Provided by Diane Whitbey, City Clerk and Treasurer

March 2024 is a busy month!



March 5, 2024—Primary Election

The Notice of Election includes:

List of polling places
Preferential Primary General
Election Candidates
Republican, Democrat and
Nonpartisan



March Annual School Election

To view on line go to: https://static.ark.org/eeuploads/pulaski/03052024_Notice_of_Election_v1.pdf.

To view your sample ballot, go to: https://www.voterview.ar-nova.org/voterview. You will be asked to enter your first name, last name and date of birth. Sample ballots will come up for Democratic Primary, Republican Primary or Nonpartisan Judicial General Election.

Spring forward Sunday—March 10, 2024 at 2:00 a.m.

Did you know daylight saving time has been observed for more than 50 years!



Millions of clocks across the United States will revert to daylight saving time in just a few days! Aside from loosing an hour of sleep, the time change also means the daunting chore of mentally manually changing clocks. Most newer electronics change automatical-

ly, but some household appliances still need a manual adjustment.

St. Patrick's Day— March 17, 2024

Whether you are Irish or not, don't forget to wear green!





First Day of Spring 2024—March 19, 2024

The March equinox happens on March 19 at 11:06 p.m. EDT. This falls on a Tuesday and is the astronomical beginning of the spring season in the Northern Hemisphere and the autumn season in the Southern Hemisphere.

The spring equinox occurs when the Sun crosses the celestial equator going south to north. It's called the "celestial" equator because it's an imaginary line in the sky above the Earth's equator. Imagine standing on the equator; the Sun would pass directly overhead on its way north.

Easter-March 31, 2024

Did you ever wonder why Easter changes every year? An article by Catherine Boeckmann (updated January 31, 2024) provided some information.

Easter 2024 will be observed on Sunday, March 31. The most important Christian Holiday, Easter, is a "movable feast." It is always held on a Sunday, hence the name, Easter Sunday. The holiday is observed between March 22 and April 25.

In over a 500-years period (from 1600 to 2099 AD), it just so happens that Easter will most often be celebrated on either March 31 or April 16.

Easter Sunday always occurs on the Sunday after the Paschal Full Moon. What is the Paschal Full Moon? This is specifically the first Sunday following the full Moon that occurs on or after the March or spring equinox.







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

Pet Owner's Springtime Checklist

Found at alexvet.com/blog

Have you thrown yourself into your spring cleaning? If you're like most people, you're airing out the house, getting some plants in the ground, and enjoying the beauty of this season with your pet by your side. In fact, this is one of the best times of year to be a pet—the birds and squirrels are active and back to their favorite hobby of entertaining our dogs and cats, and the weather is perfect for letting some fresh air in for your cat or taking your dog on a long walk. If you've knocked out your spring cleaning and are ready to move on to some pet care musts, we're here to help! We put together a list to help you plan your springtime pet care.

Use this list to identify tasks then check them off, so you have more free time to spend with your pet.

Refill your pet's parasite preventatives

Parasites like fleas, ticks, and heartworms reappear in full force this time of year. While they never completely go dormant, there is a surge of cases that come through our clinic once spring arrives.

While fleas and ticks may seem like only a nuisance, these pesky pests carry potentially fatal diseases. Heartworms can also be deadly and wreak havoc on a pet's cardiovascular system. So, be sure to refill your pet's parasiticides before they take full advantage of the spectacular weather with some outdoor adventures.

"WHY DOES MY PET NEED AN APPOINTMENT FOR A NEW PARASITE PREVENTION PRESCRIPTION?"

When we prescribe your pet medications, we need to verify that they're healthy enough to handle any side effects. Additionally, heartworm medication only kills the larvae. This means if your dog is infected with heartworms, a new prescription will only control any new larvae that hatch while the adult heartworms rob your pet of their health. Therefore, we need to verify that your pet is free and clear of these parasites before prescribing any medications.

Get a fresh start to the season with grooming

As parasites re-emerge along with pollen, mold, and dander, it's important to wash and clean your pet's belongings. Not only will this renew their scent as you freshen up the rest of your house, but it will minimize your pet's exposure to these irritants.

Be sure to wash your pet's:

- Bed and bedding
- Collar and leash
- Food and water bowls
- Car seat covers

- Toys
- Food mats
- Food storage containers
- Rugs and carpet

Check for signs of allergies

Everything is in bloom... and so are those spring allergies. If you've noticed your pet experiencing signs of allergies, be sure to make an appointment to help them find some relief from their discomfort.

The most common signs of spring allergies in pets include:

- Itchy paws
- Itchy skin
- Itchy ears and/or head shaking
- Rashes or bumps
- Watery eyes
- A runny nose
- Ear discharge
- Sneezing
- Excessive itchy and rubbing
- Greasy skin and fur
- Scabs
- Hair loss
- Odor

Survey your home and yard for Spring hazards

Finally, you want to safeguard your pet from any spring hazards that could do them harm. This includes possible toxins and tools that may present a physical danger. A little preparation, organization, and due diligence in this area could save your pet's life.

Be sure to:

- Put away any gardening equipment after use
- Store herbicides and pesticides out of reach
- Place all household cleaners in a pet-safe location
- Close windows and doors before you leave
- Survey your home and yard for toxic plants
- Check your fence line for any weak spots and repair them

Start Spring on the right paw

Take advantage of the sunshine and warm weather while checking these items off your to do list. We're here for you if you need to refill your pet's prescription and to help you better understand your pet's needs. We hope that your spring is filled with bright memories with your pet. Happy spring from your veterinary team!





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

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

Please Don't Litter
Spay or Neuter
Your Critter

Don't shop! Please adopt!



