

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

AUGUST 2017

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**, 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.

The North Little Rock City Council called for a Special Election to be held on Tuesday, August 8, 2017, in the City of North Little Rock.

The ballot issue calls for an increase of the current city tax by 1%. One half of the one-cent tax would expire after five (5) years and may only be used for street and drainage improvements, and police, fire and courts facilities. The remaining one half cent does not expire and would be used for general city operations and maintenance.

Registered voters of North Little rock are encouraged to vote either for or against the issue.

The wording on the ballot will be as follows:



BALLOT ISSUE

One Percent (1%) Local Sales and Use Tax

Adoption of a one percent (1%) local sales and use tax within the City of North Little Rock, Arkansas, one-half of which shall only be levied until December 31, 2022 and shall only be used to acquire, construct, repair, equip, and/or improve streets, drainage structures; and facilities for the Police Department, Fire Department, and the District Counts, and one-half of which shall not be limited in duration or use.

FOR TAX

AGAINST TAX

This information is provided for information purposes only and does not advocate either for or against this measure.

Early voting begins Tuesday, August 1—Monday August 7 at the Main Voting Site — Pulaski County Regional Building, 501 W. Markham St, LR (8:00 a.m.—5:00 p.m.) (No Saturday Early Voting)

Offsite Early Voting begins Tuesday, August 1—Friday, August 4 at the William F. Laman Library, 2801 Orange St, NLR (weekdays only) (10:00 a.m.—5:00 p.m.)

For information regarding polling location, please visit the Pulaski County Clerk's website at Pulaski Circuit/County Clerk at www.pulaskiclerk.com, then click on Find Your Polling Place and enter the information requested. You can also find information at www.votepulaski.net or call 501-340-8336.



North Little Rock School District

First Day of School

August 14, 2017

Watch out for school buses and students heading back to school!



For more information go to www.nlrsd.org



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

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

Pet Statistics

Found at the Insurance Information Institute website www.iii.org

National Pet Owners survey conducted by the American Pet Products Association (APPA). This is up from 56 percent of U.S. households in 1988, the first year the survey was conducted.

Pet Insurance

The pet insurance industry got its start almost a century ago in Sweden where about half that country's pets are now insured. In North America, Veterinary Pet Insurance Co., a subsidiary of Nationwide, sold its first insurance policy in 1982 to cover a dog playing Lassie on television.

North American Pet Health Insurance Association (NAPHIA) reports North America's pet health insurance sector posted record growth in 2015, with combined gross written premiums hitting \$774 million. This represents a 17.2 percent increase in gross written premiums over 2014. The total number of pets insured reached 1.6 million at year-end 2015 and grew at an average annual rate of 12.0 percent from 2014 to the end of 2015. According to NAPHIA, there are 12 major pet insurance companies in North America.



Number of U.S. Households That Own A Pet, By Type of Animal (Numbers represent millions)

Pet	Number
Dog	60.2
Cat	47.1
Freshwater fish	12.5
Bird	7.9
Small animal	6.7
Reptile	4.7
Horse	2.6
Saltwater fish	2.5

Pet	Number
Freshwater fish	139.3
Cat	94.2
Dog	89.7
Bird	20.3
Saltwater fish	18.8
Small animal	14.0
Reptile	9.4
Horse	7.6

Total Number of Pets owned in the U.S., by Type of Animal
 (Numbers represent millions)

Pet Ownership in the United States

Sixty-eight percent of U.S. households, or about 85 million families, own a pet, according to the 2017-2018



When adopting a pet, keep your local animal shelter or pet rescue in mind. They always have a lot of adoptable animals of all ages, sizes, types and temperaments. Your next fur baby could be sitting in a shelter right now!

Also, please keep your local shelters and rescues in mind when making donations. North Little Rock Friends of Animals raises money for the North Little Rock Animal Shelter. All funds are used for the spay or neuter program which helps keep the cost of adoptions down.



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



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



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



North Little Rock Fire Department

Workplace Violence

Information included is from a presentation titled *Helping Prevent Violence in the Arkansas Municipal Workplace* which was presented by David S. Baxter with the Arkansas Municipal League. David is also a former NLR Police Officer

As employees, we are concerned about the health and safety of ourselves, and the health and safety of our family, friends and co-workers. An area of concern that has and can affect all of us is violence within the workplace.

While instances of violence in the workplace are not a recent phenomenon, public awareness has increased due for a number of reasons, including news reports and social media.

We spend a lot of our awake time on the job. In fact, the average American worker spends eight hours a day at work. Because we spend so much of our time in the workplace, the possibility always exists that violence can affect our place of work.

Did you know, violence in the workplace can be psychological, verbal, and/or physical?

Workplace violence is any harassment, intimidation, threat, act of physical violence, or any disruptive behavior that occurs and causes fear in the workplace and includes the following: *stalking, assault, domestic violence, workplace homicides, threats, harassment, intimidation, vandalism and theft.*

Workplace violence falls into four broad categories:

1. Violence by stranger. Someone who randomly chooses a workplace because of factors such as proximity, opportunity, and availability.
2. Violence by Customers or Clients. Individuals who may be unhappy with an outcome, service, or for other reasons.
3. Violence by co-workers. Individuals may be a current or former employee who may seek to do harm to individual employees or whomever they encounter.
4. Violence by personal relations. Individuals who have a personal relationship with an employee, such as a spouse, domestic partner or family member.

Anytime people gather together, conflict can arise. Despite our views, the reality is that interpersonal conflict is a normal and inevitable part of interacting with others. All conflict is not harmful.

