

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

August 2014

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.



Mayor Joe A. Smith, Chief of Staff Danny Bradley and city Historian Sandra Taylor-Smith



City
Hall
celebrated
100
Years
July 27,
2014



NLR Woman's Club members Trudy Henley, Helen Greenfield & Sue Corker



Treasurer Mary Ruth Morgan & City Clerk and Collector Diane Whitbey

Special thanks to the North Little Rock Woman's Club for refreshments and Galaxy Furniture for the loan of furnishings and accessories.



"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

*This article was found online at
www.post-gazette.com
By Linda Wilson Fuoco*

In the summertime, the livin' isn't always easy for billions of wild birds in North America, according to the American Bird Conservancy. July, August and September are critical months as birds raise their young and prepare for migration. Some studies suggest that as many as half of all migrating birds do not make it back home.

"Our birds need all the help they can get," said conservancy president George Fenwick.

Threats to birds include drainage of waterways, pesticides, air and water contamination, glass windows and cats.

Here are a few tips:

Birdbaths. Birds like other animals can dehydrate if they don't have access to water. Bird baths and other "water features" should be cleaned regularly. Wear disposable gloves when scrubbing gunk from the bottom. Replace water at least once or twice a week so insect eggs deposited in the birdbath don't have time to hatch into mosquitoes.

Hummingbirds. Hummers need nectar as they prepare to fly south in the fall, and feeders filled with sugar water can help them. Regularly clean feeders and replace the sugar water before it ferments—usually within 3 to 7 days depending on the heat and sun.

Dogs and Cats. Keep dogs and cats away from young birds. Free-roaming cats kill many birds every year, especially young fledglings that spend time on the ground. Roaming dogs can have an impact on ground nesting birds.

Glass Strikes. Many birds die when they fly into glass windows. Suggestions in-



clude putting tape or decals on windows, turning outdoor lights off at night (because bright artificial lights can disorient migrating birds and make them more likely to fly into windows). Blue and green LED lights are less distracting to night-migrating birds.

Bird Friendly. Make your yard a bird-friendly habitat by letting some of your yard go wild or garden with native

plants. Avoid or minimize tree trimming to prevent disturbing nests. When possible, avoid mowing grass in large fields and along roadsides until after July, when ground-nesting birds fledge. If you are lucky enough to have swallows nesting on your porch, keep the nest intact. These birds will help you by eating hundreds of insects a day. However, old nesting materials attract parasites and can be a source of disease. So, after the young have left, clean out the nests.

Leave Baby Birds Alone. If you find a baby bird do not pick it up or bring it indoors. In most cases, the parents are nearby and know best how to care for their young. An exception is injured birds, which should be taken to a wildlife rehabilitation center.

Pesticides. Even products labeled as safe will likely have negative consequences on birds. Home garden products with neonicotinoids or neonics have been found to be deadly to both bees and birds in even minute amounts.

Balloons. Celebrate good times without balloons. Birds can become entangled in the long ribbons and strings. They can also ingest deflated balloons, which will block their digestive tract and cause them to starve.

Fishing Line. Discard fishing line in trash cans and use only lead-free tackle. Scores of birds suffer mortal poisoning from ingesting lead weights in fishing gear. If you accidentally hook a bird, don't cut the fishing line. Instead, net the bird, cut the barb off the hood and push it backward to remove.



Low Cost Spay or Neuter Program
For information about North Little Rock's long time low cost spay or neuter program, call the Shelter today at 791-8577.

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Support spaying and neutering in Arkansas by getting your own
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at any State Revenue Office.



North Little Rock Fire Department

Fire Safety

Home fires can start and spread quickly, which is why we all need to be careful and educated when it comes to fire safety. Just a little bit of planning can make a big difference for your family.

The Hard Facts

Every day, at least one child dies from a home fire and every hour approximately 16 children are injured from fires or burns. Eighty-eight percent of all fire-related deaths are due to home fires, which spread rapidly and can leave families as little as two minutes to escape once an alarm sounds. Fires are not just a problem in the United States. In 2008, nearly 61,000 children around the world died due to a fire or burn.

Top Tips

- Working smoke alarms reduce the chances of dying in a fire by nearly 50 percent. They are a critical first step for staying safe, but in order to be effective, they have to be working properly. For the best protection, install smoke alarms on every level of your home and in every sleeping area.
- Teach kids never to play with matches and lighters. Make a habit of placing these items up and away from young children. Create and practice a home fire escape plan with two ways out of your house in case of a fire. Get a stopwatch and time how fast your family can escape. The kids will love it!

Children should know how to respond to the sound of a smoke alarm. Teach them to get low and get out when they hear it. A child who is coached properly ahead of time will have a better chance to be safe. Use common sense in the kitchen. Limit distractions when cooking and don't leave a hot oven or stovetop unattended.

For more information, visit www.safekids.org.



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).

Central Arkansas Water—Metered sales down 15% below 12 year historical average.

Laman Library—979 participants in adult summer reading program. 1,264 in children's summer reading program. Summer feeding program distributed 1,716 meals through the end of June.

Neighborhood Services—Mailed 6 neighborhood group and Neighborhood News newsletters to 6,181. Received 4 event applications and provided equipment for 9.

Hays Senior Center—Enrolled 80 new members. Took 7 trips which included a trip to the Clinton Library to see the Dale Chihuly Glass show, Cheddars and the Petit Jean Swap meet and Classic Car Show in Morrilton. Care Link introduced new class that is an internet based senior citizens site. Volunteers logged 1,603 hours of service in June.

IT—113 work orders, 17 web postings, multiple ongoing projects in majority of city departments.

Utilities Accounting—

Bad debt June: \$38,267
Adjusted projected bad debt write-offs 2014: \$275,000
New accounts installed: 1,180
Accounts finalized: 1,121
Customer related calls—6,967, direct contact with Customer Service—2,288, inside teller payments received—8,789, drive-thru teller payments—4,638.

Street Department—patchwork citywide, setup and take down tent, cut trees at various locations, setup for event, cut right-of-way, street sweepers and spray trucks out with litter crew. Dirt work at old landfill, hauled SB2 for electric, hauled dirt to ATV Park. Ran down Greenlea Lake, flushed pipes, checked drains, removed graffiti.