North Little Rock Fire Department



7 Spring Cleaning Tips: Fire Safety

By: National Fire Fighter Wildland Corp-found at https://www.nationalfirefighter.com/blog/7-Spring-Cleaning-Tips

The first day of spring is just around the corner and warmer temperatures are approaching! With more daylight, many people feel a renewed sense of energy and begin to tackle those projects around their homes they put off during the darker winter months. Spring cleaning is an important part of keeping your home and family safe from fire, and can be overlooked. This spring, make fire safety part of your routine to stay on top of fire prevention in your home, whether you own your home or rent. Add these tips to your weekend to-do's, and enjoy the peace of mind that comes with prevention.

Clean Your Grill

Some families grill year-round, while others break it out again in the spring and summer. While your grill sits over winter, grease, and build-up can harden and make it easy work for fire to catch. Before firing it up this spring, inspect it for damage and remove any trapped grease or debris that may have lingered there. A thorough cleaning will help avoid preventable grill fires in the future.

Maintain Your Yard

Dried leaves can be especially flammable and need to be removed from any areas near your household structures, garages, and sheds. Debris is one of the top fire-causing factors in home fires, but your risk can be reduced with simple yard maintenance. Pay special attention to twigs and branches, and dead plant life that could catch fire easily when dried.

Kitchen & Cooking

Cooking is the number one cause of home fires, according to the U.S. Fire Administration. Whether you're frying, grilling, broiling, or boiling, stay in the kitchen whenever you are cooking and never leave a hot stove unattended. When you're tackling kitchen cleaning this spring, remove any items that may be on or around the stove that could catch fire; napkins, wooden utensils, cookbooks, etc. Redesignate safe areas for these items to go while keeping

your stovetop clean and clear from your everyday household items. Pro tip: Keep pot and pan handles towards the back of your stove when in use to avoid them getting bumped!

Candles

We all love a good-smelling home and new candles may seem essential for spring, but firefighters will warn you against the dangers of burning candles irresponsibly, as they are a common cause of home fires. According to the National Fire Protection Association (NFPA), candles were a cause of more than 7,600 reported home structure fires between 2014 and 2018. The good news is that most candle fires are preventable. Keep candles away from flammable materials such as curtains, bedding, home decor, books, or dried plants or flowers. Make sure they have a stable location where you or a pet can't knock them over easily, and of course, never leave them unattended.

Smoke Alarms

Changing out your filters and light bulbs this spring? Add checking your smoke alarms to your list, and grab extra batteries at the store as needed. If your smoke alarm is older than 10 years, it needs to be replaced. Test your smoke alarms throughout the house, making sure you have one in every area as designated by your local fire department and zoning/building codes. Test your alarms regularly (once a month is recommended), and be sure to have one on every level. Most children who die in fires live in homes without working smoke alarms – err on the side of safety and do your spring cleaning smoke alarm due diligence.

Safe Home Heating

The second leading cause of home fires, fires caused by home heating can be prevented with a few simple steps according to NFPA. Practice the three-foot rule, ensuring anything that can burn is at least three feet away from heating units in your home including wood stoves, porta-

ble heaters, and radiators.

Escape Plan

An escape plan for your home is a great thing to revisit during spring, and at least twice per year. Your plan should have two ways out of each room, and a designated safe meeting spot outside of the home where everyone in the household knows to go in the event of a fire.

Spring is the perfect time to change the batteries in your home smoke alarm(s). If you need assistance, a free smoke alarm or a home fire safety survey performed, please call the North Little Rock Fire Department at 501-340-5377.

This service is provided through the "Firefighters Organize Community Understanding on Safety" (F.O.C.U.S) Program.





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

Senior Center—9,309 members visited with 300 being the highest one-day total. 97 new members. 821 volunteer hours.

Sanitation—Garbage and yard waste crews collected 2,036.55 tons (4,073.10 lbs) of household garbage, rubbish and junk. Yard Waste crews also collected 51 loads (1,418.00 cubic yards) of green waste. Leaf crews picked up 52 loads (1,716.86 cubic yards). 338 waste tires picked up. Sanitation Code performed 14 inspections, 14 reinspections and issued 10 notices for non-compliance. No citations were issued in January. Continue to work moveouts, illegal dumping). Curbside recycling tonnage was not provided.

Traffic Services—Barricade Permits—59, AR One Call— 58, Signs/Post replaced-17, City Vehicles marked with logo—15.

Police—violent and property crimes down for the month. Hosted Joint Police Academy Family Orientation. About 90 family members of new recruits attended. First Joint Police Academy for 2024 underway with 19 recruits.

Fire—1,324 incidents, 745 Rescue & EMS, 179 Good Intent Call, 218 Service Calls, 94 False Alarm, 43 Fire. 4,327 Fire Training hours. 144 Building Surveys.

Emergency Services/911—Incoming calls: 4,460—non-911 calls, 5,459—911 calls, 493—abandoned 911 calls.

Planning—566 inspections, covered over 4,823 miles within city. 132 HVAC, 142 Plumbing, 209 Electrical, 83 Building inspections. 7 sign permits, 0 banner permits, 6 demolition permits, 16 new single-family permits—average \$106,590, 34 residential remodel permits—average \$25,341, 3 residential addition permits, 5 new commercial permits—average \$2,411,792, 7 commercial remodel permits—average \$1,012,330, 0 new multi-family permit, 0 new multi-family units, preliminary single family lots—63.

Code Enforcement—assigned calls—79, initiated calls 254, citations—4, violation notices—326, vehicles tagged-113, vehicles towed—1, lots posted—4, signs removed—0, structures inspected—40, rental inspections—28, food service inspections—26, search warrants—-0, structures condemned-6, houses demolished by city-5, houses demolished by owner—7, vacant lots cleaned—53, lots with structures cleaned—0, vacant houses secured—2, tires removed—122.

