



As you all know, Arkansas had record setting flooding along the Arkansas River in May and June. Our city and many of our residents were effected by the high-water and damage caused by it.

Now is the time for us to take a minute to say thank you to our wonderful team of North Little Rock City Employees who worked day and night to protect lives and property.

In case you didn't know, employees from every department and every position were involved in providing assistance.

Before the river waters rose, employees from our Emergency Services departments (Police, Fire, 911) were consulting with each other to determine what actions may be needed.

As the water began to back up into our city streets and neighborhoods, many departments began long days of providing and filling sand bags, pumping water out of neighborhoods, monitoring on going water levels and more. City teams were in place to assist with mass evacuation if needed. Employees went door to door and left flyers advising people of the rising water and recommendations in the event of evacuation. Parks and Recreation's main Community Center was the site of a Red Cross Evacuation Center. The Red Cross provided food, shelter and clothing. The team at Parks and Recreation went above and beyond to provide for their needs.

Mayor Joe A. Smith, Chief of Staff Danny Bradley and Deputy Chief of Staff Charley Baxter met with department heads daily. These meetings included police and fire, the City Engineer, Code Enforcement, Animal Control and other departments who worked together as needed to provide ongoing assistance.

Human Resources coordinated volunteers (groups and individuals) who wanted to help. Hundreds of volunteers showed up and filled sand bags, assisted with placement, provided meals, comfort and much more.

To add to the disaster, the city faced severe storms in June that caused multiple power outages and damage to our electric department's infrastructure. The crews from North Little Rock Electric worked night and day to restore power to all of our customers. Electric Department General Manager Scott Springer said this may have been the second worst storm (Ice Storm—2000) in the city's history.

As cleanup continues, employees from the Street Department and others, work daily to remove silt and other sediment that was left behind. The Purchasing Department continues to work with contractors on repairs to areas where soil was washed away and caused sink holes and other issues.

Team—North Little Rock has close to 900 employees. Next time you see one of them, be sure to say "thank you"!



**"Where's Mel"?** Mel has been in hiding the past couple of months...but this month he's back!  
Be the first person to call 501-975-8617 and tell us where he's hiding and win a prize! (Only 1 win per year!)

## North Little Rock Animal Shelter

For more information  
call 501-791-8577

## Disaster Preparedness

Found at [www.aspc.org](http://www.aspc.org)  
and [www.purina.com](http://www.purina.com)

Following historic flooding in our city, the city's emergency response team held a debriefing to see what went right, and areas where work may be needed.

We can do the same for our pets. If you had to evacuate your home with your pet, do you have everything ready to roll?

Emergencies come in many forms, and they may require anything from a brief absence from your home to permanent evacuation. Each type of disaster requires different measure to keep your pets safe, so the best thing you can do for yourself and your pets is to be prepared. Here are simple steps you can follow now to make sure you're read before the next disaster strikes:

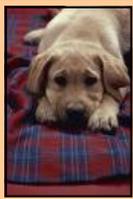
1. **Get a Rescue Alert Sticker.** This easy-to-use sticker will let people know that pets are inside your home. Make sure it is visible to rescue workers by placing it on or near your front door, and that it includes the types and number of pets in your home as well as the name and number of your veterinarian. If you must evacuate with your pets, and if time allows, write "EVACUATED" across the stickers. You can get free stickers online through ASPCA. Local pet stores may also carry something similar.
2. **Arrange a Safe Haven.** Arrange a safe haven for your pets in the event of evacuation. DO NOT LEAVE YOUR PETS BEHIND. Remember, it isn't safe for you, it isn't safe for your pets. They may become trapped or escape and be exposed to numerous life-threatening hazards. Note that not all shelters accept pets, so it is imperative that you have determined where you will bring your pets ahead of time. ( Check with your local shelter to see if they provide emergency shelter or foster care for pets.) (Identify hotels or motels outside your immediate area that accept pets.)
3. **Choose "Designated Caregivers"**. This step will take considerable time and thought. When choosing a temporary caregiver, consider someone who lives close to your residence. He or she should be someone who is generally home during the day while you are at work or has easy access to your home. A set of keys should be given to this trusted individual.
4. **Prepare Emergency Supplies and Travel Kit.** If you must evacuate your home in a crisis, plan for the worst-case scenario. Even if you think you may be gone for only a day, assume that you may not be allowed to return for several weeks. When recommendations for evacuation have been announced, follow the instructions of local and state officials. To minimize evacuation time, take these simple steps:
  - Make sure all pets wear collars and tags with up-to-date identification information. Your pet's ID tag should contain his name, telephone number and any urgent medical needs. Be sure to also write your pet's name, your name and contact information on you pet's carrier.
  - The ASPCA recommends microchipping your pet as a more permanent form of identification. A microchip is implanted under the skin in the animal's shoulder area, and can be read by a scanner at most animal shelters.
  - Always bring pets indoors at the first sign or warning of a storm or disaster. Pets can become disoriented and wander away from home in a crisis.
  - Store an emergency kit and leashes as close to an exit as possible. Make sure everyone in the family knows where this is, and clearly labeled and easy to carry. Items to consider keeping in or near your "Evac-Pack" include:



This may work well with neighbors who have pets of their own—you may even swap responsibilities, depending upon who has accessibility. When selecting a permanent caregiver, you will need to consider other criteria. This is a person to whom you

are entrusting the care of your pet in the event that something should happen to you. When selecting this "foster parent," consider people who have met your pet and successfully cared for animals in the past. Be sure to discuss your expectations at length with a permanent caregiver, so he or she understands the responsibility of caring for your pet.

*Continued on page 5...*



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.

Please Don't Litter  
Spay or Neuter  
Your Critter





# North Little Rock Fire Department

## Smart 911

Over 80% of calls made to 9-1-1 come from mobile phones. When you dial 9-1-1 from a mobile phone, the 9-1-1 call takers have very little information to help you – only your phone number and a very general sense of your location.

This is a serious problem in an emergency when seconds count, particularly if you or your loved ones have medical conditions, or are unable to safely speak.

North Little Rock was one of the first cities to adopt the Smart911 system.

With Smart911, you can provide 9-1-1 call takers and first responders critical information you want them to know in any kind of emergency.

When you call 9-1-1, your Smart911 Safety Profile displays on the 9-1-1 screen and the 9-1-1 call takers can view your addresses, medical information, home information, description of pets and vehicles, and emergency contacts. You can provide as much or as little information as you like.

Smart911 is a national service meaning your Smart911 Safety Profile travels with you and is visible to any participating 9-1-1 center nationwide.

- Safety Profiles can include:
- People living in your household
  - Phone numbers associated with your family
  - Pets, service animals, and livestock
  - Medical conditions and allergies
  - Medications and medical equipment
  - Property details, layout, and utility information
  - Vehicle descriptions
  - Emergency contacts

### How Does Smart911 Work?

Smart911 allows citizens to provide the additional details that 9-1-1 call takers may need in order to assist them during an emergency. When you dial 9-1-1 today the information received by the 9-1-1 call center can be limited based on the type of phone you are calling on. With Smart911, anytime you make an emergency call from a phone registered with your Safety Profile, the 9-1-1 systems recognize your phone number and automatically displays your profile on the screen of the call taker who receives your call.