Sanitation—Garbage and yard waste crews collected and disposed of 1,547.95 tons (3,095,900 lbs) of household garbage/rubbish. Yard Waste crews also collected and disposed of 327 loads (7,040.0 cubic yards of mixed debris and 2,180.0 cubic yards of green waste. Office staff

logged 992 calls. Issued 144 Sanitation Code Violation letters and 5 Citations for non-compliance.

Traffic—Service request work order (Sign Shop) 65. Trouble reports—42, Posts replaced—10. Approved Barricade Applications—116. City vehicles marked with decals (logo) 3, Arkansas One Call location requests—30.



Police—Theft from motor vehicles -39%, all property crimes -31%, Robbery -19%. NLRPD awarded the "Golden Cat" (gold painted catalytic converter) award from the AR Attorney General's Office for efforts to reduce copper thefts. Department prosecuted 51 cases related to "Leads on Line" (a metal tracking service) with a total of 767 counts for failing to report transactions properly.



Fire—Total Incidents: 927

*Residential Fires: 6
Vehicle Fires: 8
Rescue/EMS: 486
Other Responses: 322
Total Responses: 1,700
Other Structure Fires: 5

False Alarms/Malfunctions: 86
Haz Mat Responses: 13
Total Fire Losses: \$321,500
Total Value: \$543,000
Total Saved: \$221,500
Training: 5,195 hours
Building Inspections: 192

*For building fires, the national standard calls for the first suppression unit to arrive within 4 minutes, 90% of the time; NLR hit 91%. Additional full response, 15 to 17 personnel should arrive within 8 minutes 90% of the time.

Office of Emergency Services/911—

Calls for service: 22,811
CAD incidents: 9,663
Conducted 1 Safe Room/Shelter inspections. Participated in Emergency Response meetings and discussions related to recent events.

Planning—city participating with I-30 Corridor study. This phase is a Planning and Environmental Linkages Study. The project will provide options for expanding capacity and flow on I-30 between 67/167 and I-530. General concept is to construct a new bridge parallel with existing bridge that is to begin around 2018. Coordinated replacement of 25 trees on Rockwater Boulevard and Bishop Lindsey.





Electric Department—38,375—customers, Peak Power—203,416 KW, Territory— 60 square miles, miles of wire—544.8 miles, # Transformers—11,248, Street lights—10,989 (130 repaired), Smart meters 32,258—Revenue \$7,835,670.00. 6 major outages (Over 1K). 2 hit poles, 4 storm-related.

City Clerk/Collector—1% Hotel—\$30,941.30; 2% Hotel/Motel—\$62,389.89; Mixed Drink Tax—\$32,995.62; Restaurant Tax—\$466,836.91. Issued 68 new business licenses, processed 85 renewals, 19 accounts under review. 4 individuals licensed for Door-to-Door Soliciting. 2 onsite business reviews (audit. Sent letter to State Alcohol Beverage Control Board re: delinquent businesses in NLR. Less than 370 businesses have not renewed business licenses. Will make final efforts to contact before publishing names in newspaper.



Code Enforcement—203 assigned calls, 809 initiated calls, 30 citations, 423 notices, 55 vehicles tagged, 202 structures inspected, rental inspections 59, 12 food service inspections, 1 search warrants, 3 houses demolished by city, 3 houses demolished by owner. Secured 4 vacant houses, mowed 130 vacant lots, mowed 52 with structures, picked up 5 tires.



Animal Control—NLR

Incoming Animals—307, Adopted 59, Reclaimed 33, Euthanized 189, Citations issued 116, Vouchers (spay/neuter) Dogs 46, Cats 4, Calls for Service 994



Pulaski County Incoming Animals—143, Adopted 22, Reclaimed 2, Euthanized 91

Sent 12 specimens to Health Department for rabies testing. Seized 36 illegal pit bulls. Transported 14 dogs out of state (rescue).

North Little Rock Visitors Bureau / A&P

Visitor Information Center (Burns Park) had 1,826 visitors. Arkansas Inland Maritime Museum had 2,039 visitors including birthday parties, overnight stays, school groups, etc. RV Park had 140 RV's for 63rd National Square Dance Convention.

Parks and Recreation—225 children involved in various summer programs. Breakfast and lunch provided free of charge to any child who visits a site (Recreation staff prepare and serve children at 7 sites 5 days a week). Pool at North Heights open and Glen-

view Splash Park. Sherman Park opening was delayed due to repairs. Burns Park Rocket Slide completed and opened to public June 20. Rain has continued to cause havoc with parks and recreation events. Areas impacted include Burns Park, citywide neighborhood parks and medians, significant loss of golf revenue and cancelation of softball, baseball and soccer games. A fishing derby was held in Burns Park with 279 participants. There were 121 Soccer games and 24 practices, 20 Youth Baseball games and 30 practices, 15 Senior baseball games and 10 practices, 191 Softball games and 0 practices. 94 pavilion rentals, 18 rentals at Hospitality House and 3 at Idlewild Park. Golf: 2,042 paid rounds at Burns Park and 244 paid rounds at Emerald Park.

**Finance—
Revenues (MTD—June)**

Taxes	\$ 360,549.82
Licenses/Permits	\$ 63,459.01
Fines/Forfeitures	\$ 203,869.46
Local Option Sales Tax	\$1,889,370.01
Intergovernmental-State	\$ 0.00
Franchises	\$ 154,210.80
Investment/Misc	\$ 9,744.85
User Fees	\$ 82,726.66
Utility Transfer	\$ 47,902.07
Grants & Other	\$ 84,506.68
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$3,819,419.39

Expenditures

Administration	\$ 109,319.47
Animal Shelter	\$ 51,040.17
Special Appropriations	\$ 308,991.46
City Clerk	\$ 18,921.40
Emergency Services	\$ 120,420.84
Finance	\$ 57,829.17
Fire	\$1,206,834.02
Health	\$ 47,345.95
Legal	\$ 45,356.40
1st Court	\$ 43,648.67
2nd Court	\$ 37,127.51
Public Defender	\$ 835.12
Human Resources	\$ 46,756.42
Commerce	\$ 18,604.07
Planning	\$ 57,566.96
Police	\$1,592,225.31
Code Enforcement	\$ 72,588.42
Public Works	\$ 55,081.46
Neighborhood Services	\$ 11,765.16
Sanitation	\$ 354,708.40
Vehicle Maintenance	\$ 63,944.05
Senior Citizens Center	\$ 59,709.84
Communications	\$ 7,380.08
Fit 2 Live	\$ 11,798.19
Total Expenditures:	\$4,394,796.54

