

Beating the February Funk

As winter stretches on, many people start to feel the “February funk.” Shorter days, colder weather, and less sunshine can lead to low energy, trouble sleeping, or feeling a little down. For some, this can be a sign of Seasonal Affective Disorder (SAD), a type of depression that typically occurs during the winter months.

The good news is there are simple ways to help lift your mood. Try to get outside during daylight hours—even a short walk can make a difference. Keep your body moving with light exercise, stick to a regular sleep schedule, and eat balanced meals to support your energy levels. Staying connected with friends, family, and community activities can also help combat isolation during the winter months.

If symptoms feel overwhelming or don't improve, consider reaching out to a healthcare professional for support. February may be cold and gray, but with small, intentional steps, brighter days—both inside and out—are ahead.



FEBRUARY 2026

City Calendar

February 10

5:30 p.m.
Agenda Prep Meeting
City Hall, Council Chamber



February 16

Closed for President's Day

February 19

5:30 p.m.
City Council Meeting
City Hall, Council Chamber



February 26

9:00 a.m.
Morning with the Mayor
St. John Catholic Church
Parish Hall
1900 W. Main Street



What's New at the Parks?

Soccer Complex

- New bathrooms are completed. Turf field with new goals, lighting, and bleachers is expected to be completed in February.

Washburn Park - Completed!

- New ADA-compliant pavilion, tables, benches, and grill

Shiloh Park

- New backstops and turf are in progress

Harmon Skate Park

- New ADA-accessible restrooms are in progress

Protecting Russellville's Heart: How Local Fire and EMS Save Lives Daily

February is American Heart Month, a perfect time to highlight how our fire-based EMS service is protecting hearts every day. Our ambulances are equipped with state-of-the-art technology, including brand new ventilators, advanced heart monitors that read the heart's electrical activity and ultrasound machines that allow paramedics to see the heart's physical function in real time. This powerful combination helps our crews quickly identify the problem and begin treatment, often before the patient even arrives at the hospital.

Our paramedics also have direct contact with Dr. Tippin, an ER physician who can view the heart monitor data live and provide additional guidance on patient care. This seamless teamwork means faster decisions and better outcomes when every second counts. We are deeply grateful for our 23 dedicated Firefighter/Paramedics who are on call around the clock to respond and care for our community when it matters most.

This Heart Health Month, we salute our Fire and EMS teams; always on call, putting the hearts of our community first.



From Snowed In to Safe & Sound: Thank You, Essential Teams!

From our Public Works crews and Animal Control to RPD, RFD, City Corp, and so many others, these teams worked long hours in tough conditions to get our community moving again. Thanks to all!

