

**February**

Found in Boys Town 2022– The Old Farmer’s Almanac/Almanac.com

**When is George Washington’s Real Birthday?**

Although the federal holiday is held on a Monday (the third Monday of February), George Washington’s birthday is observed on February 22. To complicate matters, Washington was actually born on February 11 in 1781! How can this be?

George Washington was originally born when the Julian calendar was in use. During Washington’s lifetime, people in Great Britain and America switched the official calendar system from the Julian to the Gregorian calendar (something that most of Europe had already done by 1582).

As a result of this calendar reform, people born before 1752 were told to add 11 days to their birth dates. Those born between January 1 and March 25, as Washington was, also had to add one year to be in sync with the new calendar.

By the time Washington became president in 1789, he celebrated his birthday on February 22 and listed his year of birth as 1732.

To summarize, Washington’s birthday changed from February 11, 1781 (Old-Style Julian calendar), to February 22, 1732 (New Style Gregorian calendar).

**Myths About Washington**

Legend has it that George Washington chopped down a cherry tree when he was 6 years old and, when confronted by his father, said, “I can not tell a lie. I did it with my hatchet.”

Well, we can not tell a lie, either. Washington didn’t say this; he didn’t even chop down the tree! This tale was in fact concocted by Parson Mason Weems (1759-1825), one of Washington’s biographers, who made up the story in hoping to demonstrate Washington’s honesty.

This tale is not the only myth about Washington. His wooden dentures? They weren’t made of wood; they were made of hippopotamus teeth that had been filed down to fit into Washington’s mouth.



**February is Black History Month found at history.com**

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

The Black History Month 2022 theme, “**Black Health and Wellness**,” explores “the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well.”



City Offices will also be closed **Monday, February, 2022**  
**in observance of George Washington Birthday / Daisy Bates Day.**  
*Sanitation routes will run one-day delayed all week.*



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

## North Little Rock Animal Services

For more information  
call 501-791-8577

## Why Dogs Want Attention

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

There are hundreds of different dog breeds out there all with different personalities, quirks, and needs. Although all canine companions seem to share a few key desires that most owners can recognize on a daily basis, their desire for attention is undoubtedly one of the strongest ones. Whether it is demanded through your furry buddy's barking, gained by his persistent pawing, or earned through patience and good behavior - all dog owners can agree that their attention-loving dogs can be too much sometimes. So why do dogs want attention and how much of it should their owners give them on a daily basis?

### The Root of the Behavior

Although there can be a variety of underlying reasons why your dog might want attention, some related to his emotional state while others associated with the present circumstances, most often than not dogs just want attention because they are social animals. Since our canine companions descended from wolves, they have inherited a multitude of their traits, preferences, and characteristics. It is only logical they have also inherited the pack mentality and need for social interaction. However, due to the domestication of dogs and the growing human-canine bond, that social interaction can no longer be satisfied through pure dog on dog relations. Our four-legged family members not only crave but also need human interaction, especially their owner's attention, affection, and approval, to remain mentally healthy and happy. Unfortunately, many dog owners don't realize how important that social aspect is for a dog and often neglect it. Some people even get annoyed by their tail-wagging, over-excited four-legged buddies when they greet them home. After a long day at work, it is only natural to want some peace and quiet, right? Well, sometimes it is important to see things from a different perspective. Most dogs spend 8-10 hours at home, completely alone with not much men-



tal stimulation or things to do. It can be really distressing and unhealthy for a dog to be shooed and rejected by the one person they were waiting for all day.

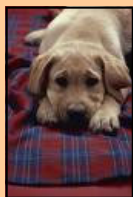
While all dogs share this need and desire for attention, some breeds are more social than others and require more attention to remain happy. Terriers, Labrador Retrievers, and English Springer Spaniels are great examples of friendly, attention-loving dogs that make excellent companions. On the other hand, they don't do well with being left alone for extended periods of time and are also prone to separation anxiety. While they might need a bit more attention than the average dog, we have to remember that all dogs need regular human interaction to remain sane and happy. Make sure to dedicate enough time to your furry best friend on a daily basis by taking him on long walks, playing with him and including him in your activities as much as it is possible.

### Encouraging the Behavior

Though it is completely normal and common for dogs to want attention, it is important to differentiate between their actual needs and unhealthy whims. The latter can often unintentionally lead to over pampering and rewarding neediness. Demand barking is one prime example of dogs extorting attention in an unhealthy way that should never be encouraged or given in to. In those cases, as hard as it may be, it is best to ignore the behavior entirely - even if sad puppy eyes and whimpering are involved.

Pawing, on the other hand, is an important communication tool that dogs use to get their needs across and those should not be ignored. Many owners find that the pawing behavior usually occurs when the dog actually needs something, though some dogs do overuse it from time to time. If your dog is patiently pawing you, make sure to check if the food and water bowls are filled or consider taking your dog for a walk, especially if the last trip to the bathroom was more than a few hours ago. Most often than not, your canine companion might actually be trying to tell you something important - for example, that he doesn't want to stain your carpet.

Read more at: <https://wagwalking.com/behavior/why-dogs-want-attention>



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

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



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

Please Don't Litter  
Spay or Neuter  
Your Critter





# North Little Rock Fire Department



In February 2021, we had a rare winter storm...we don't want to call up any bad storm karma, but just in case, here are some Fire Safety tips to be aware of...*found at nfpa.org.*



Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Check on neighbors. Check on others who may need help.
- Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 3 feet away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed.

## IMPORTANT REMINDER

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



### Fact

Nearly half of all space heater fires involve electric space heaters.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards



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

Below are highlights from December 2021 (You will see that some departments had to change operations due to the Coronavirus/COVID-19.

