

North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Treasurer

March 2021



Why do we spring forward during Daylight Saving Time? Daylight Saving Time is a roughly century-old practice in the U.S. centered around making better use of the day's light by shifting an hour of daylight from the morning to the evening.



Neighborhood Services

Did you know the city has a Neighborhood Services Department? The mission of the department is to assist and coordinate with neighborhood action groups in furthering their goals of reducing crime, preserving history, and preserving the culture of our neighborhoods. Also to assist neighborhood action groups with preventing blight and deterioration of property values and improving the quality of life in our residential neighborhoods.

Services provided include assisting with the preparation of meeting announcements, providing necessary supplies for distribution of this material and equipment for meetings. Neighborhood Services publishes a bi-monthly newsletter with neighborhood information. To find out more contact Shirley at Sabel@nlr.ar.gov.

Pictured below are Director Dan Scott and Shirley Abel.



St. Patrick's Day observes the death of *St. Patrick*, the patron *saint* of Ireland. The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green.

Communications Department

The North Little Rock Communications Department works to inform and engage residents and employees on the issues and activities of the City of North Little Rock by directing, coordinating and facilitating with our department and externally with the public.

Goals include providing useful information to residents, facilitate input and feedback regarding programs and policies, encourage community involvement, support the City Council and administration in achieving overall goals and specific community programs.

For more information, contact Shara Brazear, Director at sbrazear@nlr.ar.gov



To March

By Emily Dickinson

Dear March, come in!
How glad I am!
I looked for you before.
Put down your hat—
You must have walked—
How out of breath you are!

Dear March, how are you?
And the rest?
Did you leave Nature well?

Oh, March, come right upstairs
with me,
I have so much to tell!

I got your letter, and the birds';
The maples never knew
That you were coming—I declare,
How red their faces grew!
But, March, forgive me—
And all those hills.



"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

Springtime Safety Tips

Found at aspca.org/pet-care

Spring is ABOUT to spring!
And with the change of season, our thoughts turn to

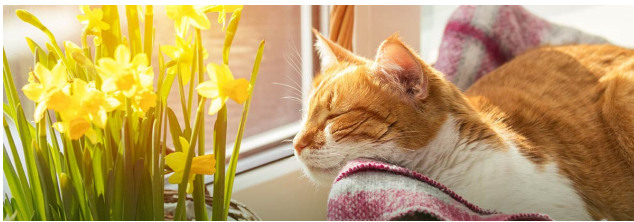
Easter celebrations, spring cleaning and much-needed home improvement projects. But before you embark on seasonal chores or outdoor revelry, take inventory of potential springtime hazards for your furry friends.

Screen Yourself

Many pet owners welcome the breezy days of spring by opening their windows. Unfortunately, they also unknowingly put their pets at risk—especially cats, who are apt to jump or fall through unscreened windows. Be sure to install snug and sturdy screens in all of your windows.

Buckle Up!

While most dogs love to feel the wind on their furry faces, allowing them to ride in the beds of pick-up trucks (which is not allowed in North Little Rock) or sticking their heads out of moving-car windows is dangerous. Flying debris and insects can cause inner ear or eye injuries and lung infections, and abrupt stops or turns can cause major injury, or worse! Pets riding in cars should always be secured in a crate or wearing a seatbelt harness designed especially for them.



Spring Cleaning

Spring cleaning is a time-honored tradition in many households, but be sure to keep all cleaners and chemicals out of your pets' way! Almost all cleaning products, even all natural ones, contain chemicals that may be harmful to pets. The key to using them safely is to read and follow label directions for proper use and storage. Please visit our Poisonous Household Products page for more information.

Home Improvement 101

Products such as paints, mineral spirits and solvents can be toxic to your pets and cause severe irritation or chemical burns. Carefully read all labels to see if the product is safe to use around your furry friends. Also, be cautious of physical hazards, including nails, staples, insulation, blades and power tools. It may be wise to confine your dog or cat to a designated pet-friendly room during home improvement projects.



Let Your Garden Grow—With Care

Pet parents, take care—fertilizers, insecticides and herbicides keep our plants and lawns healthy and green, but their ingredients may be dangerous if your pet ingests them. Always store these products in out-of-the-way places and follow label instructions carefully. Many popular springtime plants—including rhododendron and azaleas—are also highly toxic to pets and can prove fatal if eaten. Check out our full list—of toxic and non-toxic plants for your home and garden.

Ah-Ah-Achoo!

Like us, pets can be allergic to foods, dust, plants and pollens. Allergic reactions in dogs and cats can cause itching, minor sniffing and sneezing, or life-threatening anaphylactic shock to insect bites and stings. If you suspect your pet has a springtime allergy, please visit your veterinarian as soon as possible.

Pesky Little Critters

April showers bring May flowers—and an onslaught of bugs! Make sure your pet is on year-round heartworm preventive medication, as well as a flea and tick control program. Ask your doctor to recommend a plan designed specifically for your pet. Please visit our Fleas and Ticks page for more information.

Out and About

Warmer weather means more trips to the park, longer walks and more chances for your pet to wander off! Make sure your dog or cat has a microchip for identification and wears a tag imprinted with your home address, cell phone and any other relevant contact information.



