

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

April 2023

Fun Facts About April

Found at fundfactsabout.com

Friends, if you think it and want to find it, just search it on the internet...

It's time to get out your rubber boots and splash in the rain! Let's learn more about the most foolish month with these fun facts! (wait, what?

we've had our rubber boots out for months in Arkansas!)

Across a large part of the world, April means spring is just beginning. The days get longer and hotter, and for many it means we officially say goodbye to winter.

Generous amounts of rain tend to fall in April ushering in the new growth of spring. *April showers bring May flowers!*

There is something so refreshing about a rainy spring day! When the grass starts to get green and the freshness creeps in after the desolate winter. This yearly April phenomenon is referred to as *spring renewal*. You feel good, we feel good—everyone is just happier!

April is also a mega month. From the infamous sinking of the world's largest ship to celebrating the Earth we live on, so much happens in April.

How was the month named? And why do we choose to pull pranks on April 1st? Is that why April is often referred to as the cruelest month?

Easter in April...but not all the time

The Easter holiday jumps around the calendar depending on when the full moon lands. Technically, Easter always occurs on the Sunday AFTER the full moon AFTER March 21st. That's unless the full moon is on a

Sunday, then Easter falls in March. (This year it will be Sunday, April 9, 2023). Basically, Easter occurs in April about 80% of the time.

Beware of the trickster

April 1st is April Fool's Day. It's the day to play mischievous pranks on family and friends (and hopefully get away with it)! Companies are getting in on the fun as well with McDonald's introducing the McPickle Burger and Google launching Google Nose, an online database of scents.

The first April Fool's Day goes back as far as the 1600s. As a rule of thumb, always be skeptical of what you read on April Fool's Day!



How did April get its name?

The Romans called the month of April, *Aprillus*. It is believed to come from the verb *aperire*, which means bloom or open. This of course makes sense with the first buds sprouting on trees and flowers starting to bloom from the ground!

It's the only planet we have

Earth Day is an annual event held on April 22nd dedicated to the environmental protection of our planet. The first Earth Day was held on April 22, 1970. More than 20 million people marched for the environment, and to this day it's still the largest single-day protest in American history. Looking after the Earth was important then, and it's even more important now.



The hottest month of the year?

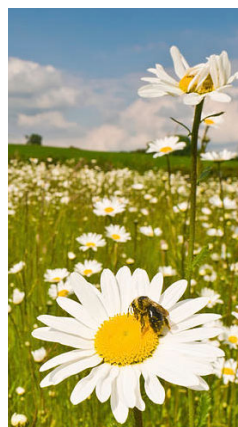
In Thailand and many other Southeast Asian countries, April is the hottest month of the year with temperatures in the average range of 95°F and 100°F. It's so hot that when people celebrate the Thai New Year (Songkran) on April 14th, there is a tradition of dousing people in cold water that helps the locals stay cool and celebrate the heat!

Three special flowers

The honorary flowers for the month of April are the daisy and the sweet pea.

Sunny-faced daisies are often found popping up in fields in April, signifying the start of the blooming season. While sweet peas begin their tender climb, sprouting their first tendrils from the dirt in April.

Tulips are also celebrated every April in Europe, Asia and North America, when the tulip is the first flower to bloom after the spring thaw.



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



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

Gardening Safety 101: Your Guide to Keeping Your Pet Safe

Found at aspc.org/news/



Spring has sprung and we are itching to get outside and spend some time in the garden! But before you do, the ASPCA Animal Poison Control Center (APCC) has some helpful tips to keep your furry friends safe in your spring-time garden.

Plant with a Plan

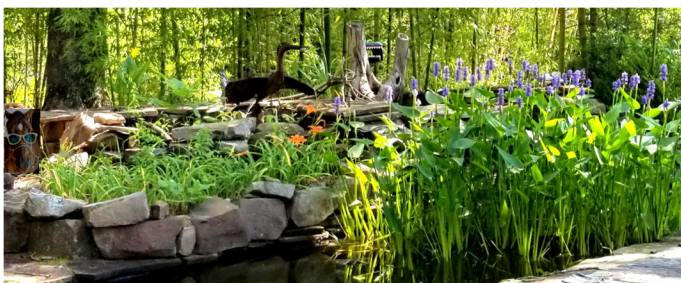
While many plants may be gorgeous additions to your garden, there are quite a few that can be dangerous, if not lethal, to our four-legged friends. Be sure to look at the below list of common toxic springtime plants before heading to the store and always consult our full list of toxic plants before bringing something new into your home or garden.

⇒ **Lilies** are the plant of most concern for cat owners. If a cat ingests any part of a lily, or even grooms lily pollen from their fur, it could cause serious damage to their kidneys and potentially death.

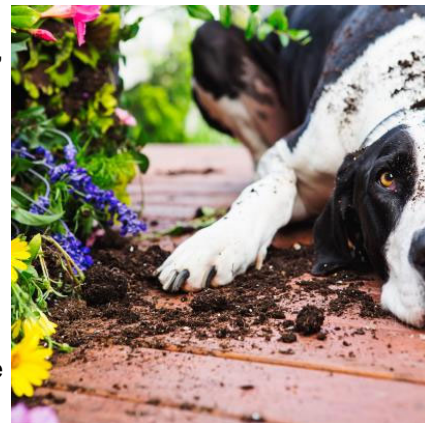
Both daylilies or Asiatic lilies have caused kidney failure in cats so keep lilies out of the house and wash your hands after working with lilies in the garden if you have cats.

⇒ **Sago palms** and other cycads are also very toxic but tend to be ingested by dogs more often than cats. The seeds are the most toxic part, but all parts of the plant can be a risk. Sago palms often cause vomiting and diarrhea but the main concern is liver failure and death. Sago palms are used for landscaping in warmer climates but can also be purchased in many garden and hardware stores throughout the United States to be used as decorative houseplants.

⇒ **Tulips, Hyacinths** and **Irises** can all pose a threat to your pet's health. All three are toxic to cats and dogs and can cause vomiting, diarrhea and drooling if ingested. While all parts of the plants are toxic, the bulbs are especially concentrated and therefore the most harmful part.