**Hays Center**—fully open to members. 4,458 members visited, with an average 114 members per day. 25 new members. The transportation coordinator has updated all vehicles and they are ready for travel!. Volunteers contributed 406 hours.

**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).

**Sanitation**—crews continue to pickup garbage and yard waste during the pandemic. Garbage / Yard Waste crews collected 2,162.91 tons (4,325,820 lbs) of household garbage, rubbish and junk. Yard waste crews collected 189 loads (5,265.00 cubic yards) of green waste. Leaf crews picked up 133 loads (4,255.82 cubic yards) of loose leaves. 653 tires picked up. 26 Sanitation Code inspections and 11 re-inspections. Issued 26 notices for non-compliance. Leaf vacuums continue their rounds.

**Traffic**—AR One Call requests—, Signs/posts repaired or replaced—261, City vehicles marked with decals—1. Set up Speed Trailer at North Hills and Fairway (south bound).

**Police**—continue to have issues with vehicle thefts—the majority are from people leaving their vehicle running and unattended. STOP DOING THIS! Also seen an increase in thefts of catalytic converters. Ended the year with 173 uniformed officers and 15 vacancies. Interested in becoming a NLR Police Officer? Call 501-975-8855 for info.

**Fire**—Total incidents— 927, Fires-44, False alarms-36, Rescue/Emergency Medical-559, Hazmat-21, False Alarm—80. Training hours: 2,224. Building surveys: 101.

**Emergency/911**—Incoming calls-12,376, Non-911-5,033, Wired 911-939, Abandoned 911-34, Wireless 911— 6,039, Abandoned Wireless-269. Total dispatch entries: 7,945.

**Planning**—Inspectors traveled 3,047 miles within the city performing the following inspections: 128 HVAC, 153 Plumbing, 236 Electrical, 128 Building. Issued the following permits: 4 sign, 0 demolition, 26 New Single Family (average cost \$106,959), 53 Residential Remodel (average cost \$14,236), 1 New Commercial (average cost \$250,000, 10 Commercial Remodel (average cost \$116,802), 131 new Multi- family.

**Electric Customer Service**—Payments—41,032, Collections—\$7,618,718.

**Code Enforcement**—Assigned calls—77, Citations—28, Violation Notices—191, Vehicles Tagged—118, Lots Posted—9, Signs Removed—18, Structures Inspected—15, Rental Inspections—17, Food Service Inspections—19, Houses Demolished by city—0, Houses Demolished

by owner—0, Vacant Lots Cleaned—101, Lots with Structures Cleaned—2, Vacant Houses Secured—0, Vacant Lots Mowed—4, Lots with Structures Mowed—0. Tires removed—25.

**Animal Control**—Incoming:

Dog—128/1,378 ytd

Cat—43/952

Other—0/33

Adopted:

Dog—22/480

Cat—19/257

Reclaimed:

Dog—19/232

Cat—0/12

Euthanized:

Dog—73/641

Cat—28/675

Service Calls—396/6,509

Citations—26/414 Vouchers (Spay/Neuter)—13/244



**Parks & Recreation**—Arkansas Inland Maritime Museum had 299, which included 2 overnight sleepovers. The also hosted a Pearl Harbor Remembrance event.

**North Little Rock Convention & Visitors Bureau**

Downtown RV park—366 reservations, average stay 3.2 nights. RVs from 39 states and 5 International travelers (top 5: TX, AR, TN, OH, & CA).

**Electric**



39,659 customers  
\$6,294,117 revenue  
109,266 kw peak power  
60 sq miles—territory  
11,252 transformers  
555 miles of wire  
10,458 street lights  
5,032 security lights  
82 lighting repairs  
39,401 smart meters

Major outages: 12-10-21 5:11 p.m. failed splices in breaker resulted in outage—2 hours-1,653 customers. 12-14-21 12:20 p.m. Contract crew error resulted in outage—25 minutes—1,671 customers.

**Finance**

**Year end (2021) Revenue & Expenditures will be provided next month.**



## Intermittent Fasting

Found at [familydoctor.org](http://familydoctor.org)

You may have heard of the term intermittent fasting. It's a popular topic nowadays. Some people talk about it when looking for a way to lose weight.

Others talk about it as a way to improve their overall health. But what is intermittent fasting? Is it good for your body? What are the benefits? Are there side effects? Is it right for everyone?

### Path to improved health

Intermittent fasting is not a diet plan. While it may have some of the same health benefits as a diet, it's really an eating pattern. It means you fast (don't eat) during a certain period of time each day (usually an extended period of time). You then eat during another period of time each day (usually a smaller period of time). While you're fasting, you can drink beverages that don't contain calories, including water, black coffee, and unsweetened tea.

How fasting and eating is divided each day is called an eating schedule. One of the most common, easy-to-follow schedules is 16:8. This means you fast for a 16-hour period of time and eat your daily meals during an 8-hour period of time. For example, you may want to fast from 7 p.m. until 11 a.m. the next day. You would then eat a healthy lunch and dinner between 11 a.m. and 7 p.m. You wouldn't eat anything after 7 p.m. until 11 a.m. the next day. This is just an example of times. You can select any 16-hour and 8-hour block of time that works best for your schedule. But it's important to keep your eating window at the same every day.

Other intermittent fasting schedules include 18:6 (when you fast for 18 hours and eat for 6 hours) or alternating days. With alternating days, you fast for 24 hours, then eat a healthy diet for the next 24 hours, then fast again for the following 24 hours. This schedule continues using the every-other-day format. Another schedule option is 5:2. This is when you fast for two days a week, and eat a normal, healthy diet the other five days. This is a little different, though, as this schedule allows you eat one small meal of 500 to 600 calories on your fasting days.