We all need to practice situational awareness—listening to what others say. Most of the time, we are lazy in our listening skills and we listen to respond. Situational awareness means we listen to understand rather than reply.

Our behavior and actions affect others—an important de-escalation skill is understanding that the only control we have over another person's behavior, is our own. This is the ability to stay calm, in control, and professional in a crisis, even when the other person is upset or angry with you.

Be aware of your surroundings...in a restaurant, locate the exits. With customers, visually observe and retain information (height, weight, clothing, identifiable markings *scars or tattoos*), etc.

If something does happen, have a plan. Have an escape route. Leave your belongings, Keep your hands visible, Warn others as soon as possible. Hide in an area out of the perpetrator's view. Block entry if possible. Turn off lights and silence cell phones.

As a last resort, fight — be committed to surviving by any means. Use any thing you have available as a weapon.

If you would like more information about this topic, please contact David Baxter at 501-374-3484 Ext 110



Congratulations to newly elected Fire Chief Gerald Tucker.

Chief Tucker has worked for the NLRFD for 27 years.

He was sworn in as Fire Chief during a ceremony at City Hall, July 14, 2017.

Pictured (l to r) Christine Tucker, Kit Murphy, Chief Tucker and North Little Rock Mayor Joe A. Smith.

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).

Laman Library—Laman circulation—20,331, total visits—31,130; Argenta circulation—4,122, total visits—8,423. Electronic circulation—8,022, electronic visits—18,304. Items added—1,090, items withdrawn—7,000, total items 190,510. Ancillary Services: Passports—655, Notaries—224.

Hays Center—67 new members. Offered swimming lessons to 25 members. 10 members attended an End of Life Decisions seminar. Provided 15 bus trips to members: Crater of Diamonds Park, Belle of Hot Springs Cruise, Crystal Bridges, Searcy Senior Center (Bingo), Abe's Ole Feed House, Bryant Senior Center (Elvis Impersonator). 12 Campus Tower residents went to Millennium Bowl. Bean Bag Baseball Team traveled to an away game. Senior housing residents were also transported to medical appointments, Wal-Mart and Dollar Tree. Hays Center volunteers logged 3,597 hours.

Electric Customer Service—Bad debt—\$52,632, New accts—1,215, Finalized accts—1,169. Customer calls—9,349. Direct contact: 2,002, inside teller payments: 7,488 Electric; 8,046 Gas/Water. Drive thru: 4,411 Electric; 4,655 Gas/Water. Online: 7,229.

Sanitation—Collected and disposed of 2,476.56 tons (4,953,120 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 142 loads; 3,940.2 cubic yards of mixed debris and green waste. Picked up 75 tires. Sanitation Code Officer issued 111 violation notices/letters and 13 Citations. Continue to work special cleanups (due to move outs, illegal dumping—citywide).

Traffic Services—approved 114 barricade applications for permits. Repaired or replaced 285 signs and posts, marked 17 city vehicles with logo, 59 Arkansas One Call location requests.

Police—Crime numbers for May remain level. Robbery -6%, Overall Property Crime +5%, Total Crime + 5%. New officers are in various stages of training. Held 2nd Summer Youth Camp at 4H Center with 20 participants.

Fire—Total incidents—1,208
Total Unit Responses—1,941



North Little Rock Visitors Bureau—Visitors Information Center in Burns Park had 1,494 visitors in May. Downtown RV Park has 649 reservations/average stay 2.2 days. USS Darter Crew held their 5 day boat reunion at AR Inland Maritime Museum. USS Little Rock (LSC-9) joined the USS Los Angeles crew as they painted the deck of the USS Hoga. 18 groups brought 529 visitors.

Residential Fires—19
Other fires—0
Vehicle Fires—14
False Alarms/Malfunions—88
Rescue/Emergency Medical—695
Mutual Aid—1
Hazardous Material Response—6
Structure Fire fatalities—0
Vehicle fire fatalities—0
Training hours—4,067
Building Surveys—210

Office of Emergency Services/911—

Total incoming calls: 16,540
Incoming call total Non-911 calls: 7,178
Wired 911: 965 Abandoned Wired 911: 131
Wireless 911: 7,251 Abandoned Wireless: 700
Total dispatch computer entries: 9,248

Planning—Major permits issued: 1 new construction—ARI Office Building, 2 tenant finish out—Hibbet Sports and Zales Jewelers. Issued 10 new single family residential permits. Inspectors completed 498 inspections and covered 5,151 miles:168 Electric; 113 Building; 136 Plumbing; 81 HVAC.

Electric Department—38,566 customers, Peak Power—195,747 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,047 (252 repaired), Security lights—4,195 (28 repaired), Smart meters—39,408, Revenue—\$8,075,689. Major outages—6/8 burnt jumper 1 span outside Dixie (B6 our 4.5 hours—1,000 customers), 6/18 unknown cause & location (F27 out 2 hours—2,090 customers, 6/23 tree on line on Ozark (I33 our 2 hours 8 minutes—2,000 customers), 6/23 (SSS2 out 39 minutes—5,700 customers.

Code Enforcement—180 assigned calls, 762 initiated calls, 78 citations, 765 violation notices, 161 vehicles tagged, 64 structures inspected, 37 rental inspections, 13 food service inspections, 0 search warrants, 2 houses demolished by city, 4 houses demolished by owner. Code Maintenance—269 assigned calls, 28 vacant lots cleaned, 43 lots with structures cleaned, secured 0 vacant houses, vacant lots mowed—157, lots with structures mowed—103, picked up 0 tires.