⇒ **Crocus** has two different kinds of plants, one that blooms in spring (Crocus sp.) and one that blooms in the fall (Colchicum autumnale). The spring crocus can cause gastrointestinal upset like vomiting, diarrhea and drooling if any of the plant is ingested. The fall crocus is significantly more dangerous and can cause excessive vomiting and diarrhea and possibly even liver, kidney or bone marrow damage.



⇒ **Daffodils** most commonly cause vomiting, diarrhea and drooling when small amounts of plant material are ingested. If a large amount of daffodil bulbs are ingested, more serious signs such as depression, low blood pressure and rarely seizures in both dogs and cats can occur.

If you plan on bringing one of the dangerous plants from the list above into your home or garden, make sure your yard is fenced in to keep any snooping noses and poking paws away.

Other Gardening Dangers

While remaining mindful with your plants is important, there are other common hazards to look out for while gardening. Fertilizer, while great for your plants, can be extremely appealing and potentially dangerous to curious dogs. If ingested, it can cause vomiting, diarrhea and weakness or stiffness in your pet's hind legs. Insecticides, which keep pesky bugs out of your garden, can also be hazardous to your furry friend if you don't follow the directions on the bottle.

As a rule of (green) thumb, make sure your pet is out of the area when you are using fertilizers or insecticides and always follow all the label instructions. (Whether you have your lawn professionally treated for weed control, etc., please be aware of the potential chemicals that may harm your pet and take necessary precautions.)



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.

Please Don't Litter
Spay or Neuter
Your Critter



Don't shop! Please adopt!



North Little Rock Fire Department

Electrical cords



The use of electricity is a necessary part of life. A common tool used in homes and businesses that makes using electricity more convenient is an extension cord. You may not think of extension cords as dangerous and they aren't when used properly. They can create a fire hazard when used improperly. NFPA 921, *Guide for Fire and Explosion Investigations* states that **the most likely place for an electrical overload to occur is in an extension cord.**

The electricity that provides the light and powers most of the appliances we use flows thru conductive wires. Larger wires can safely carry more electricity than can smaller wires. If wires are overloaded with too much electricity flowing through them they will get very hot, even to the point of melting. The electrical systems of buildings, if properly installed and undamaged, have a built in safety margin and are safe. The wires in the system are large enough to safely carry more electricity than they are intended to use. They are protected by circuit breakers that automatically open if too much electricity flows thru them. This stops the flow of electricity thru the wire before it gets too hot.

An extension cord rated to carry 10 amps of electricity can be plugged into a 15 or 20 amp outlet. The cord can have more electricity flow thru it than it is intended for without tripping the circuit breaker protecting the outlet. This can overload the cord.



Extension cords are temporary wiring that enable us to use portable appliances. They should not be used as permanent wiring. They can become damaged if they are walked on. Cords stapled to the wall may become pinched. If a wire in a cord is cut into or pinched, the damaged area of the wire may become smaller in size. The same amount of electricity will be flowing thru the smaller sized damaged portion of the wire. This will create more heat in the damaged wire. If a cord is covered by a rug or other material the heat will not dissipate and may build up enough to melt the plastic wire insulation and ignite material that burns easily.



Some extension cords can have more than one appliance plugged in at the same time. This is fine if the two appliances do not draw too much electricity. Multiple appliances plugged into a light duty cord can overload it. The risk of fire increases when several of these problems exist together. An overloaded cord that is damaged and covered by a rug or coiled up can be a serious fire hazard. To be safe inspect extension cords before using them and avoid the following:

- Do not** use an extension cord for permanent wiring.
- Do not** run an extension cord under a rug.
- Do not** run an extension cord where it cannot be seen.
- Do not** overload an extension cord.

- Do not** staple an extension cord in place.
- Do not** run an extension cord where it will be stepped on.
- Do not** plug extension cords into other extension cords.

Extension cords can be safe to use. Please use them safely.

Chief Warren Almon, Fire Marshal
North Little Rock Fire Department



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

Below are highlights from February 2023

Hays Center—7,537 members visited, with an average 269 members per day. 150 new members. Trips: Heber Springs to see the Trumpeter Swans then lunch at Peggy Sue's Café. Hot Springs to Mountain Tower then lunch at World Buffet. 5 trips planned for March. Volunteers contributed 671 hours.

Sanitation—Garbage / Yard Waste crews collected 2,365.94 tons (4,731.88 lbs) of household garbage, rubbish and junk. Yard (green) waste crews collected 84 loads (2,353.00 cubic yards) of green waste. Leaf crews collected 2,602.96 cubic yards of leaves. 660 tires picked up. Sanitation Code performed 25 inspections, 25 re-inspections. Issued 12 notices for non-compliance. Curbside recycling tonnage for the month was 154.00.

Traffic—AR One Call requests—75, Signs/posts repaired or replaced—63, City vehicles marked with decals—5.

Police—overall crime statistics were trending downward Officer Nathan "Scout" Kimes retired after 28 years of service. Several officers out for military deployments. Two pre-certified officers hired. Working on an app that residents would download to their cell phones—will provide important notices and information from the department.

Fire—Total incidents—878, Fires—38, False alarms—71, Rescue/Emergency Medical—547, Hazmat—16. Training hours: 3,313; Building surveys: 173.

Emergency/911—Total dispatch entries: 7,525, non-911 calls—4,141, 911 calls—5,573, abandoned 911 calls—630.

Planning—Inspectors traveled 3,240 miles within the city performing the following inspections: 136 HVAC, 193 Plumbing, 206 Electrical, 141 Building. Issued the following permits: 2 sign, 0 banner, 6 demolition, 15 New Single Family (average cost \$230,918), 35 Residential Remodel (average cost \$23,991), 2 New Commercial (cost \$881,450) 12 Commercial Remodel (cost \$123,226), 0 new Multi-family units.



Electric Customer Service—Payments—39,203.

Code Enforcement—Assigned calls—73, Citations—25, Violation Notices—516, Vehicles Tagged—249, Lots Posted—20, Signs Removed—0, Structures Inspected—30, Rental Inspections—20, Food Service Inspections—0, Houses Demolished by city—0, Houses Demolished by owner—0, Vacant Lots Cleaned—1, Lots with Structures Cleaned—8, Vacant Houses Secured—6, Vacant Lots Mowed—0, Tires removed—130.

