

Halloween

Halloween is an annual holiday celebrated each year on October 31. It originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints; soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating sweet treats. Did you know one quarter of all candy sold annual in the U.S. is purchased for Halloween?

History of Trick-or-Treating

Borrowing from Irish and English traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trick-or-treat" tradition. Young women believed that on Halloween they could divine the name or appearance of their future husband by doing tricks with yard, apple parings or mirrors.

In the late 1800s, there was a move in America to mold Halloween in to a holiday more about community and neighborly get-togethers than about ghosts, pranks and witchcraft. At the turn of the century, Halloween parties for both children and adults became

the most common way to celebrate the day. Parties focused on games, food of the season and festive costumes.

By the 1920s and 1930s, Halloween had become a secular but community-centered holiday, with parades and town-wide Halloween parties as the featured entertainment.

Between 1920 and 1950, the centuries-old practice of trick-or-treating was also revived. Trick-or-treating was a relatively inexpensive way for an entire community to share the Halloween celebration.

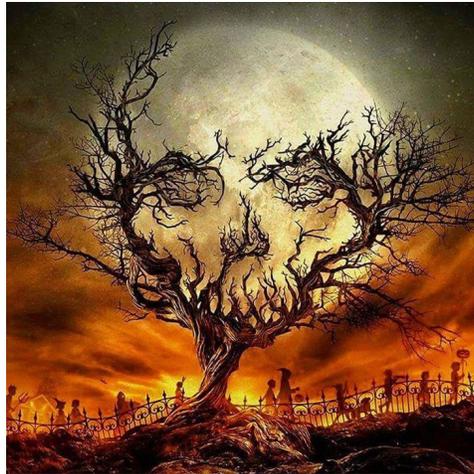
Movies

Scary Halloween movies have a long history of being box office hits. Classic Halloween movies include the "Halloween" franchise based on the 1978 original film director by John Carpenter and starring Donald Pleasance, Jamie Lee Curtis, and Tony Moran. In "Halloween," a young boy named

Michael Myers murders his 17-year-old sister and is committed to jail, only to escape as a teen on Halloween night and seek out his old home...and a new target.

Considered a classic horror film down to its spooky soundtrack, it inspired eleven other films in the franchise and other "slasher films" like "Scream," "Nightmare on Elm Street" and "Friday the 13." More family-friendly Halloween movies include "Hocus Pocus," "The Nightmare Before Christmas," "Beetlejuice" and "It's the Great Pumpkin, Charlie Brown".

Found at www.history.com



Candy Corn

Candy corn has been around for more than 100 years. According to oral history, George Renninger, an employee of the Wunderlee Candy Company, invented the popular confection in the 1880s and Wunderlee became the first to produce the candy. The Goelitz Candy Company (now Jelly Belly) started producing the confection around the turn of the century and still produces this popular Halloween candy today.

The tri-color design was considered revolutionary and the public went crazy for it. Lack of machinery meant that candy corn was only made seasonally, probably gearing up in late August and continuing through the fall.

How was it made? Sugar, corn syrup and other ingredients were cooked into a slurry in large kettles, Fondant and marshmallow were added to give a smooth texture and bite. Warm candy (45 pounds) was poured into cornstarch trays imprinted with the kernel shape. It took three passes to make the white, yellow and orange colors.

October 30 is National Candy Corn Day!



"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

Autumn Safety Tips

There's nothing like the crisp, cool air and luscious foliage to get you excited for the changing seasons. Your pet, too, is probably welcoming a break from summer's hot, sticky weather. But fall is also a time of lurking dangers for our furry friends. From household poisons to cold weather hazards, there are important safety issues to consider.

Below are some tips to keep your pet happy and healthy during the autumn months.

Be Cautious of Rodenticides and Cold Weather Poisons

The use of rat and mouse poisons increase in the fall as rodents seek shelter from the cooler temperatures by attempt-



ing to move indoors. Rodenticides are highly toxic to pets and, if ingested, the results could be fatal. If you must use these products, please do so with extreme caution and put them in places inaccessible to your pets.

Many people choose fall as the time to change their car's engine coolant. Ethylene glycol-based coolants are highly toxic, so spills should be cleaned up immediately. Consider switching to propylene glycol-based coolants—though they aren't completely nontoxic, they are much less toxic than other engine coolants.

Keep School Supplies Out of Paws' Reach

Fall is back-to-school time, and those of you with

young children know that means stocking up on items like glue sticks, pencils and magic markers. Although these items are considered low toxicity to pets, gastrointestinal upset and blockages can occur if ingested. Be sure your children keep their school supplies out of your pet's reach.

Steer Clear of Mushrooms

Fall and spring are mushroom seasons. While 99% of mushrooms have little or no toxicity, the 1% that are highly toxic can cause life-threatening problems in pets. Since most toxic mushrooms are difficult to distinguish from nontoxic ones, the best way to prevent pets from ingesting these poisonous plants is to keep

them away from areas where any mushrooms are growing.

Please visit our Poisonous Plants page for more information.

Contact your veterinarian or the

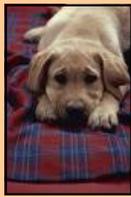
ASPCA Animal Poison Control Center at (888) 426-4435 immediately if you witness your pet eating a wild mushroom.

Watch Out for Wildlife

Autumn is the season when snakes are preparing for hibernation, increasing the possibility of bites to those unlucky pets who find themselves in the wrong place at the wrong time. Pet parents should know what kinds of venomous snakes may be lurking in their environment—and where those snakes are most likely to be found—so pets can be kept out of those areas.

The information above was found at [https://](https://www.aspca.org/pet.care)

www.aspca.org/pet.care



*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**





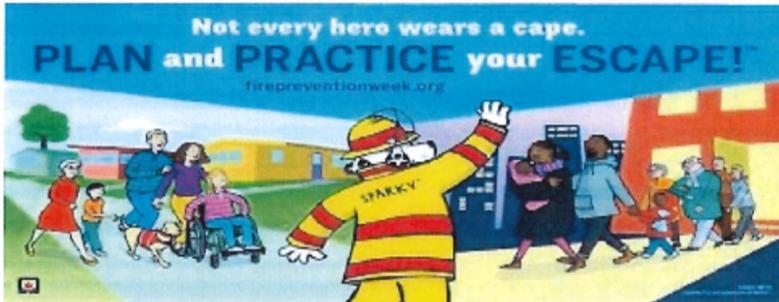
North Little Rock Fire Department

NORTH LITTLE ROCK FIRE DEPARTMENT

PRESENTS



FIREFEST



TUESDAY OCTOBER 8th, 2019

5:00 pm - 8:00 pm

McCain Mall - 3929 McCain Blvd

**Fire Truck Demonstrations- AGFC Aquarium
Children's Safety Smoke House
Free Eye- Screening Provided by the Lions Club
Games, Goodies and Much More!**

FUN FOR THE WHOLE FAMILY-WE HOPE TO SEE YOU THERE

For questions- Call: (501)340-5377 or Email: FMO@nlr.ar.gov



*****RAIN DATE: Thursday, October 10, 2019*****



Last month, North Little Rock Firefighters competed in the annual North Little Rock Firehouse Subs Firefighter Combat Challenge.