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



Spring Forward and Review Your Safety Checklist

Found at [nsc.org/community-safety/safety-topics/seasonal-safety](https://www.nsc.org/community-safety/safety-topics/seasonal-safety)



Time to Change the Clocks

Daylight Saving Time begins every year on the second Sunday in March. We "lose" an hour when the clocks are set forward (except in Hawaii and most of Arizona), and for many, that means a tired couple of days as our bodies adjust.

The consequences of fatigue can be serious, so plan accordingly. Daylight Saving Time, which in 2021 begins Sunday, March 14, means it's also a good time to review your spring safety checklist.

Smoke Alarms

Three out of every five home fire deaths result from fires in homes with no smoke alarms, according to the National Fire Protection Association. Test your smoke alarms every month and replace the battery at least once a year. If the alarm makes a "chirping" sound, replace the battery immediately.

Smoke alarms should be in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors and ducts.

Smoke alarms can be interconnected wirelessly. That means, when one sounds, they all sound. A Consumer Product Safety Commission survey found this is the best way to notify everyone in a home if there is a fire. Be sure to purchase smoke alarms with the label of a reputable testing agency, like Underwriters Laboratories (UL).

Carbon Monoxide Detectors

Anything that burns fuel can potentially become a source of carbon monoxide, an invisible, odorless gas that can kill. CO alarms should be installed in a central location outside each bedroom and on every level of the home. The safety tips for CO detectors mirror those of smoke alarms: change the batteries, test them and interconnect them, if possible. Also, make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are free and clear of snow or debris.

Family Emergency Plan

The National Safety Council recommends every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Spring is a great time to review that plan with family members. Have a home and car emergency kit. The Federal Emergency Management Agency says an emergency kit should include one gallon of water per day for each person, at least a three-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medicines. Visit the FEMA website for a complete list. The emergency plan also should include:

- A communications plan to outline how your family members will contact one another and where to meet if it's safe to go outside
- A shelter-in-place plan if outside air is contaminated; FEMA recommends sealing windows, doors and air vents with plastic sheeting



- A getaway plan including various routes and destinations in different directions

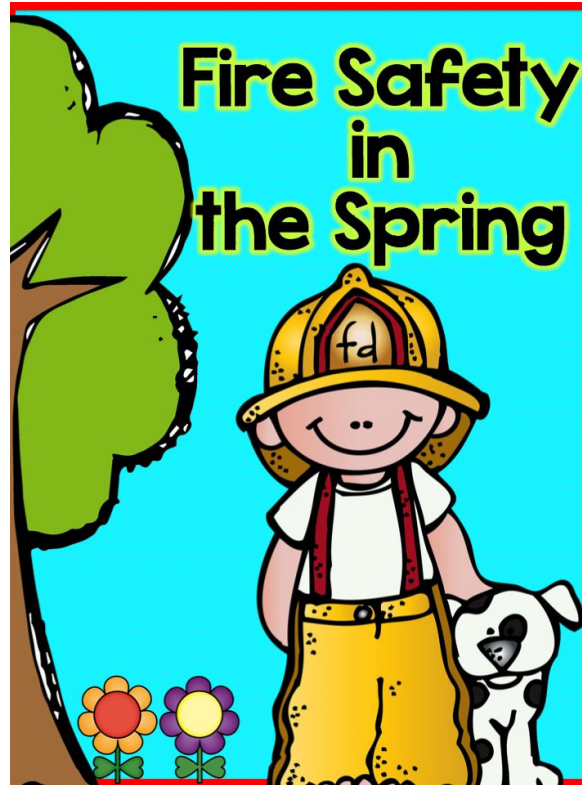
Also, make sure your first aid kit is updated.

Get Rid of Unwanted Medicines

NSC recommends you take unwanted or expired medicines to a prescription drop box or take-back event near you. NSC offers free Stericycle Seal & Send envelopes, so you can send your unwanted medication to be safely destroyed.

Getting the Urge to Clean?

With the warm weather comes a desire to shine and polish your home. But when warning labels are ignored or chemicals fall into the wrong hands, disaster can occur. Learn what you can do to keep you family safe around poisons in the home.





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

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

Hays Center—Members continue to be required to wear masks unless in the pools or actively exercising. 3,007 members visited in January, average 97 members per day. 27 new members and 42 renewals. Both pools are open along with billiards, ping pong, exercise equipment area and pickleball. Knitters and Yoga have returned.

Sanitation—crews continue to pickup garbage and yard waste during the pandemic. Garbage / Yard Waste crews collected 2,340.57 tons (4,681.14 lbs) of household garbage, rubbish and junk. Yard waste crews collected 10 loads (284.40 cubic yards) of green waste. Leaf crews collected and disposed of 81 loads (2,695.18 cubic yards) of leaves. 306 tires picked up. 25 Sanitation Code inspections and 7 re-inspections. Issued 10 notices for non-compliance and 1 citation.



Traffic—AR One Call requests—46, Signs/posts repaired or replaced—605, City vehicles marked with decals—17.

Police—this department like many others who provide emergency response have issues with COVID. Our department continues to actively recruit new officers. With several upcoming promotions and retirements, now is a great time to apply! In January 4 new officers were sworn in (2 were pre-certified). 2020 ended with overall violent crime reports up, which follows a national trend. Property crime was down. Vehicle thefts and thefts from motor vehicles were also down.