Gratuity

Found at [Wikipedia.org](#)

A gratuity (also called a tip) is a sum of money customarily tendered, in addition to the basic price, to certain service sector workers for a service provided or anticipated. Tips and their amount are a matter of social custom, and the custom varies between countries and settings. In some locations, tipping is discouraged and considered insulting, while in some other locations tipping is expected from customers. The customary amount of a tip can be one of a specific range of monetary amounts or a certain percentage of the bill. In some circumstances, such as with U. S. government workers, or more widely with policemen, receiving gratuities (or even offering them) are illegal, as they may be regarded as bribery. A service charge is sometimes added to bills in restaurants and similar establishments. Tipping may not be expected when a fee is explicitly charged for the service.

Etymology and History

According to the *Oxford English Dictionary*, the word *tip* originated as a slang term. According to the *Online Etymology Dictionary*, the meaning “give a small present of money” began around 1600, and the meaning “give a gratuity to” is first attested in 1706. The noun in this sense is from 1755. The term in the sense of “to give a gratuity” first appeared in the 18th century. It derived from an earlier sense of *tip*, meaning “to give, to hand, pass”, which originated in the rogues’ cant in the 17th century.

The practice of tipping began in Tudor England. “By the 17th century, it was expected that overnight guests to private homes would provide sums of money, known as vails, to the host’s servants. Soon afterwards, customers began tipping in London coffeehouses and other commercial establishments.

The etymology for the synonym for tipping, “gratuity”, dates back either to the 1520s, from “graciousness”, from the French *gratuite* (14th century) or directly from Medieval Latin *gratuitas*, “free gift”, probably from earlier Latin *gratuitus*, “free, freely given”.

In some languages, the term translates to “drink money” or similar.

By region

In China, traditionally there is no tipping (except for Hong Kong and Macau). However, hotels that routinely serve foreign tourists allow tipping.

In India, tipping is acceptable but not expected. Mostly tipping in employment is given once in a year unofficially to all those who provide service, by the end user as well as employer. (These would include watchmen, news paper delivery, laundry, postmen and other service staff).

In Japan, tipping is not a part of the culture. Japanese people are uncomfortable with being tipped, and



are likely to be confused, amused, or possibly offended.

In South Korea, tipping is not customary at restaurants, hotels or for taxi services, but is appreciated.

In France, tips are not expected since service charges are included in the bill.

In North America and Canada, tipping is customary in restaurants offering traditional table service. The amount of a tip is ultimately at the discretion of the patron. In buffet-style restaurants where the waiter brings only beverages, 10% is customary.

In the United States, tipping is a widely practiced social custom. In restaurants, a gratuity of 15% to 20% of the amount of a customer’s check is customary when good service is provided. Tips are also generally given for services provided in golf courses, casinos, hotels, food delivery, taxis, and salons. This etiquette applies to bar service at weddings and any other event where one is a guest as well. The host should provide appropriate tips to workers at the end of an event, the amount may be negotiated in the contract.

Service charges are mandatory payments, typically added by caterers and banqueters. Restaurants commonly add it to checks for large parties. A standard predetermined percent, often—18%, is sometimes labeled as a “service charge”.

How much should I tip?

By J.D. Roth, *Get Rich Slowly*

found at [www.businessinsider.com](#)

Below is a guide. The amounts listed are based on averages or on consensus, when possible.

Food Service

Barista—no tip required, though many suggest throwing coins into the tip jar.

Bartender—\$1 per drink or 15% of total bill. Pre-tip for better service.

Delivery person (including pizza)—10%, \$2 minimum

Maitre d’—\$5—\$25 for special efforts

Takeout—no tip required unless something special is done.

Waiter—15% for adequate service, 20% for exceptional Service. For poor service, 10% or less. It’s okay to leave nothing for exceptionally poor service, but only if you’re sure it’s the waiter’s fault.

Hotel Staff

Bellman/Porter—\$1 to \$2 per bag, \$5 minimum. (Or, just as many places say \$1 bag, \$2 minimum.)

Concierge—\$5 —\$20 depending on the service. \$20 if he does something exceptional. Nothing for directions.

Housekeeper—\$2 to \$5 per night, paid daily or as a lump sum at checkout. (Most sights suggest you tip daily).

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Parking Valet—a wide range of opinions. Everyone agrees that you should pay when your car is retrieved. Some say to pay when it's parked, too. Most sites say to tip \$2, through some suggest \$5.

Room Service—\$5 minimum (unless gratuity is included in check)

Travel

Bus driver—(not mass transit) \$1 to \$2 if he handles luggage

Cab driver—10%, \$2—\$5 minimum

Chauffeur—10—15%

Gas station attendant—nothing. Or \$2—\$4. There is no agreement.

Porter/skycap—\$1 per bag. \$2 for heavy items, or if porter brings luggage to counter.

Personal service

Barber/Hairstylist—10—15%, 15—20%, etc. Some recommend \$5 to each individual who shampoos or blow-dries your hair.

Manicurist—15%

Spa service—15—20%

Masseuse—10—15%

Shoe-shiner—\$2 or \$3

Other

Building superintendent—varies

Coat checker—\$1 per coat, some recommend \$2 to \$5 upon retrieval

Furniture deliverer—\$5—\$20. Some recommend offering cold drinks

IN NEW YORK, YOU SHOULD TIP

15-20%

RESTAURANTS



15-25%

SERVICE IS ALMOST NEVER INCLUDED IN THE BILL, EXCEPT IN LARGE PARTIES OF SIX OR MORE. IF YOU FEEL YOU DID NOT RECEIVE ADEQUATE SERVICE, YOU CAN TIP AT

HOTELS



\$2-\$3

PER NIGHT TO THE HOUSEKEEPERS. \$1-\$2 PER BAG FOR THE PORTERS.

TAXIS



10-15%

OF THE TOTAL FARE BASED ON THE SERVICE.