Pictured left to right are NLR Firefighters: Clark, Welter, Hayden, and Lt. Butler.

Their team qualified for the World Competition to be held in Montgomery, Alabama, in October 2019.





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 (August events).

Hays Center— 82 new members. 12,547 visits for the month. Activities included a Summer Bazaar. Provided 30 trips including Hot Springs, Fairfield Bay, Searcy, Hope, Lakeview, Alma, and the Hot Springs Jazz & Blues Festival. Bean Bag Baseball Team traveled to Little Rock, Benton, Jacksonville, Des Arc and Sherwood for “away games”. Public Senior Housing residents were transported to medical appointments, grocery stores, and pharmacies. Volunteers contributed 1,414 hours.

Sanitation—new director! Welcome to Condo Breed-love. Garbage/Yard Waste—2,252.79 tons (4,505,580 lbs.), Yard Waste—101 loads = 2,719.40 cubic yards (green waste). *Note: Leaf vacuums may resume the first week in November! If you want yours picked up before then, bag for weekly pickup.*

Traffic—112—barricade permits, signs and posts repaired or replaced—392, city vehicles marked with logo—7, AR One Call requests—36.

Police—July crime numbers showed decreases. Property crime down -4.93%, Burglary -34%...Theft from Motor Vehicles -2.35% for the year. The following officers were promoted: Pat Thessing and Dana Bower promoted to Captain, Denise Lacy and Ron Messer promoted to Lieutenant, and Justin Cross and Brandon Bennett promoted to Sergeant.

Fire—Total incidents—992
Total Unit Responses—1,761
Residential Fires—8

Vehicle Fires—8
False Alarms/Malfunctions—71
Rescue/Emergency Medical—558
Mutual Aid—2
Hazardous Material Response—9
Structure Fire fatalities—0
Vehicle fire fatalities—0
Training hours—3,654
Total Building Surveys—242

Office of Emergency Services/911—

Total incoming calls: 15,252
Non-911 calls: 6,418
Wired 911: 884 Abandoned Wired 911: 113
Wireless 911: 6,872 Abandoned Wireless: 609
Total dispatch computer entries: 9,404

Planning—0 new commercial. Issued 10 new single family residence permits (permit average \$235,609). Issued 17 Sign permits and 7 Banner permit. Inspectors completed 742 inspections and covered 3,618 miles: 258 Electric; 115 Building; 214 Plumbing; 155 HVAC.

Electric Customer Service—Direct contact—lobby payments, 5,754, Drive-thru payments, 2,970. Total payments received: Electric—41,323, amount \$10,914,960.00. Bad debt: \$8,580.00.

Code Enforcement—113 assigned calls, 920 initiated calls, 32 citations, 593 violation notices, 264 vehicles tagged, 44 structures inspected, 20 rental inspections, 12 food service inspections, 4 search warrants, 6 houses demolished by city, 3 houses demolished by owner. Code Maintenance—318 assigned calls, 58 vacant lots cleaned, 31 lots with structures cleaned, secured 9 vacant houses, 206 vacant lots mowed, 34 lots with structures mowed.

North Little Rock Convention &

Visitors Bureau—Visitors Information Center in Burns Park had 407 visitors in August. Downtown RV Park had 538 campers with an average stay of 2.3

days. The Arkansas Inland Maritime Museum had 1,472 visitors.

Electric Department—

38,978 customers, Peak Power—219,648 KW, Territory— 60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,060 (211 repaired), Security lights—4,324 (32 repaired), Smart meters—39,401, Revenue— \$9,833,948.

Continued on page 5...



North Little Rock Animal Control

Incoming animals—204/YTD-1,703

Dogs—135

Cats—69

Other—0

Adoptions—79/YTD-531

Dogs—52

Cats—27

Other—0

Reclaimed—17/YTD-198

Dogs—16

Cats—1

Euthanized—124/YTD-934

Dogs—68

Cats—56

Calls for service—558/YTD-4,480

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—August Report—Revenues (MTD)

Taxes	\$ 374,474.33
Licenses/Permits	\$ 184,321.36
Fines/Forfeitures	\$ 153,900.92
Local Option Sales Tax	\$3,111,636.92
Intergovernmental-State	\$ 46,340.29
Franchises	\$ 194,213.33
Investment/Misc	\$ 50,788.55

User Fees	\$ 126,058.61
Electric System	\$ 923,080.00
Grants & Other	\$ 75,664.80
Transfers	\$ 0.00
Total Revenue:	\$5,240,479.01

Expenditures	
Administration	\$ 200,319.41
Animal Shelter	\$ 81,856.31
Special Appropriations	\$ 306,789.77
City Clerk	\$ 38,849.82
Emergency Services	\$ 216,449.05
Finance	\$ 77,856.67
Fire	\$1,628,783.12
Health	\$ 7,556.18
Legal	\$ 70,655.32
1st Court	\$ 60,125.85
2nd Court	\$ 54,169.64
Human Resources	\$ 91,774.31
Commerce	\$ 33,984.83
Planning	\$ 95,483.91
Police	\$2,451,884.65
Code Enforcement	\$ 108,298.35
Public Works	\$ 297,420.37
Neighborhood Services	\$ 19,219.22
Sanitation	\$ 442,667.16
Vehicle Maintenance	\$ 132,701.53
Senior Citizens Center	\$ 100,138.46
Communications	\$ 13,329.89
Fit 2 Live	\$ 4,180.61
Total Expenditures:	\$6,534,544.43



It looks like the rest of us missed the dress-alike memo!
 Felecia Hart (City Courier) and Cheri Sbait (Hays Center) had the same idea one day last month!

The Annual **Susan G. Komen More Than Pink Walk** will be held on **October 26, 2019**. For more information go to <http://www.info-komen.org>.

This is a great time to think about Breast Cancer Awareness.



Facts:

- All women are at risk of breast cancer.
- Although rare, young women can get breast cancer, even in their 20s.
- In the US, fewer than 5% of all breast cancer cases occur in women under 40 each year.
- Breast cancer is the leading cause of cancer death among women ages 20 to 39. Know your risks. Talk to both sides of your family to learn about your family health history. Talk with a doctor about your risk of breast cancer.

Get screened:

- Talk with a doctor about which screening tests are right for you if you are at a higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- If you have had a mammogram, ask your doctor if you have dense breasts.

Know what is normal for you. See a doctor if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm are
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast...dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple...pulling in of the nipple or other parts of the breast
- New pain in one spot that does not go away.

William F. Laman Library

Both branches close Monday, Oct. 14, for **Staff Training**. Digital items are available through our website, lamanlibrary.org.