Animal Control—Incoming:

Dog—160/324 ytd

Cat—63/126

Other—1/

Adopted:

Dog—49/85

Cat—38/75

Other—1/1

Reclaimed:

Dog—23/45

Cat—0/1

Other—0/0

Euthanized:

Dog—113/221

Cat—33/51

Service Calls—574/1,129

Citations—47/101 Vouchers (Spay/Neuter)—34/82

Don't shop...please adopt!



Parks & Recreation—Arkansas Inland Maritime Museum had 875 visitors, hosted 3 groups—Building Bridge—24, church group—12, and Sheridan County School—12. Special events: 2 overnight stays and 1 birthday party. Daily, parks staff inspects playgrounds for safety, clean the parks and restrooms AND clean Victory Lake restroom.

Several days a week the dog park is thoroughly cleaned. Twice a week staff clean the river trail and soccer trails. With consistently warmer weather in the near future, golf play is up at Burns Park. Multiple tournaments and other new events are being planned now!



Street—work in the street department is never ending...crews patch potholes, pick up litter, clean out storm drains (remove accumulated debris including leaves and grass clippings). Assist other departments with various projects as well.

Electric

39,891 customers

126,553 kw peak power

11,252 transformers

10,458 street lights

Total capacity of customer owned solar: 4.66 MW

Major outages: none.

\$7,800,072 revenue

60 sq miles—territory

555 miles of wire

North Little Rock City Officials and residents recently attended a day long session at the State Capitol. The topic was SB137

also known as the Short Term Rental Bill.

Council Members Steve

Baxter and Debi Ross along with Argenta resident Patrick Stair spoke against the bill.



City of NLR General Fund Jan 2023

Revenues

Interest Income	109,879
Miscellaneous	40,905
Licenses/Permits	1,389,169
Property Tax	345,825
Intergovernmental	126,665
Franchise Fees	540,661
Local Option Sales Tax	3,407,553
Charges for Services	173,474
Fines/Fees	3,968
Total Revenues	\$6,138,099

Expenditures

Administration	607,764
Animal Shelter	51,725
Special Appropriations	534,407
City Clerk	27,362
Emergency Services	170,735
Finance	79,214
Fire	1,146,701
Health	6,098
Legal	48,355
1st Court	76,464
2nd Court	32,187
HR	56,721
Commerce	16,410
Planning	58,841
Police	1,425,407
Code Enforcement	103,147
Public Works	81,567
Neighborhood Services	22,045
Sanitation	474,384
Vehicle Maintenance	77,137
Senior Citizens Center	69,985
Communications	27,848
Fit2Live-Wellness	6,441
Total Expenditures	\$5,200,947

Last month, retired North Little Rock Police Lieutenant Jim Scott joined North Little Rock State Representative Carlton Wing at the Capitol to speak for a bill that would help police officers across the state in the performance of their duties.

Lt. Scott is retired from NLRPD but continues to work for the city as Deputy City Clerk/Enforcement Officer. His role includes providing security at City Hall and in other areas.

Thank you to all the members of Team NLR



who work together to make North Little Rock a great place to live, work and play!

Physical Symptoms of Depression

Found at webmd.com/depression

Sleep Problems

Depression can affect your body as well as your mind. Trouble falling or staying asleep is common in people who are depressed. But some may find that they get too much shut-eye.

Chest Pain

It can be a sign of heart, lung, or stomach problems, so see your doctor to rule out those causes. Sometimes, though, it's a symptom of depression.

Depression can also raise your risk of heart disease. Plus, people who've had heart attacks are more likely to be depressed.

Fatigue and Exhaustion

If you feel so tired that you don't have energy for everyday tasks—even when you sleep or rest a lot—it may be a sign that you're depressed. Depression and fatigue together tend to make both conditions seem worse.

Aching Muscles and Joints

When you live with ongoing pain it can raise your risk of depression.

Depression may also lead to pain because the two conditions share chemical messengers in the brain. People who are depressed are three times as likely to get regular pain.

Digestive Problems

Our brains and digestive systems are strongly connected, which is why many of us get stomachaches or nausea when we're stressed or worried.

Depression can get you in your gut too—causing nausea, indigestion, diarrhea, or constipation.

Headaches

One study shows that people with major depression are three times more likely to have migraines, and people with migraines are five times more likely to get depressed.

Changes in Appetite or Weight

Some people feel less hungry when they get depressed. Others can't stop eating. The result can be weight gain or loss, along with lack of energy.

Depression has been linked to eating disorders like bulimia, anorexia, or binge eating.

Back Pain

When it hurts you there on a regular basis, it may contribute to depression. And people who are depressed may be four times more likely to get intense, disabling neck or back pain.

Agitated and Restless

Sleep problems or other depression symptoms can make you feel this way. Men are more likely than women to be irritable when they're depressed.

Sexual Problems

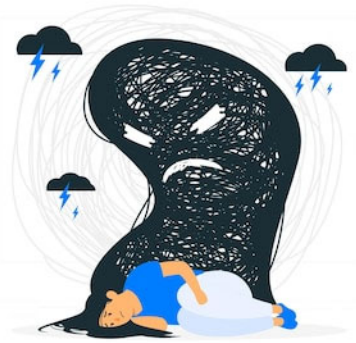
If you're depressed, you might lose your interest in sex. Some prescription drugs that treat depression can also take away your drive and affect performance. Talk to your doctor about your medicine options.

Exercise

Research suggests that if you do it regularly, it releases chemicals in your brain that make you feel good, improve your mood, and reduce your sensitivity to pain.

Although physical activity alone won't cure depression, it can help ease it over the long term.

If you're depressed, it can sometimes be hard to get the energy to exercise. But try to remember that it can ease fatigue and help you sleep better.



A new resolve for healthy living

*Found in City & Town,
a publication of the Arkansas Municipal League
By Riley Lipschitz, M.D.*

We're a few weeks into 2023, and if you're like many other Americans, then some of your New Year's resolutions have already fallen by the wayside. The most common resolutions focus on improvements in health and fitness, but unfortunately, those are usually among the first to be broken.