At a time when you may be panicked, or unable to communicate, or it could be unsafe to communicate, Smart911 ensures that the details you would need to tell 9-1-1 are immediately available in the event you cannot verbally provide them. Smart911 is free, private and secure.

Just go to [Smart911.com](http://Smart911.com) to sign up. You will create a username and password so you can edit your information at any time.

*Provided by North Little Rock Fire Marshal John Pflasterer*

**With Smart911,**  
both 9-1-1 call takers and first responders know exactly what you want them to know in any kind of emergency.



## 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 (May events).

**Hays Center**— new members. 10,888 visits for the month. Activities included Boots and Badges Blood Drive, trip to Nova Scotia, Joint Replacement discussion with Dr. Stewart. Provided 13 trips including Murry's Dinner Playhouse and Wilson City. Also provided NLR Police Camp transportation for 30 youth to 4H center. Public Senior Housing residents were transported to medical appointments and grocery stores. Volunteers contributed 1,267 hours.

**Traffic**—69—barricade permits, signs and posts repaired or replaced—123, city vehicles marked with logo—5, AR One Call requests—71.

**Police**—May crime numbers showed decreases. Property crime down 6%, Burglary down 40%...Theft from Motor Vehicles up 3%.

**Fire**—Total incidents—998  
Total Unit Responses—1,852  
Residential/Other Fires—20/26  
Vehicle Fires—7  
False Alarms/Malfunctions—79  
Rescue/Emergency Medical—544  
Mutual Aid—4  
Hazardous Material Response—6  
Structure Fire fatalities—0  
Vehicle fire fatalities—0  
Training hours—3,336

Total Building Surveys—176

### Office of Emergency Services/911—

Total incoming calls: 14,937

Non-911 calls: 6,539

Wired 911: 703

Abandoned Wired 911: 95

Wireless 911: 6,906

Abandoned Wireless: 577

Total dispatch computer entries: 9,517

**Planning**—reviewed 3 new commercial projects (Raising Cain/4311 E McCain, NLR Wastewater Bldg/7400 Baucum Pike and Oakley Driver Lounge/201 Oakley). Issued 8 new single family residence permits (permit average \$103,432). Issued 8 Sign permits and 1 Banner permit. Inspectors completed 515 inspections and covered 4,472 miles: 185 Electric; 112 Building; 130 Plumbing; 88 HVAC.

**Electric Customer Service**—Direct contact—lobby payments, 4,566, Drive-thru payments, 2,444. Total payments received: Electric—33,978, amount \$6,265,696.00. Bad debt: \$20,237.00.

**Code Enforcement**—205 assigned calls, 414 initiated calls, 37 citations, 489 violation notices, 100 vehicles tagged, 5 structures inspected, 53 rental inspections, 24 food service inspections, 2 search warrants, 1 house demolished by city, 9 houses demolished by owner. Code Maintenance—176 assigned calls, 60 vacant lots cleaned, 8 lots with structures cleaned, secured 9 vacant houses, 96 vacant lots mowed, 18 lots with structures mowed.

### North Little Rock Convention &

**Visitors Bureau**—Visitors Information Center in Burns Park had 619 visitors in June. Downtown RV Park was closed due to river flooding May 27—June 30. The Arkansas Inland Maritime Museum was also closed during the month of June due to flooding.

### Electric Department—

38,623 customers, Peak Power—201,637 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,060 (155 repaired), Security lights—4,311 (30 repaired), Smart meters—39,401, Revenue—\$7,842,054. Major outages—over 1,00 customers: 5/2 Levy—Hot secondary down, Kellogg Acres & Batesville Pike, 2,088 customers for 5 minutes. 5/14 Bad primary Ft Roots west feed, 996 customers out 1 hour 16 minutes.



Summer!

**North Little Rock Animal Control**

Incoming animals—256/YTD-1,319

Dogs—163

Cats—92

Other—1

Adoptions—91/YTD-388

Dogs—52

Cats—39

Other—0

Reclaimed—21/YTD-157

Dogs—20

Cats—1

Euthanized—136/YTD-713

Dogs—66

Cats—70

Calls for service—542/YTD-3,467

Pulaski County (accepted at NLR)-0

YTD=Year to date

**\*\*Non-adoptable animals are those that are sick, injured, unweaned (puppies and kittens), vicious, court ordered or by owner request.\*\***

**Finance—June Report—Revenues (MTD)**

Taxes	\$ 454,364.13
Licenses/Permits	\$ 97,891.20
Fines/Forfeitures	\$ 150,424.22
Local Option Sales Tax	\$3,110,214.35
Intergovernmental-State	\$ —
Franchises	\$ 209,402.14
Investment/Misc	\$ 2,582.48
User Fees	\$ 163,757.91



Electric System	\$1,384,620.00
Grants & Other	\$ 66,927.05
Transfers	\$ (153,457.50)
<b>Total Revenue:</b>	<b>\$5,486,725.98</b>

<b>Expenditures</b>	
Administration	\$ 130,931.14
Animal Shelter	\$ 61,202.16
Special Appropriations	\$ 451,081.31
City Clerk	\$ 27,712.11
Emergency Services	\$ 147,859.03
Finance	\$ 58,379.12
Fire	\$1,311,230.82
Health	\$ 6,738.74
Legal	\$ 47,677.44
1st Court	\$ 71,411.07
2nd Court	\$ 19,041.00
Public Defender	\$ —
Human Resources	\$ 64,811.68
Commerce	\$ 23,026.51
Planning	\$ 64,928.13
Police	\$1,933,307.45
Code Enforcement	\$ 84,226.49
Public Works	\$ 183,707.40
Neighborhood Services	\$ 12,440.20
Sanitation	\$ 348,092.48
Vehicle Maintenance	\$ 77,864.91
Senior Citizens Center	\$ 168,339.43
Communications	\$ 11,594.07
Fit 2 Live	\$ 12,384.12
<b>Total Expenditures:</b>	<b>\$5,317,986.81</b>



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Note: your pet emergency kit may vary depending on whether you have a cat, dog, horse, etc, but could include:

- Bottled Water
- 1 to 2 weeks worth of your pet's food
- Collapsible food and water bowls
- Blankets (or bed)
- Cat litter and pan
- Leash, collar and harness
- Pet life jacket and paw protectors
- Flashlight with extra batteries
- Basic pet first aid kit
- (Current) Vaccination records and medical history
- Veterinarian's contact information

- List of medications
- Emergency contacts
- Photos of your pet in case of separation.
- Pets should wear a secure collar with current identification tags (current address, telephone number) in case of separation. Pet owners can also consider having their pet microchipped to ensure the pet can be identified and found via electronic device as well.

Once you put your kit together, it is crucial to keep the contents current. Replace food or water every six months. Write the date you prepared or checked the container on it so you will know when to replace it.

Keep all other items in your pet emergency kit up to date as well, including emergency contacts and vaccination records.

Oh, and you might want to do this for the humans in your household, too!



## William F. Laman Library

Universe of Stories – There's still time to report books, DVDs, and audiobooks for your chance to win summer prizes. Visit either branch, download the Beanstack Tracker app, or see the Summer Reading tab at lamanlibrary.org to participate before Aug. 3.

New Views of the Universe: Hubble Space Telescope – Main Branch's NASA exhibit features the Science on a Sphere visualization platform during regular hours with free admission through Aug. 31.