Grow With Google Small Business Workshops - Learn more about Google my Business, a free tool for entrepreneurs and local small business owners wanting to connect with customers on Google Search and Maps, **Reaching Customers Online**, and **Using Data to Drive Business Growth**, on Tuesdays throughout October. A four-week session begins Oct. 8. Classes are held 8 to 9 a.m. at the Argenta Branch or 6 to 7 p.m. at the Main Branch. Please register on our Calendar under the Events and Programs tab at lamanlibrary.org or by calling the Argenta Branch at (501) 687-1061 or Main Branch at (501) 758-1720.

Grow With Google: Job Seekers – We’re hosting four sessions of Grow With Google workshops to help Job Seekers connect more easily with their next job from 6 to 7 p.m. at the Main Branch starting Oct.

10. Grow With Google Resume Building is 11 a.m. to noon Oct. 7, and **Online Job Searching** is 11 a.m. to noon Oct. 21. Please register on our Calendar under the Events and Programs tab at lamanlibrary.org.

Check out a Librarian – For individualized help covering sessions you missed or tutoring for Grow With Google concepts, Main Branch LINC staff is available 11 a.m. to noon Oct. 21 and 28.

Free Main Branch Computer Classes – Polish your Video Editing skills from 6 to 7 p.m. Oct. 1. Explore **Grow With Google: Applied Digital Skills** 11 a.m. to noon on Wednesdays this month with **Google Drive** on Oct. 2, **Google Slides** Oct. 9, **Google Docs** Oct. 16, and **Google Sheets** Oct. 28. **Web Design Workshops** are 6 to 7 p.m. with the **Basics** Oct. 7, **CSS** on Oct. 21, and **Java Script** on Oct. 28. **Photo Editing** is 6 to 7 p.m. Oct. 15. **Computer Basics** are covered 11 a.m. to noon on Tuesdays and Fridays. **Grow With Google: Game Design** is 6 to 7 p.m. Wednesdays, and **Retro Gaming** 3:45 to 4:15 pm. Fridays.

Country Music - A Film by Ken Burns - Main Branch partners with AETN for an opportunity to share your love of Country Music with Karaoke and a 45-minute excerpt of the 16-hour PBS film. With door prizes and free movie snacks, this promises to be a great time at 1:30 p.m. Oct. 5 and 12.

Free Main Branch Job Skills Workshops – Learn to identify and communicate critical issues in complex situations with the Communication Workshop from 2 to 3 p.m. on Oct. 10 or 6 to 7 p.m. Oct. 15. Register through our Calendar under the Events and Programs tab at lamanlibrary.org or by calling (501) 758-1720.

Brian & Terri Kinder’s Spooky Music - Argenta Branch hosts the free children’s concert at 6 p.m. Oct. 24.

Dogs on the Cat Walk - Are you ready for a new pet? Or if you just want to support dogs looking for their

forever families, you and your pet are welcome to walk the catwalk alongside North Little Rock Animal Shelter dogs. Costumes are encouraged! The NLR Animal Shelter will be in the Main Branch parking lot throughout the event for adoptions.

Magic the Gathering Card Trading – Personalize your deck with MTG Card Swap & Battles from 5 to 6 p.m. Oct. 22 outside the Main Branch LINC Center.

Dungeon World – Enjoy the tabletop role-playing game from 5 to 6 p.m. Oct. 29 outside the Main Branch LINC Center.

Nerd Hub – Let’s Play! You chose Star Wars Monopoly or Harry Potter Trivial Pursuit between 4 and 5 p.m. on Oct. 8 outside the Main Branch LINC Center.

Socktober & Knitting for a Cause - Donate socks at either branch for The Van

to help unsheltered community members throughout October. Main Branch hosts Knitting for a Cause, a community project loom-knitting hats and socks Oct. 9. Supplies and instruction are provided free from 1:30 to 2:30 p.m.

Teen Storytime - Teens volunteer to share stories with children at the Main Branch at 4 p.m. Oct. 1, and ages 12 -18’ll see if they can tell the difference between Pepsi and Coke with the **Teen Taste Challenge** Oct. 10.

Free Fishing Derby - In partnership for North Little Rock’s Parks & Rec, the Main Branch Children’s Department provides fishing poles at the Burns Park Red Covered Bridge 10 a.m. to noon on Oct. 12. In preparation, children practice their fishing skills during **Discovery Library** at 4 p.m. Oct. 7, 9, and 11.

Main Branch Homework Help – Kids can get assistance starting at 4 p.m. on Tuesdays and Thursdays. They explore something new with Discovery Library at 4 p.m. Mondays, Wednesdays and Fridays, except Oct. 14.

Mia Gatson Book Talk & Signing - Main Branch hosts the author **Mia Gatson**, niece of **Daisy Gatson Bates**, for a discussion of her book, *Living Behind the Shadow*, at 2 p.m. Oct. 10.

Free Meals for ages 1-18 - Main Branch provides **Equal Heart** meals from 3:45 to 4:15 p.m. weekdays and 2 to 2:45 p.m. on Saturdays. These meals are eaten onsite and served on a first-come, first-served basis.

Main Branch Family Fall Fest - Fun for the whole family with costumes, games, and special treats 5 to 7 p.m. on Oct. 29.



Cyber Saturday - Main Branch LINC's all-age gaming is 9 a.m. to 4:30 p.m. Oct. 12 and 26. Tournaments start at 1 p.m. with NBA2K18 on Oct.

Free Movies – Relax with a Monday Movie at 1 p.m. at the Argenta Branch with *Skyscraper* Oct. 7 and *The House With Clocks In Its Walls* Oct. 28. Teen Movie Mondays start at 4 p.m. in the Main Branch Teen Center, except Oct. 14.

Meditation and Mindfulness – Thirty minutes of relaxation at the Argenta Branch starting at 4 p.m. Oct. 7, 21, and 28.

Argenta Rock Painting - Kids paint rocks to take home or hide throughout the community, spreading good cheer at 3:30 p.m. on Tuesdays this month.

2019 Arkansas Women to Watch: Heavy Metal Exhibition - Main Branch hosts the final opportunity to view an eight-venue statewide tour beginning with a reception Oct. 11 at 6 p.m. The reception is free and open to the public, and the exhibit continues with free admission through November 9.



Free Bingo Games - Everyone's a winner at 1 p.m. Oct. 11 at Argenta Branch. Main Branch games are 1 p.m. Oct. 22. Tween Halloween Bingo for ages 9-12 is 1 p.m. Oct. 26 at the Main Branch.