Fire—Total incidents- 927, Unit responses-1,743, Residential fires-12, False alarms-44, Vehicle Fire-4, Rescue/Emergency Medical-528, Mutual Aid-4, Hazmat-7. Training hours: 3,051. Building surveys: 51.

Emergency/911—Incoming calls-11,576, Non-911-5,858, Wired 911-694, Abandoned 911-46, Wireless 911-4,745, Abandoned Wireless-233. Total dispatch entries: 7,682.

Planning—Inspectors traveled 2,591 miles within the city performing the following inspections: 142 HVAC, 204 Plumbing, 271 Electrical, 138 Building. Issued the following permits: 1 sign, 5 demolition, 13 New Single Family (average cost \$144,373), 40 Residential Remodel (average cost \$13,493), 0 New Commercial, 0 new Multi-family.

Electric Customer Service—Payments—\$35,185, Collections—\$7,787,372.

Code Enforcement—Assigned calls—91, Citations—

14, Violation Notices—418, Vehicles Tagged—95, Lots Posted—20, Signs Removed—0, Structures Inspected—33, Rental Inspections—13, Food Service Inspections—7, Houses Demolished by city—0, Houses Demolished by owner—5, Vacant Lots Cleaned—1, Lots with Structures Cleaned—4, Vacant Houses Secured—6, Vacant Lots Mowed—0, Lots with Structures Mowed—1. Tires removed—4.

Animal Control—Incoming:

Dog—106/106
 Cat—37/37
 Other—0/0
 Adopted:
 Dog—46/46
 Cat—5/5
 Reclaimed:
 Dog—23/23
 Cat—0/0
 Euthanized:
 Dog—39/39
 Cat—32/32
 Service Calls—481/481
 Citations—41/41
 Vouchers (Spay/Neuter)—25/25



Parks & Rec—sprucing up various areas around the city including RV park, AR River Trail, and rental facilities. After School Programs continue. Therapeutic Recreation created content for virtual programs and activities. Prepping Funland for 2021 season. Golf play was excellent in January due to decent weather and temps.

North Little Rock Convention & Visitors Bureau—

Downtown RV park—306 reservations. RVs from 39 states.

Electric

39,442 customers
 \$7,230,146 revenue
 134,869 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: 1-20-21 unknown reason for lockout, 1,611 customers out 70 minutes.

Finance

Year to Date Revenue & Expenditures as of January, 2021

Revenue

Property Taxes	362,408
Licenses/Permits	1,062,077
Fines/Forfeitures	184,042
Taxes—sales	4,410,448
Intergovernmental	121,466
Franchise fees	475,591
Charges for Services	77,735
Miscellaneous	315,781
Interest Income	9,556
Net Transfers	2,550,968
Total Revenue	\$9,570,072

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Expenditures

Administration	545,942
Animal Shelter	35,194
Special Appropriations	705,113
City Clerk	23,282
Emergency Services	150,687
Finance	56,266
Public Safety-Fire	1,024,288
Health	3,513
Legal	41,723
1st Court	35,784
2nd Court	34,085
Human Resources	52,113
Commerce	19,410
Planning	55,292
Public Safety-Police	1,252,362
Code Enforcement	56,202
Public Works	57,530
Neighborhood Services	10,929
Sanitation	246,649
Vehicle Maintenance	92,304
Senior Citizens Center	38,413
Communications	12,878
Fit 2 Live	6,836
Total Expenditures	\$ 4,556,795

COVID-19 VACCINATION & EMPLOYMENT

Found at achi.net/covid19/

Can employers require vaccination for COVID-19? The general rule is yes. Employers can take a wide range of actions to protect the workplace, including requirements for employees to be vaccinated.

What happens if they refuse to be vaccinated? It depends. Arkansas is an "at will" state when it comes to employment, which means that employers can set working conditions, including mandatory vaccinations. Consequently, the general rule is that employers can terminate an employee or reject an applicant for refusing to be vaccinated. However, there are a couple of exceptions for employers subject to the Americans with Disabilities Act (ADA) and Title VII of the Civil Rights Act of 1964. If an employee has a medical reason or sincerely held religious belief that prevents him or her from being vaccinated, the employer must offer a reasonable accommodation to continue to work.

What if there is no reasonable accommodation? Under the ADA, an employer may exclude an employee from the workplace if the employee's presence is a "direct threat to the health or safety of individuals in the workplace." To determine whether a "direct threat" exists, the employer assesses the following four factors: the duration of the risk, the nature and severity of the potential harm, the likelihood that the potential harm will occur, and the imminence of the potential harm. An airborne, highly contagious virus like COVID-19 is likely to meet this test. An employer may exclude an employee from the workplace for refusing to be vaccinated due to a sincerely held religious belief. The employer will assess whether the employee has rights under any other laws prior to taking any additional adverse action.

Are employers likely to require vaccination for COVID-19? Until COVID-19 vaccinations receive full licensure by the U.S. Food and Drug Administration (as opposed to the current emergency use authorization status), employers are unlikely to require vaccination. Instead, many are now educating employees about vaccination and strongly encouraging it, and some are offering incentives for vaccination. Some employers such as Trader Joe's and Dollar General are offering incentive payments or gift cards of varying amounts for vaccination, while others are offering additional leave time or incorporating vaccination into their wellness programs, such as Arkansas's own Washington Regional Medical Center. Regardless of the type of incentive, employers will need to assess the potential for discriminatory effects associated with the incentive, just as they would a vaccine requirement.