Mover—\$10—\$25 per person
Tipping service people during the holidays

Babysitter—one week's pay

Doorman—bottle of wine or box of chocolates

Garbage collector—\$15—\$25

Gardener—one week's pay

Housekeeper—one week's pay

Janitor—\$15—\$20

Mail carrier—\$15 to \$10 (up to \$20 *non-cash*)

Nanny—one week's pay

Newspaper delivery person—\$15 to \$25

Parking attendant—\$15 to \$25

Personal trainer—\$20 to \$50

Some points regarding tipping etiquette:

- If you use a coupon or gift certificate, calculate your tip based on the total *before* the discount.

- Tip above the norm if:

- Service was exceptional,
- You've been a burden, or
- You are a regular client.

- Don't tip if it's not deserved. Poor service should not be rewarded.

- In some circumstances, if you offer an initial tip—especially a *large* initial tip—you'll get better service.

- If you take up a restaurant table for a long time, tip extra.

- Tip discreetly.

- When in doubt, tip.

The North Little Rock History Commission

is looking for families who settled in the City before 1930.

If you or someone you know is an early settler, please have them contact the History Commission at

501-371-0755 or email nlrhistory@comcast.net

North Little Rock History Commission



Train Your Brain

by Dr. Tracy Alloway

Healthy Living Made Simple—Sam's Club July/August

It's easy enough to joke about brain drain as our hair begins to show salt and pepper, and our joints develop wear and tear. But emerging research is shredding that assumption, showing that our gray matter is remarkably resilient—particularly the brain's working memory that's so vital to enjoying daily life.

By working memory, I'm referring to a cognitive skill that's mainly controlled by the area of the brain called the prefrontal cortex. Think of it as the brain's conductor, crucial to pulling together an orchestra of information from different regions that range from the emotional centers to long-term knowledge. Working memory is what helps you during a job interview, when you must quickly spout key details about the company and show how they relate to your skills. In the classroom, students use working memory to connect new information with their existing knowledge.

No excuses

Unlike an individual's IQ, which declines with age, our working memory doesn't suffer to nearly the same degree. An encouraging study that I co-authored assessed working memory in nearly 1,100 people ages 5 to 80 years old. Participants in their 30s scored the highest, but there was no significant drop-off, according to the findings published in the *Journal of Cognitive Psychology* in 2013. In fact, the performance of those in their 60s was similar to those in their 20s. So no age-related excuses will hold up, especially since some brain protection strategies can feel more like fun than work. The following are a few to try out:

Eat some dark chocolate: Yes, you can indulge in limited amounts. Dark chocolate contains flavonoids, naturally occurring



antioxidant compounds that appear to help protect working memory in part by improving blood flow, according to a 2009 report in the journal *Circulation*. Other less fat-laden sources of flavonoids include

green tea, parsley, red wine and fruity dessert wines, such as blueberry.

Learn a new language: This challenges the brain to stretch, starting with learning a new set of vocabulary and grammatical rules. Then you have to incorporate your new tongue-twisting words, building upon your existing language knowledge.

Stay e-connected: Social media sites, and Facebook specifically, appear to bolster working memory, according to another study published in the journal *Computers in Human Behavior* in 2012. It may be because active users constantly absorb, process and reshuffle incoming bits of information as they keep up with loved ones. YouTube didn't appear to have the same effect, perhaps because it's more passive.

Log on for learning: While research is mixed regarding the working memory benefits of computer-based brain games, there is some indication in my own research that these games could boost some key learning skills, such as verbal ability and working memory. In addition, video games that focus on strategy appear to help brain function, as they require a mix of planning, concentration and problem solving. Free online brain games testing memory, language and problem-solving skills are available at aarp.org.

As you go through life, continue to look out for these types of new opportunities and experiences as ways to guard against falling into mental ruts. Enjoy some antioxidants along the way. Hopefully the improved brain function that results will pay you back for many years to come.

Working (out) around Knee Pain

By Kevin Buchanek

"No pain, no gain. Truth be told, I cringe every time I hear those words. As a trainer who routinely works with people who suffer from joint pain, I see the damage that can come from everyday wear and tear.

For the millions of Americans dealing with this condition, the knee joint, which is the largest joint in the body, ranks right near the top for enduring the most injuries. And although sports-related knee injuries are quite common, the majority of pain in that area occurs due to the repetitive trauma we put our knees through over time.

Here are a few conditions commonly seen:

Bursitis. Numerous fluid-filled sacs called bursa cushion the knee joint. Repetitive bending or pounding can irritate the bursa, causing pain and swelling.



IT band syndrome. The iliotibial band runs from your hip down to your shin. If it's irritated, it can become swollen on the outer side of the knee—a condition commonly called runners knee.

Osteoarthritis. This condition is a degeneration of joint cartilage and the underlying bone. It causes frequent pain and stiffness, usually in people over 60.

Tendonitis. Tendons are the tissues that connect your bones and muscles. When these tendons are irritated, they become swollen, inflamed and sore.

Knee pain has caused many exercise enthusiasts to think they can no longer exercise. This is not the case—in fact, the best step you can take in dealing with knee pain and preventing further problems is to exercise.

Continued on page 11...

Chiggers:

little bugs with a big bite

Found at www.healthline.com



Tiny But Powerful

Chiggers are tiny members of the arachnid family. Although they are extremely small in size, their bites pack a powerful punch.

They're so tiny that you probably won't notice when they jump from that tall blade of grass onto your

skin. You won't feel it as they hitch a ride right into your home. When you eventually do feel them, however, they can make you itch like you've never itched before.

Chigger Habitat and Human Connection

Chiggers live in tall weeds and grass, in berry patches, and in wooded areas. They may be in your backyard, by the lake, and clustered along your favorite hiking trail. They are most active on summer and fall afternoons when temperatures are warm and inviting. They can quickly attach to your skin if you walk by and brush up against vegetation where they live.

When the temperature falls below 60 degrees Fahrenheit, chiggers become inactive. They die off when the temperature falls below 42 degrees Fahrenheit.

What Do Chiggers Look Like

Chiggers are very tiny and it generally takes a magnifying glass to see them. Adults are about 1/60 of an inch and have eight legs. The larvae are red, wingless, six-legged creatures that measure less than 1/150 of an inch. Because of their red color, you might be able to spot the larvae when they cluster together. After they feast on human skin cells, they turn a yellowish color.

