

North Little Rock e-Newsletter

If you have information you would like to share with other city employees, residents and businesses throughout North Little Rock, then let us know. The City Clerk's office provides a monthly e-letter to those who subscribe through the North Little Rock website. To sign up, email Dwhitbey@nlr.ar.gov.

North Little Rock Nuisance Abatement and Property Maintenance Ordinance

The North Little Rock City Council adopted Ordinance 8668 which went into effect January 1, 2015. This ordinance amended the previous nuisance abatement ordinance.

According to Ordinance 8668, a nuisance is defined as, "any act, omission, or property condition that is detrimental to the health, safety and welfare of the public; and WHEREAS, the City strives to improve and enhance the aesthetic appearances of its communities and neighborhoods, and outdoor storage of certain personal property or any parts thereof, junk, trash, and/or other debris can create unsightly appearances and detract from the orderliness of the community; and WHEREAS, it is in the best interest of the City and its residents that the Code be amended regarding outdoor storage of certain personal property or any parts thereof, junk, trash, and/or other debris."

2.2.1 Definitions.

Outdoor Storage. The keeping of items that are not fully enclosed within a structure allowed by the other city ordinance or code. This definition does not include furniture manufactured for outdoor use kept on a covered front porch, or a deck, patio or porch at the rear of the structure.

8.1.3 Illustrative enumeration of a nuisance.

The maintaining, using, placing, depositing, leaving or permitting to be or remain on any public or private property of any of the following items, conditions or actions is hereby declared to be and constitute a nuisance; provided, however, this enumeration shall not be deemed or construed to be conclusive, limiting or restrictive.

(Q) Outside storage of household furniture manufactured for indoor use including, but not limited to, mattresses, box springs, upholstered couches/sofas, dressers, recliners, tables, desks, bed frames, chairs, and parts thereof. This does not include furniture manufactured for outside use kept on a covered front porch, a deck, patio or porch at the rear of a structure.

(R) Outside storage of appliances including but not limited to dishwashers, stoves, ovens, televisions, refrigerators, freezers, computers, electronic equip-

ment accessories, sinks, plumbing fixtures, and/or parts thereof. This does not include freezers or refrigerators that are in use and are not visible from the road or street, unless they are in a covered carport.

(S) Any outdoor storage, collection or keeping of items on a carport. **Exceptions:**

(1) Building materials that are temporarily stored as part of or in conjunction with an active building permit for construction or remodeling, provided the building materials are stored against a permanent wall.

(2) The parking of operable motorized lawn equipment, lawn hand tools, or other equipment used for lawn maintenance stored against a permanent wall.

(3) Plastic or metal storage containers stored in an orderly manner in a single row against a permanent wall. Stacked storage containers' height cannot exceed or be taller than 50% (1/2) the wall height.

(T) Any use of tarpaulins, blankets, plastic or fabric sheets or similar covering materials to cover items on a carport.

Note: the above information is only a portion of the Nuisance Abatement Ordinance. Items Q—T are the new items.

To obtain a copy of the current ordinance, contact the City Clerk and Treasurer's Office at 501-975-8617.

A reminder about Trash Pickup...

Green waste (leaves, branches, and unpainted lumber) must be separated by 3 feet from NON GREEN waste (bulky items such as couches, mattresses, and other furniture items).

Failure to separate green waste from non green waste may result in one written notice. A second failure may result in a \$50 fee assessed on your utility bill.

Garbage should be placed on the curb the evening before your garbage day, or before 7:00 a.m. the morning of pickup.

Trash cans and Recycling bins should be put away the evening of the pickup.

If you have questions regarding trash pickup, please call the North Little Rock Sanitation Department at 501-371-8345.



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

North Shore Animal League America Annual

Sunday April 12, 2015

11 a.m.—4 p.m.

Lakewood Village Shopping Center
2851 Lakewood Village Drive



Once again mobile adoption units are simultaneously traveling across the United States for the annual Tour For Life, a life-saving nationwide tour. The journey will again cover more than 17,000 miles to work with shelters and rescue groups to bring attention to and find homes for many wonderful homeless animals across the country.

The 2015 Tour For Life will be happening in multiple cities and states.

North Little Rock will be the only stop in Arkansas this year

Free Microchips for first 50 sterilized animals (1 per family)

Drawings for certificates for Free Sterilization for a dog or cat

Dog Training Exhibition and tips on training your dog

Pet Care Information and Giveaways

For more information, visit the NSAL website at www.animalleague.org
or call NLR Animal Control at 501-791-8577

Or Marilyn Hall at 501-835-3317

501-835-3317



Also participating—Cabot Animal Shelter, Ward Animal Shelter, Morning Meadow Animal Rescue, Jacksonville Animal Shelter, Care Rescue Effort, Pulaski County Humane Society and Veteran's Best Friend



I'll be waiting for **YOU** to take me home!!!

ADOPT A RESCUED PET TODAY

celebrating 15 YEARS on the road

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

Arkansas SAM-PLATE

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



North Little Rock Fire Department

Preparing for Disaster for People with Disabilities

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. This guide outlines commonsense measures individuals with disabilities, special needs, and their caregivers can take to start preparing for emergencies before they happen. Preparing makes sense for people with disabilities and special needs. Get Ready Now.

1) Get a Kit - Of Emergency Supplies

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Basic Supplies:

Think first about the basics for survival - food, water, clean air and any life-sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home. Recommended basic emergency supplies include:

- * Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- * Food, at least a three-day supply of non-perishable food and a can opener if kit contains canned food
- * Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- * Flashlight and extra batteries
- * First aid kit
- * Whistle to signal for help
- * Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- * Moist towelettes, garbage bags and plastic ties for personal sanitation
- * Wrench or pliers to turn off utilities
- * Local maps

* Pet food, extra water and supplies for your pet or service animal

Include Medications and Medical Supplies:

If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare.

If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage,

Additional Items:

In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home. Also have copies of your medical insurance, Medicare and Medicaid cards readily available, if you have a service animal, be sure to include food, water, collar with ID tag, medical records and other emergency pet supplies.

