. The risk overall is equal, but women have a higher risk for colon cancer

while men are more likely to develop rectal cancer.

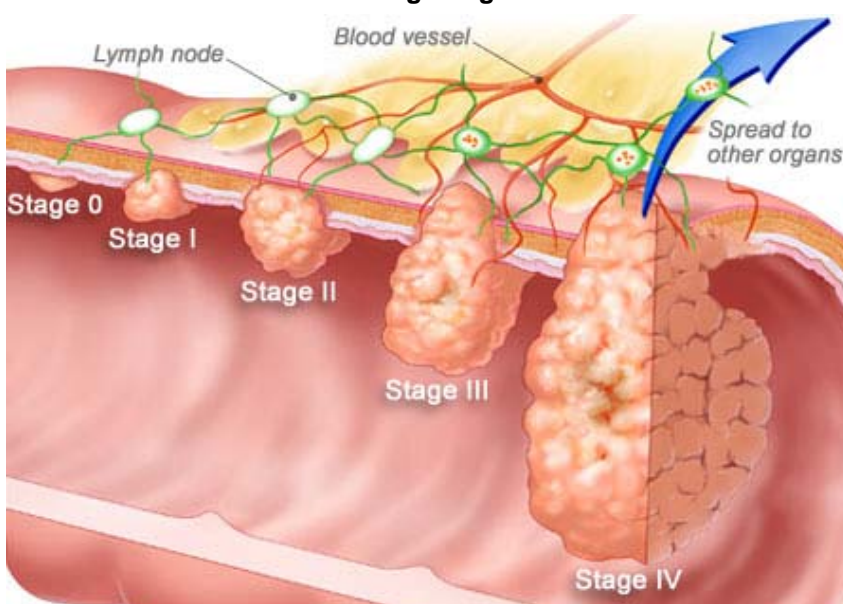
Myth 2—There's no way to prevent colon cancer, so lifestyle doesn't matter. In many cases, colon cancer can be prevented, and it's about what you eat and your physical activity. It's best to be a healthy weight throughout your life. Be physically active. Stop Smoking. Eat high fiber foods, and limit high fat and red meats.

Myth 3—A polyp means I have cancer. Polyps are benign (or non-cancerous) growths that, if left unchecked, have the potential to develop into cancer. Polyps can easily be removed during a colonoscopy. Not all polyps are precancerous. They are fairly common in people age 50 and older. One type of polyp, called an adenoma, increases the risk of developing colorectal cancer.

Myth 4—Colonoscopies are unpleasant and the only way to screen for colon cancer. Preparing for a colonoscopy involves cleaning the colon with the help of prescription and over-the-counter medications. Typically these are liquid drinks that must be consumed a day or two before the procedure. The prep for the procedure is generally what people consider to be the worst part. The actual colonoscopy only takes 15-30 minutes, and patients are sedated to eliminate discomfort.

There are several screening options for colorectal cancer, including flexible sigmoidoscopy, fecal occult blood test, and double-contrast barium enema. But a colonoscopy is the gold standard. It detects more cancers, examines the entire colon and can be used for screening, diagnosis, and removing polyps all in one visit.

Myth 5—Age doesn't matter when it comes to getting colon cancer.



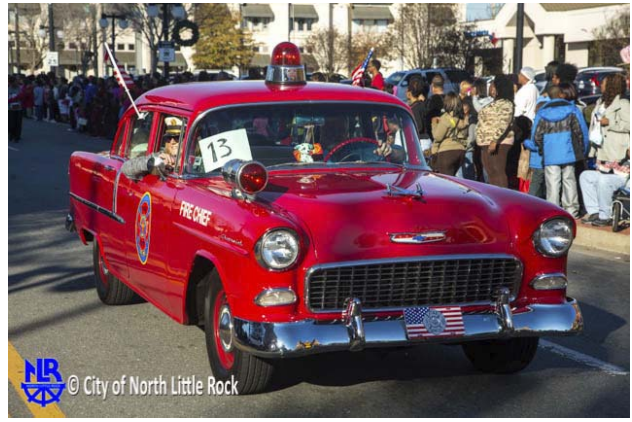
More than 90 percent of all colorectal cancers are found in people who are 50 and older. This is why it is recommended that you start getting checked for this cancer when you are 50. If you have a family history of colon cancer or exhibit other risk factors, you might want to

get screened sooner than age 50. Consult with your primary care physician about when you should be screened.