The time you're allowed to eat is called your eating window. During your eating window, focus on eating a healthy diet and maintaining portion control. Don't eat too many calories and avoid junk food and fast food. While you don't need to eat anything in particular, you do need to make sure you're getting the nutrition you need. Some people choose to use the Mediterranean diet as a guideline for what to eat. This plan focuses on fruits, vegetables, beans, whole grains, and fish. You can also choose lean proteins and healthy fats.

### How intermittent fasting works

Fasting for at least 12 hours changes how your metabolic system works. Your metabolic system is how your body changes the foods and beverages you consume into energy. Most of the time, your body gets its energy from a sugar called glucose. Glucose is found in the foods you eat and beverages you drink. When you eat three meals during a day, your body maintains a steady glucose level because you're eating and drinking frequently.

However, when you fast for more than 12 hours, your body's glucose levels start to dip because you're not eating as frequently. When your body doesn't have the glucose it



needs for energy, it taps into your body's fat for energy. When this happens, the fatty acids in your body are absorbed into your blood. They produce a chemical called ketones. Your body then uses the ketones as its energy source. This is called a metabolic switch. Your body is switching from glucose to ketones.

When your body uses ketones instead of fat, you may lose weight. But, behind the scenes, the ketones also may be having a positive effect on your body's organs and cells.

To get the benefits of intermittent fasting, you need to fast for at least 12 hours. That's how long it takes your body to switch from using glucose for energy to using fat for energy. Additionally, it will take your body a while to get used to this new eating schedule. So don't expect results right away. You may need to wait between 2 and 4 weeks to see or feel any results.

### Health benefits of intermittent fasting

While researchers are still studying intermittent fasting, some research has shown it offers some health benefits. For starters, it's common to lose weight when following intermittent fasting. That's because your body is using fat—not glucose—as its energy source. Additionally, if you make wise food choices when you do eat, you're likely eating fewer calories than before you started intermittent fasting. If you add exercise to the mix, it's a great combination for not only weight loss, but also improved health benefits. Intermittent fasting may help people who have cardiovascular disease, neurological disorders, and some cancers. Intermittent fasting may also help lower your bad cholesterol and improve symptoms of arthritis.

Be sure to talk with your doctor before you begin intermittent fasting. They will help you decide if it's a good fit for you. They will consider your current health, medicines, and health history when making their recommendation. If you have certain chronic health problems such as diabetes or heart disease, you may need to adjust or monitor your eating patterns.

### Things to consider

It may take 2 to 4 weeks for your body to get used to eating on an intermittent fasting schedule. During those first few weeks, you may have headaches and feel hungry, grouchy, or tired. Know you may feel this way before you start and make a plan to push through these feelings. After a few weeks, your body will get used to this eating pattern and those symptoms should go away. In the end, many people say that feel better following an intermittent fasting lifestyle.

When determining an eating schedule to follow, don't fast for many days in a row. That can be dangerous. It can trigger your body into thinking it's starving. That can send it into starvation mode, meaning your body will store fat—not use it—for use later.

Intermittent fasting isn't for everyone. It's not recommended for people under 18 years of age, women who are pregnant or breastfeeding, or some people with diabetes, kidney disease, or heart issues. Talk to your doctor to see if it's safe for you.

There is still much for scientists and doctors to learn about intermittent fasting. They're researching how it affects the body and its systems. They're also looking to see if there are long-term benefits to following this eating schedule for many years.

## Gratitude Is Good For Your Health

Researchers studying gratitude report that practicing gratitude can improve your health and well-being. Robert Emmons, Ph.D. and colleagues at UC Davis randomly divided study participants into three groups, each which made weekly entries in a journal. One group had to write about five things they were grateful for. Another group was assigned to write about five things they found annoying or irritating. And a control group was asked to list five events that affected them in some way. At the end of the three-week study, those who focused on gratitude reported feeling better about their lives overall, were more optimistic about the upcoming week and reported fewer health problems when compared to the group that focused on hassles, or the control group.

Other researchers on gratitude reports:

- Study participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based) over a two-month period when compared to study participants who did not focus on gratitude.
- In a sample of adults with neuromuscular disease, a 21-day gratitude intervention resulted in great amounts of positive moods, better sleep quality and duration and more optimistic ratings of one's life, when compared to a control group.

### Cultivating gratitude

If you would like to increase your focus on gratitude, the suggestions below can help:

**Maintain a gratitude journal.** Set aside time each day to record at least three to five things that you are grateful for. Psychologists say this is probably the most effective strategy to help you create the habit of focusing on the positive in your life.

**Create a list of benefits.** Create a list of benefits in your life and ask yourself, "To what extent do I take these for granted?" Seeing these benefits in writing can help you become more mindful of the good things in your life.

*"I am grateful for my family". "I am grateful for my health". "I am grateful for my life". "I am grateful for my job". "I am grateful for my home." "I am grateful for my faith".*

**Use visual reminders.** Use visual cues to trigger thoughts of gratitude. Put Post-It notes listing the things you are grateful for on your desk, your refrigerator or the steering wheel of your car. Or use other devices that signal you to pause and count your blessings.