Free Main Branch Fitness and DIY Classes – In October, Main Branch offers Mediation at 1 p.m. and Adult Yoga at 6 p.m. on Thursdays, and Mixxed Fit is 11 a.m. on Saturdays. Krafty Seniors create Vintage Pumpkins at 1 p.m. Oct. 8. Register before Oct. 3. Creepy Candles are a recycled craft at 1 p.m. Oct. 16. Register by Oct. 14. This month's Garden Craft is Happy Fall Y'all Plaques at 1 p.m. on Oct. 23. Register by Oct. 21. Registrations are accepted through our Calendar under the Events and Programs tab at lamanlibrary.org or at (501) 758-1720.

Argenta Branch Gallery & ArtWalk – The Southern Watercolor Society exhibit continues with free admission in the gallery during regular hours through Oct. 12. Meet the artists responsible for the Arkansas Fiber Art Exhibition during the third-Friday ArtWalk reception, from 5 to 8 p.m. on Oct. 18.

Storytimes –Preschoolers enjoy stories, songs, and playtime at 10:30 a.m. on Tuesdays and Wednesdays at the Main Branch and Thursdays at the Argenta Branch. Lapsit Storytime is 10:30 a.m. on Wednesdays at the Main Branch.

Essence of Books - This month's book club selection is Yaa Gyasi's *Homegoing*. Join the Main Branch conversation at 6 p.m. Oct. 29. Register at (501) 758-1720.



We have these October Birthdays:

JULIE DELASHAW 4
LENA HILL 25
JANET RODGERS 29

RICHARD THEILIG 6
RENEE MORRISON 26

And these October Anniversaries:

KATHY SARNA 32 years
CRYSTAL GATES 4 years

LENA HILL 4 years

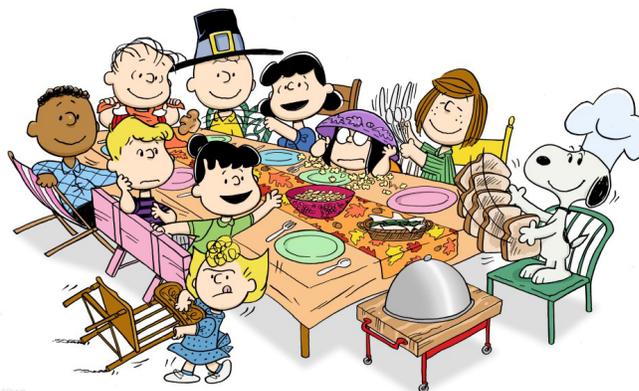
Five-Ingredient Mushroom Stuffing

Found in Crock Pot—The Original Slow Cooker Cookbook

- 6 Tbsp unsalted butter
- 2 medium onion, chopped
- 1 pound sliced white mushrooms
- 1/4 tsp salt
- 5 cups bagged stuffing mix, any flavor (like Stovetop)
- 1 cup vegetable broth
- Fresh chopped Italian parsley

Melt butter in large skillet over medium-high heat. Add onions, mushrooms and salt; cook and stir 20 minutes or until veggies are browned and most liquid is absorbed. Remove onion mixture to Crock Pot slow cooker. Stir in stuffing mix and broth.

Cover; cook on LOW 3 hours. Garnish with parsley.



It's never too early to start planning your family feast for the upcoming holidays!



The following article was found in
Southwest EAP (Employee Assistance Program) Newsletter

Marriage and Relationships Your Arguing Style Tells A Lot About The Future Of Your Relationship

According to researchers studying marriage and relationships, the way a couple argues tells a lot about the future of their relationship. In fact, researchers studying married couples at the University of Washington were able to predict with 91% accuracy whether a couple would stay together or divorce, primarily by analyzing the couple's communication patterns during disagreements.

What behaviors are most damaging to a relationship?

All couples have conflicts, but disagreement or fighting in and of itself isn't predicative of divorce. What is most damaging, the researchers report, is the kind of arguing that includes:

Criticism—Defensiveness—Contempt—Stonewalling

These negative ways of interacting are devastating to a relationship. They sabotage any attempts at constructive communication, erode positive feelings and result in both partners feeling alienated, rejected, frustrated, angry or unloved.

If your relationship is suffering due to these negative forms of communication, the information below can help you begin to learn how to change your arguing style to one that is more positive and healthy for your relationship:

Criticism: Complaining to your partner is normal and healthy, however, the way you go about expressing these complaints is most important. The problem arises when complaints turn into criticisms. A complaint focuses on a specific behavior or situation. A criticism, however, attacks the personality or character of the person, usually with the intent of making someone right and someone wrong.

Example: *"I was worried when you were late coming home and didn't call me. I thought we had agreed that we would do that for each other"* is a complaint. *"You never think about how your behavior affects me. You just think about yourself all of the time"* is a criticism.

Criticism uses phrases like: *"You never..."*, *"You always..."*, or *"Why don't you ever..."* Criticism inevitably puts people on the defensive, undermining the change for effective communication and solving the problem at hand.

Defensiveness: Defensiveness usually happens when we feel criticized or treated unfairly by our partner — whether or not that was his/her intent. We feel accused of something and think that if we tell our partner our excuse for doing what we did, he or she will back off. But the excuse just tells our partner that we haven't considered anything he or she has said. Basically, by defending ourselves, we are ignoring our partner.

Example: She: *"Did you call Eric and Stacy today as you said you would to let them know that we are not coming tonight?"* He: *"I was just too busy today at work. You know how busy my schedule is. Why didn't you just do it?"* He not only responds defensively but turns the table and makes it her fault.

Defensiveness includes:

- Making excuses—"It's not my fault..."
- Cross complaining—Meeting your partner's complaint

with a complaint of your own.

- Disagreeing and then cross-complaining—"That's not true, you're the one who..."
- Yes-butting—"Yes, but you're the one who..."
- Repeating yourself without paying attention to what your partner is saying.

"Defensiveness is really a way of blaming your partner," says renowned marriage expert John Gottman, Ph.D. *"You're saying, in effect the problem isn't me, it's you."* As a result, the problem is not resolved and the conflict escalates further.

Contempt: Contempt involves putting your partner down with insults, critical comments, verbal abuse and hostile body language with the intention to psychologically abuse him or her. It includes putdowns, name-calling, mocking, sarcasm, ridiculing, hostile humor, condescension, eye-rolling and sneering. *"There's something wrong with you"* or *"You are so selfish"* are examples of contempt. Name calling like: *"stupid," "wimp," "fat," "ugly,"* or *"lazy"* are also examples.

Contempt is extremely detrimental to a relationship, leaving the partner at whom it is directed feeling hurt, angry and extremely negative toward the person who is hurling the insults and abuse.

Stonewalling: When a partner becomes exhausted or overwhelmed by continuous criticism, defensiveness and contempt, stonewalling is often the next response. Stonewalling is withdrawing from the relationship as a way to avoid conflict. Examples of stonewalling include: silence, changing the subject, talking or muttering to ourselves or physically removing ourselves. Any form of disengagement can be stonewalling.

The stonewaller may think they are being neutral, but stonewalling conveys disapproval, icy distance, separation, disconnection and/or smugness.

Stonewalling solves nothing, but creates hard feelings and further damages the relationship.