Importance of education and screening

A colon cancer diagnosis can be scary, but knowing all the facts about the disease and its treatment helps patients be better prepared to fight it. Diagnosing colon cancer early and taking preventive measures are vital to decreasing the prevalence of colon cancer. Many people with colon cancer experience no symptoms in the early stages, which is why screening is so important.

Jonathan Laryea, M.D., is Associate Professor of Surgery, Division of Colon & Rectal Surgery College of Medicine, University of Arkansas for Medical Sciences (UAMS).





The 2nd Annual City of North Little Rock Northern Lights Celebration was held on Sunday, December 6. Photos on this page include city employees from various departments and members of the Mayor's Youth Council. Photos were taken by Jim Billings, Special Assistant to the Mayor.





The Annual "Battle of the Badges" Tip A Cop for Special Olympics was held last month at Texas Roadhouse. Once again, the North Little Rock Police Department out collected their brothers and sisters from across the river.

North Little Rock Police Department raised \$4,011.16

Little Rock Police Department raised \$3,040.00

NLRPD remains undefeated in this friendly competition and can maintain bragging rights until the next Tip A Cop event.

Below are a few of the notes left behind for our officers with their donation.

NLRPD + Community = A Great Partnership!



Dear Officers,
So many people are grateful for the services and protection our police officers provide. You take so many risks for us.
Thank you,
Vicki Suthill



Thanks for all you do!
-The Bakers

Ugly Christmas Sweater Contest



Above: City Services employees—
Dana Raeburn, Dominique Ambrose,
and Michelle Harper.

Right: City Services employee
Sylvia Norman.

Left and below: City Clerk's Office
employees (Left) Katelyn Thomas,
and (bottom) Donna McGlothlan and
Diane Whitbey



*And the winner
is...Michelle Harper
with a two
sided entry of a
**Tinsel Tree
And
Candy Canes***





Competing Restaurants are:

- American Pie Pizza (Maumelle)
- American Pie Pizza (North Little Rock)
- Arkansas Ale House
- Benihana Restaurant
- Blue Coast Burrito
- Carino's
- Chicken Wangs III
- Good Food by Ferneau
- Hooters
- Ira's Park Hill Grill
- Las Palmas Mexican Restaurant
- Mugs Cafe
- Ristorante Capeo
- Riverfront Steakhouse
- Taziki's Mediterranean Cafe
- TCBY
- Whole Hog Cafe

The North Little Rock Convention & Visitors Bureau (CVB), in partnership with the Arkansas Foodbank and the University of Arkansas at Little Rock Athletic Department, is hosting the annual North Little Rock Restaurant Month in January.

The newest promotion part of Restaurant Month is the inaugural "Dine Off", set for January 22 – February 4, 2016. Select restaurants throughout North Little Rock will be collecting monetary donations on behalf of the Arkansas Foodbank in a friendly competition for the North Little Rock Dine Off 2016 Golden Plate. Participating restaurants are listed left.

The North Little Rock CVB is repeating last year's popular UALR basketball promotion. For the whole month of January, people are encouraged to bring receipts from **any** North Little Rock restaurant to the Visitors Information Center in Burns Park or the North Little Rock Chamber of Commerce to receive free tickets to the February, 6, 2016, Little Rock Trojans basketball game.

Throughout the month of January, the North Little Rock CVB will be giving away weekly prizes in its #EatNLR Foodie Contest for social media posts featuring photos from North Little Rock restaurants and using the hashtag #EatNLR. Contest guidelines are available at: NLRRestaurantMonth.com/eatnlr-foodie-contest.

For more information about North Little Rock Restaurant Month, visit NLRRestaurantMonth.com or call (501)758-1424.

Update—Leaf Vacuums are out

Leaves need to be raked or blown to the curb to be vacuumed. Do NOT mix any debris or trash with leaves, do NOT block access to leaves with a vehicle and do NOT put leaves in the street or gutters.

Residents can continue to bag their leaves for weekly curbside pickup. You can also mow (mulch) them. Mulched leaves provide a great food source for lawns and make great composting material!

For location information, call 501-371-8355, then select option 4.



