

New Years Traditions

By Taysha Murtaugh

Found at www.countryliving.com

New Year's may be all about looking ahead, but there's something undeniably nostalgic about the holiday that falls at midnight on December 31. After all, the iconic tune "Auld Lang Syne" roughly translates to "old long since," or "times gone by." There are many fun and interesting New Year's traditions that your grandparents probably practiced.

Make New Year's Resolutions—It wasn't all tinsel and tipples for good old Gram. Making resolutions is perhaps the most popular New Year's tradition, but previous generations in particular practiced the art of goal-setting for the upcoming year.

...And Actually Keep Them!—

More importantly, your predecessors probably *stuck* to their goals. This year, we resolve to have the perseverance of our parent's parents.

Decorate a New Year's Tree—Who says the fun has to end after Christmas? The tradition of the New Year's tree goes all the way back to 1600s, and you can easily transition your Tannenbaum to suit the celebrations.

Look Sharp—"When you look at old photos of our parents and grandparents, you see that everyone is dressed nicely at big holiday gatherings," Lizzie Post, cohost of the *Awesome Etiquette* podcast, said of Christmas parties from back in the day. The same goes for New Year's Eve celebrations.



Embrace Your Heritage—The way your grandparents commemorated the New Year might have something to do with your roots. In Scotland, New Year's Eve, or Hogmanay, as they call the last day of the year, is a bigger deal than Christmas ("Auld Lang Syne" is a Scottish song). The massive party goes on for days and incorporates age-old acts, such as first-footing: It's considered good luck to have a tall, dark man enter the home for the first time after midnight—bearing auspicious gifts (coal, shortbread, salt, and whiskey were common).

Germany has Bleigiessen, a "lead-pouring" custom, and the Irish apparently bang bread against the walls to beat off bad luck. You could also coordinate your undies to your hopes for the year (red for love, yellow for happiness, etc.)—a Latin American Custom. Start calling your Christmas tree a New Year's tree, as they do in Russia, dive into icy waters like in Konstanz, Germany, or similarly, participate in a Canadian inspired polar bear plunge.

Food—Yes, there are New Year's Eve *food* traditions. Different cultures consider certain foods to be fortuitous for the New Year, especially when eaten right as the clock strikes 12. In Chili, it's lentils, while in Spain, it's 12 white grapes. In case you needed any excuse to indulge in donuts and pretzels, several cultures believe ring-shaped foods represent coming full circle. And on New Year's Day, the traditional Southern spread consists of black-eyed peas and collard greens (symbols for wealth—coins and green folding money, respectively), ham or pork (for prosperity, and cornbread (for gold). Louisiana Hoppin' John recipe includes all three!

Congratulations to the following newly elected (or reelected) Officials of the City of North Little Rock

Ward 1—Council Member Debi Ross
Ward 2—Council Member Linda Robinson
Ward 3—Council Member Steve Baxter
Ward 4—Council Member-elect Jane Ginn

*A Swearing-In Ceremony will be held
Tuesday, January 1, 2018
at 10:00 a.m.
in the lobby area of City Hall.
Everyone is invited.*



"Where's Mel"? Be the 1st person to call 975-8617 and tell us where you found him hiding in the newsletter and win a prize!

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

Resolutions for the New Year for You and YOUR Pet

Found at www.petmed.com

By Jessica Vogelsang, DVM

The start of a new year can signal a fresh start for pets needing a change in their routine. For example, with over 50 percent of pets in the U.S. classified as overweight, there's no better time for owners to commit to a new diet and exercise regimen for their pets. Need some ideas: Here are some resolutions to make this year your pet's healthiest year yet!

Measure Your Pet's Food—Every Time!

Many owners "eyeball" their pet's daily intake and pour that into a bowl, usually resulting in overeating and weight gain. It's important to use an 8-ounce measuring cup to ensure your pet isn't taking in more calories than they need. The recommended feeding guidelines on the bag are a good place to start to figure out how much food your fur baby needs. Older pets and those who have been neutered usually have lower energy needs than young, intact animals.

Choose an Age-Appropriate Diet

Growing pets have very specific nutrient requirements to ensure their bodies grow healthy and strong. For example, some senior pets may have lower energy requirements, but have other medical issues like degenerative joint disease that may be helped with the appropriate diet. Choosing a diet specifically tailored to your pet's life stage is a great way to keep them in optimal health.

Try a New Activity with Your Pet

From walking to hiking, etc., it's easier than ever for people to incorporate their pet into a new exercise routine. It's a great way to bond, it'll get you BOTH out of the house, and both owner and pet will reap the rewards of a healthy physical activity.

Incorporate (More) Playtime into Your Routine

Cats love the thrill of chasing a toy, just don't tell them it's exercise! Toys that trigger a cat's predatory instinct are a great way to get them off the couch and engaged in a little aerobic activity. Experiment to see what really gets your cat going. Catnip toys, crinkly balls, climbable cat trees and cardboard boxers are a few favorites!

Make a Date with Your Vet

Yearly exams by the veterinarian are a key component of good preventative care. Many medical conditions such as diabetes, arthritis, or obesity are common in aging pets and much easier to manage when detected in the early stages of the disease process. Veterinary visits are also the perfect time to ask for advice, update your pet's food, or get an expert opinion on any behavioral issues.

