

Wellness Tips for Fall

Found at stjohns.health/blog/2022

Ways to Give Your Health an Autumn Boost

As the leaves begin to change color and fall to the ground, it's a sign that autumn has arrived. For many, that means breaking out the cozy sweaters, enjoying warm beverages, and spending time outdoors surrounded by the beauty of nature. It is also a good time to reflect on our health and take steps to improve our wellness!

Get a Health Checkup

As kids get back into the school routine, it's a great time to schedule a physical exam. This is especially important if you have not been to a doctor in a while or if you have any health concerns. During your visit, the doctor can check your vital signs, screen for health conditions, and update vaccinations.

Finding a Family Medicine Doctor

Whether it's been a long time since your last appointment or you are looking for a change—autumn is a great time to consider switching to a family doctor. A family doctor is a healthcare professional who provides comprehensive care for patients of all ages. Family doctors are trained to diagnose and treat various conditions, from common colds and flu to more serious illnesses. They also provide preventative care, such as vaccinations, and can guide healthy lifestyle choices.

Make Lifestyle Changes

This is the perfect time of year to make healthy lifestyle changes, such as starting an exercise routine, eating a healthier diet, or quitting smoking. These changes can help improve your overall health and reduce your risk of developing chronic health conditions.

Eat Seasonal Foods

Seasonal fruits and vegetables are not only fresher and tastier, but they are also more nutrient-dense than out-of-season produce. Autumn fruits and veggies include apples, pears, pumpkins, squash, sweet potatoes, and dark leafy greens. Incorporating these into your diet can boost your intake of vitamins, minerals, and antioxidants.

Get Enough Sleep

With the change in the season, your body may start to feel tired earlier in the evening. Make sure you get enough sleep by going to bed and waking up at the same time each day. Aim for seven to eight hours of sleep each night.

Take Care of Your Mental Health

The shorter days and cooler temperatures can sometimes lead to feelings of sadness or loneliness. If you



find yourself feeling down, reach out to friends or family members, join a support group, or talk to a therapist. Additionally, find ways to relieve stress and express yourself—such as meditation, gardening, journaling, painting or yoga. Taking care of your mental health is just as important as taking care of your physical health.

Focusing on Social Wellness

In addition to focusing on stress-relief activities for yourself, it's important to focus on your social wellness and stay connected to your community and loved ones. This can help you battle symptoms of seasonal depression and overall improve your mood. There are lots of ways you can work on improving your social well-being. Here are a few ideas:

- **Reflect on your own needs.** The path to improving your wellness in any aspect is to determine what would improve your life. Starting by setting goals can improve your emotional health.
- **Reach out to friends and family members, even if you don't see them often.** Staying in touch can help you feel more connected and supported.
- **Join a social or hobby group.** This can help you meet new people and form new friendships.
- **Volunteer.** Giving back to your community can help you feel good about yourself and connected to others.
- **Make time for social activities you enjoy.** Whether it's going out to eat, seeing a movie, or taking a walk, spending time with others can be enjoyable and good for your health!



"Where's Mel"? Be the first person to call 501-975-8617 and tell us where you found Mel hiding and win!





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

Fall Safety Tips for Pets

By Jennifer Kelly Geddes
Found at chewy.com

Along with cooler weather and shorter days, the fall season means a higher risk of your pet being exposed to toxic plants for dogs and cats alike. Keeping your fur baby healthy this autumn means being on the lookout for nuts, mushrooms, seasonal flowers and other items that may cause injury or intestinal distress. Follow these fall safety tips for pets to keep the whole family safe.

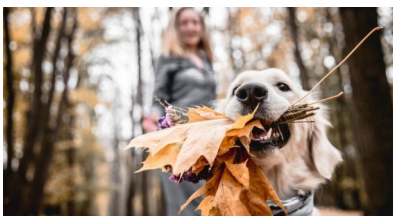
Indoors

Rodenticide—when the temperatures drop, little critters like mice and rats try to sneak into warm homes. But be careful how you choose to deal with this issue, because rat poison and dogs (or cats, for that matter) don't mix. "Rat poison is serious—and potentially fatal," warns Dr. Ann Hohenhaus, DVM, staff doctor at New York City's Animal Medical Center. There are two main types: ones that stop the blood from clotting and those that increase blood calcium to a dangerous level, she explains. If your cat or dog eats rat poison, you should take them to your veterinarian immediately for emergency medical care.

School Supplies—Some dogs just can't resist rooting around in a kid's backpack, especially if there was a turkey sandwich in it the day before. But luckily for your pet, school supplies are relatively harmless these days, says Dr. Liff. "Most of these products are safe for children if ingested, so they shouldn't be a big problem if your dog tries them," she explains. Batteries, however, are another story. "From time to time we see a pet who's eaten these, and sometimes it can be toxic to the animal or can cause obstruction," she adds. Also be careful with tiny caps, notes Dr. Hohenhaus. "Marker caps are just the right size to get caught in the intestine if swallowed," she notes. "And cats adore rubber bands and may ingest them, which can cause an intestinal blockage."

