



North Little Rock's marketing organization revealed a new brand last month!

When you go to the North Little Rock Convention & Visitors Bureau (NLRCVB) website, you will now see a brand new logo. In addition, there is new digital advertising and print advertising to go along with this dramatic brand shift.

The NLRCVB unveiled a new logo and positioning statement last month that is intended to reflect the city's outlook. The new logo, dubbed "NLR Happy Face," was designed to present the city as a "friendly, casual but upbeat destination," according to a NLRCVB news release. Meanwhile, the "Up to Something" brand was designed to emphasize the city's "bold, creative, can-do attitude."

The new marketing was developed after conducting a market research project with Gray Research Solutions of Nashville and a six-month rebranding effort with Stamp Idea Group of Montgomery, Alabama. During the process, guests at North Little Rock hotels and attractions were interviewed and given surveys to provide a baseline for the bureau's marketing efforts.

"An example of a baseline established through the research is visitor awareness. Only 38 percent of first-time visitors knew they were in North Little Rock,"

Stephanie Slagle, Marketing Director of NLRCVB, said in a statement. "That is something we can come back to in the coming years to see if our efforts are moving the needle. For our stakeholders, we are going to focus on educating about the impact of tourism, how the CVB can assist each partner and facilitating more conversations about how we can all work together to create new experiences."

According to David Allred of Stamp Destination Marketing, North Little Rock was often perceived as a "friendly and charming place" but was also called a "quirky" place. The subsequent marketing was developed with these consumer insights in mind.

"The genius of this mark is that it is so simple," Slagle said. "It easily can be translated across multiple platforms and audiences. For foodie events, we can say, 'We're up to something savory' and then turn around and say 'We're up to something creative' when marketing North Little Rock's arts and entertainment. There's room for flexibility and growth. We can customize our messages to different groups while maintaining a consistent, identifiable image."

Looking forward, the new NLRCVB offices and North Little Rock Welcome Center will incorporate the new branding and feature retail items with the new logo. The new offices are scheduled to open in downtown North Little Rock in April (2020).

Dogtown...North Little Rock's nickname from way back. No matter who you ask, you'll get a different story for why. But we can say with definite certainty, North Little Rock loves dogs!

Distance...so how far is North Little Rock from some of your favorite destinations?

Atlanta, GA 528 miles
Birmingham, AL 381 miles
Bentonville, AR 212 miles
Branson, MO 201 miles
Charlotte, NC 754 miles
Chicago, IL 648 miles
Dallas, TX 318 miles
Eureka Springs, AR 178 miles
Fort Smith, AR 151 miles
Hot Springs, AR 54 miles



Houston, TX 443 miles
Kansas City, KS 389 miles
Louisville, KY 516 miles
Memphis, TN 133 miles
Nashville, TN 346 miles
New Orleans, LA 427 miles
Oklahoma City, OK 336 miles
Omaha, NE 570 miles
St. Louis, MO 352 miles
Tulsa, OK 271 miles



"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 Shelter**

For more information
call 501-791-8577

February is National Pet Dental Health Month: Clean Those Teeth!

Found at dogtime.com/dog-health/dog-dental-care

Dental disease is more than just a cosmetic issue. When your feline friend or canine companion has red gums, yellow teeth, and stinky breath, it could be a sign of serious oral disease that could, if left untreated, lead to devastating affects on your pet's quality of life. Neglecting your pet's teeth and gums can cause chronic pain issues that may even be at the center of certain behavioral problems. That's why National Pet Dental Health Month, observed all through February, is so important.

An All Too-Common Problem

The American Veterinary Medical Association (AVMA) reports 80% of dogs and 70% of cats have some kind of oral disease by the age of 3. It's one of the most common problems faced by our four-legged family members. Take this month to check your pet's oral health, and make sure you know how to care for their teeth. National Pet Dental Health Month is the perfect time to call your veterinarian and schedule a dental check up for your furry family members.

"We hope National Pet Dental Health Month in February will draw attention to this serious health issue for pets," said California Veterinary Medical Association (CVMA) President Dr. Jeff Smith. "Oral disease can lead to serious consequences for pets, including infection, severe pain, even organ damage. With regular oral health maintenance and check-ups, most of these problems can be avoided."

Caring for your pet's pearly whites isn't just a February thing; veterinarians all across the country want to remind pet owners that their pet's dental health should also be a concern all year long.

"Between regular veterinary examinations, pet owners should look for the warning signs of gum disease such as bad breath, red and swollen gums, yellow-brown crusts of tartar along the gum lines, and bleeding or pain when the gums or mouth are touched," Veterinary Pet Insurance Co chief veterinary medical officer Dr. Carol McConnell recommends.

Symptoms And Prevention of Pet Dental Disease

Pets with developing gingivitis and periodontal diseases often paw at their face or mouth frequently, have excessive



drool, and may also exhibit an unwillingness to eat harder foods.

As with many health issues, prevention is always the best medicine. One way you can take a proactive role in preventing oral disease in your pet is by using an important tool that many pet owners neglect to purchase for their four-legged friends: a toothbrush.

"Unfortunately, only about 1% of pet owners brush their pets teeth," explains Academy of Veterinary Dentistry President Dr. Brook A. Niemic.

A soft-bristled toothbrush should be used to clean your pet's teeth daily to remove any food particles and prevent the build up of tartar and plaque deposits. Also, make sure to only use toothpaste specially formulated for use on pets.