North Little Rock Animal Control—

Incoming animals—181 Adoptions—67
 Reclaimed—30 Euthanized—118
 Citations issued—43
 Dogs/cats sterilized—67
 Calls for service—653
 Pulaski County
 (accepted at NLR)
 Incoming Animals—109
 Adopted—27
 Reclaimed—3
 Euthanized—68



Animal Control picked up or received 25 illegal pit bulls.

Even though the shelter remained at capacity another month, no adoptable animals were euthanized for space—something we hope will continue!**

Note: 1,074 animals have entered the shelter since the first of the year. 567 of those animals had to be euthanized.

Reminder! Please consider adopting from a shelter! Shelter pets make great additions to any family! And **PLEASE spay or neuter your pets!**

****Non-adoptable animals are those that are sick, injured, unweaned or by owner request.****

Finance—Revenues (MTD—June)

Taxes	\$ 343,606.08
Licenses/Permits	\$ 100,906.59
Fines/Forfeitures	\$ 155,434.72
Local Option Sales Tax	\$2,045,983.06
Franchises	\$ 154,500.54
Investment/Misc	\$ 22,652.09
User Fees	\$ 91,589.75
Utility Transfer	\$ 48,754.66
Grants & Other	\$ 316,394.67
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$4,202,902.17

Expenditures

Administration	\$ 140,127.52
Animal Shelter	\$ 66,122.35
Special Appropriations	\$ 764,693.58
City Clerk	\$ 21,747.70
Emergency Services	\$ 153,612.38
Finance	\$ 73,226.39
Fire	\$ 1,743,069.24
Health	\$ 25,361.48
Legal	\$ 123,923.01
1st Court	\$ 45,257.16
2nd Court	\$ 44,411.01
Public Defender	\$ 416.06
Human Resources	\$ 55,729.10
Commerce	\$ 24,164.09
Planning	\$ 66,742.78
Police	\$ 2,116,298.46
Code Enforcement	\$ 74,192.93
Public Works	\$ 179,455.38
Neighborhood Services	\$ 5,866.18
Sanitation	\$ 302,238.37
Vehicle Maintenance	\$ 87,879.33
Senior Citizens Center	\$ 76,435.67
Communications	\$ 8,168.53
Fit 2 Live	\$ 9,697.24
Total Expenditures:	\$ 6,208,835.94



Tim's Super Secret Stir Fry Sauce!

From Tim R-e-a-v-i-s, Planning Department
 (Tim was also July's *Where's Mel* Contest Winner)
 Below is the recipe I use. My personal modifications are in parenthesis.

- 1/2 cup soy sauce
- 1/2 cup chicken broth
- 3 tbsp. barbeque sauce
- 2 1/2 tbsp. brown sugar
- 2 tbsp. rice vinegar (*I use regular vinegar*)
- 1 tbsp. honey
- 1 tbsp. sesame oil
- 1/4 tsp pepper (*I don't measure, I just put in the amount I want*)
- 2 tbsp. cornstarch
- 1/4 cup water
- 2 tbsp. olive oil
- 3 tsp. minced garlic (*I use 5-6 tsp because I really like garlic*)

1 tsp ground ginger (*I don't add this. I don't like ginger. I don't own any, nor will I buy any.*)

Instructions:

Combine soy sauce, broth, barbecue sauce, brown sugar, honey, rice vinegar, sesame oil, and pepper. Set aside. Mix cornstarch and water together. Set aside.

Cook (olive) oil, minced garlic over medium heat until simmer.

Whisk in soy sauce mixture and bring to a boil.

Whisk in corn starch mixture and cook until thickened, stirring constantly.

Allow sauce to cool and store in refrigerator.

Use this sauce with your favorite stir fry combinations!

Food For Thought

Found in Health Living Made Simple HLMS
Sam's Club Magazine

For some, it may be a certain brand of soda. For others, a salty, crunchy snack. Chances are we've all craved a certain food at some point. In fact, a study published in the international research journal *Appetite* showed 97 percent of women and 68 percent of men reported experiencing food cravings.

A few cravings have been tied to a diet deficiency. A need to chew ice has been linked to an iron deficiency, and if you are lacking in sodium, which few are, you will crave something salty. Research from the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University shows that the most commonly craved foods, regardless of reported deficiencies, were salty snacks or sweets high in sugar and fat.

Much research and numerous studies show the main cause of cravings are rooted in our collective heads. The hippocampus, insula and caudate regions of the brain activate during a food craving episode. For many people, these

foods address an emotional need like calming stress or reducing anxiety.

Carbohydrates have been shown to

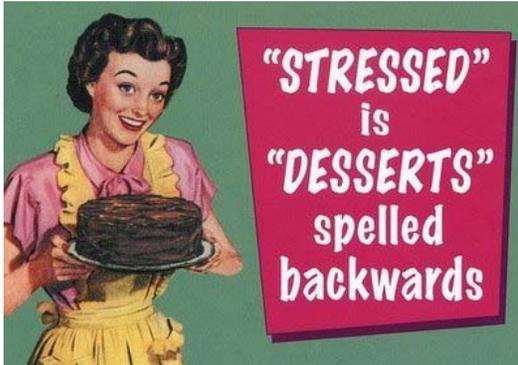
boost serotonin hormone levels, which helps create a soothing effect. Many foods we crave also taste good and are associated with pleasurable memories like sweets from a birthday party or a fun night out eating pizza with friends.

When it comes to satisfying those cravings, try to find low-fat, low-sugar alternatives that are also reduced in sodium, but don't let yourself get too hungry. Skipping meals can eventually lead to overeating.