Defining COVID-19 Terms:

Asymptomatic Transmission

There has been substantial talk among public health officials and researchers regarding asymptomatic transmission of COVID-19. Generally, the term "asymptomatic" refers to an individual who shows no symptoms of a disease. In relation to COVID-19, an individual who is asymptomatic is infected with the new strain of coronavirus that causes COVID-19 but does not show symptoms of the disease for the duration of the infection.

It is important to distinguish between individuals who are asymptomatic and those who are pre-symptomatic. As stated above, individuals who are truly asymptomatic do not develop symptoms at any point during their period of infection. Although asymptomatic, these individuals are still capable of spreading the virus to others. In contrast, individuals who are pre-symptomatic are infected with the virus and have not yet shown symptoms, but they could develop symptoms later. Pre-symptomatic individuals may also spread the virus to others unknowingly, not realizing they are infected until symptoms develop.

Understanding and preventing asymptomatic transmission are key factors in the ongoing public health response to COVID-19. Earlier this week, an official with the World Health Organization (WHO) asserted that COVID-19 spread by asymptomatic individuals is rare. Follow-



ing pushback from public health officials, the official walked back that statement, saying that scientists are still unsure as

to the frequency of asymptomatic carriers passing the virus along to others.

While additional research is ongoing to fully understand the role of asymptomatic transmission, numerous studies have identified high rates of asymptomatic individuals. For example, a study assessing COVID-19's impact on a skilled nursing facility in Washington state found that 27 out of 48 residents who tested positive were asymptomatic. At the Cummins Unit prison in Arkansas, a significant proportion of asymptomatic cases among prisoners was identified following widespread testing within the facility.

ACHI *The Arkansas Center for Health Improvement* has an e-Newsletter. To sign up visit www.achi.net/newsletter.

You can also visit their website at achi.net.

Surprising Signs of Depression

Found at webmd.com/depression

Shopping Sprees

Is your shopping out of control? Find yourself covering up your spending? For some people who are depressed, it is not uncommon for compulsive buying — in stores or on the Internet — to serve as a distraction or self-esteem booster. But “retail therapy” is a short-lived high because it doesn’t address underlying depression. Also be aware that shopping sprees could also be a sign of mania, in bipolar disorder.

Drinking Heavily

Nearly a third of people with major depression abuse alcohol. If you feel that you need to drink to cope with anxiety and depression, you may be one of them. Although a drink may seem like it provides a life when you’re down, alcohol is a depressant, so overdoing it can make depression episodes worse and more frequent.

Forgetfulness

Depression may be one reason for feeling foggy or forgetful. Studies show that prolonged depression or stress can raise the body’s level of cortisol. This can shrink or weaken the part of the brain associated with memory and learning. Depression-linked memory loss seems to be worse for older people. The good news: Treating depression may also improve depression-related memory problems.

Excessive Internet Use

Prefer virtual social interactions to real-life ones? Spending excessive amounts of time on the Internet? It may be a sign of depression. Studies have shown a link between high levels of depression and excessive Internet use. People who overuse the Internet tend to spend their time on pornography, online community, and gaming sites.

Binge Eating and Obesity

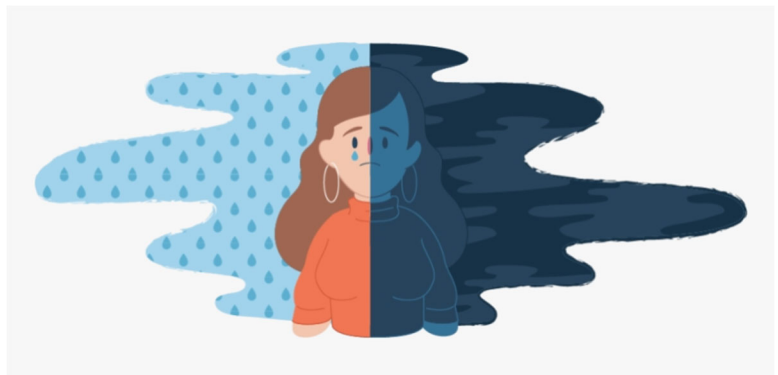
A 2010 study from the University of Alabama found that young adults who report being depressed tended to gain weight more around their waist — a risk for heart disease. Other studies have linked depression with binge eating, particularly in middle-age people. Treating depression can help treat these problems.

Shoplifting

About a third of shoplifters suffer from depression. For some people who feel powerless and insignificant from depression, shoplifting provides feelings of power and importance. It can also provide a rush to counter depression “numbness.” For people who shoplift because they are depressed, these feelings are more important than the item they are stealing.

Back Pain

Got a backache that won’t quit? Studies show that depression may be a risk factor for chronic lower back pain. One study showed that up to 42% of people with chronic lower back pain experienced depression before their back pain started. Yet depression can often go ignored or undiagnosed because people don’t associate it with aches and pains. By the same token, having chronic pain puts you at risk for depression.



Risky Sexual Behavior

Depression is more commonly associated with lost libido than with an increased interest in sex. But some people use sex to cope with depression stress. Increased promiscuity, infidelity, sexual obsession, and high-risk behavior such as unsafe sex can all be signs of depression. It can also reflect problems with impulse control or be a sign of mania in bipolar disorder. And they can have serious, negative effects on health and in your personal life.