This year, let's look beyond the simple goals of pounds lost or miles walked and instead focus on the bigger benefits of healthy living. Making good decisions now will have an impact far beyond the next 12 months.

Health decisions today have long-term effects, improving your mental and physical health and lowering your chances of chronic disease. A commitment to diet and exercise won't just improve your life, it'll prolong it!

That's why this is a good time to look at the benefits of healthy living and make changes that will lengthen your life. No matter your age, it's always a good time to invest in your future. It's never too late to refocus on your goals—or set some new ones.

Importance of diet

A balanced and healthy diet has a significant effect on your quality of life. Healthy eating can boost your immunity, maintain the function of bodily systems and strengthen your teeth and bones.

Your diet can also reduce the risk of health conditions such as heart disease, obesity or Type 2 diabetes. If you already suffer from a chronic illness, a health diet can help you manage your condition or avoid severe complications.

A balanced diet starts with fruits and vegetables, whole grains and healthy proteins. Try to minimize processed foods that are high in sodium and fat. However, it's important to keep in mind that no two people are alike. As you make a plan for healthier eating, you should consult with your health provider for suggestions that fit your particular needs.

Benefits of exercise

Physical activity is another key component of healthy living. Getting consistent exercise can help you control your weight, boost your energy and lower your risk of disease. It also has psychological benefits, stimulating the production of brain chemicals that improve your mood and reduce anxiety.

The Centers for Disease Control and Prevention recommends that adults perform at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week. Types of moderate intensity activities include walking or taking a leisurely bike ride. Running, dancing and jumping rope are examples of vigorous activities.

In addition, the CDC suggests that you take part in muscle-strengthening activities at least two days per week. This doesn't have to involve weightlifting. What's important is that you're engaging all the major muscle groups in your body.

Although the CDC guidelines are in place to start, exceeding them can have an even greater effect on your health. In a study published last year in the scientific journal *Circulation*, researchers found that adults who followed the CDC recommendations lowered their risk of early death by as much as 21 percent, but those who surpassed them reduced their risk by up to 31 percent.

A long-term effort

Any plan to improve your health in 2023—whether it started with a New Year's resolution or begins right now—should only be the first stage of a long-term commitment. I encourage you to have a vision of what you need to do today to be healthy and vital in five, 10 or 15 years.

Making changes to your lifestyle might feel overwhelming, but don't get discouraged. The great thing about committing to diet and exercise is that every little bit helps. Even small changes in diet and short burst of physical activity can have a positive influence on your health.

Now is the perfect time to start taking steps that will help you enjoy a healthier life for years to come. More than getting fit or losing weight, this is an investment in your longevity.

Riley Lipschitz, M.D., is an internal medicine specialist at the University of Arkansas for Medical Sciences (UAMS) Internal Medicine Clinic and an assistant professor in the College of Medicine's Department of Internal Medicine.



Oven Roasted-Turnips

Preheat oven to 400°.

You don't need to peel the turnips (the skin is edible!), but if you prefer to remove it, peel turnips with a veggie peeler.

Using a sharp knife, slice

the tops and bases off the turnips and chop them into 1/2-inch pieces. (about 1 1/2 lbs)

Place the diced turnips on a parchment or aluminum foil-lined rimmed baking sheet.

Pour a tablespoon of olive oil over the turnips and sprinkle with 1/2 tsp sea salt, 1/2 tsp paprika, 1/4 tsp ground black pepper, 1/4 tsp garlic powder, then toss to coat turnips.



(I would toss all of this together in a separate bowl then place on paper or foil.)

Spread coated turnips out on baking sheet and bake for 30 minutes.

Roasted veggies are often a great way to prepare a good and healthy side! Try roasting the pre made combo bag of cauliflower, broccoli and carrots (take out of bag first, of course...(toss in a little olive oil, add salt and pepper to taste, add a some red pepper flakes to kick it up a notch!

If you have an air fryer, you could do your roasting in there! It's quick and easy.