*Found in Southwest EAP Health Exchange, A Newsletter for North Little Rock City Employees through our Wellness Assistance Program*

*If you would like more information about an Employee Assistance*

*Program, and are in central Arkansas, contact Southwest EAP at 501-663-1797.*

## Healthy—White Bean Soup

*Found at [acouplecooks.com](http://acouplecooks.com)*

- 3 tablespoons olive oil
  - 1 large sweet yellow onion, finely diced
  - 2 medium carrots, peeled and finely diced
  - 3 celery ribs, thinly sliced
  - 6 cloves garlic, minced
  - 1 pound yellow or Yukon Gold potatoes, small diced
  - 3 15-ounce cans (4 ½ cups cooked) cannellini beans, drained and rinsed (or Great Northern, navy, butter or other white bean)
  - 2 quarts vegetable broth
  - 1 ½ teaspoons lemon zest
  - 1 ½ teaspoons dried tarragon
  - ¾ teaspoon kosher salt, or more to taste
  - Fresh ground black pepper
  - 5 to 6 leaves Tuscan kale, chopped into small pieces
- Prep the fresh ingredients (see above).

In a Dutch oven or large pot, heat the olive oil over medium heat. Add the onion, carrot, and celery and sauté for 5 minutes.

Add the minced garlic and cook until just browned, about 1 minute. Add the potato, drained and rinsed white beans, vegetable broth, lemon zest, dried tarragon, kosher salt and fresh ground black pepper. Bring to a simmer and simmer for 15 minutes, until the potatoes are tender.

Remove 3 cups of the hot soup (including broth and vege

tables) and carefully blend it in a blender or immersion blender. Then pour it back into the pot to create a lightly creamy broth (you can skip this step if you prefer and it still tastes great!).

Stir in the chopped kale and cook until wilted, about 2 minutes more. Taste and add any additional salt, to taste (depending on your brand of vegetable broth).

Eat immediately or save leftovers refrigerated for up to 3 days or frozen for up to 3 months.



**Laman and Argenta Branch Library Events:**

**Both branches will be closed Monday, February 21, 2022 in observance of Presidents' Day.**

**Facebook LIVE Fridays** - We interview community members and local authors at 4 p.m. every week. The segments stay up on our page for you to enjoy any time. On Feb. 11, Dr. David Montague discusses his newly-published book, Overnight Code: The Life of Raye Montague, the Woman Who Revolutionized Naval Engineering. This collaboration with Paige Bowers honors his mother, who grew up in segregated Little Rock and spent a lifetime educating herself. Author Amelia Loken weaves stories and embroiders the truth with Unravel, a new YA novel coming out mid-month. She'll tell us all about it on Meet the Author, debuting Feb. 25.

**Equal Hearts Suppers & Discovery Library** - Free meals for ages 2-18 are available 3:45 to 4:15 p.m. on weekdays at the Laman Library Main Branch Children's Department. Equal Heart meals are provided on a first-come, first-served, grab & go basis, except on Feb. 21, when both branches close. Kids enjoy Discovery Library activities weekday afternoons from 3 to 5 p.m.



**Six Bridges Watercolor Group's Water Works Exhibit** - The collective and individual explorations of Stephen Lanford, Laura Rimmel Powers, Kaye Ridings, Kathy Kemp, Suzzette Patterson, Rita Friend, Sage Arnold, Cheryl Hughes, Beth Darr, Joyce Steen, Marsha Pratt, and Bonnie Moody at Argenta Branch. Meet the artists during the Third-Friday ArtWalk, 5 to 8 p.m. on Feb. 17. The show continues with free admission in the Argenta Branch gallery, 9 a.m. to 6 p.m. weekdays.

**Storytimes** - Join us at 10 a.m. on Tuesdays at Main Branch and 10:30 Thursday mornings at Argenta Branch for stories, songs, and most of all, fun!

Enjoy **Marilyn's Facebook LIVE Storytimes** at 11 on Thursday mornings. She'd love for you to ask questions and interact through the comments, but if you miss the live performance, a recording stays up on our page for viewing any time.

**Monday Mystery Book Club** - Join the Main Branch discussion of Agatha Christie's Death on the Nile from 11 a.m. to noon on Feb. 7.

**Averi' Chapter Book Club** - Middle-graders find great new books by reading the first story in a different series every month. Then they get together to share what they thought in the Main Branch Children's Department after school on the third Thursday (Feb. 17). New members welcome!

**Hump Day Movies at Argenta Branch** - Join us at 1 p.m. the first and third Wednesday of every month for a free movie and snack. Groundhog Day (PG) is Feb. 2, and The Blues Brothers (R) is Feb. 16.

**Main Branch Exhibit - Katie Adkins' A Shifting Perspective:** Photographs from the Midway continues with free admission in the Main Branch upstairs gallery through Feb. 28. Experience this classic take on the carnival with an interactive twist. The artist designed a Spotify Playlist and Scavenger Hunt for all ages to enjoy.

**Book Chat with Julie** - Tune in on Social Media or our YouTube channel starting Feb. 10 for Rom Com Reading Recommendations.

**The Great Courses** - Search BingePass through the hoopla app to learn more about history, photography, mindfulness, physics, and much, much more.

**Card Shop with Argenta Branch** -Design your own cards for any occasion with a kit from Argenta Branch. Our virtual workshop debuts on social media Feb. 21. Supplies are limited, so one kit per person please. If you aren't able to pick one up, these classes are designed to use inexpensive household items.



**February Birthdays**

JAMES THURMAN	Laman Library 4	CRYSTAL GATES	Laman Library 10
DONOVAN MAYS	Laman Library 27		

**February Anniversaries**

JAMES THURMAN	Laman Library 7 years
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**Obituary for Dorothy (Dottie) Nell Gilliland**

Retired Finance Department employee Dottie Gilliland passed away January 17, 2022 at the age of 74.

She was born in Germany to the late Hugh and Mary Roberts.