Outdoors

Plants and Trees—You may think a few dried-up leaves are harmless enough, but they shouldn't be sampled by your pet. "Leaves can lead to gastrointestinal upset if they're ingested," points out Dr. Liff. It's also a good idea to become familiar with trees and plants poisonous to cats and dogs—like the yew and conifer trees with red berries. "Yews are a cardiac toxin if eaten by pets, causing arrhythmias or potentially cardiac arrest," she adds.



Mushrooms—While most of the fungus that sprouts up in the woods and on lawns in fall is relatively harmless, it's best to take caution. "Wild mushrooms can be toxic if ingested by a cat or dog, causing vomiting and sometimes liver injury," says Dr. Stephanie Liff, DVM, a veterinarian and owner of Pure Paws Veterinary Clinic in New York City.

Flowers—Not many flowers bloom in cooler weather, but there are a few to watch out for. "Autumn crocus is a fall flower that causes destruction of rapidly dividing cells, which can in turn lead to weakness, vomiting, diarrhea, and less frequently, death," reports Dr. Liff. And lilies are extremely toxic to cats' kidneys, she adds.

Nuts—Think nuts are healthy for dogs and cats? The ones that end up on the ground this fall aren't the kinds of treats you should let your pet gnaw or chew on. Black walnuts can be poisonous and lead to seizures and tremors if eaten by pets, notes Dr. Liff. And they often grow mold once they drop, which is another toxic danger. "Acorns can cause intestinal distress, and in small dogs, the GI tract may become obstructed, which might require surgery to remove them," she says.

Closed Pools—If you're a pool owner, chances are you've already covered your pool for the winter. "Even though the pool is closed up, you still need to keep your pooch away from it," says Dr. Donato.

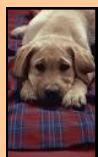
The reason? Water can collect in puddles on top of solid covers. If your dog slides out on the cover, he may have trouble getting back to solid ground. "He can get stranded, and quickly get hypothermia if temperatures are low enough," says Dr. Donato.

This can also occur with mesh covers and if the water isn't low enough, your pet can walk across and get wet.

Antifreeze—Most car owners check antifreeze levels when winter approaches, but you must use caution around this liquid and pets. "It's toxic—and it's rather common for suburban pets to try a taste because of its sweet flavor," explains Dr. Liff. Your cat or dog may mistakenly lick it off the driveway or garage floor, which can lead to kidney failure and death, though owners usually first report it as vomiting and lethargy. "Antifreeze causes neurologic symptoms, including increased drinking, and ultimately, kidney failure," adds Dr. Hohenhaus.

If your pet comes into contact with any of these hazards, contact your veterinarian or the ASPCA Animal Poison Control Center at (888) 426-4435 as soon as possible.

Ticks—"You might only think of ticks as a danger during the summer, but they can pose a big problem to your dog in the fall, too," Dr. Donato explains. That's because many animals limit their times outdoors or hibernate when the temps start to drop. The result: fewer victims for ticks to bite. If your dog hangs out in the backyard or goes on walks near woods, he's an easy target for ticks.



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family?
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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.

Please Don't Litter
Spay or Neuter
Your Critter



Don't shop! Please adopt!



North Little Rock Fire Department



Seasonal Home Safety: Preparing Your Home for Fall and Winter With Fire Prevention in Mind *found at rescuetraininginstitute.com*



As the seasons change and we transition into the cooler months of fall and winter, it's essential to consider the safety of our homes and loved ones. With increased indoor activities, a cozy night by the fire, and the potential for holiday gatherings, now is the perfect time to focus on fire prevention and overall safety. Read on for practical tips on how to

prepare your home for the upcoming seasons.

Understanding Fire Hazards in Fall and Winter

The fall and winter months bring unique fire hazards that every homeowner should be aware of. As we start using heating systems, fireplaces, and candles, the risk of fires can increase. According to the National Fire Protection Association (NFPA), heating equipment is one of the leading causes of home fires during the colder months. By understanding these risks, you can take proactive steps to prevent fires in your home.

Inspect Heating Equipment

Before the temperatures drop, make sure to inspect and service your heating equipment. Whether you use a furnace, space heater, or fireplace, it's crucial to ensure everything is in working order.

- **Furnaces:** Schedule a professional inspection and cleaning to remove dust and debris that could ignite.
- **Fireplaces:** Have your chimney cleaned to prevent creosote buildup, which is a leading cause of chimney fires.
- **Space Heaters:** Only use space heaters that have been tested for safety. Keep them at least three feet away from flammable materials, and never leave them unattended.

Check Smoke Alarms & Carbon Monoxide Detectors

- **Smoke alarms** are your first line of defense against fire. Ensure that you have working smoke alarms on every level of your home, especially near bedrooms.
- **Test Alarms:** Monthly testing ensures that alarms are functioning properly.
- **Change Batteries:** Replace the batteries at least once a year or when the alarm chirps, indicating a low battery.
- **Carbon Monoxide Detectors:** Install these devices near sleeping areas and on each level of your home. Test them regularly to ensure they're working correctly.



Prepare an Emergency Escape Plan

Every family needs a clear escape plan. Fire drills should be practiced regularly, especially in the fall and

winter months, when fire hazards increase.