Include Emergency Documents:

Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information, and tax records. It is best to keep these documents in a waterproof container. If there is any information related to operating equipment or life-saving devices that you rely on, include those in your emergency kit as well, and also make sure that a trusted friend or family member has a copy of these documents. Include the names and numbers of everyone in your personal support network, as well as your medical providers, if you have a communication disability, make sure your emergency information list notes the best way to communicate with you, also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

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2) Make a Plan - For What You Will Do in an Emergency

The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are and how you will contact them in an emergency. Create your own personal support network by identifying others who will help you in an emergency. Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require handicap accessible transportation be sure your alternatives are also accessible. If you have tools or aids specific to your disability, plan how you would cope without them. For example, if you use a communication device, mobility aid, or rely on a service animal, what will you do if these are not available? If you are dependent on life-sustaining equipment or treatment such as a dialysis machine, find out the location and availability of more than one facility. For every aspect of your daily routine, plan an alternative procedure. Make a plan and write it down. Keep a copy of your plan in your emergency supply kits and a list of important information and contacts in your wallet. Share your plan with your family, friends, care providers and others in your personal support network.

Create a Personal Support Network:

If you anticipate needing assistance during a disaster, make a list of family, friends and others who will be part of your plan. Talk to these people and ask them to be part of your support network. Share each aspect of your emergency plan with everyone in your group, including a friend or relative in another area who would not be impacted by the same emergency who can help if necessary. Make sure everyone knows how you plan to evacuate your home, school or workplace and where you will go in case of a disaster. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. Teach

them how to use any lifesaving equipment or administer medicine in case of an emergency. If you use a wheelchair, oxygen or other medical equipment show friends how to use these devices so they can move you if necessary or help you evacuate. Practice your plan with those who have agreed to be part of your personal support network.

Inform your employer and co-workers about your disability and let them know specifically what assistance you will need in an emergency. This is particularly important if you need to be lifted or carried. Talk about communication difficulties, physical limitations, equipment instructions and medication procedures. If you are learning impaired, discuss the best ways to alert you in an emergency. If you have a cognitive disability, be sure to work with your employer to determine how to best notify you of an emergency and what instruction methods are easiest for you to follow. Always participate in exercises, trainings and emergency drills offered by your employer.

Develop a Family Communications Plan:

Your family may not be together when disaster strikes so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls or e-mails the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact, not in the impacted area, may be in a better position to communicate among separated family members. You may have trouble getting through, or the phone system may be down altogether, but be patient. For more information on how to develop a family communications plan, visit www.ready.gov.

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Deciding to Stay or Go:

Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay or go. You should understand and plan for both possibilities. Use common sense and available information to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should monitor television or radio news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately. If you require additional travel time or need transportation assistance, make these arrangements in advance.

Consider Your Service Animal or Pets:

Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your service animal and pets. Keep in mind that what's best for you is typically what's best for your animals. If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, it is important to understand that by law only service animals must be allowed inside. Plan in advance for shelter alternatives that will work for both you and your animals; consider loved ones or friends outside of your immediate area, pet-friendly shelters and veterinarians who would be willing to take in you and your pets in an emergency. For more information about pet preparedness, visit

www.ready.gov.

Staying Put:

Whether you are at home or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. Consider what you can do to safely shelter-in-place alone or with friends, family or neighbors, also consider how a shelter designated for the public would meet your needs.

There could be times when you will need to stay put and create a barrier between yourself and potentially contaminated air outside. This process is known as "sealing the room." Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action. For more information visit www.ready.gov.

Evacuation:

There may be conditions in which you will decide to get away or there may be situations when you may be ordered to

leave. Plan how you will get away and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. Ask about evacuation plans at the places where you spend time including work, school, community organizations and other places you frequent. If you typically rely on elevators, have a back-up plan in case they are not working.

Fire Safety:

Plan two ways out of every room in case of fire. Check for items such as bookcases, hanging pictures, or overhead lights that could fall and block an escape path. Check hallways, stairwells, doorways, windows and other areas for hazards that may keep you from safely leaving a building during an emergency. Secure or remove furniture and objects that may block your path, if there are aspects of preparing your

home or workplace that you are not able to do yourself, enlist the help of your personal support network.

Contact Your Local Emergency Information Management Office:

Some local emergency management offices maintain registers of people with disabilities so you can be located and assisted quickly in a disaster. Contact your local emergency management agency to see if these services exist

where you live or visit www.ready.gov to find links to government offices in your area. In addition, wearing medical alert tags or bracelets that identify your disability can be a crucial aid in an emergency situation. When traveling, consider alerting hotel or motel workers if you will need help in a disaster situation.

3) Be Informed - About What Might Happen

Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit and making an emergency plan are the same regardless of the type of emergency. However, it's important to stay informed about what might happen and know what types of emergencies are likely to affect your region. For more information about specific types of emergencies, visit www.ready.gov.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

Preparing Makes Sense for People with Disabilities and Special Needs. Get Ready Now.

This information was developed by the US. Department of Homeland Security in consultation with AARP, the American Red Cross and the National Organization on Disability.



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 (February events).

Central Arkansas Water—year to date water sales are down 14% below 13 year historical average. Reservoirs are full. CAW will ask commission to approve eminent domain to acquire 9 easements as part of widening and reconfiguring East McCain Boulevard.

Laman Library—46 programs had 1,080 attendees. 651 passports have been issued since 1st of year.

Neighborhood Services—Mailed Neighborhood News newsletters to 3,127 households. Attended various meetings and assisted neighborhood associations with a variety of issues.

Hays Center—71 new members. Trips included Arkansas Arts Center, Matthews Clausen House, Heber Springs, Dondees in Des Arc, Bryant Senior Center, Keo, Annual Flower and Garden Show, Garvin Gardens, and Ole Abe's Feed House. Leather decorating class now offered. 2 employees celebrated 10 years of service: Angela Wirt and Lincoln Martin.

IS—100 work orders, no web postings (departments are now posting their own information), multiple ongoing projects in majority of city departments.

Utilities Accounting—

Electric bad debt expense February: \$5,436.00

New accounts installed: 926

Accounts finalized: 905

Customer related calls—7,346, direct contact with Customer Service—1,675, inside teller payments received 7,574, drive-thru teller payments—4,703.