Dottie was a graduate of Mt. Saint Mary Academy and retired from the city of North Little Rock.

She is survived by her children: Dana (Stan) Pruss and Dan Gilliland II; grandchildren: Kylie (Greg) Gilliland and Christian Troutman; great-grandson, Steven Troutman; siblings: Carol (Ed) McKiernan and Hugh Roberts; and brother-in-law and sisters-in-law: Ann (Gary) Hunt and JoAnn Gilliland; and several nieces and nephews.

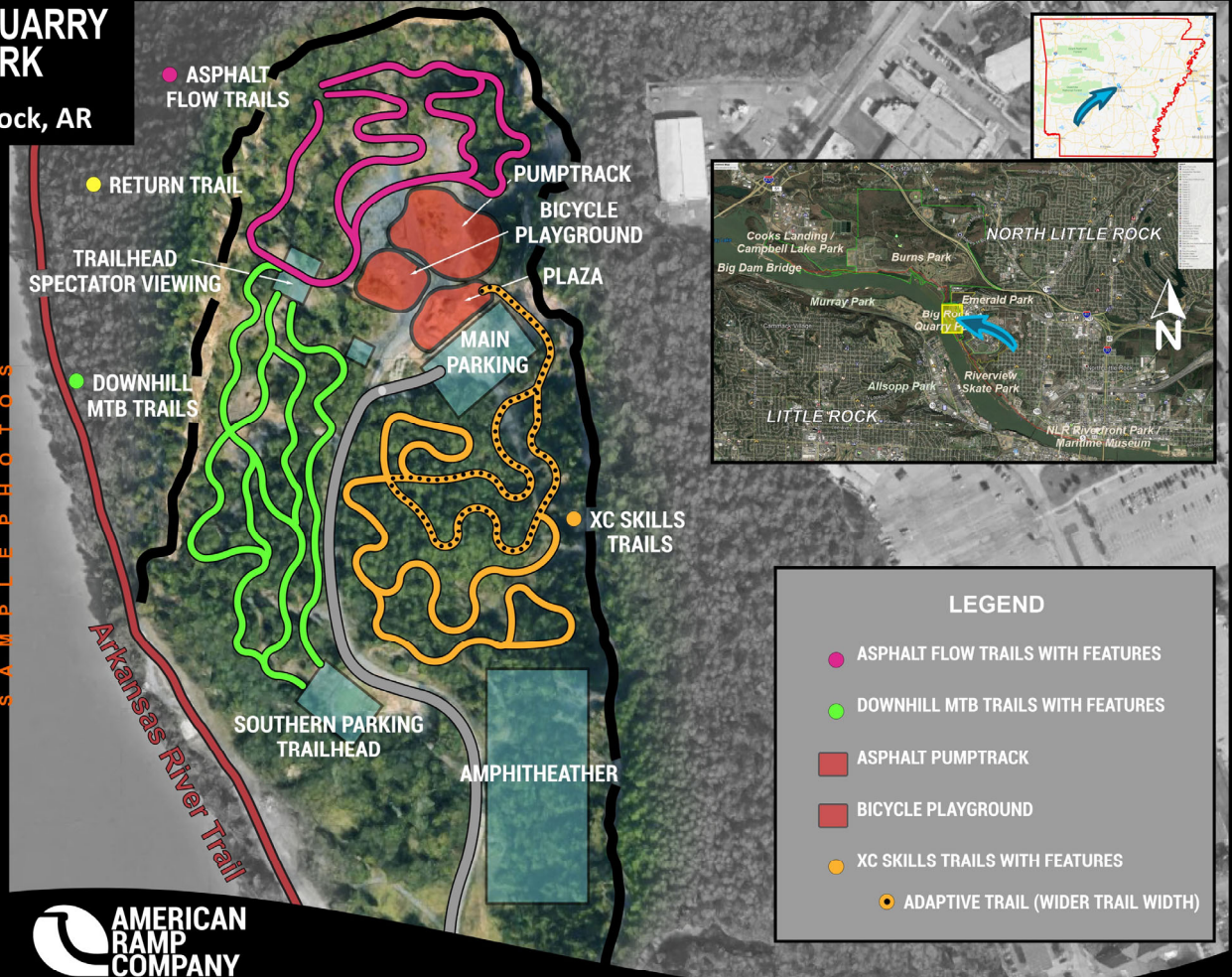
She was preceded in death by her husband, Dan Gilliland.

In lieu of flowers, memorials may be made to the VAN or to St. Anne Catholic Church.

A former coworker said "Ms. Dottie was always so nice. She was firm for sure, but she took her job as city payroll clerk very seriously...which our employees really appreciated".

# BIG ROCK QUARRY BIKE PARK

North Little Rock, AR



**LEGEND**

- ASPHALT FLOW TRAILS WITH FEATURES
- DOWNHILL MTB TRAILS WITH FEATURES
- ASPHALT PUMPTRACK
- BICYCLE PLAYGROUND
- XC SKILLS TRAILS WITH FEATURES
- ADAPTIVE TRAIL (WIDER TRAIL WIDTH)



North Little Rock Parks and Recreation  
*where memorable moments happen*

## City of North Little Rock Officially Opens Pump Track at New Bike Park

Wednesday, January 13, 2022, the North Little Rock Parks and Recreation Department officially opened the Pump Track at Big Rock Quarry Bike Park. Everyone in the community was invited to join Mayor Terry C. Hartwick by attending the official opening and ribbon cutting.