Cake Decorating Contest & Ice Cream Social – Share a cool treat with neighbors at the Main Branch Ice Cream Social, beginning at 2 p.m. Aug. 3. Come an hour earlier to cheer on the cake decorating competitors. The winner will be able to take their cake home, and the other entries will be enjoyed by all. Both events are free and open to the public.

Free Main Branch Job Skills Workshops – Achieve successful outcomes by building and sustaining momentum with Driving Organizational Results from 5 to 7:30 p.m. on Aug. 7, 2:30 to 4 p.m. on Aug. 14, or 11 a.m. to 12:30 p.m. Aug. 21 and 28. Learn to be a leader no matter your title with the Core Competency Leadership Training offered from 2 to 3 p.m. Aug. 13 and 15 or 6 to 7 p.m. on Aug. 22. Register for these classes on our Calendar under the Events and Programs tab at lamanlibrary.org or by calling (501) 758-1720.

Free Main Branch Computer Classes - Photography 101 is 5 to 6 p.m. Aug. 7, and Filmmaking 101 is 5 to 6 p.m. Aug. 14, 21, and 28. ESports Practice is 5 to 6 p.m. on Mondays and 3:45 to 4:45 p.m. on Fridays this month. Computer Basics are covered 2 to 3 p.m. on Tuesdays and 11 a.m. to noon Fridays. Basic Coding classes are 5 to 6 p.m. Tuesdays, and Graphic Design 101 is 2 to 3 p.m. Wednesdays. Learn more about Microsoft Publisher from 2 to 3 p.m. on Thursdays. Video Editing 101 is 5 to 6 p.m. on Thursdays, except Aug. 22, when we focus on Photo Editing instead. No reservation needed.

Main Branch Jigsaw Puzzle Contest – See how quickly you can work our 300-piece puzzle solo, or with your team, from noon to 3 p.m. on Aug. 9 and 10.

Main Branch Book Talk with an 8-year-old Author - With the book I am Not, Maumelle fourth-grader Kamille Mohler aims to end bullying and inspire kindness at 10 a.m. on Aug. 10.

Back to School Bash! – Main Branch hosts a party, complete with school supply prizes, for ages 18 and under at 4 p.m. on Aug. 19.

Teen Crafternoon - The crafting start at noon Aug. 3 and 17 in the Main Branch Teen Center. Teens design inspirational posters at 4 p.m. on Aug. 6, play Robot Freeze Tag Aug. 15, enjoy a Nacho Bar Aug. 20, and compete in Minute to Win It games on Aug. 27.

Cyber Saturday - Main Branch LINC's all-age gaming is 9 a.m. to 4:30 p.m. Aug. 3 and 17. Tournaments start at 1 p.m. with Quake on Aug. 3 and Mortal Kombat X on Aug. 17.

Free Movies – Relax with a Monday Movie at 1 p.m. at the Argenta Branch with Harry Potter and the Deathly Hallows Part 1 on Aug. 5 and Harry Potter and the Deathly Hallows Part 2 on Aug. 19. Teen Marvel Mondays start at 4 p.m. in the Main Branch Teen Center.

Argenta Creation Station – Join us for kids' crafting sessions at 10:30 a.m. Aug. 8 and 22.

Argenta Tween/Teen Events – At 4 p.m. on Wednesdays this month, teens and tweens play Jenga, Bomb Squad, Mini D&D, and Super Nintendo.

Free Bingo Games - Everyone's a winner at 1 p.m. Aug. 9 at Argenta Branch. Main Branch games are 1 p.m. Aug. 20. If you have items you'd like to donate for Bingo prizes, we'd love to share them.

Free Main Branch Fitness and DIY Classes – In August, Main Branch offers Mediation at 1 p.m. and Adult Yoga at 6 p.m. on Thursdays, and Mixed Fit is 11 a.m. on Saturdays. Learn to use GIMP, a free photo-editing program, with the Galactic Mural Tutorial at 4 p.m. Aug. 6. Be sure to register before the Aug. 2 deadline. Krafty Seniors create Glittering Gems at 1 p.m. Aug. 13. Register before Aug. 8. Nerd Hub paints Star Wars Tote Bags at 5:30 p.m. Aug. 13. Registration ends Aug. 9. There's a Bottle Cap Craft at 1 p.m. Aug. 21. Register by Aug. 17.

Argenta Branch Gallery & ArtWalk – Mixed media artist Ray Ogar's Zero Landmass Archive show centers around the archival image collection of a fictitious experimental sleep study institute. The exhibit continues during regular hours with free admission through Aug. 9. Meet illustrator Phillip Rex Huddleston, featured artist for the third-Friday ArtWalk free reception, from 5 to 8 p.m. on Aug. 16.

Equal Heart - Free meals are provided for ages 1-18 at the Main Branch Mondays to Saturdays from 3:45 to 4:30 p.m. starting Aug. 12.

Main Branch's Discovery Library - Kids explore something new each weekday at 4 p.m. starting Aug. 12.

Tweens in the Kitchen – Register your 9- to 11-year-old now by calling (501) 758-1720 for the noon, Aug. 24 workshop.

Main Branch Music & Movement/Storytimes – Music & Movement starts at 10:30 a.m. on Mondays beginning on Aug. 12. Preschoolers enjoy stories, songs, and playtime at 10:30 a.m. on Tuesdays and Wednesdays beginning Aug. 13. Lapsit Storytime is 10:30 a.m. Aug. 14, 21, & 28.

Essence of Books - This month's selection is Influence by Carl Weber. Join the Main Branch conversation at 6 p.m. Aug. 27. Register at (501) 758-1720.

Free Main Branch Creative Writing Workshop – All genres welcome at 2 p.m. on Aug. 24. Feel free to bring your writing for discussion.

### Birthdays:

Jacob Cordell 7/11  
Marilyn Willis 8/2

Cory McEwen 7/19  
Michael Church 8/11

Stacy Nellis 7/21  
Hannah Rhodes 8/24

Toni Sandall 7/22

Jenny Heard 7/26



### Anniversaries:

Richard Theilig 20 yrs  
A G Smith 3 yrs  
Ginny Williams 1 yr

Julie Delashaw 10 yrs  
Jasmine Roberts 3 yrs

Caleb Dedman 5 yrs  
Lilith Mae McFarlin 2 yrs  
Cory McEwen 3 yrs  
Emily Rozario 2 yrs

Colby Sanson 1 yr  
6



I saw this article in *City & Town*, a Publication of the Arkansas Municipal League and thought it was timely in light of recent flooding across the state.

## Safety top priority in floodplain development

By Adam Lesso, PE, CFM

As many cities throughout Arkansas become more dense, and available open land becomes more scarce, pressure is ultimately placed on developers to try to build within dedicated floodplain areas. In many cases, development in the floodplain can be achieved, but only after considerable consideration for safety, and often at extensive costs.

The National Flood Insurance Program (NFIP) was established in order to protect the public from flood damage and to cover the huge losses caused by flooding damage. As part of the process to develop the NFIP, maps of flood prone areas were created. The maps are known as FIRMS, or Flood Insurance Rate Maps. The maps are broken down into zones with each zone basically representing different levels of risk. Those risk levels are established based on the type and probability of flooding.