Craving this...try that

Use these substitutes for healthier alternatives to traditional snacks:

- Craving salty snacks? Low-salt peanuts, almonds or cashews usually do the trick. Low-sodium dill pickles and seaweed snacks offer a crunch low-calorie fix as well.
- Craving chocolate? Turn to dark chocolate. The higher the percentage of cocoa powder (think 70 percent or greater) the better, as it contains more antioxidants and nutrients that may help cholesterol and blood pressure conditions.
- Craving cookies? Eat fig or protein bars instead. Most nutrition bars contain sugar so your sweet



FOOD CRAVINGS 		
YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE →	MAGNESIUM →	Raw cacao, nuts, seeds, veggies & fruits
SUGARY FOODS →	CHROMIUM →	Broccoli, grapes, cheese, chicken
	CARBON →	Fresh fruits
	PHOSPHORUS →	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHUR →	Cranberries, horseradish, cabbage, cauliflower
BREAD, PASTA & OTHER CARBS →	TRYPTOPHAN →	Cheese, raisins, sweet potatoes, spinach
	NITROGEN →	High protein foods: meat, fatty fish, nuts, beans, chia seeds
OILY FOODS →	CALCIUM →	Organic milk, cheese, green leafy vegetables
SALTY FOODS →	CHLORIDE →	Fatty fish, goat milk
	SILICON →	Cashews, nuts, seeds

Source: Coaching & Weight Management

tooth gets satisfied. They also contain fiber and protein to help fill you up.

- Craving bacon? Eat center-cut pork bacon. It is similar in nutrition to turkey bacon (25 more calories and only .5g of additional fat per serving) but with the flavor of traditional pork.
- Craving pasta? Try spaghetti squash. It's only 30 calories per cup and 10g of carbs, but it's also packed with antioxidants, beta-carotene and potassium.
- Craving fries or potatoes? Create sweet potato fries or mashed cauliflower. Both are easy to make and delicious. Cauliflower is loaded with vitamins C, K, and B6 and nutrients like niacin, magnesium, fiber and manganese. Sweet potatoes are a good source of vitamins A, C, B1, B2 and B6.

Visit HLMS.com for recipes that offer a healthier twist on some common cravings.

⊗ FOOD SUBSTITUTIONS ⊗

INSTEAD OF	TRY THIS
Chocolate Bars	Organic Dark Chocolate
Candy	Dried Fruit
Chips	Baked Whole Pita Chips
Bagged Popcorn	Organic Stove Top Popcorn
Cake	Low-fat Homemade Banana Bread
French Fries	Roasted Sweet Potato Wedges
Ice Cream	Frozen Yoghurt
Sugary cereals	Oatmeal
Pizza	Whole Wheat Thin Crust With Minimal Cheese and lots of Veggies
Cookies	Organic Cookies

A matter of distance: land measurements of the early United States

By Paul Walla, PLS, and Jennifer Thompson

*Found in City & Town,
a publication of the Arkansas Municipal League*

When the colonists from Europe began to settle the continent we now know as North America, they brought with them systems of measurement from their homelands. Those systems of measurement came from various European countries such as England, France, Spain, Holland, Germany, and Italy.

These systems contained units of length, area, volume, and weight, and units were not always equal. They varied from place to place. As one can imagine, this caused issues. For instance, a bushel of wheat one bought may not have equaled the bushel of wheat one sold. After the American Revolution (1775-1783), a uniform system of measurements containing reliable units of length, area, volume and weight were established.

The English colonies, and later the fledgling United States, adopted the Gunter's chain as the standard unit for land measurement. Edmund Gunter, an English mathematician designed and created the chain in 1620. His chain was 66 feet long and was made up of 100 links, each of which was 7.62 inches. The chain



was based upon the early English measurement of the perch. The perch and the pole and rod each measured 16.5 feet. An early English two-pole chain measured 33 feet. A four-pole chain measured 66 feet. Because of this, distances written on property deeds were often written in chains, links, perches, pokes and rods.

The furlong, which we hear in horseracing vernacular, is a unit of length equal to 40 poles, 220 yards or 600 feet. The name originates from furrow long, the length of a furrow that oxen can plow before they are rested and turned.

The original 13 colonies used the Gunter's chain, as well as the perch, and the pole and rod as the tools of land measurement. The Land Ordinance of 1785 which established guidelines for the dispersion of federal lands, applies to lands sandwiched between the original 13 colonies and the Mississippi River, and it specified that the "section lines be measured with a chain." The states constructed from the Louisiana Purchase, and all states close to the Pacific Ocean, all used the Gunter's chain as the primary tool of land measurement.

By today's standards, the Gunter's chain was an extremely rudimentary tool used to survey the new nation. However, it was not necessarily inefficient, and offered extremely accurate measurements that are still relied upon today.

The original survey of the lands of the Louisiana Purchase got its start in a headwater swamp in Arkansas in the fall of 1815 when two federal land surveying teams established the initial point for the survey of those lands. A marker is still in place in a remote region of eastern Arkansas, in the swampland of the Delta, commemorating the spot where the surveyors established the initial point for all future land surveys of the states of Arkansas, Iowa, Minnesota, Missouri, the Dakotas, and north to Canada. A very informative Arkansas Education Television Network (AETN) documentary titled, "It Started Here: Early Arkansas and the Purchase" archives this surveying journey, and is available for viewing at www.aetn.org/programs/itstartedhere.

The granite marker/monument that stands in the swamp still today was erected in 1926 by the

Daughters of the American Revolution, though it frequently went unseen due to being submerged in swamp water the majority of the



time. The marker now sits in what is known as Louisiana Purchase State Park at the junction of Lee, Monroe, and Phillips counties, according to the Louisiana Purchase State Park website www.arkansasstateparks.com/louisiana-purchase.