Street Department—prepared equipment for bad weather. Cut and cleaned alleys. Ran down Greenlea Lake. Patching **POTHOLES!**

Sanitation—Collected and disposed of 1,193.03 tons (2,286,060 lbs) of household garbage/rubbish. Yard Waste crews collected and disposed 248 loads; 834 cubic yards of mixed debris along with 3,232 cubic yards of green waste. Leaf crews collected 67 loads (2,453.0 cubic yards) of loose leaves. Several move-outs picked up and 308 tires. Issued 32 Sanitation Code notices/letters and 3 citations for non-compliance.



Traffic Services—approved 525 barricade applications for permits. Repaired or replaced 150 signs and 25 posts.

Police—January crime numbers reflect drops in several key areas as department continues to concentrate aggressive patrols in problem areas. Burglary/Breaking and Entering Buildings –5.7%, Theft from Motor Vehicles –25%, Robbery –15%. Participated in Make A Wish Fundraiser. In February, 12 officers visited two nursing homes and handed out over 250 stuffed bears.

Fire—Total Incidents: 737

Residential Fires: 12

Vehicle Fires: 4

Rescue/EMS: 412

Other Responses: 250

Total Responses: 1,315

Other Structure Fires: 1

False Alarms/Malfunctions: 48

Haz Mat Responses: 5

Total Fire Losses: \$575,000

Total Value: \$1,775,000

Total Saved: \$1,200,000

Training: 3,667 hours

Building Surveys: 169



Office of Emergency Services/911—

Calls for service: 18,556

CAD incidents: 8,145

Electric Department—38,308—customers,

Peak Power—136,806 KW, Territory— 60

square miles, miles of wire—544.8 miles, #

Transformers—11,248, Street lights—11,001

(75 repaired), Smart meters 35,395—Revenue \$5,906,182.

3 outages—total time 46 minutes.

City Clerk/Collector—1% Hotel—\$12,453.00;

2% Hotel/Motel—\$22,800.31; Mixed Drink

Tax—\$29,031.24; Restaurant Tax—

\$362,829.90. Issued 60 new business licenses,

processed 565 renewals (including Beer /

Liquor), 136 accounts under review.

Code Enforcement—73 assigned calls, 386 initiated

calls, 66 citations, 232 notices, 42 vehicles tagged,

117 structures inspected, rental inspections 14, 19

food service inspections, 1 search warrants, 1 house

demolished by city, 5 houses demolished by owner.

Secured 2 vacant houses, mowed 0 vacant lots,

mowed 0 with structures, picked up 177 tires.

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Animal Control—NLR

Incoming Animals—142,
 Adopted 46,
 Reclaimed 19,
 Euthanized 66
 Citations issued 80
 Vouchers (low cost spay/
 neuter) Dogs 17, Cats 17,
 Calls for Service 464



Pulaski County Incoming Animals—30,
 Adopted 11, Reclaimed 3,
 Euthanized 30
 Upcoming—Annual North Shore Animal League Tour
 For Life stop in North Little Rock at Lakewood Village
 Shopping Center—April 12, 2015 (see page 2 for
 details).

Parks and Recreation—Youth from North Little
 Rock Rec Centers joined youth from across America
 and other countries in the JAMmin Fitness Routine
 World Record Day event which was a fitness routine
 set to music. Participants had to keep moving for 30
 minutes. 1,660,445 participants from 30 states and
 13 countries participated in setting a new record.
 Free tax preparation continues for families making
 \$53,000 or less, people with disabilities, elderly and
 limited English-speaking taxpayer Tuesdays from 9
 a.m. to 1 p.m. at the main community center. Park
 Ranger Ian has 3 new friends, Twisty, Corny and
 Reggie that he can bring by for a visit. For more in-
 formation call him at 580-7095. ASPire (Afterschool
 program) had 205 participants and nutritious snacks
 were provided to 185 youth daily. Education focused
 on ancient and modern Black History.

Finance—

Revenues (MTD—February)

Taxes	\$ 419,332.23
Licenses/Permits	\$ 461,439.31
Fines/Forfeitures	\$ 362,852.53
Local Option Sales Tax	\$2,659,711.87
Intergovernmental-State	\$ 0.00
Franchises	\$ 224,338.94
Investment/Misc	\$ 31,636.15
User Fees	\$ 85,267.86
Utility Transfer	\$ 45,386.64
Grants & Other	\$ 61,792.54
Transfer from Electric	\$ 923,080.00
Total Revenue:	\$5,274,838.07

Expenditures

Administration	\$ 78,373.50
Animal Shelter	\$ 56,747.24
Special Appropriations	\$1,281,121.18
City Clerk	\$ 18,741.31
Emergency Services	\$ 109,751.90
Finance	\$ 56,969.46
Fire	\$1,059,775.70
Health	\$ 4,549.53
Legal	\$ 44,127.08
1st Court	\$ 43,381.48
2nd Court	\$ 35,960.53
Public Defender	\$ 576.13
Human Resources	\$ 44,933.99
Commerce	\$ 15,354.01
Planning	\$ 52,794.88
Police	\$1,457,183.49
Code Enforcement	\$ 73,882.10
Public Works	\$ 61,600.40
Neighborhood Services	\$ 13,597.37
Sanitation	\$ 373,168.35
Vehicle Maintenance	\$ 59,226.42
Senior Citizens Center	\$ 62,132.74
Communications	\$ 7,198.16
Fit 2 Live	\$ 10,942.48
Total Expenditures:	\$5,022,089.43



Last month, **North Little Rock Police, Fire and Emergency Services** employees and others gathered for a luncheon at the Wyndam for a luncheon honoring North Little Rock's finest.

Pictured right are some of our Fire Department Award recipients.

Apprenticeship Firefighter of the Year:

Firefighter **Eli Stato**

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Pictured above are some of the Police Department Award winners.

Dr. Richard Allen Recognized for Veterinary Service to North Little Rock K-9s

Dr. Richard Allen has been a practicing veterinarian for over 50 years. He considers it his civic duty to provide veterinary care to the NLRPD K-9 unit for the past 30 years.