Recipe found at thishealthytable.com/blog/

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>APRIL</h1> <h2>AT YOUR NLR PUBLIC LIBRARIES</h2>			KIDS EAT FREE! Equal Hearts Food Program Ages 18 and under, no registration required! MONDAY THRU THURSDAY 3:30 - 4:30 PM   Laman Public Library - Children's Library 2801 Orange Street, North Little Rock.		KEY: <div>Adults</div> <div>Children</div> <div>Tweens</div> <div>Teens</div> <div>All Ages</div>
Makerspace Monday: 3 Die Cutting 10 AM Laman Baby Story and Play Time 10:30 AM Argenta Movie Monday: <u>Peter Rabbit</u> 3 PM Laman Botany for Beginners: Hydroponics 4 PM Laman	Tech Tuesday: Web Basics 4 10 AM Laman Storytime 10 AM Laman Homeschool STEAM: Plant Anatomy 1 PM Laman Race Cars 3 PM Argenta Connor's Corner: Indoor Basketball 3 PM Laman Eco Friendly Wall Decor 4 PM Laman Your Money, Your Goals: Tracking Your Income and Benefits 5:30 PM Laman	Babytime 5 10 AM Laman Yoga Break! 12 PM Laman Wednesday "Hump Day" Movie: <u>Father Stu</u> 1 PM Argenta Brush Strokes for Creative Folks 3 PM Argenta Connor's Corner: Mancala 3 PM Laman Ecoflix 4 PM Laman	Book Chat with Julie 6 10 AM Social Media Storytime 10:30 AM Argenta Kids' Zone: Art 3:30 PM Laman Table Hockey Tournament 4 PM Laman Zumba 5:30 PM Laman	Fun Friday 7 10 AM Argenta	Crafturday 8 All day Laman Go Green Crafts All day Laman Waterfalls of Arkansas Tour 10 AM Laman Showcase of Young Athletes Kits 10 AM Laman Line Dancing 11:30 AM Laman
Makerspace Monday: Gemini 10 10 AM Laman Baby Story and Play Time 10:30 AM Argenta Monday Quilt Class 3 PM Laman Movie Monday: Wall-E 3 PM Laman Tween Scene: Flower Drying 3:30 PM Laman Botany for Beginners: Flower Drying 4 PM Laman Blackout Poetry: Book Page Art 5 PM Laman Monday Mystery Club: <u>The Widows of Malabar Hill</u> 5:30 PM Laman	Tech Tuesday: Word Basics 11 10 AM Laman Storytime 10 AM Laman Homeschool STEAM: Pollinators 1 PM Laman Escape Box 3 PM Argenta Connor's Corner: Air Balloons 3 PM Laman DIY Rustic Vase 4 PM Laman Medicare & Social Security with Compass Financial 5 PM Laman Your Money, Your Goals: Paying Bills & Protecting Your Money 5:30 PM Laman	Babytime 12 10 AM Laman Yoga Break! 12 PM Laman Creative Wednesday 3 PM Argenta Connor's Corner: Ping Pong 3 PM Laman Ecoflix 4 PM Laman	Storytime 13 10:30 AM Argenta Kids' Zone: Earth Day Bingo 3:30 PM Laman Minute To Win It 4 PM Laman Zumba 5:30 PM Laman	Fun Friday 14 10 AM Argenta	Crafturday 15 All day Laman Go Green Crafts All day Laman Line Dancing 11:30 AM Laman
Makerspace Monday: 17 Decals and Shirts with the Cricut 10 AM Laman Baby Story and Play Time 10:30 AM Argenta Knitting Basics 3 PM Laman Movie Monday: <u>The Lorax</u> 3 PM Laman Botany for Beginners: Seed Bombs 4 PM Laman	Tech Tuesday: Excel Basics 18 10 AM Laman Storytime 10 AM Laman Homeschool STEAM: Tree Investigation 1 PM Laman Bingo 3 PM Laman Race Cars 3 PM Argenta Connor's Corner: Bookmarks 3 PM Laman Tabletop Tuesday 4 PM Laman Family Feud-Earth Day Edition 4 PM Laman Your Money, Your Goals: Getting Through the Month (Budgeting) 5:30 PM Laman	Babytime 19 10 AM Laman Yoga Break! 12 PM Laman Wednesday "Hump Day" Movie: <u>Black Adam</u> 1 PM Argenta Brush Strokes for Creative Folks 3 PM Argenta Connor's Corner: Chess Club 3 PM Laman Ecoflix 4 PM Laman	Storytime 20 10:30 AM Argenta Kids' Zone: Gaming 3:30 PM Laman American Sign Language 1 4 PM Laman American Sign Language 2 5 PM Laman College Prep Night 4:30 PM Laman Zumba 5:30 PM Laman	Fun Friday 21 10 AM Argenta Third- Friday ArtWalk Reception & Opening with Lisa Krannichfeld 5 PM Argenta	Crafturday 22 All day Laman Go Green Crafts All day Laman Line Dancing 11:30 AM Laman
Baby Story and Play Time 24 10:30 AM Argenta Movie Monday: Hoot 3 PM Laman Tween Scene: Botany April Wrap-Up 3:30 PM Laman Botany for Beginners: April Wrap-Up 4 PM Laman Urban LITerature Society Book Club 5 PM Zoom	Storytime 25 10 AM Laman Homeschool STEAM: Fruit DNA 1 PM Laman Escape Box 3 PM Argenta Connor's Corner: Freeze Ball 3 PM Laman Magazine Coil Art & Keychains 4 PM Laman	Babytime 26 10 AM Laman Yoga Break! 12 PM Laman Wednesday Quilt Class 3 PM Laman Creative Wednesday 3 PM Argenta Connor's Corner: Go 3 PM Laman Teen STEAM: Makey-Makey 4 PM Laman	Storytime 27 10:30 AM Argenta Crafty Creations: Galaxy Hoop Art 1 PM Laman Kids' Zone: Bad Guys Book Party 3:30 PM Laman Teen Center Putt Putt 4 PM Laman American Sign Language 1 4 PM Laman American Sign Language 2 5 PM Laman Zumba 5:30 PM Laman	Fun Friday 28 10 AM Argenta	Crafturday 29 All day Laman Go Green Crafts All day Laman Leave No Trace at Home 11:30 AM Laman Line Dancing 11:30 AM Laman
Staff Birthdays: April 1 - Beverly Partin April 8 - Becky Terry & Tammie Evans		Laman Library (501) 758-1720 2801 Orange Street North Little Rock, AR 72114	Monday - Thursday: 9 AM - 7 PM Friday - Saturday: 9 AM - 1 PM	Argenta Library (501) 687-1061 420 Main Street North Little Rock, AR 72114	Monday - Friday: 9 AM - 6 PM Find more at NLRLibrary.org <div>     </div> Let's be friends:



Peddlers Permit City of North Little Rock

Issued to: **Mel Dun**
Issued: 3/3/2023
Expires: 6/3/2023



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

City Clerk and Treasurer Diane Whitbey
By: **SAMPLE ONLY—**
only valid with signature

Deputy City Clerk / Treasurer, Revenue

To see a **list of issued permits**, visit the city website at 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 NO permitted door to door solicitors.

All 2022 North Little Rock Business/Privilege License/Permits expired January 1, 2023.

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

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

If you have any questions, please contact the North Little Rock City Clerk's Office at 501-975-8617.

North Little Rock History Commission



If you or a loved one have items you think might have a historic value to our city, please consider donating them to the North Little Rock History Commission. Accepted items will be maintained in their archives.

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

The North Little Rock Convention & Visitors Bureau wants to help promote your upcoming events! Visit www.NorthLittleRock.org or call Stephanie Slagle (Director of Marketing) at stephanie@northlittlerock.org or 501.404.0378 to submit your events.

**If we're starting to sound
like a broken record...
GOOD!**

**ALL PERSONS DOING
BUSINESS OF ANY KIND IN
THE CITY OF NORTH LITTLE
ROCK ARE REQUIRED
TO HAVE A CITY BUSINESS LICENSE**



If someone does business **within our city limits**, they are required to have a city business license. If you operate **out of your home** you are required to have a business license. If you **operate a mobile business** you are required to have a business license.

Insured and Bonded. Make sure you do your homework on anyone you are thinking about doing business with. Check to see if the person working for you has a state license (if required) city license (required), insurance bond (to cover any damages that may occur on your property).