Overall health begins with a good diet, but did you know that many dental health issues are caused by malnutrition? Work with your veterinarian to address your pet's nutrition and develop a health eating plan. Foods with Veterinary Oral Health Care (VOHC) seal of approval are highly recommended.

Ask Your Vet About Professional Teeth Cleaning

Keeping on top of your pet's dental health has lasting positive effects. Furthermore, some studies suggest that maintaining oral health can add up to five years to your pet's life!



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.

Please Don't Litter
Spay or Neuter
Your Critter



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



North Little Rock Fire Department

Put a **FREEZE** on Winter Fires

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter, be fire smart!



Half of all home heating fires occur in December, January and February.



Heating equipment is involved in **1 in every 7** home fires and **1 in every 5** home fire deaths.



Keep anything that can burn **at least 3 feet** from any heat source like fireplaces, wood stoves, radiators or space heaters.



Keep portable generators **outside, away from windows, and as far away** from your home as possible.



Install and test carbon monoxide alarms **at least once a month**.



Plug only **1 heat-producing appliance** (like a space heater) into an electrical outlet at a time.



Have a qualified professional clean and inspect your chimney and vents **every year**.



Store cooled ashes in a tightly covered metal container, and keep it **outside at least 10 feet** from your home and any nearby buildings.



For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter and www.nfpa.org/winter.



Highlights from some City Departments

Mayor Joe A. Smith holds a monthly department head meeting. Department heads provide a report of activities, projects and accomplishments. Below are a few highlights from the last meeting (December events).

Hays Center— 67 new members. 9,026 visits for the month. Activities included Hays Center displayed member art work, Christmas luncheon, Southern Bancorp Fraud Prevention presentation. Day trips included Pine Bluff and Hot Springs to look at Christmas lights, Des Arc and Searcy for lunch and Bingo. Public Senior Housing residents were transported to medical appointments, grocery stores, and pharmacies. Residents also traveled to Maple Place *aka* Willow House for a Thanksgiving meal. Volunteers contributed 1,032 hours.

Sanitation—Garbage/Yard Waste—2,487.02 tons (4,974,040 lbs.), Yard Waste—46 loads = 1,314.60 cubic yards (green waste). 578 waste tires collected. 21 Sanitation Code Inspections and issued 13 notices for non-compliance and 1 citation. 18 contaminated recycling bins were also picked up. Leaf crews picked up 126 loads (4,120.02 cubic yards) of loose leaves. *Leaf vacuums resumed in November. Bagged leaves will be picked up weekly.*

Traffic—83—barricade permits, signs and posts repaired or replaced—351, city vehicles marked with logo—3, AR One Call requests—43.

Police—November crime numbers showed slight increases. Property crime up 6% (mostly auto thefts), Theft from Motor Vehicles up—8% and vehicle thefts up 38% (*vehicle thefts continue to be a result of unlocked vehicles with valuables inside, along with key fobs being left in the vehicle*). *In November 20 vehicles were stolen when they were either left running (and unattended) or the fob was left inside.*

Fire—Total incidents—931
Total Unit Responses—1,676
Residential Fires—16
Vehicle Fires—5
False Alarms/Malfuctions—72
Rescue/Emergency Medical—528
Mutual Aid—2
Hazardous Material Response—10
Structure Fire fatalities—0
Vehicle fire fatalities—0
Training hours—4,029
Total Building Surveys—135

Office of Emergency Services/911—

Total incoming calls: 12,776
Non-911 calls: 6,766
Wired 911: 641 Abandoned Wired 911: 25
Wireless 911: 5,085 Abandoned Wireless: 259
Total dispatch computer entries: 7,979



Planning—7 new commercial permits (permit average \$2,382,875). Issued 12 new single family residence permits (permit average \$76,129). Issued 7 Sign permits and 0 Banner permits. Inspectors completed 884 inspections and covered 2,882 miles: 309 Electric; 121 Building; 313 Plumbing; 141 HVAC.

Code Enforcement—48 assigned calls, 218 initiated calls, 17 citations, 246 violation notices, 130 vehicles tagged, 6 structures inspected, 10 rental inspections, 21 food service inspections, 1

search warrant, 1 house demolished by city, 5 houses demolished by owner. Code Maintenance—56 assigned calls, 32 vacant lots cleaned, 0 lots with structures cleaned, secured 4 vacant houses, 0 vacant lots mowed, 0 lots with structures mowed.

North Little Rock Convention & Visitors Bureau

—Visitors Information Center in Burns Park had 320 visitors in December. Downtown RV Park had 357 campers with an average stay of 3 days. The Arkansas Inland Maritime Museum had 766 visitors.

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7 Layer Sombrero Dip Recipe

Found at hiddenvalley.com/recipe/7-layer-sombrero-dip/



- 3/4 cup Monterey Jack cheese
- 3/4 cup cheddar cheese
- 1 can (16 oz) refried beans
- 1 can (2 1/2 oz) sliced ripe olives rinsed, drained
- 1 can (4 oz) diced green chilies rinsed, drained
- 1 container (8 oz) sour cream or Greek yogurt
- 1 packet (1 oz) Hidden Valley Original Ranch Dips Mix
- 1 cup diced tomatoes
- Chopped avocado (optional)

Spread beans on 10" serving platter. Blend sour cream and dips mix. Spread over beans. Layer tomatoes, chilies, olives and cheeses on top. Serve with tortilla chips.