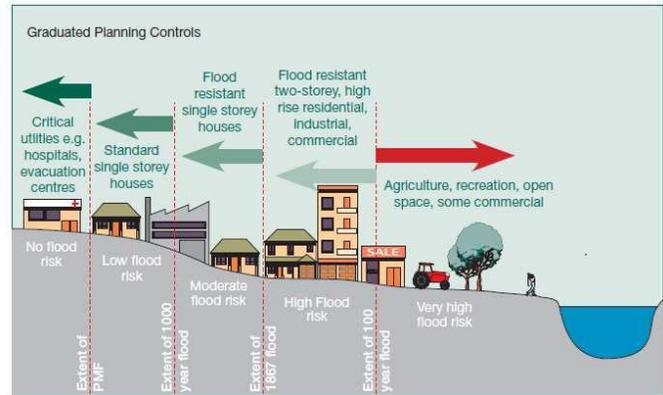
The FIRM general delineates the line for the base flood or the one percent annual chance flood, sometimes known as the 100-year flood. They can sometimes include the 0.2 percent annual chance, or 500 year flood. When a more detailed study is done, usually in more populated areas, the base flood elevation (BFE) is established and, for riverine flooding, a floodway is created.

The BFE is used to help determine insurance rates, and possibly what a building's finished floor elevation (FFE) should be in order to remain safe. For example, for riverine flooding, the minimum code requires a new structure to have an FFE that is at least one foot above the BFE. Many cities in Arkansas have adopted more stringent requirements of up to three feet above the BFE. Having more stringent requirements can help reduce a community's insurance rate.

The floodway is intended to regulate the floodplain in a way that development can be achieved without significantly impacting the BFE of the waterway by more than one foot. The floodway is an imaginary line that is established using the hydraulic model of the reach and encroaching, or filling, the floodplain along its entire length, then comparing the water surface elevations to ensure that the encroachment does not cause more than a one-inch rise anywhere along the reach. Most of the time the floodway is outside of the stream banks.

FEMA has been designated as the "keeper of the maps." Under the Code of Federal Regulation (44 CFR Part 60.3) there are a set of rules for how and when development can be done in a floodplain, what steps need to be taken to maintain safety, and how and when to update maps.

When considering development in a floodplain, safety is always the top priority. Engineers look at several fac-



tors with regard to the floodplain in order to evaluate the safety. We look at how deep the flooding in the area is and the velocity of the water in the area. Will the site be filled or will the building be elevated? We also look at what the effect of the development will have on other parts of the floodplain. Could the development cause an increase in the BFE? Will that increase cause harm to another property? Do any of these factors endanger the health and welfare of the general public?

Other factors that are considered include: Will the development need to have a detailed hydraulic study done, and will the map need to be revised? The answer to those questions is yes if the development is over five acres or 50 lots, if the development encroaches on the floodway, or if the channel is moved or modified. It might also be yes if the developer wants to remove a property from the floodplain completely. This is usually done to save on the long-term cost of insurance.

When a project requires a map change, the developer needs to apply for a Letter of Map Revision (LOMR) through the local floodplain administrator. Changing a flood map can be costly and time consuming. For very large projects or projects that will impact the floodplain significantly, a Conditional Letter of Map Revision (CLOMR) may be required. The conditional letter is basically a check with FEMA to make sure that they will support the revision. Then, after construction is complete, the LOMR will still need to be completed. The CLOMR is a full detailed study, just based on design drawings. The LOMR is based on actual physical changes after construction.

The intent of the regulation is actually to discourage floodplain development by adding expense and red tape. However, sometimes it can't be avoided, or it can be done under the right circumstances. Therefore, the code is written in a way to allow certain activities with the proper oversight and discourage others that could lead to loss of life or property. Over the decades that it has been in effect, it has had a noticeable effect on improving the loss of life and property.

Adam Lesso is a professional engineer and certified floodplain manager with McClelland Consulting Engineers, Inc. Development Department and works out of their Fayetteville office.

## Keeping your cool when it's hot

Found in *City & Town*,  
a Publication of the Arkansas Municipal League  
By Bryan Lamb, AML staff

June 21 marks the beginning of summer, and in Arkansas that means the days of 95-degree temperatures and 95 percent humidity are back. We can't do anything about the weather, but we can work and play smarter when it's hot to avoid getting sick.

### There are **FIVE** types of heat-related illnesses

**Sunburn** Not only are sunburns painful at the time, but exposure to too much sun could lead to skin cancer.

**Heat rash** Sometimes called "prickly heat," the best way to avoid heat rash is to bathe regularly and keep your skin clean and dry.

**Heat cramps** Painful cramps, often in the legs, arms or stomach, heat cramps can happen when you are sweating heavily but are not getting enough of the minerals your body needs to replace the minerals lost in sweat.

**Heat exhaustion** Symptoms include heavy sweating, thirst, clammy and pale skin, fatigue, weakness, and loss of coordination. A person with heat exhaustion may also be anxious, faint, confused, have a headache, nausea or vomiting, and loss of appetite.



**Heat stroke** Heat stroke is the most serious heat-related illness. The body has lost its ability to cool itself. Death can quickly result if not treated properly.

### What can you do to protect yourself this summer?

- Allow yourself to gradually get used to working in the heat. It takes about two weeks for your body to adapt to hot conditions.
- Dress for the heat. Light colored, loose clothing (that won't get caught in machinery) is better than going bare skinned.
- While outside, wear a hat and use sunscreen to prevent sunburn.
- Drink plenty of fluids throughout the day. Make sure you have ample cool, clean water on the job. If possible, begin hydration at least two days before working outside.
- Limit your intake of alcohol and caffeine.
- Eat well-balanced meals.
- Get plenty of rest.
- Take frequent breaks in the shade or a cooler area.
- Plan your work to take advantage of cooler morning hours. Move work to shaded areas when possible.
- Keep an eye on coworkers who have health conditions that may make them more susceptible to heat-related illness.

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## Pasta with Charred Tomatoes

Found in *Fast Entrees Cookbook*  
By Hugh Carpenter and Teri Sandison

### Ingredients:

- 10 vine-ripe tomatoes
- 1/4 cup sugar
- 3 Tblsp balsamic vinegar
- 2 tsp Asian chile sauce or your favorite hot sauce
- 1/2 tsp salt
- 4 cloves garlic, finely minced
- 2 Tblsp extra virgin olive oil
- 8 ounces dried fettuccine, long fusilli, or your favorite pasta
- 3/4 to 1 1/2 pounds cooked meat or seafood
- 3/4 cup freshly grated imported Parmesan cheese

Advance preparation: Prepare a very hot fire in a charcoal grill or preheat a gas grill to high. Char and chop the tomatoes. (*Charring tomatoes: Cut the top and bottom off each tomato. Cut in half horizontally and sprinkle with sugar on both sides. When the grill is hot, brush the grill rack with oil and place the tomatoes on the rack. Grill, turning once, for 3 to 4 minutes on each side, until charred. When cool enough to handle, peel and coarsely chop the tomatoes, including seeds.*) You should end up with about 3 cups. In a bowl, combine the tomatoes, vinegar, chile sauce, and salt and mix well. In a separate bowl, combine the garlic and olive oil. (*Note: all ingredients can be covered and refrigerated for up to 8 hours before using.*)



Last minute cooking: In a pot, bring 5 quarts of water to a rapid boil over high heat. Lightly salt the water and add the pasta. Cook according to package instructions for about 12 minutes, until tender. Drain in a colander, return the empty pot to high heat, and add the olive oil and garlic. Saute for about 15 seconds, until the garlic sizzles. Add the tomato mixture and the meat or seafood of your choice and bring to a boil. Return the pasta to the pot and stir to combine evenly. Transfer to warmed dinner plates and sprinkle with cheese. Serve at once.