Parks and Recreation—Youth basketball league underway (150 participants), Cheer-25 participants, Community Center open as Warming Center January 12-22, staffed by city employees. Volunteer Income Tax Assistance (VITA) will offer free tax help through April 9 (qualifications may apply). Tennis Center hosted Level 5 and 6 NTRP Championships. Youth baseball practice underway. Pickleball BUSY!!! Arkansas Inland Maritime Museum—312 visitors, Scout Group 457—Memphis, TN (29 visitors), US Naval Sa Cadets, Camp Robinson (26 visitors), Bridgeway offsite meeting (20 people. Closed January 14-21, 2024 dues to freezing temperatures.

Animal Services—

Incoming:

Dog 142/ytd 142 Cat 44/ytd 44 4/ytd 4 Other

Adopted:

Dog 51/ytd 51 Cat 33/ytd 33 Other 5/ytd 5

Reclaim:

Dog 29/ytd 29 Cat 0/ytd 0Other 0/ytd 0

Euthanized:

76/ytd 76 Dog 9/ytd 9 Cat 0/ytd 0 Other

Service calls: 409/vtd/409

Citations: 50/ytd 50

Vouchers (spay/neuter) issued: 46/ytd 46

NLR Electric—

Customers: 40,039 Revenue: \$7,839,195 Peak Demand: 155,994 kW Territory: 60 square miles

RS (Residential Solar) Net Meter Customers: 384 (55

pending)

Total RS solar panel capacity: 2,484.2 kW Average RS solar panel capacity: 7.57 kW Residents with solar arrays larger than 10 kW: 67 Total capacity of customer-owned solar: 5,389.6 kW Major outages: 1-12-24—uprooted tree on Snake Hill (1,032 customers out 77 minutes, 90 customers out 236 minutes.

Leaf pickup will END March 29, 2024



North Little Rock Leaf Vacuums continue to run If you haven't raked your leaves to the curb

yet, get'r done! Call 501-371-8340 to get on the list

Leaves must be within 6 feet of the curb NOT in the street or gutter.

Leaves should not be mixed with any other green waste or trash.

Leaves cannot be picked up if they are blocked by vehicles or other obstacles.

Bagged leaves will be picked up weekly.

For information please call 501-371-8345.



Monthly Financial Report—J	anuary 2024
Revenues	
Miscellaneous	\$ 174,420
Licenses & Permits	\$ 1,530,446
Property Tax	\$ 183,319
Intergovernmental	\$ 130,592
Franchise Fees	\$ 558,385
Local Option Sales Tax	\$ 5.773.709
Charges for Services	\$ 189,928
Fines & Fees	\$ 122,520
Interest Income	\$ 57,287
Net Transfers	\$ 174,420 \$ 1,530,446 \$ 183,319 \$ 130,592 \$ 558,385 \$ 5,773,709 \$ 189,928 \$ 122,520 \$ 57,287 (\$ 1,073,464)
Total	\$ 7,647,142
	¥ 1,4 11,1 1=
Expenditures	
Administration	\$ 252 158
Animal Shelter	\$ 57,678
Special Appropriations	\$ 555,467
City Clerk	\$ 28 689
Emergency Services/911	\$ 252,158 \$ 57,678 \$ 555,467 \$ 28,689 \$ 201,450 \$ 95,119 \$1,328,698
Finance	\$ 95 119
Fire	\$1 328 608
Health	\$ 7,705
Legal	\$ 50,012
1st Court	\$ 40,893
2nd Court	\$ 29,535
Human Resources	\$ 68,729
Planning	\$ 62,303
Police	\$ 7,705 \$ 50,012 \$ 40,893 \$ 29,535 \$ 68,729 \$ 62,303 \$1,596,076
Code Enforcement	\$ 67,990
Public Works	\$ 49,093
Neighborhood Services	\$ 24,581
Sanitation	\$ 501,680
Vehicle Maintenance	\$ 34,142
Senior Citizens Center	\$ 89,431
Communications	\$ 30,858
Fit 2 Live	\$ 67,990 \$ 49,093 \$ 24,581 \$ 501,680 \$ 34,142 \$ 89,431 \$ 30,858 \$ 4,931
Total	\$ 4,831 \$ 477 240
IUlai	\$5,177,218

Karen Trevino Inducted into Arkansas Tourism Hall of Fame

North Little Rock Convention & Visitors Bureau President and CEO was inducted into the AR Tourism Hall of Fame.

Last month.



Trevino has a Masters of Arts in Tourism Planning and Development and has earned several travel industry certifications over the years: Certified Diversity Travel Professional, Certified Culinary Travel Professional, Certified Travel Specialist and Certified Tourism Marketing Professional.

She has a served on a number of public and private committees and has held board roles over the years at: Argenta Community Theater, Argenta Downtown Council, Arkansas Association of Convention and Visitors Bureaus, Arkansas Dance Network, Arkansas Festivals and Events Association, Arkansas Hospitality Association, Arkansas River Cities Sports Commission, Arkansas Tourism Development Foundation, Arkansas Travel Council, Culinary Arts and Hospitality Management Institute Advisory Board, Heart of Arkansas Tourist Association, Junior League of North Little Rock, North Little Rock Chamber of Commerce, Pulaski Technical College, Riverfest, 600 Main POA, Southeast Tourism Society, Skål International Arkansas, Skål International USA and the Susan Komen Runway for the Cure.

Trevino's accomplishments and volunteerism have made a positive difference in the state tourism industry. These same accomplishments continue to make a difference in the City of North Little Rock!

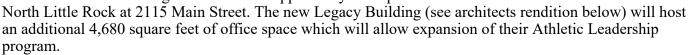
Congratulations Karen! Keep up the good work for North Little Rock and the State of Arkansas!

Special Olympics Arkansas (SOAR)

SOAR has been transforming lives through Sport and Health for over 50 years. Today SOAR serves 19,500 athletes ages 8 up and 25,000 Young Athletes ages 2-7.

On March 16, 2024, North Little Rock Police Detective Raul Dallas will be participating in a 24-hour endurance run which will take place in Burns Park. The event is **Death by 5k** which consists of 10 consecutive 5K races in a 24-hour period of time.