- **Designate Exits:** Identify two exits from each room and ensure they are clear of obstructions.
- **Family Meeting Point:** Establish a safe meeting place outside your home where everyone can gather in an emergency.
- **Emergency Contacts:** Keep a list of emergency contacts, including local fire department numbers, and practice contacting them during a drill.

Store Flammable Materials Safely

With the cooler months comes the use of various flammable materials. Whether it's holiday decorations or cleaning supplies to get your home guest-ready, proper storage is vital.

- **Holiday Decorations:** Keep flammable decorations, like paper or fabric, away from heat sources.
- **Cleaning Supplies:** Store cleaning products and other flammable materials in a cool, dry place, away from any heat sources.

Educate Your Family on Fire Hazards

Teaching your family about fire safety is essential, especially for young children.

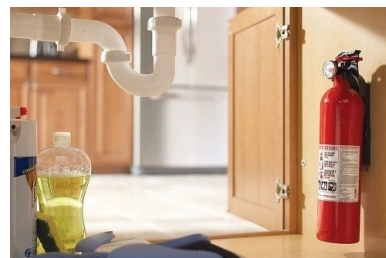
- **Fire Safety Lessons:** Teach your kids about the dangers of fire and how to respond in case of an emergency. Engage everyone in discussions about escape routes and practice drills.
- **Stop, Drop, and Roll:** Make sure children understand this basic technique if their clothes catch fire.

In addition to general fire safety knowledge, consider enrolling your family in a training course that teaches adult and pediatric first aid CPR AED. This training will provide essential skills that can help save lives during emergencies, including fires. Make sure you understand how to treat burns as well.

Keep an Up-To-Date Fire Extinguisher

Having and understanding how to use a household fire extinguisher in the case of an emergency is crucial. It is recommended to keep a fire extinguisher within the vicinity of likely places a fire may take place. Within ten feet of a fireplace or stove, for instance. It is also recommended to keep fire extinguishers out of reach of children while keeping them in easy line of sight, ideally hanging from brackets near door frames for ease of access.

Simply having a fire extinguisher is not the whole ballgame though. Fire extinguishers must be well maintained. Written on the label attached to a fire extinguisher is its expiration date and instructions. If your fire extinguisher is out of date you will need to dispose of it properly and replace it with a new one.



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Mayor Terry C. Hartwick holds a monthly department head meeting. Department heads provide a report of activities, projects, and accomplishments. **July 2025**

Senior Center—total core members 2,271, 445 extended members, 17 city employees. Ballroom and meeting room floors complete, new roof near

completion. Commercial running on MeTV bringing in new members.

Finance—City sales tax collections was lower from same period last year by 3.9%. County collections were lower by .5%. Retail tax down 3.8%. Restaurant and lodging up \$46,000 from the same prior year.

Sanitation—Garbage and yard waste crews collected 2,454.59 tons (1,227,295 lbs) of household garbage, rubbish and junk. Yard Waste crews also collected 62 loads (19,602.60 cubic yards) of green waste. 252 waste tires picked up. Sanitation Code performed 27 inspections, 9 re-inspections and issued 9 notices for non-compliance. No citations were issued. Recycling tonnage 214.26. Units 50 & 51 (Street Dept) picked up 410 bags of trash, other units picked up 252 bags of trash, along with car parts, buckets, shopping carts, etc.

Traffic Services—Barricade Permits—91, AR One Call—8, Signs/Post replaced—28, City Vehicles marked with logo—2. Traffic count set up on Northshore Drive and Crystal Hill Road.



Police—violent crime increase 26%, property crimes increase 12%. Answered 168 fire-works related calls July 4th (double the number from the previous year). Reminder—**LOCK YOUR DOORS! And do not** leave valuables in your vehicle.

Fire—1,417 incidents, 813 Rescue & EMS, 250 Good Intent Calls, 174 Service Calls, 93 False Alarm, 60 Fire. 4,502 Fire Training hours. 164 Building Surveys.

Emergency Services/911—Incoming calls: 6,423—non-911 calls, 6,833—911 calls, 635—abandoned 911 calls.

Planning—sign permits—13, banner permits—1, demolition permits—6, 6 commercial remodel — average \$412,578, 3 new commercial—average \$8,770,000, issued 22 new single family residence permits—average \$135,180, 68 residential remodel—average \$14,922, 3 residential additions—average \$13,333, 0 new multi-family units. Planning Zoning Officer issued 2 citations.

Code Enforcement—(June #s) assigned calls—87, initiated calls 353, citations—3, violation notices—596, vehicles tagged—111, vehicles towed—14, lots posted—10, signs

removed—0, structures inspected—47, rental inspections—24, food service inspections—1, search warrants—0, structures condemned—3, houses demolished by city—2, houses demolished by owner—4, vacant lots cleaned—327, mowed—297, lots with structures cleaned—74, mowed—297, vacant houses secured—1, tires removed—0.