For a healthier option, consider using zucchini pasta!

# Irritable Bowel Syndrome (IBS)

Found at [eDocAmerica.com](http://eDocAmerica.com)

Irritable bowel syndrome (IBS) is a common condition that affects the large intestine. It causes a mix of abdominal symptoms, including pain. It can sometimes cause significant symptoms, but is not associated with any evidence of underlying damage in the colon. There are three types of IBS; constipation-predominant (IBS-C), diarrhea-predominant (IBS-D), and mixed type. Most people with IBS are able to manage this condition with lifestyle changes. There are also medication treatments available if symptoms cannot be controlled with these changes.

## What are the symptoms of IBS?

The symptoms do vary quite a bit between patients, but here are some of the common ones:

- Abdominal pain, often crampy
- Bloating or excess gas
- Diarrhea, constipation, or alternating between bouts of each

## What causes IBS?

Unfortunately, we really don't know the exact cause of IBS. There are some things that appear to play a role in the condition. These include:

- Changes in the bacteria in the gut, often referred to as the microbiome.
- Changes in the nervous system may cause abnormal signals between the brain and the gut.
- Abnormal muscle contractions in the intestines. Overactive muscle contractions can lead to diarrhea and cramping. Underactive contractions can cause constipation.
- Infection. Some people develop IBS after a severe gastrointestinal infection.



## What triggers IBS symptoms?

- Food—There are many foods that can trigger IBS symptoms.
- Stress—Symptoms of IBS are often aggravated or worsened by stress.
- Hormones—Women often find IBS symptoms are worsened around their menstrual periods. Women with IBS who take estrogen supplements have more symptoms as well.

## How is IBS diagnosed?

There is no test that can definitively diagnose IBS. If you have gastrointestinal symptoms, your doctor will want to rule out other possible causes of your symptoms, particularly any causes that might be more serious. Your doctor will start with a good medical history,

### Foods that can trigger IBS symptoms

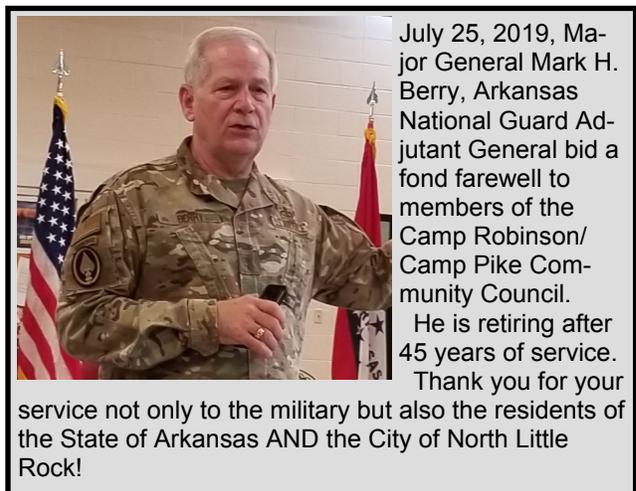
- Alcoholic beverages
- Chocolate
- Dairy products
- Drinks with caffeine such as coffee, teas, or soda
- Sweets
- Fatty foods
- Fructose syrup-containing foods and drinks
- Sorbitol (sweetener usually found in sugar free gum)
- Certain medications
- Emotional events and stress
- Smoking

do a thorough physical exam, and do some tests to rule out other causes. What tests are done will usually depend on your history and physical exam findings.

## How is IBS treated?

- Avoiding foods that trigger symptoms
- Regular exercise
- Drinking plenty of fluids, especially water
- Maintaining a good sleep pattern
- Medications—There are many medications available to treat IBS. Medication is chosen based on the type of IBS you have, the severity of symptoms, and many other factors.
- Future treatment might include a fecal transplant—Recent research indicates significant improvement in IBS symptoms after fecal microbiome transplants. More study needs to be done, but this appears very promising.

By Dr. Anita Bennett MD—Health Tip Content Editor—E-Doc



July 25, 2019, Major General Mark H. Berry, Arkansas National Guard Adjutant General bid a fond farewell to members of the Camp Robinson/ Camp Pike Community Council.

He is retiring after 45 years of service.

Thank you for your service not only to the military but also the residents of the State of Arkansas AND the City of North Little Rock!



The photos on pages 10 and 11 were taken during the height of the flood water by Diane Whitbey, City Clerk and include flooded areas around the city.

Most of the pictures on this page were taken from the North Little Rock side of the Junction Bridge, or the top of the levee in North Little Rock.



Photos on page 11 were taken in residential and business areas in North Little Rock, including Crutcher Street, and in the Dixie and Dark Hollow neighborhoods.





All photos on this page were taken by North Little Rock Director of Special Projects Jim Billings. They each contain photos of our city employees hard at work cleaning up our city after the record flood of 2019.

The top two include Electric Department Employees removing the huge floodwalls from Riverfront Drive.

The next four show street and other department employees removing the tons of silt that was left behind...and other debris.

The bottom photo is of one of our electricians getting things back up in Riverfront Park.

Thank you to all of our wonderful North Little Rock employees for all you do!



**Peddlers Permit  
City of North Little Rock**

Issued to: **Mel Dun**  
Issued: 7/10/19  
Expires: **10/10/19**



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

**Question:** *If someone comes to my home selling Newspaper subscriptions, are they required to have a door-to-door peddlers permit?*

**Answer:** Yes. **Anyone** going door to door in the North Little Rock City Limits is required to have a peddlers permit and ID issued by the City Clerk's Office. Other examples include newspapers, pest control, alarm systems, home improvements, etc.

**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 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](mailto:nlrhistory@comcast.net).

**Effective July 1, the penalty for not renewing or doing business in the city since January 1, 2019 is 50% of the total amount due.**

**Reminder—ALL businesses doing business within the city limits of North Little Rock are required to have a current Business/Privilege License. Businesses that are not licensed are subject to a citation (and court appearance) for operating a business without a license.**

**Please contact 501-975-8617 with any questions regarding North Little Rock Business License requirements and fees.**

*The North Little Rock Convention & Visitor's Center wants to know about your upcoming events!*

*To submit events, visit [www.NorthLittleRock.org](http://www.NorthLittleRock.org) or call Stephanie Slagle, Public Relations Representative at 501-758-1424.*

To see a list of issued permits, visit the city website at [www.nlr.ar.gov](http://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. 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 the following permitted door to door solicitor:*

*Melvin Jackson, Legalshield—expires 10-10-19*

*Jakub Pawlak, Southwestern Advantage—expires 10-3-19*

*Michael Pawlak, Southwestern Advantage—expires 10-3-19*

**All Business / Privilege Licenses  
expire December 31 each year.**

**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 lawncare 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.

If you have any questions, please contact the North Little Rock City Clerk's Office 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](mailto:Dwhitbey@nlr.ar.gov).