Groom Your Pet Daily

Brushing your pet serves many purposes. It removes excess fur from the coat, reducing the amount you find on your clothes and furniture. It helps distribute oils from the skin to the fur, keeping the coat shiny and healthy. Lastly, daily grooming is a bonding activity that demonstrates to your pet how much you love them by taking care of them in a very soothing manner.

Update Pet ID Info

Over the course of a year, a lot can change—people move, get new phone numbers, and forget to update their pet's tags. Often they only remember once the pet is lost. If any of your contact information has changed, don't wait—update their tags and microchip information now! It's the best way to ensure that a lost pet makes their way safely home.

Consider Fostering

Do you think you want a pet, but aren't 100% sure? Try fostering. Many animal shelters (including NLR's) need loving homes to provide safe and temporary living arrangements for pets. It's the perfect way to

test the waters of pet ownership without the lifelong commitment, since you are simply hosting a pet while they wait for their forever home. Who knows? That home just might end up being yours!

Reminder—fire works and other loud noises frighten pets. If you are having a party, find a safe room for your pet to escape the chaos.



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 forever home. Please consider adopting a shelter pet for your next pet.



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

**Please Don't Litter
Spay or Neuter
Your Critter**





North Little Rock Fire Department

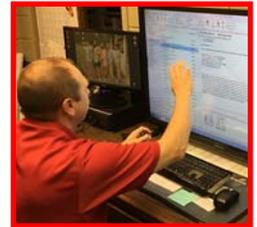
NLR Fire Marshal's End of the Year Report—2018

Fire Marshal's Office Mission—The Fire Marshal's Office (FMO) works closely with the city Planning Department, City Clerk's Office, Code Enforcement, Police Department and Detective's Division, Neighborhood Services and others covering a myriad of responsibilities. The FMO has developed and fostered these relationships in order to provide the best service to the residents of North Little Rock.

The FMO is on-call 24/7. All personnel are capable of handling fire investigations, questions, concerns, code issues, media requests, etc.

The FMO is highly specialized, being trained and certified in the following:

- **Law Enforcement**—each member has been certified through a 100 hour law enforcement class through the local Sheriff's Department.
- **Code Enforcement**—each member has been certified as a Certified Fire Code Inspector through the Arkansas Fire Academy.
- **Fire Investigation**—each member is a Certified Fire Investigator through the Arkansas Fire Academy.
- **Public Information**—each member receives training in Public Information Officer (PIO) duties.
- **Plan Review**—The FMO is an essential part of the city's overall planning process. The FMO reviews construction plans for adherence to the Fire Code; this includes fire suppressions systems, alarms and kitchen hood systems.



Fire Education—Fire Safety Classes and Puppet Shows—The FMO reached out to the North Little Rock School District Superintendent Bobby Acklin at the beginning of the school year to discuss incorporating a Fire Safety Presentation to all of the 1st Graders in the NLR School System.

This has been a great way to ensure our young residents are being exposed to the dangers of fire and (teach students) how to avoid and survive a house fire.

Lieutenant Dustin Free recommended getting the 5th Grade Fire Marshal's involved in the presentations by having them put on a Puppet Show under the direction of staff. This has proven to be a great way to present the Safety Class and allows the 5th Graders to be mentors to the 1st Graders. This program will be ongoing. The children really enjoy learning from and interacting with our Firefighters.

The Puppet Show and Fire Safety Program have also been presented to local Daycares throughout the year. The FMO feels that every child should be exposed to at least one fire safety presentation before 2nd Grade.

Burn Permits—The FMO wrote and initiated an ordinance to address open burning and burn permit fees in the city. With the help of City Council Member Debi Ross, Ordinance No. 8953 was passed in October, 2017. Since that time, \$9,000 has been raised and used for Fire Prevention and Education. A primary objective of the ordinance was to cut down on the amount of fire runs (which cost all tax payers). Decreasing the number of runs has saved money for both fuel and equipment maintenance expenses. The ordinance has also reduced the amount of (open) burning in the city.



Recent Upgrades—New construction, sprinkler and alarm plans are reviewed by the FMO daily. In order to maximize technology and make staff time more productive, 42 inch touch screen monitors were installed. This allows more efficient viewing of plans and/or blue prints.

Captain David Wilson—in May, 2019, Captain David Wilson (pictured left in red) will retire from the department. He will be missed and has been an invaluable asset to the FMO. Captain Wilson is looking forward to spending more time with his family.

Right: Chief John Pflasterer and Lt. Dustin Free with a little help from their friends.

"As the Chief Fire Marshal, I know how important it is to have a great team of people. I'd like to thank Mrs. Peggy Borel, Lt. Dustin Free, and Captain David Wilson for being team players and putting the needs of the Fire Department and our residents first. We understand that we are staff members and that means support the inline firefighters, which supports the residents we serve. I am grateful for these folks and appreciate their hard work and dedication. I just have to remember to stay out of their way and let them do what they do best."

North Little Rock Fire Marshal John Pflasterer
"Forewarned is forearmed"





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 (November events).