Q&A...if I board animals in my home, do I need a business license? Boarding animals in a residence is not allowed in the city. Second, animal boarding requires an inspection by the North Little Rock Animal Shelter.

Q&A...do I need a business license if I walk dogs for other people. YES. You would have to go to the persons home to walk their dogs. You would not be able to board them in your home.

Q&A...I want to make prepared meals in my home, do I need a business license? First, this is not allowed by the State Health Department. Without a Health Inspection, you cannot obtain a business license.

Q&A...I want to go door to door to sell products, do I need a business license. YES. All door to door solicitors/peddlers/transient merchants are required to have a business license.

What happens if I do business without a license? You will be issued a citation and have to appear in court. You are then subject to a fine and any court costs associated with the same.

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

Finance, Ember Strange	501-975-8802
Information	501-975-8888
Human Resources, Betty Anderson	501-975-8855
Planning, Shawn Spencer	501-975-8835
Purchasing, Mary Beth Bowman	501-975-8881
Utilities Accounting, Terrell Milton	501-975-8888

City Council Members

Ward 1	Debi Ross	501-753-0733
	Nathan Hamilton	501-952-7679
Ward 2	Linda Robinson	501-945-8820
	Maurice Taylor	501-690-6444
Ward 3	Steve Baxter	501-804-0928
	Ron Harris	501-758-2877
Ward 4	Charlie Hight	501-758-8396
	Vince Insalaco III	501-951-0786

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

Telephone Numbers for City Hall

Mayor's Office.....	501-975-8601
Terry C. Hartwick	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Communications.....	501-975-8833
Shara Brazear	
External Relations.....	501-975-8605
Margaret Powell	
Special Projects/DEI.....	501-975-3737
Arnessa Bennett	
Fit 2 Live.....	501-442-7406
LaKaisha Shelby	

North Little Rock Curbside Recycling
schedule for the month of April.



April 3 to 7, no pickup
 April 10 to 14, recycle
 style="color: red;">*April 17 to 21, no pickup*
 April 24 to 28, recycle

April Birthdays

Name	Dept	Date	Name	Dept	Date
COTTON, DENISHA	PARKS REC	3	GARNER, ALAN	FIRE	13
CANTRELL, PAUL	POLICE	3	MILLER, JON	FIRE	14
WALKER, MELANIE	FIRE	4	TUSTISON, STACY	IT	15
DAVIDSON, BRANDON	POLICE	4	MORRIS, LEVERNE	SANITATION	16
ALLEN, MICHAEL	ELECTRIC	4	RODGERS, DAVID	SANITATION	16
SHUMPERT, JAMES	PARKS MAINT	6	AVIGLIANO, BRETT	POLICE	17
SAUERWIN, JOSHUA	SANITATION	6	JONES, RAGAN	ELECTRIC	18
HUGHES, ROBERT	ELECTRIC	6	GASTON, DALTON	FIRE	18
RAMIREZ, KATHERYN	IT	7	ONEAL, STEPHEN	PARKS MAINT	19
BURKS, BOBBIE	ELECTRIC	7	SAWYER, ANNA	NEIGHBOR SRV	22
MADISON, JOSEPH	POLICE	7	EVANS, PHILIP	POLICE	22
HOCKENBERRY, JEFFREY	IT	8	PIERCE, ALANA	FIRE	22
WEBB, MORRIS	ELECTRIC	8	NEWBERRY, DAWN	POLICE	23
GANGLUFF, PHILLIP	POLICE	8	HARRIS RAY, CHRISTOPHER	ELECTRIC	24
HAMBY, WILLIAM	POLICE	9	JONES, JONATHAN	CODE ENF	25
BUCHANAN, JERMAREON	ELECTRIC	10	DEVINE, DEIDRA	TRAFFIC	25
PRATER, SHANE	ELECTRIC	10	WILLIAMS, KENNETH	SANITATION	26
LYON, JOHN	POLICE	10	ALLEN, BRANDON	ELECTRIC	27
SANDERS JR, FREDDIE	PARKS MAINT	11	HOUSE, JACOB	POLICE	27
JURISIC, DAMIAN	POLICE	11	ETHERINGTON, ANDREW	FIRE	28
BAKER, ALEXANDER	POLICE	11	LOOPER, CODY	POLICE	28
HOFFMAN, ADAM	FIRE	12	MCNEIL, KYLE	ELECTRIC	28
BRECKON, JOHN	POLICE	13			



Keith Armbrust passed away unexpectedly Wednesday, March 22, 2023 at the age of 46. He has been a member of the North Little Rock Parks and Recreation team for close to four years.

Josh Lewis—General Parks Supervisor said “Keith was not only an outstanding employee, he was also our brother and friend. He will truly be missed.”

Patrick Isbell, Parks Foreman said “Keith was an asset to the NLR Parks Department. Keith never met a stranger & was always friendly. He will be missed.”

He leaves behind his true love, Gwen. According to a post on his memorial page, a family friend said “they both were so surprised to fall in love, but God knew what he was doing. I haven’t been around them the past few years, but kept up with them through Facebook. You could see the love on their faces as they enjoyed their time together.”

*Information regarding employee anniversaries and birthdates is provided by Human Resources the prior year (i.e. 2023 was provided in 2022). 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 23 years. My total service with the city is 33 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)*