Detective Dallas is using the event as an opportunity to help SOAR rebuild their in





If you would like to support Detective Dallas in this effort and support him as he takes on the Death by 5K click on the following link: https://

www.flipcause.com/secure/cause_pdetails/

MTU0NDE2. You can also make a donation through SOAR, just be sure to mention North Little Rock Police Detective Raul Dallas when you do. Call 501-771 -0222 for more information.

A New Era of Space Travel

Written by Bonnie Joffe / Photo by Getty Images Found in American Lifestyle Magazine

Just a few short years ago, the famous *Star Trek* motto "to boldly go where no man has gone before" seemed like mere science fiction, but it's quickly becoming a reality. The budding space tourism industry has the potential to not only change the way we think about and interact with the universe but also enable us to explore the unknown. Before we know it, civilians will have an exciting opportunity to experience the thrill of weightlessness and view the beauty of our planet from space—and that is only the beginning.

Defining space travel

Generally speaking, experts consider the edge of space to begin around fifty or sixty miles above the earth's mean sea level. According to Jane Reifert, vice president of marketing at Incredible Adventures, a space-themed adventure park in Sarasota, Florida, there are two types of space travel: orbital and suborbital. She notes that the distinctions between them are their travel speed, altitude above the earth, and duration. For example, an orbital craft must reach 17,400 miles per hour to remain in space and achieve at least one orbit (which takes approximately ninety minutes, depending on the altitude). In contrast, the speed for a suborbital spacecraft is much slower, ranging between 2,200 to 3,700 miles per hour. As a result, it does not have the power to orbit and will come back down to earth when the engines shut off.

The future of space travel

Companies such as Virgin Galactic, SpaceX, and Blue Origin are competing for the top spot in the space race, each having invested billions of dollars over the past few decades. In fact, some projects are already in their design stages. For instance, prominent space company Orbital Assembly Corporation is set to begin construction of the Voyager Station, a rotating space hotel, by 2026 and open in 2027. Orbiting 200 miles above the earth's surface, the hotel will mimic the gravity of Mars and accommodate approximately 280 guests. It plans on offering resort-like amenities, including a restaurant and bar (with space food, of course), a gym, an entertainment center, and areas for rest and relaxation.

Although the pricing for this adventure is still not confirmed, it's estimated that it will cost as much as \$5 million for a three-day stay. Other forms of space tourism are expected to be equally pricey: A Virgin Galactic suborbital space ride would be about \$450,000.00 and a SpaceX orbital flight nearly \$10 million.

However, Reifert explains that there's more to space tourism than simply buying a ticket. First, she says, you'd have to prequalify, which involves going through centrifuge training to determine if you can withstand the intense pull of gravity (g-force). This training will gauge how your body reacts to the pressure and teach you breathing techniques to improve your tolerance level.

Of course, we're still many years away from any of these space adventures being ready. In the meantime, there are several affordable ways to simulate the space experience right here on earth's surface.



Be an astronaut for a day

Per Reifert, more than fifteen million people visit spacethemed resorts, museums, space camps, and NASA's visitor center annually. And due to the increased interest in civilian space travel, more of these resorts and attractions are currently being developed. "If you're a space enthusiast and want to experience various types of spaceflights, there are several out-of-this-world adventures to choose from." Reifert remarks.

SpaceBalloon

Starting in 2024, Space Perspective plans to take passengers up to twenty-five miles above the earth's surface. Here, they will have a 360-dgree view of the earth, which they can share with family and friends thanks to the availability of Wi-Fi aboard. In addition, this carbon-neutral pressurized space capsule can fit an entire football stadium inside it, making it roomy enough for guests to move around the ship and enjoy the sensations of floating in space. You'll even be able to book this vessel for a wedding.

Zero-gravity flights

Places like Incredible Adventures provide the opportunity to experience the effects of weightlessness and floating with their zero-gravity flights. Before taking off on the Florida park's Commander 700 aircraft, an FAA-certified flight instructor will provide instruction on what to expect and how to tolerate the pull of gravity. The freefall you feel when returning to earth from this parabolic flight will be an unforgettable, life-changing event.

Aerobatic flights

An aerobatic flight can also satisfy a desire to experience g-force—and give you the thrill of your life. During this high-intensity ride, a pilot performs air stunts such as loops, torque rolls, spirals, and inverted spins. With the abrupt changes in altitude and the acceleration and deceleration in speed, you will feel a sense of weightlessness and pull of gravity of up to 4-g.

With new technological advancements and the public's increased curiosity about space travel, space tourism is expected to grow far beyond our wildest imaginations. And as it becomes more affordable—possibly by midcentury—your desire to be launched into space may become a reality.

How to Choose Over-the-Counter Cold and Flu Meds

Medially reviewed by Neha Pathak, MD Most cold and flu drugs attack symptoms, not the specific viruses that cause the illnesses. They aren't a cure, but they can make you feel better or shorten your illness.

There's no one right way to treat a cold or the flu. But here are some questions you can ask your pharmacist to get the correct over-the-counter medication for you.

Should I take a decongestant or an antihistamine?

This depends on your symptoms. If you have nasal or sinus congestion, then a decongestant can help. If you have drainage -- either a runny nose or postnasal drip or itchy, watery eyes -- then an antihistamine could work.

COLD

SYMPTOMS

Over-the-counter antihistamines could make you drowsy. Decongestants might make you hyper or keep you awake. Antihistamines can thicken mucus, which can be a problem for people with asthma.

Both of these medications may mix poorly with other drugs, like those that treat heart disease, and they may worsen some conditions, like high blood pressure. Ask your doctor or pharmacist which one is best for you.

Is it safe to take a decongestant if I have high blood pressure?

This type of medicine can increase blood pressure and heart rate, and raise the risk of heart attacks and strokes.

Pseudoephedrine is the main decongestant taken by mouth that's available. In general, if your blood pressure is well controlled with medications, then a decongestant shouldn't be a problem as long as you closely watch your BP. This may not be true with certain types of blood pressure drugs, so check with your doctor or pharmacist about what may be best for you.