Hays Center—31 new members. 8,896 visits for the month. Activities included: Vendor Day, Community Concert Band performance, Therapy Dog visits, Carelink assisted members with Medicare changes (updates). Day trips included: DesArc, Hot Springs for holiday lights, Mount Magazine and Alma. Public Senior Housing residents were transported to medical appointments and grocery stores. Volunteers contributed 1,113 hours.

Sanitation—collected 2,293.59 tons (4,587,180 lbs) household garbage, rubbish and junk. Collected 67 loads (1,713.8 cubic yards) green waste. Loose leaf crews collected 75 loads (2,380.5 cubic yards) mulched leaves.

Traffic Services—approved 85 barricade applications for permits. Repaired or replaced 133 signs and posts, marked 11 city vehicles with logo, 64 Arkansas One Call location requests.

Police—October numbers show decreases in the following areas: Robberies—down 26%, Property crime down—18%, Theft from Motor Vehicles down 38% (from last year).

Fire—Total incidents—940
Total Unit Responses—1,698
Residential Fires—14
Vehicle Fires—5
False Alarms/Malfunctions—67
Rescue/Emergency Medical—559
Mutual Aid—1
Hazardous Material Response—19
Structure Fire fatalities—0
Vehicle fire fatalities—0
Training hours—4,973
Total Building Surveys—164

Office of Emergency Services/911—
Total incoming calls: 12,813
Non-911 calls: 5,868
Wired 911: 760 Abandoned Wired 911: 113
Wireless 911: 5,121 Abandoned Wireless: 459
Total dispatch computer entries: 9,374

Planning—reviewed 0 new commercial projects. Issued 2 new single family residence permits (permit average \$412,779). Issued 6 Sign permits and 0 Banner permits. Inspectors completed 620 inspections and covered 3,040 miles: 228 Electric; 110 Building; 186 Plumbing; 96 HVAC.

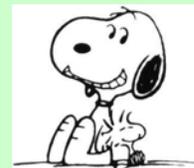
Electric Customer Service—Direct contact—lobby payments, 14,345, Drive-thru payments, 8,269. Total payments received: 51,282 (Electric—39,373, CAW 7,480, Centerpoint 4,429).

Code Enforcement—79 assigned calls, 270 initiated calls, 20 citations, 220 violation notices, 79 vehicles tagged, 55 structures inspected, 30 rental inspections, 19 food service inspections, - search warrant, 5 houses demolished by city, — houses demolished by owner. Code Maintenance—93 assigned calls, 30 vacant lots cleaned, 0 lots with structures cleaned, secured 9 vacant houses, vacant lots mowed—2, lots with structures mowed—1.

North Little Rock Convention & Visitors Bureau—Visitors Information Center in Burns Park had 555 visitors in November. Downtown RV Park had 478 reservations with an average stay of 2.7 days and a total of 1,291 camping days. The Arkansas Inland Maritime Museum had 1,352 visitors—continue “Winter Hours” - thru Memorial Day—open Friday, Saturday and Sunday.

Electric Department—38,729 customers, Peak Power—121,829 KW, Territory—60 square miles, miles of wire—555.1 miles, # Transformers—11,252, Street lights—11,060 (212 repaired), Security lights—4,291 (41 repaired), Smart meters—39,401, Revenue—\$6,702,532. Major outages (over 1,000)—11/25/18 Unknown location—high wind—1,450 customers out 2 hours 5 minutes; 11/30/18 Unknown location—thunderstorms—600 customers out 46 minutes; 11/30/18 3500 N Hills Boulevard—tree limb on primary/thunderstorms—1,450 customers out 44 minutes.

North Little Rock Animal Control
Incoming animals—183/YTD-2,119
Adoptions—71/YTD-672
Reclaimed—34/YTD-243
Euthanized—97/YTD-1,133
Citations issued—41/YTD-294
Dogs/cats sterilized—68/YTD-468
Calls for service—452/YTD-6,475
Pulaski County (accepted at NLR)
Incoming Animals—52/YTD-1,072
Adopted—12/YTD-218
Reclaimed—5/YTD-76
Euthanized—43/YTD-726
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—November Report—Revenues (MTD)

Taxes	\$3,123,377.08	Fire	\$1,996,592.19
Licenses/Permits	\$ 75,350.28	Health	\$ 4,565.90
Fines/Forfeitures	\$ 166,839.32	Legal	\$ 56,467.42
Local Option Sales Tax	\$2,793,306.45	1st Court	\$ 47,982.02
Intergovernmental-State	\$ 35,640.66	2nd Court	\$ 43,769.00
Franchises	\$ 260,576.08	Public Defender	\$ 0.00
Investment/Misc	\$ 34,108.13	Human Resources	\$ 51,068.26
User Fees	\$ 83,145.28	Commerce	\$ 23,160.64
Utility Transfer	\$ 57,346.44	Planning	\$ 77,464.62
Grants & Other	\$ 87,678.03	Police	\$2,638,676.35
Transfer from Electric	\$ 923,080.00	Code Enforcement	\$ 78,234.36
Total Revenue:	\$7,640,447.75	Public Works	\$ 73,943.37
Expenditures		Neighborhood Services	\$ 16,483.08
Administration	\$ 133,722.37	Sanitation	\$ 340,747.14
Animal Shelter	\$ 56,567.51	Vehicle Maintenance	\$ 75,697.32
Special Appropriations	\$ 408,854.01	Senior Citizens Center	\$ 93,896.33
City Clerk	\$ 27,075.50	Communications	\$ 8,456.05
Emergency Services	\$ 159,289.32	Fit 2 Live	\$ 15,943.78
Finance	\$ 61,344.19	Total Expenditures:	\$6,490,000.73