North Little Rock Animal Control

Incoming animals—179/YTD-2,501
Dogs—103/YTD-1499
Cats—75/YTD-987
Other—1/YTD-15
Adoptions—84/YTD-774
Dogs—60/YTD-533
Cats—23/YTD-234
Other—1/YTD-7
Reclaimed—23/YTD-316
Dogs—22/YTD-294
Cats—1/YTD-19
Euthanized—105/YTD-1,384
Dogs—53/YTD-672



Euthanized continued...

Cats—52/YTD-712
Calls for service—448/YTD-6,607

*Pulaski County (accepted at NLR)-0
YTD=Year to date*

Non-adoptable animals are those that are sick, injured, unweaned (puppies and kittens), vicious, court ordered or by owner request.

Finance—December Report—Revenues (MTD)

Note: End of year—report not available.

Want a yummy easy recipe to fix for your sweetie for Valentine's Day? Or just for you? Try the recipe below found at www.bettycrocker.com/recipes... you may want to make a little extra topping!

Lemon Velvet Cream Cake

- 1 box Betty Crocker™ Super Moist™ lemon cake mix
- Water, vegetable oil and eggs called for on the cake mix box above
- 1 package (3 oz) cream cheese, softened
- 1 tablespoon milk
- 1 tablespoon grated lemon peel
- 2 cups whipping cream
- 2/3 cup powdered sugar
- Lemon twist, if desired

Heat oven to 350°F (325°F for dark or nonstick pans). Grease bottoms only of two 8- or 9-inch round cake pans with shortening (do not use cooking spray). Make, bake and cool cake as directed on box for 8-



or 9-inch rounds. Refrigerate layers 45 minutes for easier handling.

Meanwhile, in large bowl, beat cream cheese, milk and 1 tablespoon lemon peel with electric mixer on low speed until smooth. Beat in whipping cream and powdered sugar. Beat on high speed, scraping bowl occasionally, until stiff peaks form.



Slice each cake layer in half horizontally to make a total of 4 layers. (▲ To cut, mark side of cake with toothpicks and cut with long, thin knife.) Fill each layer with 1/2 cup whipped cream mixture. Frost side and top with remaining whipped cream mixture. Garnish with additional lemon twist. Store covered in refrigerator.



We've heard a lot recently about contagious (and deadly) viruses. If you're like me, you've already been to the grocery store and stocked up on everything that contains Black Elderberry. Does it work? Don't know! But it's worth a try! Below is a recent article with information about the flu: diagnosis, prevention, and treatment.

Do I have the flu?

By Dr. Anita Bernnett MD—
Health Tip Content Editor—eDocAmerica.com
Provided through the Arkansas Municipal League
How is the flu diagnosed?

It is impossible to distinguish the flu from other infections based on symptoms alone. Having typical flu symptoms is certainly a good clue, but other infections sometimes mimic flu symptoms. There are tests available to diagnose the flu. All of the available tests require that your health care provider swipe the inside of your nose or the back of your throat with a swab that is then sent for testing. Different tests for the flu are available and the type of test used determines how quickly the results are available and how accurate the results are.

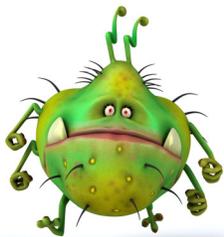
Here are some things you can do to prevent the flu:

- Get vaccinated—The best way to prevent the flu is by getting a flu vaccine every year. Everyone 6 months of age and older should get a flu shot, especially people at high risk for the flu and complication of the flu. While the flu vaccine is not 100% effective, every season influenza vaccines prevent millions of influenza illnesses, tens of thousands of hospitalizations, and thousands of deaths. In cases where people do get the flu after having the vaccine, they tend to have much a much milder case of the flu.
- Avoid close contact with people who are sick.
- Wash your hands often. Soap and water work wonders to get viruses off your hands. If soap and water are not available, you can use an alcohol-based hand disinfectant.
- Avoid touching your eyes, nose, or mouth. The way the influenza virus causes infection is by entering your eyes, nose, or mouth, and sometimes that happens because your hand has the virus on it, and then touches your eyes, nose, or mouth.
- Keep your immune system strong. You can do this by getting plenty of sleep regularly, staying physically active with a regular exercise routine, and managing stress well. Eating a healthy diet and drinking plenty of fluids is also helpful.
- Clean and disinfect surfaces. Frequently touched surfaces at home, work, or school, should get a

regular cleaning with a disinfectant product. This is especially true when you have a sick family member or coworker.

How is the flu treated?

There are now prescription antiviral medications that were developed specifically to treat influenza. These drugs need to



be started within 48 hours of getting sick in order to provide the most benefit. Sometimes they are started even later if a person is severely ill, or is at high risk for complications. These medications will not work a miracle, but they can lessen the duration and severity of symptoms.

What should you do if you think you have the flu?

If you develop flu-like symptoms you should:

- See your doctor as quickly as you can in order to be tested for the flu.
- Other than seeing the doctor, you should STAY HOME!!! Don't go to work; don't go to social events; don't go to the mall; don't go to a Super Bowl Party! STAY HOME until you have been at least 24 hours without any fever, and without taking any medication that brings fever down.
- Take over the counter medications to treat your symptoms. These medications will not prolong your illness. They won't make it go away faster either. But they can help you feel a little better. Taking medication that makes your fever go down or your symptoms a little better does NOT mean that you should go to work or school. You will just make others sick, and make your symptoms last longer. Stay home!
- Get plenty of rest.
- Drink plenty of fluids.
- Do your best to keep yourself away from other members of the household in hopes of keeping it from spreading to the entire family.