How Do Chiggers Bite

Only the larvae bite humans. They tend to choose warm, moist areas of the body. Chiggers have claws that help them grab onto skin. The chigger then attaches its mouth to the skin and injects saliva. The saliva contains an enzyme that breaks skin cells down to liquid form. Your body responds by hardening skin cells around the saliva, creating a tube (stylostome) through which the chigger sucks the dissolved skin cells. Chiggers can stay attached and feeding for several days before falling off.

What Chigger Bites Look Like

When the chigger falls off, you are left with reddish bumps. You may notice a bright red dot in the center—this is a remnant of the tube your skin formed in response to the chigger's saliva. The bumps may look like welts, blisters, pimples, or hives. Bites generally appear in grounds and get larger for several days to a week. While many insects bite exposed skin that's easy to get to, chiggers like to bite in folds of skin as

well as places where clothing fits tightly on the skin. Most chigger bites occur around the ankles, waist, armpits, crotch, or behind the knees.

Chigger Bite Symptoms

You won't feel it when they chigger latches on, and you probably won't feel a thing when it bites. However, most people report symptoms within hours of the bite. The most problematic symptom of chigger bites is the intense itching and desire to scratch. Often, the bites appear in clusters and can form a rash. Chigger bites on "private parts" can cause severe itching, swelling, and painful urination.

How to Treat Bites

It can take anywhere from one to three weeks for chigger bites to heal. In the meantime, try to avoid scratching, as this can cause infection. You may use over-the-counter anti-itch medications like hydrocortisone or calamine lotion. You can also apply ice to the bites to relieve itch. Avoid very hot baths and showers. If you become infected or symptoms don't improve, see your doctor. It is a common misconception that chiggers burrow under the skin. They do not, so there is no need to try to remove them.

Health Risks

Chigger bites are uncomfortable, itch, annoying and can make it difficult to sleep, in most cases, chigger bites don't cause any harm to your health. Chiggers feed on skin cells, but not on blood. They do not carry or transmit disease. However, chigger bites can become infected from too much scratching. Notify your doctor if you have swelling, fever, or other signs of infection.

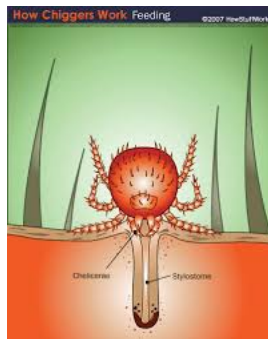
How to Avoid Bites

Summer and fall are prime time for chigger bites. When in wooded areas that may be chigger-infested, try not to brush up against vegetation. When hiking, walk in the center of trails, rather than along the sides. Wear long pants that can be tucked into your socks or shoes. Use insect or tick repellent, especially around the topees of your shoes, shirt neck, cuffs, and waistband. Shower as soon as you go indoors. Wash your clothes in hot water.

Can Chiggers Bite Pets

Found at dogcare.dailypuppy.com

Yes, chiggers can attach to dogs, cats, horses, etc. If your pet is itching excessively and you have ruled out other pests, then those little bumps could be chiggers. If that is the case, regular bathing can help wash away chiggers. Consider an oatmeal or green tea bath. If you have Epsom salt on hand, fill your tub with warm water and add up to two cups of Epsom Salt. Soak your pet in the water, pouring it over him. Use mild dish soap to bath him, while soaking in the Epsom Salt. The dish soap (original Dawn) will kill the chiggers and the salt will help with itching.



2014 ARKANSAS SALES TAX HOLIDAY

Arkansas will hold its annual sales tax holiday, beginning Saturday, August 2, 2014 at 12:01 a.m. and ending Sunday, August 3, 2014 at 11:59 p.m. State and local sales tax will not be collected during this 48-hour period on the sale of: (1) Clothing and footwear if the sales price is less than one hundred dollars (\$100) per item; (2) Clothing accessories and equipment if the sales price is less than fifty dollars (\$50) per item; (3) School art supplies; and (5) School instructional materials.

For more information, contact a customer service representative by phone Monday through Friday from 8:00 a.m. to 4:30 p.m. at (501) 682-7104.

Clothing—Less than \$100 per item EXEMPT: includes all human wearing apparel suitable for general use.		
Aprons, household and shop	Formal Wear	Rubber pants
Athletic supporters	Garters and garter belts	Sandals
Baby receiving blankets	Girdles	Scarves
Bathing suites and caps	Gloves & mittens for general use	Shoes and shoe laces
Beach capes and coats	Hats and caps	Slippers
Belts and suspenders	Hosiery	Sneakers
Boots	Insoles for shoes	Socks and stockings
Coats and jackets	Lab coats	Steel toed shoes
Costumes	Neckties	Underwear
Diapers, including disposables	Overshoes	Uniforms, athletic & non-athletic
Earmuffs	Pantyhose	Wedding apparel
Footlets	Rainwear	
Clothing Accessory or Equipment —Less than \$50 per item EXEMPT: incidental item worn on the person or in conjunction with “clothing”.		
Briefcases		Jewelry
Cosmetics		Sun glasses, non-prescription
Hair notions, including barrettes, hair bows & hair nets		Umbrellas
Handbags		Wallets
Handkerchiefs		Watches
		Wigs and hair pieces
School Supplies EXEMPT: An item commonly used by a student in a course of study. Limited to items listed below.		
Binders	Glue, paste, and past sticks	Paper—loose leaf ruled notebook paper, copy paper, graph paper, tracing paper, manila paper, colored paper, poster board, and construction Paper
Book bags	Highlighters	Pencils
Calculators	Index cards	Pens
Cellophane tape	Index card boxes	Protractors
Blackboard chalk	Legal pads	Rulers
Compasses	Lunch boxes	Scissors
Composition books	Markers	Writing tablets
Crayons	Notebooks	
Erasers	Pencil boxes and other school supply boxes	
Folders—expandable, pocket, plastic, and manila	Pencil sharpeners	
School Art Supply EXEMPT: An item commonly used by a student in a course of study for artwork. Limited to items listed below.		
Clay and glazes		Sketch and drawing pads
Paints—acrylic, tempora, and oil		Watercolors
Paintbrushes for artwork		
School Instructional Material EXEMPT: Written material commonly used by a student in a course of study as a reference and to learn the subject being taught. Limited to items listed below.		
Reference books		Textbooks
Reference maps and globes		Workbooks