NEIGHBORS UNITED
FOR LEVY BRINGS YOU:

HELPING OUR COMMUNITY NEEDS DRIVE

Now through
January 29, 2016

VISIT THE NEIGHBORS UNITED
FOR LEVY FACEBOOK PAGE
FOR MORE INFORMATION
AND ADDITIONAL DROP OFF
LOCATIONS

[HTTPS://M.FACEBOOK.COM/NUFL1/](https://m.facebook.com/NUFL1/)



WHAT IS
NEEDED

**AMBOY
COMMUNITY
FOOD
PANTRY**

*Non-perishable
food items*



**NORTH
LITTLE ROCK
ANIMAL
SHELTER**

*Clean used or
new towels and
blankets*



DROPOFF
ARVEST BANK
4724 CAMP
ROBINSON RD



**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: 10/15/15
Expires: **12/31/15**

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 expired December 31, 2015. Persons wishing to go door-to-door must reapply with the City Clerk/Treasurer after January 1, 2016.

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

Mabel Elizabeth (Betty) Bush

Mrs. "Betty" Bush, mother of Maintenance Director Bill Bush died December 15, 2015. Mrs. Bush was preceded in death by her husband, Marshall Neal and is survived by four children: Debi Rains, Wynnewood; OK, Bill, North Little Rock; Ernie Bush, Conway; and Michael Bush, Newport; and ten grandchildren, Mrs. Bush was born in Tulsa, OK and was 85. She will be buried in Memorial Park Cemetery in Tulsa.



New Years Superstition

Must Eat Foods:

Black-eyed peas—for luck and prosperity (must eat at least 365!).
Greens or cabbage represent paper money.
Cornbread represents gold.

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 January:

Dec 28—Jan 1 (2) recycle
Jan 4—8 no pickup

Jan 11—15 recycle
Jan 18—22 no pickup

Jan 25—29 recycle



January Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs
JOE SMITH	Admin	3	EUGENE TYREE JR	Police	35
STEVE BAXTER	Admin	5	TAYLOR HUDSON	Police	4
MAURICE TAYLOR	Admin	7	SHELBY HUNTER	Police	7
DEBI ROSS	Admin	8	JOSEPH GREEN	Police	7
MURRY WITCHER JR	Admin	25	MATTHEW ROEBUCK	Police	11
CHARLIE HIGHT	Admin	15	VINCENT THORNTON	Police	6
BETH WHITE	Admin	7	VINCENT RAY	Police	11
DANNY BRADLEY	Admin	15	MARCUS PEREZ	Police	4
MARGARET POWELL	Admin	19	JAMES CAVIN	Police	3
LINDA ROBINSON	Admin	13	MARK ROBERTS	Police	6
BILLY GRACE	Animal Shelter	20	JUSTIN MOSS	Police	6
JAMES TINDALL	Animal Shelter	4	JOHN SCOTT	Police	6
DIANE WHITBEY	City Clerk/Treas	15	JONATHAN THOMPSON	Police	4
MARY DENTON	OES	12	RAUL DALLAS	Police	5
GARY GRAY	OES	26	PHILIP GRAY	Police	3
DEBRA LUSK	OES	26	MICHAEL THOMAS	Police	3
ZACHERY KIMSEY	Electric	4	RHONDA HUEY	Police	9
BRENDA DAVIDSON	Electric	36	DENA KERR	Police	14
RENITA NOBLE	Electric	25	KANDACE SANDERS	Police	7
HARRY ALLEN IV	Electric	4	BRENDA SATTERFIELD	Police	8
MARK COLEMAN	Fire	28	GARY THORNTON	Code	3
STEVE ALLEN	Fire	28	MICHAEL KLAMM	Public Works	2
NORMAN MILLER	Fire	28	ROBERT BROWN	Street	2
STEVEN SMITH	Fire	28	EDWARD RHODES	Street	19
MARK TACKETT	Fire	28	JOHN SEHIKA	Street	2
MICHAEL KEENER	Fire	37	WILLIAM EASON	Street	32
PERRY TACKETT	Fire	28	CHARLEY BAXTER	Hays Center	41
GORDON WITTENBURG	Fire	28	SUSAN RUSSELL	Hays Center	13
MIKE SCHULLER	Fire	28	CONSTANCE FOWLER	Hays Center	9
VICKI WEED	1st Court	21	RONNIE MITCHELL	Parks Maint	16
MARGIE MAY	2nd Court	13	JENNIFER FAULKNER	Parks Maint	6
KATHY DAVIS	2nd Court	13	WARREN DEBUSK	Parks Maint	7
GABRIEL KING	UAD	2	MARK JOSEPH	Parks Golf	8
FELECIA HART	UAD	34	NATHAN HAMILTON	Communications	5

City Offices will be closed

January 1, 2016 in observance of New Year's Day and January 18, 2016 in observance of Martin Luther King, Jr. and Robert E. Lee's Birthdays. Scheduled garbage, trash and recycling routes will be delayed one-day following the holiday (i.e. New Year's Day will be picked up on Saturday, the 2nd.