K-9 Officer Criss Gardner has had five dogs over the course of his NLRPD career, and each of his dogs was a patient of Dr. Allen.

If the K-9 “officers” are involved in a suspect apprehension, Dr. Allen checks the dogs to make sure they are okay and for liability that they aren’t infected with rabies.

In 2012, Dr. Allen was called in on an emergency when Officer Gardner’s dog (at the time) Byron, was shot in the face after locating a suspect that had shot at officers. Luckily he was grazed, but Officer Gardner feared for his partner’s life.

Dr. Allen has provided all of his services “free” for the past 32 years. The department has offered to pay, but he always declined and said “it’s my pleasure.”

North Little Rock Police Chief Mike Davis presented Dr. Allen a plaque in recognition of his service.

Dr. Allen, age 75, said he still has no plans of retiring or stopping being the vet to NLRPD’s canine officers.



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Emergency Medical Firefighter of the Year:

Firefighter **Justin Bradshaw**

Fire Officer of the Year:

Firefighter **Brian Thomas**

Fire Service Educator of the Year:

Lieutenant **Mark Wittenburg**

Fire Service Support Staff Award:

Captain **Jeff Bennett**

Chief’s Award:

Captain **Gerald Tucker**

Firefighter **Nathan Wolfe**

Police Merit Award:

Officer **Craig Umholtz**

Police Achievement Award:

Sergeant **Craig Edwards**

Police Team Achievement Award:

Sergeant **Brian Dedrick,**

Officer **Carmen Helton,** Officer

Shana Cobbs, and **Rusty**

Gartrell

Police Merit Awards:

Officer **Robert Cupps,** Major

Clayton Gooddard—MEMS,

Officer **Karen DiMatteo**

Police Achievement Award:

Emma Dye

Chief’s Award:

Officer **Jacob House**

Zac Chamness

Emergency Services Award

Dispatcher of the Year:

Carissa Merz

On the road? Don't take that call!

No matter how many times you might remind your employees (and others) not to take cell phone calls while driving, they continue to do so. During Christmas travels, an a'Test staff member (while riding as a passenger) in a car started checking other drivers on the road to see if they were talking on their phones while at the wheel. Well, guess what. It was amazing how many were chatting away while driving 18-wheelers, cars, trucks, and vehicles pulling trailers.

There are federal and state regulations that impact the use of a cell phone while driving, and, unfortunately, the regulations are ignored by many drivers. For a commercial driver's license (CDL) holder, the fine for using a hand-held mobile phone while driving can result in a driver disqualification. Penalties can be up to \$2,750.00



for drivers and up to \$11,000.00 for employers who allow or require drivers to use a hand-held communications device while driving. This violation is serious and can be very costly to all concerned.

Mobile communications devices can be a blessing and fun when used appropriately. Using them at the wrong time and wrong place may ruin your life, or worse, end it. Think about it. *This information was found in City & Town, February 2015—Arkansas Municipal League a'Test Consultants, Inc. is located in North Little Rock and provides drug and alcohol testing for city employees through a program offered by the Arkansas Municipal League. This program helps cities and towns comply with the U.S. Department of Transportation's required drug testing for all holders of commercial driver's licenses.*

Palliative care focuses on quality of life

By Sarah Beth Harrington, M.D.

There's more to treating an illness than finding the cure. For patients dealing with serious illnesses, there is specialized medical care focused on relief from symptoms, pain, and the stress that comes with having to deal with it all.

Palliative (pronounced pal-lee-uh-tiv) care, tries to improve quality of life for both the patient and the family. It includes end-of-life issues, but it doesn't stop there. It focuses on relieving suffering and pain for chronic illness as well.

While hospice deals with planning and comfort for the patient in their last months of life, palliative care focuses on improving a patient's quality of life and can be offered at any stage of any illness, no matter how long a patient is expected to live.

Patients can benefit most from palliative care when suffering from hard-to-treat symptoms like pain, fatigue, depression, anxiety, and nausea.

In the last 50 years, palliative care programs in Arkansas, as well as the nation, have doubled, and it has had a positive effect on quality of care. UAMS began its palliative care program several years ago and has been instrumental in producing future palliative care professionals. It has the only fellowship program in the state for doctors and is the only hospital with Joint Commission certification for palliative care.

Support for families

Dealing with a loved one's illness can put a lot of stress on family members. The supportive service also helps family members and caregivers who work closely with the patient. For example, one 90-year-old patient at UAMS was diagnosed with squamous cell carcinoma, a form of skin cancer. His son helps care for him. Here's what the son had to say:

"We didn't use palliative care for my mother when she was fighting cancer. With my father, I feel I have a lot more support. There are people to help answer questions, listen to our goals, and give advice. I think, without a doubt, my father's quality of life has improved."

Patient centered

The care is very centered on the patient, it's about presenting options to patients, respecting the choices they make, and trying to facilitate what their preferences are.

The swiftly expanding palliative care program at UAMS, like in many hospitals, works closely with patients' doctors and treatment teams in all phases of the disease. By aggressively treating symptoms, patients are better able to function and tolerate their cancer treatments.

For instance, a breast cancer patient who has undergone a mastectomy and is dealing with pain related to radiation or chemotherapy can go to a palliative care specialist and can explore pain management options.

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Though it's still a relatively new and emerging subspecialty and research is limited, the few studies that have been completed have shown positive results. One in particular deals with advanced lung cancer patients give less than one year to live. The 2010 study caught many oncologists by surprise. Some of the patients were given palliative care treatments, which included the usual oncologic care plus pain and symptom management and advanced care planning with a palliative specialist. The palliative care group lived almost three months longer and quality of life was much stronger. The theory if that is pain and



care.

Dr. Harrington is Medical Director of Palliative Care, University of Arkansas for Medical Sciences (UAMS).

symptoms are better controlled, patients will be more functional, may tolerate chemotherapy and other treatments better, and might live longer. And those who discuss goals of care early may choose not to pursue particularly aggressive treatments in the last months of life so they can focus on quality of life and comfort. Such patients just might live longer and better. To learn more about palliative care, visit www.uamshealth.com/palliative-care.