TAXABLE:

Sewing Equipment and Supplies:

Knitting needles
Patterns
Pins
Scissors
Sewing machines
Sewing needles
Tape measure
Thimbles
Buttons
Fabric
Lace
Thread
Yarn
Zippers

Protective Equipment:

Breathing masks
Clean room apparel and equipment
Ear and hearing protectors
Face shields
Hard hats
Helmets
Paint and dust respirators
Protective gloves
Safety glasses and goggles
Safety belts
Tool belts
Welder's gloves and masks

Sport or Recreational Equipment

Ballet and tap shoes
Cleated or spiked athletic shoes
Gloves—baseball, bowling, boxing, hockey and golf
Goggles
Hand and elbow guards
Life preservers and vests
Mouth guards
Roller and ice skates
Shin guards
Shoulder pads
Ski boots
Waders
Wetsuits and fins

Belt buckles sold separately

Costume masks sold separately

Patches and emblems sold separately

...continued from page 8...

Strengthening exercises should include developing stronger muscles in your quadriceps (front of thigh), hamstrings (back of thigh) and hips. Increasing the strength of the muscles that move the knee can help reduce pain and take some of the pressure off the knee joint. Here are a few you can try:

Hamstring curls. Face and hold the back of a chair. Life your foot up toward the back of your thigh at no further than a 90-degree angle.

Hold for 5 seconds, lower the leg and repeat 10 times. Add ankle weights to increase resistance.

Straight-leg lifts. While sitting on the floor, keep one leg bent and the other one straight. Lift the straight leg 6 to 10 inches off the floor while tightening your thigh muscles. Hold for five seconds in the air, lower slowly and repeat 10 times. Don't use any jerking or quick movements, as they can be counterproductive.

Forward leg kicks. Stand with one leg raised with the back of your thigh

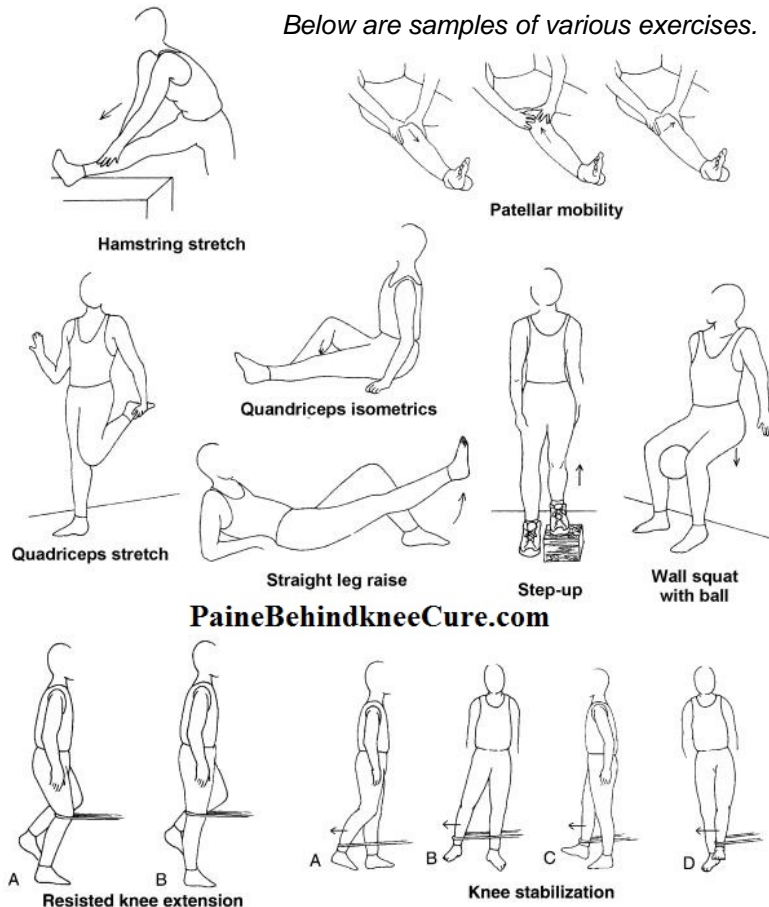
parallel to the floor and your knee joint at a 90-degree angle. Slowly kick your raised lower leg forward and return to that position while continuing to keep your leg elevated. This is a good exercise for the quadriceps.

Flexibility is another important aspect of decreasing knee pain, as tight muscles lack mobility. Decreasing range of motion can increase pain in the joints. Always incorporate stretching after your strengthening

exercises to reduce muscle soreness and create strong, flexible muscles that will keep your knees healthy and pain free.

Kevin Buchanek is a personal trainer based in Longview Texas. Certified with the American Council on Exercise (ACE), he currently works with special-population clients as well as healthy adults to help them achieve their fitness goals. In addition, he has helped individuals recover from work-related injuries, conducted water therapy for patients with a variety of physical conditions, and assisted with cardiac and pulmonary rehab. This article was found at HealthyLivingMadeSimple.com July/ August 2014.

Below are samples of various exercises.



PaineBehindkneeCure.com



Top: former Mayor William F. "Casey" Laman's family recently donated a large collection of photographs and other memorabilia to the History Commission.

Left: North Little Rock History Commission Director Sandra Taylor-Smith visits with former Alderman Martin Gipson and Ward 4 Alderman Murry Witcher in the commission's climate controlled Archival room.



The North Little Rock History Commission continues to collect items from our city's past. Pictured left are some of the items from the North Little Rock Times.

Right are some of the Yearbooks from NLRHS.



The commission wants any items related to our city. If you have books, photographs, or other items that may have a historic value, please contact the commission. They are also looking for items. For instance, City Treasurer Mary Ruth Morgan has a sink from one of the former North Little Rock Schools that the commission will receive.

North Little Rock is a railroad town, too, so if you have items related to the railroad, keep the commission in mind.



Above: former North Little Rock City Clerk and Collector Percy H. Machins' office sign from City Hall.

Middle: a banner from the Rose City Chiefs.

Left: History Commission Director Suzanne Jackson with a collection of old license plates, mugs, bottles and much more.