How often should I use nasal spray?

Nasal decongestants work fast to open your airways. But if you use them for more than 3 days in a row, you may end up more stuffy than you were at the start.

Some doctors suggest using a saline spray instead of a medicated spray. It may take longer to work, but you won't have problems down the line.

What's the deal with cough medicine?

An occasional cough clears the gunk from your lungs. But one that goes on and on needs treatment.

On the shelf you'll find tons of cough medicines with a zillion combinations of decongestants, antihistamines, analgesics/antipyretics, cough suppressants, and expectorants. Ask your pharmacist which, if any, would be right for you.

What should I take for fever and aches?

A fever can be a good thing. It kick-starts your immune system and helps your body fight off an infection by torching bacteria and viruses.

COLD or FLU?





Doctors no longer suggest you try to lower it, except for people who are very young or old, and those with certain medical conditions such as heart disease or lung disease. If you're uncomfortable, though, it's fine to take a fever-reducer medication.

Young people, including those in their early 20s, should avoid aspirin. Medicines with acetaminophen and ibuprofen are best. Each type has its own set of risks, so talk to your doctor or pharmacist about which is best for you. Be careful not to overdose. These drugs are often mixed in with cough and cold and flu remedies. Read the labels, and don't take a separate pain remedy if your cough or cold medicine includes one. If you're not sure what's in it, talk to your pharmacist before you take it.

What's best for my sore throat?

Drink lots of fluids, and use a salt-water gargle for relief. To make it, mix a cup of warm water and a teaspoon of salt. Some medications you take by mouth like acetaminophen, medicated lozenges, and gargles can also temporarily soothe a sore throat.

Get your doctor's OK before you take anything, even over-the-counter drugs. Don't use lozenges or gargles for more than a few days. The drugs could mask signs of strep throat, a bacterial infection that should be treated with antibiotics.

Found at webmd.com

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If you think you may have a medical emergency, call your doctor or 911 immediately. WebMD does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned on the Site. Reliance on any information provided by WebMD, WebMD employees, others appearing on the Site at the invitation of WebMD, or other visitors to the Site is solely at your own risk.

NR VV

Peddlers Permit City of North Little Rock

Issued to: Mel Dun Issued: 1/2/2024 Expires: 4/3/2024



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 nlr.ar.gov, then click City Departments and scroll down to City Clerk and Treasurer. Look for the dark box and click on Current Door to Door 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 <u>3 permitted door to door solicitors</u>. 2 with Edward Jones and 1 with the Arkansas Democrat/Gazette.

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.

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

All 2023 NLR Business Licenses expired December 31, 2023. A grace period is allowed for renewals in 2024.

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.

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

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

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

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

Below is a list of a few new questions...

Q&A...I have a business license in Conway? No, you don't. The City of Conway and a few others around the state do not require a business/privilege license. You may obtain a business license from any city or town within the state that does require a business license and it should be honored by others cities.

Q&A...If my business is physically located in North Little Rock, can I get a business license in Sherwood instead? You could, however, if you have a brick and mortar location in North Little Rock you will have to get a North Little Rock Business License as well.

Q&A...*I* want to make and sell my crafts online, do I need a license? Yes. You are creating a product to sell for profit. A License is required.

Q&A...Can I have a yard/carport/garage sale at my home? Yes, one is permitted per quarter (or every 3 months). More than that is considered a business and requires zoning and a license.

What happens if I do business without a license? You will be issued a citation and have to appear in court. You are then subject to a fine and any court costs associated with the same. Failure to appear could result in a warrant and revocation of your driver's license.

If you want to check to see if a business is licensed with us, please call 501-975-8617.

North Little Rock City Council Schedule

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

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

The City Council Agenda can be found at nlr.ar.gov, then click on the Elected Officials tab, followed by City Council then scroll to upcoming City Council Agenda.

<u>City Council Members</u>			Utilit
_	Debi Ross	501-753-0733	3
	Nathan Hamilton	501-952-7679	а

Vince Insalaco III 501-951-0786

501-758-2877

Ward 2 Linda Robinson		501-945-8820
Maurice Taylor		501-690-6444
Ward 3	Steve Baxter	501-804-0928

Ward 4 Charlie Hight 501-758-8396

Ron Harris

Other Elected Officials

Mayor Terry C. Hartwick 501-975-8601

City Clerk/Treasurer Diane Whitbey 501-975-8617

City Attorney Amy Fields 501-975-3755

Dist Court Judge Randy Morley 501-791-8562

Dist Court Judge Paula Juels Jones 501-791-8559

North Little Rock Curbside Recycling schedule for the month of March 2024.