Is your relationship suffering?

Eliminating negative communication styles and learning healthier ways to communicate are both vital to your relationship success. "You have a choice every time you say something to your partner," says Gottman. "You can say something that will either nurture your relationship, or tear it down. You may "win" a particular fight with your spouse, but you could lose the marriage in the long run."

Do you and your partner communicate with any of the negative communication styles discussed above? If yes, the way to rid your relationship of criticism, defensiveness, contempt or stonewalling—or other damaging communication styles—is to learn how to communicate without them. The following can help:

Become aware of how you and your partner are

treating each other. Most couples who engage in hurtful and damaging communication are blind to the extent of their destruction and simply don't know how to communicate any differently with their partner. The first step is to recognize the negative communication styles you and your partner practice.

Communication skills are learned. Effective communication with your partner is not something we automatically

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know how to do. Relationship skills are learned. Since communication skills are learned, couples can unlearn skills that are not working well and learn more effective ones. Google search “fair fighting” for an abundance of information for couples on how to resolve conflict in ways that nurture, rather than damage, your relationship.

Commit to change and improve. Change requires humility and courage. We need to admit that we don’t know it all and make the effort to understand and learn what is needed. While it’s best if both partners are committed to change, even if only one partner is consciously trying to change, any change can bring a shift in the dynamic of the relationship, which can bring positive results.

Get individual counseling for criticism and contempt.

In order to change criticism and contempt, the person who engages in these behaviors needs to go to individual



counseling—because the attack on another person’s worth usually stems from childhood wounds such as personal criticism, belittling or excessive demands. Getting the right help can make a tremendous difference in your relationship.

Seek outside help such as couples counseling. It is difficult for couples to identify on their own the root causes of their problems and then to know how to change their behaviors. A professional

counselor can help you and your partner identify your destructive communication styles, learn healthy and communication skills and help you heal your relationship.

Practice, practice, practice. With diligent practice, what begins as uncomfortable and difficult can become second nature. The more you practice communicating without these negative forms of communication—and communicate using more positive skills—the stronger your relationship will be.

Anger Management Tip: Before blowing your lid, count to ten. Counting to ten is an anger management tip that has worked for centuries. The Roman poet Horace (65-8 BC) said, “When angry, count ten before you speak; if very angry, one hundred.” Counting to ten helps you step back from an anger-provoking situation, buys time for you to examine the problem and decide on an effective, rational way to express your anger.

Exercise Your Brain: Walking or other aerobic exercise can do more than improve your physical fitness. Recent research shows that walking can enhance your brain function too. The explanation: During exercise, the heart pumps more blood to the brain. Delivering more blood means more oxygen and nutrients are delivered to the brain, which are good for brain cells and make the brain healthier. The vessels that deliver the nutrients also branch out and become more effective.

Better Family Life: Encourage family activities. A sense of belonging is developed by doing things together, such as social activities as well as household chores.

Tips To Decrease Emotional Overeating

According to the American Psychological Association’s annual Stress in America survey, almost half of Americans (48 percent) reported overeating or eating unhealthy foods to manage stress. Many people use food to fill emotional needs, contributing to overeating and being overweight.

Do you use food to:

- relax or calm your nerves?
- comfort yourself?
- numb yourself from emotional pain such as sadness, hopelessness, rejection, or anger?

Tips and strategies...If you are prone to emotional overeating, you can take steps to regain control. Here are tips and strategies to help decrease this unhealthy habit:

1. **Learn to recognize true hunger versus emotional eating.** If you ate just a few hours ago and don’t have a rumbling in your stomach, you’re probably not really hungry. When you feel the urge to eat, get in the



habit of asking yourself, “Is it physical hunger or is it emotional or stress-driven hunger?”

2. **Know your triggers. Use a food diary to identify when and why you eat for emotional reasons.** Keep an accurate record for at least one week of what you eat, how much you eat, how you’re feeling and how hungry you are. Ask yourself: What happened today to make me feel this way? You may become aware of situations or feelings that trigger you to turn to food.
3. **Face difficult emotions and stress-producing problems head on.** Work on ways to face difficult emotions and stressful situations other than reaching for food. Acknowledge and address feelings of anxiety, anger or loneliness. Look for solutions to the difficult issues in your life. Talk them over with a friend or counselor, or write in a journal. Finding ways to express your feelings constructively can help clear unwanted eating patterns.
4. **Find alternative behaviors to eating.** Instead of turning to food, take a walk, practice yoga or meditation, listen to relaxing music, take a warm bath, read a good book, engage in a hobby, work in your garden, treat yourself to a movie, or talk to a supportive friend. Exercise regularly and get adequate rest. Each is proven to reduce stress, improve your mood and help control appetite.

Grandma, and the fear of God... A Good Conservationist

By Trent Fleming

Found in Arkansas Outdoor Country magazine

In his famous coon hunting story, humorist Jerry Clower describes a hunting companion, John Eubanks, as one who loved and respected the natural resources of the world around him. Clower said, "he would have been a great conservationist if he was alive today."

For most outdoors men and women, conservation comes naturally and is handed down from generation to generation. Perhaps the greatest secret among hunters and fishers is the extent to which their work helps to conserve and enhance natural resources. The resurgence of game animals in their natural ranges, from waterfowl to deer to bear, is largely due to the efforts of those who love to go afield. Fees from licenses make a big impact, but so do grass roots efforts toward education and conservation, and the work of organizations like Ducks Unlimited and Trout Unlimited. Most importantly, conservation is an attitude. One of respect, care and concern for the natural resources we have been given.

I have been thinking recently about folks who taught me the importance of conserving resources, and treating the natural world with respect. My maternal grandmother, for one. She was married to a man who hunted and fished, and could handle a gun and a fishing rod very well on her own; a great outdoorswoman and conservationist in her own right. I think the following story illustrates her philosophy:

Often, in my youth, we would visit a great aunt who lived on the family land in south Arkansas. It was only 40 acres, but since it was mostly wooded, it seemed a great primordial forest to my young self. One trip, around Thanksgiving, was during a time when I had been enamored with a couple of small smooth jaw traps that were my late grandfather's. I had been trying, unsuccessfully, to capture a possum in my back yard at home with them, using small pieces of fish. Amazingly, I caught nothing, not even a raccoon—or luckily, myself. So I took one of the traps with us on this particular trip and carefully baited and set it out on a stream that ran along the east side of the property, about 20 yards back

from the nearest road. I had great expectations of catching some exotic fur bearer, perhaps a mink! Each morning on my way to my deer stand I would stop by and check the trap from a distance. The bait wasn't even touched. My skills as a trapper were clearly lacking.

We were to leave on Sunday morning, but by Saturday afternoon I had forgotten about the trap, and did not think about it again til we were packing in the early hours of Sunday. My mother and grandmother felt that any trip they took should begin in the dark.