The Pump Track is located at 4600 River Road in North Little Rock. The 15,000 square foot, asphalt track is the first phase in the Big Rock Quarry Bike Park located in the quarry on the banks of the Arkansas River, below Emerald Park in North Little Rock. The park was constructed by Velo Solutions/American Ramp Company at a cost of \$482,000 and was funded through the American Rescue Plan Act of 2021. The North Little Rock Street Department and the parks maintenance staff assisted in the construction of the Pump Track as well.

The Big Rock Quarry Bike Park has several phases in the Master Plan. The City of North Little Rock is working to secure funding through partnerships, grants and other avenues before moving forward with phase two.

Please note the terrain is uneven at the Pump Track so be sure to wear appropriate shoes when visiting.

For more information, contact Communications Director Shara Brazear at 501-975-8833 or Parks and Recreation Director Steve Shields at 501-791-8538.





### Peddlers Permit City of North Little Rock

Issued to: **Mel Dun**  
Issued: 1/3/2022  
Expires: **4/4/2022**



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](http://www.nlr.ar.gov), then click on City Clerk/Treasurer, followed by Licensed Peddlers.

To see an individual ID/Permit, click on the person's name. All licensed door to door peddlers are **required to have the ID issued by the City Clerk's Office with them at all times.**

**Currently, we have NO permitted door to door solicitors.**

**All 2021 North Little Rock Business/Privilege License/Permits expire December 31, 2021. License holders have until March 31, 2022 to renew. Renewals after April 1, 2022 will be subject to a 25% penalty.**

**Renewal invoices/letters will be mailed December 30, 2021. If you do not receive a renewal by mid-January, please contact the City Clerk's Office at [CityClerkOffice@nlr.ar.gov](mailto:CityClerkOffice@nlr.ar.gov)**

**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.

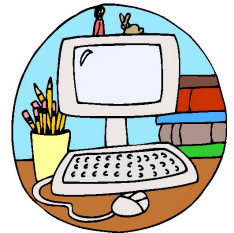
**For more information, call 501-371-0755 or email [nlrhistory@comcast.net](mailto:nlrhistory@comcast.net).**

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

### Information on the Internet

*Found in NLR Neighborhood News Volume 6, Number 26*

John Landgraf said. "Information technology and the internet are rapidly transforming almost every aspect of our lives—some for the better; some for the worse."



**Pagis.org** is the Pulaski Area

Geographical Information System. This site can show the ownership records of properties in the county. Go to [pagis.org](http://pagis.org) and click on "Outline Mapping". Then click on "Land Ownership Application". This should bring up a map of the county. In the left hand corner under Land Ownership is a box saying "Find address, street, or intersection". In that box put the address you are interested in. Click the magnifying glass to start your search and it will list addresses for what you specified. Look at the list and click on the address you are looking for with a North Little Rock zip code.

At this state you would see a map with streets and house numbers and building outlines and the house you are searching for should have a box over it that is labeled "search result". If you click on the building, it will bring up a new box that is titled "Parcels". Sometimes this box will have the ownership information you are interested in. Sometimes there will be a triangle pointing to the right at the top of the box. If there is a triangle, you may click on that and it will take you to the ownership information. You will be able to see the Owner's Name and address. In some cases, there will be a box for "More info" in the URL line. If you click on that, you may find information on the original platting of the property. Sometimes you will find information listed at the [ARCounty/Data.com](http://ARCounty/Data.com) site that will list the owner, mailing address, parcel number, estimated values, and a history of past sales. There may also be a picture of the property and a general blueprint of the house's layout.

**Arcountydata.com** is also another helpful resource.

From the page, you select the county you want to search. You can then search by property owner (last name), street number, street name, number and address or parcel numbers.

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

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

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

The City Council Agenda can be found at [www.nlr.ar.gov](http://www.nlr.ar.gov), then click on the Government tab, followed by Council Agenda.

**City Offices located at 120 Main**

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

**City Council Members**

Ward 1	Debi Ross Nathan Hamilton	753-0733 952-7679
Ward 2	Linda Robinson Maurice Taylor	945-8820 690-6444
Ward 3	Steve Baxter Ron Harris	804-0928 758-2877
Ward 4	Charlie Hight Jane Ginn	758-8396 749-5344

**Utility Payment Assistance  
and Other Numbers**

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


**Other Elected Officials**

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

**Telephone Numbers for City Hall**

Mayor's Office.....	501-975-8601
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.....	501-975-3737
Arnessa Bennett	
Fit 2 Live.....	501-442-7406
LaKaisha Shelby	

North Little Rock Curbside Recycling  
schedule for the month of February



Jan 31 to Feb 4, recycle  
*Feb 7 to 11, no pickup*  
Feb 14 to 18, recycle  
*Feb 21 to 25, no pickup*  
Feb 28 to Mar 4, recycle