Parks and Recreation—Arkansas Inland Maritime Museum had 1,667 visitors. Group visits: Sonshine Academy (50), Little Dumplings Childcare (26), American Exchange Project (14), Police Chaplains (8), Crestwood Elementary (64). Overnight: Bono, AR Troop 115 (13), Jackson, TN Troop 261 (20), Salem, IL Trail Life 262 (13). Special Event—July 4 (105). Field use: Soccer 15 practices/ 67 games/ 2 tournaments, Youth baseball 11/0/0, Softball 2/57/0, Senior Baseball 10/5/0, Stone Links Cricket 0/5/0. Facility rentals: Pavilions—110, Hospitality House—15, Idlewild—6, Stone Links—10, River House—11. AR National Guard and local law enforcement agencies held joint training exercise in Burns Park. Golf held 5th Annual Bob Ralston Memorial Scholarship Tournament.



Animal Services—

Incoming:

Dog	117/ytd	1,005
Cat	60/ytd	597
Other	1/ytd	37

Adopted:

Dog	43/ytd	277
Cat	60/ytd	500
Other	1/ytd	26

Reclaim:

Dog	9/ytd	167
Cat	2/ytd	11
Other	10/ytd	11

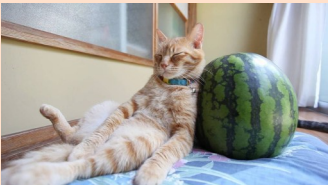
Euthanized:

Dog	74/ytd	536
Cat	23/ytd	65
Other	0/ytd	0

Service calls: 455/ytd/3,413

Citations: 16/ytd 188

Vouchers (spay/neuter) issued: 31/ytd 214



NLR Electric—

Customers: 40,917

Revenue: \$11,340,230

Peak Demand: 228,623 kW

Territory: 60 square miles

RS (Residential Solar) Net Meter Customers: 394

Total RS solar panel capacity: 2,931 kW

Total all RS solar panel capacity: 11,185 kW

Residents with solar arrays larger than 10 kW: 65

Total capacity of customer-owned solar: 6,096 kW

Major outages: none.

Revenue Expenditure Report—

Month Ending 7-31-2025

Revenues

Miscellaneous	\$ 22,211.90
Licenses & Permits	\$ 489,100.85
Property Tax	\$ 218,308.97
Intergovernmental	\$ 1,090,113.54
Franchise Fees	\$ 194,482.64
Local Option Sales Tax	\$ 5,459,443.47
Charges for Services	\$ 247,802.49
Fines & Fees	\$ 191,190.58
Interest Income	\$ 25,137.85
Miscellaneous	\$ 4,270.40
Total	\$ 7,942,062.69

Expenditures

Administration	\$ 191,485.85
Animal Shelter	\$ 52,988.78
Special Appropriations	\$ 544,883.39
City Clerk	\$ 28,134.21
Emergency Services/911	\$ 165,244.82
Finance	\$ 110,899.60
Fire	\$ 952,711.67
Health	\$ 9,738.64
Legal	\$ 47,353.42
1st Court	\$ 35,141.86
2nd Court	\$ 30,030.42
Human Resources	\$ 62,969.65
Planning	\$ 66,092.60
Police	\$ 1,488,655.51
Code Enforcement	\$ 104,582.01
Engineering	\$ 43,655.18
Neighborhood Services	\$ 30,318.86
Sanitation	\$ 419,956.03
Vehicle Maintenance	\$ 83,311.84
Senior Citizens Center	\$ 60,640.24
Communications	\$ 12,887.72
Fit 2 Live	\$ 5,563.76
Total	\$4,547,246.05



The City of North Little Rock reopened a new and improved Burns Park Archer Range. The new range includes a covered area with a concrete pad.

Several archers (including Mayor Terry C. Hartwick) were the first to take aim.



The former Archery Range



Obituary—North Little Rock Electric Department Apprentice Lineman Kristopher Jared Kovach.

Jared Kovach is survived by his parents Jay and Sherri Kovach, sister Lauren Kovach Simco (Christopher), their son, Smith; grandmothers, Doris Smith (Memaw) and Ardith Kovach (Nanny); aunts and uncles, special cousins and friends.



Jared was a passionate outdoorsman and longtime member of the Morris Hunting Club, where he made cherished memories with his father. His infectious laughter, cooking, deer cleaning, and camaraderie left an indelible mark on his hunting brothers, including Keith, Mr. Billy, Shane, Joe and the rest of the crew, along with countless friends made over the years.

Jared pursued his dream of becoming an electrical lineman, completing his training in 2022 and joining the North Little Rock Electric Department in 2023. His dedication to his craft and the friendships he forged along the way were testaments to his vibrant spirit and kind heart.

A celebration of life was held at New Life Church, Cabot Arkansas. In lieu of flowers, donations may be made to Sentry Shepherds Rescue, a sanctuary for German Shepherds in Arkansas, 1592 Elm Springs Road, Springdale, AR 72762.

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Maintain a Well-Stocked Emergency Kit

A well-stocked emergency kit can be a game-changer in ensuring safety during a fire, but it's not just about stocking up on basic supplies.