“Battle of the Badges” Tip A Cop for Special Olympics

Thank you to all the citizens of North Little Rock, volunteers and police officers who came out and supported the North Little Rock Police Department in raising money for the annual “Battle of the Badges” Tip a Cop for Special Olympics event at Texas Roadhouse.

It was a fun night for all...catching up with old friends, seeing Special Olympics athletes and raising money for a very special cause.

The numbers are in and the North Little Rock Police Department beat the Little Rock Police Department AGAIN (LRPD—\$3,500.00 / NLRPD \$4,000.00).

North Little Rock Police Department remains undefeated in this friendly competition and can maintain bragging rights until next year! And it's all thanks to everyone who came out and showed their support!



North Little Rock Electric Department has a new General Manager

James Bray began working for the North Little Rock Electric Department as a Lineman Helper in 1975. He has served as Distribution Engineer for the past 30 years.



Bray said the responsibilities of NLRED General Manager have evolved over the years. Today NLRED participates in the nationwide energy market which is complex and changes daily. Despite the challenges, NLRED employees, residents and business partners count on the city department to run efficiently, be dependable, and cost effective.

Can't Sleep? Try These 12 Inspiring Tips

By Linda B. White, MD
provided by Mark Rogers,
City Clerk and Treasurer's Office



"I'll sleep when I'm dead," sang singer-songwriter Warren Zevon. So did Bon Jovi and The Cure and other bands. Sleepy? That's what caffeine (and other stimulants) are for....right?

WRONG—although caffeine can be a useful tool...keep in mind...the dead don't sleep.

Your health and well-being, and your very life depend on adequate sleep. The average person needs about 8 hours. You know you've gotten enough when you awake feeling refreshed and can stay alert through the day.

Unfortunately, more than 1/3 of Americans fail to get enough sleep. The consequences are dire. Let's start with death—routinely sleeping less than 7 hours OR more than 9 hours a night increases mortality rates. That's because sleep disturbance has widespread effects on the body.

Chronic sleep deprivation impairs immune function, raises susceptibility to infection, stirs up inflammation, and aggravates inflammatory conditions such as asthma, rheumatoid arthritis, and inflammatory bowel disease. It contributes to top causes of death, namely cardiovascular disease and type 2 diabetes. Night-shift workers may be at elevated risk for some cancers, notably breast cancer.

Also, short and long sleepers tend to gain weight. Being overweight and obese fuels chronic, life-robbing illnesses.

Sleeplessness also causes accidents, which lead to injuries and deaths. In one study, almost 5 percent of Americans admitted to falling asleep at the wheel. Sleep loss can impair driving on par with alcoholic intoxication.

Poor sleep erodes mental and physical performance. Work productivity tanks; absenteeism goes up. Mood sours. Minor hassles become intolerable. Mental health challenges such as anxiety and depression may surface. Sleep disturbance is also a sign of anxiety and depression.

Take sleep seriously. The following simple strategies set the stage for healthy sleep:

1. Establish regular bedtimes and wake-up times—with shuteye to feel good the next day.
2. Create a cozy bedroom environment. Block outside light with window shades. Cover light-emitting electronic devices, including clocks. Silence your phone.

3. Use your bed for sex and sleep only. Don't argue, pay bills, do homework, check email, text, watch TV, or anything else.
4. Limit naps to 30 minutes once a day. That said, naps definitely increase work productivity.
5. Drink only in moderation or not at all. Stop within a few hours of bedtime. Alcohol, though may help people fall asleep, tends to interfere with sleep later in the night.
6. Chill on the caffeine. It takes about five hours to clear half the caffeine you consume from your system, longer if you take hormonal contraceptives or are pregnant.
7. Keep a worry pad by your bed. If you fret in bed, jot it down. Tell yourself you'll deal with it in the morning. Replace that thought with something you feel grateful about.
8. Create soothing bedtime routines. Take a warm bath, plus or minus 10 drops of lavender essential oil) dispersed with your fingertips before you step in). Stretch. Meditate. Practice slow, deep breathing—four counts on the inhalation, four on the exhalation.
9. Try progressive muscle relaxation. Lie on your back. Sequentially tense and relax muscle groups: toes, feet, calves, thighs, buttocks, belly, back, hands, forearms, upper arms, shoulders, neck, cheeks and forehead. Scrunch your whole body into a ball. Lie back. Let go, appreciating the feel of relaxed muscles.
10. Visualize tranquility. When I can't sleep, I picture a particular beach in great sensory detail. I see an aquamarine ocean and azure sky, smell seaweed, hear waves lapping and palm fronds clapping, feel warm sand and sun.
11. Remember that a period of middle-of-the night wakefulness is normal. Stay calm. If you don't fall back to sleep soon, get out of bed. Do something boring until you feel sleepy.
12. If you have persistent sleep problems, tell your doctor. A variety of treatments can relieve insomnia. Examples include cognitive behavioral therapy, mindfulness-based stress reduction, yoga, and herbs such as valerian and hops.



How Stress Affects Your Health (and what you can do about it!)

Journeyworks Publishing in 2001. Revised in 2008.

STRESS is a natural part of life. Everybody experiences it. When you're under stress, your body changes. These changes give you energy to cope with stress. A LITTLE stress is OK, even exciting! But if you're constantly under stress, it can hurt your health.

Colds, Flu and Viruses

- Stress affects your immune system, which protects your body against disease.
- People who are under a lot of stress are twice as likely to catch a cold.

Mental and Emotional Problems

- When you are stressed, your body makes chemicals that affect how your brain works.
- People who are stressed often have trouble sleeping and concentrating. They are more likely to feel tired, depressed or angry.
- Stress is a factor in alcoholism, drug addiction and suicide.