Exaggerated Emotions

Often people who are depressed show little emotional expression. Other times, they show too much. They can be suddenly irritable or explosive. They may express exaggerated feelings of sadness, hopelessness, worry, or fear. Some are caught up in a sense of worthlessness or a feeling of excessive or inappropriate guilt. The key is a sudden change in behavior. If a person who is usually flat with their feelings becomes hyperemotional, depression may be the cause.

Problem Gambling

Gambling can make you feel excited and revved up. But if you gamble more than recreationally, you may be depressed or you may suffer from a gambling addiction disorder. Problem gamblers are much more likely than others to be depressed and abuse alcohol. Many say they were anxious and depressed before they started gambling. No matter how much of a quick rush gambling causes, it won’t provide the big payoff -- relief from depression.

Smoking

Having trouble quitting smoking? Being depressed doubles your risk of smoking. Heavy smoking — more than a pack a day — and having a cigarette within 5 minutes of waking are common habits among smokers who are depressed, according to the CDC. While depressed smokers are less likely to quit, they can. Quitting programs that use techniques similar to those used to treat depression, such as cognitive-behavioral therapy or antidepressant medications, seem to help.

Not Taking Care of Yourself

What does fastening your seatbelt have to do with depression? Suddenly neglecting basic self-care can be a sign of depression and low self-esteem. The signs may be as small as not buckling up or brushing your teeth or as big as skipping physical exams or not tending to chronic conditions such as heart disease or diabetes. Get help for your depression and you’ll likely begin to take care of yourself again.

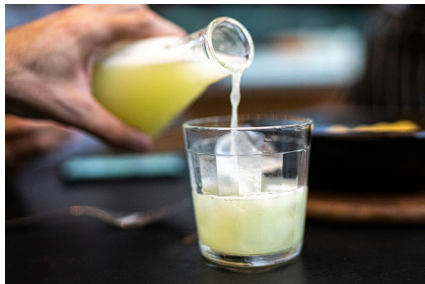
“Sometimes the worst place you can be is in your own head.”

Vitamins and Supplements to Fight Inflammation

Found at WebMD.com/vitamins-and-supplements

Vitamin A—It boosts your immune system and guards against infectious diseases. Taking 10,000 international units (IU) for 1-2 weeks may help you heal after an exercise-related injury. Vitamin A is easy to find, too. It runs high in liver, fish oils, milk, eggs, and leafy greens.

Bromelain—Got pineapple juice? Then you have this enzyme that packs anti-inflammatory powers and supports your immune system. It's sometimes used to treat tendinitis and minor muscle injuries like sprains. Some studies have shown bromelain may ease inflammation after dental, nasal, and foot surgeries. More research is needed. Doctors usually suggest taking capsules or tablets. That's because drinking juice won't supply enough.



Capsaicin—That's the hot stuff in chili peppers. It stops a group of proteins that control your body's response to inflammation. You can find capsaicin in products you put directly on your skin. You can also shake dried cayenne in your sauces and meat rubs. Start with ¼ teaspoon or less to see.

Cat's-Claw—Named for its hooks, this vine grows in South and Central America. If you have rheumatoid arthritis, ask your doctor if it might help. A small study found people who took this supplement with standard RA treatments had less joint swelling and pain. But there's no evidence it can ward off joint damage that comes with RA. Cat's-claw also has compounds thought to aid your immune system. It's sold as a pill or capsule and can be made into a tea.

Curcumin—Curcumin is found in turmeric and gives the spice its yellow hue. This traditional Indian medicinal herb is known for its natural antioxidant and anti-inflammatory properties. Studies show curcumin might help with certain conditions, including arthritis, inflammatory bowel disease, and fatty liver disease. You can find it in the spice aisle. It's also in capsules, creams, drinks, and sprays.

Vitamin E—Packed with antioxidants, vitamin E boosts your immune system and may also ease inflammation. If



you have rheumatoid arthritis, you might find it helps manage pain when used with standard treatment. You can easily get it from the foods you eat. It's in olive oil, almonds, peanuts, meat, dairy products,

leafy greens, and fortified cereal. If you need extra vitamin E, your doctor might prescribe it in drops or capsule form.

Garlic—It's worth the breath mints. Garlic slows down two inflammatory enzymes and clears the way for blood to get to your muscles. Add 2-4 fresh garlic cloves to your meals to fight swelling and pack flavor. You can rub garlic oil directly into swollen joints and muscles, too. If you prefer it from the bottle, look for aged garlic extract. Ask your doctor or pharmacist about the right dosage.

Ginger—Research shows it has anti-inflammatory powers similar to ibuprofen. One study found ginger extract tamed swelling in rheumatoid arthritis as well as steroids. It may cut muscle pain after exercise. The fresh stuff might not be enough to get the health benefits. In ginger capsules, look for the words "super-critical extraction" on the label. This means it's pure.

Omega-3 Fatty Acids—Our bodies don't make these.

Fish oil supplements are loaded with them, but you can also get the recommended amount from certain foods.

These include fatty fish like salmon and tuna, kale, vegetable and flaxseed oils, nuts, and eggs from flax-fed chickens.



Resveratrol—This natural compound is found in some berries and nuts. Some research suggests it may help with arthritis. Grab a handful of grapes, peanuts, pistachios, blueberries, cranberries, or mulberries. It's also popular in supplement form.