- **Include Essentials:** Your kit should include items like water, non-perishable food, a flashlight, phone chargers, and batteries. Customize your kit by including personal items, such as medications or identification documents for all family members, which could streamline evacuation efforts during a crisis. Don't forget the emotional aspect—add comforting items like small toys or coloring books for kids that can help distract them during tense moments.
- **CPR and First Aid Supplies:** Make sure your first aid kit contains supplies necessary for administering adult and pediatric first aid. Educate yourself on using CPR and AED devices. Knowledge of these skills enhances your preparedness; taking courses tailored towards both adults and children empowers you to act confidently when faced with panic-inducing scenarios.



Time for a Fall Recipe!

Baked Spaghetti by Ree Drummond—The Pioneer Woman

Ingredients:

- 2 Tbsp salted butter, plus more for baking dish
- 1 tsp kosher salt, plus more to taste
- 1 lb spaghetti
- 1 lb ground beef
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp red pepper flakes
- 1 32-ounce jar marinara sauce
- 1 cup ricotta cheese
- 2 cups shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1/4 cup fresh basil, torn

Directions:

Preheat oven to 400°. Butter a 9-by-13-inch or other 3-quart baking dish. Bring a large pot of salted water to a boil. Add spaghetti and cook according to the package directions, then drain and set aside.

Melt the butter in the same pot over medium-high heat. Add the beef, 1 tsp salt, garlic powder, onion powder and red pepper flakes. Cook, breaking up the meat with a wooden spoon, until browned and cooked through, about 7 minutes.



Stir the marinara sauce into the beef, bring to a simmer and cook about 3 minutes. Remove the pot from the heat, then stir in the cooked spaghetti and ricotta. Transfer spaghetti mixture to the prepared baking dish. Scatter the mozzarella and parmesan on top and bake until the cheese is browned and bubbling, about 30 minutes. Top with basil (if desired).

Super Easy Apple Cream Cheese Pie

Found at Taste of Home

Ingredients

- ◇ 1 package (8 ounces) cream cheese, softened
- ◇ 1/2 cup confectioners' sugar
- ◇ 1 teaspoon vanilla extract
- ◇ 1 carton (8 ounces) frozen whipped topping, thawed
- ◇ 1 graham cracker crust (9 inches)
- ◇ 1-3/4 cups apple pie filling
- ◇ Dash ground cinnamon

Directions:

In a large bowl, beat cream cheese and confectioners' sugar until smooth. Beat in vanilla. Fold in whipped topping.

Pour into crust. Top with pie filling; sprinkle with cinnamon. Refrigerate for at least 2 hours before serving.



REMINDER—City Offices will be closed Monday, September 1, 2025 in observance of Labor Day
Sanitation routes will run one-day delayed all week (i.e. Monday pick will be Tuesday and so on...)

We need our residents to step up and speak out!

On Sunday afternoon, August 10th, two vacant houses in the same neighborhood were reported on fire within minutes of each other. The North Little Rock Fire Department responded and despite their best efforts one house was a total loss.

During this same time period, vacant houses on Moseley Street in the Poe Addition neighborhood (across Broadway from neighborhood) and on East Second Street in the East Argenta Annex neighborhood caught fire as well.

Coincidence? The North Little Rock Fire Department is currently investigating all four fires.

So, what can you do?

IF YOU SEE SOMETHING, SAY SOMETHING!!!

- If you think you saw something related to the fires, report it. Let the investigators decide whether it's relevant or not. If you have any information related to these fires contact the North Little Rock Fire Department's Fire Marshals office at 501-340-5377.
- If vacant houses are near you, keep an eye on them. If you see someone who doesn't belong at that address, call the police and report it. The police non-emergency number is 501-758-1234. If the house is open, whether it's a door or window, call Code Enforcement at 501-791-8581. They will arrange to get the structure secured.
- The City of North Little Rock has a juvenile curfew for those under the age of 18. The curfew hours are 10:00 p.m. for Sunday -Thursday nights and Friday & Saturday curfew hours are 12 midnight. Exceptions are if the



juvenile is accompanied by an adult, returning home from work or a school/church activity. To report someone breaking the curfew call the North Little Rock Police Department on the non-emergency number at 501-758-1234.

- As of publication there are no legally licensed door-to-door solicitors for the City of North Little Rock. To sell any product or service going door-to-door a person must have a City of North Little Rock issued peddlers license. *A company ID or state ID is not sufficient.* These rules are in place to keep the residents safe. To report an unlicensed solicitor you can call the North Little Rock City Clerk's office during normal business hours at 501-975-8617, after hours call the (NLR) police non-emergency number at 501-758-1234.

Do your part to discourage bad behavior and vandalism in our neighborhood. **See Something, Say Something!!!**

The information above was provided by the North Little Rock Neighborhood Services Department.