Unprepared for elder care

By Froma Harrop,
editorial writer for Providence, R.I., Journal
Found in *The Leader*—local newspaper

It often starts off easy. For me it did. An elderly friend needed some help with food shopping and dealing with the cable company. He had no family to speak of, and his close friends have died. Pushing 90, his thinking has slowed, but he could still shave, bathe and dress.

So I volunteered to run some errands. No big deal. I'd drive him to doctors' appointments and pick up drugs. When he was diagnosed with multiple myeloma, I started taking him to the cancer center for infusions.

But as his three prescriptions swelled to seven (he also has heart issues), he needed someone to manage the medications. That became me. I was soon tracking them, ordering refills and filling the pill organizer. My friend now swallows 77 pills a week, on top of the cancer infusions.

As time has moved on, the demands have grown. My friend currently suffers periodic bouts of confusion, diarrhea, serious pain and fatigue. Is it the cancer? Is it the meds? Age? Something else? No one seems to know. Several of the medications list the same side effects. Same goes for the condi-



tions themselves. On low-energy weeks, I find myself also doing his laundry and cleaning his house.

I have no legal obligation to do this. I took on providing this elder care because my friend is a great guy. But also—to be very honest—because I had no idea what I was getting into.

Millions of Americans are taking care of their beloved elders, many stuck in situations far more agonizing than mine. Some are dealing with dementia, whereby the afflicted can't do anything for themselves.

Caregivers are known to suffer depression, insomnia, anxiety and loneliness. Any time away requires exhaustive planning. (Try to find someone willing to take over changing an adult's diapers for a weekend.) And as people will keep telling you, it will only get harder.

Also, it could go on for 10 years. New treatments for incurable conditions can greatly extend lives while burdening patients, especially the older ones, with debilitating side effects.

Money helps, of course, but for extended elder care, that money has to come by the tanker load. Medicare covers only a few specialized nursing services. The disappearing corporate pension, unexpected crises (floods, fire, sick family members) and poor financial planning have left many elderly broke at retirement's door—except for Social Security. Mean-

while, grown children often give up paying work to care for their parents.

William F. Laman Library

Both branches of the William F. Laman Public Library close Jan. 1 and 21. However, our digital resources are always available. Check out our downloadable books, movies, and music at lamanlibrary.org/page/13/downloadables.



Knitting for a Cause – Join us in making hats to donate to local shelters from 1 to 3 p.m. Jan 5. If you're new to loom knitting – don't worry! It's easy, fun, and relaxing. Please register at (501) 758-1720.

Cyber Saturday – Main Branch's LINC Center free all-age gaming is 9 a.m. to 4:30 p.m. Jan. 5 and 19. Tournament play starts at 1 p.m. with **Fortnite** on Jan. 5 and **Mugen** Jan. 19.

Free Movies - Don't miss *Logan Lucky* at 1 p.m. Jan. 7 and *The Hitman's Bodyguard* at 1 p.m. Jan. 14 at the Argenta Branch. We'll also show Disney's *Dumbo* at 3:30 p.m. Jan. 7 at the Main Branch.

Rubber Ducky Storytime – Bring the family to celebrate this loveable character at the Main Branch Family Storytime, 6 p.m. on Jan. 14.

Free Bingo Games – Adults play at 1 p.m. on Jan. 11 at the Argenta Branch and 1 p.m. on Jan. 15 at the Main Branch.

Teen Family Feud – Teens recreate the popular game show with their own surveys and questions in the Main Branch Teen Center at 4 p.m. on Jan. 15.

Argenta ArtWalk – Kasten McClellan Searles, a painter and mixed media artist, is featured this month at the Argenta Branch – stop by for the free opening reception from 5 to 8 p.m. Jan. 18.

Tween Dream Boards – Ten- to 12-year-olds get creative at the Main Branch at 3 p.m. on Jan. 19. Call (501) 758-1720 to register.

Expanded Food and Nutrition Education Program (EFNEP) - Free interactive, hands-on class for healthy living on a budget at the Main Branch from 1 to 2 p.m. Wednesdays starting Jan. 23. The 9-week EFNEP course runs through March 20 with recipes and tips for becoming more active, while saving money, and is presented by the U of A Division of Agriculture Research & Extension Office. Call (501) 758-1720 or visit lamanlibrary.org to register.

Zen Candlesticks DIY - Create your own at 1 p.m. on Jan. 23 with the Main Branch Garden Craft program. All supplies provided free. Preregister at (501) 758-1720 or online at lamanlibrary.org.

Kids' Kitchen – Read a story and make a snack at 10:30 a.m. and 3:30 p.m. Jan. 29 at the Argenta Branch Library.