The City Council Agenda can be found at [www.nlr.ar.gov](http://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	Charlie Hight Jane Ginn	758-8396 749-5344

**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 Amy Fields	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/Robert Birch	
Special Projects.....	501-975-3737
Jim Billings/Steve Shields	

North Little Rock Curbside Recycling  
schedule for the month of August



*July 29—Aug 2 no pickup*  
 Aug 5—9 recycle  
*Aug 12—16 no pickup*  
 Aug 19—23 recycle  
*Aug 26—30 no pickup*

# July Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
JIM	BILLINGS	ADMIN	5	CHAD	FREY	FIRE	18
TALOR	SHINN	CITY CLERK	2	ALAN	GARNER	FIRE	20
SHELLEY	USSERY	CITY CLERK	3	MICHAEL	TREADAWAY	FIRE	21
SHANNON	CARROLL	CITY CLERK	21	PAMELA	TILLER	FIRE	26
DIANA	CATES	CODE	1	ANGELA	WIRT	HAYS CENTER	15
THOMAS	WADLEY	CODE	19	DOMINIQUE	FROST	OES/911	1
FELECIA	MCHENRY	CODE	19	ANTIGUDRA	CLAYTON	OES/911	2
RUSSELL	ELROD	CODE	20	SHEILA	MORGAN	OES/911	10
CASSANDRA	SCALES	1ST COURT	4	TOMMY	POWELL	PARKS GOLF	2
VICTOR	RODRIGUEZ	1ST COURT	13	ANTHONY	OWENS	PARKS MAINT	2
JENA	SMITH	ELECTRIC	1	BLAKE	BROOKS	PARKS MAINT	2
JOSEPH	TULLOS	ELECTRIC	4	THOMAS	BREWER	PARKS MAINT	19
KYLE	MCNEIL	ELECTRIC	7	IAN	HOPE	PARK RANGER	6
TERRELL	MILTON	ELECTRIC	14	RICKY	THOMPSON	PARKS REC	2
DAVID	SIDERS	ELECTRIC	40	RUSSELL	GOODNIGHT	PLANNING	3
LATEISHA	BARBEE	FINANCE	15	CODY	STROUD	POLICE	5
STEPHANIE	THOMAS	FINANCE	38	SAMANTHA	THOMPSON	POLICE	5
BRIAN	JOHNSON	FIRE	1	JEFFREY	COBURN	POLICE	6
MELANIE	WALKER	FIRE	1	JOHN	MCCULLAR	PUBLIC WORKS	9
TRENT	HARLAN	FIRE	4	BARBARA	HYATT	SANITATION	1
MATTHEW	MATCHETT	FIRE	4	MARCUS	JOHNSON	SANITATION	2
JARROD	CARTER	FIRE	5	JOSHUA	SAUERWIN	SANITATION	2
JEREMY	WARD	FIRE	5	ANTHONY	PHILLIPS	SANITATION	3
DALTON	GASTON	FIRE	6	DWIGHT	AKINS	SANITATION	22
JUSTIN	BRADSHAW	FIRE	11	ERIC	DUNCAN	STREET	3
COREY	EISENHOWER	FIRE	11	SAMUEL	HEAVRIN	STREET	3
CHARLES	HOBSON	FIRE	15	WILLIAM	KINCAID JR	STREET	3
STEVEN	LANKFORD	FIRE	16	TODD	NEBLING	STREET	11
SEAN	WALKER	FIRE	16	ERNEST	RUMMEL	STREET	35
TOBY	HARRINGTON	FIRE	17	DAVID	HEISER	TRAFFIC	7
WILLIAM	POE	FIRE	17	LATONIA	WOODS	UAD	24
WESLEY	STEPHENS	FIRE	17	JOHNNY	GRAY	VEHICLE MAINT	11

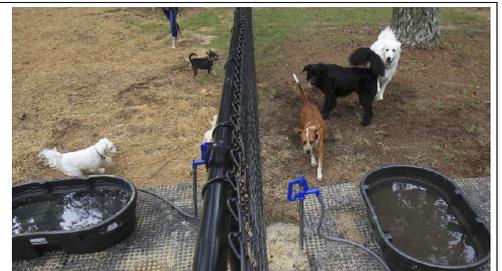
*Information regarding employee anniversaries and birthdates is provided by Human Resources the prior year (i.e. 2019 was provided in 2018). So if an employee name is on the list that has retired or resigned, please disregard. Also, typos happen! Please let me know if a name is spelled wrong and a correction 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 19 years. My total service with the city is 29 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)*

# July Birthdays

Name	Dept	Date	Name	Dept	Date
ANITA PAUL	ADMIN	1	CHERI MONROE	OES/911	16
SHANNON JOHNSON	UAD	1	RUSS ELROD	CODE	16
ERIC BONNES	OES/911	1	JOSHUA OGINSKI	ELECTRIC	16
JOHN DAVIS	POLICE	2	JOSEPH BREEN	1ST COURT	17
JAMES SEIGRIST JR	VEHICLE MAINT	2	RICKY THOMPSON	PARKS REC	17
KATHARINE BUFORD	PARKS FUNLAND	3	WILLIAM DAVIS	FIRE	17
JOHN DAVIDSON JR	STREET	3	JOSHUA THRELKELD	POLICE	17
TIMOTHY MCEUEN	ANIMAL CONT	3	JON SAVARY	TRAFFIC	19
MARCUS PEREZ	POLICE	3	APRIL MARKHAM	ELECTRIC	19
RONALD OSBURN	ELECTRIC	4	SHAMILLE TENSLEY	POLICE	19
SAMUEL MONTGOMERY	POLICE	4	SAMUEL HEAVRIN	STREET	21
KYLE SIMPSON	FIRE	4	STEPHEN FORTSON	FIRE	21
JACOB LOTT	ELECTRIC	4	RODNEY THOMAS	POLICE	21
ROCKY HARRIS	ELECTRIC	5	JUSTIN MCDOUGAL	VEHICLE MAINT	21
GARY SONTAG	PARKS MAINT	6	JOHN DESIZLETS	POLICE	22
CHARLEY BAXTER	ADMIN	6	CEDRIC WILLIAMS	CODE	22
BRIAN JOHNSON	FIRE	7	BRIAN DEDRICK	POLICE	22
ANTHONY GARDNER	ANIMAL CONT	8	LATEISHA BARBEE	FINANCE	22
BRIAN THOMAS	FIRE	8	JULIE ECKERT	POLICE	23
DAVID MELTON	ELECTRIC	9	KRISTAN STUART	PARKS GOLF	24
GARY GRAY	OES/911	9	BRIAN MARGRAVE	PARKS MAINT	24
JEFFREY ELENBAAS	POLICE	9	MOLLY RACKLEY	FINANCE	24
MARK HOOD	POLICE	11	KAREN ROLLINS	OES/911	25
CARLA NICHOLS	POLICE	11	JOHN ROSE III	POLICE	26
FREDERICK MOORE III	STREET	14	GEORGE GOREE II	POLICE	27
NATHANIEL LEE	PARKS MAINT	14	BRENDA GENTRY	2ND COURT	27
CRAIG EDWARDS	POLICE	14	GABRIEL TROBIS	FIRE	27
BRANDON BENNETT	POLICE	14	GARRETT KEY	ELECTRIC	28
KATHERINE SMITH	AIMM	14	TOMMY FELLS	SANITATION	29
EDWARD JERNIGAN	STREET	15	LAITH ADAMS	FIRE	29
JAY KOVACH	POLICE	15	JASON HAWKINS	OES/911	29
STEVEN CHAMNESS	POLICE	15	DARIAN STRONG	OES/911	29
JOSHUA LEWIS	PARKS MAINT	15	MARGARET POWELL	ADMIN	31
DONALD STEELE	POLICE	16	BILL BUSH	PUBLIC WORKS	31



Photos by Staton Briedenthal—Arkansas Democrat/Gazette  
For a related article by Jake Sandlin and more photos, visit [www.arkansasonline.com](http://www.arkansasonline.com).