Signs of Inflammatory Bowel Disease (IBD)

Found at health@messages.webmd.com

With IBD, your intestinal walls become swollen and develop ulcers, which can cause serious digestive problems. Symptoms depend on which part of the digestive tract is involved.

What Is Inflammatory Bowel Disease?

Inflammatory bowel disease (IBD) refers to chronic conditions that cause inflammation in some part of the intestines. The intestinal walls become swollen, inflamed, and develop ulcers, which can cause discomfort and serious digestive problems. The exact symptoms depend on which part of the digestive tract is involved. Let's look at types of IBD.

Crohn's Disease

Crohn's disease is a form of IBD that can happen anywhere along the digestive tract—from the mouth to the anus. It affects the deeper layers of the digestive lining and can show up as "skip lesions" between healthy areas. Crohn's often involves the small intestine, the colon, or both. Internal tissues may develop shallow crater-like areas or deeper sores and a cobblestone pattern.

Ulcerative Colitis

Unlike Crohn's disease, ulcerative colitis involves only the colon and rectum. Inflammation and ulcers usually affect only the lining in these areas, compared with the deeper lesions seen in Crohn's disease. Often only the lower (sigmoid) colon is affected, but it can happen higher up, too. The more of the colon that is affected, the worse the symptoms will be.

Symptoms of IBD

The symptoms of ulcerative colitis and Crohn's disease are similar:

- Abdominal pain or cramping
- Diarrhea more than once a day
- Bloody stools
- Weight loss

Other Symptoms

People with IBD may have symptoms outside the digestive tract, such as:

- Mouth sores and skin problems
- Arthritis
- Eye problems that affect vision

What is the Cause?

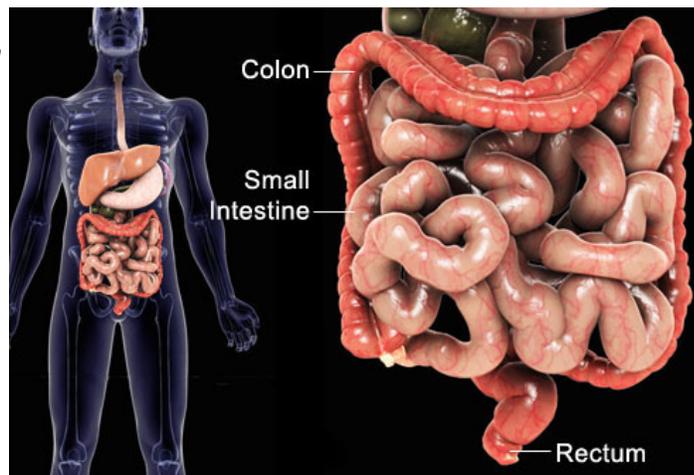
Doctors aren't sure why some people get IBD. Most believe something triggers the body's immune system to produce an unhealthy inflammatory reaction in the digestive tract. Researchers have found specific genes linked to ulcerative colitis and Crohn's disease.

Who Gets It?

IBD strikes men and women equally. It most often begins during the teenage years or early adulthood, but can develop at other times, too. People with a family history of IBD are at least 10 times more likely to develop the condition than those with no history. Caucasians and people of Jewish descent also have an increased risk.

IBD Is Not IBS

IBD is sometimes confused with IBS, which stands for irritable bowel syndrome. Both conditions can cause chronic digestive problems, but there are key differences between the two. People with IBD have inflammation, ulcers, and other damage visible inside the digestive tract. In contrast, there is no damage in IBS, despite symp-



toms such as cramping, diarrhea, and constipation. IBS is much more common but less serious than IBD.

Conditions That Mimic IBD

There are other digestive disorders that may first be mistaken for IBD. The symptoms of diverticulitis are belly pain, bloating, and diarrhea—much like IBD. But this condition involves inflamed or infected pouches along the colon wall. Another example is celiac disease, which causes cramping and frequent diarrhea, but the trigger is a protein in food called gluten. Testing can help doctors know if it's really IBD.

Barium X-ray

Several tests can help diagnose IBD. One that's sometimes done is a barium X-ray. Barium is a chalky fluid that you may take by mouth or as an enema. As it flows through your intestines, barium shows up on the X-ray. This helps doctors spot problem areas, such as ulcers, swelling, narrowing, or intestinal blockages. If problems show up, your doctor may ask you to get more imaging, such as a CT scan.

Colonoscopy

This is the most important test for diagnosing IBD. This procedure uses a thin tube with a camera to give doctors a direct view of the inside of the colon. Even small ulcers and mild inflammation can be seen this way. If any areas look unusual, the doctor may take a tissue sample (biopsy) for further investigation. Other tests for IBD include blood work to look for signs of inflammation or infection.

What to Expect

The symptoms of IBD range from mild to severe and may come and go over time. Most people have flare-ups followed by long periods without symptoms. This is called remission, and it can last for months or even years. In ulcerative colitis, about 5% to 10% of people have symptoms all the time. Chronic belly pain and urgent trips to the bathroom can interfere with work, child care, and social life.

Foods to Watch

Food doesn't cause this disease, but specific items can make your symptoms worse. These trigger foods are different for each person, but some common culprits are alcohol, coffee, soda, spicy foods, beans, fatty foods, high-fiber foods, nuts and seeds, raw fruits and vegetables, red meat, and dairy products (if you're lactose intolerant). To see the entire article go to webmd.com/ibd-crohns-disease.

Community Centers Offer Opportunities For Workouts

In North Little Rock, the North Little Rock Community Center located at 2700 Willow Street is a multi-purpose center where the people are friendly and the fees are reasonable! It features a multi-

purpose gymnasium, meeting rooms, kitchen, stage, weight room with machines and free weights, cardio fitness area, saunas and locker rooms with showers!