SAM-e—It might sound like the name of a friendly robot, but it's short for a natural compound in your body. Studies show it might control inflammation and may work as well as mainstream treatments for osteoarthritis. You can take it by mouth or get a shot. Talk to your doctor before taking it. It may clash with certain medications, including antidepressants.

Zinc—Your whole body needs this micronutrient, which can help ward off inflammation. You might already get enough zinc in your diet. It's in chicken, red meat, and fortified cereals. Talk to your doctor first if you think you might need a supplement. Zinc can cause problems with certain drugs.



Before taking any supplements or vitamins, check with your physician or health care provider and make sure they know what medications you are currently taking.

Many of the recommendations included herein are also very good for your healthy diet!

North Little Rock City Hall Welcomes New Employees



The **City Clerk/Treasurer's Office** team welcomes retired North Little Rock Police Lieutenant **Jim Scott**. Jim will join the office as Deputy City Clerk/Treasurer and Revenue Enforcement Officer. Jim recently retired from the North Little Rock Police Department and is already well known by our employees and many residents. Jim starts with Team Clerk March 1!

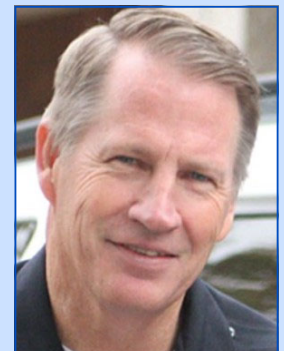


Team **Clerk** also welcomed part-time employee **Teresa Hill** in December. Teresa is a great asset to the team.



The **Mayor's Administrative Team** has the following additions:

Retired Interim North Little Rock Police Chief **Tracy Roulston** joined the Mayor's team as Chief of Staff following the retirement of Danny Bradley.



Retired North Little Rock Police Chief **Mike Davis** joined the Mayor's staff as Deputy Chief of Staff. He will assist the Mayor and Chief of Staff when needed. He fills the shoes of Charley Baxter who retired last month.



Former North Little Rock School District Communications Director **Shara Brazear** joined the Mayor's staff as Director of Communications. She takes the place of retired School teacher Jim Billings who retired at the end of 2020.



Dr. **Amessa Bennett** joined the Mayor's team as Director of Special Projects.





Laman and Argenta Library Info:
 Find Your Story with Argenta Branch's Winter Reading Challenge, and you'll be entered to win a fun gift card!

Julie at Argenta Branch shares virtual Bookchats with recommendations every month on our Facebook page and the Lamanlibrary YouTube channel.

Challenge participants read or listen to books that fall into various categories, like a title she's recommended, something from an author who's new to you, or a book that's been made into a movie or TV series. To enter, simply return your completed form through the Argenta Branch book drop, at 420 Main St., or email it to julie.delashaw@lamanlibrary.org before the March 31 deadline. Forms are available on social media or curbside at either branch. (There's also one attached.)

This month's Book Chat with Julie episode is Author! Author! – when she'll share information about a few go-to writers.




* Return completed form to Julie at Argenta Branch Library.
 You can even use the Book Drop!
 You might choose to e-mail completed answers to Julie at julie.delashaw@lamanlibrary.org.

* Returned completed form by March 31, 2021, to be entered into a drawing for a fun gift card.

* Check out books using curbside services at either Laman Library location.
 Argenta 687-1061 or Main 758-1720

Name _____
 Phone # _____
 Library Card # _____

Need a book recommendation? Give Julie a call and she will help you out weekdays between 2 - 5:45 p.m.

 Argenta Branch Library
 420 Main Street
 North Little Rock, Arkansas 72114
 501-687-1061

Get your MITTENS on a
 GREAT WINTER READ!
 2021 WINTER READING CHALLENGE

ARGENTA BRANCH LIBRARY
 Laman Library System



March Birthdays

STACY PURDY	2
JASMINE ROBERTS	5
GINNY WILLIAMS	7
KENNETH FRAZIER	9
SUSAN SHIRLEY	17

March Anniversaries

SHELBY REED	5 years
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1. Choose a book recommended by Julie during a Book Chat with Julie video.
 Visit the Laman Library Facebook page or YouTube for videos. Videos will air the 2nd Thursday of each month. Past videos can still be viewed.

2. Listen to an audiobook

3. Choose a book that retells a story

4. A book that has been made into a movie or TV series

5. Choose an author that's new to you


6. Choose a non-fiction read

7. A book set in another place or time

8. A winter setting

9. Under 200 pages

10. A book that teaches you something new (fiction or non-fiction)





**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: **1/4/2021**
Expires: **4/2/2021**



EXAMPLE

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

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

Deputy City Clerk / 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

2021 Business License Renewal Final Notices have been mailed. All renewals must be renewed by March 31, 2021 to avoid penalties.

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



The Friends of NLR History are raising money for a project *KEEPING THE PAST PRESENT*. Funds will be used to create a new interactive, state-of-the-art, museum experience with permanent and temporary/changeable exhibits.

For more information, call 501-371-0755 or email nlrhistory@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.

COVID-19 VACCINATIONS—65 AND OLDER

Arkansans who are 65 or older and those who work in education are eligible to get the COVID-19 vaccination. There won't be enough vaccine available for everyone at first, but additional supplies will come in each week and the Arkansas Department of Health will work to make it available as quickly as possible.