There are a lot of ways to improve the neighborhood you live in. Here are some suggestions:

1. **Report crime as soon as possible.** Whether the issue is graffiti, petty vandalism or something much more serious, police need to hear about the problem from those impacted. Calling won't guarantee the issue can be fixed, but failing to call can guarantee it won't. Don't assume someone else has already called, make the call yourself. If it is an emergency, call 911, for non-emergencies call 501-758-1234.
2. **Report nuisances and other issues promptly.** Examples of these items are junked cars on lawns and in the street, broken furniture on porches or under carports. If you find your self saying "Someone should do something about that"...do something! Call Code Enforcement at 501-791-8581.
3. **Take away the opportunity for crime.** Think about your home, your car and even your lifestyle and ask what you could change to take away the opportunity for crime. ALWAYS lock your vehicle and NEVER leave valuables (even for a few minutes) in it. Trim bushes or trees on your property that offer too-convenient hiding places. Also trim where trees or bushes block clear view of your front door, or make it difficult for a person to see out the windows of your home. Make your front porch visible and make sure your home looks like it has eyes on the neighborhood!
4. **Get to know your neighbors.** Make a list of names and phone numbers of every neighbor on your block. Set a goal of at least 10 neighbor contacts. Each resident is responsible to the neighborhood.
5. **Make a list of landlords in the area.** As a property owners within a community, landlords are responsible to the neighborhood and should be concerned about the health of that neighborhood.
6. **Go for walks in the neighborhood.** Sounds simple...but it is a great way to meet neighbors while getting to know the neighborhood. A plus is the exercise you are getting which can improve your health! Chat with neighbors and kids while walking, they will get to know you too!
7. **Drive slowly in neighborhoods.** Stop signs, lights and speed bumps can slow traffic, but so can you. By regularly driving slowly on neighborhood side streets, you can encourage those in a hurry to find another route rather than getting stuck behind a slow poke.
8. **Pick up litter near your home.** Even if you didn't put it there...most people are less likely to litter where they don't see litter already. You can help stop littering by taking away the litter that attracts it. Pet owners should also make sure they pick up after their pets (yes, that means carrying the little baggy and collecting the waste!).
9. **Organize a neighborhood watch group or neighborhood organization.** This is a great way to stay informed of neighborhood issues and get to know your neighbors!

For information on starting a neighborhood association in North Little Rock, reach out to North Little Rock Neighborhood Services Department at 501-791-8500.



Special Olympics Arkansas

Last month, Special Olympics Arkansas held a ribbon cutting at their (old) new location on Main Street in North Little Rock. Attendees were joined by Arkansas Governor Sarah (Huckabee) Sanders, North Little Rock Mayor Terry C. Hartwick, and many athletes!





Peddlers Permit City of North Little Rock

Issued to: **Mel Dun**

Issued: 7/1/2025

Expires: 9/29/2025



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

To see a **list of issued permits**, visit the city website at nlr.ar.gov, then click City Departments and scroll down to City Clerk and Treasurer. Look for the dark box and click on Current Door to Door Peddlers.

To see an **individual ID/Permit**, click on the person's name. All licensed door-to-door peddlers are **required to have the ID issued by the City Clerk's Office with them at all times**.

****Currently, we have no licensed door to door solicitors in the city as of August 29, 2025.**

All persons doing business ***of any kind*** within the city limits of North Little Rock are required to have a Business/Privilege License. This includes home-based such as lawn care or internet sales.

****If a business operates 1 day into the new year, it is required to obtain a business license at the full fee.****

All 2024 NLR Business Licenses expired December 31, 2024. **All that have not renewed are now past due. A 50% penalty will be applied to any invoices paid after July 1, 2025. If you have any questions**, please contact the North Little Rock City Clerk's Office at 501-975-8617.

Why do cities charge a privilege tax?

Cities charge a privilege tax for the right to engage in specific activities or operate certain businesses within their jurisdiction.

Here is a breakdown of why cities (and towns) use privilege taxes:

Revenue Generation:

- **Funding Public Services:** The primary reason for privilege taxes is to generate revenue for the city.
- **Essential Services:** This revenue helps fund essential public services like infrastructure, public safety, sanitation, parks, and other community amenities.

User-Based Funding:

- **Benefit Principle:** Privilege taxes can align revenue generation with those who directly benefit from the city's services and infrastructure by engaging in specific activities or businesses.
- **Fairness:** It can be argued that those who engage in certain profitable or impactful activities within the city should contribute to the city's upkeep and services.

Regulating Business and Activity:

- **Business Operations:** Privilege taxes can function as a regulatory tool, ensuring that businesses operating within the city adhere to local rules and ordinances, according to L&Y Tax advisors.
- **Permits and Licenses:** Many privilege taxes are levied in exchange for a permit or license to operate a particular business or engage in a specific profession, ensuring oversight and accountability.

Examples of Privilege Taxes:

- **Business Privilege Tax:** A tax on the gross receipts or other measures of a business operating within the city.
- **Occupational Privilege Tax:** A tax on certain professions or occupations within the city.
- **Transaction Privilege Tax (like in Arizona):** A tax on specific transactions, often on the seller, for the privilege of doing business in the city.
- **Other Examples:** Could include taxes on specific activities like short-term rentals, or events, depending on the city.

In summary, cities charge privilege taxes to raise revenue for public services (like police, fire, streets, parks, drainage), ensure businesses contribute to the community, and regulate certain activities within their jurisdiction.

The North Little Rock City Clerk and Treasurers Office team works hard to ensure existing licenses are correct (reflecting the type of business being performed/offered), accurate (ensuring the business is being charged the correct fee based on services offered). Current (following up with existing businesses to ensure they are operating legally within the current year. Tracking new businesses (ensuring all businesses are treated equally and licensed).