The center also offers classes such as strength training, yoga, Mixed Fit and more! There is also a men's open basketball league.

Hours are 6 a.m.—9 p.m. Monday—Thursday, 6 a.m.—6 p.m. Friday, and 7 a.m.—3 p.m. Saturday. The center is closed on Sunday.

For more information call 501-791-8541.

Healthy Eating for Healthy Weight

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan.

According to the Dietary Guidelines for Americans (2015-2020), a health eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs.

Diabetes Simplified

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn't a cure yet for diabetes, but losing weight, eating healthy food and being active can help. Taking medicine as needed, getting diabetes self-management education and support, and keeping health care appointments can also reduce the impact of diabetes on your life.



Health & Wellness

Heart Disease

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, you can make healthy changes to lower your risk of developing heart disease through living a healthy lifestyle. Controlling and preventing risk factors is also important for people

who already have heart disease. To lower your risk:

- Watch your weight
- Quit smoking and stay away from second hand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Get active and get healthy

Visit <https://www.healthy.arkansas.gov/programs-services/topics/heart-disease>.

Stroke

A stroke, sometimes called a brain attack or cerebrovascular accident (CVA), affects the blood vessels supplying blood to the brain. A stroke occurs when a blood vessel bringing oxygen and nutrients to the brain bursts or is clogged by a blood clot or some other particle. Because of this rupture or blockage, part of the brain doesn't get the flow of blood it needs. Deprived of oxygen, nerve cells can't work either. The devastating effects of a stroke are often permanent, because dead brain cells aren't replaced.

Symptoms of Stroke

B.E.F.A.S.T. is an easy way to remember the sudden signs of a stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away.

B.E.F.A.S.T. is:

- **Balance**—Is there a sudden loss of balance or coordination?
- **Eyes**—Is there a sudden change in vision or trouble seeing?
- **Face Drooping**—Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm Weakness**—Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty**—Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?
- **Time to call 9-1-1**—If someone shows any of the symptoms, even if the symptoms go away, call 9-1-1—and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Last month, city officials, police officers and others joined together for a ground breaking ceremony at the site for the new Police and Courts Building now known as the Justice Center.



Laman and Argenta Branch Libraries

Both branches close Presidents' Day, Monday, Feb. 17. Digital items are available through our website, lamanlibrary.org.

Abraham Lincoln Speaks – All the way from Illinois, Kevin Wood gives a first-hand account of President Lincoln's life and times at the Main Branch at 10:30 a.m. Feb. 28.

The Hobbit Movies – Take a break with free admission at the Argenta Branch at 1 p.m. for An Unexpected Journey Feb. 3, The Desolation of Smaug Feb. 10, and The Battle of the Five Armies Feb. 24.

Free Main Branch Computer Classes & Clubs – Take a closer look at films, podcasts, anime, and video games with our new clubs. Film Club discusses The Joker 6 to 7 p.m. Feb. 3. Anime Club meets at 5 p.m. Feb. 13. Game Club examines the techniques behind your favorite games 6 to 7 p.m. Feb. 13 and 27. Podcast Club explores a True Crime Series 6 to 7 p.m. Feb. 24. Girls Who Code groups meet Thursdays after school. Call the LINC Center at (501) 758-1720 for details on signing up your third- to twelfth-grader. Computer Basics are covered 11 a.m. to noon on Tuesdays and Fridays. Table Top Tuesdays feature old-school gaming from 5 to 6 p.m., and Retro Gaming is 1 to 2 p.m. Feb. 8 and 22. Movie Nights are Wednesdays from 6 to 7 p.m. Cyber Saturday gaming is 9 a.m. to 4:30 p.m. Feb. 1, 15, and 29. Tournaments are Marvel vs. Capcom 3 Feb. 3, Street Fighter V Feb. 15, and Tekken 7 Feb. 29 at 1 p.m.

Main Branch's Book Club – Open to all at 1 p.m. Feb. 4. This month's story is Lara Prescott's The Secrets We Kept.

Cooking Demonstrations & Nutrition Classes – U of A's Expanded Food & Nutrition Education Program provides tastings plus money-saving tips for families at the Main Branch 5 to 6 p.m. Feb. 4 & 11.

Argenta Branch Rock Painting - Kids paint one to take home or hide to spread good cheer throughout the community at 3:30 p.m. Feb. 4, 11, and 25.

Lit Tuesdays – Main Branch's literacy, learning and fun starts at 4 p.m. Feb. 4 and 18.

Free Main Branch Fitness and DIY Classes – Register now for these 1 p.m. workshops: Canning Lid Valentine Wreaths Feb. 5, Penguin Polar Bear Pen Pots Feb. 19, Dirty Pour Painting Feb. 22, Crackled Pendants Feb. 25, Wine Cork Planters Feb. 26. Registrations are accepted through our Calendar under the Events and Programs tab at lamanlibrary.org or at (501) 758-1720. In February, Main Branch offers Adult Yoga at 6 p.m. on Thursdays, and Mixxed Fit is 11 a.m. on Saturdays. Meditation is 1 p.m. Thursdays.

Free Legal Clinic – Have your legal questions answered at the Main Branch 9 a.m. to noon Feb. 8.

Important Ted Talks: African American Visionaries – Shonda Rhimes recounts her Year of Yes and astrophysicist Jeddah Isler explains the Untapped Genius that Could Change Science at 1 p.m. Feb. 8.