Social Media and Google Classes - Get the most from Facebook and G Suite with free classes from 2 to 3 p.m. Tuesdays and Thursdays throughout January. Call (501) 758-1720 to register for limited seating.

Main Branch Homeschoolers explore the states – We're starting this year's session with Alabama. New students are always welcome at 1 p.m. on Thursdays.

Man's Search for Meaning – An excerpt from Viktor Frankl's memoir is featured in this month's Lit at Lunch, the Main Branch Storytime for Grownups, at 12:30 p.m. Jan. 26. This reading is in recognition of International Holocaust Remembrance Day. Based on his experiences in Nazi death camps, the book stresses that although man cannot avoid suffering, he can choose how to cope with it, find meaning in it, and move forward with renewed purpose. You're invited to bring your lunch or enjoy light refreshments.

Dirty Pour Painting - Back by popular demand. These paintings are amazing! You won't want to miss it at the Main Branch, 1 p.m. on Jan. 30. Pre-registration required.

Relax or get in shape in the New Year – Free Main Branch classes with Mixxed Fit at 11 a.m. on Saturdays, Mediation at 1 p.m. on Thursdays, and Yoga at 6 p.m. on Thursdays.



Birthdays:

Jill Brun	8th	Anita Dollar	16th	Peggy Morris	26th
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Anniversaries:

Anita Dollar	22 years	Darlene Cunningham	10 years	Michael Church	3 years
Kyly Plumlee	3 years				



Your Health—Staying active as you age important for body and mind

Found in Arkansas Municipal League City & Town Magazine
By Jeanne Wei, M.D., Ph.D

As we age, each of us would like to maintain maximum independence for as long as possible, so that we can continue to make contributions to society. Fortunately, there's a pretty straightforward solution—exercise.

Exercise enables us to stay physically and mentally independent for as long as possible. Additionally, exercise feels good. It relieves stress and gives us that perky rush of endorphins. It lowers blood pressure and encourages the growth of new cells. Exercising with a regular group of people also helps satisfy our need for social contact. Group activities also provide the nudge of accountability to keep us on track with our fitness goals.

Let's talk about some important healthy aging concepts.

Range of motion—We need to find ways to move all of our joints through their full range of motion at least one a day.

Cardiovascular activities—It's important to get as much physical activity as you can that raises your heart rate, even a little.

Muscular resistance—Our muscles stay strong and get stronger when we challenge them with weights and other forms of resistance, such as exercise bands or body weight.

Balance—We should practice challenging our balance in controlled environments so we are less likely to fall and so, if we do lose our balance, our bodies have practice at safely catching themselves.

Brain games—We maintain our cognitive abilities in much the same way we maintain physical abilities.

Laughter—Laughing exercises our muscles, aerates the lungs, burns calories, and boosts mood.

Putting it all together, what might that look like during the average day?

Shortly after walking, you can stretch, moving your muscles and joints as you do. If mornings are painful on your joints, you can do many of these moves while still in bed. Rotate your wrists and ankles, stretch your neck, shrug your shoulders, twist your spine, and move the hip and knee joints.

If it's easier for you to get moving in the mornings, maybe you can do these movements while standing, perhaps combining them with a slow movement tradition like yoga or tai chi, which will help you improve your balance, coordination, and strength. You can also work on your balance during daily activities like brushing your teeth or doing the dishes—try balancing on one leg, and then the other.

As you continue through your morning routine, find a time when you feel the most energetic and try to work in your cardio exercises. This can be as simple as walking in your home. If you have stairs, climb them! Studies have long shown that people who climb stairs on a regular basis live longer.



If you're able to join a gym or community center, it can provide you with excellent opportunities to work on cardio or muscle resistance in a fun, social group setting. If you're unable to find a program near you, household items like water bottles and canned vegetables are an easy substitute for fitness weights.

When you're looking for brain games, remember the best activities for maintaining cognitive health will include an element of challenge. If you're already great at crosswords, try a number puzzle like Sudoku. Learn a language or start a new hobby. Volunteer or attend a class. Research has shown that volunteering enhances life expectancy.

Remember, exercise doesn't have to be a chore. There are ways to make exercise a fun part of your daily life.

My favorite recommendation is dancing. Dancing calls on your cognitive skills, improves your strength, balance and coordination, and includes socialization. If you can sing while you dance, that's even better. It sounds silly, but the challenge of singing and dancing at the same time is the perfect mix of challenges for our brains and bodies.

If you feel the need to laugh at yourself, so what? Remember, laughter is one of our goals for staying healthy. So dance, sing—and laugh—your way into your stronger and more independent golden years!

Jeanne Wei, M.D., Ph.D, is Executive Director, Donald W. Reynolds Institute on Aging, University of Arkansas for Medical Sciences.

One North Little Rock City Employee joined Weight Watchers at Work and has lost 22 lbs since July, 2018. How? By following WW Lifestyle Change guidelines (cutting out sugars and carbs, eating healthy meals, counting points, and exercise). This employee has also added exercise to her daily routine. "I get up every morning and walk on the treadmill for 30 minutes. I then have 2 lb hand weights and a routine I do for an additional 30 minutes. This includes floor exercises that have strengthened my core." "Also, I DO NOT like to exercise. I have found that by watching the morning news while walking on the treadmill is keeping me up-to-date on current events and I get in at least 3,000 steps every morning!"