Ward 1

February 26—March 1 recycle

March 4—8 no pickup

March 11—15 recycle

March 18-22 no pickup

March 25—29, recycle

City Offices located at 700 West 29th

Construction and Building Services

Mary Beth Bowman 501-975-8881

Finance, Ember Strange 501-975-8802

Fit 2 Live, LaKaisha Shelby 501-442-7406

Human Resources, Betty Anderson 501-975-8855

Legal, Amy Fields, City Attorney 501-975-3755

Planning, Shawn Spencer 501-975-8835

Utility Payment Assistance and Other Numbers

Central AR Development Council......501-603-0909

Little Rock Catholic Charities...501-664-0640 ext 459

Saint Francis House......501-664-5036

Watershed......501-378-0176

Helping Hand of Arkansas..... 501-372-4388

River City Ministries......501-376-6694

Arkansas Metro.....501-420-3824

Arkansas Food Bank......501-565-8121

American Red Cross......501-748-1021

Salvation Army......501-374-9296

Telephone Numbers for City Hall

Mayor's Office......501-975-8601

Terry C. Hartwick

City Clerk & Treasurer......501-975-8617

Diane Whitbey

Communications......501-975-8833

Shara Hutchcraft

External Relations......501-975-8605

Margaret Powell

Revenue Enforcement....... 501-975-8612

Officer Jim Scott

Special Projects/DEI.....501-975-3737

Arnessa Bennett

March Birthdays

Name	Dept	Date	Name	Dept	Date
THOMPSON, MICHAEL	Fire	1	JOSEPH, MARK	Parks Golf	15
EVANS, BENJAMIN	Fire	1	WOOLF, JACK	Electric	16
HAHN, DUSTIN	Fire	1	KNIFE, JASON	Fire	16
HOPE, IAN	Police	1	HUMPHRIES, TODD	Police	17
KEATHLEY, ROBERT	Code Enforcement	1	USSERY, SHELLEY	City Clerk/Treasurer	18
KEY, MONICA	Parks Recreation	1	POOLE, DENNIS	Fire	18
ARCHER, WALTER	IT	2	USSERY, BRANDON	Fire	18
HEISER, DAVID	Traffic	3	FISHER, JON	Police	18
DEAN, DOMINIQUE	OES/911	4	GIPSON, COEDY	Fire	19
HORSLEY, FARRAH	Electric	4	JONES, ALYSON	Planning	19
BRADLEY, CHRISTOPHER	Fire	4	TUBBS, MARK	Police	19
CROSS, JUSTIN	Police	5	LEONARD, ALLISON	Finance	20
GATES, COLLIN	Police	5	LATINA, THOMAS	Police	21
BRUCKS, SAMUEL	Police	6	COVINGTON, ETHAN	Vehicle Maint	22
JACKSON, IRVING	Police	7	WARD, JUSTIN	Electric	23
SMITH, BRODY	Fire	8	MCCLENDON, SUSIE	Finance	23
CARTER, JARROD	Fire	9	LOFTIS, LOGAN	Police	23
ALMON, WARREN	Fire	10	EVANS, STEPHEN	Fire	24
MAULDIN, ROBERT	HR	10	COMMONS, LILLIE	Police	24
SPARKMAN, EMILY	Police	10	MIDDLETON, WILLIAM	Street	24
MARION, MARCUS	Street	10	WARD, PATRICK	Police	26
WORLEY, ANITA	Finance	11	AMBROSE-LLOYD, DOMINIQUE	Electric	28
SPENCER, LESLIE	Sanitation	11	WILLIS, CRYSTAL	1st Court	28
SMITH, JOHN	Street	11	MCEUEN, ELLISA	Police	28
ROBINSON, DAVID	Fire	12	EVERETT, THOMAS	Traffic	29
HARLAN, TRENT	Fire	12	CAPLINGER, JEFFREY	Special Projects	29
BEASTON, RICHARD	Police	12	KINCAID JR, WILLIAM	Electric	30
TEMPLE, JOHN	Police	12	RAY, VINCENT	Police	30
HADDOCK, TYSON	Fire	13	HELTON, CARMEN	Police	30
CAPES, JUSTIN	Police	13	PERALTA, MAGDALENA	HR	31
ROE, JASON	Fire	15	MCGOWAN, SEAN	Police	31



Don't be in the dark without the proper glasses to view the 2024 Total Eclipse on Monday, April 8, 2024! Keep in mind, SUNGLASSES will not work!
You must have special solar eclipse glasses. Solar eclipse

glasses block out EVERYTHING so you can only see the sun. As the eclipse occurs, you will clearly see it in these glasses.

Viewing any part of the bright Sun through a cameral lens, binoculars, or a telescope without a special-purpose solar filter security over the front of the optics will instantly cause severe eye injury (found at spinger page gov/celipses)



March Anniversaries

Statett y Little Veloui tee					
Name	Dept	# Yrs	Name	Dept	# Yrs
ERWIN, GARY	Airport	8	HALEY, DANIEL	Police	21
JONES, PATRICIA	Animal Shelter	29	ALSTON, JOHN	Police	27
KABAT, ANITA	Animal Shelter	11	KINKAID, BRYAN	Police	20
SADLER, LEEANN	OES/911	15	BLEVINS, MICHAEL	Police	24
CALVIN, LATOYA	OES/911	4	LACY, DENISE	Police	24
ANDERSON, KYRA	OES/911	6	FORNEY, JOSHUA	Police	24
HALSEY, JACKIE	Electric	26	CUPPS, ROBERT	Police	21
NICHOLAS, CHRISTOPHER	Electric	19	EDWARDS, LUCAS	Police	6
GREGORY, LANA	Electric	26	STEWART, NICHOLAS	Police	6
DUNLAP, MARTIN	Electric	8	JOHNSON, MICHAEL	Police	4
HARRIS RAY, CHRISTOPHER	Electric	19	LOOPER, CODY	Police	4
WILSON, JAMES	Electric	17	HAMBY, WILLIAM	Police	4
ROBERTS, ANDREA	Electric	2	LAWRENCE, TYLER	Police	4
HARPER, SHELIA	Finance	5	GUNN III, WALTER	Pulblic Works	12
BONNER, AMANDA	Finance	24	RODGERS, DAVID	Sanitation	10
WOMACK, KALI	Finance	1	JERNIGAN, EDWARD	Street	17
MUNDY, BENJAMIN	Fire	33	LEE, CLIFFORD	Street	10
EVANS, STEPHEN	Fire	34	JOHNSON, VICTOR	Street	1
TUCKER, GERALD	Fire	34	ELLIOTT, ERIC	Street	4
ALBERS, RICKY	Fire	34	BLANTON, ANGELA	Street	1
HENDERSON, AARON	Fire	13	GILMORE, VANESSA	Senior Center	2
DURAN, DANTANIEL	Fire	13	VANG, BRUCE	Senior Center	5
WORTHAM, CODY	Fire	13	MORGAN, YESENIA	Parks Admin	5
GAUSS, TYREE	Fire	4	O'DELL, CHARLES	Parks Maint	7
HOWARD, RANDALL	Fire	4	SHUMPERT, JAMES	Parks Maint	5
RAYMUNDO, UZIEL	Fire	4	AMOS, TREVIS	Parks Maint	2
STOUT, KEVIN	Fire	4	MARTIN, DELVIN	Parks Maint	6
MILLER, MARIE-BERNARDE	Legal	8	GILL JR, SAMUEL	Parks Maint	1
FIELDS, AMY	Legal	7	HENSON, REGINA	Parks Recreation	37
ANDERSON, BETTY	HR	23	WILBON, KATRINA	Parks Recreation	36
SPENCER, SHAWN	Planning	22	BARENTINE, RONALD	Parks Golf	10
BOWERS, JOSHUA	Planning	5	MAXEY, BRECK	IT	30
TALBERT, JAMES	Police	1	BARBER, JOHN	IT	21
CRAIG, REBA	Police	22	Oanal Wa	amada a mistaleal	
OLSEN, CATHERINE	Police	1	Correction from	Oops! We made a mistake! Correction from February Anniversaries!	
KING, JEN-CHUAN	Police	27	Davin Reynolds—Finance—8 year		
GANN, CHRIS	Police	27		5 at NLRPD and 3 at NLR Finance!	