Knitting for a Cause – Loom knit hats for The Van and those in need at 1 p.m. Feb. 8 at the Main Branch. If you don't know how to knit, don't worry, all supplies are provided free, and we'll be happy to teach you.

Japanese Tea Ceremony – Main Branch hosts a traditional Sado or Chanoyu (The Way of Tea) ceremony officiated by Chiemi Shimizu, the UCA Japanese Outreach Initiative Coordinator, at 6 p.m. Feb. 12. Registrations are accepted through our Calendar under the Events and Programs tab at lamanlibrary.org or at (501) 758-1720.

Anti-Valentine's Day Parties – Teens celebrate at 4 p.m. Feb. 13 in the Main Branch Teen Center, and 9- to 12-year-olds get together for a little fun at noon Feb. 15 in the Main Branch Children's Department.

Free Bingo Games - Everyone's a winner at 1 p.m. Feb. 14 at Argenta Branch and Feb. 18 at Main Branch.

Argenta Branch Kids' Kitchen – Children of all ages enjoy reading a story and making a snack at 10:30 a.m. and 4 p.m. Feb. 18.

Black History Month Trivia – Children test their knowledge at 4 p.m. Feb. 20 at Argenta Branch, and teens compete in the Main Branch Teen Center at 4 p.m. Feb. 27.

Argenta Branch Gallery & ArtWalk – Meikel Church's The Whisper Kingdom collage exhibition continues with free admission in the gallery through Feb. 14. Join us for the Argenta ArtWalk opening reception highlighting Laura Dierks Weishans, 5 to 8 p.m. Feb. 21.

Meditation and Mindfulness – Thirty minutes of relaxation at the Argenta Branch starting at 4 p.m. Mondays.

Equal Heart - Free meals are provided for ages 1-18 at the Main Branch from 3:30 to 4:15 p.m. weekdays and 2 to 2:45 p.m. Saturdays, except Feb. 17, when the library is closed.

Storytimes - Preschoolers enjoy stories, songs, and playtime at 10:30 a.m. on Tuesdays and Wednesdays at the Main Branch and Thursdays at the Argenta Branch. Lapsit Storytime is 10:30 a.m. on Wednesdays at the Main Branch.

Arkansas League of Artists Winners' Show – Free admission continues in the Main Branch gallery through Feb. 28.

Laman Learners Online Book Club Professional Development Book Club - January & February's selection is Lindsey Pollack's The Remix: How to Lead and Succeed in the Multigenerational Workplace. Join the discussion through the William F. Laman Public Library's Laman Learners Facebook Group.



LAMAN LEARNERS'
BOOK CLUB

We have these February Birthdays:

James Thurman	4th	Crystal Gates	10th
February Anniversaries			
James Thurman	5 years	Ronica Crutchfield	3 year

Join the conversation through the William F. Laman Public Library Laman Learners' Facebook Group



**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: **11/10/19**
Expires: **12/31/19**



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

Question: *I am a lawyer but do not have an office or see clients in my home, am I required to have a business license?*

Answer: **Yes**...if you use your home address as your mailing address for your business, AND/OR if you advertise that you are doing business you are required to have a valid business license. This can include electronic ads, etc.

Reminder to residents:

If someone comes to your door, you do not have to answer or let them in. **If someone comes to your door and makes you uncomfortable please call the police.** If someone comes to your door and is unable to produce an ID issued by the City of North Little Rock City Clerk and Treasurer's Office (similar to the example on this page), please call **501-758-1234**.

In all cases, if you call **please provide a description of the person, location and vehicle description and license number if possible.** You can also call the North Little Rock City Clerk/Treasurer's Office Monday through Friday 8:00 a.m.— 4:30 p.m. to verify any business license or peddlers permit in our city at 501-975-8617.

North Little Rock History Commission



If you or someone you know has items of a historical interest (photos, newspaper clippings, keepsakes, etc.) to City of North Little Rock, please consider donating them to the NLR History Commission.

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

The North Little Rock Convention & Visitor's Center wants to know about your upcoming events!

To submit events, visit www.NorthLittleRock.org or call Stephanie Slagle, Public Relations Representative at 501-758-1424.

All businesses of any type are required to have a current City of North Little Rock Business/Privilege License if they conduct business within the city.

All businesses conducting business on January 1 of the new year will be required to have a current license for that day and/or any subsequent date. (Example: Business is open in January, then closes January 31...full fee is due).

Please contact 501-975-8617 with any questions regarding North Little Rock Business License requirements and fees.

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 the following permitted door to door solicitor:

Melvin Jackson, Legalshield—expires 3-1-2020

All 2019 Business / Privilege Licenses expired December 31, 2019.

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 been licensed in North Little Rock previously and **HAVE NOT** received a renewal letter, please contact us **ASAP!**

If you have any questions, please contact the North Little Rock City Clerk's Office at 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 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 Beth White	753-0733 758-2738
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 Joe A. Smith	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
Joe A. Smith	
City Clerk & Treasurer.....	501-975-8617
Diane Whitbey	
Communications.....	501-975-8833
Jim Billings	
External Relations.....	501-975-8605
Margaret Powell	
Fit 2 Live.....	501-975-8777
Isaac Henry	
Special Projects.....	501-975-3737
Steve Shields	