Tips for parties

Found in *Arkansas Municipal League City & Town Magazine*
By a' TEST Consultants, North Little Rock

This article appears in the AML Magazine prior to the holidays. It has been adapted to 'year-round' suggestions.

Employees may find themselves attending parties and celebrations throughout the year...and people should enjoy fellowship with friends, family and coworkers. However, the potential for alcohol or drug abuse can exist.

Excessive drinking, (whether at parties or other gatherings), can produce embarrassing behavior, but friends may be forgiving. Parties are best on weekends, when most people do not have to get up to work the next day or can refrain from driving.

An office party, however, is a different proposition. Although you may be out with your coworkers (and boss), employees may feel uncomfortable in the situation. Some may be tempted to take too many trips to the bar. Employers may not only be watching to see how you interact with other guests on a social level, but also will certainly be watching to make sure you have not consumed too much alcohol when you leave.



Here are some guidelines to consider:

- Don't be "that" guy or girl; watch out for bad or inappropriate behavior that may haunt you later.
- Do show up when invited.
- Dress appropriately.
- Engage in conversation, even with people you don't know!
- Do not be distracted by technology; put the phone down and turn it off!
- Stick to a two-drink maximum.
- Consider taking a "thank you" gift to the host.
- Make new friends!

If these tips are followed, everyone at the party should

Chicken Pot Pie Soup

Made from scratch, this soup is hearty and rich and a comfort food classic

Recipe found at www.kitchendreaming.com

Soup ingredients

- 4 chicken breast halves or
2 cups leftover cooked chicken
- 2 tbs cooking oil
- 1/3 cup butter (you can use light or reduce amount)
- 1/4 cup all-purpose flour
- 1 quart (4 cups) heavy cream
(you can also use low fat or 2% milk)
- 4 tsp chicken base (bouillon)
- 1 cup water (to dissolve chicken base/bouillon)
- 1 tbs minced garlic
- 1/2 small yellow onion, minced
- 1 cup frozen green peas, cooked
- 1 cup chopped carrots, cooked
- Pinch (about 1/4 tsp) fresh grated nutmeg, optional
- Ground pepper and salt to taste

Pastry Sticks ingredients

- 2 sheets frozen puff pastry,
thawed per package instructions
- 1 egg, beaten

Preheat oven to 350° F.

Season chicken with seasoned salt and pepper (unless you are using precooked). Heat oil in a large skillet over medium-high heat. Add chicken and sauté until cooked through. Remove from heat and cut into chunks. You could also use precooked or rotisserie chicken, cut into

chunks. Meanwhile, cut each sheet of thawed puff pastry into 1-inch strips and place on a large cookie sheet. Brush egg onto pastry strips (for browning). Bake for 10 minutes, or until dough has risen and turned light golden brown. Remove from oven and set aside until ready to serve.

Dissolve the chicken base into 1 cup of water. Stir until fully dissolved. In a stock pot, melt butter and sauté onions until softened; about three minutes. Then slowly add flour, stirring until consistency of peanut butter, but do not brown like a roux—you want it to remain a golden color. Slowly add cream (or milk) and stir constantly. Add chicken base (to taste), garlic and continue to stir until thickened. Add peas, carrots, nutmeg (optional), and the cut up (cooked) chicken. Remove from heat. Thin with milk if desired.

Serve with cooked puff pastry sticks.





North Little Rock
Police Department
Annual
Shop With A Cop





A few more pictures from

Shop With A Cop



*Christmas
around our city departments*





**Peddlers Permit
City of North Little Rock**

Issued to: **Mel Dun**
Issued: 10/1/18
Expires: **12/31/18**



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: *If someone comes to my home selling Newspaper subscriptions, are they required to have a door-to-door peddlers permit?*

Answer: Yes. **Anyone** going door to door in the North Little Rock City Limits is required to have a peddlers permit and ID issued by the City Clerk's Office. Other examples include newspapers, pest control, alarm systems, home improvements, 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.

Effective July 2, the penalty for not renewing or doing business in the city since January 1, 2018 is 50% of the total amount due.

Reminder—ALL businesses doing business within the city limits of North Little Rock are required to have a current Business/Privilege License. Businesses that are not licensed are subject to a citation (and court appearance) for operating a business without a license.

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

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.

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.**

All Business / Privilege Licenses expired December 31, 2018
Renewal notices were **mailed on or about Monday, December 31, 2018.**

Licenses **must be renewed** between **January 2, 2019 and April 1, 2019** to avoid penalties.

All persons doing business **of any kind** within the city limits are required to have a Business/Privilege License.

If a business **operates 1 day into the new year**, they **are required** to obtain a business license at the full fee.

If you have any questions, please contact the North Little Rock City Clerk's Office at 501-975-8617.