French settlements established along the Ohio and Mississippi Rivers and the Gulf coast before the Revolutionary War used a French unit of measurement called the arpent. The arpent was used as both a distance measurement and as an area measurement. The linear distance of the arpent is 191.88 feet and the area measurement of the arpent equaled 0.846 acres. In the early days of "New France," with waterways being the most efficient transportation route, settlers wanted and needed land frontage along riverfronts. Tracts along the river would be two to three arpents wide and 20 to 40 arpents deep. Current aerial photography shows tracts along those waterways being similar in shape and size, and property descriptions along those areas are still described using the arpent as a distance measurement.

Lands that were once under the control of Spain and later Mexico used both the vara and the league as the primary tool for land measurement. The vara is equal to approximately 33 and 1/3 inches and the league equals 5,000 varas. *Continued on next page...*

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Land grants were made during both the Spanish and Mexican periods in the southwest United States in what is now California, Florida, Nevada, Arizona, New Mexico, and Texas. As with the French land grants, when those areas attained statehood, the Spanish and Mexican land grants were recognized by the United States government.

The United States is truly a melting pot of settlers, and the surveying profession—one of the oldest known professions—is no different. These settlers, coming from a wide array of countries, also had varieties in measurements of volume, weight, and mass,

among others. All of these measurements were critical for the development of commerce and trade as we know it today. As the United States settled into the manifest destiny mind frame, a uniform system of measurement was established.

For further reading on these variations, Andro Linklater has written a wonderful book entitled *Measuring America* that goes into much more detail.

Paul Walla, Professional Land Surveyor (PLS) is the Survey Department Head for McClelland Consulting Engineers, Inc. in Fayetteville.

Jennifer Thompson is the Marketing Coordinator for McClelland Consulting Engineers, Inc. in Fayetteville.

Financial Focus

By Tommy Howard / www.edwardjones.com
Found in *The Daily Record* June 26-July 2, 2017

Last month, we celebrated the Fourth of July and the freedoms we enjoy in this country. The U. S. Constitution grants us many of these liberties, but we have to earn others — such as our financial freedom. What steps can you take to achieve the financial independence you need to reach your long-term goals?

For starters, always work to build your resources. Contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. At a minimum put in enough to earn your employer's matching contribution, if one is offered. If you don't take advantage of this match, you are essentially leaving money on the table.

While how much you invest is an essential factor in gaining your financial freedom, how you invest your money is equally important. So make sure you have sufficient growth potential in all your accounts. While growth-oriented investments, such as stocks and stock-based vehicles, carry investment risk, you can help moderate this risk by also including other investments, such as bonds.

Another way to gain your financial independence is to liberate yourself from the shackles of debt. This isn't always easy of course — most of us have experienced times when our cash flow simply wasn't sufficient to meet our expenses, so we had to take on some type of debt, either through a credit card or a loan. But the more you can control your debts, the more money you'll have to save and invest for your future.

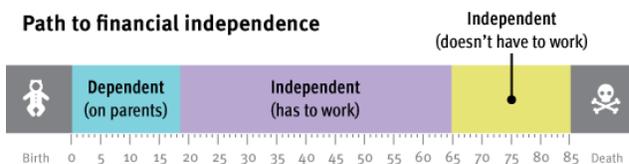
One way to manage your debt load is to build an emergency fund, containing three to six months' worth of living expenses, which you can use to pay unexpected costs such as a major car repair or a large medical bill. Ideally, you should keep this money in a liquid, low-risk account, so you can access the funds quickly and without penalty. Aside from possibly helping you control your debts, an emergency fund may enable you to avoid dipping into your long-term investments to pay for short-term needs.



Thus far, we've only discussed achieving your financial freedom through methods of saving and investing. But you also need to consider your protection needs, too. If you were to become ill or suffer a serious injury, and you could not work for a while, your financial security could be jeopardized. Your employer might offer you disability insurance as an employee benefit, but it may not be enough for your needs, so you might need to purchase some additional coverage on your own. And to help ensure your family's financial security, you'll also need sufficient life insurance.

You also might want to protect yourself from the catastrophic costs of long-term care, such as an extended nursing home stay. The average annual cost for a private room in a nursing home is more than \$92,000, according to the 2016 Cost of Care Study issued by the insurance company Genworth. And Medicare generally covers only a small percentage of these expenses. You may want to consult with a financial professional to learn about ways you can protect yourself from the long-term care burden.

By following these suggestions, you can go a long way toward declaring your own financial independence. Consider taking action soon.



NLR Employees can contact the HR Department to learn what types of additional opportunities are available to them through the city: investments, insurance policies, etc.