North Little Rock Curbside Recycling
schedule for the month of January



Feb 3-7 recycle
Feb 10-14 no pickup
*Feb 17—21 recycle
Feb 24-28 no pickup

February Anniversaries

<i>Name</i>	<i>Dept</i>	<i># Yrs</i>	<i>Name</i>	<i>Dept</i>	<i># Yrs</i>
THOMAS, CHARLOTTE	Admin	46	PETTIT, JAMIE	Parks Maint	8
BRIDGES, ERNEST	Admin	6	SONTAG, GARY	Parks Maint	8
EPPERSON, LARRY	Code	14	BURNHAM, WILLIAM	Parks Maint	7
ERVIN, MARY	Comm Dev	18	GOURLEY, ZACHARY	Parks Maint	6
WILDER, MONICA	Courts 2nd	2	ISBELL, PATRICK	Parks Maint	4
SPRINGER, SCOTT	Electric	39	PERRINE JR, RODNEY	Parks Maint	3
OSBURN, RONALD	Electric	39	ELLIS, RODNEY	Parks Rec	9
EISENHOWER, JEFFERY	Electric	38	HAVENS, CARRIE	Parks Rec	2
MCCOURT, KEITH	Electric	17	THOMPSON, BRIANNA	Parks Rec	2
FOLEN III, JOSEPH	Electric	17	DAVIS, JOHN	Police	34
RAEBURN, DANA	Electric	12	SCOTT III, HARVEY	Police	30
WHITLEY, CHERYL	Electric	11	BARTLETT, CONNIE	Police	28
PONDER, JILL	Electric	10	SPAFFORD, TODD	Police	28
TAYLOR, SALLY	Electric	9	BAILEY, JAMES	Police	26
HEINRICH, ERIC	Electric	9	BONA, JAMES	Police	26
NOLES, KEVIN	Electric	1	HERNANDEZ, RAGAN	Police	25
COMBS, JEFFREY	Fire	21	KIMES JR, NATHAN	Police	25
FREE, DUSTIN	Fire	21	BIBB, RICHARD	Police	24
PATTON, CHRIS	Fire	21	HUMPHRIES, TODD	Police	24
BRADLEY, CHRISTOPHER	Fire	14	HOUSE, JACOB	Police	17
COOK, MICHAEL	Fire	14	SPRIGGS, ROBERT	Police	14
DOUGAN, SHANE	Fire	14	REYNOLDS, DAVIN	Police	4
MATLOCK, CHRISTOPHER	Fire	14	ABEL, CHRISTOPHER	Police	3
MILLER, BRIAN	Fire	14	EDWARDS, JAMES	Police	3
PIERCE, ALANA	Fire	14	LESTER, DWIGHT	Police	3
HADDOCK, TYSON	Fire	13	REDDITT, JULIA	Police	3
KIRKENDOLL, DOYLE	Fire	13	KING, COURTNEY	Police	3
THOMAS, BRIAN	Fire	13	GATES, JAMES	Public Works	12
BROOM, WILLIAM	Fire	8	SUMMONS, KENNY	Sanitation	20
PLATT, COREY	Fire	8	DODSON, WILLIAM	Sanitation	14
SPECKELS, SEAN	Fire	8	WILLIAMS, KENNETH	Sanitation	11
HENRY, ISAAC	Fit 2 Live	5	SEIGRIST JR, JAMES	Sanitation	5
MONTGOMERY, LEONARD	OES	42	HENDERSON, JOHNATHON	Sanitation	2
NEWTON, TAMMY	OES	20	JOHNSON, NADIA	Senior Center	12
BURLESON, MICHAEL	OES	3	WILBERT, ERMA	Senior Center	8
MASSEY, SADIE	OES	1	BUIE, ALLEN	Street	34
SCARBOROUGH, JESSICA	OES	1	LANE, PATRICK	Street	16
HANKIR, NASEEM	Parks Golf	1	PORTER, GERALD	Street	4
WALKER, HUNTER	Parks Golf	1	ROULSTON, JORDAN	Street	4
SMALLING, TODD	Parks Maint	22	BROOKS, SAM III	Street	1
SEIGRIST, SAMUEL	Parks Maint	21	ROBERTSON, BILLY	Vehicle Maint	19