North Little Rock 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, Karen Scott	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
Nathan Hamilton	
External Relations.....	501-975-8605
Margaret Powell	
Fit 2 Live.....	501-975-8777
Isaac Henry	
Special Projects.....	501-975-3737
Jim Billings	

North Little Rock Curbside Recycling schedule for the month of January



Dec 31—Jan 4—no pickup
 Jan 7—11 Recycle
Jan 14—18 no pickup
 Jan 22—26 Recycle (1 day delay)
Jan 28—Feb 1 no pickup

January Anniversaries

<i>Name</i>		<i>Dept</i>	<i># Yrs</i>	<i>Name</i>		<i>Dept</i>	<i># Yrs</i>
ROBERT	BIRCH	ADMIN	1	CHRISTOPHER	WILSON	FIRE	3
DANNY	BRADLEY	ADMIN	18	STEVE	ALLEN	FIRE	31
MARGARET	POWELL	ADMIN	22	MARK	COLEMAN	FIRE	31
MAURICE	TAYLOR	CITY COUNCIL	10	NORMAN	MILLER	FIRE	31
DEBORAH	ROSS	CITY COUNCIL	12	PERRY	TACKETT	FIRE	31
JOE A.	SMITH	MAYOR	6	MARK	TACKETT	FIRE	31
LINDA	ROBINSON	CITY COUNCIL	16	GORDON	WITTENBURG	FIRE	31
CHARLEY	BAXTER	ADMIN	44	DALE	ROSS	HAYS CENTER	2
JAN	SCHOLL	ADMIN	8	CONSTANCE	FOWLER	HAYS CENTER	12
RON	HARRIS	CITY COUNCIL	2	SUSAN	RUSSELL	HAYS CENTER	16
STEVE	BAXTER	CITY COUNCIL	8	SANDRA	SMITH	HISTORY COMM	8
CHARLIE	HIGHT	CITY COUNCIL	18	KUADRIKA	HENDRIX	OES/911	3
BETH	WHITE	CITY COUNCIL	10	GARY	GRAY	OES/911	29
KATHERINE	SMITH	AIMM	1	TERRY	HARTWICK	PARKS ADMIN	3
MYNA	MILLER	AIMM	2	MARK	JOSEPH	PARKS GOLF	11
GREGORY	ZONNER	AIMM	2	TERRY	DAVIS	PARKS MAINT	3
JAMES	TINDALL	ANIMAL CONT	7	JOHNNY	JOHNSTON	PARKS MAINT	4
DIANE	WHITBEY	CITY CLERK	28	WARREN	DEBUSK	PARKS MAINT	10
GARY	THORNTON	CODE	6	RONNIE	MITCHELL	PARKS MAINT	19
FELECIA	HART	COMMERCE	37	CAROL	DOLAN	POLICE	3
NATHAN	HAMILTON	COMMUNICATIONS	8	MICHAEL	BOWEN	POLICE	3
VICKI	WEED	1ST COURT	24	ALLIE	LEWIS	POLICE	3
BRENDA	GENTRY	2ND COURT	4	SEAN	MCGOWAN	POLICE	3
KATHY	DAVIS	2ND COURT	16	JHAILAN	RATHEY	POLICE	3
MARGIE	MAY	2ND COURT	16	NICHOLAS	RODRIGUEZ	POLICE	3
JOSHUA	CHANCE	ELECTRIC	1	PHILIP	GRAY	POLICE	6
ROBERT	BECK	ELECTRIC	2	MICHAEL	THOMAS	POLICE	6
JEREMY	MIDDLETON	ELECTRIC	2	MARCUS	PEREZ	POLICE	7
GABRIEL	KING	ELECTRIC	5	RAUL	DALLAS	POLICE	8
HARRY	ALLEN IV	ELECTRIC	7	MARK	ROBERTS	POLICE	9
ZACHERY	KIMSEY	ELECTRIC	7	JOHN	SCOTT	POLICE	9
BRENDA	DAVIDSON	ELECTRIC	39	VINCENT	THORNTON	POLICE	9
BILLY	GUAJARDO	FIRE	2	KANDACE	SANDERS	POLICE	10
ZACHARY	JOHNSON	FIRE	2	JOSEPH	GREEN	POLICE	10
ROBERT	BRYAN	FIRE	3	SHELBY	HUNTER	POLICE	10
CHARLES	DAVIS JR	FIRE	3	BRENDA	SATTERFIELD	POLICE	11
DOUGLAS	ELMS JR	FIRE	3	RHONDA	HUEY	POLICE	12
ERICK	FREE	FIRE	3	VINCENT	RAY	POLICE	14
DONALD	GARRINGER	FIRE	3	MATTHEW	ROEBUCK	POLICE	14
CHRISTOPHER	HOLLEY	FIRE	3	DENA	KERR	POLICE	17
DAMEON	JOHNSON	FIRE	3	STEVEN	SMITH	POLICE	31
DAVID	JONES	FIRE	3	MICHAEL	KLAMM	PUBLIC WORKS	5
ANDREW	KELLEY IV	FIRE	3	NAPOLEON	BARNES JR	STREET	3
TANNER	RAMSEY	FIRE	3	ROBERT	BROWN	STREET	5
JAMES	REID	FIRE	3	JOHN	SEHIKA	STREET	5
DAVID	ROBINSON	FIRE	3	WILLIAM	EASON	STREET	35
CHARLES	TULL	FIRE	3	CHRISTOPHER	CREWS	VEHICLE MAINT	1
DOUGLAS	WELTER	FIRE	3				