If your number of years isn't correct, please email Dwhitbey@nlr.ar.gov and a correction will be included next month!

Information regarding employee anniversaries and birthdates is provided by Human Resources the prior year (i.e. 2024 was provided in 2023). So if an employee name is on the list that has retired or resigned, please disregard. Also, typos happen! Please let me know if a name is spelled wrong and a correction will be included next month! For employees who leave the city and come back in a different capacity or department, your length of service may change as well. Example, I worked in the Mayor's Office 10 years, then was elected City Clerk. I have been in the City Clerk's Office 23 years. My total service with the city is 33 years. If this scenario applies to you, please email me at least one month before the month of your anniversary month so I can include your total service to the City of NLR! Diane (Dwhitbey@nlr.ar.gov)

27

22

Police

Police

Police

GARRETT, PATRICK

THOMAS, MATTHEW

CROWDER, JON

North Little Rock Lions Club

Annual

Bob Moore Memorial

March 29, 2024 Good Friday

We serve our community through Vision screening for daycares and community events, collecting eyeglasses for recycling, assisting those in financial need of eye glasses and eye surgery



Our fundraisers also help provide financial support to organizations like World Services for the Blind, Lions Club International Foundation, Leader Dogs for the Blind, AR Lions Eye Bank and Camp Corral

Fried Catfish/Chicken plate

With All The Trimmings

Serving 4:30PM Until 6:30PM

NLR First United Methodist Church

6701 JFK Blvd., NLR, AR

Dine-in or Carryout

Price \$15.00

Contact:

Any member of the North Little Rock Lions Club OR Lion Jim Bullard at 501-766-9286 or email Jim at:

jamesbullard@comcast.net



On Monday, April 8, 2024, a full solar eclipse will travel diagonally through the state of Arkansas and there are already more than 1.5 million visitors expected to join us for this event.

Many Arkansas businesses, towns, and hospitality organizations have been preparing for this influx of travelers to our state. But do any of these plans include waste management? Even though it is a less glamorous aspect of event coordination, waste planning must be a priority to preserve our "Natural State."



Don't be in the dARk

Plan Early, Act Often and Avoid the Messy Aftermath

Land Owners and RV Park Operators

- Remember YOU are ultimately responsible for clean-up and disposal of all waste and trash generated on your property from the event.
- Consider providing trash bags to all guests and place receptacles in convenient locations.
- Post signs that encourage proper waste management and indicate trash collection locations.

Q Gas Station Operators

- Storage tanks should be filled early and often, especially in rural areas. Talk to your fuel supplier early to arrange additional fuel drops, if necessary.
- Empty trash receptacles often to prevent overflow.
- Develop a clean-up strategy to prevent excess litter from the anticipated increase in fuel station traffic.

After the Event

- Consult with your Solid Waste Management District, County Office of Emergency Management, or waste hauler to coordinate proper pick up and disposal of waste.
- Help ensure all trash is properly contained and choose a waste staging area with easy access for pick up.
- DON'T BURN IT! Arkansas law prohibits burning of household wastes to protect residents and visitors from hazardous emissions.

Additional Planning...

Since the Eclipse occurs on Monday, April 8, 2024, many tourist will arrive on Saturday, April 6, 2024. Keep in mind there will be many tourists in our area who will want to enjoy activities! Expect facilities to be fully booked.

Keep in mind a careful advance preparation and planning will help reduce your stress though! Be sure to gas up your car, make a trip to the grocery store, etc. before April 5, 2024. (It's not a snow event, but think of it like one. You don't want to run out of bread or milk!)

Traffic will likely be a bit congested April 8 after the event. By planning ahead, you will be able to avoid the flow away from the viewing areas.

—In an article published in *Astronomy Magazine* March 2022, p.28—All things being equal, a town of 10,000 is more likely to have event-related problems than a city of 75,000. Small towns with one main road may suffer hours of grid-lock. If you opt to travel to such a location, get there early, perhaps event a day or two ahead of the eclipse.—

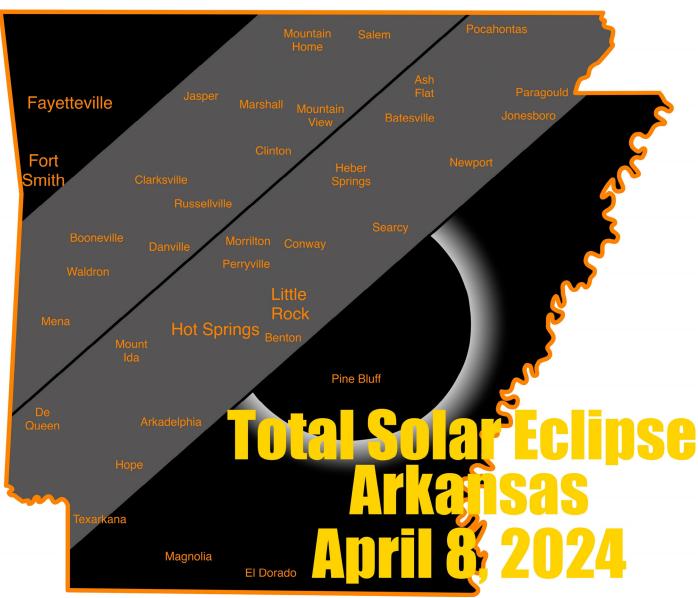
Events: There will be multiple events around the city.