I mentioned the trap to my grandmother, and said that I would just get it the next time. Her response was immediate and stern. I would go and get it now!

There was no way she was going to let me leave that trap set out for some creature to fall into and suffer for days.

It was a warm morning for November, and characteristically foggy. The trees stood dripping as the fog condensed, and a pervasive quiet seemed to smother the landscape. The forest seemed to swallow the glow from the yard light. My state of the art coon hunting flashlight, ordered by mail from the Nite Lite company, was a poor comparison to today's powerful LED lights, but still allowed me to see the ground in front of me. Against my better judgement—but fearing my grandmother more than Bigfoot—I traipsed out to the stream bank, navigating trees and underbrush, sprung the trap with a stick, pulled it up from its anchor, and headed back. The return trip was perhaps more unsettling because of concern over "something" following me. Every step I took back toward the clearing where my aunts house was, I imagined a step behind me. That fifty or sixty yards seemed to take an eternity to cover, but somehow, I made it out of the woods and back to the house alive.

I learned that the woods weren't really that scary, but more importantly I learned that participating in harvesting activities: hunting, fishing, or trapping, brings with it a sense of responsibility and accountability. We are all stewards of the world that the Lord has given to us. I am grateful for the lessons my grandmother taught me.



Slow-Cooker Chicken Burritos

Add 1 diced **small sweet onion**; 1 diced **green bell pepper**; 1 (15-oz) can **pinto beans**, drained and rinsed; 1 (16-oz) jar **salsa** (like Newman's Own); 2 Tbsp chopped **cilantro**; 2 tsp **chili powder**; 1/4 tsp **cumin**; 1/4 tsp **salt**; 1/4 tsp **pepper** to a 5-quart or larger slow cooker. Stir. Add 1 1/2 to 2 lbs **boneless skinless chicken breasts**.

Cover and cook on LOW 6 hours without opening the lid. Remove chicken and shred; return to slow cooker. Add 1 1/2 cups uncooked **instant rice** (like Minute rice); stir.

Cover; cook on HIGH 20 minutes more or until tender. Roll filling in **warmed tortillas** with your favorite toppings. **Serves 6.**



Found in Relish—
August 2019 issue

North Little Rock Convention & Visitors Bureau has a New Trip Planner!

Planning the perfect day in North Little Rock just got easier! The North Little Rock Convention and Visitors Bureau (NLRCVB) announced recently a new North Little Rock Guide on their website with integrated mobile app.

"It's no longer the exception but expected that tourism organizations be mobile-friendly," said Stephanie Slagle, Director of Marketing for the NLRCVB. "About 60 percent of the people who visit our website do so from a mobile device, with another 5 percent on a tablet. The app and planning widget offer more options for those that are always on-the-go and visitors that are looking for ways to enjoy our city."

Designed by Visit Widget, the planning tool provides a new way to explore what North Little Rock has to offer, including upcoming events, popular restaurants and points of interest. Visitors can search by categories like "Arts & Culture", "Dog Friendly" and "Nightlife". If they choose to share their location, visitors will see nearby restaurants or attractions. Users can create itineraries and share with others through email, social and SMS.

"While these tools will be helpful for out-of-town visitors, they also can be useful for locals," Slagle said. "North Little Rock and Little Rock residents do check our website often, mostly for our comprehensive calendar of events. When they have family or friends in town, we hope the website will be even easier now to find things to do and make recommendations."

The free app (Explore North Little Rock!) is now available in the App Store and Google Play (see right).

For more information, you can contact Stephanie at 401-404-0378 or email sslagle@northlittlerock.org. You can also visit their website at www.northlittlerock.org.



The North Little Rock Department recently promoted a number of officers in two separate ceremonies. Congratulations to Sgt. Justin Cross and Sgt. Brandon Bennett, Lt. Ron Messer and Lt. Denise Lacy, and Capt. Dana Bowers and Capt. Patrick Thessing who were promoted in August.

And Lt. Steve Chamness, Sgt. Carmen Helton, along with the retirement of Lt. Tom Latina in September.



**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.

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 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, 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.

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, Ember Strange	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	753-0733
	Beth White	758-2738
Ward 2	Linda Robinson	945-8820
	Maurice Taylor	690-6444
Ward 3	Steve Baxter	804-0928
	Ron Harris	758-2877
Ward 4	Charlie Hight	758-8396
	Jane Ginn	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 October

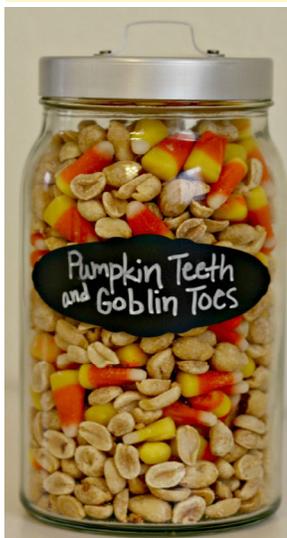
Sept 30—Oct 4 recycle
Oct 7-11 no pickup
Oct 14-18 recycle
Oct 21-25 no pickup
Oct 28—Nov 1 recycle



October Anniversaries

Name	Dept	Date	Name	Dept	Date		
ANITA	PAUL	ADMIN	1	CARLOS	KING	PARKS MAINT	2
BRIAN	GRAYSON	ANIMAL CONT	2	ORLANDO	ANTHONY	PARKS MAINT	2
CEDRIC	WILLIAMS	CODE	16	BRIAN	MARGRAVE	PARKS MAINT	2
TAMARA	MCCLENDON	2ND COURT	3	KEITH	IVEY	PARKS MAINT	3
SHANE	REDMERSKI	ELECTRIC	1	DONNA	JAMES	PLANNING	1
CHRISTINE	FERRY	ELECTRIC	3	ARNOLD	COLEMAN	PLANNING	3
RONALD	CARTER	ELECTRIC	10	JOHN	ROSE III	POLICE	1
DOMINIQUE	AMBROSE	ELECTRIC	11	DANIEKA	HERNANDEZ	POLICE	8
JACKIE	PEACH	ELECTRIC	14	CYNTHIA	RICE	POLICE	25
MILTON	HINSHAW II	ELECTRIC	14	JOHN	DESIZLETS	POLICE	25
PHILICIA	KNOX	ELECTRIC	18	WESLEY	HONEYCUTT	POLICE	25
WILLIAM	LEWIS	ELECTRIC	19	DONALD	SHOEMAKER	POLICE	25
SUZANNE	FLETCHER	ELECTRIC	47	DANA	BOWERS	POLICE	27
DEMARIO	HAYDEN	FIRE	3	MATTHEW	SODERLUND	POLICE	28
JARRETT	HUTCHISON	FIRE	3	LARRY	MICKEL	POLICE	39
HUNTER	MOIX	FIRE	4	LINDA	JACKSON	POLICE	46
DUSTIN	TERRY	FIRE	5	WILLIAM	BUSH	PUBLIC WORKS	32
GABRIEL	TROBIS	FIRE	14	JERRY	HAWKINS	SANITATION	5
ROBERT	SHAW	FIRE	24	MARCUS	CHRISTOPHER	STREET	2
MICHAEL	MOSLEY	LEGAL	1	ROMMIE	ANDREWS	STREET	7
ERIC	BONNES	OES/911	3	MATTHEW	ROWLAND	STREET	9
JORDAN	ROARK	OES/911	3	SAM	BROOKS JR	STREET	24
JEFFREY	ALTSTATT	OES/911	3	MICHAEL	JOHNSON	TRAFFIC	21
JEHRICO	HULL	PARKS MAINT	1	CHAD	FULLER	VEHICLE MAINT	7

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)



One of our FAVORITE fall treats! Equal parts Candy Corn and Peanuts! Tastes like a Payday Candy Bar!