Weight Gain or Loss

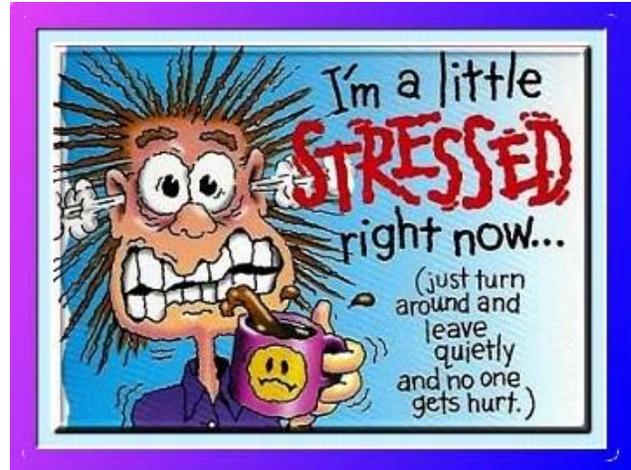
- The anxiety caused by stress may lead to unhealthy eating habits.
- To cope with stress, some people overeat or don't eat enough. The result can be gaining or losing too much weight for good health.

Diabetes

- Stress can affect glucose (sugar) levels in the body. For people with diabetes, stress may bring on symptoms or make the diabetes worse.

If you are experiencing any of these symptoms, stress may be affecting your health.

- Can't sleep.
- Feel nervous, tired or cranky.
- Heart feels like it's racing.
- Muscles are tight.
- Upset stomach, high blood pressure or muscle pain.
- Get sick more often than normal.
- Have trouble concentrating or remembering things.
- Overeat, eat compulsively or don't eat at all.
- You're using tobacco, alcohol or other drugs to cope with how you feel.



Muscles and Joints

- Stress sends a signal to your body telling it to pump out chemicals that make you feel tense and cause your muscles to tighten.
- People who are stressed often have tension headaches and back, shoulder and neck pain.

Heart Disease and Stroke

- When you're stressed, your heart pounds, your blood pressure rises, and your breathing speeds up.
- Over time, your blood vessels become less flexible and more prone to strokes and heart attacks.

Upset Stomach

- Stress can cause indigestion, heartburn, nausea and constipation.
- Stress alone does not cause ulcers, but it can be a factor.

Breathing Problems

- Stress can trigger asthma attacks.

What can you do to lower your stress and protect your health?

Organize. Give yourself more time. Being too busy is a big source of stress.

Prioritize. You're only human—you can't do it all. Decide what's most important and let go of the rest.

Exercise. Maybe you've heard this before. Don't stress over it! Find an activity you enjoy, and start small. Take a walk at lunchtime. Go on a hike with friends. Take a dance class. Even a little exercise helps a lot.

And finally...

Talk it over. Sharing your problems with a friend, trusted family member, doctor or counselor has been proven to help reduce stress.

A few verses from the movie Frozen...

"Let it go! Let it GO! Let IT GO!!!!"



The North Little Rock Fire Fighters Pipes & Drums Corps officially have new uniforms. Above, Firefighters modeled the custom fitted kilts with matching kilt flashes and a dress sporrán.

Start up funding for the uniform project was provided by Mayor Joe Smith.

Future purchases will include military doublets and accessories to provide a complete formal appearance for pipe bands events.

A series of fundraisers will be held in the future. For more information contact Alan Tetkoskie at ATetkowskie@nlr.ar.gov.

Eggs Benedict Casserole

Cooking spray	9 x 13 baking dish
8 large eggs	1/2 tsp paprika
3 cups milk	1/4 cup margarine
3 green onions, chopped	1 tsp salt
1 tsp onion powder	
1 (9 oz) pack Hollandaise sauce mix	
3/4 pound Canadian bacon, cut into 1/2 inch dice	
6 English muffins, cut into 1/2 inch dice	

Spray baking dish with cooking spray. Whisk eggs, 2 cups milk, green onions, onion powder, and salt together in a large bowl until well mixed. Layer half the Canadian bacon in the prepared baking dish. Spread English muffins over meat and top with remaining Canadian bacon. Pour egg mixture over casserole. Cover baking dish with plastic wrap and refrigerate overnight.

Preheat oven to 375°
Sprinkle casserole with paprika, cover with aluminum foil. Bake in preheated oven until eggs are nearly set (about 30 minutes), remove foil. Continue baking until eggs are completed set (about 15 minutes).

Whisk hollandaise sauce mix with 1 cup milk in a saucepan. Add margarine and bring to a boil, stirring frequently. Reduce heat to medium-low, simmer, and stir until thickened (about 1 minute). Drizzle sauce over casserole and serve.





**Peddlers Permit
City of North Little Rock**

Issued to: **John Doe**
Issued: 1/30/15
Expires: 5/1/15

EXAMPLE



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 and Treasurer

The following have Peddlers permits in NLR:
Melvin H. Jackson
LegalShield through 5-1-2015
Tyler Williams
Protection 1 through 5-4-2015
There are NO other licensed peddlers as of this date. (2/27/15)

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 (similar to above example), 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.

The North Little Rock 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.

Leaf vacuums are making final rounds.



If you want your leaves vacuumed, rake them to the curb (within 6 feet) next to the street (*but not in the street*). Also, please do not block

the sidewalk. Crews must have access to the leaves, so do not block them with vehicles, etc. Bagged leaves will be picked up weekly on your regular trash pickup day.



North Little Rock History Commission



The North Little Rock History Commission is now on Facebook! Search for North Little Rock History Commission and join their page today!
Also, the Friends of North Little Rock History have formed a Non-Profit Organization whose purpose is to protect and promote our city's rich history.
If your family has been in North Little Rock for 50 years or longer, the History Commission wants to know.
If you have items that represent our city's past and would like to donate them for future generations to enjoy, contact the History Commission staff.
For more information, contact the History Commission at 501-371-0755.

- Reminders:**
- Easter Sunday—April 4
 - File Tax Return—April 15
 - Access Personal Property Taxes—May 31

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@northlittlerock.ar.gov.