For more information, or to see a list of Arkansas Pharmacies administering the vaccine, visit healthy.arkansas.gov/programs-services.

Arkansans age 65 or older can call **Baptist Health** at 501-202-1540 to sign up for a COVID-19 vaccine. Vaccinations are by appointment only.

If you've had the vaccine, do you still need to wear a mask? The quick answer is **YES**.

Those who have been vaccinated might be asymptomatic spreaders. The vaccines prevent illness, but more research is needed to determine if the vaccines also prevent transmission. Experts are concerned that vaccinated people can still become infected without symptoms and then spread it to others who have not been vaccinated yet.



Since the pandemic unfolded nearly 10 months ago, experts have worried about silent spreaders, aka those who are infected but don't show symptoms. If vaccinated people don't continue to wear a face mask until more people receive their second dose, they could cause the virus to keep circulating. Getting vaccinated means you're much less likely to get sick and develop symptoms yourself, so **it's critical that we protect others while they wait for their turn to receive the vaccine.**

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North Little Rock City Council Schedule

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

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

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

City Offices located at 120 Main

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

City Council Members

Ward 1	Debi Ross 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	
Fit 2 Live.....	501-975-8777
Isaac Henry	
Special Projects.....	501-975-3737
Arnessa Bennett	

North Little Rock Curbside Recycling schedule for the month of March



Mar 1—5 recycle
Mar 8—12 no pickup
 Mar 15—19 recycle
Mar 22—26 no pickup
 Mar 29—April 2 recycle

March Anniversaries

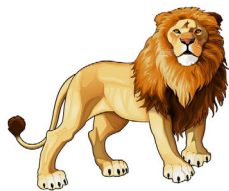
<i>Name</i>	<i>Dept</i>	<i># Yrs</i>	<i>Name</i>	<i>Dept</i>	<i># Yrs</i>
ERWIN, GARY W	Airport	5	ALSTON, JOHN M	Police	24
JONES, PATRICIA S	Animal Contr	26	FELTON, LINDA G	Police	23
KABAT, ANITA D	Animal Contr	8	BLEVINS, MICHAEL W	Police	21
WYATT, DANIEL	Animal Contr	2	LACY, DENISE G	Police	21
SADLER, LEEANN	OES/911	12	FORNEY, JOSHUA D	Police	21
ANDERSON, KYRA N	OES/911	3	STEELE, DONALD R	Police	20
CALVIN, LATOYA J	OES/911	1	THOMAS, MATTHEW C	Police	20
POZZA, RICHARD J	Electric	23	CRAIG, REBA D	Police	19
GREGORY, LANA L	Electric	23	CROWDER, JON M	Police	19
HALSEY, JACKIE L	Electric	23	HALEY, DANIEL S	Police	18
HOUSTON, JAMES C	Electric	19	CUPPS, ROBERT O	Police	18
NICHOLAS, CHRISTOPHER L	Electric	16	KINKAID, BRYAN D	Police	17
HARRIS RAY, CHRISTOPHER A	Electric	16	MODDRELL, LINDA	Police	4
WILSON, JAMES B	Electric	14	EDWARDS, LUCAS A	Police	3
DUNLAP, MARTIN W	Electric	5	STEWART, NICHOLAS T	Police	3
WOOLDRIDGE, BRYCE D	Electric	1	BLAND, TIMOTHY B	Police	3
BONNER, AMANDA M	Finance	21	HAMBY, WILLIAM	Police	1
HARPER, SHELIA R	Finance	2	JOHNSON, MICHAEL V.	Police	1
POUNDERS, JOHN P	Fire	36	LAWRENCE, TYLER	Police	1
BENNETT, RENALDO D	Fire	36	LOOPER, CODY	Police	1
TUCKER, GERALD F	Fire	31	WILBOURN, DAVID C	Public Works	10
EVANS, STEPHEN D	Fire	31	GUNN III, WALTER G	Public Works	9
ALBERS, RICKY D	Fire	31	PRIDMORE, RICKY L	Sanitation	10
DIXON, MATTHEW R	Fire	30	RODGERS, DAVID V	Sanitation	7
MUNDY, BENJAMIN G	Fire	30	JERNIGAN, EDWARD E	Street	14
JONES, BILLY E	Fire	27	ROARK, KRISTOPHER CORY	Street	7
CHASSELLS, AARON S	Fire	22	LEE, CLIFFORD E	Street	7
WORTHAM, CODY J	Fire	10	ELLIOTT, ERIC D	Street	1
DURAN, DANTANIEL L	Fire	10	BLANTON, ANGELA R	Street	1
HENDERSON, AARON M	Fire	10	VANG, BRUCE	Senior Center	2
RAYMUNDO, UZIEL	Fire	1	BANKS, VERTINA	32	3
STOUT, KEVIN COLBY	Fire	1	O'DELL, CHARLES	Park Maint	4
HOWARD, RANDALL L.	Fire	1	SMITH, ZACHARY T	Park Maint	3
GAUSS, TYREE	Fire	1	MARTIN, DELVIN DESHAWN	Park Maint	3
FLEMING, CAMILLE A	Legal	7	MORGAN, YESENIA	Park Maint	2
MILLER, MARIE-BERNARDE	Legal	5	SHUMPERT, JAMES D	Park Maint	2
FIELDS, AMY	Legal	4	HENSON, REGINA R	Parks Rec	34
BREEN, JOSEPH B	1st Court	9	WILBON, KATRINA R	Parks Rec	33
MEADOWS, DONELL	1st Court	4	BRIMLEY, JOHN	Parks Rec	4
PRICE, RUTH L	2nd Court	16	CARTER, TALON	Parks Rec	4
ANDERSON, BETTY L	HR	20	ROGERS, JOSEPH	Parks Rec	1
JONES, KRISTEN	HR	4	BARENTINE, RONALD E	Burns Park Golf	7
SPENCER, SHAWN A	Planning	19	BRYANT, JAMIE	Parks Concession	4
BOWERS, JOSHUA A	Planning	2	DANIELS, TEANA L	Parks Concession	2
KELLEY, SCOTTIE L	Planning	2	JOHNSON, DAJSAMONE R	Parks Concession	2
MERLO, MICHAEL L	Police	24	ARMSTRONG, HANNAH E	Parks Concession	2
KING, JEN-CHUAN	Police	24	TAYLOR, NAQUIA K	Parks Concession	15 2
GARRETT, PATRICK D	Police	24	MAXEY, BRECK R	IT	27
GANN, CHRIS A	Police	24	BARBER, JOHN R	IT	18