Various Phenomena Chronological Events—August

found in *Grier's Almanac 2017*

First
published
in 1807



and
every year
since

1 First U.S. Census, 1790



19 Orville Wright born, 1871

20 First regular licensed radio broadcast, 1920

21 Lincoln-Douglas debates, 1858

22 1st American Cup Race, 1851



23 Internet
began
operating, 1991

2 Army Air Corps established, 1909

3 Columbus set sail, 1st voyage across Atlantic, 1492

4 U.S. Coast Guard organized, 1790

5 Cleveland, OH 1st U.S. city with traffic light, 1904

6 U.S. dropped 1st atomic bomb on Japan, 1945

7 Explorer II sends 1st photo to Earth, 1959

8 President Richard Nixon resigned, 1974

9 First electric-powered airship flown, 1884

10 Slavery adopted in U. S. 1619

11 Nation's 1st silver mine opened, 1860

12 New York City est. 1st police force in U.S., 1658

13 East German's began building Berlin Wall, 1961

14 Japan surrenders to the Allies, 1945

15 Panama Canal opened to traffic, 1914

16 Ft. Dearborn burned by Indians, 1812

17 Submarine invented, 1776

18 Mt. Whitney, highest in U.S. 1st climbed, 1873

24 Whitehouse burned by British, 1814

25 French Immigrants founded New Orleans, 1718

26 First American Kindergarten established, 1873

27 First oil well drilled/Titusville, PA, 1859

28 M.L. King's "I Have A Dream" speech, 1963

29 John the Baptist beheaded, 30 A.D.



30 Royal Canadian
Mounties organized,
1873

31 First U.S. Tennis Championships, 1881



**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: 8/1/17
Expires: **11/30/17**



Sex: Male
Eyes: Brown
Hair: Dun
Height: 15 hands
Employer: **Equine sunglasses**
Type of Goods Sold: **Sunglasses for horses**

City Clerk and Treasurer Diane Whitbey
By: **__SAMPLE ONLY__**
only valid with signature

Deputy City Clerk / Treasurer, Revenue

North Little Rock History Commission



If you or someone you know has items of a historical interest (photos, newspaper clippings, keepsakes, etc.) to City of North Little Rock, please consider donating them to the NLR History Commission.

For more information, call 501-371-0755 or email nlrhistory@comcast.net.



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

As of July 30, the following were registered to solicit door to door in the city of North Little Rock.

LegalShield Expire 10-13-17

Melvin Jackson

Smart Home Pros—Vivint

Expire 9-1-17

Luke Brawley
Spencer Brindley
Ethan Carpenter
Samuel Coffey
Michael C. Davenport
John DelRossi

Ernesto Gomez
Omar Gomez
~~Brandon Hensel (revoked)~~
Arturo Holt
Nathan Kaira
Otto Kerler
Anthony Lemon-Bass
Justin Locklear
Devin Luzietti
Matthew Maturo
Matt Meyers
Christ Montoya
Matt Packard
Colin Parker
Tristan Pears

Ryan Pisani
Jordan Sock
Andrews Svanda
Miguel Junior Villareal
Southwestern Advantage

Expire 9-9-17

Sirle Erimee
Helene Tismus

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

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

Question: *If I call someone to come to my home to sell a product, make a repair, trim a tree, lawncare, etc, do they have to have a door-to-door peddlers permit?*

Answer: No. If you initiate the person coming to your home, they are not considered door-to-door sales. However, they are required to have a City Business/Privilege License to be able to conduct business in our city.

Reminder to residents:

If someone comes to your door, you do not have to answer or let them in. If someone comes to your door and makes you uncomfortable please call the police. If someone comes to your door and is unable to produce an ID issued by the City of North Little Rock City Clerk and Treasurer's Office (similar to the example on this page), please call 501-758-1234.

In all cases, if you call please provide a description of the person, location and vehicle description and license number if possible. You can also call the North Little Rock City Clerk/Treasurer's Office Monday through Friday 8:00 a.m.—4:30 p.m. to verify any business license or peddlers permit in our city at 501-975-8617.

***North Little Rock
City Council Schedule***

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

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

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

City Offices located at 120 Main

IS/Data Processing, Kathy Stephens	975-8820
Finance, Karen Scott	975-8802
Information	975-8888
Human Resources, Betty Anderson	975-8855
Planning, Shawn Spencer	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, Terrell Milton	975-8888

City Council Members

Ward 1	Debi Ross Beth White	753-0733 758-2738
Ward 2	Linda Robinson Maurice Taylor	945-8820 690-6444
Ward 3	Steve Baxter Ron Harris	804-0928 758-2877
Ward 4	Murry Witcher Charlie Hight	835-0009 758-8396

**Utility Payment Assistance
and Other Numbers**

Central AR Development Council.....	501-603-0909
Little Rock Catholic Charities...	501-664-0640 ext 459
Saint Francis House.....	501-664-5036
Watershed.....	501-378-0176
Helping Hand of Arkansas.....	501-372-4388
River City Ministries.....	501-376-6694
Arkansas Metro.....	501-420-3824
Arkansas Food Bank.....	501-565-8121
American Red Cross.....	501-748-1021
Salvation Army.....	501-374-9296

Other Elected Officials

Mayor Joe A. Smith	975-8601
City Clerk/Treasurer Diane Whitbey	975-8617
City Attorney C. Jason Carter	975-3755
District Court Judge Randy Morley	791-8562
District Court Judge Paula Juels Jones	791-8559

Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Joe A. Smith	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Communications.....	501-975-8833
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Fit 2 Live.....	501-975-8777
Isaac Henry	
Special Projects.....	501-975-3737
Jim Billings	

North Little Rock Curbside Recycling
schedule for the month of August

July 31-Aug 4—NO
Aug 7-11—Recycle
Aug 14-18—NO
Aug 21-25—Recycle
Aug 28- Sept 1—NO