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

City Council Members

Ward 1	Debi Ross Beth White	753-0733 758-2738
Ward 2	Linda Robinson Maurice Taylor	945-8820 690-6444
Ward 3	Steve Baxter Bruce Foutch	804-0928 658-9714
Ward 4	Murry Witcher Charlie Hight	835-0009 758-8396

Other Elected Officials

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

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

Mar 30—Apr 3 no pickup

Apr 6—10 recycle

Apr 13—17 no pickup

Apr 20—24 recycle

Apr 27—May 1 no pickup



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, Robert Voyles	975-8835
Purchasing, Mary Beth Bowman	975-8881
Utilities Accounting, David Melton	975-8888

Utility Payment Assistance and Other Numbers

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

Telephone Numbers for City Hall

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

April Anniversaries

Name	Dept	# Yrs	Name	Dept	# Yrs		
JULIE	FISHER	Admin	3	JAMES	KOLB	Fire	17
BRUCE	FOUTCH	Admin	4	JASON	ROE	Fire	11
WILLIAM	FERRY	OES	13	EARL	MAHANAY	Fire	18
CARISSA	MERZ	OES	2	ROBERT	BRYSON	Fire	16
DAVID	TANTON	OES	3	KYLE	SIMPSON	Fire	16
MALLORIE	LEWIS	OES	3	PEGGY	BOREL	Fire	11
JAMES	BARTLETT	Electric	4	TIMOTHY	MAHAN	Fire	13
JOAN	STEWART	Electric	27	MICHAEL	GARRETT	Fire	11
CHARLES	BOLDEN	Electric	19	RICHARD	HARGROVE	Fire	11
JIMMY	CROWLY	Electric	42	JANET	HILL	1st Court	25
MICHAEL	ALLEN	Electric	31	DENNIS	HENDERSON	2nd Court	9
BRENDA	WILSON	Electric	15	NAKISHA	MORAGNE	UAD	15
LYNWOOD	ANDERSON	Electric	18	JUDY	HUNTER	UAD	1
THOMAS	BLYTHE JR	Electric	9	BOBBIE	BURKS	UAD	4
SHARON	HENLEY	Finance	37	CRYSTAL	WILLIS	Commerce	3
FREDERICK	GUNTHER	Fire	33	ALICE	BROWN	Police	47
DONALD	PAYNE	Fire	33	WILLIAM	KOVACH	Police	28
LARRY	SHOOK	Fire	33	ROBERT	SCOTT	Police	28
HEATH	HOOPS	Fire	18	MARK	TUBBS	Police	23
DAVID	MATCHETT	Fire	33	TRACY	ROULSTON	Police	27
JOSHUA	COX	Fire	11	SIAVASH	MORSHEDI	Police	27
BRYAN	HILL	Fire	14	JOSEPH	SMITH	Police	1
GREGORY	BROWN	Fire	16	MICHAEL	NELSON	Police	22
JASON	KNIFE	Fire	13	JOHN	YATES	Police	22
WILLIAM	DAVIS	Fire	14	THOMAS	DICKSON	Police	22
JEFF	JEFFERIES	Fire	14	CRISS	GARDNER	Police	22
TODD	IRBY	Fire	17	JASON	WOODWARD	Police	17
JASON	KNOERNSCHILD	Fire	15	DAVID	SCHALCHLIN	Code	19
BRIAN	OAKLEY	Fire	16	WILLIAM	SMITH	Public Works	26
JOHN	ADAMS	Fire	33	DAVID	BELL	Sanitation	7
RICKY	CRANFORD	Fire	19	MARCUS	LEE	Sanitation	3
LAITH	ADAMS	Fire	18	TERRY	GLENN	Street	8
DENNIS	POOLE	Fire	11	FREDERICK	MOORE III	Street	19
MICHAEL	THOMPSON	Fire	17	STEVEN	HUBBARD	Street	5
JASON	FENDER	Fire	16	BRYAN	ROUGELY	Street	2
MICHAEL	HOLLEY	Fire	20	LESLIE	RICHARDSON	Traffic	10
DUDLEY	SCHRADER	Fire	15	CHARLES	STANFORD	Parks Maint	2
CHRISTOPHER	MORENO	Fire	13	WILLY	TIDWELL	Parks Maint	18
CLAYTON	ZAKRZEWSKI	Fire	15	MARCUS	JOHNSON	Parks Maint	3
JOSH	BURKS	Fire	11	CHARLES	BROOKS	Parks Maint	14
CLINT	BUTLER	Fire	5	CORDERREL	HARRIS	Parks Maint	3
ZAKARY	WARD	Fire	5	DONALD	EOFF	Parks Maint	12
STEPHEN	FORTSON	Fire	14	TONY	PATE	Parks Rec	8
GREGORY	NASH	Fire	13	MICHAEL	CARR	Parks Golf	2 ¹⁶
CLINT	REEKIE	Fire	11				

April Birthdays

Name	Dept	Date	Name	Dept	Date		
JOAN	BOHANNON	Comm Dev	1	RODGER	GREENE	Planning	13
WALTER	BARRINGTON	Electric	1	JOHN	BRECKON	Police	13
THOMAS	DICKSON	Police	1	JON	MILLER	Fire	14
WILLIAM	HARPER	Electric	2	VICKI	HUMPHREY	Code	16
PAUL	CANTRELL	Police	3	DAVID	RODGERS	Sanitation	16
JANICE	JENSEN	Police	3	DALTON	GASTON	Fire	18
MICHAEL	ALLEN	Electric	4	PHILLIP	LOWRY	Police	18
BRANDON	DAVIDSON	Police	4	JULIA	COULTER	Animal Shelter	19
IRA	WHITNEY	Police	4	CHARLES	MILES JR.	Police	19
ROBERT	HUGHES	Electric	6	RICKY	PRIDMORE	Vehicle Maint	19
BOBBIE	BURKS	UAD	7	BLAKE	BARNES	Police	20
JOSEPH	MADISON	Police	7	BILLY	JONES	Fire	21
CHARLES	BLACK	Fire	8	ALANA	PIERCE	Fire	22
LEONARD	MONTGOMERY	Police	8	PHILIP	EVANS	Police	22
YVONNE	HARRIS	1st Court	9	CHRISTOPHER	RAY	Electric	24
BOBBY	RHOADS	Parks Admin	9	GLENN	KRAUSS II	Electric	24
SHANE	PRATER	Electric	10	HAROLD	FORD	Sanitation	24
JAMES	DANCY	Police	10	DEIDRA	DEVINE	Traffic	25
JOHN	LYON	Police	10	KENNETH	WILLIAMS	Sanitation	26
JOHN	YATES	Police	12	JACOB	HOUSE	Police	27
TODD	HINK	Fire	13	KYLE	MCNEIL	Electric	28
ALAN	GARNER	Fire	13	EDDIE	REED	Electric	30

A spreadsheet including all North Little Rock employees is provided at the end of the previous year for Birthday and Anniversary information (to be used the following year). If you see an employee's name who is no longer with the city, keep in mind that the current information was provided during the previous year when those individuals were employees of the City of North Little Rock. If someone is omitted, please let me know!