Do you have some old bottle corks lying around and don't know what to do with them? How about spray them orange, glue them together (see illustrations) and top off with a plain cork and silk leaves!



Viola! Instant cork pumpkins for fall all the way through Thanksgiving!

October Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>		
LYNWOOD	ANDERSON	ELECTRIC	1	DUSTIN	FREE	FIRE	16
MARK	SHOEMAKER	FIRE	1	CHARILE	HIGHT	CITY COUNCIL	16
ERIC	IMHOFF	POLICE	1	ANTHONY	LOGAN	SANITATION	17
KENNY	STEPHENS	PUBLIC WORKS	2	CHAD	FREY	FIRE	18
CHRISTOPHER	NICHOLAS	ELECTRIC	2	CHARLES	HOBSON	FIRE	18
NADIA	JOHNSON	HAYS CENTER	2	CODY	WORTHAM	FIRE	18
TALOR	SHINN	CITY CLERK	2	RHONDA	HUEY	POLICE	19
ROBERT	EDISON JR	POLICE	3	JEFFREY	GRAVETT	POLICE	19
MICHAEL	MITSUNAGA	FIRE	4	LEANNA	GRADY	OES/911	20
ANDREW	JOHNSON	ELECTRIC	4	MATTHEW	CHRISP	ELECTRIC	20
JON	BURNETT	PARKS MAINT	5	RONNIE	MITCHELL	PARKS MAINT	22
TODD	SPAFFORD	POLICE	6	PAMELA	TILLER	FIRE	22
TOMA'Z	WILLIAMS	STREET	6	WILLIAM	LEWIS	ELECTRIC	22
STEVE	RABUN	UAD	8	RICHARD	WILSON	ELECTRIC	22
CARRIE	BROWN	PARKS ADMIN	8	DANTE	GIUSTI	SANITATION	23
RODNEY	PERRINE JR	PARKS MAINT	9	GARY	WILLIAMS	FIRE	23
MICHAEL	MOSLEY	LEGAL	9	WESLEY	STEPHENS	FIRE	23
WARREN	DEBUSK	PARKS MAINT	9	EDWIN	FAUBION	FIRE	25
DONALD	SHOEMAKER	POLICE	10	JOHN	BLANKENSHIP	POLICE	25
CLINT	REEKIE	FIRE	10	ZACHARY	JOHNSON	FIRE	25
KENDALL	ABEL	STREET	10	DON	DUKES	POLICE	26
SHARON	HENLEY	FINANCE	11	JULIA	HODGE	HR	26
JASON	BRYANT	FIRE	11	CYNTHIA	RICE	POLICE	27
AMY	SMITH	COMMERCE	11	TANNER	RAMSEY	FIRE	27
ROSS	COTHREN	FIRE	11	JOSHUA	CHANCE	ELECTRIC	27
CHARLES	BROOKS	PARKS MAINT	12	TERRY	HARTWICK	PARKS ADMIN	28
SYLVESTER	SMITH JR	SANITATION	12	JILL	PONDER	ELECTRIC	28
JAMES	KOLB	FIRE	12	LANA	GREGORY	ELECTRIC	28
MICHAEL	BROOKS	POLICE	12	TERRELL	MILTON	ELECTRIC	28
KRISTIN	JONES	HR	13	JOHNNY	JOHNSTON	PARKS MAINT	29
JOHNNY	GRAY	VEHICLE MAINT	14	VINCENT	THORNTON	POLICE	29
CHRISTOPHER	JONES	STREET	14	ALEXIS	CLARK	ANIMAL CONT	29
NICHOLAS	BECK	OES/911	14	CHEREON	CAMP	POLICE	29
KEITH	PHIFER	POLICE	15	JON	CROWDER	POLICE	30
TOLIVER	WHILLOCK	FIRE	15	CHRIS	TERRY, SR	STREET	30
BRYAN	ROUGELY	STREET	15	CHRISTOPHER	COLLINS	ELECTRIC	30
AMANDA	KING	POLICE	15	ERIC	DUNCAN	STREET	31
TAMARA	MCCLENDON	2ND COURT	16				

The following neighborhood organizations are participating in
North Little Rock's Annual National Night Out
Tuesday, October 1, 2019



WARD 1

Military Heights Outreach Association, 3:00 p.m. until 7:00 p.m. Military Heights Neighborhood Park. Activities include: food, music, games, and vendors. For more information contact, Juanita Henderson, 501-352-0499.

Holt Neighborhood Association, 5:00 p.m. until 7:00 p.m. at 18th and Schaar Streets. Activities include: food will be served, games for children, face painting, door prizes, and musical chairs/cakewalk. For more information contact: Joy Cameron, 501-374-9520.

Historic Park Hill Neighborhood Association, 6:00 p.m. until 7:00 p.m. at Idlewild Park, 3411 Idlewild. For more information contact: Wendy Gregan, 501-758-7159.

WARD 2

Baring Cross Neighborhood Association, 4:45 p.m. until 6:45 p.m. at Vestal Park. Activities include: Speakers, hot dogs, drinks and lots of fun. For more information contact, Harlan Hunter, 501-541-1591.

Rose City/Meadow Park Neighborhood Associations, 5:00 p.m. until 7:00 p.m. at School Street Neighborhood Park. For more information contact: Martha Capps, 501-945-1272.

Glenview Neighborhood Association, 6:00 p.m. until 8:00 p.m. on Glenview Blvd. Activities include: Food, drinks, bouncy houses, performance at 6:30 by Glenview Elementary Drumline and DJ playing music. For more information contact: Lee Brewer, 501-945-7695.

Faulkner Crossing Property Owners Association, 5:00 p.m. until 7:00 p.m. at Stone Links Clubhouse. Activities include: cake walk, DJ, games, bounce house, hot dogs, burgers, chips, drinks and door prizes. For more information contact: Rose Whitworth, 501-266-2717.

WARD 3

Amboy Neighborhood Association, 6:30 p.m. until 8:00 p.m. at Amboy United Methodist Church, 311 Military Road.