The new dog park is located at 4200 Joe K. Poch Road, just west of the Burns Park Tennis Center

# August Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
LORETTA	RHOADS	1ST COURT	4	GARY	WILLIAMS	FIRE	19
KATELYN	THOMAS	CITY CLERK	7	JEFFREY	BENNETT	FIRE	22
LAURA	PETTY	CODE	5	MICHAEL	JORDAN	FIRE	22
AMY	SMITH	COMMERCE	20	JOHN	PFLASTERER	FIRE	24
TANNER	ELROD	ELECTRIC	1	JERRY	ROBINSON	FIRE	24
MATTHEW	CHRISP	ELECTRIC	1	JAMES	HOOKS	FIRE	29
ROBERT	DIGBY	ELECTRIC	1	JAMIE	WALLACE	HR	25
FARRAH	HORSLEY	ELECTRIC	1	DAN	SCOTT	NEIGHBORHOOD SRV	24
LOGAN	JOHNSON	ELECTRIC	1	SHANE	CRAMER	OES/911	2
PETRA	WEBB	ELECTRIC	1	SHATORIA	WOODS	OES/911	4
JUSTIN	JAMES	ELECTRIC	1	CHERI	MONROE	OES/911	15
GARRETT	KEY	ELECTRIC	1	JANET	EBERLE-WILKINS	PARKS ADMIN	49
ISAARIA	BROWN	ELECTRIC	3	JEFFREY	CAPLINGER	PARKS ATHLETIC	15
GLENN	KRAUSS II	ELECTRIC	7	VINCENTE	PEREZ	PARKS GOLF	4
GREGORY	HEINTZ	ELECTRIC	7	BRIAN	FISCHER	PARKS GOLF	8
MATTHEW	RAGLAND	ELECTRIC	7	TEMEKA	MARTIN	PARKS REC	16
ROBERT	HUGHES	ELECTRIC	9	TIMOTHY	REAVIS	PLANNING	4
RYAN	HARTWICK	ELECTRIC	10	BILLIE	BLACK	PLANNING	9
JOHN	HARRIS	ELECTRIC	12	CHRISTOPHER	HENDERSON	POLICE	2
WILLIAM	MANN	ELECTRIC	13	ALEXANDER	BAKER	POLICE	3
KENNY	HIGHFILL	ELECTRIC	14	TYLER	GRANT	POLICE	3
DARREN	OWEN	ELECTRIC	15	SHAMILLE	TENSLEY	POLICE	3
MARK	FINCH	ELECTRIC	17	EDGAR	RAMIREZ	POLICE	4
VEDA	STEWART PEREZ	ELECTRIC	19	HEIDI	WEBB	POLICE	6
KAREN	ALLEN	ELECTRIC	21	JOHN	BLANKENSHIP	POLICE	6
ROCKY	HARRIS	ELECTRIC	27	DAVID	MOORE	POLICE	6
ROBERT	DANIELS	ELECTRIC	38	AMON	SHIRLEY	POLICE	6
MARY	NELSON	FINANCE	1	MICHAEL	STANLEY	POLICE	6
DAGNY	PRITCHARD	FINANCE	7	WILLIAM	WILLIAMS	POLICE	6
RICKY	SHOSHONE	FIRE	3	MATTHEW	BARBER	POLICE	7
TANNER	TUBBS	FIRE	3	CHEREON	CAMP	POLICE	7
NICHOLAS	FREY	FIRE	12	ERIC	CHEATHAM	POLICE	7
JASON	BRYANT	FIRE	13	CORDELL	DAVIS	POLICE	7
JOSHUA	COMBS	FIRE	13	ROBERT	EMARY	POLICE	7
MATTHEW	HUNT	FIRE	13	PHILIP	EVANS	POLICE	7
JEREMY	REED	FIRE	13	JOSHUA	THRELKELD	POLICE	7
TOLIVER	WHILLOCK	FIRE	13	JUSTIN	CROSS	POLICE	8
NATHAN	WOLFE	FIRE	13	MATTHEW	PEACH	POLICE	8
HEATH	WILLIAMS	FIRE	14	JASON	CHRISMAN	POLICE	8
RICHARD	MATTHEWS	FIRE	18	CHRISTOPHER	BROWN	POLICE	9

Continued on next page...

# August Anniversaries

...continued from previous page...

Name	Dept	# Yrs	
RYAN	DAVIDSON	POLICE	9
JEFFREY	ELENBAAS	POLICE	9
RANDY	FLIPPIN	POLICE	9
WILLIAM	SCOTT	POLICE	9
ERIC	STOCKMAN	POLICE	9
RODNEY	THOMAS	POLICE	9
BLAKE	BARNES	POLICE	11
JEREMIAH	COVINGTON	POLICE	13
CHADWICK	EDWARDS	POLICE	13
ZACHRY	LEASE	POLICE	13
RUSTY	GARTRELL	POLICE	14
DIANA	LUNA	POLICE	14
BRANDON	DAVIDSON	POLICE	14
IRA	WHITNEY	POLICE	14
CAROLYN	BRANCH	POLICE	19
DIRK	BARRIERE	POLICE	27
ROBERT	GRIFFIN	POLICE	29
MICHAEL	SWAFFORD	PUBLIC WORKS	4
BELINDA	GARVIN	PUBLIC WORKS	8
FLOYD	MAYFIELD	SANITATION	1
CONDOROUS	BREEDLOVE JR	SANITATION	1
JAMES	BAILEY	SANITATION	5
DONNA	LAMBERT	SANITATION	5
DANTE	GIUSTI	SANITATION	9
CURTLAND	WATSON	SANITATION	9
TINA	OFFORD	SANITATION	15
RICHARD	ABBOTT	SANITATION	21
GLADYS	JACKSON-SHELTON	SANITATION	22
JOHN	SMITH	STREET	1
CHRISTOPHER	JONES	STREET	3
KENDALL	ABEL	STREET	4
TOMA'Z	WILLIAMS	STREET	4
TOMMY	DELANEY JR	STREET	4
TOMMY	WAID JR	STREET	4
JEFFREY	WHITE	STREET	18
CHONG	LOR	TRAFFIC	6
DEIDRA	DEVINE	TRAFFIC	21
BRUCE	FEATHERS	UAD	1
SHANNON	JOHNSON	UAD	6
KATHERYN	STEPHENS	UAD	29



For those of us who are a little older, we always knew school started the day after Labor Day and ended the week before Memorial Day. Now, classes seem to start earlier each year!

This year, the North Little Rock School District will resume classes on Tuesday, August 13, 2019. So for those of you still in school...start getting ready! By now you or your parents should have the list of school supplies you will need for the beginning of the year. If not, be sure and contact the school to get the list.