## *February Anniversaries*

<b>Name</b>	<b>Dept</b>	<b># Yrs</b>	<b>Name</b>	<b>Dept</b>	<b># Yrs</b>
THOMAS, CHARLOTTE A	ADMINISTRATION	48	WILLIAMS, KENNETH B	SANITATION	13
MONTGOMERY, LEONARD L	EMERGENCY SERVICES	44	WHITLEY, CHERYL L	ELECTRIC	13
SPRINGER, SCOTT W	ELECTRIC	41	GOSHIEN, DEWEY E	PLANNING	13
EISENHOWER, JEFFERY L	ELECTRIC	40	PONDER, JILL L	ELECTRIC	12
DAVIS, MIKE	ADMINISTRATION	36	HEINRICH, ERIC	ELECTRIC	11
BUIE, ALLEN O	STREET	36	ELLIS, RODNEY M	PARKS REC	11
SCOTT III, HARVEY J	CITY CLERK	32	PETTIT, JAMIE S	PARKS MAINT	10
SPAFFORD, TODD A	POLICE	30	SPECKELS, SEAN P	FIRE	10
BONA, JAMES R	POLICE	28	SONTAG, GARY E	PARKS MAINT	10
KIMES JR, NATHAN L	POLICE	27	PLATT, COREY L	FIRE	10
HERNANDEZ, RAGAN P	POLICE	27	BROOM, WILLIAM A	FIRE	10
HUMPHRIES, TODD A	POLICE	26	BRIDGES, ERNEST D	ADMINISTRATION	8
SMALLING, TODD E	PARKS MAINT	24	GOURLEY, ZACHARY A	PARKS MAINT	8
SEIGRIST, SAMUEL T	PARKS MAINT	23	REYNOLDS, DAVIN M	FINANCE	6
PATTON, CHRIS L	FIRE	23	PORTER, GERALD W	STREET	6
FREE, DUSTIN W	FIRE	23	ISBELL, PATRICK A	PARKS MAINT	6
COMBS, JEFFREY S	FIRE	23	LESTER, DWIGHT	POLICE	5
SUMMONS, KENNY R	SANITATION	22	EDWARDS, JAMES	POLICE	5
NEWTON, TAMMY A	EMERGENCY SERVICES	22	ABEL, CHRISTOPHER	POLICE	5
ROBERTSON, BILLY L	VEHICLE MAINT	21	STEVENSON, JULIA C	POLICE	5
MCCOURT, KEITH A	ELECTRIC	19	KING, COURTNEY	POLICE	5
HOUSE, JACOB M	POLICE	19	PERRINE JR, RODNEY	PARKS MAINT	5
LANE, PATRICK A	STREET	18	HENDERSON, JOHNATHON J	SANITATION	4
EPPERSON, LARRY J	CODE ENFORCEMENT	16	WILDER, MONICA A	COURT II	4
DOUGAN, SHANE T	FIRE	16	HAVENS, CARRIE A	PARKS REC	4
DODSON, WILLIAM O	SANITATION	16	BROOKS III, SAM	STREET	3
COOK, MICHAEL S	FIRE	16	NOLES, KEVIN D	ELECTRIC	3
BRADLEY, CHRISTOPHER S	FIRE	16	MILLER, JAMES F	ELECTRIC	2
MILLER, BRIAN C	FIRE	16	PERALTA, MAGDALENA	HR	2
PIERCE, ALANA K	FIRE	16	YOUNG, COLLEEN N	FINANCE	2
MATLOCK, CHRISTOPHER G	FIRE	16	THOMASON, JOSHUA T	POLICE	2
HADDOCK, TYSON D	FIRE	15	CALVERT, DAVID J	POLICE	2
KIRKENDOLL, DOYLE DAVID	FIRE	15	LEWIS, JOHN M	PARKS MAINT	2
THOMAS, BRIAN K	FIRE	15	GIUSTI, DANTE J	SANITATION	2
JOHNSON, NADIA Y	PHHSCC	14	LAWRENCE III, JAMES	PARKS MAINT	1
RAEBURN, DANA L	ELECTRIC	14			

*Information regarding employee anniversaries and birthdates is provided by Human Resources the prior year (i.e. 2022 was provided in 2021). 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 21 years. My total service with the city is 31 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)*

## *February Birthdays*

<b>Name</b>	<b>Dept</b>	<b>Date</b>	<b>Name</b>	<b>Dept</b>	<b>Date</b>
MAY, MARGIE	COURTS II	1	DIGBY, ROBERT	ELECTRIC	14
SBAIT, CHERIHAN	FINANCE	1	PRITCHARD, DAGNY	ELECTRIC	14
BROOM, WILLIAM	FIRE	1	RALSTON, JOSEPH	PARKS GOLF	14
ALLEN IV, HARRY	ELECTRIC	2	ASHFORD, JOHNNY	PHHSCC	14
DEEMS, TAYLOR	ELECTRIC	2	LESTER, DWIGHT	POLICE	14
LEWIS, ALLIE	POLICE	2	RICHARDSON, LESLIE	TRAFFIC	14
BROWN, NICHOLAS	POLICE	2	WILLIAMS, TERRENCE	ELECTRIC	15
LAWRENCE, TYLER	POLICE	2	YANCEY, CYNTHIA	FIRE	15
BUFORD, BEAU	FIRE	3	WILLIAMS, HEATH	FIRE	15
WHITBEY, DIANE	CITY CLERK	4	JONES, JIMMY	IT	15
MCHENRY, FELECIA	CODE ENFORCEMENT	4	KNOX, PHILICIA	ELECTRIC	16
EISENHOWER, JEFFERY	ELECTRIC	4	DUNLAP, MARTIN	ELECTRIC	17
MUNDY, BENJAMIN	FIRE	4	PARKER, GLENDA	PARKS REC	17
COX, JOSHUA	FIRE	4	FOWLER, CONSTANCE	PHHSCC	17
GILMORE, VANESSA	PHHSCC	4	WADE, ALEXANDRA	FIRE	19
BARRIERE, DIRK	POLICE	4	SEIGRIST, SAMUEL	PARKS MAINT	19
HERNANDEZ, DANIEKA	POLICE	4	RODRIGUEZ, NICHOLAS	POLICE	19
GRAY, PHILIP	POLICE	4	DRUMMOND, YARKIEVEN	STREET	19
THOMASON, JOSHUA	POLICE	4	BELL, MELINDA	COURTS II	20
DODSON, WILLIAM	SANITATION	4	KING, GABRIEL	ELECTRIC	20
NOID, DWATNEY	STREET	4	THOMAS, KATELYN	CITY CLERK	21
STEWART, JOAN	ELECTRIC	6	KIRKENDOLL, DOYLE	FIRE	21
CRAMER, SHANE	EMERGENCY SERVICES	6	MCCALL, HERBERT	PARKS REC	21
HAMMONS, PHILLIP	POLICE	6	WILLIAMSON, DMITRY	POLICE	21
BROWN, ANTHONY	ELECTRIC	7	SHEFFIELD, GARY	STREET	21
MORENO, CHRISTOPHER	FIRE	7	LEASE, ZACHRY	POLICE	22
WILLIAMS, LINDA	ELECTRIC	8	HOOKS, JAMES	FIRE	23
RUMMEL, ERNEST	STREET	8	MILLER, BRIAN	FIRE	23
GRUMBINE, KYLE	AIMM	9	DAVIS, TERRY	ELECTRIC	24
VANG, PAJAI	ELECTRIC	9	ANDERSON, KYRA	EMERGENCY SERVICES	24
SMALLING, TODD	PARKS MAINT	9	HOOPS, HEATH	FIRE	25
MAHAN, TELINA	PARKS MAINT	9	REID, JAMES	FIRE	25
JOHNSON, JOHNNY	STREET	9	ZAKRZEWSKI, CLAYTON	FIRE	25
WALLIS, DANA	ELECTRIC	10	FENDER, JASON	FIRE	26
TOZER, MARK	POLICE	10	GOURLEY, ZACHARY	PARKS MAINT	26
DERRICK, ZACHERY	ELECTRIC	11	BROWN, ISAARIA	ELECTRIC	27
TUCKER, GERALD	FIRE	12	OSBORNE, STEVEN	EMERGENCY SERVICES	27
MODDRELL, LINDA	POLICE	12	WELTER, DOUGLAS	FIRE	27
GUAJARDO JR, ALEX	FIRE	13	MATTOX, DAVID	POLICE	27
QUINT, JESSICA	IT	13			