For more information, please contact the North Little Rock History Commission at 501-371-0755 or email nlrhistory@comcast.net.

The History Commission is located at 506 Main, a former North Little Rock Fire Station and housed City Hall until occupants moved to the current location in 1915.



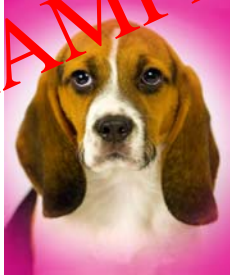
**Peddlers Permit
City of North Little Rock**

Issued to: **Jane Doe**

Issued: 6/1/14

Expires: **9/1/14**

EXAMPLE



Sex: Female
Eyes: Brown
Hair: White and Tan
Height: 1'2"
Employer: **Doggie Jewelry for Pups**
Type of Goods Sold: **Jeweled Collars**

City Clerk and Collector Diane Whitbey
By: **SAMPLE ONLY**
only valid with signature

Deputy City Clerk and Collector

*As of July 31, 2014 there are 4 licensed door to door peddlers in the City of North Little Rock representing Terminix International.
Licensed peddlers will have a photo ID permit similar to the one above issued by the City Clerk and Collector's Office.
If someone comes to your door and you aren't sure, please call 501-758-1234 and provide the location and description of the person and vehicle if possible.
There are 17 applications currently under review by the NLR Police Department.*



Above: employees in the City Clerk and Collector's Office had a little fun with their matching "Oh Snap!" T-shirts.

Pictured left to right: Linda Marshall, Katelyn Thomas, Diane Whitbey and Mark Rogers.

Below left: North Little Rock City Treasurer Mary Ruth Morgan was awarded the Arkansas City Clerk, Records and Treasurers Association Distinguished Service Award during the Arkansas Municipal League's Summer Convention. The award was in recognition for her service to her community and the association.

Below right: Mary Ruth who is a former North Little Rock Civics Teacher runs into former students EVERYWHERE she goes. Below she is pictured with Dane Weindorf who is now the Mayor of Hamburg. He wore purple one day in her honor.

Mary Ruth will retire at the end of this year after 40 years of service.



Save the Date

Friday, August 22, 2014
8:00 a.m. & 1:00 p.m.

5th Annual Mark Pennebaker Memorial Golf Tournament

Burns Park Golf Course

Presenting Sponsor:



BANK of the OZARKS®

You have a friend here™

The
CHAMBER OF COMMERCE
North Little Rock
The
DIFFERENCE is YOU!



For more information contact:

Kenda Shields • 501-372-5959

kenda@nlrchamber.org

The folks at the Patrick Henry Hays Senior Citizens Center helped the statue out front get into the spirit of July 4th last month!



Everyone is invited to attend a dedication of the Military Monument located at

5501 MacArthur Drive
(My Friends Place)
Saturday, August 2, 2014 at 2 pm



Tomato, Cucumber, Onion Salad

Tomatoes from the garden
(small or cherry)
Cucumbers from the garden
Onions (purple are really good)
Italian Dressing (about 1/2 cup)

You can either slice the veggies and layer on a plate or chop them and combine in a bowl. Mix in dressing.



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 501-340-5317 or email Diane Whitbey at Dwhitbey@northlittlerock.ar.gov.

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

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

Other Elected Officials

Mayor Joe A. Smith	975-8601
City Clerk and Collector Diane Whitbey	975-8617
City Attorney C. Jason Carter	975-3755
City Treasurer Mary Ruth Morgan	753-2028
District Court Judge Jim Hamilton	791-8559
District Court Judge Randy Morley	791-8562

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

July 28—August 1 recycle

August 4—8 no pickup

August 11—15 recycle

August 18—22 no pickup

August 25—29 recycle



City Offices located at 120 Main

IT/Data Processing, Kathy Stephens	975-8820
Finance, Karen Scott	975-8802
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Robert Voyles	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, David Melton	975-8888

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

Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Collector.....	501-975-8617
Diane Whitbey	
Legal.....	501-975-3755
C. Jason Carter / Matt Fleming	
Communications.....	501-975-8833
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Fit 2 Live.....	501-975-8777
Bernadette Rhodes	