August Birthdays

Name	Dept	Date	Name	Dept	Date		
JOSEPH	ALLEY	AIMM	1	DARREN	BAUGH	POLICE	16
JORDAN	ROARK	OES	2	MURRY	WITCHER JR	Admin	18
WILLIAM	POE	Fire	2	GERALD	CORRIGAN	PARKS MAINT	18
CASSANDRA	SCALES	Courts	2	KATINA	DOBBINS	PARKS & REC	18
GEORGE	BYNUM	SANITATION	2	MAURICE	TAYLOR	Admin	19
TRENA	LEONARD	UAD	3	CHAD	ALLEN	Electric	19
JHAILAN	RATHEY	POLICE	3	CHARLES	BASS	Fire	19
RICKY	ALBERS	Fire	4	WILLIE	ROMES	PARKS MAINT	19
MICHAEL	KLAMM	PUBLIC WORKS	4	BRELON	SIMUEL	PARKS & REC	19
CLIFFORD	LEE	STREET	4	SHARON	KOVAR	OES	20
MICHAEL	CARR	PARKS GOLF	4	JOHN	PFLASTERER	Fire	20
JAIME	WALLACE	HR	5	NAPOLEON	BARNES JR	STREET	20
TROY	PRINCE	PARKS MAINT	6	DELVIN	MARTIN	PARKS & REC	20
DAVID	JOHNSON	Fire	7	JEREMY	REED	Fire	21
EBONY	THOMAS	PARKS CONCESSION	7	JASON	CARTER	Legal	22
MATTHEW	DIXON	Fire	8	MICHAEL	SHAHAN	POLICE	22
MICHAEL	MARBLEY	SANITATION	8	TOMMY	NORMAN	POLICE	22
VAN-EL	HAMPTON	PARKS & REC	8	ANTHONY	ROBINSON	SANITATION	22
RONALD	CARTER	Electric	9	WILLIAM	BURNHAM	PARKS MAINT	22
CAMILLE	FLEMING	HR	9	VINCENTE	PEREZ	PARKS GOLF	22
AUSTIN	EVERETT	CODE	9	SHANDRA	STEWART	OES	23
ROBERT	EMARY	POLICE	10	CHARLES	PLATT	Fire	23
ANTHONY	PHILLIPS	SANITATION	10	JOSHUA	COMBS	Fire	23
JASON	STEELE	STREET	10	WILLIAM	ROBERTSON	VEHICLE MAINT	23
RONALD	RIGGIN	Electric	11	MALORY	SMYSOR	PARKS & REC	23
TASHA	NEWTON	HR	11	WILLIAM	FERRY	OES	24
KIMBERLY	FRANCISCO	POLICE	11	SHANE	WILLIAMS	SANITATION	24
SCOTT	HARTON	POLICE	11	MICHAEL	JOY	Fire	25
KASEY	KNIGHT	POLICE	11	CURTLAND	WATSON	SANITATION	25
MARCUS	LEE	SANITATION	11	LAJOY	ROBINSON	SENIOR CENTER	25
FLOYD	BEARD	PARKS & REC	11	CHARLOTTE	THOMAS	Admin	26
RICKY	CRANFORD	Fire	12	CLAY	ROGERS	AIRPORT	26
CHRIS	WILBOURN	PUBLIC WORKS	12	JAMES	WILSON	Electric	26
FREDERICK	GUNTHER	Fire	13	JAN	EBERLE-WILKINS	PARKS ADMIN	26
DUSTIN	TERRY	Fire	13	ROBERT	MARTIN	AIRPORT	27
SHAY	REAGAN	UAD	13	KATHRYN	SNIDER	Electric	27
STACEY	LEONARD	HR	14	ROBERT	BRYANT	Fire	28
PAUL	RILEY	POLICE	14	NORITH	ELLISON	Electric	29
ASHLEY	NOEL	POLICE	14	DANIEL	MCFADDEN	Legal	29
JOHN	ALEXANDER	Animal Control	15	MARK	WRIGHT	POLICE	29
BILL	BROWN	Legal	15	ADAM	TINDALL	Animal Control	30
SANDRA	TARKINGTON	UAD	15	JOHN	CAVIN	Fire	30
JAMES	BAILEY	POLICE	15	ROBERT	SCOTT III	POLICE	30
ANGELA	WIRT	SENIOR CENTER	15	JENNA	RHODES	FIT 2 LIVE	30
ROBERT	SHAW	Fire	16	ISAAC	HENRY	Admin	31
KAREN	FLETCHER	UAD	16	SCOTT	SPRINGER	Electric	31

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.