CITY OF  
NORTH LITTLE ROCK



# Unsheltered Winter Gear Collection

**Now through** February 11th, 2022



- The NLR Office of the Unsheltered will be accepting winter gear for the unsheltered population.
- Variety of adult sizes (Men/ Women)
- Due to Covid- 19- **NON-USED ITEMS ONLY**



## Items accepted:

- Coats
- Gloves
- "Hot Hands" warmers
- Insulated long socks
- Jackets
- Sweater hats
- Sleeping bags
- Thermal tops
- Thermal underwear



## Drop- Off Locations:

### Downtown:

NLRPD Headquarters  
200 W. Pershing Boulevard  
NLR, AR 72114  
(8am- 4pm)

### Levy:

Kroger  
4401 Camp Robinson  
NLR, AR 72118  
(8am-4pm)

### Lakewood:

The Home Depot  
4325 E. McCain  
NLR, AR 72117  
(8am- 4pm)

### Rose City:

Fire Station #2  
3700 E. Broadway  
NLR, AR 72114  
(8am- 4pm)

# DONATE TODAY!

For more information,  
contact Officer Jhailan Rathey  
(501) 975-8780  
[nlr.unsheltered@nlr.ar.gov](mailto:nlr.unsheltered@nlr.ar.gov)

**Officer Jhailan Rathey**  
Liaison to Unsheltered Community  
North Little Rock Police Department





# 2022 Service Calendar for LR/NLR

January						
S	M	T	W	TH	F	S
12/26	12/27	12/28	12/29	12/30	12/31	1/1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	2/1	2/2	2/3	2/4	2/5

February						
S	M	T	W	TH	F	S
1/30	1/31	2/1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	3/1	3/2	3/3	3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12

March						
S	M	T	W	TH	F	S
2/27	2/28	3/1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	4/1	4/2
4/3	4/4	4/5	4/6	4/7	4/8	4/9

April						
S	M	T	W	TH	F	S
3/27	3/28	3/29	3/30	3/31	4/1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
5/1	5/2	5/3	5/4	5/5	5/6	5/7

May						
S	M	T	W	TH	F	S
5/1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	6/1	6/2	6/3	6/4
6/5	6/6	6/7	6/8	6/9	6/10	6/11

June						
S	M	T	W	TH	F	S
5/29	5/30	5/31	6/1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	7/1	7/2
7/3	7/4	7/5	7/6	7/7	7/8	7/9

July						
S	M	T	W	TH	F	S
6/26	6/27	6/28	6/29	6/30	7/1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	8/1	8/2	8/3	8/4	8/5	8/6

August						
S	M	T	W	TH	F	S
7/30	8/1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	9/1	9/2	9/3
9/4	9/5	9/6	9/7	9/8	9/9	9/10

September						
S	M	T	W	TH	F	S
8/28	8/29	8/30	8/31	9/1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	10/1
10/2	10/3	10/4	10/5	10/6	10/7	10/8

October						
S	M	T	W	TH	F	S
9/25	9/26	9/27	9/28	9/29	9/30	10/1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	11/1	11/2	11/3	11/4	11/5

November						
S	M	T	W	TH	F	S
10/30	10/31	11/1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	12/1	12/2	12/3
12/4	12/5	12/6	12/7	12/8	12/9	12/10

December						
S	M	T	W	TH	F	S
11/27	11/28	11/29	11/30	12/1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1/1	1/2	1/3	1/4	1/5	1/6	1/7

- North Little Rock
- Little Rock
- Holiday

The following holidays will be observed:  
 New Years Day, Martin Luther King Jr. Day, President's Day, Memorial Day, Independence Day, Labor Day, Veteran's Day, Thanksgiving Day and Christmas Day.