Good news is your first school holiday will be Monday, September 2!

If you want to see the school year calendar, visit the North Little Rock School District website at [www.nlrsd.org](http://www.nlrsd.org), click on Menu then select the 2019/2020 Master Calendar. The key at the bottom of the page will tell you everything you need to know!

### School Hours

#### **Elementary Schools**

All Elementary Schools (K thru 5) 7:50 am—2:30 pm  
Crestwood Elementary—After School 2:30—6 pm  
Early Childhood Programs 7:30 am—2:30 pm

#### **Pike View Early Childhood Extended Day**

Before School 7:00—7:30 am  
After School 2:30—6 pm

#### **Secondary Schools**

NLR Middle School 8:17 am—3:35 pm  
NLR High School 8:20 am—3:34 pm  
NLR Academy 8:30 am—3:30 pm

NLR Academy Breakfast—7:50—8:25 am

NLR Academy Extended Day 3:30—6 pm

For more information, you can also you can also call 501-771-8000.

Schools in the NLRSD include: Amboy Elementary, Boone Park, Crestwood, Glenview, Indian Hills, Meadow Park, NLR Middle School (6th Grade), NLR Middle School (7th/8th Grades), NLR Academy, NLR High School, Pike View Early Childhood Center, Ridge Road and Seventh Street.

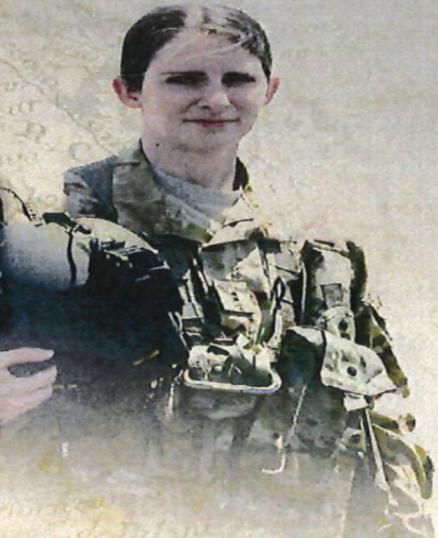


# August Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>		
CASSANDRA	SCALES	1ST COURT	2	WILLIAM	BROWN	LEGAL	15
WILLIAM	POE	FIRE	2	ANGELA	WIRT	HAYS CENTER	15
JORDAN	ROARK	OES/911	2	JAMES	BAILEY	POLICE	15
CARLOS	KING	PARKS MAINT	3	KAREN	FLETCHER	UAD	16
JHAILAN	RATHEY	POLICE	3	ROBERT	SHAW	FIRE	16
MICHAEL	CARR	PARKS GOLF	4	BRYEN	COX	FIRE	18
CLIFFORD	LEE	STREET	4	ERICA	KING	OES/911	18
RICKY	ALBERS	FIRE	4	JEHRICO	HULL	PARKS MAINT	18
MICHAEL	KLAMM	PUBLIC WORKS	4	WILLIE	ROMES	PARKS MAINT	19
SHANE	REDMERSKI	ELECTRIC	4	CHAD	ALLEN	ELECTRIC	19
JAMIE	WALLACE	HR	5	JOHN	PFLASTERER	FIRE	20
MATTHEW	NUTT	TRAFFIC	5	NAPOLEON	BARNES JR	STREET	20
TROY	PRINCE	PARKS MAINT	6	DELVIN	MARTIN	PARKS MAINT	20
DALE	ROSS	HAYS CENTER	8	MONICA	WILDER	2ND COURT	21
MATTHEW	DIXON	FIRE	8	JEREMY	REED	FIRE	21
MICHAEL	MARBLEY	SANITATION	8	JOHNATHON	HENDERSON	SANITATION	21
CAMILLE	FLEMING	LEGAL	9	WILLIAM	BURNHAM	PARKS MAINT	22
RONALD	CARTER	ELECTRIC	9	MICHAEL	SHAHAN	POLICE	22
AUSTIN	EVERETT	CODE	9	THOMAS	NORMAN	POLICE	22
DONNA	JAMES	PLANNING	10	VINCENTE	PEREZ	PARKS GOLF	22
JASON	STEELE	STREET	10	WILLIAM	ROBERTSON	VEHICLE MAINT	23
ANTHONY	PHILLIPS	SANITATION	10	CHARLES	PLATT	FIRE	23
ROBERT	EMARY	POLICE	10	JOSHUA	COMBS	FIRE	23
COURTNEY	KING	POLICE	10	SHANDRA	STEWART	OES/911	23
KIMBERLY	FRANCISCO	POLICE	11	WILLIAM	FERRY	OES/911	24
RONALD	RIGGIN	ELECTRIC	11	CURTLAND	WATSON	SANITATION	25
FLOYD	BEARD	PARKS REC	11	MICHAEL	JOY	FIRE	25
KASEY	KNIGHT	POLICE	11	CHARLOTTE	THOMAS	ADMIN	26
SCOTT	HARTON	POLICE	11	JANET	EBERLE-WILKINS	PARKS ADMIN	26
DAVID	WILBOURN	PUBLIC WORKS	12	JAMES	WILSON	ELECTRIC	26
RICKY	CRANFORD	FIRE	12	CLAY	ROGERS	AIRPORT	26
FREDERICK	GUNTHER	FIRE	13	KATHRYN	SNIDER	ELECTRIC	27
SHAY	REAGAN	ELECTRIC	13	ROBERT	BRYAN	FIRE	28
DUSTIN	TERRY	FIRE	13	MARK	WRIGHT	POLICE	29
PAUL	RILEY	POLICE	14	ROBERT	SCOTT	POLICE	30
GRALYN	CARR	PARKS MAINT	14	JAMES	TINDALL	ANIMAL CONT	30
ASHLEY	NOEL	POLICE	14	SCOTT	SPRINGER	ELECTRIC	31
STACEY	LEONARD	HR	14	ISAAC	HENRY	FIT 2 LIVE	31
SANDRA	TARKINGTON	ELECTRIC	15				



Arkansas National Guard  
PRESENTS THE 1ST ANNUAL  
**BE YOUR BEST  
DAY**



*Discover the warrior in you*

**September 21, 2019**  
**Camp Robinson**  
**North Little Rock, Arkansas**

For more information, visit our Facebook page:  
**FIRST ANNUAL BE YOUR BEST DAY**



**EVENT INCLUDES:**

High School and Open 5K Cross-Country Races, Interactive Military Displays,  
Wellness Fair, Kids Zone, Food Trucks and more!

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*Be Your Best Day* takes the place of the Minute Man Days which was an annual event at Camp Robinson for many years.

This not-for-profit event includes an open 5k trail run, High School Cross Country race, Best Squad Competition and local food trucks in a family-friendly environment.

*Be Your Best Day* is an open house that will welcome Arkansans to Camp Robinson to experience demonstrations, see military displays and interact with our Soldiers and Airmen. You will see the modern equipment the Arkansas National Guard uses to defend our Nation and serve the State. Discover what we mean by *Be Your Best!*

This event is open to the public and is FREE!!!

If you would like to be a partner for *Be Your Best Day*, contact Joel Lynch at 501-551-8038 or [joel.f.lynch.mil@mail.mil](mailto:joel.f.lynch.mil@mail.mil).