April Anniversaries

<i>Name</i>	<i>Dept</i>	<i># Yrs</i>	<i>Name</i>	<i>Dept</i>	<i># Yrs</i>
CHASTAIN, STACIA	ADMIN	2	BURKS, JOSH	FIRE	19
SCHWEIGER, CASEY	ANIMAL CONTROL	2	BUTLER, CLINT	FIRE	13
ROSS, RICHARD	CODE ENF	8	ITSUNAGA, MICHAEL	FIRE	8
NOLAND, BAILEY	COMM DEVELOPMENT	2	JONES, JUSTIN	FIRE	7
WILLIS, CRYSTAL	COMMERCE	11	QUINN, RODERICK	FIRE	7
HILL, JANET	1ST COURT	33	TETKOSKIE, NICHOLAS	FIRE	7
ALLEN, MICHAEL	ELECTRIC	39	RAY, ERIC	FIRE	4
BOLDEN, CHARLES	ELECTRIC	27	FISHER, JULIE	HR	11
MORAGNE, NAKISHA	ELECTRIC	23	COLEMAN, JERMAINE	HR	4
BURKS, BOBBIE	ELECTRIC	12	DAVENPORT, JOSHUA	OES/911	4
BARTLETT, JAMES	ELECTRIC	12	CARR, MICHAEL	PARKS - GOLF	10
HUNTER, JUDY	ELECTRIC	9	MURPHY, CLIFFORD	PARKS - GOLF	5
DEEMS, TAYLOR	ELECTRIC	8	BROOKS, CHARLES	PARKS MAINT	22
SMITH, MICHAEL	ELECTRIC	5	EOFF, DONALD	PARKS MAINT	20
OSBON, NATHAN	ELECTRIC	5	BROWN, JIMMY	PARKS MAINT	4
GOODSON, BLAINE	ELECTRIC	1	ARMBRUST, KEITH	PARKS MAINT	4
DRIGGERS, LINDA	FINANCE	5	CONKLIN, KEVIN	PARKS MAINT	1
GUNTHER, FREDERICK	FIRE	41	BOOTH, GRAYDON	PARKS MAINT	1
HOLLEY, MICHAEL	FIRE	28	PATE, TONY	PARKS REC	16
CRANFORD, RICKY	FIRE	27	TUBBS, MARK	POLICE	31
HOOPS, HEATH	FIRE	26	NELSON, MICHAEL	POLICE	30
ADAMS, LAITH	FIRE	26	WOODWARD, JASON	POLICE	25
THOMPSON, MICHAEL	FIRE	25	MERZ, CARISSA	POLICE	10
KOLB, JAMES	FIRE	25	SANTUCCI, ALEXANDER	POLICE	6
IRBY, TODD	FIRE	25	WILLIAMS, ADAM	POLICE	6
SIMPSON, KYLE	FIRE	24	WARD, PATRICK	POLICE	4
BROWN, GREGORY	FIRE	24	BRUCKS, SAMUEL	POLICE	4
OAKLEY, BRIAN	FIRE	24	MILBY, WILLIAM	POLICE	4
BRYSON, ROBERT	FIRE	24	LATINA, THOMAS	POLICE	1
ZAKRZEWSKI, CLAYTON	FIRE	23	MORAGNE, BRITTANY	POLICE	1
KNOERNSCHILD, JASON	FIRE	23	HATTER, ALAN	SANITATION	2
SCHRADER, DUDLEY	FIRE	23	GARDNER, ANTHONY	SANITATION	2
HILL, BRYAN	FIRE	22	MOORE III, FREDERICK	STREET	27
DAVIS, WILLIAM	FIRE	22	HUBBARD, STEVEN	STREET	13
FORTSON, STEPHEN	FIRE	22	ROUGELY, BRYAN	STREET	10
KNIFE, JASON	FIRE	21	JOHNSON, JOHNNY	STREET	6
NASH, GREGORY	FIRE	21	BRYANT, HOLLY	STREET	4
MAHAN, TIMOTHY	FIRE	21	STEELE, JASON	STREET	2
MORENO, CHRISTOPHER	FIRE	21	TOATLEY, DEDRICK	STREET	1
GARRETT, MICHAEL	FIRE	19	RICHARDSON, LESLIE	TRAFFIC	18
COX, JOSHUA	FIRE	19	WALKER, KENNETH	TRAFFIC	3
POOLE, DENNIS	FIRE	19	LAWRENCE, JACOB	VEHICLE MAINT	5
ROE, JASON	FIRE	19			

Available Now! Central Arkansas Water Residential Customers Can Apply for Water Bill Assistance Funds for Past-Due and Future Bills!

In March, North Little Rock Mayor Terry Hartwick, Little Rock Mayor Frank Scott, Jr., Pulaski County Judge Barry Hyde, and Central Arkansas Water CEO Tad Bohannon, are pleased to announce the expansion of Arkansas' Low Income Household Water Assistance Program (LIHWAP). Eligible Central Arkansas Water (CAW) residential customers can now apply for water assistance relief funds for past-due, current, and future water and wastewater bills. CAW Residential customers who qualify for LIHWAP funds can receive up to \$2,000 for past bills and up to an additional \$2,000 for current and future bills.

To learn more about LIHWAP and apply for water bill relief funds, residents should visit [arkan-saslihwap.com](https://arkansaslihwap.com).

"We understand that many of our residents continue to be impacted by the COVID pandemic and our collective recovery, including struggling to pay their water and wastewater bills. North Little Rock Mayor Terry Hartwick, Pulaski County Judge Barry Hyde, and I want residents to take advantage of the expansion of LIHWAP and apply for relief funds as soon as possible," said Little Rock Mayor Frank Scott Jr.

LIHWAP funds are provided on a first-come, first-serve basis. The program is scheduled to last until September 30, 2023, or until the funds are fully disbursed, whichever comes first.

"This program is another example of our commitment to support our citizens as we recover from the COVID-19 pandemic," said Pulaski County Judge Hyde. "I'm proud of our continued partnerships with Little Rock, North Little Rock, CAW, and the State of Arkansas and how they benefit Pulaski County residents in need."

To be eligible for relief funds, the following requirements must be met by CAW residential customers:

- Have residential water and/or wastewater services in your name; and

- Be a United States Citizen or qualified immigrant; and

- Be at or below the income requirements of the program; **or**

- Reside in a household that receives one or more of the following benefits: Low Income Home Energy Assistance Program (LIHEAP), Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), or Supplemental Security Income (SSI).

CAW, in partnership with Promise Pay, has created an easy and quick screening process for CAW residential customers to determine if they are eligible for LIHWAP funds. To access the screening website and determine your eligibility in about one minute, please visit CAW's webpage at carkw.com/freegranthelp

"I am excited that LIHWAP is expanding and providing much-needed water assistance relief funds. It's just one of the ways that we're collectively working together to support our residents and ensure that they continue to receive high-quality and essential water services," said Central Arkansas Water CEO Tad Bohannon

In addition to expanding LIHWAP, the State of Arkansas is also automatically providing water bill relief funds to CAW residential customers who previously applied for and received LIHWAP funds for past-due water bills. No action is required by previously approved residents. The state will notify them via the email they registered with of the credit applied to their account.