February Birthdays

<i>Name</i>	<i>Dept</i>	<i>Date</i>	<i>Name</i>	<i>Dept</i>	<i>Date</i>
BROOM, WILLIAM	Fire	1	PRITCHARD, DAGNY	Finance	14
MAY, MARGIE	Courts 2	1	LESTER, DWIGHT	Police	14
SBAIT, CHERIHAN	Senior Center	1	RICHARDSON, LESLIE	Traffic	14
ALLEN IV, HARRY	Electric	2	RALSTON, JOSEPH	Parks Golf	14
ALLISON, TAYLOR	Electric	2	WILLIAMS, TERRENCE	Electric	15
FELTON, LINDA	Police	2	WILLIAMS, HEATH	Fire	15
LEWIS, ALLIE	Police	2	YANCEY, CYNTHIA	Fire	15
BUFORD, BEAU	Fire	3	PARKER, JOHN	Sanitation	15
WHITBEY, DIANE	City Clerk/Treas	4	JONES, JIMMY	IT	15
EISENHOWER, JEFFERY	Electric	4	KNOX, PHILICIA	Electric	16
COX, JOSHUA	Fire	4	HODGE, ZACHARY	Police	16
MUNDY, BENJAMIN	Fire	4	DUNLAP, MARTIN	Electric	17
BARRIERE, DIRK	Police	4	FOWLER, CONSTANCE	Senior Center	17
GRAY, PHILIP	Police	4	PARKER, GLENDA	Parks Rec	17
HERNANDEZ, DANIEKA	Police	4	ELLISON, JEFFERY	Electric	18
MCHENRY, FELECIA	Code	4	MITCHELL, BRIAN	Police	18
DODSON, WILLIAM	Sanitation	4	RODRIGUEZ, NICHOLAS	Police	19
NOID, DWATNEY	Street	4	SEIGRIST, SAMUEL	Parks Maint	19
GILMORE, VANESSA	Senior Center	4	KING, GABRIEL	Electric	20
MONROE, ALEX	Electric	5	BELL, MELINDA	Courts 2	20
CRAMER, SHANE	OES	6	COLLINS, PATRICK	Fit 2 Live	20
STEWART, JOAN	Electric	6	THOMAS, KATELYN	City Clerk/Treas	21
HAMMONS, PHILLIP	Police	6	KIRKENDOLL, DOYLE	Fire	21
BROWN, ANTHONY	Electric	7	SHEFFIELD, GARY	Street	21
MORENO, CHRISTOPHER	Fire	7	LEASE, ZACHRY	Police	22
WILLIAMS, LINDA	Electric	8	CHADWICK, TAMMY	OES	23
BOREL, PEGGY	Fire	8	HOOKS, JAMES	Fire	23
RUMMEL, ERNEST	Street	8	MILLER, BRIAN	Fire	23
VANG, PAJAI	Electric	9	ANDERSON, KYRA	OES	24
JOHNSON, JOHNNY	Street	9	DAVIS, TERRY	Parks Maint	24
MAHAN, TELINA	Parks Maint	9	JONES, LATARA	OES	25
SMALLING, TODD	Parks Maint	9	HOOPS, HEATH	Fire	25
WALLIS, DANA	Electric	10	REID, JAMES	Fire	25
TOZER, MARK	Police	10	ZAKRZEWSKI, CLAYTON	Fire	25
WEEKS, JORDAN	Parks Rec	10	FENDER, JASON	Fire	26
DERRICK, ZACHERY	Electric	11	GOURLEY, ZACHARY	Parks Maint	26
SMITH, KAREEM	OES	12	EDEN, RICHARD	Parks Golf	26
TUCKER, GERALD	Fire	12	OSBORNE, STEVEN	OES	27
MODDRELL, LINDA	Police	12	BROWN, ISAARIA	Electric	27
GUAJARDO JR, ALEX	Fire	13	WELTER, DOUGLAS	Fire	27
ROBINSON, JERRY	Fire	13	WEAVER, CHRISTOPHER	Police	27
LARRY, THURSTON	Parks Rec	13	BAILEY, JAMES	Sanitation	28
DIGBY, ROBERT	Electric	14			



North Little Rock Woman's Club

Annual Carousel Ball/Fundraiser

Saturday April 4, 2020

Patrick Henry Hays Senior Center

401 West Pershing

More information coming next month!

Would you like to get involved with a great group of folks who **only meet once a month** and take the entire summer off? Would you like to join a group of folks who raise money through fundraising to fund **scholarships, purchase dictionaries** for North Little Rock third grade students and more?

Would you be interested in hearing **programs** on the following upcoming topics:

Cardiovascular Disease Feb-3-2020, Arkansas Forestry Commission Mar-4-2020, Public Issues Apr-6-2020

The North Little Rock Woman's Club is a **non-profit Service Club** which was organized in 1958.

Meetings are monthly from September—May (we take the summer months off!)

Meetings are held at **401 W Military Drive**—(in Burns Park—also known as the Woman's Club House)

Club Motto—For Community Service and Fellowship

For more information, please contact club President **Joan Weese—753-7246.**

History...what does it mean?

According to Merriam-Webster (*online*) history is:

1. A tale or story...
2. A chronological record of significant events (such as those affecting a city) often including an explanation of their causes (*example: On the Opposite Shore—The Making of North Little Rock by Cary Bradburn...*)
3. A branch of knowledge that records and explains past events...
4. Events that form the subject matter of a history.

How about a bit of **North Little Rock History**? *The founding of North Little Rock is shaded by nuance that requires some explanation. No lone date can fix the beginning; even the city's name has changed more than once. But it is true that the **City of North Little Rock** sprang into existence on February 23, 1904, after waging a fight for independence in the legislature and courts. Thus, **North Little Rock** celebrated it's 100th year in 2004.*

Our history includes political, economic and social developments.

So, what is your history? Were you born and raised in **North Little Rock**? Are your parents from **North Little Rock**? How many generations of your family have called our city home?



Have you ever visited the **North Little Rock Heritage Center** (fka History Commission Building) at **506 Main Street** in the downtown area of our city known as **Argenta**? Did you know the building is the oldest remaining **Little Rock** Fire Station structure? Did you know it housed North Little Rock City Hall offices while a new building at 300 Main Street was under construction? Which by the way, still houses City Hall.

North Little Rock is a city full of history. A group of volunteers have joined together and created the non-profit **Friends of North Little Rock History**. The Friends group is kicking off a major fundraising effort. Funds collected will be used to create a state of the art exhibit space within our building at 506 Main.

In case you've missed the news lately, downtown **North Little Rock—Argenta** IS a destination!

We hope you will be a part of our project! To find out how to *get involved* or *make a donation*, please contact **501-371-0755.**

North Little Rock Lions Club
Annual Bob Moore Memorial
Fish Fry
Friday, April 17, 2020



Pond Raised Catfish And Breaded Chicken Strips
With All The Trimmings

Serving 4:30PM Until 6:30PM
Burns Park Hospitality House In North Little Rock
Price: \$12.00

Tickets will be available at the door



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