August Anniversaries *continued next page...*

<i>Name</i>		<i>Dept</i>	<i># Yrs</i>	<i>Name</i>		<i>Dept</i>	<i># Yrs</i>
KATELYN	THOMAS	City Clerk	5	RODNEY	THOMAS	POLICE	7
CHERI	MONROE	OES	13	CHAD	EDWARDS	POLICE	11
SHATORIA	WOODS	OES	2	DAVID	MOORE	POLICE	4
ELBERT	GREEN	Electric	7	CHRISTOPHER	WEAVER	POLICE	9
JOE	MARTIN	Electric	44	MICHAEL	REYES	POLICE	6
KAREN	ALLEN	Electric	19	JOSEPH	MADISON	POLICE	9
ROCKY	HARRIS	Electric	25	JOHN	BLANKENSHIP	POLICE	4
ROBERT	HUGHES	Electric	7	JEREMIAH	COVINGTON	POLICE	11
WILLIAM	MANN	Electric	11	MICHAEL	OSBORNE	POLICE	11
ROBERT	DANIELS	Electric	36	ZACHRY	LEASE	POLICE	11
DARREN	OWEN	Electric	13	MATTHEW	BARBER	POLICE	5
JOHN	HARRIS	Electric	10	SCOTT	HARTON	POLICE	9
GREGORY	HEINTZ	Electric	5	AMON	SHIRLEY	POLICE	4
RYAN	HARTWICK	Electric	8	BRANDON	DAVIDSON	POLICE	12
KENNY	HIGHFILL	Electric	12	CHAUNCEY	SIMS	POLICE	9
MARK	FINCH	Electric	15	RYAN	DAVIDSON	POLICE	7
GLENN	KRAUSS II	Electric	5	ERIC	STOCKMAN	POLICE	7
MATTHEW	RAGLAND	Electric	5	MATTHEW	PEACH	POLICE	6
DEBORAH	MURPHY	Finance	38	JEFFREY	ELENBAAS	POLICE	7
GLADYS	JACKSON	Finance	20	SHAMILLE	TENSLEY	POLICE	1
DAGNY	PRITCHARD	Finance	5	CHEREON	CAMP	POLICE	5
BEONICA	WILLIAMS	Finance	5	WILLIAM	SCOTT	POLICE	7
JAMES	MURPHY	Fire	3	BLAKE	BARNES	POLICE	9
JOHN	PFLASTERER	Fire	22	EIRC	CHEATHAM	POLICE	5
JAMES	HOOKS	Fire	27	JUSTIN	CROSS	POLICE	6
JERRY	ROBISON	Fire	22	ROBERT	EMARY	POLICE	5
GARY	WILLIAMS	Fire	17	CORDELL	DAVIDSON	POLICE	5
JEFFREY	BENNETT	Fire	20	CHRISTOPHER	BROWN	POLICE	7
MICHAEL	JORDAN	Fire	20	WILLIAM	WILLIAMS	POLICE	4
RICHARD	MATTHEWS	Fire	16	PHILIP	EVANS	POLICE	5
NATHAN	WOLFE	Fire	11	JOSHUA	THRELKELD	POLICE	5
JASON	BRYANT	Fire	11	MICHAEL	STANLEY	POLICE	4
TOLIVER	WHILLOCK	Fire	11	ALEXANDER	BAKER	POLICE	1
JEREMY	REED	Fire	11	SARAH	BORNHAUSER	POLICE	4
MATTHEW	HUNT	Fire	11	TYLER	GRANT	POLICE	1
HEATH	WILLIAMS	Fire	12	LAURA	PETTY	CODE	3
JOSHUA	COMBS	Fire	11	MICHAEL	SWAFFORD	PUBLIC WORKS	2
NICHOLAS	FREY	Fire	10	BELINDA	GARVIN	PUBLIC WORKS	6
JOHN	CAVIN	Fire	1	DAN	SCOTT	NEIGHBOR SRV	22
RICKY	SHOSHONE	Fire	1	DANTE	GUIUSTI	SANITATION	7

August Anniversaries ...continued

Name	Dept	# Yrs	Name	Dept	# Yrs
TANNER TUBBS	Fire	1	JAMES BAILEY	SANITATION	3
JONATHAN STATON	Fire	4	RICHARD ABBOTT	SANITATION	19
DANIEL MCFADDEN	Legal	7	DONNA HEIRD	SANITATION	3
LORETTA WEDDLE	Courts	2	CURTLAND WATSON	SANITATION	7
JUDY WEST	Courts	33	TINA OFFORD	SANITATION	13
KATHY STEPHENS	UAD	27	JEFFREY WHITE	STREET	16
SHANNON JOHNSON	UAD	4	TOMMIE WILLIAMS	STREET	2
VEDA STEWART PEREZ	UAD	17	CHRISTOPHER JONES	STREET	1
ISAARIA BROWN	UAD	1	TOMMY DELANEY JR	STREET	2
ALLISON HIBLONG	AIMM	6	TOMMY WARD JR	STREET	2
NEAL GRUMBINE	AIMM	4	KENDALL ABEL	STREET	2
JAIME WALLACE	HR	23	DEIDRA DEVINE	TRAFFIC	19
AMY SMITH	COMMERCE	18	RONNIE ADAMS JR	TRAFFIC	5
BILLIE BLACK	PLANNING	7	CHONG LOR	TRAFFIC	4
TIM REAVIS	PLANNING	2	CODY REESE	TRAFFIC	5
HEIDI WEBB	POLICE	4	JAN EBERLE-WILKINS	PARKS ADMIN	47
CAROLYN BRANCH	POLICE	17	DONALD JOHNSON	PARKS MAINT	17
DIANA LUNA	POLICE	12	TEMEKA MARTIN	PARKS & REC	14
DIRK BARRIERE	POLICE	25	MALORY SMYSOR	PARKS & REC	1
ROBERT GRIFFIN	POLICE	27	RICHARD MCDONALD	PARKS GOLF	6
RANDY FLIPPIN	POLICE	7	DONAD LARSON	PARKS GOLF	1
IRA WHITNEY	POLICE	12	VINCENTE PEREZ	PARKS GOLF	2
RUSTY GATRELL	POLICE	12	BRIAN FISCHER	PARKS GOLF	6
EDGAR RAMIREZ	POLICE	2	TATIYANA STACKHOUSE	PARKS CONCESS	2
JASON CHRISMAN	POLICE	6	JEFFREY CAPLINGER	PARKS SPEC PROJ	13

2017 Arkansas Sales Tax Holiday



Beginning Saturday, August 5, 2017 at 12:01 a.m. and ending Sunday, August 6, 2017, at 11:59 p.m., state and local sales tax will not be collected on the sale of (1) Clothing and footwear if the sales price is less than \$100 per item; (2) Clothing accessories and equipment if the sales price is less than \$50 per item; (3) school supplies; (4) school art supplies; and (5) school instructional materials. To see the list of exempt items, go to: <http://www.dfa.arkansas.gov/offices/exciseTax/salesanduse/Documents/holidayItemized.pdf>.

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