"Last month, I had an opportunity to visit the Ashley-Alexander House for a North Little Rock Woman's Club meeting. It was a beautiful historical building and the owner, Ms. Bitsy Davis was a wonderful host. I would encourage anyone who has an opportunity to visit for an event to do so." Diane Whitbey

The Ashley-Alexander House / Illaltee Plantation, Scott, Arkansas

Constructed around 1935 by prominent Arkansas native Chester Ashley, the Ashley Alexander House was admitted to the National Register of Historic Places in 1976. The house served as Ashley's county home. His brother, Elisha Pomeroy helped maintain the plantation and construct a gristmill and sawmill near the home. The settlement was called "Ashley's Mills Plantation.

Chester Ashley is remembered for his successes as a land speculator and his political and legal investments in Arkansas history as a member of the Rose Law Firm. Known as "the Father of Little Rock," Ashley and his business partner, Roswell Beebe, owned half of the city of Little Rock at the time. Ashley was also the third U. S. Senator for the state of Arkansas. He developed relationships with other important members of the Arkansas community, such as Arkansas Gazette founder William Woodruff. Ashley died in 1848. For more information, call 501-231-6796.



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

Notice: to be eligible to offer a discount to North Little Rock City Employees, a business must be properly Licensed to do business in the city and current on all monies due to the City of North Little Rock.

North Little Rock Lions Club

Annual

Bob Moore Memorial

Fish Fry

May 1, 2015



*Pond Raised Catfish
And Breaded Chicken Strips*

With All The Trimmings

Serving 4:30PM Until 7:00PM

Burns Park Hospitality House

In North Little Rock

Adults

\$12.00

Children Under 12

\$10.00

Tickets Available At The Door

Since 1917, Lions clubs have offered people the opportunity to give something back to their communities. From involving members in projects as local as cleaning up an area park or as far reaching as bringing sight to the world's blind, Lions clubs have always embraced those committed to building a brighter future for their community.





Fun for the whole family!

For more information, contact:
Sarah Harmon or Kat Cromer
Instructors, Hearts & Hooves
501-834-8509

SUPERHEROES COMMUNITY FAIR AT HEARTS & HOOVES...

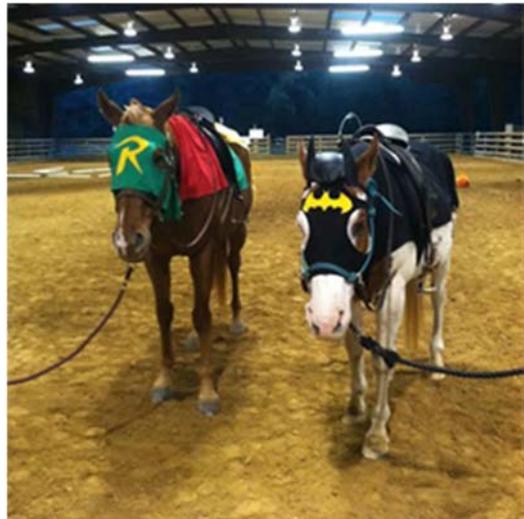
It's going to be epic!

Hearts & Hooves will be hosting a community fair open to the public on Saturday, April 18th from 3:00 to 5:00 PM.

Join us for this epic day of fun and games. The horses of Hearts & Hooves will be dressing up as their favorite super heroes. All proceeds from this event will go to fund our super horses for our therapeutic riding program.

Admission will be \$5 per person at the gate, or \$20 per family.

This epic day of fun and games will include a horse hero parade and super hero themed games for everyone. For a small additional cost, we will also have opportunities to take a picture with your favorite super hero and super hero themed

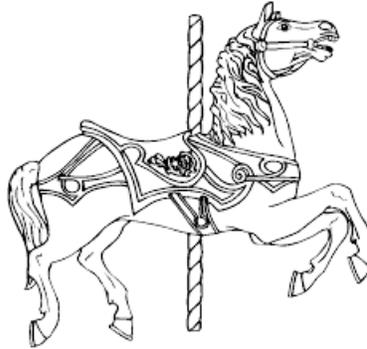


concessions. You are encouraged to come dressed as your own favorite super hero!

Festivities will be located at our barn at 2308 Kellogg Acres Road in Sherwood. If you have questions please call our office at 501-834-8509 and speak to Kat or Sarah. Or email kcromer@heartsandhooves.com.

Check out ongoing event details at our website at www.heartsandhooves.com or on our Facebook page at <https://www.facebook.com/heartsandhoovesar>.

North Little Rock Woman's Club
25th Annual Carousel Ball



April 18, 2015

Hays Senior Center / 401 West Pershing, North Little Rock

5:30 p.m. doors open

Black-tie optional

Live and Silent Auctions

Music by ***Exit 123 Band*** / Dancing

Master of Ceremonies

North Little Rock Chamber of Commerce President/CEO

Terry Hartwick

Tickets \$50.00 each

For tickets or more information, please call

Mrs. Joan Weese at 501-753-7246 or

Club President Mrs. Helen Greenfield at 501-835-5019.

Proceeds benefit the following community projects:

*Biannual Senior Art Show, Ten Penny Art, Boys and Girls Club,
Bowker-Heritage-Willow-Campus Towers houses,
Dorcus House, Friendly Chapel, Hays Senior Center, River City Ministries,
Shepherd's Center, Arkansas Scholars, Scholarships for High School students,
Dictionary Project, North Little Rock High School Post Prom,
Nurses' Scholarship Fund, Teachers' Scholarship Fund and
Volunteers in public schools,
Calling cards for service men and women.*