Activities include: free food, soda & water, carnival games, door prizes, bounce house, first responder activities, and more. For more information contact, Angelica Barnard, 501-297-8720.

Scenic Hill Neighborhood Association, 5:00 p.m. until 7:00 p.m. on South Avalon Road. Activities include: cookout and meet & greet. For more information contact, Randy Naylor, 501-350-8775.

Saturday, October 26 – Cypress Crossing Property Owners Association, no additional information provided.



A big THANK YOU to Avery Grace Borel for helping your Gigi (Peggy Borel) and the Fire Marshal (John Pflasterer) at the Firefighter Combat Challenge held last month at McCain Mall.

Avery found time between handing out coloring books and selling t-shirts to beat Chief Pflasterer at the Kids Course!



A PROGRAM OF CENTRAL ARKANSAS PRIDE

2019 Little Rock Pride Fest Parade will be held October 19, 2019

Begins at 1 pm and will go down President Clinton Avenue

Admission is free (\$5 donation suggested)

Enjoy live entertainment, vendors, food trucks and more!

**OCTOBER 31 - NOVEMBER 3, 2019
ARGENTA COMMUNITY THEATER
(405 MAIN ST, NORTH LITTLE ROCK, AR 72114)**

CENTRAL ARKANSAS PRIDE

PO BOX 250096

LITTLE ROCK, ARKANSAS 72225

INFO@CENTRALARKANSASPRIDE.COM

(501)404-8498 • WWW.CENTRALARKANSASPRIDE.COM

Who are we?

Central Arkansas Pride is a local, nonprofit organization and our mission is to celebrate the history and culture of our community through pride events and programs that inspire, strengthen, and unite.

We do this through offering programs and services that bring the LGBTQ+ community together, and we're excited to add the Kaleidoscope Film Festival to the Central Arkansas Pride Family.



North Little Rock Christmas Parade

Sunday, December 1, 2019—2 p.m.

Sponsored by

North Little Rock Sertoma Club

City of North Little Rock

North Little Rock Convention & Visitors Bureau

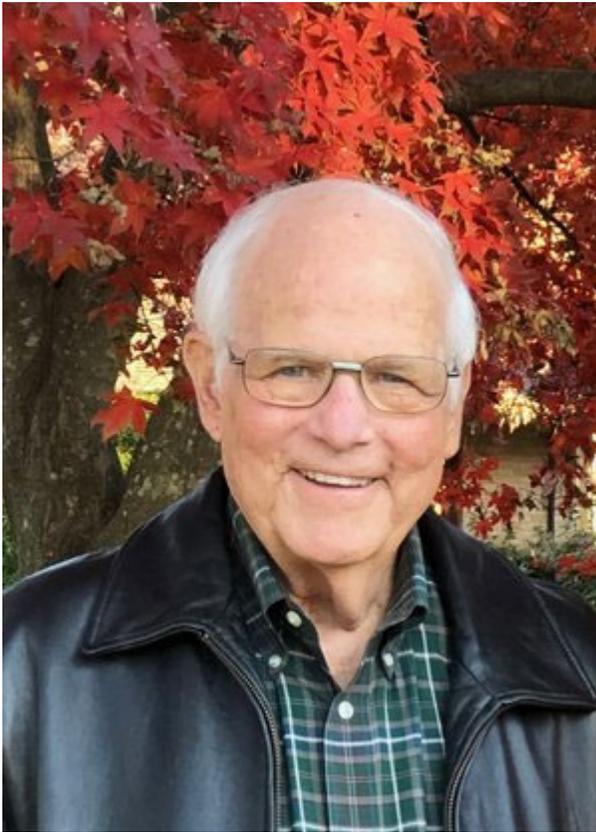
For more information, contact

Sherry Bruno, Project Chair

at 501-753-7902 or

email NLRChristmasParade@gmail.com





Former North Little Rock Mayor Eddie Powell

Written by Democrat-Gazette Reporter Jake Sandlin

As North Little Rock's mayor from 1974-79, Powell expanded the city's corporate boundaries and its water service area, and sought to preserve the city's heritage by creating the North Little Rock History Commission. He was appointed acting mayor by fellow City Council members in June 1974 after Mayor Bob Rosamond resigned, then was elected by popular vote in a special election in September of that year.

After he was re-elected in the 1976 general election, he resigned in 1979.

Mayor Joe Smith called Powell "absolutely the perfect Southern gentleman. You couldn't ask for a better citizen, or a better friend, anywhere." Powell's wife, Margaret, is director of external affairs in Smith's administration.

In a prepared statement, Smith called Powell "a proud public servant who rose above politics to bring civility to the public arena. Eddie was a friend, colleague, and tireless supporter and advocate for the city of North Little Rock."

As part of a seven-member interim committee in 2001 that initiated the merger of the Little Rock and North Little Rock water utilities, Powell is credited as being integral in the process to form Central Arkansas Water, which now serves about 450,000 people.

Powell then became one of the charter commissioners and held several officer positions during his tenure, including commission chairman three times.

"He was a dedicated public servant, a passionate water advocate and a wonderful man, and we will miss his insight, his expertise, and his wonderful sense of humor," Tad Bohannon, Central Arkansas Water's chief executive, said in a statement. "In his tenure in city government, and during his time here as a commissioner, he always understood the importance of providing safe, clean drinking water to the community."

While chairman of the North Little Rock Senior Citizens Commission, Powell oversaw creation of the Patrick Hays Senior Citizens Center that opened in 2003 and its expansion completed in 2007.

Former Hays Center Director Charley Baxter said Powell was talking about building a senior-citizen center long before any actual plans came about and was the first to approach Hays about the idea. Hays, who was the mayor at the time, put Powell in charge of a city committee to explore the possibility, Baxter said. Powell then oversaw resident meetings over 18 months "talking about what it would look like and what services it would have," Baxter said.

"He guided us through the process of getting the building built and making it functional," Baxter said. "He had a calmness when talking to people and leading the meetings that helped them to feel comfortable that it was in good hands."

Hays and Powell had been childhood friends in North Little Rock when their families lived across from each other on Magnolia Street, Hays said. That friendship and trust in Powell's abilities led Hays to turn to Powell for city assignments as needed, he said.

"Eddie Powell has had some strong and deep footprints in making North Little Rock better," Hays said. "And he played a big part in making [Central Arkansas Water] work and in implementing the merger." His leadership "will be felt by the beneficiaries of Central Arkansas Water for years and years to come."

Rex Robbins, a longtime friend of Powell's, said Powell had been "kind of a surrogate grandfather" to Robbins' daughters when they were young.

"My wife's dad had died years before," Robbins said of the role Powell played with their daughters. "They loved being around him when they were small. That was one of the best memories we have of him."

"I never really saw him angry or mad at anyone," Robbins said. "During the short time he was a politician, he had that kind of personality where he could charm you, but he didn't have to be the center of attention. He didn't have that 'all about me' type of personality. He was definitely a good man."