Main Street will be blocked from Broadway to 5th Street (plan alternate route during closure).

Burns Park will be open for vehicle access for viewing (\$25.00 per vehicle). USS Razorback SS 394—limited parking and seating—\$25.00 per vehicle. To view

USS Razorback SS 394—limited parking and seating—\$25.00 per vehicle. To view onboard the USS Razorback Submarine—tickets \$15.00 per person—no refunds.

For more information on the two events above, visit our website at www.nlr.ar.gov, then scroll down to Total Eclipse in the Park to learn more





Get your official NLR The Great American Eclipse

Tie-Dye Tee Shirt
for only \$25.00!
and/or
Matching Eclipse Viewing Glasses
Only \$1.00 a pair
While supplies last!

Visit:

https://northlittlerock.org/welcomecenter/
then scroll down to
Shop the North Little Rock Welcome Center
where you will find many wonderful items
made right here in Arkansas!
Welcome Center Hours are
Monday—Friday 9 a.m.—4 p.m.
501-758-1424



How to View a Solar Eclipse Safely **EYE SAFETY**

A total solar eclipse is about as bright as the full Moon - and just as safe to look at. But the Sun at any other time is dangerously bright.

Looking directly at the Sun is unsafe **except** during the brief total phase ("totality") of a **total solar eclipse**, when the Moon entirely blocks the Sun's bright face, which happens only within the narrow path of totality.



The only safe way to look directly at the **uneclipsed**, **partially eclipsed**, or **annularly** eclipsed Sun is through special-purpose solar filters, such as "eclipse glasses" (rated ISO 12312-2) or handheld solar viewers. <u>Homemade filters or ordinary sunglasses</u>, even very dark ones, are not safe for looking at the Sun; they transmit thousands of times too much sunlight.

Instructions for safe use of solar filters/viewers:

Always inspect your solar filter before use; if scratched, punctured, torn, or otherwise damaged, discard it. Read and follow any instructions printed on or packaged with the filter.

Always supervise children using solar filters.

If you normally wear eyeglasses, keep them on. Put your eclipse glasses on over them, or hold your handheld viewer in front of them.

Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the bright Sun. After looking at the Sun, turn away and remove your filter — do not remove it while looking at the Sun.

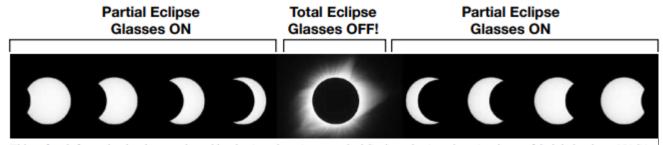
Do not look at the uneclipsed, partially eclipsed, or annularly eclipsed Sun through an unfiltered camera, telescope, binoculars, or other optical device.

Similarly, do not look at the Sun through a camera, telescope, binoculars, or any other optical device while using your eclipse glasses or handheld solar viewer — the concentrated solar rays could damage the filter and enter your eye(s), causing serious injury.

Different rules apply when viewing or imaging the Sun through camera lenses, binoculars, or telescopes; consult an expert astronomer before using a solar filter with any type of magnifying optics.

If you are inside the path of totality on **April 8, 2024**, remove your solar filter only when the Moon completely covers the Sun's bright face and it suddenly gets quite dark. Experience totality, then, as soon as the bright Sun begins to reappear, replace your solar viewer to look at the remaining partial phases. Note that this applies only to viewing without optical aid (other than ordinary eyeglasses).

Outside the path of totality, and throughout a partial or annular solar eclipse, you must **always** use a safe solar filter to view the Sun directly.



This safety information has been endorsed by the American Astronomical Society, the American Academy of Ophthalmology, NASA, the American Academy of Optometry, the American Optometric Association, and the National Science Foundation.

https://eclipse.aas.org/eye-safety

Prepared by D. Howard and C. Freyaldenhoven, Central Arkansas Astronomical Society 11-4-20.





April 6—8: Moon Block Party At Argenta Plaza

North Little Rock Tourism will host a free threeday Moon Block Party to celebrate the 2024 Total Solar Eclipse at Argenta Plaza, at 510 Main Street in North Little Rock Saturday, April 6, 2024 - Monday, April 8, 2024.

"By offering a weekend of activity, we hope to entice visitors to come early before the eclipse on Monday, April 8, to help minimize traffic the day of as well as support our local economy," said Erica Warden, Director of Market Development for North Little Rock Tourism. "The concept for the plaza is for it to be a hub, a gathering place with food and entertainment all weekend."



Need some Eclipse swag to remember this once in a lifetime event (for some of us anyway!)? Visit the North Little Rock Welcome Center at 600 Main Street. This is your headquarters for Total Solar Eclipse 2024 merchandise!

We have everything from coffee mugs that show the eclipse when you add hot liquid to cool tie-dyed tees!

Spend \$10 or more prior to April 8 and receive an additional four (4) FREE eclipse glasses!

S.O.L.A.R

Shop ahead! Observe safety Learn and be present Adapt and adjust Reduce travel

Visit https://northlittlerock.org/ april-6-april-8-moon-block-partyat-argenta-plaza/ for the full meaning of S.O.L.A.R!