AUGUST ANNIVERSARIES

<i>Name</i>	<i>Dept</i>	<i># Yrs</i>	<i>Name</i>	<i>Dept</i>	<i># Yrs</i>
WILLA WILLIAMS	Admin	1	CHAUNCEY SIMS	Police	6
KATELYN THOMAS	City Clerk	2	MATTHEW PEACH	Police	3
HEIDI WEBB	OES/911	1	LANDON RAPPOLD	Police	3
CHERI MONROE	OES/911	10	MICHAEL OSBORNE	Police	8
KAREN ALLEN	Electric	16	JEREMIAH COVINGTON	Police	8
ROBERT DANIELS	Electric	33	CHRISTOPHER BROWN	Police	4
MARK FINCH	Electric	12	CORDELL DAVIS	Police	2
ROCKY HARRIS	Electric	22	JOHN BLANKENSHIP	Police	1
DARREN OWEN	Electric	10	GENE WHITLEY	Police	13
KENNY HIGHFILL	Electric	9	SARAH BORNHAUSER	Police	1
MATTHEW RAGLAND	Electric	2	EDWARD FURCRON IV	Police	1
RONNIE PETTIT	Electric	33	PHILIP EVANS	Police	2
JOHN HARRIS	Electric	7	ZACHRY LEASE	Police	8
EDDIE REED	Electric	24	IRA WHITNEY	Police	9
JOSEPH MARTIN	Electric	41	JOSEPH MADISON	Police	6
GREGORY HEINTZ	Electric	2	KELVIN LORING	Police	1
ROBERT HUGHES	Electric	4	SCOTT HARTON	Police	6
GLENN KRAUSS II	Electric	2	MATTHEW BARBER	Police	2
RYAN HARTWICK	Electric	5	BLAKE BARNES	Police	6
WILLIAM MANN	Electric	8	CHADWICK EDWARDS	Police	8
DAGNY PRITCHARD	Finance	2	MICHAEL LITTEN	Police	6
DEBORAH MURPHY	Finance	35	ERIC STOCKMAN	Police	4
GLADYS JACKSON	Finance	17	ERIC CHEATHAM	Police	2
BEONICA WILLIAMS	Finance	2	RODNEY THOMAS	Police	4
JAMES HOOKS	Fire	24	RYAN DAVIDSON	Police	4
JEFFREY BENNETT	Fire	17	NATHAN KIMES SR.	Police	13
JOHN PFLASTERER	Fire	19	JEFFREY ELENBAAS	Police	4
KEVIN BEMRICH	Fire	19	RANDY FLIPPIN	Police	4
GARY WILLIAMS	Fire	14	WILLIAM SCOTT	Police	4
MICHAEL JORDAN	Fire	17	MICHAEL REYES	Police	3
RICHARD MATTHEWS	Fire	13	ROBERT EMARY	Police	2
JONATHON STATON	Fire	1	JOSHUA THRELKELD	Police	2
MATTHEW HUNT	Fire	8	DAVID MOORE	Police	1
JASON BRYANT	Fire	8	AMON SHIRLEY	Police	1
JOSHUA COMBS	Fire	8	MICHAEL STANLEY	Police	1
JEREMY REED	Fire	8	WILLIAM WILLIAMS	Police	1
JERRY ROBINSON	Fire	19	CAROLYN BRANCH	Police	14
TOLIVER WHILLOCK	Fire	8	DIANA LUNA	Police	9
HEATH WILLIAMS	Fire	9	DAVID WILKINS	Police	8
NICHOLAS FREY	Fire	7	JASON CHRISMAN	Police	3
NATHAN WOLFE	Fire	8	RUSTY GARTRELL	Police	9
MICHAEL SANCHEZ	Fire	7	BELINDA GARVIN	Public Works	3
DANIEL MCFADDEN	Legal	4	DANIEL SCOTT	Neighbors	19
YVONNE HARRIS	1st Court	26	DANTE GIUSTI	Sanitation	4
JUDY WEST	2nd Court	30	RICHARD ABBOTT	Sanitation	16
VEDA STEWART	UAD	14	TINA OFFORD	Sanitation	10
SHANNON JOHNSON	UAD	1	CURTLAND WATSON	Sanitation	4
KATHERYN STEPHENS	UAD	24	JEFFREY WHITE	Street	13
JAMIE WALLACE	HR	20	CODY REESE	Traffic	2
AMY SMITH	Commerce	15	DONNIE ADAMS JR	Traffic	2
BILLIE BLACK	Planning	4	DEIDRA DEVINE	Traffic	16
DIRK BARRIERE	Police	22	CHONG LOR	Traffic	1
ROBERT GRIFFIN	Police	24	JANET EBERLE-WILKINS	Parks Admin	44
CHRISTOPHER BARNETT	Police	3	DONALD JOHNSON	Parks Maint	14
BRANDON DAVIDSON	Police	9	ALAN GOURLEY	Parks Maint	8
CHRISTOPHER WEAVER	Police	6	TEMEKA MARTIN	Parks Rec	11
JUSTIN CROSS	Police	3	BRIAN FISCHER	Gold	3
DAVID DALLAS	Police	28	LAWRENCE WESTON III	Parks Concess	21
			JEFFREY CAPLINGER	Parks Spec Proj	10

August Birthdays

<i>Name</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	KEVAN	GOLDEN	Parks Maint	18
RICKY	ALBERS	Fire	4	MAURICE	TAYLOR	Admin	19
MICHAEL	CARR	Parks Golf	4	CHAD	ALLEN	Electric	19
JAMIE	WALLACE	HR	5	CHARLES	BASS	Fire	19
MIKE	SCHULLER	Fire	6	WILLIE	ROMES	Street	19
MATTHEW	FLEMING	Legal	7	JOHN	PFLASTERER	Fire	20
LANDON	RAPPOLD	Police	7	JEREMY	REED	Fire	21
MATTHEW	DIXON	Fire	8	CHARLES	CARTER	Electric	22
MICHAEL	MARBLEY	Sanitation	8	THOMAS	NORMAN	Police	22
RONALD	CARTER	Electric	9	MICHAEL	SHAHAN	Police	22
JUSTIN	MOSS	Police	9	ANTHONY	ROBINSON	Sanitation	22
DENAE	WRIGHT	Police	9	WILLIAM	BURNHAM	Parks Maint	22
ROBERT	EMARY	Police	10	CHARLES	PLATT	Fire	23
RONALD	RIGGIN	Electric	11	JOSHUA	COMBS	Fire	23
KIMBERLY	FRANCISCO	Police	11	JENNIFER	JOHANSEN	JR	23
SCOTT	HARTON	Police	11	WILLIAM	ROBERTSON	Vehicle Main	23
KASEY	KNIGHT	Police	11	WILLIAM	FERRY	OES/911	24
MARCUS	LEE	Street	11	SHANE	WILLIAMS	Sanitation	24
RICKY	CRANFORD	Fire	12	MICHAEL	JOY	Fire	25
DAVID	WILBOURN	Traffic	12	JAMES	CAVIN	Police	25
FREDERICK	GUNTHER	Fire	13	CURLAND	WATSON	Sanitation	25
SHAY	REAGAN	UAD	13	CHARLOTTE	THOMAS	Admin	26
STACEY	LEONARD	HR	14	CLAYTON	ROGERS	Airport	26
ASHLEY	NOEL	Police	14	JAMES	WILSON	Electric	26
PAUL	RILEY	Police	14	JANET	EBERLE-WILKINS	Parks Admin	26
JOHN	ALEXANDER	Animal Shelter	15	KATHRYN	SNIDER	Electric	27
WILLIAM	BROWN	Legal	15	NORITH	ELLISON	Electric	29
SANDRA	TARKINGTON	UAD	15	DANIEL	MCFADDEN	Legal	29
JAMES	BAILEY	Police	15	MARK	WRIGHT	Police	29
ANGELA	WIRT	Hays Center	15	JAMES	TINDALL	Animal Shelter	30
ROBERT	SHAW	Fire	16	ROBERT	SCOTT	Police	30
KAREN	FLETCHER	UAD	16	SCOTT	SPRINGER	Electric	31

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.

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.

If you have news, an upcoming event, recipe, photos, etc. you would like to share with others in North Little Rock, please email Dwhitbey@nlr.ar.gov by the 15th of the month.