There will be a one-day delay January 18 through the remainder of the week.

A spreadsheet including all North Little Rock employees is provided at the end of the previous year for Birthday and Anniversary information (to be used the following year). If you see an employee's name who is no longer with the city, keep in mind that the current information was provided during the previous year when those individuals were employees of the City of North Little Rock. If someone is omitted, please let me know!

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.

January Birthdays

<i>Name</i>		<i>Dept</i>	<i>Date</i>	<i>Name</i>		<i>Dept</i>	<i>Date</i>
CHRIS	HALL	Fire	1	MATT	SODERLUND	Police	17
MARY BETH	BOWMAN	Commerce	1	CRAIG	UMHOLTZ	Police	17
JOHN	NANNEN	Police	1	DONALD	JOHNSON	Parks Maint	17
REBECCA	HENDERSON	Legal	2	ROY	SANCHEZ	Fire	18
KAREN	DIMATTEO	Police	2	MATTHEW	MAYFIELD	Fire	18
PAMELA	SMITH	Parks Rec	2	LAURA	PETTY	Code	18
DANNY	BRADLEY	Admin	3	GLADYS	JACKSON	Finance	19
TAMMY	NEWTON	OES	3	JAMES	CRAIG	Fire	19
MATTHEW	RAGLAND	Electric	3	KEITH	MELTON	Fire	19
MATTHEW	HUNT	Fire	3	JAROD	MAYNARD	Police	19
MICHAEL	GIBBONS	Police	3	CARY	COOKE	Police	19
MICHAEL	THOMAS	Police	3	SHIRLEY	ABEL	Neighborhood Srv	19
JUDY	HUNTER	UAD	4	RICHARD	ABBOTT	Sanitation	19
KEVIN	USSERY	Traffic	4	PAUL	REEVES JR	Street	19
REGINA	HENSON	Parks Rec	4	RUSSELL	MEEKS	Parks Maint	19
ERNEST	PEOPLES	Parks Rec	4	MARY	ERVIN	Comm Dev	20
BRADLEY	SIMS	Police	6	MATTHEW	THOMAS	Police	20
ERIC	CHEATHAM	Police	6	CRISS	GARDNER	Police	20
PATTY	JONES	Animal Shelter	7	BRENT	TREECE	Fire	21
AARON	CHASSELS	Fire	8	BETH	WHITE	Admin	22
STEVE	BAXTER	Admin	10	CHONG	LOR	Traffic	22
MICHAEL	GARRETT	Fire	10	JEAN	HOBBY	UAD	23
DAVID	DALLAS	Police	10	SHEILA	HICKS	OES	24
RONALD	MESSER	Police	10	DARREN	OWEN	Electric	24
RASHUNDA	WILLIAMS	Police	10	JAMES	HOUSTON	Electric	24
KENNY	SUMMONS	Sanitation	10	STEVEN	SMITH	Fire	24
NATHAN	WOLFE	Fire	11	MICHAEL	KEENER	Fire	24
MICHAEL	NELSON	Police	11	DANA	RAEBURN	UAD	25
MATTHEW	BRUSH	Police	11	CHAUNCEY	SIMS	Police	25
WALLACE	DEREUISSEAU	Fire	12	REBA	CRAIG	Police	25
JANET	HILL	1st Court	12	SHANNON	CARROLL	Comm Dev	26
STEACY	KENNEDY	Parks Maint	12	ROBERT	BRYSON	Electric	26
BILLY	GRACE	Animal Shelter	13	JUDY	WILKINS	2nd Court	26
OKEY	DILLON JR	Electric	13	CHERYL	THOMAS	UAD	27
STEPHANIE	THOMAS	Finance	13	AUDRIANNA	BARNES	UAD	27
MATTHEW	ROWLAND	Street	13	GREGORY	GAINES	Parks Rec	27
MATTHEW	PRICE	Electric	14	JEFFREY	BENNETT	Fire	28
WILLIAM	EASON	Street	15	MILTON	HINSHAW II	Electric	30
NICHOLAS	FREY	Fire	16	TERRY	GLENN	Street	30
CHRIS	GANN	Police	16	RICKY	BETTIS	Electric	31
ROY	MCPHAIL	Electric	17	KIMBERLY	LOR	UAD	31
ALFRED	CERRATO	Fire	17	LATONIA	WOODS	UAD	31
MARK	THORN	Fire	17	KATRINA	WILBON	Parks Rec	31