"I am thankful that Central Arkansas Water and the State of Arkansas collaborated to increase access and streamline the application process for LIHWAP. It is a critically important program for North Little Rock and Little Rock residents who need a little bit of help on their water bills," said North Little Rock Mayor Terry Hartwick.

Checking your eligibility for LIHWAP is easy! Please visit carkw.com/freegranthelp to be screened for eligibility.

To apply directly please visit arkansaslihwap.com. If you are unable to apply directly, you may call a CAW customer service representative at 501-372-5161 and selection option 6 to apply by phone or set up an appointment to apply in person at CAW's administrative offices.



North Little Rock Lions Club

Annual *Bob Moore Memorial*

**Fish Fry
April 7, 2023**



Fried Catfish

With All The Trimmings

Serving 4:30PM Until 6:30PM

NLR First United Methodist Church

6701 JFK Blvd., NLR, AR

Price \$15.00

Contact: Lion James Bullard
Club Treasurer **Number :** 501-864-7153 or
501-766-9286



Since 1917, Lions clubs We Serve 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.



Youth KICKBALL League

Registration OPEN now!

League start date:

April 8, 2023

Individual Player Fee: \$20*

Team Fee: \$125

**Individual registrations must be community center members. \$15 NLR residents \$20 non-residents*

League Divisions (Co-Ed)

2nd-3rd Grade
4th-5th Grade
6th-8th Grade



**Catalog - North Little
Rock Parks and
Recreation**

Scan QR code to register or visit nlrpr.org

For more information, program details, and volunteer coach opportunities
contact NLRPR Program Unit: (501) 791-8545



HAPPY TO BE A BLOOD DONOR

City of North Little Rock Blood Drive

Friday, April 14 • 9 a.m. - 2 p.m.
City Services Building

**To schedule an appointment,
visit obi.org.**



**Each donor receives their
choice of T-shirt.**

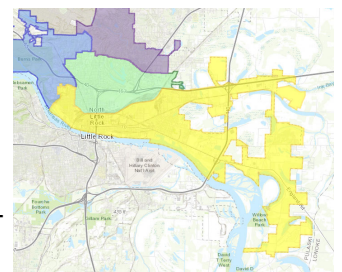
While supplies last. Photo ID required.



Shout out to North Little Rock City Council Member and Realtor Maurice Taylor who recently earned REEA (Real Estate Educators Association)-DREI (Distinguished Real Estate Instructor) designations which were created by the Real Estate Educators Association to set the standard for excellence in real estate classroom instruction.

Council Member Taylor has served on the North Little Rock City Council since 2009 (he replaced retired member Olen Thomas). He represents the residents of Ward 2 (right: see area highlighted in yellow).

Information found in The Daily Record—February 27-March 5, 2023





2023 Great NLR Cleanup
MAY 6 at 8:30-11:00



Go to [KNLRB.org](https://www.knlrb.org) to register
individually or with a group.



Celebration and Door Prizes
to follow at Burns Park
John Irvin Pavilion.

Contact Randy Naylor for more information
at @<https://www.facebook.com/KNLRB>.

100

JIM WETHERINGTON
NORTH LITTLE ROCK BOYS & GIRLS CLUB

Centennial CELEBRATION



We're celebrating the legacy of Jim Wetherington and the impact of his namesake Club at 13th & Main in North Little Rock. Join us for cocktails, dinner and special entertainment!

Thursday, May 11, 2023
6:00-8:00 p.m.
Wyndham Riverfront
2 Riverfront Place, North Little Rock

To purchase a sponsorship or ticket, contact Vanessa Russell, Director of Resource Development, at 501.680.5599 or vrussell@arclubs.org.



BOYS & GIRLS CLUBS
OF CENTRAL ARKANSAS

EVENT SPONSORSHIP INFORMATION

JIM WETHERINGTON CENTENNIAL CELEBRATION SPONSORSHIP LEVELS

\$10,000 Presenting Sponsor

- Logo or company name on program, general invitation and other event materials
- Logo or company name in media coverage for event and event newsletter
- Company name on BGC of Central Arkansas website in prominent location
- Logo on presentation during Centennial Celebration dinner
- Full-page ad in Centennial Celebration program
- Table Signage at Centennial Celebration Dinner
- CEO or person of choice is given five minutes at dinner to share why your company is supporting
- BGC of Central Arkansas e-newsletter feature article
- Opportunity to show one-minute video highlighting the company during the event
- 16 Guest invitations to Centennial Celebration dinner event with preferred seating
- Signage and company participation at Wetherington Club Family Day Open House - Saturday, May 13th

\$5,000 Gold Sponsorship

- Logo or company name on program, general invitation and other event materials
- Logo or company name in media coverage for event and e-vite newsletter
- Company name on BGC of Central Arkansas website in prominent location
- Logo on presentation during Centennial Celebration dinner
- Full-page ad in Centennial Celebration program
- Table signage at Centennial Celebration dinner
- 8 Guest invitations to Centennial Celebration dinner event
- Signage and company participation at Wetherington Club Family Day Open House - Saturday, May 13th

\$2,500 Silver Sponsorship

- Logo and/or company name on Centennial Celebration program
- Company name on BGC of Central Arkansas website
- Half-page ad in Centennial Celebration program
- 8 Guest invitations to Centennial Celebration dinner event
- Signage at Wetherington Club Family Day Open House - Saturday, May 13th

\$1,500 Table Sponsor

- Table signage at Centennial Celebration dinner
- 8 Guest invitations to Centennial Celebration dinner event

\$150 Individual Tickets



creative

ARTS SUMMER CAMP

AMBOY ELEMENTARY

June 12th - June 30th

Monday - Friday

8:00 A.M. - 5:00 P.M.

Youth Ages 6-12

For more information call Wuanita Jenkins at

wjenkins@pulaskicounty.net or call

501-340-8250.



April Showers Bring May Flowers