If a state license or inspection is required (contractor, day-care, health inspections, etc.) our team will obtain a copy prior to issuing a license. This helps protect our constituents before they hire a contractor, sign up with a daycare or eat in a local restaurant.

We are here to serve our community! If you have any questions, give us a call! 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 nlr.ar.gov, then click on the Elected Officials tab, followed by City Council then scroll to upcoming City Council Agenda.

City Council Members

Ward 1	Debi Ross	501-753-0733
	Nathan Hamilton	501-952-7679
Ward 2	Linda Robinson	501-945-8820
	Nicole Hart	501-960-2461
Ward 3	Steve Baxter	501-804-0928
	Ron Harris	501-758-2877
Ward 4	Vince Insalaco III	501-951-0786
	Scott Fowler	501-765-5868

Other Elected Officials

Mayor Terry C. Hartwick	501-975-8601
City Clerk/Treasurer Diane Whitbey	501-975-8617
City Attorney Amy Fields	501-975-3755
Dist Court Judge Randy Morley	501-791-8562
Dist Court Judge Paula Juels Jones	501-791-8559

North Little Rock Curbside Recycling schedule for September 2025.



Sept 1—6 no pickup
 Sept 8—12, recycle
Sept 15—19 no pickup
 Sept 22—26, recycle
Sept 29—Oct 3 no pickup

City Offices located at 700 West 29th

Construction and Building Services Mary Beth Bowman	501-975-8881
Finance, Ember Strange/Anita Worley	501-975-8802
Human Resources, Betty Anderson Fit 2 Live, David Baxter	501-975-8855
Legal, Amy Fields, City Attorney	501-975-3755
Planning, Shawn Spencer	501-975-8835
Utilities Accounting, Terrell Milton	501-975-8888

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
Terry C. Hartwick	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Communications.....	501-975-8833
Shara Hutchcraft	
Revenue Enforcement.....	501-975-8612
Officer David Pettit	
Special Projects.....	501-975-3737
Arnessa Bennett	

September Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>
HARRIS, RON	ADMIN	1	KNOERNSCHILD, JASON	FIRE	18
HENDERSON, AARON	FIRE	1	WIGGINS, MARK	POLICE	18
OAKLEY, BRIAN	FIRE	1	BREWER, THOMAS	PARKS MAINT	18
FINCH, MARK	ELECTRIC	1	BRANCH, CAROLYN	POLICE	18
TALBERT, JAMES	POLICE	2	CREWS, CHRISTOPHER	VEHICLE MAINT	19
SCHRADER, DUDLEY	FIRE	3	CHASTAIN, STACIA	ADMIN	19
PORTILLO, BRITNI	POLICE	4	HAMMETT, CLAY	ELECTRIC	19
WHITAKER, WILLIAM	POLICE	4	USSERY, EBBIE	ELECTRIC	20
NOLES, KEVIN	ELECTRIC	5	WEST, SANDRA	FIRE	20
MCCOURT, KEITH	ELECTRIC	5	TENNER, ANDREAUS	VEHICLE MAINT	20
DUGGAN, SEAN	PLANNING	5	BUTLER, CLINT	FIRE	21
PETTIT, DAVID	CLERK/TREASURER	5	ANDERSON, CYNTHIA	OES/911	21
BRUNO, SHERRYL	POLICE	5	BLANKENSHIP, GREGORY	POLICE	21
BARTLETT, JAMES	ELECTRIC	6	DANCHENKO, IAN	Parks Maint	22
HODGE, LACY	ANIMAL SHELTER	6	HAMILTON, NATHAN	ADMIN	23
MARTIN, TEMEKA	PARKS RECREATION	6	WHITAKER, HALEY	OES/911	23
HEINRICHS, ERIC	ELECTRIC	7	GILLESPIE, RYAN	STREET	24
PETTIT, JAMIE	PARKS MAINT	7	MYERS, KYLE	FIRE	24
INGRAM, TERRENCE	STREET	7	TREADAWAY, MICHAEL	FIRE	24
JONES, WILLIAM	POLICE	9	LIVINGSTON, KENNETH	POLICE	24
JOHNSON, VICTOR	STREET	10	HALSEY, JACKIE	ELECTRIC	25
LOOPER, PAYTON	POLICE	10	KING, JEN-CHUAN	POLICE	25
COYOTE, DUSSTIN	FIRE	11	VANASSCHE, JACOB	POLICE	25
SEHIKA, JOHN	STREET	12	SCHULTZ, KRISTIN	ELECTRIC	25
HOUSE, GAGE	FIRE	12	STROUT, ANTHONY	POLICE	25
EISENHOWER, COREY	FIRE	12	TOATLEY, DEDRICK	STREET	26
THOMAS-BATRES, ISAIAS	FIRE	12	CHAPERON, BRITTANY	OES/911	26
HUTCHISON, JARRETT	FIRE	12	ADAMS, STEVE	STREET	26
REYNOLDS, DAVIN	FINANCE	13	BROWN, GREGORY	FIRE	27
DAVENPORT, JOSHUA	OES/911	14	CARTER, BRANDON	ANIMAL SHELTER	27
THESSING, PATRICK	POLICE	14	DEAVER, JACOB	PARKS MAINT	27
MOORE, RODGERICK	ELECTRIC	15	SPILLMAN, DARREN	PLANNING	27
BAILEY, COLLEEN	ADMIN	15	HENDRIX, KUADRIKA	POLICE	28
YOUNG, ANTWONE	SANITATION	15	EDWARDS, CHADWICK	POLICE	29
MCKEE JR, THURMAN	TRAFFIC	15	TASAICO MONTOYA, ALFREDO	IT	29
PLAUDIS, THOMAS	OES/911	16	GUAJARDO, BILLY	FIRE	30
MILLER, MICHAEL	POLICE	16	MILLER, MYNA	AIMM	30
WRIGHT, MICHAEL	POLICE	16	DAVIS, CORDELL	POLICE	30
HENDERSON, CHRISTOPHER	POLICE	16	JACKSON, LINDA	POLICE	30
INSALACO III, VINCENT	ADMIN	17	MAHAN, JACOB	TRAFFIC	30

September Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs
KORYCKI, KIMBERLY	ADMIN	1	CARTER, BRITNEY	OES/911	2
PETTIT, DAVID	CLERK ENFORCEMENT	27	FRANCISCO, KIMBERLY	OES/911	28
ALLEN, BRANDON	ELECTRIC	6	OSBORNE, STEVEN	OES/911	8
BROWN, ANTHONY	ELECTRIC	16	PERKINS, BETTY	PARKS CONCESSIONS	6
DOUGLAS, SUSAN	ELECTRIC	15	WRIGHT III, JOHN	PARKS MAINT	1
DOWDY, JEREMY	ELECTRIC	9	PARKER, GLENDA	PARKS RECREATION	31
HARROD, COLTON	ELECTRIC	1	REEVES, MICHAEL	PARKS RECREATION	1
JARRETT JR, JEFFREY	ELECTRIC	1	THUROW, JOELY	PLANNING	2
OGINSKI, JOSHUA	ELECTRIC	7	ABBOTT, CHRISTOPHER	POLICE	2
PETTIT, LEONARD	ELECTRIC	28	ANDERSON, MATTHEW	POLICE	16
PRICE, MATTHEW	ELECTRIC	18	BARBER, TYLER	POLICE	8
SCHULTZ, KRISTIN	ELECTRIC	15	CANTRELL, PAUL	POLICE	25
SMITH, BRIAN	ELECTRIC	16	DEDRICK, BRIAN	POLICE	28
STRIPLING, WILLIAM	ELECTRIC	9	EDISON JR, ROBERT	POLICE	30
WOODWARD, GREGORY	ELECTRIC	35	FISHER, JON	POLICE	23
COX, BRYEN	FIRE	7	GRAVETT, JEFFREY	POLICE	25
DELLORTO, DANIEL	FIRE	32	HAMMONS, PHILLIP	POLICE	16
EGLI, BRIAN	FIRE	5	HAWKINS, JASON	POLICE	10
GARNER, KOLBE	FIRE	1	LYON, JOHN	POLICE	26
GOODMAN, JACOB	FIRE	3	NEELEY, JAMES	POLICE	23
GRAHAM, BRANDON	FIRE	5	NICHOLS, CARLA	POLICE	24
HICKS, CASH	FIRE	1	NOEL, ASHLEY	POLICE	16
KOLB, MATTHEW	FIRE	7	THESSING, PATRICK	POLICE	30
LOVELESS, JOSHUA	FIRE	1	TOLLETT, YANCY	POLICE	16
MILLER, JON	FIRE	28	EASTERLING, LOGAN	PUB WORKS/ENGINEER	2
SARTIN, KENNETH	FIRE	10	WILLIAMS, LYNN	SANITATION	13
SHOEMAKER, MARK	FIRE	28	HOPSON, BILLY	SANITATION	25
THORN, MARK	FIRE	36	MARION, MARCUS	STREET	4
WALKER, NICHOLAS	FIRE	5	CHAPPLE, MYEKIA	TRAFFIC	3
YARBROUGH, JOSHUA	FIRE	1	EVERETT, THOMAS	TRAFFIC	26
STANFIELD, GAYLON	IT	1	NUTT, MATTHEW	TRAFFIC	10
ABEL, SHIRLEY	NEIGHBORHOOD SRV	30	USSERY, KEVIN	TRAFFIC	36
KELLY, RACHELLE	NEIGHBORHOOD SRV	1			

Information regarding employee anniversaries and birthdates is provided by Human Resources the prior year (i.e. 2025 was provided in 2024). So if an employee name is on the list that has retired or resigned, please disregard. Also, typos happen! Please let me know if a name is spelled wrong and a correction will be included next month! For employees who leave the city and come back in a different capacity or department, your length of service may change as well. Example, I worked in the Mayor's Office 10 years, then was elected City Clerk. I have been in the City Clerk's Office 24 years. My total service with the city is 34 years.

*If this scenario applies to you, please **email me at least one month before the month of your anniversary month** so I can include your total service to the City of NLR!*

Diane (Dwhitbey@nlr.ar.gov)