January Birthdays

<i>Name</i>		<i>Dept</i>	<i>Date</i>	<i>Name</i>		<i>Dept</i>	<i>Date</i>
MARY BETH	BOWMAN	COMMERCE	1	ALFRED	CERRATO	FIRE	17
CHRIS	HALL	FIRE	1	CLIFFORD	MURPHY	PARKS GOLF	17
JOHN	NANNEN	POLICE	1	MARK	THORN	FIRE	17
PAMELA	SMITH	PARKS REC	2	MATTHEW	SODERLUND	POLICE	17
KAREN	DIMATTEO	POLICE	2	WILLIAM	MCCURLEY	POLICE	17
DANNY	BRADLEY	ADMIN	3	CRAIG	UMHOLTZ	POLICE	17
TAMMY	NEWTON	OES/911	3	LOGAN	JOHNSON	ELECTRIC	17
MICHAEL	GIBBONS	POLICE	3	ROY	SANCHEZ	FIRE	18
MATTHEW	HUNT	FIRE	3	LAURA	PETTY	CODE	18
MICHAEL	THOMAS	POLICE	3	MATTHEW	MAYFIELD	FIRE	18
MATTHEW	RAGLAND	ELECTRIC	3	SANDRA	SMITH	HISTORY COMM	19
DANNY	BRADLEY	ADMIN	3	PAUL	REEVES JR	STREET	19
LEONARD	MONTGOMERY	OES/911	4	RICHARD	ABBOTT	SANITATION	19
JUDY	HUNTER	ELECTRIC	4	SHIRLEY	ABEL	NEIGHBORHOOD SRV	19
REGINA	HENSON	PARKS REC	4	GLADYS	JACKSON-SHELTON	SANITATION	19
KEVIN	USSERY	TRAFFIC	4	CARY	COOKE	POLICE	19
CHARLES	O'DELL	PARKS MAINT	4	JAROD	MAYNARD	POLICE	19
GARY	ERWIN	AIRPORT	4	ERNEST	BRIDGES	ADMIN	19
ERNEST	PEOPLES	PARKS REC	4	MARY	ERVIN	COMM DEV	20
DONELL	MEADOWS	1ST COURT	5	MATTHEW	THOMAS	POLICE	20
PATRICK	ISELL	PARKS MAINT	5	TANNER	TUBBS	FIRE	20
CHARLES	TULL	FIRE	5	ANDREW	KELLEY IV	FIRE	21
JAMES	EDWARDS	POLICE	5	BRENT	TREECE	FIRE	21
BRADLEY	SIMS	POLICE	6	ANTIGUDRA	CLAYTON	OES/911	22
ERIC	CHEATHAM	POLICE	6	CHONG	LOR	TRAFFIC	22
PATRICIA	JONES	ANIMAL CONT	7	BETH	WHITE	CITY COUNCIL	22
LUCAS	EDWARDS	POLICE	7	JEAN	HOBBY	ELECTRIC	23
AARON	CHASSELLS	FIRE	8	MICHAEL	SWAFFORD	PUBLIC WORKS	24
LORETTA	RHOADS	1ST COURT	10	DARREN	OWEN	ELECTRIC	24
KENNY	SUMMONS	SANITATION	10	STEVEN	SMITH	POLICE	24
RONALD	MESSER	POLICE	10	SHEILA	MORGAN	OES/911	24
MICHAEL	GARRETT	FIRE	10	ROBERT	BUTLER	SANITATION	24
RASHUNDA	WILLIAMS	POLICE	10	JAMES	HOUSTON	ELECTRIC	24
STEVEN	BAXTER	CITY COUNCIL	10	TYLER	GRANT	POLICE	24
MICHAEL	NELSON	POLICE	11	REBA	CRAIG	POLICE	25
NATHAN	WOLFE	FIRE	11	DANA	RAEBURN	ELECTRIC	25
JANET	HILL	1ST COURT	12	CHAUNCEY	SIMS	POLICE	25
WALLACE	DEREUISSEAU	FIRE	12	TYLER	BARBER	POLICE	25
HUNTER	MOIX	FIRE	12	JUDY	WILKINS	2ND COURT	26
OKEY	DILLON JR	ELECTRIC	13	SHANNON	CARROLL	CITY CLERK	26
STEPHANIE	THOMAS	FINANCE	13	GREGORY	GAINES	PARKS REC	27
MATTHEW	ROWLAND	STREET	13	CHERYL	WHITLEY	ELECTRIC	27
MATTHEW	PRICE	ELECTRIC	14	JEFFREY	BENNETT	FIRE	28
WILLIAM	EASON	STREET	15	MILTON	HINSHAW II	ELECTRIC	30
CHRIS	GANN	POLICE	16	KATRINA	WILBON	PARKS REC	31
NICHOLAS	FREY	FIRE	16	LATONIA	WOODS	UAD	31
JORDAN	ROULSTON	STREET	16	RICKY	BETTIS	ELECTRIC	31
				KIMBERLY	LOR	ELECTRIC	31