March Birthdays

Name	Dept	Date	Name	Dept	Date
EVANS, BENJAMIN	Fire	1	JORDAN, MICHAEL	Fire	17
THOMPSON, MICHAEL	Fire	1	HUMPHRIES, TODD	Police	17
HOPE, IAN	Parks Maint	1	GARDNER, OMAR	Parks Maint	17
BUTLER BEAN, FELECIA	Parks Rec	2	WELCH, CHANDLER	Golf	17
HEISER, DAVID	Traffic	3	USSERY, SHELLEY	Clerk/Treas	18
FROST, DOMINIQUE	OES/911	4	GARRINGER, DONALD	Fire	18
HORSLEY, FARRAH	Electric	4	POOLE, DENNIS	Fire	18
BRADLEY, CHRISTOPHER	Fire	4	USSERY, BRANDON	Fire	18
SMIATEK, SHANNON	Admin	5	FISHER, JON	Police	18
CROSS, JUSTIN	Police	5	JONES, ALYSON	Comm Planning	19
BRUCKS, SAMUEL	Police	6	SPRIGGS, ROBERT	Police	19
KEATHLEY, STEVEN	Electric	8	TUBBS, MARK	Police	19
SMITH, BRODY	Fire	8	JONES, JAVIAN	Parks Rec	19
BARNES JR, HERMAN	Hays Center	8	BRYANT, JAMIE	Concessions	19
GRAYSON, BRIAN	Animal Contr	9	TAYLOR, BECKY	Clerk/Treas	21
CARTER, JARROD	Fire	9	ALLEN, RODNEISHA	Concessions	21
ALMON, WARREN	Fire	10	EVANS, STEPHEN	Fire	24
MAULDIN, ROBERT	HR	10	MIDDLETON, WILLIAM	Street	24
WEBB, HEIDI	Police	10	MIDDLETON, DEBORAH	1st Court	25
NORTHCUTT, JARED	Electric	11	JAMESON, JAY	Golf	25
MONTGOMERY, ERIC	Fire	11	BURKS, CINDY	OES/911	26
SPENCER, LESLIE	Sanitation	11	WARD, PATRICK	Police	26
SMITH, JOHN	Street	11	KIMES JR, NATHAN	Police	27
HARLAN, TRENT	Fire	12	AMBROSE, DOMINIQUE	Electric	28
ROBINSON, DAVID	Fire	12	WILLIS, CRYSTAL	Purchasing	28
BEASTON, RICHARD	Police	12	MCEUEN, ELLISA	Police	28
TEMPLE, JOHN	Police	12	EVERETT, THOMAS	Traffic	29
THORNTON, GARY	Code Enf	12	CAPLINGER, JEFFREY	Parks Spec Projects	29
HADDOCK, TYSON	Fire	13	KINCAID JR, WILLIAM	Electric	30
TUCKER, ALTORIA	Sanitation	13	HELTON, CARMEN	Police	30
BROOKS, BLAKE	Parks Maint	13	RAY, VINCENT	Police	30
ROE, JASON	Fire	15	PERALTA, MAGDALENA	HR	31
LESTER, JESSICA	Police	15	MCGOWAN, SEAN	Police	31
JOSEPH, MARK	Golf	15	BOWIE, TYLER	AIMM	31
KNIFE, JASON	Fire	16			

Information regarding employee anniversaries and birthdates is provided by Human Resources the prior year (i.e. 2021 was provided in 2020). 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 20 years. My total service with the city is 30 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)

North Little Rock Lions Club



Annual **Bob Moore Memorial Fish Fry** April 16, 2021



*Three Catfish Filets, Cole Slaw,
Hush Puppies and French Fries*

CARRY OUT ONLY

Serving 4:30PM Until 6:30PM

Burns Park Hospitality House In North Little Rock

Tickets are only \$14!

**Get yours today from any NLR or Argenta Branch of the
North Little Rock Lions Club member!**

Also available at the door



We Serve

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